

HUMBOLDT STATE UNIVERSITY

The Lumberjack

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Vol. 88 No. 2

Wednesday, February 1, 2006

Arcata, Calif.

Round 2



HSU heads
into second
half of
conference

CAMPUS

AS finally fills board
Council is full for the first time in five years.

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WEDNESDAY, February 1, 2006

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Contact Us

thejack@humboldt.edu

Send letters to the editor, guest columns, story ideas, press releases, general opinions, and corrections.

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Corrections:

Jan. 18 Issue pg. 3: Because of an editing error, the incorrect version of "Books Building Bridges" was printed. The correct version can be found online.

Jan. 18 Issue pg. 27: World of Warcraft should have referred to "Night Elves."

The Lumberjack is a member of the California Newspaper Publishers Association and the California Intercollegiate Press Association. The Lumberjack is printed on recycled paper and published Wednesdays during the school year. Questions regarding editorial content of The Lumberjack should be directed towards its editor. Opinions expressed by guest columnists are those of the authors and not necessarily those of HSU. Advertising material is published for informational purposes and is not constructed as an expressed or implied endorsement or verification of such commercial ventures by The Lumberjack Associated Students or HSU. The views and content of The Lumberjack are those of the author and not necessarily HSU.

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Presentations and Workshops

- Monday, January 30
- Resume Preparation for Career Expo, 4:00 p.m., NHW 232
- Tuesday, January 31
- SCEP Orientation, 12 noon, NHW 232
 - Preparing a Federal Resume, 4:00 p.m. NHW 232
- Wednesday, February 1
- Resume Preparation for Career Expo, 12 noon, NHW 232
 - NR/Science Summer Experience Orientation, 4:15 p.m., NHW 130 (Sign up in advance)
- Thursday, February 2
- Resume Preparation for Career Expo, 12 noon, NHW 232
 - Career Opportunities with the U.S. Army Corps of Engineers, 5:30 p.m. SH 116.

Drop-in Hours for Resume Critiques (15 minute time slots) - Monday - Friday, 10:00 a.m. - 2:00 p.m. NHW 130.

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AS fills empty board seat

Tara Apperson
tmapp2@hotmail.com

For the first time in five years, all 13 seats at the Associated Students board meeting were full. The council has struggled to fill all of its positions and, with the appointment of Amrit Dhadli as the third College of Professional Studies representative, they have finally accomplished their goal.

"It made me feel ecstatic and excited to see that the council is full, and they're excited to have me," Dhadli said.

Dhadli's voice is much needed on the council. As a College of Professional Studies representative, she will report any ideas and concerns she receives from people in that college, as well as meet with the dean to facilitate communication and discuss progress or need for improvement.

There are two other College of Professional Studies representatives, but both are business administration majors. This has meant that other departments in the college have been underrepresented, but now with the addition of Dhadli, a child development major, the input will be well rounded.

"The majority of our communication happened in our own department," College of Professional Studies

representative Brandon Hemenway said, referring to the business department. Now, because of Dhadli, other voices will be able to get on the table.

Elizabeth Gerstacker, the other College of Professional Studies representative, is also pleased to have the third position filled. "It's nice now that the college as enough voting power to support themselves," Gerstacker said, referring to when the council votes on major issues, like budget allocation.

Three voices from the College of Professional Studies weighing in on major issues is better than one or two. Gerstacker was the only representative from April to September of last year, before Hemenway joined. Compared to that period of time, AS is looking much better.

"I had no idea how I was going to do anything," Gerstacker said.

Now that they have the manpower, the three representatives are starting to make plans so they can represent as many people as possible. They began preliminary talks about conducting a study to gain quantitative results about what students really want and what they think about HSU. Hemenway hopes to gain concrete statistics

from students. For example, he wants to know what percentage of students are happy with the new entryways on campus.

"We would know a lot more about the people we're representing," Hemenway said.

Gerstacker is also optimistic about the prospects of a survey. "We're hoping the survey is the first step to reach out," Gerstacker said.

Having every position on the AS council filled will also allow for better representation in general. Last semester there was a period of time when only six or seven positions were filled.

"Having 13 voices is so essential," AS President Nicole Alvarado said.

Though all of the executive and representative board positions are full, AS is still looking for students to fill positions on committees like the Communications Committee or the Elections Commission. For more information visit the AS Web site at www.humboldt.edu/~hsuas or call the office at 826-4221.

If you have ideas or suggestions for the representatives, they want to know.

"We are here and our whole purpose is to represent students," Hemenway said.

After break, career fair returns bigger than ever

Emily Wilson
etabwilson@yahoo.com

This Friday, students are invited to the first career fair to incorporate all majors, and it takes place from 10 a.m. to 2 p.m. in the West Gym, Forbes Complex.

Due to budget cuts in 2005, there was no career fair for the first time in 30 years. This year, Career Center Coordinator Cherry Ouellette decided to do something that embodied all subjects, as opposed to being exclusive to the Natural Resources and science departments, like in the past. There will be new opportunities for students majoring in arts and humanities and professional studies, benefitting a larger portion of the student body.

The Career Center joined forces with the Service Learning Center to help students find job-related experience. Kelly Givins, a former student of the Service Learning Center, found working in the community very helpful to her education. "I got to participate and form connections in the community and gained a feeling of what it would be like," she said. Students required to participate

in community learning projects, internships and other volunteer work will find 30 organizations to choose from.

Four hundred employers have been invited and 102 of them have confirmed their participation. Thirty of the participating employers are interested in students from all disciplines. Ouellette is very pleased with the turnout. By hand-selecting companies from a list of local and regional employers, Ouellette has tried to meet the different student body needs. The organizations cater to student schedules and internship needs, as well as the students' long-term career interests, she said.

Ouellette said that she researched and invited professionals with strong credentials to give advice and answer questions. "It's so important for students to meet with people and collect business cards," she said. Discussing career interests with professionals "helps students make educated choices about the direction to

see CAREER FAIR, pg. 6

For fans of comedy, Bandits steal the show

Ashley Mackin
anm14@humboldt.edu



Ashley Mackin

Clockwise from top left: Adam Dunkin, Ginny Rolla, Alex Costello, Emily Loeffler, Jared Ourique, Irish Chumingshut and John T. Carter.

Some people are familiar with the improvisational comedy made famous by the TV show "Whose Line is it Anyway?" The Wanted: Improv Bandits are a group of improvisational comedians right here on campus.

Each improv game that the Bandits play depicts a different scene. The audience makes suggestions for personality traits, names, places, things and objects that the players must incorporate into the scene.

As an audience member, you can push their buttons and their limits with whatever crazy suggestion you want. The host might ask for a suggestion for a bad place to hit on someone, and you could reply with a funeral or a hospital waiting room.

Every game is completely

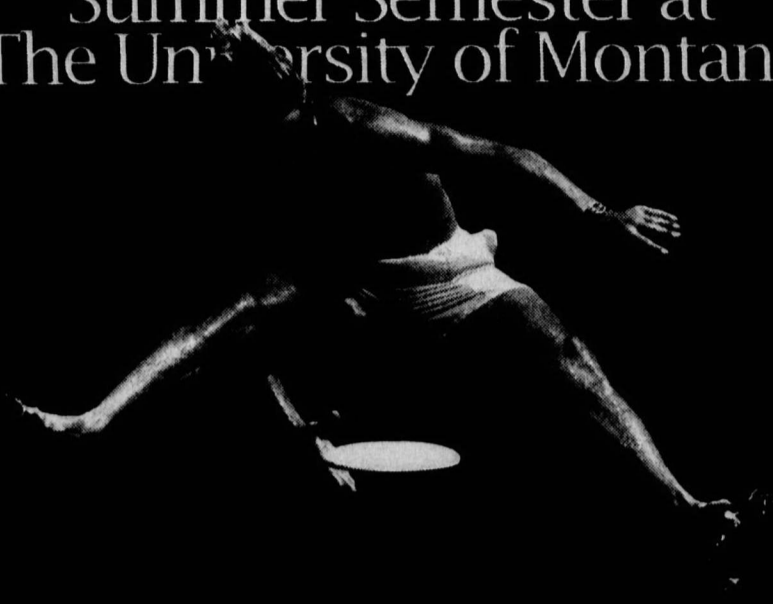
improvisational, with no scripts and no planning. No players know what their characters will be like until moments before they perform the scene. No one, not even the Bandits, knows where the scene or game will go, so half the fun is never knowing what will happen next.

An example, a popular game often played at shows is called Party Quirks. A host is having a party, and each of his or her guests has an unusual personality or a defining personality trait. The host must figure out what their quirk is simply by their actions.

Remember, the guests only learned their quirk seconds before and must come up with a way to relay that trait to the host. A favorite character of Bandit Emily

see BANDITS, pg. 4

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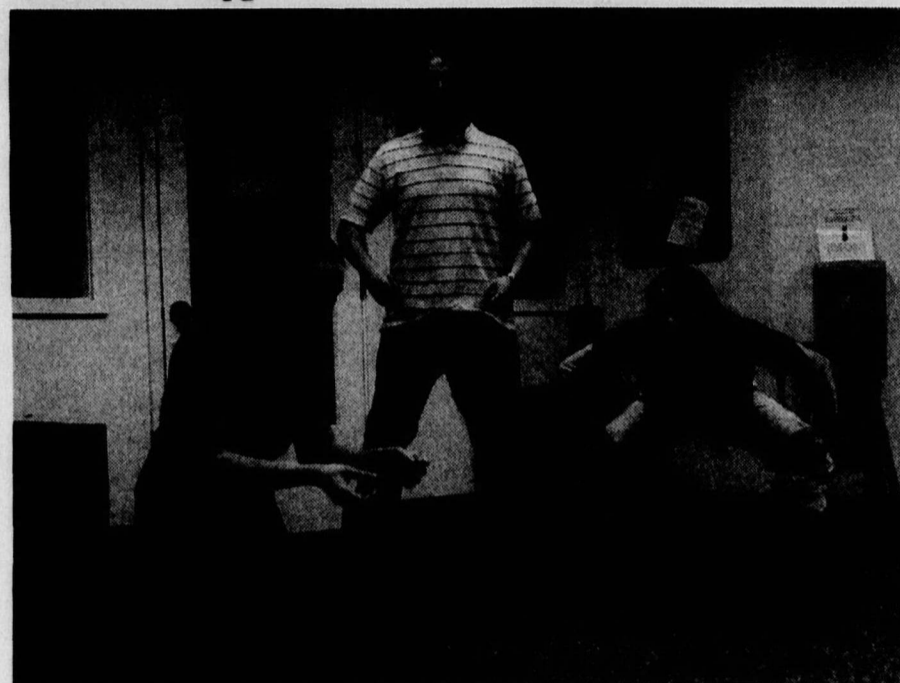
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BANDITS

continued from pg. 3



Ashley Mackin

Ginny Rolla, Jared Ourique and Irish Chumingshut act out a scene.

Loeffler was at a show last semester. "One time, I had to be a single sock," she said. "I was looking for my mate by looking at everyone's socks."

The Wanted: Improv Bandits are entirely students: co-directors Jared Ourique and Irish Chumingshut, Ginny Rolla, Alex Costello, Adam Dunkin, John T. Carter, Ben Kovitz, Emily Loeffler and Chad "The Music Man" Helmonds.

The Bandits perform every other Saturday in the Klamath River Room at HSU, but you should keep an eye out for fliers around campus. The first show of this semester will be Saturday, Feb. 11 at 8 p.m.

Co-director Chumingshut described the team as "a group of students, some with years of theatrical experience and others with no experience, who get

together to have fun by practicing and performing improvisational theater."

Team member Adam Dunkin said, "I think the bandits are a group of life-of-the-party style individuals who put on shows to show off their sense of humor."

Carter said the people are the best part because of those personalities. "My favorite part of being on the team is being on the team with such an amazing group of people," he said.

Auditions are usually held at the beginning of the fall or spring semester. They consist of hour-and-a-half-long workshops twice a week for two weeks, followed by a formal audition, Chumingshut said.

Aside from making other people laugh and the fun of being on stage, various Bandits have things that they love about being part of the team: from getting the release from school that comes with two hours of laughing (at rehearsals) to being around an amazing group of funny people.

They also have varying goals for being on the team. They have done several shows at local teen centers, such as PULSE. However, since shows are primarily on campus, with an audience turnout of around 20 to 30 people, they plan to do more off campus.

For more information, you can "Come to our shows and have fun! The best way to appreciate Improv Comedy is to observe it," Carter said. Or go to their Web site: www.geocities.com/improvbndits.

UPD clips

Thursday, Jan. 19

2:16 a.m., 2:47 a.m.

UPD assisted APD with a verbal dispute.

6:39 p.m.

Officers cited a man for warrants at the pedestrian underpass.

Friday, Jan. 20

2:49 a.m.

A subject was arrested for possession of less than an ounce of marijuana at LK Wood and Plaza Avenue.

10:32 a.m.

A driver was allegedly blocking the bus turnaround on Plaza Avenue with his vehicle and shouting obscenities. Officers were unable to locate the subject.

2:52 p.m.

UPD officers assisted APD in responding to reports of a man with a gun at Foster and Alliance. APD detained a suspect.

Saturday, Jan. 21

2:35 a.m.

A non-injury hit and run was

reported at LK Wood and Plaza Avenue. Officers were unable to locate the driver.

Sunday, Jan. 22

2:21 a.m.

Officers located and warned a subject for camping near House 13.

4:10 a.m.

UPD provided medical assistance for an ill female student at the Jolly Giant Commons.

Monday, Jan. 23

9:15 a.m.

UPD officers arrived on the scene of an auto accident at 14th and Union and contacted both parties, who exchanged their information to be handled civilly.

2:02 p.m.

Someone reportedly broke a window at Chinquapin Hall. Officer contacted suspect.

6:43 p.m.

UPD assisted APD with a possible burglary in progress at the Arcata Lumber facility.

Tuesday, Jan. 24

12:19 a.m.

A student was cited for possession of less than one ounce of marijuana in Sunset Hall.

1:16 a.m.

UPD assisted APD in responding to a burglary in progress at the East Side Deli on LK Wood Blvd.

3:43 a.m.

UPD placed a captured stray dog. The dog was later released to its owner.

9:23 a.m.

Officers and paramedics responded to a medical emergency when a female student reportedly fainted in an East Gym restroom.

11:19 a.m.

Officers investigated graffiti on the courtesy phone at the top of the east Cypress stairway.

1:45 p.m.

Officers warned a subject who was reportedly yelling at people and smoking marijuana near the University Annex.

Recycled materials, rainwater toilets will make BSS building eco-friendly

Jill Koelling
jle4@humboldt.edu

The large metal structure looming over the treetops of HSU's south campus will soon become the new Behavioral and Social Sciences Building. Construction on this project began in May 2004 and is scheduled to be completed in April 2007. The building will be ready to be occupied by students, staff and faculty in the fall semester of 2007.

"This will be the first California-state-funded LEED Gold building at a higher education institute," said Bob Schulz, associate vice president of facilities management at HSU. "It will use 25 percent less power than provided by code and use 25 percent recycled materials." The building will also have a rainwater reuse system for flush toilets and natural lighting and ventilation to minimize heating and power use.

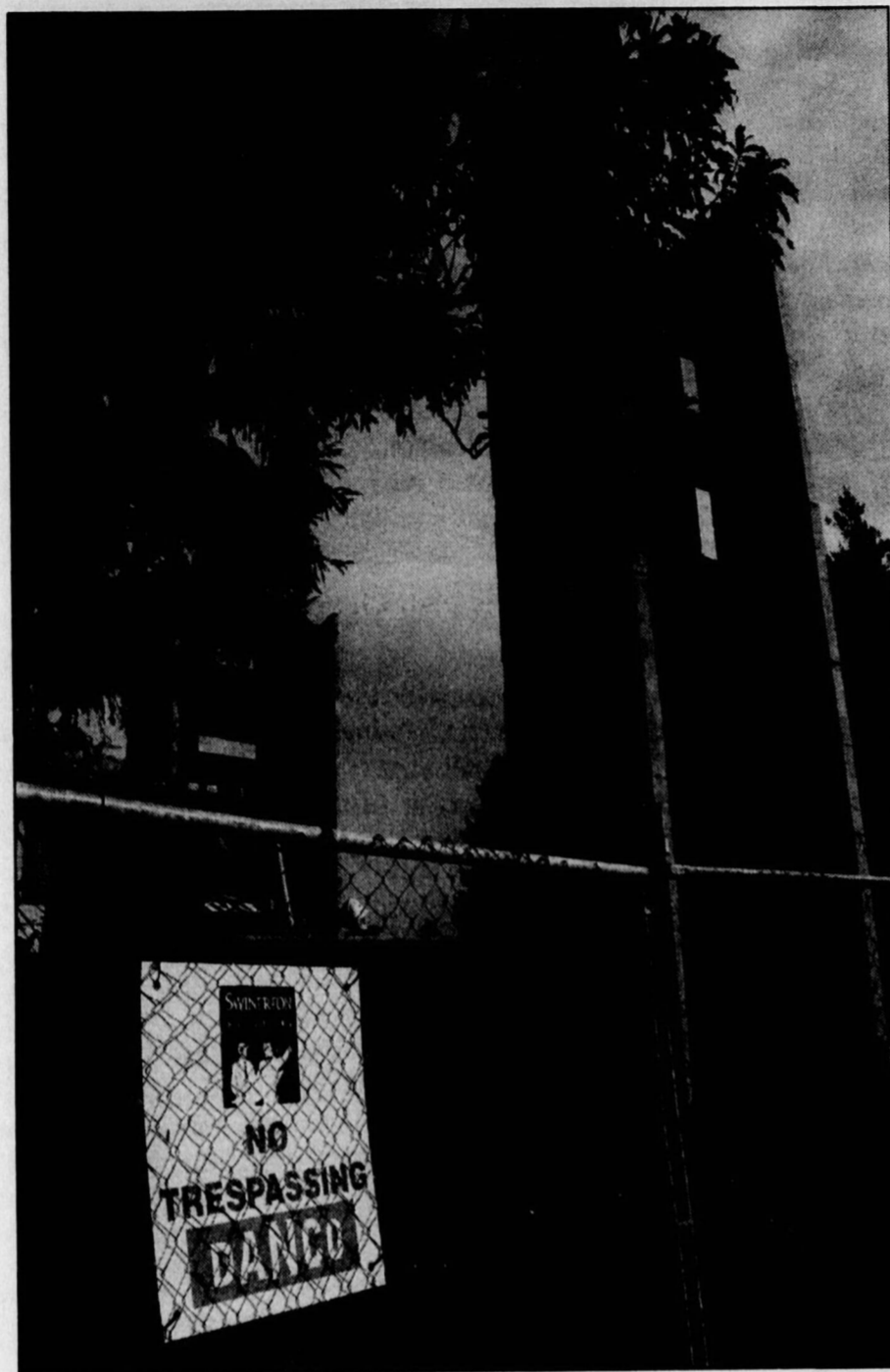
LEED stands for Leadership in Energy and Environmental Design. This is a certification given to high-performance, sustainable buildings by the U.S. Green Building Council. LEED certification is rated on a scale from bronze to platinum depending on how environmentally sustainable the building is.

"The construction cost is \$23.5 million. We're one-third of the way through with construction spending, with about \$8.7 million spent already," Schultz said. "The total project cost for this building is \$33.9 million. That includes furniture, computers and lab equipment, and everything that isn't construction or labor costs."

Construction is being done by Danco, a local construction company, and Swinerton from San Francisco.

Funding for this building came from Proposition 47, which provided a \$13 billion bond issue for construction at California State educational institutions. It provided HSU with \$29 million for the construction of the Behavioral and Social Sciences Building.

The money from Proposition 47 can only be spent on construction projects. It is also funding construction projects at many Humboldt County elementary schools. California will pay off the bonds over a 30-year period, according to a Proposition 47 press release by the Office of the



Steve Spain

When finished, the Behavioral and Social Sciences Building will house more than 200 classrooms.

President at HSU.

Faculty are excited about the construction of the new building.

"We don't have enough classrooms, so it will be nice to have more local classroom space," said Emily Sommerman, assistant professor of psychology. "Having new lab space is exciting. It's always nice to have new facilities, and anywhere on campus will be beautiful."

The building will encompass 87,000 square feet and house 200 academic spaces for classrooms, as well as lab spaces, smart classrooms, and a 175-person lecture hall.

It will become home to the departments of sociology, anthropology, psychology, Native American studies, women's studies, social work, philosophy, mathematics, religious studies and world languages and cultures, as well as the CSU Native American Center and a collection of Native American artifacts.

"This new facility will allow

us to eliminate six temporary buildings and we will cease leasing the University Annex," Schulz said. The University Annex is currently owned by the Mad River Hospital Corporation.

There have been some minor setbacks in the construction of the building.

"We went through an interesting exercise where we found some funny-colored dirt at the base of the building's foundation," Schulz said. "We thought it might have been an earthquake fault, but on further investigation it turned out to be a prehistoric sea stack [a block of erosion-resistant rock isolated by the ocean]."

Some students at HSU are in favor of the building. "I've only seen it once over there, but I like it better than the roadside attraction they built," said undeclared junior Tom Brown in reference to the university gateway. "It seems like a better use of money because at least people can learn in it."

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Papa Murphy's

CAREER FAIR

continued from pg. 4

move their careers," she added. The most important function of the expo is networking with employers, she said. This is the students' opportunity to see what is available.

Brett Benson, an HSU graduate in economics, has had success in the California Department of Real Estate. He isn't attending the career fair but said, "I wish I had known more about the kind of jobs available to me after graduation."

Organizations will be prepared with banners, literature and applications. Students can expect to find opportunities locally, nationally and abroad. Also attending is the Humboldt County Film Commission, which assists film and commercial crews in finding scenic locations to shoot. California and Oregon state parks will be recruiting. Also, for the first time, a Yosemite National Park representative will be recruiting for a wide range

of seasonal positions. Walgreens will also be there, searching for potential managers to fill nationwide positions, while Peace Corps representatives will be available to offer firsthand experience for those looking to go abroad. Nationwide consulting firms will once again return to serve Natural Resources and sciences students.

A complete list of employers is available at the Career Center Web site www.humboldt.edu/~career/. Résumé templates and advice on interviewing techniques are always available in the Career Center, Nelson Hall West 130. Students may receive a 15-minute résumé critique by dropping by the Career Center Monday through Friday 10 a.m. to 2 p.m. Workshops for creating new résumés will take place Wednesday, Feb. 1 and Thursday, Feb. 2 at 12 p.m., Nelson Hall West 232.

102 agencies will be at the career fair

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CHER-AE Heights Trinidad Rancheria Casino
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California Community Colleges Registry
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California Dept. of Health Services - Drinking Water & Environmental Management
California Dept. of Toxic Substances Control
California Dept. of Transportation
California Dept. of Water Resources
California Franchise Tax Board
California State Board of Equalization
California State Parks & Recreation
California State Water Resources Control Board
California Tahoe Conservancy
California Waterfowl Association
Campbell Timberland Management, LLC
City of Arcata - Community Development
City of Eureka - Recreation Division
Davey Tree
EMQ Children & Family Services
Edward Jones Investments
Enterprise Rent-A-Car
Eureka Television Group
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HCAR (Humboldt Community Action & Resource Center)
HealthSPORT
Hertz Corporation
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Mercy Medical Center
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Natural Resources Management Corporation
Old Mill Farm
Oregon Dept. of Fish & Wildlife
Oregon Dept. of Forestry
Pacific Lumber Company
Pacific Municipal Consultants
Peace Corps
Public Health Service - Indian Health Service
San Jose Unified School District
Sonoma County Sheriff's Office
Sonoma County Water Agency
St. Joseph Hospital/Redwood Memorial Hospital
Target
Transportation Security Administration
U.S. Army - Baylor Physical Therapy Program
U.S. Army Corps of Engineers
U.S. Department of Homeland Security, Customs & Border Protection
U.S. Fish & Wildlife Service
USDA Forest Service
USDA Forest Service - Regions 5 & 6
USDA Natural Resources Conservation Service
W. M. Beaty & Associates
Walgreens
Western ECI
Whiskeytown Environmental School
Winzler and Kelly Consulting Engineers
Yosemite National Park
American Red Cross of Humboldt County
AmeriCorps Watershed Stewards
California Mentor
Dell'Arte International
Democracy Unlimited
Emma Center
Food for People
Friends of the Dunes
Girl Scouts
HCAR
HealthCorps/Open Door Clinic
Hoopa TCCC
Hospice of Humboldt
Humboldt Domestic Violence Services
Humboldt Senior Resource Center
Humboldt Wildlife Care Center
Jacoby Creek Land Trust
North Coast Mentor Program
Northcoast Children's Services
Sequoia Park Zoo
Sheriff's Citizens on Patrol
Straight Up AmeriCorps
Volunteer Center of the Redwoods
Youth Serve AmeriCorps
Youth Services Bureau/Raven

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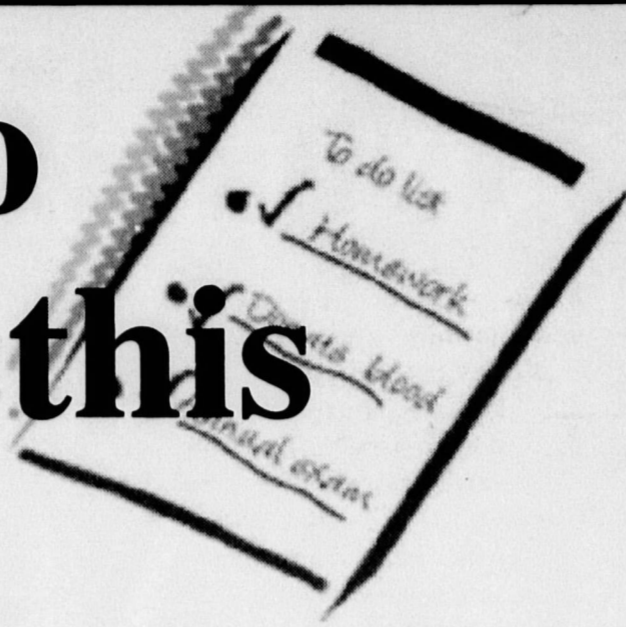
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Things to consider this month



Yearly exams can prevent fatal health consequences such as cervical cancer

Cerena Johnson
cmj14@humboldt.edu

Last year, 495 HSU students received their annual Pap smears at the Student Health Center.

Of these 495 women, one was diagnosed with cervical cancer and 38 were referred to another facility for further testing.

Although this is not a large number, the consequences can be fatal if certain precautions aren't taken. With early detection, cervical cancer is preventable.

According to the American Health Association, cervical cancer infects about 14,000 women in the United States and results in the deaths of more than 5,000 people each year.

Cervical cancer is commonly linked with HPV (Human Papillomavirus), a group of

viruses infecting the skin. Thirty of these are sexually transmitted. Both men and women can contract a form of HPV at some point in their lives, though they may not even know it, as symptoms are not always visible. For women, HPV can cause abnormal cell changes in the cervix. While abnormalities may occur within the cervix that are not precancerous, health care providers suggest that women get a Pap smear within three years of becoming sexually active, or once a year after age 21.

Even though the recommendations are similar, Debbe Hartridge, education director from Planned Parenthood in Eureka, said that

they recommend that women start getting Pap smears as soon as they become sexually active.

HSU Student Health Center Director, Rebecca Stauffer said that "with all of the available services, there is no reason not to get tested."

Stauffer said protected sex and the avoidance of smoking and drugs helps to decrease the odds of cancer developing.

"Cervical cancer is a type of cancer that is highly preventable and treatment is highly successful when caught early," Hartridge said.

The Student Health Center provides Pap tests for about \$20. Those not covered by health insurance will find most clinics accept Medi-Cal or Medicare,

Save a life Donate blood at your nearest blood bank

Cerena Johnson
cmj14@humboldt.edu

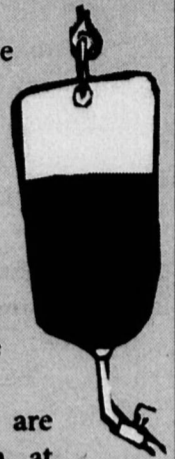
January was Blood Donor Month, but it's never too late to save a life.

Blood banks usually experience a shortage of donations during the winter and summer. This is due to high school and college students being out of town who donate about 15 percent of blood locally, said Northern California Community Blood Bank Administrator Thomas Schallert.

Schallert said the blood bank relies on 60 to 70 donors per day in order to meet the demand. In the case of a shortage, blood banks from nearby cities will give blood. Shortages generally occur from a lack of available donors. The supply will also

run low in the case of an emergency involving a large amount of blood loss. National Blood Donor Month was established to encourage the donation of blood.

Blood donors are required to weigh at least 110 pounds and be 16 years of age with parental consent or 17 without. The blood mobile can is in the UC Quad throughout the week. If you are interested in donating, visit the Northern California Community Blood Bank Web site at www.nccbb.org or call 443-8004.



and those eligible can enroll in California's Family PACT program, which provides free Pap testing, birth control, and treatment and testing for STDs.

For one person, one can qualify if their income is less than \$1,595 annually. Students can also qualify without having to use their parents' income.

Planned Parenthood sends practitioners to the Health Center at the HSU Health Center every Tuesday from 12:30 p.m. to 3:30 p.m., which makes it easier for students who have to go to Eureka in order to

use their PACT card.

Planned Parenthood also offers services at the "Y" every second and fourth Wednesday of the month from 5:30 p.m. to 7 p.m. Students can receive free oral contraceptives, depo provera shots, condoms, and STD testing. For more information call the Student Health Center at 826-3146.

The Open Door Clinic located at 770 10th St. in Arcata also accepts the PACT card. They are open Monday to Friday 8 a.m. to 5 p.m. and on Saturdays 9 a.m. to 1 p.m.

Education Summit to spread awareness

Three days of innovative workshops that range from politics to the environment

Brooke Gibson
earthtribe@hotmail.com

Join some of the nation's most creative and visionary education thinkers at the fourth North Coast Education Summit—three days of keynote speeches, experiential activities and innovative workshops on current issues affecting our community, schools, nation and world.

The summit takes place this weekend on the HSU campus, with a couple of workshops starting tomorrow night and running all weekend long with

the final keynote address given on Sunday evening.

The summit was started by HSU education professor Eric Rofes, who still coordinates the summit every year. In founding the event, Rofes said he wanted "to bring programming to this area that we don't necessarily have a lot of."

The summit tries to open people to the idea that education is not just something that teachers pass on to students.

"We consider filmmakers to be educators...we're looking at education as a broad category that includes schools, but also a lot of other fields," Rofes said.

Topics at the summit include K-12 and higher education, political and workplace organizing, activism, grassroots efforts, queer community building, advocacy journalism, gender identities in schools and arts and cultural work.

In the arena of grassroots

activism, Rofes has brought in Greenpeace organizer Lindsey Allen, who will lead the Greenpeace Activist Training In Action series of workshops starting tomorrow at 5 p.m.

The Greenpeace workshops will look at how the HSU campus does environmentally and participants will be taught how to organize on campus.

There is a workshop scheduled every day in this particular series. For more information

go to www.humboldt.edu/~edsummit/schedule.htm.

Rofes said people should arrive early because this event is limited to only 20 people.

If you're an HSU, College of the Redwoods or high school student, \$10 gets you in for the entire weekend. Anyone else pays \$40. Also, there are volunteer opportunities available. For six hours of work, you can get in for free. Sign up on the list at Harry Griffith Hall outside room 209.

see SUMMIT, pg. 9

Free food services

Anyone low on grocery money can benefit

Andrew Juarez
asj8@humboldt.edu

Hungry HSU students low on grocery money may find refuge at the local food banks located in Arcata and Eureka.

"There is such a thing as a free lunch," said Kirk Burnett, a business sophomore who relies on food bank services to receive produce and bread.

"The food is kind of old, but there is some good stuff there," he said.

He picks up his food at Food for People Inc., Humboldt County's designated food bank agency located in Eureka.

Food for People has been providing food for Humboldt's needy since 1979. Through a variety of programs, the organization feeds over 98,000 people annually.

Among those who depend on local food bank services are HSU students, who are subject to the same income guidelines that pertain to other applicants.

Food for People does not directly market to the campus

population but recognizes that HSU students may require food assistance like other segments

"If it weren't for the food bank, I'd have a bad diet of Top Ramen and other cheap food."

Kirk Burnett
Sophomore business major

of the community.

"We just want to help those in need," said Jennifer Rishel, fund development director of Food for People.

The local outlet for food bank services is the Arcata Endeavor, located at the Arcata Service Center. Like Food for People, the Arcata Endeavor sees its share of HSU students.

Becky Atigedewe, executive director of the Arcata Endeavor, said 257 college students received food from her organization last year.

Those receiving services from the food bank must

often overcome the negative connotations associated with public assistance. Rishel said it is often a hurdle for those considering using such services for the first time.

"It's a definitely a big pride issue," she said.

Atigedewe said, "Our mission statement is to meet people's needs with dignity and respect."

Yet, such concerns aren't necessarily universal. Burnett said he was not embarrassed to receive donated food, especially given his financial situation.

"If it weren't for the food bank, I'd have a bad diet of Top Ramen and other cheap food," Burnett said.

Food for People is located at 307 W. 14th St. in Eureka and can be found on the web at www.foodforpeople.org.

The Arcata Endeavor is at 501 9th St. in Arcata and more information can be found at www.arcataendeavor.org.

SUMMIT: More events and activities

continued from pg. 8

Tickets can be bought in the same building in room 202.

You can also register online or just show up on Friday morning to Goodwin Forum to register, though Rofes anticipates registration to be crowded.

Nelson Hall East is the main hub of activity for the workshops at the summit this year. Some workshops are being held in Founder's Hall, Siemens Hall, the Kate Buchanan Room and the Jolly Giant meeting rooms. You can also find more information on the schedules online.

If you absolutely don't have the time to volunteer and are low on money, there are many free events to attend during the summit, including some featured speakers and film showings.

Thursday night features Suzanne Pharr, a respected author who'll be giving a talk at 7:30 p.m. titled, "Post 9/11, Post 2004 Elections, Post Katrina, Is This Our Moment for Change?" in the KBR.

Friday's free public events also take place in the KBR and

start at 4 p.m. Jewelle Gomez, a poet and activist brought here in part by HSU's Women's Resource Center, will give a talk called "Who Owns the Village Square and Why Is It So Square?"

She'll be followed by Howard Rainer, author and youth advocate who will talk on "Celebrating 500 Years of Indian Education."

At 7 p.m. there will be a film showing titled, "All Power To The People: The Black Panther Party & Beyond" followed by a conversation with black liberation activist Ashanti Alston.

Saturday night's free public events will both take place at 7:30 p.m. A documentary film, "Commune: Free Land for Free People" will be shown in the KBR room. The film features footage of the legendary Black Bear Ranch commune in Siskiyou county. After the film, Black Bear residents and director Jonathon Berman will host a discussion.

In the studio theater within the Theatre Arts Building will be a dramatic reading titled,

"Salmon Is Everything: Theatre, Environmental Justice, and The Klamath Watershed."

Tyrone Hayes, a biology professor at UC Berkeley, will give Sunday's free closing keynote address.

The talk is "From Silent Spring to Silent Night: What Do Hermaphroditic Frogs Tell Us About Environmental and Human Health?" Sound interesting? Check it out.

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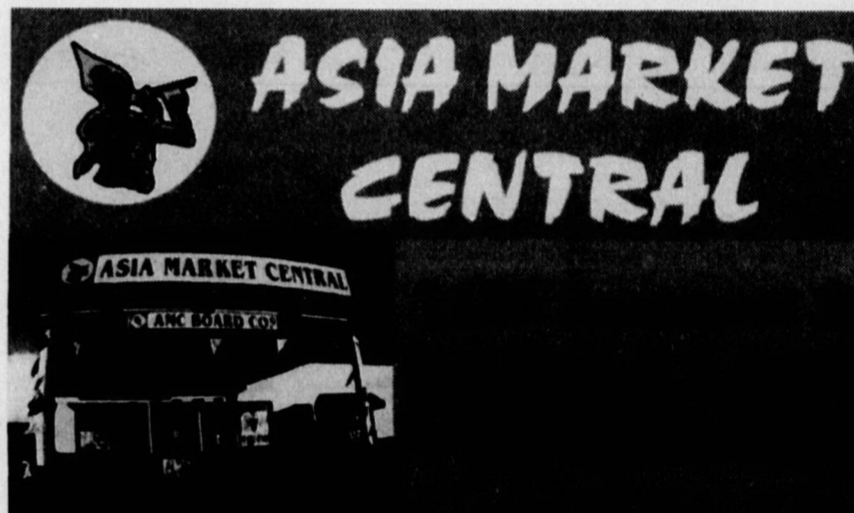
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Quotes of the week ...

As I sit here, I think about the future and how I want to live. I want to live a life that is full of love and joy. I want to live a life that is full of meaning and purpose. I want to live a life that is full of hope and faith.

—Gloria Steinem

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—H. L. Hunt

—G. H. Hardy

—H. L. Hunt



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Sun, Feb 5		Super Bowl@12: Deep Groove Society@10 Premiere of Alternative Lifestyle Night	open @12 open @ 8
Mon, Feb 6	FREE	Open Mic	9:00pm
Tue, Feb 7	FREE	Humboldt Hip Hop Community	10:00pm

BLACK LIBERATION MONTH

WHO: HSU Women's Resource Center

WHAT: Mis-Appropriation Fashion Show

WHEN & WHERE: Wednesday, Feb 8th 6p.m.-9p.m. at the bottom of the "J"

WHY: In order to challenge the fashion industries acts of cultural commodification, exotification and mis-appropriation a movement towards consumer self-education must take place in order to finally own our images rather than merely having one.



These pictures are taken from www.sexworkersartshow.com



WHO: HSU Women's Resource Center

WHAT: Sex Workers' Art Show Tour

WHEN & WHERE: Sunday, Feb. 12th 7pm in the Van Duzer Theater

WHY: The Sex Workers' Art Show entertains, arouses, and amazes while simultaneously offering scathing, burlesque and insightful commentary on notions of class, gender, sexuality and labor.

SEX WORKER'S ART SHOW TOUR

Free for HSU Students • \$6 for Community Members
Contact the Women's Center for more info
826-1416 • HSU.women@humboldt.edu



Respond, *react*

Despite taking a beating at the start, HSU men's basketball team comes back to beat Central Washington University, 101-89



photos by Steve Spain

Josh Tobin
jyt16@humboldt.edu

Robert Hick, a senior guard for Central Washington University men's basketball team, erupted for a career-high 41 points last Thursday.

He hit eight out of his nine three-point attempts and dropped impossible-looking floaters and jumpers in the lane.

Hick's offensive onslaught was in vain though. An inspired team effort from the 'Jacks in the second half spoiled his impressive scoring night — the 'Jacks beat Washington 101-89.

HSU's Jeremiah Ward had the task of trying to keep up with Hick.

"I've got to hand it to him, he had a great game. He was hitting with hands in his face," Ward said. "We're a pretty good defensive team. I don't remember the last time somebody dropped 40 on us."

In the first half it looked as if Hick was going to carry his team to a victory. His 21 points had Washington up by 10.

But the 'Jacks' woke up during the break and came out determined to reclaim the lead.

"We were playing hard in the first half, [Washington players] were just making a lot of their shots, and we weren't," Assistant Coach Bobby Robinson said. "We stuck with it though, and had some scoring spurts. The difference between the first half and the second half was that in the second half we elongated those scoring spurts, and limited [Washington] to one shot."

The 'Jacks' defense was tenacious in the second half.

"Pressure on the ball got us back in the game,"

see MEN, pg. 13



Top left: Jeremiah Ward attempts a layup during HSU's matchup with Central Washington.



Top right: Devin Peal drives toward the hoop with a Central Washington defender on his back.

Center: Head Coach Tom Wood (center) gives his players advice during a timeout.

Lower left: Grayson Moyer looks to score as he drives toward the basket.

Lower right: Kevin Johnson clinches the win with a layup.

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Offensive and defensive sync

HSU women's basketball team victorious against Western Oregon



photos by Steve Spain

Forward Renae Steel (center) scrambles to recover a loose ball as a Western Oregon player closes in to take the ball away.

Garrett Purchio
gap13@humboldt.edu

Anytime you can put 23 points on the board before your opponent scores, you're likely playing great defense or executing on offense.

The HSU women's basketball team did both, cruising to an easy 81-41 victory over the Western Oregon Wolves on Saturday.

With the win, the 'Jacks, who are ranked seventh in the NCAA Division II West Poll, improved to 6-3 in the Great Northwest Athletic Conference — fourth place in the conference.

Jenna Washington and Katie Wilder paced the team with 19 points apiece. Washington dominated in the paint, scoring easily during single coverage. Even when Western Oregon double-teamed her, Washington could not be stopped.

Wilder proved to be equally troublesome for the Wolves. Her ability to drive to the hoop and shoot three-pointers provided many problems for Western Oregon's defense.

"Katie Wilder is in charge. She's getting people the ball. She's very unselfish," said Head Coach

Joddie Gleason.

The 'Jacks (11-7) began the game by pressuring Western Oregon (0-18) on defense. The aggressive play worked as HSU forced 11 turnovers in the first half and prevented the Wolves from establishing any sort of rhythm.

"We take pride in our defense," Gleason said. "All those defensive drills paid off. We made them take the difficult shots."

As a result, the 'Jacks were able to build a 23-0 lead six minutes into the game. Western Oregon never recovered. The Wolves cut the lead to 19 at halftime, but by then the 'Jacks were well on their way to victory.

"We were all excited. We've been focusing on jumping on our opponent from the get-go," Wilder said.

In the second half, the 'Jacks continued where they left off. Even though their lead extended into the 20- and 30-point range, the team never let up on defense and continued to pressure Western Oregon into committing turnovers.

Defense was not the only factor in HSU's success. The team clicked on offense, shooting 59 percent overall and 63 percent in the first half. The 'Jacks were very effective at getting the ball inside and at converting fast-break opportunities.

Eight players scored for HSU, including Jennifer Enos. The freshman guard added 15 points off the bench, 12 of which came from three-point range. Kelly Fay scored nine points and had a game-high nine rebounds, with seven of those coming on defense.

Western Oregon's offense, on the other hand, finished the game by shooting 32 percent from the field and going scoreless in the final five minutes of play. Allison Crumb led the Wolves with 14 points.

The 'Jacks are scheduled to travel to Washington this week to begin the second half of conference play, starting with third-ranked Western Washington tomorrow and Central Washington on Saturday.



The women's basketball team's starters take a break on the bench and watch the action.

An ounce of optimism

After failed attempts, softball team prepares to claim national title

Amy Popplewell
amp59@humboldt.edu

The 'Jacks have been geared up to win nationals for a few consecutive seasons, and they are confident that this will be the year. They have been favored to win, but the seasons seem to end in upsets.

The 'Jacks are scheduled to open the season in two weeks at a tournament in Turlock, playing 12 teams, six in their league and six outside of the league. This could give the team a chance to experience a variety of opponents.

Ending with a 60-6 record last year, which Coach Frank Cheek saw as the most difficult season in 'Jacks softball history, the team has proved it's skill, but since then they have lost four players—pitcher Kara Roberts, catcher Marybeth Wareham, second baseman Michelle Block and first baseman Amy Rothballer.

With eight new additions to the team, they are growing stronger and should improve throughout the season.

The freshmen are abundant, with four of them starting in the spring — Caitlin Klug as second baseman, Chrissy Motzny as right field, Natalie Galletly as first baseman and Marissa Slattery as designated hitter.

"The last couple weeks we've really gelled together and I think it will show on the field," senior Jessica Padilla said.

Cheek is confident about the team's upcoming performance.

"We expect to win them all this year and since that's our goal, then everything should fall into place," Cheek said.

He said the team is really healthy right now, and he is confident they are ready for the season.

Some opponents that have Cheek worried are Seattle, Western Washington and Central Washington — but the team is prepared to take them on.

"We'll have a really strong pitching start," senior Brandi Harrison said.

With Lizzy Prescott and Tracy Motzny as the starting pitchers, the team seems to be confident in that department.

One area that remains in question is the hitting department. Hitting can be like a rollercoaster throughout the season. Teams almost always go through slumps offensively. But coaches say offensive woes can be solved with a little consistency.

"They have the potential to go all the way this year," Assistant Coach Shelli Maher Sarchett said. "The defense is there — but hitting is what's going to win the ballgames, and we have the hitters. They just need to stay consistent through the season."

MEN: Second half domination

continued from pg. 11

Grayson Moyer said. The sophomore's 20 second-half points didn't hurt either. He finished with a career-high 30.

"We didn't go inside enough in the first half. Once we started doing that it opened up the floor for us and freed up our three-point shooters," Moyer added.

Ward played a huge part in the comeback win. He hurled his body all over the court and scrambled for every loose ball. He forced a number of turnovers and finished the game with six steals.

"When you see your teammates playing with intensity, it makes you want to play harder too. We got hyped up and were playing off each other," Ward said.

HSU opened the second half with a layup from Cy Vandermeer. With 11:45 left on the clock, they took the lead for good with another layup, this time from Devin Peal. Over the next five minutes the 'Jacks lit up Washington with a 20 to seven run.

The East Gym was left in a frenzy.

"We really have an outstanding crowd. If you travel around our division, there are not too many crowds like ours. They really pumped the players up tonight," Robinson said.

Kevin Johnson flirted with a triple double, finishing with 13 points, a career-high nine assists and eight rebounds. The big man dropped a couple of nifty no-look passes and even a behind-the-back find on the baseline that resulted in an easy lay-in.

Devin Peal continued his stellar play off the bench, contributing 17 points and six rebounds.

The win improved HSU to 11-6 overall and brought them to 5-4 in conference play. Central Washington fell to 9-8 and 4-4 in the conference. The 'Jacks knocked off second-ranked Western Washington University, 108-97, two days after defeating Central Washington.



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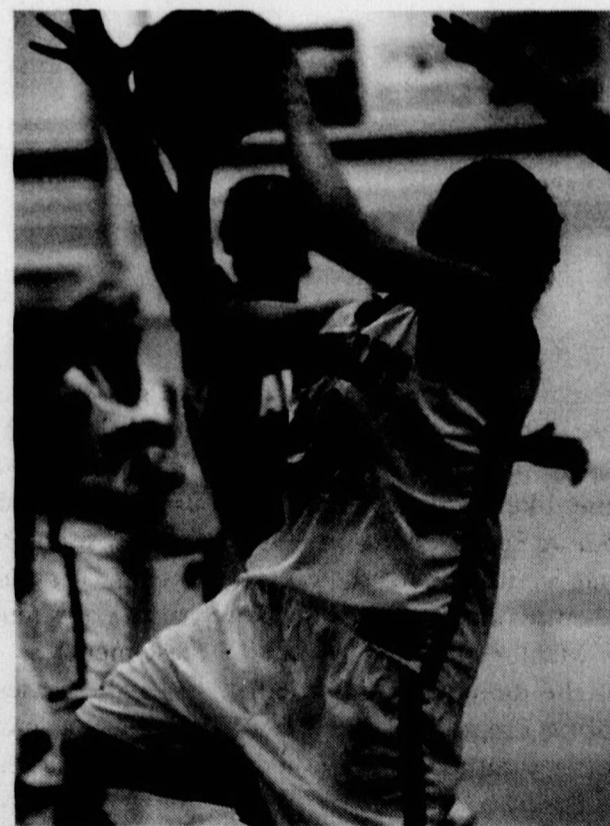
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HUMBOLDT STATE BASKETBALL



Remaining Home Schedule

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Sat., Feb. 11 HSU Women vs. Seattle (7 p.m.)
Thur., Feb. 16 HSU Men vs. Alaska-Fairbanks (7 p.m.)
Sat., Feb. 18 HSU Men vs. Alaska-Anchorage (7 p.m.)
Thur., March 2 HSU Women vs. Alaska-Fairbanks (5:30 p.m.)
Thur., March 2 HSU Men vs. Saint Martin's (7:30 p.m.)
Sat., March 4 HSU Women vs. Alaska-Anchorage (5 p.m.)
Sat., March 4 HSU Men vs. Seattle (7 p.m.)



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Free tickets for Humboldt State students are available for every home HSU men's basketball game. Pick them up in advance at the HSU Bookstore Ticket Office.

Helping to make a difference

Helping children and providing positive role models for them is what the North Coast Mentoring Program is all about



courtesy of The North Coast Mentoring Program

Mentors do many things with their mentees, from talking on the phone to participating in activities with the entire group.

Ashley Mackin
anm14@humboldt.edu

Influencing and helping shape the lives of children in Humboldt County is part of a day's work to some, like child development sophomore Sean Cohen and HSU graduate Jessica Whatcott.

Cohen works for the North Coast Mentoring Program and is now the director of the Youth Mentoring Program at the Y.E.S. House on campus. When asked, he will gladly tell stories of great experiences he has had with the mentoring program.

The North Coast Mentoring Program helps children by assigning a mentor to spend time with them, help build self-esteem

and give them a stable adult role model. Jeff Gilbreath, director of the program, said the program also helps build the community through mentoring relationships. Having a caring adult mentor makes a difference to the future of these mentees.

In some cases, the mentors can bring out a more playful, social side to children and teenagers. Cohen said one girl in the program was upset because of problems at home. When they were all together playing a game, she did not want to play. But she and her mentor, Katie, were so close that they both played inside

with the other children, simply because Katie wanted to.

"My mentee has had a lot of disappointing things in his life," Whatcott, a current mentor, said. "I like that he trusts me to show up when I say I'm going to show up and call when I say I'm going to call. He appreciates it. We also get to do fun things together."

Currently, about 90 mentors work with the program, but there are more than 100 mentees on the waiting list. "We try to make it as affordable and enjoyable as we can," Gilbreath said, adding that he hopes more people get involved and paired up.

Former California Governor Pete Wilson founded the program in 1995. He was supportive of similar programs on the state level, which led to implementation on the local level. There is also a lot of collaboration with programs such as Big Brothers and Big Sisters to help support the vision. The program is completely non-profit, with the majority of its funding coming from grants and private foundations.

The program offers gift certificates to various places around town, such as Smug's Pizza and Figueiredo's Video. Some are donated by businesses and others

are paid for through the program for those who want to take their mentees around town and do activities with them.

The program also provides free mentor training.

However, the only real necessity is to be consistent. Keeping in regular contact with mentees, whether by phone or e-mail, is the basic foundation of the mentor-mentee relationship.

A background check on the mentor is also conducted. While the check does go on a person-by-

see MENTORING, pg 18

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Photo illustration by Daniel Crawshaw

Students can go to Counseling & Psychological Services at the Health Center. The Davis House Psychology Clinic is designed to be a low-cost source for counseling and psychotherapy services. Call 826-3921 for an appointment or more information.

The blues can be more than a bad day

There are resources available at HSU for students who may suffer from depression

Amy Gaber
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Last fall, nearly 73 percent of students going into Counseling and Psychological Services on campus reported symptoms of depression.

In 2003, the University of Michigan reported that one in seven college students face clinical depression. Each year, millions of Americans suffer from depression, which is a psychological condition.

Clinical depression can be identified by mood changes, sadness, irritability, changes in sleep and appetite, an inability to concentrate and a decrease in motivation, among other things.

If symptoms persist for a week or more, Lezlie Scaliatine, outreach coordinator and staff psychologist at counseling services, suggests seeing someone for help. "After a week, it's of concern," she said.

The blues, caused by normal reactions to life's events, are commonly confused with clinical depression. The blues are not medically serious. When a person feels down for a few days after an event such as a death, Scaliatine suggests waiting it out. "It will pass," she said.

Alana Chenevert, a journalism

freshman, said she experienced this when she moved to Humboldt in August.

"Coming from L.A. to here is the biggest adjustment someone can make," she said. "The first day I was here I felt down and then I met people I really liked and forgot about home."

Depression most commonly appears between 20 and 50 years of age and is also very common in college students. Some triggers for depression in college students can be leaving home, academic demands, social situations and homesickness. If these symptoms last for two weeks or more, Scaliatine said it would be considered clinical depression.

Women experience depression more often than men and are more often diagnosed.

Women also tend to seek help more. "People experience and react differently to symptoms," Scaliatine said. "Women might feel more sadness and men might feel more anger and go out drinking, for instance."

Medication and "talk therapy" are the two most common types of treatment for depression. Medication can have side effects, but sometimes it is more effective

than talk therapy.

For those who don't want to do either therapy or medication, exercise, a good diet, communicating with friends and family and engaging socially can be a big help. "Even taking a walk can help," Scaliatine said.

As for students at HSU, there are a number of resources available. Students can go to counseling services in the Health Center to speak with one of a number of professionals prepared to help with depression. Counseling services offer individual and group counseling, workshops and couples counseling.

Anti-depressants can also be prescribed. "But it's getting more difficult to do that," said Rebecca Stauffer, director of Health and Counseling. "These are powerful medications."

Tracking the side effects of medication can be hard since it is generally taken for a year and the Health Center and counseling services are only open during the spring and fall semesters.

During the summer and winter break students will need to find other care. "But," Stauffer said, "we always try to work with students."

Can you do better than this?



WANTED

Student photography submissions

Submit your favorite photo to Features Editor Brandie Glass, or email a JPG file to reporterchic@gmail.com

Include your full name and your major.

Photos should be captured in Humboldt County. All submissions welcome.

Photo by Shannon Donohue
fisheries biology major
Taken at Humboldt Bay in the early morning

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MENTORING: helping a child

continued from pg 15

person basis, a repeated history of child abuse or habitual crimes is a red flag to the program. They do, however, realize that people change for the better and give them the opportunity to do so.

Aside from being consistent, the program is more or less looking for people who are willing to have fun and be a positive role model for their mentees. They want the mentors "to provide them with a good, comfortable vibe that might not have been there prior," Gilbreath said.

The requested time commitment is for one year, two hours a week. "Studies show that to really make an impact, you need a year," Whatcott said. "If you can't make that commitment, it can be detrimental to them (the mentees). It can be even more so than if they never had a mentor to begin with if you cannot be there for them for the whole time. So I suppose it's a deterrent for college students."

The lack of a positive, consistent adult figure leads many children to the program. Gilbreath said there are several repercussions to not having a positive adult model to admire.

Gilbreath has seen those repercussions in the form of everything from academic failure to drug use to teenage pregnancy. Some teenagers do enter the program; the average age range is 4 to 18. Any concerned adult can refer mentees to the program or one of its social workers.

If you want to make an impact on a child's life, you might consider the North Coast Mentoring Program. For more information, contact Jeff Gilbreath at (707) 269-2050 or e-mail him at mentor4youth@yahoo.com. The program's local headquarters is at 904 G St. in Arcata.

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Divine metal music

To-do list: defy genres, make a living

Melody Hogan
silly.dance@gmail.com

According to dictionary.com the etymology of the word Entheogen means "The divine within." For the members of the Humboldt county experimental metal band, it means that and so much more.

Entheogen was founded about three years ago by HSU art majors Dustin Green and Eric Beck and their longtime music friend Jamie Adams.

"Our group feels very right and cosmic, like the universe has lined us up," Beck said. The band members

have a deep concept of spirituality and they express it through the unity of their group and the music. Becoming a band was one of the first steps in their spiritual journey as a group. About a year ago Arron Eaton started playing bass with Entheogen.

"I've been playing bass for 16 years and the last six months have been the best," Eaton said.

The members of Entheogen have been playing together for three years and have studied hard to be where they are. Eric Beck plays guitar and does many other things for the band, including working on a recording studio the band is trying to build. Dustin Green is the vocalist and lyrical wizard behind Entheogen's songs, and Jamie Adams plays drums. However, one thing is certain, they work together. They share ideas

and work with many different sounds.

"We are exploring our consciousness through this, and we don't shy away from any musical opportunities we can think of, whether it be a tuning or a scale or anything," Beck said about writing the music. As for

"At first people don't know where to put us, but now it's just undeniable ... we rock."

Dustin Green
Entheogen Vocals

actually getting a sound, Beck said. "We aren't afraid of rhythms or patterns of notes that fall out of the genre of music called metal." Every song is a journey and every show they play an experiment. The entire band agrees that making music for them is a healing experience.

"Being in a band is like therapy if you do it right," said drummer Adams. Entheogen is wary of categorizing themselves in any sort of genre for their sound. They want to be able to stay open and not be confined by rules or previous conceptions about what music should sound like. Yet when one hears Entheogen, one can see that they were influenced by metal bands such as Metallica and Tool. However, it's their openness to new ideas and sounds that sets Entheogen apart from the rest of metal.

"At first people didn't know where to put us, but now it's just undeniable ... we rock," Green said.

The entire band works hard at what they do. Green said he has missed more concerts and local shows in the past three years than ever before, he just wants to focus on his band. "We aren't in it for the free beers," he said. "We want to play arenas, we want to make a living." They aren't interested in MTV per se, but if it did happen they wouldn't

be opposed. Mostly they just want to make enough money to get by and play for people who appreciate their art.

So it might be a good idea to catch this band at our little Humboldt music venues before they end up on VH1. They are playing at Brogie's Boiler Room in Eureka on Friday, Feb 3. It's a 21 and over show but Entheogen wants everyone to know that they'd like to play for the kids and that it's a shame there aren't more all-ages venues around here. If you want more information about Entheogen and when they are playing shows, check out their Web site at www.entheogenruckus.net.

"This is what we want, more than a band ... we want Entheogen," Beck said.

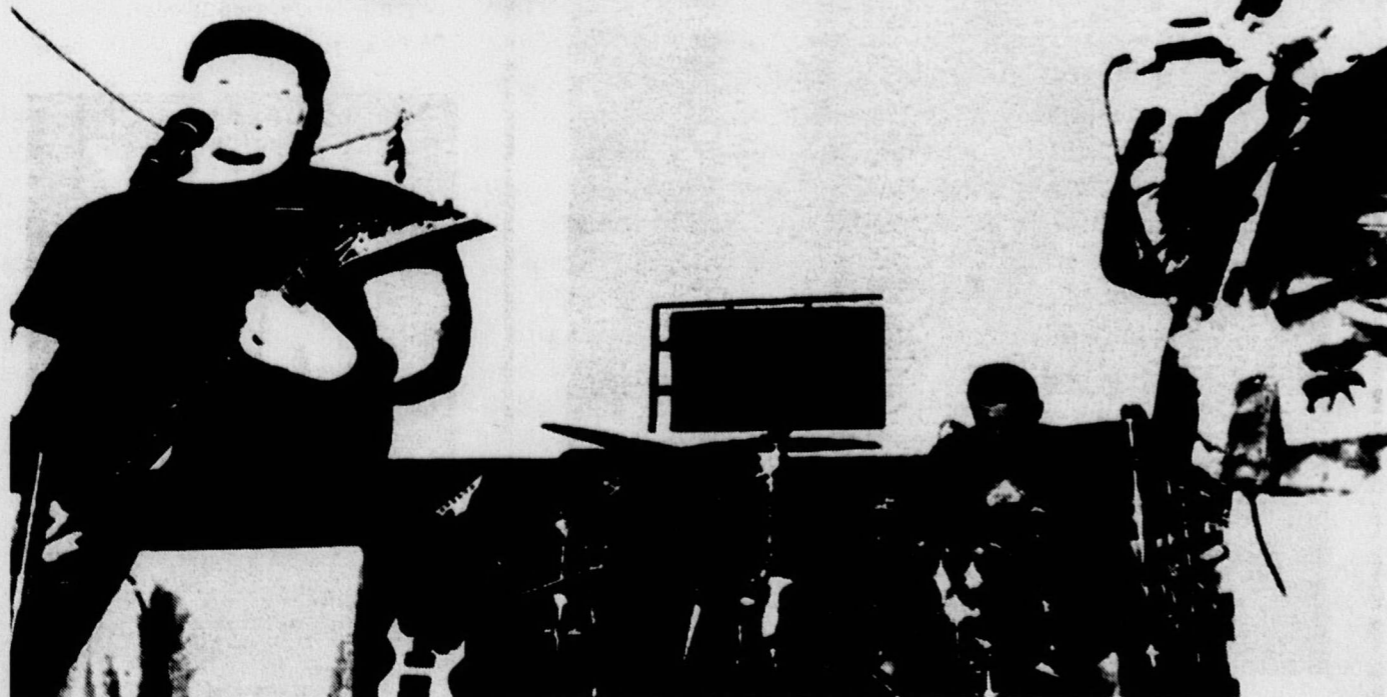


Photo Courtesy of www.entheogenruckus.net

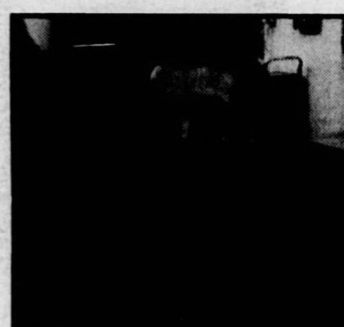
"What do you think the word entheogen means?"



Misele Tupou

Junior
Business

"I know I can spell it."



Arik Mitschang

Senior
Physics

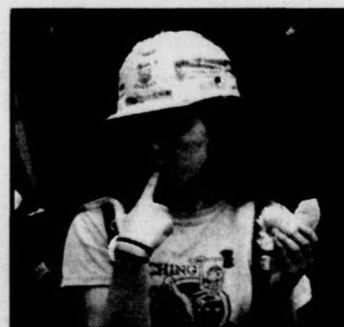
"It's sorta like pathogen ... so it's some sort of antibiotic."



Steve Dytewski

Senior
Music

"Jesus Christ .. uh ... well entheo meaning from and theo meaning theology, so it means from theology."



Karolyn Wyneken

Freshwoman
Dance

"It's the last bite of a hotdog that has no meat in it, just the bun."



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Four to the Floor

The classic house music beat and scene remains strong in Humboldt

Nathan Schofield
ncs13@humboldt.edu

The 21-and-older DJ show Saturday night at the Six Rivers Brewery in McKinleyville exposed the talents of the San Francisco house music producer Sen-Sei and Humboldt County based DJ Fingers and the enthusiasm of the North Coast electronic music scene. The event brought together producers, DJs, promoters and fans for three hours of aural bliss in celebration of the electronic dance music genre known as house.

House music is a form of dance that relies on a computer or synthesizer generated percussion and bassline. In general, the music draws from Latin and black ethnic influences. Out of these in particular it uses jazz, blues and disco to distinguish itself from

other forms of electronic dance music. Rather than provoking hands-in-the-air euphoric moments, house locks its listeners locked in a groove with the funky bassline of the music.

The main draw of the show was the performance by Sen-Sei. For more than a decade he has been a veteran of the San Francisco house music scene. Sen-Sei has held residencies at Thump Radio in San Francisco and at Crobar in Miami and Chicago. He has released records on house music record labels such as Siesta, Soma and Contrast Music. Sen-Sei's West Coast popularity has been sprawling;

Instead of playing straight up house music, Sen-Sei has another DJ paired up with DJ Fingers

of the Humboldt-based Deep Groove Society. DJ Fingers laid down the minimal house and drum tracks while Sen-Sei did the riffs and effects over the bassline and percussion on his Roland keyboard/synthesizer.

Over the course of the show, which lasted from 9:45p.m. till 12:30a.m., the music influence went from funk to disco all the way to almost an almost tribal groove, where the bass and the percussion were the prominent part of the song. However, Sen-Sei was the dominant player in the performance because laid down all the bass, saxophone, woodwind, electric keyboard and piano parts on his keyboard. Although none of the samples used in Sen-Sei's set had any

see HOUSE MUSIC, next page

A cabaret for kids?

The Star Garden Theater to entertain everyone, age not a factor

Cole Saxton
cjs42@humboldt.edu

For those who have been growing weary of Arcata's current entertainment venue for children, the nonprofit children's theater group Vagabond Players would like to invite families and community members to their new home at the Star Garden Theater Arts Center in Arcata. A cabaret show on Feb. 10 will feature acts that range from puppetry to break dancing, and live music provided by Blue Lake band Fusiq.

"We'd like to let people know we're here," said coordination director Ben Hirsch, "and invite people to the space, especially the children in the community."

As a means for doing that, Hirsch and theater/artistic director Carole Wolfe came up with the idea of holding a cabaret once a month and inviting all performers in the area to audition. During the first of the cabarets they will be holding a silent auction with items made available by donations from the community, and serve what Wolfe described as "lots of

wonderful, yummy organic foods and good things to drink" in the theater café.

The show will begin at 7:30 p.m. with a family-oriented group of acts, during which free popcorn will be provided for children. Though the attraction of families to the cabaret is a key goal, directors Hirsch and Wolfe agree that it will be a fun time for all, regardless of age.

The family-oriented show will end at 9 p.m. followed by a half-hour fire display outside the theater, featuring approximately 30 fire twirlers. At 9:30 the theater doors will close again to resume the cabaret show with what Wolfe calls "a more adult-oriented" group of performances, but not too adult-orientated, she said, adding that this is "a family theater."

Also among the featured acts will be a 10-minute magic show performed by Shantaram Jones, who has been in the business of magic for roughly 15 years.

"It's always been my passion to entertain people," he said.

For those unable to attend the Feb. 10 cabaret, Wolfe said more events and productions are in the works. "More and more things are going to be happening all the time. We're in the process of figuring out the whole year," she said, adding that "We're always looking for ways to fundraise and help support the space here and also have fun things to do for the community."

Future productions currently under consideration include "Peter Pan," an adaptation of Roald Dahl's novel "The Big Friendly Giant" and an updated version of "Cinderella."

Pre-sale tickets are available at the Metro in Arcata and Eureka for \$6 and tickets are \$8 at the door. Children are admitted for \$4 regardless of where the tickets are purchased, and children 3 and under get in for free. The Star Garden Theater is located at 1251 9th St in Arcata.

HOUSE MUSIC

continued from pg. 20

mainstream recognition, people in the audience cheered when there was an instrumental solo played by Sen-Sei, or when the instrumental part of a song built into a breakdown through the repeated use of drum rolls and fast hi-hat percussion.

The event was put on by the Deep Groove Society, a locally based group of electronic dance music enthusiasts. Deep Groove Society has been present in the community for the past six years promoting a love of electronic music. Starting as a Sunday social event at the Mad River Boat launch, the crew went from being just a close-knit group of electronic-music-loving friends to being a production crew having a primary influence on electronic music culture in Humboldt County and drawing more fans into its scene. One of the head promoters for Deep Groove Society, Jason Soto, aka DJ J-Sun, described the beginnings of the organization.

"Deep Groove Society was started in March 2000 as a Sunday social party put on by myself and DJ Sequoia, who is no longer with us," Soto said. "Deep Groove Society soon became the name of our organization."

As Deep Groove has gotten older, we have continued to get more support."

On the night of the event, close to 100 people danced around the stage at the brewery, showing the profound support that Deep Groove Society has in the community. Over the course of the night, the show retained its size, resulting in an intimate yet dynamic vibe since few people left during the show.

A show is made up of interaction between the DJ's and the crowd

and the quality of the show rests upon this relationship.

As Gabriel Groom (DJ Gerber) said, "The DJ is useless without the crowd and the crowd is

a loyal core crew, which is like a family. We are always meeting new people and expanding our family," he added.

People are drawn to the Humboldt house music scene by both the quality of its DJs as well as the intimate, almost family-like vibe present at its events.

In terms of the actual event, the crowd was shoulder to shoulder in full capacity for the entire night.

However, they were definitely up for the music and for socializing, making this a positive and intimate event, further reflecting the ideals of the scene.

"I came to check out the show," said Groom.

"I haven't heard of the two DJs spinning here. I'm here for the scene primarily."

Overall, the event gave an accurate, positive portrayal of the current house music scene in Humboldt County. It has definitely come along way since its humble beginnings. "When I started spinning house music in Humboldt back in 1995, there would be 20 people at an event,

all of them regulars," said Groom. "Now at events there are new faces every time and the events are filled to capacity."

Despite the scene being as strong as ever, it is primarily limited to the 21 and up crowd since the two legitimate venues they are allowed to use, the Six Rivers Brewery and Humbrews in Arcata only permit 21 and older dance events. It

will be a rocking new year for the Deep Groove Society however, with one event planned every month at Six Rivers Brewery and three events at Humbrews. For more up to date information check www.deepgroovesociety.com, deepgroovesociety.tribe.net or look for fliers on campus and around town.

useless without the DJ." Audience members were participants because they were being drawn into the musical story DJ Fingers and Sen-Sei were trying to tell and, because the story

was good enough, the audience stayed for the duration of the show. "Deep Groove Events are always good, so I always expect the best," said Jeremy Maness, a promoter for Deep Groove Society. "There is



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The Rivalry Book Review

Robert Deane

rwd6@humboldt.edu

The NBA was born in 1947 when the struggling Basketball Association of America and National Basketball League merged in hopes of better financial prosperity. But it wasn't until 1956 that the NBA would enter its golden age and begin to rival the older professional sports, baseball, football, and hockey, and change into the sport we recognize it as today.

The cause for the change would come in the form of two men, Bill Russell and Wilt Chamberlain, who through their size, intellects, political views, race, and athletic skills would change how the NBA would be played and help the league overcome the racial issues that had plagued it even as it integrated far more smoothly than any other professional sport.

In his book "The Rivalry," journalist John Taylor tells the electrifying story of how these two African-American men came into the public spotlight when American was at a crossroads socially and helped to transform a sport and a culture through their visibility. Bill Russell, through his defensive prowess, intelligence and sheer will to win, would transform a struggling Boston Celtics team into a perennial champion during his 13-year career, while his rival Wilt Chamberlain changed the record books. Taylor helps the reader see through the stereotypes that have become synonymous with Russell and Chamberlain's rivalry to show how their different playing

styles and views of racial issues in America both opposed and complemented each other.

They helped sell out arenas when their teams met and helped the NBA get the much-needed attention it required to become a successful sport.

The book offers the sports fan the excitement of the clashes of these two giants, to the more light moments. Taylor recounts the various tales from the memories of the players themselves of the "Syracuse Strangler" a fan of the Syracuse Nationals (now the Sacramento Kings) who would try to strangle either the players or coach of the opposing team if the Nationals were losing, to the hilarious account of when Russell's teammate Sam Jones hold off Chamberlain with a cameraman's stool when the two clashed in a playoff game that led to a 76er guard Andy Phillip to also hold off the Celtics enforcer or hatchet man Jim Luscutoff with a chair when trying to break up the brawl. it has today.

"The Rivalry" is a great sports history book that tells the story of the NBA's two greatest players not only from the sports standpoint but also in its social history context. This is a book that is highly recommended for fans not only of sports history but also social history who may gain a different insight into how sports can sometime play a pivotal role in social change and continues to do so even today.

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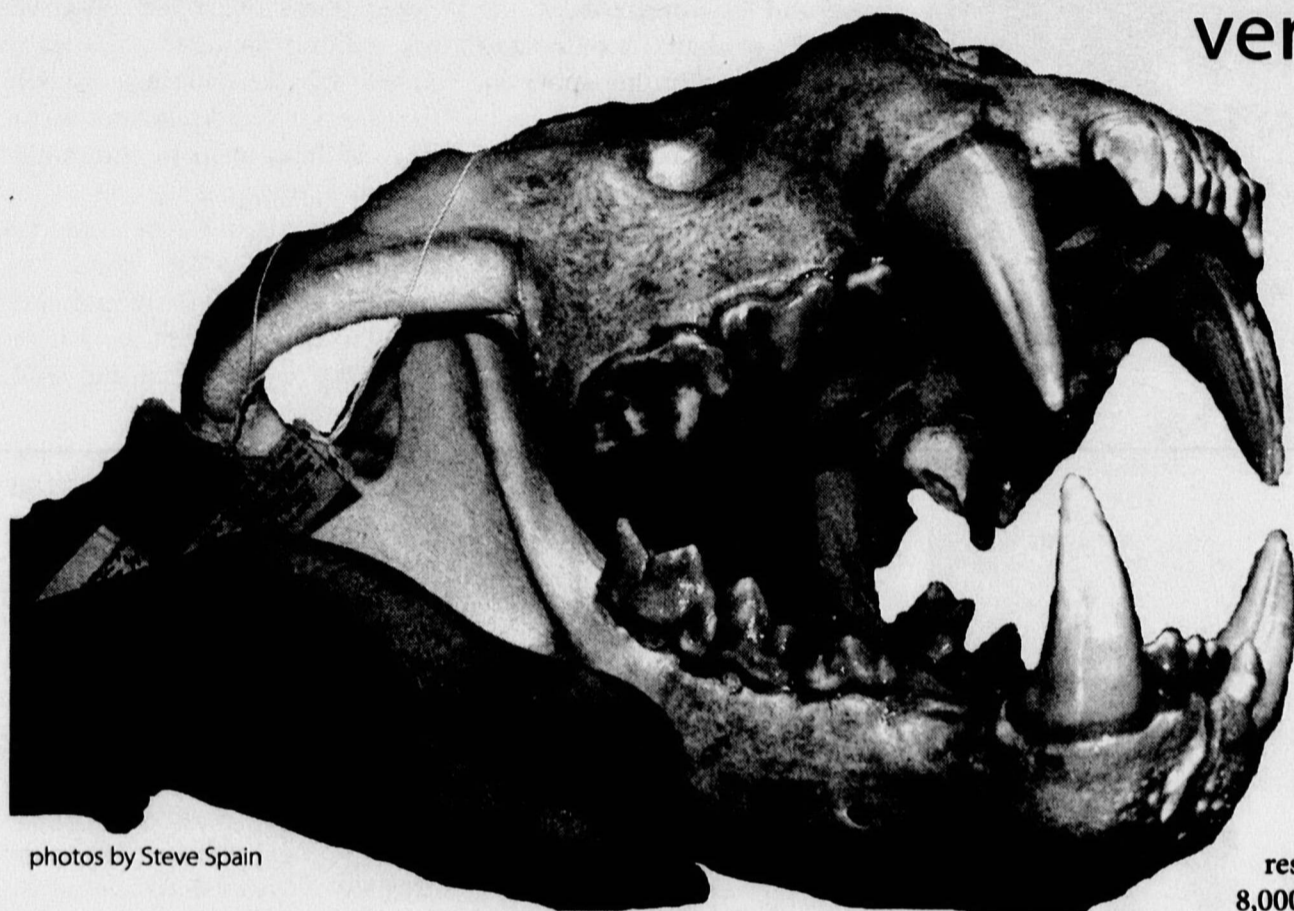
KATE HILL HALL

PHOTOPHONY

18+ UP OR HSU STUDENT

Lions and whales and backbones galore

With almost 8,000 specimens, HSU's vertebrate museum is known the world over



photos by Steve Spain

With vertebrate samples, like this lion skull (above) and mountain lion skin (below), from all over the world, including Africa and Australia, HSU's vertebrate museum not only serves as a valuable tool for teaching students, but also has the ability to share specimens with other schools.



Kara Hochner
kmh2@humboldt.edu

There is a rhinoceros loose on campus. You can find him at HSU's vertebrate museum.

HSU currently has the second-largest vertebrate collection in the CSU system.

This valuable teaching resource includes almost 8,000 deceased marine mammals and ground-dwelling animals that are studied by students and

professionals here on campus and throughout the world.

The oldest specimen in the collection dates back to 1923, before HSU was even established. There have been some recent additions to the museum that have the science community at HSU very excited.

"One important recent development has been the addition of a frozen tissue collection at the museum," said museum curator Brian Arbogast. "This collection consists of some form of soft tissue (typically heart, liver, kidney etc.) that is housed in an ultra-cold freezer."

Currently the museum holds 150 specimen samples and is constantly trying to add more. These tissue samples are valuable study material because they can reveal the evolutionary process or the origin of the species.

"This is an extremely valuable resource, because it means we can share this material with researchers at other museums, and vice versa, making the most efficient use possible of these valuable specimens," Arbogast said.

The vertebrate museum obtains its specimens in a variety of ways.

"Most of the marine mammals in our collection are the result of animals that died and washed ashore," Arbogast said.

Examples include a 70-foot fin whale (*Balaenoptera physalus*) that washed up near Orick and a 21-foot killer whale (*Orcinus orca*) that washed up in Ferndale last year.

Arbogast said most of the smaller animals that were brought in were often roadkill or killed by cats.

"We also get exotic animals from zoos or wildlife

parks after they die," Arbogast said. "For example, we have skulls of rhinoceroses, cheetahs, lions, hyenas etc. that were donated to us from these facilities."

The vertebrate museum also trades with other museums, Arbogast said.

"Something common here might be completely absent on another continent, and vice versa," he said. "So trades between institutions are valuable for adding diversity to the collection, especially for teaching purposes."

Due to its remote location on the North Coast, the museum is responsible for all dead animals from Pelican State Beach (near the Oregon border) to Sinkyone Wilderness State Park (north of Highway 1 in Mendocino County).

HSU also assists in live-animal rescues and the post-mortem examinations performed on animals that die during rehabilitation efforts. In all cases, detailed information on the animal is collected, the material is catalogued into a computerized database and tissues for genetic research are placed in the frozen tissue collection.

This extraordinary display of biology gives HSU students the opportunity to learn how to prepare study skins and skeletal material for preservation in a museum. As a result, HSU graduates have gone on to become the collections managers and curators at some of the most prestigious museums in the country, including the Field Museum in Chicago, the Smithsonian in Washington D.C., the University of Kansas Museum and the Natural History Museum in Los Angeles.

"A lot of the collection is quite old and it is really interesting to see what they (the specimens) looked like in the 1920s and compare them to specimens today," said HSU Collections Manager Michael King.

Most of the vertebrate museum is not on public display, but you can schedule a private tour by contacting Michael King at mgk2@humboldt.edu.

"I like to try and make it (the museum) available to all students," King said.

If you would like to see some organisms on display without a tour, there is an entire skeleton of a Hubbs' beaked whale (*Mesoplodon carlshubbi*) in the lobby of Science B and the cranium of a male sperm whale (*Physeter macrocephalus*) in front of Science C.

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Elizabeth Hilbig
eah32@humboldt.edu

Around the world, people sing reverently of them in songs and dignify them with illustrations. Their likenesses show up on everything from national money to company uniforms. Birds of prey have captivated people throughout history. But how well do Humboldt locals know their resident raptors?

In order to better acquaint Humboldt residents with their feathered neighbors, the HSU Natural History Museum is hosting an adult workshop about the local raptor population, which will involve lectures as well as living demonstrations of three educational birds from 1 p.m. to 3 p.m. on Feb. 5.

Participants will learn more about the common raptors found in this area, as well as how to identify them during the winter months. Due to the biology

and adult-level curriculum involved, the museum requires participants in this workshop to be age 16 or older.

The Humboldt Wildlife Care Center will provide a live demonstration with its education raptors, helping participants determine specific species based on coat, color, size, shape of the wings and other helpful biology. The raptors making special appearances at the workshop are Al, the great-horned owl, Miranda, the red-tailed hawk, and Louie, the American kestrel.

"The audience will have a long period of time to see the raptors up close and learn key identification markings," said Spring Garrett, the education coordinator for the museum.

At a time of year when observable wildlife activity lessens, raptors remain constant hunters evident over their habitat. In winter, the raptors rule.

From tidal flats to open fields, dense redwoods to rocky peaks, the environment boasts a diverse

population of raptors. Raptors of every kind—buteos, accipiters, eagles, falcons, vultures, osprey, harriers, kites and two families of owl—can be found in Humboldt County.

Raptor team leader Merry Maloney and her band of volunteers work at the Humboldt Wildlife Care Center, where Humboldt County's injured wild animals are rehabilitated.

Maloney and the care center work with anywhere from 50 to 80 raptors annually, returning most of the animals to their natural habitats. The education birds are

"I admire the birds for being able to put up with an audience. These birds show how cool [birds of prey] are."

Spring Garret
HSU Natural History Museum
coordinator

those which are unable to return to the wild due to "injuries that impair their ability to survive in the wild," Maloney said.

The educational demonstrations with the raptors are designed to bring local residents face to

face with some big birds from their own backyards.

"It's amazing that such wild birds—and these are wild—can behave so well!" Garret said. "I admire the birds for being able to put up with an audience. These birds show people how cool [birds of prey] are."

HSU student and Naturalist Club member Samuel Harkous volunteers as a docent for Friends of the Dunes, a steward to the natural area and the wildlife. Yet he finds it unrewarding to watch birds in the field.

"Most birds seem aloof, flying out of sight, so you have a hard time learning about them," Harkous said.

Seeing the birds up close makes a lasting impression and provides identification details which build birders' confidence for future days in the field. In fact, this workshop will also help participants recognize the different birds in flight.

see **RAPTORS**, next page

RAPTORS: Birds of a feather . . .

continued from previous page



Elizabeth Hilbig

Al, the great horned owl, had to be hand fed when she was brought into the Humboldt Wildlife Care Center with a broken wing at two months old in May 2000. Although her wing healed, she is unable to fly and is one of the care center's education birds. Al will be one of the featured birds at the Natural History Museum's adult workshop on raptors.

Harkous' feelings of bird boredom faded at the mention of a class on raptors where the birds sit face to face with the audience.

Harkous said the workshop, held by local raptor experts and including close-up sessions with live raptors, sounded "Sweet!"

"I feel that education really makes a huge difference for the future of populations of wildlife by fostering awareness and appreciation," Maloney said.

The event will be held on a Sunday when the museum is regularly closed so that the 20 or so participants may sit comfortably on the main floor and spend time up close to the three birds of prey without causing them undue stress.

Thanks to the greater amount of space, this also means more room in the workshop. Call today

to reserve a space at 826-4479.

Students as well as members of the museum receive a discount admission of \$18, while the ticket price for non-members is \$22.

Membership to the Natural History Museum is offered in

a variety of packages with benefits, from the basic student/senior membership of \$20 to family deals which include passes to over 270 other museums and range in price.

Check out www.humboldt.edu/~natmus for more detailed information, or stop by the museum at 1315 G St. in Arcata.

Visit www.humboldt.wildlifecarecenter.org for more information on workshops or on how to get involved in either organizations.

Check out www.humboldt.edu/~natmus for more detailed information, or stop by the museum at 1315 G St. in Arcata.

Got a tip or a story idea? Call us in the newsroom.

(707) 826-3271
thejack@humboldt.edu

Submit event announcements for free calendar listing.
events@humboldt.edu

**COUNSELING and
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**Humboldt State University
Student Affairs**

Groups Spring 2006

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 who 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. *Day & Time TBA*

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 give up parts of your self in order to keep others happy? Are you unable to let go of resentments and anger? Do you have trouble grieving losses and moving on? If you answered "yes" to some of these questions, this group may be for you. *Time: Tuesdays, 9:30 - 11 a.m.*

INTERPERSONAL PROCESS GROUP - Do you wonder how you come across to other people? Are you looking for honest feedback about your interactional style? This group provides opportunities to learn about yourself in relationship to these and to process your relationships from the past and present in a safe confidential environment. *Time: Tuesdays 2 - 3:30 p.m.*

MAKING PEACE WITH FOOD & BODY - This group will provide a safe and supportive atmosphere in which to explore your relationship with food and your feelings about your body. Together, we will examine the impact that society has had in shaping the way we feel about our bodies and in creating our approach to eating, and work to create a new more empowered approach to eating and self. *Time: Wednesdays 4 - 5:30 p.m.*

PERSONAL GROWTH GROUP - This group is for individuals who would like to gain insights about themselves through interaction with others. Group members help each other identify themes involving past relationships and dynamics in order to foster psychological growth. Members encourage one another to be genuine and real and emotionally present in the moment. *Day & Time TBA*

SURVIVORS: RAPE AND SEXUAL ABUSE - You don't have to suffer in secrecy, silence, shame. Break the Silence. Join us: Unlock the secrets that weigh you down. Connect with others to know you aren't alone. *Time: Fridays 3 - 4:30*

WORKSHOPS

Mindfulness & Mood:

A workshop on Emotional Awareness

Mirror, Mirror on the Wall...

Exploring your Relationships with Food & Body

Conscious Loving:

How to Establish & Maintain Healthy Relationships

Managing Stress & Anxiety

To attend any of these groups come to Counseling and Psychological Services, to schedule a meeting with the group leader.

For workshop information see our web page.

Student Health Center Building, 2nd floor, Room 205.

For the most current information see our web page

<http://studentaffairs.humboldt.edu/counseling>

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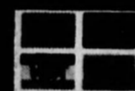
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Lumberjack Editorial

Become more politically aware

Interested in issues such as stem-cell research, rising student fees and the health and direction of California? Come meet Democrat Steve Westly, candidate for governor, next Tuesday when he attends HSU to discuss issues concerning students. The election is not until November, but the party primaries are in June. Currently, Westly is the State Controller. The controller is the government's chief financial officer – in charge of the disbursement of state funds.

Westly, elected in 2002, will give his campaign speech in the South Lounge at University Center at 3 p.m. and devote 30 to 40 minutes to answer questions from students.

He joins the race with California Treasurer Phil Angelides in the battle to win the democratic nomination in the June 2006 primary. Westly has already put \$20 million into his campaign and started running television ads last week. More than 19 candidates are running for governor in the fall election. Come out, ask questions and figure out who you want to lead this state for the next four years.

It is a rare opportunity to meet major political figures who help run the state, as the North Coast tends to be forgotten behind the Redwood Curtain by all except our local state senator, assemblywoman and U.S. representative. California Attorney General Bill Lockyer was the last political figure to visit HSU in the fall of 2004 when he was testing gubernatorial waters before deciding to run for the state treasurer position, and few people turned out to see his presentation.

Send letters to the editor to
thejack@humboldt.edu

The Lumberjack Statement of Policy



- Questions regarding the editorial content of The Lumberjack should be directed to the editor at 826-3271.
- The Lumberjack editorial is written based on the **majority opinion** of the newspaper's editorial board.
- **Staff columns, guest columns and cartoons reflect the opinion of the writers, not necessarily those of The Lumberjack or HSU.**

LETTERS TO THE EDITOR

Activism abounds

Dear Editor,

I'm writing in response to the Lumberjack's article (Dec. 7, pg. 4) regarding my new HSU political activism course, "Politics, Justice & the Language of Social Change," involving Noam Chomsky as a guest speaker. The course proposal was originally denied by the Government & Politics Department Chair, Sam Sonntag. In the article, Sonntag said: "He (Mohamed) didn't have the credentials. We didn't turn down Noam Chomsky. We turned down Mohamed."

The facts are: one of Sonntag's original "excuses" for denying the course was that the course syllabus wasn't "adequate," thinking that I was the one who designed it. When I told her it was actually designed by Chomsky himself, she then said that she'd rather have some of her faculty teach the course.

So I agreed to give all my course material to one of her faculty, but no one accepted the offer. Why? Well, Sonntag also mentioned that the course content overlapped with some of her department course offerings, but, as one of her faculty told me (I want to keep him/her anonymous), since Sonntag became department chair, she has eliminated all course content involving activism and denied every proposal that "threatened the monopoly of HER department!"

Now, I trust Sonntag teaches politics, not exercises them. If the logic behind her department "reform" was (I hope) that political science and political

activism are two separate academic disciplines, then I don't see how I'm not qualified, since there is no such thing as a political activism degree in the United States. (The U.S. government, as you'd guess, would simply not fund such a program!) I believe Sonntag DID turn down Chomsky. She was never enthusiastic about his course from the beginning, and her excuses were more and more inconsistent.

Chomsky, on the other hand, who also knows my credentials, obviously thinks that I can teach this course, since he gave me all his course material!

He'll be directly answering students' questions over a live video feed on April 6. Don't miss it!

You don't need a degree to be an activist or spread activism. Chomsky and Howard Zinn obviously don't have one, yet they're some of the best.

That's why it's called "activism;" the best way to learn it is to "Do it."

The course was luckily approved by the Social Work Department, which I think better fits the philosophy of the course, along with another social activism course, "Social Entrepreneurship: The Art of Doing Business with a Heart."

Hurry, there are only 25 seats available. For more info, visit the HSU activism courses' Web site: www.humboldt.edu/~msj2/activism.shtml.

Mohamed Jemmali
HSU business alumni & business & Arabic faculty

Animal lover can bear no more

Dear Editor,

Well, the bear is dead. From a spinal cord injury. At the Sequoia Park Zoo.

I would like to know how it sustained this injury. Elephants kept in zoos develop and die from infected feet, bone injuries and arthritis from standing in small cement habitats. The bears live in a small cement habitat. They walk in circles on cement all of their lives, while other exhibits at the zoo have Mother Earth under their feet.

What will this zoo do with other large mammals like mountain lions, leopards, coyotes and red pandas

in Gretchen Ziegler's "der Master Plan?" Maybe she even has an elephant up her sleeve.

So the remaining bear is going to live out its life alone. Its sibling is dead. Its parents were shot and killed by the zoo for lack of space. And every day after endless day people will come to the zoo to look at the bear. And that is humane treatment for this magnificent animal.

Kate Tour
Fortuna

How to reach the Forum section

- The Lumberjack welcomes submissions for **guest columns or guest cartoons.**
- Letters to the editor should be no more than **350 words** and guest columns no more than **750 words.**
- Letters and guest columns will be edited for grammar and spelling.
- Letters and guest columns must be received by **5 p.m. Friday** for next issue consideration.
- Letters from the same author will only be published every **30 days.**
- Letters and guest columns **must** include the writer's **name, city of residence and phone number.** Also include **major and year in school** if a student.
- Letters can be e-mailed (preferred), faxed, snail-mailed or directly brought in to The Lumberjack.

E-mail: thejack@humboldt.edu
Fax: 826-5921

Address: The Lumberjack
Nelson Hall East Room 6,
Humboldt State University,
Arcata, CA 95521

Higher prejudices

Dear Editor,

I was told in a lower division college class once that higher education is the hammer that breaks down the wall called prejudice. This may very well be true for racial prejudice and sexual prejudice, though I can't speak on these subjects with any authority. My reason for writing this letter is to comment on my observations regarding higher education and religious prejudice.

I am a successful graduating senior this semester at HSU. I am a zoology major with a 3.9 GPA and a great relationship with most of my past and present science teachers. I am very much involved with the SCUBA program on campus. I am a member of the Humboldt Chorale, as well as the choir at the Eureka United Methodist Church... (church? Is that really what she said??) I live in two different worlds, both of which are constantly butting heads with each other. I believe in evolution (blasphemy) and I believe in God (a scientific taboo). But despite this beginning, this letter isn't intended to be about me.

I have discovered that as I go forward in my science education, my spiritual beliefs make me

the subject of constant ridicule. Likewise, being a scientist in the church community can be equally demoralizing. I never judge anybody for their beliefs, but more often than not, I am judged for mine. I never ridicule and I never, ever proselytize anybody. Many members of the scientific community have preconceived notions about Christians. It is just as true that many Christians have preconceived notions about scientists. In both situations, these preconceived notions are not good ones, and insulting, hurtful and, most importantly, untrue accusations and insinuations result. These stereotypes are not based on skin color or gender, but simply on what a person believes. I have heard these stereotypes uttered by coworkers, peers, good friends, teachers, family and members of the Christian community.

I recall a day last spring semester when I was having a conversation with a friend from a science class. She asked me what I was doing the upcoming weekend and I told her that I would be going to church on Sunday. She asked me in obvious surprise if I was a Christian and I said yes. Her response? "But

you're so smart!" Conversely, I was home for winter break two years ago and, on Christmas Day, my very Christian brother-in-law verbally attacked me for being a science major. I've spent the last three years pondering the opening statement of this letter and my conclusion is that higher education is not a hammer that breaks down the wall of religious prejudice. My experience is that it is more like a sponge that holds it in like water and, in many cases, the religious community harbors just as much prejudice.

I have no regrets about who I am. I am not ashamed of being a biologist, nor do I regret my spirituality. Scientists and Christians alike are normal people living lives of passion and fulfillment while trying to make the world a better place. It would be a beautiful day when members of our community could appreciate each other for their strengths and contributions without placing judgment on them based on what they do (or don't do) on Sunday mornings.

Heather Misener
Zoology senior

Drop a line in the Mad River

Dear Editor,

Many students are drawn to HSU for the opportunity to experience its natural beauty. I highly encourage this and would like to suggest an additional means to enjoy your time at Humboldt — fishing.

Fish are one of the most abundant natural resources in Humboldt County and have been a major source of sustenance and culture for the many Native American tribes that historically (and currently) inhabited the area. Yet with all of this natural abundance, fish are currently threatened in the area.

The activity of fishing is an excellent way to gain access to these treasures and learn about the natural landscape as well.

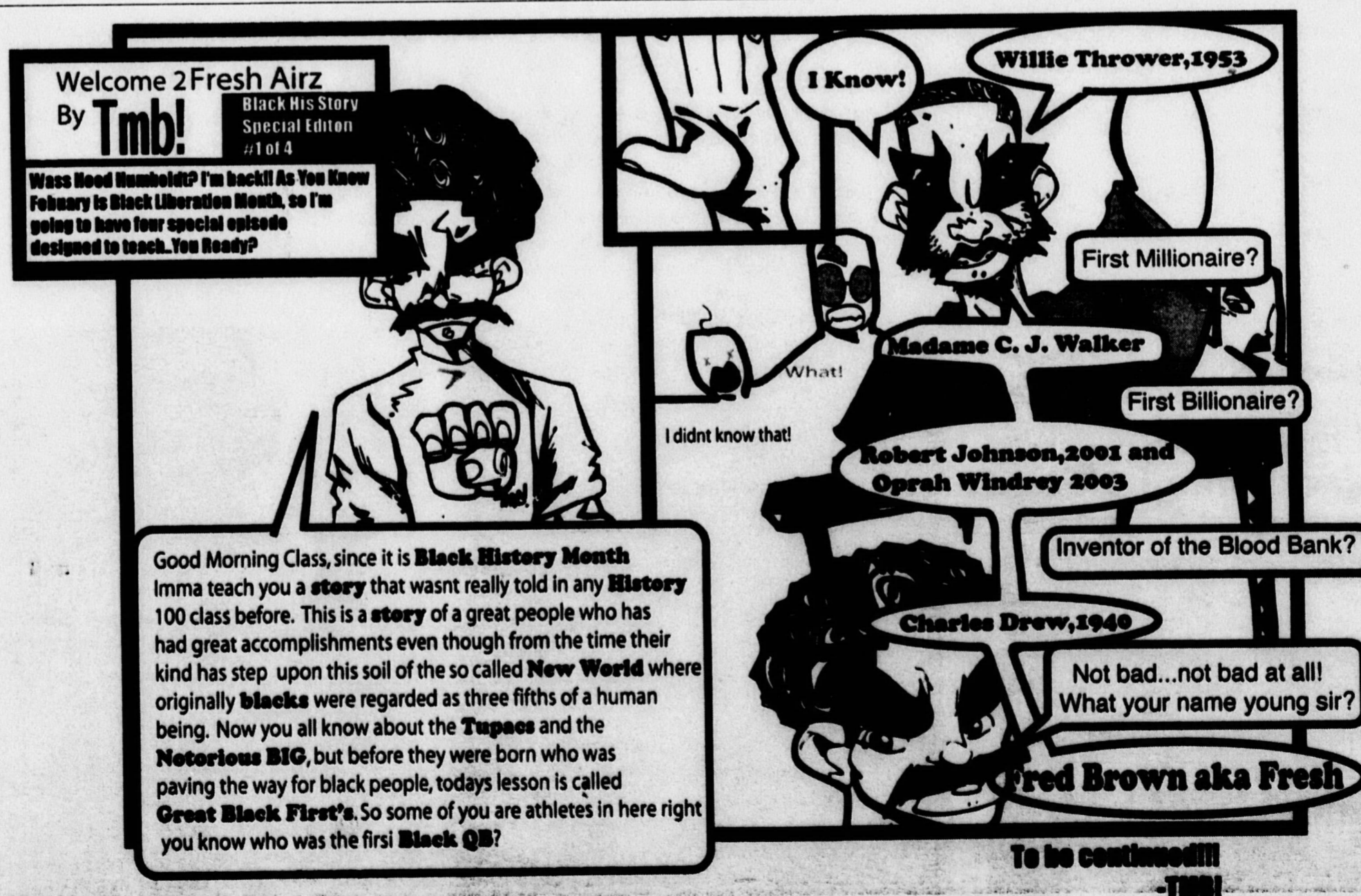
Programs such as the Mad River Hatchery provide access to fishing opportunities for the public and require public involvement for their continued funding.

So when your financial aid check comes through, and you're complaining about "not having enough to do in smalltown Arcata," consider the alternative.

Go down to Longs Drugs, and for \$50 or less you can have a license, pole and the opportunity to enjoy the place where you are living for what it is.

Dan Menten
Fisheries biology major

Send comics to the editor to
thejack@humboldt.edu



From the desk of the Associated Students ...**Sysco: It shouldn't be what's for dinner**

Jennifer Gordon
AHSS Representative

As we all know, HSU is different. I don't think I have ever been surrounded by more people with genuine concern for the environment in which they live or who make more conscientious decisions about what they consume. I have become spoiled living here. That said I found it interesting that our own dining services on campus do not represent these ideas in the food choices they offer.

Let's face it, everyone has had those days where you have five minutes between classes, you are starving and the only thing left in the Depot is either a 3-hour-old hamburger or a mini pizza. No wonder there is the "Freshman 15," or in my case the "Senior 15." In general, HSU tries to offer decent choices, but it is hard to say what the nutritional values of some of the items in the Depot are.

For me, being in this community has opened my eyes to the wide range of issues that are currently being discussed in the arena of food production and food quality. With things like GMOs and hormone-pumped meats, there is cause for concern. It is often difficult to tackle all of these issues at once, and in order to have success in achieving a goal, it is wise to select one specific area to target and start with that.

For the Associated Students, we set a goal in the early fall to try to accomplish better food quality options in HSU Dining Services by switching from the large corporation

Sysco beef to local, organic, grass-fed beef. The reasoning for this goal was twofold. One, to simply offer a better hamburger for students, and two, to support our local community economically.

In researching this project, we contacted the local businesses that we knew offered local beef to find out where they got their product. The general consensus of places like the Co-op, Eureka Natural Foods and Stars was that they all got their beef from the Redwood Meat Company which is a farm based out of Ferndale. We spoke to the Redwood Meat Company and they pointed us in the direction of Humboldt Bay Packers, the distributor for their product. Both of these are locally owned and operated businesses. So far, so good.

When we inquired about the cost variance of changing to this quality product, we discovered that the cost of providing nearly the same size burger from the local businesses would actually cost us half of what we were currently paying Sysco for a precooked, higher fat content patty. Bonus!

From there we spoke with Ron Rudebock, the director of HSU Dining Services. We talked about some of the previous concerns that had come up in the past when they had dealt with using local beef and there was total support of the idea. So product tests have been underway to define what, if any, issues exist in using fresh, local beef.

Of course, realizing that there would be

a surplus of budget if we were able to reduce the expense of beef, we immediately started to consider the other possibilities. Only a few years ago, A.S. passed a resolution stating the need for an organic salad bar in the Depot.

I don't know if any of you have checked out that salad bar lately, but the only thing organic there is the salad mix, you know, lettuce. Not exactly a salad. So we are pushing forward with the idea to get the beef switched over and we are still researching the possibilities for additional options.

During this process we have had students come to voice their concerns and their support of this endeavor. One student in particular, Liz Kimbrough, came to us to say that she would like to see a co-op-like food market in the new BSS building upon its completion and she has been working with a group of students to this end. There are several other groups on campus who share similar concerns and have approached us with ideas and contacts within the community to help us achieve this goal.

As a student representative, I am proud to be a member of a university community that has so many students who take an active role in maintaining their values.

From the desk of the Associated Students is a monthly column, appearing the first Wednesday of the month, written by student officials. Comments can be sent to thejack@humboldt.edu

How to reach the Associated Students

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826.5412

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Whaaaahhhhh!

"They're for sick little girls like yourself."

Man: "Bob Saget is the shit."
Woman: "You know who else is ... Howie Mandel!"

Woman: "Jeff, you're always running."
Man: "I'm always behind!"

"I'd like to get married ... but I'm not sure if I'm ready for that kind of commitment."

"Took mom, isn't my penis humongous?"

Heard something humorous, shocking or just plain weird? Send it, along with the circumstances under which you heard it, to ols1@humboldt.edu. Help The Lumberjack spread the funny.

CALENDAR

1 Wednesday

Clark Historical Museum. Come see a new exhibit celebrating Eureka's 50th Birthday, including artifacts, paintings, photos and documents. 240 E Street, Eureka. 443-1947. Museum open Tuesday through Saturday. 11 a.m. to 4 p.m.

Humboldt Brews. "Sabrina Marie," acoustic. 856 10th Street, Arcata. 826-2739. Free. 8:30 p.m.

Y.E.S. House. "Refugee Extension program," information meeting. Y.E.S.house. 826-4965.

Black Liberation Month. "Opening Ceremony," noon to 1 p.m. on the University Center Quad. "Uniting Black Men and Women." University Center South Lounge, 5 to 7 p.m. Presented by Black Student Union.

Club Meeting. "Chi Phi Hot Wing Night." This Rush Event has been a Chi Phi tradition for many years and we would be honored if you could join us in the fun. Meet at UC Quad 7 - 9:30 p.m.

2 Thursday

Van Duzer Theatre. "John Cleese." HSU 826-3928. 8 p.m.

Club Indigo. "Peoples Productions presents Groundation." 535 5th Street Eureka. 444-2154. Cover: TBA. 9 p.m.

Humboldt Brews. Karaoke. 856 10th Street, Arcata. 826-2739. Free. 10 p.m.

Club Meeting. "Green Campus."

Showing of 'End of Suburbia.' FH 111 at 7 p.m. Free popcorn!

Economic Fuel. The Humboldt County Student Business Challenge presents, "Rhonda Abrams: Author, Columnist, and Small Business Expert." Keynote Lecture "The Successful Business Plan: Roadmap to Success." Kate Buchanan Room, Free admission. 5:30 to 7 p.m.

Club Meeting. "Women's Center General Meeting." Everyone is welcome. House 55 (Multi-Cultural Center) 5 - 6:00 p.m.

Club Meeting. "Religious Studies Club." The RS Club's weekly meeting. NHE 116. 5 to 6 p.m.

Club Meeting. "MEChA Meeting for all." We reach out to the community throughout the county with an emphasis on education. NHE 106. 6:30 - 8 p.m.

3 Friday

Club Indigo. "Freaky Friday Dance Party." 535 5th street Eureka. 444-2154. Cover \$5. 9 p.m.

Reggae Jamdown International Radio Show. With "DJ Dub Cowboy." 90.5/91.9 FM or www.khsu.org 2 to 4 p.m.

Humboldt Brews. "Melvin Seals." 856 10th Street, Arcata. 826-2739. Cover: \$15. 10 p.m.

Service Learning Center hosting "Volunteer Fair & Career Expo." West Gym, Forbes Complex. 10 a.m. to 2 p.m. Internship,

service learning and volunteer opportunities available.

CCAT. "Volunteer Day and Potluck." Volunteer on a variety of projects on CCAT grounds. All are welcome, no experience necessary. 826-3551. 10 a.m. until dark. Potluck dinner 7 p.m.

4 Saturday

First Street Gallery "Artist Louis Marak a retrospective." 422 First Street, Eureka. 443-6363. Free. 6 to 9 p.m.

Club Indigo. "Retro Party." Dance hits from the 60's, 70's, 80's and beyond. Dress to impress! 535 5th Street Eureka. 444-2154. Cover \$5. 9 p.m.

Northcoast Repertory Theatre. William Shakespeare's "As You Like It." Benefits RCAA/Youth Service Bureau's programs. 300 5th street Eureka. 443-8322 ext. 204. 8 p.m. \$20

Humboldt Brews. "Moses Lincoln Johnson." 856 10th Street, Arcata. 826-2739. Cover: \$3. 10 p.m.

Cafe Mokka. "The Last-minute Men." (International). 5th & J St Arcata. 822-2228. Free. 8:30 p.m.

Sidelines Sports Bar. "DJ Dub Cowboy." Spinning the best in Hip-hop and Dancehall, and now Mash-ups. 732 9th St Arcata. 822-0919. Cover \$2. 10 p.m. 21+

HSU Natural History Museum. "Live Animal Talk." Come hear about our 'Animals of the North Coast' exhibit featuring live amphibians, reptiles and intertidal invertebrates. 11-11:45 a.m. ALL AGES. Free to members, all others donations requested.

HSU Natural History Museum. "Happy, Healthy Herps Workshop." Amphibians and reptiles, also known as 'herps,' live in a variety of habitats. 1 - 3:30 p.m. Ages 9-12. \$16 (\$20 non-members). 1315 G Street, Arcata. 826-4479

Natural Resources

Club. "Saturday Tree Planting." Meet at library circle 8:30 a.m. to carpool to site and plant some trees. Contact info: Bonnie Cox 825-1147.

5 Sunday

Club Indigo. "Three's Company Tour." Featuring 'Pigeon John, One Block Radius, and Louis Logic.' 535 5th street Eureka. 444-2154. \$10 advance / \$12 door. 9 p.m.

Humboldt Brews. "Super Bowl" 856 10th Street, Arcata. 826-2739. Cover: Free. 2 p.m.

HSU Natural History Museum. "Meet Humboldt's Winter Raptors." Come meet HWCC's live raptor ambassadors. Adults (16 and up). \$18 members/students (\$22 non-members). 826-4479. 1315 G Street, Arcata. 1 to 3 p.m.

6 Monday

Lecture by Michael Crooke. "The ReEvolution of Business in the 21st Century." A dialogue on business ethics and corporate responsibility. Mr. Crooke will be speaking on the concepts of: 'Quality Product' and 'Leaving a Gentle Footprint.'

CCAT "Sustainable Technology Seminar #3: Natural Paints." Learn how to create your own paints. 826-3551. 3 to 5 p.m.

CCAT "Green Building and Design Course." Help to create a master site plan and discuss construction plans. 826-3551. 5 to 6 p.m.

7 Tuesday

CCAT. "Organic Gardening." Learn techniques and tips from organic gardener Kiva Mahoney. 826-3551. 10 a.m. to 1 p.m.

CCAT. "Lost Arts of Living: Shelter Design and Local Building Materials." Learn how to build a wilderness shelter. 826-3551. 1 to 4 p.m.

Associated Students. "Gubernatorial Candidate Steve Westley." UC Lounge. 3 to 4 p.m.

Club Meeting. "Natural Resources Club." 5:30 p.m. in NR room 203.

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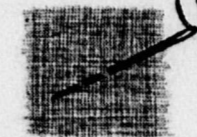
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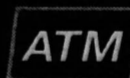
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