

HUMBOLDT STATE UNIVERSITY

# The Lumberjack

*Serving the campus and surrounding communities since 1929*

Vol. 85 No. 1

Wednesday, August 25, 2004

Arcata, Calif.

## - COMMUNITY -

### *Local candidate in question*

Critics and polls say  
Green Party unstable with  
presidential pick.

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## - SCIENCE -

### *Big fake tree thrives in community forest*



Cell phone company erects  
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## - SCENE -

### *24-hour yard sale*

Volunteers test stamina  
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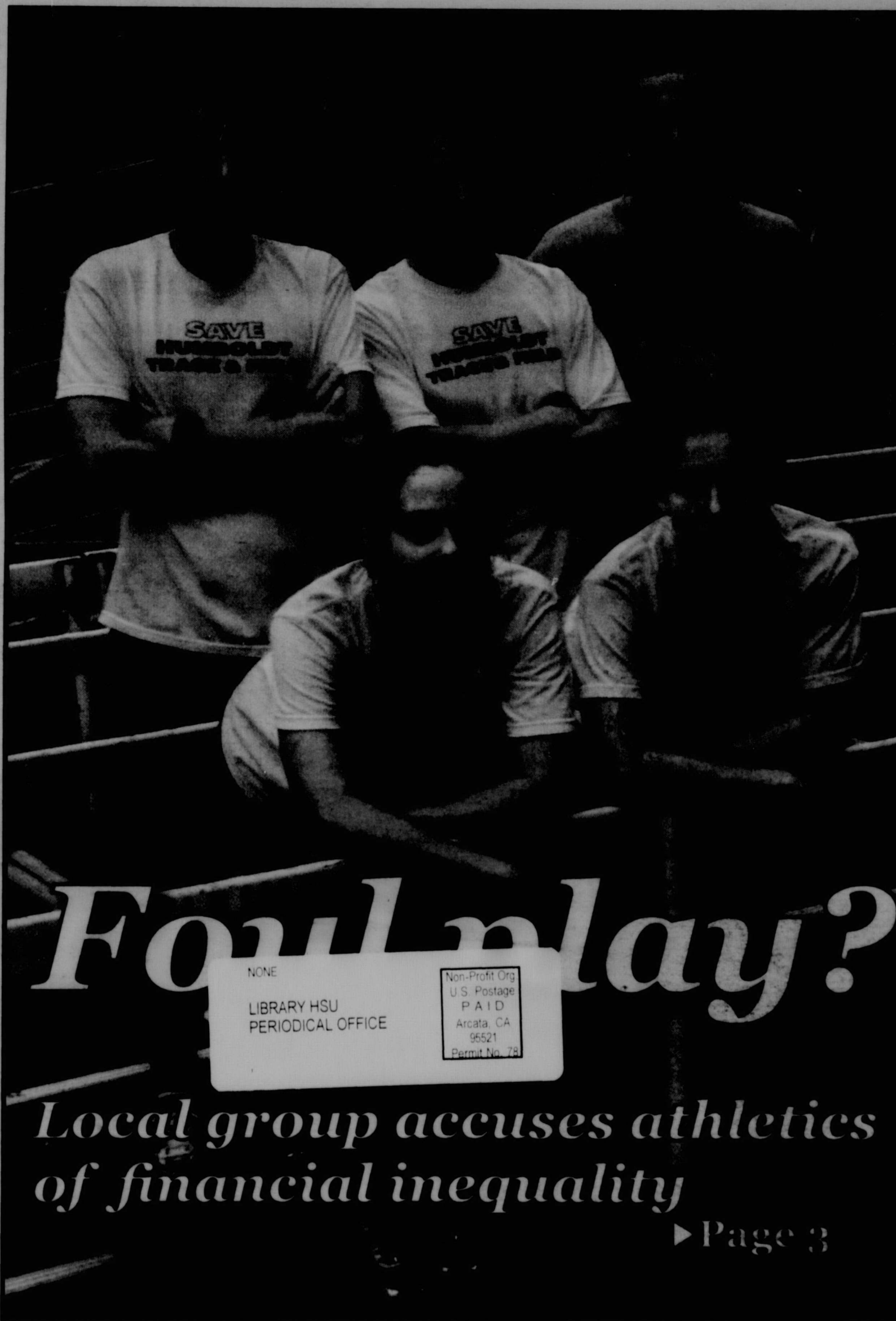
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## - FEATURES -

### *Vegan ventures*

Lumberjack copy editor  
gives up animal products  
for health, readership.

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## *Local group accuses athletics of financial inequality*

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THE LUMBERJACK

WEDNESDAY, AUG. 25, 2004

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## the cover

Photo by Mike Lowell, layout design by James Egan. Pictured are a few of the Humboldt Advocates for Athletics members: Tim Miller, Lahrin Morey, Steve Gough, Doug Nelson, Jennifer Miller and Rachael Wiseman.

## the corrections

Send corrections to [thejack@humboldt.edu](mailto:thejack@humboldt.edu).



Mike Lowell

Studio art senior Forest Stearns adds finishing touches to the mural in Nelson Hall East coordinated by Associated Students.

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## Conflict looms over potential athletics audit

*This is the first in a series of articles exploring budget cuts, layoffs and alleged mistreatment, discrimination and financial negligence within the HSU athletics department.*

**Cat Sieh**  
Campus Editor

Jim Olson spurns the athletic department for what he says is blatant financial favoritism among sports, unfair budget cuts, unequal scholarship distribution and mismanagement of department finances dating back to 2001.

The former HSU track runner is a member of Humboldt Advocates for Athletics, a coalition of athletes, alumni, faculty and others who are urging the department to conduct an audit of all department funds. The group has about ten members that regularly meet, and a 300 member email network of community support.

President Rollin Richmond and Director of Athletics Dan Collen vehemently deny charges of wrongdoing.

Richmond recently ordered an investigation of the department's finances but refuses to conduct a full audit of athletics

monies, as the investigation report proposed.

The recommendation of an audit within athletics is less than foreign to HSU administration. In July 2001, a California State University special audit centering around University Advancement discovered that then-director of University Advancement John Sterns had "falsified and misrecorded, or directed the misrecording of, numerous gifts, pledges, and bequests in University Advancement's gift accounting system," "falsified and misrepresented fundraising efforts," and "fraudulently obtained salary increases."

Alistair McCrone was HSU president at the time of the investigation.

In the same year, the Academic Senate passed a resolution calling for a "required independent audit...of the budget and expenditures of the athletic program." The senate recommended that the audit include financial transactions from 1999-2002, to

be completed by Feb. 2002. No such audit has taken place.

Furthermore, the National Collegiate Athletic Association requires an audit of all Athletics accounts at least every three years.

The investigation report cited errors in the distribution of funds within athletics and the lack of a mandatory audit that would determine if the department has been managing funds properly.

In a press release published last month, Richmond called for California state auditor Michael Redmond to visit campus "to review again the process and procedures we are using for the oversight of funds designated for athletics. This...should put to rest some of the concerns that people harbor about athletics."

CSU Auditor Redmond is currently on campus, but was unavailable for comment. The president clarified that Redmond's visit is part of regular audits of various departments Redmond conducts yearly, and "is not triggered by this past issue [regarding allegations of wrongdoing] at all."

In last month's press release the president said, "The committee finds the leadership of Athletics to be doing a good job with the resources available."

President-appointed members of the recent investigation committee included Ken Ayoob, faculty member; Larry Peters, staff member; Manolo Platin, student; and Dean James Howard, administrator and faculty member. Richmond acknowledged that the members had no auditing experience, but said they had access to any information they desired.

The investigation report noted problems with the way donations are handled through the university's Gift Processing Center, the center that accepts private donations to athletics programs.

The report said "The processes for handling and accounting for money appear to be too complicated and too many hands are involved in transactions...We have not found any irregularities that suggest prob-

lems with the CSU Athletics accounts."

However, among other recommendations for improvements in handling department finances, the committee said, "It is our belief that a comprehensive audit of all Athletics accounts be initiated as soon as resources to fund it (hopefully within the next three years) are available." The committee also noted that a possible reason that an audit had not yet been performed was the expense, which Richmond estimated to be anywhere from \$10,000 to \$50,000.

Humboldt Advocates remain concerned, citing, past exposure of financial misconduct.

The 2001 special audit revealed that "donations to HSU Athletics were inappropriately administered," and that "the director over-reported donations to HSU Athletics to both campus officials and the chancellor's office." In 1999-2000, the report said, athletics records indicated that about \$400,000 had been received. However, Sterns had reported a receipt of nearly \$700,000.

Because HSU athletics records were not included in financial statements for the Student Center of the university, they were not subject to further audit. Investigator's recommended that, "HSU Athletics' financial records be incorporated within the books...of the Foundation or the University, ensuring that such activity would be appropriately included in financial statements subject to audit."

"We concur," HSU responded. "The recommendation has merit, and our first act will be to transfer the athletics fundraising accounting function into the Foundation of the university. Completion date: no later than Feb. 1, 2002."

Richmond said he believes that the combination of state funding and private donor monies is illegal, and therefore, is not considering transferring all athletics funding to the Foundation.

*Cat Sieh can be reached at*  
[cms72@humboldt.edu](mailto:cms72@humboldt.edu)



Cat Sieh

**Above: A few members of Advocates for Humboldt Athletics meet at Redwood Bowl. Pictured left to right: Matt DeShazo, Tim Miller, Kati Goshall, Doug Nelson, Graham Lierley, Lehrin Morey, Melissa Coburn, Steve Gough, Carie Bronson and Kile Taylor.**

## Campus recycling service reinstated

Students propose solutions after program threatened last semester

**Cat Sieh**  
Campus Editor

The Campus Recycling Program will continue to function, after layoffs threatened to discontinue service last semester.

Associated Students has provided \$10,000 to campus recycling, and President Rollin Richmond has announced that an additional \$45,000 from the university budget would be allocated to fund the program. Richmond said the funding came from a recent, unexpected legislative increase to the CSU budget that added nearly \$1 million to HSU's planned budget.

Facilities Management Director Bob Schulz said the program's future was solidified through reorganization within the recycling program and the departments involved, combined with the \$10,000 from AS before receiving the extra funding.

The two key staff positions associated with the program have been reinstated, and Richmond does not expect campus recycling to face termination in the future.

The announcement of the program's instability last semester threw HSU into an uproar, when over 2,000 people, mostly students, signed a petition to save recycling on campus.

Near the end of the semester large metal recycling bins covered the quad at a rally in support of the program and disgruntled students dumped recyclables into the office of Vice President of Administrative Affairs Carl Coffey.

Students said Coffey responded in good humor and concern. They were not punished for the vandalism.

Since, Students to Save Campus Recycling (SSCR), a group of five to 10 student advocates, have been working on solutions to save the program.

Starting at the end of the school year and continuing

**see RECYCLING, p. 4**



## RECYCLING: Students help program thrive

continued from pg. 3

throughout the summer, the group has met with President Richmond and other HSU staff, faculty and administration as well as community members and legislators to ensure the program's survival.

"We all spent the larger part of our summer meeting with university officials to remedy the situation," said SSCR group member Harmony Groves, who graduated this spring.

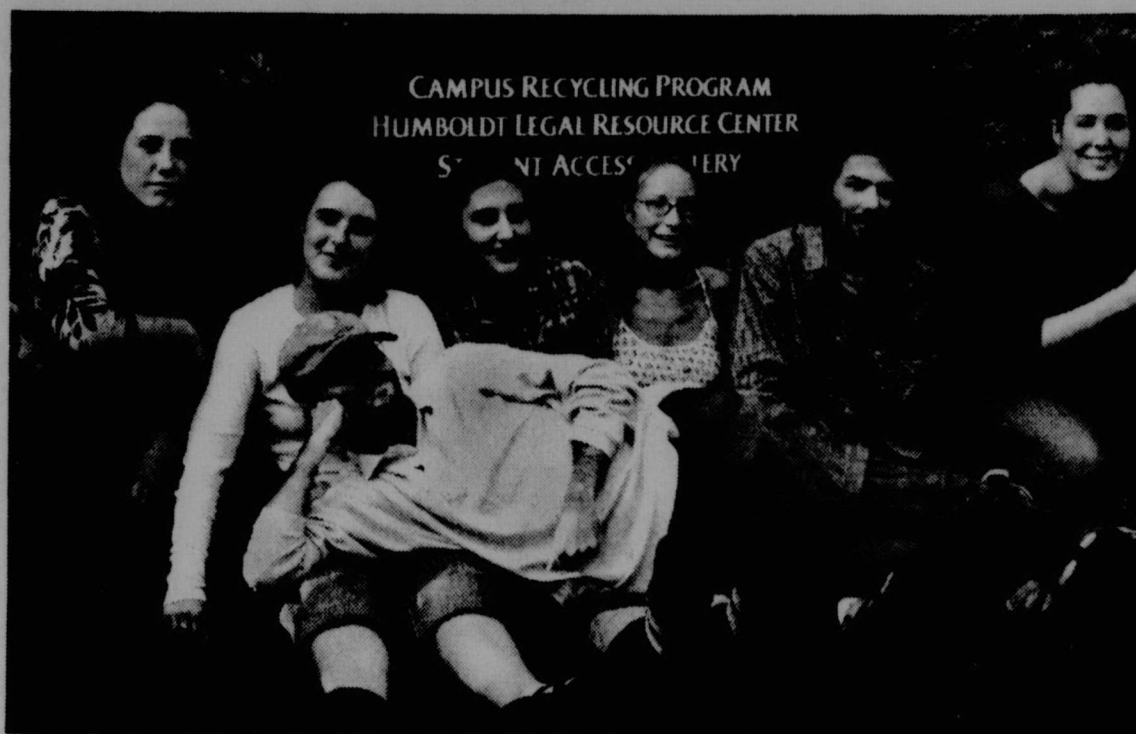
An initial meeting with Director of Facilities Management Bob Schulz was held at the tail end of finals week; about 50 students attended. Facilities Management is responsible for developing and maintaining HSU's physical campus and infrastructure.

"Initially we were not getting a lot of good feedback," Groves said. "In the meeting with Bob Schulz, he provided basically no solutions. Pretty quickly we decided we were not going to get passed around within the lower administration."

Schulz said he understood the students' frustration at the difficult process of feasible solution building.

Ultimately, administrators and department officials were receptive to the options students provided to avoid cutting the program.

"The students put a lot of pressure very



Cat Sieh

**Students to Save Campus Recycling members relax in front of the Campus Recycling office. Pictured from left to right, back row: Harmony Groves, Sarah Shakal and Jessica Holloway. Front row: April Prusia, Jaya Smith, Jacqueline Aboulafia and Bill Hodges.**

effectively on the president (Richmond)," said Plant Operations Director Tim Moxon.

"(HSU students) are really the ones who deserve the credit for saving the program."

**Tim Moxon**  
Director of Plant Operations

"They were very professional, very proactive and very constructive. They are really the ones who deserve credit for saving the program."

SSCR presented Richmond with a 10-page proposal to fund recycling, citing eight possible ways to fund the program, some of which will be implemented this semester to stabilize the program financially.

HSU Solid Waste Manager and Campus Recycling Advisor Alec Cooley said one student proposal being considered is the creation of an advance disposal fee for re-

cyclable items. The surcharge would place about five additional cents on recyclable materials like bottles and cans that are purchased on campus.

With the help of university officials, students calculated the revenue from the

"It's hard to plan a summer vacation when you don't know if you have a job to come back to"

**Alec Cooley**

HSU Solid Waste Manager, Recycling advisor

proposed fee to be about \$18,600 a year—about a quarter of what it takes to run recycling, which SSCR estimated at \$84,000.

Along with Cooley, student recycling advocates hope the surcharge will help campus consumers think about where their purchase is going after they are finished with it, encouraging them to recycle.

Cooley was one of two full-time employees associated with recycling to face losing his job last semester. Administration attributes the layoffs to budget cuts.

"It's hard to plan a summer vacation when you don't know if you have a job to return to," Cooley said.

Collections Manager Jerry Saner will also retain his job, driving the collections truck to make recycling on campus pos-

see SAVE, next page



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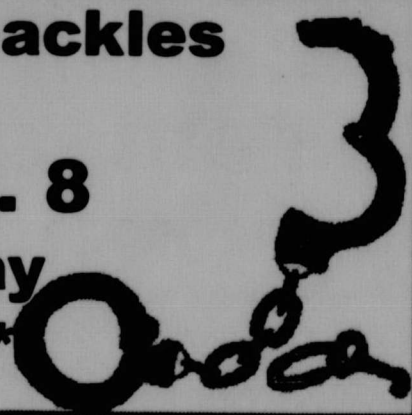


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## SAVE: Solutions to campus waste

Continued from previous page  
sible. In the meantime, Cooley is working to make recycling service competitive with garbage collection.

Plant Operations, the department within Facilities Management that employs Cooley and Saner and is responsible for meeting the operational needs of university buildings, grounds and utilities, will undergo financial and logistical reorganization to ensure that the program will have a future at HSU.

"On the outside, recycling will appear to function much the same, while internally the program is under reconstruction to serve the university more effectively," Moxon said.

Before the recent reorganization of Plant Operations' and Facility Management's finances, money earned from the California redemption value (the turn-in profit for recyclables) went into a general waste fund. Now, redemption value will go directly to fund the recycling program. SSCR estimated that annual redemption values amount to \$19,000, about another quarter of funding needed to run the program.

"In essence Plant Ops was paying for the labor for recycling, but was not receiving savings from what was recycled," Cooley said.

Additionally, all HSU departments were previously allowed to use extra-large "roll-off dumpsters" for waste that exceeded the capacity of regular dumpsters.

Departments that wish to use roll-off dumpsters will now have to pay for them out of individual department funds. SSCR estimated that this cutback will save the department \$5,000.

"That will hopefully help [individual departments] increase their diversion rate," said Jessica Holloway, a senior environmental science major and member of SSCR.

Large-scale composting will also continue on campus at a different site near the new CCAT location.

When CCAT was forced to change locations to make way for the new Behavioral Sciences building last semester, students were unsure that they would have compost site.

Though HSU does not ensure a compost site in its master plan, Holloway said it appears the program will have a site for at least the next few years.

Cat Sieh can be reached at [cms72@humboldt.edu](mailto:cms72@humboldt.edu)

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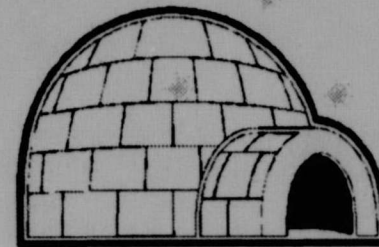
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# ILL Communication

**Cat Sieh**  
Campus Editor

Bold color and stencil-like graffiti style mark Forest Stearns' fresh mural in Nelson Hall East as an attraction impossible for passersby to miss.

The shining addition of a copper wire 'switchboard' spread across the painted Earth is just one of dozens of references to the artist's theme: communication.

References to technical, verbal, visual, auditory and systematic ways of communication are presented in the work.

Stearns, a studio art senior, said he aimed to display the relationship between analog and digital communication, using one side of the Earth to represent bustling city communication, and the other to show the more natural, introspective side.

"Through iconic imagery, I will show the importance of communication within the world of nations, but more importantly, our local community and university," Stearns said in his painting proposal to Associated Students.

The AS Student Access Gallery recently chose Stearns' sketch from a number of other applicants interested in earning a \$500 stipend for their artwork. Stearns said he was also given \$400 in supplies, and spent about a week to paint his design.

Stearns has also painted murals with Empire Squared artists for the CCAT house and the Ferndale Museum, as well as the recent mural on the Biodiesel Roadshow bus.

Artist Forest Stearns can be reached at [draweverywhere@hotmail.com](mailto:draweverywhere@hotmail.com)



Mike Lowell

**Forest Stearns, member of local art group Empire Squared, spent about a week painting the new mural in Nelson Hall East.**

## September 2004

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
		<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>HSU Greek Rush is an alcohol and substance free event</b>	<b>Greek Rush is a chance to meet and evaluate all of our Fraternities and Sororities. See which group is the best fit for you...</b>	<b>11 AM-1 PM</b> Kegger on the UC Quad  <b>6:00 PM</b> <b>Greek Info Night</b> University Center South Lounge Free Food. Meet all of our Fraternities and Sororities	<b>5:00 PM</b> "Movie Night with Chi-Phi Fraternity" Come watch Old School and Going Greek and enjoy Free Pizza and Soda Klamath River Room JGC	<b>Phi Delta Psi Rush Event:</b> Check their calendar for More information	<b>5:00 PM</b> "Get Baked with the PXYs" Meet at the Library Circle for rides to our Dinner with virgin drinks and home-baked goodies	<b>Phi Delta Psi Rush Event:</b> Check their calendar for More information
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<b>Lambda Theta Phi Event</b> See their schedule for more information	<b>6:00 PM</b> "Get Lei'd by a Deeper" Meet on the 1 <sup>st</sup> floor of the JGC to make leis, chapstick, soap and candles with the ladies of Delta Phi Epsilon	<b>6:00 PM</b> Henna and Lei Making with Gamma Alpha Omega Check their calendar for more information	<b>5:00 PM</b> Walking Tour of Arcata with the ladies of PXY Meet at Library Circle	<b>4:00 PM</b> BBQ on Cypress Lawn with the Men of Chi Phi Fraternity	<b>6:00 PM</b> A Taste of Hawaii with the ladies of Delta Phi Epsilon. Meet on the 1 <sup>st</sup> floor of the JGC
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<div> <p>Direct any questions to the Clubs and Activities Office in the South Lounge of the University Center.</p> <p>What's Going on at HSU??? Visit <a href="http://www.humboldt.edu/~calendar">www.humboldt.edu/~calendar</a></p> </div>		
<b>1:00 PM</b> <b>Greek Olympics</b> Meet in the UC Quad to Compete with, or against the HSU Greeks (or just watch...)	<b>Lambda Theta Phi Event</b> See their schedule for more information	<b>7:00 PM</b> <b>All Greek Luau</b> Celebrate the end of Greek Rush with all of us in the UC South Lounge	<b>Greek Rush Concludes @ 5:00 PM... Formal Bids Presented</b>			

# HSU Greek Rush

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# New roots at library circle

## An effort to save 'Maggie'

A magnolia tree slated to be axed got a second chance when the grounds department transplanted it directly across from the bus stop at library circle last month.

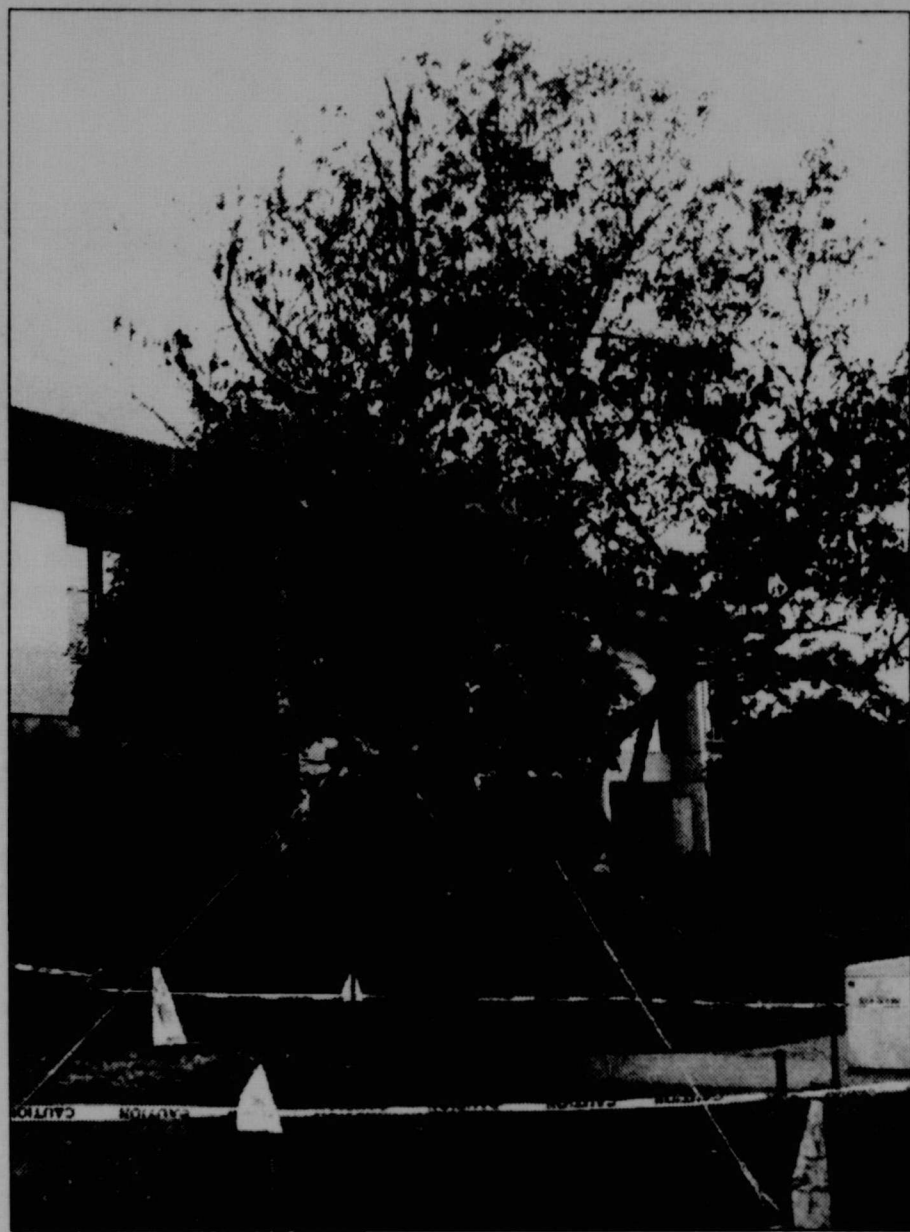
The tree, affectionately named Maggie, once stood on the site of the new Behavioral Sciences building.

It is now tethered in place with a number of ropes, and enclosed by a caution tape barrier that protects the surrounding soil.

Maintenance Manager David Miller said the four oak trees that previously stood on the library site had long been diseased before their removal. Miller said the trees certainly would have died, had they not been removed.

An announcement posted near the area said it is uncertain if the tree will survive in its new setting; employees should know by spring.

Compiled by Cat Sieh



Cat Sieh

A magnolia tree that once stood on the site of the Behavioral Sciences building has been transplanted.

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# Custodial confusion

## 21 HSU employees laid off, relocated, re-hired

Katie Denbo  
Sports Editor

Plant Operations employee Sergio Torres knew something was wrong when he was called into an unscheduled department meeting in April.

"It was Good Friday," Torres, a three-and-a-half-year employee of the custodial department, said. "But nothing was good about it."

Torres was one of 21 custodial employees given notice that they would be laid off by plant ops that day.

"It was hard, but not as bad as knowing you're the only one," he said. "I was emotionally stressed."

To the surprise of those laid off, though, the emotional rollercoaster came to an end on July 30, when Torres along with thirteen other plant ops employees, were rehired.

"My wife called my cell phone and told me to call plant ops right away," Torres said, "because they sounded like they had good news."

"We were hugging each other. It was like a big reward," he said. "It makes you want to put 300 percent in your job instead of 100 percent."

Alec Cooley was also laid off, but will now continue his job as solid waste manager and advisor for the campus recycling program. "The prospect of being out of work has definitely been scary for everyone," he said. "It's a stressful process for anyone to go through."

Director of Plant Operations Tim Moxon said he was notified that the department was receiving additional funds on July 29. When it was confirmed the next day, em-

ployees were immediately notified.

The funds, amounting to nearly \$750,000, came from an unexpected increase in the university budget, Moxon said. Moxon said the chancellor directed the surplus to re-hire as many employees as possible.

"This was very stressful for everyone," Moxon said, "but the people who were saved were happy about it. The employees were definitely excited."

All but three plant ops employees were rehired, while four others are pursuing different careers or retiring. Choosing who not to rehire, Moxon said, was a very trying time.

"I had to ask myself, 'how do we minimize the effect of the whole campus?'" he said. "We're splitting hairs."

Moxon said the layoffs were made in an attempt to have the most cost-effective cuts across all areas of campus.

"It was an emotional rollercoaster," he said. "It's by far the hardest part of the whole job."

The summer was filled with many uncertainties for the employees. With the first termination date slated for July 1, the day the state's budget was to be passed, employees were told in mid-June that their positions were extended to the beginning of August.

"Right after we were told that we were extended for a month, I found out that I was qualified to be reinstated at housing," Torres said.

Some employees were given their jobs back, but reassigned to work in other areas on campus. Factors determining reassignment included history with the department, seniority, and qualifications of the job.

Torres never started his position with housing, however, as the reassignment of employees was deemed unnecessary in July. The surplus budget money funded the



Mike Lowell

**Plant Ops employee Sergio Torres thought he had lost his job for good. He was unexpectedly rehired early this month.**

rehiring and employees were reassigned to their previous positions, which for Torres meant keeping his job in the Student Business Services Building.

"Everyone's spirits are much higher," Torres said. "Plant ops appreciates its employees."

Even though he is no longer jobless, Torres expressed his concern at the process.

"Someone had to be pulling the strings," he said. "You think you put in 100 or 200 percent, but you aren't judged by your performance."

Torres said that the campus and town community came together and supported the workers.

"We got a lot of prayers, from co-workers to staff," he said. "We never gave up, I was determined."

Katie Denbo can be reached at [katiedenbo@aol.com](mailto:katiedenbo@aol.com)

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# THE NEW COP IN TOWN

TOM DEWEY, HSU'S NEW CHIEF OF POLICE

New University Police Department Chief Tom Dewey describes himself as "kind of square...old fashioned." Still, the father of three isn't shy to discuss theft, rape and marijuana policy on campus. Dewey, an Arcata resident, replaced UPD Chief Bob Foster in July. A graduate of Humboldt State and the police academy at College of the Redwoods, Dewey worked for the Arcata Police Department for 17 years and for the UPD for four years before being promoted to chief. Last week he took time to speak to The Lumberjack about campus issues.

**LJ: What plans do you have as chief?**

Dewey: "The very first thing I'm doing is I've rewritten the mission statement for the police department. It will better define our responsibilities beyond law enforcement. We feel like we're more than just a necessary requirement for a college campus but that our presence actually enhances the experience for the students."

**LJ: What do you like about HSU?**

Dewey: "What I really like is being able to establish teamwork and synergy with people outside the police force. I really enjoy the experience where I can brainstorm with other student life professionals. We can get together and we can say 'How can we make this a better, more positive experience for our students?'"

**LJ: What don't you like about HSU?**

Dewey: "I don't think I would say that there's anything I don't like. Sometimes I wish there was even more tolerance for even wider, divergent



Cat Sieh

points of view.

"Like everyone in this university, I wish we had a few more dollars so we could make more progress toward some of our goals. I have a whole file drawer of things I would like to do with the police department that I can't do because I don't have the time and money."

**LJ: How are the budget cuts affecting UPD?**

Dewey: "The things that went first were the main sources of funding for our horseback program. We also had a police intern program. The funding for those two programs was cut right away. We've taken cuts over the last three years. It looks promising to restore budget cuts that we were supposed to take this year. It's looking like we'll have a zero percent cut this year, which is good because we still need two additional police officer positions in order to try to have two cops on duty around the clock. And that's important for us to have because there is very little backup to call on."

**LJ: How big of a problem is theft on campus?**

Dewey: "It comes in waves. We will have a week or two-week period where a dozen bikes are stolen on campus. And then all of a sudden there will be no thefts. And we haven't figured out what causes that. We don't recover as many of our bikes as we'd like to. We're not sure where they go. The

see DEWEY, pg. 13

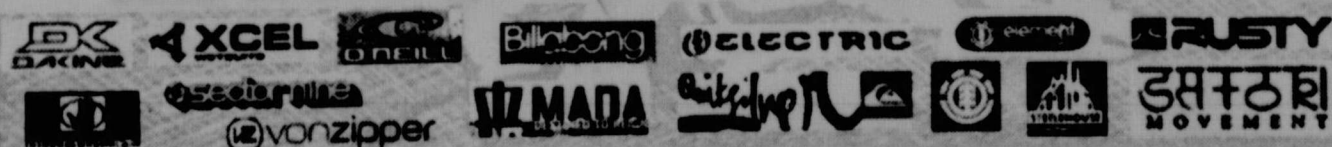
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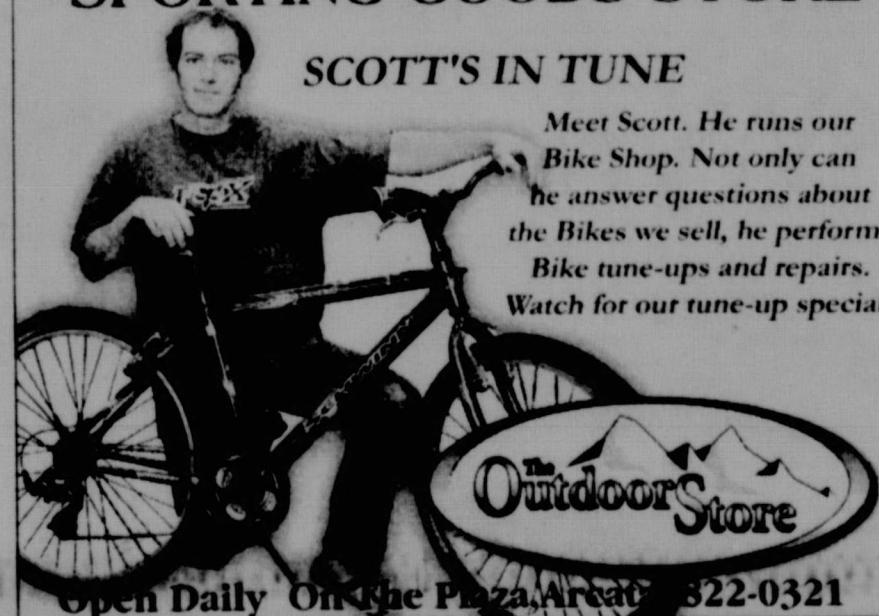
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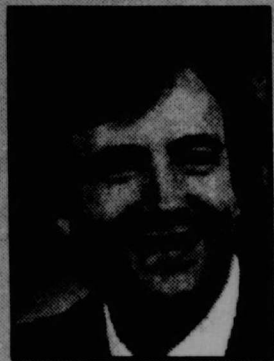
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## "Ask the Pastor"

This column is paid for by "Ask the Pastor," a ministry of Arcata First Baptist Church. Please direct comments and questions you'd like this column to address to [AskthePastor2@aol.com](mailto:AskthePastor2@aol.com).  
Dr. Clay Ford, Pastor

**QUESTION:** Do you have any advice for Christian students just starting out at HSU?

**ANSWER: YES.** I believe that the Old Testament prophet Daniel and his three friends, Shadrach, Meshach and Abednego, provide an excellent model for Christian students at HSU and other secular universities. Nebuchadnezzar, Emperor of Babylon, conquered the Israelites around 605 BC. His strategy was to bring to Babylon young people from the royal family and nobility who had aptitude for learning and who showed promise for service in the kingdom. These youth, including Daniel and his friends, were to be trained for three years in the language and culture of Babylon, and all kinds of literature and learning.

The Bible says that from the beginning Daniel "resolved not to defile himself", meaning that, even when he was learning all he could about every subject placed before him, he did not compromise his faith in God or his commitment to biblical values. Daniel and his friends were excellent students, and at the end of the three year training period, the emperor found that in every matter of wisdom and understanding they were "ten times better" than all the other advisers in the whole kingdom.

I believe Daniel and his friends provide excellent role models for Christian students in a pluralistic university setting. Often Christians who move to Humboldt come out of Christian homes, Christian youth groups, and often Christian schools or home schools where their faith and world view are supported. Then, coming to HSU, they are taken from their supportive and familiar environment and thrust into a pluralistic environment that is sometimes, if not often, hostile to their faith in God, their world view, and most of the values they cherish. It is vitally important for you as a Christian student, while pursuing excellence in your studies, to follow Daniels example by "**resolving not to defile yourself.**" In other words, don't be intimidated into compromising who you are as a follower of Christ; don't give up your faith in God and the authority of the Scriptures; and resolve to continue to live by biblical moral values. But do so in a spirit of humility and respect toward those with whom you disagree. Be bold but in a winsome and not obnoxious or self-righteous way.

HSU has a great deal to offer, both academically and otherwise. There are some tremendous professors and a rich diversity of viewpoints that will cause you to think, to be stretched in often positive ways. On the other hand, you need to know that your faith is going to be severely assaulted. Some professors and students are deeply hostile to Christian faith and values, and though the HSU community espouses open-mindedness and tolerance, often these virtues are sorely lacking when Christianity is discussed.

Peer pressure to conform to the "political correctness" agenda is very high at HSU. How can a Christian student deal with such things? Again, by following the example of Daniel and his friends. **First**, keep your trust in God. **Second**, get plugged into Christian fellowship immediately. You will not have the strength to maintain your faith on your own. **Third**, don't compromise; be humble yet winsomely bold. And **fourth**, enjoy the journey, trusting God to work in and through your life in powerful ways. Because Daniel and his friends honored God, He raised them up to positions of prominence where they had an enormous impact not only on emperors but on the entire Babylonian and Medo-Persian empires.

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-J.T.

The Lumberjack

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## UPD



## CLIPS

Saturday, Aug. 21  
12:12 a.m.

Some "inappropriate" chalk drawings were reported in the Hill Quad area. Gang tags were possibly involved.

1:00 a.m.

An unauthorized vehicle was cited after being parked in a staff spot at Creekview for the second time.

2:49 p.m.

A vehicle in the 14th and Union streets parking lot was vandalized.

8:05 p.m.

A report was taken of an attempt to steal a vehicle from the Jolly Giant Commons parking lot.

8:42 p.m.

A vehicle was broken into in the tennis court parking lot.

Thursday, Aug. 19

1:29 p.m.

A dog tied to a phone booth on the Quad was reported acting aggressively. The owner was contacted and warned.

Wednesday, Aug. 18

12:11 a.m.

A subject was warned for camping by the mushroom tree.

7:06 a.m.

Two people digging through the dumpster near the Wildlife Building were told not to return to campus for seven days.

2:27 p.m.

Someone brought a travel kit in to UPD which appeared to have blood on its contents. The airline baggage handler is thought to possibly be responsible.

Compiled by  
Kira Rubenthaler

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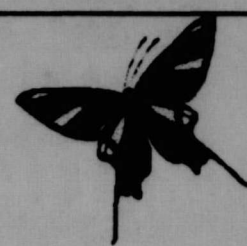
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# Nightmare on Elm Tree

If a tree falls near Gist Hall does anybody hear it?

A large elm tree branch near Gist Hall crashed onto the sidewalk on Monday at about 1 p.m., narrowly missing a group of students.

Plant Operations workers Chuck Heaney, Dave Miller and Fred Miller were on site to clear the debris. No one was injured but Heaney said the branch fell just a few feet from a group of students.

Workers said rotting, weight and recent rainfall may have caused the branch to fall.

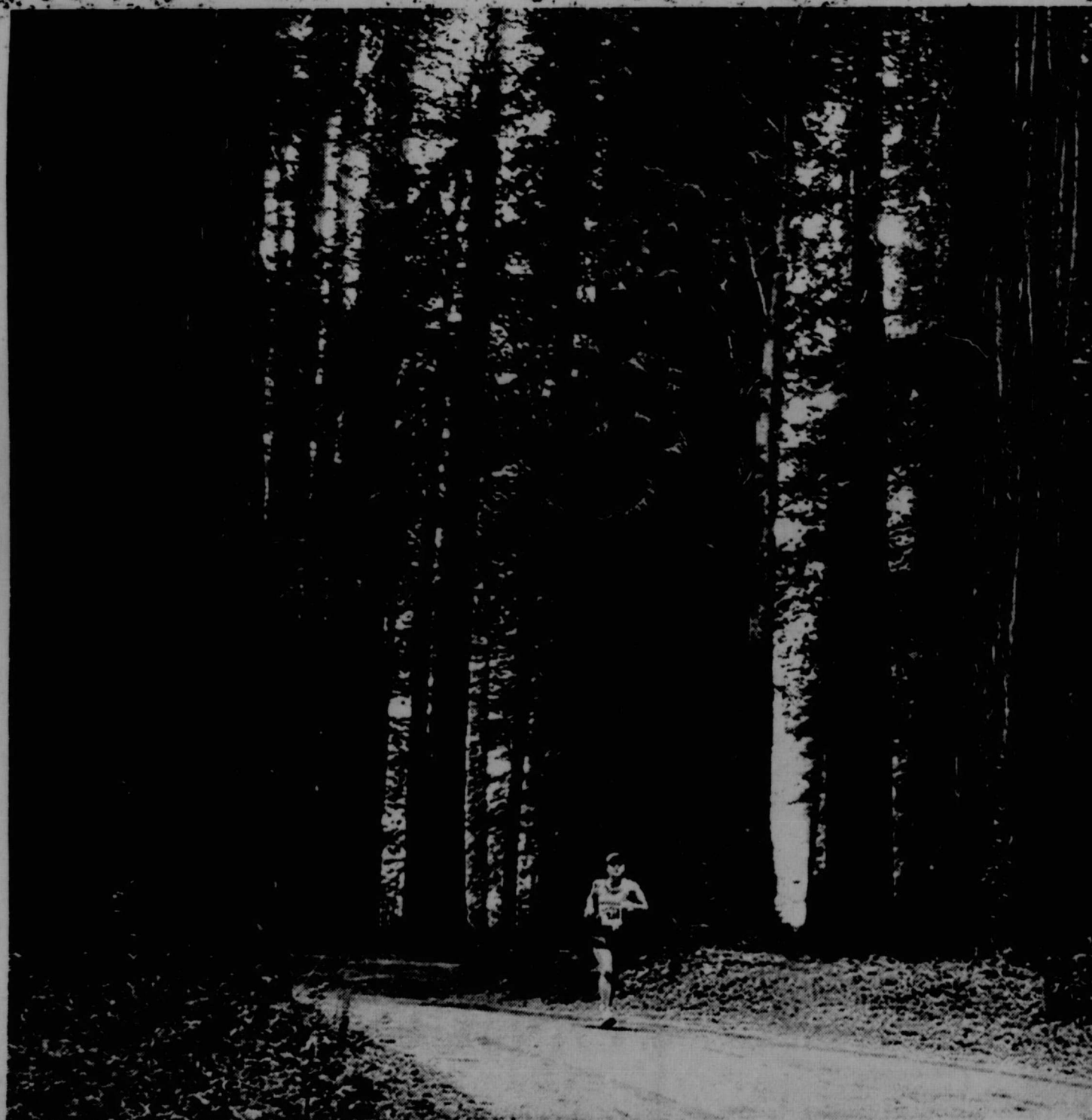
"We used to do more tree pruning to try to prevent this kind of thing," said Miller, a Plant Ops Maintenance Mechanic. "But we just haven't got the manpower anymore."

Photo and information compiled by

Janice Egan



Plant Ops employee Fred Miller helps clear a fallen elm branch near Gist Hall.



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## DEWEY: New chief talks policy, pot

Continued from pg. 9

We're not sure where they go. The best advice to someone with a nice bicycle is to make sure they use a U-lock."

**LJ: Do you have the time and resources to do a thorough investigation to try to find stolen items?**

Dewey: "We try to be as thorough as we can. But it's tough when it's a whodunit. Our only hope is we can find someone who was sitting nearby and saw the theft occur. The best cases usually come out when someone uses a stolen credit card and there's a trail they leave behind. The best advice on laptops and stuff like that is you just gotta keep an eye on it."

**LJ: What is stolen most on campus?**

Dewey: "The common things are bikes, backpacks and laptops. Usually when someone takes a backpack they're just looking to take it into the bathroom, go through and see if there's a wallet, credit cards, money, and dump it."

**LJ: How common are violent crimes?**

Dewey: "It's very rare that we have any crimes like that. We've never had a murder on campus. And it's very rare that we have a stranger attack. It's much more common for us to be investigating a case where there was a party and people were drinking and two people got together and they kind of liked each other, or thought they did, and an unwanted fondling took place or an attempted rape."

**LJ: What do you think about the campus reputation regarding pot?**

Dewey: "Yes, marijuana is available here. If you wanted to find marijuana and take the opportunity to smoke it, you could certainly find that opportunity here at Humboldt State. Yes, Humboldt State has a strong reputation for being a school located in a region where there's a lot of pro marijuana advocates...it's not as bad as everyone makes it out to be."

"We don't have a European drug culture in our university campus... if they want to have an Amsterdam style drug culture, then they maybe need to go to a different place."

**LJ: Does Proposition 215 apply on campus?**

Dewey: "Federal law still does not recognize marijuana as being permissible to possess. And we're a federally funded institution and we have federal mandates we have to follow. But...the state law is very poorly written."

"The voters said we would like people with medical needs to use marijuana. And that intent has gotten spun way out of control by different pieces of legislation."

"The state of California is supposed to have a statewide identification program for bona fide medical marijuana patients. They have never launched that program, so there's no way for a cop to verify that anyone is a bona fide medical marijuana user."

"We have to go with the feds and say if you're on a university campus, you can't possess marijuana."

"When we come across marijuana, we seize it, we usually write a ticket, and then we submit the case to court. And in the event that the court rules that it was medicinal and that they are allowed to have that marijuana, then we'll wait for a court order and we'll return the marijuana...off-campus, because we're following federal guidelines."

Kira Rubenthaler can be reached at  
krr11@humboldt.edu

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Groups Fall 2004

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**LET'S TALK ABOUT SEXUALITY** - A group for students who identify as lesbian, gay, bisexual, and transgender and for those who are in the process of thinking about or questioning their sexuality and would like to explore their options.

Due to printing deadlines this may not accurately reflect all the groups offered this semester. Please come by our office for our most up to date group listings. To submit a request for a group not currently being offered, please come by our office to fill out a request form.

For more information see our web page

[www.humboldt.edu/~hsucaps](http://www.humboldt.edu/~hsucaps)

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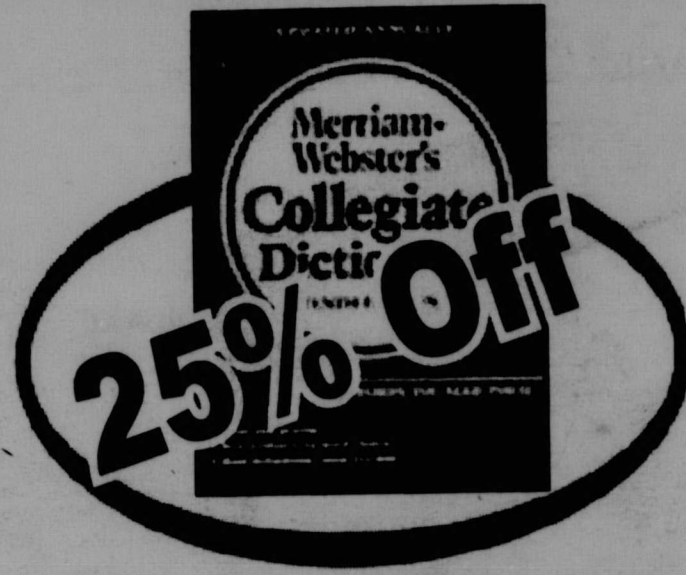
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# Green Party leader under fire

David Cobb remains positive while critics blast his political strategy and clout



Rory Williams  
Community Editor

An invisible presidential candidate lurks between John Kerry and George W. Bush, stirring controversy over the state of the Green Party...and it's not Ralph Nader.

Green Party presidential candidate and Eureka resident David Cobb, 41, has based his campaign on the growth and construction of the party nationwide, but some Greens point to Cobb's campaign as the destructive end.

"It is nice that David Cobb thinks the Green Party will survive this election, but it may be wishful thinking," Joshua Frank, 25, author of the upcoming book "Left Out: How Liberals Did Bush's Work for Him," said in an e-mail interview.

Frank, who currently resides in New York, has been registered with the Green Party since 1999 and said the party's biggest hurdle is Independent candidate Ralph Nader.

The Nader campaign, which has already enlisted the help of

Nader loyalist Greens, has siphoned support from the Green Party and will continue to do so if Nader creates a formal third-party with his current running mate Peter Miguel Camejo, Frank said.

"If indeed Nader does attempt to build a progressive third party, as he has hinted he will do if there is ample support (he's registered the Progressive Party in several states where independent is not recognized as a party), the Greens will be doomed," Frank said.

For Cobb—who established the Texas Green Party in 1998 and has erected other Green organizations in Louisiana, Oklahoma and Mississippi—Nader poses little threat to the longevity of the Green Party.

"Some (Green Party) members have gone to work on Nader's campaign but come Nov. 3, the Green Party will still be in existence. Nader's campaign will be over," Cobb said.

According to Cobb, there were 10 Green Party organizations and

see COBB, pg. 17

Green Party presidential candidate David Cobb poses at his Eureka home that doubles as the headquarters for Democracy Unlimited of Humboldt County.

Cat Sieh

## Funny money power change

Phoenix flees, Democracy Unlimited picks up pieces

Sayaka Rifu  
Online/Calendar Editor

The local community currency project is now in the hands of Democracy Unlimited of Humboldt County, a non-profit organization that educates citizens about the illegitimate seizure of the authority located in Eureka.

The currency, originally founded by a community activist Fhyre Phoenix as a private for-profit project in May 2003, is called Humboldt Exchange.

This summer, Phoenix offered management of the project to DUHC due to the overwhelming responsibility and lack of financial resource.

"I am happy that they're having success," Phoenix said. "I'm fully supportive of how they de-

cide to go with it."

Kaitlin Sopoci-Belknap, a member of the administrative body of the community currency, said the project has been receiving positive feedback, and participants were delighted to see the project continuing.

She said the Humboldt Exchange project is "hands-on and concrete," which makes it different from other projects DUHC has offered in the past.

"It's a different way to get in-

involved in Democracy Unlimited," Sopoci-Belknap said.

Participants in the project start

"I'm a real, live business entity and I'm doing it."

Paul Patino  
landscaper



Mike Lowell

Duane Flatmo, who creates artwork for the Lost Coast Brewery in Eureka, lent his talents, along with other local artists, to give the currency its counter-culture appeal.

out by listing their name in the Humboldt Exchange Community Currency Directory—a newspaper-like publication printed every month. They then advertise jobs and items for which they will accept payments in community currency.

People also list items or serv-

es they need and are willing to pay for in community currency, fully or partially. Approximately 3,500 copies of the directory are printed every month. Complimentary copies are distributed in places such as the HSU library and the

see CURRENCY, pg. 16



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## CURRENCY: Popularity rising

Continued from pg. 15

Arcata Co-op.

The fee to advertise in the directory is \$10 for up to 10 lines of space per issue, and \$1 for each additional line. First-time participants receive \$85 in community currency, and \$35 from the second listings. In the August edition of the directory, there are goods such as an adult-sized tricycle, a Macintosh computer and organic baked goods listed.

"For me, the advertising is so cheap and it goes to a pretty diverse population that have gotten real good results," Paul Patino said. Patino is a local landscaper who has been involved in the project from when it started to take shape under the direction of Phoenix.

Patino said it is important to be able to spend the community currency not only on various services but also on tangible goods. He currently advertises yard work in the directory and spends his community currency on job equipment and food.

Each month, there are approximately 30 to 40 participants listed in the eight-page directory, and the number is growing. There was a big jump in the number of participants in the August issue and DU is expecting to see a 12-page issue in the near future.

The next issue of the Directory will be available on Sept. 1. For the online version visit [www.humboldtexchange.org](http://www.humboldtexchange.org).

Patino said the Humboldt Exchange was met with more enthusiasm after it turned into a non-profit project, attracting more people in the community.

"I'm a real, live business entity and I'm doing it," Patino said. "It's my way of keeping it local."

With eight volunteers working to get everything organized and a number of small changes already made, the project is running smoothly and more manageable, Sopoci-Belknap said.

One of the many changes DUHC made to the program was payment options.

The former system strongly urged those who list their name on the directory to accept payment of half community currency, and half U.S. dollars. DUHC still encourages half-and-half payment, but sellers are free to decide what percentage of payment they want in community currency and U.S. dollars.

For example, Patino accepts one-third of his payment in U.S. dollars. Some participants accept

full payment in community currency, which is indicated in the directory with an icon beside listed names.

Currently, there are \$5, \$10, \$20 and \$50 Humboldt Exchange bills in use. Artists design the bills and DUHC is planning to create \$1 bills and considering the idea of an art contest to let directory participants decide the design of the new \$1 bills.

DUHC is talking to local businesses about accepting community currency for their products and preparing for a presentation at the local chamber meetings.

Sopoci-Belknap said the purpose of the project is to let local residents recognize the merit of their skills. By asking participants to charge and pay what they call a minimum living wage of \$10 per hour, the project encourages the residents to realize how valuable their time is.

Phoenix's intention was to create a model that supports both the economy of the community and activists like himself who often work in the state of poverty. He said he wanted to offer the residents of Humboldt a system that could also be a "first leg-up to start a private business." The person-to-person relationship is an empowering model for the individuals, Phoenix said.

"Wealth of the community is us, the people—not the money," Phoenix said. "I wanted to unlock the wealth we already have."

Humboldt Exchange is not the first community currency in the United States.

The movement to create local currencies started in 1930s during the Depression. Presently, there are multiple community currency projects all over the country.

Ithaca HOURS, a community currency in Ithaca, N.Y., has been a good example for the Humboldt Exchange project.

Ithaca HOURS was founded in 1991, and Ithaca residents are able to use HOURS in places such as the Ithaca Co-op, movie theaters and bowling alleys.

Phoenix, the original director, and others who were involved in the project visited Ithaca in June 2001 to observe the Ithaca community and their application of the local currency. Find more about Ithaca HOURS at [www.ithacahours.com](http://www.ithacahours.com).

Sayaka Rifu can be reached at [sr26@humboldt.edu](mailto:sr26@humboldt.edu)



## COBB: Desires Green growth

Continued from pg. 15

40 elected officials in 1996, and the numbers have risen to 44 organizations and 207 elected officials.

The Green Party of California's Web site at [cagreens.com](http://cagreens.com) lists 13,910 registered Greens in 1991 and soars to 157,749 in 2004.

Cobb attributes this growth to a strong party that is unified by its values rather than candidates, but others believe that Nader's celebrity has more to do with the recognition and influence of the Party.

"What Cobb may be forgetting is that the Greens were almost single handedly put on the map by the work of Ralph Nader and his followings in 1996 and 2000,"

"Simply put: Kerry is bad, Bush is worse, and the American people deserve better."

**David Cobb**

Green Party presidential candidate

Frank said.

After the presidential elections

in 2000, fingers were pointed toward Nader and the Green Party as having a "spoiling" effect, swiping votes that would have initially gone to the Democrats in Florida.

The "safe state" strategy, which implies a third-party candidate only campaign in strongly Democratic states so as not to take votes away from the Democrat Party in "swing states," has been continually denied by Cobb as being a part of his tactics.

"Other people have said that I am (using a "safe state" strategy), but I'm not," Cobb said. "I am running hard and aggressively to get every state on the ballot."

The Green Party believes the real answer to the "spoiler" effect is Instant Runoff Voting.

IRV establishes an election winner by the majority votes received rather than the plurality.

Plurality elections select a winner when he/she receives the most votes, even if their votes fall below 50 percent of the majority of votes.

Voters choose their candidates in order of preference under the

IRV system, and a candidate cannot slip by with less than 50 percent of the vote.

If no candidate receives more than 50 percent of the majority of votes, candidates undergo another "round" of vote counting and the loser of the first round is eliminated, according to the Center for Voting and Democracy at [www.fairvote.org](http://www.fairvote.org).

When eliminations occur, the votes for the defeated candidate are thrown out and voting machines count the "next choice candidate."

"The solution (to the "spoiling" problem) can not be to eliminate the third-party voice," Cobb said. "The solution is Instant Runoff Voting."

Cobb wants Bush removed from the Whitehouse but doesn't believe Kerry would be any better for the nation.

"The truth is John Kerry is a corporatist and a militarist...he is not a progressive," Cobb said. "Simply put: Kerry is bad, Bush is worse, and the American people deserve better."

With little media coverage and

a listing at zero percent popularity out of a sample of 1,011 likely voters nationwide (in the Zogby America Poll found at [www.pollingreport.com](http://www.pollingreport.com)), the health of Cobb's campaign is in question.

"The polls are not asking about the Green Party...they are pretending we don't exist," Cobb said.

Although Cobb's name is left out of many media outlets, Nader's presence has been felt throughout the presidential race.

"Ralph Nader, as a celebrity Independent Party candidate, is not a long term threat to the two-party system," Cobb said. "That is why [the media] give him coverage."

After the November elections Cobb will continue to serve as a Green Party activist, lecturer and trainer.

"Candidates come and go, whether David Cobb or Ralph Nader, but the Green Party is here to stay," Cobb said.

Rory Williams can be reached at [rbillius@yahoo.com](mailto:rbillius@yahoo.com)

### Cobb on the Issues

...the sex marriage  
...would (if elected)  
...the attorney  
...general to take this  
...issue to federal court  
...and challenge state  
...laws forbidding same  
...sex marriage under the  
...14th Amendment."

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occupation."

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...choice."

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Mike Lowell

**Oxygen Bartender Matt Branham demonstrates the machines at Holistic Body Works in Arcata.**

**Ahnie Litecky**  
Forum Editor

Not all bars sell alcohol, and oxygen is not just for hospitals anymore. Whether or not the recreational use of oxygen, which involves purchasing time to breathe oxygen through a machine, provides health benefits, it is definitely a trend that has hit the North Coast. Oxygen bars have popped up in airports and other businesses over the past few years and now two bars selling oxygen have opened up in Eureka and Arcata.

Oxygen bar supporters say the health benefits, including increasing energy and alertness, are substantial. Thom-

## Air for sale

### Oxygen Bars: the new trend in Humboldt County

as Koesterer, a health and physical education associate professor, is not certain that breathing recreational oxygen improves health.

"Without reading any research, physiologically I don't see how it would do anything," he said.

In a healthy person's body, blood that leaves the heart usually carries all the oxygen it needs, Koesterer said, and breathing in a higher concentration of oxygen does

not change the amount of oxygen the blood can carry.

Personal experience with recreational oxygen has convinced some that there are benefits.

Robert Rogers, a 28-year-old McKinleyville resident, has tried the oxygen bar at Holistic Body Works in Arcata twice. He said he had expected an oxygen bar to involve being hooked up to an oxygen tank, but the actual experience proved much nicer.

"After 15 minutes you can definitely feel an oxygen high," he said. "It beats spending your money on damaging your liver."

George King, owner of King Chiropractic, located in

Eureka next to the Eureka Natural Foods on Highway 101, opened an oxygen bar in his office about a month ago. King's incentive for opening the bar had nothing to do with trying to keep up with the latest trends, but because his wife had tried pure oxygen and felt immediate health benefits. "She just came alive," he said. "She'd feel great."

King said he was not sure how the public would react to his investment, but wanted his wife to have access to it.

People have definitely responded to the appearance of recreational oxygen in Eureka. King said he receives five to six customers a day with no advertising. About half the customers feel a benefit from the oxygen and many return for additional sessions.

King Chiropractic charges \$10.00 for 10 minutes, \$13.00 for 15 minutes and \$17.00 for 20 minutes.

The oxygen in oxygen bars differs from that used in hospitals, King said. While hospitals use 100 percent oxygen, which saves lives but dries out body tissues, recreational oxygen is generally 92 percent pure oxygen and 8 percent water vapor, which keeps tissues soft.

To begin the oxygen bar experience a customer puts on a plastic tube with two ends inserted into the nostrils, just like the breathing tube used by patients at hospitals.

Breathing tubes provide a person with a very low concentration of oxygen compared to the masks typically used in hospitals, said Koesterer. Customers have choices of

see AIR, pg. 20

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# Face lift planned for Arcata theatre

## Hopeful new owners struggle for liquor license and permits

James Egan  
Editor

After years of dormancy due to permit hassles and ownership changes, the historic Arcata Theatre is in the process of being converted into Arcata's largest musical venue.

The 68-year-old theater, which lies just a few blocks from the university campus on G Street, is planned to reopen around next April as a concert hall with an audience capacity of 800.

New owners David and Lara Cox, who purchased the theater from Robert White last March, are in the midst of renovating. The seats have been removed to make room for a dance floor and the ceiling, which used to contain asbestos, has also been taken out.

Lara Cox said although the theater's main function will be a music venue, the owners plan for it to have a lounge atmosphere; a bar and full-time kitchen will be installed. Food from local stores like Pacific Rim Noodle House and The Alibi may also be served.

The Coxes are planning to



Mike Lowell

**New owners David and Lara Cox plan to turn the 68-year-old theatre into a major venue with a menu.**

show non-mainstream and student cinema and are toying with the idea of hosting live theater production. A recording studio has also been considered.

But there is much to be done, and the Arcata Theatre is infamous for squelching the dreams of

ambitious developers.

Before the theater opens, more spacious restroom stalls must be created to comply with the Americans With Disabilities Act. As of now, the bathroom stalls do not meet the act's minimum size regulation. The antiquated heating

system must also be replaced and the marquee, which was damaged after being run into by a truck, has yet to be repaired.

...there is much to be done and the Arcata Theatre is infamous for squelching dreams.

Also hampering the theater's development is the issue of permits. An alcohol license and a conditional use permit must be acquired from the city before the theater opens.

The theater had previously been on its way to become "AIR-cata," Arcata's premiere indoor climbing gym/acrobatics training facility, under renters Paul and Jessica Spenser. AIRcata failed to become a reality after the Spensers' plans were derailed by the discovery of asbestos in the ceiling and permit hassles. Eventually the plan was abandoned.

James Egan can be reached at [jte2@humboldt.edu](mailto:jte2@humboldt.edu)



## Screamer Stolen

Thieves threatened an employee with a gun and terrified patrons before fleeing with a version of Edvard Munch's famous painting "The Scream" and another of his masterpieces, "Madonna," in broad daylight on Sunday, at Oslo's Munch Museum in Norway.

An icon of modern alienation, "The Scream" depicts an anguished figure who appears to be screaming or shielding his ears against a scream. "Madonna" depicts the virgin as eroticized and mysterious, with a blood-red halo.

Police said they have no suspects, no trace of the paintings and no theory of the motive.

Compiled by:  
Karen Wilkinson  
Features Editor

Sources: Google News

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P165/60R-13	28.23	P215/70R-14	46.94
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## AIR: Has uplifting qualities

Continued from pg. 18

scents, such as eucalyptus or lavender. Sessions usually last between five and 20 minutes, and involve sitting at a counter and breathing the scented oxygen.

King says oxygen bars are safe, and only people with serious illnesses like severe lung disease should avoid the concentrated element.

King also said he notices an increase in his energy level from breathing the oxygen. 90 percent of our energy comes from oxygen, only 10 percent from food, he said, which explains why breathing more pure oxygen would increase energy.

"If I use it I feel a little better," King said. "You've got to try it to see if it works for

**"After 15 minutes you can definitely feel an oxygen high. It beats spending your money on damaging your liver**

**Robert Rogers**  
McKinleyville resident

you. I do think it helps a lot of people."

In Arcata, Holistic Body Works owner John Foote decided recreational oxygen worked for him. He and his wife decided to invest in an oxygen bar after investigat-

ing the potential benefits of recreational oxygen. "It's an inexpensive, fun way to get introduced to the benefits of detoxifying the body," Foote said.

Holistic Body Works charges \$9.00 for 10 minutes, \$13.00 for 15 minutes, and \$17.00 for 20 minutes. The business also offers the oxygen bar in combination with other products, massage and aromatherapy.

Foote said his personal experience with recreational oxygen causes him to have increased energy.

Chris Laughlin, manager at Holistic Body Works, said many college students have tried the oxygen bar that just opened

in May 2004. "It's great for stress relief and if people need extra mental clarity or extra energy before exams," she said.

Laughlin also said recreational oxygen helps allergies, hangovers, headaches and provides sinus relief.

"You're not going to know whether it works or not until you try it," Laughlin said. "Try it, you might be surprised that it does work."

Ahnie Litecky can be reached at  
aml42@humboldt.edu

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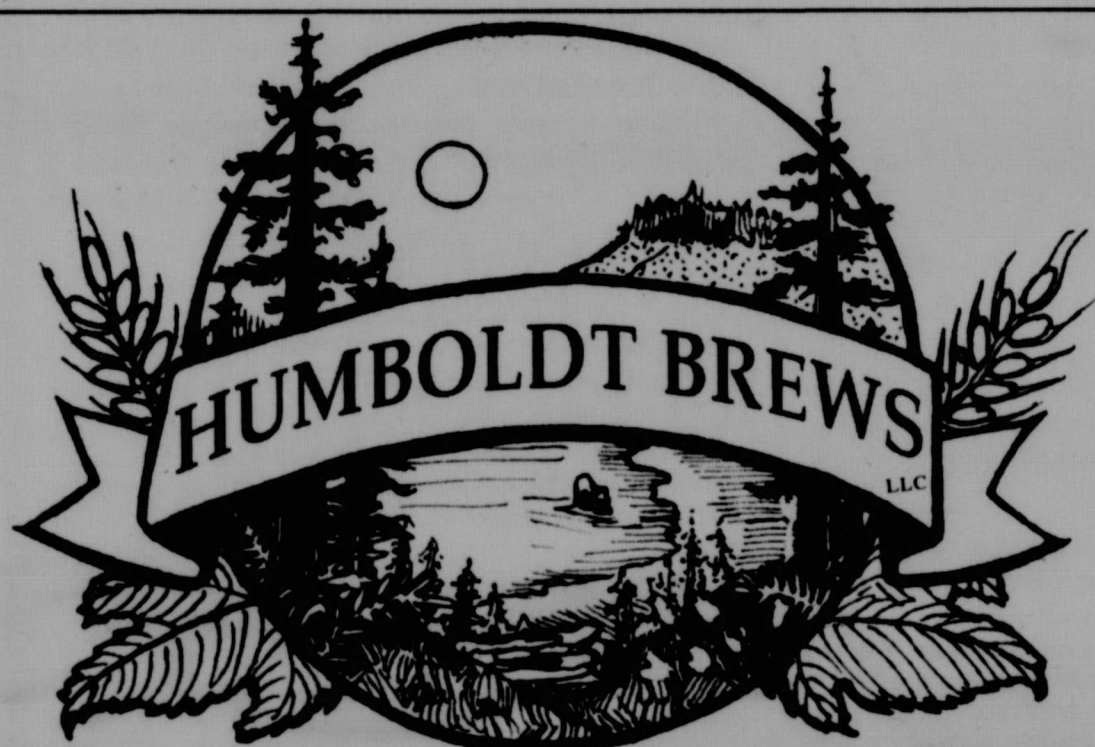
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*\*All Sandwiches Served With a Pickle\**

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**Cajun Ahi** Grilled Seasoned Ahi Fillet, Citrus Aioli, Lemon & Sprouts \$7.95

#### Cheese Choices

Provolone, Mozzarella, Muenster, Smoked Gouda, Jack, Horseradish Cheddar, American, Feta, Swiss and Cheddar

#### Bread Choices

Vellutini Sliced Sourdough, Brio French Roll, Los Bagels Rye, Sliced Wheat and Brio Whole Wheat.

### Vegetarian Specialties Sandwiches

#### Cold

**Tofu Club** Herb Tofu, Marinated Soy Chunks, Lettuce, Tomato, Sprouts, Avo, Mayo & Served on 3 Slices of Toasted Sourdough \$7.25

**Herb Tofu Sandwich** Tofu, Lettuce, Tomato, Avocado, Onion, our new Vegan Garlic Spread & Served on Whole Wheat \$7.25

**Tofu Submarine** Brio French Roll Filled with Tofu, Avocado, Lettuce, Onions, Sprouts, Tomato, Garlic Spread & Choice of Cheese \$6.75

**Veggie Sandwich** Your Choice of Bread & Cheese, Lettuce, Tomato, Onion, Cucumbers, Carrots, Mayo & Sprouts \$6.25

#### Hot

**Adams Tofu** Herb Tofu, Feta, Grilled Tomato, Basil, Spinach & Served on Grilled Sourdough \$6.50

**Tofu Reuben** Herb Tofu, Kraut, Swiss Cheese Between 2 Pieces of Grilled Rye & Served with a Side of 1000 island \$7.25

**Grilled Cheese And Tomato** Choice of 2 Cheeses, Warm Tomato Slices Grilled on Sourdough with Lettuce, Sprouts & Onions \$4.95

**Soy Steak** Marinated Soy Chunks, Onions, Swiss & Provolone 6" \$6.50 12" \$12.50

### Cold Sandwiches

#### House Favorites

**Turkey Club** Deli Turkey Breast, Bacon, Lettuce, Tomato, Sprouts, Mayo, Avocado & Served On 3 Slices of Toasted Sourdough \$7.50

**B.L.T** Bacon, Lettuce, Tomato, Mayo on Toasted Sourdough \$5.50

**Italian Sub** Ham, Salami, Provolone, Pepperoncinis, Lettuce, Tomato, Sprouts, Onions & Served on a Brio Roll Topped with Vinaigrette

2 Sizes Available 6" \$6.95 12" \$13.00

**Terrific Turkey** Organic Oven Roasted Turkey, Cranberry Sauce, Mayo, Lettuce, Stuffing & Tomato Served on a Brio Roll \$6.95

**Mediterranean Turkey** Organic Turkey, Olive Tapenade, Feta Cheese, Lettuce, Tomato, Onions, Sprouts & Served on Whole Wheat \$6.95

#### House Classics

The Following Sandwiches are Served Cold, with a Choice of Cheese and Bread. All Sandwiches

Come with Mayo, Lettuce, Tomato, Onions and Sprouts

**Bread & Cheese Choices Look to the Left**

**If Ordering on a Roll, Sizes Available are**

**6 & 12 Inch**

**Pastrami and Cheese** \$7.25

**Ham and Cheese** \$6.50

**Smoked Albacore Salad and Cheese** \$7.50

**Organic Turkey Salad and Cheese** \$7.50

**Roast Beef and Cheese** \$7.25

**Classic Turkey & Cheese Sandwich** \$6.50

Add Pepperoncinis, Oil & Vinegar for no Extra Charge

Add Extra Meat for \$2.25 per 6in. 4.50 for 12in.

Extra Cheese \$1.50 per 6in. \$3.00 for 12in.

Add Avocado for \$1.50 for all regular size sandwiches

\$3.00 for 12inch Sandwiches



## LUMBERJACK EDITORIAL

Shed your pink Uggs and don a pair of leather-free Birkenstocks. You've just been accepted to Humboldt State.

The HSU crowd is, in a word unique. We're country bumpkins with dreadlocks that live in the woods and play ultimate frisbee.

Our school is small, but it ain't chopped liver. This university has a gaggle of incomparable programs and opportunities that we at The Lumberjack truly appreciate.

We can power a washing machine with a bicycle at CCAT. or learn about hydrogen fuel cell research at the Schatz Lab. We have a sculpture foundry fully capable of casting bronze and other metals. We are known nationally as a leader of sustainability, and above all, we have a dude who bikes around the campus and community cooking things on his crazy solar frying pan. We'll also venture to guess that HSU boasts the most vegans per capita this side of the Mississippi.

But attending an eco-groovy, socially conscious, politically-aware university comes with its requirements, including questioning a university system that is no longer up to democratic par.

With a body-building Austrian for governor and a budget small enough to fit in his singlet of old, California and its state university system have found themselves in a tight spot.

When programs and values like those we have mentioned come under the financial knife, it is our duty as hemp-clad dissenters, to recognize that our core beliefs are being stripped from us in the form of classes, professors, coaches, custodians and athletics— all under the guise of budget cuts. We pay more as our educational opportunities lessen.

At our university, Plant Operations employees are laid off because our president says he wants to affect our in-class learning as little as possible. We're affected.

These people tend our gardens, prune our trees, take out our trash and make it possible for HSU recycling to have one of the highest waste diversion rates in the nation. These people change the light bulbs for Pete's sake. These people are rehired only when our governor chooses to give us a little extra milk money this semester.

In the recent past, our recycling program has been on the verge of extinction at the hands of the almighty budget. It was reinstated miraculously after administrators realized they weren't going to deprive us of our right to pamper Mother Earth, and found \$45,000 lying around to fix it.

Our track and field team is missing its later half: all field events have been eliminated, along with the track and cross country coach of 24 years.

They say it's the budget that have turned our university into this loading dock where staff and faculty depart with the coming tides and might just drift back to visit us someday, if the wind is right.

We say it's about time HSU administration reevaluated its priorities.

**Send letters to the editor to thejack@humboldt.edu before 5 p.m. Friday**

## The Lumberjack Statement of Policy

•Questions regarding the editorial content of The Lumberjack should be directed to the editor at (707) 826-5922.

•The Lumberjack editorials are written based on the majority opinion of the newspaper's editorial board.

•Guest columns, cartoons and opinion articles reflect the opinion of the writers, not necessarily those of The Lumberjack or its staff.

•The Lumberjack welcomes submissions for guest columns or guest cartoons.

•Letters should be no more than 350

words and guest columns no more than 750 words.

•Letters can be mailed, delivered or e-mailed (preferred) to The Lumberjack, Nelson Hall East 6, Arcata, CA 95521 E-mail: thejack@humboldt.edu.

•Letters must be received by 5 p.m. Friday for next issue consideration. Letters and guest columns must include the writer's name, city of residence and phone number. Include major and year in school if a student.

•Letters from the same author will only be published every 30 days.

## LETTERS TO THE EDITOR

### Coach Wells was a positive force in HSU athletics

Deat Editor:

I was profoundly confused when I learned that the current athletics administration decided not to re-hire Dave Wells for the head Track and Cross Country Coach position.

Far more troubling, however, was the press release they prepared which attempted to tarnish Coach Wells' reputation and record at HSU. The release implied that under his coaching the programs had fallen from national prominence.

Even if one were to ignore the recent women's cross country conference championship teams for 2001 and 2002 and Doug Hamilton's individual conference championship for 2003, their story just doesn't add up.

According to the HSU website, this school has had 53 conference championship teams—Wells coached 13 of them (24.5% of HSU's entire history!). The site also claimed 43 national championship appearances.

During Wells' career here, 61 All-American certificates have been earned by track and field or cross country athletes and 41 national appearances have been made (leading me to believe the website numbers are not accurate). Wells was the conference coach of the year in 1996, 1997, 1998, 1999, 2000 and 2002.

He coached conference championship teams for 1996, 1997, 1998, 1999, 2000, 2001 and 2002. Two of this year's Hall of Fame inductees were coached by Wells. The list just goes on and on.

With so many amazing achievements, it is curious why the ath-

letics administration would take a negative focus. Perhaps they knew that the truth would have made their inappropriate decision too obvious (much like their decision to fire Robin Meiggs weeks before her rowing teams placed 1st and 2nd at nationals).

To those of us who have been involved in HSU athletics recently, this decision was an obvious personal retaliation against a man who stuck up for his female athletes when they exposed vast Title IX violations at HSU in 2001.

The worst part of the administration's press release was their decision to ignore the achievements of so many students. It has never ceased to amaze me that the current administration, led by VP Steven Butler and Athletic Director Dan Collen, is willing to destroy the experiences of the students to achieve their agendas.

When he cut most of the Track and Field events last year, Collen told reporters that only ten field or sprint athletes had ever achieved All-American status at HSU. The actual number is 32.

As a matter of fact, 13 of the 22 All-American certificates earned in the last decade were in the events he cut.

I'm sick of seeing their lies printed in university publications so that they can twist the public's opinion of the corrupt decisions they make.

Tim Miller  
HSU Alumnus and Graduate Student  
Five-time All-American under Coach Wells

### Gallegos wrong on activist's death

Dear Editor

During his initial election campaign, Paul Gallegos mentioned, on KMUD, re-opening the investigation of the death of Earth First! activist David "Gypsy" Chain.

Gypsy was killed on September 17th, 1998, when an enraged Maxxam/PL logger intentionally fell trees towards a group of non-violent activists, ultimately killing Chain.

The logger was caught on videotape, less than an hour before Gypsy's death, clearly threatening to fall trees at the activists, yet a corrupt Humboldt County Sheriff's Dept., under ex-D.A. Terry Farmer and ex-sheriff Dennis Lewis, called this act of violence a mere "accident," after threatening to charge the ACTIVISTS with involuntary manslaughter!

In a recent phone conversation with Paul Gallegos, he not only refused to re-open the investigation, he also went so far as to say that there wasn't enough evidence to prove that a crime was committed (besides trespassing), and even suggested that it was the fault of the Earth First!ers.

How is this any different from Terry Farmer? Gallegos asked me, "are you a D.A.? are you a lawyer?"

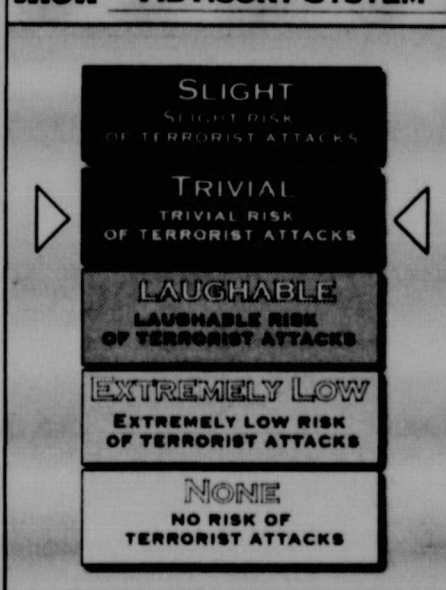
I don't have to be an expert to know that, when someone tells you that they're going to do something to you, and then they do that very thing, and they kill someone in the process, it ceases to be an "accident." The record needs to be set straight.

Using Gypsy's name in a political campaign, and then doing nothing once elected, is not OK by me, as an eyewitness and community member. I feel that the community deserves to know.

Shunka Wakan  
Earth First! activist and eyewitness to Gypsy's death

**Letters will be printed as sent without revision.**

## HUMBOLDT SECURITY ADVISORY SYSTEM



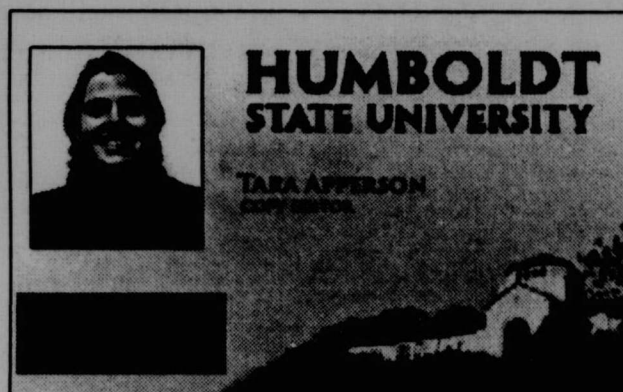
The Humboldt Security Advisory System has skyrocketed to dark gray this week due to a recent rash of sightings of suspicious characters on the HSU campus.

These figures, often characterized by a small stature, frightened doe eyes and a general aura of anxiety and disarray, have been spotted wandering the campus in large awkwardly coordinated groups.

Until the threat subsides, The Lumberjack recommends not making eye contact with strangers, eating any form of powder, driving automobiles or meeting new people.



## Real estate in real bad state



I love living in Arcata, but apparently so do a lot of people, because finding a place to live in this town is like trying to find a sober person on the Plaza on a Saturday at midnight.

Do you ever wonder why so many people are homeless here? It's not because they have no place to live, it's because there is no place to live.

For the last three months I have made it a priority to find a place for me, my boyfriend and my current roommate.

It's been a full-time job, and yet it has proved to be a frightful situation. I may even be homeless by the end of the week.

I was supposed to move out of my summer

sublet a week ago to make room for new tenants, but it's hard to move out when you have no place to go.

Heather Feack, a residence services employee at the Humboldt County Housing Authority, said she couldn't speak for the whole department, but that in her opinion housing is a huge problem in all of Humboldt County.

Feack attributed the problem to issues such as high rent and the seasonal economy.

"People who live and work here can't even afford housing," Feack said.

I have run into several problems in my own quest for decent housing.

One of them is that somehow I'm supposed to be able to come up with over \$1,000 just to move into a place to cover rent and deposit. Is this even possible?

Finding something to rent for less than \$400 per person is not easy. I don't know about the rest of the student population,

but I'm not made of money.

I support myself, pay a good portion of my tuition, and finding a job in this place is a disaster in itself for many people. It took me eight months to find a job, and

it sucks too.

Problem number two, and this is a big one for a lot of people, is that I have a cat.

Almost nobody wants to rent to someone who has a pet, and if they do allow it, there is an outrageous deposit that as a part-time working student you are somehow supposed to be able to afford.

One landlord told me it would be a \$500 deposit for my cat alone, on top of the first and last month's rent. I ended up having to give my cat away.

Problem number three is that I want to share a room with my boyfriend. A lot of people don't allow this because it's cheaper

I don't get to pick a place, the place picks me. At this desperate point I have to take what I can get, and let me tell you, I am not getting much.

for us.

Yeah it's cheap, that's why I'm doing it (besides I actually want to do it). Some people do allow it, but many of them charge per person.

Why am I going to pay the same amount to share a room with someone when I could just have my own room if I wanted? Next we have the problem of finding a nice place with privacy.

I've looked at trailers with severe water damage, places with backyards full of garbage, places that smelled like someone might be storing dead bodies under the house, places with bedrooms the size of a small closet and several places where the landlord lives on the property or in a unit attached to the house he or she is renting.

Who wants that? But what choice do I have? None. I don't get to pick a place, the place picks me. At this desperate point I have to take what I can get, and let me tell you, I am not getting much.

## Bladder infection inspection

### Small steps can help avoid painful problem



**Melinda Myers**  
Guest Columnist

Welcome to a new semester of (hopefully) interesting questions about sexuality and relationships. Several questions have been written over the summer, and I am happy to answer any more that might come up. If you'd like to write, please do so in confidence that your anonymity will be maintained. My address is [mm3@humboldt.edu](mailto:mm3@humboldt.edu).

*I'm wondering how sexual intercourse can lead to bladder infections in females. My partner has had a problem with this which is easily treated and prevented so I've read... but scientifically speaking, what actually causes it to happen?*

*I was sure that you would give me an unbiased and honest answer without giving me pop-ups trying to sell me Viagra or something.*

The reason sex with vaginal penetration can lead to UTIs in women is because of the length of the urethra, as well as its angle. In men the urethra is long, running the entire length of the penis, through the prostate, and up to the bladder.

In women, it's very, very short. Consequently, due to the activity of intercourse, it is relative-

ly easy for stuff (such as bacteria and sex juices of various kinds) to be forced into the urethra. Then, it is really easy for it to grow and make an infection. Ouch.

For most young women with regular hormones and no history of diabetes, drinking more water and making sure to urinate after intercourse or other activities that could result in stuff entering the urethra takes care of it.

If this doesn't take care of it, drinking a glass of cranberry juice a day can also be helpful. A nurse practitioner I know recommends getting up after sex, peeing, drinking a full glass of water, and taking two cranberry tablets. Seems like a hassle to me, but nothing compared to the pain and discomfort of a bladder infection!

If your girlfriend does have a tendency to have issues with her blood sugar, this can contribute to frequent UTIs because it impacts the pH of the urine.

Cranberry juice corrects this, but the regular kind has lots of sugar, and that can be a problem.

One option is to get the straight stuff, which tastes nasty, and mix it with soda water and Splenda. She could also plug her nose and chug it, but whatever works.

Since she gets frequent infections, it would be a good idea for your sweetie to check with her care providers to be sure her blood sugar is normal.

Low levels of estrogen can also be related to frequent UTIs because when estrogen drops, the tissue of the vulva is affected and this makes it even easier for stuff to get into the urethra. This would be unusual in a young woman, but it's possible and also worth checking out.

*Melinda Myers has taught Human Sexuality and other courses for the Psychology and Women's Studies Departments since 1994. She owns Good Relations Lovers' Boutique, a sex-positive store in Old-Town Eureka. She is a single mom, with two sons to whom she lectures frequently about sex and relationships.*

So what's the solution? There aren't many, Feack said. "People don't want low-income housing in their back yard."

Feack also said government funding for low-income housing is scarce, so new housing isn't really an option.

Feack mentioned that for those like myself who may soon be homeless, the only solutions are to try to get placed in an immediate housing shelter such as the Arcata House, but that they have very limited space.

The HCHA offers programs

for low-income families such as Humboldt Urban Development, and MCC, which is a program that works with first time homebuyers. Contact HCHA at 443-4583.

Some of my personal suggestions include better advertising and networking between landlords, more housing complexes IN ARCATA, requirement of freshman students to live in residence halls, and more people who are not afraid of pets.

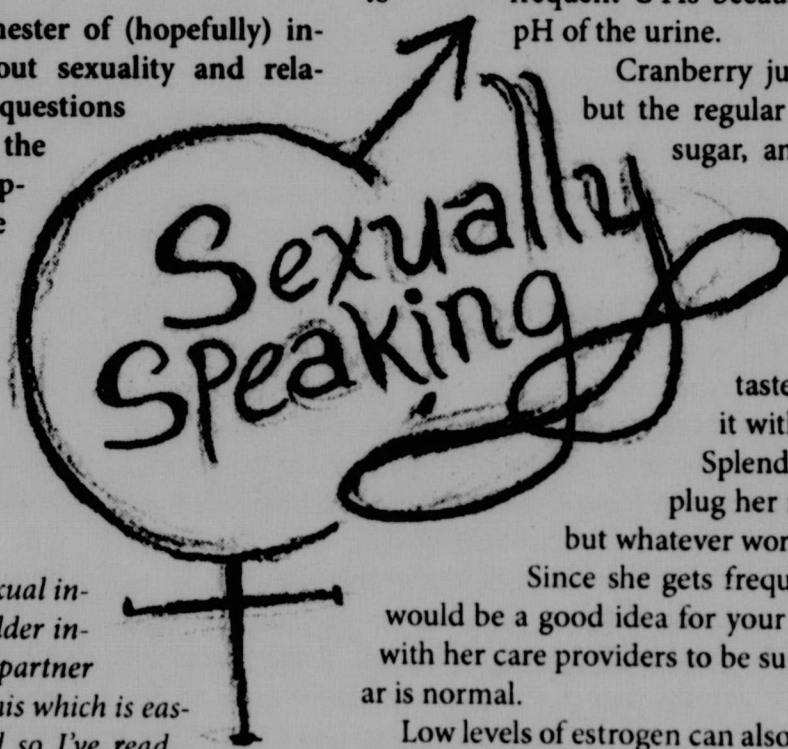
(Editor's Note: as a last minute addition, I would like to add I

did finally get a house this morning (Tuesday), and it's perfect. Finally my struggle is over. I have an awesome landlord who respects my privacy, and who is truly concerned with providing affordable, livable housing to students.

So yes, it was stressful situation, and it took a lot of work, but decent people who care about your needs do exist.

Can you believe it? It's almost too good to be true!

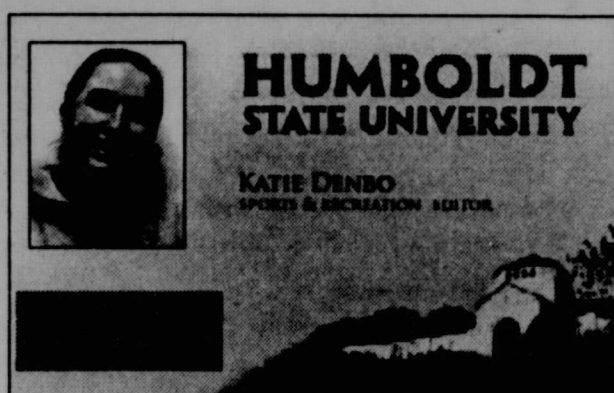
*Tara Apperson can be reached at [tmapp22@hotmail.com](mailto:tmapp22@hotmail.com)*





# Put a little love in your heart

A plethora of opportunities available for volunteering in our local community



In mid-April, my grandfather was placed in an elderly care facility. I was terrified to go visit him; my heart sank at the prospect of seeing so many unhappy people stuck in a place that wasn't their home.

The day I went, though, I saw that I was terribly mistaken in my assumptions. Entering the front door I was greeted with nothing but smiles, hugs, and stories about everything from grandkids to pets to their college days.

I was even offered a lunch of pasta salad, mandarin oranges and crackers, complemented by a nice cup of hot herbal tea.

I was told by the residents more than once that they were happy I was there, and how very few people my age come to visit them.

It made them feel youthful, they said, talking to a young person with so much energy. One resident in particular, Brad, took a special liking to me, saying that I should

come by more often.

Although I hadn't thought about it until that moment, I realized just how important volunteering is. We all have so much to learn from others and their situations, much more than can be learned from a textbook.

While I don't think that volunteering should be mandatory to graduate from the university, I do believe it is an essential part of growing as a person, and can only benefit the person doing it.

There are countless opportunities to perform community service in Humboldt County.

Although facilities such as the food endeavors and homeless shelters are always in need of assistance, there are countless other opportunities for community service as well, including working in a thrift store, organizing a beach cleanup or painting a mural on a wall that has been tagged with graffiti.

People who are gifted, or even interested in construction or building could start a chapter of Habitat for Humanity, or assist rundown businesses or facilities with repairs.

Those who enjoy gardening can plant trees and flowers in an area of town that could benefit from the beautification.

For those with affinities for helping

youth, a few hours a week working for one of Humboldt County's many nonprofit youth organizations could support numerous people.

The Boys and Girls Club, Campfire USA, Big Brothers, Big Sisters, and the new Girls Incorporated of the Redwood Coast, among others, benefit youth of all ages in the community, focusing on everything from school to improving self-esteem and relationships with peers and families.

Many youth sport teams, from softball to soccer, need coaches as well. Youth and adolescence is a critical time in everyone's life, and all youth deserve to have positive role models to look up to.

Although it seems like a small gesture, spending just a few hours in a rest home or hospital can touch the hearts of residents.

Many elderly people have families who visit them, but just as many don't, and it means the world to them that someone would care enough to share their free time getting to know them.

Many hospitals have children's wings as well, and children, as well as their families, take much pleasure in seeing the happiness that spending a few hours with a patient can bring.

Have a garage sale or fund-raiser with proceeds benefiting a favorite charity. Spend a day at the park helping maintain trails and paths. Even something as little as

calling a parent or grandparent and seeing how their day was is a great start.

Do something, anything, that will benefit not only the community, but the person doing it as well.

An added bonus is that community service looks great on a resumé. Many employers look for candidates who are well-rounded individuals, an aspect that volunteering assists with.

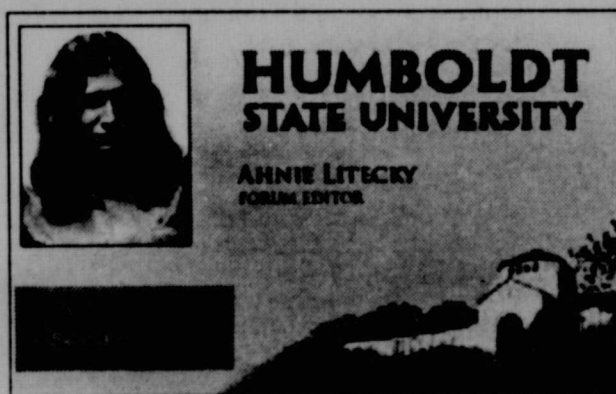
I have started volunteering my time and skills for Girls Inc. of the Redwood Coast, using what I have learned from my major to aid the organization in its development. It's addictive, and I find myself enjoying the time that I spend helping the organization and its quest to help the community's adolescent girls.

My grandfather has since passed away, but I will never forget the smile on his face every time I walked in his door. It is a priceless experience lending a hand to those who need it, one that will never be forgotten.

For more information on volunteering contact the YES House on the Humboldt State University campus at 826-4965 or try your favorite organization to see how you can help.

Katie Denbo can be reached at [kad32@humboldt.edu](mailto:kad32@humboldt.edu)

## Mandatory volunteering misses the point



A new proposal to the state government could change the meaning of volunteerism and lessen the positive results of performing community service, affecting college students throughout the state.

Last winter Gov. Arnold Schwarzenegger announced the formation of the California Performance Review. Composed of state employees, the group had the task of analyzing the performance of the state government.

The recommendations by the board promised to save the state \$32 billion over the next five years if all the recommendations were adopted by the governor.

The review board has submitted its proposals to the governor, who now has the task of deciding which recommendations to adopt. Public hearings will be held in several cities and public testimony will be heard.

One proposal stated that all public college and university students should be required to perform 16 hours of community service in order to receive a degree.

The report states that most college and university students receive taxpayer funding to attend school and therefore should repay some of that debt by volunteering.

Another justification put forth was that by participat-

ing in community service, students would enhance valuable skills including communication and teamwork, and be more aware of the need to be active members of society.

One major incentive is that the review board promises that the state could generate almost \$200 million from the proposal, assuming about half of the students at schools across the state performed the 16 hours valued at \$10 per hour.

I am fully supportive of community service. I find it a worthwhile activity that every person should want to engage in.

Helping other people in homeless shelters or senior citizen centers can instill an appreciation for life, a more open-minded worldview and increase feelings of compassion for those who find themselves in difficult situations.

Helping improve a local area through picking up trash or planting trees can encourage pride in a community, which in turn can lead to people treating both the city and natural surroundings with more care and thought.

The problem I have with this proposal by the California Performance Review is that it mandates community service in order to graduate from college.

When people are forced to perform an activity, I cannot believe that they would benefit as much as choosing to participate on their own.

It is difficult to imagine that all those prisoners out by the highway trimming weeds or picking up garbage in their bright orange suits really feel a surge of civic pride with every step.

So many students already have full schedules. With the increasing cost of tuition and the inability to find affordable housing in Humboldt County, many students must take on jobs in addition to a full class schedule.

Many students participate in clubs or other extracurricular activities that could be threatened by the need to find time to fulfill the mandated community service.

The worst consequence I can see from this proposal is that I think students would be turned off from participating in community service.

I can imagine that many would be less than thrilled with a new requirement added to the long list of things we must do before we graduate.

I think the solution is to encourage volunteerism more, rather than order it. Students should be rewarded for taking the initiative to volunteer in their communities, either through class credit or extra credit.

Those students who participate in service activities could receive discounts at local businesses or at the campus bookstore.

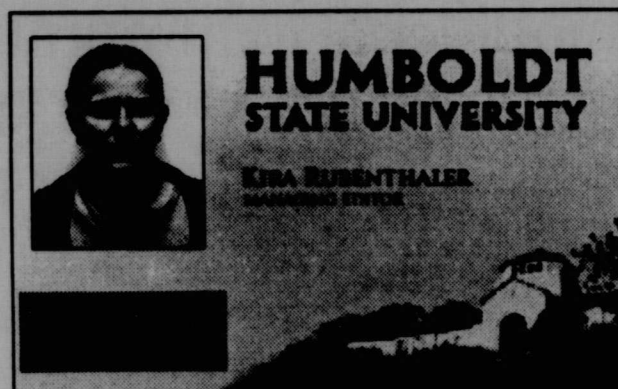
While community service is essential to creating thriving communities of thoughtful, open-minded people, the answer does not lie in the service itself but the freedom to make that choice.

I encourage people to contact the California Performance Review to offer their opinion on this and other recommendations at 1-877-363-9278.

Ahnie Litecky can be reached at [aml42@humboldt.edu](mailto:aml42@humboldt.edu)



# Tired of Americans being expected to win



I was actually able to watch the Olympics this year because, for the first time in my life, I am living in a house that has cable television.

Not that cable is that special. Instead of not having television at all, or having two channels to choose from, I have over 60 channels of programming, and still not much worth watching is on.

I have been watching the Olympics, though.

I remember watching the world games as a little kid, goggle eyes hanging out of my head as I watched gymnasts hurl themselves off vaults, divers cut into the water and runners dash through the winner's tape.

Now, even though I'm still impressed by some of the physical feats of the Olympians, I no longer feel dropped-tired.

In fact, I would define as my favorite Olympic moment, the 2004 Athens games, as one I didn't even watch. I was too busy heading about the results of the U.S.

men's basketball game against Puerto Rico.

For some strange reason, nothing seemed as funny to me as learning that the NBA basketball players suffered a defeat, especially such a humiliating defeat.

For a group of guys who has called itself "The Dream Team" since 1992, and only lost twice at the Olympics in 68 years, losing 92-73 must have felt pretty bad.

And to Puerto Rico. Nothing against Puerto Rico, but before it happened probably nobody thought that a team from an island with a population about equal to that of Los Angeles could not only give the NBA "stars" a run for their money but totally crush them.

Those are the best moments in sports, when someone who is expected to lose rises above the pressure and wins.

And it's even better when the team being defeated is from the United States.

Once again, nothing against anyone, not even this country I live in, but sometimes it's nice to see the United States lose.

Sometimes it seems like America wins so often that we just expect to always get the gold.

The other day I was watching a relay swim race in the Olympics, and the commentators were shouting excitedly about how the American team and the Australian team were clearly the favorites to win.

They also made sure to mention several times that the American team always won, while the Australian team always placed second.

I was tired of the Australian team come home.

hind and blast past the American swimmer to win.

Sometimes it's just good to shake things up a bit and pull out an outcome other than what's expected.

We hear about medal counts for the American teams, about their victories, their triumphs over wrongdoing.

After being overwhelmed by the media with endless barrages of feel-good information about the American team, I don't really care anymore.

The American Olympians can win every event, or they can lose every event--it won't really matter to me.

When I was little I watched the Olympics, awed by the athletes and innocently in support of the home team because I thought it was always better if "we won."

Now, with the home team constantly expected to win, I root for the underdog.

Or sometimes I don't root for anyone.

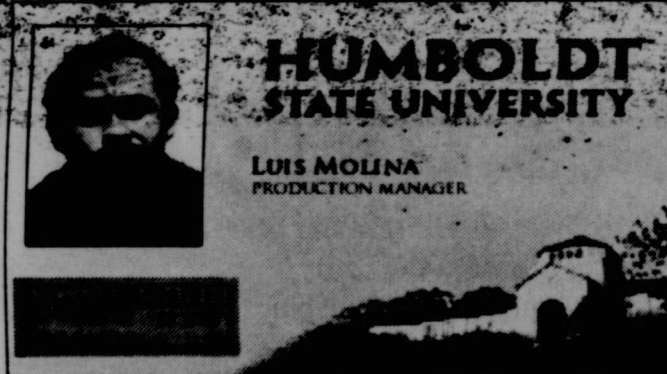
Sometimes it's just nice to watch the athletes and appreciate the strength or endurance it took for them to get that far.

If someone from Anytown, USA, wins Olympic gold, that's wonderful, but if someone from anywhere else in the world wins gold, that's just as wonderful.

And that might even be a little more wonderful, especially if the winner was someone who wasn't expected to win.

Kira Rubenthaler can be reached at [krm7@humboldt.edu](mailto:krm7@humboldt.edu)

## On your mark...get set...cheat!



Apparently, it took the Olympics 100 years to come full circle, and I always thought Star Wars was going to get there first.

By allowing anyone to join their Olympic team, Greece set the new record for cheating, outdoing any steroid-using athlete.

It changed its rules to allow any athlete with any trace of Greek lineage as distant as it maybe to play on its team.

Besides the American Dream Team, this year's Olympic Games also brought Michael Phelps and a couple of scandals. BALCO users have been found on the U.S. Team and a Greek athlete didn't show up to a drug test.

If individual athletes get tested for drugs, shouldn't entire teams be checked?

If someone's great, great, great, great, grandmother's milkman was Greek, that person could play on the Greek team.

As I understand, there is an

I hope Jennie Finch doesn't strike her out, even though Finch got Barry Bonds.

The foreign-born players who join the Greek team are not at fault.

The Olympics could be a once in a lifetime opportunity in some cases. My lethargic ass would give it a shot at a floor exercise if an invitation were given.

To field a more competitive team, Greece had open auditions.

The United States as the canon of the Olympics should have objected from the beginning.

It seems that the American policy is: If they are any good, throw money at them and make them American.

Tab Ramos, who was born in Paraguay, spearhead the attack for the U.S. squad in the '94 World Cup — the only cup played in The United States. That

HSU football player, who is how the United States got good in soccer.

The United States doesn't have immigrants on its team because it's given them citizenship or an NBA contract and two rings from NBA titles.

The United States throws enough money to buy the best equipment, trainers, and coaches to its 536 athletes who qualified to the games.

There is nothing more uplifting and patriotic than watching Michael Phelps annihilate the competition. He swims like he has a T3 connection and everyone is still on a 56K.

The United States also pays for the best doctors, medicine and drugs. Oops, did I say drugs?

Kids, winners don't take drugs. They take performance-enhancing "candy."

If Greece wanted to field a more competitive team, it should have sucked it up. It ought to have trained Greek citizens adequately enough to compete in badmin-

ten, judo, baseball and any other sport in which its current population is more like Kevin Sorbo than Hercules.

Greece's new policy cheats fans out of vibrant and classic Olympic competition. The United States failed to qualify for the Olympic baseball tournament because it didn't beat Mexico in a do-or-die game.

The United States created the sport and then doesn't make it to the Olympics. The United States could possibly be the next England. It created soccer and has only won the World Cup once — the one in merry ole England.

This year there were fewer slots in the tournament because Greece decided to participate in an event it seldom does. It decided to participate in everything.

Not taking the blame away from the U.S., the former Olympic champion, and the U.S. Olympic Committee, but Greece, following its new policy, uses players from American Major League Baseball teams and their minor league team.

Greece's effort threatens the games' fabric. The policy permeates a free for all, which would

then become a big mess between nations.

The Olympic athletes would end up with NBA contracts.

Going for the gold might parallel getting a professional league ring. One thing is certain, gold is important right now.

In the past, the U.S. has taken advantage of the same loopholes, which allowed the Greek team to get better players — in and out of the Olympics.

Tim Duncan comes from the Virgin Islands, yet he is on that \$5 knock off most people call The Dream Team.

Gold is important. Brazil hasn't won a soccer gold even though it's won every other major tournament. After being beat by Brazil in Copa America, Argentina sent its best team with all the stars to the games. So basketball gold is important.

By losing to Puerto Rico the United States has given Ricky Martin the right to flick the United States to the sound of "Livin' the Vida Loca" while chanting: "We member Vieques! Hijos de la..."

Luis Molina can be reached at [lfm7@humboldt.edu](mailto:lfm7@humboldt.edu)





Jake Nelson,  
a sophomore  
defensive  
linebacker

Menlo College

Mike Lowell

## Five teams gear up for new seasons

**Kira Rubenthaler**  
Lumberjack Managing Editor

A swift kick for the winning goal, a smooth pass for the touchdown, a powerful spike for the kill, a rhythmic stride along the trails of the redwood forest.

The fall sports season is under way at HSU, bringing a competitive group of talented athletes to the forefront. Here's a look at the new set of teams:

### FOOTBALL

The HSU football team has a positive outlook on the team's chances for success this season.

"This time of year everyone's optimistic," said head coach Doug Adkins, who is entering his fifth season with HSU's football team. "We think we've got a solid football team."

Senior offensive lineman Jason Root echoed this sentiment, saying winning the conference and going to the playoffs are some of the team's goals.

Sean Quincey, a senior wide receiver, said the HSU football team could be the best passing team in the conference.

These could be tough goals to meet for a team that had an overall record of 3-7 last season.

"I believe that we are going to surprise a lot of people as a team," Root said.

Adkins named senior wide receiver Dustin Creager and senior quarterback Jason Baughman as top players, as well as senior defensive linebacker Felix Bobo and senior defensive lineman Chris Walker.

**"This is the best team I've  
seen come out of Humboldt."**

**Sean Quincey**  
senior wide receiver

Adkins said the receiving core and the defensive line are the team's main strengths, and the offensive line, one of the weaker parts of the team, is "much improved" this year.

"We gotta run the football better and stop the run," Adkins said of improvements he wants the team to make.

Quincey said he thinks this year's recruiting class is the best he's seen.

"We say it every year, but this team is going to do better than last year," Quincey said. "This is the best team I've seen come out of Humboldt."

Saturday will see how the team is progressing, when the season starts with a game against Menlo College at 6 p.m. on the Redwood Bowl.

### VOLLEYBALL

The HSU volleyball team finished with a 5-21 record overall last year, and is looking to improve this season's record with half the team made up of new players.

"It's been a very good preseason," said head coach Sue Woodstra, who is in her third year as

coach. "I think the team continues to improve."

Junior Erin Jackson said one of the goals of the team is to win 75 percent of its conference games.

Woodstra said she thinks this year's team is more athletic than last year's, and she's seen an increase in competitiveness.

"I feel very optimistic about the team as a whole," Jackson said. "We look improved from last year and very tal-

ented thus far."

Woodstra named Jackson as one of the players she is expecting to carry the team this season, as well as senior Kristina Barnum, junior Jacque Skinner and senior Jess Murray, who won an honorable mention all-conference award last year.

"(But) I think I will have a lot of people contributing," Woodstra said.

Jackson said one of the team's challenges this season will be improving its record, as well as becoming a team.

"The team's not going to blossom for quite awhile, but it's starting to open up," Woodstra said. "The buds are there."

The volleyball team will face its first competition this weekend, with a tournament in Hawaii.

### WOMEN'S SOCCER

The HSU women's soccer team has some tough goals ahead of it: Win their conference title, make the post-season tournament and play undefeated at home.

"They're all realistic (goals)," Andy Cumbo, the women's head coach for the third year, said about the team that last year placed third in the Greater Northwest Athletic Conference and had an overall record of 12-5-3.

With the loss of last year's seniors Jenna Hunter and Kary Hood and almost half of the team being new players, women's soccer will look a little different.

Cumbo is optimistic.

"All the returners are high-level players," he

see PREVIEW, pg. 31



in-  
Mike Lowell



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The volleyball team is looking to improve on last season's record with a team comprised of many new players.

Mike Lowell

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## PREVIEW: Teams looking to continue success in new season

Continued from pg. 27

said. "This is the best recruitment class I've ever had."

Cumbo mentioned the team captains—junior forward Lacy Lewis, senior midfielder Kelly Hyde, junior defender

"One of our goals is to change people's perception of Humboldt State."

**Andy Cumbo**  
head soccer coach

Brynne Destafney, and senior midfielder Ashley Plummer, as well as sophomore goalkeeper Staci Self—as expected top players this season.

Cumbo said the team is very strong both in its offensive game and the players' competitiveness.

"We have all the talent we need," Cumbo said. "What it's going to come down to this year is performing under pressure and staying healthy."

Numerous injuries affected the team last year, and Cumbo said the team's performance crumbled on a week-end-long road trip near the end of the season.

"We've got to be consistent the whole way through," Cumbo said. "Every game's going to be a tough one."

The team kicks off its season at Chico State Friday at 7:30 p.m.

### MEN'S SOCCER

The HSU men's soccer team has its work cut out for it this season.

"I guarantee every opponent we face is going to be a tough one," Cumbo said. "We're going to have to work hard to win every game." Cumbo said the team's goal is to win every game this season. "One of our goals is to change people's perception of Humboldt State."

Cumbo, who also coaches the women's soccer team, is beginning his first season as the men's coach and said he is working on rebuilding the team.

"The past couple weeks have been great," Cumbo said. "The guys are working really hard and their attitudes are really positive."

Cumbo said the team has been working on improving its defensive shape at practice, as well as working on a lot of discipline.

"Something that's really important to me is how we carry ourselves on the field," Cumbo said.

Cumbo said the returning players are open to changes, and the new players, who make up about half of the team, are helping to "make a fresh start."

He named sophomore midfielder Keith Lovell, sopho-

"I feel very optimistic about the team as a whole," Jackson said. "We look improved from last year and very talented thus far."

**Erin Jackson**  
junior volleyball player

more forward Ryan Parker, junior defender Julian Bulwiler, and senior midfielder Luke Scott as expected top players.

"I guarantee every opponent we face is going to be a tough one," Cumbo said. "We're going to have to work hard to win every game." Cumbo said the team's goal is to win every game this season. "One of our goals is to change people's perception of Humboldt State."

### CROSS COUNTRY

A new coach joins the championship cross country team, hoping to bring even more success to an historically winning group of runners.

"I am very excited to be in a great place like Humboldt State," Head Coach Sandy Moran said about her new team. "I think the guys are coming in with a strong base of runners. The women are at a more developmental stage."

Moran, fresh off a coaching career at Portland State, cited distance runner Nicole Miller as one athlete in particular to watch. Moran replaces 24-year coach Dave Wells, who led the team to four national championships in five years.

With the men's team projected to be in the top three of the division, Moran is optimistic about where her team will finish its season, but added, "Where that finish is remains to be seen."

The cross country schedule was not finalized as of press time, so for the most current meets, visit the cross country website on the athletics Web page.

The Rubber Roller can be reached at [er11@humboldt.edu](mailto:er11@humboldt.edu)

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# Join the club

## Intramural and club sports looking for fresh faces

**Robert Deane**  
Lumberjack Staff Writer

With a new school year starting, Humboldt State University will see the return of club and intramural sports activities. Sports offer students an opportunity to experience and learn from athletic competition through winning or losing in sports that focus either on team or individual achievements.

For new and returning students it also offers the opportunity to reunite with old friends from previous intramural or club sport activities or make new friendships, and gain the respect of those they compete with.

Located in room 151 of Forbes Complex, the recreational sports office provides a wide variety of clubs and intramural sports for students to sign up with. Intramural basketball players are sorted into three different leagues (A, B, & C) based skill level. Each league meets on a designated day from 7-11 p.m., Monday through Wednesday.

Also available are three leagues of Co-ed soccer, a league of Co-ed volleyball and one league of Co-ed softball. Each of these three sports meets at 7-11 p.m. on Tuesday, Wednesday, Thursday, and in some cases for soccer on Sunday either in the Redwood Bowl or in the west gym. More information on specific locations for these sports can be found on the Humboldt State University recreational sports homepage.

A student or students can form a team for the sport that they desire to play in either and assign a captain. The captain is in charge of paying the \$15 for-

feit fee if the entire team is unable to show up when scheduled to play or when the team misses a manager meeting. The fee is repaid at the end of the semester. If a student doesn't have a team, he or she can sign their name and provide their telephone number on the free agent list, and if a team requires extra players the captain can call the student and add them to the team's roster.

All full-time HSU students are eligible to sign up for an intramural, as are Faculty members with a \$5 fee per semester and out of state students who can verify that they are out of state also pay a \$2 fee. Teams formed in the local community are also welcome and must pay a fee between \$80 and \$120 depending on the sport that they are signing up for.

For students that are looking for a higher competitive level of athletic competition that includes competing with not only other club members but also universities, one can turn to one of the 10 sports clubs, offered in the recreational sports office at HSU. The clubs include the baseball club which will be attempting again to reach the regional playoffs this year.

Another highly competitive club that will be looking for students who are interested is the men's crew team, which will pursue another successful run in the NCAA competition this year. The Women's Disc club is looking to return to regional play for the first time in three years, and has expectations for the national tournament as well.

Those interested in tournament fencing can turn to HSU's longest standing club sport, fencing, see CLUBS, pg. 33

contact the recreational sports office in Forbes Complex 151.

### Clubs:

**Baseball:** Brady Moran, phone (707) 822-2723

E-mail: mbr15@humboldt.edu

**Men's Crew:** Scott Gibbons, phone (707) 845-1753

E-mail: sgibbons@hotmail.com

**Women's Disc:** Cate Roane, phone (707) 839-3491

E-mail: cwr34@humboldt.edu

**Men's Disc:** Christopher Cook, phone (707) 822-4426

E-mail: cend101@hotmail.com

**Fencing:** Antonio Diaz, phone 826-0577

E-mail: aldia1@earthlink.net

**Women's Fencing:** Jessica Niles, no phone

E-mail: jniles@humboldt.edu

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**Wanted: tennis partner.**

In a city that has 10 tennis courts, tennis lessons frequently offered and even a tennis class here at HSU, the number of both competitive, as well as leisure, tennis players seem to be staggeringly low in Arcata.

Our neighbor to the south, Eureka, has the Eureka Indoor Tennis Club. Our neighbor to the north, McKinleyville, has a very nice set of courts at McKinleyville High School. Yet every time I scope out the competition, I am disappointed at the lack thereof.

I would think in a school of 7,500 able-bodied students this wouldn't be such an impossible request. I mean, I was an all-county athlete in high school. I have been playing numerous sports since birth. The interest level of my former athlete cohorts has diminished, though, and I find myself alone with no competition.

The thought occurred to me that maybe I just don't know where to look. And the consensus of other individual-sport athletes is that they don't know where to look either.

Therefore, I am making a proposal. Do you need a partner to play a round of golf with, or an extra player for that pick-up basketball game? How about a person to jog with, or, if you are like me, an opponent to play tennis against?

E-mail me your situation, along with a description of what your sporting needs are. Don't forget your e-mail address or phone number so you can hit the field, court, or course sooner. Think of it as a personals or classified ad for finding a sports competitor. The best part is that it is free, and we will publish the ads every week in *The Lumberjack* sports section. I'll go first.

Katie Denbo can be reached at  
kad32@humboldt.edu

## SPORTS CATALOG

HSU's network for all sporting needs

**Wanted:** tennis partner, intermediate to advanced skill level, to play tennis with once or twice a month, possibly more. Contact Katie at kad32@humboldt.edu if interested.

**Wanted:** A rowdy group of talented folks to start an intramural soccer team with. Contacted Cat at cms72@humboldt.edu to join.

**Like ultimate frisbee?** Come to the Ultimate Frisbee Hat Tournament this Saturday, Aug. 28. There will be a skills clinic starting at 10:00 a.m., followed by the tournament at 12:30. All action will take place on the soccer field and is free of charge. For more information, contact Chris Cook at zend101@hotmail.com.

Can't pick a partner? Need a team to train with? E-mail the sports editor at kad32@humboldt.edu with your name, contact information, and what sporting needs you have. Deadline is 5:00 p.m. on Saturday for publication in the following issue.

## CLUBS: Looking for a few good athletes

Continued from pg. 32

which has been coached for nine years by Antone Blair. The men's disc team generates a lot of interest and the team will be looking to end its one year hiatus from the league championship that it missed last year for the first time in seven years due to scheduling and league commitment difficulties. The team is looking for several new students to achieve this goal. For more information students should go to the recreational sports homepage to find the practice schedule for the mens disc team if interested in joining the team.

The newest sports club at HSU is the mountain biking club which will attempt to double the number of students that are currently in the club this year and also to continue its success by having more qualifiers for tournaments. The club hopes to possibly host its own tournament here at HSU.

Both the men's and women's rugby teams in-

tend to continue their successes from last season this year, the men making the national tournament last spring and the women hoping to do the same. Both teams are always looking to take in new students interested in the sports to help rebuild their teams.

Another club that is looking for new members to help continue its success is the men's volleyball club, which plays six home and three away games this year. The team will play three tournaments as well, and in recent years gained the experience of its opponents through its success.

The Sports Club Program will be offering a free lunch for HSU students on Wednesday, September 1, 2004 in the Redwood Bowl to provide interested students with more information.

Robert Deane can be reached at  
rwd6@humboldt.edu

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Chico, 7 p.m.**Friday, Aug. 27**Women's Soccer vs. Chico State  
Chico, 7:30 p.m.Volleyball at Hawaiian Style Classic  
5 p.m., 7:30 p.m., Honolulu**Saturday, Aug. 28**Football vs. Menlo College  
Redwood Bowl, 6 p.m.Men's Soccer vs. MSU Billings  
Chico, 7 p.m.Volleyball at Hawaiian Style Classic  
Honolulu, 7:30 p.m.

Ultimate Frisbee Hat Tournament

Skills clinic: 10 a.m.

Tournament: 12:30 p.m.

Soccer Field

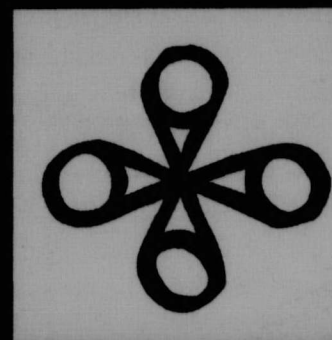
Contact Chris Cook at zend101@hotmail.com for more  
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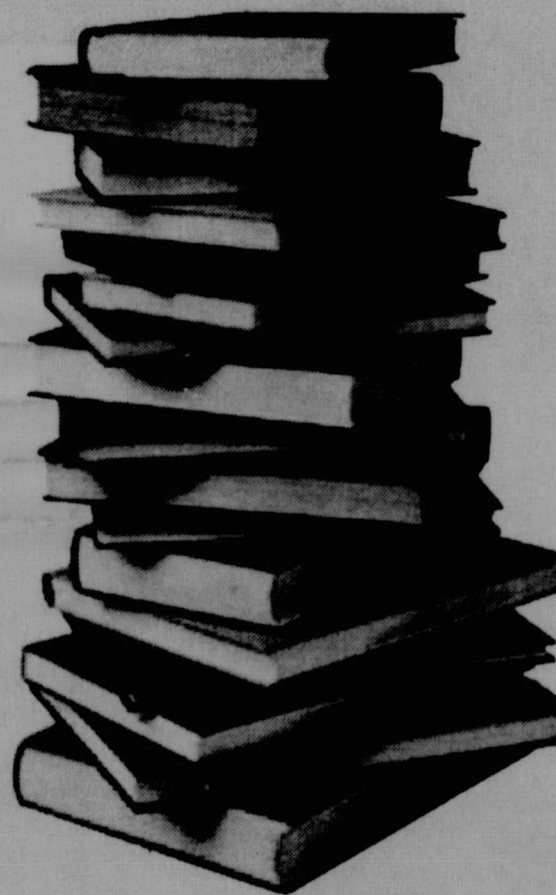
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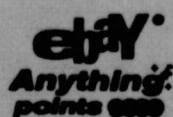
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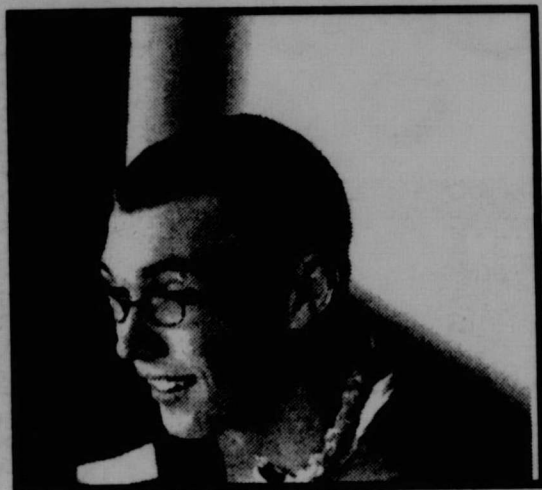
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## Whoa! What's up with your hair?



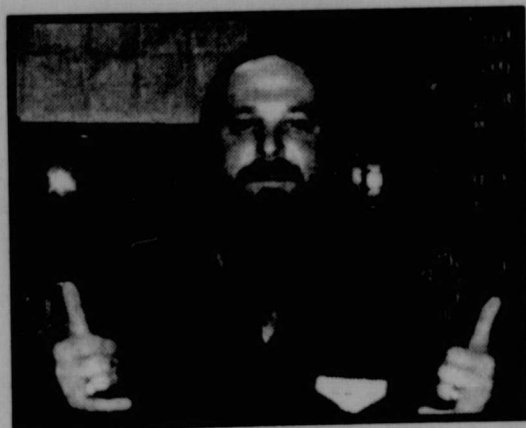
**Name:**  
Brad Wilson  
**Class:** Junior  
**Major:**  
Elementary Ed.  
**What happened:**  
The kids I babysit for did it.



**Name:**  
Stephanie Burke  
**Class:** Junior  
**Major:**  
Art/Anthropology  
**What happened:**  
I grew it long, then I got tired of it getting wet so I cut it.



**Name:**  
Kyle Knopp  
**Class:** Senior  
**Major:**  
Political Science  
**What happened:**  
My look is all natural with deep conditioning.



**Name:**  
Darwin Mazur  
**Class:** Not a student  
**Occupation:**  
Bookstore Jack of all Trades  
**What happened:**  
Shit, I haven't cut my hair since junior high.



courtesy of Bob Doran

Customers peruse the ware during a past 24 hour yard Sale.

## One wicked long yard sale

### An endurance event to benefit The Placebo

Luc Cebulski  
Scene Editor

Ever feel like you're missing out on all the sweet yard sale deals just because you like to sleep in on the weekend? Ever wake up at the crack of 3:30 p.m. on a Saturday only to find all your elderly neighbors are packing up their wares and heading in for supper? Well, your troubles are over. The 5th annual 24-Hour Yard Sale will be taking place starting 9 a.m. Saturday at 11th and H St. If you wake up at all, you're just in time.

The 24-Hour Yard Sale is an independent event to benefit The Placebo and in addition to the normal yard sale fare of cloths, furniture, etc., will feature some interesting sideshows. There will be someone at a typewriter sell-

its with The Placebo. You can get a 24-cent hair cut. You can even get a 24-cent piercing.

"I've only pierced three people," said Willoughby Arevalo, a local artist/musician and official yard sale barber/hole-poker, "but a boiled safety pin is all you need." [ed. note: The Lumberjack does not endorse nor recommend letting strangers poke holes in you with a boiled safety pin for 24cents or any other price.]

Arevalo has performed a total of three piercings at past yard sales. He pierced himself, he pierced a fellow yard sale volunteer and he pierced a woman who stopped by the yard sale on her

really long pretty hair and he didn't want her to do something she might regret in the morning. So he talked her into a piercing instead.

Past yard sales have yielded some amazing deals.

"Two years ago we sold a car for \$20" said Ryan Emenaker, yard sale coordinator, "It was a Bug and it ran."

Live music is another distinct- see SALE, pg. 37

"I've only pierced three people but a boiled safety pin is all you need"

Willoughby Arevalo  
yard sale volunteer

ing spontaneous 24-cent poems on specially made 24 Hour Yard Sale stationary. A new addition this year will be a 24-cent bake sale. There will be a 50/50 raffle where you can purchase a ticket for 24 cents and at the end of night the winner splits the prof-

way home from the bars. The woman was a little drunk and initially wanted him to shave her head, said Arevalo. He added that she had



Courtesy of Bob Doran

Max, yard sale volunteer, improvises a 24 cent poem.



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**So, Come on in and help us celebrate and see what's new!**



photo by F. Scott Schafer

Bo Diddley

## Rock and Roll Hall of Famers to Play Van Duzer

**Bo Diddley and Johnnie Johnson team up**

On Sunday, September 5th, Bo Diddley will be performing with Johnnie Johnson at 8 p.m. in the Van Duzer Theatre.

Bo Diddley was born in Mississippi and raised in Chicago, where he was exposed to music and the blues. Diddley's flamboyance, square guitars and distinctive backbeat (sometimes described as "shave-and-a-hair-cut") earned him a record contract with Chess Records, and in 1955 he had his first hit with the two-sided "Bo Diddley/I'm A Man." Diddley is also one of the first musicians to be inducted into the Rock and Roll Hall of Fame.

Johnnie Johnson, a self-taught pianist and the Father of Rock and Roll Piano, is a fellow member of the Rock and Roll Hall of Fame. He settled in St. Louis in 1952 and formed the Sir John Trio. He asked Chuck Berry to sit in that New Year's Eve, and a magical, half-century collaboration was born. Johnson provided the driving undercurrent on many Berry classics. Always a loyal sideman, Johnnie Johnson emerged as a star in his own right.

Tickets are \$35 general, \$30 seniors, and \$25 HSU students. Tickets are available in the HSU bookstore, the Works Eureka/Arcata, and The Metro. -- compiled by Luc Cebulski

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## SALE: cheap stuff, good cause

Continued from pg. 35

tive feature of this yard sale. Exact times have yet to be set but Electronic League of Feminist

on their way home from the bar," said Heather McCausland, a two-time yard sale volunteer.

"Two years ago we sold a car. It was a Bug and it ran."

**Ryan Emenaker**

yard sale volunteer

"We usually slash prices around 2 or 3 a.m." said Emenaker. The Placebo is an all-ages music venue and the 24-

Hour Yard Sale benefit raises an average on 10 percent of its yearly budget. Sound, (E.L.F.S.), an electronic/techno group will perform. Talk-demonic, a one-man band featuring live drums played over looped instrumental tracks will also take the stage. Pubic Zircorium will perform but there's a catch. The three-man noise band won't be bringing any instruments. They will play any instrument up for sale. Non-traditional instruments like pots, pans or toasters are all fair game.

"If you don't like what they're playing all you have to do is buy their instruments" said Emenaker.

The flow of customers fluctuates depending on the time of day said Emenaker. Mornings are always busy but it tends to level off in the early evening with a big spike around 2 a.m.

"People buy some weird stuff

Hour Yard Sale benefit raises an average on 10 percent of its yearly budget.



Courtesy of Bob Doran

**Willoughby Arevalon** cuts out a sign during a past yard sale.

Luc Cebulski can be reached at [locebulski@hotmail.com](mailto:locebulski@hotmail.com)

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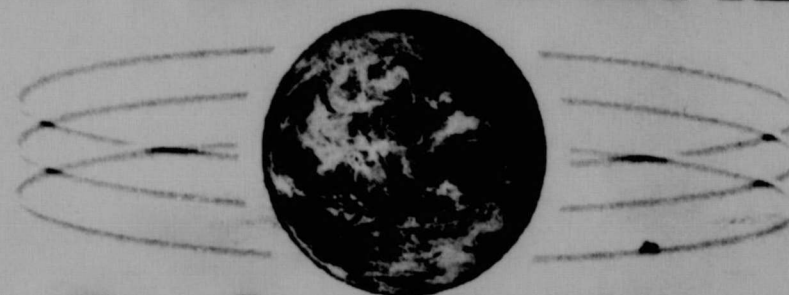
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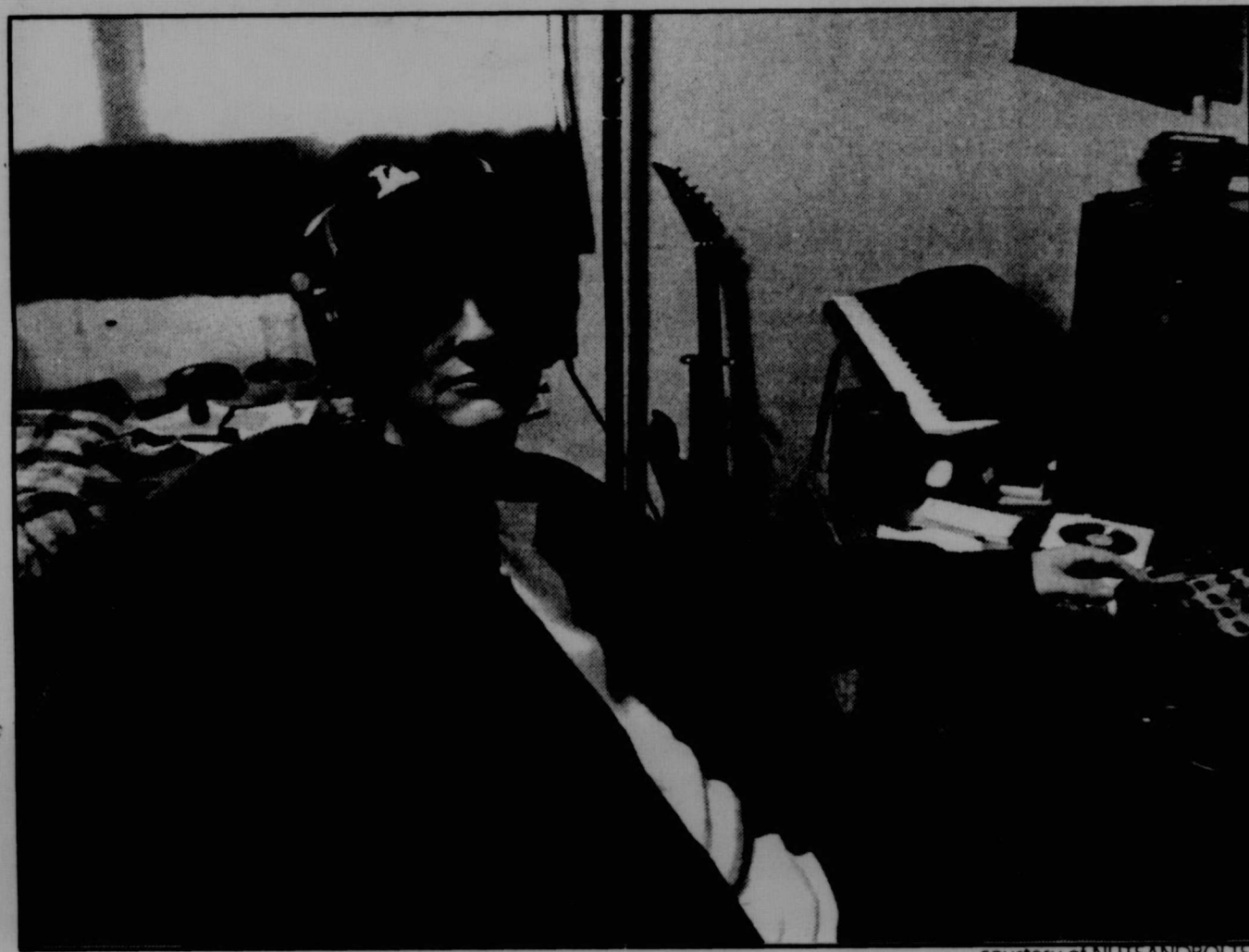
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courtesy of NUTSANDBOLTS

Mashama Carter-Thompson (above left) and Kaylin Thornton (above right) spit the lyrics. Steve Hull (below with updated equipment) does the mixing.



courtesy of NUTSANDBOLTS



## NUTSANDBOLTS lock down first record

Luc Cebulski  
Scene Editor

For the last two years the Tan Oak Resident Hall has been more than just living quarters for a group of students. With little in the way of equipment and even less in the way of studio space, NUTSANDBOLTS was hard at work recording and producing its first hip-hop album, "ForeignMusic".

NUTSANDBOLTS' core consists of art major Mashama Carter-Thompson, HSU graduate and basketball player Kaylin Thornton, and math major Steven Hull, with Carter-Thompson and Thornton rapping and Hull mixing and producing the tracks. The group's formation was coincidental.

"I knew Kaylin from Oakland," said Carter-Thompson "We were talking at a party up here (in Arcata) and I told him I wanted to start recording. He said he'd written some stuff too. So we just decided to collaborate."

Carter-Thompson was a Living Group Advisor in the Tan Oak residence hall where Hull was living at the time. When Hull expressed an interest in the engineering side of the project, NUTSANDBOLTS was complete.

Lacking a soundboard, a lot of instruments, or even a studio, NUTSANDBOLTS improvised.

"We had one mic hanging from the ceiling and we were recording into my old laptop" Hull laughed, "I didn't even have a decent sound card. Plus I lived in a single (room) so it was hard fitting everyone in the room."

"It had its ups" added Carter-Thompson "the acoustics were pretty good" And since Carter-Thompson was the LGA they never needed to worry about noise complaints.

When discussing the difficulties that arose during recording, Hull stresses one point.

"You've got to make sure you have good music," he said. "An OK recording of good music is still going to be good. The best recording of bad music is still going to be bad."

Despite the rigged-up recording, "ForeignMusic" is impressive. The vocals aren't competing with the beat and background vocals are actually in the background. That's more than can be said about many local recordings with budgets and equipment far and beyond what NUTSANDBOLTS had. Lyrically it's smooth and melodic; much more introspective and poetic than many hip-hop albums. Hull creates original beats, as a rule, with only occasional Pink Floyd samples.

When asked if he ever needed a thesaurus to come up with rhymes, Carter-Thompson grinned and shook his head.

"No. I've made words up" he laughed "but it's really about vocabulary. If I hear a word or read something I like, I write it down or keep it in the back of my mind. Sometimes I'll hear a word and write down a few lines." He added "Kaylin would write whole songs while on road trips [with the HSU basketball team]."

Thornton, who graduated last semester and contributed a large percentage of the vocal tracks on the album, was unavailable for comment as he is currently playing professional basketball in Mexico.

He is scheduled to return in six months.

As far as live performances are concerned, Hull who also plays guitar and keyboards on several tracks, expects they will start preparing for shows when Thornton returns from Mexico. Carter-Thompson is looking into performing sooner, saying that he would like to get together with some of the other artists featured on "ForeignMusic" and put together a show. He has no particular venue in mind to date.

"ForeignMusic" was distributed to local record shops in May 2004 and is still available. You can also request copies from the following e-mail addresses: mmc33@humboldt.edu or sdh13@humboldt.edu. "ForeignMusic" has 14 tracks and costs \$10.

Luc Cebulski can be reached at [locebulski@hotmail.com](mailto:locebulski@hotmail.com)



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# Movie Reviews ::::



## GARDEN STATE

ZACH BRAFF NATALIE PORTMAN PETER SARSGAARD IRAN HESEM

courtesy of www2.foxsearchlight.com/gardenstate

## Garden State

reviewed by Luc Cebulski

Writer/Director/Star, Zach Braff, portrays overly medicated television actor Andrew Largeman, who is called home to New Jersey when his mother drowns in the bathtub. For nine years, "Large" has been in a sort of self-exile from his hometown and stumbling through life in a lithium-induced haze prescribed by his psychologist/father. As an experiment he leaves his medicine cabinet full of pills behind.

Upon his return, Large makes any excuse to avoid a confrontation with his father. In doing so, he runs into numerous of old acquaintances. Two of his fiends are gravediggers who dabble in grave robbing. Another works at a hardware store and pushes pyramid schemes and yet another has become rich after selling a patent for silent Velcro to the government. But none of these reunions jolt Large back into reality as much as his chance meeting with a girl in a neurologist's office.

Sam (Natalie Portman) is a free spirited, pet loving, compulsive liar who forces her way into Large's life after recognizing him from a television drama. The rest of the movie is consumed by Large and Sam's awkward courtship and Large's coming to terms with his dysfunctional family life.

"Garden State" is a depressed romantic comedy with an emphasis on depressed. The funny bits are funny because they're so sad, and the romantic bits aren't quite as happy as they try to be. Imagine thinking that you're a complete failure only to return to your hometown to find all your old friends are worse off. It feels good but in a really bad way. Think "Eternal Happiness of the Spotless Mind" without all the whacked-out dream sequences.



courtesy of www2.foxsearchlight.com/gardenstate



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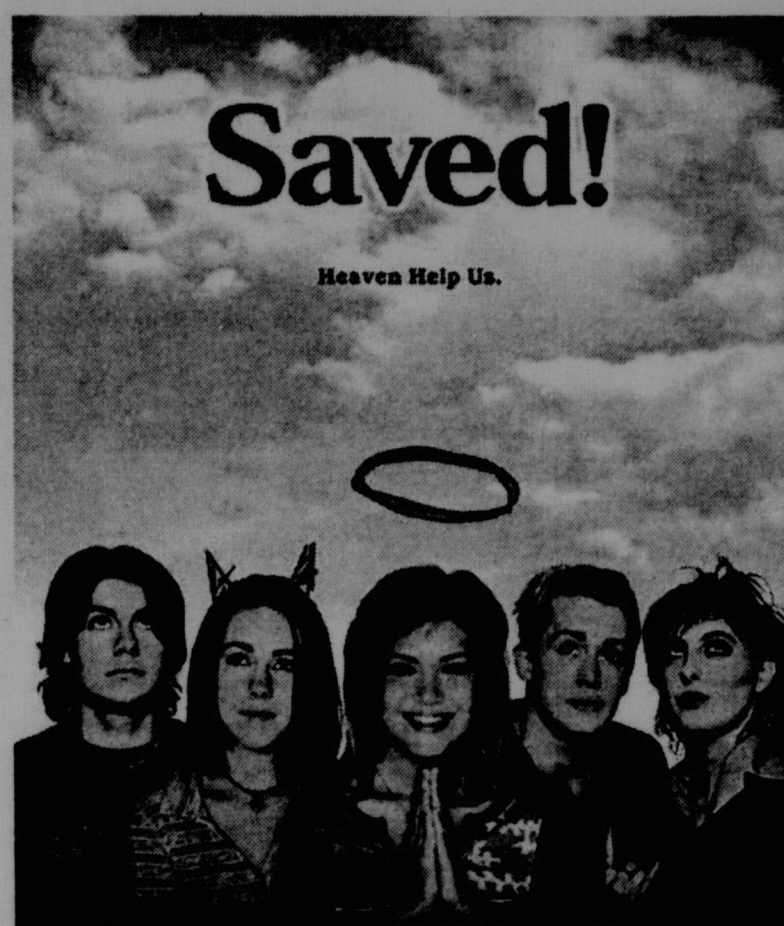
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## Saved!

reviewed by Luc Cebulski

When American Eagle Christian High School senior, Mary (Jena Malone) finds out that her boyfriend Dean (Chad Faust) might be gay, her born again Christian life is thrown into upheaval. A vision of a longhaired carpenter suggests that the only

way to save her relationship is to bone down. Since a condom was not mentioned in the vision, Mary is pregnant within 15 minutes. Dean is sent off to a "Degayification" camp after his parents find gay porn under his mattress and Mary is left to deal with the repercussions.

Hilary Faye (Mandy Moore) and the "Christian Jewels", her gang of cheerleader disciples, try to help Mary stay on the path to Jesus but to no avail. And when Hilary Faye's boyfriend Patrick (Patrick Fugit) sets his sights on Mary, the scripture hits the fan. It's Hilary Faye's mission to save every last heathen at American Eagle Christian High School. Her amplified perkiness and sunshiny demeanor make you wish someone would drive a railroad spike into her toothy grin. Hilary Faye's atheist, wheelchair bound brother Roland (Macaulay Culkin), and Cassandra (Eva Amurri), the lone Jew on campus, are just two more targets for conversion.

Writer/Director Brian Dannelly captures the creepy group mentality of a Christian private school while poking enough fun to keep the film from being a drag. Multiple subplots exhibiting each character's struggle with faith all come together at the end to convey a message of tolerance. Faith is not a black and white issue. There is no one right way to live and people need to accept and love others despite their mistakes. Which is nice. But it was also nice to see Hilary Faye take a header into a 20 ft Jesus.

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Original Artwork: Gina Fuzzi, The Cocoon Tree  
Acrylic on wood panel, 2003. Design: Jan M. Berlin



# Where the Waves Break

By Kira Rubenthaler—Managing Editor

Part of what makes Humboldt County so special is the outdoors. It's rare to find a place where both the redwoods and ocean are so accessible, as well as the mountains looming a short distance inland.

Many students allude to the natural surroundings as a major factor in their decision to come to Humboldt.

With such a diverse range of landscape, the outdoor recreational opportunities in Humboldt County are numerous. Just the desire to see the ocean alone produces a plethora of beaches to choose from.

There are many beaches all within close driving distance of Arcata, each with their own benefits. Take the time to check them all out if you can.

## Loleta

**Description:** This beach has an overgrown look, with rusty car frames half buried in grass. The Eel River sweeps past the sandy shore.

**Recreation:** Walk along the shore or wade through swampy areas in the grass. Good area for birding.

**In the area:** Loleta is smaller than the average town. The Loleta Cheese Factory, on Loleta Drive, produces more than 2 million pounds of cheese each year.

**Directions:** The Loleta exit is about 20 miles south of Arcata. Take Cannibal Island Road west out of Loleta to the mouth of the Eel River.

## Samoa/Manila

**Description:** The beach stretches for miles along the spit, and it's beautiful as long as you keep facing the west, away from the monstrous smokestacks just across the road.

**Recreation:** Walk on the beach or fish. There's a boat ramp and surfing down by the jetty.

**In the area:** There's the tiny community of Manila, and the land of Eureka lies just across the bridge. The Samoa Cookhouse will fill you up.

**Directions:** Take Fourth Street (Highway 255) west out of Arcata until you reach the ocean.

## Mad River Beach

**Description:** This beach stretches from the mouth of the Mad River south to Samoa. Except for a dirty stretch of sand at the entrance, the beach seems less marred by the river than others close by. Good sunsets if the fog isn't too thick.

**Recreation:** Mad River is a popular spot for bonfires, although the beach closes at night. Seal watching and boating in the river.

**In the area:** If you appreciate old dairy fields and cows standing in pastures, this is a good area.

**Directions:** If you don't have a car, it's about a half-hour bicycle ride from campus. Follow Wood Road north across the bridge, turn right on Spear Avenue at the roundabout, go through the stop sign and turn right onto Upper Bay Road. Turn left on River Road and follow it down through the fields to the beach.

## Clam Beach

**Description:** This beach stretches for about seven miles in between beach grass covered dunes and rolling waves. Pretty but often crowded, and vehicles are allowed on the beach, so the sand is marred with tire tracks.

**Recreation:** Clamming, fishing, hiking the beach and driving. Snowy plovers live in the dunes, offering a chance for birding. You can camp at the south end right next to the parking lot, which isn't really worth the \$10 camping fee.

**In the area:** McKinleyville is just down the road.

**Directions:** The Clam Beach exit is about seven miles north of Arcata on Highway 101.

## Moonstone Beach

**Description:** A pretty beach tucked between the hills and the ocean.

**Recreation:** A popular surfing spot, and there are a few little caves to explore. At night, look for moonstones.

**In the area:** Trinidad is just a few miles north.

**Directions:** Take the Westhaven exit just north of Trinidad, turn south at the exit and follow the signs.



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## Area college student dating self



Eric Peterson, top, has one of many romantic dinners with himself at their favorite restaurant.

By LISA CHENEY

Local college student Eric Peterson recently announced that he's entered a committed relationship—with himself. Peterson vehemently denied rumors that the two were dating other people. "We're totally committed to each other. We've never been happier." When asked what prompted the campus heartthrob to take himself off the market, he chalked it up in large part to his current financial situation, claiming that monthly fees from his checking account were making it too expensive for him to date around. "It was partly a

cost-effective decision on my part, but it's been really nice for us to spend more time together." Peterson was apparently unaware of Free Checking from Washington Mutual. It's an account with no monthly fees and the option to add Deluxe services like free online bill pay. And he could have gotten Free Checking just by visiting a Washington Mutual Financial Center, then signed up for online bill pay at [wamu.com](http://wamu.com). "Dang," said Peterson, "if

I had known about Free Checking Deluxe, my current dating situation would be different. I probably wouldn't have settled down with someone so soon."

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## BEACHES: where, oh, where to go?

Continued from pg. 43

### Luffenholtz Beach

**Description:** A cove of sand surrounded by rocky cliffs with giant rocks looming out of the ocean offshore.

**Recreation:** Tidepooling, watching birds on the rocks, abalone divers.

**In the area:** Trinidad is just a few miles north.

**Directions:** Take the Westhaven exit just south of Trinidad and turn north. Look for the signs.

### Trinidad

**Description:** The sand sweeps neatly between Trinidad Head to the north and plant-covered cliffs to the south. Magnificent scenery.

**Recreation:** Hiking on the half-mile Trinidad Head trail, tidepooling, birding.

**In the area:** The pier is right next to the beach in Trinidad Harbor. Trinidad has restaurants, and the 18-year-olds-allowed casino is just down the street.

**Directions:** The Trinidad exit is about 11 miles north of Arcata. Drive through town and follow the road to the left down to the harbor.

### College Cove

**Description:** This cove is well-protected from the wind, so it tends to be warmer in the summer than other local beaches.

**Recreation:** This could be a good place to go if you're looking to get a tan without those pesky tan lines.

**In the area:** Trinidad lies to the south.

**Directions:** Exit to Trinidad and drive about 11 miles north to the harbor.

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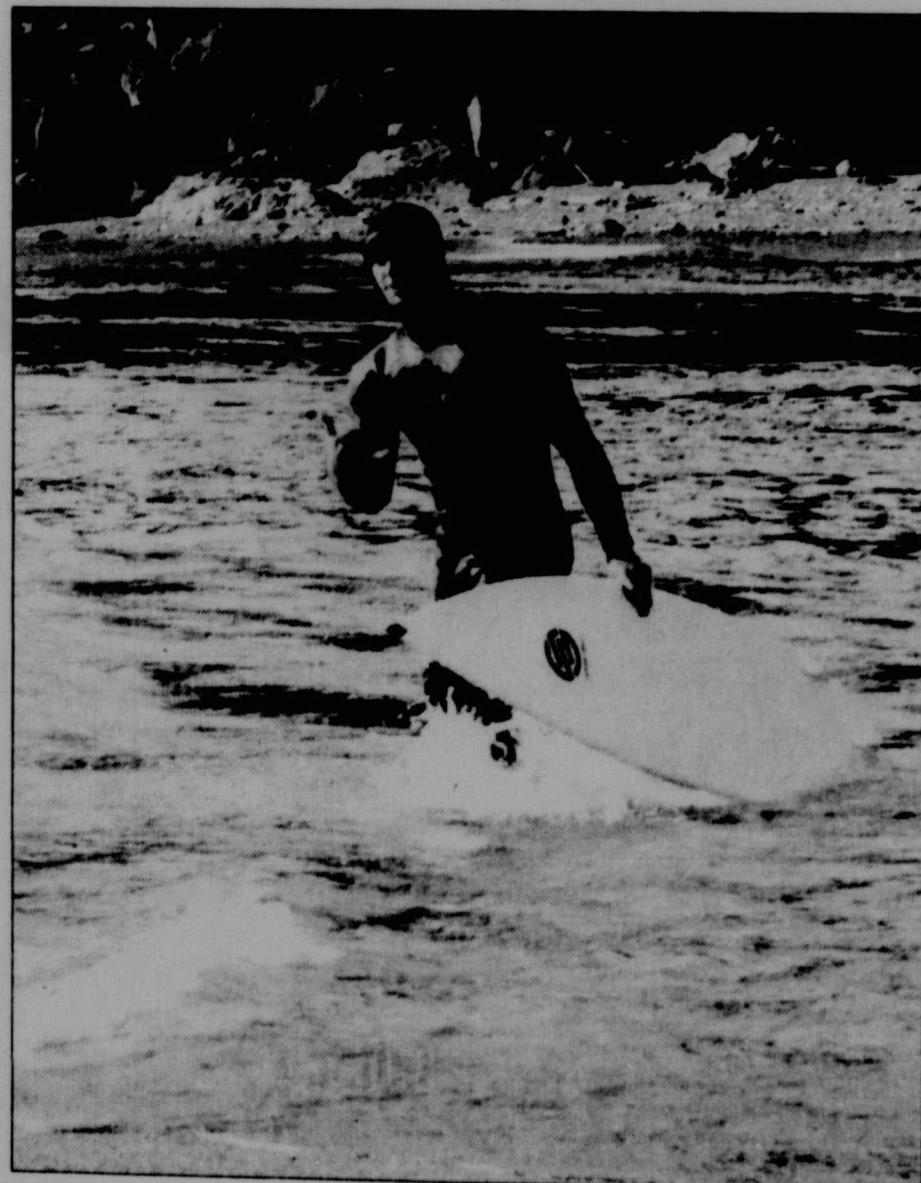
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Kira Rubenthaler can be reached at [krr11@humboldt.edu](mailto:krr11@humboldt.edu)



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# I eat no meat

## Our vegan vixen's adventures

By Tara Apperson  
Copy Chief

I am a meat eater, but not for very long. I have made the decision to make a huge lifestyle change. Not only am I going to become vegetarian, I'm going vegan. Yes, that's right, I'm going extreme.

"Why?" you may ask. My choice in this case is based on a need for a better connection to my food (making a point of knowing where it comes from and what it has in it), as well as a need for a healthier lifestyle.

I have also developed a fear of what is in my meat and animal products (such as growth hormones and antibiotics and genetically modified organisms). Studies are showing these chemicals are harmful and can cause cancer and other major problems.

Approximately 1 percent of Americans (3 million) are vegan, according to research provided by [www.imaner.net](http://www.imaner.net), a research consultant group. The Vegetarian Resource Group defines a vegan as one who, in addition to being vegetarian, does not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, wool, cosmetics and soaps derived from animal products.

In the opinion of Registered Dietician Kari Scharnberg, Humboldt County caters to veganism more so than other areas of the country.

"This is solely based on my own experience, but in restaurants (in the area) there are a lot of vegan choices and soy items (compared to other regions)," Scharnberg said.

I figure if I'm going to become vegan, this is the place to do it. I will be journaling my experience for a column in *The Lumberjack* with weekly reports on changes I experience physically and mentally.

I realize that veganism has its criticisms, and that if one is not responsible in his or her diet planning, there are consequences.

"It's a lot easier to get the full range of nutrients (when you eat meat)," Scharnberg said. "Primary concerns (for those on a plant-based diet) are making sure to get enough calcium, iron, vitamin D, zinc, and especially B12."

Scharnberg said B12 is only found naturally in animal sources, but that synthetic versions can be found in fortified soymilk. The point is that in order



to be vegan, one must pay careful attention to diet choices in order to receive the necessary nutrients.

If a vegan or vegetarian is not careful to get necessary nutrients, detrimental effects can take place.

B12, for example, can cause anemia, as well as irreversible nerve damage.

"It's important because it helps make red blood cells in your body, and it's a part of almost every cell in your body," Scharnberg said.

Scharnberg said a vegan diet could absolutely be healthy for anyone, but that the bottom line depends on choices over time.

Kim Seidl has her Master's degree in human nutrition and metabolism. Seidl said she recommends vegetarianism or veganism to those who wish to have a healthy diet.

see Vegan, pg. 48

## This week's vegan recipe:

### Herby Garden Pasta

#### Ingredients:

- pasta of your choice—works well with shell shapes
- a little olive oil
- one onion or leek, finely chopped
- a couple of cloves of crushed garlic
- one (about 400 g.) tin of chopped tomatoes
- one tablespoon of tomato puree
- fresh herbs, chopped or ripped (love sage, sage and mint...but whatever else works as well)
- sea salt to taste
- chopped parsley to sprinkle on top (optional)

#### How-to:

1. Cook pasta according to packet instructions.
2. While it's cooking prepare the sauce: Fry the onion and garlic in olive oil for a few minutes then add the tomatoes and puree.
3. Add the chopped herbs and simmer for a few minutes.
4. Once the pasta is cooked drain and stir in the sauce and sprinkle the parsley.
5. Enjoy and be merry.

## THE VEGAN DIET

### What TO eat:

**Protein**—beans, tofu, peanuts, rice, corn, whole wheat breads, pastas

**Calcium**—broccoli, kale, collard greens, tofu, fortified juices, soymilks

**Iron**—chickpeas, spinach, pinto beans, soy products

### What NOT TO eat:

eggs, dairy products and derivatives, fish and all seafood, poultry, beef, any animal product



# Getting a fuzzy wuzzy

By Amanda Soltis

Special to The Lumberjack

Owning a dog is like owning a child, except this child can't talk, and has a taste for toilet water. And nothing says "eye opener" like the first time you see your little angel eat its own poop. Once you get a dog you can't just stick it up on a shelf when you're tired of playing with it. If you want something you don't have to pay attention to 24 hours a day, you might want to consider a cat.

According to the Humane Society of the United States, there are nearly 68 million dogs owned in the United States and nearly 40 million homes own at least one dog. If you're ready for the responsibility of a new pet, there are some things you'll need to know.

## Breed and Personality Compatibility:

Before running out and grabbing the first little furball you fall in love with, you need to consider what type of dog will be the best for you. It's important to get a breed that matches your lifestyle and personality. Every breed has its own individual traits. If you're an active person, you're not going to want a dog that prefers to lounge in your lap. If you're more of a sofa-surfer, you don't want a dog with the energy level of a sugar-packed 6-year-old. Clean freak? Don't get a German Shepherd (lovingly referred to as a German shedder).

Of course, purebreds can be expensive, so you could always consider getting yourself a mixed-breed, or mutt. Think of them as the smoothies of the canine world. You can get the best of two different breeds in one dog, just like getting your two favorite flavors (banana and strawberry, mmm) in one drink!

see FUZZY, pg. 47



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## FUZZY: Choose pup wisely and responsibly for best results

Continued from pg. 46

### Lifestyle and Living Space:

Once you've got the personality aspect figured out, you need to take a look at your lifestyle. First of all, puppies take a lot of time and energy, so if you're at school from 8 a.m. until 7 p.m., or work a full-time job, you're going to have a very lonely and unhappy puppy. And unhappy puppies don't just nag you for more attention when you come crawling in late.

It's also important to evaluate your living space before deciding what kind of dog you want to get. This should be pretty obvious. You don't

want to lock up a large dog in a small apartment all day. They have feelings too. Even if you have a big house with a spacious backyard, remember to take into account any lifestyle changes that may be happening in the future. Neither you, nor your dog, will be happy when you take a job in the city requiring moving into a not-so-expansive studio apartment.

### Finances:

Once you've decided on the type of dog you want, there's another very important detail to remember: Money! You have to be financially secure and re-

sponsible to own a dog. On average, dog owners spend \$196 dollars on vet bills in a 12-month period. Veterinarian bills aren't cheap, but necessary if you want a happy and healthy dog. Aside from regular checkups, dogs will need shots, flea and tick control, dental care, and should be spayed or neutered. Also, keep in mind that accidents can happen, though puppy-proofing your home, and not letting Fido play in the street can help you avoid most of those.

**On average, dog owners spend \$196 dollars on veterinarian bills in a 12-month period.**

Now that you've taken the time to consider the choices and put some thought into the responsibility of pet ownership, it's time to go out and get your puppy! You can find a breeder by looking in your local classified ads, but prices are usually pretty steep. They can run anywhere from a couple hundred dollars to a couple thousand, depending on the breed.

If forking over a chunk of change for a purebred doesn't appeal to you, consider heading over to your local animal shelter. There are hundreds of dogs, both young and old, waiting to be adopted and given a loving home. The benefit of choosing a shelter over a breeder is that it's usually free (or costs very little).

Also, remember that there are many

older dogs that need good homes. And just think—they already come housebroken, are often already spayed or neutered, and may even know a few tricks! Plus you'll get the satisfaction of knowing you've probably saved its life.

Once you get your newest family member home, remember that they weren't born little angels. They require time and patience, whether it's housebreaking or basic training.

A dog can be a loving, devoted companion in your life, and should be treated as such. The care and commitment you show them will be returned ten-fold, and there's no greater gift than that.



Drum is 3 to 4 months old, has had his first set of shots and will be neutered prior to adoption. To meet Drum, contact Laura at (530) 625-4653 or 407-6453 (evenings from 7 to 9 or on weekends) or via her email [mslaurag@yahoo.com](mailto:mslaurag@yahoo.com).

### Things your puppy will need:

- Food and water dishes
- Collar, ID tags (with current address and phone number) and leash
- Dog bed
- Transport crate
- A nice, warm, comfortable doghouse if it's going to be spending time outdoors

### Puppy-proofing your house:

- Consider childproof latches to keep noses and paws out of cabinets
- Make sure all cleaners, chemicals, medications and other toxic items are locked away or on high shelves.
- Keep trash cans covered or inside a latched cabinet under the sink. Besides making a mess, dogs can injure themselves with sharp can lids, swallow string or eat other things that won't agree with their innards
- Keep small toys (such as marbles, Legos, etc.) away to prevent swallowing or choking
- Bundle up exposed wires. Puppies love to chew, especially when they start teething
- Make sure houseplants are out of reach. Besides dragging bits of plant and dirt all over your new carpet, some plants are poisonous
- Clean up antifreeze in the garage or on driveways. A very small amount will easily kill a small puppy

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## VEGAN: Try it

Continued from pg. 45

"People don't realize that it's as easy as it actually is to eat a vegan diet and actually get the nutrients they need," Seidl said.

Seidl said meat is not a necessary part of the human diet because "too much protein is not good for you." Seidl mentioned that protein from meat can cause problems with kidneys over time and colon cancer. It is also theorized that it can cause osteoporosis.

Seidl also mentioned that meat has cholesterol and lots of saturated fat, neither of which are good for you.

"If you are vegan, you are getting zero cholesterol," Seidl said.

Seidl mentioned milk as another potentially harmful product. She said antibiotics go into livestock, and you end up eating the antibiotics, which has caused problems with human bacteria resistance.

I will miss cheese, and I do prefer meat to tofu, but my health is my priority.

I've tried diets before, including the low-carb trend that has recently permeated our culture, and I know the cravings are the hardest part. Another difficulty I foresee having is that my roommates are not vegan. It's going to be like taking a 5-year-old to Toys-R-Us and telling him or her not to touch anything. With diet change comes weight change (which I can certainly deal with), as well as mood change.

I look forward to documenting my experiences this semester and sharing them with those who are curious about or considering veganism, or even for those who can't wait to see my skin fall off.

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# HERB'S THE WORD

By Kira Rubenthaler  
Managing Editor

Its name comes from the Christian saint of pharmacists, but it's known for its use as an aphrodisiac. Damiana is a small, yellow-flowered shrub native to the Mayans of southern Mexico.

"There's a lot of different uses for it," Jessica Shepherd, an herbalist at Humboldt Herbals, said.

The store usually sees people buying damiana to use as an aphrodisiac, but it's also been used as an antidepressant, a digestive aid and a treatment for respiratory problems.

"In the herbal world it's mainly used as an aphrodisiac," local herbalist Kate Maxi said.

Maxi said there are two types of aphrodisiacs. One type is more energizing, and the other category, which includes damiana, has a more calming effect.

Maxi said she would recommend the herb to "somebody who's a high strung person and has problems being present sexually with their partner."

Shepherd said an aphrodisiac is anything that increases blood flow in a person's body.

"It can be [an herb] to have fun with," Shepherd said.

Shepherd said while she doesn't know of many risks from taking damiana, the effects depend on the amount of the herb taken.

She said with such a stimulant possible risks could include hallucinations, irritation of the urethra and potential liver damage.

Maxi said damiana is listed as an herb that lowers blood sugar, so people with low blood sugar, such as diabetics and hypoglycemics, should not use damiana.

"With any herb...you don't want to drink it four times a day for three weeks straight," Maxi said. She said taking damiana twice a day for two weeks would probably be fine.

Maxi said for some people damiana has instant effects as an aphrodisiac, but for some the herb is a kidney tonic that works better if taken daily over a few weeks.

see DAMIANA, pg. 50



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## DAMIANA: for sexually-avid folk

Continued from pg. 49

"Herbs work individually," Shepherd said.

Shepherd said she believes damiana works, and she "likes it a lot," but its effectiveness can vary.

"For some people, formulas can be more effective," Shepherd said. "Herbs can work off each other and [make each other more potent]."

Plants such as coca leaves, hemp, nettle, thorn apple and wormwood are commonly added to damiana to increase its effects as an aphrodisiac, according to Christian Rätsch, author of "Plants of Love," a history of aphrodisiacs.

Shepherd said the herb can be mixed with a variety of substances, such as chocolate, cinnamon and ginseng, and it is also found in many tea blends.

"There's all kinds of ways to play with it," Maxi said.

Shepherd said she often sees customers buying damiana to smoke, but it can also be ingested in the form of tinctures, formulas and teas.

"It's definitely a yummy tea," Maxi said.

To make tea with damiana, Shepherd recommends using one light tablespoon of damiana per cup of water and allowing the tea to brew from five to 20 minutes. She said the longer the tea brews, the higher medicinal value it will have.

Damiana was one of the most important medicinal herbs to the Mayans, who called the plant *mis kok*, "asthma broom," according to Rätsch.

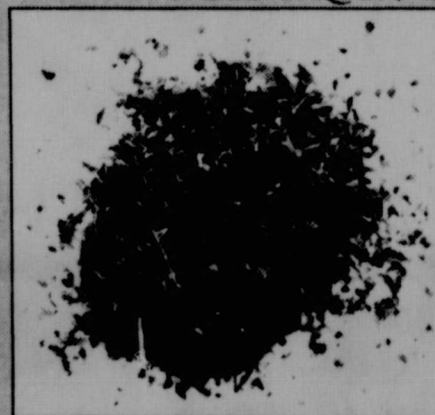
The Mayans believed asthma was born into people's bodies by evil winds and was only treatable by cosmological formulas and the use of herbs, according to Rätsch. For the Mayans, damiana not only cured asthma, but it increased blood flow and sexual desire.

A collection of recipes from Mexican natives, which was written in the early colonial period of the region, recommended damiana for use against respiratory diseases, and also "weakness of the brain" and impotency.

"Supposedly it can give you a little euphoria," Shepherd said.

In Mexico a liquor is made from the leaves of the damiana plant and sold in a bottle in the shape of a pregnant woman and is modeled after the Incan Goddess of Fertility.

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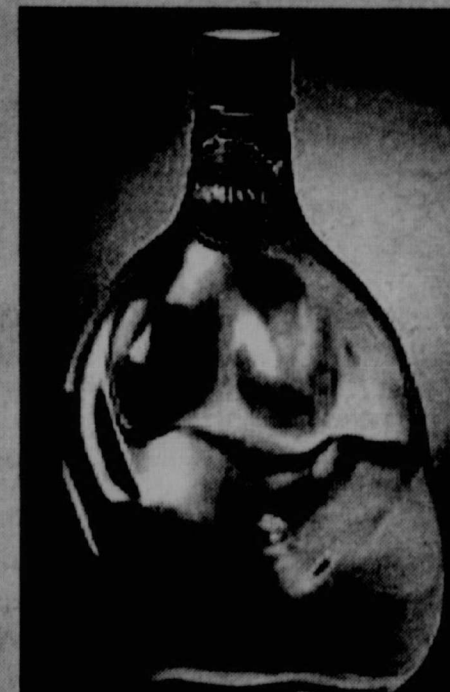
*dried leaf for tea*



*damiana to smoke*



*damiana extract*



*Damiana Liquor, a light herbal-based liquor from Mexico*



# West Nile arrives in Humboldt, kills raven

## County Health Department confirms West Nile Virus in McKinleyville bird

Joseph Freeman  
Science Editor

The West Nile Virus, which has killed 20 people nation wide this year and six in California alone, was detected in a dead raven in McKinleyville earlier this month.

This is the first case of West Nile in Humboldt County. The virus has been detected in animals and humans in 26 other California counties, including Mendocino County.

The dead Raven was found on July 27 by the West Nile surveillance team which is a part of the Humboldt County Environmental Health Division and sent for state testing, Vector Control Officer Brent Whitener said. The Health Division confirmed the bird was a carrier of the disease on Aug. 5.

Humboldt County could witness its first human cases within a few weeks, said Whitener.

"Throughout the U.S. the standard is there is a reasonable expectation that a human case will follow the arrival of the virus by four or five weeks," Whitener said.

But, he added, using the rest of the nation as a benchmark will not likely produce accurate results.

Humboldt has a smaller population of mosquitoes that can carry the disease than most places, and therefore it is hard to estimate when the first human case will occur.



Photo courtesy of uwadmnweb.uwyo.edu

**A raven, like above, that was found in a McKinleyville pasture tested positive for West Nile.**

There is a chance the first human case in Humboldt would not appear until early next summer when mosquitoes are active again.

In California 234 humans have tested positive for the virus.

Culex tarsalis, the only mosquito in Humboldt that can carry the virus, accounts for less than 10 percent of the county mosquito population.

### California WNV Key

Dates when counties tested positive

March	July
May	August
June	No WNV

Evidence shows a Culex mosquito contracted West Nile when it bit an infected migrating bird, Whitener said. The mosquito then bit and infected the McKinleyville raven.

Humans, like birds, acquire West Nile when bitten by an infected mosquito but are incapable of passing it on to insects or animals.

About 20 percent of humans bitten will have a flu-like reaction to the virus

known as the West Nile Fever. Symptoms of the illness are 100-degree temperatures, muscle soreness, a lethargic or run-down feeling, and in some cases muscle tremors, nausea and a rash.

Currently the doctors antibody medication to treat the virus. A vaccine is expected to be available in 2008, Whitener said.

A strong immune system response will protect most of the remaining 80 percent from illness.

But little more than 1 percent of humans bitten will acquire encephalitis, an inflammation of tissues in the brain, which can result in death.

Horses are also in danger of contracting the disease, Whitener said. In fact, because of their reactions to the virus, horses have a higher death rate than humans. Horses have tendency to lie down, Whitener said. The horses injure themselves when they strain to get back up.

"If they see signs of neurological illness horse owners should call their vet," Whitener said.

Fortunately, a vaccine is available for horses. A series of three shots over six months will protect the horses with a 97 percent efficacy rate, Whitener said.

Because of the cooler weather this summer California, Arizona and Colorado have experienced a sharp rise in the number of West Nile cases, Whitener said.

The Culex mosquito normally takes 18 to 21 days to go from

larva to adult, at which stage it is capable of carrying and spreading the disease.

"Now, because of the nice weather, this period [between larva and adult] is down to 12 to 13 days," said Whitener. "This has doubled the mosquito population in the same amount of time."

The breeding cycle of the Culex runs from mid June to mid-September, Whitener said. By mid October the threat of West Nile will be non-existent until next June.

"What will happen next year remains to be seen," said Whitener, who is now preparing for further prevention methods.

The Culex mosquito is found primarily in the Bottoms, which include Arcata, Scotia, Rio Dell and Ferndale. But because the mosquito migrates into town Whitener has found it difficult to track the Culex population.

Whitener is now asking the assistance of the public to prevent the spread of the disease by watching carefully for mosquito nesting spots.

Whitener promotes a "Kick the Bucket" program, which consists of residents emptying any buckets containing standing water, a common breeding spot for the Culex.

Another way to track the spread of the disease is to notify the state health department when a dead bird is spotted, by calling 1-877-WNV-BIRD. The department will now investigate calls on any species of dead bird.

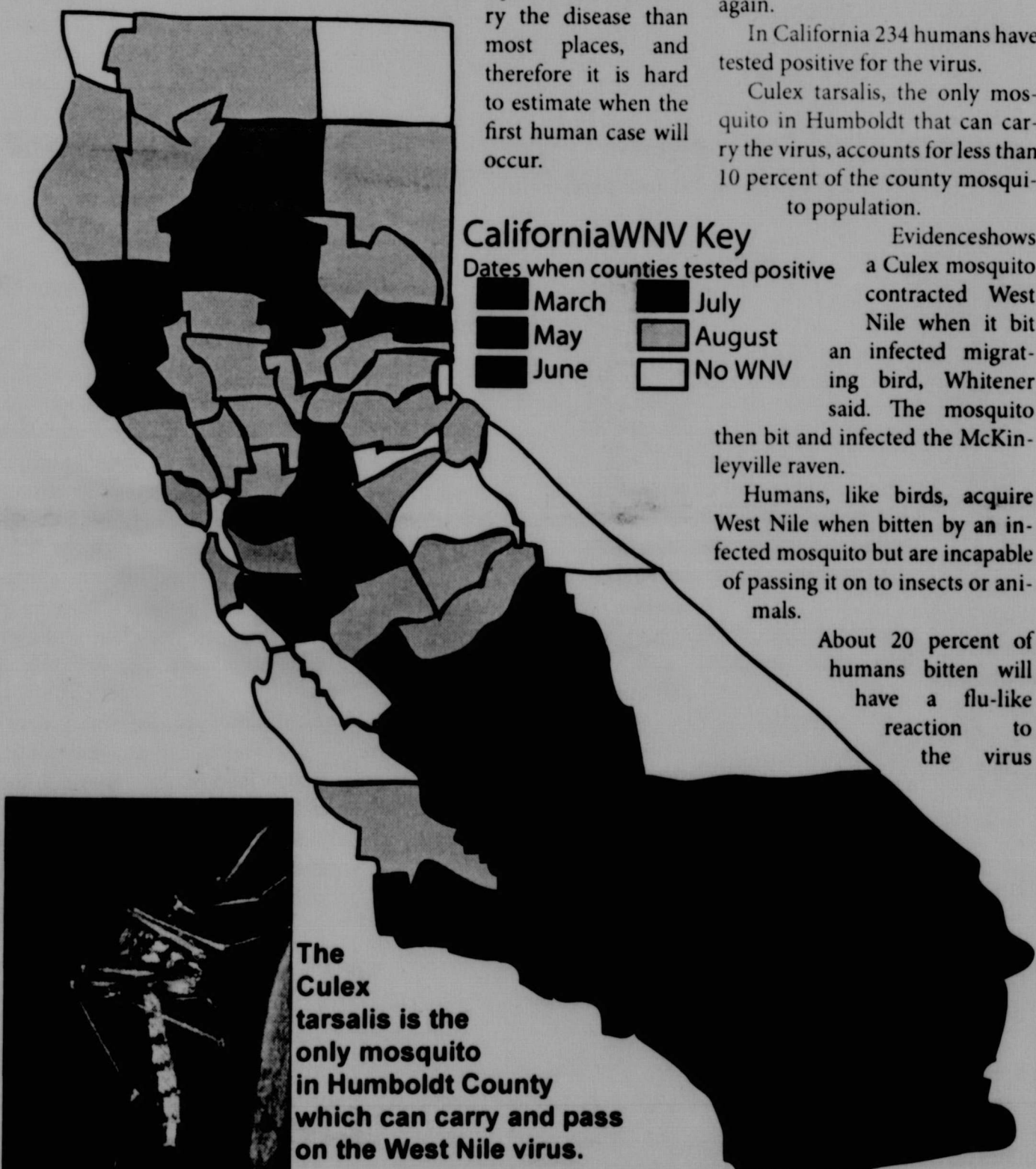
Though there has never been a case where a bird has spread the virus to humans, Whitener said residents should take no chances.

Whitener said that a bird dead for 24-to-36 hours is viable for testing of the disease and residents should put the dead bird on ice to keep it fresh.

A few ways to avoid mosquito bites, according to the CDC "Fight the Bite" program, are to wear long-sleeve shirts and pants. When wearing shorter clothing, the CDC recommends applying mosquito repellent containing DEET.

Mosquitoes are most active during the hours of dusk to dawn, so it is especially important to avoid going out during these hours or properly cover-up with long clothing.

Joseph Freeman can be reached at jcf29@humboldt.edu



The Culex tarsalis is the only mosquito in Humboldt County which can carry and pass on the West Nile virus.

Courtesy of hc-sc.gc.ca

Graphic by Joseph Freeman

### West Nile Contact Info

Dead Bird- (877) WNV-BIRD

County Environmental Health-

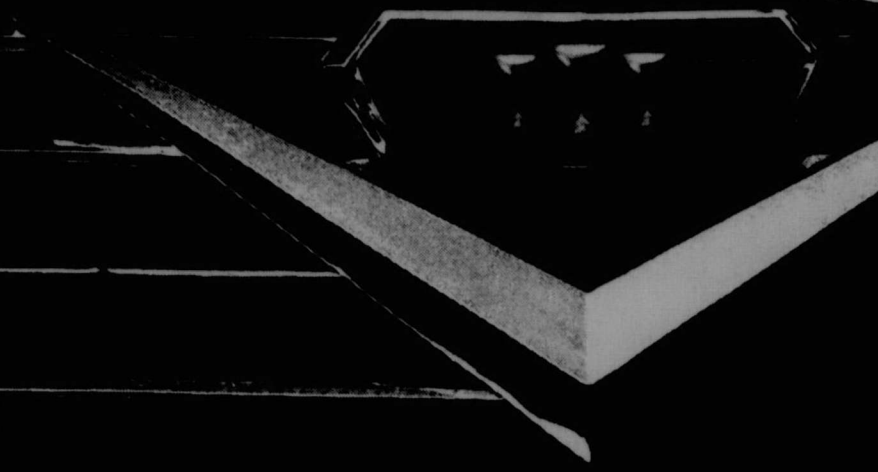
(707) 445-6215

www.humboldthealthalert.org

State West Nile Web site-

www.westnile.ca.gov





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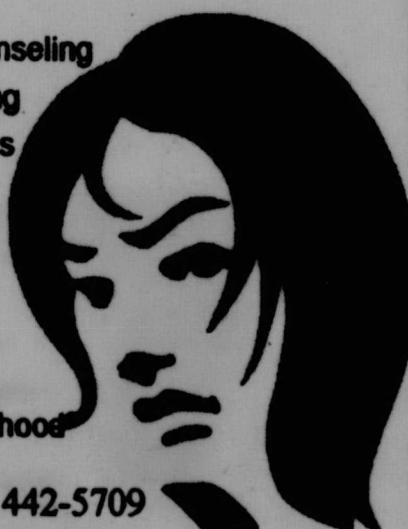
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difference?"

Laura Julian, HSU Botany senior



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# Dust bowl digested

## Science to Snack On

D. A. Venton  
Special to The Lumberjack

Welcome back to a new school year. Hopefully your summer was eventful and pleasant. A good portion of my summer was spent rehearsing a production of Rodgers & Hammerstein's "Oklahoma!" that is currently running at the Ferndale Repertory Theatre.

I am telling you this of course because I am hoping you'll come see it. You probably know many of the songs by heart already.

What you may not know is some of the historical background of this community of people who settled in the Indian Territories that became the state of Oklahoma.

Our director, Elisa Woodruff, mentioned in her Director's Notes:

In the summer of 1906, the country was seeing the down side of the industrial revolution that had defined the last century. Poverty, disease, pollution and unemployment were all rampant in the cities, and many of the people who populated the OK territories were refugees from this life. Their choice was a hard one, as OK was already showing signs of the coming dustbowl, and they faced very uncertain futures.

Old meteorological reports reveal that these people were conscious of changing weather patterns and indeed, in the course of the next fifteen years, they would go from being featured in "Oklahoma!" to being featured in *The Grapes of Wrath*.

The Dustbowl remains prominent in the collective American memory.

"The 1930's drought was the major climactic event in the nation's history," relates Siegfried Schubert. Schubert, of NASA's Goddard Space Flight Center, was lead researcher in a study recently published explaining why the drought was so severe and so long

lasting.

Schubert and his colleagues developed a computer model to analyze climate conditions of the past 100 years.

"Just beginning to understand what occurred is really critical to understanding future droughts

the Gulf of Mexico as it moves westward and then, moving northward, dumps that moisture as rain over the Great Plains.

The changed conditions in tropical ocean temperatures cause the jet stream to travel farther south than normal, depriving the Plains of water.

Poor soil conservation contributed to dusty conditions, which only compounded the problem of dry soil.

"When rain is scarce and soil dries, there is less evaporation, which leads to even less precipitation, creating a feedback process that reinforces lack of rainfall," from a NASA press release concerning the report.

By recognizing these patterns we will be better able to foresee future

problems and, hopefully, prepare for these.

For example La Niñas, which are characterized by cool tropical Pacific temperatures, change global weather patterns and create dry conditions in the Plains.

As much as I have enjoyed acting in "Oklahoma!" I would not have wanted to live through this time.

Thankfully, ocean surface temperatures are not what Rodgers and Hammerstein chose to focus on.

The show is a festival of emotions and crafty maneuverings; people love, people fight (with the help of a professional fight choreographer) people coerce and manipulate, and people sing and dance.

The overall feeling is that, through hard work and optimism, you'll be able to make things work out for yourself and your community—it's a good lesson. See you there!

When she is not at FRT,  
Danielle studies biology at HSU.  
She can be reached at  
dav7@humboldt.edu



Photo courtesy of <http://climate.umn.edu>

**Americans, like the man above, faced hardships during the dust bowl of the 1930s, which is finally understood.**

and the links to global climate change issues we're experiencing today," according to Schubert.

The study revealed the importance of ocean surface temperatures in affecting the conditions of a continent's interior.

Cooler than normal tropical Pacific Ocean temperatures seem to correspond to many of the droughts experienced by the U.S. but, in the early 1930s, this situation was compounded by warmer than normal tropical Atlantic Ocean temperatures.

The jet stream, a river of fast-moving air in the atmosphere, normally pulls up moisture from

### Oklahoma! dates and times

Aug. 27, 28, Sept. 2, 3 at 8 p.m.

Aug. 29 and Sept. 4 at 2 p.m.

Box Office Address—  
Ferndale Repertory Theatre  
447 Main St.

Box Office Phone—  
786-5483



# Phone company to serve area with fake tree tower

Joseph Freeman  
Science Editor

An Oregon cell phone company erected a cell phone tower, disguised to look like a Pine tree, this summer on the HSU campus.

Edge Wireless expects the tower, which is located near the Redwood Sciences Building, to be functioning September 15, said Wayne Wetmore, an engineer with Edge Wireless.

The tower was needed to alleviate the increasing population and the rise in cell phone use among students at HSU, Wetmore said.

"We believe, based on information from other towers in the area, there is pretty heavy usage in the area," Wetmore said.

Three other cell phone companies will use the tower for their antennas as well. Nextel, U.S. Cellular and Cal-North Wireless have also leased space on the 160-foot tower.

The use of stealth cell phone towers, such as a fake tree or a building façade, has become a favorable alternative to the bulky and unattractive antennas needed to keep up with the demand of increased cell phone use, Wetmore said.

"There is quite a push from local communities to install stealth cell phone towers for aesthetic purposes," Wetmore said.

The cost of the Pine tree though was ten times the cost of a typical antenna tower and was split among the cell phone companies, John Haugen, Edge Wireless construction manager, said.

The ownership of the land and the tower will be handed over to the university around the first week of September, once the final inspection is completed. Edge Wireless rented the land for the duration of the construction, which began on May 19 following HSU Commencement.

The cell phone tower will provide coverage to the Arcata area with a range of 2-3 miles. Because it is on a hillside, it will not cover any area to the east of the campus, Wetmore said.

Though the construction is complete, the tower will not be operational for another three weeks. Power remains to be connected to the tower.

"We had wanted to complete the tower before the beginning of



Mike Lowell

**A fake pine tree was built on HSU property to provide cellular service to students and residents.**

the semester," Haugen said.

According to the Arcata Eye, a demonstration was scheduled to protest the construction of the

tower in June. Leaflets were distributed reporting that the tower could cause serious health issues including leukemia from the radio frequency (RF) radiation.

Nobody attended the protest according to the Arcata Eye, and the organizer had more pressing issues to attend to.

"In over 20 years of working with RF emissions, I haven't seen any negative side effects," Wet-

more said. A person is subjected to more radiation from a cell phone than when standing directly below a cell phone tower, Wetmore said.

As for long-term effects, which are still being studied, Wetmore said "the world has been bombarded for billions of years with radiation" from various sources including radio antennas and even stars and the sun, with minimal health effects to the human population.

There was no vandalism to the tower or disruption of the construction and erection of it.

"You always expect the best and prepare for the worst," said Haugen.

Joseph Freeman can be reached at [jcf29@humboldt.edu](mailto:jcf29@humboldt.edu)

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# CALENDAR

54

## Wednesday | 25

**Organic Gardening Class**  
CCAT (House 97), HSU  
11 a.m., free  
Eligible for one-unit credit.  
Call 826-3551 to preregister.  
Drop-ins are welcome, too.

**Qi-Gong & Self-Healing**  
Tranquilli Tea,  
1540 G St. Arcata  
6:15 p.m., \$3-5  
John Yamas' workshop.  
Preregistration encouraged.

**Darkrain**  
Humboldt Brews,  
856 10th St. Arcata  
8 p.m.  
Dangerous acoustic music with  
heavy political overtones.

**jazz w/ PC's Flying Circus**  
Muddy Waters,  
1603 G St. Arcata  
8 p.m.  
Comprehensive jazz session.

**Jimi Jeff  
& the Gypsy Band**  
Rumours Lounge,  
415 5th St. Eureka  
8:30 p.m., \$3  
Music inspired by Hendrix.

**Keith Porter of the ITALS**  
Mazzotti's,  
773 8th St. Arcata  
10 p.m., \$10 (21+)  
American/Jamaican music.

## Thursday | 26

**The Mathematics Dept.  
Colloquium Series**  
Library Room 56, HSU  
3:30 p.m., free  
Pre-colloquium tea.  
Siemens Hall 128, HSU  
4 p.m., free  
Meets every Thursday.

**Queer Student Union  
Weekly Meeting**  
Multicultural Center, HSU  
6 p.m., free  
Meets every Thursday.

**Kundalini Yoga**  
Tranquilli Tea,  
1540 G St. Arcata  
6:30 p.m., \$8  
Pre-registration encouraged.

**Home Grown, Name Taken,  
Denver Harbor w/ Adelphi**  
The Depot, HSU  
8 p.m. (18+ or HSU student)  
\$10 adv., \$12.50 door, w/ HSU  
ID: \$7.50 adv, \$10 door  
A night of punk rock presented  
by Associated Students.

**Female Fun Records Live**  
Humboldt Brews,  
856 10th St. Arcata  
9 p.m.  
Prozack Turner, Tajai, Z-Man,  
Mark Stretch, DJ Thanksgiving  
Brown and DJ Hen Boogie.

**Mostly Harmless Band**  
Rumours Lounge,  
415 5th St. Eureka  
9 p.m., \$3  
For more information, contact  
rumourslounge@msn.com.

**Muddy's Freestyle Sessions**  
Muddy Waters,  
1603 G St. Arcata  
9 p.m.  
Hip-hop open mic.

**Wisdom**  
Mazzotti's,  
773 8th St. Arcata  
10 p.m., \$10 (21+)  
Also featuring Highgrade Sound  
& Friends.

**Sod Hauler, Graves at Sea**  
The Alibi,  
744 9th St. Arcata  
10:30 p.m., \$3 (21+)  
Heavy metal performance.

## Friday | 27

**Buck-a-Bag Sale**  
Eureka Main Library,  
1313 Third St. Eureka  
5 p.m., Members only  
Memberships available at door.  
Buy a bag for \$1 and fill it up  
with books! 10 a.m. Aug. 28  
open for everyone.

**Congolese Dance Class**  
The Dancecenter,  
9th and L St. Arcata  
5:30 p.m., \$7 per class  
All skill levels welcome. Meets  
every Tues. & Fri. w/ live music!

**Realistic Fish Carving**  
Nelson Hall East 113, HSU  
6 p.m., \$65 (students \$60)  
Learn to replicate the grace of  
fish with a wood carving.

**Potluck at CCAT**  
CCAT (House 97), HSU  
6 p.m., free  
Bring your favorite dish to share.

**West African Drum Class**  
Tranquilli Tea,  
1540 G St. Arcata  
6:30 p.m., \$8-15  
All skill levels welcome.  
Preregistration encouraged.

**Laurie Lewis & Tom Rozum**  
Eureka Theatre,  
612 F St. Eureka  
7:30 p.m., \$15 adv, \$17.50 door  
Benefits Eureka Theatre  
Restoration.

**Rustbelt**  
Muddy Waters,  
1603 G St. Arcata  
8:30 p.m.  
With a special guest Guido.

**'80s Night Party**  
The Placebo  
11th and H St. Arcata  
9 a.m., \$3  
Pre-yard-sale party.

**Iron Rain, Brett The Truck  
w/ The Buffy Swayze**  
Schooner Saloon  
207 Third St. Eureka  
9 p.m.  
Mix of metal and hard rock.

**Albino!**  
Mazzotti's,  
773 8th St. Arcata  
9:30 p.m., \$10 (21+)  
Afrobeat music performance.

**Juce**  
Humboldt Brews  
856 10th St. Arcata  
10 p.m.  
Roots reggae performance.

## Saturday | 28

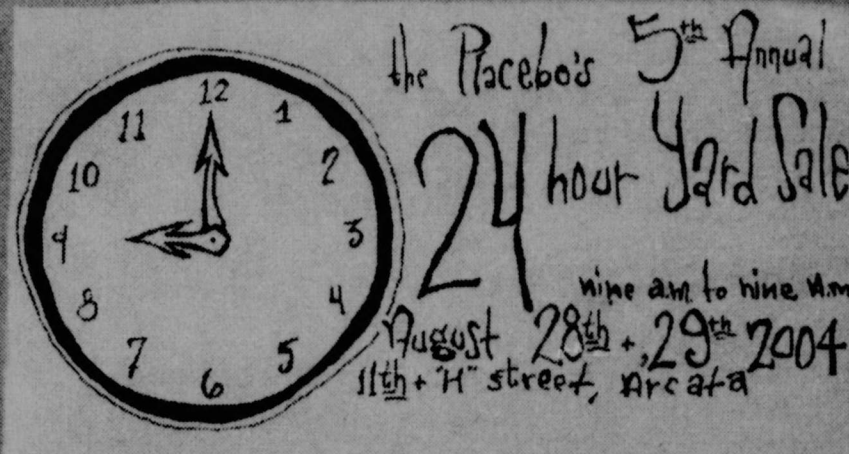
**The 5th Annual Placebo  
24-Hour Yard Sale**  
Green House  
11th and H St. Arcata  
9 a.m., free  
Music and yard-sale goodies.  
See upper right corner for more.

**Beginning Leaded  
Stained Glass Workshop**  
The Glass Works,  
324 South G St. Arcata  
10 a.m., \$110 (student \$105)  
This is a two-day workshop  
continued to Aug. 29.

**First Steps in Dismantling  
Corporate Rule Workshop**  
Democracy Unlimited,  
1402 M St. Eureka  
10:30 a.m., \$20-60  
Accepts work trade as fee.  
Contact info@DUHC.org to  
pre-register.

**Ocean Conservancy  
Beach Clean-up**  
Bunker Road, Samoa Dunes,  
and OHV Recreation Area  
1:30 p.m., free  
Meet at the HSU library circle  
at 1 p.m. for carpool. Part of  
the National Marine Debris  
Monitoring Program.

**HSU Football  
vs. Menlo College**  
Redwood Bowl, HSU  
6 p.m., \$6 gen \$12 reserved  
HSU Students free w/ ID  
Read related story on page 27.



Courtesy of The Placebo

**Placebo's 5th Annual 24-Hour Yard Sale is going to start at 9 a.m. Aug. 28 at the Green House located at 11th and H St. Arcata. Read the story on page 35.**

**Chi Nei Tsang for Couples**  
Tranquilli Tea,  
1540 G St. Arcata  
6:30 p.m., \$30-40 /couple  
Chinese massage therapy class.  
Preregistration encouraged.

**The Rubberneckers  
w/ Que La Chinga**  
The Logger Bar,  
610 Railroad Ave. Blue Lake  
9 p.m., free (21+)  
\$3 donation suggested  
Donation goes to the Blue Lake  
after-school program.

**Los Bandidos Muertos  
w/ Cycle of Violence**  
Schooner Saloon  
207 Third St. Eureka  
9 p.m., \$3 (ladies free)  
Surf rock and punk metal.

**The Hitch**  
Humboldt Brews,  
856 10th St. Arcata  
10 p.m.  
Also featuring Dragged by  
Horses as a special guest.

**Ponche**  
Mazzotti's,  
773 8th St. Arcata  
10 p.m., \$10 (21+)  
Afro Cuban music performance.

**The Buffy Swayze, Chow  
Nasty w/ Silver Hawks**  
Eureka Vets Hall  
10th and H St. Eureka  
10:15 p.m., \$5  
Rock music and karaoke.

## Sunday | 29

**Brogi's "Boogie Night"**  
Brogi's, Cocktails, Pool  
3534 Broadway Eureka  
8 p.m., free  
Reggae mix w/ a host Brooklyn  
Science D.J. State of Mind.

To see your event listed in this calendar, e-mail the date, time, price, location and a short description of the event to thejack@humboldt.edu with a title "calendar event."

**Winston Smith's  
CD Release Party**  
Bike Library,  
865 8th St. Arcata  
8 p.m., \$5 (includes CD)

## Monday | 30

**Erik Stitt  
Native American Flute**  
Coffee Break  
Sunny Brae, Arcata  
9 a.m., free  
Enjoy your coffee with music.

**Isshinryu Karate**  
Kate Buchanan Room, HSU  
6 p.m., \$35, HSU students \$30  
No experience needed. Learn  
basic forms and techniques.

## Tuesday | 31

**Sustainable  
Technologies Seminar**  
CCAT (House 97), HSU  
6:30 p.m., free  
Eligible for one-unit credit. Call  
826-3551 to pre-register. Drop-  
ins and non-students welcome.

**Dancing With Poi -  
Extended Beginning**  
Kate Buchanan Room, HSU  
6 p.m., \$55, HSU students \$50  
Learn the traditional dance of  
New Zealand.

## Wednesday | 01

**Burning Spear  
w/ DJ Gideon**  
Kate Buchanan Room, HSU  
9 p.m., \$23 adv, \$26 door,  
w/ HSU ID \$20 adv, \$22 door  
CenterArts presents the elder  
statesman of roots reggae. Call  
826-3928 for more information.



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- Continuing: Tues. 7:15 pm  
Thurs. 9:15 am

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Be part of our team! The North Coast Rape Crisis Team will offer a volunteer training starting October 5<sup>th</sup> for individuals to staff our 24-hour crisis line. Please call 443-2737 for more information.

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