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Dec. 4, 1996

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CORRECTIONS

In the Nov. 20 issue of The Lumberjack, Steve Leiker's name was misspelled. The Lumberjack regrets the error.

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By Alex W.
LUMBERJACK

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Student diagnosed with meningitis

Contagious disease could have killed residence hall student

By Alex Woodie
LUMBERJACK STAFF

A female student from Redwood Hall was hospitalized and treated for meningitis Nov. 22 and is now recovering.

Seven other students from Redwood Hall and a close friend of the student were considered high risks for exposure and tested for the contagious disease. None of them have contracted meningitis.

The student went to the Health Center the day before Thanksgiving break complaining of nausea, a rash and fever, although she did not have a fever at the time.

Two clues reportedly aided the diagnosis, which led to fast action by doctors.

Jennifer Richmond, a nurse with the Public Health Department, said two small "reddish-brown rashes like hickies" on her abdomen, one the size of a dime and the other smaller, were signs of meningitis that Dr. Deborah Heyer noticed in her examination. The student also bent her neck forward and winced, a sign that something was wrong with her spine.

However, it was not definite at the time of her examination at the Health Center that she had meningitis, said Medical Chief of Staff Dr. Lawrence Frisch. He considered Heyer's quick action "astute."

By the time she reached the hospital, the student was very ill and the situation was "a matter of life and death," Richmond said.

She was diagnosed with meningitis, the inflammation of the membranes surrounding the brain and spinal cord, and treated with antibiotics. She stayed at the hospital for five days.

Administrators and doctors are closely watching this isolated incident.

"I don't think anybody's endangered," Frisch said. "It's dangerous but eminently treatable."

Meningitis is 100 percent fatal if left untreated and 10 percent fatal when treated with drugs, Frisch said. Because of the body's reaction and attempt to fight infection, meningitis can dwindle blood supplies to the liver, kidneys and extremities, which can lead to amputations.

If one more case of meningitis occurs in the next three months, Frisch said he would consider calling for the vaccination of the student body.

Richmond said the Humboldt County Department of Public Health would probably defer to the state Department of Public Health in the event of imminent immunizations, but that that situation is highly unlikely.

The odds of an outbreak are very small, Frisch said.

See Meningitis, page 5

Measuring up Meningitis

Exposure to "meningococcal" infection (*Neisseria meningitidis*) may result in a dangerous condition known as meningitis.

Symptoms:

Common early symptoms of the infection include fever, severe headache, stiff neck, nausea, vomiting, rash and fatigue. Most individuals with the infection have significant fever and shaking chills. Prompt medical care is essential to avoid the devastating consequences of this infection. Anyone experiencing any of these symptoms should see a physician immediately.

Incidence:

- The infection strikes only 1 in 1,000 exposed to the bacteria.
- A cluster of two cases in a closed population within three months is considered an outbreak.
- Of those exposed to the bacteria, 99 percent have no symptoms or develop a mild sore throat.
- The normal rate of occurrence is five cases per 100,000 people per year.
- Four percent of those exposed to the bacteria develop cold-like symptoms.

Prevention:

- The bacteria is spread through close contact with a carrier. Saliva is the main medium through which the bacteria moves from host to host.
- Smoking or exposure to passive smoke significantly increases risk for becoming ill.
- Do not share glasses, toothbrushes or other utensils with others.

Source: Dr. Larry Frisch, Medical Chief of Staff, HSU Student Health Center

Pete Chenard - Graphics Editor

Inside

■ Best of UPD clips features the weird and illegal things that happened this semester on campus. From bongos and mushrooms to nudists and dead cats, HSU students got themselves into all kinds of situations. Read about them on page 8.

■ This week's UPD clips features yet another bong confiscation and various thefts. Look for it on page 7.

■ This Saturday, HSU will feature its first "Earthquake Fair." More than 50 displays created by 155 students in professor Lori Dangler's "Earthquake Country" class will be on display. See the full story on page 4.

Holiday in Honduras

Biology majors to volunteer in Central American clinic

By Brian Bailey
LUMBERJACK STAFF

This Christmas, three HSU students will celebrate the holidays in Honduras.

Lucy Douglass, Amy Mathers and Aviva Zohar, all cellular/molecular biology seniors, are the first undergraduates accepted into the international residency program.

They will spend their semester break in a small, isolated hospital in Santa Lucia, Intibuca, Honduras. They are scheduled to arrive at the Hombro a Hombro Clinica (Shoulder to Shoulder Clinic) on Dec. 20 and return on Jan.

17.

While in Honduras, they will assist with all medical procedures. The residency promises primary care, minor surgical, obstetrical, pharmacological and laboratory

"The experience will be unbelievable — being exposed to different medical procedures, working with humans ... it will be amazing."

LUCY DOUGLASS
cellular/molecular biology senior

"It's an opportunity most people don't get until medical school," Zohar said.

"The experience will be unbelievable — being exposed to different medical procedures, working with humans ... it will be amazing," said Douglass.

Douglass, who interned last summer at the University of Cincinnati Medical Center, worked under Dr. Arthur Pancioli, who told Douglass about the

experience. The students will also assist with many ongoing projects, such as finding a cleaner water supply for the hospital and surrounding area.

program. The residency program, run through the University of Cin-

See Honduras, page 4

A.S. raises concerns over college merger

By Michael Platt
LUMBERJACK STAFF

During Monday's Associated Students meeting, A.S. President Keith Wagner brought a memo concerning the impending merger of the colleges of Arts and Humanities and Behavioral and Social Sciences to the attention of the council.

The memo dated Nov. 8 — from Vice President for Academic Affairs Alfred Guillaume to university President Alistair McCrone — recommended the merger of the two colleges in January.

Wagner said one word that was "conspicuously absent" in the memo was students.

Attached to the memo was a letter from Mark Rocha, dean of the College of Arts and Humanities, to Guillaume. In his letter, Rocha said he arrived at his decision to endorse the merger after meeting "with staff of both colleges as well as many students."

Wagner said that A.S. was un-

aware of any student involvement.

"We've never heard of (the students in Rocha's letter)," Wagner said in an interview after the meeting. "We don't know who they are. We have two student representatives elected by the students from each of the colleges involved who have not been informed on this issue."

The representatives Wagner listed were Neil Borges and Thaddeus Richards from the College of Social Sciences and Dorte Jensen and Chris Johnston from the College of Arts and Humanities.

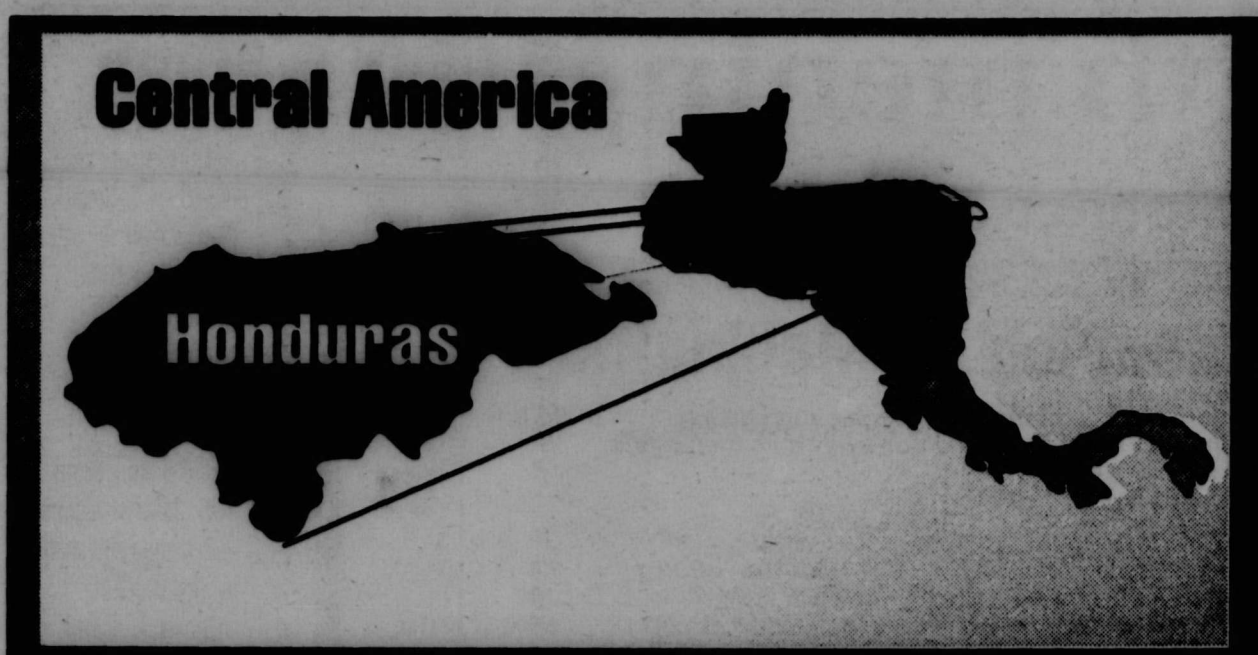
As a step to be more informed on issues like the college merger, A.S. elected James Vaughn as its representative to the joint Councils of Deans and Faculty Leaders, Monday.

Vaughn will join Johnston on the joint council, which allocates money and equipment for academic affairs. Vaughn, who was

See Associated Students, page 9

Honduras

• Continued from page 3



cinnati, is primarily for medical school graduates. The undergraduates' hands-on experience helped lead to their acceptance into the program.

Zohar completed an internship at Yale and worked as an Emergency Medical Technician last summer and Douglass completed an internship in Cincinnati. Mathers has completed internships at both Mad River Community Hospital and Loyola Hospital in Chicago.

The overall cost for the residency is \$1,000 per student. Dr. Jacob Varkey, an assistant professor in the biology department, said funding will be provided by a grant received from the Howard Hughes Medical Institute. Varkey said the nationwide contest is based on the applicants' promise to promote bio-medical research.

The hospital where the students will spend their break does not have what most would consider necessities. Being the only building with running water in a six-hour driving radius, it is run off of a generator and does not have any phones. The students will be staying in a dormitory within the hospital.

There are two doctors and one nurse at the hospital, but only one of the doctors is bilingual, which will provide the students with an additional challenge.

"When you're really focused and motivated and going somewhere, but are still in the process of it, it's really difficult to grab hold of where you're going," Zohar said. "This is an incredible opportunity to be able to experience where you're going. Being a doctor, in a lot of ways, isn't just a job, it becomes who you are."

In addition to providing their services, the three students will be bringing hard to find necessities to the hospital. They have received various donations from individuals, but are seeking further assistance.

They are in need of a stethoscope and a blood pressure cuff, antibiotics and anti-fungal creams, toothbrushes and toothpaste, pregnancy tests, vitamins, and Tylenol. For more information regarding donations, contact the biology department at 826-3245.

Earthquakes subject of seminars on campus

By Jonathan Jaisel
SCIENCE EDITOR

There's been a whole lot of shaking going on in the HSU geology department lately.

"HSU is involved in earthquake issues on a variety of scales — in the classroom, locally and nationally," said Lori Dengler, HSU geology professor.

At the classroom level, geology students will display their knowledge at HSU's first "Earthquake Fair" which will come to the Green and Gold Room this Saturday from 10 a.m. to 3 p.m. Admission is free.

The event will feature more than 50 displays and exhibits on a variety of earthquake topics designed by teams of students in Dengler's "Earthquake Country" class.

Current issues like family preparedness, economic recovery and the seismic retrofit of the Jolly Giant Commons will be addressed in the exhibits, as well as historically significant seismic events



like the Loma Prieta quake and the eruption of Mount St. Helens.

Dengler designed the fair to give her students a different perspective on the material they learn in the lower division geology course. For example, students are encouraged to report on seismic events they may have encountered personally, like the Northridge quake.

"(The fair) involves students in doing something real," she said. "The idea that what you've experienced closehand can actually be a subject of interest to others is kind of a surprise."

Designing the projects has also allowed for more professor-student contact. Dengler has spoken personally with all of the 155 students in her class this semester, compared with the

10 or so that visit her office in a typical semester.

"It's been interesting to me — now I know where they're coming from," she said.

At a wider level, "movers and shakers" from across three western states and Canada

met at HSU last weekend to talk about preparing for "the big one."

The quarterly meeting of the Cascadia Region Earthquake Workgroup brought together about 70 representatives from government, private industry and science to compare notes on avoiding the hazards of a magnitude 8 to 9 earthquake.

"The idea is to try and cover all the bases," said Dengler, who helped organize the meeting.

C.R.E.W. began meeting in 1995 to focus on potential quakes in the Cascadia Subduction Zone, an area stretching from Cape Mendocino to British Columbia where three major sections, or

See Earthquake, page 5

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Earthquake

• Continued from page 4

plates, of the earth's crust meet.

These plates, at least 40 miles thick, form the outer layer of the earth.

They move from one to four inches a year, rubbing against one another and gradually building up pressure.

Eventually the plates slip, causing an earthquake.

Dengler said the geology of the Cascadia zone is similar to that in areas like Alaska, Japan and Chile where the world's largest earthquakes have historically occurred.

She said most subduction zones either have many "smaller" earthquakes that register at about magnitude 5 on the Richter scale, or a few great ones.

The Cascadia zone had neither, prompting what Dengler called "a phenomenal flurry of research" on the area's geologic record.

The results showed that "very big" magnitude 8 to 9 quakes take

place in the zone every 200 to 600 years, with the last one occurring 300 years ago.

Dengler said such a quake would produce "very strong shaking over a large area" and a large "seismic sea wave," or tsunami.

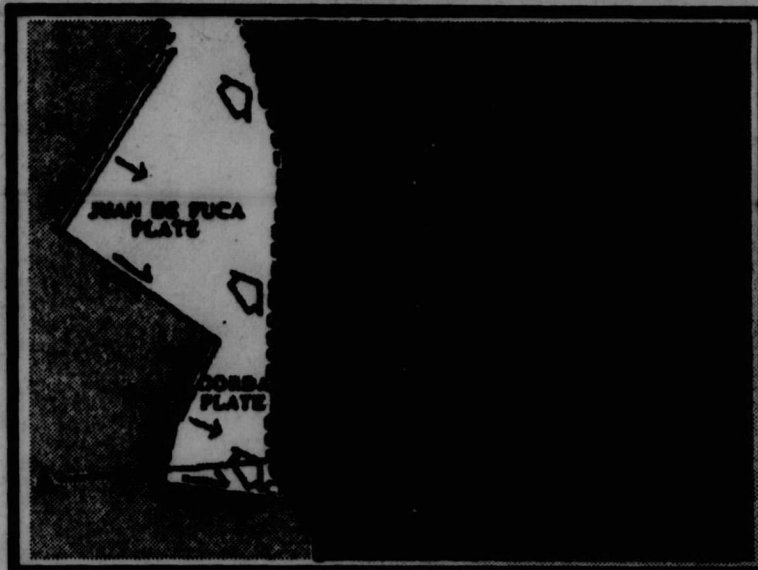
According to a 1995 study and planning scenario released by the California Division of Mines and Geology, the Humboldt Bay area would experience shaking similar to the Northridge quake in 1994. The resulting tsunami is expected to inundate much of the Samoa peninsula.

The scientific story of the Cascadia zone has filtered down to the emergency preparation community, where C.R.E.W. has taken a new approach by involving private industry as well as representatives from government and science.

"Private industry has become more aware (a quake) will affect business in a big way," Dengler said.

"It's been interesting to see the big corporations jump on

The Cascadia Subduction Zone



board."

The meeting was C.R.E.W.'s first in visit to the southern part of the Cascadia zone. However, Dengler said they would likely return to the area.

"For a relatively small school, I think we've really become a major

player in national earthquake research and policy," Dengler said.

More information on earthquakes in Humboldt County can be found on the Humboldt Earthquake Education Center website http://glinda.cnrs.humboldt.edu/eqk_info.html.

Meningitis

• continued from page 3

He used the term "outbreak" with caution, adding that the County Health Department considers three or more cases evidence of an outbreak, whereas he and other medical authorities would consider taking action to curb an outbreak with two cases.

The bacteria spreads almost exactly like the common cold, through air and saliva. Objects that repeatedly come into contact with the saliva of more than one person,

such as drinking fountains, soda cans, smoking utensils and promiscuous persons, can work to help transmit the disease. It has a higher occurrence in places with denser living conditions, such as college dorms and army barracks.

In the winter months the bacteria that causes meningitis is in the throats of up to 20 percent of the population, Frisch said.

Frisch said that 49 out of 1,000 exposed to the bacteria will develop symptoms similar to the common cold, such as headache, stuffy

head, sneezing, coughing and wheezing. The other 950 will get a sore throat or have no symptoms.

However, less than one in 1,000 will contract the dangerous disease. Doctors and scientists do not know exactly why this is the case. They think it may be due to antibodies developed when the person is first exposed to the bacteria. Frisch said that people have more dangerous reactions to the bug the first time they are exposed to it.

The disease's incubation time can be anywhere from one to 14

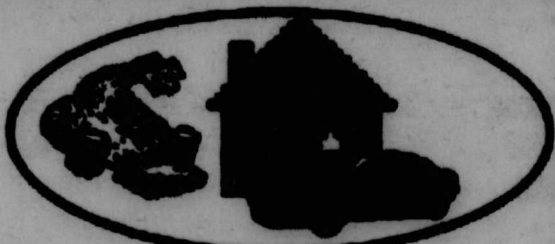
days, but is usually two to three days.

"Nobody's at risk, until there's another case," Frisch said.

Symptoms of meningococcal meningitis, of which there are four subtypes, include: high fever, chills and headache; back, abdominal and extremity pains; nausea and vomiting. In severe cases confusion, delirium, seizures and coma can develop rapidly.

See Meningitis, page 9

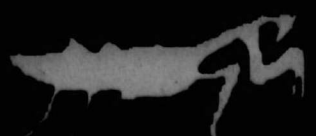
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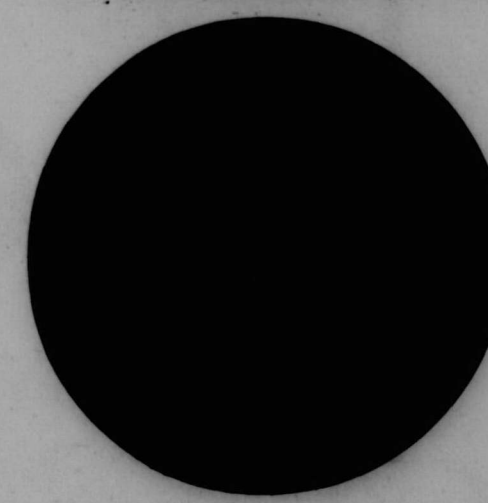
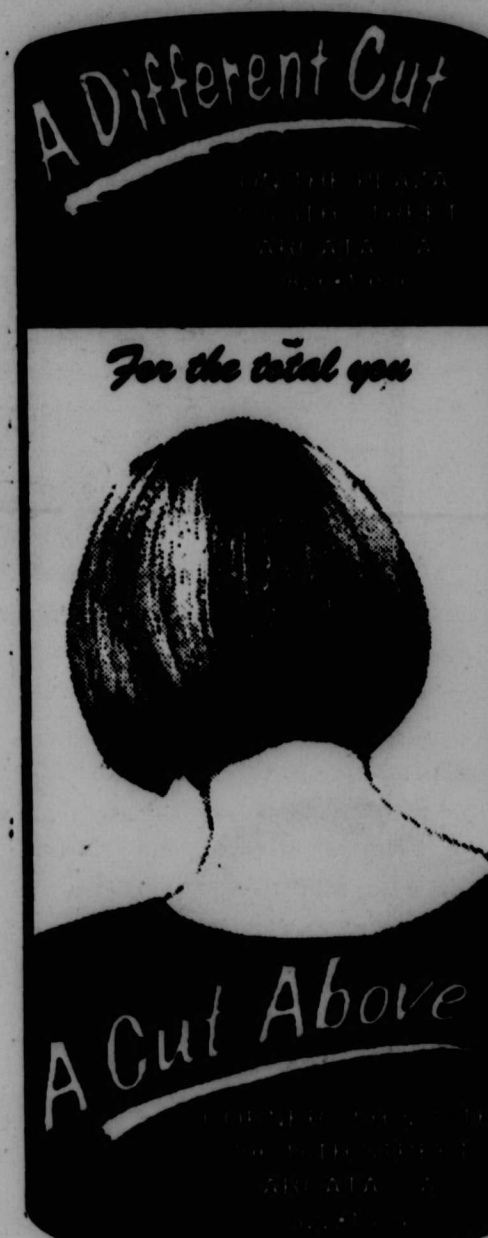
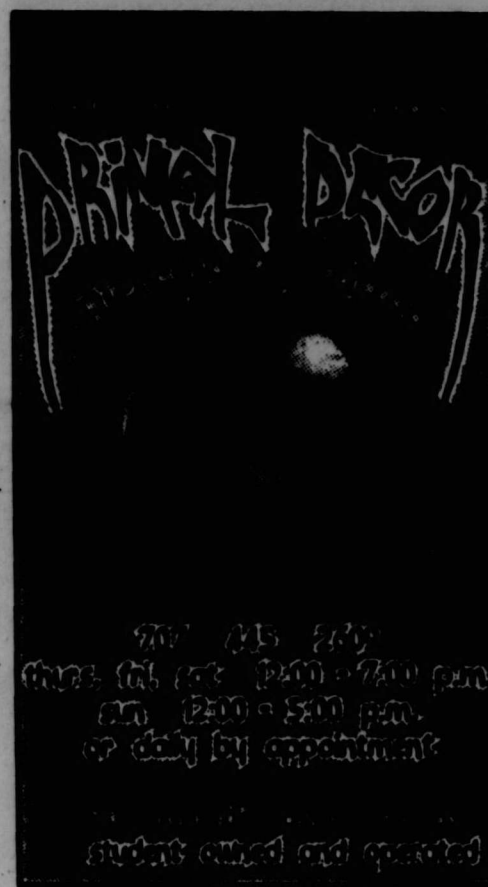
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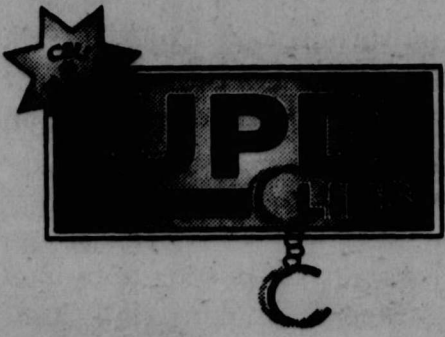
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Nov. 19:

• A stereo speaker is found beneath a vehicle at the Jolly Giant Commons Parking Lot.

• The Department of Fish and Game is contacted to aid an injured deer at Union and 16th Streets.

• A woman reports the theft of her car keys, room keys and wallet from the top of a cabinet in the weight room at Forbes Complex.

• A woman reports being harassed at the Ceramics Lab by the father of her child.

Nov. 20:

• A transient is reported sleeping under the stairwell inside Cedar Hall.

The sleeper is determined to be a resident, is advised of the complaint and asked to return to his room.

Nov. 21:

• A vehicle, stripped of its tires, is found resting on cinder blocks in front of Cypress Hall.

Nov. 22:

• Several nude individuals are

reported creating a disturbance at the Redwood/Sunset Quad.

Upon UPD arrival no violation is observed. The alleged nudists are advised and sent on their way.

• A student calls the Student and Business Services Building to complain about a parking permit refund.

• A men's 21-speed bike is stolen from the bicycle room at Chinquapin Hall.

Nov. 24:

An unknown person drives a vehicle on the lawn at Redwood/Sunset Quad, leaving 18-yard long tire tracks.

Nov. 25:

• A suspicious male is reported near the Library.

• A bong and two-tenths of an ounce of marijuana are confiscated from a resident at Redwood Hall.

• Footsteps are heard coming from the roof of the Library. The noises are determined to have come from Plant Operations' personnel.

Nov. 26:

• The strong odor of gas ema-

nating from the construction area at JGC is reported. The construction supervisor is contacted regarding the matter.

Nov. 29:

• A 21-speed mountain bike is reported stolen from near Pepperwood Hall. The owner of the bicycle calls UPD later saying the property was returned.

Nov. 30:

• Two doors at Sunset Hall are propped open with ash trays.

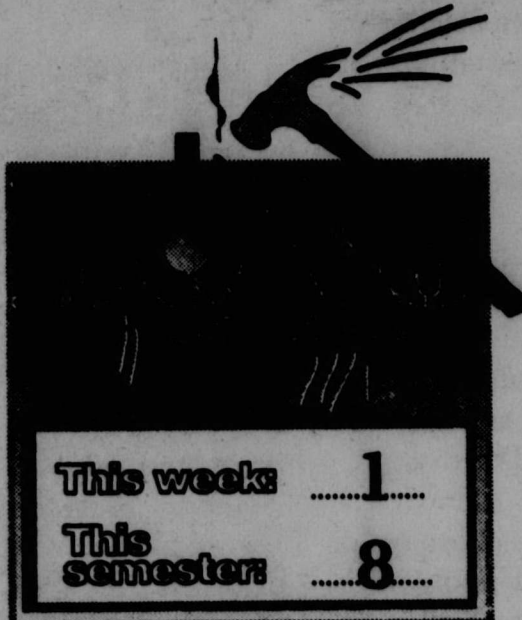
Dec. 1:

• A soda machine in the basement of the Library is moved six to eight inches from the wall. No apparent damage or theft is observed.

• A DJ at KHSU reports receiving a suspicious phone call from an unknown male.

Dec. 2:

• A hypodermic needle found in a yard in Eureka is brought to UPD by a concerned citizen. The item is disposed of at the Health Center.



— Compiled by David Perry

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**Aug. 26**

• A bent spoon, scorched at the bottom, is found taped to a Redwood Hall LGA's door. No sign of burnt residue is found in the spoon. The utensil in question is taken for destruction.

Aug. 27

• A bong is confiscated from Chinquapin Hall and slated for destruction.

Aug. 28

• A vehicle bearing a "Think Peace" bumper sticker is reported being parked in a Health Center emergency parking space for the past three days. The vehicle is cited and removed.

Aug. 30

• Reports turned in about a loud, large party at Rugby House. APD is notified. The party is shut down voluntarily.

Sept. 7

• A man is arrested for failure to leave the women's sauna at the JGC.

Sept. 11

• A bong is confiscated from Tan Oak Hall and slated for destruction.

Sept. 12

• A bong is confiscated from Cypress Hall and slated for destruction.

Sept. 18

• A dead cat is found on the steps to the art building. The feline is removed and disposed of by plant operations.

• Koby Scott Chavez is arrested for possession of psilocybin mushrooms. The subject is booked into Humboldt County Jail.

Sept. 22

• The smell of smoke coming from the second floor of Griffith Hall is reported. The odor is determined to be burnt popcorn in a microwave.

Sept. 25

• The Health Center reports receiving an altered prescription.

Sept. 27

• 1 p.m. — A complaint is received regarding loud electric guitar music. The sound is determined to be coming from the Multi-Cultural Center's Open House.

Sept. 29

• A bong is confiscated from Maple Hall and slated for destruction.

Sept. 30

• Numerous vehicles are bur-

glarized near Sunset Court. Upon investigation, a suspected vehicle enters the lot.

The driver gives evasive answers to UPD, and when told to exit the vehicle, he refused — speeding away and hitting an officer with his vehicle.

Oct. 4

• A male, a female and a dog are reported taking showers in the men's locker room at Forbes Complex. The two humans, determined to be transients, are admonished for their behavior, escorted from the building and advised to stay off campus.

Oct. 5

• A cactus is vandalized in the greenhouse.

Oct. 6

• Two unclothed subjects are observed running through and around Redwood/Sunset Quad at 1 a.m. The streakers are unable to be located upon UPD arrival.

Oct. 8

• 11 p.m. — A possible alcohol overdose at the first floor men's restroom of Madrone Hall is reported. The subject is transported to Mad River Community Hospital via ambulance. The incident is to be handled administratively.

Oct. 9

• A large bag of marijuana is found in the first floor men's restroom of Science B. The con-

triband is transported to UPD.

Oct. 14

• A bong is confiscated from Madrone Hall and slated for destruction.

Oct. 21

• Suspicious e-mail is received at Founders Hall.

Oct. 24

• Two residents at Redwood Hall are reported smoking marijuana. The incident is turned over to housing for administrative action.

Oct. 26

• A bag of marijuana and a bong are seized for destruction from a residence room at Cypress Hall. Fourteen cans of beer are destroyed at the scene.

Halloween

• Soap and dye are put into the Art Quad Fountain.

• Door locks are super glued and petroleum jelly is placed on the door knobs on the first floor west wing of Redwood Hall.

• A banner reading "420" is placed on the roof of the Bookstore. Maintenance is notified to remove the banner.

• A man falls from the fourth floor of the Campus Apartments. UPD stands by until an ambulance arrives.

Nov. 1

• Three people are observed apparently searching for psilocybin

mushrooms off College Blvd. The three are determined not to be in possession and sent on their way.

Nov. 8

• A woman reports a man logging onto pornography web sites at the Jenkins Hall Computer Lab. UPD is unable to confirm the report.

• 11:30 p.m. — A passerby reports two nude men and a clothed woman swimming in the fountain near Van Duzer Theatre. They are gone upon UPD arrival.

Nov. 13

• An altercation between a man and a woman in Founders Hall is reported.

The argument, a domestic dispute, is reportedly about some pictures. The incident involved the two throwing food at each other.

Nov. 18

• A large group is reported using the Lower Playfield that had been posted as closed.

It turns out to be the cross country team practicing for the big meet this weekend. Arrangements are made with campus officials for the team to use the field.

— Compiled by David Perry

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Meningitis

• Continued from page 5

The four types of meningitis caused by the bacteria *Neisseria meningitidis* are A, B, C and Y. All of the other incidences of meningitis in Humboldt County this year have been type B, which led Frisch to believe that the student didn't contract the disease from anybody in the area.

A female student contracted type C meningitis before the winter break last year. Four other cases of meningitis have

occurred in Humboldt County this year, said Richmond.

In a population of 100,000, such as Humboldt County, five cases of meningitis would be expected.

In a population close to 10,000, such as HSU, Frisch said one would expect .5 cases every year. Frisch doesn't consider two years in a row with cases of meningitis alarming. "That's what happens when you flip a coin," he said.

Associated Students

• Continued from page 3

elected graduate students representative at the last A.S. meeting before Thanksgiving break, was also named to a search committee for a new graduate studies dean.

Wagner said that he and Johnston were invited to a meeting to discuss the merger on Oct. 31, but due to poor communication missed the meeting.

Wagner said the e-mailed invitation was sent the day before the meeting was scheduled, but because of problems with e-mail that week, Wagner and Johnston did not learn of the meeting until after it occurred.

Wagner said that he and Johnston should have gotten a follow-up phone call to warn them of the meeting. Wagner added that no meeting agenda was provided to A.S., so he and Johnston did not know what the meeting was about.

"It doesn't feel right," Wagner said. "We should be involved early on in the process, not informed at the last minute. I'm not saying that the merger is wrong. I'm saying that it's just not being handled right."

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--Eugene Field,
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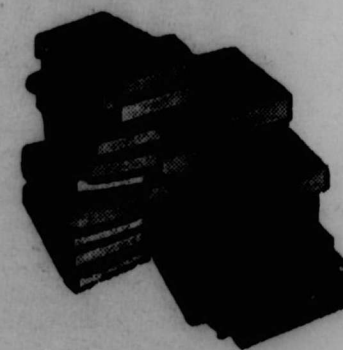
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Mayor's last act

Council approves new community center

By Mark Winner
COMMUNITY EDITOR

At its last meeting before the new council takes over, the Arcata City Council voted unanimously to approve money for a community center in the Community Park and Sports Complex.

Outgoing Mayor Carl Pellatz said he was saddened it was his last council meeting but was happy to approve the center.

"Now I feel like I've really done something. I think this is a fitting conclusion," he said.

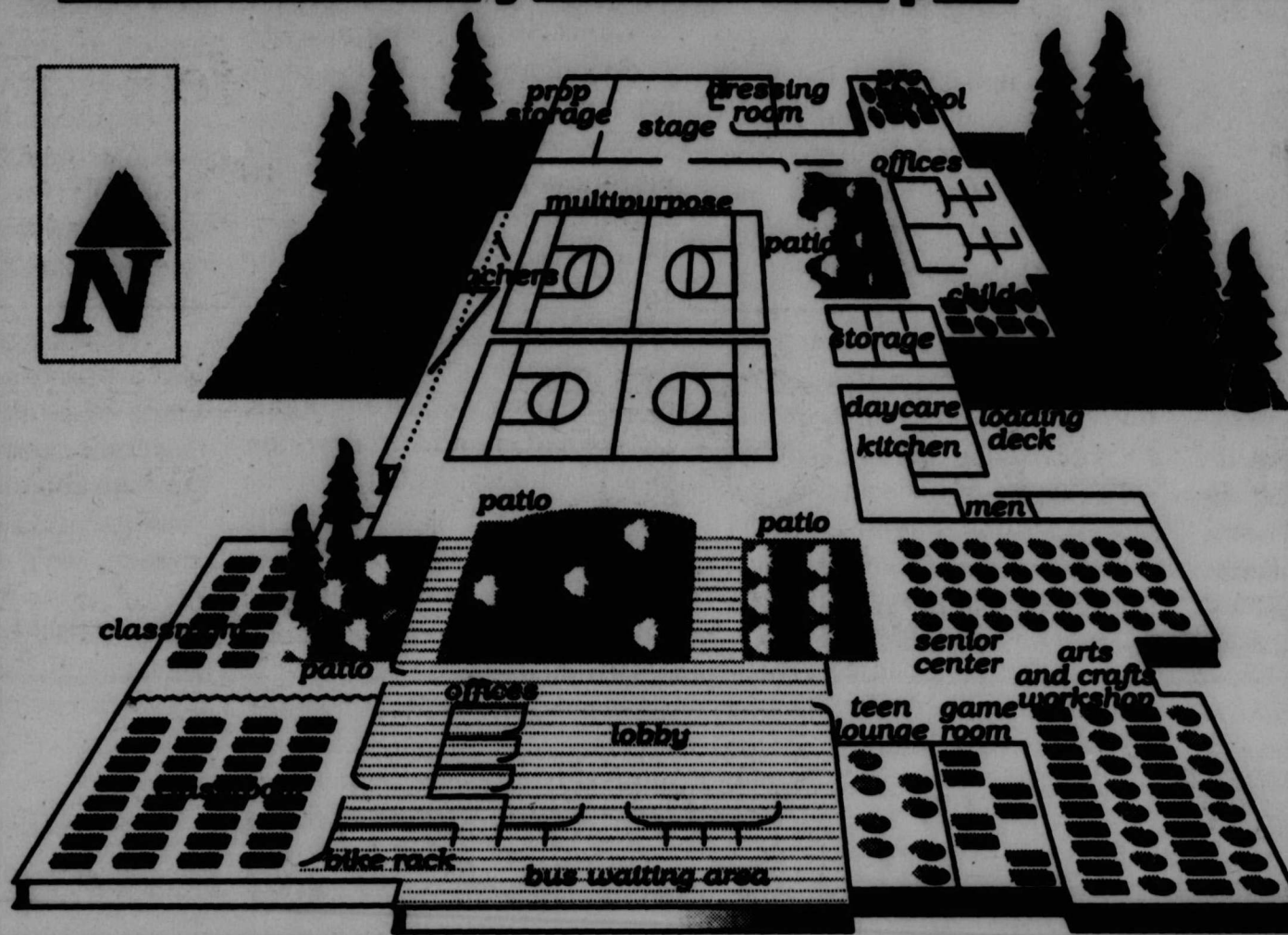
The \$2.2 million center will be paid for with a \$1.7 million loan from the Community Development Agency that will be repaid from money earned from logging in the Arcata Community Forest. The remainder of the money will come from a \$500,000 block grant.

The community center will house a multipurpose room that can be used for concerts or dramatic plays as well as for basketball and other games. There will also be an area for teens.

A large part of the new center will be for senior citizen activities, including an arts and crafts room and a game room and an office

See Community Center, page 15

Arcata Community Center floorplan



Source: Grew / Clay and Associates

Pete Cheneard / Graphics editor

News Briefs

■ Ten U.S. Air Force reservists were killed Nov. 22 when their HC-130 cargo plane crashed into the water 48 miles off Cape Mendocino.

There was one survivor, Technical Sergeant Robert Vogel, 31, of Albany, Ore. He was picked up by a Coast Guard helicopter after spending two hours in the water. Vogel was taken to Mad River Community Hospital in Arcata and treated for hypothermia, a broken hip, severe facial cuts and a chipped bone in his left ankle. He was released four days later.

Before the crash the pilot reported that one engine was not working and he had a complete electrical failure. The Air Force is investigating the crash.

■ North Coast credit card holders beware: a thief stole a laptop computer from a San Mateo Visa office which contained the information for 314,000 credit card accounts for Visa, Mastercard, American Express, Discover and Diners Club in Northern California. The theft has caused company officials to closely monitor computer access to the accounts and said nothing suspicious has been detected.

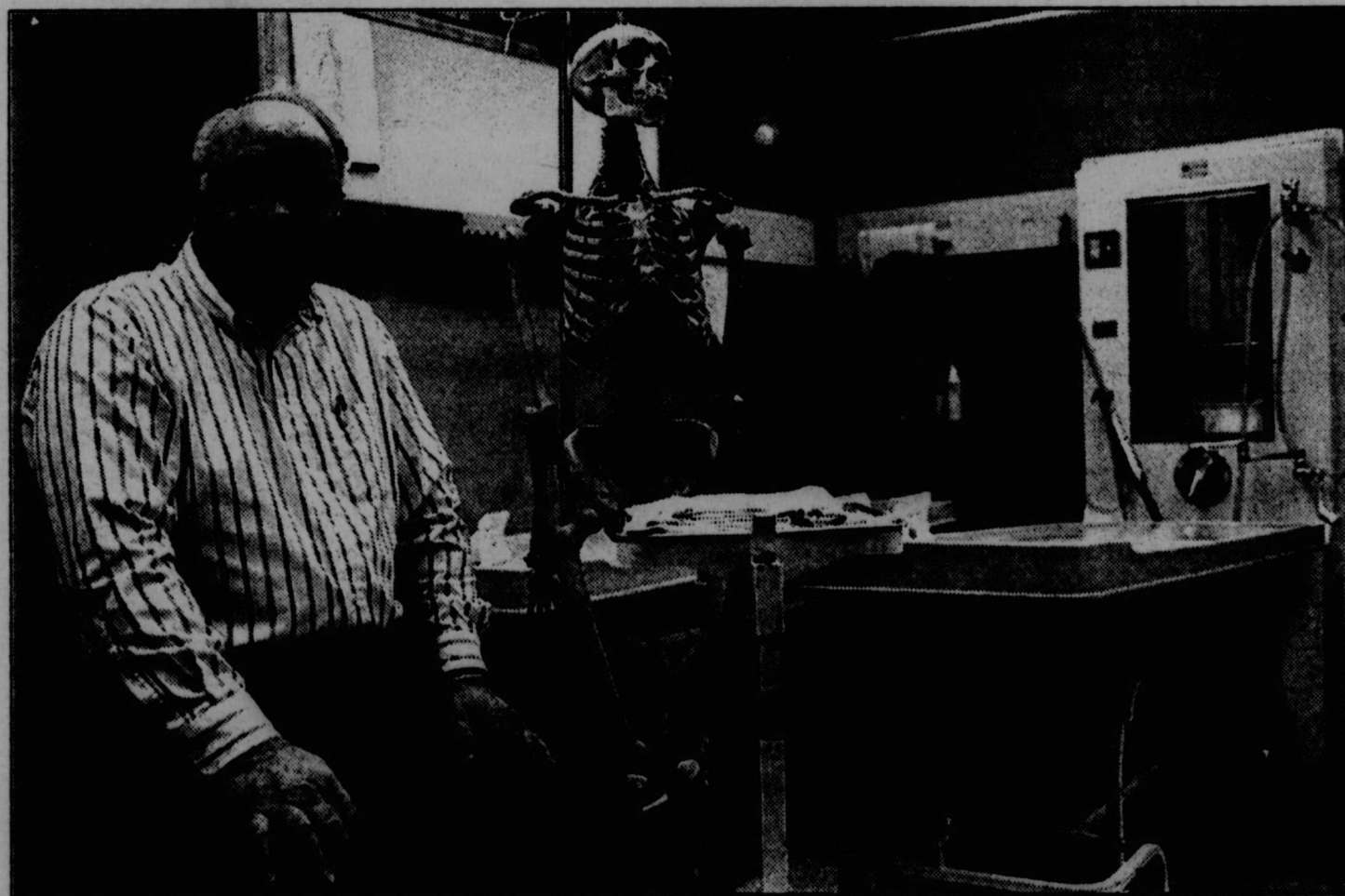
Visa recommends that consumers freeze the accounts and obtain new cards.

■ An oil tanker that sunk 16 days after the Japanese attack on Pearl Harbor has just been discovered outside the Monterey Bay National Marine Sanctuary, 170 miles south of San Francisco.

Sanctuary officials are concerned the tanker, with most of its oil intact, could rupture and spill its cargo of 4.1 million gallons of crude oil, which they said would be an ecological catastrophe. Retrieval of the oil would be difficult because the ship now sits under 900 feet of water.

■ Members of the U.N. World Intellectual Property Organization are overhauling copyright legislation at a three-week conference in Geneva. Delegates from 160 countries are expected to approve three treaties for literary works, CDs and audio cassettes and databases.

County coroner leaves corpses behind



TODD WUCETICH/CHIEF PHOTOGRAPHER

Retiring County Coroner Glenn Sipma has vast collection of weapons used in crimes, drugs and drug paraphernalia taken from corpses in his office as well as the skeleton standing next to him.

By Tiffany Lee-Youngren
LUMBERJACK STAFF

After 16 years as County Coroner/Public Administrator, Glenn Sipma has decided to end his term and opt for an early retirement.

Sipma said his change in career plans comes as no surprise considering the pattern his life has followed.

"It seems like I have had a 15- to 16-year itch or something," he said. "I seem to be in a ... cycle."

That cycle has taken him from corporate bureaucracy to assisting with autopsies.

Sipma's first career as operations manager at a Bank of America ended after 15 years, prompting him to change his occupation.

"I could see some big changes coming in the bank ... and I just lost my enthusiasm ... and decided it was time to do something else," he said.

That "something else" turned out to be a stock brokerage firm located in a small room at the Eureka Inn.

But after 16 years, Sipma could feel the "itch" again.

His next career change came in 1980, when the position of Coroner/Public Administrator was open to qualified applicants. Sipma turned out to be the perfect person for the job.

Sipma had gained public administration experience while working with private estates at Bank of America. Ironically, he had also gained experience working with dead bodies while earning some extra cash in college.

"When I was in college, there was a sign on the bulletin board that said 'Funeral home across the street needs to have a helper. You get \$10 for helping to pick up a body and \$10 for helping with the funeral,'" he said.

"Now in those days, that was good money for a person going to college."

See Coroner, page 12

Coroner

• Continued from page 11

Sipma had little trouble getting the job at the funeral home.

"I went over there and (the funeral director) said, 'You're the first guy in about two or three years to answer my little ad,'" Sipma said.

Although Sipma worked at the funeral home embalming and dressing bodies for nine months during college, he knew this didn't fully prepare him for his job as County Coroner.

"I had some experience working with death ... but being the actual coroner was ... a whole new experience for me," he said.

As for mortality and the feelings associated with it, Sipma said, "you never get used to it."

Besides handling corpses, his job requires that he calls the deceased's next of kin and notify them of the death of their family member. He said that this was the hardest part of his job as coro-

ner.

"You never know what the reaction of the person is going to be," he said.

Although being constantly surrounded by death was often emotionally difficult for Sipma, there were times when his job was frightening as well.

"I remember trying to put a body in a body bag in the small trailer where the guy had died," he said. "I tried to break the rigor mortis (stiffness of limbs) ... and when I turned around the guy's head was on my shoulder."

Sipma recalled another time when a routine transport of a body turned out to be more like a scene from a horror movie.

"We used to have an old Plymouth station wagon and ... I remember coming home late one night with a person (in the back)," Sipma said. "I was com-

ing down a hill and all of a sudden ... the car started to screech and creak.

"I thought to myself 'I know it isn't him but ... it makes the hair stand up on the back of your neck if all of a sudden you hear a screaming in the back of your station wagon.'"

Sipma said that working in the county morgue can be the scariest experience of all.

"You can be working in the morgue here some nights ... and it will make you a little antsy. You get the old goosebumps up and down your back," he said.

He recalled an instance where one of his colleagues got the scare of their lives while in the morgue.

"We had an industrial worker in here who was killed while he was working," he said. "(The investigator) brought him in the back and, unknown to him, the guy had a walkie-talkie on his

belt. All of a sudden he heard this talking inside the body bag.

"That'll make you really sit up and take notice."

Sipma has seen some strange things, but the strangest of all were the bodies of two area residents who had eaten hemlock, a poisonous root.

"(Hemlock) causes a nerve reaction where the body almost draws into an arch," Sipma said.

"It stiffens the body right up."

As coroner, Sipma was also responsible for confiscating any contraband items found on dead bodies or on the deceased's property.

"When we go into a house and take a look around, we pick up all kinds of contraband," he said.

"I've got a whole collection of (marijuana) pipes that you wouldn't believe. If we get a chance, we'll probably destroy them."

Sipma keeps the pipes, as well

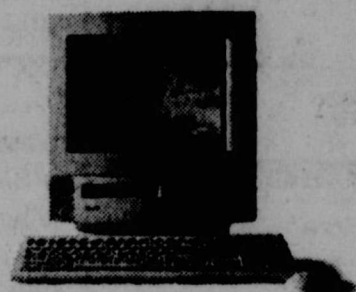
as bags of marijuana, hallucinogenic mushrooms, and firearms, under lock and key in a room adjacent to his office. In addition to these items, he also has a large collection of human bones.

"Any time anything is found around the area that (no one) knows anything about, they bring them into us. People are bringing bones into us all the time."

Although they may be morbid, bones and bodies aren't enough to completely keep Sipma away from his job during his retirement.

"In order to have an orderly transition here, I will probably still be coming down to the office (to help) out with estate work," he said.

"I've always helped the (forensic pathologist) back there with post-mortem examinations or autopsies, and I'll probably still come back and do that."



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Proposition 218 limits California cities

By Mark Warner and Jan Jotai
LUMBERJACK STAFF

Officials from local governments from all around the state gathered for an emergency meeting of the League of California Cities to determine what local governments need to do in the wake of the passage of Proposition 218.

The complex law, which received 56 percent of the vote on Nov. 6, requires any new taxes for local government to be approved by the voters, property taxes and assessments included. Some taxes would have to win a two-thirds majority vote. Some

property-related taxes would be voted on by ballots mailed out to all the landowners affected. Votes would be weighted by how much the property is worth.

A homeowner whose home is worth \$200,000 would get two times the vote of a homeowner next door whose house is worth \$100,000.

"The voting part of the legislation is pretty convoluted," Arcata City Councilman Jim Test said. "It will keep lawyers busy."

Many existing taxes, if they were not originally approved by the voters, would have to be brought up for a special elec-

tion. These elections could cost taxpayers up to \$10 million a year in the short run, according to a state legislative analyst, and \$100 million could be lost to local governments by the repeal of taxes.

The proposition was sponsored by the Howard Jarvis Taxpayers Association, which believes that local governments have been making up for lost property tax revenue since the passage of Proposition 13 by using taxes, fees and assessments without voter approval for purposes other than what they were originally intended for.

Daphne Hodgson, Arcata city

finance manager, said, "In some cities, there are a lot of special assessment districts set up for parks, streets, lights and various things. The city of Arcata doesn't happen to have those, and because of that, we're a little less affected by the nature of proposition 218."

"We don't believe there are very many that will cause a large issue," she said. "But we haven't done the work yet."

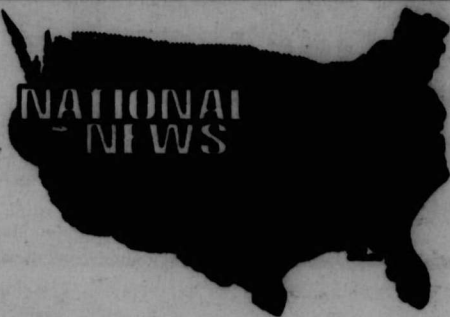
Arcata City Manager Alice Harris said the biggest problem would have been if Measure N, the utility tax, had failed.

Harris said no one from Arcata attended the League of Califor-

nia Cities meeting because even they do not understand what the effects of the proposition will be. They are waiting for another meeting in January when lawyers will have had more time to look over the law and will have a better idea of its consequences.

She said the taxes affected most will be those supporting special assessment districts. These are tax districts, which can be neighborhoods, entire cities or entire counties, that are set up to pay for a special, localized benefit. It could be for street

See Prop 218, page 15



Clinton picks man to oversee Headwaters

A senior Agriculture Department official who organized President Clinton's Northwest Forest Plan was named last week to oversee the Clinton administration's deal with MAXXAM and Charles Hurwitz to protect a portion of the Headwaters Forest Complex.

E. Thomas Tuchmann is respected by both environmentalists and the timber industry and

will be trying to save a deal that needs to pass a Republican Congress and a Democratic California Legislature.

The deal Tuchmann will be trying to save would protect 7,500 acres of the 60,000 acre area environmentalists want saved.

Proposition 209 temporarily blocked

A federal judge on Nov. 28 temporarily blocked enforcement of Proposition 209, the anti-affirmative action initiative passed only one month ago.

The state had argued that a law barring all racial and gender preferences cannot be discriminatory but U.S. District Court Judge Thelton Henderson dis-

agreed.

"Courts must look beyond the plain language of an enactment," he wrote. He said the overall effects of the law must be considered.

Gov. Pete Wilson called the ruling "an affront to the majority of California voters ... The absurd consequences of this ruling is that California can constitutionally prohibit discrimination against some races but cannot ... against all races."

Another hearing is set for Dec. 16.

NRA wants seat at United Nations

The National Rifle Association is seeking a seat at the United Nations. An NRA spokeswoman

said it wants a seat because NRA members were concerned about what is going on at the U.N.

She said they became alarmed last year when the U.N. ordered a study to investigate ways "to prevent and reduce the excessive and destabilizing accumulation of small arms and light weapons."

Clinton sets stronger standards on smog

The Clinton administration last week proposed tougher standards for smog and soot to try to reduce the number of premature deaths from air pollution by 20,000 a year and to reduce the suffering of people with asthma and other respiratory diseases.

The new standards could cost

almost \$9 billion annually, but would not begin to go into effect until the year 2000. The plan could save up to \$120 billion in reduced health costs and fewer missed work days.

The Environmental Protection Agency conducted the most extensive scientific evaluation it has ever done and found existing standards were too lax to adequately protect public health.

The EPA wants to regulate particles as small as 2.5 microns for the first time. It now regulates particles down to 10 microns. The smaller particles do more damage because they are more likely to lodge deep in the lungs.

It also wants to lower acceptable levels of the toxin ozone to 80 parts per billion from 120. The particle limits were set in 1987 and the ozone limits in 1979.

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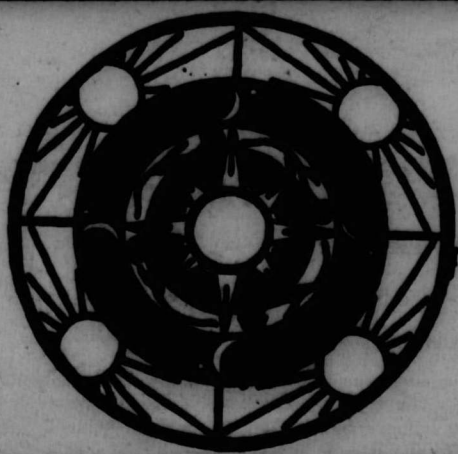
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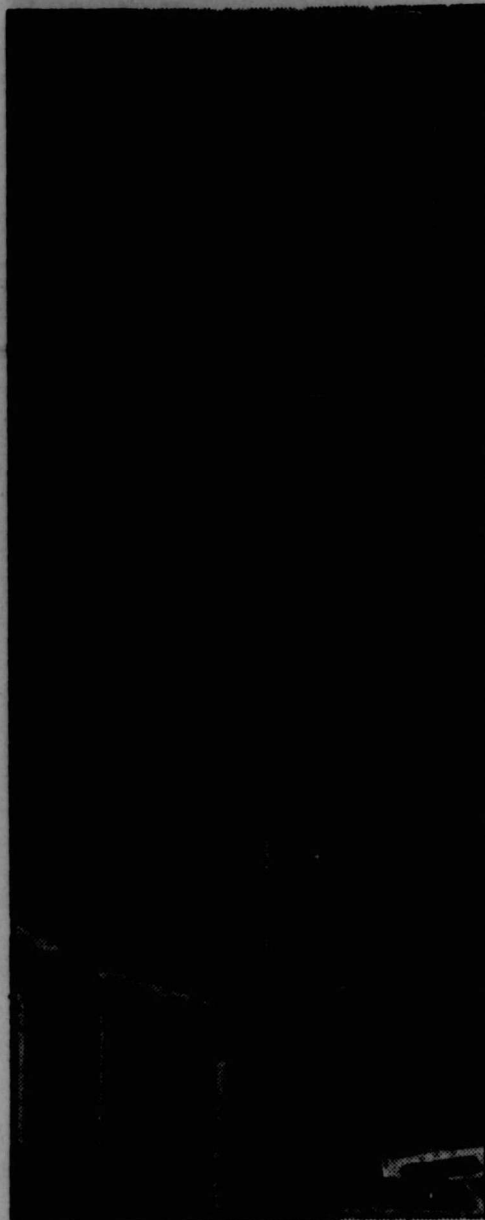
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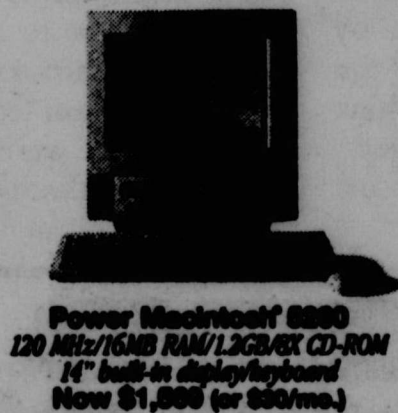
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Prop 218

• Continued from page 13

lights or street improvements or harbor dredging.

Special assessment districts like the Arcata Fire Protection District look to be the hardest hit by the measure.

Arcata Fire Chief Frank Toste said the district, which serves a 65-square-mile area, stands to lose approximately \$325,000 because present methods of funding will become illegal when the proposition takes effect next July.

"Citizens won't notice anything for awhile, but the department will be greatly diminished," he said. "I don't think citizens realize how much this affects their fire services. It's not imme-

diately, but they'll notice down the line."

Toste said the proposition will prevent the district from replacing two of their fire engines as planned, including a 31-year-old water tender. They will also lose the ability to hire replacement firefighters when they retire in two to three years.

Toste said the district will ask citizens to approve a new benefit assessment or special tax to replace the lost funds, but obtaining such a measure would be difficult.

"The problem is that the law has changed what we need to do (to get a tax approved)," he said.

"We've now gone from obtaining a simple majority to a two thirds vote, which will be very hard to get."

The department will also become responsible for providing election information to voters, which Toste said will be "very costly."

"A special election could cost the district \$15,000 to \$20,000 to get on the ballot," he said.

Hodgson said that the city will have to begin notifying citizens by mail of annual increases in water and sewer rates.

The first new assessment district formed after the passage of Proposition 218 will be to pay

for Humboldt Bay harbor dredging. The \$7 million needed to pay for the local share of the cost will be provided by a three-zone benefit district.

Most of Humboldt County will be in Zone Three, assessed a low property tax. Communities near Humboldt Bay would be in Zone Two. Property near the waterfront would be in Zone One and pay 10 times the amount of Zone Three. Also, timber and commercial property would be assessed at a rate 100 times the Zone Three rate and heavy industrial property would be assessed at 200 times the Zone Three rate.

Community Center

• Continued from page 11

where seniors will be able to get various services such as getting their blood pressure checked or receiving financial advice.

The center will also have a child care facility and a large kitchen to prepare meals for seniors and for events in the multi-purpose room.

The center will hold all the activities now held at the old community center at 14th and D streets and the older building will be released out.

Construction of the center is scheduled to begin next summer and be completed about nine months later.

Construction will also begin next year on a low-income senior housing complex across the

street from the new community center.

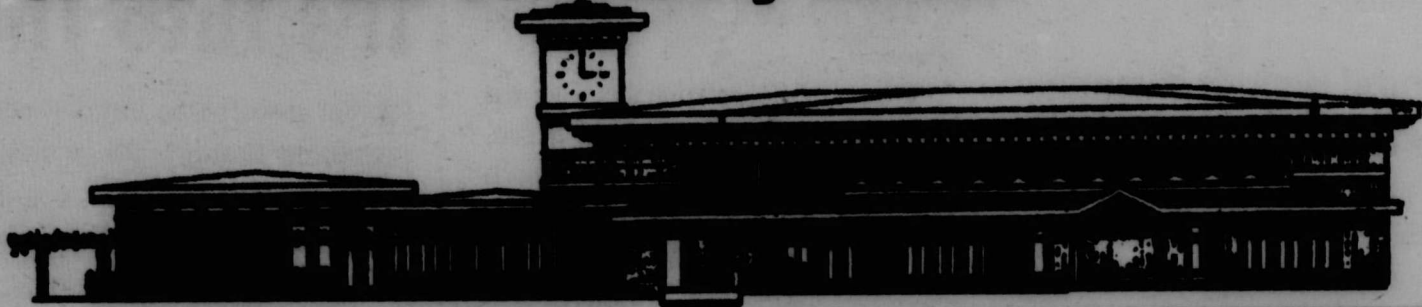
City Manager Alice Harris said the center has been planned for a long time — it has been part of the Parks and Recreation Master Plan since 1978.

She said money from the Community Forest is designated to go for city parks and park development. From the time the Forest Management initiative was passed in 1978 until 1991, the money was used to acquire what

are now Bayside, Shay, Innis, Pacific Union and Community parks.

Harris said all future money from the forest will now go towards park improvements instead of park acquisition.

A southeast view of the Arcata Community Center



Source: Green/Myland Associates

Pete Chisard / Graphics editor

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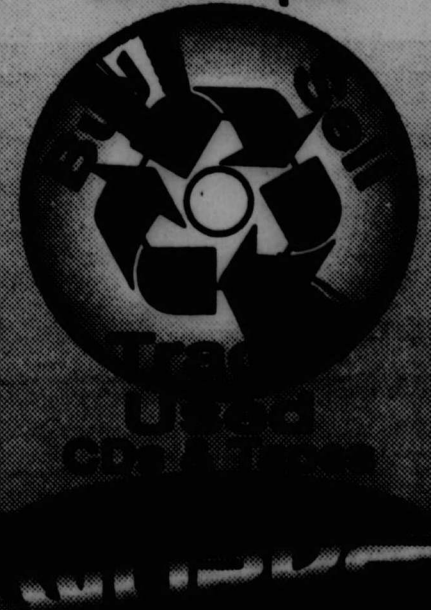
Dr. Dre - The Aftermath

All That - All That
Allison, Luther - Where Have You Been (Live)
B-Legit - Hemp Museum
Death Row's - Greatest Hits
Enigma - Enigma 3
Fine Young Cannibals - Finest
Fugees - Bootleg Versions
Kentucky Colonels - Living in the Past
Marley, Bob - Archive
Miller, Glenn - Very Best Hits & Rarities

Murray, Keith - Keith Murray
NBA at 50 - NBA at 50
Prescher's Wife - Soundtrack
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COMMUNITY CLIPS

ARCATA MCKINLEYVILLE EUREKA

Indian health center planned for Arcata

United Indian Health Services wants to move from Trinidad to a 42,000-square-foot facility on land near Mad River Community Hospital. The proposal will be considered by the Arcata Planning Commission on Tuesday.

Opponents of the plan do not want agricultural land used for the project and want it to be placed somewhere else. United Indian Health is the major health provider for the 12,000 American Indians in Humboldt and Del Norte counties.

Phone scam jukes unsuspecting people

A phone scam has prompted warnings to consumers by the California Public Utilities Commission. People are being called or e-mailed and offering a job opportunity or claiming to ask about an outstanding debt and asked to call a phone number.

Those numbers will lead to charges of up to \$25 a minute.

The commission said to check to see if a number is local if you are not sure of the validity of the call you are returning. For more information call the PUC at (415) 703-2427.

Cat stories told by author at county library

Cat lovers will want to see area author Mary Nethery read her new book *Hannah and Jack* at the Humboldt County Library, 1913 3rd St. in Eureka on Saturday, Saturday at 1:30 p.m.

Nethery will introduce the real-life inspiration for the story, her Bengal cat Asta. There will also be puppet stories about other cats. Copies of the book will be available for sale and autographing.

A portion of the proceeds will go towards new books in the children's room of the library. Admission is free and cat lovers of all ages are welcome.

For more information call JoAnn Bauer at 269-1910.

Filmmakers looking for expendable Victorian

A Hollywood production company is searching for a Victorian home in Humboldt County for use in a movie.

The house should have a turret. Its setting should be remote in a landscape of low hills and few trees. There should not be any other houses in the background. Also, the owner should be willing to have the house destroyed. For more information call Marsha Benson at 444-6633.

Natural History Museum has dinosaur program

The HSU Natural History Museum has a new program for children. On Saturday, children ages 4-8 can participate in *New Life for Old Dinosaurs*. Here they will learn

about the newest dinosaur discoveries, be in a skit and walk with dinosaur feet. There is a \$7 fee. For more information call 826-4479.

Bloodmobile coming to a location near you

Help others by donating blood to Northern California Community Blood Bank. Thirty to 40 blood donors are needed every day to help the patients served by the blood bank. You can give blood at the following places and times:

- Thursday: McKinleyville High School, 4:30 to 7:30 p.m.
- Dec. 11: Trinidad Police Station, 3 to 5 p.m.
- Dec. 19: Eureka High School, 8:30 a.m. to 3 p.m.

Health Department cautions consumers

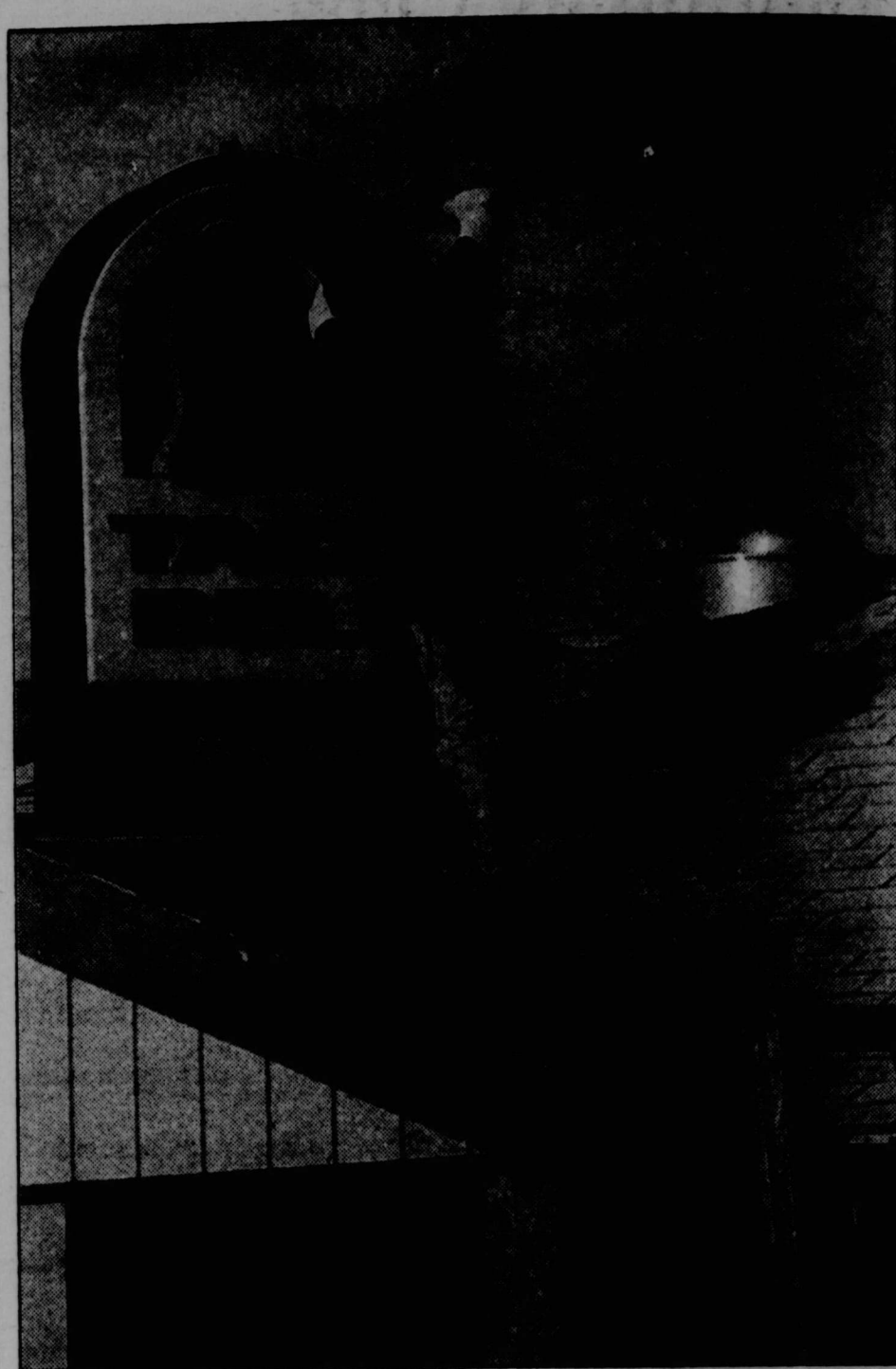
More than half a million children suffer toy-related injuries each year.

The Humboldt County Public Health Department wants to remind everyone of some basic tips on how to buy safe toys for children this holiday season. If you have questions call the Health Department at 441-5632.

• Consider how the child might misuse the toy. Assume he or she will try to take it apart, taste it and throw it.

• Be very careful with toys for children under the age of three. Avoid toys with small parts which could be swallowed and those with rough edges or sharp points.

See Community Clips, page 17



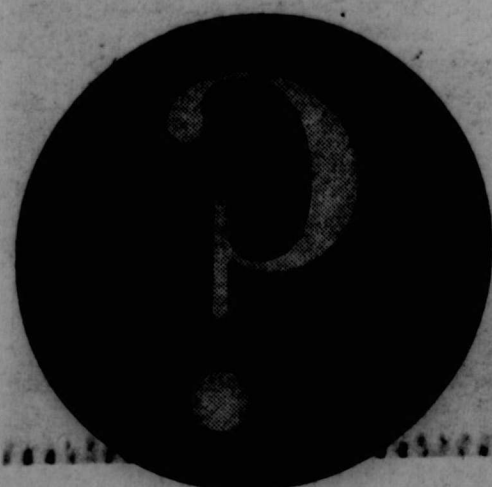
MARK WINNER/COMMUNITY EDITOR

It's Taco Time!

Worker Jose Toledo installs company sign above Arcata's newest restaurant Tuesday. Owner Janice Sutherland said Taco Bell will open sometime this week, possibly as early as Wednesday and no later than Friday. Taco Bell is opening on the site of the former La Palapa despite vehement opposition from some in Arcata while others have been anxiously licking their lips in anticipation.

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Call 826-0334 or 1-800-421-1021 for more information

Community Clips

• Continued from page 16

• Any type of shooting toy such as air rifles, sling shots or archery sets are dangerous.

• Toys for babies should be too large to fit into their mouths even in their most compressed state. Dolls and stuffed animals should not have glass or button eyes which can be removed and swallowed.

• For small child, do not buy toys with long strings, ribbons, or loops which could strangle.

• Look for labels on toys that give age recommendations or other safety labels like "non-toxic" and "flame resistant."

Wetland Reserve Program encouraging conservation

The federal Wetlands Reserve Program gives financial incentives to those who retire marginal farm-

lands. Landowners who want to put their land in 30-year easement this year should sign up by Friday. Since its inception the program has restored 325,000 acres. For more information call (916) 757-8241.

Creeks committee looking for new member

There is an opening on the Arcata Wetlands and Creeks Ad-

visory Committee for a citizen with expertise in fisheries.

The committee advises the city council and staff on matters relating to policies affecting creeks, wetlands and tideland.

There is no compensation and members attend one meeting a month. Applications are available at City Hall.

The deadline is Jan. 6.

Motel will be turned into low-income housing

The Holiday Gardens Motel on Alliance Road is going to be replaced by the Arcata Gardens apartments. The 36-unit affordable housing complex is intended for the working poor of the area. Money is coming from a low-interest government loan. The project will cost \$ 1.5 million.



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CONCERT
Lisa Monet
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Sunday, Dec. 8th
2:00 p.m.

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\$1.50 children

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Live SKAICORE. Special guests also
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All ages are welcome.

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'N' BAKE MAESTROS!! Tickets are \$3 in advance at
The Works; \$5 at the door.

THURSDAY 12/12

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Texas and Chicago Style Blues with broad appeal.
Tickets are \$5 in advance or \$7 at the door. All ages
welcome. Doors open at 7pm.

FRIDAY 12/14

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sale at The Works, Burger Quest, Humboldt Check
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Some of the topics covered will be:

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Illustration (Adobe Illustrator)

Image Processing (Adobe Photoshop)

Macintosh (Macromedia Director)

Web Page Creation (Dreamweaver)

Web Page Creation (Eudora)

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COURSE

Macintosh
Windows 95

Shiny, happy people

Prozac helps fight off 'the dark side'

■ There are concerns about possible overuse of the antidepressant drug and the creation of a "Prozac Nation."

By Tiffany Lee-Youngren
LUMBERJACK STAFF

In a society where almost any ailment can be cured with a pill, Prozac has become a household name.

But is the well-known antidepressant all it's cracked up to be?

Fluoxetine, which is sold commercially as Prozac, was developed in the late 1970s and approved by the U.S. Food & Drug Administration in 1987. It is used to treat people with clinical depression, bulimia, and obsessive-compulsive disorder.

Ken Dutro, staff psychologist at Counseling & Psychological Services, said that Prozac works by acting directly on the brain.

"Prozac provides a neurochemical change in the brain that results in the relief of depressive symptoms," he said.

Dr. Jay Davis, a physician at the Student Health Center, said Prozac is included in a class of drugs known as Selective Serotonin Re-uptake Inhibitors (SSRIs).

SSRIs prevent the breakdown of serotonin and norepinephrine, two neurotransmitters believed to be connected with nerve receptors that are responsible for mood regulation.

Those with clinical depression either break down these neurotransmitters too quickly or produce too little.

Clinical depression is characterized by any number of these symptoms:

- persistently sad or irritable mood
- loss of interest in daily activities
- weight loss
- insomnia or hypersomnia, fatigue
- diminished ability to concentrate

Depression is often unnoticed

Dutro said that depression often goes unnoticed or unrecognized.

"Clinical depression can be associated with a loss or a traumatic event, but often it is not," he said. "With someone who's depressed, often everything will seem just fine in the surrounding world, and yet the person is miserable."

"That's confusing for the sufferer of depression and for those who care about him or her."

Although both men and women suffer from depression, Dutro said that women are depressed about twice as often as men in our society.

Once Prozac has been prescribed, the typical treatment time is six months to one year. Generally the drug allows people to overcome their depression and gain more control over their lives.

Science editor Jon Jelsol compares Prozac's effects on brain chemistry



Research: Tiffany Lee-Youngren / Lumberjack Staff
Photo Illustration: Pete Chazard / Graphics editor

"For people who take Prozac appropriately, it allows them to be more realistic about choices they can make in life," Dutro said. "That's one reason why most people stop taking it and do just fine, because they've had the experience of making appropriate choices."

"They get joy and reinforcement for that, and that leads to a change in behavior."

Change of perspective is key to lasting success with drug

But Dutro said that for some patients, there is potential for a recurrence of depression if the patient doesn't change his or her way of thinking about themselves and the world around them.

"In a sense, (Prozac) relieves depression, but the vulnerability for depression will always be there without making strategic changes in thinking," Dutro said. "Prozac doesn't take away the problems, and people who take Prozac don't become immune to problems."

Dutro recommends cognitive therapy, a brief treatment based upon the relationship between thought and mood, as an alternative to Prozac.

Fun Facts

■ Prozac was introduced in 1987 by Eli Lilly and Company

■ Prozac has been used by an estimated 6 million Americans since its introduction

"It has been found indisputably through psychological research that cognitive therapy ... also increases the levels of serotonin," he said. "I wish more people could take advantage of the breakthroughs in psychotherapy for depression."

"I think it's harder for a person to take the credit for the positive change that comes into their life if they're taking a medication."

Prozac has widespread cultural taboo

Another issue surrounding the use of Prozac is a widespread cultural taboo associated with drugs.

Davis said that people who take anti-depressants are often condemned by society for not being able to "cope" without medication.

"As a country we don't like drugs," he said. "We like when people get better but we sometimes feel like they should be doing it themselves."

"This sort of thread runs through American culture."

Dutro said that this mentality can be detrimental for the clinically depressed.

"I think it's cruel in many ways to lodge the idea in someone's head who's really suffering ... that somehow it's bad or dangerous to take a medication that can ultimately help them feel better if that's the best option for them," he said.

For some people, Prozac might not even be an option. Anyone who is taking certain other anti-depressants or who has a history of allergic reactions may risk severe health problems by taking Prozac.

For others, the side effects of Prozac might not be worth the potential relief. According to a report released by Internet Mental Health, a

See Prozac, page 22



TODD WUCETICH / LUMBERJACK STAFF

Hydroponics: Farming without the dirt

■ The process could someday be applied in cramped cities.

By Peter Schless
LUMBERJACK STAFF

Hydroponics, the science of growing plants in minerals and water without soil, may revolutionize the future of farming.

"In the future, I see hydroponics playing a huge role," said Mike Christian, co-owner of American Hydroponics in Arcata. "What I see is the trend of people eating food where it is grown instead of having it shipped in."

"You can grow food where it wouldn't otherwise be possible."

Christian said through hydroponics people can grow food on concrete plots in the heart of cities.

Despite its possible future uses, this method of farming has its "roots" in ancient civilizations.

"Hydroponics was started by the Mayans and Babylonians," he

said. "About 40 to 50 years ago hydroponics was popularized in Israel and the Netherlands."

"A lot of progress was made."

He also said in WWII the U.S. Government used hydroponics to grow food for its troops.

According to InterUrban

"You can grow food where it wouldn't otherwise be possible."

MIKE CHRISTIAN
hydroponic farmer

Waterfarms Online (<http://www.viasub.net/IUWF>), there are several advantages of hydroponics farming over traditional farming:

- Less growing time and space is required
- Heavy labor is reduced (no tilling of soil and some hydroponics systems are automated)
- Less water is needed
- Pests and diseases can be controlled without harmful chemicals
- Weeds are reduced

- Nutrients are recyclable
- Higher yields are possible
- Transplant shock is reduced

"The advantages of hydroponics over standard farming is it's resource efficient and you can grow anywhere — you don't need soil to cultivate food," he said.

Christian said with traditional farming plants absorb only one tenth of the nutrients put into the soil.

With hydroponics, only 2 percent of all added nutrients are wasted.

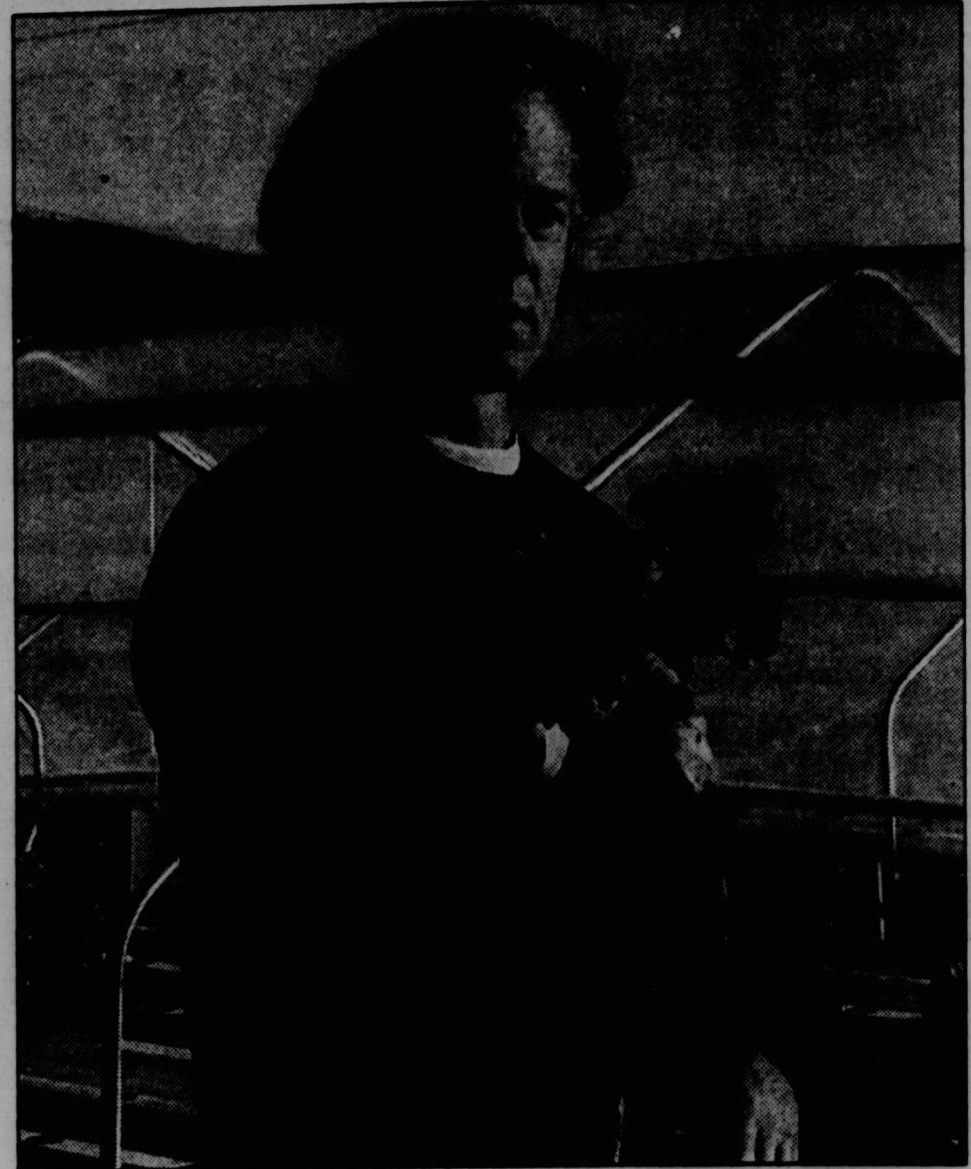
As a direct example of the efficiency of hydroponics, Christian said he is able to use 250 gallons of constantly recirculated water to grow 1,500 heads of lettuce on his farm.

He said hydroponics can be used to grow almost any type of plant.

"Mainly, hydroponics farming is used to grow lettuce, tomatoes, herbs, cucumbers and peppers," he said.

Christian's company, which is one of only three hydroponics companies in the country, includes

See Hydroponics, page 22



AYAKO WALKER / LUMBERJACK STAFF

Mike Christian inspects a head of hydroponically-grown lettuce at the farm he co-owns in McKinleyville.

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TICKET PRICE: \$10.00

Embo Itasca University (1996-2020)



Everyone looks into the future. It is inherent in our nature to wonder what will happen tomorrow, or the day after tomorrow, or the week after tomorrow, or the year after tomorrow. Is this a safe thing to do? Yes, because what we imagine will happen tomorrow, no matter how horrible it is, hasn't happened yet. Is this a healthy thing to do? Maybe... Presented here is a scenario for the future of HSU. The events described within are not simple concoctions of fantasy. They are not delusions of grandeur. They are merely extensions of what is happening in our world today. Some of these events are more plausible than others, but everything presented here is completely possible. So, I ask one more question. Is looking into the future productive and educational? You be the judge.>>>

scenario and image manipulation by jackson garland

1998

As a result of Proposition 210, California's minimum wage is raised to \$5.75 per hour. The raise goes into effect on March 1, 1998. When the Depot opens on Monday, March 2, students are shocked to see a dramatic increase in prices.

- Cheese pizza, \$4.25
- Bagel, \$2.00
- Grilled cheese, \$3.75
- Large Pepsi, \$2.25



1999

During the Fourth Annual Spring Arts and Crafts Fair in May, a disgruntled engineering sophomore climbs atop the clock tower in the Quad with a high-powered rifle. By the time police gun him down, five students are dead and 12 more injured.



2004

A Wendy's fast-food restaurant opens on the corner of 18th and G streets, increasing the total of fast-food restaurants in Northtown Arcata to six. The four-block radius between G and H streets running from 17th to 19th streets. has become known as the "Junk Food Strip."

2007

It is decided the Trimester system is implemented in 1998, isn't it? University administrators the semester or quarter system is original enough." As a result, the trimester system is launched, creating a "synergy of educational m

the future of

2013

The scattered militias in Montana, Idaho and Washington coalesce into the United Militia Front, a strongly armed organization with 500,000 members. Taking advantage of the political weakness of the Pacific Northwest following the Quake of '11, the UMF launches a heavily armed secession movement from the United States.

U.M.F.
Secession
Movement



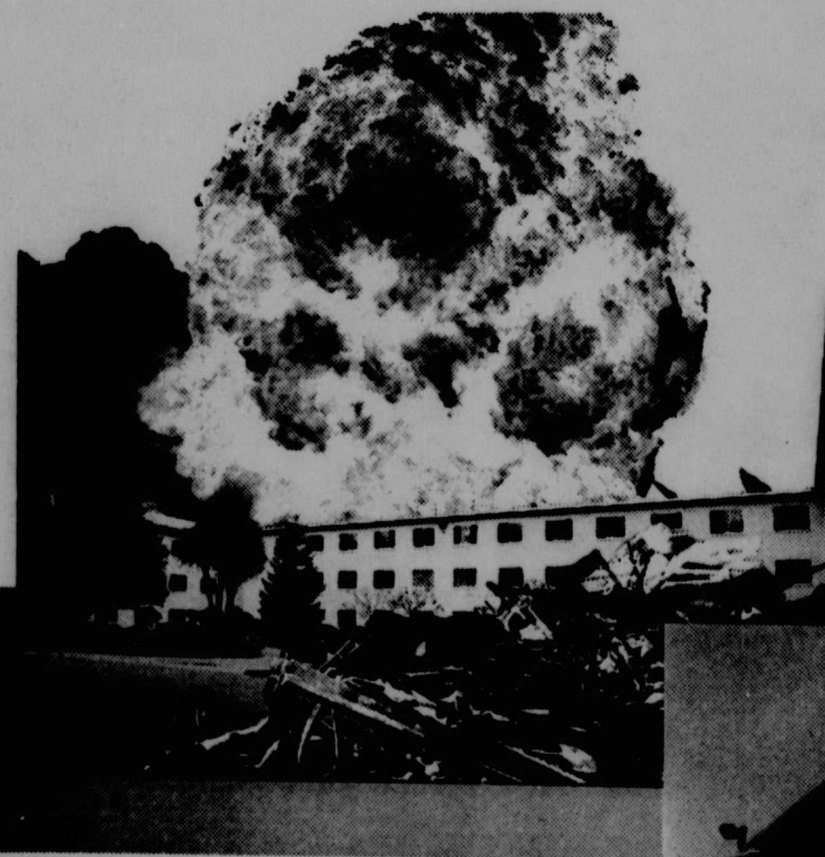
Second Civil War
April 19, 2014 - March 5, 2017
Casualties:
Military: 1,050,870
Civilian: 4,583,543

2014

Tensions flare for months and on April 19, the Second U.S. Civil War breaks out. The UMF has completely overrun the Pacific Northwest, acquiring nuclear capability by stealing weapons stored in silos in southern Washington. A southern front of fighting is established in Northern California.

2016

On Oct. 17, UMF forces seize the HSU and utilize it as an important fort during war. Chemical weapons and a laser-protected perimeter are established. The Canyon Bowl and the Arcata Community Forest heavily mined in order to prevent infiltration. All bridges across the 1 U.S. Highway 101 are destroyed and the ravine is mined. Many structures on campus are destroyed, chemical warfare is implemented every student on campus at the time of the siege is summarily executed by the UMF.

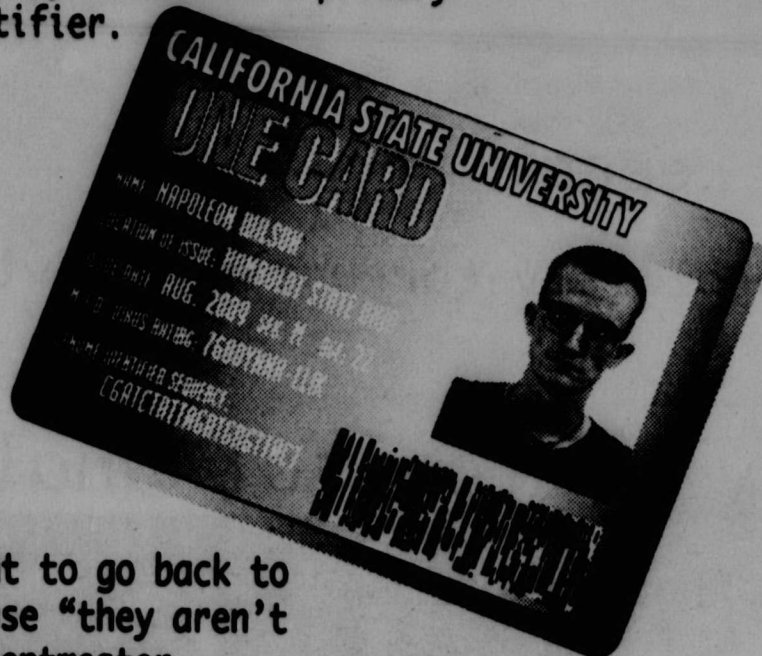


2017

The U.S. military presence in the Pacific Northwest is established, launching an all-out "Battle for the seige of the photograph of the loss of a country becomes one of the final images of the finally retaken unconditional

2009

The CSU One Card, implemented in 1999, begins encoding students' genetic code sequence to replace the Social Security Number as a primary identifier.



seize the Trimester system, in 1998, isn't working. Administrators don't want to go back to a quarter system because "they aren't tough." As a result, the Septmester is launched, creating seven academic periods in a school year. Administrators cite it as a new educational method and opportunities."

2011

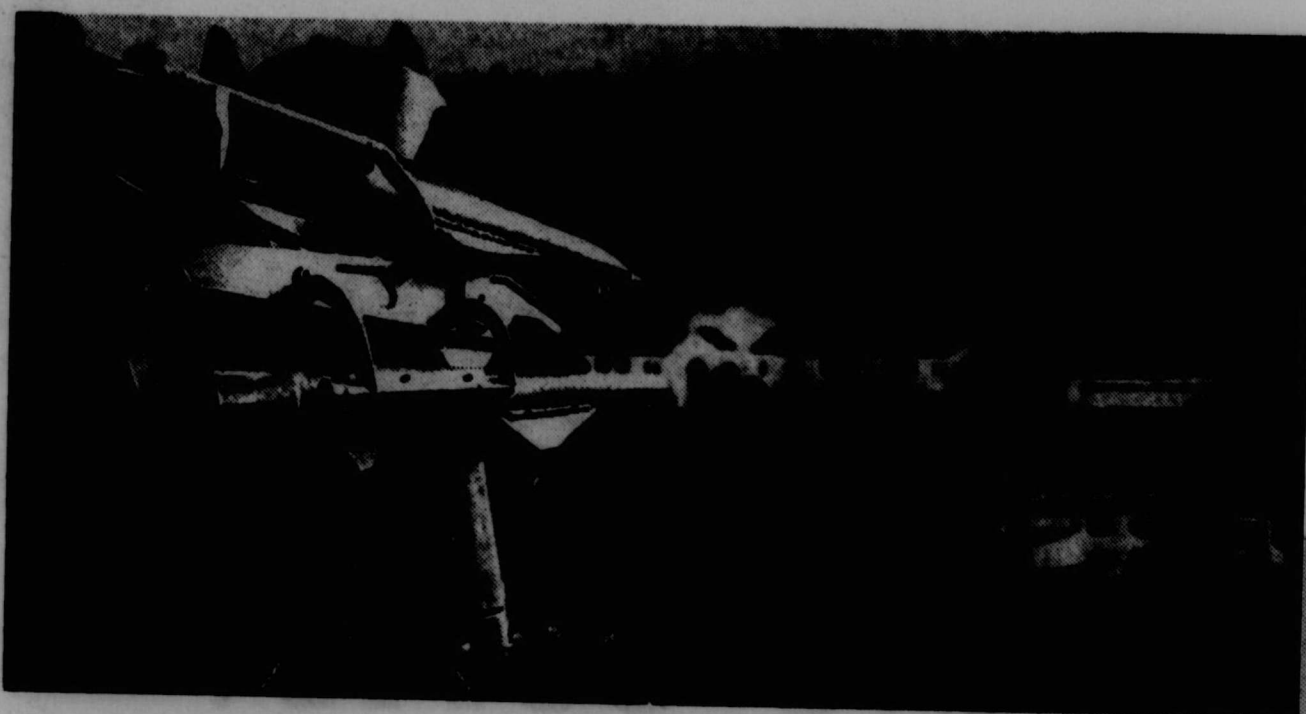
On July 14 at 11:17 p.m., an 8.3 earthquake strikes on the southern portion of the Cascadia Subduction Zone. Much of HSU and Arcata are ravaged, particularly homes in the Bottoms. The Van Duzer Theatre, pictured at right, sustains major structural damage. Three hours earlier, the theater had been full for a sold-out CenterArts Summer Series performance.



President Elizabeth Dole, elected in 2008, visits with victims of the quake. During a speech in Eureka, she promises the Pacific Northwest federal aid in the amount of \$225 billion, or one-quarter of the entire national budget. As a result, taxes increase approximately 350 percent across the country.

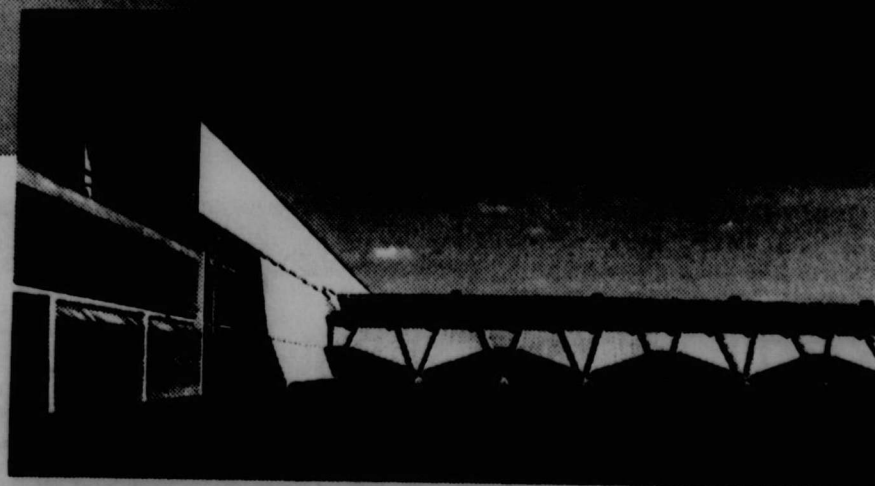
of the future

seize the HSU campus as a strategic important fort during the war and a laser-protected area. The Canyon, Redwood Community Forest are to prevent access across the 10-lane highway destroyed and the highway structures on campus are destroyed. A new security system is implemented and at the time of the attack by the UMF.



2020

The Second Civil War left much of HSU in rubble. The campus is closed for three years and completely rebuilt. It reopens in the fall of 2020 to a huge gala celebration with over 200,000 in attendance. The university is renamed Seher University after General Dow Seher, who led the U.S. military to victory in the "Battle for Humboldt." The new university doubles as an educational institution and a U.S. historical landmark.



The new Burke Geology Complex, constructed on what used to be the Lower Playing Field, stands today as a monument to the students slain during the war.

2017

The U.S. military establishes a heavy presence in Arcata. After executing guerilla warfare for months and establishing short-range missile launchers pointed at HSU, the Marines launch an all-out attack known as the "Battle for Humboldt," culminating with the siege of Fickle Hill. This photograph of a Marine mourning the loss of a comrade during the siege becomes one of the best-remembered images of the war. The campus is finally retaken on Feb. 10 and the UMF unconditionally surrenders on March 5.



END

Why

bother to gaze into the future?

In 50 years the world

changes completely

but everyone who could notice is shellshocked or dead.

These things aren't a joke. Here's why:

▶ Those who do not know the past will repeat it.

▶ A vision of absolute power is absolutely corrupting of vision.

▶ If the ~~FACTS~~ seem to fail you, try historical analogy.

What the heck, at least it's

All the people who are going to run the world in 20 years are alive right now.

▶ The future is always overplayed in five years. This is known as

hype.

>> If the future were really predictable, >>

we'd all hang ourselves right after killing our children.

Apocalypse always sells.

Because it flatters our vanity.

Real futurism means staring directly into your own grave and accepting the slow but thorough obliteration of everyone and everything you know and

Does this sound like fun?

• It can be.

McKinleyville hydroponic farm examined in detail

■ Here's a step-by-step look at growing tomatoes and lettuce

AYAKO WALKER / LUMBERJACK STAFF



By Jonathan Jabel
SCIENCE EDITOR

1.

Seedlings begin in individual "oasis cubes" made of a special foam that breaks down as the plant grows.

In what is called an "ebb and flow system", the cubes are continuously immersed in a bath of water rich with nutrients such as nitrogen, phosphorous and potassium. The water is recirculated every 1 1/2 hours and heated to between 65 and 70 degrees Fahrenheit to keep the young roots warm during cold nights.

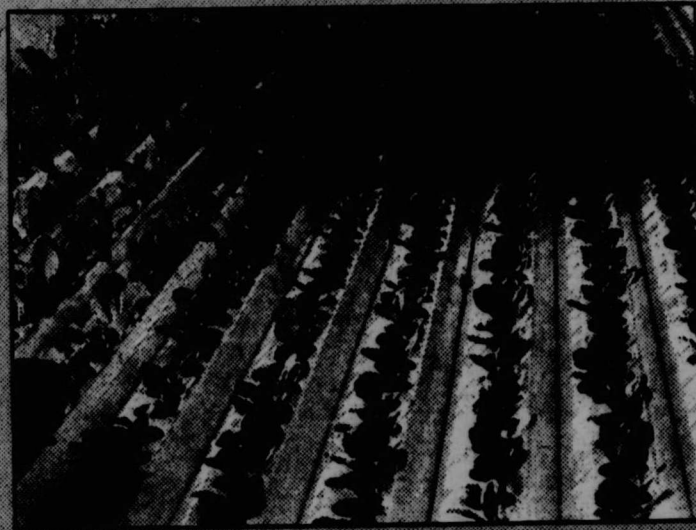
2.

When the roots are about one-half-inch long, the young plants are moved to a greenhouse and placed in plastic reservoir trays.

Again, the roots are continuously immersed in recirculating water, about 250 gallons of which nourish over 4,500 plants at Christian's farm.

Some of the seedlings are placed in individual cups to prevent algae growth on the reservoir walls.

At right, more developed plants in their reservoir trays.



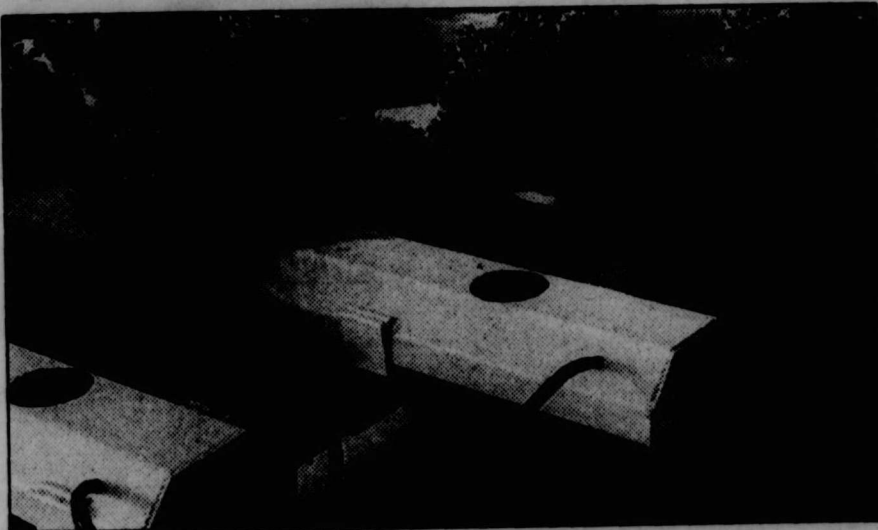
AYAKO WALKER / LUMBERJACK STAFF

3.

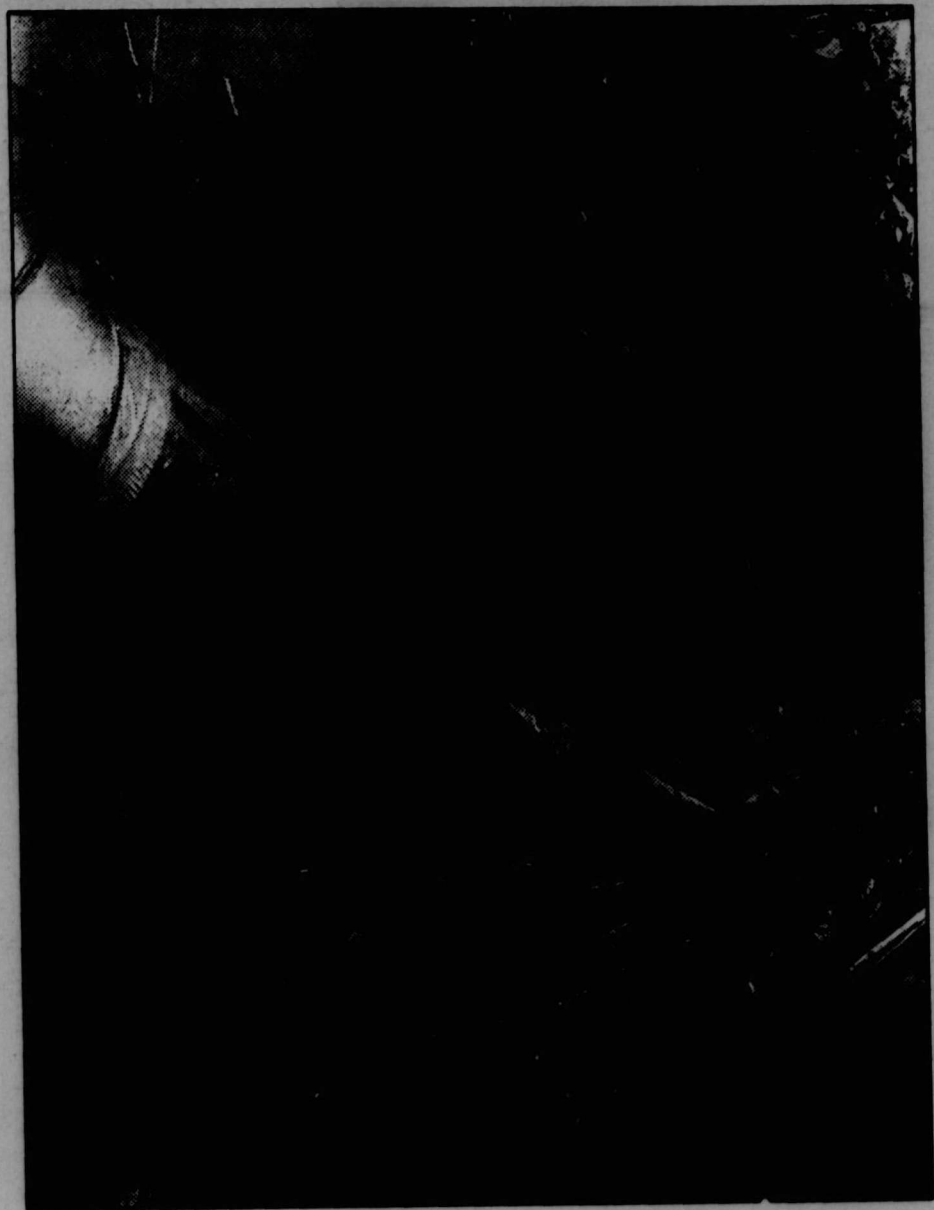
The plants are moved to larger outside reservoir trays for the remainder of their growth, which are covered with roll-down polyurethane covers at night to protect against the cold.

The fully-grown plants have used all but 2 percent of the nutrients fed to them.

At left, lettuce ready for harvesting in the outdoor reservoir trays.



AYAKO WALKER / LUMBERJACK STAFF



AYAKO WALKER / LUMBERJACK STAFF

A single hydroponic tomato plant, shown above, can grow 40 feet long. The plastic apparatus at center is a ventilation duct.

The almost 900 tomato plants in Christian's greenhouse yield a half-ton of produce a week, and a pound fetches \$1.50 at market.

The plants sprout from an initial root bed, being fed nutrient-rich water from a drip irrigation system. They are strung upwards to a wire suspended overhead, and the long stems stretch horizontally behind after months of growth. In an exceptional year such as this one, a single plant can stretch to 40 feet in length.

Because the system is designed for continuous harvest, Christian said the current batch of plants will probably grow until mid-January.

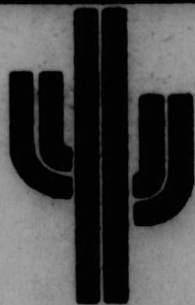
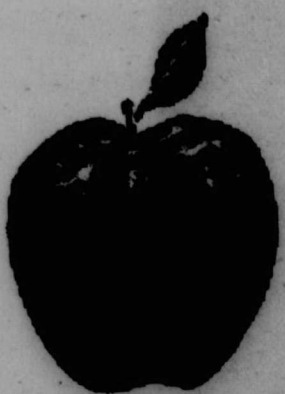
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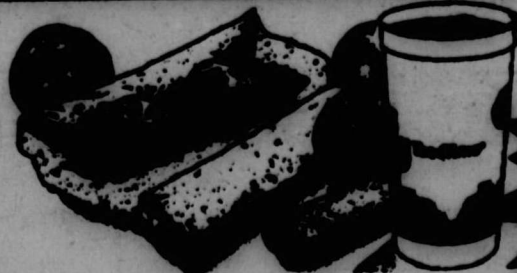
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Hydroponics

• Continued from page 20

Little River Tomatoes and Hydro-lettuce farm in McKinleyville and the American Hydroponics store in Arcata.

Christian's farm is modeled after one in Australia that is three times as large.

"(At the farm) in Australia there are 40 growers on 180 acres of land that produces \$25 million of lettuce a year," he said.

With an initial investment of about \$10,000, Christian's company now grosses about \$1 million annually.

Fourteen varieties of lettuce are grown on his farm, along with tomatoes, his main crop. In the spring, Christian plans on growing and marketing spinach and edible flowers.

Christian sells his produce to

Wildberries, Larry's Market, Eureka Produce and Ray's.

"We ship our produce all over the county," he said. "One of our commitments was to stay local."

American Hydroponics sells equipment and supplies such as nutrients, books, complete hydroponics systems, lighting, test equipment, organic supplements and natural insecticides.

Christian said some of the systems are the same ones used by schools and research institutions such as the Smithsonian.

Christian said the key to successful hydroponic farming is to never give up and pay attention to details.

"Staying informed, keeping in touch with other growers and doing research on the Internet also help," he said.

Prozac

• Continued from page 19

website developed by Canadian psychiatrist Dr. Phillip Long, Prozac may cause anxiety, insomnia, mania, or seizures in some patients.

Side effects are mild for most patients

Davis said that for the vast majority of patients, the side effects are mild.

"There are certain side effects that you get with this drug ... but they're minor," he said. "They may include jitters, diarrhea, impotence, or headaches (but) they're obviously worth putting up with, because people do so."

Prozac has received tremendous negative press over the past few years. Some say that the nation is becoming addicted to Prozac, hence the term "Prozac

Nation." Some are skeptical of its effectiveness. Some fear health ramifications that may surface for long-term users in the future.

Davis said that this fear and skepticism aren't uncommon for a new drug.

"I've been in medicine long enough to have seen this happen to a lot of drugs," he said. "That people are saying bad things about Prozac is no surprise. When a great new drug comes out ... I guarantee within a couple of years there will be ... horror stories about it once it gets big."

Dutro said that there is potential for misuse of Prozac, but it's unlikely that it would become a serious problem.

"I suppose (a Prozac Nation) is a possibility," he said. "There are some scary possibilities with both illicit and illicit drugs."

"But realistically, I don't think that can ever happen."

BOYD'S MUSHROOM FAIR

Mushroom fair this Saturday

Learn how to cook, preserve and even dye cloth with mushrooms at the Humboldt Bay Mycological Society's Mushroom Fair. The event will take place Saturday from 11 a.m. to 4 p.m. at the Arcata Community Center, located at 14th and D streets.

Explosive lecture

Physics Professor Fred Cranston will deliver an Emeritus Lecture titled "Nuclear: Bombs, Reactors and Ethics" this Friday at 7 p.m. in Founders Hall 125.

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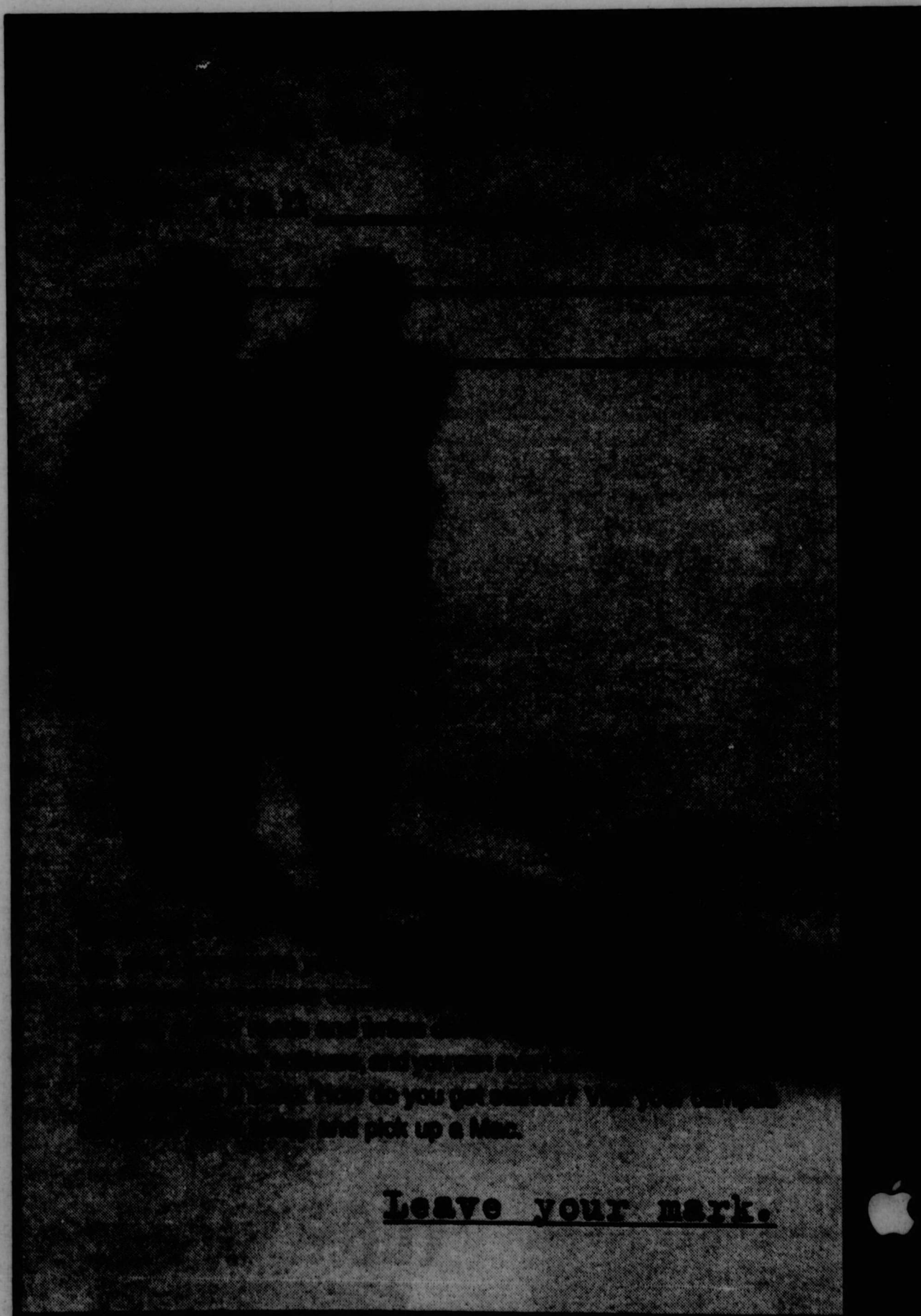


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Hedzoleh Soundz will 'get ya high'

West African band combines tradition and modernism

By Daniel Widmer
LUMBERJACK STAFF

"If the people have dancin' shoes, they need a get ready to wear 'em off," said Acheampong "Salas" Welbeck, singer and percussionist for Hedzoleh Soundz.

Known in Africa as Kolomashie, the band's musical style is uplifting and inspirational. "In the Western world, they call it (West African) Highlife ... 'cause it get ya so high," bass guitar and vocalist Pajo Amissah said in a telephone interview from Oakland.

The band's sound has been touted as a combination of traditional African sounds with contemporary Western instrumentation, which produces an "infectious dance beat and non-stop rocking," Amissah said.

Vocals are also an important part of Hedzoleh Soundz' music. All members participate in creating the group's soaring harmonies.

Hedzoleh Soundz began in the former British colony of West Africa — the Gold Coast. Independence was achieved in 1957 and the country was renamed Ghana.

Hedzoleh, a name taken from the Ghanaian language, Ga, means "inner peace" or "tranquility." The unique language allows for multiple meanings of its words.

The band has performed in Ghana to diverse groups of people speaking different languages, but their international messages of peace and unity permeate the crowd unrestricted by language or any other barriers.

"If you are looking for that new rhythm, you go

See Soundz, page 28

Hedzoleh Soundz originated in the Gold Coast of Africa. The band will perform at Hefe's Nightclub Friday night.



Show info

■ Earthshine Productions presents Hedzoleh Soundz and Upful Livin'.

■ Hefe's Nightclub, 432 5th St., Eureka.

■ Friday at 9:30 p.m. (Doors will open at 8 p.m.).

■ Tickets are \$6 in advance, \$8 at the door.

■ Tickets are available at The Works, The Metro, Mad Dogs and Wildhorse Records.

'When You Know ...' is no ordinary nursery rhyme

Play reinvents Butcher, Baker and Candlestick maker

Show info

■ For more information,

■ Thursday through Saturday and Dec. 11-14 at 8 p.m.

■ Tickets are \$6 general, student and senior tickets are \$2 Thursday and Dec. 11 and 12.

■ Student/senior tickets for Friday, Saturday and Dec. 13 and 14 are \$3.50.

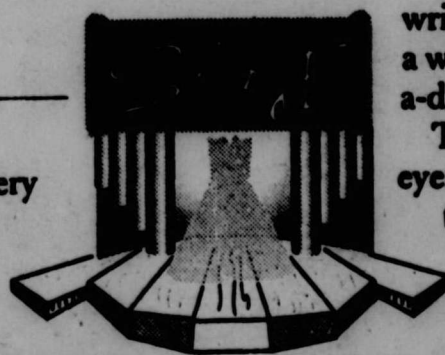
■ For information call 824-5493.

By David Perry
PRODUCTION MANAGER

It's no simple nursery rhyme being young and trying to figure out what to do with your life.

For Wendy — the central character of Thursday's HSU Studio Theatre premiere of "When You Know What It Is You're Doing" — it's certainly not child's play.

Wendy, played by HSU theater arts junior Gina LoForti, is adrift at the end of America with the Butcher, the Baker and the Candlestick maker (three characters re-invented by New York play-



wright Adam Sobsey) who put a whole new meaning to "rub-a-dub-dub."

The story is seen through the eyes of the heroine, who breaks the fourth wall throughout the play with narration to the audience regarding her story of harsh circumstance.

Stuck in Seattle after tragically losing touch with her "drooling and sputtering and sweating" best friend and traveling companion Paul, (theater arts senior Matt Cole), Wendy gets the underground tour of the city via three familiar but twisted characters who she takes up work with.

See When you know, page 27



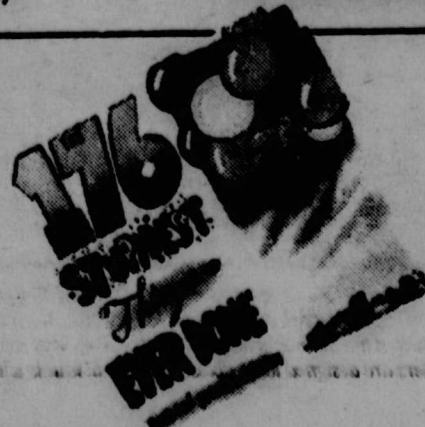
PHOTO COURTESY OF BRENDA BISHOP

The Kid (Pat Jones, studio arts sophomore) gives Wendy (Gina LoForti, theater arts junior) the lowdown on underground Seattle.



Resistance is futile.
The Enterprise
fights the Borg in
'First Contact.'

See page 25



There are indeed
people stupider
than you, as this
book proves.

See page 24



Humboldt County's
Graffiti performs at
its 10th birthday
bash.

See page 28

Stupid people tricks Book chronicles world's dumbest antics

ON
BOOKS...

By Stacy Ford
SCENE EDITOR

"The 176 Stupidest Things Ever Done"

By Ross and Katherine Petras
Doubleday, 192 pages
\$9.95, paperback

You know the old saying "It's better to keep your mouth shut and be thought a fool, than open your mouth and leave no doubt." Well, sometimes it is not enough to just keep quiet.

"The 176 Stupidest Things Ever Done," by Ross and Katherine Petras, authors of "The 776 Stupidest Things Ever Said," chronicles some of what is sure to be the world's dumbest antics.

From the farsighted bank robber who tried to rob an eye bank to the man who tied helium balloons to his chair and ended up 15,000 in the air, "The 176 Stupidest Things Ever Done" is sure to make even the clumsiest, most ignorant clod feel a little better about himself or herself and leave the reader laughing his head off at the stupidity of some people.

From throughout history and around the globe, the Petras' hilarious and entertaining collection of inane antics, in the words of the authors, "salutes the buffooneries, travesties of common sense, and just plain stupid things people have done."

Some of the books "stupid" entries include: ■ Charles Barkley, the famous basketball player, was furious when he saw he was badly misquoted in a book about his life. He tried to stop publication, but there was one problem.

The book was Barkley's autobiography. ■ A Colorado thief begged police to book him on manslaughter charges instead of robbery because he was afraid he would be the butt of cruel jokes in prison.

The bag he stole from the Globe Freezer Company contained 1,800 cow rectums. (See Editor at Large, page 36)

■ A man decided to rob one of those big, do-it-yourself home shopping centers. He was caught in the act and police gave chase. The robber ran through a door. He saw another door and ran through it. Then he saw another door and ran through that.

He ran through 11 fake doors before running into a brick wall and knocking himself out.

■ A 22-year-old Chinese man was convinced he had mastered the powers of his mind, therefore, he could make things happen or not happen at his will.

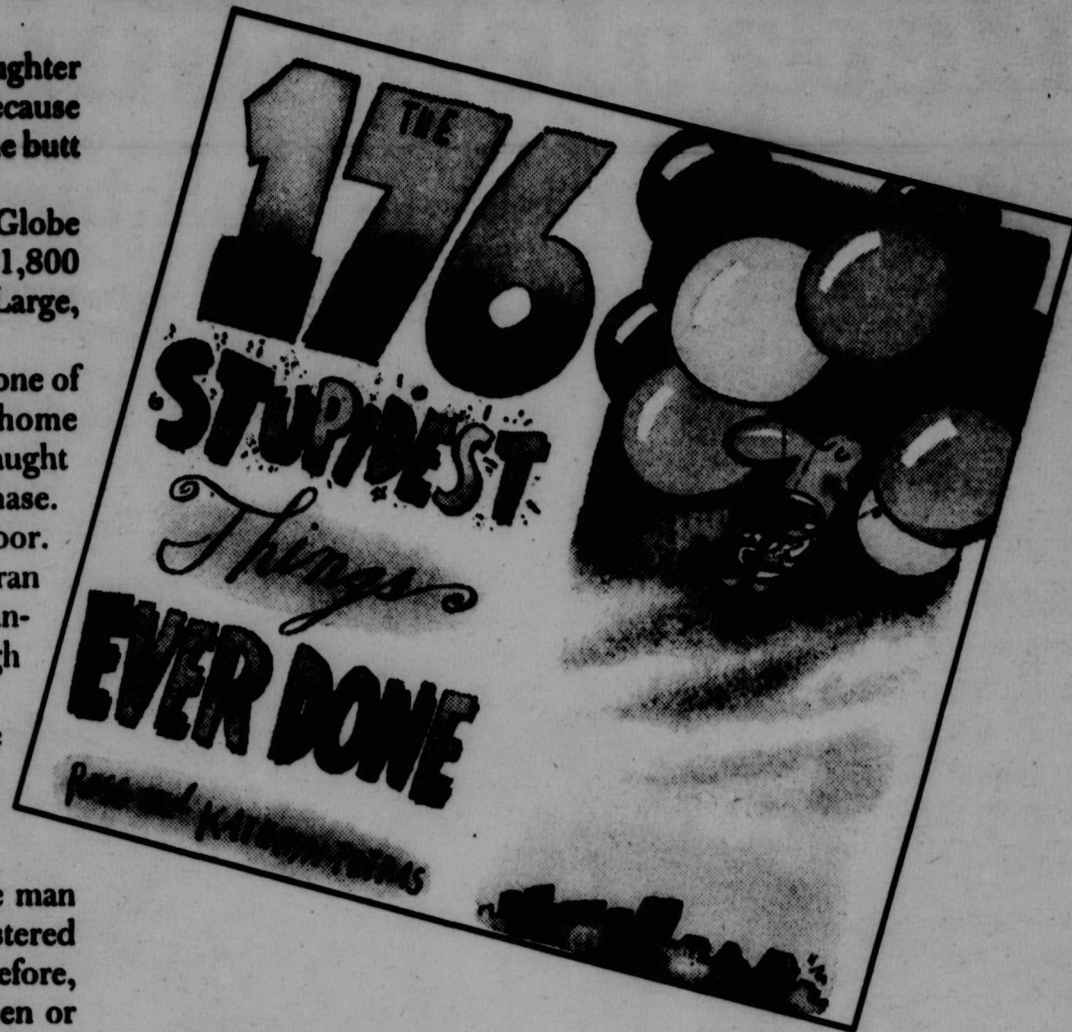
To test his theory, he stood on a railroad track. If his theory was correct, he would stop the train with the powers of his mind. His theory was incorrect.

■ A Houston man was robbing a convenience store when the clerk said he would give him \$100 for the robber's guns. The robber agreed and the clerk gave him \$100 and took the guns.

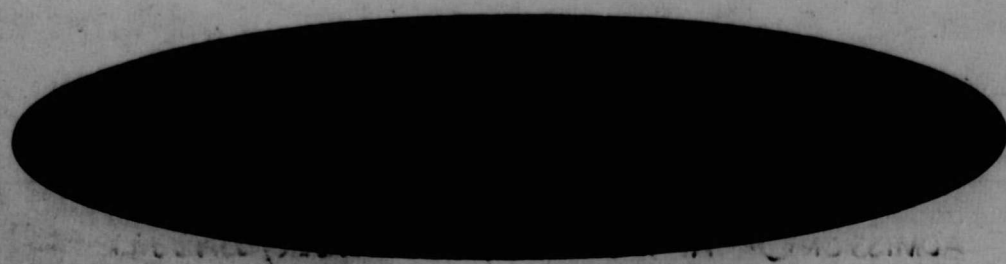
He promptly pulled one of the guns on the robber and demanded the money back. ■ Two robbers charged into a Detroit music store waving guns.

"Nobody move!" the first one shouted. The second robber then moved — and the first shot him in the head.

"The 176 Stupidest Things Ever Done" is a very entertaining look at people dumber than you.



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Resistance is futile

Enterprise crew tries to save humanity in 'First Contact'

On film

"Star Trek: First Contact" (PG-13)
Paramount

★★★★

Assimilation's a bitch — especially when it's happening on your brand spanking new starship. In "Star Trek: First Contact" the Next Generation crew must stop a group of beings — known as the Borg — from assimilating its ship and all of humanity in the mid-21st Century.

The Borg is a "collective" force of beings who cruise around space in massive cubic vessels and assimilate any humanoid life form encountered.

Through the process of assimilation, a being is mutilated through mechanical implants, loses his or her identity and becomes a mindless servant of the collective.

"First Contact" begins with Captain Picard (Patrick Stewart) having a disturbing flashback to the time when he was captured

and assimilated by the Borg.

It is because of this incident that Picard's superiors ask him to hang back while multiple Starfleet vessels battle a Borg ship.

Sporting a new starship, the Enterprise D, Picard ignores this request and heads for the battle.

At the battle, Starfleet is getting worked while the Borg ship is barely scratched.

Using his knowledge from time spent with the Borg, Picard takes control of the fleet and directs a precise assault against the Borg ship.

The massive cube is obliterated in a powerful and brilliant explosion — a true jaw dropper.

However, before the Borg ship meets its demise it is able to send out a small vessel and beam a covert team of Borg over to the Enterprise.

Upon noticing the vessel, Picard follows it through a time rift into the 21st Century. It is there that he discovers that the Borg intend to assimilate humanity after preventing an important event in history from unfolding.

This event, known as first contact, is when beings from another planet visit Earth for the first time after a human scientist (James Cromwell) achieves warp drive (an extremely fast means of propulsion) on his spaceship. According to the storyline, this alien visit reversed the downward spiral on which humanity was headed.

If things weren't bad enough, the Borg



PHOTO COURTESY OF PARAMOUNT

Lt. Cmdr. Data and the Borg Queen share some intimate moments in "Star Trek: First Contact."

group that infiltrated the Enterprise begin assimilating it deck by deck. Picard turns it into a personal battle and vows to reclaim his ship.

Leading the assembly of assimilators on the Enterprise is the mother of all Borg — literally.

The Borg Queen is a curiously grotesque humanoid creature made of metal, flesh, tubing and lighting. Her sultry and persuasive voice make it tempting to ignore her fixation with assimilating the universe.

After her forces capture Lt. Cmdr. Data (Brent Spiner) in a botched attempt to re-

claim the ship, the Borg Queen discovers it impossible to assimilate the intricately crafted android.

Instead, she attempts to gain his loyalty by introducing him to ... well let's just say pleasures of the flesh.

This movie is loaded with surprises, plot twists, tense drama and awesome special effects courtesy of George Lucas' Industrial Light and Magic Co. Aside from some corny lines that were extremely unfunny, "First Contact" is an outstanding film that more than makes up for its crappy predecessor, "Generations." — Peter Sciacca

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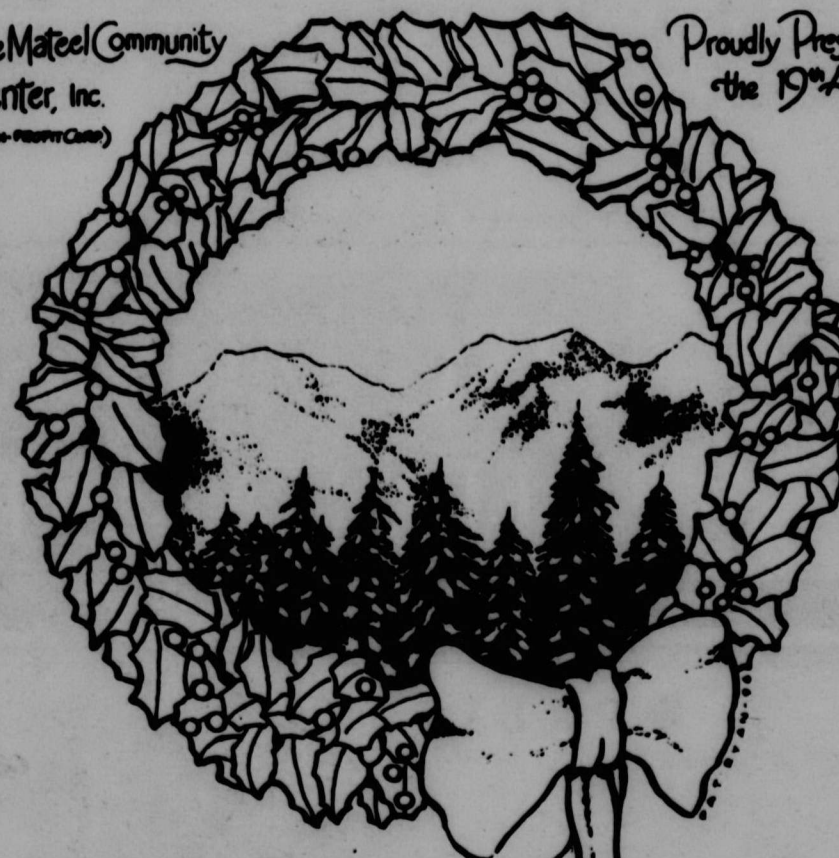
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Back Row Kings wear many crowns

Band draws inspiration from various styles

By Stacy Ford
SCENE EDITOR

With each member having different musical backgrounds and influences, Humboldt County's Back Row Kings finds its sound hard to categorize.

"We try to say what it sounds like but we can't pull it off," said lead guitar/vocalist Don Holiman.

Back Row Kings has been around for a little more than a year and in that time it has come up with a sound that is uniquely its own.

"We definitely strive to make our own music," said drummer and vocalist Johann Hutson. "We don't like to sound like anyone else."

Although people have said the band sounds like other bands, bassist and vocalist Paul Morris said it is because of a few songs and not the band as a whole.

"I don't know of any bands that play as diverse an array of musical styles as we do," he said.

"We have an eclectic musical background," said Morris, who used to "stay

home and listen to Rush," jazz, "specifically Stanley Clark," and Crosby, Stills and Nash.

Holiman, whose musical influences include Merle Haggard, Metallica, The Doors and Mother Love Bones, used to be in a country band with his father.

Hutson was in a blues band with Morris and then an alternative band with Lisa C. Sharry, who plays rhythm guitar and sings.

Sharry said she grew up listening to folk music, such as Joni Mitchell and Peter, Paul and Mary.

"When I was young I used to fantasize about being on stage and I'd sing Peter, Paul and Mary songs," she said. "I listened to a lot of that style of music."

Sharry said the band's sound is rooted in rock 'n' roll.

"Whether it's heavy or folk, it's all rock-based," she said.

Back Row Kings plays every other weekend on average around Humboldt County.

Holiman said the band tends to gear its sets to dancing and shows usually "start out mellow and end up obnoxious."



PHOTO COURTESY OF DON HOLIMAN
Back Row Kings are, from left, Johann Hutson, drummer, Paul Morris, bassist, Don Holiman, lead guitar, and Lisa C. Sharry, rhythm.

ious."

Sharry said the audiences usually tend to like what's happening even when the crowd is small.

"So many times I've looked out (at

the crowd) and seen people just groovin."

When it comes to its future, the band seems to agree on one thing for certain:

"We want people to know who the Back Row Kings are and like us," Sharry said.

Shows

■ Today
at College
of the Red-
woods at
noon

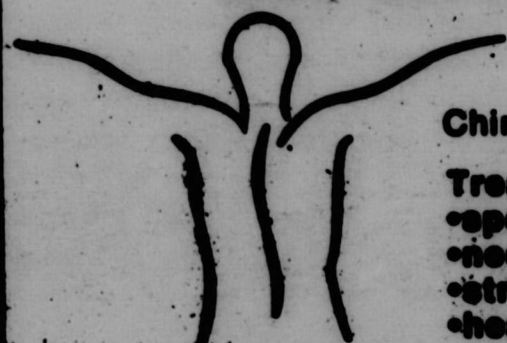
■ Fri-
day, Dec. 13
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p.m.

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When you know

• Continued from page 23

The Butcher, played by HSU theater arts graduate student Ryan Maddux, knows what it is he's doing. Along with his children, the butcher is filming a movie featuring Wendy, who bares a striking resemblance to the wife of the Butcher. The poor woman had an accident with a train.

Along with his assistants, the Baker, played by Arcata resident Bret Anderson, is a white supremacist who makes a habit of working naked with flour covering his body.

The Candlestick maker, played by Amey Goerlich, a University of New Hampshire theater exchange student, is in the business of pornographic film making. Goerlich's character claims her grandmother was the person who started "the colossal inferno that leveled most of Seattle during the Depression."

According to Sobsey he got the idea for the play while spending a penniless summer in Seattle trying to figure out what to do while he was there. He said it was a summer filled with a lot of anxiety and boredom.

"I had very little to do but I was always nervous because I didn't know what I was doing," the 25-year-old Sobsey said. "So I think the original germ of the play is somewhere in there."

The uncertainty of Wendy's plight comes through as symbolism for an uncertainty inherent in youth. This comes through in the

contradictions between Wendy and her "Ace of Hearts" Paul. Wendy is one for words — "nimrod" Paul is one for action.

Also symbolizing the anxiety of youth is the Kid. Played by studio arts sophomore Pat Jones, the Kid gives Wendy the low-down on Seattle and its underground city where charred remains have been built over. The street-wise Kid lives the underground life, constantly being pursued by a dark van containing a couple of suit-and-ties of an older generation.

The play contains extreme moments in portraying the story — an aspect that director Mary Agnes Krell found intriguing as well as challenging.

"In addressing the themes of the play I'm both fascinated and troubled with dealing with two things on stage," said Krell, an HSU graduate student. "I have the most trouble and I am most fascinated by stillness and high drama, particularly when things become really emotional ... I've had the actors walk through things and improv things. I've also been overt in asking the actors in certain spots what their responses are and whether what they're doing seems to work for them or feels honest for them."

"What I'm trying to with the play is set up scenes so that the motion really does go up and down, and up and down," Krell said. "There's moments that are painfully still and moments that really

move."

Sobsey wrote "When You Know ..." with the ups and downs in mind. "It's very consciously written that way," Sobsey said. "There's a lot of things that I'm not conscious of when I'm writing but one thing I am very attuned to is rhythm. So certain scenes are written to move very quickly and certain scenes are made to almost not move at all. Almost like paintings."

According to Krell, her and Sobsey have agreed from the beginning that the sense of anxiety and aimlessness of being adrift in this world comes across strongly in the script.

"When You Know ..." was submitted by Sobsey for HSU's Season of New American Plays. Members of the theater department, including students filtered through about 100 submissions before deciding on this script and "Blood Root," which premiered in October.

Included in the cast of characters is an ensemble that make up the various assistants of the Butcher, the Baker and the Candlestick Maker, as well as a cashier, a waitress a customer and the two men in suits.

That ensemble includes Anderson, Goerlich, Maddux and HSU theater arts student Harvey.

"People get killed or screwed in more ways than one," Sobsey warned. And while you're young you should remember to "be careful what you ask for because you just might get it."

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Reggae/funk band turns 10

By Stacy Ford
SCENE EDITOR

For the first time in three years the reggae/funk band Graffiti will take the stage at the Jambalaya.

Graffiti played its first gig in 1986 at the Jam and will return for its 10-year birthday celebration Thursday at 8 p.m.

"We were kind of like the house band at the Jambalaya," said James "Hawk" Meisel, guitarist and vocalist. "We played once a month, Thursday through Sunday."

When Graffiti played it was never without a guest player.

"We had a tradition of having people from the community sit in," Meisel said. "We've had some local Jamaican singers sit in. We've had some rappers and assorted guitar and horn players."

Graffiti plans on continuing that tradition at its birthday gig.

"We're trying to get everyone who's ever played with us over the years to join us on stage," he said. "It should be real fun."

Meisel, who describes



PHOTO COURTESY OF JAMES "HAWK" MEISEL

Graffiti is, from left, Stephen Darby, Matt Horns, Michael Stewart and Mobil Kavanaugh. Graffiti will perform Thursday at 8 p.m. at the Jambalaya.

Graffiti's music as a cross between reggae, funk and rock 'n' roll, said he was heavily influenced by the music scene in San Francisco in the '60s as well as reggae before moving to Humboldt County in the '70s and those influences show in his music.

"We have a lot of mellow folk type songs that are acoustic," he said. "Some songs are almost country rock. We've been getting into trans-hip hop rave music."

Meisel said although the band hasn't played clubs in a while, its

been playing "pretty regularly for the past 10 years."

Graffiti has done many benefits including the "Role on the Matole," benefits for Redwood Alliance, Humboldt Surfriders and the Arcata Children's Center, to name a few.

Meisel said Graffiti has a cassette called "No Borders" out in area record stores and the band should have a few CD's coming out in the next year.

Soundz

Continued from page 28

to Ghana," Salas said. "Hedzoleh Soundz has that kind of rhythm."

The band formed in 1971 in the town of Accra with the help of trumpeter and producer Hugh Masekela.

Hedzoleh Soundz features Masekela on all of their three albums.

The first, entitled "Hugh Masekela Introduces Hedzoleh Soundz," came out in 1973 on Blue Thumb Records.

Their next album "I am not Afraid" appeared the following year on the same label.

Hedzoleh Soundz' third album was recorded after nearly a 20-year respite, when the band regrouped to record "Waka," an album whose title translates to "alive" or "life force."

The long break by the band allowed them to come up with good, fresh ideas, Salas said.

"You stay together too long and you get bored. You need the new battery."

Some members of the band went to New York, Salas said, while the guitarist returned to Africa.

During his sabbatical from the band, Salas performed with Zulu Down and the African Rhythms Ensemble and was named best trumpet player in the Bay Area at the 1995 Jazz Awards.

Salas, who is also a composer, performed with the Zulu Down Ensemble at the 1995 Jazz Awards.

Hedzoleh Soundz will perform at the Jambalaya on Thursday at 8 p.m.



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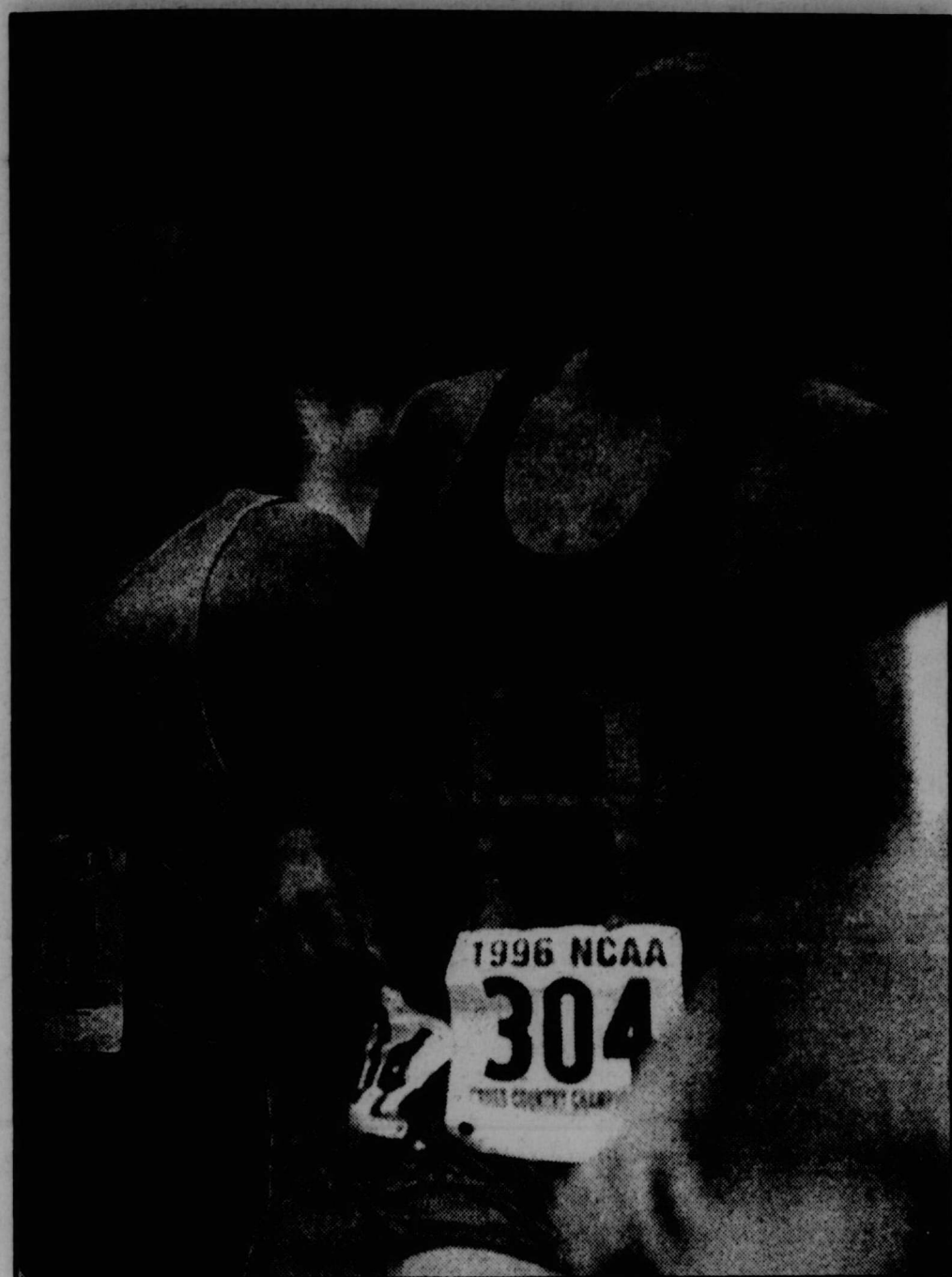


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DANIEL WIDMER/LUMBERJACK STAFF

Use the Force, Luke

HSU senior Luke Roundy (No. 304) battles T.J. Trout of Fort Hays State at the Nov. 23 NCAA Division II Cross Country Championships at Beau Pre Golf Course in McKinleyville. Roundy beat out Trout by less than a second, finishing 47th.

Cagers ready to contend for NCAC title

■ Women's basketball team seeks to rebound from cold shooting for success in NCAC play.

By Peter Schaefer
LUMBERJACK STAFF

Citing balance and experience as her team's strengths, women's basketball Coach Pam Martin is looking forward to 1996-97 season.

"This year's team is pretty well-balanced," she said.

"More so than the past."

Martin said junior Erin Bishop and senior Tami McCanless will probably be the leading scorers this season.

She also expects senior Sarah Trobee to be strong

in the fifth spot and junior Teresa Farmer to provide defensive assistance.

"I am pleased with how we're looking at this point," she said.

"Our game against the alumni showed some of our weaknesses, but it's early and we're performing at a good level for now."

Martin said there is only going to be one change in the team's style of play from last year.

"The only adjustment is we're moving from a two-post to a one-post defense," she said.

"It's a new system which means

"It will be very challenging. It should be a great battle for the title."

PAM MARTIN

women's basketball coach

some of the more experienced players won't have a learning curve advantage."

Martin said she expects the competition in the NCAC this year to be intense.

"It will be very challenging," she said. "It should be a great battle for the title. Hayward, which finished last the previous season, will probably be in the top four this year."

Martin said having nine returning players, three of which were starters last year, could give her team an advantage.

"We're more experienced," she said. "Last year there were quite a few sophomores that had to fill starting roles."

"This year we're older. Hopefully, that will help us out."

Along with these older players are promising freshman such as Elizabeth Sanger (post) and Kristen Swain (guard/forward).

While there are no coaching changes this season, former player Molly Skonieczny will volunteer her time to assist the coaching staff.

Martin said her team should be a strong contender for the conference title.

"We have a tough preseason so we won't necessarily have a winning record going into the season opener," she said.

"However, I think it will help to prepare us for the year."

McCanless leads 'Jacks as senior

By Michael Platt
LUMBERJACK STAFF

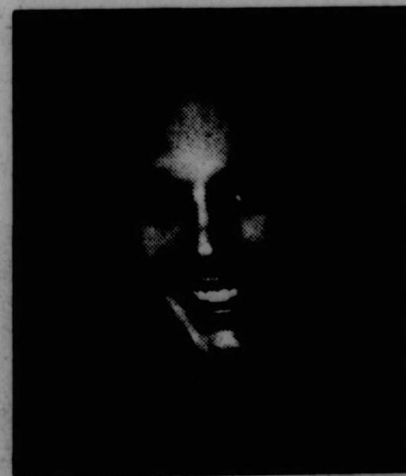
When HSU's women's basketball team voted for team captains, Tami McCanless became a co-captain by an almost unanimous vote.

"She was probably the only person who didn't vote for her," said Coach Pam Martin, who also called McCanless the 'Jacks' "best overall player at both ends of the court."

A modest team player, McCanless will lead the 'Jacks this season, along with co-captain Ellen Wahle.

A senior this year, McCanless has made a difference as a guard in her four years at HSU. Already she is third on HSU's all-time list in steals.

Her best season was 1995-96, when she led the 'Jacks in scoring, steals, assists, free throws made and field goals. She was named a second team all-conference player and HSU's defensive player of the year. She also won the Strength and Conditioning All-American award.



Tami McCanless

"Tami's our most consistent player," Martin said. "She's the heart and soul of this team. We're going to miss her next year, because that hustle and desire will be missing."

This season, McCanless continues to lead the team in scoring, steals and field-goal percentage — leading the 'Jacks in scoring in four of five games. She averages 14 points per game.

In last week's 'Lopes Invitational, McCanless earned selection to the all-tournament team for her team-high 22-point performance

against Western State.

McCanless, a senior sociology major and criminal justice minor, is from Ferndale. She said one of the things she likes about going to school at HSU is that her friends and family are only a half-hour drive away. McCanless said her mother and grandmother and high school coaches make many of her home games.

McCanless was a three-sport star at Ferndale High School where she was twice an all-league selection in volleyball and three-time all-league pick in track. Also in high school, McCanless was the Humboldt-Del Norte League's Little Five Conference most valuable player in basketball.

McCanless said her last season at HSU is going well.

"It's real good. We are all working on the same page," she said. "We're much better than last year, but we're still making mistakes. Our defense has improved; our only problem is scoring points."

See McCanless, page 32

HSU takes Sears Cup point lead

HSU has taken an early lead among NCAA Division II programs in the race for the Sears Directors Cup, presented annually to the institution with the most overall athletics success in its respective division.

The fifth-place finish of the women's soccer team and the 13th-place finishes of the men's and women's cross country teams gave the 'Jacks 162.5 points, 37.5 points ahead of Lewis University.

Defending champion UC Davis is eighth with 110.5 points and is the only other Northern California Athletic Conference school among the top 25.

At the completion of the academic year, a Waterford Crystal trophy is awarded to the champions in NCAA Division I, II and III.

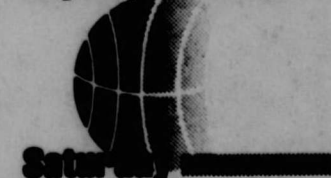
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HSU
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Women's Humboldt Classic

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Source: HSU Sports Information

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• Obscure college basketball score of the week: University of the Ozarks 101, John Brown 99. Betcha there were banjos playin' in the hills *that* night.

• If the New York Giants win in Arizona on Sunday, the greater Phoenix area will boast the dubious distinction of being home to three last-place teams: the NHL's Coyotes, the NBA's Suns and the NFL's Cardinals.

• I can't wait for a matchup between the Cincinnati and Fresno State basketball teams. Then we'll know for sure who are the best criminals in college basketball.

• Atlantans may boast about being home to the Olympics and the Braves, but they're awfully quiet about those beacons of ineptitude called the Falcons.

• Two words explain the lack

of popularity of track and field in the United States: Ollan Cassell. Word of advice to USA Track and Field during its annual convention: Bump the loser and get a president who cares more about the sport than politics.

• Biggest choke of the year? I nominate the Adams State College men's cross country team at the Nov. 23 NCAA Division II championships. The Grizzlies came into the meet ranked in the top five in the nation, but finished 15th.

• Most likely to be heard on the Florida State sidelines: "Wake me up after we're national champions."

• Most likely to be heard on the University of Pittsburgh sidelines: "Wake me up when this nightmare is over!"

Report shows funds equal

By Hago Spilling
LUMBERJACK STAFF

Funding documents from the athletics department show no differences in the amount of money allocated to the different sport programs.

According to an Aug. 16 report on funding for 1995-96, each individual player got the same amount of money depending on how many days he or she traveled.

"We budget \$20 per student athlete per night for lodging and \$5 per meal (three meals a day) for the time they are gone," said Susan Simon, athletics department secretary.

"There is no differentiation between the sports," she said. "Women's soccer gets the same as the football team, and cross country gets the same as volleyball does."

The reason why the football team received more money as a whole than other sports is simply because the football team traveled more frequently than most other teams, with more players traveling than smaller teams like the volleyball team.

"We're talking about 60 players traveling versus 14, and it doesn't look even," Simon said.

"The evenness comes when you know that every football player gets the same amount for food and lodg-

ing as the volleyball players do." The department also provides free transportation to the different meets.

The transportation budget is based on the least expensive way of traveling, using state transportation.

"We have budgeted what it would cost the teams to drive. If a team elects to fly to a contest, everything above or beyond the amount it would cost them to drive

"There is no differentiation between the sports. Women's soccer gets the same as the football team, and cross country gets the same as volleyball does."

SUSAN SIMON
athletic department secretary

will be paid by the individual program, which has the opportunity to raise its own money," Simon said.

A small portion of the money the department distributes is from the Associated Students and the IRA, but the majority of it is raised through the sport programs.

"The individual sports don't generally raise an awful lot of money on their own," Simon said. "But we do have the 'Women's Walk,' which is a fund-raiser that makes money for all of our women's programs. We also have the auction, which basically runs our organiza-

tion and benefits all the programs."

The "Women's Walk" is making about \$50,000 a year, while the auction counts for \$75,000 of the athletics department's budget.

Individual programs also raise funds on their own.

"The 'Maximum Strength Exam Aid,' run by the track and field team, is a promotion where parents are sent a paper offering the opportunity to order a gift basket to their kids that will be sent to them during finals week," Simon said.

"Some of the larger programs also sponsor camps in the summertime to raise extra money," she said.

Funds raised by individual programs also benefit other sports.

"Parts of the money the individual sports make goes in to running all the programs, it goes in to the general program basically,

and some of it is budgeted for those programs individually to use towards recruiting or other expenses they might have, like uniforms," Simon said. "But at least half of it goes to the general fund, which then pays expenses for other sports that might not be revenue producing."

"What we do basically is that we ask the coaches to submit proposed schedules, and then budget based on that. The schedules are also based on number of contests required by the NCAA and a variety of other things, so they are rather standard for each of the sports."

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By Matt Krupnick
SPORTS EDITOR

Rubalcava All-American as harriers place 13th

Francisco Rubalcava placed 33rd to garner his first All-America honor as the men's cross country team placed 13th at the Nov. 23 NCAA Division II Championships in McKinleyville.

Rubalcava covered the 10-kilometer (6.2-mile) course in 33 minutes, nine seconds. Other finishers for HSU were Luke Roundy (47th), Ethan Schafer (73rd), Richard Roybal (78th), Marc Dube (79th), Tim

Miller (85th) and Wayne Von der Mehden (94th).

Alexandr Alexin of Central Missouri State won the race in 31:23, a new course record. South Dakota State won the men's team title with 119 points, 23 points ahead of Lewis University.

Lupica leads women to 13th-place finish at nationals

Natalie Lupica finished 48th at the NCAA Championships to lead the women's cross country team to a 13th-place finish.

Lupica ran the five-kilometer (3.1-mile) course in 19:34. Other HSU finishers were Melody Haas (52nd), Leia Giambastiani (64th), Courtney Cannizzaro (80th), Molly Alles (87th), Stephani Giuntini (91st) and Shelly Niro (104th).

Denise Summers of Adams State won the race in 17:46 to lead her team to a rout of the field. The Grizzlies scored 35 points, 59 points ahead of Western State.

Men's basketball loses two to extend streak to three losses

The men's basketball team lost twice at last weekend's Vitamilk Classic tournament in Seattle to extend its losing streak to three games.

The 'Jacks (1-3) lost Friday to Seattle Pacific, 59-52, shooting only 35 percent from the field. Toby Tollack, an all-tournament selection, scored 12 points.

Saturday, Central Washington came back from a 17-point first-half deficit with a three-point shot at the buzzer to defeat the 'Jacks, 77-74. Tollack scored a game-high 24 points.

The 'Jacks will travel to Logan, Utah, to play NCAA Division I foe Utah State on Saturday at 6 p.m.. The teams have never met.

"We look forward to the chance to give them a challenge," assistant Coach Steve Kinder said. "I think if we're not up for this game, there's something wrong."

Women's basketball splits weekend pair in Phoenix

The women's basketball team split two games at the 'Lopes Invitational last weekend.

The 'Jacks (2-3) lost Friday to Grand Canyon, 68-39. HSU hit only 26 percent from the field. Erin Bishop scored 12 points for the 'Jacks.

Tami McCanless scored 22 points Saturday to lead the 'Jacks to a 71-67 win over Western State. McCanless was named to the all-tournament team.

"After Friday night's game I was wondering if we'd practiced yet and what I'd been doing the last six and a half weeks," Coach Pam Martin said.

The 'Jacks will play at home for the first time this season in this weekend's Humboldt Classic. They will play Holy Names on Friday at 8 p.m. and Patten on Saturday at 8 p.m.

McCanless

• Continued from page 29

Martin said that for all of her success, McCanless remains a real team player.

"She distributes the ball to others," Martin said. "It's in her nature to penetrate and create scoring opportunities."

McCanless also said she sees herself as a team player.

"I can't do anything without the other four players (on the court)," McCanless said.

Martin emphasized McCanless' intensity and focus.

"You can't ask for someone to play harder than her," Martin said.

However, Martin said McCanless' intensity has also led "her into trouble" in the past.

"She plays so hard and so fast that she doesn't see some opportunities," Martin said. "She needs to slow down, stop and look for jumpers and know when to dish the ball."

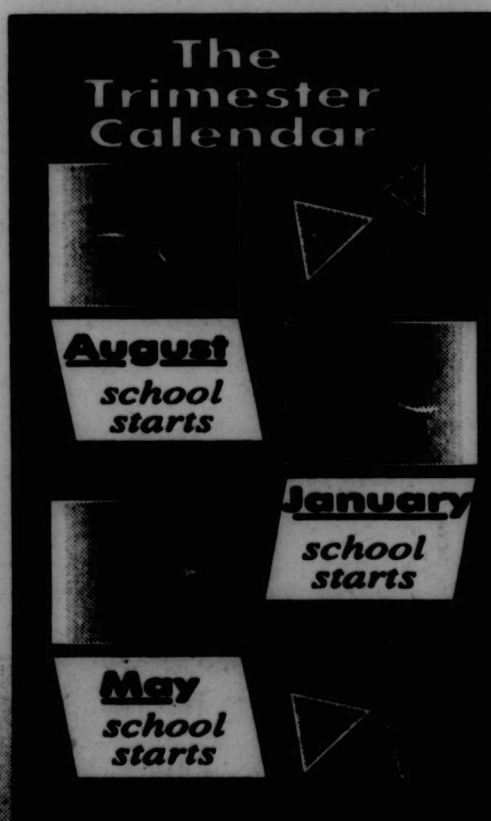
Martin said that McCanless has "drastically improved" this aspect of her game in her four years at HSU.

McCanless also said her intensity can work against her.

"A point guard needs to know where every player is at any moment," she said. "I need to work on that. I get going so fast, I miss some things. (Scoring) is not real important to me. I'd like to think I'm well-rounded."

Florida State vs. The Lumberjack, Dec. 21

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it was**



**Then,
it was**



**Now,
what'll it be?**

• **Close down B St.?**



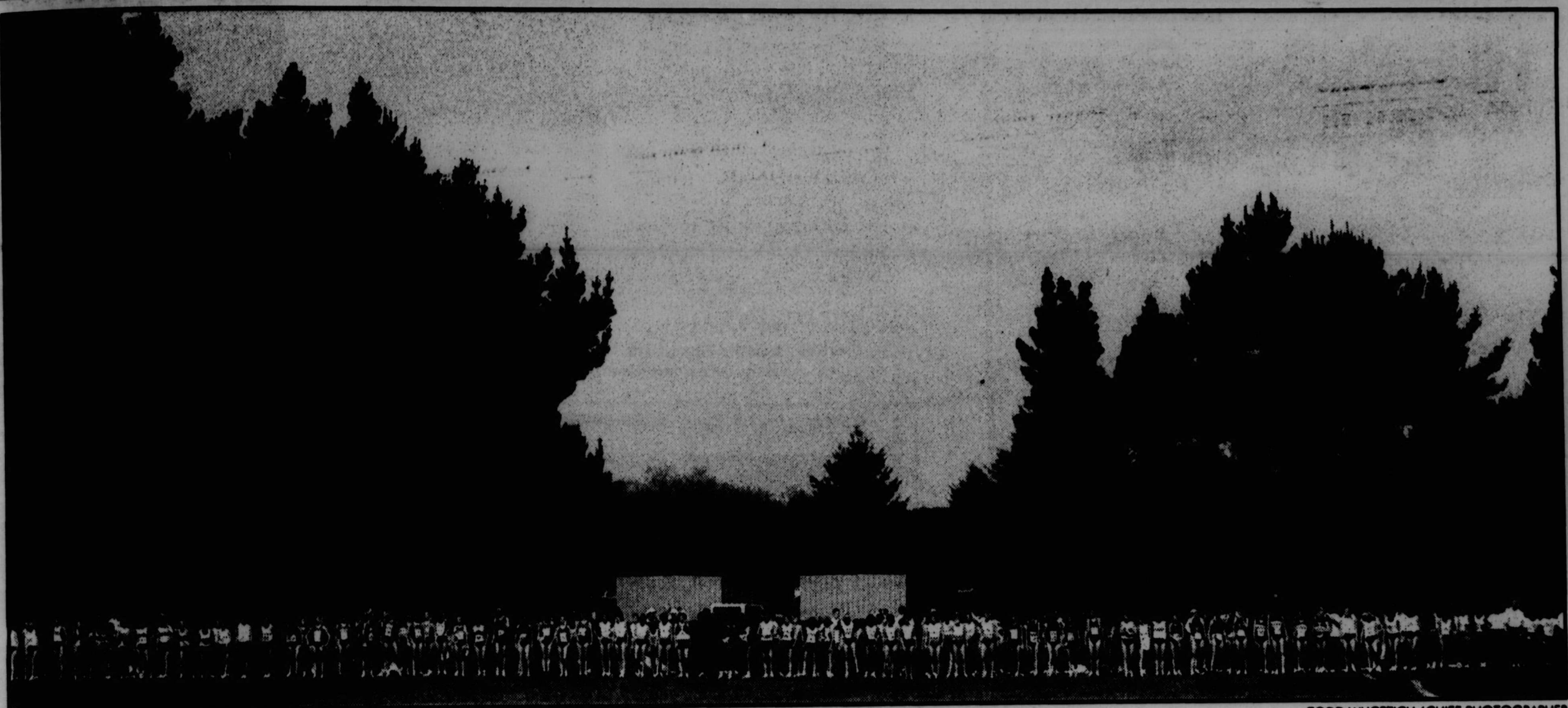
• **A student on the Executive Council?**



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TODD WUCETICH/CHIEF PHOTOGRAPHER

On your marks ...

The field of the NCAA Division II Cross Country Championships awaits the firing of the starting gun by HSU head track Coach James Williams in McKinleyville on Nov. 23.

Four HSU women named to All-West Region soccer team

HSU placed four women on the All-West Region soccer team, announced yesterday by the National Soccer Coaches Association of America.

Senior Jenn Schrum and sophomores Shannon Finney and Liz Ortiz were named to the first team, while senior Heather Johnston was a second team pick.

The 'Jacks made it to the national quarterfinals, where they lost, 1-0, to Regis University.



Liz Ortiz



Jenn Schrum



Shannon Finney



Heather Johnston

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Glad that's over

TODD WUCETICH/CHIEF PHOTOGRAPHER

Alexander Alexin of Central Missouri State finishes the Nov. 23 NCAA Division II Cross Country Championships, three seconds ahead of Elly Bone of Southern Indiana.

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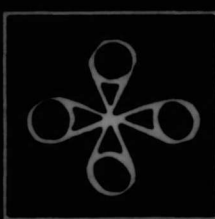
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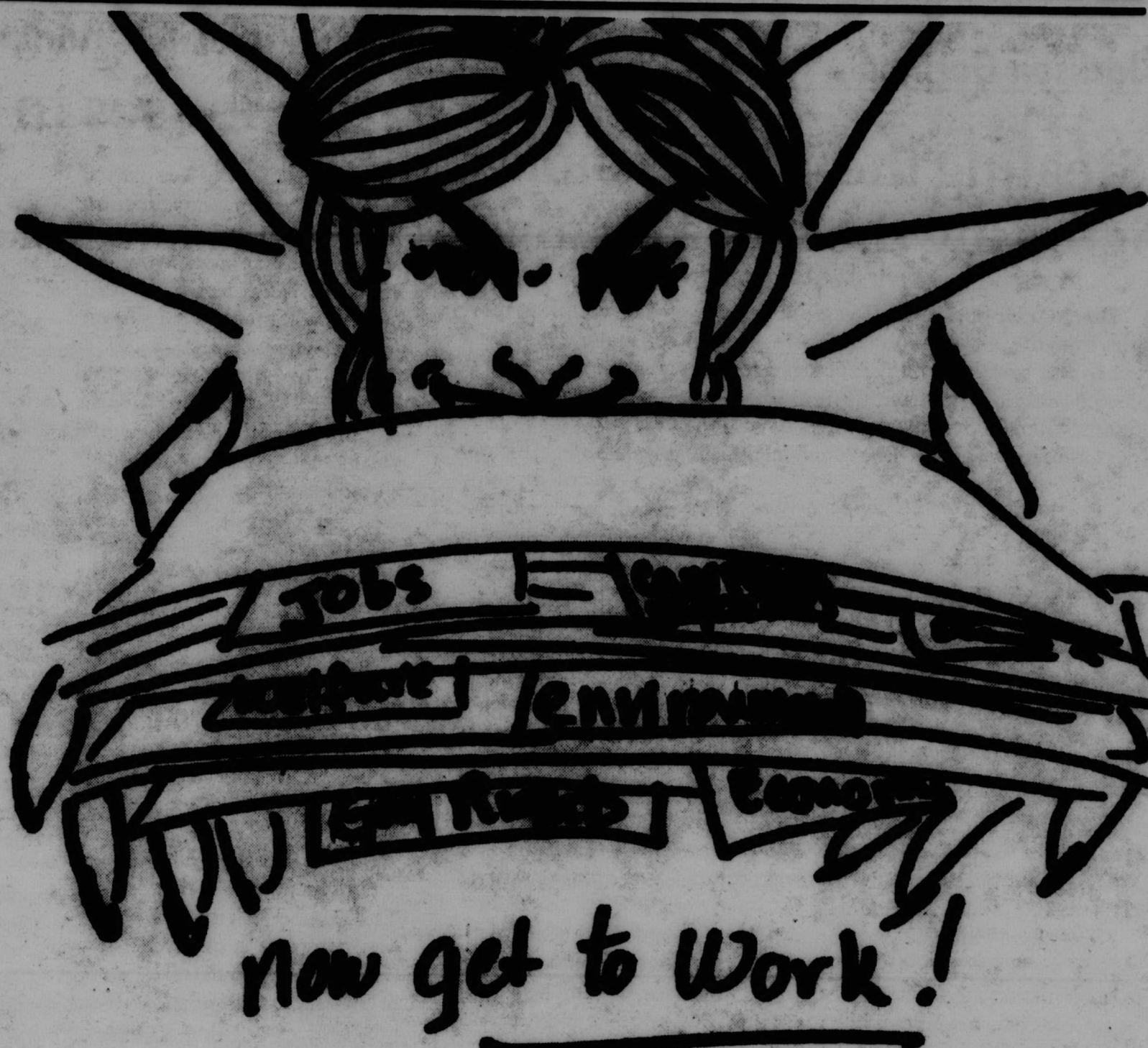
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ON THE PLAZA
ARCATA



S. Bakke

Letters to The Lumberjack

Inserts more trouble than they're worth

I want to let you know that I do not like the credit card ads or advertisements that are inserted in The Lumberjack (Nov. 13).

I think the majority of the people picking up The Lumberjack are not interested in these ads (inserts). Usually they end up in a messy pile next to the stack because people toss them out.

These advertisements are a terrible waste of paper. I don't like it that our campus newspaper would accept these advertisements and place them in the paper.

What is the incentive?

Danielle Newman
interdisciplinary senior

Editor's note: The Lumberjack receives approximately \$50 per thousand for an insert like the one in the Nov. 13 issue.

Freedom of speech applies to religion

Erik Schlobohm needs to wake up and face reality. His diatribe against freedom of speech could just as easily and ironically have been aimed at religious zealots on their knees worshipping god the

Mother Nature in the Headwaters controversy.

As a psychology junior, though his tantrum is sophomoric, he should be able to mentally substitute Pacific Lumber Co. for himself and environmental protesters for "religious zealots" to comprehend the point.

Fred J. Crowe
oceanographic chemist, Scripps
Institute of Oceanography

Students who cheat hurt everyone

I have observed cheating on midterms as well as finals by students all with the knowledge of certain university officials.

For the future of our great nation, I suggest that before any student obtains a degree from the California State University system, each must obtain 75 percent on the graduate record examination in English, statistics and the degree major. The average of the three exams will be the degree grade point average.

How else can we ensure that CSU graduates will be productive citizens able to compete in a global economy and that California taxpayers' money is not wasted?

The U.S. educational and welfare systems have effectively written off three generations of Americans. Finally, in Aug. 1996, the U.S. Congress and the president acted to correct the federal welfare system. We must correct the educational system.

Ibrahim Awad Mohamed
mathematics senior

Retrospective view of The Lumberjack

I am an alumni who graduated from Humboldt with a BS in business administration back in 1993. Though I haven't been back to HSU since, I had a friend travel up there and send me back the Oct. 16 edition of The Lumberjack.

What a scream! I think I'll have to get a subscription for the entertainment value alone. I have read a few articles to a few associates and family and they loved it.

The most noticeable feature was the expansion to 40 pages. Where else can one read about the undercover drug busts, teens eating toxic weeds and an ad for a headshop in the same issue. I really enjoyed clips, especially the subject urin-

ing near Siemens Hall. where due to heavy case load, the UPD could not respond, the annoying phone call to Balbanis House, and the stolen Malaysian plant from the greenhouse.

Still extremely liberal after all these years. Huge article for gay/lesbian/bisexual students and two whole sentences on Elizabeth Dole speaking in Eureka.

By far though, the most entertaining section was the letters column devoted to Taco Bell. Where else, I ask, would a student astound me with the logic of citing that Taco Bell will be another multinational corporation which will only pull money out of the local economy.

I take it this student never had economics. Taco Bell would provide additional jobs to students who need to pay their bills, instead of reaching into the pockets of student aid monies. Taco Bell must also pay taxes, licenses and also import food stuffs not already in town. The old law of supply and demand rules here.

And who could forget that some people said that came to Arcata because of its lack of fast food corporate establishments? Do you really think a person decides on where they will reside on the basis of a chain restaurant? If that's so,

what happens if Starbuck's move in? Mass exodus of locals due to the plight of coffee bean pickers in Venezuela.

Now, where's my lite chicken taco supreme?

Jayson Olson
business administration graduate

Letters policy

The Lumberjack welcomes letters on any subject. All contributions must be received by 5 p.m. the Friday before publication date and can be mailed, delivered, faxed or e-mailed to:

The Lumberjack
Nelson Hall East 6
Humboldt State University
Arcata, Calif. 95521
Phone: (707) 826-3271
Fax: (707) 826-5921
E-mail: thejack@ano.humboldt.edu

- Letters should be 300 words or less, columns 600 words or less. All submissions are subject to editing for length, clarity, libel and grammar.
- Also considered for publication will be original cartoons, anecdotes and jokes.
- All contributions must be legible and include the writer's name, address, telephone number, major and year. Occupation must be included if the contributor is not an HSU student.
- Submissions will not be returned and publication is not guaranteed.

Jackson Garland

Stealing the 'beef assholes,' ignoring the loose change

Due to their popularity, I've decided to give you a couple of more files from the insanely and criminally stupid. Keep in mind that these are living, breathing human beings I'm talking about here. (These choice selections are from the monstrous compendium of stupidity titled "The 176 Stupidest Things Ever Done.")

- Colorado criminal Mark Mueller has probably made legal history by being one of the only thief to ever beg his arresting officer to book him on manslaughter charges instead of theft.

**Editor
AT LARGE**

The incident in question occurred when the thief was caught red-handed outside of the Globe Freezer Company offices in Colorado. An investigator spotted him

and asked to see the bag he was carrying.

The officer looked inside the bag and started laughing. When he stopped, he said to Mueller: "Do you know what's in here?" The officer then proceeded to tell him what was inside the plastic sack he had stolen: 1,800 beef rectums.

"When I told him the sack contained beef assholes," the investigator told the Rocky Mountain News, "he burst into tears and asked me to book him on a manslaughter charge. Otherwise, he said, he would be the butt of cruel jokes while in prison."

• Alert police in Cumbria, England, arrested a man for public drunkenness because of his "glazed expression." He was released when he appeared in court and showed the judge his glass eye.

• A convenience store clerk in Abilene, Texas, was passed a counterfeit \$100 bill. He accepted it without question, even though the bill was a foot long and five inches wide ...

All the answers fit to print ...

To those of you who don't think The Lumberjack is doing a good job, I submit to you this quiz given to undergraduate journalism students at Arizona State University last year. The quiz asked students to identify names that every aspiring journalist should recognize. Here are some of the answers:

- Alzheimer's: Imported beer.
- Apartheid: A building in Athens.
- Louis Armstrong: The first man on the moon.
- Count Basie: A vampire.
- Jesse Jackson: Leader of the Moral Majority.

I'll take obscure quotes for \$200, Alex ...

Finally, I've got a little game for you this week. I'll list a quote and it will be up to you, the reader, to guess the actual origin of the quote from the options I give. And remember, your answer must be phrased in the form of a question ...

Quote: "Suck?! Suck?! Sucking is not possible!"

A. A skeptic questioning the validity of the garden hose when it was first invented. The hose's inventor purported that not only could the hose spray water in a steady stream, but could also siphon liquids from one pool to another through suction.

B. The reaction of an American inventor who was criticized for his carpet-dust-removing machine at the turn of the century. A rival inventor claimed that the dust remover, which blew the dust off the carpet, would be much more effective if it sucked up the dust instead of blowing it. The original inventor stormed off in a fury. The rival inventor went on to invent the vacuum cleaner.

C. Divine Brown's reaction to a suggestion made by Hugh Grant in late June of last year. Apparently Grant hadn't brought enough money.

(Answer: B.)

Garland is editor in chief of The Lumberjack. You can e-mail him at jrg1@axe.humboldt.edu.

What did readers think?

Responses to The Lumberjack survey

In the last issue of this particular staff, The Lumberjack is publishing an abbreviated version of some of the responses to our survey which were turned in by readers. All comments were submitted anonymously.

The questions represented here are: What is your favorite part of the paper? What would you like to see less of and more of? Comments?

Favorite: Opinion section
More: objectivity from the paper's staff

Favorite: Editor at Large, This Week, Letters
More: news from a woman's perspective

Favorite: Letters to The Lumberjack

More: articles that lift the spirit
Comment: I find that reading The Lumberjack is very depressing. I think it is overly negative but maybe that reflects the mood of the student population. If so, how sad.

Favorite: Special Assignment section, UPD clips and Opinion
More: campus news

Comment: The overall paper is very well written, and I plan on subscribing even after I graduate. I especially liked all the voter information this year.

Favorite: the last page
Comment: The paper sucks—you guys must be really stupid.

Comment: Right on, Shannon Mortensen. Let's hear from her more often.

Favorite: commentaries
More: pictures
Less: advertisements
Comment: Maybe once a week you could send a reporter to a club meeting and write about it. I am interested in clubs but just don't have the time.

Favorite: Letters
More: Good taste and more staff (not faculty) issues.
Less: Profanity and subject matter with poor taste. Just because we have freedom of speech, doesn't mean we should offend.

Favorite: entertainment (Scene)
Comment: Good coverage of upcoming Center Arts shows. Liked the coverage of KHSU's financial problems.

Favorite: Campus and Community sections

Comments: The paper is generally well done. I rely on it as a source of local news. However, the staff could try to be more biting in the Opinion section.

Favorite: The whole thing keeps me laughing.

Comments: Please just admit that this paper has extreme liberal bias and stop pretending you're being objective. It just hurts an already anemic reputation.

Favorite: Letters
Comment: In the advertisement for the Koop on page 7 of the Nov. 6 issue, you have inserted the word "poop" twice. Is this what the owner intended in his ad or is this an attempt by the ad person at to be humorous? How very juvenile.

Favorite: Letters
Comments: In order to attract first time readers, you need to have a standard cover with the same damn logo every time. Your last four to five covers totally turned me off and look very unprofessional.

Favorite: Every section should look as exciting as the Scene section.

Comments: Political coverage in the Community section

Favorite: Campus and UPD clips, Community section and Opinion.

Comments: I'm always impressed by the quality of this paper, and look forward to Wednesdays when it comes out.

Ways to handle the pressure

Don't stress out

What do finals, the end of the semester and the holidays have in common?

STRESS.

We cannot eliminate negative or positive stressors, but we can choose how to respond. Consider your general level of fitness. Maintain sound health practices. You are stressed for time but rest, nutrition, exercise and time to replenish your spirit are basic. There appears to be a personality type that researchers have termed "Hardy." These people stay well in the throws of stress and positively perceive and respond to most events in their lives.

Hardys manage well because of challenge, commitment and control. Challenge involved in change and adjustment is welcomed and viewed as an opportunity rather than as a threat. Hardys are committed and involved, engaged in

living and they possess a clear sense of control and accept responsibility for their actions. Hardy individuals accept life for what it is and don't depend on luck or fate.

Take a deep breath, take another. Did you notice any change in your body? Try this: clench your fists and scrunch up your face at the same time: hold it, clenching tighter. Tell yourself, "I want to relax." Release. What do you notice?

You can produce a relaxation response by simply cueing your body with a mental suggestion. Breathe and relax. You can change your internal response to external stimuli. This technique isn't a new age gimmick. It will help you slow down, to get out of your head and into your body.

The key to effective time management is to work smarter, not harder. Set small but clear goals,

and decide how much you can realistically do. Know when to say no and when to say yes. Change critical thinking and self-defeating thoughts. Don't take things personally. Focus on the problem, not the person. Social engagements are stressful. Know what you want and make personal choices. During the holidays, for example, choose who you want to spend time with and for how long. Be creative; laugh more. Did you know that children laugh 400 times a day and adults only 15?

Counseling and Psychological Services provides a rest and stressless room by appointment. Experiential workshops on basic stress management techniques are offered during the semester. Call 826-3236.

Rosemary O'Neill
Psychological Services

Guest Column
R. O'Neill

David Chrisman

Liquid Lunch comes back one more time

Some respondents answered our questionnaire that they longed for "Liquid Lunch." In the interests of those of our readers who expressed such a preference, The Lumberjack now publishes certain excerpts from Dave Chrisman's column on selected subjects:

On Christmas:

Christmas means different things to different people, but I think most college students would agree that it means moving back home to face five weeks of psychological warfare.

Don't get me wrong, it's nice to have free food and plates so clean you can actually eat off of them, but there is a bit of a culture shock when you find your bedroom is now the west wing of your mom's closet. I don't think I'm alone when I say there's nothing more humiliating than eating waffles in an ill-fitting sun dress.

I never had any step-parents, but I've had a few step pets, which are pets that my parents bought after I moved out and now I have to pretend to like them. It's awkward, it takes weeks for them to get used to me and they get extremely bitter when they get thrown off the couch so I can watch CHIP's reruns. It would probably be different if I didn't duct tape branches to my step-cat's head to make it look like a reindeer, but it's Christmas, damn it.

It could be worse. I could be spending Christmas alone, drinking lethal amounts of eggnog and waiting patiently for Santa to maneuver his fat ass down my chimney as I stroke a sawed-off shot gun and whistle "Santa Claus is Coming to Town." I could be Santa at the Eureka mall and have to tell rural kids they aren't going to get gun racks for Christmas unless they're really good. I could be in prison and get the same present from everyone I know. "Wow, another license plate, gee thanks, Bruce."

On money:

If I've learned anything in the four-year drinking binge known as college, it's how to get something from nothing. A lot of people are counterfeiting, a lot of people are selling out to social security and welfare and others are just going out and getting jobs. I say if you're going to be in college until your forty, it's time you learned how to be a penny pinching, garage sale shopping, government cheese selling panhandler like everyone else.

First of all, never refuse free food under any circumstances. If there's a meeting that advertises free food or refreshments, I say go, even if you have to wear a Cub Scout uniform. If it means donating a pint of blood now and then to get some free cookies, I say bleed like a

stuck pig. One of those stickers can be a gold mine for free cocktails later on, and the extra buzz from blood loss can't be beat.

I don't care what anyone says, popcorn qualifies as dinner if you're on a budget and if a bar is giving it away for free you can save that Totino's pizza for breakfast, scurvy be damned. If you can smuggle a tray of popcorn from the nearest bar to the nearest movie theater, you have tapped into one of America's most profitable resources.

Secondly, don't waste your money on grooming. This is Humboldt County and if you cut your hair with a Bic Lighter no one's going to think any less of you. Don't do laundry until you look like the graveyard crew at Taco Bell. Don't throw away disposable razor blades until you look like you just jumped out of a five story building into a sea of broken glass. No pain no gain.

On working out and drugs:

A lot of people these days are saying "no" to drugs and saying "yes" to working out. I've given it a lot of thought and I'm going to say "yes" to dangerous drugs and "no" to working out because working out is a "complete waste of time," and drugs are — from what I hear — "a lot more fun."

Let's look at weightlifting: The great thing about being in college or in rehab is during the course of a day you don't have to lift anything heavy. You don't have to move two-ton boulders to get your car out of the driveway.

I've been around a long time and have never once awoken with a 235-pound tree on top of my chest — and if I did I'd probably freak out.

My parents have a walking machine in front of their TV, which I can sympathize with, but sometimes it's hard to motivate yourself to walk directly into Morely Safer's pimples.

If you quit doing drugs, you're a hero, but if you quit lifting weights you're a fat blob of jelly with stretch marks and no neck. If you start doing drugs, you make lots of friends, laugh a lot and eat weird food. If you start lifting weights you're sore all the time and get chalk in your brown rice and vegetables.

Editor's note: Chrisman does not take dangerous drugs, only safe, legal ones.

Headwaters rally showed police insensitivity

Guest Column
Marcie Cavanagh

On Nov. 15 at the Headwaters rally in Carlotta, I was frightened by the conduct of the police sent to "protect the public." I feared for my safety and that of my daughter.

I have lived and worked in Humboldt County for 20 years and my concern for the preservation of the Headwaters Forest has prompted me to join Taxpayers for Headwaters. This new group is made up of local business and professional people who are concerned about the willful destruction of Headwaters Forest.

I volunteered to attend this rally as a peace keeper in what has been traditionally an exercise in nonviolent civil disobedience. As with past rallies, an agreement was made between Humboldt County and California Highway Patrol law enforcement and rally organizers the day before the rally. It was understood by the organizers that people would be allowed to peacefully cross Maxxam/Pacific Lumber Co.'s property line on Fisher Road, and be cited and released on a 602J misdemeanor trespassing charge. As peace keepers, we were informed by Sheriff Dennis Lewis to park off the public road and keep citizens to the side of the public road. The rally proceeded as planned in an organized, peaceful manner.

At the termination of the rally, those citizens choosing to exercise civil disobedience proceeded to walk the 150 yards towards the private property line. At this point law enforcement made a stunning reversal in its tactics that had the rally organizers frantically trying to inform the 400 citizens that instead of simple misdemeanor charges they would be charging citizen's with resisting arrest as well. This charge carries a large fine and a possible one year jail sentence.

Law enforcement officers, in full riot gear, formed a skirmish line and advanced on the protesters yelling, "any one on the road will be arrested." It was impossible to hear or respond as they came toward us. People were moving to the sides of the road. I witnessed an 18-year-old girl run across the road to be with friends when a Humboldt sheriff approached her and yelled, "Do you want to get arrested?"

She replied no.

He said "It looks like you want to get arrested."

She repeated no and began to back up.

He signaled two other officers to chase her as she ran, and they pulled her down and dragged her up the road. She was crying, "You're hurting me — I don't want to be arrested."

Then they dragged her 50 yards on the public road to cross the private property line to book her. Meanwhile, a nonviolent protester made the decision to kneel down with his hands behind his back and be arrested. In my opinion, CHP officer Ron Keller used unnecessary force (pain hold) while attempting to secure his wrists. This was filmed by the CHP who neglected to film the arrest of the 18-year-old girl, which was occurring simultaneously.

Law enforcement then reconvened behind the private property line for a few minutes before they reformed and widened their skirmish line that included the grass shoulder on both sides of the road up to the fence. They began moving forward at double time, Darryl Cherney (rally leader) tried to inform the 400 protesters that law enforcement had made another decision to call this an unlawful assembly and would be arresting any protesters who got in their way. Cherney asked police for an

explanation to which they replied, "Take it to court." We could no longer safely remain on the sides of the road as law enforcement swept forward, sporadically rushing protesters.

I made the decision to leave immediately to insure the safety of my 19-month-old daughter in what rapidly had become a trap with the possibility of more violence on the part of law enforcement.

I am appalled and horrified at the behavior of law enforcement and suggest the following: All police be required to attend nonviolent training.

Humboldt County Board of Supervisors work with Humboldt County Human Rights Council to form a Citizens Police review Board.

Please help bring about positive changes in law enforcement behavior.

Marcie Cavanagh
taxpayers for headwaters forests
Trinidad resident

He signaled two other officers to chase her as she ran, and they pulled her down and dragged her up the road. She was crying, "You're hurting me."

CLASSIFIED

OPPORTUNITIES

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ANNOUNCEMENTS

EXPLORE the ancient Christian faith—Orthodoxy. Inquirer's class meets Wednesday at 7pm. Divine Liturgy Sunday at 10am and Saturday Vigil at 7:30pm. St. Innocent Orthodox Church 443-2099. 12/11

DID YOU KNOW UNDERGRADS AT HSU ARE DOING GENETIC RESEARCH? Come check it out at the Cell-Molec Bio Journal Club on Wed. Dec. 5th, 5-6pm Sci B 133. Reception following.

SERVICES

ENJOY A MASSAGE IN ARCATA. Massage transmits healing energy by caring human contact. Foot-Reflexology celebration special \$20 through this month of December. 2nd degree Reiki. Gift certificates available! Reidun Olsson CMP 822-7247. Across from Los Bagels

WOULD YOU LIKE TO BEGIN EATING AN ORGANIC SUPERFOOD which cleanses, nourishes and regenerates your body. Reported benefits include more energy, increased mental clarity and improved overall well being. Try it for yourself with a 60 day 100% money back guarantee. For more info call (800) 927-2527 ext. 3830.

MUSIC

IBENEZ SR 800 BASS AND CRATE BX 160 AMP. Both in like new condition. Bass \$500, amp \$350 or \$800 for both. Call soon, as they will go quickly. 822-3332.

IBENEZ ELECTRIC GUITAR, fine tuning, 24 frets, like new. Must see to appreciate. Asking \$300 OBO. Call 822-0952.

HOUSING WANTED

1 BEDROOM OR STUDIO in Arcata. Willing to take over lease from January to May. Call Joyce 822-7899.

THRILLS

THRILL YOUR BOATING BUDDIES with gift certificates for sailboat and kayak rides or lessons at HUM-BOATS. Start at \$10. Group rates, guided tours. HUM-BOATS 444-3048.

ASTROLOGY, NUMEROLOGY TAROT READINGS. Resolve those burning questions. \$45 per hour. Salina Rain 443-1912, KHSU Sunday Night Astro Forecaster.

THE LUMBERJACK! READ IT FOR THE LATEST HAPPENINGS ON AND OFF CAMPUS.

AUTOMOTIVE

SEIZED CARS from \$175. Porches, Cadillacs, Chevys, BMWs, Corvettes. Also Jeeps, 4WD's your area. Toll free (800) 898-9778 ext. A-8201 for current listings.

WANTED

COMPUTER DESK or nice sized desk in good condition. Price range: up to \$100. Leave message 269-5593.

POSTER IDEAS FOR A POSTER CONTEST: 2nd Arts and Music Festival. \$100 first prize, \$50 second prize. Sat. April 26, 1996: "Celebrating our Community and Culture". Submit to A.S. Office, South Lounge c/o Ben Winker. ext. 5414.

FOR SALE

MACS, MACS, MACS—Macintosh consulting, repair affordable used systems. Macs for the Masses! Jim Elferdink 677-1946.

MACINTOSH COMPUTERS, Mac Ilii 8mb RAM/120mb HD w 13" Sony Trinitron color, cache card \$650 or w crisp 17" E-Machines \$750. Mac Ilii 5/40 w color Sony 13" \$525. Classic II 4/80 \$295. Quadra 630 12/250 CPU \$595. Powerbook 145b 4/80 \$575. New Global Village Gold II 14.4 fax/modem \$49, StyleWriter printer \$125. Color Stylewriter 2400 \$250. 443-9868.

OUTDOOR GEAR EXCHANGE is accepting consignment for mountaineering, climbing, backpacking, kayaking, skiing, snowboarding; including factory seconds (new and used). 1360 G St. Arcata. 822-2562.

IBM COMPUTER CLONE—286 with DOS 5, monitor, printer and more, only \$195 and up. 445-5439.

1987 FIFTH WHEEL, 24 1/2 FT, extra clean, park approved in Arcata at a low fee! Have your own privacy for \$5,700. 826-7106.

FOR RENT

APARTMENT, NEAR HSU, large main room of a shared unit, 1/2 bath, large closet. Available 12/6. \$285/month, \$300 sec. dep. Please call (707) 499-1825.

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Music

• **Sunnyside Pub and Eatery** hosts live music Saturday. 822-5493.

• **Cafe Mokka** will host Good Company Saturday at 8:30 p.m. 822-2228.

• **Earthshine Production** presents a West African dance party with Upful Livin and Hedzoleh Sounds at Hefe's Friday. Sponsored by KHUM 104.3. Tickets are \$6 in advance and \$8 at the door. Saturday night is Salsa Night with Kachimbo and Azucar y Crema. Tickets are \$10 in advance and \$12 at the door. 443-HEFE.

• **Club West** presents live ska/core with The Urge and special guests Incubus and 37-H tonight. Tickets are \$5 in advance and \$6 at the door. Dec. 11 there will be live punk with Couch, Sake, Plague Lounge and The Shake 'N' Bake Maestros. Tickets are \$3 in advance and \$5 at the door. 444-CLUB.

• **Chapala Cafe** in Old Town Eureka presents HSU's "Huallipache-Music of the Andes," Peruvian pan-pipe music Friday from 6-9 p.m. No cover charge and reservations are recommended. 443-9514.

• The **HSU Percussion Ensemble and Calypso Band** directed by Eugene Novotney will be in concert Friday at 8 p.m. in the Van Duzer Theatre. Tickets are \$5 general and \$2 for students and seniors. 826-3928.

• The **Humboldt Symphony** will be in concert Saturday at 8 p.m. in the Van Duzer Theatre. The program includes Tchaikovsky's Romeo and Juliet-Overture-Fantasy, Samuel

Under Construction

The Calendar page is being expanded! Please send your P.R.s, announcements, etc. to "This Week" to Shannon at The Lumberjack. Take advantage of a new and bigger community bulletin board.

- Music
- Comedy
- Workshops
- Theatre
- Galleries/Exhibits
- Meetings

Barbers Knoxville: Summer of 1915 for voice and orchestra and Shostakovich's Symphony No. 1, Opus 10. Tickets are \$5 general and \$2 for students and seniors. 826-3928.

• The **Madrigal Singers** will be in concert Sunday at 8 p.m. in Fulkerson Recital Hall. The singers will be in Renaissance costume and will perform madrigals, solos, duets and Christmas music. Tickets are \$5 general and \$2 for students and seniors. 826-3928.

• The **HSU Jazz Combos** plus the A.M. Jazz Big Band will be in concert Dec. 13 at 8 p.m. in Fulkerson Recital Hall. Tickets are \$5 general and \$2 for students and seniors. 826-3928.

• The **HSU Symphonic Band**, conducted by Kenneth Ayoob, will be in concert Dec. 14 at 8 p.m. in Fulkerson Recital Hall. Works by Percy Grainger, Jack Stamp, William Schuman, R. Novacek, Jan Van Der Roost and Fisher Tull will be featured. Tickets are \$5 general and \$2 for students and seniors. 826-3928.

• The **50th Annual Arcata Community Christmas** concert will be in the East Gym at 7:30 p.m. Dec. 15. The audience will have

the opportunity to participate in carols and songs. Admission is free but a canned or packaged food item is requested for a donation to the Arcata Food Edeavor. 826-3531.

On Stage

• "When You Know What It Is You're Doing," a play written by Adam Sobsey and directed by Mary Agnes Krell, runs Thursday, Friday, Saturday and Dec. 11 and 14 at 8 p.m. in the Studio Theatre. It's about a woman and her dreams, or are they? Tickets are \$2-\$6.

• "The Culverts of Humboldt County," a play written by Timothy Martin and directed by Aleta Ash, plays in Gist Hall 2 at 4 and 8 p.m. Dec. 13. The play is a parody on the "Bridges of Madison County." Admission is free.

• "Harvey" is at the North Coast Repertory Theatre through Sunday. Tickets are \$6-\$9. 442-NCRT.

• "It's a Wonderful Life" runs through Dec. 21, Thursdays through Saturdays at 8 p.m. at the Ferndale Repertory Theatre. 725-4477.

Grab Bag

• The **Student Access Gallery** continues its exhibit, "Here at the Frontier," with artist Kristin Cohen in the Windows Cafe through Dec. 12.

• An art exhibition of nature and human perspective prints by Bill Ayton is on display through Jan. 31 at the Chapala Cafe in Old Town Eureka.

• To help raise money for Humboldt's International Film Festival, the movie, "A Christmas Story," will be shown in Founders Hall 118 at 8 p.m. on Dec. 14. \$2 donation. 826-4113.

• **Fred Cranston**, nuclear physicist and teacher, will speak at the Emeritus Lecture Series Friday in Founders Hall 125 at 7 p.m. 826-5932.

• The **Career Center** will host a Natural Resources and Environmental Sciences Career Day Fri-

day in the Kate Buchanan Room from 9 a.m. to 3:30 p.m. 826-5470.

• The **Humboldt Bay Mycological** society will host a Mushroom Fair Saturday from 11 a.m. to 4 p.m. at the Arcata Community Center. Admission is \$1.50 for adults and .75 for children 839-5448.

Workshops

• The **Career Center** will have a workshop today about Interviewing Techniques at noon in Nelson Hall West 232. 826-3341.

• **Lost in cyberspace?** Internet drop-ins every Thursday noon-1 p.m. in the Siemens Hall 118 Computer Lab and electronic tutorials every Monday 8:30-9 a.m. with Martha Johansen; meet at the Library Information desk or every Thursday 4-5 p.m. with Sharon Chadwick in Library 207.

Town Hall Meetings

• **Humboldt County Board of Supervisors** will meet on Tuesday at 9 a.m. at 825 Fifth St. Eureka. 445-7509.

• **Arcata City Council** meets today at 7:30 p.m. in the council chambers at City Hall.

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