

200. 4, no. 12]

the **lumber JACK**

Vol. 78 No. 2

Wednesday, Feb. 3, 1999

ADD'L REQUEST

HSU LIBRARY
PERIODICAL OFFICE

Non-Profit Org.
U.S. Postage
PAID
Arcata, CA 95521
PERMIT NO. 78

heeeeerrre's sparky

contents

Wednesday, Feb. 3, 1999 • lumberjack.humboldt.edu

Cover

Animals big losers in new protection law7

Strain on Humane Society and County sends directors scrambling for funds.
by Pat McGuinness

Campus

Missed opportunities for ITTEPP 3

funding shortages cause delegation to miss conference.
by Adam Hall

Sports

Pain killers—athletes find relief and risk.....21

Athletes surprised by adverse effects of many beneficial drugs.
by Dana Flint

Editor's Note

Many people have asked me this last week why The Lumberjack wasn't out. Well, for those of you who are new to Planet Humboldt or who have never paid attention, there is no issue of The 'Jack the second week of school.

The reason for this is the editors put the first issue out themselves, then assign stories to the reporters the first Tuesday of the semester. These stories are due the following Tuesday when they are then put through the week-long production process. This, my friends, is why there is no issue the second week of school. Any questions?

Mucho props to my staff. The reporters got their stories in by deadline and the section editors layed out their sections early. Yeah Hoo!

As far as the cover goes...got dog?

Jon Mooney
editor in chief

Scene

Six Rivers debuts cutting edge music.....17

New talent participates in Thursday and Friday "special music" nights.

by Gigi Campo

Community

Redway remembers Green Sweep..... 9

Southern Humboldt residents criticize BLM guidelines for anti-marijuana activities.

by Frank Pruett



Columns

Mystery Meat	26
The Beat	29
Editorial	26
Scoreboard	25
Going Postal	27
Public Opinion	27

Sections

Campus	3
Community	9
In Depth	13
Scene	17
Sports	21
Opinion	26
Classifieds	30
Calendar	31

NEWSROOM 707.826.3271

AD DEPT. 707.826.3259

FAX LINE 707.826.5921

E-MAIL thejack@axe.humboldt.edu

WWW SITE lumberjack.humboldt.edu

SUBSCRIPTIONS \$7 per semester, \$14 per year

MAILING ADDRESS NHE #6 Arcata, CA 95521

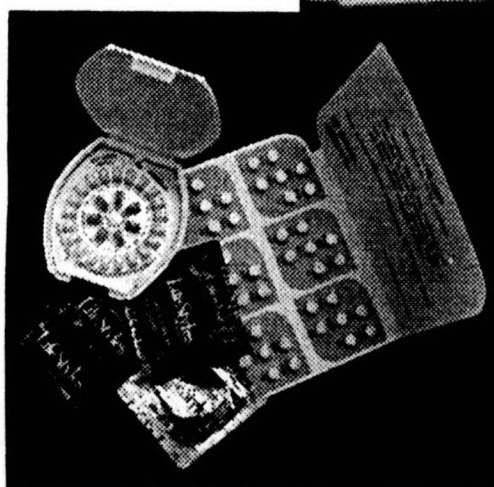
The Lumberjack is a member of the California Newspaper Publishers Association and the California Intercollegiate Press Association. HSU is an AA/EQ institution. The Lumberjack is printed on recycled paper and published Wednesdays during the school year. Questions regarding the editorial content of The Lumberjack should be addressed to its editor in chief. Opinions expressed by guest columnists are those of the authors and not necessarily those of HSU. Advertising material is published for informational purposes and is not to be construed as an expressed or implied endorsement or verification of such commercial ventures by The Lumberjack, Associated Students or HSU. Funding for The Lumberjack is provided through ad revenue (about 88 percent) and students' IRA fees (about 12 percent).

In Depth

From pessaries to the pill, birth control has come a long way 13

History shows crocodile feces and snakeskin to be valuable contraceptives.

by Scott Aponte



"coffee to go"

Sacred Grounds
Organic Coffee Roasters



7th & F St Arcata, Ca 822-0690 www.sacred-grounds.com

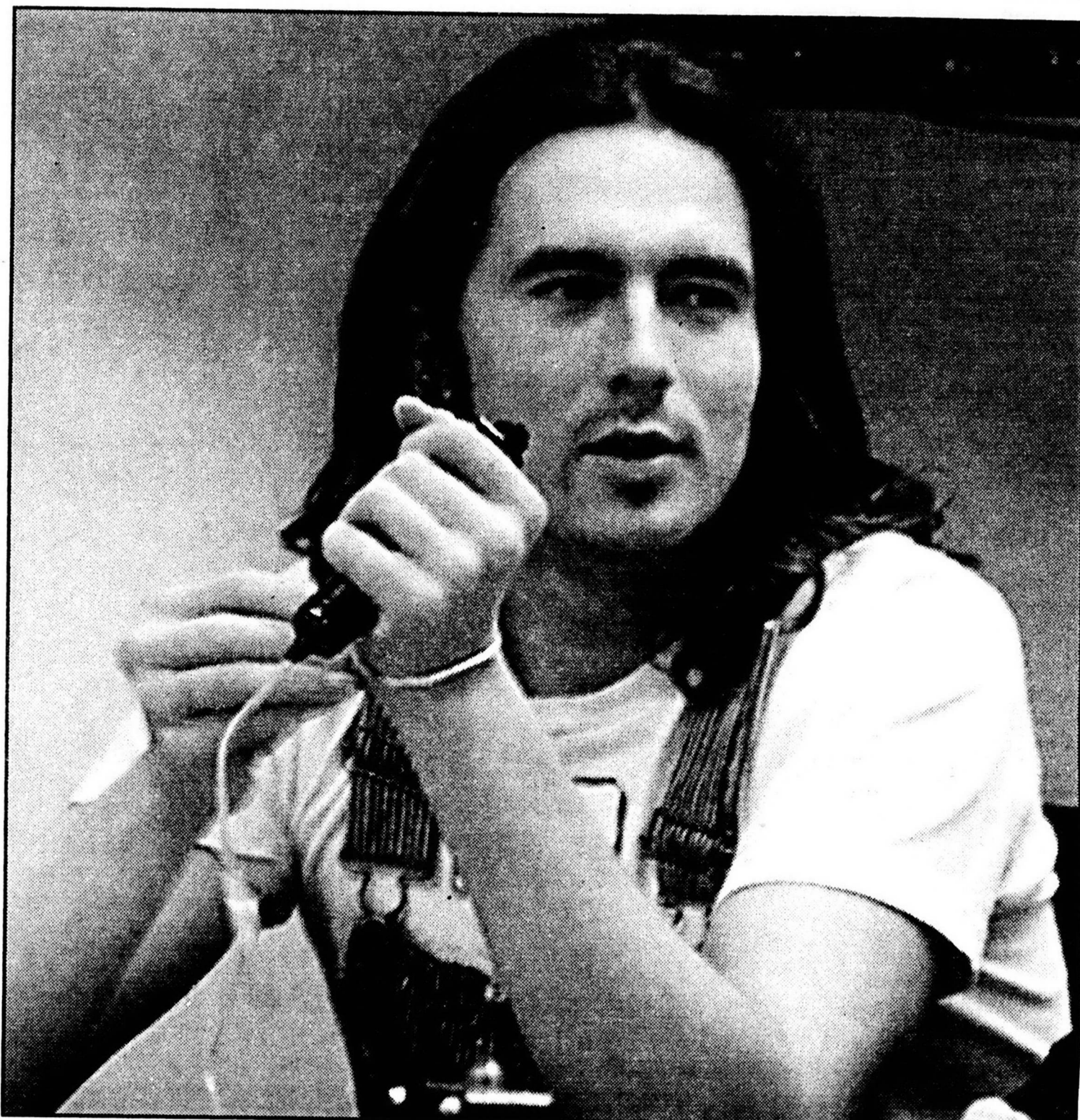


photo by Chris Anderson

Battle of the brains

Science A-474 team member Kris Taylor achieves victory during the quarterfinal match of Saturday's College Bowl tournament. The tournament, a college-oriented academic competition, pitted the smarts of several student teams against each other as they raced to buzz in the correct answer. Taylor's team also included HSU students Rob Hatfield, Brian Logan and Charles Douglas.

CAMPUS CLUB IN DEPTH

Name of Club: Juvenile Hall Recreation Club

Meetings: Thursdays 11:30 a.m. to 12:30 p.m. in the University Annex 152

Club starter: Ben Fairless, now a semi-retired HSU profesor from the social work department.

Club Advisers: John Gai, chair of the social work department, and Tracie Carrasco, worker at the Juvenile Hall.

Membership: 11 students

Objectives: Three of the club's members visit the Juvenile Hall in Eureka each night when the teenagers have an hour of recreation time. The members come prepared with activities, art projects or games to keep the children entertained.

"Most of the kids really like it," Student Adviser Sophie Lawrence said. "They're teenagers. They think it's silly but they enjoy it."

Lawrence, who has been involved for a year and is a social work senior, said when Fairless was her adviser he convinced her to join the group.

Why members think it is important: Lawrence said she's involved because it gives her the opportunity to work with children. She said it's also important for the children because they can see outside things and get good peer influences during their stay at the Juvenile Hall.

"We're also close in age to the kids," she added, "so they respond to us well."

Credits: While the Juvenile Hall Recreation Club is officially a club, it's also worth two units.

How to join: E-mail Lawrence at sml6@axe.humboldt.edu.

Compiled by Jessica LeGrue, campus editor

Program misses conference due to lack of funds

HSU's American Indian program will not be able to send a delegation to the 22nd Annual California Conference on American Indian Education this month because funds for travel expenses are unavailable.

by Ben McMorries

Indian Teacher and Educational Personnel Project Director Laura Lee George said ITEPP has been able to finance conference attendance in seven out of the past 10 years.

"ITEPP's operating budget is not large enough for us to be able to do everything we would like to do," she said. "There are no federal or state lottery funds available, and this year the CSU Teacher Diversity Grant has refused funding for travel expenses."

The conference is sponsored by the American Indian Education Planning Committee and is endorsed by the California Department of Education and Indian Education Office.

"Indian educators convene to see what new educational materials are available and to network with other educators in the field," George said.

The registration form states the goals of the conference are to advocate educational excellence, provide opportunities for networking, recognize achievements in the field and honor elders.

Phil Zastrow, ITEPP student services coordinator, said when students were able to participate in the conference, they came back to HSU "fired up" from the experience. He said the conference was useful to ITEPP students because they would get to run educational and language workshops.

"The conference additionally provided a de facto recruiting ground useful in attracting new students to HSU and ITEPP," he said.

"It's sad that we can't send anyone this year because the conference enhances the students' education."

ITEPP was established in 1969 with the mission of encouraging American Indians to go into teaching, George said. The initial concept behind the program was to assist American Indians who wanted to become teachers. After



"The (American Indian) courses are not just for Indian students. It's important for all students because that part of American history has been omitted."

Laura Lee George
ITEPP director

graduating, students from the program return to the Indian community to teach and become role models for Indian children.

George said the overall intention was to help decrease the dropout rate for Indian children in grades kindergarten through 12.

Over the years, she said the program's scope has been expanded to include other professions that are also important in maintaining the integrity of the Indian community.

"Today, ITEPP supports students going into teaching, social work, psychology, counseling and into tribal service," she said.

While the program focuses on educating American Indians, any HSU student may participate in the program.

"Students don't have to be American Indian to use the program's resources, library or to take ITEPP courses," George said.

There are three main components to the program.

First, there is the academic program, which offers classes in American Indian Education. The AIE classes are listed under the department of professional studies, but starting next fall the classes will be listed under a separate AIE designation. This will allow students to receive a minor in AIE by completing 15 units in the area, George said.

See ITEPP, page 7

THE STUDENT'S STORE THE STUDENT'S STORE THE STUDENT'S STORE

WILDBERRIES MARKETPLACE THE STUDENT'S STORE!

- 2 BLOCKS FROM CAMPUS! • COMPLETE GROCERY STORE
FEATURING NATURAL & ORGANIC FOODS!
- ATM, VISA, DISCOVER & MASTERCARD ACCEPTED
- THE BEST CAFÉ/DELI IN THE AREA!
- JUICE BAR AND RAMONE'S BAKERY!

WILD BUCK!  WILD BUCK!

ONE DOLLAR OFF ANY
CAFÉ/DELI PURCHASE
OF \$5.00 OR MORE!

ONE COUPON PER CUSTOMER PER DAY NOT VALID WITH ANY OTHER COUPON OR DISCOUNT COUPON EXPIRES 2/13/99.

TOP OF THE HILL
G ST
ARCATA

 OPEN
7AM-10PM
EVERY DAY!

THE STUDENT'S STORE THE STUDENT'S STORE THE STUDENT'S STORE

BSU plans for Black History Month

When Mandene Thomas first came to HSU two years ago, she was given a serious dose of culture shock: Everyone in her classes was white.

Thomas was born and raised in Namibia, a country located on the northwest border of South Africa.

"I never thought of myself as black," she explained. "In Namibia, everyone is black so you don't think about a person's skin color."

In Namibia there are 11 different tribes, or "ethnicities," as Thomas calls them. People in Namibia identify themselves by their "ethnicity." Thomas belongs to an ethnicity called "Kleurling."

Therefore, it was a shock for her to come to HSU and discover that not only was she "the only black face in class," but that she was even considered a "black" person.

Thomas is not alone. There are 132 black students at HSU out of a student population of nearly 7,500, according to the Analytic Studies Group's Fall 1998 Headcount. This means there is only one black student in every 100 HSU students.

by James Tressler
Lumberjack staff

"There's lots of black students here that grew up in all-black environments," Thomas said. "So when we first come here it can be a really difficult adjustment."

This is where the Black Student Union comes in. BSU is a campus club that helps black students make the adjustment to life at HSU.

"It's really important that black students here know that there is a place they can go if they have a problem, or if they just want to

hang out with people who they can talk to and who can understand them," she said.

Biology sophomore Thomas said she first became aware of BSU through the Humboldt Orientation Program.

She was first involved with the club last spring and is now one of its most active members. She is in charge of planning activities for Black History Month, which included an official Opening Day on Monday. Throughout February

there will also be a talent show, a dating game (similar to the TV shows), music groups, speakers and a soul food dinner.

"The club is theirs," said R.W. Hicks, the group's adviser. Hicks has been the club's adviser for a number of years. Hicks said the students plan and execute all of the club's activities, which helps it develop leadership and organizational skills.

See BSU, page 6



Felicia Ellis, left, Mandene Thomas and Roshawnda Willingham are all members of HSU's Black Student Union.

student owned and operated

PRINCE OF PEACE
piercing & tattoo

707 445 2809
thurs. fri. sat 1:00 - 7:00 p.m.
sun 1:00 - 5:00 p.m.
or daily by appointment
1905 myrtle ave. eureka
your full service studio

HUMBOLDT STATE

Legal Resource Center



- Problems with your Landlord?
- Ticket Troubles?
- Legal Questions?

Visit us at Warren House #53 or on the Web
at www.humboldt.edu/~legalctr

The Humboldt Legal Resource Center is an
AS funded program created to assist
students with legal matters.



Internships available for Spring '99, call 826-3824
BA 482 CRN#20745 1 Unit Credit
or email legalctr@axe for more information

Campus CLIPS

Fair will present non profit groups

The Fifth Annual Volunteer Fair will be held tomorrow from 10 a.m. to 2 p.m.

The fair features 47 non profit organizations from the community who will be handing out information about their services. This free event will be held in the Kate

Buchanan Room. For more information, call 826-4965.

Grant proposals are due Feb. 12

Proposals for the 15th Annual Humboldt Enrichment Awards are due by Feb. 12 by 5 p.m.

Grants of up to \$750 are available to enhance university effects. Vice President for Development and Administrative Services Don A. Christensen said in the Humboldt Digest, "proposals are bound only by the petitioner's imagination."

The original and five copies of one-page proposals should be submitted to room 427 in the Student Business Services Building.

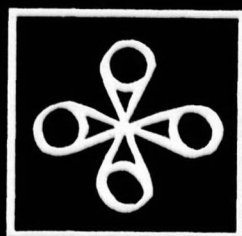
For more information, call 826-3351.

Seminars will help students with Web

A free drop-in series on understanding the World Wide Web will be hosted until the end of next week.

"Net at Noon" will cover general questions and specific problems and will be Monday through Friday and held in Library 121.

NORTHTOWN BOOKS



NEW BOOKS & PERIODICALS WITH SPECIAL ORDERS
WELCOME AT NO EXTRA CHARGE

Monday - Thursday - 10am to 7pm
Friday - 10am to 9pm Saturday - 10am to 6pm
Sunday - 12pm to 5pm

OFF THE PLAZA
957 H STREET
ARCATA

PHONE: 707-822-2834
FAX: 707-822-0601
E MAIL: nfb@humboldt1.com

Linda Henderson M.D.

3798 Janes Rd. #10
Arcata, CA 95521

• Welcomes The Addition Of •

Catherine Silver, PAC

- Allergy Testing
 - Allergy Shots
 - General Medical Care
- Fridays 8:30 - 5pm

Helen Milner, FNP

- Family Planning
 - Adolescent and Adult Medical Care
- Saturdays 10 - 2pm

• Free exams if income eligible •
Medi-Cal & Pvt. insurance accepted



COSTS LESS

Tuesday 'til Midnite

EMERALD CITY
LAUNDRY
COMPANY

LAUNDROMAT & SNACK BAR
12th & G • Arcata • Open Every Day
VISA, Mastercard, Debit Cards & Personal Checks Welcome

How Do I Love Thee...

let me count the ways.



show you the way.



1309 Eleventh Street • Suite #105 • Arcata, CA
707.822.8967



BSU

• Continued from page 5

BSU has three main activities: fund raising, social events and Black History Month. Instead of having a hierarchical system, the club has a seven-member board system.

One of the board members has to be a freshman, which guarantees that there will always be someone there to pass on the traditions of the club to new members. BSU's 20 to 25 core members are divided up into organizing the three main activities.

The club is also a valuable recruiting tool. Business marketing freshman and BSU member Corey Thedford said he is already talking to three friends back home about visiting and checking out the campus. Thedford, who is from Los Angeles, said coming to HSU turned out to be a pleasant surprise.

"It's really laid-back and serene up here," he said. "Back in L.A., you always have to watch your back when you're walking down the street. Here you don't have to worry about that. It's the

'Humboldt experience.'"

Thedford said that coming to HSU has required some adjustments, but also concedes that many citizens also have had to adjust to him.

"There's lots of people up here that I've talked to who've said I'm the first black person they've ever met," he said.

Thomas said, ultimately, it's important to understand that not all black students' experiences are the same at HSU.

"If you want to know how black students like it here at HSU, you've got to ask them on an individual basis," she said. "My internal goal with BSU is to help create a networking system for black students here. We've got to stand on each other."

The Black Student Union meets on Monday evenings at 7 on the first floor of Siemen's Hall. Any students interested can contact R.W. Hicks at 4791 or e-mail bsu@axe.humboldt.edu.

DENTISTRY

MARK A. HISE MS-DDS

Serving the university community since 1983

- BONDING
 - NITROUS GAS
 - EMERGENCY CARE
 - STEREO SOUND
- "We cater to cowards!"

1225 B Street • 822-5105



Pacific Paper Co.
2825 "F" Street
Eureka, CA 95501
(707) 443-3158 • FAX (707) 443-0547
Free Delivery • Trinidad to Scotia

ALL VALUE™
OFFICE PRODUCTS

ALL VALUE™
OFFICE PRODUCTS



Accounting Systems • Office Supplies • Business Forms
833 H Street, Arcata, California 95521
(707) 822-0527 • FAX (707) 822-0546

833 H Street • Arcata, CA • 95521
(707) 822-0527 Fax (707) 822-0546

10% STUDENT DISCOUNT

(on all regularly priced merchandise with student ID)

- Computer ribbons and cartridges
 - Computer paper, diskettes
 - Binders, notebooks
- and all of your school supplies!**
- PLUS**
- Greeting cards, picture frames
 - Photo albums, social books
 - Stationery, invitations, gift wrap
- and much more!**

ATTENTION!

**ASSOCIATED STUDENTS
PROGRAMS
AND OTHER INTERESTED
STUDENT ORGANIZATIONS...**

1999-00 budget request applications are available in the A.S. Business Office; University Center, South Lounge.

826-3771

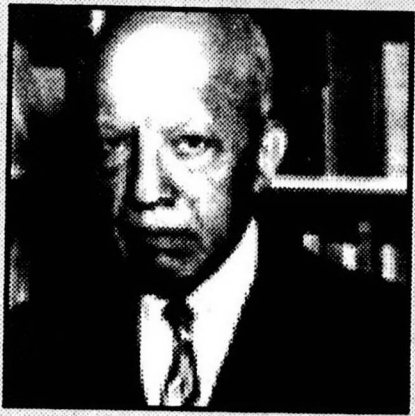
Budget requests are due by 4:00 p.m. on Monday, February 8, 1999.

SPONSORED BY YOU, THE ASSOCIATED STUDENTS



INCREASING AWARENESS

FEBRUARY IS BLACK HISTORY MONTH

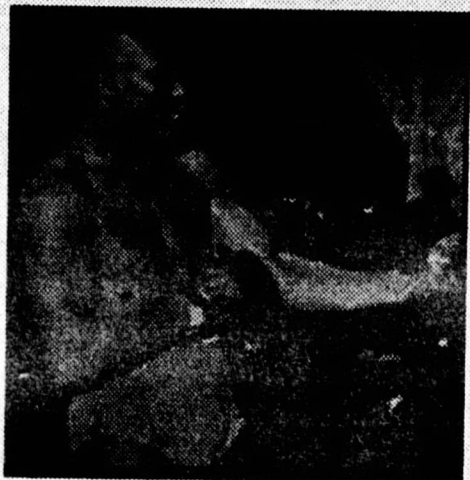


Carter G. Woodson

• Feb. 1, 1926

Carter G. Woodson, known as the Father of Black History, begins "Negro History Week." In 1915 Woodson founded the Association for the Study of Negro Life and History.

He chose the second week of February because two people who he thought dramatically affected black Americans were born in that month, Frederick Douglass and Abraham Lincoln. In 1976 the week turned into Black History Month.



John Arthur "Jack" Johnson

• Feb. 3, 1903

John Arthur "Jack" Johnson, who became the first black world heavyweight champion when he defeated Tommy Burns in the 14th round on Dec. 26, 1908, is awarded the Negro Heavyweight Title.

In his boxing career, Johnson lost only five of his 97 professional fights. Johnson is still considered to be the greatest boxer in his weight class of all time.

• Feb. 3, 1956

Atherine Lucy is the first black student to attend the University of Alabama.

• Feb. 4, 1913

Rosa Parks, who is known for starting the Montgomery bus boycott, was born.

ITEPP

• Continued from page 3

"It's been a struggle to maintain the AIE courses because of low enrollment," George said. "The courses are not just for Indian students."

She added, "It's important for all students because that part of American history has been omitted. All U.S. citizens should understand their historic relationship with the American Indian and how it affects relations between the cultures today."

The second component to the program is the ITEPP Curriculum Resource Center located in House 83.

The resource center provides students with an extensive library relating specifically to American Indian subjects, Zastrow said.

"We encourage people to come by and see what we have," he said. "It's kind of like the Humboldt Room (in the Library) in that it is very complete." The center is open to all university students and members of the community.

Third, ITEPP provides student retention services. This component is open to students who have membership in a federally recognized tribe, Zastrow said.

He said this is a political rather

than an ethnic designation.

Students who qualify for this component — there are 44 students who do — are enrolled as ITEPP students.

The ITEPP designation allows the students to take advantage of special tutorial services and to take special classes designed exclusively to ensure the success of Indian students.

ITEPP students can take advantage of year-round counseling provided by Zastrow, and are informed of scholarships and grants earmarked for American Indians.

Additionally, it allows for participation in year-long research projects designed to accurately document the Indian experience.

Participation in service-learning projects also gives ITEPP student-teachers a chance to hone their skills in local American Indian schools.

George said the retention program has been very effective. Over the past eight years the program has had a 90 percent rate of retention for graduation and has drawn visitors specializing in indigenous education from Australia, Hawaii and the Navajo Nation.

The program has also received awards from the U.S. Office of Education.



throb

plaza design

on the plaza, arcata & by the totem pole, mckinleyville

Welcome Back Students!

BACK TO SCHOOL

SALE

January 12th

through

February 28th



SAVINGS FROM 10% – 40% OFF*



THE SOURCE
FOR ALL YOUR
CLASSROOM SUPPLIES
822-2942

NORTHTOWN
ART & FRAME

Art Materials • Custom Framing

Open 7 days a week • 15th & G Streets • Arcata

Smith's
Odds & Ends

Our Store Looks Better Than Ever!

New Shipments Daily

- Student Furniture
- Antiques
- Collectibles

Free Books With any Purchase
on the corner of Spear
& Alliance, Arcata
826-7288
M-Sat. 10am-6pm

COSTS LESS

25¢ Detergent

EMERALD CITY LAUNDRY
COMPANY


LAUNDROMAT & SNACK BAR
12th & G • Arcata • Open Every Day
VISA, Mastercard, Debit Cards & Personal Checks Welcome

RazorNet Internet

Great Student Prices!

\$14.95
Unlimited Access!


RazorNet
269-2640



A • R • C • A • T • A
First Baptist Church
 1700 UNION ST • ARCATA • 822-0367
(Next to HSU tennis courts)
 A loving family of 500
 Spiritually alive • Contemporary worship • Relevant preaching

SUNDAY WORSHIP DR. CLAY FORD
8:30 & 10:50 A.M. PASTOR

"BREAKFAST FOR A
 BUCK BIBLE STUDY"
 Sundays
 Breakfast at 9:30 a.m.



Thursday Nights at 7 p.m.
SOLID ROCK COLLEGE FELLOWSHIP
 Call 822-0367 for more info
 Worship • Bible Study • Prayer • Fellowship

Nori • Wasabi • Soy Sauce

Bamboo Rollers • Radish

GLOBE IMPORTS

Features **Sushi Makings**



Specializing in Oriental Cookery

1st & E Streets, Old Town
 Eureka, Open Daily, 445-2371

Pickled Ginger • Rice Vinegar


Short Grain Rice • Tobiko

COSTS LESS


10% Off Everyday

EMERALD CITY LAUNDRY
 COMPANY

LAUNDROMAT & SNACK BAR
 12th & G • Arcata • Open Every Day
 VISA, Mastercard, Debit Cards & Personal Checks Welcome



WEDDING PHOTOGRAPHY
 by Philip Dresser



MEMBER

707-822-3155 • On the Arcata Plaza

u. p. d. **CLIPS**

Saturday, Jan. 23

8:58 p.m. Possible smoke was spotted coming from the trees on the footpath between the Library lot and LK Wood Boulevard. Officers discovered a gardener, but no smoke.

12:18 p.m. A small tree was found run over in the middle of the North Mai Kai parking lot.

Monday, Jan. 25

9:26 p.m. A white man in his

20s was reported trying to sell drugs in the Jolly Giant Commons. He was contacted by officers at the Hill Quad Gazebo, arrested for possession of marijuana for sale and taken to the Humboldt County Correctional Facility.

Thursday, Jan. 28

12:51 a.m. An officer was requested to evaluate the condition of a Redwood Hall resident. The definitely drunk person's roommate was then given custody.

1:27 p.m. Officers were requested to remove a man from the Hopkins House 83. He was treating everyone in the lobby to a recital of Hebrew biblical verses.

10c COOKIE DAY
THURSDAY
HSU BOOKSTORE




On-campus bible study
every Sunday at 6pm
Siemens Hall 120

Sunday Worship at 9:30 AM
Lutheran Church of Arcata
151 East 16th Street



For more info contact: Carl Stenzel, M. Div.,
 Campus Minister (707) 822-5117
 lutheran@axe.humboldt.edu

APRIL B. SQUIRES
822-7251



LIC#0C10731

LONG-TERM CARE INSURANCE

- * LOWER RATES THAN PERS LTC
- * ENROLL ANYTIME!
- * LOCAL SERVICE, TOO
- * HSU ALUMNI DISCOUNT

Also offering:
HEALTH MEDICARE SUPPLEMENTS LIFE ANNUITIES

Anderson-Robinson - Starkey Insurance Agency, 1117 Samoa Blvd., Arcata, CA
75 Years of Service to the Community



this week: **0**
 this semester: **0**

Friday, Jan. 29

1:52 p.m. After more than five unpaid fines were given, officers towed away a red Mitsubishi with a California license plate from the North Mai Kai parking lot.

3:02 p.m. Officers received a complaint about a man who yelled at a woman and her child in front of the Library. Officers found the man at the UC building, where he was advised against his unacceptable conduct.

Saturday, Jan. 30

1:23 a.m. A foot patrol officer detected the odor of marijuana coming from a room in Redwood Hall. Less than an ounce of the green sticky substance was found and a case was initiated.

3:19 a.m. A noise complaint was received by officers regarding a room in Willow Hall. The rowdy subjects were contacted.

10:38 a.m. At Redwood Bowl, a suspicious man was seen playing with a group of children. Officers discovered he was their adult supervisor.

Sunday, Jan. 31

10 a.m. An unlocked green women's mountain bike was reported stolen from Sunset Hall.

Humane society faces crisis

Animal welfare law spotlights responsibility and funding problem

Passage of a new state law meant to extend greater protection to stray animals may end up having the opposite effect.

The law, introduced by Sen. Tom Hayden, D-Los Angeles, adds more stringent rules regarding the care and holding of animals taken into California shelters.

by Pat McGuinness

Managing editor

The new law, SB1785, applies to both government-run and privately operated animal shelters throughout California and places financial demands on these shelters that many cannot meet.

The area of the act creating the greatest problem for many shelters is the mandate that dogs and cats are held for a period of no less than six business days, usually not including the day of impoundment.

The Sequoia Humane Society, located at the Highway 101 King Salmon exit, is finding itself facing the same dilemma as many other shelters across the state: how to comply while contending with the already limited resources allocated to their budgets.

Funding for the SHS animal shelter is an ongoing battle, SHS Director Ron Lapham said. And the new law poses challenges that the shelter may not be able to meet.

In spite of these obstacles, Lapham said the lack of understanding that people have of the problem disturbs him most.

"(The new law) won't solve anything," he said. "The same number of dogs and cats are still going to be euthanized. There are over 6,000 dogs and cats coming into the shelter every year. Fifty percent of the time nobody is coming in now. Holding the animals for longer periods isn't going to help."

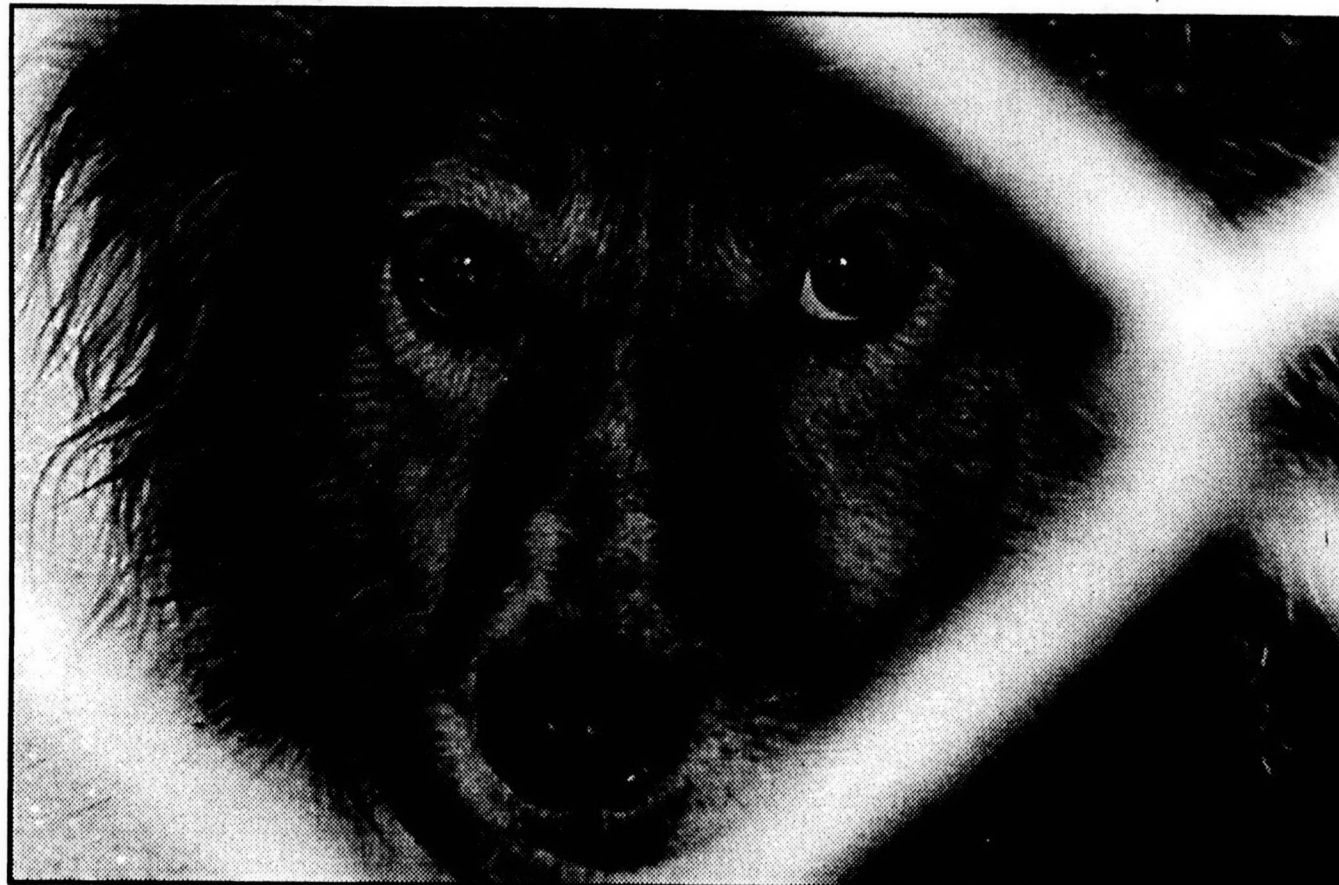


photo by Chris Anderson

This injured dog is being treated at the McKinleyville Animal Care Center. At the Humane Society, dogs like this one are considered unadoptable and are euthanized after an allotted time period. But the new law could bring death to even dogs more likely to be adopted, officials said.

Lapham said he thinks the main problem is people don't know how important it is to spay and neuter their pets.

"Part of the responsibility of pet ownership is knowing you need money...to take care of the animal," he said.

The most troubling part of the law is that more "adoptable" animals will be put to death, both Lapham and Falkenstrom said.

Because the new law requires an extended holding period for all animals, space constraints will force those animals that would now be considered good candidates for placement to be killed to make room for those that are not.

"The intent (of the law) is beautiful,"

Falkenstrom said. "Implementation is devastating."

Lapham said that when animals come into the shelter, a determination is made as to whether or not the animal is "adoptable."

If the animal is sick, injured or exhibits behavioral problems, the animal is held for the time period required by law and then euthanized.

Animals that are deemed "adoptable" are kept (when there is space) until an adoption occurs.

"The Hu-

mane Society does everything in their power to place these dogs (and cats)," he said.

The bill's requirements become especially complex in the California counties that face the same financial quandary now confronting Humboldt County animal control agencies, Lapham said.

The northern portion of Humboldt County and the surrounding cities don't have their own shelters.

They contract with SHS, a private organization, to catch and manage the animals that require attention from control officers.

Under these contracts, SHS is required to take every animal city and county agencies bring it. As a private organization, SHS is not required to take in stray or abandoned animals from the general public.

Of the \$350,000-plus budget required to run the shelter at minimum wage levels, only \$142,000 comes from the county and cities, Lapham said.

Most of the remaining \$208,000 needed comes from fund-raisers, donations, bequests, trusts and grants administered through the Humboldt Area Foundation (approximately \$45,000 per year).

If SHS continues its contracts with the cities and counties, it won't have the space to meet the new mandates, Lapham said.

If the contracts are canceled, the shelter will have to cut its staff by 40 percent, also making it virtually impossible to comply with the new law.

The requirements of the new bill underscores an already-sore spot for the shelter. Lapham said SHS has always undercharged the cities and county for services.

"Our total budget should have been paid by the cities and county," he said.

"Donations should be used to supplement the budget. This money should be used for education and spay/neuter pro-

See Animal, page 12

Redway remembers Greensweep, tries to restrict future raids

Activists and plaintiffs in a 1990 lawsuit over anti-marijuana activities on federal lands in Humboldt County criticized the Bureau of Land Management's recently drafted guidelines for such operations.

"There's a lot of ambiguous language in the draft," plaintiff Bernadette Webster said.

by Frank Pruett

Lumberjack staff

"It really doesn't restrict them much, or change anything."

The lawsuit stems from disapproval regarding law enforcement activities during the 1990 Operation Greensweep, a marijuana raid in Redway.

The draft, a part of a pending settlement agreement in the case, unifies policies and regulations for BLM operations like Greensweep.

"Each of our offices had their own set of operational guidelines," said Jeff Montana, public affairs representative of the BLM's Susanville offices. "This set of guidelines will provide a standardized set in one place for reference."

The plaintiffs held a public hearing on the proposed guidelines on Jan. 18 and 19, which was unattended by the BLM.

"The BLM agreed to meet with plaintiffs, but not the general public," Webster said. "They claimed to have security concerns in refusing to attend."

Montana said that security concerns exist but said those were not the reasons the BLM wasn't at the hearings.

"We didn't feel a need to attend," he said. "We always have security concerns for BLM activities, but specific security concerns weren't the issue. Our position on the public hearing in Redway is that we have provided enough opportunity for public comments."

The hearings in Redway were presided over by retired appellate court judge William Newsom, who is expected to give his opinion following a review of the proceeding's transcripts.

"He is waiting for the transcripts," said Ed Denson of The Rights Organization, a group supporting the lawsuit. "But he did say at the end of the hearings that he was shocked by what he had heard."

The BLM did not have a representative present at the hearings, but Montana affirmed the hearings' results would be considered.

The public commentary period for the draft closes Feb. 10. A major fight may be brewing about helicopter flights regulations over areas of operation.

"They set a 500-foot level for flight paths," Denson said. "The 500-foot

See Raids, page 12

Volunteer Group In Depth

NORTH COAST RAPE CRISIS TEAM

Contact name: Carrie McInerney, administrative specialist

Year founded: 1974 (incorporated in 1980 as a non-profit organization)

Purpose: To provide advocacy, accompaniment, free counseling and crisis intervention to survivors of sexual abuse or assault, to educate people about sexual abuse and try to prevent it

Number of active members: 12 to 18

Current projects: selling

chocolate roses until Valentine's Day as a fundraiser and preparing for a volunteer training this month

Benefit the group provides to the community:

The team educates the public about sexual assault awareness and prevention, intervenes after a crisis and maintains a 24-hour crisis hotline to offer resources while allowing anonymity and confidentiality. The crisis

See Volunteer, page 11

by Jennifer Kho

조선하우스

- Charbroiled Ribs, Chicken and Pork
 - Vegetarian Dishes and Noodles
 - Authentic Korean Cuisine...
- The Only Korean Restaurant in Humboldt Co.
- Lunch, Dinner and Orders To Go

good TASTE has
FOUND a
Home



600 F Street in Arcata ■ Tel 826.9000
Visa & Mastercard Accepted, Closed Sundays

조선하우스
Cho Sun House

Arcata begins building Multi-Service Center

"Meeting every need with dignity" has been the philosophy behind the Arcata Food Endeavor program since it began offering services to the community 15 years ago.

As construction begins on its new multi-service center, the AFE is optimistic about meeting more needs for Arcata's hungry and homeless than ever before — and still with dignity.

"This new location can offer opportunities for personal growth, opportunities in the economic sector and certainly opportunities to make changes in people's lives," AFE Director Carla Ritter said.

Keeping with the tradition of the Food Endeavor program, which has been housed behind the First Presbyterian Church since it opened, the



photo by Molly Taylor

Nichol Construction workers Bob Nichol and Allen Gill (right) prepare to lay the foundation for the Multi-Service Center near the Arcata Bus Depot.

service center will offer food boxes, counseling sessions, hygiene products, clothing and blankets when available. Beginning a new tradition, according to Ritter, 12 nonprofit organizations will offer their services. They will enable the center to offer

more counseling, hot meals, laundry services and showers while continuing to feed about 1,000 people every month.

"There are few places to go where

See Center, next page

GUITARS, AMPS, ELECTRONICS



SOUND SYSTEMS & DRUMS

124 2nd Street • Eureka, CA

707.445.3155

SOCIALLY CONSCIOUS

COLLEGE AGE GROUPS

MUSIC FELLOWSHIP

EVENTS

FRIENDSHIP

THE ARCATA
UNITED
METHODIST
CHURCH
1761 11th ST

822-1963

SPIRITUALLY ALIVE

Sunday Schedule

9:15 am - Adult Sunday School 10:30 am - Worship

Beginning Salaries: \$32,613 - \$50,659*

Secondary Teaching Opportunities Growing Public High School District (located between San Jose and Monterey, California)

Opportunities:

Spring and Summer '99 and 1999-2000 School Year

- English • Mathematics • Physical Science • Spanish
- Economics • Special Education • Business • ESL
- Social Science • Agriculture • Counselor
- District Psychologist • Special Education Positions
- Coaching opportunities in Boys and Girls Sports

- ✓ Experienced teachers granted up to 10 years experience
- ✓ Comprehensive benefit package
- ✓ Paid New Teacher Orientation
- ✓ District Intern Program

Contact:

San Benito High School District
Evelyn Muro, Director of Personnel
1220 Monterey Street
Hollister, CA 95023
(831) 637-5831, ext 142
Email: emuro@sbhsd.k12.ca.us

* based on teaching experience

Center: Arcata Food Endeavor expects new building to be finished in July

• Continued from last page

there are such numerous services available under one roof," Operations Coordinator Frank Hallock said. Referring to the never-ending lines and piles of paperwork usually necessary to receive any governmental services, Hallock believes that with more space available to them, the process of applying for and receiving aid will be streamlined.

"I hate social services programs where the amount of time put in to receive help is greater than what you get out of it," he said.

Ritter said she agrees that this program is different than a lot of governmental agencies and said the vision behind the program is mostly responsible for the differences.

"We accept everyone, we don't deny anybody, we offer complete respect to the individuals and we're not judging circumstances," Ritter said.

She said a group of people involved with the program were motivated to help with the new site because of the program's referral rate.

"We would give the people the information on services available in Eureka, and they flat wouldn't make it," Ritter said. "It is very difficult to get a shopping cart on the bus or come up with the money for the bus at all — the idea of bringing these services to the people is not new; it just hadn't been tried in this area."

Offering the services in Arcata was not as welcomed as Ritter may have hoped. Ritter said after investigating properties throughout the area that would be workable, the plans had to be adjusted after neighbors were adamantly opposed to building the center in the area.

"It is my belief that when a service center like this is put in a lower income area, it is a benefit to the community, but it is almost impossible to convince people of that," she said.

Nonetheless, construction has begun on the 3,000-square-foot building, located in the corner of the Arcata Bus Depot parking lot and scheduled to open July 1.

"We are really happy with this location," Ritter said. "We're close to

downtown within walking distance for the people who need it, and we received a lot of support from the neighbors — there is a lot to be said for that."

Volunteer

• Continued from page 9

hotline phone number is 445-2881 and the team accepts collect calls.

Greatest benefit of being a member: "Being able to help people witnessing the transformation from victim to survivor is the most beautiful thing for me," McInerney said.

How to volunteer: Call and fill out an application. Once accepted, volunteers are trained.

For more information, call 443-2737.

10c COOKIE DAY THURSDAY HSU BOOKSTORE



Christian College Fellowship

Thursday evening dinner meetings, 6 p.m.

Study
Music
Friendship

Open to all who are
interested in
exploring their faith with
others.

For more information, call: 822-1963



Family Restaurants
& Dessert Shoppes
In Valley West Arcata
& Central Ave McKinleyville

Check Out Our
New Web Site
villagepantry.com
We list specials,
deals and
printable coupons.

Announcing Student Wednesday

Show a valid Student I.D.
and receive a
10% Discount Off Your
Meal.



24 Hours a day • 7 days a week
Guintoli Lane across from the North Coast Inn
Student Wednesday Promotion Not Valid With Any Other Offer
Dine In Only • Promotion Valid for Person with Student I.D. Only



**Valentine,
Touch it softly...**

**kama sutra
products**

Oil of Love
Massage Cream
Treasure of the Sea
Honey Dust
Weekender
Custom Scented Massage
Oils & Lotions
Heart Treasure Candles
& More...

Open 7 Days



1031 H St. • Arcata
822-3450

2817 F St. • Eureka
269-9560

The New Colony Inn



Space !! At Colony you get more
room - and no roommate - for less
\$ than the dorms!

»Complete control of your
own private space

»Affordable - from \$260 with
a \$200 deposit

»Just a walk from everything
and on the bus line

»Free internet access &
computer lab

\$100 BONUS !!!

[Bring this ad to the Colony Inn office by 2-15 for full details]

455 Union Street

822-1909

Blue Max **PIZZA**
FREE DELIVERY OR TO GO

\$1.00 OFF MEDIUM
\$2.00 OFF LARGE
\$3.00 OFF FAMILY

corner of
11th & K
Arcata
822-4841

Not valid with any other offer. One per customer. Offer expires 5-15-99

MICHAEL BIERN BROCK PIERCE

THE RIDE

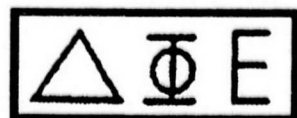
FREE MOVIE
Goodwin Forum, HSU
Friday, February 5, 1999

8:30 pm
Sponsored by Bible Studies
in the New and Old Testaments

the sisters of
Delta Phi Epsilon
congratulate new members!

Fall 1998

- | | |
|--------------------|-------------------|
| • Daerielle Culver | • Erica Johnson |
| • Mahealani Davis | • Jennifer Jones |
| • Rae Descoteaux | • Corinne Marston |
| • Debra Doll | • Mandy Meier |
| • Erica Griffin | • Jennifer Russel |
| • Nicole Johnson | • Lisa Zysk |



Delta Phi Epsilon

The Only International Sorority
For more info. call Meghan 822-4064

Raids: Redway residents try to increase restrictions

• Continued from page 9

level is a safety, not environmental, standard."

The 500-foot guideline should be taken in context, Montana said.

"We have a 500-foot floor for occupied areas, a 1,000-foot floor over congested areas and are required to fly over as few residents as possible," he said.

Densen said the 500-foot level is insufficient and unsafe.

"We had people during Greensweep who were on horses that panicked," he said. "One person was shoeing his when they scared it. If the helicopters were flown at 1,500 feet, the horse would hear it gradually instead of suddenly."

The lawsuit also focused on a lack of environmental review of the impact of Operation Greensweep and detailed encounters with BLM personnel.

"My daughter was on a public trail on BLM land during the operation," Webster said. "Men in dark camouflage dropped down to the ground and pointed their weapons at her."

The agents did not arrest her or identify themselves, Webster said. "They never took their guns off her. And they didn't talk to her, either."

Blossom Edwards, Webster's daughter, left without interference.

"She stood there for a while," Webster said. "She started yelling at them, then walked away when they didn't respond."

The lawsuit was filed in the 9th U.S. District Court in San Francisco in August 1990. Although the Department of Defense was initially named in the suit, the charges against the department were dismissed by the court.

"They claimed to be part of a BLM enforcement team out of

New Mexico," Webster said. "So they basically found a loophole in the law."

Judge Fern Smith, who said the environmental case was the strongest, presided over the lawsuit.

"(National Environmental Protection Act) compliance was the strongest claim in the judge's mind," Webster said. "That's what the draft is supposed to address."

After public commentary closes, the BLM has seven months to finalize the proposal and any amendments to it. After a final draft is adopted, public commentary will be opened again.

The current draft, titled "Draft Mandatory Guidelines for Marijuana Operations by Bureau of Land Management Law Enforcement in California," is available on the Web at <http://www.ca.blm.gov/norcal/maread.html> or <http://www.ca.blm.gov/norcal/margdl-d.html>.

Animals: New law negatively affects Sequoia Humane Society

• Continued from page 9

grams, not the running of the shelter."

Based on a per capita analysis, city and county funding for the Humane Society is among the lowest in the state, Lapham and Falkenstrom said.

The animal shelter receives an

average of just over \$1 per resident, per year for its services.

According to a Nov. 23 Los Angeles Times article titled "Misguided Animal Aid Law," some California cities including Pasadena and Santa Monica spend between \$6 and \$8 per capita, and can easily comply with the law.

However, there are many more cities and counties, like Humboldt, that cannot.

Next week see part two, the last part of this series. The story will cover the politics of SB 1785 and the future of the Sequoia Humane Society and Humboldt County.

TOFU SHOP

FINE TOFU PRODUCTS



Fresh • Baked • Smoked • Spreads
Ask for them in your favorite Market, Deli or Restaurant

TOFU SHOP Specialty Foods, Inc.

100 Ericson Ct., Suite 150, Arcata, CA 95521 • Phone/Fax: 707 • 822 • 7401

PACIFIC PARADISE

Humboldt County's kindest gifts & smoking accessories
1087 H Street, Arcata, CA 95521 707.822.7143

The battle over birth control



photo by Matt Ahern

The diaphragm, the birth control pill and the female condom are just some of the forms of birth control available to the public through the Student Health Center and community health centers.

Medical technology offers both sexes new alternatives

Options. Choices. Alternatives. Possibilities. These words did not exist to women at the turn of the last century. The proliferation of birth control has helped women have control over when and if they want to reproduce.

by Tiffany Dawson

Lumberjack staff

According to the book "Human Sexuality in a World of Diversity" by Spencer A. Rathus, before choosing a birth control method men and women should examine their lifestyles to determine which one will work best for them.

The book says effectiveness and protection from diseases are some factors that should be looked at when deciding.

Rathus writes the condom and spermicides are the only two methods that give any protection against pregnancy and sexually transmitted diseases.

If used together, they greatly reduce the chance of conception. They are also the most commonly used birth control methods that are available without a prescription.

The book also says the invention of oral contraceptives, such as the pill, revolutionized birth control. The pill contains synthetic estrogen and progesterone hor-

mones that fool the woman's body into thinking that it is already pregnant. If taken consistently the pill has a 0.5 percent failure rate.

There are also disadvantages to the pill as a birth control method. Unlike the condom, there is no barrier to protect against STDs.

Dr. Diane Korsower of the Student Health Center cautions that the pill may have unpleasant side effects like: weight gain, blood clots and nausea for some women.

"The pill requires medical consultation and a prescription because women with a history of high blood pressure, a stroke or heart attack and/or migraines could have a bad reaction to the hormones in the pill," Korsower said.

Depo-Provera and Norplant are birth control methods that are more surgical in nature.

The book describes Depo-Provera as a form of synthetic progesterone that aids in contraception by inhibiting ovulation. The woman receives an injection of Depo-Provera once every three months.

Norplant is another method that requires a longer clinic visit. Six silicone rods filled with progesterone are inserted into the inside of a woman's upper arm. These rods suppress ovulation for as long as five years by releasing a steady dose of hormone.

The cost of birth control should also be looked at when selecting a method for use. The Student Health Center charges nothing for the consultation visit, but students are charged for additional services. A Pap smear is \$12. Birth control pills are \$3.50 per month. Depo-Provera is \$30 per four months. Testing for STDs carries an additional charge.

Korsower said the Health Center now carries an emergency contraceptive. The morning-after pill uses high doses of estrogen to prevent implantation. It can be used within 72 hours of fertilization. The Health Center charges \$2.15 for each pill.

There are other clinics in the community that provide birth control services. Six Rivers Planned Parenthood in Eureka provides most forms of birth control on the market.

"Our funding comes from a program called Family P.A.C.T. It pays for the clinics, supplies and physicians," Debbe Hartridge of Planned Parenthood said.

While the services are not free, if one qualifies under this program, funding will be provided for the exam and birth control method chosen.

"We have a sliding scale depending on income, so most college kids would qualify," Hartridge said.

Natural methods are offered

When people come into Moonrise Herbs on the Plaza wanting to know about "natural birth control alternatives," the first question Manager Leslie Quinn expects to hear is, "What kinds of herbs help in birth control?"

by Wes Sander

Lumberjack staff

"There are no herbs," Quinn said. "People get the impression that there's some kind of herbal replacement, like carrot seed or wild yam, for conventional methods like the pill, but that's just not the case."

What newcomers will find upon entering the field is that a great deal of learning needs to be done. Quinn first directs the curious toward "A Cooperative Method of Natural Birth Control," a book by Margaret Nofziger that instructs in the practice of abstinence in conjunction with an awareness of one's own body.

"That's what we call the fertility awareness method," said Debbe Hartridge, director of education at Six Rivers Planned Parenthood in Eureka. The method involves daily communication with one's body that allows detection of the time when ovulation begins.

"A woman shows certain symptoms in connection with ovulation, and the method teaches you to become familiar with those body signals," Hartridge said. Practices include taking body temperature daily and regular checking of cervical mucus for consistency.

Hartridge gives a reliability figure of 80 percent for the awareness method, which compares with the condom and the pill at 88 percent and 97 percent, respectively.

"Some people may just be better at it," Hartridge said.

Nofziger's book also outlines

the only form of contraception receiving papal approval: the rhythm method.

"Oh, you mean 'Vatican Roulette,'" Hartridge said. "Nobody really uses that method anymore. It basically just involves counting."

This method requires a woman to find her place in the monthly cycle, and then count the days to determine when ovulation will occur.

Nofziger's book covers the method in detail, providing charts and graphs to illustrate the practice of following one's biological rhythms.

Hartridge said the method is chancy at best because instead of relying on reading direct biological signs, it relies on counting days, thus creating a distance between the woman and an awareness of what's happening with her body. Both Quinn and Hartridge said they agree that nothing can substitute for awareness of one's body and communication with one's partner.

In Quinn's view, any consideration of natural contraception methods will bring with it an awareness of the social and political concerns that lie beneath the issue.

"Why have most conventional forms of contraception involved women's bodies?" Quinn said. "What kinds of alternatives are there? These are the kinds of questions you start to ask."

Quinn said she does her best to reinforce the notion that each method works differently for each person.

"First of all, what defines natural? And does natural necessarily mean it's safe?" she asked.

Quinn pointed out that any foreign substance or object introduced into the body will have some

See Natural, page 15



photo by Matt Ahern

Moonrise Herbs, on the Plaza, is one of the many shops that offers an array of books about the natural forms of birth control.



824 'L' St • Arcata

(707) 822-8087

CLASSES IN:

Creative Movement for Children
Modern Dance
Swing Dance
Afro-Cuban
African

Need a Unit or Two? spring '99

Come learn about the largest religious movement in America

Instructors: Dr. Clay Ford
& Rev. David Kilmer

2 Course Offerings

EVANGELICAL CHRISTIANITY IN AMERICA

RS 394 Section 5 • CRN 23654

Meets at 3:30 on Thursdays, HGH Room # 217

One Unit • CR/NC

EVANGELICAL CHRISTIAN EXPERIENCE WEEKEND

RS 394 Section 6 • CRN 24388

Friday - Sunday, April 9 - 11th

Meets at Arcata First Baptist Church
17th & Union (Beside HSU Tennis Courts).

One Unit • CR/NC

LATE SIGNUPS ACCEPTED

Call Dr. Ford at 822-0367 or
email WCFORD@aol.com
for more information

Birth control through the ages

Contraception is not a '90s concept. The idea of preventing pregnancy goes as far back as the ancient Egyptians.

The oldest known written document that refers to the use of birth control is the Kahun Medical Papyrus. This document, found in Egypt, reportedly dates to the year 1850 B.C. The papyrus refers to a pessary (pessaries are vaginal suppositories) made from the dung of crocodile and fermented dough.

It has been said feces may actually possess contraceptive properties, as an agent that either blocks semen at the entrance of the cervix or changes the pH level.

John M. Riddle, professor of history at North Carolina State University, said the "simple expla-

by Scott Aponte

Lumberjack staff



graphic by Evan Hatfield

nation is that inserting feces into a woman's vagina would be an excellent contraceptive."

Another recipe in the Kahun Medical Papyrus calls for a mixture of acacia, dates, bitter apple and honey to be sprinkled into the vagina.

"The fermentation of this mixture can result in the production of lactic acid, which today is recognized as a spermicide," said

Stephanie Ann Sanders of the Kinsey Institute for Research in Sex, Gender and Reproduction at Indiana University.

Many plants have been used over the years as contraceptives. The ancient Greeks used Silphium well before 370 B.C. Kim McClesky, a graduate student at the University of Colorado at Boul-

See History, next page

Wildflower Café & Bakery



located on the corner of
16th & G Streets, Arcata.
822-0360

Breakfast, Lunch & Dinner

* international vegetarian
cuisine ** fresh organic bread &
pastries baked daily ** local organic coffee &
espresso *

Mon.- Sat. - 8am-8pm
Sun. - 9am-1pm

NORTHTOWN LAUNDERETTE

open daily
still low prices

\$1.25 wash
two jumbo washers
\$2.50/wash

778 18th St.
Arcata

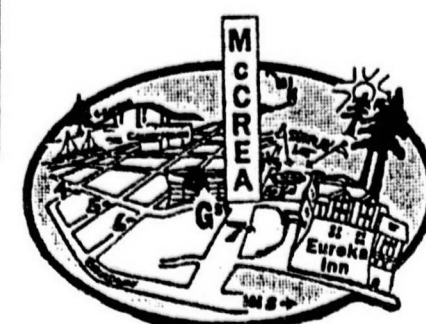
McCREA NISSAN

PARTS & SERVICE
Convenient Downtown Location
Top of 7th & G & H St., Eureka
442-1741

PARTS WAREHOUSE



Service: M-F 7:30-5:30
Parts Dept: M-F 8:00-5:30
Saturday 9:00-4:00



Save \$10.00 DASH COVERS

Save the Padded Dash from the Sun
The World's Finest Dash Cover
Protects the new dash; covers the old dashes
Available for all makes & models

List \$39.99
Now **\$30.99**

expires 2/17/99

Genuine Nissan Distributor Caps

High-quality ignition parts help your ignition system perform at peak efficiency and to original equipment specifications for maximum performance from your Nissan or Datsun.

From **\$8.93**

25% OFF



If your car has around 50,000 miles plus, your cap and rotor should be replaced

expires 2/17/99

Genuine Nissan Distributor Rotors

For sure engine firing
time after timeFrom **\$4.99**

25% OFF



If your car has around 50,000 miles plus, your cap and rotor should be replaced

expires 2/17/99

Genuine Nissan Wiper Blade Inserts

If your car is 1 or 2 years old or older, you probably need new wiper blade inserts

For clean, clear, safe vision through all types of inclement weather, insist on Genuine Nissan Wiper Blade Inserts. Available for most Nissan and Datsun Vehicles.

From **\$5.00**
per setGet **20% OFF**

expires 2/17/99

History: From snake skin to sheep skin

• Continued from previous page

der, said the use of Silphium was extremely effective. It was so effective that it was extinct by the third or fourth century.

The Romans used wild carrot, also known as Queen Anne's Lace, as long as 2,000 years ago. However, it was used long before that. Its use was mentioned in the writings of Hippocrates.

In the 1980s, Queen Anne's Lace was studied by scientists, and it was found that it blocked the production of progesterone and inhibited ovarian growth in mice.

Riddle said that Queen Anne's Lace continues to be used to this day as a morning-after contraceptive by women in China, India and rural parts of the United States. The women mix a teaspoon of the seeds in a glass of water and drink it after having sex.

Other plants used throughout history as birth control are pennyroyal, myrrha, artemisia, pomegranate skin, cabbage, juniper and acacia gum.

Plants do have their drawbacks, though. McClesky said that

plants can be inconsistent because doses differ from plant to plant.

"Different parent plants, different growing conditions, all can contribute to the potency of the plant," she said. "Over time, exactly one teaspoonful could be the perfect dose, the next time it could be a slightly over or underdose."

Another problem with plants is the identification. McClesky stressed caution.

"Without the proper training, Queen Anne's Lace may seem to you a very distinctive species, but in fact there are several other plants that are closely related, and look similar but are deadly," she said.

Intrauterine devices (IUDs) have been popular for many years. In fact, IUDs are one of the oldest known forms of birth control. IUDs prevent a woman's eggs from attaching to the walls of her uterus by scraping them. "It's sort of like an internal scrub brush," McClesky said.

IUDs have not only been useful for humans, but for animals as well. Arab camel traders used to

place stones in the uteri of their camels to keep them from getting pregnant.

The only method available to men throughout time has always been the condom. Named for the Earl of Condom, the earliest examples of condoms were made of snake skin and were not lubricated in spermicide. They provided little protection for both partners.

What does the future hold for contraception? Organon, a Dutch pharmaceutical company, is working on a contraceptive ring that would rest against the uterus and release low dosages of estrogen and progesterone.

The contraceptive ring would be smaller and more effective than methods used today. Organon researchers believe the side effects of the contraceptive ring would be lower than that of the current birth control pill because the drug will not be taken orally.

McClesky said while some historical forms of contraception were effective, many were "ineffective, and some were downright deadly."

Natural

• Continued from page 13

unwanted effect. She mentions an acquaintance who quit the pill 10 years ago, but continues to experience side effects from it.

"We can't be afraid to bring everything into the open, to talk, to share information," she said. "Everyone will find a method that works best for them."

MAKE LAUNDRY DAY FUN!

Just Wash & Go...

We Do The Rest!

Affordable & Friendly
Dry & Fold Service

California Laundromat



420 California Ave. (at L.K. Wood Blvd.)
Just 3 Blocks North of HSU!
Mon-Fri: 7am-10pm
Sat/Sun: 8am-10pm

Deli & Espressos Next Door



Toucan Market & Deli

• Bring in This Ad for a FREE Single Chai or Espresso Drink! •

Polarity

Deep Tissue

Massage



Healing

Fred Pasner, C.M.P.
839-9392

Relaxing

Serene Environment
Students, Staff, Faculty

WELCOME BACK
STUDENTS AND STAFF!

Spring break is near
so get it in gear!

Call your local travel agents at:

Dalianes Travel

University Center / HSU
Mon.-Fri. 9 AM-4PM
except Wed. 10 AM-4 PM

822-7676



WORLD WIDE
Dalianes
TRAVEL SERVICE
CST # 2007118-10



Celestino's
LIVE FROM
NEW YORK

1504 G St. • Arcata • 822-6199

Authentic N.Y. Style Pizza

25¢ off
any
slice

Arcata Only
Exp 2-28-99

Not available with any other offer

\$1.00
off any
medium

Arcata Only
Exp 2-28-99

Not available with any other offer

\$1.50
off any
large

Arcata Only
Exp 2-28-99

Not available with any other offer

ARCATA 1 HOUR PHOTO

- Fast Friendly Service
- A1 Quality Guaranteed
- Students Welcome
- Darkroom Supplies and Accessories
- B&W and Color Printing on Premises
- Cheapest T-MAX in Town!

Photos To Disk

34 Sunny Brae Center
ARCATA

826-1971

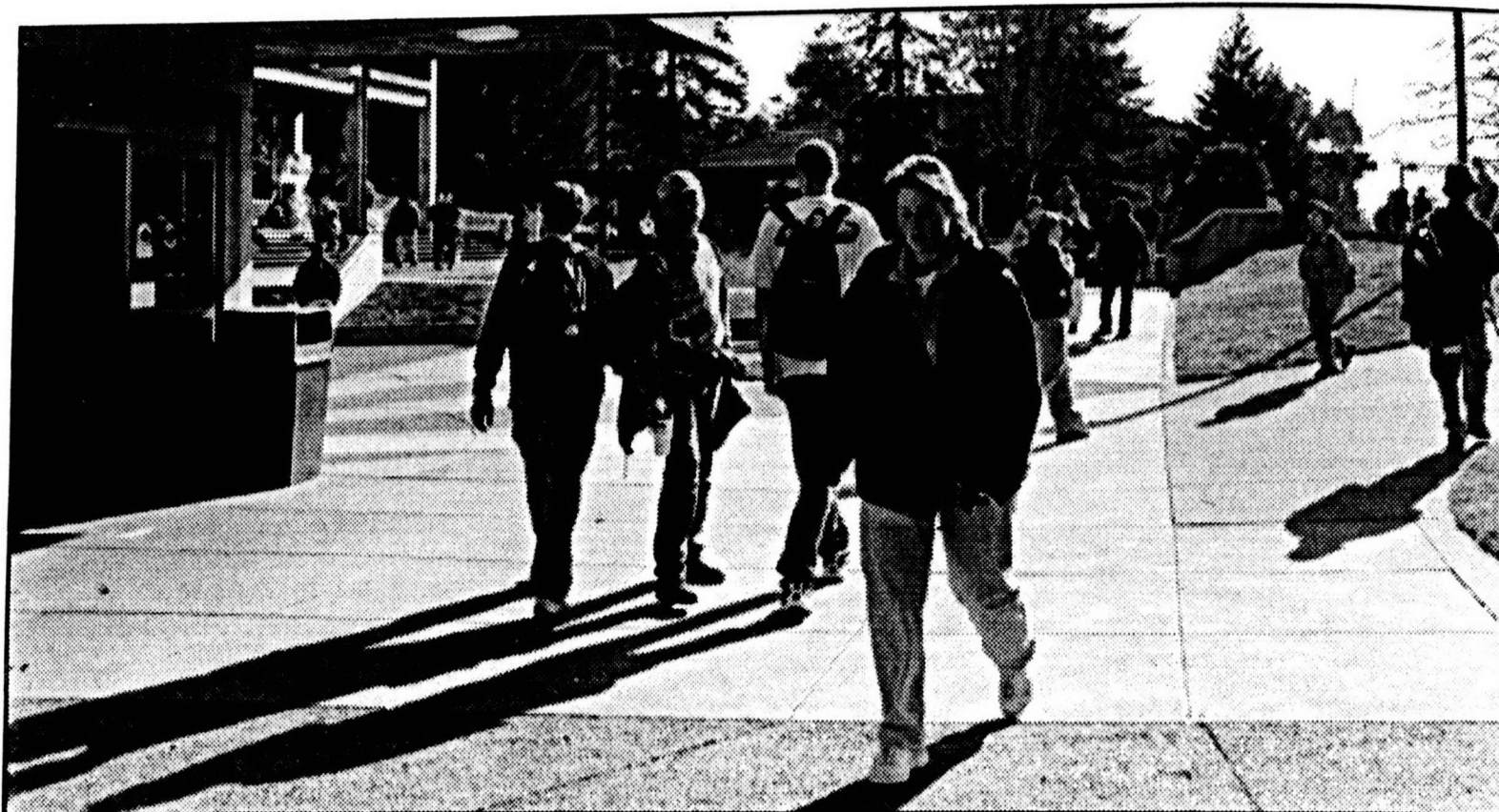


photo by Jaime Escamilla

HSU students recognize the many different forms of birth control available to them on- and off-campus.

Students share views on birth control

Let's talk about birth control, shall we?

Nowadays we are surrounded by so many kinds of contraceptives it makes your head spin. From condoms to birth control pills to spermicidal jellies to surgical procedures, we have them all. It now becomes the question: What method do HSU students use to prevent pregnancy and disease?

"I abstain, but I do believe that a condom used with the pill would work most effectively," English sophomore Rebecca Nelson said.

According to the Encarta Encyclopedia, birth control has been an interesting subject since ancient times. In 1798 British economist Thomas Robert Malthus predicted that the human species

would some day run out of resources to feed itself, thus, the creation of birth control.

Undeclared sophomore Rebecca Roe, along with other female HSU students, has used the birth control pill in the past.

"I was on the pill for three years but stopped due to the end of a relationship. The pill is really good when the relationship is monogamous and you both have been checked for sexually transmitted diseases," Roe said. "Otherwise, keep safety in mind with a condom."

The Student Health Center and community health clinics make it possible for students to purchase different forms of birth control, and usually at a lower cost.

"I can afford anything and everything," undeclared freshman Kristin Whorley said.

"Going through family planning the pill is affordable. Otherwise, it would have to be condoms.

In fact, the last condoms I bought were at Wal-Mart," Roe said.

The HSU male population also has an opinion when it comes to birth control.

"It is not too hard to find condoms; they are everywhere and not too expensive," oceanography sophomore Mark Belligan said.

Over the years new forms of birth control have been made available to the public. Whorley and Belligan are willing to try new methods within reason.

"Yes, the more methods offered to the public the better," Whorley said.

Belligan, the only male interviewed, also had something to say.

"Yeah, I would be willing to try different methods if they were affordable and reliable," he said.

While most students are willing to try new things, Roe thought differently.

"I wouldn't want to try new things unless within reason," she said. "It would depend on any new thing that came out, and on the scientific evidence provided and, of course, the cost."

There is also another method that these HSU students have tried, consisting of the male pulling out before ejaculation. According to these students, the method does not work in preventing pregnancy and can result in spreading sexually transmitted diseases.

"It might work on rare occasions, but it does not prevent the spread of sexually transmitted diseases and in most cases it does not prevent pregnancy," Roe said.

Whorley gave her opinion about educating children about birth control.

"Children are becoming parents and we have to start educating them at a young age about sex," Whorley said. "People are dying because they either don't know how to protect themselves or they are too young to know better."

ARCATA & MAD RIVER TRANSIT SYSTEM

A&MRTS

Your HSU Student, Faculty
or Staff I.D.

will get you anywhere
in **ARCATA** absolutely **FREE**.

Take the bus "in Arcata it's the best thing going"

NOW Offering Greyhound Tickets and
Package Express Services

GREYHOUND PACKAGE EXPRESS

For More Information Call:
822-3775

25% OFF

PRODUCTS AND SERVICES

A 25% discount is applicable on all regularly priced Kinko's products and services except postage, shipping, gift certificate purchase and videoconferencing. This discount cannot be used in combination with volume pricing, custom-bid orders, sale items and special offers or other discounts. Offer is limited to one coupon per customer. Customer must relinquish coupon at time of purchase. Coupon may not be reproduced and is not valid with other coupons, offers or discounts. Offer valid at time of purchase only and may not be discounted or credited to past or future purchases. Products and services vary by location. Coupon void where prohibited or restricted by law. No cash value. ©1999 Kinko's, Inc. Kinko's and Kinko's Express Yourself are proprietary marks of Kinko's Ventures, Inc. and are used by permission. All rights reserved. Kinko's requires written permission from the copyright holder in order to reproduce copy-righted work.

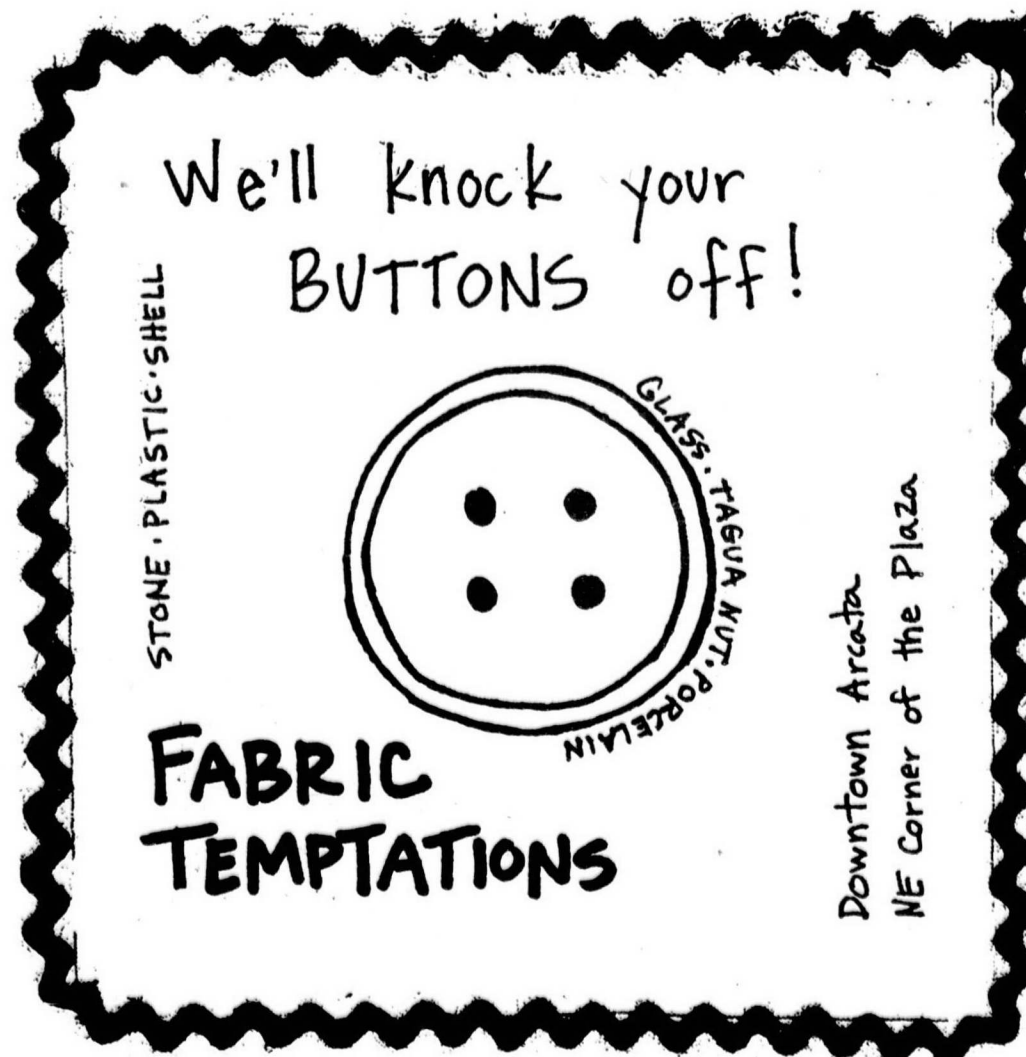
822-8712
1618 G ST.

kinko's
Express Yourself™

AAC826

24 HOURS / 7 DAYS A WEEK

Expires 3/31/99



Six Rivers brewery offers thematic nights

With everything from reggae to DJs to bluegrass, there's something for everyone

Break out those dancing shoes and get ready for some heavy duty dancing every week. Six Rivers Brewing Co. in McKinleyville will be hosting special music nights every Thursday and Friday starting tomorrow.

Reggae will be featured on Thursdays, and folk and bluegrass music will be featured on Fridays.

Reggae night is sure to be music to students' ears, with a cover charge of \$2 and \$5 pitchers of beer.

by Gigi Campo

Lumberjack staff

"Reggae has always been close to my heart. I like the crowd and the energy it creates," Six Rivers publicist Washington Vera said. "And my other motivation for reggae nights was because of all the support to have it."

Reggae night will rock steady, with a DJ starting it off, followed by a live band and ending with more DJ-generated tunes. A variety of reggae forms will be covered.

Dub Vision Hi-Fi and Culture Shock Crew, a group of four DJs, will be the first to play for special music night tomorrow.

Many of the songs it plays consist of dance hall and dub reggae, mixing in some hip-hop. Most of the music is dance-oriented and more up-tempo than traditional reggae, but it is also root-based.

"We just start spinning to get people to dance and introduce them to new cutting-edge music," Dub Vision DJ Scott Seine said.

One of the two reggae bands that will take part in the special music night is Makageddon. The instrumental band is definitely not new to the music scene and is continuing to rise in popularity throughout Humboldt County. Many of the members have years of musical experience and an interest in reggae.

"We play traditional dancehall, Sizzla and Anthony B," keyboardist Kiriki Delany said. "We love to entertain people as much as possible."

"There are a lot of regulars, so if you are interested in



photo by Chris Anderson

DJs and reggae bands will perform every Thursday night at Six Rivers Brewing Co. starting tomorrow.

good reggae music and love to dance, this is going to be one of the premier live music events."

Another reggae band from Humboldt County, the Provitals, will play traditional roots reggae on Thursday nights.

Bluegrass and folk night will have a different setup but will be equally atmospheric. There will be at least two bands playing every Friday night, and although there won't be \$5

See Music nights, page 19

Traditional ballet melds with modern dance in upcoming show

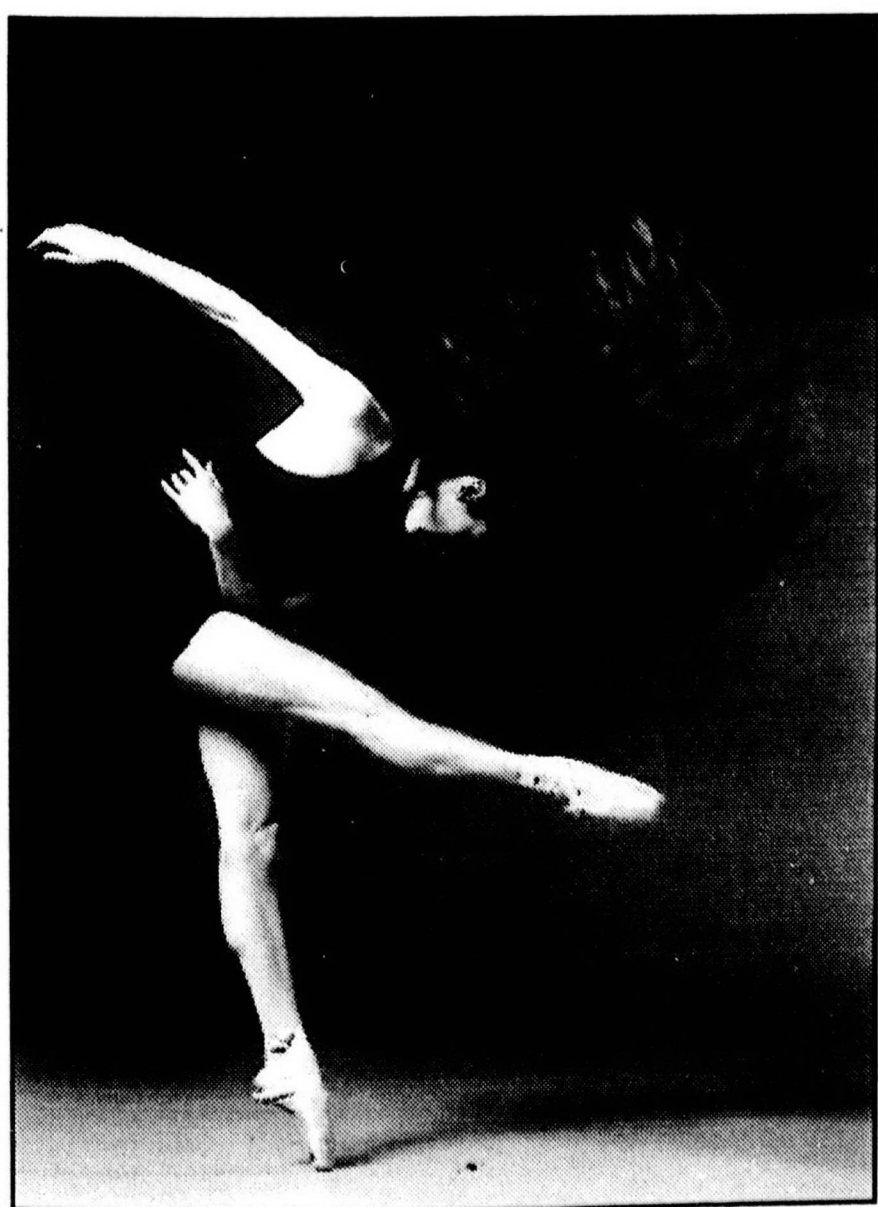


photo courtesy of Marty Sohl

LINES Contemporary Ballet has been in existence for 20 years.

The Van Duzer Theater will soon play host to a group of contemporary dancers who will exhibit a ballet with modern flair Friday at 8 p.m.

LINES Contemporary Ballet will grace the stage with a nontraditional flavor. The dancers haven't hung up their toe shoes, but they have expanded on the standard discipline of ballet. San Francisco Focus said Artistic Director Alonzo King's ballet is "complex, muscular, musical and unfettered by classical or modern dogmas." This artistic expressionism displays a new twist to ballet.

by Christy Hoffheiser

Lumberjack staff

"He is a down-to-earth person," Susanna Douthit said of Alonzo King. "His choreography is from another planet." Douthit is a dance director at the San Francisco Dance Center.

Douthit said King develops his works up until the last minute. He is very involved in the production, and has been known to name the ballet right before programs are printed.

King founded LINES Contemporary Ballet in 1982. He used his traditional training as the basis for his artistically raw flair. King's original training began at the School of American Ballet, which is part of the American Ballet Theater School, as well as at the Harkness House of Ballet Arts.

He has worked with scores of choreographers and dance companies. The Dance Theatre of Harlem, Bela Lewitzky Dance Co. and Donald McKayle all helped King gain his experience. His stage creations have been used in internationally acknowledged ballets such as the Hong Kong Bal-

let, London's Ballet Rambert and the San Francisco Ballet.

King has also choreographed two pieces for Natalia Makarova, prima ballerina and has worked with actor Patrick Swayze.

LINES Contemporary Ballet is an international touring company with 18 dancers. This is where King focuses most of his work.

Some of the dancers have been performing King's emotional works since the '80s. The company presents two home seasons at Yerba Buena Center for the Arts in San Francisco, as well as alternating seasons in New York and Los Angeles.

King made the San Francisco Dance Center the home for LINES in 1989. It is one of the largest dance centers on the West Coast. According to the San Francisco Bay Times, "King's company is a great gift to the Bay Area."

Traditional ballet is balanced — all of the dance moves are compensated by equal moves from every dancer. He uses plenty of spiraling moves as well as partnering, which are not usually considered traditional. Modern and ethnic music such as jazz, is also used, adding a contemporary edge to the classic ballet style.

King's reputation for hard work, style and creativity has won the attention of critics and has proved to be award-worthy. According to Valerie Gladstone of the New York Times, "Dancers don't go to Alonzo King to rest on their laurels." The dedication of the company has paid off in honors. Isadora Dance Awards were given to the company in

See LINES, page 20

10c COOKIE DAY THURSDAY HSU BOOKSTORE

Marino's Club

MONDAY NIGHT

MARGARITAS \$2.50

BLACKBERRY, STRAWBERRY AND REGULAR

MICRO PINTS \$2.50

NEWCASTLE, FULL SAIL, ANDERSON VALLEY,
SIERRA NEVADA, STEELHEAD, ANCHOR STEAM...

TUESDAY NIGHT

MICRO PINTS \$2.50

DOUBLE WELLS IN PINTS \$2.50

(707) 822-2302 • www.marinosclub.com

Film spouts off about fountain

Anti-tribute to debut tonight in Art Quad

by Alicia Jack

Scene editor

It is debatable whether or not that chunk of metal and concrete in the Art Quad is actually "the ugliest fountain in the world," but in film maker Jensen Rufe's eyes, it is.

"I hate that fountain," said Rufe, a theater arts graduate student in his third year. "Absolutely hate it. It's just so bad."

Rufe found an outlet for his hatred through his thesis project. He poured his disdain for it into a 15-minute black-and-white film, "The Ugliest Fountain in the World (Without a Doubt)."

Rufe's goal, as stated in the film, is to have the fountain either "vastly improved or obliterated completely."

The film will make its debut tonight at 8 in, appropriately enough, the Art Quad, where it will

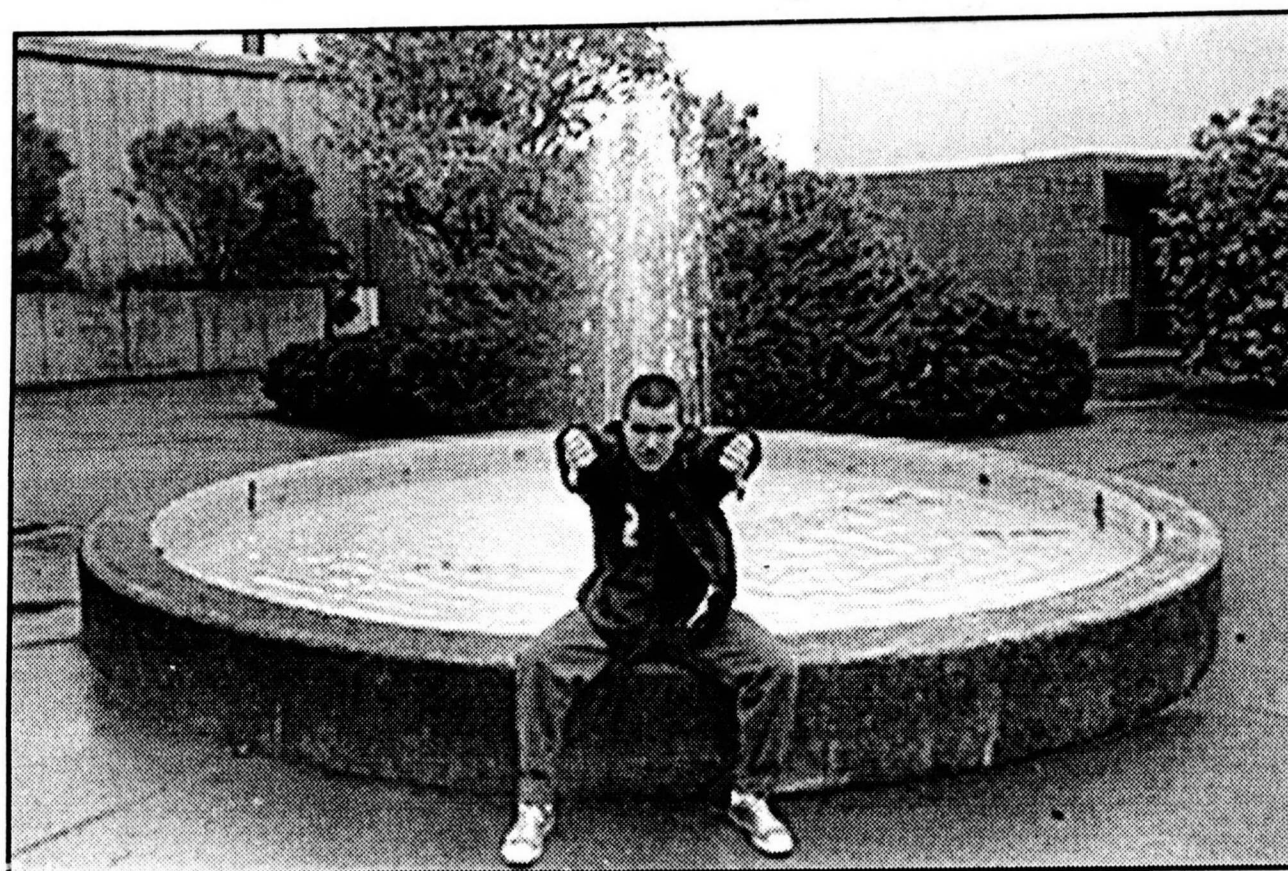


photo by Chris Anderson

Jensen Rufe, who is intrigued by the little, weird things in life, made a film about this fountain.

be screened on a television. If it should rain, the premiere will be moved to Theater Arts 17.

The documentary contains interviews with maintenance men, passers-by and President Alistair McCrone, along with a crash-course in the history of the fountain, and some other insights into its existence.

Rufe decided he wanted to pay homage to the fountain be-

cause "the little, weird things in life intrigue me."

Rufe finds it ironic that the fountain is located in the Art Quad.

"What the hell is this doing in an art quad?" he said. "I can't find a single person that likes it. Everybody hates it, young and old."

Rufe isn't the first person to wage a protest against the fountain,

See Fountain, page 20

707 826-3928 CenterArts 9899 season AS



LINES

Contemporary Ballet

Friday, February 5
Van Duzer Theatre, 8pm

Alonzo King adds raw, yet exquisitely artistic modern edges to the intricacies of traditional ballet.

SPONSORED BY
MAYAN CONSTRUCTION



Salif Keita

Sunday, February 14
Van Duzer Theatre, 8pm

Ultra high-energy Afro-Pop from the celebrated African singer known as the "Golden Voice of Mali."

SPONSORED BY
THE METRO CDS AND TAPES



Ballet Nacional de Cuba in "Giselle"

Tuesday, February 16
Van Duzer Theatre, 8pm

Led by legendary ballerina Alicia Alonzo, the world-renowned National Ballet of Cuba presents the classic ballet "Giselle," with a stylish Cuban flair!

Tokyo String Quartet

Friday, February 19
Van Duzer Theatre, 8pm

"If the Tokyo String Quartet isn't the world's greatest chamber music ensemble, it's hard to imagine which group is."

—WASHINGTON POST

SPONSORED BY
Celestino's
OLD TOWN

A Tribute to Dizzy Gillespie

Jon Faddis
Slide Hampton
Jimmy Heath

Saturday, February 20
Van Duzer Theatre, 8pm

A swinging tribute to bebop's legendary innovator by three jazz legends. An unforgettable evening of classic jazz!

SPONSORED BY THE CO-OP



COMING SOON...

3/5 Solas

3/19 Bela Fleck
Edgar Meyer &
Mike Marshall

3/26 Sukay

THESE ACTIVITIES ARE SUPPORTED IN PART WITH FUNDS PROVIDED BY THE WESTERN STATES ARTS FEDERATION, THE CALIFORNIA ARTS COUNCIL, THE NATIONAL ENDOWMENT FOR THE ARTS AND THE NEW ENGLAND FOUNDATION FOR THE ARTS.

Music nights: It's just a jumble of genres

• Continued from page 17

pitchers of beer, the audience can have its choice of special dinner offers.

Vera said he decided to put on a special folk music night because of the voiced interest from folk lovers.

"Instead of putting these bands wherever, I thought we should put these bands on a specific night," he said.

At least 10 bluegrass and folk bands will be performing at Six Rivers over this semester.

One of the bands playing is the six-member bluegrass band Compost Mountain Boys. With a mix of mandolin, bass, fiddle, guitar and a lot of singing, its music is much influenced by the rural roots of mid- to late-century folk music.

"The audience should know that we aren't Hollywood or Las Vegas, but we have fun playing bluegrass," banjo player Scott Morris said. "We are looking forward to playing at Six Rivers. We like the spot, the beer and the people."

Other bands playing at Six Rivers on Friday nights will include Lazybones and Giant Acapulco.

"I think that putting this on is really different because it is a weekly event that will build a momentum," Vera said.

"Even though it is not within walking distance, to be able to create a place where people can call home and expose the community to different styles of music would be worth it," he said.

Six Rivers' future plans are to get other out-of-town groups to play on special music nights, especially bigger reggae shows. But for now, Vera plans to play it out semester by semester since the expected audience will be mostly students.

"We are going to do this for at least one se-

mester. It is more like a trial period. It gets tricky continuing things mainly because it is directed toward students," Vera said.

Bluegrass and folk nights will have a \$3 cover fee and will run from 8 p.m. to midnight. Reggae Thursdays will run from about 9 p.m. to 1 a.m.

**Tomorrow:
Reggae Night
9 p.m., \$3**

**Friday: High
Prairie and
Lazybones,
8 p.m., \$3**



Wildwood Music
1027 I Street
Arcata, CA 95521
822-6264

Lessons
Electronics
Strings
Books & Videos
Folk Instruments





Mon-Sat 10:30-5:30

ARCATA

SPEEDWASH

Full Time Attendants
• coin-op •

Wash and Fold Service

18, 30 & 50 LB Washers
30 & 50 LB Dryers

"2 minute wash"
1- minute for drop off
1- minute for pick up



Welcome Back Students!
1080 F Street, Arcata • 822-1317



Six Rivers Brewery
Brew with a view
Top of the Hill, McKinleyville
Call 839-7580 For More Info
Events for 2/3-2/7

Wed Feb 3rd 1999
REGGAE/WORLD BEAT
Boom Shaka
Plus Special Guest: "Dub Vision Hi Fi"
Tix: \$7Adv/\$10Door Avail: The Works, The Metro, The Brewery

Every Thur Starting Feb 4th 1999
REGGAE BROTHERS EVERY THURSDAY IS
REGGAE NIGHT
Featuring: "Dub Vision Hi Fi w/ Culture Shock Crew"
Plus Live Performances from "Makagedon & Provials" from Week to Week
Spinnin' the best Dance Hall, Drum & Bass, Dub & Hip Hop from Week to Week

Every Fri Starting Feb 5th 1999
Every Friday is
"BLUEGRASS/COUNTRY NIGHT"
(Featuring Two Live bands every week; This week)
"High Prairie Band" & "Lazybones"
MUSIC STARTS AT 8:00PM/COVER \$3

Sat Feb 6th 1999
Acid Jazz/Funk Lovers
COME CHECK OUT LOCAL ROCKERS.
Spank & The Allrights
Doors 8pm/Show 9pm/Cover \$3

Sun Feb 7th 1999
Bob Marley Birthday Celebration
The Father of Reggae
Joe Higgs
Fully & Fulwood Peter Tosh's Original Band
Tix: \$12Adv/\$15Door Avail: The Works, The Metro, The Brewery

2/14 **"The Young Dubliners"**
2/17 **"Robert Walters 20th Congress"**

ON THE PLAZA
744 9th Street
822-3731

BAR HOURS
7 am-2 am
7 days a Week

HAPPY HOUR
8-10 PM

M-F Well Drinks \$1⁵⁰
SAT Micros & Imports \$2
SUN Domestic Beers \$1²⁵

RESTAURANT
Sun/Mon 8 am - 10 pm
Tue - Sat 8 am - 11 pm

Check out Our New,
Expanded Menu!
Breakfast Special
M - F \$2³⁵

The Alibi Crew cares about you:
Please drink responsibly

MASTERCARD & VISA ACCEPTED



BOB MARLEY'S Birthday Celebration Weekend! ROOTS REGGAE LEGENDS



The CONGOS

Doors at 8pm
\$12 Adv DJ Bubba Opens Door \$14

Saturday February 6th
Sunday February 7th

CAFÉ TOMO
Bar & Grill

Seating Limited!
For Reservations Call (707) 822-4100
21 And Over
Tickets are available at:
People's Records,
The Works (Arc/Eka), The Metro,
and Café Tomo

CAFÉ TOMO
773 8th St. • On the Arcata Plaza • 822-4100
all shows 21 and over • www.cafetomo.com

Hottest Night Spot
OPEN TUE - SAT FROM 11:30 AM - 10 PM LIVE MUSIC
BEGINS AT 9 PM, FULL BAR, HAPPY HOURS

WED 3	THE BOMBORAS head shrinkin' fun	\$5
THU 4	DURED disco dance party	\$2
FRI 5	DR. JIVE SLICE funk/dance	\$1
SUN 7	BOB MARLEY BIRTHDAY CELEBRATION! THE CONGOS roots reggae	\$12 adv \$14 door
TUE 9	The Horn Band swing	\$4
THU 11	Christine Lavin eclectic rock	\$12 adv \$15 door
FRI 12	DJ Bubba dance beat reggae	\$2
FRI 13	THE SLAPTONES Afro-funk dance	\$4
THU 18	COCO MONTOYA smokin' blues	\$10 adv \$12 door

Check out our new menu!

HSU to host theater festival

The Kennedy Center/American College Theater Festival is coming to HSU next week. The festival will feature 19 major touring theater productions along with more than 20 workshops on acting, design, playwriting, directing and dramatic criticism. It is being hosted by the HSU theater arts department.

The productions will be presented in HSU's four theaters. Attendance will draw colleges and universities from a five-state region including California, Nevada, Arizona, Utah, Hawaii and Guam.

The Humboldt stop on the festival's tour is one of 12. The productions being showcased are the winners from a previous American College Theater Festival competition.

The festival focuses on young playwrights, actors, directors and designers. The winners from the regional festivals will move on to the national festival held at the Kennedy Center for the Performing Arts in Washington, D.C.

The Lumberjack will be providing a comprehensive pullout guide to the festival in its next issue on Feb. 10.

LINES

• Continued from page 17

1994 for the production of "Ocean."

"Ocean" was co-created with jazz musician Pharoah Sanders, and won awards for choreography, original score and company performance. In 1995 and 1996 the company also won awards for original score.

With a modern flavor and ar-

tistic dance language, the show coming to HSU creates a new perspective on the world of ballet. Tickets can be purchased at the University Ticket Office, The Works in Eureka and Arcata and the New Outdoor Store and the Metro, both located in Arcata. Tickets are \$17 for general admission and \$13 for students and seniors. For more information or credit card orders, call 826-3928.

Fountain

• Continued from page 18

which was built in 1963 and originally designed to be a planter. An anti-fountain letter to the editor ran in the March 26, 1965, issue of The Lumberjack, stating, "There is a monster among us. A huge concrete monster that sprays water from its mouth."


Over the years, efforts have been made to spiff up the fountain. Several years ago, a toilet was placed as a centerpiece inside the fountain. The sometimes-present water has also been dyed different colors and has had soap suds placed in it.

Though few have seen the film before tonight's screening, Rufe said those who have seen it have responded positively for the most part.

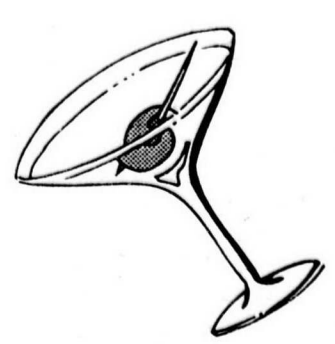
"Some people didn't take me seriously," he said. "But it caused enough of a stink, and they are actually going to do something (about the fountain). Maybe the film has something to do with it."

Rufe added that he is grateful to McCrone for his support of both the documentary and his war against the fountain.

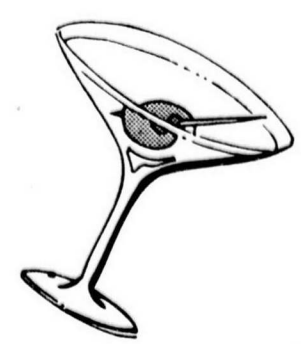
Toby & Jack's



On the plaza



*The Classy place
for after class!*



Bringing Quality Music
to the North Coast

**Rhythmic
Productions**

Presents...

Boom Shaka

Wednesday, February 3
Six Rivers Brewing Co. 9pm

**Kimmock, Vega,
Hertz Trio**

Friday, February 5 & 6
Northcoast Inn 9pm

**Bob Marley
Celebration**

Sunday, February 7
Six Rivers Brewing Co. 9pm

Dick Dale

Tuesday, February 9
Arcata Theater, Arcata

Let's Go Bowling

Friday, February 12
Celebration Hall, Arcata

RHYTHMIC HOTLINE
(707) 826-0481

MID/TOWN STORAGE
1649 Sutter Road, McKinleyville
839-1555



CHECK OUT OUR PRICES!
On-line Specials...
www.selfstorage.net/midtown

Beh is all smiles for Humboldt

Junior star made a long trek to become a 'Jack

At 6 feet 7 inches, HSU's leading rebounder Issachar Beh is all smiles.

"Issac always has a smile on his face. Whether times are tough or times are good, he always has a great attitude," assistant basketball coach Steve Kinder said.

by Zachary Adams

Lumberjack Staff

Beh, 23, transferred to HSU from South West State University in Minnesota. He went to SWSU on a basketball scholarship, but quit the team because things were not working out between him and the coaches.

"HSU had recruited me out of junior college, and the coach at that time, Rich Murphy, said that it was a standing offer," Beh said.

"I gave him a call before I played in Minnesota, and quit the team before the season started so I wouldn't lose a year of eligibility."

Beh started working with HSU's basketball team last spring when he began attending school as an English major. He made the team in the fall despite the responsibilities of a wife, two

children, a job and academic work.

"We thought he was stretching himself with so many responsibilities," said Kinder. "To add to his plate the role of student athlete, we thought it would be very difficult for him to succeed."

"But as the season has progressed, he has been a leader not only statistically, but also emotionally for the team. Everybody looks up to Issac, and he is an inspirational person. With all the responsibilities he has, he always has a smile on his face."

But Beh faced a rocky start at the beginning of the season. The year off from basketball affected his confidence, and initially he had some problems.

"At the beginning of the year I hadn't played basketball the previous season, so I really wanted to do well but I was nervous about it," he said. "Coming into the year, every time I would get into the game, I would be so worried about making mistakes that I was really hindering myself."

Beh broke into the starting line-up by playing strong defense and rebounding the ball, but his lack of scoring quickly cost him the position. After realizing what was wrong with his game, he soon regained the starting position.

"I play the best when I'm busting my ass and working as hard as I can," he said. "I decided to throw caution to the wind and just started playing basketball."



photo by Reza Schricker

See Beh, next page

Issachar Beh has made a name for himself as one of HSU's top scorers and rebounders all season.

Coming up:

Tomorrow

Men's basketball
vs. Western Washington
East Gym, 7 p.m.

Friday

Women's basketball
at Alaska-Fairbanks
Fairbanks, Alaska, TBA

Saturday

Women's basketball
at Alaska-Anchorage
Anchorage, Alaska 6 p.m.

Men's basketball
Simon Frasier
East Gym, 7 p.m.

Softball
at Warrior Classic Tournament
Turlock, TBA

Athletes find relief, risks with pain relievers



photo by Dana Flint

HSU trainers bring in Dr. Ray Koch (left) every Monday to look at athletes' injuries. Koch often prescribes anti-inflammatories for injuries.

Each year, as the pressure increases on college athletes to excel, more and more turn to the bottle for help. The pill bottle, that is.

Over-the-counter medications like Advil and Aleve ease headaches, but many athletes may be causing more harm than good by using them for their aches and pains.

Only a double dose of these seemingly harmless pills can cause gastro-intestinal and kidney problems if taken for longer than a few months.

Treating the chronic injuries that can occur throughout a season

of hard workouts and competition require expert advice.

HSU sports medicine trainers Dave Kinzer and Mike Davis have many tips for the college athletes in their care.

With help from kinesiology graduate students, Kinzer and Davis administer aid to any of the athletes who become injured during the school year. With roughly 350 athletes competing for the school, they are kept busy.

Davis is the primary trainer for the football squad, while Kinzer works with the rest of the athletes. They turn to Dr. Ray Koch for medical opinions and prescription medicine when necessary.

See Painkillers, page 23

by Dana Flint

Science Editor



HSU MUSIC DEPARTMENT

● PRESENTS ●

- February 6 Faculty Artist Series
Virginia Ayoob, oboe
Ken Ayoob, clarinet
- February 20 Faculty Artist Series
Music for Woodwind Quintet
- February 27 HSU Symphonic Band

\$6 general, \$2 students/seniors

(HSU students free to Feb 27 concert)

University Ticket Office - 826-3928

CenterArts special events 707 826-3928

WEDNESDAY, FEBRUARY 3 / VAN DUZER THEATRE, 8PM

A SPECIAL DOUBLE BILL!

Vinyl WITH
Parliament/
Funkadelic founder
Bernie
Worrell AND THE
WOOWarriors

ACID JAZZ/HIP HOP GROOVES

Alphabet Soup

SATURDAY, FEBRUARY 27 / KATE BUCHANAN ROOM, 8PM
A BENEFIT FOR THE HSU ARTS & MUSIC FESTIVAL

Ralph Nader

THURSDAY, MARCH 11 / VAN DUZER THEATRE, 8PM

Charlie Hunter

MONDAY, MARCH 22 / VAN DUZER THEATRE, 8PM

www.humboldt.edu/~cart

HSU IS AN AA/EO INSTITUTION



Beh

• Continued from previous page

Beh is the Lumberjacks' top rebounder, averaging 7.3 per game. He is confident about the remaining games in the season, and believes that the team is past some of its earlier difficulties.

"One of our problems at the beginning of the year was that everyone was playing tentatively," Beh said.

"Everyone was worried about doing well, and wanted to do well so badly that we didn't actually do the things we needed to do, like being more aggressive on offense. Now we are playing a lot looser and people have figured out what their roles are on the team."

Beh will be graduating in May with a bachelor's degree in English. He plans to pursue a master's degree in English at HSU, and will play basketball next season. After college he would like to teach high school English and coach basketball.



photo by Reza Schriker

Beh poses with his daughter, Iasia, who has moved with him from Minnesota.

Marino's Club

WEDNESDAYS 75¢ BEER!

ALL 16 TAPS! STARTS @ 8 PM

PROGRESSIVE / REGRESSIVE

PRICES GO UP & THEN BACK DOWN!

THURSDAY NIGHT

PINT GLASS GIVEAWAY!!!

FROM 9 PM - 1 AM ORDER ANYTHING ON TAP

& KEEP THE MARINO'S LOGO PINT GLASS!!

\$3.50 REFILLS ONLY \$2.50 16 TAPS!!!

(707) 822-2302 • www.marinosclub.com



All Under Heaven

天 下
212 F St.
Eureka
444-2936

A BookSigning

at All Under Heaven

Arts Alive Night

Saturday Feb 6

6pm-9pm

Come and meet

Zhuo Zhao & George Ellis,

authors of

"The Healing Cuisine of China"

After living a decade in Asia, the owners of All Under Heaven know the stories & people behind their carefully selected items.



Spring Art Materials Sale!

Class List Supplies

20% off

Jan 19-Feb 13



Art Center

211 G STREET • OLD TOWN
EUREKA • 443-7017

GET SHOCKED...

THE LUMBERJACKS

MULTIMEDIA
EXPLOSION

lumberjack.humboldt.edu/
classifieds/index.html

Painkillers

• Continued from page 21

"We always attempt to treat first with ice, heat and electrical means before going to the physician for pain relief," Kinzer said.

Koch, an orthopedic surgeon, volunteers once a week to meet with 10 to 15 athletes to check their injuries.

He prescribes medications such as Relafen and Naprofen for athletes whose muscle swelling has lasted a day or two and has begun to impede the flow of fresh blood into the area, Kinzer said.

These medications may relieve pain as they reduce swelling.

Roughly 10 athletes are taking prescribed anti-inflammatory medication at this time, Koch said.

Relafen is one of the anti-inflammatory medications Koch said he favors.

"The reason we like this is that it has the least pain-relieving attributes of all the anti-inflammatories," he said.

"You should make a distinction between pain killers and other pharmaceuticals," Kinzer said.

"(Koch) doesn't prescribe pain killers."

The sole role of pain relievers is to slow the synapses so that the feeling of pain does not reach the brain. Koch rarely prescribes medications whose purpose is primarily to relieve pain.

Koch said he agrees that an analgesic, or pain killer, is a last resort.

"It masks the pain, and then they could get into an overuse syndrome," Koch said.

The trainers are careful that an athlete is on medication for only as long as he or she needs it.

"Dr. Koch only issues one week at a time," Kinzer said. "He reviews every week."

"It's not good to issue anti-inflammatory medication over a whole season. (To take) these drugs in prescriptive doses over the long term (six months) could affect kidney function."

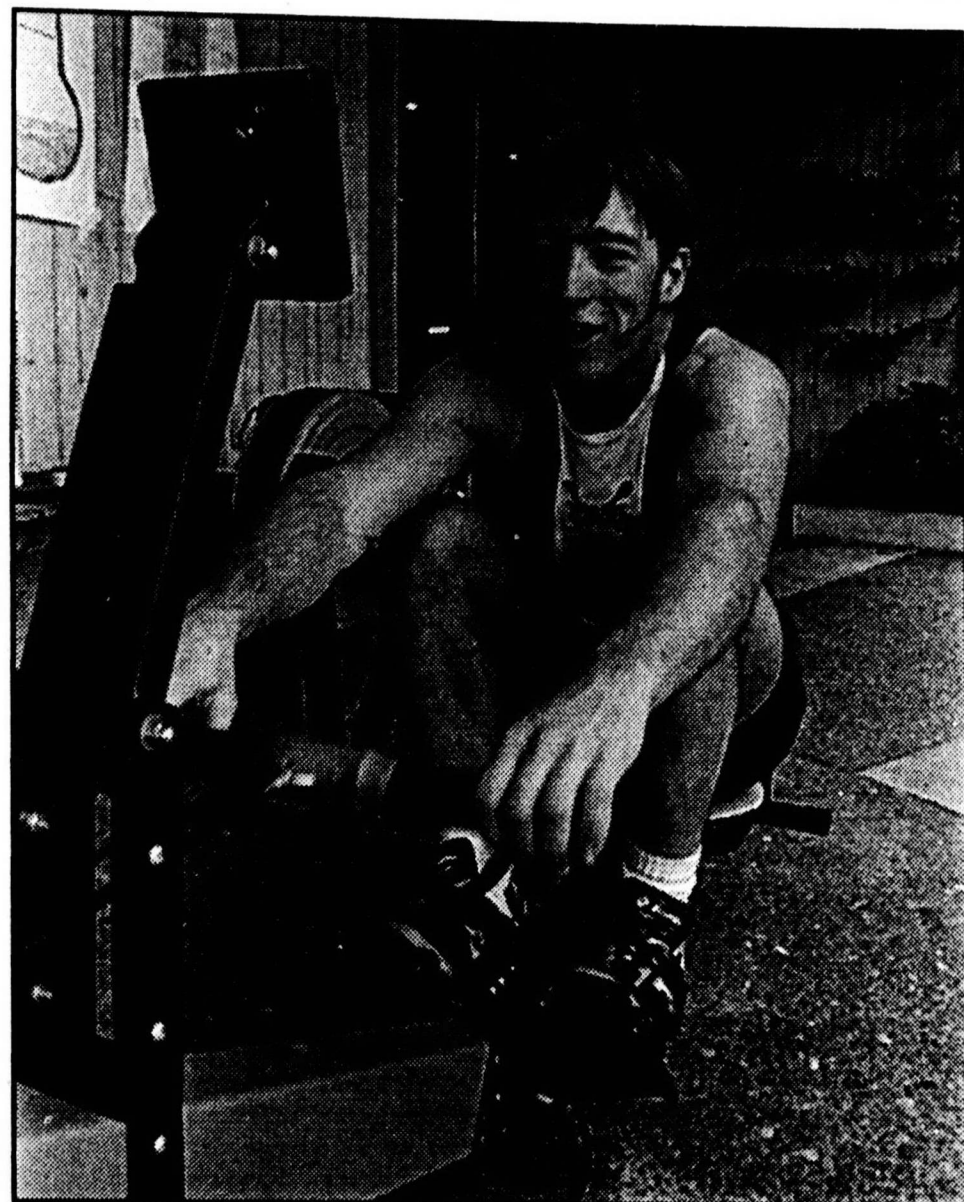


photo by Chris Anderson

He keeps rowing and rowing and...

Tyler Peterson, a speech junior, participates in a 24-hour row put on by the men's crew team last Wednesday and Thursday. The event was a fund raiser.

Bruising easily is one clear sign of the overuse of anti-inflammatory medication.

Kinzer worries about whether the athletes he oversees take non-prescription anti-inflammatory medication. He believes people should adhere to the directions on the bottle.

Carie Bronson, an 800-meter runner on the track team, said she was taking Advil at the beginning of the season "for shin splints, just to get rid of them for the day."

Shin splints are an inflammation of the tibial muscles along the lower shin.

Though she only took Advil for a short period, Bronson said she was unaware of the problems caused by taking more than the bottle dose for longer than three weeks.

For Kinzer, education about the problem of long-term medication is important.

To routinely numb muscles with Advil or another medication may be furthering the injury.

People aren't supposed to take any anti-inflammatory medicine, prescription or over-the-counter drug, for the first 48 hours after an injury, Kinzer said.

"We feel that pain can help (trainers) limit overactivity," Koch said.

"Anybody who chooses to go above the box doses should see a doctor," Kinzer said.

Furthermore, anti-inflammatory drugs are designed to be taken with food.

"Taking them on an empty stomach could cause gastro-intestinal problems," Kinzer said.

Counseling & Psychological Services Groups '99

Body Image & Eating Awareness Group
Tues. 2-3:30 p.m. Begins 2/9

Anger Management Workshop Series (4 parts) Feb. & April, Time & Dates TBA (Must attend all 4 sessions)

Questioning Your Sexual Identity? Wed. 12-1:30 p.m. Begins 2/10

Black Student Support Group Fridays 12 - 1:30 p.m. Begins 2/12

For more information or to sign up - Call or come by Counseling & Psychological Services, 2nd Floor Student Health Center Building, Room 205, 826-3236.



THE METRO CDS & TAPES

VOTED AREAS BEST MUSIC SELECTION !!

READERS CHOICE • THE ARCATA EYE • JUNE 1998

THE METRO CDS & TAPES

858 G STREET • ON THE PLAZA • ARCATA
OPEN EVERY DAY • FRIDAY NIGHTS UNTIL 8
822-9015

McCREA NISSAN

Top of 7th & G & H St., Eureka

442-1741

GETTING HARD TO START & MISSING WHEN COLD?

SAVE \$7.20

GENUINE NISSAN PARTS

4 Cyl
Reg. \$67.²⁰
with coupon
\$61.⁶⁰

MINOR TUNE-UP SPECIAL

- Install genuine Nissan spark plugs
- Perform electronic scope analysis
- Adjust timing & engine idle
- Inspect ignition wires, distributor cap, rotor belts, hoses & PCV valve.
- Check air, fuel & emission filter.

8 Spark Plug
Reg. \$78.⁴⁰
with coupon
\$72.⁸⁰

All 6 Cyl.
Reg. \$72.⁶⁰
with coupon
\$67.²⁰



Ask About Injector Cleaning

Expires 2/17/99



Silkscreening and Embroidery

Visit the Factory Outlet @
5600 West End Road, Arcata

826-9698

www.solo sports.com

Marino's Club

FRIDAY NIGHT

\$3⁵⁰ 1/2 LITERS

ALABAMA SLAMMERS,
PURPLE HOOTERS & ICED TEAS

SATURDAY NIGHT

EVERYTHING'S ON SALE!!!

9 PM - MIDNIGHT

(707) 822-2302 • www.marinosclub.com

CAR ACCIDENT RECENTLY?

FREE REPORT reveals what the insurance companies don't want you to know.

Was your car injured? You may be too!

It may be weeks, months or even years before you experience pain, stiffness, headaches, even arthritis!

Don't settle your case until you read our free report.

FOR YOUR FREE REPORT CALL 1-888-217-8169

TOLL FREE 24 HOUR RECORDED MESSAGE

KEBAB CAFE

VALLEY WEST SHOPPING CENTER 826-2121

We're open Mon - Fri, 11am - 8 pm & Sat, 12pm - 7pm

All shish kebab & gyros are served with freshly cut salads in a baked pita bread.

MENU			
Shish Kebab:			
Veggie	REG. 3.75	LRG. 5.90	
Pork	4.00	6.25	
Chicken	4.00	6.25	
Beef	4.00	6.25	
Beef Kufte	4.00	6.25	
Lamb Kufte	4.25	6.75	
Lamb	4.25	6.75	
Falafel	4.00	6.25	
House Specialty:			
Gyro (Doner Kebab)	4.00	6.25	
Side Orders:			
Rice Pilaf	1.25	Tatziki	.50
Fries	1.25	Tatziki w/ Pita Bread	1.25
Hummus	.75	Cheese Cake	2.25
Pita	.75		

NOW SERVING DINNER PLATES, BURGERS & MORE!

Dine-in or Take out

Come in to enjoy authentic Mediterranean cuisine. All shish kebabs, gyros, and falafels are served with freshly cut salads inside a fresh warmed pita bread. We also offer dinner plates, mediterranean salads, hamburgers, french fries, baklava, cheese cake, and a good selection of beer, wine, soda, and juices. Call ahead and we'll have your lunch or dinner order ready.

BUY ONE LARGE GYRO, SHISH KEBAB OR FALAFEL
AND GET ONE SODA OR SIDE OF RICE FREE!

(with this coupon)

The Lumberjack

~ Expires Feb. 28 ~

Sports

CLIPS

Soccer coach earns coaching accolades

Kim Benson, head women's soccer coach, was named as the PacWest's Coach of the Year for the fall 1998 season. Benson led the 'Jacks to a conference tournament title and finished the year 10-7-2.

Benson, who has coached the team since its inception in 1995, guided the 'Jacks to the PacWest

Tournament title in its first year in the conference.

Men roll to third straight conference win, 83-71

The men's basketball team jumped out to a 6-0 lead against Alaska-Anchorage and never looked back, cruising to a 83-71 victory claiming its third straight PacWest victory.

The 'Jacks (9-12, 5-8 PacWest) were lead by the trio of Cary Williams, Issachar Beh and David Demyan, each scoring 12 points. Alaska-Anchorage's Chris Hamey lead all scorers with 22 points.

Western Washington rocks HSU women, 79-64

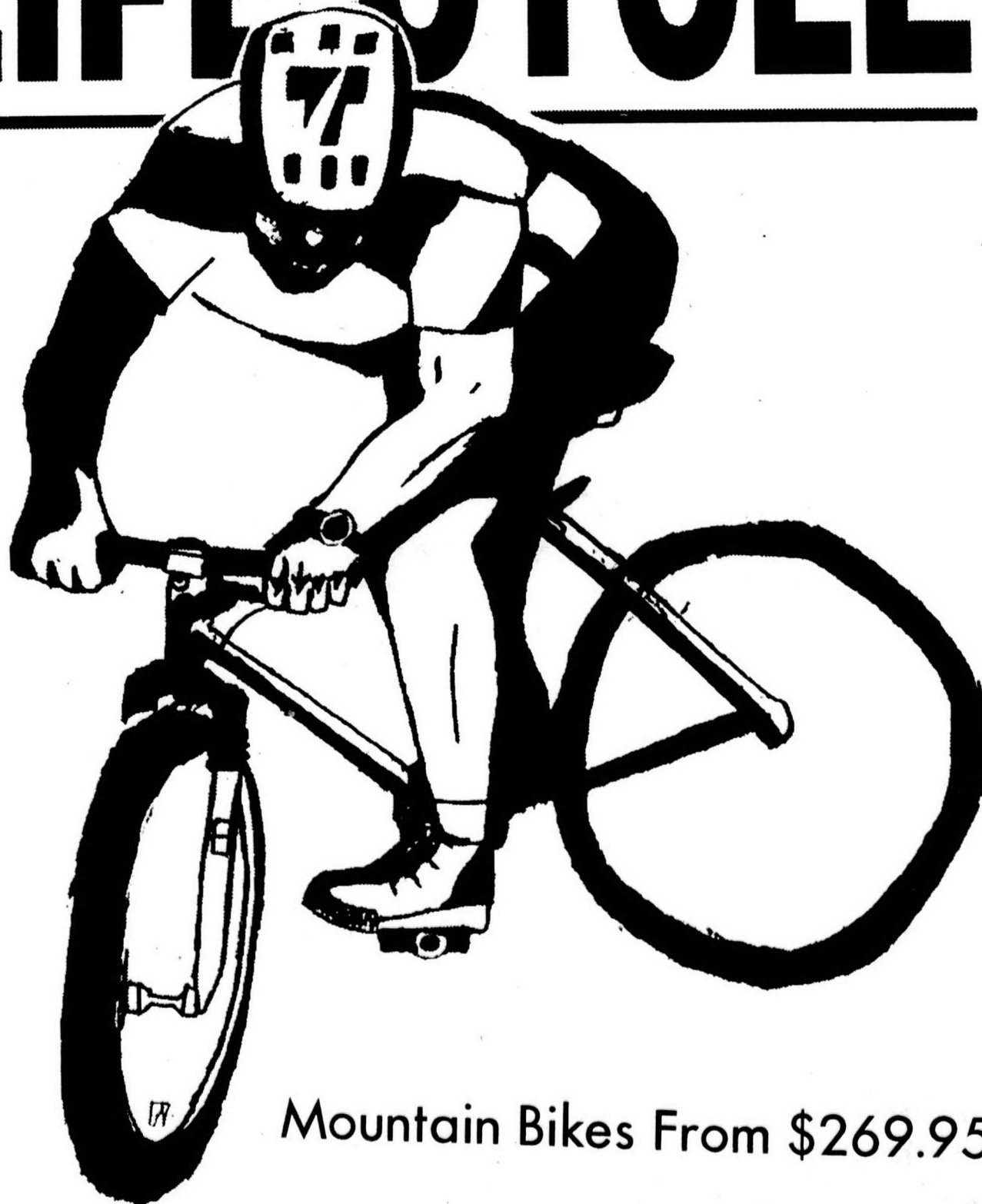
Western Washington jumped on the HSU women's basketball early, crushing HSU in their 79-64 victory in the East Gym last Saturday.

The Vikings held a 45-16 lead over the 'Jacks at halftime and didn't look back. Lead Lisa Berendsen and Amanda Olsen, Western Washington had four starters score in double figures.

HSU was lead by Barbara Weaver's 16 points and Jennifer Vinum's 11. The 'Jacks dropped to 3-17 and 1-11 in the PacWest.

See Clips, next page

LIFE CYCLE



Mountain Bikes From \$269.95

TREK USA

LIFE CYCLE THE COMPLETE BICYCLE OUTFITTER
1593 G ST. • ARCATA • 822-7755

<http://www.trek bikes.com>

scoreboard

Clips: Chapracki, Ruff set records

• Continued from previous page

Tracksters vault to new school records

It didn't take long for Paul Chapracki and Jennifer Ruff to set new standards for HSU pole vaulters as the duo set school records in Reno, Nev. at the USATF Pole Vault Summit, held Jan. 23. It was the first competition of the season for both athletes.

Chapracki cleared 15 feet, 7 inches, surpassing Darren Jay's 1981 mark of 15-6. His mark also earned Chapracki a provisional qualifier to the NCAA Division II Indoor National Championships, to be held in March.

Ruff, a freshman, cleared 9 feet, 6 inches, eclipsing the old mark of 9-5 3/4 by Anne Maria-Hird, set in 1997.

Lacrosse edged by UOP 7-6, next face Santa Clara and Sac. State

The HSU lacrosse club lost a close game to the University of Pacific (Ore.) 7-6 Saturday, despite multiple-goal games by Josh Boyce (2) and Sky Murphy (2).

HSU was down 6-2 early in the third quarter before mounting a comeback. Forrest Buccin and Steve Koldis also netted goals for HSU. They next face Santa Clara and Sacramento State Feb. 13 and 14.

Track & Field

School records for the Pole Vault

Men

1. Paul Chapracki	15-7	1999
2. Darren Jay	15-6	1981
3. Bill Whitaker	15-3	1988
4. Rich Newemth	15-0	1983
4. Mark Stillians	15-0	1978
4. Ross Ellis	15-0	1973
7. Ken Taylor	14-10	1971
8. Milt Billingsley	14-10.5	1971
9. Kurt Buslac	14-9.5	1979
10. Mike Druin	14-6	1977

Women

1. Jennifer Ruff	9-6	1999
2. Anne Maria-Hird	9-5.75	1997

Men's Basketball

Pacific West Conference standings:

Western Division	Conf.	Overall
Central Washington	9-0	13-3
Seattle Pacific	6-2	14-2
St. Martin's	5-3	10-7
Western Oregon	4-5	6-9
Western Washington	3-5	6-7
Lewis-Clark State	3-6	6-13
Simon Fraser	2-6	3-12
HSU	5-8	9-12

HSU 83, Alaska-Anchorage 71

Alaska-Anchorage at HSU, Saturday

Alaska-Anchorage

Top scorers:

- Chris Hamey, 22
- Jim Hajdukovich, 21

HSU

Top scorers:

- Issachar Beh, 12
- Cary Williams, 12
- David Demyan, 12

Last week's scores:

- HSU 83, Alaska-Anchorage 71
- Chaminade 114, Central Washington 75
- Lewis-Clark State 77, Hawaii-Hilo 74
- Western Oregon 80, Alaska-Fairbanks 76
- Seattle Pacific 95, Western New Mexico 61
- Montana State-Billings 90, Saint Martin's 93

Women's Basketball

Pacific West Conference standings:

Western Division	Conf.	Overall
Simon Fraser	11-2	19-3
Lewis-Clark State	10-2	16-4
Western Washington	9-4	17-4
Seattle Pacific	6-5	13-6
Central Washington	4-7	10-9
Western Oregon	4-7	9-10
St. Martin's	4-9	10-11
HSU	1-11	3-17

Western Washington 79, HSU 64

HSU at Western Oregon, Saturday

Western Oregon

Top scorers:

- Lisa Barendsen, 18
- Amanda Olsen, 18

HSU

Top scorers:

- Barbara Weaver, 16
- Jennifer Vinum, 11

Last week's scores:

- Western Washington 79, HSU 64
- Lewis-Clark State 83, Seattle Pacific 60
- Central Washington 70, Saint Martin's 48
- Simon Fraser 61, Western Oregon 53

staff

editor in chief jon mooney
managing editor pat mcguinness
campus jessica legue
community jennifer kho
scene alicia jack
in depth amanda lang
science dana flint
sports adam hall
opinion abigail hudson-crim
classifieds frank vella
calendar molly taylor
graphics evan hatfield
photo chief chris anderson
photo editor kristi sullivan

copy editor matt itelson
copy desk erinn knight, jessica gleason
on-line editor adam liston
design/layout tiffany lee-youngren
production frank vella, mike camara
circulation steve hebert, rachel ihara
ad design mike camara, bradley grosh,
paul melvin, frank vella
ad reps heather crosby, amy ferrasci,
bill miles
adviser jerry reynolds
jmc chair mark larson

lumberjack staff

zachary adams, matt ahern, scott aponte, gigi campo, tiffany dawson, doug george,
patrick harrington, christy hoftheiser, patrick mcdonald, ben memorries, sandra
redmond, wesley sander, reza schricker, james tressler, kym wesley

editorial

Birth Control is "A Sometime Thing"

Communication about it shouldn't be.

In the 1930s George Gershwin wrote one of many classical tunes titled "A woman is a sometime thing." The quip was made in jest, of course, but when it comes to birth control, it's no joke. Birth control is "a sometime thing."

Wishful thinking aside, all contraceptives fail at some time. Even if you use your method perfectly, there are no guarantees — it still might fail. And then you have a situation on your hands that many people refer to as "unintended consequences." (This is PC-speak for a pregnancy.)

For the sake of discussion picture this scenario: You're a guy sitting at a little corner table at the Depot. You're studying for your philosophy midterm and eating your homespun bologna sandwich. The test will be a breeze, you think to yourself. You have profound revelations packed so tightly in your brain that Kant himself would have been impressed.

Just as your level of philosophical smug is at an all-time high, your girlfriend walks in and delivers the news. She's pregnant. (You will remember your indigestion for years to come.) You jump to your feet, screaming, "How can this be?" She shrugs, gets teary eyed, then angry. You know she's thinking, Don't just stand there with your bologna sandwich in your hand — help me figure out what to do. And there you stand wondering where all the wit and wisdom of just one great philosopher is when you really need it.

Of course the two of you did discuss the possibility of this unintended consequence before you embarked on a whirlwind romance filled with great sex and even greater possibilities, right? Of course you did — sort of. And of course you both agreed that if this happened, both of you wanted to handle it the same way, right? Well, kind of ... hmmm, on second thought — not really.

Suddenly, the romance has soured at the prospect of the consequences that lie ahead. So how is it, you both wonder, that people as smart as you managed to overlook the importance of one little detail — knowing exactly how you and your partner felt about the prospect of an unplanned pregnancy.

Sadly, some of the worst decisions about whether or not to create a human life are made by people who never really bother to give the subject the thought and discussion it truly deserves.

So maybe it's time to examine the old adage about (sexual) freedom and responsibility being the flip sides of the same coin.

Birth control is, after all, about more than just anchorless freedom. It's about expectations, communication and choice. It's about being honest with yourself and your partner. That means following the "what if" train of thought to the end of the tracks — together.

Appropriately, 19th century novelist George Eliot (Mary Ann Evans) was quoted as having said that the strongest principle of growth lies in human choice. It's hard to argue that point. Anticipating with certainty what that choice will be is even harder.

Maybe now would be a good time for a heart-to-heart talk.

statement of policies

Questions regarding the editorial content of The Lumberjack should be directed to the editor. The Lumberjack editorial is written based on the majority opinion of the newspaper's editorial board. Guest columns and opinion articles reflect the opinion of the writers, not necessarily those of The Lumberjack or its staff writers. The Lumberjack welcomes submissions for guest columns. Submissions must be typed and less than 600 words. Letters to the editor can be mailed, e-mailed or delivered to The Lumberjack, Nelson Hall East 6, Arcata, Calif. 95521; e-mail: thejack@axe.humboldt.edu. Letters must be received by 5 p.m. Friday and must be 200 words or less. Letters and guest columns must include the writer's name, city, phone number, major and year in school if a student. They are subject to editing for grammar, style, content and length.

'Space Ghost' show haunts Meat Man

Dear Space Ghost,

I really like your show. It's so funny. It makes me laugh really hard. Really, really hard. I'm glad my cable provider carries Cartoon Network. Friday nights at 11 p.m. have never been more fun.

My favorite thing about your show is when you zap your band leader, Zorak. That is funny. You are funny. Sometimes I wish you would shoot your producer, Moltar, with your power bands, too, because he can be a jerk.

I liked the episode titled "The Late Show." That was really funny. You did the best Letterman impersonation ever. And Zorak was very good as Ed McMahon/Paul Shaffer as well.

How do you get your guests to come on the show? Like this last weekend when you had Fran Drescher on and you tried to get her to go out with you. You almost had her! Too bad she was married, huh?

And then even Carol Channing wouldn't go out with you. She was brilliant in "Hello, Dolly," but I lost so much respect for her when she turned you down. That was cruel and uncalled for. She could have at least gone to a movie with you or something.

Hey, do you remember when that weird guy from Earth jammed your signal and took over your show? That was episode 24 or so. That was crazy. And your power bands had no effect! I was wondering how you'd get out of that situation. Luckily, Moltar can handle the control room very well. That weird guy's costume was silly. Not at all as

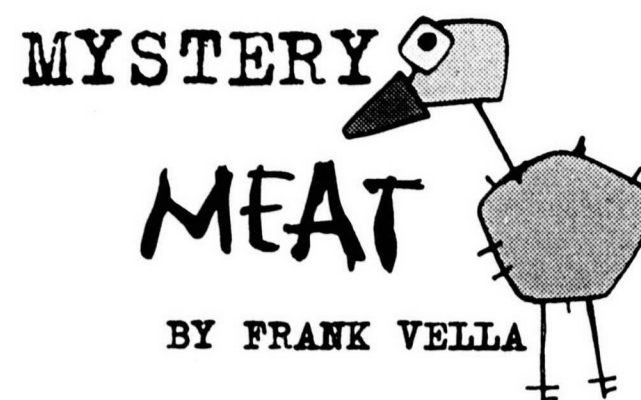
cool as yours, Space Ghost. And his power bands were fake, anyway. After you zapped his computer he was powerless. I bet he was a computer major in college or something dorky like that.

Do you think you could ask your bosses

at Cartoon Network to put your show on more often? Sometimes it's hard to watch when your friends want you to go out to the bars or a party or something. I mean, Friday night at 11 p.m. is not the best time to be on the air, you know? You probably know what I mean, because I'm sure you have a lot of friends, too. If you were on during the weekdays I could watch a lot more. Like a whole lot more.

Your bosses should also show some of your older adventures more often. Before

see Destroy villainy, page 28



BY FRANK VELLA

U.S. needs foreign athletes

American universities don't get quality from homegrown

guest column

by Adam Duis, Rob Belo and Francisco Rubalcava

In reading the article last week in the sports section titled "Double standard for foreign/U.S. athletes," Adam Hall contended that it isn't fair for older, more experienced athletes from other countries to come to the United States and "wallop the competition." Case in point, Mr. Hall is talking about Yi Min Wu, a 29-year-old freshman from China who won the 1998 NCAA Division II National Cross Country Championships for Ediboro University. Do we blame Yi Min Wu, the NCAA or his coach for recruiting Mr. Wu? We shouldn't blame anyone.

It isn't the fault of U. S. coaches that they are forced to go globally to find quality talent that can't always be found in

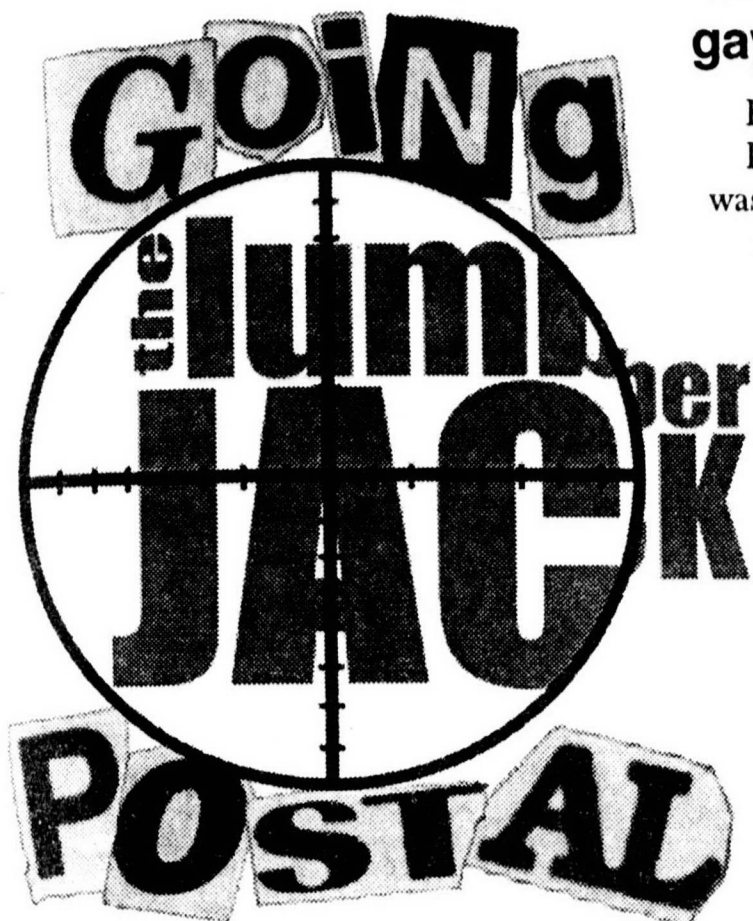
the United States. The competition in the NCAA has grown enormously. The coaches have no choice but to recruit globally if they are to put together a nationally competitive team. If they don't have a successful team, their jobs can be in jeopardy.

You must understand that colleges and universities consider sports of importance in raising and maintaining the visibility of the school. This is often accomplished by recruiting proven foreign talent, instead of unproven high school talent.

Most of the time, foreign athletes are often cheaper to recruit than Americans. For example, instead of scouring the nation for the blue-chip recruit, a telephone call or a fax to China could get a proven athlete for very little cost. The types of foreign athletes that are recruited are those with proven skills in events where there is a paucity of U.S. talent, specifically middle and long distance events.

With high school graduates now earning millions of dollars in profes-

see World Standards, page 29



'Smear the Queer' brings gay bashing issue to light

Editor,

I couldn't believe my eyes, but there it was in black and white in the Sports section of the Jan. 20 issue of The Lumberjack. In comparing football with rugby, one of our students is quoted as saying: "Rugby is more like soccer than football. I compare it to 'Smear the Queer'; when you have the ball everybody comes after you."

Here we go again. Sadly, gay bashing is seen as a cool, macho thing to do. Sometimes, without thinking we say things like "that's gay" or "don't be such a fag." But this unthinking, unfeeling loose talk perpetuates homophobia and spreads hate. "Smear the Queer" raises the hate bar even higher. It says that homosexuals are fair game, something to track down and beat up. It dehumanizes and equates a human being with the fox in a chase or a deer in a hunt.

How about a New Year's resolution to think before we speak?

Edward "Buzz" Webb
vice president, student affairs

Scripture numbers aren't at fault; 'Jack misquotes

Editor,

Be forewarned, my foot!

Brother Raymont Senn of Pleasant Grove, Ala., writes in his letter published in the 'Jack on Jan. 20, "Once this leader ends or completes his mission, the next three horsemen will ride out in painfully swift sequence and the effect of their mission will leave 15 million people dead or dying."

Six lines later, Brother Raymont writes, "The scripture reveals that 25 percent of the Earth's population will be killed." From this it's clear that Christ can't come until there are 60 billion humans alive on Earth because if 15 billion people equal 25 percent of all the people on Earth, the total number of people on Earth when Christ returns will be 60 billion.

That's approximately 10 times the number of humans living on Earth today.

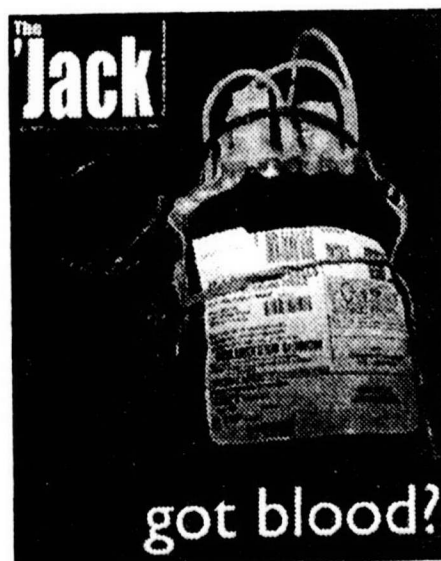
So what if what Brother Raymont tells about scripture is true? The end of the world can't possibly be soon unless there's a major typo or a serious misquote in The Lumberjack or in the Bible itself.

Seriously now, if you want a medical perspective on Jesus, Saint John and other legendary divines, visit Herman H. Somers' informative Web site at <http://users.skynet.be/sky50779/home.htm>.

Let's consider all points of view.

John Waters
Trinidad resident

The Lumberjack apologizes for a numerical error in Brother Raymont Senn's letter in the Jan. 20 issue. The number of people left dead or dying was not 15 billion, but instead 1.5 billion in the original letter.



Jan. 20 issue

Medieval club corrects historical, factual errors

Editor,

I enjoy your Campus Club in-depth profiles, but I noted some errors in your recent profile on the Society for Creative Anachronism.

My mother, Susannah (Caldwell) MacLeod, and her friend Debbie Muth started the College of St. Brendan as a club on campus approximately 13 years ago, give or take a year. When the College of St. Brendan became an HSU club, the Barony of Allyshia (Humboldt County's chapter of the SCA) had already been well-established for about 10 years. The members of the SCA also do not assume the identities of his-

torical medieval figures, but create our own medieval identities.

Terra Caldwell
English/journalism senior

Wal-Mart interested only in money, not local lives

Editor,

The reasons why Wal-Mart's proposition is unacceptable are the following:

Wal-Mart doesn't care about the local economy. It is only interested in money. Everyone knows that Humboldt County's local green economy is prosperous. Wal-Mart's advisers know that there is money to be made here. They are providing many

see Letters, page 28

Public Opinion

Why would you, or wouldn't you feel comfortable leaving the full responsibility of birth control to your partner?



"I would not leave full responsibility to my partner because each person is responsible for themselves. You cannot rely on anyone, especially when it comes to sex."

Veronica Robles
social work junior

"Birth control is the responsibility of both people involved, so both should decide what works best for them."

Olivia Corona
psychology junior



"In today's day and age, unsafe sex is one of the most ignorant things a person can do to him/herself along with their partner. It's too dangerous to depend on your partner to provide birth control."

Nathan Goodman
liberal studies junior

"I would not, unless it was permanent (sterilization) because as a woman I am the one ultimately responsible for the consequences."

Clare DuPont
zoology/marine biology freshman



"If your partner is a little more than just a partner, more like a soulmate, rather than just a sex object, then it should be a 50/50, shared responsibility — because two spirits combine to make one. A man should know his woman's cycles, she's one of the Earth and has Earth rhythms. One people, one love, one planet."

Chad Whitworth
native american studies senior

Put on green glasses

Pink Floyd takes trip with Toto

staff

column

by Zachary Adams

So I was watching "The Wizard of Oz" the other night while listening to Pink Floyd's "The Dark Side of the Moon."

Perhaps you've heard of this phenomenon. After the MGM lion belts out its third roar, you press play on the CD and let the madness begin. Another key point: Turn the volume on the television all the way down.

Once all of these inspired machinations have been completed, a series of similarities should occur between music and film.

The interesting thing is that the whole concoction actually seems to work. Reclining in a comfortable chair, you can watch in glee as the prudish witch shows up at Dorothy's farm to take Toto away. But the madcap fun doesn't end here. As the bitch, I mean witch, arrives, a series of clangs, whistles and bells sound off from the CD, knocking the eager viewer into a state of captivity.

Quietly gasped "oh's" and "ah's" can be heard from your friends as the Lollipop Gang dances in rhythm to another wacopathic song, and of course, let us not forget the flying monkeys. They are scary as all hell, with or without music.

But there is one thing that you, my hopefully faithful readers, should keep in mind. Every time I have taken part in this bizarre

ritual, one substance or another has been flowing through my veins, infusing in me a sense of euphoria that has little to do with a timeless classic or a great album. Furthermore, no one I know that has mind-warped to the "Oz" trip has been altogether sober during the experience.

Now the discerning reader must digest this little bit of information and realize that there is probably a direct correlation between the amount of substance consumed and how titillating the combination of music and video seems to be. I say let us be honest with ourselves. After a couple of heavy-duty bowls and a particularly nasty screwdriver, watching the mail get delivered can be a pretty enthralling experience. When you have the same combination of drugs, mixed with Pink Floyd and "Oz," you get a mixture that will hit you like a jacked-up cocktail.

Let's face it: Floyd alone is enough to send you spinning when you're sober. Throw in the Technicolor chaos of "The Wizard of Oz," and you might as well kiss the rest of your evening goodbye.

Perhaps I am going on a bit much about one of our generation's discoveries, but I feel that it is my journalistic duty to inform my readers of all the facts at hand. Besides we live in Humboldt County, and after awhile looking at the scenery can lose its novelty.

I am not actually encouraging Humboldt Staters or any of the other various Lumberjack connoisseurs to pump themselves full of drugs and try the whole thing out for themselves. Quite the contrary, I am simply providing a warning that if you do partake in the activity sober and nothing seems to be going right, you might at least have an idea of where you went wrong.

Zachary S. Adams is a Lumberjack staff writer, and is beyond reproach.

Letters

• continued from page 27

goods and services in a single place. Sounds nice.

Now you can get your clothes, sporting goods and gardening equipment in one place. Great, right? They don't live in Humboldt County or much less care about anything that goes on here, except money. Now you can get all the things you need at one place, but what about local entrepreneurs who will be put out of business by Wal-Mart's convenience?

Unlike local entrepreneurs, the money that goes to Wal-Mart doesn't benefit Humboldt's economy. The money goes into the pocket of Wal-Mart's CEO. What will local owners do when their businesses slip over to Wal-Mart? The only thing that Wal-Mart can do to benefit the local economy, if it comes here, is hire everyone who was left without jobs before the opening of Wal-Mart. Sounds like a good deal.

Wal-Mart will be happy when local

owners, who will then have no job, can work for it in all the specific areas needed without any training. Allowing Wal-Mart into the Humboldt market is a way to strip the power of entrepreneurship and the financial freedom it offers away from local owners.

So what is it worth to have convenience? Is it worth bankrupting local businesses? Is it worth handing over what local owners have worked hard to obtain just so they can do the same thing for someone else? Is it worth seeing friends' and families' shops closing down?

If not for any of these reasons, maybe it's because you want to see nice things in Eureka, and not in the corporate neighborhood. Wal-Mart is bad for the local economy. Don't let Wal-Mart hide its real objectives in the fog.

Paul Bhola
political science junior

Dump doomsday; delight in life, not decline of humans

guest

column

by Jon Dalethes

I bear grim tidings for Brother Raymont Senn of Pleasant Grove, Ala., who wrote in about the coming of nuclear holocaust and devastation. I have heard with my virgin ears the gospel of the first horseman for the last 20 years. He is Tito of the now-defunct Jackson Five, and as of now, is riding across the vast plains of the Mojave on a horse of molten steel.

What I just did was make a joke about this man's beliefs. The reality is his beliefs are not funny. His request for the burning of books reminds me of someone else who was burning books, but not in the name of any god. Isn't it ironic that he says billions of books keep us in bondage to the "Synagogue of Satan?" Literacy was obviously not encouraged in his family.

His distorted views on our future and our present are as gritty as any Poe tale. When we laugh and ignore the lunacy of doomsday cults is when they become dangerous. Recently, members of another doomsday cult in Israel were arrested and deported for planning a spate of terrorist acts to speed up the impending apocalypse.

David Koresh — the name speaks for itself.

Appreciation of this world is as rare as filet mignon nowadays. Looking at all the attention the media pours upon the coming millennium — on the cover of Time magazine, on television (if you're that unfortunate!) — you see dire predictions. The word apocalypse inevitably springs up. Why at this particular time (the coming year 2000) are people so worked up about the end of the world? People need to understand that the broader universe does not under-

stand our concept of time. The year 2000 might as well be the year 20,000 to a zorf on the ice mines of Chrysalis.

It seems most of the people in this country who predict the coming apocalypse are followers of extreme sects of the Christian faith. The return of Christ or a messianic figure has been imminent for the last 2,000 years. (The grumpy Jews have waited even longer for their messiah!) I encourage everyone who is waiting patiently for his/her return to go outside and smell the roses. I predict the second coming is a long way off.

Someone reading this with a belief in the apocalypse might think I am being offensive to predict such a thing. I mean, how can I have the audacity to say the world is not going to end? Intellectuals from Nostradamus down to Method Man have been predicting the coming decline of man. Looking at the past predictions of the apocalypse going awry is the only proof I have.

On April 3, 1843, all over the northeastern United States, Adventists — disciples of New York Baptist evangelist William Miller — prepared for the end. Some disciples were on the top of mountains to be closer to that holy place. In Philadelphia, ladies of high society went outside the town so they wouldn't go to heaven among the rabble. April 3 passed, but they kept the hope alive. March 21, 1844 was the cutoff point for the end, but that passed, too. They adjusted their prediction again for Oct. 22, 1844, but this passed as well. Today the Adventists are known as the Seventh Day Adventists and claim several million followers worldwide.

If you're waiting around for salvation in this world, chances are it isn't coming in our lives. There really isn't any point in waiting around for the world to end. New Year's Eve 1999 will pass (in a purple haze, for some). So go out there, adopt a pet, walk through the woods and realize that you have some kind of future ahead of you.

Jon Dalethes is a business administration junior.

Destroy villainy —

• continued from page 28

you were a talk show host, you were the bestest super hero. And your sidekicks were cool, too. Jan and Jace and Bleep the Monkey were always willing to sacrifice everything in order to help you destroy evil villainy across the galaxy. It's too bad they tried to sue you on that one episode. Luckily, the lawyer you hired totally kicked ass, dude!

Well anyway, Mr. Ghost, I wish you well in the future. I hope your show stays on the air for a long time. I hope you're able to keep Zorak's mantis ass behind those keyboards, too. Even though he bugs you a lot (ha ha — that's a pun Space Ghost because as you know, Zorak is a giant mantis), he is a nice

person deep down, it seems. And he is funny. He keeps you from getting too far off topic with your guests.

Oh, like remember when you fired Zorak and Moltar and had that computer replace them. Remember how bad that show was. I didn't laugh once. That was your unfunniest show. I'm glad you had a change of heart and rehired them.

Well, Space Ghost, that's all the time I have to write to you. Good luck with your show. I'll be watching!

P.S.: Could you send me some stickers or an autograph or something? Maybe Zorak can smear some of his mantis mucus on a piece of paper or something. Anything you send me would make me happy.

Frank Vella is The Lumberjack production manager.

Thieves earn a place in hell: Eureka

Stealing robs homes of feeling of security, creates distrust: not cool

Ah yes, the little, liberal and oh-so-very quaintly alternative town of Arcata. "What's mine is yours; what's yours is mine." Everyone feels secure, away from the crime of the big city — until your house gets broken into.

What makes a person feel comfortable taking someone else's property? This is obviously a human trait that dates back to anyone owning something. The only thing that predates theft would be sex and violence — but those could also be instigators for theft.

Caveman Og: "I want your woman."

Caveman Bubba: "You can't have her, you big oaf!"

He proceeds to smash Og's face with a handy, nearby, very large tree branch. This results in a terrible and gloriously bloody brawl. The next day Og tries to steal Bubbalina by wooing her with a large piece of elephant foot. Bubbalina is no fool and takes the foot. She runs back to her cave, packs her bags and elopes with her neighbor Ughilina. The two women leave the men and their Neanderthal ideas about ownership behind in the caves.

OK, so that's not to say these ideas about ownership of individuals aren't still floating about in many unenlightened minds, but let's get back to the problem of theft.

Back in beautiful Arcata (not Eureka — where we wouldn't even be having a discus-

sion about theft; we'd be installing bars on our doors and windows), we find a recent rash of break-ins in the Westwood area. This rash is particularly itchy and bothersome.

A gang (well, that word just glamorizes these silly teenyboppers) of 14- and 15-year-old girls broke into the homes of many people living along Stromberg Street, stealing clothes, shoes, CDs, whatever met their fancy.

Two good friends of mine had their houses violated in this manner. Theft is often seen as a commonplace shitty thing that happens to everyone sooner or later. But it still leaves you feeling exposed and insecure in your home.

These girls, let's call them the Idiot Pack, stole personal items only, such as a homemade dream catcher. They rifled through women's clothing, picking out what they thought fashionable. The Idiot Pack stole shampoo, condoms (I pray that they used them and therefore aren't reproducing), in-

cense, cameras, jewelry and (scarily) some firearms (that's enough to keep anyone from sleeping tight at night).

It is hard to feel safe at home after your sentimental things have been fingered and stolen, and there is a large hole in your bedroom window.

The Idiot Pack, while avoiding big objects like TVs and stereos, hit home in a very hard way. They must have also hit their cute little heads on a dresser drawer (too bad they didn't cut themselves on any broken glass) because, like so many righteous "criminals," they got careless and left fingerprints.

But the damage is done. Not all the belongings will be recovered and the feelings of violation still haunt "victims" on those lonely days at home.

The Idiot Pack will probably go on to try more outrageous things, maybe one day having their own singing group and dressing in derogatory (read slutty) clothing like the Skank, I mean Spice Girls.



by Abigail Hudson-Crim

Where are the limits? Where is the thin line that people cross from borrowing a CD forever and five-fingering a pair of earrings at the mall to breaking into houses or stealing bikes and cars? (And what is up with all the messed-up people stealing at parties — parties are to have a good time, not to rip others off!)

That line is right in front of your face. Some people have never crossed it; others have moments of being kleptomaniacs. Yet there is more to it than just a simple "screw you — I want it" mentality. There is the idea that something should belong to you and no one else. This is not the same as the concept that you should not have to pay for that candy bar or that sweater because the price is ridiculous. Or are the concepts similar?

Do high prices mean the store should forfeit any profit, that the object of desire should be free? Well, high prices are pretty enraging and do conjure up anarchistic desires of a free enterprise society. Stealing, however, can get you some time, in jail, in court or in the community.

Karma can catch up with you in many ways. Think before you take.

Would you want your things stolen?

Abigail Hudson-Crim is *The Lumberjack* opinion editor. She entertains anarchistic ideas and believes in karma and good hot chocolate.

KRFH doesn't play Backstreet Boys

Power 96.3 has too much power at HSU; give waves back to rockin' student radio

staff
column

by Pat Harrington

There are sounds that are appealingly familiar when one walks through the Humboldt State campus.

One of them is the sound of KRFH, Humboldt's student-run radio station, wafting through the speakers at the Depot or the J. The sounds circulating usually consist of melodious punk, free-flowing reggae or ska. KRFH is as familiar as the sun rising and sinking. It is always something that can be expected, like sweat on a hot day.

Then there are the sounds emanating from the third floor next to Windows Cafe in Humboldt's UC Quad: the HSU Bookstore. Coming from its speakers is not KRFH, but the pop sounds of Power 96.3 FM, where Mariah and Whitney believe in miracles and the Spice Girls wanna be your lover. This is stuff anyone with MTV can sit back to, listen to or gag to. The Bookstore has been tuned to Power 96.3 ever since I've been here. Way back in '96. That's 1996.

From what I have learned and what KRFH members will tell you, this has been a long holy war of epic proportions. No one has suffered casualties, but it is only a matter of time before tea is dumped in the harbor.

Granted, the Bookstore is a comforting area to peruse Humboldt merchandise, CDs, magazines and God forbid, an actual book. What a comforting place needs, logically, is comforting music. And who can argue that Power 96.3 does not play comforting music? (I encourage and implore all readers to send me their arguments. I will respond to as many as I can.)

But the Bookstore is located in the center of campus. By definition, a university is attended by students. KRFH is a student-operated radio station. Ergo, the Bookstore should play KRFH music because the Bookstore's chief customers are students and KRFH is a station comprised almost entirely of students. What kind of ties does HSU have with Power 96.3 anyway?

Now there is a huge difference between browsing for a book with the new ballad by the Backstreet Boys playing in the background and doing the same while listening to the Bumpin' Uglies. But student radio is

all about playing music that doesn't get normal airplay. KRFH isn't about normal airplay.

And is not KRFH a part of this campus as much as the Jack, the Osprey and KHSU news? Does KRFH also not deserve that support?

Reportedly, the person in charge of J dining can't stand KRFH and would sooner do without it, but it is broadcast because the majority of people who dine there are students. In the end, it is what the students want that is important, and what they want is KRFH.

So if they want it so much then, why don't they listen to it at home? KRFH has a weak signal and cannot be heard outside of the campus (except on the Internet). In fact, the best places to hear the signal are the Depot, the J and Windows Cafe.

If that isn't enough to convince the Bookstore to support KRFH, there is one more card to be dealt before the hand is complete.

Does the Bookstore care about student input? Apparently not.

Pat Harrington is staff writer for *The Lumberjack*. He is an infamous former member of KRFH.

In the end, it is what the students want that is important, and what they want is KRFH.

World standards

• continued from page 26

sional sports, it isn't surprising that a higher percentage of scholarships are now going to foreign runners. Without the presence of foreign athletes running for American universities, the quality of U.S. distance running would be more pathetic than what it already is, based on world standards. Two of the greatest collegiate running schools in the United States — University of Arkansas and Blinn Junior College (Texas) — have elevated the level of competition considerably. They have contributed positively to the sport of collegiate running, in part, by recruiting foreign athletes.

As we all remember in 1992, the Dream Team went over to Barcelona and destroyed the rest of the basketball world. We were proud Americans when Michael Jordan and company beat the powerful Mongolian team by 752 points. We had no problem when we beat up on the rest of the basketball world, but let a 29-year-old Chinese runner win a Division II cross country title and we start to cry foul. The rest of the basketball world was glad they played the Dream Team, even though they got destroyed. It brought out the best in their skills, just as foreign runners have brought out the best in American distance running.

In order to be the best, you have to beat the best. If the best means competing against foreigners, let's open up our athletic borders!

Adam Duis and Rob Belo are kinesiology graduate students. Francisco Rubalcava is a kinesiology senior.

classifieds

Wednesday, Feb. 3, 1999 • lumberjack.humboldt.edu

CAVAET EMPTOR

Before responding to advertisements requesting money to be sent or giving a credit card number over the phone, you may want to contact the local Better Business Bureau to verify the authenticity of the company. The Lumberjack is not responsible for the validity of any offers advertised.

ANNOUNCEMENTS

FREE PUPPIES to a good home. Lab, Ridgeback, pit mix. Sooo adorable! Ready now! Call 825-9501.

Could a Rose by any other name taste as Sweet? CHOCOLATE ROSES available at Wildberries, Coast Central Credit Union and Washington Mutual. Benefits Rape Crisis.

GOT JUNK? The Lumberjack is just the place to sell it. Stop by the Univeristy Ticket Office or Nelson Hall East 6 and ask about our low, low rates today!

OPPORTUNITIES

LOOKING FOR students/faculty summer and/or fall '99 international programs; China, Hong Kong, Spain, Mexico & Cyprus. Contact 839-0478 or cgpusa@aol.com. www.globalprograms.com.

FOR SALE

GROW LIGHTS, flood/drain trays, pumps, timers, grow rocks, fans, atmospheric controllers, oasis cubes, aquarium heaters. Used, good condition. BIG savings. 449-9960.

BROTHER WP-5600: word processing, spreadsheet, file manager, excellent condition \$125. Glass and wicker dining set: + four chairs. Complete, nice. \$175. Mandolin \$15. 826-2820.

HEAD 400 MT. BIKE new \$300. PSC compound 45/65 bow plus extras \$175. Concept II rowing ergo \$550. ONeil xlrq wetsuit new \$200. Valhalla Hammerhead Surfski plus Power Master paddle \$500. Call 822-7025.

DODGE VAN (not running) needs a good home. Tons of good parts (literally) including, but not limited to, carpeting, new windshield, etc. Live in or part out. Call Bill 826-1193.

1984 VW RABBIT, 4-door automatic. Great economy ride. \$750 or best offer. Call Bill 826-1193.

FIRESTONE WILDERNESS A/T's 30x9.50R15. Only \$5,000 miles! Line new \$200. Call Brian 826-2287.

OWN YOUR OWN LIVING/ TRAVEL SPACE! 1992 Fleetwood Wilderness 29' travel trailer. Excellent condition.

Sleeps 3. Full bath, kitchen, extras. Everything works. \$7450. 445-8679.

GREAT STUFF for cheap! Everything must go!!! Queen-size bed, redwood coffee table, futon, 27" T.V. monitor, kitchen stuff, etc. Call 839-0425 after 7 pm.

MAC POWERBOOK 180 — 8 MB RAM, 80 MG hard disk. With Clarisworks, internal fax/modem, many extras. Great little laptop. \$500. 677-3737

STOP SMOKING! Kick nicotine habit naturally! 7 day program eases you out of smoking. Guaranteed results. Call now: 800-611-5930 ext. CA7428-1.

TWO STEEL BULDINGS. Engineered certified. 40x65 was \$11,488 now \$5,952. 40x40 was \$7,440 now \$4,170. Must sell, can deliver. 1-800-292-0111.

DANNY'S DISCOUNT BOOKS. Flea Market by the Bay. Great Prices for good used books. We buy, sell and trade.

USED Wetsuits, surfboards, skateboards. Buy and sell. North Coast Sports. 418 3rd St., Eureka. 442-6044. Since 1973.

HELP WANTED

CAMP STAFF - NORTHERN MINNESOTA. Pursuing ener-

getic, caring, upbeat individuals who wish to participate in our incredibly positive camp communities. Trip leaders for extended backpacking trips to PNW and Canadian Rockies. Counselors to instruct backpacking, camping and a variety of activities: Archery, Bdsail, Sail, Wski, Canoe, Gymnastics, Horseback, Climbing and Blacksmithing. Videographer Cooks, Office and Supervisory Staff. Experience the most rewarding summer of your life. In your area Feb. 11-13th. Thunderbird 314-567-3167 or: campbird@primary.net.

SIX RIVERS BREWING seeking highly motivated, friendly poster and handbill distributors for all S.R. events. Serious inquiries only. Call 839-0425. Door positions also available.

ARCATA RECREATION DIVISION:

GYMNASTICS/CREATIVE MOVEMENT INSTRUCTOR: 4-10 hrs./wk. \$6.41 hr. Kinetic Kids instructors: teach movement, exercise and gymnastics activities to children, 1-6 yrs. old. Artistic Gymnastics instructors: teach 7-17 yr. olds beginning & intermediate gym-

nastics skills. Must be 18 yrs old, have experience working with children and/or experience in artisic gymnastics and be willing to work on Saturdays. Call 822-7091 for more information. EOE/Affirmative Action/Title IX.

CRUISE SHIP EMPLOYMENT Workers earn up to \$2,000+/month (w/tips & benefits). World travel! Land-tour jobs up to \$5,000-\$7,000/summer. Ask us how! 517-336-4235 ext. C60471.

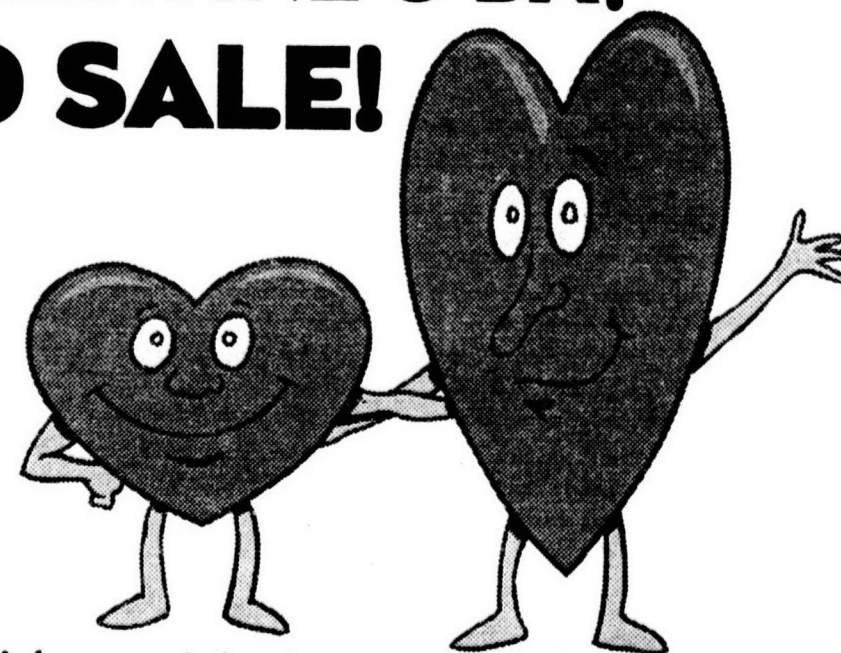
SERVICES

MASSAGE: Polarity, deep tissue, healing, relaxing in a serene atmosphere for students, staff, faculty. Call Fred Pasner, C.M.P. at 839-9392.

TYPING SERVICES — Fast, accurate, reasonable rates. Extensive experience with University-related documents. Contact: Patty Lindley at 442-6642.

AFFORDABLE ASTROLOGY! \$3 to \$35 for computer astro-reports on relationships, relocation, current trends and birth information at Moonrise Herbs. For more info call 839-0850.

VALENTINE'S DAY AD SALE!



Could I have picked a worse Valentine's Day illustration? Probably not, but shouldn't you be more concerned with letting that special someone, as well as most of HSU, know you care...

SPECIAL RATE: 10 words. \$1.

Name: _____ Phone: _____

ads will appear in the Feb. 10 issue of the LJ

QUALITY FRIENDLY SERVICE

REDWOOD AUTOMOTIVE
822-3770
513 J Street, Arcata

Are your brakes squeaking and grinding?

Free Brake Inspection
• Call for appointment
Expires Feb. 12, 1999

MAZDA TOYOTA JEEP
DATSUN HONDA SUBARU
NISSAN DODGE

Loaner Bikes Available

Brought to you by REDWOOD AUTOMOTIVE'S quality friendly service

calendar

THIS WEEK

3 Wednesday

Live Music

CenterArts presents Bernie Worrell & The Woo Warriors plus Vinyl at 8 p.m. in the Van Duzer Theater. \$15 general/\$10 HSU students. 826-3928.

Workshop

HSU Library presents Internet instruction. Daily drop-in sessions through Feb. 12 from noon - 1 p.m. in Library 121. 826-5586.

4 Thursday

Fifth Annual Volunteer Fair

Representatives from 40 community agencies and many opportunities to discover volunteer activities in the area. Kate Buchanan Room, University Center, 10 a.m. - 2 p.m. 826-4965.

5 Friday

Ballet

CenterArts presents LINES Contemporary Ballet at 8 p.m. in the Van Duzer Theater. \$17 general/\$13 students and seniors. 826-3928.

Live Music

Eureka Inn presents John Raczk from 5:30-7:30 p.m., and Darius Brotman from 8 p.m. - midnight. Seventh and F streets, Eureka. 442-6441.

6 Saturday

Concert

HSU music faculty artists series continues with Virginia Ayooob, oboe, and Ken Ayooob, clarinet, at 8 p.m. in Fulkerson Recital Hall. \$6 general/\$2 students and seniors. 826-3928.

Live Music

Eureka Inn presents John John Raczka from 8 p.m. - midnight. Seventh and F streets, Eureka. 442-6441.

Nature Hike

North Group Sierra Club leads a hike through the Bald Hills area of Redwood National Park. All-day trip. Call 445-2412 for time and meeting place.

7 Sunday

CPR and First Aid

Hosted by the Humboldt County Chapter of the American Red Cross from 9 a.m. - 3:30 p.m. \$25 for both or \$15 for each. 443-4521 to register.

Luncheon

Humboldt County Historical Society's annual luncheon will feature a presentation by HSU geography Professor Lowell Bennion and food from Scotia Inn. 12:30 p.m. at the River Lodge, Fortuna. \$16.50 per person. 445-4342.

8 Monday

No events listed

9 Tuesday

Live Music

Dick Dale, "King of Surf Guitar and Pulp Fiction," to play at the Arcata Theater, Arcata. Doors open at 8 p.m. \$12 advance/\$15 at the door. All ages. 826-0481.

Meeting

Humboldt Green Party meeting to discuss local waste issues. 7 p.m. at the Marsh Commons, 101 S. H St., Arcata. 822-1835.

Open Mike

Acoustic Open Mike Night at Blue Moon Café. 7:30 - 9:30 p.m. at 1649 Central Ave., McKinleyville. No Cover. 839-4623.

Poetry

The Jambalaya Club presents Poets at the Jam with featured reader Brian Tripp. Reading starts at 8:30 p.m. and \$2 cover.

Support Group

Body Image and Eating Awareness for women. Meets from 2 - 3:30 p.m. Call 826-3236 for meeting place and registration.

Workshops

The Career Center teaches resume-writing techniques at 4 p.m. in Nelson Hall West 232. 826-3341.

ON GOING

Chinese Martial Arts Assn.

Self-defense and fitness. 5670 West End Road, Arcata. 826-1844.

The Toastmasters

Meets the first and third Thursday of each month at noon at the Cal Trans Building, 1656 Union St., Eureka. 442-6243.

GALLERIES

Gallery Dog

Color photographs by Steve Catton and recent paintings by Berniece Kagen. Opening reception on Saturday from 6 - 9 p.m. Art will be on exhibit through Feb. 27 at Gallery Dog, 321 Third St., Eureka. 444-3251.

"High Art. Low Prices!"

Two-dimension artwork in mixed media by local artist Jerry Lee Wallace and three-dimensional mixed media by Jesse Dean Wiedel. On display tomorrow through March 2. Arcata Storefront Gallery on the Plaza, 830 G St.

"Retrospectives"

Etchings and monoprints of the late artist Helen Bottino. Comprehensive sale of Bottino's work as a benefit for The Ink People Center for the Arts. Opening reception Saturday from 6-9 p.m. 411 12th St., Eureka. Viewing and sale from Saturday through Feb. 27. Call 443-8473 or 725-3993.

"Wildlife Art"

Local artist Bill Van Fleet will exhibit his art at the Arcata Marsh Interpretive Center on South G Street from Saturday through Feb. 27. 826-2359.

THEATRE

"The Company"

Eureka High School students present this Broadway musical revue Thursday through Saturday at 7 p.m. and Sunday at 2 p.m. Tickets are \$5. Eureka High School Auditorium, corner of J Street and Del Norte, Eureka. 442-5214.

CLUBS

CCAT

Meets the second and fourth Wednesday of every month at 5 p.m. at the CCAT house. 826-3551.

Environmental Education Program

Meets Wednesdays at 6 p.m. at Y.E.S. House room 91. 826-4965.

GLBSTA

Meets Thursdays at 7 p.m. at the MultiCultural Center. 825-7415.

Humboldt County Human Rights Commission

Meets Tuesday in Conference Room B of the Humboldt County Courthouse, Eureka. 268-2548.

Student Media Access Center

Meets Thursday at noon at the HSU Library, room 120b. 826-4484.

Women's Center

Meets Thursdays at 6 p.m. at the MultiCultural Center. 826-4216.

Nightlife

	Café Tomo	Humboldt Brewery	Café Mokka	Six Rivers Brewing Co.	Muddy Waters	Sacred Grounds
Thursday	DJ Red Disco \$2	Bonnie Bailiff Free		Reggae Night \$3 9 p.m.		
Friday	Dr. Jive Slice \$1	Fetish & Nickel \$2	Prunella Sisters 8:30 p.m.	Bluegrass \$3 8 p.m.	Acoustic Music 8 p.m.	Primal Drone Society 8 p.m.
Saturday	Giant Acapulco \$1	Potluck	Howdy Emerson 8:30 p.m.	Acid Jazz/Funk \$3 9 p.m.	MuddPuddle 8 p.m.	Chubritza 8 p.m.

Send event listings to Molly c/o The Lumberjack. Deadline for submissions is the Friday before desired publication at 4 p.m. Publication cannot be guaranteed.



**HSU STUDENT
SUMMER SPECIAL**
1 MONTH PASS \$25
3 MONTH PASS \$70
NO INITIATION FEE

**The Arcata Community Pool is managed by
Center Activities staff and student assistants.**

The Arcata Community Pool has lots to offer the HSU Student:
Six 25 yard lap lanes, Aerobic/Weight-Room,
an Outdoor Jacuzzi and Sauna, Kayaking and Scuba nights,
CPR & First Aid Classes, Day care for the little one, and more

COME SEE FOR YOURSELF!

**JUST 5 BLOCKS FROM CAMPUS AT 1150 16TH STREET.
OR CALL 822-6801**

Offer expires February 15, 1999.



*Arcata's Premier
Old World Coffeehouse
Seating indoors by the fireplace
and outdoors by the pond in an
enchanted Scandinavian Wood
Open noon to late night*

5th & J

Cafe Mokka

PRIVATE OUTDOOR HOT TUBS • TRADITIONAL SAUNA CABINS



AND TUBS

Sunday - Thursday
noon to 11 pm

Friday & Saturday
noon to 1 am

OPEN EVERY DAY INCLUDING SUNDAYS & HOLIDAYS
Corner of 5th and J, Arcata • 822-2228 reservations