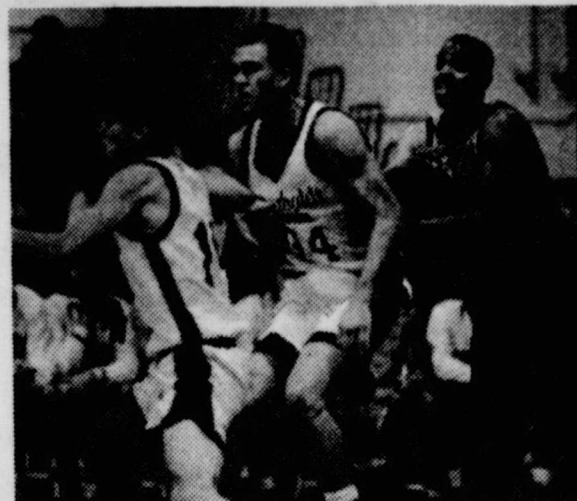




*An HSU theater arts graduate student was killed yesterday in an auto accident just south of Trinidad.*

**Campus, page 3**



*Complete rundowns of men's and women's basketball provided by The Lumberjack.*

**Sports, page 29**

# The LUMBERJACK

Humboldt State University, Arcata, Calif.

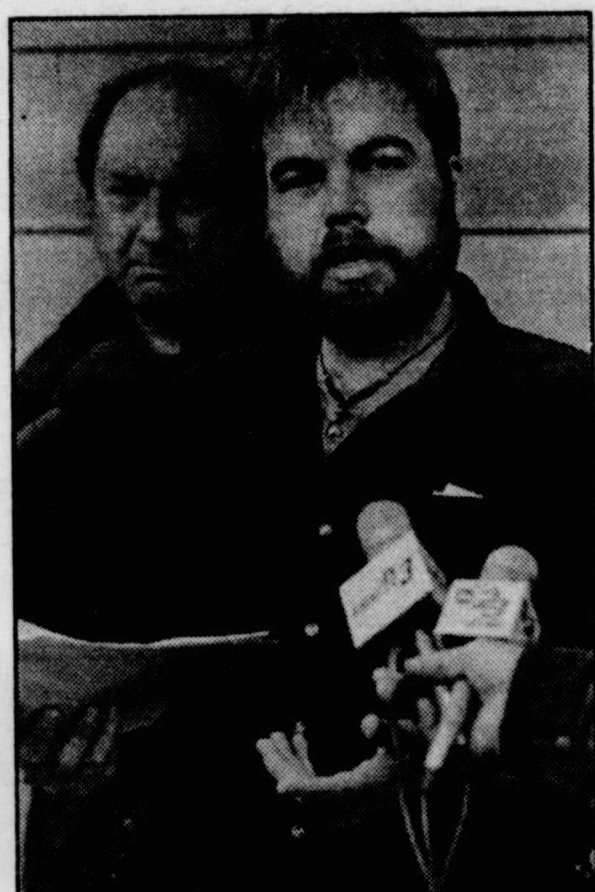
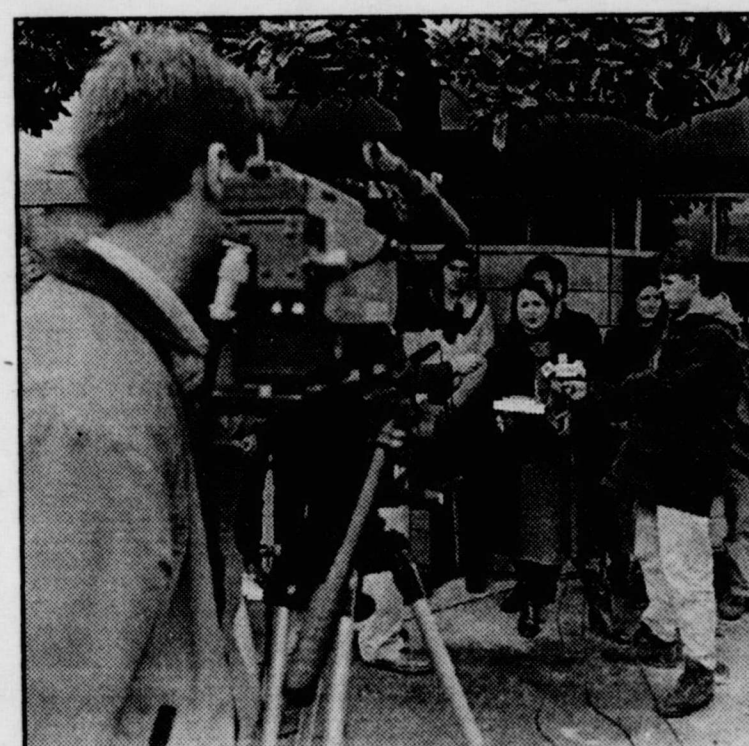
Vol. 74, No. 13

Wednesday, Dec. 6, 1995

*Everyone has their own opinion on how to do it,  
but no one seems to be able to*

## Handle Headwaters

**Community, page 11**



In response to Rep. Frank Riggs sweeping environmental bill — which tries to fix issues ranging from resolve the Headwaters Grove debate to giving land to the Hoopa Tribe, regional environmental group heads held a press conference Monday outside of Riggs' Eureka office. Paul Mason (above), a HSU natural resources senior and Associated Students representative speaks to the press outside of Riggs office.



Jason Conger, Riggs' policy adviser, responds to local environmental groups' — including representatives from the Environmental Protection Information Center, Sierra Club, North Coast Environmental Center and the Trinity County Coalition of Environmental Groups — accusations that Rep. Riggs' bill was timber industry oriented and anything but an "environmental bill" meant to jump start the local economy. Tracy Katelman, nearest to Conger and above speaking to Humboldt County media, represents the Garberville-based E.P.I.C.





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DEC. 6, 1995

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## CORRECTIONS

In last week's Community section Dr. Stanwood Schmidt was misidentified.

The Lumberjack regrets the error and any confusion it may have caused.

## The LUMBERJACK

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Advertising material is published for informational purposes and is not to be construed as an expressed or implied endorsement or verification of such commercial ventures by The Lumberjack, Associated Students or the university.

Funding for The Lumberjack is provided through advertising revenue (about 92 percent) and students' Instructionally Related Activities fees (about 8 percent).

The Lumberjack is produced with Macintosh computers and printers.

Software used includes Adobe PageMaker, Illustrator, Photoshop, Ofoto, DeltaPointDeltaGraph and Microsoft Word. Photographs are reproduced with a Leafscan negative scanner.

Body text: Bulmer by Monotype;

Headline font: Utopia by Adobe

### SUBSCRIPTIONS

\$7 per semester, \$12 per year.

### OFFICE AND MAILING ADDRESS

Nelson Hall East 6

Arcata, Calif. 95521

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### ADVERTISING DEPARTMENT

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The Lumberjack is a member of the California Intercollegiate Press Association. HSU is an AA/EQ institution. The Lumberjack is printed on recycled paper and published Wednesdays during the school year, breaks excepted.



# Graduate student killed on drive home



PHOTO COURTESY OF HSU THEATER ARTS

Nicholas Kosovich worked as an actor, writer and dancer. He performed in the Oregon Shakespeare Festival in 1992 and 1993.

■ **Filmmaker dies near Trinidad, minutes from his McKinleyville home.**

By **Greg Magnus**  
EDITOR IN CHIEF

HSU theater arts graduate student Nicholas Kosovich, 26, was killed yesterday morning when his Volkswagen van drifted off Highway 101 and struck a tree.

The accident occurred one mile south of Trinidad at approximately 5:30 a.m. as Kosovich was returning home to McKinleyville from his mother's funeral in Oregon.

"He was coming back from Portland," said California Highway Patrol Officer John Lutzow. "That's a long drive but we can't speculate whether or not he fell asleep."

CHP said the wet roads left no clues as to why Rosovich, who was wearing his seat belt, slid off the side of the road and down a slight embankment. There were no skid marks or other indications of how fast he was traveling.

Theater arts Professor John Heckle said Rosovich found out last Monday or Tuesday his mother had died and left school to attend the funeral. Friends on the HSU Ultimate Frisbee team said he didn't tell anyone when or why he was leaving.

"He was a good person and we'll definitely miss him on the field," said Amy White, a child development junior and member of the women's Ultimate Frisbee team. "He helped me get through a couple of tough times. That's why I'll miss him."

John Flandrick, a physical science senior and captain of the men's team, said Rosovich was an aggressive player who came through at the end of some games for the team.

"I liked him," Flandrick said. "I'm really bummed he won't be playing ultimate with us."

"He was creative. He was intelligent, enthusiastic and a good writer," Heckle said. "He was — and I know it's oversaid — but he was very present in life. He had a great sense of humor and seemed to be in love with the idea of life."

Ann Alter, an HSU film production professor, said Rosovich had returned to school to pursue his master's in film production. He had written several scripts and was going to begin production of one during the upcoming semester break.

"He had finished the movie script, had gotten actors together and was going to go into production over winter's break. I don't know if the film will ever be finished or if any one has legal right to takeover a student's thesis work," Alter said.

See Kosovich, page 7



## Residents make a difference

About 200 resident hall students took part Saturday in what is hoped to become a long-standing HSU tradition. Community Connections, for the second year in a row, brought students together with Eureka and Arcata schools, The North Coast Repertory Theatre and the California Highway Patrol. Pat Jones, a visual arts freshman, above, creates a poster for a disaster preparedness workshop to be held at the American Red Cross in Eureka. Katie Hess, a journalism freshman, back, and Bart Gale, a undeclared sophomore, front, remove European beach grass from the Manila Dunes in collaboration with Friends of the Dunes.



Photos by Marolyn Krasner  
Campus Editor



# Expert discusses memory repression

By Melton A. Hatch III  
LUMBERJACK STAFF

John Briere testifies as a foundation witness in cases of sexual abuse such as the Menendez trial.

Lyle and Eric Menendez admitted to killing their parents and accused their father of sexually abusing them.

Briere offered his opinion — not about the reality of that specific allegation — but on the rate of sexual abuse in our society.

Briere outlined the foundations of this opinion in a lecture Monday night in Founders Hall.

His opinion on "delayed post trauma recollection" is a consistent assertion in every case. He does not testify on behalf of the specific plaintiff at hand. Briere said he would never testify on the reality of a plaintiff's allegations — even after extensive psychoanalyzing — because he could never know for certain truth of a claim.

He is called upon by prosecuting attorneys because of a reputation in the field of post trauma disassociation research. Briere wrote "Childhood Abuse Trauma; Authenticity of Recalled Childhood Memories of Abuse."

NATO's Advanced Technology Institute invited Briere to join 17 other psychology professionals at a 10-day meeting in which they

"are supposed to decide whether repression exists."

Briere said women are sexually abused as children at a rate of about 25 to 30 percent and men about 7 to 9 percent. Due to our "cognitive avoidance mechanism," forgetting such incidences is common.

Briere said his position runs contrary to a belief in a "false recollection theory syndrome that permeates our society," in which people believe that claims of childhood sexual abuse, especially those of women, are "sexual fairy tales."

"There's a lot of people out there, we're finding, who say it's OK to screw kids," Briere said.

The history of the "syndrome," Briere said, started with Freud.

In Freud's time there was an abundance of women with undiagnosable complaints of depression, pain during intercourse, infertility and menstrual irregularities. Often labeled "hysterics," (a label which at the time was more connected to its Latin root which means "wandering uterus") these women were seen as having sexual organs which were "heading south," Briere said.

What Freud found — through psychoanalysis — was a large number eventually recalled "premature sexual excitation," as Freud called it, by nursemaids or uncles.

When Freud presented a theory



PHOTO BY HEATHER PARKER / LUMBERJACK STAFF

John Briere discusses his theory of delayed post trauma recollection.

correlating "hysteria" with "premature sexual excitation" and was ridiculed, Freud's theory changed.

"He went home very depressed ... Freud psychoanalyzed himself and found he had an attraction for his mother and a resentment towards his father," Briere said.

Thus was born a tradition of psychologists responding to, "Doctor, I was raped by my father when I was little," with "No, you

wanted dad to do something but he never did, so you resent him and now you're punishing him by accusing him with a false recollection of an aggressive, unpleasurable version of something you wished would have happened."

Briere said the postulation presented in a psychology text book

See *Memories*, page 6



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Evaluation period	Monday Dec. 18	Tuesday Dec. 19	Wednesday Dec. 20	Thursday Dec. 21
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10:20 a.m. to 12:10 p.m.	10 a.m. Mon., Wed. or Fri. classes	11 a.m. Tues. or Thursday classes	11 a.m. Mon., Wed. or Fri. classes	10 a.m. Mon., Wed. or Fri. classes
12:40 to 2:30 p.m.	1 p.m. Mon., Wed. or Thurs. classes	Noon or 12:30 p.m. Tues. or Thursday classes	2 p.m. Mon., Wed. or Thurs. classes	1 p.m. Tues. or Thurs. classes
3 to 4:50 p.m.	4 p.m. Mon., Wed. or Thurs. classes	3/3:30 p.m. Tuesday classes	5 p.m. Mon., Wed. or Fri. classes	2 p.m. Tues. or Thurs. classes
5 to 6:50 p.m.	4 p.m. Mon., Wed. or Thurs. classes	3/3:30 p.m. Tuesday classes	5 p.m. Mon., Wed. or Fri. classes	2 p.m. Tues. or Thurs. classes
7 to 8:50 p.m.	4 p.m. Mon., Wed. or Thurs. classes	3/3:30 p.m. Tuesday classes	5 p.m. Mon., Wed. or Fri. classes	2 p.m. Tues. or Thurs. classes

## CSU Clips

## California State University Chico

## Chico rated high

Chico State University was ranked as one of the top western universities in this fall's U.S. News and World Report annual magazine, "America's Best Colleges."

It is the second time in three years Chico State has received a top ranking by the publication, according to a press release issued by the University Public Information Office.

In addition to recognizing Chico State for overall excellence, the magazine cited the university as the best college in the California State University system in the advancement of freshmen to graduation during a six-year span.

Fifty-six percent of Chico State freshmen graduate within six years — that average is higher than 70 percent of all universities rated by the magazine.

## Mandela speaks at Chico

Winnie Mandela spoke at Chico State University Nov. 15 about the changing role of black women in South Africa.

Mandela, president of the Women's League of the African National Congress and estranged wife of South African President Nelson Mandela, said every woman in the world should advocate the rights of African women.

"Globally, women have a duty to fight for the rights of our sisters," Mandela said. "In South Africa, we will teach you the game."

Source: The Orion, Nov. 30

## San Francisco State University

## General education topic of survey

About 1,500 students have been given a chance to express their views about San Francisco State's General Education Program somewhere other than on bathroom walls.

The entire GE Program is under review this academic year for the first time in almost a decade. A random sample of students, recent graduates and faculty were mailed surveys over the past few weeks and asked to evaluate the program's overall quality, importance and organization.

Source: The Golden Gator



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# Memories

• Continued from page 4

used "as late as 1970 ... of an incest rate of one in one million," is an example of the theory's staying power.

"I jokingly wrote the author ... suggesting he publish a retraction, claiming it was a typo — that what he meant to say was one in 10," Briere said.

The theory of "sexual fairy tales" and falsified memories continued as women, under the leadership of feminists like Judy Herman, attempted to help themselves. They wrote books, formed self-help groups and "had incest speak-outs," Briere said.

"This created a backlash, because you've got three role violations; women speaking out, about something people don't want to recognize, and you've got patients who don't know their place, who aren't just speaking to their doctors behind closed doors and going quietly home with a prescription of Valium," Briere said.

Another backlash came "as a result of something I had a part in," Briere said.

"In the late 1980's I testified before the California State Assem-

bly on behalf of the law which would extend the statute of limitations in cases of sexual abuse."

Now a law, it means people can come before a court of law with an allegation that in previous times would be untriable. The prosecution can claim the allegation was not made earlier because the memory was repressed. An additional clause says the accused can also be tried if the defendant did remember the incident but only recently "came to appreciate its significance" on their life.

"In retrospect I think it was kind of a bad idea. It may have done more to hurt the victims ... now you have the issue highly publicized, all over the news ... This has created yet another backlash, wrought from a sympathy for the accused which have to defend themselves from an allegation of something that happened so many years ago.

"You also have these highly paid, high-power attorneys speaking on behalf of the accused ... it's all over the news," Briere said.

Other detriments include the personal character of the victims.

"Because — by any estimation — sexual abuse is not healthy, they have anxiety or any number of psychological disorders, and they're easy to ridicule," he said.

Another drawback is misunderstanding of psychology.

"We have all these weird, psychologically compromised people going into therapy with the equivalent of a psychological hangnail and coming out with a repressed account of being forcefully raped as children ... People started asking, 'What are these (doctors) doing in there?' The whole field came under scrutiny," Briere said.

Briere said determining the exact extent of childhood sexual abuse in our society and the reality of delayed post trauma recollection is difficult through traditional research methods because it depends on personal assertions.

"There's no science that's going to rescue us on this issue — psychology is a very inexact science," Briere said.

He does, however, cite separate and corroborative studies. One 1987 study asked women who alleged being sexually abused if they had full or partial memory of their experience, if it was delayed, and, as a reinforcement of the study, if they could go and return to the researchers with some sort of proof of the incident.

The study found those with the more violent experiences, at a younger age, were more apt to have had a time when the memory was not present.

"Often they were threatened with death

or injury, a powerful motivation to forget — reinforcing what we think about the cognitive avoidance mechanism," Briere said.

Another study asked people to describe any sort of trauma they have had including being attacked by a dog.

"On every count it reflected what we know about the incidence rates for common traumas such as being hit by a car and it reflected very closely what earlier studies have postulated about the occurrence of sexual abuse," Briere said.

"But there was a subject selection flaw. They were all patients, which lends the study to the criticism based on the feeling that weak minds are being brainwashed by psychotherapists," Briere said.

Briere has another book due on the shelves in 1996 called "Psychological Assessment of Post-Traumatic States."

Susan Frances, HSU professor of psychology, said another good book about the subject is psychologist Lenore Terr's "Unchained Memories," about her testimony in the Ilene Franklin case. Franklin claimed she witnessed her father murder a childhood friend.

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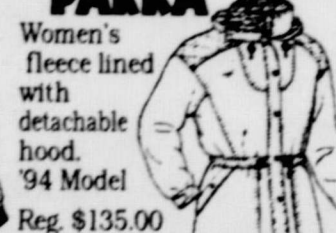
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# Kosovich

• Continued from page 3

"I was going to be his cinematographer for his project and I've never shot another student's work. I thought it had a lot of potential," she said.

"Team Red" was one of the most brilliant screenplays I had seen on the subject of AIDS," said Ree McSween, a fellow theater arts grad student who had worked

"The whole premise is that the first company that finds a cure for AIDS will be the strongest in the world because they have the cure to the most deadly disease."

The movie's story line, which would unfold in a series of on-screen interviews, tells of how a corporation would remove its competitor's youngest and brightest executives the same way the U.S. Army dealt with some Native American tribes — by giving them a disease (smallpox) with no cure.

Despite criticisms by some students who said the subject matter was insensitive to people living with HIV, Rosovich was determined to see the project through and raised more than \$4,000 alone.

"He talked to me once about an incident where a student had said it was insensitive to people with

AIDS," McSween said. "He was very angry and upset by that because he had very recently lost one of the people who was going to be in the film. They had died of AIDS before Nicholas could finish pre-production work."

"Another friend of his was diagnosed with AIDS but was beginning to get very, very sick and Nicholas felt that people didn't know him ... they didn't know how deep Nicholas was going into this."

"Nicholas spoke his mind and he believed in what he was doing," McSween said. "He was a hell of a guy."

A memorial service has been tentatively planned at Lazio's Restaurant in Eureka on Sunday but at press time no firm plans were set.

For more information about the service call Ann Alter at 826-5495.

"He had finished the movie script, had gotten actors together and was going to go into production over winter's break. I don't know if the film will ever be finished or if any one has legal right to takeover a student's thesis work."

ANN ALTER

HSU film production professor

The film, "Team Red," was about three HIV-positive people hired by big business executives to transmit AIDS to people they wanted dead.

on the screenplay with Rosovich. "Corporate America and the upper executive echelon is a very cutthroat, hard game that people play."

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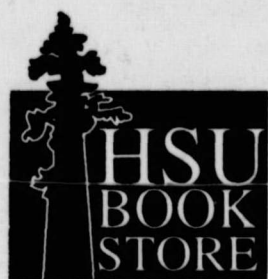
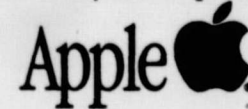
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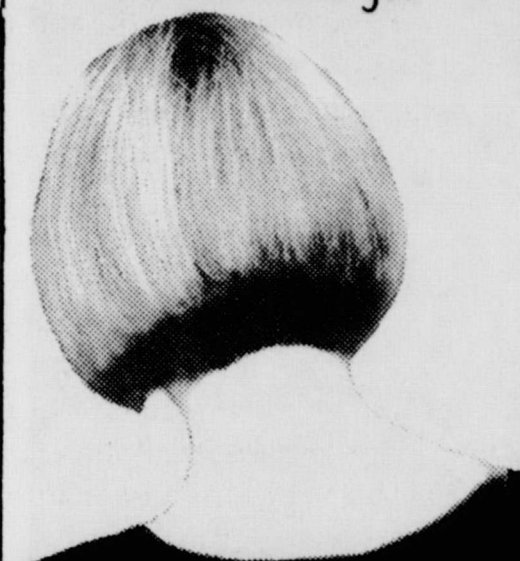
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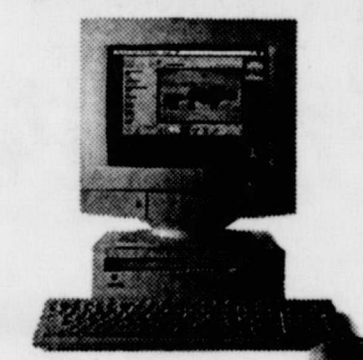
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### Geology club rocks 'em

The Geology Club annual rock auction will be held today in Founders Hall. The club solicited donations from Natural Selection and Chapman's Gem and Mineral Shop as well as individuals to garner its eclectic array of merchandise.

"We've got crystals, precious stones, fossils, maps, pictures and grab-bags," Gus Gibbs, club secretary, said. "We've got a lot going on. There's the main auction plus a lot of side stuff like a silent auction, raffles, and door prizes."

The rock auction is the Geology Club's primary money-making venture for the year.

The auction will be held at 7 p.m. in FH 118. For information about the rock auction or the Geology Club call the geology department at 826-3931.

### Getting to know your car

Learn how to prepare your car for holiday travel at the "Fit Car Workshop" Saturday sponsored by the Women's Center.

A basic check of the engine fluids, belts and hoses as well as tire wear and pressure will be covered.

The workshop will be held at 1 p.m. at House 55.

### Gandhi speaks on 21st century

The grandson of Mahatma Gandhi, Dr. Ramchandra Gandhi, will be on campus Thursday as the guest speaker for the Visions of the 21st Century series.

Sponsored by the College of Behavioral and Social Sciences, The Office for Academic Affairs, The department of political science and Pi Gamma Mu, the presentation is titled "The Companionship of Gandhi."

Gandhi, visiting from the California Institute for Integral Studies, will speak from 2 p.m. to 4 p.m. in the Goodwin Forum.

### Silver up and running

Carol Silver — attorney, real estate broker and mother of two — is a Democratic candidate for Congress and will speak to students and faculty on campus today.

Silver served three terms as San Francisco County Supervisor and is running in the primary election which will be held in March.

The Committee to Elect Silver is sponsoring the talk which will be held in Goodwin Forum at 3:30 p.m.

For information call Robert Marcus, chair of the Committee to Elect Silver, at 444-2961.

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UPD  
ClipsExplosives in  
residence halls

Explosives were detonated in the Hill Quad Thursday evening.

In two separate incidents, what appears to have been an M-80 was thrown from a Redwood or Sunset Hall window. The exact origin remains undetermined.

Sgt. Dennis Sousa described an M-80 as a "very large fire cracker" with historical fringe benefits such as the loss of hands or fingers. Possession of the explosive is a misdemeanor violation of state health and safety codes.

A "crater" 6 inches across and 4 inches deep was found in the Quad lawn. Another explosion was heard Friday afternoon.

- In two separate incidents, bongs were seized for destruction from Redwood Hall Tuesday. One more was confiscated the following Monday.

- A fire alarm in Hemlock Hall rang Wednesday night. The alarm was set off by an airborne football on the second floor.

- Shrubs near 17th and Union Street were trampled by a parked car Wednesday and another vehicle did it again the next Tuesday. Citations were issued.

- A Eureka woman reported

Thursday morning she had sold her vehicle with her parking permit attached. Paperwork for a new permit was provided.

- A student reported a suspicious man on the first floor of the Library Thursday afternoon. He was recovering from dental work completed earlier that day. He may have been walking "slower than most" due to his condition.

- Thursday evening a "disturbance" erupted from the third floor cafeteria at Jolly Giant Commons. Three women seated for a meal had a "food item" thrown their way. Communication began with a fourth woman thought to be the culprit. A plate volleyed between the two sides. One of the women was struck in the chest, another in the head. UPD separated the women and took statements.

- Screaming was heard from a woman standing in the intersection at 17th and B Street Thursday evening. When contacted, she said she was thrown from a moving vehicle that was parked nearby. The driver said the vehicle was stopped when she was shoved out. Regardless, the woman was in violation of a parole agreement that stipulated she not step foot in Humboldt County. She was told to leave the campus.

- UPD met with two Living Group Advisers shortly after midnight Friday to receive a large marijuana leaf found taped to an exit sign. The foliage was destroyed.

- Three vehicles in the Jolly Giant Commons lot were "observed covered with shaving

cream and various feminine hygiene products" early Saturday morning. The vehicles are thought to be associated with a fraternity.

- A Fortuna man reported his vehicle missing from the staff lot next to the Student and Business Services Building about noon Saturday. The vehicle was later found left in gear with the parking brake off. Sgt. Sousa said it "missed vehicles in the lot by accident" as it rolled across the length of the lot, jumped the curb, trampled landscaping and struck the Student and Business Services building, knocking a small hole in the wall.

- A backpack containing \$280 for a College of the Redwoods student's rent was reported stolen from a car parked in the Van Matre lot Saturday evening. The student was there to view the sunset with a companion. An officer found the backpack in the area, which still contained the money, plus two bags of marijuana. The student denied ownership of the extra baggage, which was seized for destruction. He was told not to return to campus.

- About 3:30 a.m. on Sunday three men, at least one a student, were questioned by an officer as they walked near Science B. They gave different stories about why there were there before moving on. Three hours later turf from a construction area outside Founders Hall was found on the tops of vending machines in Founders Hall and on the railings leading to the second floor. The men were called and the deed was admitted. The sod was returned with the condition their exploits

wouldn't be considered as an act of vandalism.

- A handmade Christmas wreath of fur and holly was reported stolen from outside the Natural History Museum Tuesday afternoon. The Grinch hasn't been found.

- Tuesday evening a shoplifter nabbed a birthday card from the Bookstore. He completed his transaction by addressing the card to a relative and mailing it at the Bookstore's postal drop inside the store. Caught on camera, he was later identified by the return address.

Compiled by Andrew Jones

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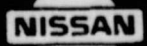
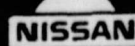
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PHOTO BY KEITH SHEFFIELD / CHIEF PHOTOGRAPHER

**Baring it all for a cause**

Students removed their upper-body attire Thursday in protest of HSU's dress code. The group was also posing for photos which may be used as the cover for the next issue of The Matrix. Members of the Women's Center said the photo may not be used because The Matrix is a publication of the Women's Center and the content does not necessarily reflect the opinion of all its members.

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# Riggs' Headwaters bill garners opposition

■ Riggs introduced a bill Tuesday meant to end strife between environmentalists and Pacific Lumber Company, but activists don't buy it.

By David Courtland  
ON-LINE EDITOR

EUREKA — Rep. Frank Riggs introduced legislation Tuesday intended to end the feud between Pacific Lumber Co. and environmental activists about Headwaters Forest.

"It will finally resolve the controversy over old-growth redwood forests," Riggs (R-Windsor) said at a press conference held Friday in front of his Eureka office. "We have taken input from a number of sources and have come up with what we think is a common sense plan."

Accompanying Riggs at the press conference was P-L President John Campbell.

"Pacific Lumber Co. is delighted that Congressman Riggs has introduced this legislation," Campbell said. "We hope the

House of Representatives and the Senate act swiftly to pass this bill and that the president signs it as well."

The Northwest California Forest Health and Economic Recovery Act would preserve Headwaters Forest on the condition no other P-L-owned land in Humboldt County could be designated critical habitat.

Critical habitat is land inhabited by animals designated endangered under the terms of the Endangered Species Act. P-L has been the subject of numerous judicial orders in recent years preventing it from

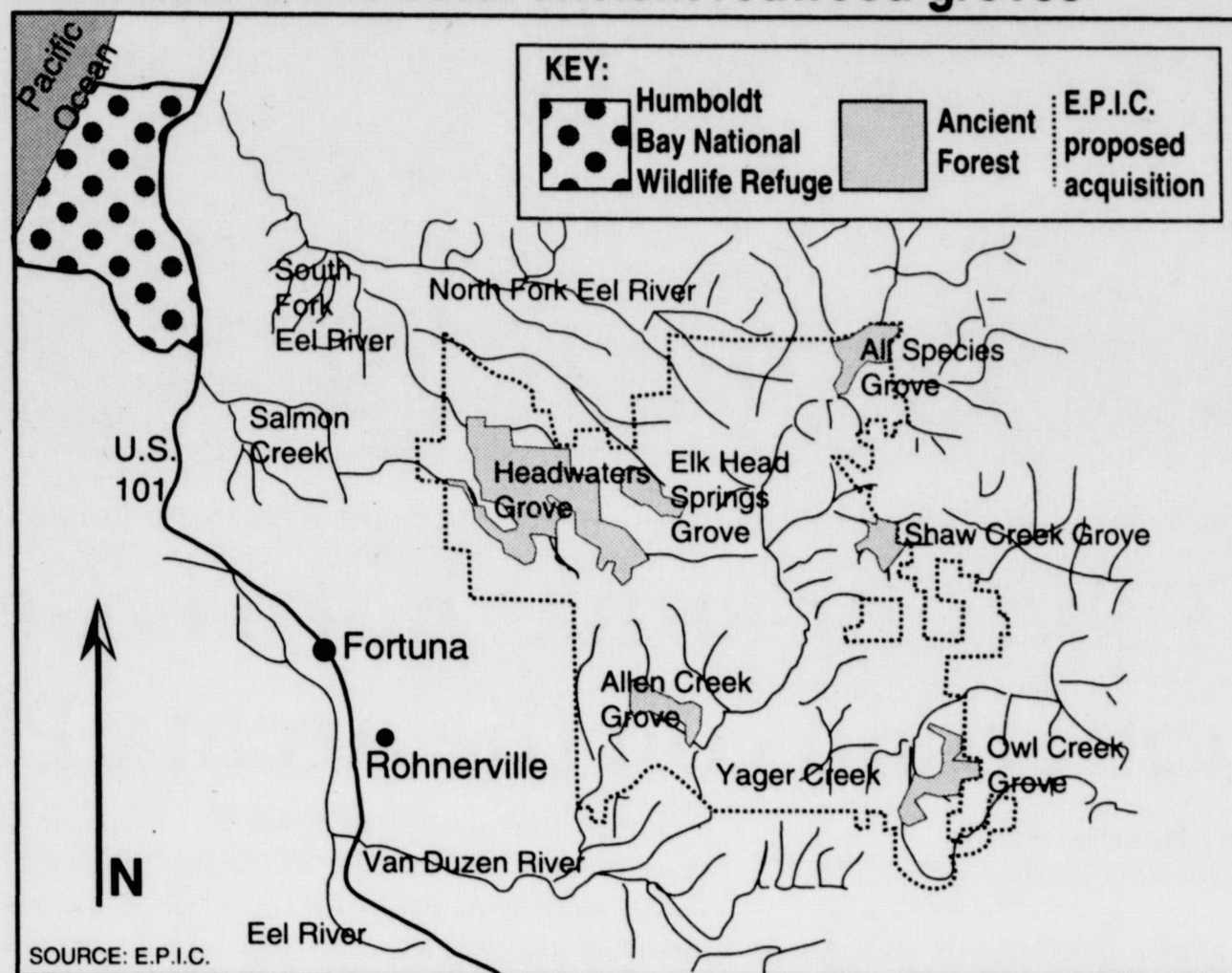
**"This is a very one-sided timber industry bill. Riggs needs to work with all parties and interests."**

LARRY MOSS  
Smith River Alliance

logging on land inhabited by endangered species such as the marbled murrelet, coho salmon and northern spotted owl.

"Upon acquisition, no land owned by Pacific Lumber in Humboldt County could be declared critical habitat," Riggs ex-

## Headwaters and other ancient redwood groves



GREG MAGNUS/EDITOR IN CHIEF

plained. "Because it (Headwaters) is critical habitat, we provide for their compliance on other land. We deem that to be sufficient."

Although Riggs said environmental groups were given as much opportunity for comment during the bill's development as other interested parties, his announcement drew immediate attacks.

"No one at Riggs' office returned our calls, much less talked to us," said Josh Kaufman of the Sierra Club's Redwood Chapter Monday press conference in front of Riggs' office by representatives of seven environmental organizations.

"This bill is not acceptable. We're not going to compromise the last of the ancient redwoods," said Tracy Katelman, a forester working with the Environmental Protection Information Center. "This proposal is everything but an environmental bill."

Katelman called the bill an attempt to undermine Department of the Interior efforts to acquire Headwaters in a "debt-for-nature" trade as settlement of a Federal Deposit Insurance Commission claim against

Charles Hurwitz, whose MAXXAM Corp. is P-L's parent company.

Northcoast Environmental Center Director Tim McKay questioned the bill's economic impact.

"Our concern is that the bill will cause massive layoffs in the Six Rivers area," McKay said. "How it creates jobs, I'm not sure. It's an interesting approach to a complex problem, but I don't see how it will resolve anything."

Riggs representative Jason Conger condemned the environmentalists' comments as insensitive to the interests of North Coast families.

"They have no interest in families up here. We are forced to conclude they represent the most radical fringe," Conger said. "With their radical agenda it's clear they care nothing about families around here. They care more about a log than a job."

The bill would give the Department of the Interior as long as three years to trade other

See Bill, page 16



## Hitchhiking remains popular in Humboldt County

■ Despite potential threats, thumbing rides stands strong.

By David Perry  
LUMBERJACK STAFF

Many do it locally, from Arcata to Eureka or Trinidad. Fred does it from Arcata to San Francisco all the time. Scott VanDyke did it from Arcata to Portland in 12 hours.

They all did it the same way — with their thumbs.

For many, hitchhiking in the '90s does not sound as romantic and adventurous as it did for Sal Paradise in Jack Kerouac's novel "On the Road."

That was some 40 years ago when the idea of standing alongside a busy highway with the hopes of hopping into a vehicle with a

total stranger seemed less threatening.

In Humboldt County it still may be less threatening.

"Our county is known as a more easygoing county than others and there are a lot of hitchhikers here," said Dennice Stone, a community services officer with the Humboldt County Sheriff Department. "I can remember only a couple of incidents within the last few years. A hitchhiker was victimized — he was robbed. In another incident a driver was robbed by a hitchhiker."

Stone, who works with the crime prevention unit in McKinleyville, said since the 101 corridor was completed 15 years ago, the county has experienced a steady influx of cars.

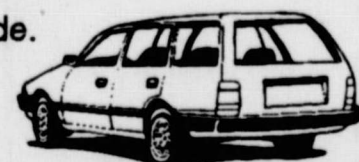
"There is more potential for accidents involving hitchhikers now," Stone said.

See Hitch hike, page 18

## Guides to safe hitchhiking

The Humboldt County Sheriff's Department doesn't recommend hitchhiking, but if there is no alternative, it recommends that potential hitchhikers heed the following tips:

- Check the car thoroughly before accepting the ride.
- Make sure the door lock knobs are in place.
- Check the vehicle for signs of forced entry.
- Make sure the car has not been hot wired by checking to see if the keys are in the ignition.
- Glance at the trunk for signs of forced entry.
- Always follow your instincts. If a car or driver seems suspicious, do not get in the car.



SOURCE: Humboldt County Sheriff's Department





HEATHER PARKER/ LUMBERJACK STAFF

Performers of all ages brought the unique sound of the tuba to the Arcata Plaza last Saturday.

## Tuba Christmas horn ensemble entertains on the Arcata Plaza

By Heather Parker  
LUMBERJACK STAFF

Music filled the air Saturday at the Arcata Plaza as the eighth annual Tuba Christmas rang in the Christmas season. Decked out in Santa caps and garland the ensemble composed of tubas and euphoniums performed traditional and contemporary songs for an audience of 30 people.

Tuba Christmas began in 1974 when Harvey Phillips a Tuba professor and premiere tubist at Indiana University started doing tuba performances to preserve the memory of William Bell, the first great American tuba soloist and tuba composer Alec Wilder, explained conductor Dr. Ken Ayooob, HSU Assistant Professor of Music. All of the songs performed were originally written for the tuba by

composer Alec Wilder.

"The goal is to elevate the tuba from the position of the oomp pah pah to something that makes a very beautiful sound," Organizer Fred Tempas said.

Tempas, a music teacher for 11 years with the Arcata School District and a tubist with the Union Brass Co., Jewish Wedding Band and Stumpwater is the founder of Tuba Christmas in Humboldt



HEATHER PARKER/ LUMBERJACK STAFF

Julie Olsen, HSU teaching credential student, celebrates the Christmas season with a tuba performance on the Plaza.

County. Organized by Tempas the performers consisted of students from HSU, Arcata, McKinleyville, and Eureka High Schools, local teachers, business people and retired folks.

Tempas started with the clarinet in high school and then one

day the band director asked him to switch to the tuba.

"I fell in love with it and have been playing it ever since," Tempas said.

Invented around 1820 the tuba is the descendant of the bugle and

See Tuba, page 18

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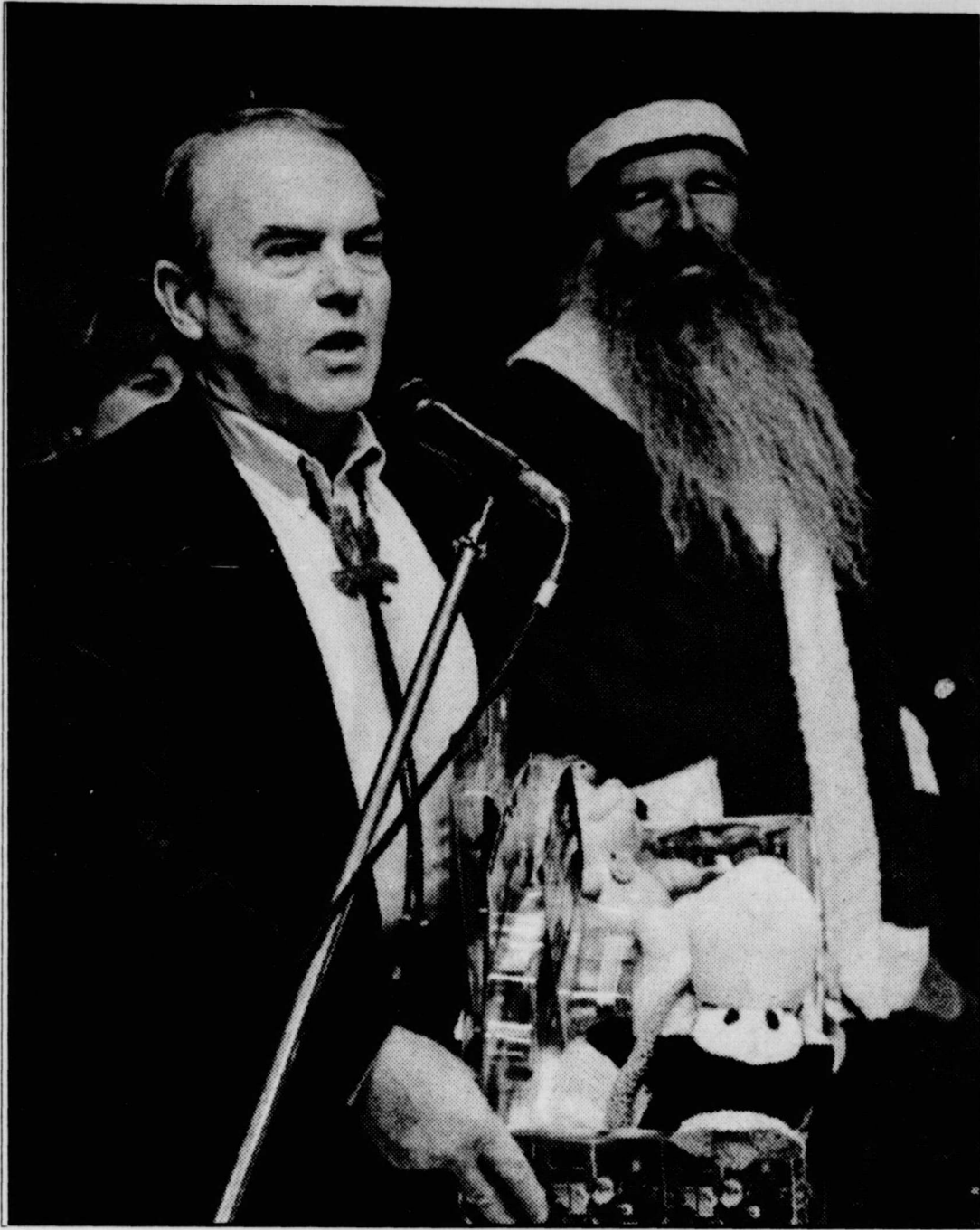
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NORA WHITWORTH/LUMBERJACK STAFF

Santa Claus, MMA member Eric Anderholm of Eureka, helps present Matt Magill, one of the new directors of the Eureka Rescue Mission, with a box of donated toys (left). Anderholm led the way to Eureka on his motorcycle (above).

## Motorcycle association bikes toys to Eureka

Benefit gives needy children a 'real' Christmas.

By Heather Parker and Nora Whitworth

LUMBERJACK STAFF

The mist turned into rain as 106 burly, leather clad Harley-Davidson bikers roared from the Arcata Plaza to the Eureka Veterans of Foreign Wars Hall. No it's not an Easy Rider convention. It's the Modified Motorcycle Association's (MMA) 20th Annual Humboldt County Toy Run

to benefit the Eureka Rescue Mission and local area needy children.

"It's been fun to do even in the rain," MMA district manager Regi Shamblin said. "This is double the turnout we anticipated. It's really nice to see such a lot of dedication."

The past three to four years have seen a rise in community support for the MMA fund-raiser, Shamblin said. The city council of Arcata and Eureka approved their special activity permits without any objections and the Arcata and Eureka Police Departments, the California Highway Patrol, and Humboldt County's Sheriff's Department gladly provided safety escorts

for the ride.

"We've had trouble in the past overcoming the stereotype most people have of Harley-Davidson motorcycle riders. But this year went really well," Shamblin said.

"It's Christmas. A lot of kids don't get what they need. I'm just trying to help out," MMA member and Eureka resident Eric Anderholm said. Not too many other organizations do this. It's our main focus every year."

Kicked off by the Arcata Fire Department's siren the motorcyclists, escorted by police, rode through Sunny Brae, down Old Arcata Road to Myrtle Avenue, to Sixth Street and then down H

Street to the VFW Hall. Approximately 200-250 people showed up to the Toy Run Party at the VFW Hall to donate toys, dine on the free chili dinner provided by the Eureka Mission, and dig the musical vibes of Paul Kasberg, Matt De Catt, and On Tap.

Cash donations totaled \$137 and over 500 toys were donated and taken to the mission. Some of the toys will be given out at the Christmas party and the rest will be given to others later. Families can make reservations at the Eureka Rescue Mission this week to be receive toys at the Christmas Party Dec. 9, at the First Covenant Church in Eureka.

"We are thrilled by the show of support," Eureka Rescue Mission's new leader Mary Magill said. "There's a lot of poverty in this area and they need our support."

Mary and her husband Matt spent seven years directing the Santa Barbara Rescue Mission and are 'modeling' the Eureka Rescue Mission after it, explained Mary Magill. The first goal is to create a Christmas Shop so needy parents can shop for their children.

"A Christmas party is nice, but we want to create a more intimate

See Toy Run, page 16

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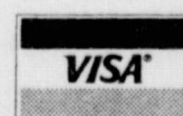
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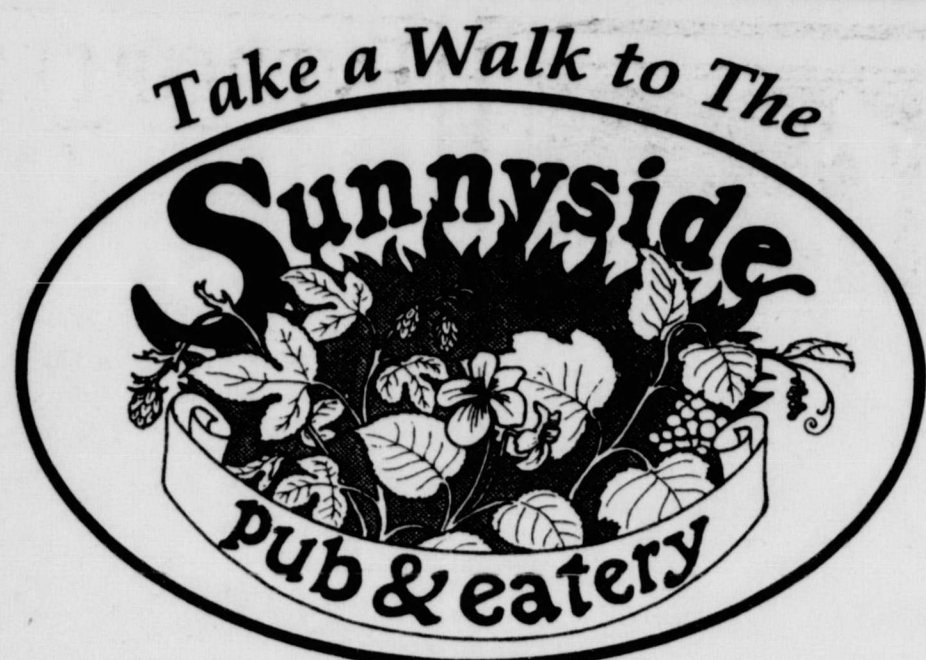
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## Blue Lake students run coffee shop

■ Student-run  
coffee shop opened  
Saturday.

By S.L. Salamone  
LUMBERJACK STAFF

Angella Barkman is working at her very first job to earn extra money for Christmas and she's only 12 years old.

Barkman is employed by the newly opened, student-run Blue Lake Coffee Shop located in downtown Blue Lake.

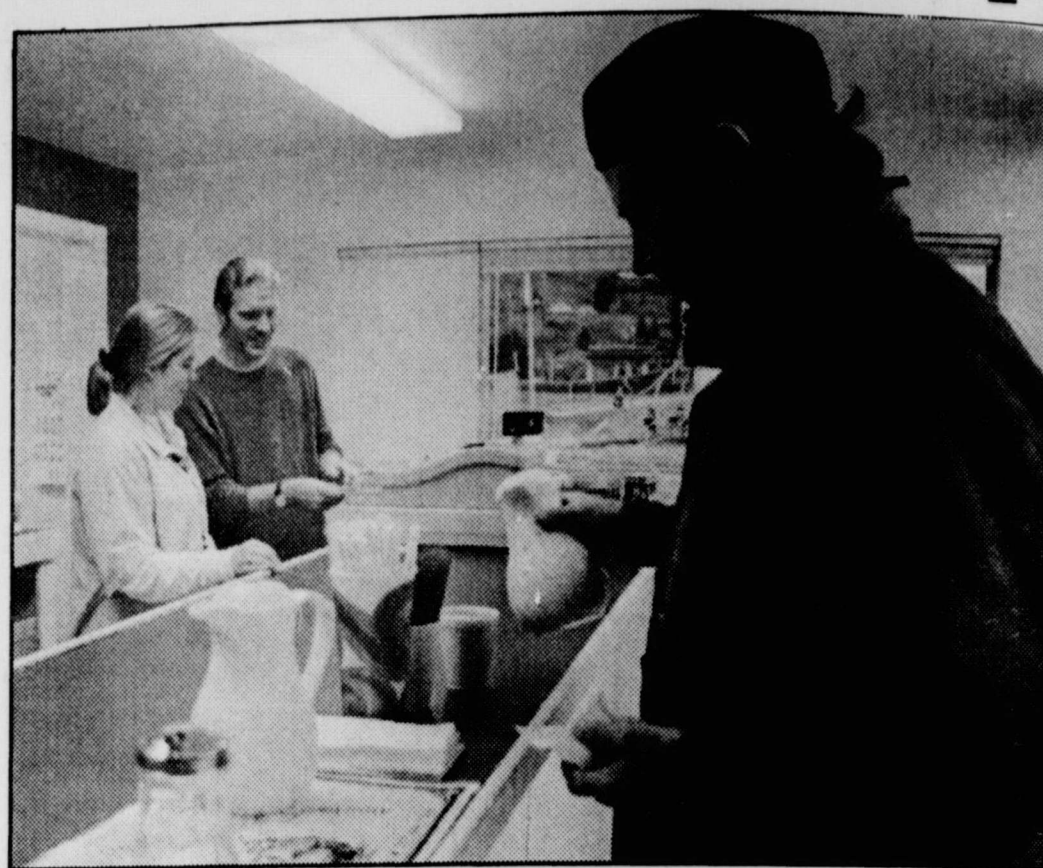
The shop, which has been in the planning stages for more than a year, is the brain child of the Blue Lake Youth Enterprise for Students, (Y.E.S.), a non-profit organization made up of Blue Lake community board members.

The grand opening of the coffee shop was Saturday morning and although there was no ribbon cutting ceremony, employees said they had to turn early birds away until they brewed some coffee to serve.

"People started coming in at 10:30 a.m.," Lori Harder, assistant manager said. "We didn't even have any coffee made yet."

Harder, 16, is a student at Arcata High School. Besides taking care of customers in the coffee shop she oversees the hiring of employees. She decided to hire Barkman. "I hired her because she's really nice," said Harder. "She wants to work here."

Barkman is in the seventh grade at Blue Lake Elementary School and she likes her new job.



KEITH SHEFFIELD/ CHIEF PHOTOGRAPHER

Dell'arte student Burnzy Bunworth, right, adds cream and sugar to his coffee as Charles Wallace shows Erin Hogan how to run the register at the Blue Lake Coffee Shop.

"It's cool working here," Barkman said. "I've wanted a job for a long time. I want to have extra money."

When one of her friends told her about the job opening Barkman attended a meeting at Blue Lake City Hall regarding the opening of the coffee shop and the positions available.

Her first day at work began Saturday afternoon.

"There were a few people here when I came in," said Barkman. "I was really nervous."

Blue Lake Chief of Police Floyd Stokes is the president of the board of directors behind the organization. The board maintains overall leadership and legal responsibility in order to comply with California state laws.

In a press release, Stokes stated Y.E.S. was established to provide business management training for Blue Lake youth 12 to 17 years of age.

The youth-run shop is unique to Humboldt County, said Charles Wallace, coffee shop operations manager, Blue Lake treasurer and Y.E.S. president.

"This is more than a coffee shop," Wallace said. "It's here for local kids to get a sense of community pride and earn extra money."

Wallace said the shop employs eight students, but is looking to hire more for the summer.

Plans are underway to turn the porch behind the shop into an out-

See Coffee Shop, page 18

### music

classical  
blues  
jazz  
contemporary instrumental  
reggae  
punk  
alternative  
ska  
old-time  
celtic  
world  
eclectic  
rock  
early music  
African  
doo-wop  
big band  
folk  
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children's music  
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STACY FORD/ COMMUNITY EDITOR

## Oh Christmas tree

Forestry junior Dustin Lindler preps an eight foot Douglas Fir for Gerald Hansen, HSU alumni who earned a B.A. and M.A. and is now a certified public accountant in Arcata, at the Forestry Club's annual fund-raiser



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## Bill

• Continued from page 11

harvestable timber land in Humboldt County for 3,000 acres of the Headwaters Forest — specifically the part called the Headwaters Grove, one of six old growth redwood groves owned by P-L.

The area would then be designated wilderness, making it off-limits to logging. The federal government would also be allowed to trade for as much as 1,700 acres around the wilderness for a buffer zone.

If P-L accepts the trade — which must be for forest with the same market value as Headwaters — none of its land in Humboldt County would be subject to laws regarding endangered species.

However, the bill leaves in P-L's possession more than 2,000 acres of old growth redwood in the Owl Creek, Shaw Creek, Allen Creek, All Species and Elkhead Springs groves.

"The Headwaters Grove is merely one of six old growth groves within the larger Headwaters Forest," Earth First! member Patrick Oliver stated in a press release Tuesday. "The complete Headwaters Forest is at least 44,000 acres. This plan proposes to clearcut many old growth redwoods within the Headwaters Forest."

Other provisions of the bill include:

- Raising the amount of timber

### Details of bill introduced by Rep. Frank Riggs(R-Windsor):

- Designates 24,660 acres of the western slope of the King Range National Conservation Area as wilderness;
- authorizes the U.S. Secretary of the Interior to acquire 3,000 acres of Headwaters Forest, plus a 1,700-acre buffer zone, to be designated as wilderness and a national biological diversity reserve;
- allows the Secretary of the Interior to offer other timber land, timber rights on BLM lands in California or other suitable U.S. assets in exchange for the Headwaters Forest and the buffer zone — in accordance with a fair-market appraisal;
- increases the amount of timber that can be taken from the prescribed timber management area of the Smith River National Recreation Area to two to five million board feet;
- establishes a five-year pilot project to contract out to the private sector certain resource management activities in the Six Rivers National Forest;
- directs the Secretary of Agriculture to transfer certain federal lands managed by U.S. Forestry Service adjacent to Hoopa reservation to Hoopa Tribe.

allowed to be taken from the Smith River National Recreation Area to two million to five million board feet per year. President Clinton's forest policy limits logging to about one million board feet per year.

- Spending half of Six Rivers National Forest's administrative funds on a five-year pilot program to test privatized management of the area. Critics contend "privatizing" means layoffs for

many Humboldt County residents working there.

- Designating almost 39 square miles of the Kings Range National Conservation Area as wilderness, making it off-limits to logging. This has drawn fire from environmentalists who say that Kings Range is already protected as a conservation area, and that declaring only part of it as wilderness leaves the rest open to development.



HEATHER PARKER / LUMBERJACK STAFF

Boy Scout Shane Aguilar, of McKinleyville, volunteered to bundle up toys.

## Toy run

• Continued from page 13

family atmosphere by allowing the parents to give gifts to their children privately, in their own way," Magill said.

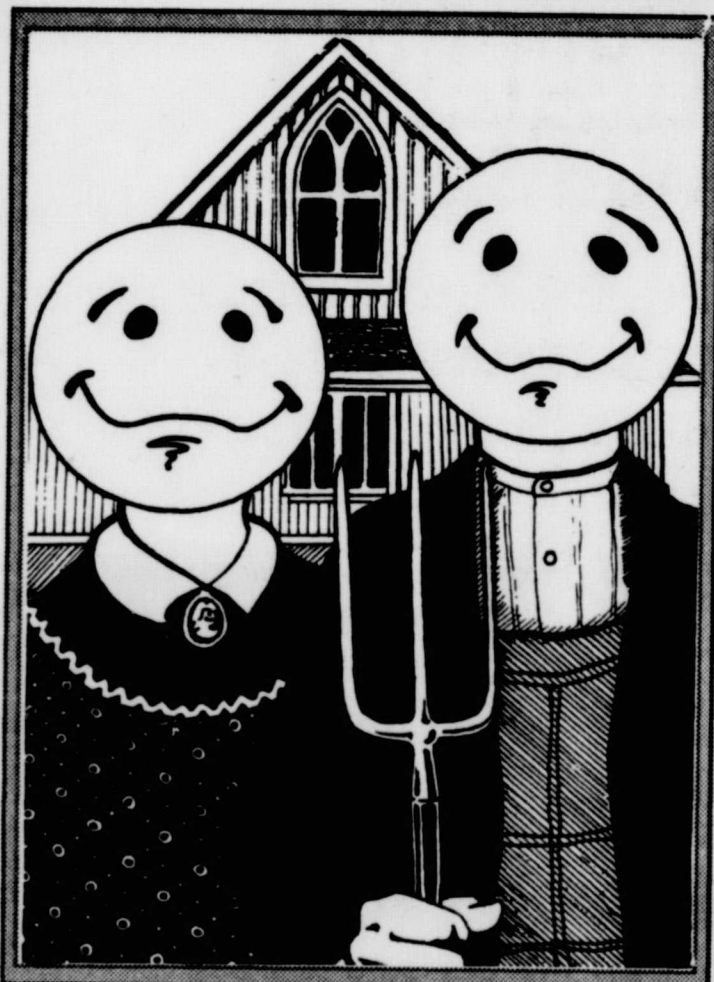
Families must prove they are needy to qualify for the toy donations. Need is not based on income, and a family does not have to be homeless or on welfare to qualify Magill said. Families could be middle class living in a nice house with two cars. The main breadwinner could have just been laid off, and that family is just as needy as the one on welfare. Families from all parts of Humboldt County are welcome to come to the Christmas party as well

as the mission for assistance.

"Our main objective is to put ourselves out of business," Magill said.

Based on the Peace Corps motto "If you give a man a fish he eats for a day, but if you teach him to fish he eats for life." The Magills plan to start a drug and alcohol recovery program based on the Christian 12-step program. Patients would have to live-in the mission for one year and attend counseling, literacy, parenting, and financing classes.

Donation boxes will be open until the Dec. 24, when the mission will provide a Christmas meal for the homeless. For more information contact the Eureka Rescue Mission at 443-4551.



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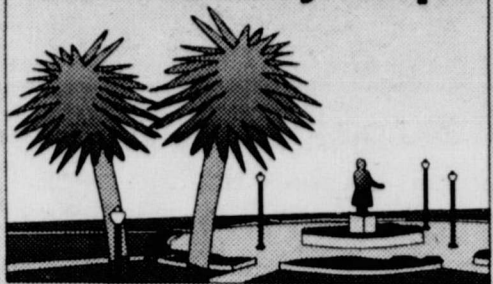
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## Community Clips



## Humboldt UNICEF sells holiday cards

The United Nations Children's Fund and the Humboldt Committee for UNICEF are selling holiday greeting cards.

Two packs of UNICEF cards will buy 200 capsules of antibiotics, 120 books for a classroom or enough tablets to purify 200 liters of water.

UNICEF greeting cards can be purchased at:

- Northtown Books, Arcata
- Northtown Art Supply, Arcata

- Arcata Co-op parking lot
- HSU Bookstore
- The Art Center, Eureka
- Eifert Gallery, Ferndale
- Fortuna Book Company

For more information, call Catherine Walling at 826-0348 or Bojan Ingle at 444-6219.

## AmeriCorps sponsors holiday food drive

Two Fortuna AmeriCorps programs — Cadre of Corps and the Watershed Stewards Project — are coordinating a holiday food drive with members from the California Conservation Corps.

Their goal is to generate enough food to provide meal baskets for 100 families in rural areas of Humboldt County.

Food donations can be dropped off at any of the following Fortuna locations:

- Bank of America
- Safeway
- Campton Heights Market
- Fortuna Chamber of Commerce

- Coast Central Credit Union
  - Hobby's Market (in Scotia)
- For more information call Kevin Pachman or Shelly Dunn at 725-5106.

## Child care council gives holiday party

The Humboldt Child Care Council is holding a holiday party for child care providers and their children Friday from 10 a.m. to noon at the Christ Episcopal Church, 15th and H Streets in Eureka.

There will be holiday activities, a Santa Claus sing-along and refreshments. RSVP at the Humboldt Child Care Council, 444-8293.

## Arcata sponsors trail clean-up day

The Arcata Environmental Services Department hosts a "Trail Workday" Saturday from 9:45 a.m. to 3 p.m.

City staff and volunteers will close an illegal shortcut that is damaging the forest, fix a bridge and redistribute gravel. Sideline work will include reconstructing waterbars and pulling out invasive plant species.

The city will provide tools, coffee and bagels. Please bring boots, gloves and a water bottle. Bring rainwear if necessary and tools if possible.

Volunteers can meet city staff at 9:45 a.m. behind Arcata City Hall for carpooling. Volunteers can also meet the group at the junction of trails seven and 12 at 10 a.m. Volunteers do not have to stay until 3 p.m.

## Tax board to collect late child support

Last Friday the district attorney's Family Support Division joined a new collection program that com-

bines its resources with the Franchise Tax Board to collect delinquent child support payments for the residents of Humboldt County.

The FTB will act as a collection agency. The district attorney's office will send county cases that are more than 30 days late. The FTB will treat the child support like delinquent taxes and use its automated collection system to collect the money through wage attachments, bank levies and seizure of assets.

Disputes regarding amounts will be handled at the local Family Support Division in Eureka.

Once the FTB accepts a case, a demand for payment notice is mailed to the obligated parent. It must be resolved within 10 days. Payments received by the FTB are deposited in a special fund and distributed to the county within five business days.

## County Mental Health to give parenting talk

Humboldt County alcohol and other drug programs will sponsor a talk entitled "Parenting Made Easier: Learning to Diffuse Power Struggles at Different Developmental Stages" from 2 to 4 p.m. Friday at the Eureka Inn.

JoVonne Price of the Humboldt County Mental Health Department will cover practical strategies for different developmental stages that will help parents and those working with children to defuse power struggles when they occur.

The fee is \$5 which includes coffee and tea.

To register and for more information call 445-6200.

Compiled by Stacy Ford

## New radio station to rock North Coast

■ A new radio station will debut this month and will feature community artists.

By Jeremy Sutton  
LUMBERJACK STAFF

There's a new radio station in town. KHUM, 104.3 FM will be on the air in the next couple weeks. KHUM was suppose to open this week, but has been delayed because of equipment problems.

KHUM is broadcasting out of Ferndale.

It is "100 percent local programming. We're live 24 hours a day," said Jacqueline Debet, who co-owns KHUM with Cliff Berkowitz.

"KHUM is going to be a unique commercial station that is heavily community based," Debets said. "We think Humboldt County is beautiful and we're here to celebrate its culture."

"There is a lack of celebration in the local market," she said. "We want to change that and immediately involve the community."

KHUM will broadcast many local musicians. We feel there are a lot of good musicians that deserve

air time, Debets said.

Debets also said she hopes the community will become involved with the station. KHUM will hopefully provide jobs and college internships.

The community is also encouraged to interact with KHUM.

"I encourage the community to stay tuned and participate, especially during the evening when the station will be open for the community," said KHUM disc jockey Sharon Fennel. Fennel is also known as "Sista Soul" on her KHSU radio show.

The stations in Humboldt County are not community based, Debets said.

"KHUM is a unique concept in the world of commercial radio," Fennel said.

Another goal for KHUM is to have a respectable advertising medium, Debets said. "We have the most modern editing equipment in Northern California and hope to bring a greater professionalism to radio advertising."

"I believe KHUM is a positive community asset and is different from commercial radio. KHUM is on to something and Humboldt County is the place to do it," Fennel said.

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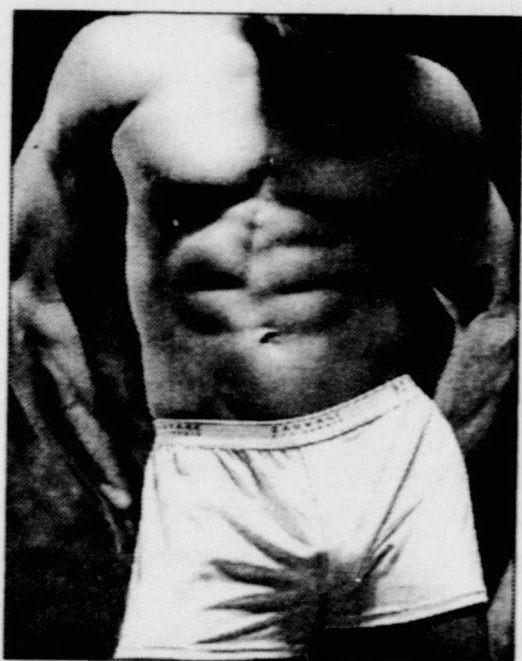
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## Hitch hiking

• Continued from page 18

"There's some particularly dangerous stretches of road near The Avenue of the Giants. In Arcata the chances for accidents involving hitchhikers are less now. Fifteen years ago there was a dangerous corner near campus where students used to hitchhike. I remember a lot of accidents then. It's not as bad now with the new highway."

Some of the threats of hitchhiking today are obvious — for both the thumb and thumbee.

A hitchhiker never really knows if a dangerous person might pick them up and the mysterious hitchhiker poses risks to road-weary drivers.

Fred (he gave no last name) said he was thumbing from Arcata to San Francisco.

"I do it all the time," he said. "Actually I've been all over the United States. I've thumbed through parts of 35 states over the past 25 years."

Fred, 47, said he has traveled more than 250,000 miles by way of thumb.

The strange and bizarre are out there driving and those who test the waters at roadside eventually

run into something bizarre or frightening.

"I got a ride to from Arcata to McKinleyville on one occasion," 24-year-old HSU senior Max Shere said. "I was surprised to see a nice, gray BMW stop for me."

"It was a distinguished-looking, elderly, some-

what overweight gray-haired man," he said. "He explained that he drove here from the Bay Area of-

**"The only reason I hate hitchhiking is because I love people... When I hitchhike I tend to hate everybody who doesn't pick me up."**

**CHRIS HANSEN**  
HSU math junior

ten on business. Although it went unmentioned, it disturbed me when I saw a hard-core XXX color porn mag between the seats on the console. Thankfully, I guess I wasn't his type."

"I was coming from Redding to Arcata—150 miles—with a friend of mine," Arcata resident Scott VanDyke said. "Two girls in a 4X4 picked us up. They had a bottle of whiskey with them in the front. They were drinking it straight—lots of it. They were all over the road so I had to make them pull over and let us out in the middle of nowhere."

VanDyke, 20, has also experienced his share of good rides.

"I made it to Portland in two trips once," he said. "My first ride was from a nice old man who took me all the way from here to Medford. My next ride was with three girls who took me to Portland, let me use their shower and fed me."

There are those who have hitchhiked occasionally but don't regard it as their cup of tea.

"The only reason I hate hitchhiking is because I love people," HSU math junior Chris Hansen said. "You see, when I hitchhike I tend to hate everybody who doesn't pick me up. Especially when they have a lot of space. That's a lot of people to hate."

The Humboldt County Sheriff Department does not recommend hitchhiking or picking up hitchhikers.

"I'm a sixth-generation Humboldtter," Stone said. "I've been here my whole life and I've seen lots of changes as far as crime goes. There's not more crime but more serious crime."

Trusting your instincts is important, Stone said. If you feel leery about getting into a vehicle, don't and you may live to thumb again.

## Coffee shop

• Continued from page 14

side dining area with tables and umbrellas, he said.

By spring, they hope to have a salad bar.

The coffee shop is located on the corner of H St. and Railroad Ave.

It serves soup, nachos, and hot dogs as well as coffee and pastries. Operating hours are Monday

through Thursday, 7 a.m. to 7 p.m., Friday 7 a.m. to 8 p.m., Saturday 10 a.m. to 7 p.m. and Sunday 11 a.m. to 6 p.m.

Barkman said she knows where everything in the shop is and how it works. She knows how to prepare coffee and food.

"It's not scary," she said "It's kind of fun to work when you're 12."

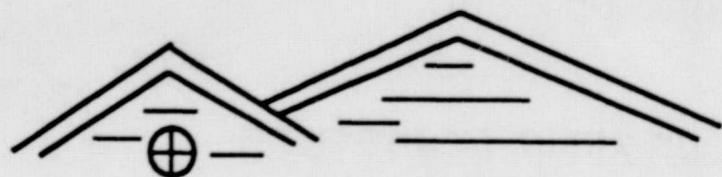
## Tuba

**chris Hansen, math  
junior, hsu**

the largest brass performance instrument. There are two main types of instruments that have been commonly lumped together under the name 'tuba'; tubas and euphoniums, explained Tempas. The sousaphone and the recording bass are the familiar big belled deep toned tubas. Used primarily for marching, the sousaphone wraps around the musician, while the large recording bass is usually played sitting down. Euphoniums and baritones are half the size of the tuba and can be played sitting or standing.

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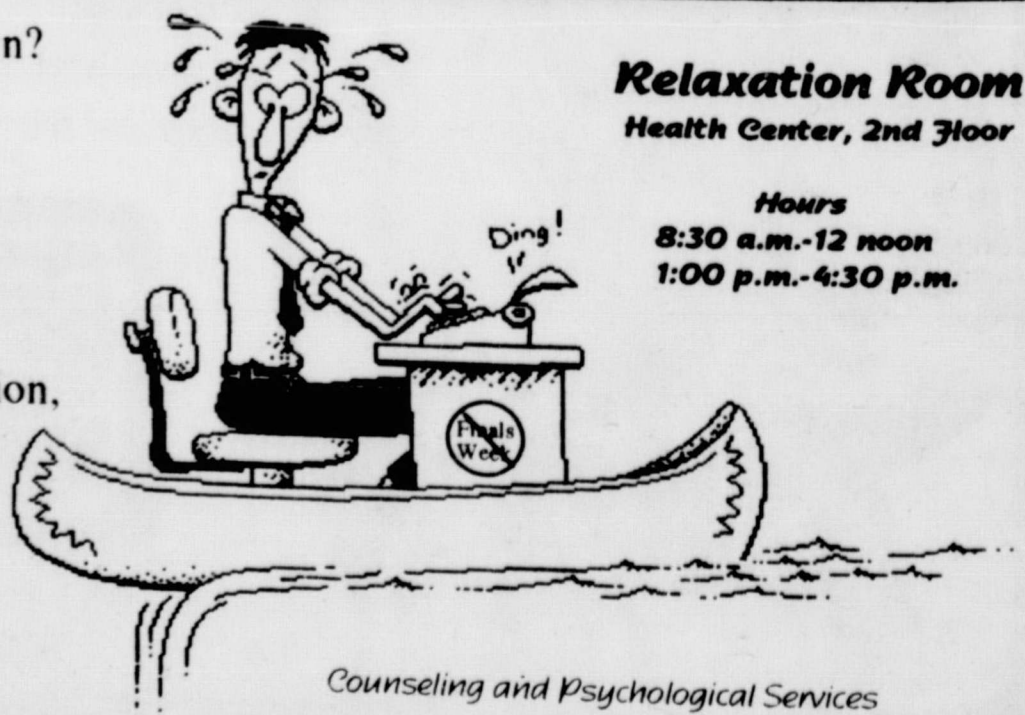
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# Yeast

By Melton A. Hatch III  
LUMBERJACK STAFF

**From bowels to beer, yeast plays an important role in the scheme of science, a role that can be both beneficial and harmful.**

Yeast is everywhere.

It is on the surface of most plant tissues, the bowels of all upper animals and the air of any latitude inhabitable by man.

Man's relationship with the unicellular, flagellated microbe began quite by accident.

Charlie Papazian stated in his book, "The New Complete Joy of Home Brewing," historians give a hypothetical account of someone leaving a bowl of barley grain out in the rain. It sprouted and dried. When eaten it was found to be sweeter, more digestible and less perishable. It was malted barley. When the new food staple — in the form of a leavened bread — was left out in the rain again, its sugars became fair game for the yeasts flying about in the air.

Yeasts love sugars. They consume it and create byproducts like carbon dioxide and alcohol. The carbon dioxide is the bubbles in your beer and the alcohol one reason for the beverage's popularity.

Today brewers invest in the research and development of new strains of yeast with the favored qualities of rapid fermentation without excessive growth, efficient maltose utilization, conversion of maltose to alcohol, the ability to withstand the stresses imposed by alcohol concentrations at high osmotic pressures and predictable reproduction of desired flavor and aroma.

Different species are used for different types of beer. *Sacharomyces cerevisiae* ferments best at temperatures ranging from 55 to 75 degrees and creates ales. Because it gathers at the surface of the brew in the first few days of fermentation, it is called a "top fermenting" yeast.

"Bottom fermenting" yeasts, like *Sacharomyces uvarum*, make lagers and ferment best below 55 degrees.

A wide variety of yeasts are used to come up with distinctive flavors, as are different hops and barleys and degrees of roasting the barley. Stouts

are highly roasted. Ales tend to have higher quantities of hops. Brewers experiment with different sugars — used to initiate the fermentation process — such as molasses and honey and these too contribute to the flavor of a beer.

Man's relationship with yeast is mutually beneficial, benign, and harmful — depending on which species of the *Fungi Eumycota* is concerned.

Yeasts in human bowels synthesize vitamins — particularly B vitamins. Vitamin manufacturers supply certain species like *Saccharomycetoidae cerevisiae* or *Cryptococcaceae utilis* with crude forms of thiamin, riboflavin, biotin and the pantothenic, nicotinic and folic acids or their precursors to "breed" these vitamins.

Actions such as these — as well as the production of enzymes like Invertase — which split sucrose into more readily available glucose and fructose, contribute to our health and energy.

We are instinctively drawn to maintain the balance between yeasts and bacteria (an-

other group of beneficial intestinal micro flora) with cravings for bread and yeasty fruits like apples, pears and grapes.

It is yeasts living in these fruits which are responsible for their ripening and subsequent fermentation. The yeast in grapes is responsible for the early discovery that a joy-inducing beverage could be made rather effortlessly from grapes.

Apples and prunes have their reputation as laxatives because the sugar and yeast they contain cause a chain reaction of yeast procreation in human bowels starting in our stomach and traveling through the substrate of the intestinal mucous.

Our colon is stimulated by the gas they respire as they consume the undigested complex carbohydrates such as grain starches — which until then they had only slowly been working on.

Yeasts can also break down insoluble fibers like those found in raw vegetables — thus cabbage's reputation as a gas-inducer.

But their ability to create sugar from carbohydrates has its problems. If humans consume too many complex carbohydrates at

**Apples and prunes have their reputation as laxatives because the sugar and yeast they contain cause a chain reaction of yeast procreation in human bowels starting in our stomach and traveling through the substrate of the intestinal mucous.**

once, the result is a mass of undigested pasta, for instance, which, upon reaching the domain of the yeasts in the lower bowels, becomes a feast for the yeasts.

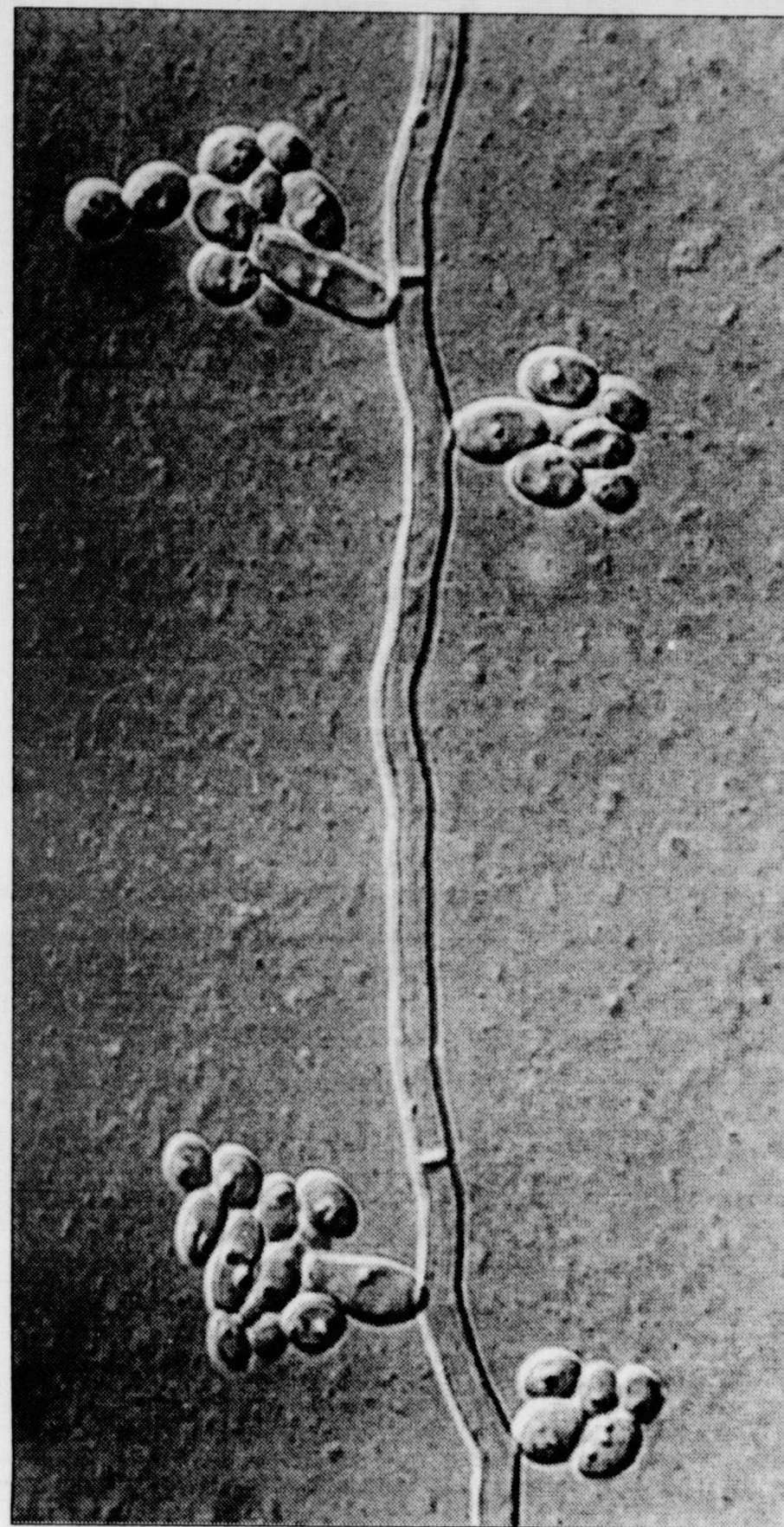
They turn it into sugar and respire carbon dioxide. The result is gas and bloating. In severe cases the yeast can overpopulate to the degree that a the colon prematurely discharges the fecal matter as diarrhea — which will contain a lot of mucous because it is intestinal mucous within which they both reside and are responsible for making.

The pancreas can produce only so much insulin per meal. Insulin takes sugars in our bloodstream and turns them into usable energy.

Our bodies will digest only what sugar it can utilize — otherwise the bloodstream would become loaded with sugar that might feed harmful bacteria and fungi residing in our tissues or in our environment.

No diet is perfect. We never utilize all our sugars — so this feeding of pathogens always occurs. Our immune system can deal with some of them, but at times it becomes over-

**The *Candida albicans* yeast, seen here after growing for five days on rice agar in slide culture, is responsible for a widespread malady which has symptoms including hypoglycemia, fatigue, digestive disorders, muscle pain, respiratory problems and premenstrual syndrome, according to William G. Crook, author of the book "The Yeast Connection."**



loaded and the result is a lung or ear infection. The assertion that sugar weakens the immune system is wrought by its ability to favor the growth of pathogens.

The over-consumption of refined carbohydrates — such as white flour — is one factor contributing to the onset of wheat intolerance. Some metabolic byproducts of yeasts are toxic. A history of over-consumption of carbohydrates and subsequent incidents of gaseous bloating are found among those allergic to wheat, as the body comes to see the wheat itself as a pathogenic agent.

In his book, "The Yeast Connection," William G. Crook stated the yeast species *Candida albicans* is responsible for a widespread malady in the developed world which often goes undiagnosed.

Crook said complaints range from hypoglycemia, fatigue, digestive disorders, muscle pain, respiratory problems and premenstrual syndrome.

A pronunciation of these symptoms when in damp places (where there is a lot of mold in the air) can often be attributed to *Candida*.

The issue is debated in the medical community because many healthy individuals have bowel populations of *Candida albicans*.

Crook said the reason why some have a problem with *Candida* is because the body has at some point become so overtaken by the species that it rejects, in varying extensiveness and combinations, *Candida* and other yeasts, wheat, gluten (the high protein component of grains that is most difficult to digest) and even to some degree any complex carbohydrate — especially too much at any one time.

The cause is an imbalance between the yeasts and the bacteria which keep their numbers in check.

This occurs as a vicious cycle and is set off by "20th-century diets which are rich in yeast and sugars, birth control pills and pregnancy, which all encourage yeast growth — as do hormonal changes during each menstrual cycle. Antibiotics, especially broad spectrum antibiotics, make yeast grow ... because they destroy the micro flora which keep yeasts in check, while they don't harm yeasts at all.

"When they increase in number, toxins weaken the immune system and its ability to fight *Candida* when it migrates through the colon wall into the body. Because of your weakened immune system, the defenders which line the tissues of the body become ineffective. Membranes swell and multiply and invade the deeper tissues so you develop ear, nose, throat, sinus, bronchial, bladder and vaginal infections.

"When you develop such infections, you may be given an antibiotic which promotes additional yeast growth," Crook stated. The once natural, beneficial creature now becomes so prominent that one of its pathogenic variants, *Candida albicans*, overtakes the body with the assistance of all yeasts, good and bad, as well as the other factors mentioned.

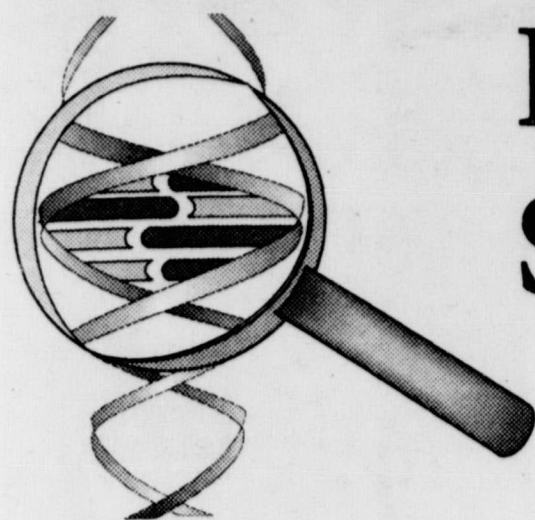
Another weakening factor is the malabsorption of some nutrients created by the floral imbalance and the overproduction of other nutrients in toxic quantities. Diarrhea is a sign that this malabsorption has occurred.

Because all yeasts fight the bacteria which have the power to keep *albicans* in check, all yeast can be seen as an enemy by your immune system — thus a yeast intolerance or allergy.









## Discover Science

### Course offered for sustainable systems

A special course is being offered as SCI 698 and ERE 680. The course, "Sustainable Systems Development," will be on Mondays from 4-4:50 p.m. in Art Building 27. The class is 1-3 units with consent of instructor.

The class will "study the potential for development of sustainable systems that meet human needs for food, shelter/fiber, energy and transportation, clean air and water, health care/human relations."

For further information contact Steve Temple at ext. 5349

### Premed club to meet today in NHE

The HSU Primed club will hold a meeting today in Nelson Hall East 119 at 5 p.m. It will elect new officers and discuss plans for next semester. Sign-ups for this year's medical mini-internships will also be available.

For more information call 822-9378.

### Chemistry study sessions in SH 120

Study sessions for final exams

in Chemistry 100 will be held in Siemans Hall 120 today from 7-9 p.m. Students can participate on a drop-in basis.

### Ethical treatment of animal club meeting

Students who want to help stop animal abuse can join the Students for the Ethical Treatment of Animals (SETA) on Mondays from 3-4 p.m. in Nelson Hall East 119.

### Pre-vet club visits UC Davis next month

The HSU Pre-Veterinary Club will visit the Veterinary School Facilities at UC Davis on the first weekend of February. All participants must attend an informational meeting 2 p.m. on Friday Nelson Hall East 120, or reserve space by 7 p.m. Thursday by calling Stacy at 822-9684.

### Klamath River field program offered

A summer field program with the Klamath Forest Alliance offering a "real-life education in the wildlands of Northern California's Klamath Mountain Bio region," will be held during

a six-week field program from July 10 to Aug. 20.

For more information contact the Klamath Forest Alliance at (916) 467-5405 or write to P.O. Box 820, Etna, Calif. 96027

### Drop-in tutoring for physics offered now

Free drop-in tutoring for Physics 106 or Physics 111 will be held on Mondays from 11 a.m. to 1 p.m. in Science A 475, on Wednesdays from 11 a.m. to 1 p.m. Science A 374 and on Fridays from noon to 1 p.m. in Science A 374.

### Career center to help science majors

Barbara Peters from the HSU Career Center will set up an informational table in the Science A building today. Information about student employment office, career center programs and services will be available from 10 to 11 a.m. on the fourth floor and from 11 a.m. to noon on the fifth floor of the chemistry and physics building.

### Geology club to hold annual rock auction

HSU's Geology Club will hold its annual rock auction today. Gems, minerals, jewels, fossils, photomicrographs, old maps and photos, grab-bags, T-shirts, door prizes and raffle tickets will be for sale with proceeds going back to the club. The auction will be held in Founders Hall 118. Doors will open at 7:30 p.m. and bidding starts at 8 p.m. Refreshments will be provided free of charge.

### Vertebrate museum doctor to speak

The Biology Graduate Student Association welcomes Dr. Kellar Autumn Museum of the Vertebrate Zoology University of Berkeley, Calif. who will speak on the "Performance at Low Temperature and the Evolution of Nocturnality in Geckos" on Friday at 1 p.m. in Wildlife 206.

### New graduate biology class offered

Attention biology graduate students: A new course is being offered, Botany 514/ Environmental Plant Physiology. It's a four-unit class on Monday, Wednesday and Fridays from 1 to 1:50 p.m. The laboratory section of the class will be on Wednesdays for 2 to 4:50 p.m.

### Spherical Gaussian waves to be topic

The department of physics and physical science presents Dr. Leung Chinn who will speak on the topic of "Concerning Light: Plane Waves, Spherical Waves and Spherical Gaussian Waves." This lecture will be held Monday at 4 p.m. in Science A 475.

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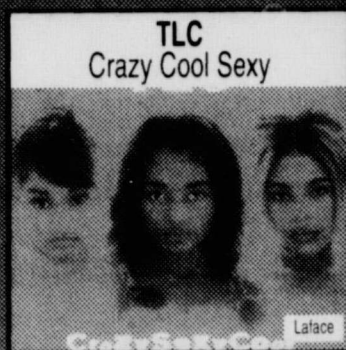
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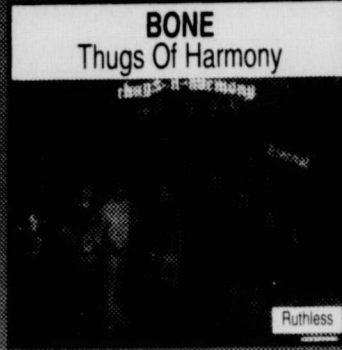
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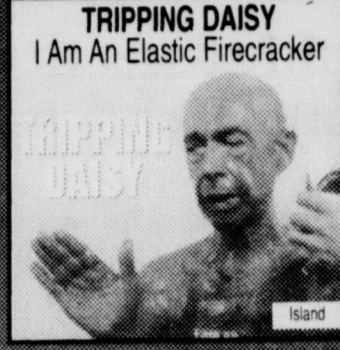
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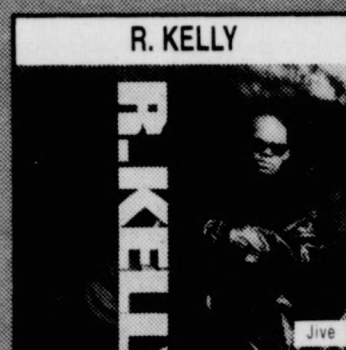
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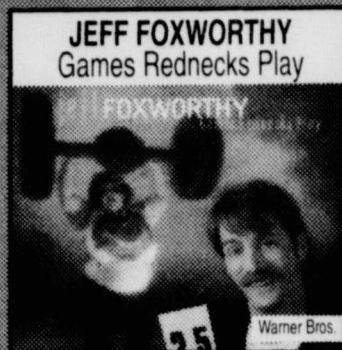
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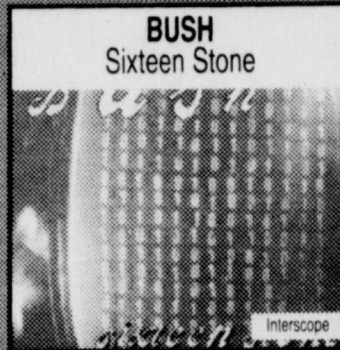
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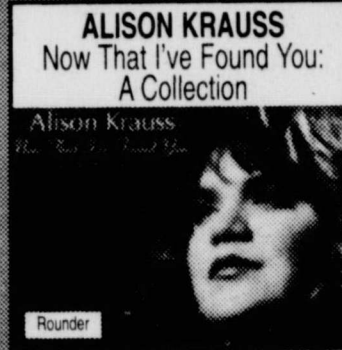
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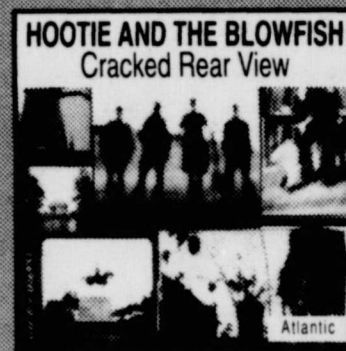
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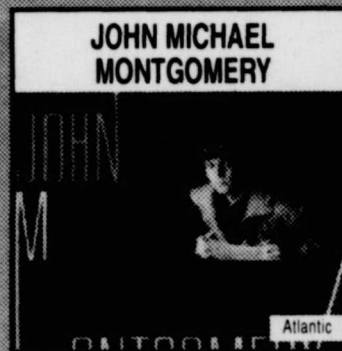
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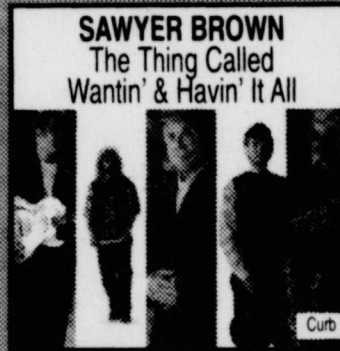
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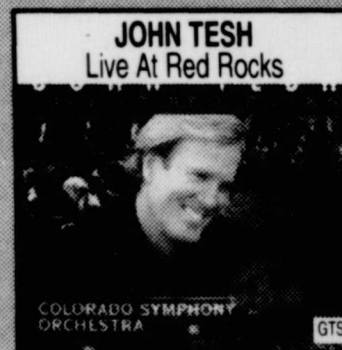
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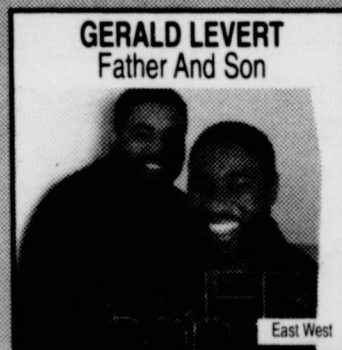
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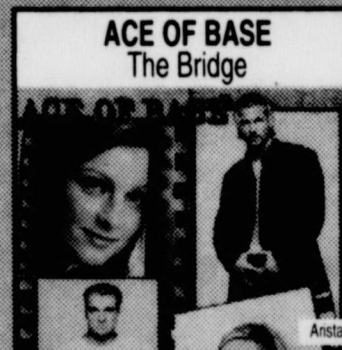
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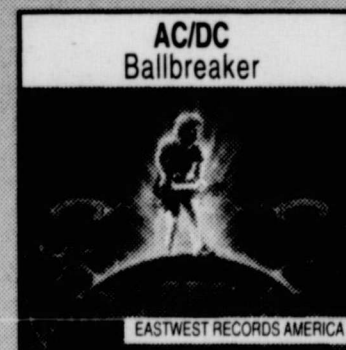
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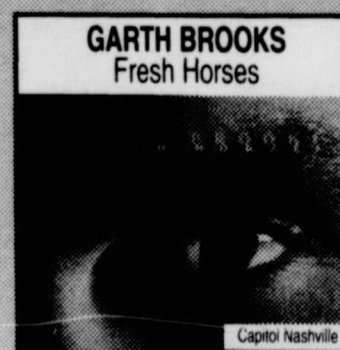
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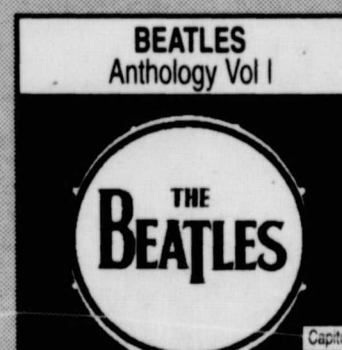
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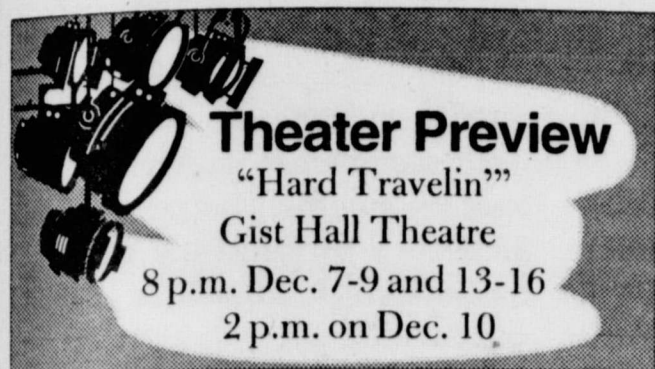
# THE SCENE

Wednesday, Dec. 6, 1995

23

## 'Hard Travelin'

### Durr's play comments on Guthrie, Dust Bowl era



#### Theater Preview

"Hard Travelin'"

Gist Hall Theatre

8 p.m. Dec. 7-9 and 13-16

2 p.m. on Dec. 10

By Matt Krupnick

LUMBERJACK STAFF

Fans of Woody Guthrie won't have to travel to the New York Island or to the Gulf Stream waters to see Dyanne Durr's "Hard Travelin': The Woody Guthrie Story."

They need only stay among the redwood forests to observe the show in the Gist Hall Theatre during the next couple of weeks.

Durr, who is directing the show as part of her master's thesis project, concocted the project in Professor Bernadette Henderson's theater arts class.

"I was very excited by it," said Henderson, who plays a member of the ensemble in the show. "I encouraged her to develop it."

When Durr received the go-ahead from Henderson to expand the show, she asked permission from Guthrie's son, folk singer Arlo Guthrie. With Arlo's blessing, Durr began work on her production.

"(Arlo) told me, 'If it's for education then just go for it,'" Durr said. "I was simply flattered at his trust in me."

The first task for Durr was finding a cast for the show. After two nights of auditions and additional time spent hanging out at Bluegrass Nights at Brewin' Beats, Durr had her cast.

The production seemed to be moving like clockwork — or so it seemed.

"Seven or nine of the 12 people in the show dropped out in the first couple of weeks," Durr said. "They saw the production dates and realized it was before finals."

Despite her stroke of bad luck, the pieces started to fall into place.

"I started looking around and found some wonderful musicians," she said. "For people who have never been on stage before, they are handling it really well."

David Eisley, who portrays one of the Boxcar Ramblers, said he was excited at the prospect of participating in a show about his first musical influence.

"It was really serendipitous," he said. "I am trying to overcome stage fright, though."

Eisley, a musician who plays with the Celtic band Word O' Mouth, said being a musician in the show is easier than the alternative.

"I don't have the talent for acting," Eisley said.

Durr was able to draw from personal experience while writing the show. She has written papers on the South Great Plains Dust Bowl migration — which occurred during the Depression years — a phenomenon that appears in much of Guthrie's music.

In addition, Durr's grandparents experienced the Dust Bowl firsthand.

"They really lived this," Durr said. "In some of his books Woody would talk about many of the same experiences my grandparents had."

"It's a part of our heritage," she said. "I'm kind of amazed when people don't know this

part of our history."

Much of Guthrie's music embodies social themes, an aspect Durr injects clearly into the show.

"The show addresses issues pretty directly," she said. "One of Woody's lines in the show is 'All you can write is what you see.' He never wanted the common people to have to figure out his lyrics."

Participants in the show believe the issues Guthrie sang about years ago are still relevant to society.

"Social issues haven't changed," Eisley said. "It's gone back to the same state as the turn of the century."

"De Tocqueville was right. Those who forget the past are destined to repeat it."

"Woody's music addresses the issue of people trying to make a life for themselves," Henderson said. "We still have migrants and it is still a very controversial issue."

Durr said in Guthrie's era as well as today the United States views itself as a melting pot. In reality, she said, people who arrive here expect the door to close behind them to future immigrants.

"We are talking about people, not issues and money," she said. "A lot of times issues of the economy become more important. We are a planet full of humans and we should treat each other nicely."

Durr said although she tries to address the social messages contained in Guthrie's music, she doesn't want to bombard the audience.

"My point isn't to hit people over the head with lessons or to create some political brouhaha," she said. "Woody's music is at the center of the show."

Henderson said music can be a powerful tool in the right hands.

"Woody's music shows the power of the bard to present hope," she said. "I would call Woody Guthrie a minstrel."

The members of the cast and crew were quick to point out the influences Guthrie's music has had on other artists, particularly Bob Dylan, Joan Baez, Tom Petty and Tom Paxton. Durr also said Guthrie's style of social commentary continues to manifest itself in such modern musicians as U2 and Tracy Chapman.

Despite the influences on other artists, however, Guthrie's music remains the sole influence on "Hard Travelin'."

"We're trying to give a platform for Woody and his music," Eisley said.

"I think there is a life and energy and excitement to this music," Henderson said. "The music is lively and upbeat. Woody Guthrie had the ability to observe struggles in society and address them lightly."

Durr is confident the audience will enjoy the show and its music.

"People will be entertained," she said.



Woody Guthrie fought for social justice during the Dust Bowl migration of the 1930s. Dyanne Durr chose to spotlight his music because of the lack of knowledge of the era.



PHOTOS COURTESY OF THE THEATER ARTS DEPARTMENT

Cast members Susan Schramm, Frank Anderson, Siena Nelson, Vince Insingo, Nick Karavatos, Bernadette Henderson and John Hughes (left to right) eat, drink and be merry during a rehearsal on the set of "Hard Travelin'."



# Artist examines news, relations

By Rebecca Klein

LUMBERJACK STAFF

An Arcata artist mixes current events, feelings, playfulness and whimsy to create an eclectic show.

Amy Uyeki will exhibit pastels in a show titled "Lyrical Visions" at Plaza Design in Arcata through Jan. 31.

"Lyrical Visions" is a different show for Uyeki, whose shows are usually theme-oriented. This show stemmed from many different sources and has no evident theme, Uyeki said. Most pieces, however, are inspired by Uyeki's exploration of her own feelings.

"I chose the word 'lyrical' because it means taking a feeling and

expressing it in a artistic way, a poetic way. (The pieces) are my visions but they are how my visions are interpreted through my medium of pastels and the marks that I choose to put down on paper."

One of the major pieces in the show, "I two I," is a reflection of Uyeki's thoughts on relationships between people. The piece had been brewing for a long time. Uyeki began thinking about it after the Los Angeles riots of 1992.

Uyeki's original intent was to explore the disharmony and conflict between people because of race or cultural issues.

However, the piece transformed into looking at the relationship be-

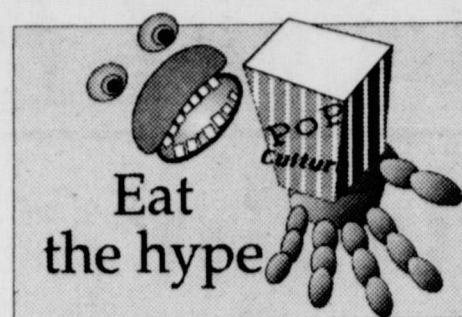
tween men and women.

"I two I" came out as the relationship of men to women and how there are so many differences and how we don't look at things the same way. That piece took on a totally different meaning as I worked on it," Uyeki said. "They have transformed while I was working on them."

Because the finished "I two I" was very different from the original feelings Uyeki was examining, she created a second "eye to eye" piece to further explore the idea and feelings of cultural differences rather than gender differences.

Many of Uyeki's pieces in this

See Uyeki, page 26



• Give a man an inch...

**Pierce Brosnan**, who is contracted to perform in at least two more James Bond films, wants more input next time. Some of his suggestions include **Anthony Hopkins** as a villain, **Sharon Stone** as a Bond girl and younger directors with an edge such as **Quentin Tarantino**.

• Charges stemming from an event in Orlando, Fl., against **Courtney Love** have been dropped.

The judge excused Love's punching two men in the face because the violence was "no more excessive than generally expected at an alternative rock concert."

• **Country Dick Montana**, drummer/vocalist of the Beat Farmers, died onstage in British Columbia of an apparent heart attack. The 40-year-old was the founding member of the San Diego-based group.

His solo album is expected to hit stores early next year.

• Horror novelist **Stephen King** steps back to the time of Charles Dickens with his next project, "The Green Mile."

The book will be published in serial form at the rate of one 96-page section per month for at least six months. Each will cost \$2.99 — a bargain considering the last thriller, "Rose Madder," was \$25.95.

• Cartoonist **Bill Watterson**, 38, will quit drawing Calvin and Hobbes at the end of this year.

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— Carrie Bell

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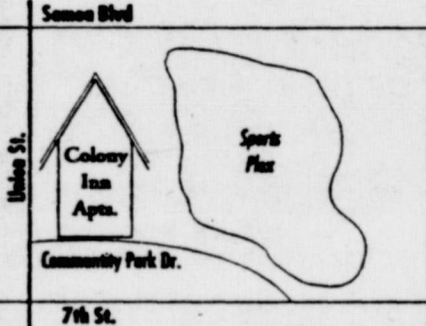
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# Symphony debuts new conductor at season's first concert

By Rebecca Klein  
LUMBERJACK STAFF

The Humboldt Symphony will perform its first concert of the season under the direction of a new conductor.

John Brecher, an associate professor of music at HSU, conducts his first performance with the Humboldt Symphony Saturday Dec. 9 at 8 p.m. in the Van Duzer Theatre.

Although the symphony is under new direction, Brecher said the only real difference is in personality emphasis.

"(Humboldt Symphony) is an orchestra no matter who the conductor is. I bring a new slant," Brecher said. "I have different preferences. I have different ways of doing things, but I'm not different in kind or intention."

One area where his preferences will show up is in the program of the performances. In Saturday's concert the program will include selections by Fanny Mendelssohn, Mozart, Rimsky-Korsakov and Dvorak.

The piece by Fanny Mendelssohn—sister of Felix—is an overture which was nearly lost

and forgotten, stated a music department press release. Brecher said he enjoys doing unusual pieces such as this one, but will not focus only on unknown pieces.

"The orchestra performs three times a year and that means in a student's career—even if they play in the orchestra all four years—they are not going to play that often," Brecher said. "I think as training they need to play the classics, but that doesn't mean that is all I want to do."

"I would feel that I wasn't doing right by (the students) if I didn't play Brahms and Beethoven and

Mozart—who are the great masters of the symphony orchestra—because that is what they are going to go out and do," he said. "So there will always be old war horses in my program, but hopefully there will also be things that people haven't heard before."

Other works include Mozart's "Piano Concerto No. 8", Rimsky-Korsakov's "Capriccio Espagnol" and "Eighth Symphony, Opus 88" by Dvorak.

This year's orchestra is stronger than it has been in the past few years, said Brecher. Part of this improvement, he says, is because



PHOTO COURTESY OF THE MUSIC DEPARTMENT

Concertmaster Beth Carr and soloist Michael Cox rehearse pieces planned for the Humboldt Symphony's semester debut. The concert will be held Saturday in the Van Duzer Theatre.

of the students.

"The student body has its ups and down in terms of ability, interest and actual numbers of students who play in the orchestra," Brecher said. "So it happens that I came in at a good time as far as students. We have more music majors this year and some really excellent players."

The other contributing factor to this new strength is the increased amount of community interest.

"I've got to know a lot of people and made a lot of friends (in the community) and when I took over, a lot of those people chose to join the orchestra," Brecher said.

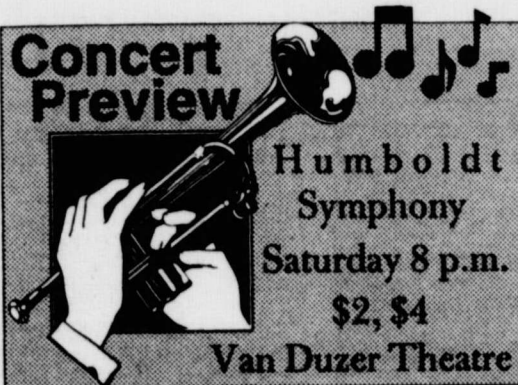
Because of this new strength, Brecher said he hopes to attract

more of a following for the orchestra.

"The Humboldt Symphony used to have a real following and its fallen off in recent years," Brecher said. "I think this concert will be one that will make (the audience)

think of the old days. I really think that anyone who comes to this concert will be thrilled."

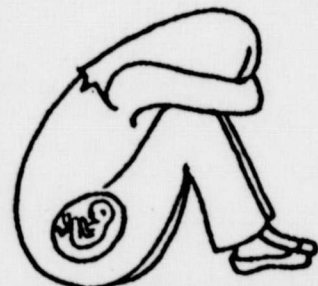
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# Uyeki

• Continued from page 26

show including "I two I" were inspired by current events. She also examines her feelings about France's nuclear testing in Polynesia.

"Some pieces are formed with random ideas which go through my head, get filtered through the news and then get stuck there. I think a lot about them. These ideas get transferred into my work somehow," Uyeki said.

Not all of the pieces focus on current events. Much of her inspiration for the show came from her 6-year-old daughter.

"My daughter's a wonderful artist and I'm just constantly amazed at her innate ability to put things down on paper with no wishy-washiness about it," Uyeki said. "I don't have that ability and I really admire it. So I try to bring some of her playfulness and whimsy into my work."

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**Rolling Stones**  
"Stripped"  
Virgin

With all of the talk surrounding The Beatles these last few weeks, it is no wonder people might forget there was another and perhaps better, more controversial, decadence-loving, sex-obsessed band creating its own phenomenon during the same decade.

Drum roll, please, for The Rolling Stones and the latest multimedia CD, "Stripped."

Without the MTV title, the Stones have gone unplugged and rerecorded several old-time favorites like "Street Fighting Man" and "Shine a Light."

Produced by the legendary Don Was, the CD offers beautiful resurrections of "Wild Horses" and "Angie." Mick Jagger still has it when it comes to raw, desperate and sad ballads. And with little surprise, the years have left the band tight as ever.

The band celebrates Bob Dylan with a faster version of "Like a Rolling Stone" and pays homage to the late Jerry Garcia by including a Grateful Dead and Rolling Stones standard "Not Fade Away."

There are some spots that leave a little to be desired.

Jagger's voice grates on "Let It Bleed" and Keith Richards probably shouldn't take the mic on "Slipping Away." The latter does benefit by the backing vocals of Lisa Fischer.

The CD also doubles as an interactive CD-ROM (accessible on Macintosh or IBM/PC) with interviews, videos and concert footage from shows in Amsterdam, Paris, Tokyo and Lisbon.

— Carrie Bell

## Soul II Soul

"Volume V: Believe"  
Virgin

Jazzie B and the Funki Dreds have done it again.

They have produced yet another volume of funky jazz and groovin' dance hits with the same caliber of style and grace presented by the hip-hop/modern jazz orchestra in previous albums.

Once again Soul II Soul is joined by Caron Wheeler, the vocalist who put them on the charts in 1989, with her soulful performance on the group's first album "Keep on Movin'."

Wheeler is featured on three of the album's tracks — "Ride On," "Sunday" and "Feeling" — and graces the orchestra's compositions with her silky smooth vocals like only she can. (All you devoted Soul II Soul fans know what I'm sayin'.)

"Volume V: Believe" also features three instrumental jazz tracks that are groovin'. "Zion," "Game Dunn" and "How Long" — all written by Beresford Romeo, the group's main composer, with collaboration from Phillip Harvey — are down and funky and perhaps some of the group's best jams since "Volume II."

Vocalists Charlotte and Eyvet pull out the stops and go off in songs such as "Universal Love" and "Don't You Dream" and newcomer Sensi throws down the conscious rap in "Pride." Watch out for more of this lady rapper on future hip-hop albums. She's got what it takes to bust out on the scene.

Jazzie B and company are without a doubt the masters of jazzy funk and stand in a category all their own. This fifth album proves they can do no wrong.

— Vanessa L. Payne



**Bonnie Raitt**  
"Road Tested"  
Capitol

Twenty-four years after her first album was released, fans of the blues rock chanteuse can finally experience a piece of Bonnie Raitt live in their living room.

The eight-time Grammy winner proves live is definitely better with crisp vocals, vulnerable and personal narratives, rollicking rhythms and elongated guitar solos.

The two-disc set's material was taken from six West Coast shows performed last summer and includes a repertoire spanning Raitt's career.

From the reworked contemporary tunes such as "Love Letter" and "Longing In Their Hearts" to the Raitt standards like "Louise" and "Love Me Like a Man," the CD can almost serve as a greatest hits album although some signature hits are missing like "Nick of Time."

The three new songs, including one written by Bryan Adams expressly for the duet with Raitt, are weaker in comparison but are must haves for devoted followers.

Raitt also receives some help from Kim Wilson, Charles Brown, Ruth Brown, Bruce Hornsby and Jackson Browne.

Browne helps Raitt through a stunning version of his "My Opening Farewell." The song slows down the album enough to prepare listeners for a star-studded rendition of John Prine's melancholy "Angel From Montgomery."

Although the original version by Raitt (on her second album "Takin' My Time") is slower and more heartwrenching, one can't help letting the tears well up when Raitt sings, "If dreams were thunder and lightning was desire/ this old house would have burnt down a long time ago."

The band also shines with brilliant mandolin, harmonica that would make Bob Dylan proud and sexy guitar riffs that paint pictures for the lyrics.

— Carrie Bell

See Rants & Raves, page 27

This week featuring...

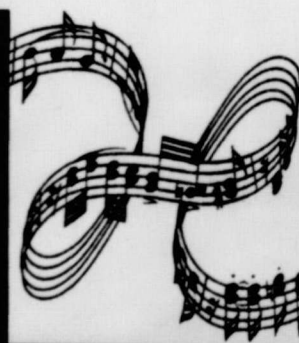
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- LL Cool J "Mr Smith" • The Beatles Anthology "Vol 1"
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## HSU MUSIC DEPARTMENT

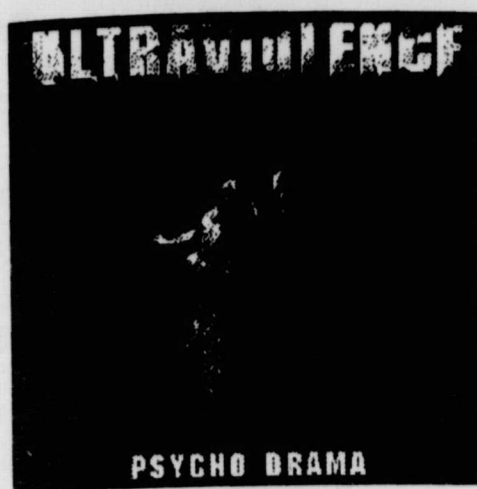
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• Continued from page 26



**Scorn**  
"Gyal"  
**Old**  
"Formula"  
**Ultraviolence**  
"Psycho-drama"  
Earache

It is true. Record companies can learn new tricks and learn them well.

Earache, commonly known for its production of excessive metal bands like Godflesh, breaks free from the stereotype and offers the Stimulus campaign.

The campaign emphasizes the electronic side of Earache with new releases from three fairly different bands — Scorn, Old and Ultraviolence.

Scorn takes a sparse approach to techno on "Gyal."

The album sounds like a blend of slower New Order tracks, retro Cure material and all of the music used to connote altered states in movies. It definitely couldn't be used as a dance floor pick-me-up.

Scorn also utilizes more vocals than the other two albums. It is darker and slower with every song ranging from 69 to 92 beats per minute.

Old turns in a more ambient

and hypnotic compilation with "Formula," a mostly instrumental EP.

Don't fret that you won't get enough music for your money because this EP is more than 60 minutes of echoes, loops, reverb, Doppler effect and synthesizers.

The dynamic duo of James Plotkin and Alan Dubin would surely give Moby or The Orb a run for their money even though it can get a little repetitive.

Ultraviolence is by far the weirdest and probably most inaccessible for a mass audience. In creating the "techno-opera" complete with a James Bond-esque CD jacket, Ultraviolence uses multiple layers, dramatic female vocals, demonic male voice-overs and aggressive booms and beats.

Using constantly changing speeds, the CD explains the love, hate, pleasure, pain, condemnation and ultimate salvation of the relationship of the opera's main characters Jessica and Hitman.

— Carrie Bell

**Silk**  
"Silk"  
EastWest

With the influence and support of R&B giant Gerald Levert and former producer Keith Sweat, the members of Silk have become the new princes of sexy, slow jams.

The Atlanta-based quintet, whose 1992 debut album "Lose Control" went platinum in two months, has shown it's more-than-ample ability to croon with the best of the R&B greats. The group's latest release — "Silk" — only reaffirms it's talent to produce some of the smoothest and most soulful ballads in the industry.

The five young vocalists — Jimmy, Big G, Lil' G, Timzo and

## Rants & Raves

John John — start out on the slow hip-hop dance tip with "Hooked On You" and slide right into the romantic, late-night jams with a smooth, sensuous track titled "Because Of Your Love."

The smoothest and sexiest of the ballads — "Don't Rush" and "I Can Go Deep" — have a groovin' combination of harmony and heavy but slow beats (definitely influenced by the king of slow jams, Keith Sweat).

Other jammin' songs include "Now That I've Lost You," "Remember Me" and "Don't Go to Bed Mad," a track written and produced by Gerald Levert.

Props to these young bruthas for another bomb album.

— Vanessa L. Payne



### Pizzicato Five

"The Sound of Music by Pizzicato Five"  
Matador

The hippest, happiest and all-around most fun combo import from Japan to hit the American music scene in years is back with a new album — "The Sounds of Music by Pizzicato Five."

The group made inroads into

America's alternative-pop-dance music world last year with the release of its first U.S. album, "Made in USA."

"The Sound of Music by Pizzicato Five" is the group's sophomore effort in America and is a brilliant follow-up to "Made in USA." While some songs may not stick as instantly as "Twiggy vs. James Bond" and "Baby Love Child" from "Made in USA," they will eventually grow on you and soon you'll find yourself dancing the twist at 4 a.m. and singing Japanese lyrics you probably don't even understand.

The sounds of music provided by P5 on this album vary from standard dance beats ("Rock n' Roll") to a pop-Motown mix ("Happy Sad") to a bizarre eight-and-a-half minute long pop-techno-rave-dance remix of "Peace Music," the last track on "Made in USA."

There's even a track reminiscent of the spy-film feel of "Twiggy vs. James Bond" titled "Good." Maki Nomiya's beautiful voice overlays Yasuharu Konishi's alternatively heavy and light dance beats perfectly.

Even the packaging of the album is very cool. The elegant album Digipak is in black, white and silver and contains a separate lyric booklet and a neat "Carte Pizzicato" credit card, modeled after an American Express card.

— Jackson Garland

**Anthrax**  
"Stomp 442"  
Elektra Records

Anthrax, the name of a fatal cow disease and one of the last surviving remnants of the golden age of popular music (circa 1983-1988), has probably undergone more musical evolutions than any band



since The Beatles.

Beginning in the early '80s as a Slayer-clone with head-banging albums like "Metal Thrashing Mad," the band gained mainstream acceptance with clever song titles like "Efilnikufesin" ("Nise-fukin-life" backwards). Eventually, it sunk to the depths of metal-rap mixes like "Bring the Noise" with Public Enemy and the so-stupid-that-it's-actually-stupid rap "I'm the Man."

It was inevitable that something had to change or the band would be doomed to rot in heavy metal hell with the "Where are they now?" likes of Twisted Sister and Poison.

Fortunately for the band, something did happen which gave them new direction and expanded their heavy metal vision. Ex-Armored Saint vocalist John Bush replaced Joey Beladonna and the band has been all the better since.

"Stomp 442," the band's latest release, is even tighter and more focused than its brilliant predecessor, "The Sound of White Noise."

Songs like "Random Acts of Senseless Violence" and "King Size" stand up to any of the better Anthrax tunes from days of old. They also help the harder to swallow tracks more palatable.

— John Conzemius

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# Scorsese cashes in on fear and loathing in Las Vegas

By Jude Temple

LUMBERJACK STAFF

"Casino" deals a winning hand but falls a little short of a royal flush.

Martin Scorsese and Nicholas Pileggi team up again to give us an inside look at the Mob-controlled Las Vegas of the '70s. At first glance "Casino" might appear as a repetition of their previous collaboration — "GoodFellas" — which also starred two of this movie's main characters, Robert DeNiro and Joe Pesci. However, at a second glance, "Casino's" saving grace is below the surface. It goes much deeper than "GoodFellas."

Scorsese — who directed as well as co-wrote the film — stated in a

press release, "'Casino' is not really a mob film. It's about people in Vegas at the end of its heyday."

The movie introspectively looks at the rise and fall of the Mob-controlled casinos of that era. More importantly the movie examines the fast-paced, high roller lifestyles of the people who ran and were deeply rooted in the casinos.

In a sharply done voice-over narrative, the characters quickly point out Las Vegas is in the middle of nowhere and without the Mob-backed Teamsters union and its \$2 billion pension fund, Vegas would still be a desert.

The movie's bright spots extend well beyond the story's theme.

The wardrobe was definitely a

highlight. Sharon Stone, who plays Ginger McKenna, the chip-hustling vamp who marries DeNiro's Sam "Ace" Rothstein, was dressed in the gaudy fashion of the '70s with an eerie degree of accuracy.

The \$2,000 suits DeNiro wears fit a high roller's flashy but incredibly tacky taste. In fact, one of his suits perfectly matches the color of his Mylanta bottle.

The casting was well done. DeNiro portrays his character — a mob bookie given the opportunity to run the Tangiers Hotel and Casino — with the caliber expected of an old mob movie regular.

Pesci portrays Nick Santoro — the violently short-tempered mob enforcer — with extreme vigor. Some of the typically graphic Scorsese scenes are saved for Pesci's aggressive character.

While DeNiro and Pesci play slightly reprised "GoodFellas" roles, Sharon Stone turns in the best performance of her career. Although her character's development leaves a bit to be desired, she fills in the holes with a stellar performance assuring her legitimacy in the eyes of critics.

Old school '70s Vegas entertainers such as Don Rickles, Dick Smothers and Alan King add an authenticity to the film younger actors would have lacked.

The exceptional cinematography utilized interesting and refresh-



PHOTO COURTESY OF UNIVERSAL STUDIOS

Rothstein (DeNiro), whose heart is stolen by Ginger (Stone), gets irrational and paranoid after a meeting with her ex-pimp.

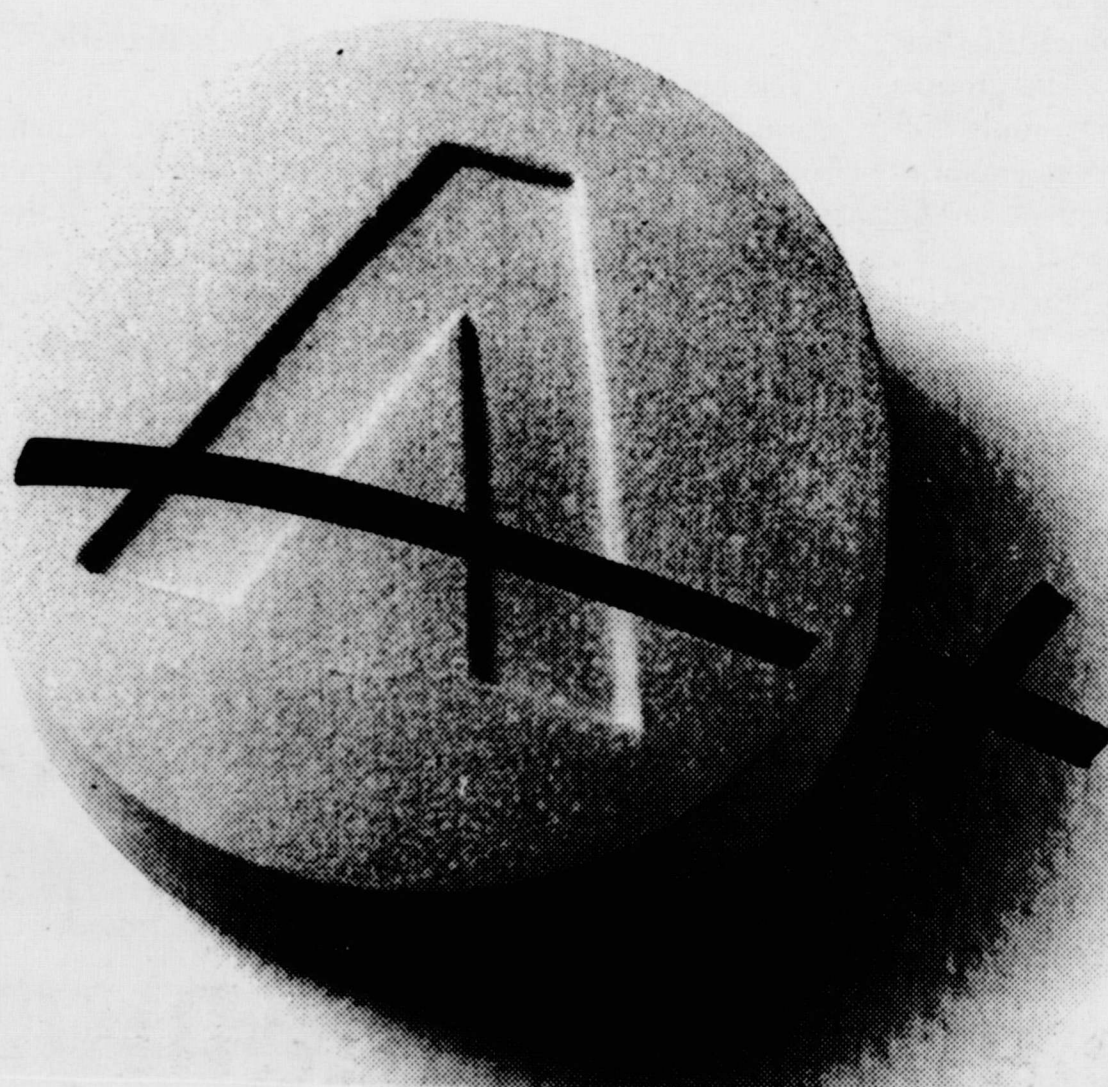
ing camera angles and creative post-production editing to add visual impact of the movie.

In a nutshell, odds are "Casino" is definitely worth the gamble.

## Yeast

The Lumberjack

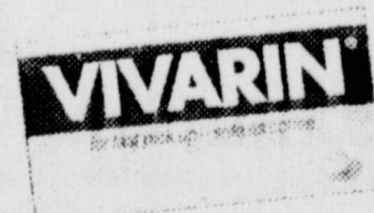
Get your dose of gas and bowel movements this week in Science, page 19.



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# HSU to host National Championships

■ 1996 cross country finals to be held at Beau Pre Golf and Country Club in McKinleyville.

By Steve Gress  
SPORTS EDITOR

The 1996 men's and women's cross country championships are coming to McKinleyville.

The NCAA announced last week HSU will be the host school for the national championships, HSU cross country Coach Dave Wells said at a press conference at Beau

Pre Golf and Country Club last Thursday.

Beau Pre, which is the home course for the Humboldt Invitational, will be the course for the national championships.

HSU was awarded the event after Wells made a bid at the recently concluded national meet in Spartanburg, S.C. The recent success by the athletic department in

putting on regional and national events in various sports was a strong selling point.

"This whole thing started in 1990 right after we hosted the nationals," Wells said. "The NCAA asked right away when we would want to host again."

"We kind of forgot about it for a while and a couple of years ago the NCAA asked again and we talked it over with several people, the administration and members of the local community to see if we had enough interested people to put it on."

Wells said the decision by the NCAA had much to do with the success of the 1990 championships.

"It was kind of a mutual thing," Wells said. "They (the NCAA) had shown interest because we did a good job in 1990 and they liked the community support."

Not only will the meet bring recognition to the HSU program, it will also be a big revenue maker for the Arcata and McKinleyville area.

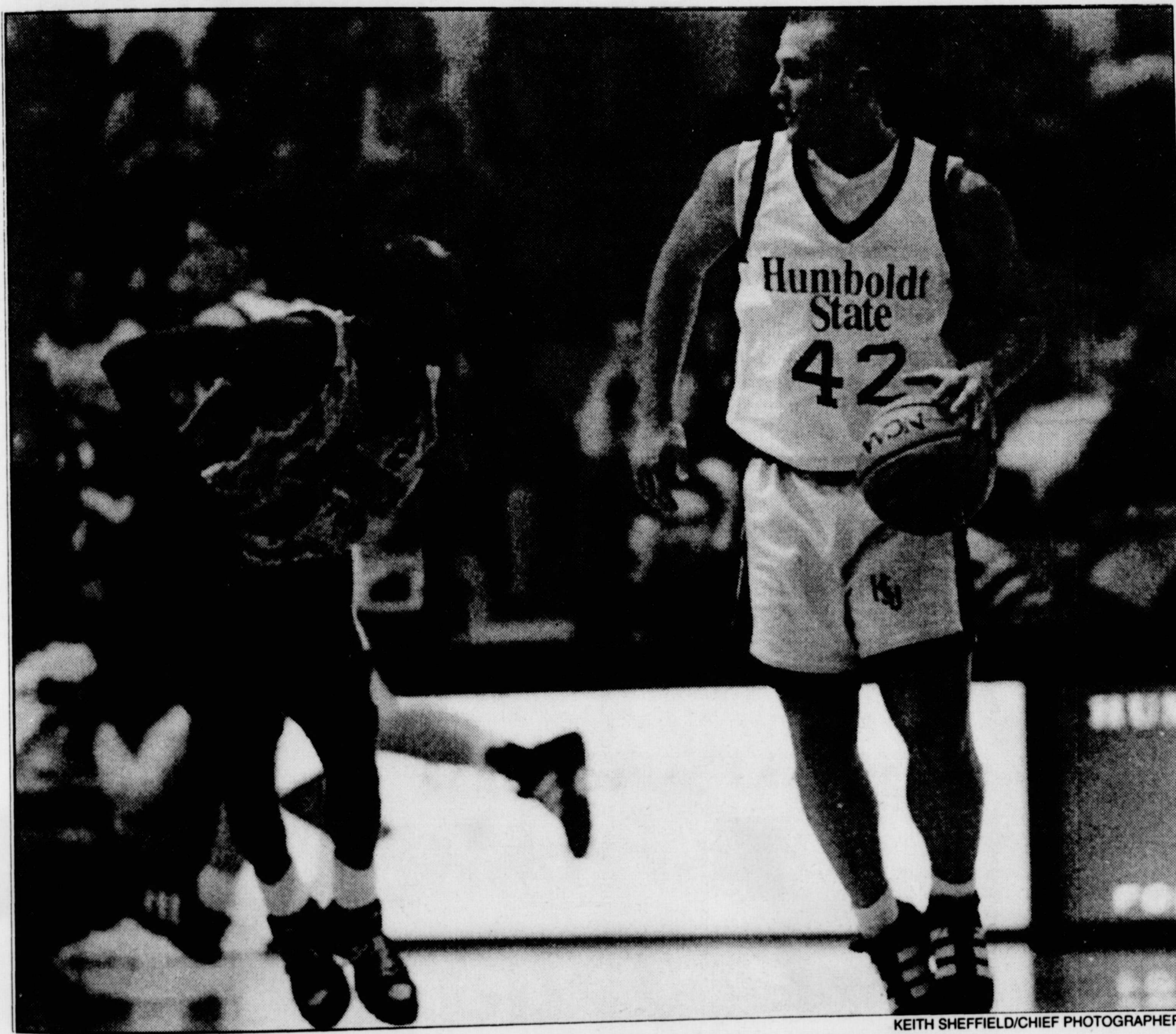
The meet, which is scheduled for Nov. 23, 1996, should bring about 270 of the top runners in the

country, their coaches and supporters to Humboldt County. HSU will also host the West Region championships Nov. 9, bringing in another 180 runners and coaches.

"The NCAA for the most part fully funds the meet," Wells said. "The package of the three events (nationals, the West Region and the Humboldt Invitational) should bring in over \$1 million. I think that is the figure we are looking at."

"I think it is great that HSU is

See *Nationals*, page 30



KEITH SHEFFIELD/CHIEF PHOTOGRAPHER

Senior Chuck Legan has been a backbone to this year's men's basketball team.

## Legan leads by example

■ Senior knows his role is to motivate his teammates.

By Jeff Viera  
LUMBERJACK STAFF

Chuck Legan says his main role on the HSU men's basketball team is to motivate.

It is one of the primary reasons why the senior captain has been a standout for the 'Jacks this season.

The 6 foot 2 inch guard/forward has

averaged 12.8 points and 4.7 rebounds per game and is considered by coaches and teammates as a backbone of HSU's success.

Legan scored 22 points in last Friday's tournament game against Western Oregon State including a three pointer to break a tie in the closing seconds.

For his performance Legan was the sole HSU representative to be named to the all-tournament team.

"He is an exceptional player," head Coach Tom Wood said. "He is a team leader and a very intense guy."

Throughout his basketball career,

Legan has been known for having a fiery attitude.

"I like to get guys motivated," Legan said. "I play and practice hard to set a good example. I'm a captain, so I need to show new guys what they might be doing wrong."

Last year Legan fought his way into the starting spot. By the end of the season he had a 14.1 scoring average and was an all-conference selection.

"He is one of two players we count on to give us scoring and leadership," Wood

See *Legan*, page 33

## HSU athletics gain respect



From the  
sidelines

Steve Gress

It has been quite a fall semester for HSU. First, HSU was rated as one of the top universities in the West and one of the top 100 in the United States, according to Money magazine back in September.

Now, HSU is known not only for known for its academics and affordability, but its athletic programs that are gaining recognition nationally.

The men's and women's cross country team was named as the host program for the 1996 National Championships next November. It will mark the second time in the '90s HSU will host the event.

One of the reasons HSU was considered was because of the program's annual trips to the championships.

This year was no different as the women's team participated in Spartanburg, S.C. with Sara Flores finishing fourth overall.

This year's football team made a bid to reach the Division II playoffs and was put on the honorable mention list but missed out on postseason play. The team finished 8-1-1 and beat Division I St. Mary's and tied Division II rival UC Davis on the Aggies' home field.

The lack of quality opponents and national notoriety hurt the 'Jacks' chances for a playoff berth this year but with a new schedule still in the works for next year, head Coach Fred Whitmire and his coaching staff might just make it in the next two years.

Respect is still a problem for the football team but having three players, Chris Butterfield, Randy Matyshock and Carl Posey being named to the second team All-West Region should help the 'Jacks in the future.

The women's basketball program has also

See *Respect*, page 34





## NEW DROP-IN SCHEDULE

### BEGINNING DECEMBER 4

DATE	SPORT	LOCATION	TIME
December 6	Soccer	W. Gym	7-9pm
December 11	Basketball	W. Gym	7-9pm
December 12	Volleyball	W. Gym	7-9pm
December 13	Basketball	W. Gym	7-9pm
December 14	Volleyball	W. Gym	TBA
December 17	Basketball	W. Gym	11-1:45pm
December 17	Volleyball	W. Gym	2-5pm

### ENDING DECEMBER 17

## TOURNAMENTS

It is the last tournament of the year so get ready to GRAPPLE!

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## ANNOUNCEMENTS

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PHOTO COURTESY HSU SPORTS INFORMATION

Members of this year's women's cross country team from left: Sara Flores, Kim Sousa, Lara Schultz, Jessica Leal, Shelly Niro, Stephi Giuntini, Jackie Weimer and Courtney Cannizzaro.

## Nationals: hosts for second time

• Continued from page 29

able to land the championships," Arcata Mayor Carl Pellatz said. "It is great for our area and community because the money will be spent here locally. It will bring nothing but good times and positive effects both on tourism and for the level of athletic events that we can host."

It will take numerous amounts of people to put the events on, Wells said.

"It will take a lot, probably in excess of 100 people," Wells said. "We have made some calls and the word has just got out but we already have around 20-30 people to that we have asked."

One of the major areas of work is in finding rooms for all the athletes and their fans. However, associate Athletic Director Marty Coelho doesn't think it will be a problem.

"There are plenty of facilities to house the players and fans so I'm

not worried about that," Coelho said.

Coelho said local business can also get into the act with sponsorships.

"One of the benefits is that the NCAA has changed to allow more local sponsors to get involved in the marketing of the event," Coelho said. "We have a number of corporate sponsors throughout the year and this is an opportunity for them to reach out to the whole community."

The bid will also be a selling point for HSU Athletic Director Scott Nelson said.

"This is great for HSU," Nelson said. "We were recently put on the maps academically and now the NCAA is sending nationals out here. It says a lot. I think it will be exciting and am looking forward to it."

There is no guarantee, however, that HSU will participate in the

event.

"We still have to qualify out of the regional and for us to host regionals is a plus," Wells said.

If HSU does qualify, the lack of traveling will be a positive, Wells said. This year's women's team was forced to endure more than 20 hours of travel time to reach Spartanburg.

"We spent 20 to 24 hours trying to get back there and it is rough to have to compete right after that, so it will be nice to be home," Wells said.

One thing that won't change from when HSU last hosted the nationals is with the gift that each of the participants will take home with them.

"Last time each person left with a redwood tree seedling," Wells said. "Everytime I talk to people that were here, they give me an update on its growth. I have been unanimously asked to hand them out again."

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# Injury bug biting women's team

■ Senior Keri Rocha still battles an ankle injury.

By Steve Gress  
SPORTS EDITOR

Just when HSU head women's basketball Coach Pam Martin thought things couldn't get much worse, they did.

The injury bug is back and has bitten the Lady Jacks as they head into a two-game home tournament with George Fox and Southern Oregon State. HSU plays George Fox Saturday at 8 p.m. and Southern Oregon State Sunday at 4 p.m.

Keri Rocha, who missed the first four games with a sprained ankle, is once again out after respraining her ankle. Rocha missed the beginning of the year with a sprain on the outside of the ankle and is now out with a sprain on the inside of the same ankle, Martin said.

"I'm not sure when she will be back," Martin said.

Martin said the possibility of Rocha taking the year off is still being determined. For Rocha to be given the year off and still maintain her senior year of eligibility it would have to be determined that her injury would keep her out the entire year.

"It's strictly up to the training

room," Martin said. "They have to have the documentation. It has to be an incapacitating injury that wouldn't allow her to play this year. Sure, she might be healthy enough to play the last three games. We are checking into it right now."

"It's about at that point, unfortunately," Martin said of filing for a hardship for Rocha.

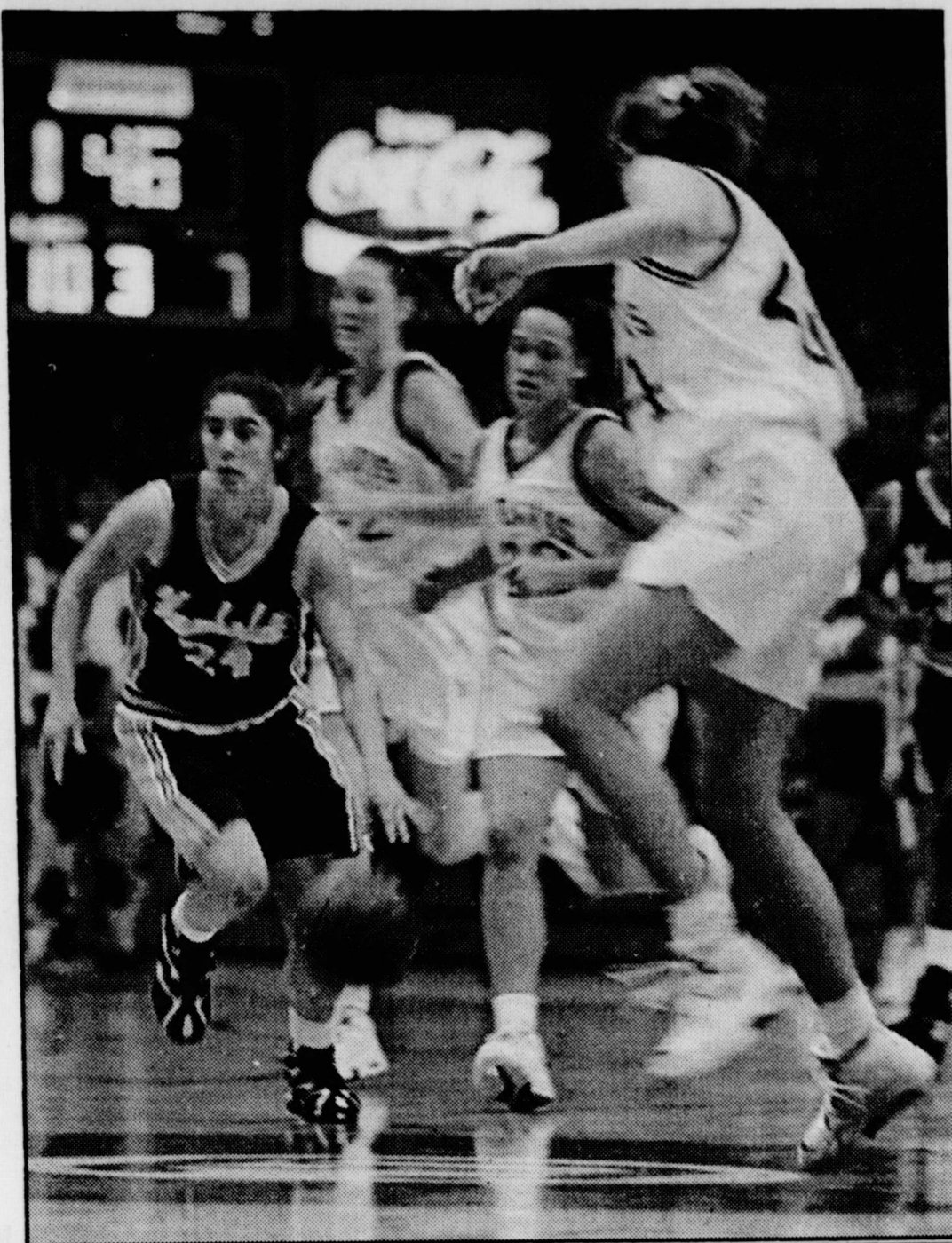
Rocha's injury has had a strong effect on the senior guard and to the stability of the rest of the team, Martin said.

"The ankle has taken away from her game," Martin said. "Her and Tami (McCanless) are our best defenders and she is a little tentative on defense. That causes a real dilemma because she hasn't had a chance to work on the matchup defense and that is more read and react (than man-to-man)."

"It (the injury) has affected the psyche of the whole team," Martin said. "She may be in there for five minutes and then resprain the ankle. We need to know if she is going to be there or not. It is time to move on."

In the absence of Rocha, Martin is expecting others to improve their level of play.

"This gives others a chance to step up," Martin said. "Any given night we have had individuals who have stepped up but we need someone who we can rely on day in and day out. We haven't found



LUMBERJACK FILE PHOTO

Sophomore Tami McCanless (24), shown here in action last year, is the leading scorer over the first six games.

that and it scares me."

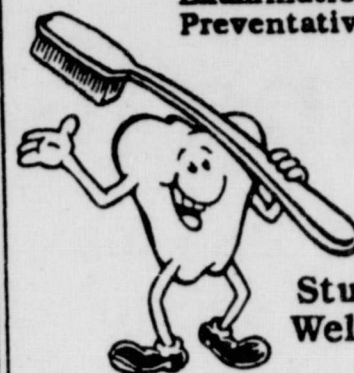
"We are not going to bag the season. This preseason no one will know what the team is about — not

even the coaches."

After the first six games, Martin said she isn't disappointed with a 2-4 record.

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# Men's hoop team continues road swing in Oregon

■ HSU Coach Tom Wood has several concerns for the weekend.

By Steve Gress  
SPORTS EDITOR

HSU men's basketball head Coach Tom Wood has two concerns heading into this weekend's road trip to Oregon — the flu and playing better in back-to-back games.

The 'Jacks (3-3) are coming off a trip to the Western Oregon State Wolfpack Classic where the team finished 1-1. Its win came against the host Western Oregon State, handing the Wolfpack a rare homecourt loss.

"It was a real good win for us," Wood said. "We played well, had good shot selection and were patient on offense. We were also able to withstand two or three charges at the end so that was good."

The 'Jacks came back the next

night and completely fell apart in the first half before rallying to make the final score respectable.

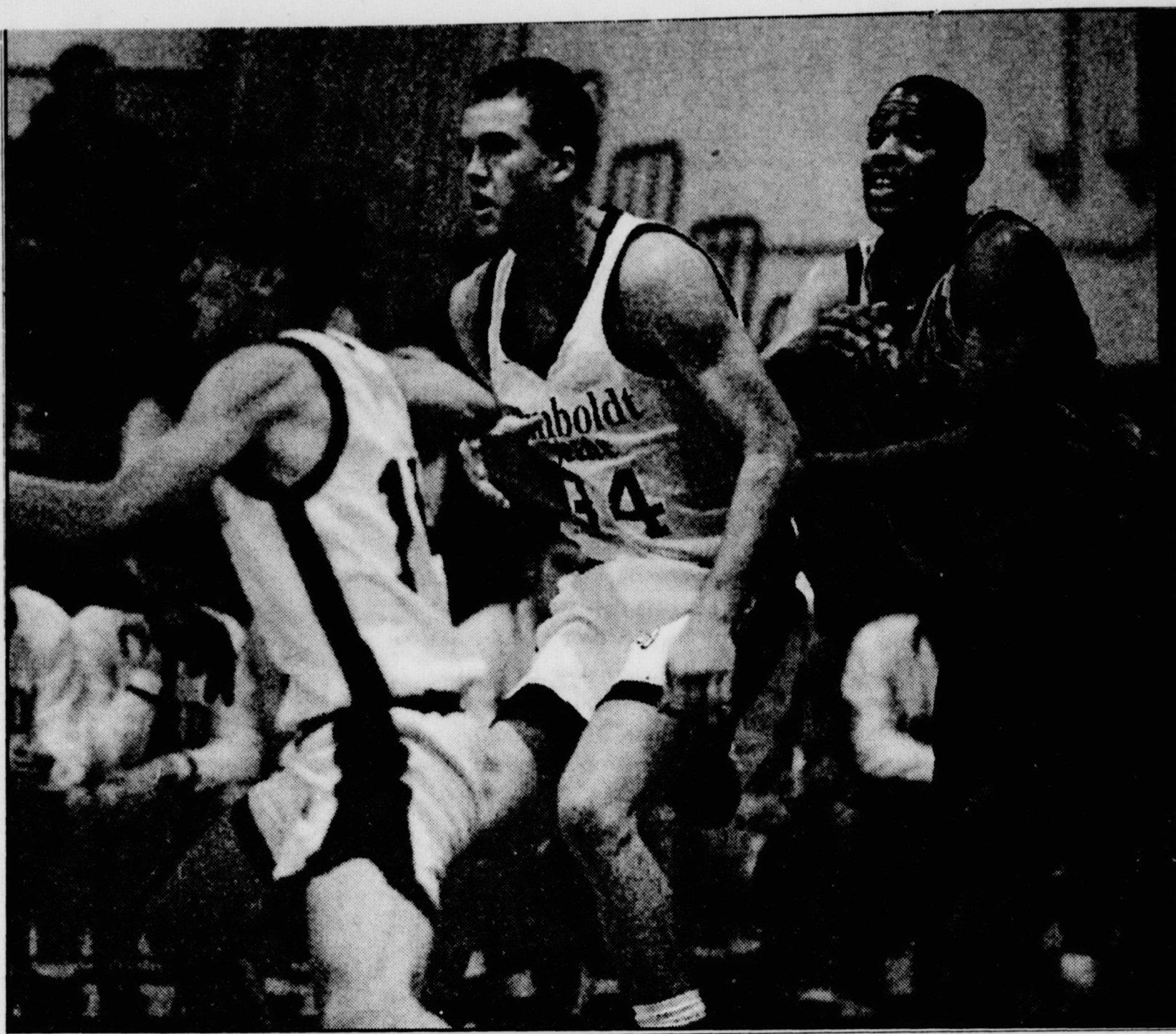
"We decided to show up in the second half and played more like we did Friday night," Wood said. "We just dug a big hole in the first half."

The slow start in the second game is a major concern for Wood and his staff when conference play opens.

"That is something that we talked about as a program," Wood said. "I think we play so hard in the first game that we lose our legs a little in the second. We might have to try something different before the game."

"With the depth that we have on the team maybe we should start a different five the second night," Wood said. "We won't do that this weekend but we need to figure it out because we have to play back-to-back games in league."

The flu has also been a problem. Vince Zinselmeier was forced to miss last weekend's action with the flu and Chris Berg had a touch



KEITH SHEFFIELD/CHIEF PHOTOGRAPHER

Toby Tollack, middle, and Rick Mayhew, left, have been steady performers this year.

of the flu early in the week.

"I have my fingers crossed because this can be worse than injuries because it can go through and affect the whole team," Wood said.

Wood said this weekend's trip to Oregon is not one he looks forward to.

"This is not a favorite trip of ours," Wood said. "I can't remem-

ber the last time or if we have ever won at Oregon Tech. This is just a tough time to play on the road and we will use that as motivation. We are hoping for a sweep."

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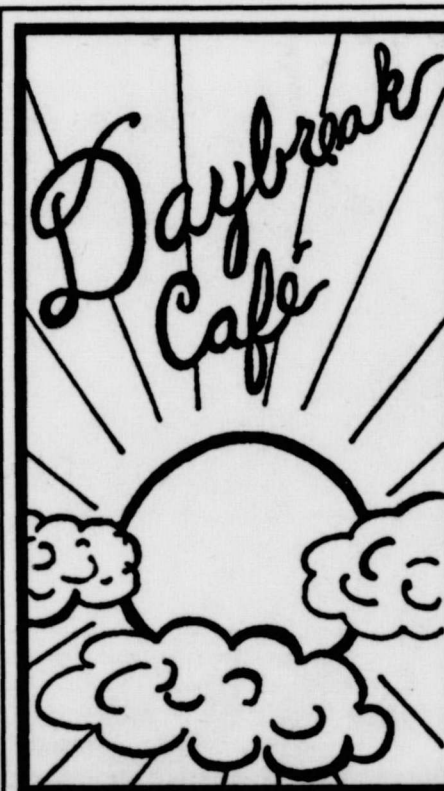
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## Legan: knows his role

• Continued from page 29

said.

Legan said playing a smaller position has been one of the toughest aspects in adjusting to the Division II level.

"At Ohlone, I was a power forward," Legan said. "I had to play more physical and was the primary scorer. Here, I play a lot more of the guard position and I don't need to be relied on to score as many points."

At Ohlone Junior College in Fremont, Legan was the leading scorer in both his freshman and sophomore years, averaging 20.6 points per game, shooting 59 percent and averaging eight rebounds a game. He was an all-conference selection in both years.

In his sophomore season Legan was named Ohlone College's Male Athlete of the Year.

Legan posted similar numbers at Washington High School (also in Fremont) where he graduated from in 1992. In his junior year he played a key role in helping guide his team to the Division III state

"At Ohlone, I was a power forward. I had to play more physical and was the primary scorer. Here, I play a lot more of the guard position and I don't need to be relied on to score as many points."

**CHUCK LEGAN**

HSU men's basketball player

finals before losing in the title game.

In his senior year he was Mission Valley Athletic League Player of the Year.

However, his Huskies did not have the same success as in the previous year. They were eliminated in the North Coast Section Semifinals by a dominant Hayward

team lead by Gerald Walker who has since moved on to the University of San Francisco.

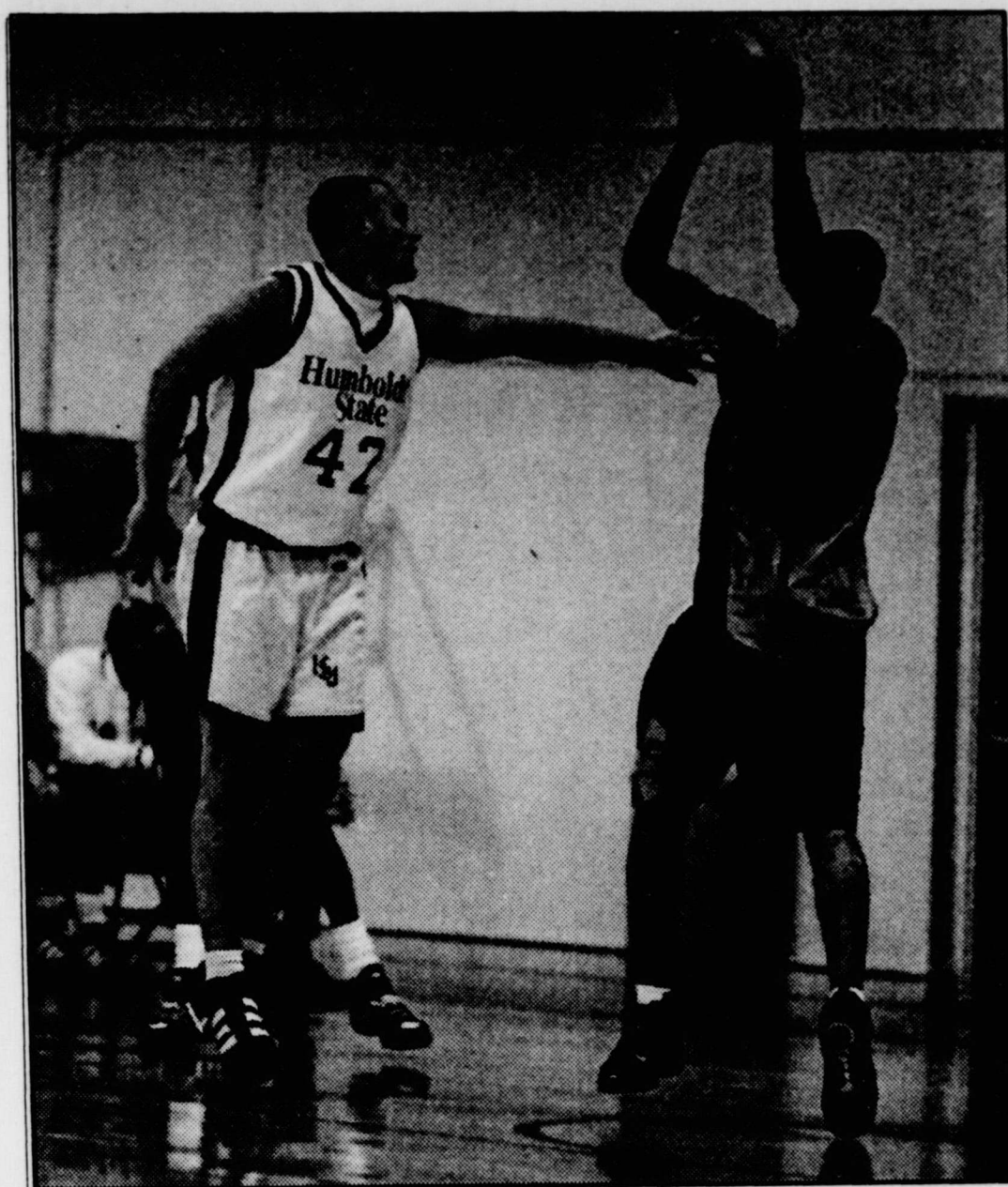
According to Legan, he has improved most on his defense in his short career at HSU. His intensity and work ethic has greatly increased since coming under the direction of the HSU coaching staff.

Legan graduates in one year. The sociology major may return to the Bay Area and finish his work toward a bachelor's degree. After graduation he has ambitions for a career in law enforcement.

"I don't know," Legan said with a shrug of the shoulders. "Maybe I'll bulk up and join the WWF (World Wrestling Federation)."

Legan has not given much thought about basketball after HSU. However, he did say he may give the 6 foot 2 inch and under professional league a shot.

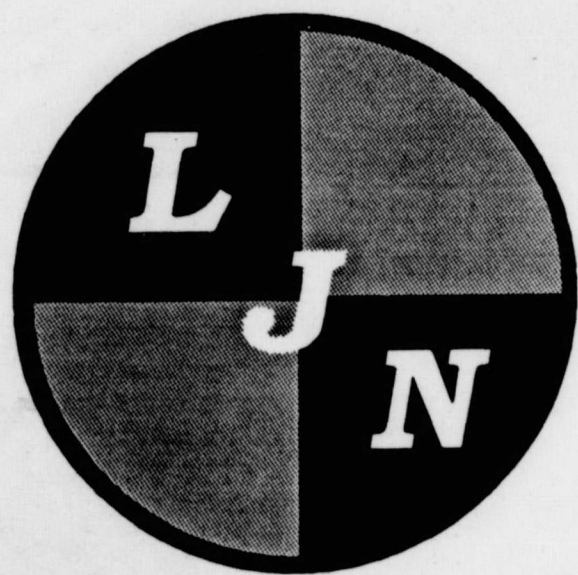
"I want to be known as a guy who gave it his all," Legan said. "(People) can say he laid his heart on the floor and gave everything he had."



KEITH SHEFFIELD/CHIEF PHOTOGRAPHER

Chuck Legan has played well on offense and defense.

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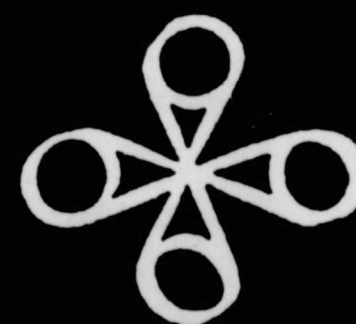


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## MEN'S BASKETBALL

## Overall Standings

TEAM	W	L	pct.	Off.	Def.	Streak
Chico St.	4	1	.800	80.6	80.8	Won 2
UC Davis	3	2	.600	68.2	56.4	Won 1
<b>HSU</b>	<b>3</b>	<b>3</b>	<b>.500</b>	<b>76.8</b>	<b>80.8</b>	<b>Lost 1</b>
Hayward St.	2	2	.500	69.5	84.2	Lost 1
Sonoma St.	2	3	.400	71.2	75.8	Lost 1
Notre Dame	2	3	.400	71.4	73.4	Lost 3
Stanislaus St.	1	3	.250	59.0	75.0	Lost 1
SF St.	1	5	.167	64.2	82.0	Lost 2

## Last Week's Results

HSU 72, Western Oregon St. 68

Central Wash. 87, HSU 73

Long Beach St. 101, Hayward St. 52

Hayward St. 86, Bethany College 53

Chico St. 94, So. Oregon 90 (OT)

Chico St. 88, Puget Sound 83 (OT)

UC Riverside 84, Sonoma St. 69

Sonoma St. 66, CSU San Bernardino 63

UC Davis 76, Colo-Springs 71

Colo-Mines 68, UC Davis 62

Fresno Pacific 69, Stanislaus St. 47

Stanislaus St. 73, San Jose Christian 71

Sacramento St. 69, Notre Dame 59

Holy Names 86, Notre Dame 75

Toledo 67, SF St. 51

Dominican 86, SF St. 83

## WOMEN'S BASKETBALL

## Overall Standings

TEAM	W	L	pct.	Off.	Def.	Streak
SF St.	5	1	.833	68.3	64.7	Won 5
Chico St.	4	1	.800	75.6	69.4	Won 1
Notre Dame	3	1	.750	57.2	35.7	Won 3
UC Davis	4	2	.667	72.7	65.5	Won 4
Stanislaus St.	4	4	.500	69.8	70.1	Lost 2
Hayward St.	2	3	.400	57.2	63.8	Lost 2
<b>HSU</b>	<b>2</b>	<b>4</b>	<b>.333</b>	<b>68.0</b>	<b>77.5</b>	<b>Won 1</b>
Sonoma St.	1	4	.200	56.6	67.4	Won 1

## Last Week's Results

HSU 63, Patten College 49

UC Riverside 88, Hayward St. 63

Pomona 68, Hayward St. 54

Chico St. 83, So. Oregon 65

Chico St. 73, So. Oregon 59

Sonoma St. 73, Dominican College 50

UC Davis 67, Saginaw St. 59 (2OT)

UC Davis 62, Emporia St. 61

UC Riverside 64, Stanislaus St. 60

Cal Poly Pomona 71, Stanislaus St. 61

Notre Dame 56, Redlands 48

Notre Dame 64, Cal Tech 13

SF St. 67, Cal Lutheran 64

SF St. 75, Holy Names 62

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KEITH SHEFFIELD/CHIEF PHOTOGRAPHER

Erin Mutch and Jenn Lundeen have helped lead the volleyball team to prominence.

## Respect

• Continued from page 29

made a rise to stardom with a trip for the first time to the Division II national tournament last March while the women's softball team has been to the national tournament in each of the last two seasons.

Several others have begun to

make their impact as teams to be reckoned with. For the past two seasons the women's volleyball team has produced the Northern California Athletic Conference Player of the Year and challenged for the conference title through the final weekend.

The men's basketball team as

well as soccer teams are on their way to challenging for conference titles while the additions of women's crew and soccer are first year programs ready to excel.

For these reasons, look for HSU to possibly become a Division II power in several sports in the near future.

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## Riggs' environmental bill is doomed for failure

**F**ranks Riggs' newly introduced timber legislation is doomed to fall short of the finish line before it even gets out of the starting gate.

Riggs has touted the bill as a resolution of the lengthy battle between environmentalists and Pacific Lumber Co. to determine the fate of Headwaters Forest, achieved after listening to input from both sides. This is hardly the case. He has left a key factor out of the equation — the environmentalists, who were virtually left out of the loop during the bill's development.

Without taking their concerns into account, the bill is destined to reach President Clinton's desk in a drastically altered form — if it doesn't die from lack of support before it gets there, which will more likely be the case.

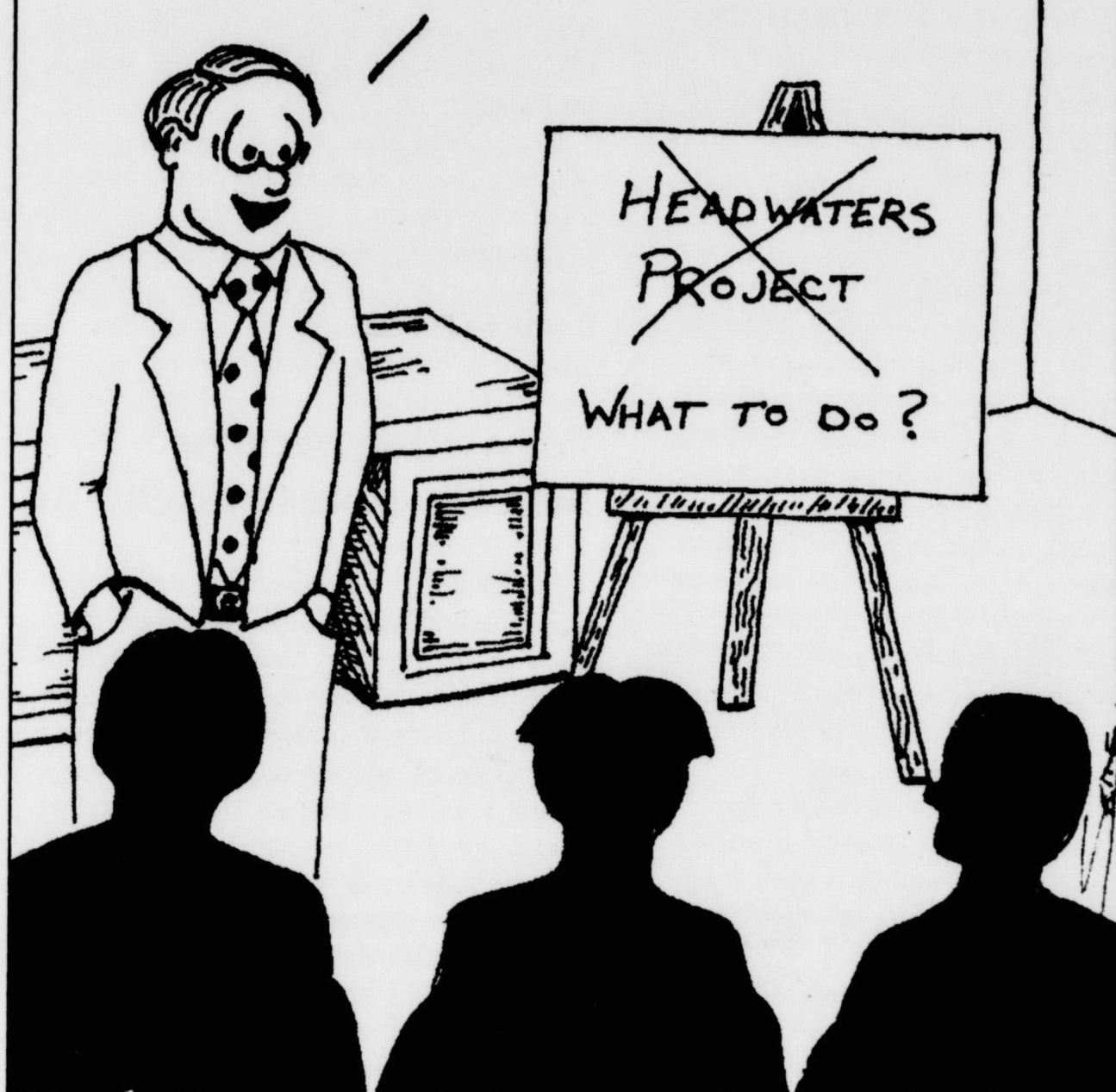
The bill makes the smallest possible concession to environmentalists, preserving only one of the six contested groves within the forest and leaving the other five available for logging. It would open up much of the Kings Range to logging and let PL pretend the Endangered Species Act doesn't exist in Humboldt County.

It takes more than PL President John Campbell's approval to achieve a consensus — those with opposing views must be consulted as well. It isn't enough for Riggs to say "my door is always open" to environmentalists, he must actively seek their input.

Disenfranchising environmentalists by not including them in a dialogue only gives them an excuse to remain unyieldingly dogmatic in their opposition to any attempt at reconciliation.

Including them — and dropping the critical habitat provision of the bill in deference to them — at least provides a basis for claiming a genuine compromise.

IT APPEARS THAT MY CONSTITUENCY  
WILL NOT APPROVE OF THE  
HEADWATERS LOGGING PROJECT SO  
WE ARE GOING TO HAVE TO SCRAP  
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## Registration 101

### Hwa Rang Do? What the hell is Hwa Rang Do?

The other day I was driving to school, filling out my registration ticket at stop signs, and I almost had to pull over. In what alcoholics refer to as a moment of clarity, I realized two things: one, you don't have to be an alcoholic to have a moment of clarity (but it sure helps), and two, this school offers a lot of classes I should have taken.

I wasted so many precious years stuck in Biology 104 and the rest of the G.E. web when I could have learned something valuable. Have you even looked at the wealth of opportunity lying within the course catalogue?

If I could do it all over again I would deviate from the rigid journalism curriculum (we have to learn to use a camera!) and dabble in the fine arts. I didn't get to take THEA 324 — puppetry — but imagine what a better person I could have been.

"Well, you know, Kermit the Frog had to be dry cleaned three times a week because Jim Henson's hands were so friggin' sweaty," I'd tell adolescent girls at parties.

I'd definitely take NURS 410 — Nursing in the Community. Why is there so much breast feeding going on in the community anyway? I can't order a burrito without watching some infant do what I've haven't done in like over a month.

What about MUS 485, the Inner Game of Music. I shred at musical chairs and "Name



#### Liquid Lunch

#### David Chrisman

That Tune" — I'd surely get at least a "C."

I've got two words for anyone who thinks this school has a lack of creativity when it comes to its PE classes: Tennis Golf (PE 186). I'm not too sure, but I think this class is for people who just won the Lotto and need a crash course in games of the rich.

Don't think for a minute I'm disrespecting the PE department! Right between adept Aquatics (PE 578) and Sports Psychology (PE 479) is PE 580, Surgical Procedures Orthopedic (I'm not making this up). I had no idea the PE department was so on the ball. I can see it now:

"Well, Skippy, you've mastered Ultimate

Frisbee (PE 151) and Walking Fitness (PE 254). The only thing left is to learn how to set a broken femur," they'd say.

I don't know if I can squeeze it in, but Surfing Safari (SOC 680) sounds like a class I'd be proud to have on my transcripts. Good luck getting a bunch of surfers to wake up at eight in the morning to go to class. What are these administrators thinking? Even the psychology department had the wherewithal to strategically schedule Drug Use & Abuse (PSYC 473) at two in the afternoon once a week. They know where their bread is buttered.

This isn't to say that the journalism department doesn't have a sense of humor. I'm referring, of course to JN 326, Ethics in Mass

10 seconds: hide under the bed, pee in your pants and get on the phone and get that FEMA money while the gettin's good.

I think the math department takes the cake. I'm not a math guy and the only thing I can do with a calculator is make it say 80085 (that's "BOOBS" and the second time I've alluded to breasts, in case you're counting). Regardless, there is a class (Math 99) called Tutoring for Math 115 students. Your name doesn't have to be Einstein to figure out Math 115 students aren't going to learn a whole lot from Math 99 students.

"So, um, you're in Math 99, can you help me graph this equation?" the 115 students ask.

No. But... um... I can spell out BOOBS on my calculator — check it out."

I guess what I'm trying to say is people who are taking three or four extra decades to graduate have a good argument for spinning their wheels on the road less traveled. The path to wisdom is lined with rest stops in classes teaching Scientific Diving (BIO 480), Hwa Rang Do (PE 289) and

the ever-fascinating Mex Peo Cul & His (ES 310). Biology 104 is a dead end.

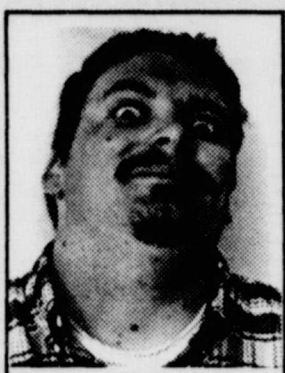
Chrisman is a journalism senior.

I'd definitely take NURS 410 — Nursing in the Community. Why is there so much breast feeding going on in the community anyway? I can't order burrito without watching some infant do what I haven't done in like over a month.

Communications. Ethics... journalism?!? Sometimes I laugh so hard I spit up blood.

I'm from L.A. and I can teach a class on Earthquake Education (GEOL 700) in about





## The Magnus Force

Greg Magnus

### Animal carcasses — it's what's for dinner

I'm really starting to miss meat.

You know, beef, chicken, tuna, crab, lamb, pork — flesh of any sort, actually.

See, I've been a vegetarian since my little trip down to Ukiah and I'm starting to go through detox — like how drunks see spiders crawling all over their body when they're drying out in the tank — but I'm seeing little cheeseburgers and corned beef on rye sandwiches dancing in front of my eyes.

I enjoy not eating meat. No animal noises as I tear into a chuck of roast beef; no post-McDonald's Value Meal No. 2 intestinal trauma; my knowledge that no animal had its head smashed in so I could eat a quick pork chop or two between meals.

But then I remember all the barbecues my mom and I shared, my dad's London Broil and all those carne asada burritos I've eaten at Roberto's at 3 a.m.

It's not like humans aren't built for meat-consumption. We've got the composite mouth with canines for puncturing and tearing, incisors for shredding and molars for grinding. (I don't know what bicuspid are for.) We've got the mid-length intestinal tract, perfect for our omnivore upbringing. Plus, we're so good and creative at killing things and eating them.

It gets really bad when I'm hungry. Meat's so easy — it's everywhere. And it's cheap, too. A grilled veggie and tofu sandwich costs more than a meat version at Wildberries, despite how all the vegans tell you meals would be cheaper and more eco-groovy if the world was veggie-friendly.

And I get a little confused when I see somebody wasting meat. That Buddhist monk really messed with my head when he saved my spaghetti from the trash can. I wonder if he would grab a big slab of sirloin if I had thrown that away?

I think the answer is — as all the answers seem to be — balance. Don't eat too much meat, don't eat too little. Don't stuff yourself, don't starve yourself. Balance.

But I don't think I'm going to eat meat anytime soon. I've lost a few pounds and I live across the street from a cow field. I'd hate to see some of my four-legged neighbors blown away just because I'm too lazy to make a salad.

But I will tell you this, keep your hands away from my mouth on St. Patrick's Day or there might be trouble.

*Magnus is editor in chief of The Lumberjack.*

# Letters to the editor

## Pro-abortion propaganda balanced by pro-life ad

Why did Steve and Christina, from last week's "opinion," object to the pro-life insert of the previous week? Maybe they did not like the freedom of "choice" that you expressed by inserting it. Maybe they didn't want anybody to read the other side and form their own opinion. Maybe they are into censorship, as long as it censors pro-life information.

Congrats to The Lumberjack for expressing their choice of educating people that are mostly exposed to the liberal pro-abortion propaganda that is usually expressed.

Leo Brouillard  
Operation Systems Support

## I'm writing because I have the time to bitch

I'm writing this because no one has seriously bitched for too long. With finals gloriously on the horizon, I can see that school finally is more important than bong maintenance and narrow-minded ranting. Since I am registered, almost caught up with my school work and am not trifled with the Humboldt crop, I have time to bitch.

I was walking down the sidewalk of the bars and was change heavy and decided to trickle some down to the plazoids. Maybe they sensed my intent because I was suddenly in a sea of open palms, connected to voices saying, "Heyyyyy broooooother... got any spare chaaaaaange?" Just kidding, there was just one and she wanted money for cigarettes. "...just eight more pennies more, man!" Since my mind was made up, I doled out a whole quarter. Boy, I felt ridiculous after that. Maybe when people ask me for cigarette money I'll just punch them in the lungs and tell them that they are idiots and offensive.

I thought for sure that "titillating" art exhibit would be on the lips of every sociologically correct student. But they didn't permanently take it down so it avoided stirring up a rallying call, "take back the Foyer gallery!" and was relegated to merely an art exhibit, to be viewed in an artist context.

And another thing, the allowable length of these letters ought to be longer so we can really be annoying.

Frank Riley  
engineering senior

## Illegal immigrants lack any constitutional rights

Recently higher courts have ruled that certain parts of Proposition 187 are unconstitutional.

This bothers me in one simplistic aspect as the proposition seems very simple to me. In order for someone to have their constitutional rights to be violated and therefore deemed unconstitutional they must first be citizens of the United States.

Illegal immigrants are not citizens of the United States and thus do not have any constitutional rights. Therefore, how can certain parts of Proposition 187 be deemed unconstitutional to people who do not even have

any constitutional rights? Seems pretty simple to me.

James Shearer  
forestry senior

## There are more important issues than Headwaters

Here we go again. More Save the Headwaters! Have you seen the new display in the library? You'd think this forest is as important as world peace with all the attention it draws. It's a bunch of trees, people!

Trees are here to provide oxygen, timber and to remove carbon dioxide, a greenhouse gas, from the air. The old-growth trees that PL advocates salvage logging aren't even locking up carbon dioxide any more. By cutting down these trees and turning them into much-needed lumber, young trees can be given the chance to remove greenhouse gasses from the air.

Topping everything else off, this forest is on private property. It is not government land that these people want to preserve, it's PL's land. By denying PL the right to salvage log, the public is denying PL its property rights. I guess it's OK for us to deny a company like PL its property rights, but just don't deny you yours.

The people who want to Save the Headwaters don't seem to realize that there are people in the public who agree with PL that Headwaters should be logged. By leaving Headwaters untouched we are wasting valuable timber resources as well as denying young trees the chance to grow. We may not hold rallies or create displays in the library to get our point across, but we do have an opinion. Saving the Headwaters is not the most important thing that someone could be doing for this world.

Casey Brooks  
forestry senior

## A thank you from the folks at KHSU

I am writing to express my thanks to each and every person in this community who helped KHSU 90.5 FM during its fall on-air membership drive. Not only did we meet our \$50,000 goal and end the drive early, members of the Friends of KHSU have now replaced the federal government as our largest funding source. This is truly something our entire community can take pride in, as this is the true meaning of community radio and public radio.

Our on-air membership drives involve a very large number of people who volunteer their time and services, along with those who make financial contributions and many others who bear with the changes in programming until we meet our goal. I wish I could personally thank each and every person who participated in this drive, on the air, on the phones, and even in the kitchen. And thanks to everyone who pledged their support for KHSU.

This wonderful show of community support is a reminder to us all of how important KHSU is to our area, and how important all of you are to KHSU.

Jill L. Paydon  
KHSU general manager

## 'Kill for Jesus' graffiti was sarcastic commentary

James, in reference to your "Kill for Jesus" letter, obviously you have no sense of humor and can't look into the deeper meaning of things when it really gets down to it. Every year we get some Christian yahoo or some like-minded forestry student who screams "sacrilege" at the haunted house. Yet they still pay \$5 every year and wait in lines so that they will have something to talk about.

James, get off your high horse and get a clue. The "Kill for Jesus" graffiti was my feeble attempt at a sarcastic commentary on the state of modern religion. Any religion which has people killing over their self-imposed right to oppress people of any other religion (as Christianity seems to have a history of doing) doesn't seem to me to be very right in the scheme of things.

As for the Yizhak Rabin reference, maybe if the extremist had gone to this year's Haunted House, he might have gained some other perspectives into his religious belief that Rabin was the devil. For all we know, maybe going to it could have saved Rabin.

Finally, I can't talk about any of the other rooms involved in the Haunted House, but I do know that the room with the skeleton on the cross was more of a protest against technology in general instead of a protest against religion (unlike mine). The cross was just another prop like the one Jesus died on. The Haunted House is just a group of local artists who get involved for their own personal reasons, and if you have a problem with it, why don't you get involved with it next year and make a statement of your own?

Thanks for all the free publicity.

Sam Haozous  
liberal studies senior

## The trials of being a student

Picture this: You've just spent 11 hours on an intense project to meet your deadline, which was yesterday, and you want some lunch and maybe a beer or two. So you go ambling up to the Depot to quench your thirst and hunger which have been growing since you started the damn project.

The smell and the sun of the outside air overtakes you for a moment and you slip into a bout of delirium because of the raw air in the computer lab and the constant blueness or the fluorescent lighting which seems to overtake your very soul. As we near the conclusion of our journey through this world of diversity we finally make our way up to the Quad.

As I sit down to enjoy my fresh off the griddle bacon cheese burger with extra bacon and a cold Red Nectar I am questioned by inquisitive students who wish to learn a little about the positive road that forestry is taking right now.

Afterwards, we both are people who refuse to hear about positive energies happening in forestry, instead they would rather listen to what their friends have to say on the matter. This constant negative affirmation towards forestry within these social circles is not good for Mother Nature nor is it good for the individuals practicing it.

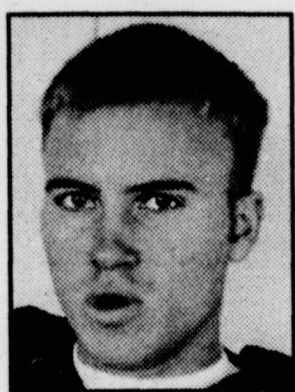
Paul Smith  
forestry senior



## Campus Voice

### Is a relationship doomed if you have sex on the first date?

"It depends if you know the person before it. Potentially, it could ruin the relationship."



**RYAN CUMMINS**  
journalism senior

"Yes. You need to build a more personal relationship before the physical part."



**NEELY WHITE**  
marine biology sophomore

"I'd say yes because I'm old fashioned — not even on the second date."



**GEORGE COCKS**  
Over 60 program

"Possibly if you believe in love at first sight, but usually that blows it."



**DAVID RAVERE**  
forestry junior

"A purely physical relationship doesn't have any support and will not last."



**KATE KENNEDY**  
English sophomore

"Yes, sex on the first date is meaningless ... It's not like I'm sexually active anyway."



**CHAD REIKER**  
industrial technology senior

COMPILED BY HEATHER PARKER AND JOHN CONZEMIUS  
Lumberjack Staff

## Provost seeks student input

HSU President McCrone has asked the university to forge a path of opportunity to secure a strong foothold in the future. The yearlong strategic planning effort offers us, as a community, an opportunity to explore our visions for an academically unique university.

Done well and carried through, this planning will lead to many accomplishments that, in their aggregate, will define the Humboldt Spirit for future generations. Those who have contributed to the collective achievements that now reflect from this institution already know the satisfaction of proudly embracing that spirit.

To succeed, this effort needs the participation of persons with various perspectives; students from different backgrounds, with diverse goals; faculty members from many disciplines; staff members uniquely qualified to address specific issues; or anyone in the university community who cares strongly about HSU's future.

Last spring Vice Presidents Don Christensen (development and administrative services), Edward "Buzz" Webb (student affairs) and I heard many of your ideas for carrying HSU forward. In September these ideas were pursued further by a cross-section of the university in a day of broad-based consultation.

Next, a steering committee will be formed to provide oversight to the planning process. Also, task forces will be formed to study the themes that have emerged thus far and to chart a course for future action. (All of the task force documents will be available for your analysis and discussion, as will a rough draft of the strategic plan next fall). Throughout, this process will continue to be one of openness and opportunity, and I invite all of you to participate by serving on a task force on your interests or to review and respond to issues as they develop.

Weighing strengths, limitations and opportunities, to date the exercise has identified many specific objectives addressing broad themes:

"Curriculum design" to encourage innovation, flexibility and cross-disciplinary activities, such as service learning, global and technological experiences, and critical thinking,

### Guest Column

#### Alfred Guillaume

problem-solving and communications skills throughout the curriculum.

"Curriculum identity" to recognize our academic strengths and advantages of geography as we seek a more complete, relevant education of students. "Student-centered campus" to enhance HSU's traditions of interactive vitality in classrooms, the service orientation of administrative offices, and the development of an inviting and safe campus.

"Information technology" to integrate technological innovations into the learning process without supplanting humanistic qualities.

"External relations" to expand partnerships with off-campus communities, businesses, alumni, school and others who can benefit from and/or enhance the academic excellence and community service traditions of HSU.

"Faculty and staff development" to foster professional growth, share expertise and ensure a supportive working environment. "Physical campus" to provide a campus of natural beauty and reliable structures, one that accommodates, among many things, transportation, the disabled, safety and collegiality.

"Recruitment and retention of students, faculty and staff" to increase diversity in all its manifestations and provide opportunities for advancement. "Resource development allocation" to help HSU identify and secure private and public sources of resources, and match those resources to rationally identified priorities.

Though daunting in its comprehensiveness, this challenge allows HSU to stake its own claim on the future by building a foundation for progress, one with the flexibility to respond intelligently to unforeseeable events.

If you want to share in this endeavor, please notify the Provost's office, either in writing or via e-mail: [guillaume@laurel.humboldt.edu](mailto:guillaume@laurel.humboldt.edu).

Guillaume is provost and vice president for academic affairs.

## A new view of feminism

### Staff Column

#### Jeremy Sutton

My new understanding of feminism is about empowering oneself — not having power over another.

What does it mean to empower yourself? When you empower yourself, you create opportunities, which create choices. When you have choices you are in control of what you want to do with your life — you are independent. Our culture does not foster independence for women. Women are expected to be housewives or schoolteachers.

Where is there "choice" in expectation? If a woman chooses to be a housewife, more power to her. But in order to make that choice she needs to be aware that she has other options. Feminism is about choice. Choice is the key to a happy, healthy social environment and life. I support choice.

This idea, for me, breaks feminism down to a very simple form. I believe it catches the essence of the meaning of feminism for myself and others.

Sutton is a journalism senior.

### Letters policy

Letters and columns to The Lumberjack must be received by 5 p.m. the Friday before publication date. Items can be mailed, delivered, faxed or e-mailed to:

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

Letters and columns are subjected to these guidelines:

- They must be typed or neatly printed.
- Letters are limited to 250 words, columns are limited to 600 words. **Longer items will not be considered.**
- Items must be verified before they're published. They need a signature, address and phone number. Students must include their major and year in school.

**Anonymous letters will not be published.**

- Items are subject to editing for style and grammar, and may be condensed to fit available space.
- Publication is not guaranteed.





**OPPORTUNITIES**

**UPWARD BOUND PROJECT** needs female and male resident advisors from 6/22/96 to 7/27/96. Pay \$1,600 plus room and board for 5 weeks. Deadline is January 31. More info at NHE 203. 12/13

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**EVENTS**

**KATE BUCHANAN ROOM.** JAMBAY will perform @ 8:00pm on December 7. \$5 students, \$7 general. Must be 18+ or show HSU ID. Call 826-3257.

**THRILLS**

**THE TIME TRAVELER:** Humboldt's spacey-est gift shop. Open 12-6, Wednesday-Saturday. Sunnybrae Center, Arcata (Old Arcata Road at Buttermilk Lane).

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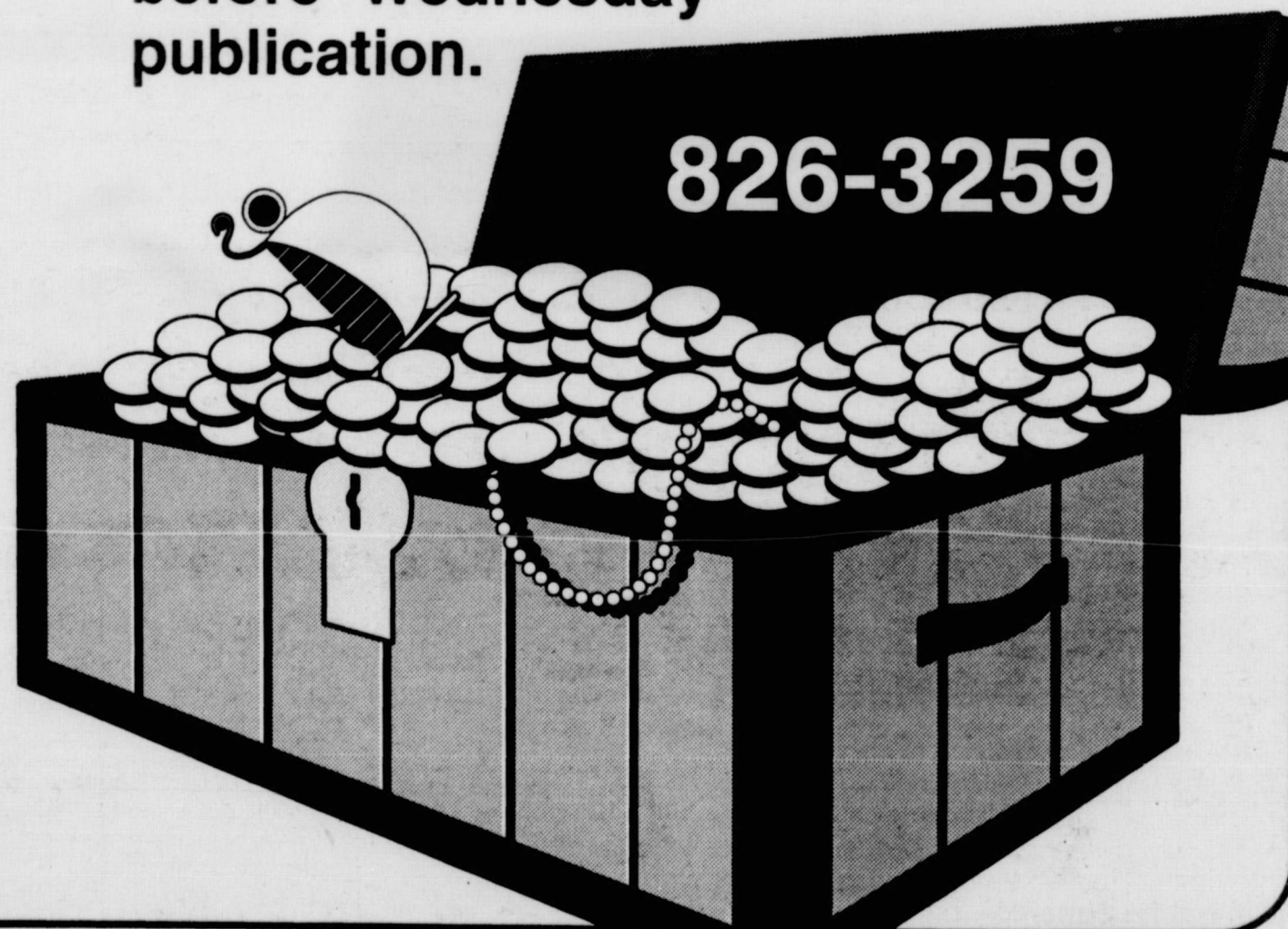
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## Wednesday 6

### Music

• **Karaoke with Mike McKay** at the Red Lion Inn in Eureka. From 8:30 p.m. to 12:30 a.m. Twenty-one and older welcome. More information is available at 445-0844.

• **Club Karaoke with Downtown Curtis Brown**, at Club West. All the country and pop favorites. No cover charge, open to those older than 18. More information is available at 444-CLUB.

### Et Cetera

• **Himalayan Expedition, Whitewater Summer & Frozen Winter**, a slide presentation, will be shown in Goodwin Forum in Nelson Hall East at 6 p.m. Admission is \$2.

• **Auditions for "Tartuffe,"** an HSU main bill production, at 7 p.m. in the Studio Theatre. Parts available for seven women, nine men. Come with a two minute humorous monologue. More information is available at 444-3420.

## Thursday 7

### Music

• **Jambay** performs in the Kate Buchanan Room, both acoustic and electric shows. Tickets are \$5 for students and \$7 general. Doors open at 8 p.m., the show will begin at 8:30. More information is available at 826-3257.

• **Karaoke with Mike McKay** at the Arcata Bowl Pin Room. Open to those 21 and older. More information is available at 822-2453.

• **K-JACK oldies show** with Chad and Mr. Ed, music from the '50s, '60s and '70s at Club West. Drink specials, no cover

charge, those older than 21. Doors open at 8:30 p.m. More information is available at 444-CLUB.

### Theater

• **"A Christmas Play"** presented by Plays in Progress will be performed at 8 p.m. at the World Premiere Theatre above the Lost Coast Brewery in Eureka. Tickets are \$6 general, \$5 for students and seniors. More information is available at 443-3724.

• **"Stephanie Hero"** presented by the Ferndale Repertory Theatre at 8:15 p.m. More information and ticket prices are available at 725-2378.

• **"Candlelight Vigil of Remembrance and Hope,"** sponsored by Mothers Against Drunk Driving, at 7 p.m. at the Moose Lodge in Eureka. More information is available at 443-5072.

### Et Cetera

• **Mr. Jones and the Previous** will perform at the Humboldt Brewery at 9 p.m. More information is available at 826-2739.

• **Stockwell, McNeill, and Wooley** will perform at Cafe Mokka at 9 p.m. No cover, open to all ages. More information is available at 822-2228.

• **Classical Guitar Concert** at 8 p.m. in Fulkerson Recital Hall. Free to the public. More information is available at 822-2591.

• **Power-96 Retro-Revival Show** with the Ninja and surprise guest DJ's, dancing and drink specials. Doors open at 9 p.m., open to those 18 and older, more information is available at 444-CLUB.

• **"Welded,"** a play by Eugene O'Neill, will be performed

at 8 p.m. in Fulkerson Recital Hall. Free to the public. More information is available at 822-2591.

### Theater

• **"Welded,"** a play by Eugene O'Neill, will be performed

at 8 p.m. in Fulkerson Recital Hall. Free to the public. More information is available at 826-5493.

• **"A Christmas Play"** presented by Plays in Progress will be performed at 8 p.m. at the World Premiere Theatre above the Lost Coast Brewery in Eureka. Tickets are \$6 general, \$5 for students and seniors. More information is available at 443-3724.

• **"Stephanie Hero"** presented by the Ferndale Repertory Theatre at 8:15 p.m. More information and ticket prices are available at 725-2378.

## Saturday 9

### Music

• **Humboldt Symphony** will perform its first concert of the season in the Van Duzer Theatre at 8 p.m. Music by Mendelssohn, Mozart and others will be performed. Tickets will be \$4 general and \$2 for students and seniors. More information is available at 826-3531.

• **Howdy Emerson** will perform at Cafe Mokka at 9 p.m., no cover, open to all ages. More information is available at 822-2228.

• **Karaoke with Mike McKay** at the Red Lion Inn in Eureka from 8:30 p.m. to 12:30 a.m. Open to those older than 21, more information is available at 445-0844.

### Theater

• **"Welded,"** a play by Eugene O'Neill, will be performed in Gist Hall Theater II at 4, 6 and 8 p.m. More information is available at 826-5493.

• **"A Christmas Play"** presented by Plays in Progress will be performed at 8 p.m. at the World Premiere Theatre above the Lost Coast Brewery in Eureka. Tickets are \$6 general, \$5 for students and seniors. More information is available at 443-3724.

• **"Stephanie Hero"** presented

by the Ferndale Repertory Theatre at 8:15 p.m. More information and ticket prices are available at 725-2378.

### Et Cetera

• **Lit Logging Truck Parade** in Eureka at 6 p.m. Trucks start at Redwood Acres decorated with Christmas lights and travel in a loop through the city. Call the Eureka Chamber of Commerce for the parade route at 442-3738.

• **Christmas Talent Show and AIDS benefit** featuring "The Ultimate Drag Show" at Club West. Doors open at 7:30 p.m., show begins at 8 p.m. Tickets are \$3 at the door, DJ dancing until 2 a.m. More information is available at 822-5210.

• **19th Annual Winter Arts Faire**, food, crafts, music and Santa Claus. From 10 a.m. to 6 p.m. More information is available at 923-3368.

• **"Powwow Highway,"** a film about the experiences of the Cheyenne, will be shown by the Couch Potatoes for Diversity at the North County Clinic in Arcata from 3:30 to 5:30 p.m. More information is available at 822-9798 or 822-9045.

• **Nature Fun for the Very Young** at the HSU Natural History Museum. Meet live animals and watch them eat, sing songs and play games from 10:15 a.m. to 11 a.m. for kids aged 2 to 3 years, accompanied by one adult per child, \$5 for each pair. More information is available at 826-4479.

## Sunday 10

### Music

• **Vocal Jazz Ensemble and the Mad River Transit Singers** will perform in the Fulkerson Recital hall. Songs by The Manhattan Transfer, Dizzy Gillespie and others will be performed. Tickets are \$4 general, \$2 students and seniors. More information is available at 826-3531.

ers will be performed. Tickets are \$4 general, \$2 students and seniors. More information is available at 826-3531.

## Monday 11

### Et Cetera

• **Bosom Buddies**, a support group for women and families who have experienced breast cancer, meets at the Women's Resource Center in Eureka from 5:30 to 7 p.m. More information is available at 442-5239.

## Tuesday 12

### Music

• **Flashback Music Festival** at 7 p.m. in the Van Duzer Theatre. Family entertainment featuring hits from the '60s, '70s, '80s and '90s in the John Van Duzer Theatre. Five dollar donation requested for community, faculty and staff. Suggested donation for students is \$3 and \$1 for children under 12. More information is available at 822-2724.

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News about HSU and  
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• Victorian Christmas  
• Puppy Love  
• Great Holiday Escapes!  
• Santa Claus

Produced by  
HSU journalism students

**Community Access  
Highlights from  
this week's schedule**

Thurs. 7	7 p.m.
Dialogue for Democracy	
Fri. 8	7 p.m.
Entering the Information Highway	
Sat. 9	7 p.m.
Merry Melody Makers Christmas Concert	
Sun. 10	8 p.m.
Doc in the Box	
Live, viewer phone-in	
Wed. 13	7:30 p.m.
Citizen Link	
Live phone-in	



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### WHAT'S HAPPENING AT THE BREWERY

**Monday**

**MONDAY NIGHT  
FOOTBALL MADNESS  
KANSAS CITY @ MIAMI  
\$1 beers when DOLPHINS score  
FISH TACOS ONLY 99¢**



FREE T-shirt raffle

**Tuesday**

**...Elephant Night  
AWESOME BEER SPECIALS**

**...ALL YOU CAN EAT Fish & Chips  
only \$6.95 from 6-8pm  
HAPPY HOUR at the Brew Pub 5-7p.m.**

FREE T-shirt Raffle



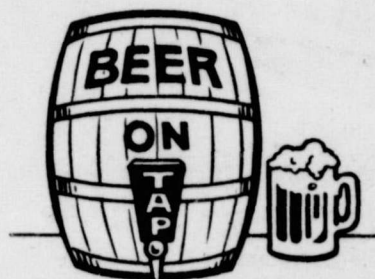
**Wednesday**

**...ALL YOU CAN EAT "Buffalo Wings"  
ONLY \$5.95/person "**



**Thursday**

**...HAPPY HOUR 5-7 P.M.  
Pints ONLY \$1.75/ Pitchers \$5.25  
"Thirsty Thursday" 9-11p.m.  
Pitchers ONLY \$4**



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