

[Vol. 79, no. 15]

The 'Jack

The Lumberjack Newspaper

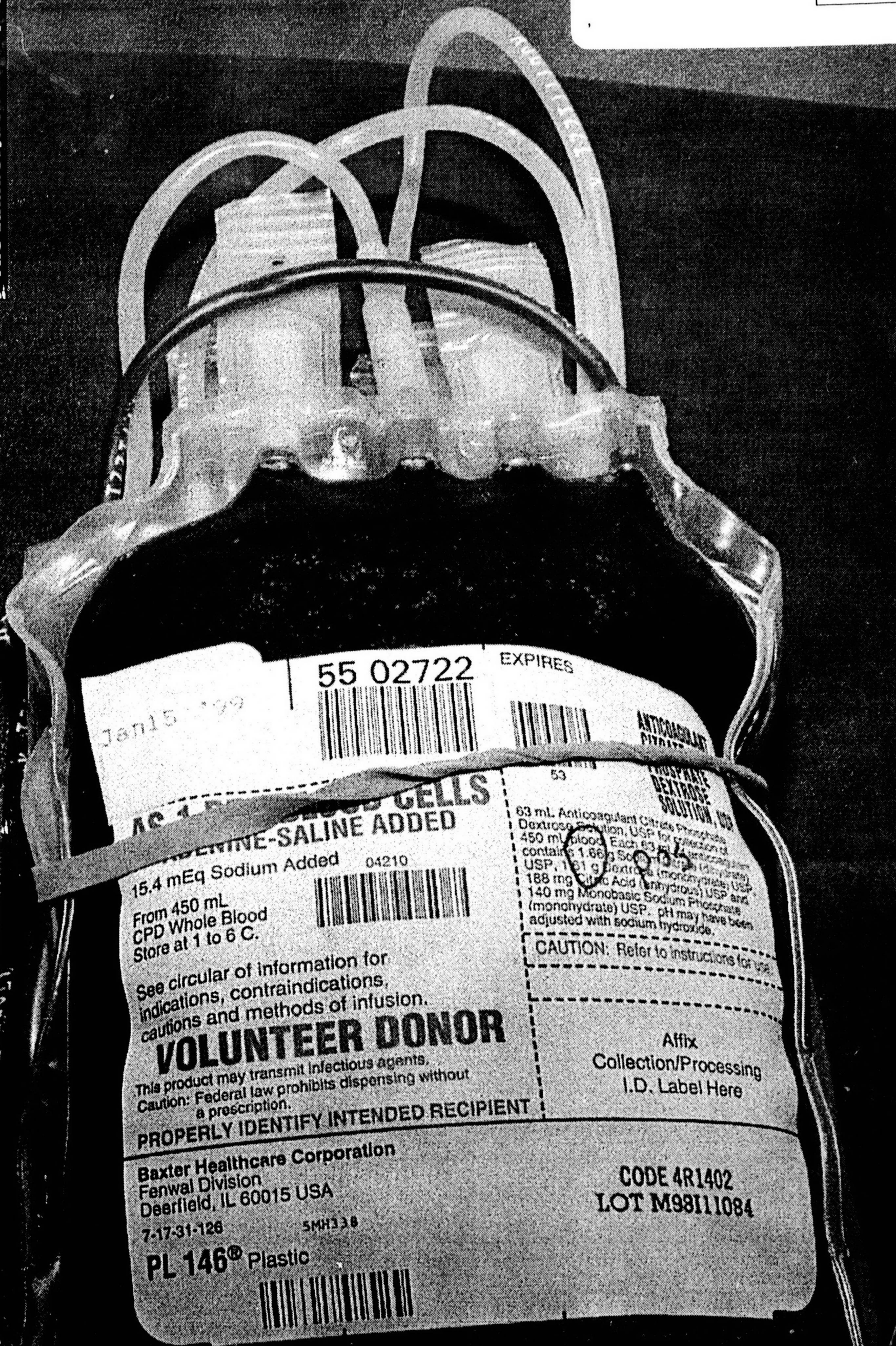
Vol. 79 No. 1

Wednesday, Jan. 20, 1999

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got blood?

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Wednesday, Jan. 20, 1999 • lumberjack.humboldt.edu

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HSU donates lots of blood for Northern California Community Blood Bank-Blood Mobile.

by Jessica LeGrue



Science

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Good nutrition requires a balance of vitamins and mineral supplements

by Frank Pruett

Editor's Note

Here it is, the first editon of the spring semester.

There are a lot of changes within The Lumberjack, and even more to come. Let us know how you like the new 'Jack and what you would like to see more, less or no more of.

I don't know about the rest of you, but I wasn't ready to start school. At 7:55 a.m. yestarday morning I was still in The Lumberjack office working on this edition when I realized I had class in 5 minutes and I hadn't slept since I woke up the day before. That sucked ass. I kept falling asleep in class, but at least I went.

Jon Mooney
editor in chief

Spotlight

FOAM recognized ... 11

Friends of the Arcata Marsh are highlighted in this ongoing section spotlighting community volunteer organizations.

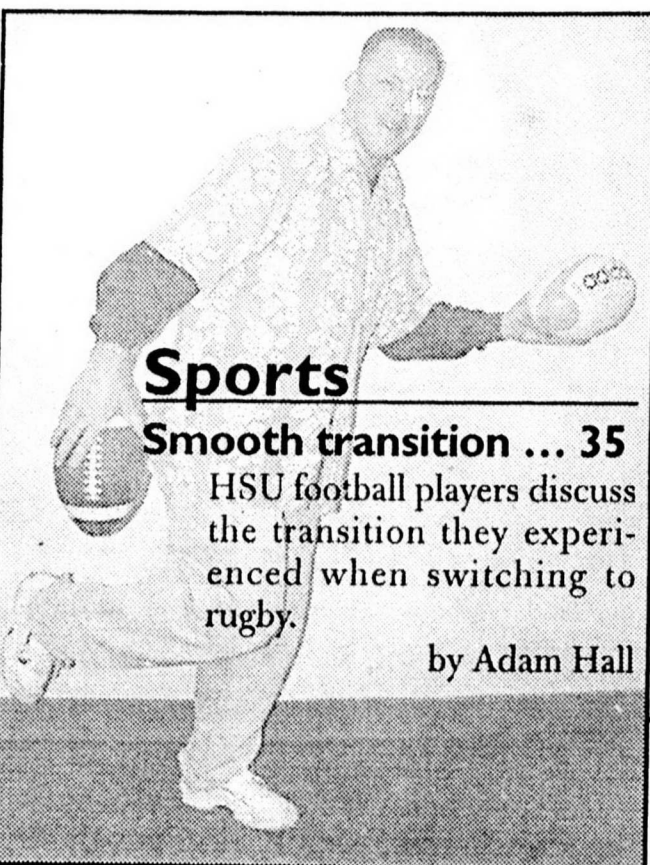
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An interview with Bernie Worrell, original keyboardist of P-Funk. He'll be playing at HSU with the Woo Warriors.

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Bond money to fund new HSU building

■ *HSU and College of the Redwoods to spend millions of dollars on campus improvements, including new buildings.*

by Tiffany Lee-Youngren

With nearly \$55 million at its disposal, HSU is prepared to make the most of funds garnered last November through Proposition 1A.

The \$9.2 billion bond issue — the largest bond ever approved by California voters — earmarked state funds for capital improvements at universities throughout the state, as well as class size reduction in elementary schools.

According to Sean Kearns, the university's assistant director of public affairs, HSU will use \$23.5 million of its total \$54.9 million bond allotment to construct the proposed 87,222-square-foot, five-story Behavioral and Social Sciences Building.

Located at 16th and Union Streets near the Campus Center for Appropriate Technology, the building will house a psychology clinic and nine academic departments, including sociology, anthropology, ethnic studies/Native American studies, philosophy, religious studies and modern languages.

HSU also plans to include space in the building for the new Center for American Indian Studies and 92 faculty offices, as well as several lecture halls and labs.

Construction of the building will begin in May 2000 and the building is scheduled to open in fall 2002.

HSU will use its remaining bond money for a series of campus infrastructure projects that will improve heating, electrical and security systems, telecommunications lines and sewer lines. About \$1.2 million will be used for health and safety-related projects, including replacing plate glass windows with earthquake safety glass.

Bidding for these projects is scheduled to begin this month, with work beginning this summer and continuing into 2001.

College of the Redwoods received \$4.5 million for a 11,200-square-foot child development center, which will include an observation area for early childhood education students.

In addition, CR will use more than \$11 million for a 28,400-square-foot media services building, which will be located in the center of campus. The building will be wired for multimedia stations and will have an "electronic learning" classroom.

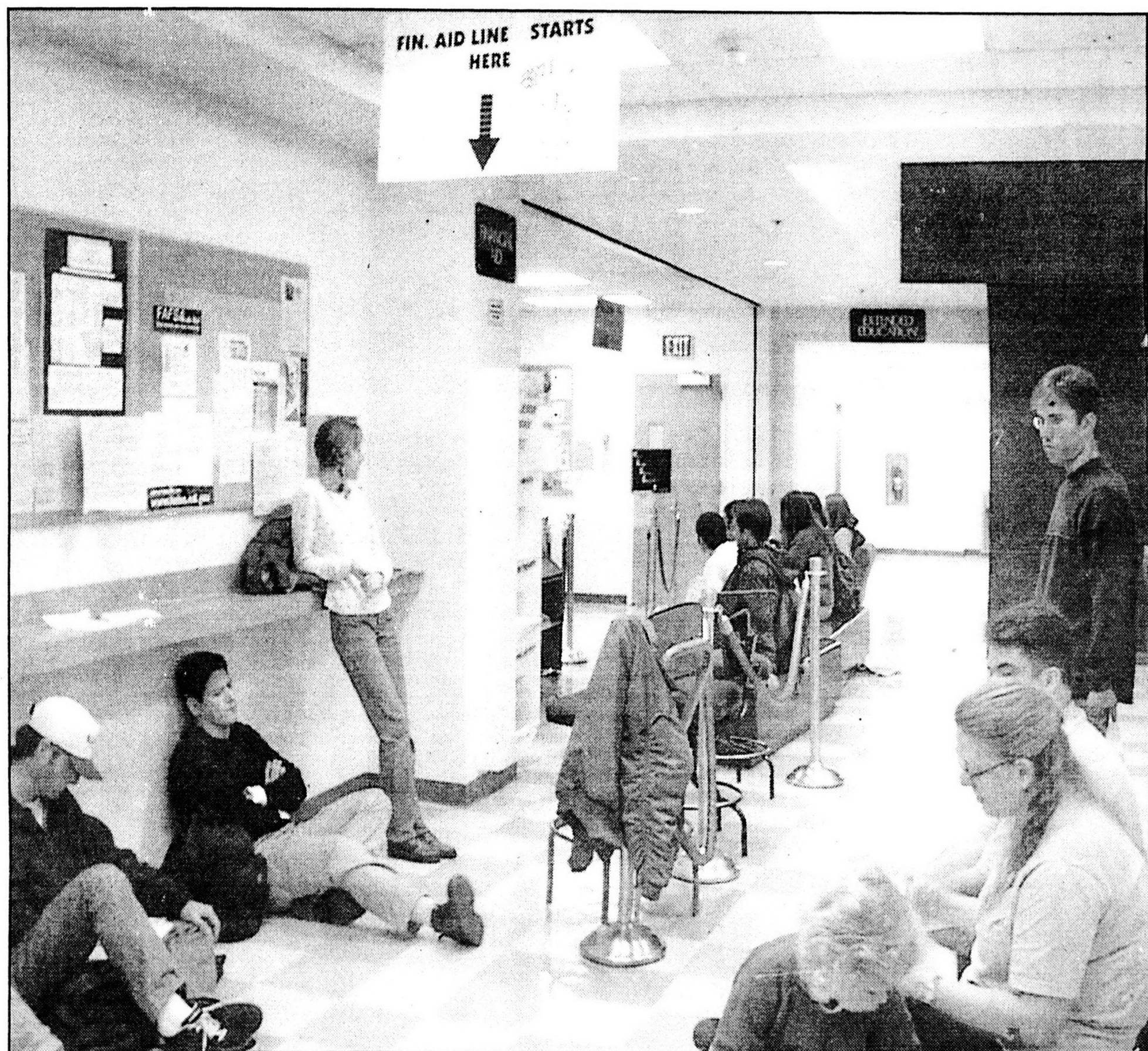


Photo by Chris Anderson

Back to the grind

As if waking up at 8 a.m. yesterday for the first day of school wasn't bad enough, the financial aid lines made it even worse. HSU students sat and waited for their opportunity to speak to receptionists about financial distress, unpaid fines or loans they were supposed to receive. Compared to this, your advanced chemistry class is not only entertaining — it's a breeze.

Campus Club In Depth

Name of Club: Society for Creative Anachronism. The name comes from the fact that the club "lives" in the Middle Ages. "Anachronism" means a chronological error. Therefore, the club is recreating a time that officially ended 500 years ago.

Meetings: Tuesdays, 5 p.m. in the Moonstone Room, Jolly Giant Commons.

When the club started: The Society, which is an international organization, started in 1966. The campus club has been around for about 20 years.

How the club started: People in Humboldt County were doing it "on their own" until they heard of a society in Berkeley, so HSU students decided to form a club.

Club adviser: Lloyd Fulton.

Membership: The club is open to students and community members. There are about 30 core members.

Objectives: To learn about life in the Middle Ages by experiencing it first-hand and to live history.

Some of the club's interesting activities: It has done a medieval-style feast with the help of the J staff in the residence halls. The feast featured medieval singing, poetry and belly dancing. The club also performs sword fights, woodworking and assumes identities of medieval people.

Why members think it is important: "The club is important because it gives us a chance to learn about history by living it, and not just reading a book," Fulton said. The club is also a non-profit, educational organization, said Sandra Ferguson, club president and recreation administration major.

Instead of going to the video store and renting a movie about the Middle Ages, Ferguson said people who want to know what life was like "back then" can attend one of the club's events, such as a sword fight or feast.

How to join: Contact Ferguson at 826-1902 or send an e-mail to anacron@axe.humboldt.edu.

- Compiled by James Tressler



Linda Azevedo, OD

- General Optometry
- Contact Lenses

Loren Azevedo, OD, FAAO

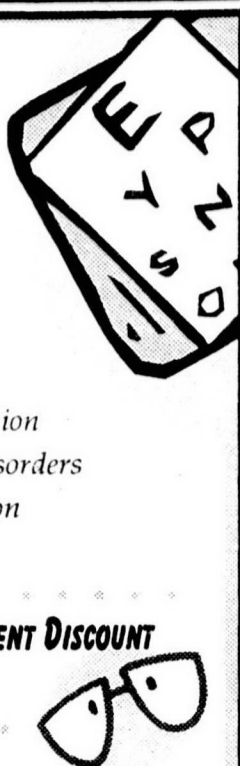
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Hai Tong, OD

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Access grades on Web

by Frank Vella

Convenience has a new face at Humboldt State University. Interface, that is.

Without much fanfare, the university placed its Student Information System Student Access site on the Web, making it that much easier for students to view grades, check financial aid status and get information about classes taken in previous semesters.

SISSA debuted during the winter break, permitting students to log on and view grades from last semester as earlier than usual. Previously, students had to wait for the university to mail out grade cards or to call the university's Gradesline.

The brainchild of University Registrar Linda Phillips and Clubs and Orientation Programs Director Vicky Paul, SISSA allows students to access personal information in one place and avoid the hassle of moving from building to building — from line to line.

A similar system is in use at Oregon State University. According to Vicky Paul, director of Clubs and Orientation Programs, many universities across the nation are

experimenting with comparable programs. She said some students have already taken advantage of the increased access and are pleased with the results.

"The students I have talked to who checked their grades through the Web thought it was really 'cool,'" Paul said. "They like how quick and easy it is."

The university introduced the system — as well as plans to expand it to include Web registration for Fall — to Spring H.O.P. participants. According to Paul, Web registration would also allow for adding and dropping courses electronically.

"The feedback we received from (new) students who found out ... that we are going to Web registration was very positive. Most transfer students are used to either Web or phone registration," Paul said.

The site is located at <http://www.humboldt.edu:8889/loadweb.html> and accessible by following the "Records & Registration" link on the main page of the HSU Web site.

The system is online 24 hours on Sunday, Tuesday, Wednesday, Friday and Saturday; but only accessible 7 a.m. to midnight Mon-

days and Thursdays.

Logging in requires a user identification number (your social security number), and a password (your month and full year of birth). The password may be changed after logging in, but must remain a string of six numbers. When the university debuts Web registration, an additional access code will be given to each student and will be based on class priority. Graduates and seniors will still begin registering for classes before sophomores and freshmen.

"It is really important for students to change their PINs and not give them out to anybody," Paul said. She suggests changing the password as soon as possible.

Once inside the system, navigation can be tricky at first. Instead of utilizing the browser's back and forward buttons, system users should use the links provided by the site itself.

Students can review their current class schedules or browse through a detailed listing of past semesters at HSU and find out what time a class was offered, who taught it or what grading mode was

See Web, page 10

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- JMC 234 – Broadcast News Writing (23913) on MWF 15-15:50
- JMC 323 – Intro to Public Relations (23919) on MWF 10-10:50
- JMC 330 – International Mass Communication (23961) on TR 14-15:20
- JMC 352 – Media Programming & Critical Analysis (23928) on TR 12:30 - 13:50

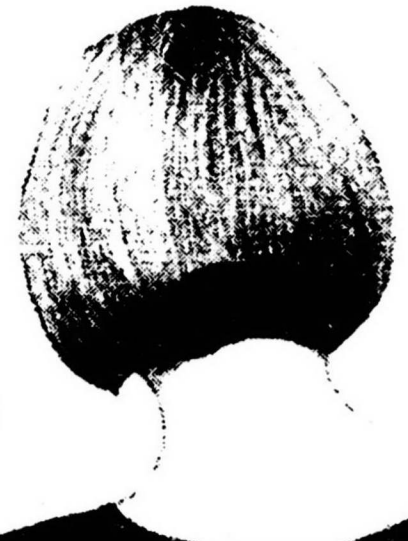


photo by Chris Anderson

Johnny Devroux and his son Garrett celebrated Martin Luther King's birthday in an event sponsored by HSU Student Activities. Devroux is the founder of the North Coast Martin Luther King Fund which specializes in multicultural education for school-age children. The celebration was Monday at the Arcata Community Center.

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Amy Brennan, a court reporting major at College of the Redwoods, gives blood for her 27th time Friday. This is her second time giving blood at the Blood Mobile, which is owned by the Northern California Community Blood Bank.

Students help give life

by Jessica LeGrue

photos by Chris Anderson

Although new body piercings and tattoos temporarily prevent many students from donating blood, HSU still boasts one of the county's highest donation rates.

Peggy Corbett, the recruitment director for the Northern California Community Blood Bank, said 25 to 35 students will volunteer to give blood every time there's a blood drive on campus.

"The campus is one of the most generous places we go," she said. "People just go crazy."

At first the Blood Mobile, the blood bank's van that travels to one or two places each day, would come to HSU infrequently.

Recently though, Corbett said the mobile has been coming to the campus about three times a month, and in 1997 the blood bank collected 600 units (pints) of blood from these drives.

"HSU is one of our most suc-

cessful drives," said Dina Kleckner, a nurse who's been at Eureka's blood bank for three and a half years.

The Blood Mobile isn't usually sponsored by campus groups, but Corbett faxes its schedule to the University Center to make sure there aren't conflicting activities scheduled on the UC Quad.

However, Corbett said that once or twice a semester the Forestry Club or the nursing department will sponsor the mobile and recruit volunteers.

She said HSU is different than most places the mobile goes because people come on their own to donate blood.

"If people aren't out there getting people to volunteer and sign up for a time to donate, nobody will come," she said. "Except at HSU where they come out of the woodwork."

The mobile covers Humboldt County and Del Norte County, reaching from Garberville to Crescent City to Willow Creek.

The mobile has such a busy schedule because the blood bank, located in Eureka, is the only one in this area and most people won't drive all the way to Eureka to donate blood.

"People won't donate if it's inconvenient for them," Corbett said. "We have to make it convenient for people."

Humboldt and Del Norte have a higher-than-average donation rate as well. Corbett said the average donor in this area gives blood 2.9 times per year, compared to the national rate of once a year. The mobile tries to collect at least 25 units a day, while the blood bank itself collects about 15 to 30 units per day.

Some of the places the mobile travels to, such as mill towns like Scotia, will give up to 50 units of blood.

Some places have the mobile stop by every eight weeks, the minimum time a volunteer must

See Blood, page 8

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• The blood is needed for accident victims, people undergoing surgery, patients receiving treatment for cancer, leukemia or other diseases and organ transplant recipients.

• The donor's body replaces the fluid lost from donation in 24 hours. It can take up to two months to replenish the lost red blood cells.

• The Blood Mobile will be on the University Center Quad Jan. 28 from 11 a.m. until 4 p.m.

• The Northern California Community Blood Bank is located at 2524 Harrison Ave. in Eureka. Call 443-8004 for more information.

UPD police chief elected president of association

by Jen Picard

HSU Police Chief Robert E. Foster was recently elected president of the Law Enforcement Chiefs Association of Humboldt.

Foster is taking over for Humboldt County Sheriff Dennis Lewis. LECAH meets monthly and includes representatives from all Humboldt County law enforcement agencies. Those included are police departments from Fortuna, Ferndale, Eureka, Trinidad, Blue Lake and Arcata.

The association also includes the

California Highway Patrol, California State Parks, the U.S. Coast Guard, Department of Corrections and the District Attorney's Office. The association's objective is to foster and improve communications in the communities.

Foster began working at HSU three years ago. He has had a broad range of experience in law enforcement. As well as being the Willits police chief for seven years, Foster did duty with the U.S. Department of Justice in 1994 training more than 850 officers from 23 different countries

for "Operation Restore Democracy" in Haiti.

He was an officer and sergeant with the Oakland Police Department for 20 years. During that time, Foster served on the Mayor's Task Force on Civil Rights, developed evaluation programs for training, managed felony crime investigations, man-

aged vice investigations and supervised partnership programs between law enforcement and schools.

In 1982, Foster served as president of the Peace Officers Research Association of California and served on the Governor's Task Force on Professional Issues in Law Enforcement.





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Blood

• Continued from page 6

wait in between donations. Kleckner said that in a week-long drive sponsored by the Seventh-day Adventists, the blood bank gathered about 200 units.

Having a constant supply of blood is one of the stressful parts of Corbett's job, but she said in the recent blood shortages elsewhere in the nation, the Northern California Community Blood Bank is not in a crisis situation.

"But I don't want people to get too comfortable, because you never know," Corbett added. "It's best to have more blood than you need on average. It's lucky we have such a generous community keeping blood on the shelves."

She said that in a four-day period this summer the blood bank had to use a total of 150 units of blood for just four people.

Usually, the blood bank uses only 30 to 40 units total a day for various patients, compared to big cities like Los Angeles that use about 800 units per day.

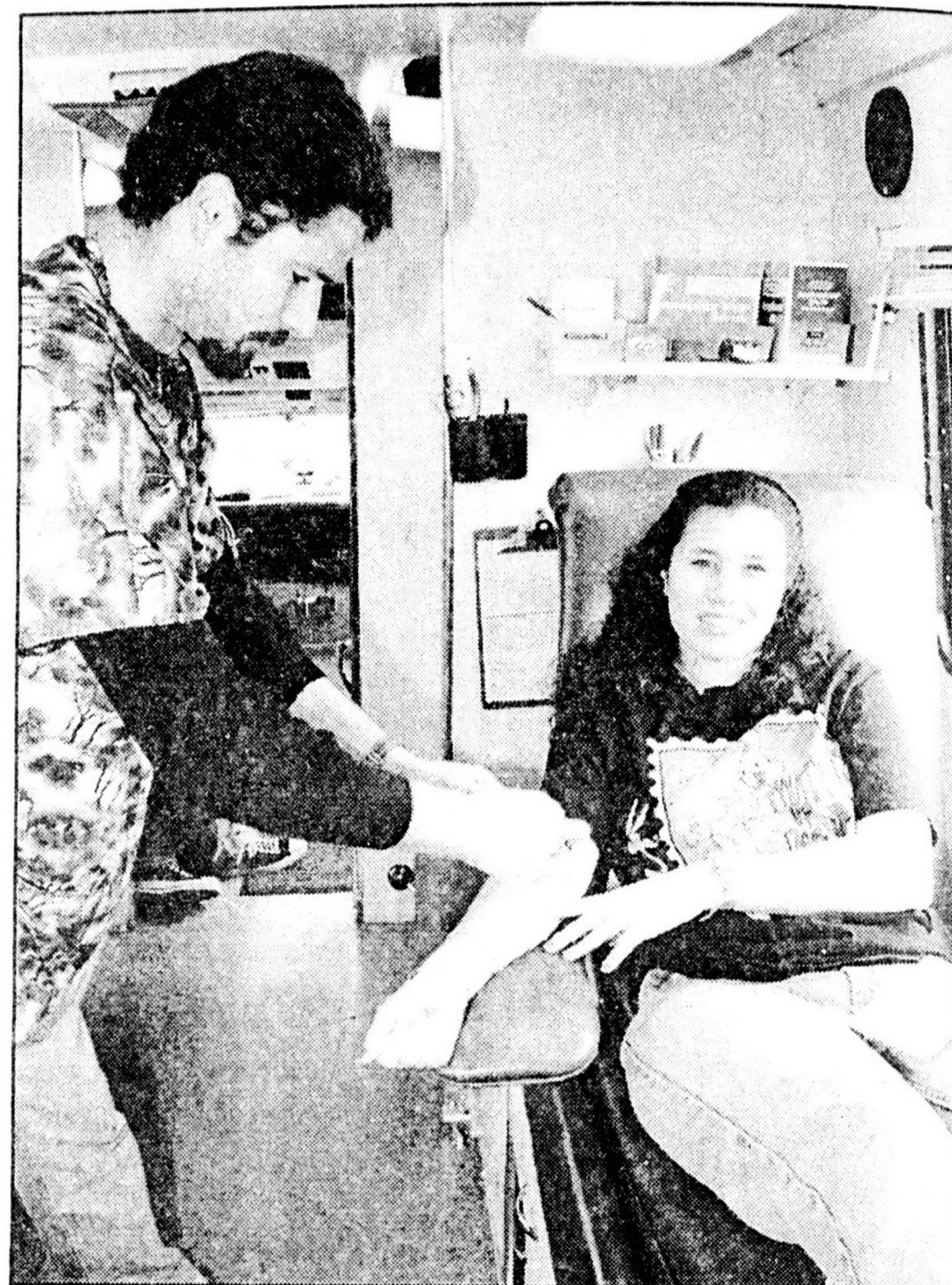
Only twice in the past few years has the blood bank had to have blood imported from a larger blood bank, which Corbett said is impressive considering blood can only last for about four days.

"We've never had a case in Humboldt County where someone who needed blood couldn't get any," Kleckner added.

One of the things Corbett does to make sure the blood bank has a good supply of blood is to conduct big drives right before holidays or long weekends when people are less likely to have time to donate.

She said one of the biggest drives this year was before winter break at the high schools, which the blood bank visits twice a year.

Although all donors must be at



Phlebotomist Michael Biesen takes donor Rachel Johnson's blood during a blood drive at the College of the Redwoods Friday.

least 17 years old, the blood bank still collected 156 units from the Eureka High School. Arcata High School, which has fewer students, donated more than 100 units.

Corbett said she tries to encourage high school and college students to give blood.

"It's a habit you get in," she said. "If they get into it at an early age, they'll be more likely to continue giving blood."

While the average American donor is a middle-aged white male, Corbett said all kinds of people are giving blood in this area. She said she has definitely noticed a trend

of women, as well as students, who are volunteering.

"In locations like the high schools we see a lot of new donors," Kleckner said. "But in places like the Senior Center and the fire station we see the same people each drive."

Corbett said what usually stops people from donating is having hepatitis, anemia or, especially at HSU, those who have recently had a body piercing or a tattoo.

Federal law states a donor must wait at least three months after a new piercing before giving blood and a year after a new tattoo.

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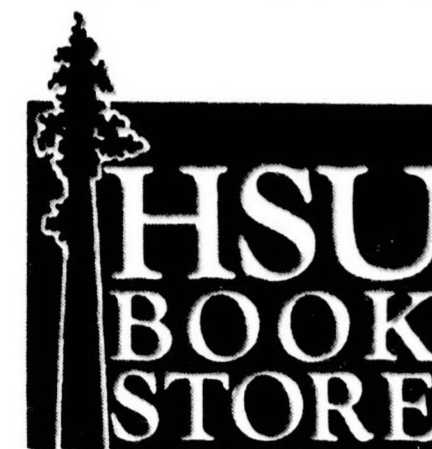
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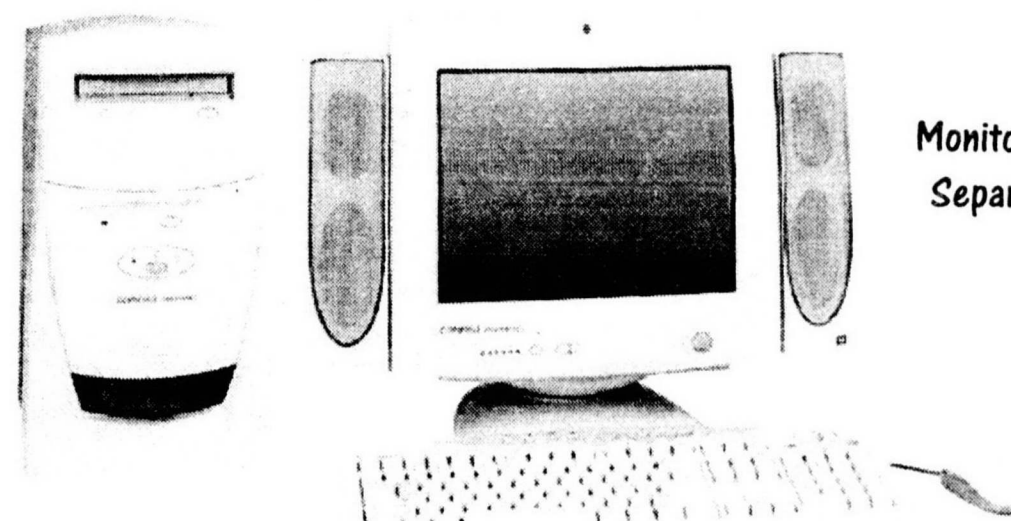
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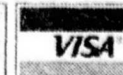
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Glacier Park Inc., is looking for students to fill more than 900 summer jobs in several areas. Jobs include a large variety of hotel positions, such as hotel front desk clerks, room attendants, cooks, waitpersons and tour guides. Students also par-

ticipate in guest entertainment, which includes American Cabaret Theatre.

Employees are needed from early June to late September.

According to Dale Scott, president of Glacier Park Inc., the opportunity to work at Glacier affords students educational opportunities in more ways than one.

For details on jobs and salaries, call Glacier Park Inc., at (602) 207-2610 or visit its Web site at <http://www.gpihr.com>.

Web: HSU goes easy access

• Continued from page 4

used.

Detailed grade information including grade point average, cumulative grade point average, and an itemized list of enrollment fees is also available, as is an option to check for registration hold. The system also stores students' summer and mailing addresses.

SISSA utilizes built-in security software installed in 4.0+ versions of Netscape Navigator and Internet Explorer to protect users' privacy.

The software scrambles data transmitted between computers using 128-bit encryption, providing protection from Internet eavesdroppers.

The student records are not kept on HSU's Sorrel server, which ac-

tually serves as a portal to the university's student records database on the Banner server. Banner stores grades, enrollment and financial aid data for all Humboldt students and has been accessible to faculty and specific staff members. Now, for the first time, students can use it themselves.

Paul said although most faculty and staff have access to Banner, they remain "on a need to know" basis. While measures should be taken to protect private information, the university maintains the system was created to empower students, not endanger them.

"I think we are just trying to use technology effectively and make it easier for students to access their information," Paul said.

Native speaker teaches students Japanese

Students who are interested in learning Japanese have the opportunity to enroll in two consecutive courses taught by native speaker Mie Matsumoto.

Matsumoto has been teaching Japanese for the past two years. In addition to basic language skills, students will learn about the Japanese culture and history in each of the five-week courses.

Japanese Part I will be from Tuesday through Feb. 25. The class will meet Tuesday and Thursday evenings from 6 to 7:30 p.m. Japanese Part II will be from March 2 to April 1.

For more information or to register for these courses, call the Office of Extended Education at 826-3731.

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County fixes \$1 million budget error

by Frank Pruett

Humboldt County representatives said Friday that a \$1 million budget shortfall for this fiscal year has been covered, and that no cause for concern remained.

"We won't be cutting services [due to the shortfall]," said County Administrative Officer John Murray, who oversees the budget process for the Board of Supervisors. "We won't have to raise anyone's taxes due to it either."

Supervisor and Chairman Stan Dixon verified Murray's assertion, saying, "in this case, it should not be necessary."

There were two causes for the shortfall, according to Murray. One was a bookkeeping error, the other a decline in property tax revenues.

"Two property reassessments caused about half of the shortfall," he said. "The reassessment of the Louisiana Pacific pulp mill on Samoa Peninsula, and to a lesser degree, the reassessment of the Texaco natural gas fields on Tompkins Hill [between College of the Redwoods and Fortuna]."

"The other \$500,000 arose from a double accounting of revenue which occurred in the auditor's office," Murray said.

County officials have so far been able to identify \$750,000 in receivables to help cover the shortfall. As for the remaining \$250,000 budget lapse, a variety of sources of revenue are available or pending.

"We're still looking at other accounts receivable, and we're also looking at \$500,000 that the county may receive from the tobacco settlement," Murray said.

The tobacco settlement is an agreement between states and tobacco companies that provides funds for local governments to deal with smoking-related issues, and prohibits states from hearing tobacco lawsuits from private citizens.

Officials expect the county to receive \$30.5 million from the settlement over the next 21 years.

"We are slated to receive \$500,000 this year from the settlement," Murray said. "The settlement will provide \$1.5 million per year after that through 2020."

Another potential source of money, the Headwaters agreement, could provide \$22 million for the county if problems with the Habitat Conservation Plan are hammered out.

"We're still up in the air about the Headwaters money," Murray said.

The accounts the county has uncovered are not new, according to Murray.

"The accounts that we identified [which comprise the \$750,000 in receivables] were previously not included in the budget process," Murray said.

"Some of the identified monies are from state and federal entities," Dixon said.

Other revenues are not included in the budget fix because the county does not control payment on them, according to Dixon.

Arcata City Hall shuts its doors for Martin Luther King Jr. Day

by Jennifer Kho

photo by Chris Anderson

A year ago from last Monday, Arcata's City Hall was one of the few left in California that remained open.

This year, City Hall honored Martin Luther King Jr. Day by closing its doors but continuing to accept calls from the public.

"We had it open last year, but at the last City Council meeting City Council members said they wished it wouldn't be open this year," City Manager Keith Breskin said Monday.

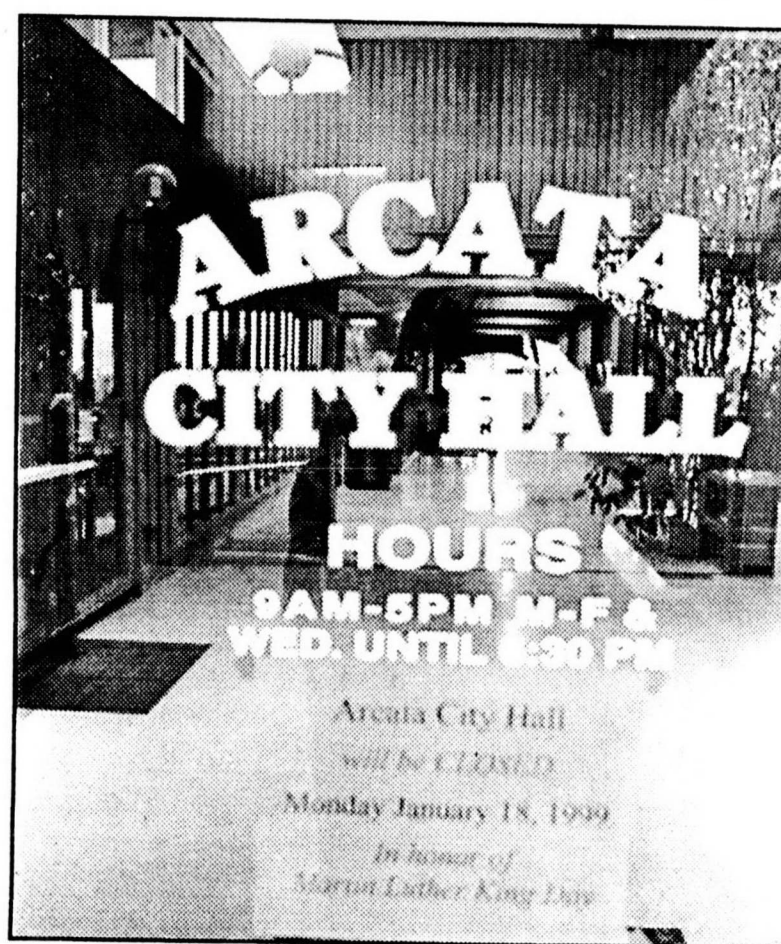
"I didn't say anything either way at the meeting, but I took their wishes and some other things into consideration."

Martin Luther King Jr. Day is a state and federal holiday, but not a mandatory holiday for individual cities.

Cities have separate labor contracts with their staff, including the determination of holidays.

Arcata's labor contract includes floating holidays that make it optional for employees to work Martin Luther King Jr. Day.

Councilwoman Jennifer Hanan brought up the issue of closing City Hall at last



A sign on the Arcata City Hall door last week informed people the hall would be closed Monday.

week's City Council meeting.

"The previous city manager closed the City Hall from the public in honor of Martin Luther King Day," she said Sunday.

"(Breskin) said that since it is not a paid holiday for staff the City Hall should be open to the public. I was disappointed since we wanted it to be closed."

Council members Bob Ornelas and Connie Stewart also said the hall should be closed to celebrate the holiday.

"Some people just don't get it," Ornelas said Friday. "They never received the message that Martin Luther King was trying to impart. Personally, I don't think it's appropriate to work that day."

"Martin Luther King is one of the most incredible human beings I've experienced — not personally, but through his words and message."

Stewart said Friday that she thinks it would be hypocritical for Arcata to ignore Martin Luther King Jr. Day.

"If Arcata is going to brag worldwide about its being a socially responsible city, it should celebrate the one holiday a year representing the people who martyred themselves so others could have better lives," she said.

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Benefit the group provides to the community: Through tours,

exhibits and a quarterly newsletter, the group informs the public about the benefits of Arcata's wastewater treatment, a state-of-the-art procedure which costs less than normal sewage treatments.

Greatest benefit of being a member: "I get great satisfaction from seeing that the interpretive center is open every day and that people are made aware of the birds and all the nice things there," Weiss said.

Meeting times: 7 p.m. the second Tuesday of every month at the Arcata Marsh Interpretive Center, 600 South G St.

For more information, call 826-2359.



by Jennifer Kho

photo by Sandra Redmond

Eureka NAACP gives progress report on nation

by Dana Flint

The Martin Luther King Jr. Day celebration at Eureka's Adorni Center was a multi-cultural affair designed to honor the civil rights leader.

A.V. Powell, president of the local NAACP chapter, spoke to a crowd of approximately 300.

Former HSU professors Caleb Rosado and Jack Shaffer spoke, along with Nathan Smith, ethnic studies professor, Ken Nakamura, social work professor, and Joseph Giovanetti, Native American studies professor.

They represent the Latino, Jewish, African-American, Asian and Native American cultures, respectively.

"My notion was to spread this whole thing as broadly as I could," said HSU ethnic studies Professor Nathan Smith, who organized the event.

Smith's speech was a report to King about the state of the nation from an equal rights perspective, focusing mostly on the negative aspects for minorities in California.

"I happen to think that the university diversity program is a fraud," Smith said in a telephone interview Monday. "I think they are more interested in saving face."

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

As March 1 deadline approaches, time becomes main factor in Headwaters deal

by Dana Flint

photo by Chris Anderson

After more than two years of negotiations and planning, the Headwaters Forest land purchase comes down to the acceptance of the Habitat Conservation Plan/Sustained Yield Plan.

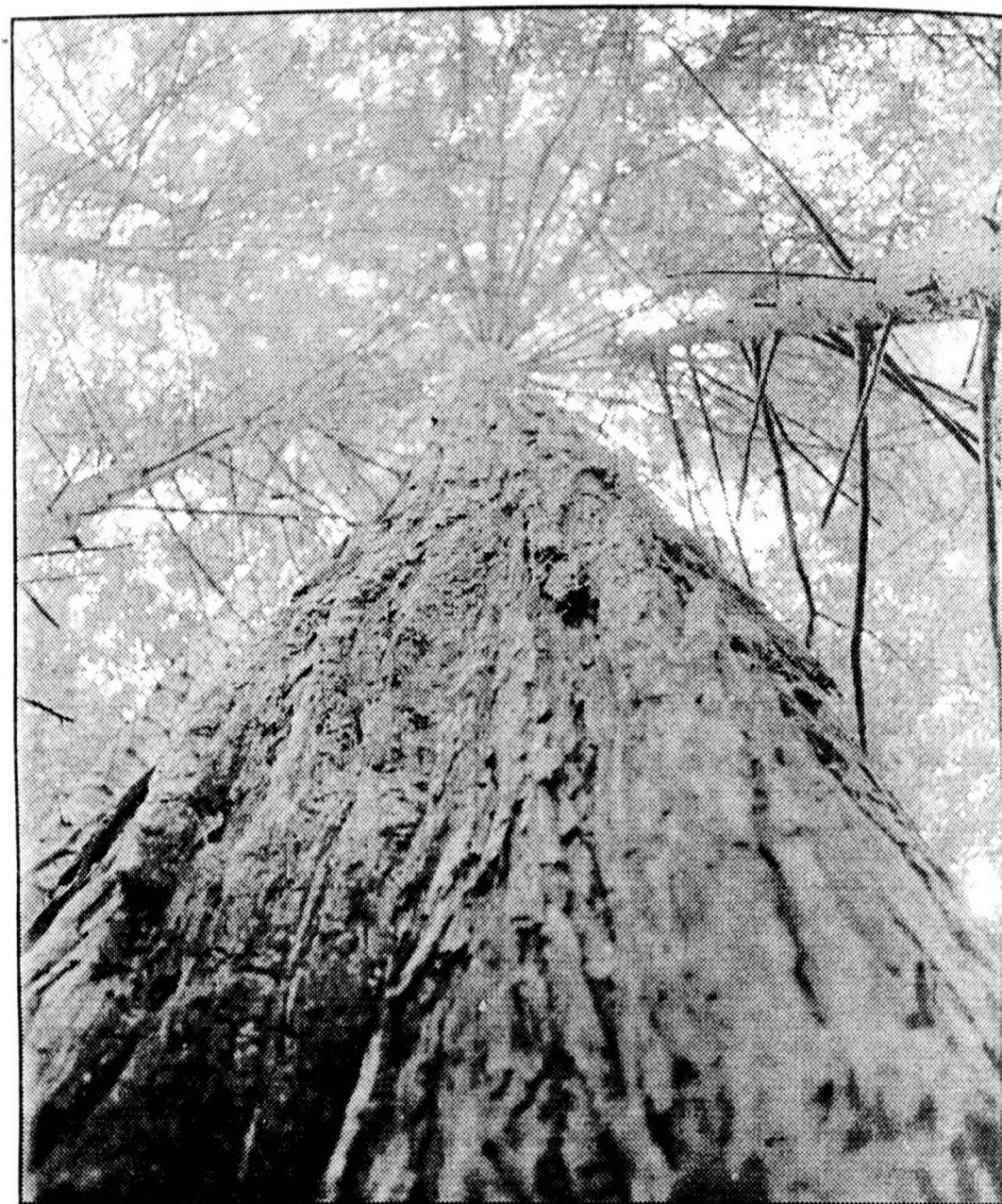
Thousands of written comments by biologists and other scientists were received during the last public comment period, which ended Nov. 15, prompting three government agencies to rewrite the plan themselves. The agencies involved are the U.S. Fish and Wildlife Service, the National Marine Fisheries and the Department of Fish and Game.

"It's not normal for us to actually draft or write the final (version)," said Phil Carroll, Department of Fish and Game spokesman. "In this case, we just flat ran out of time."

Standard procedure for the reviewing agencies is to return the HCP/SYP to the applicant with suggestions for changes. The applicant is then responsible for making the changes.

However, this case is different. The political pressure for an equitable solution is intense. The agencies worked with Sen. Dianne Feinstein, D-Calif., on this draft for several weeks.

The current draft went to print Jan. 10 and Pacific Lumber received a copy this week.



This second-growth redwood tree is growing in Headwaters Forest, which is near Carlotta at the mouth of Eel River.

"We're reviewing it very carefully," PL's Timberland Manager Dan Opalach said yesterday.

The version will be available Friday for public comment.

The \$380 million appropriated by Congress for the purchase of the Headwaters Forest is available until March 1.

PL doesn't own mineral rights

The Headwaters Forest mineral, oil and gas rights are owned by many other parties, not by MAXXAM/PL, according to Darryl Cherney of Environmentally Sound Promotions.

See Headwaters, page 18

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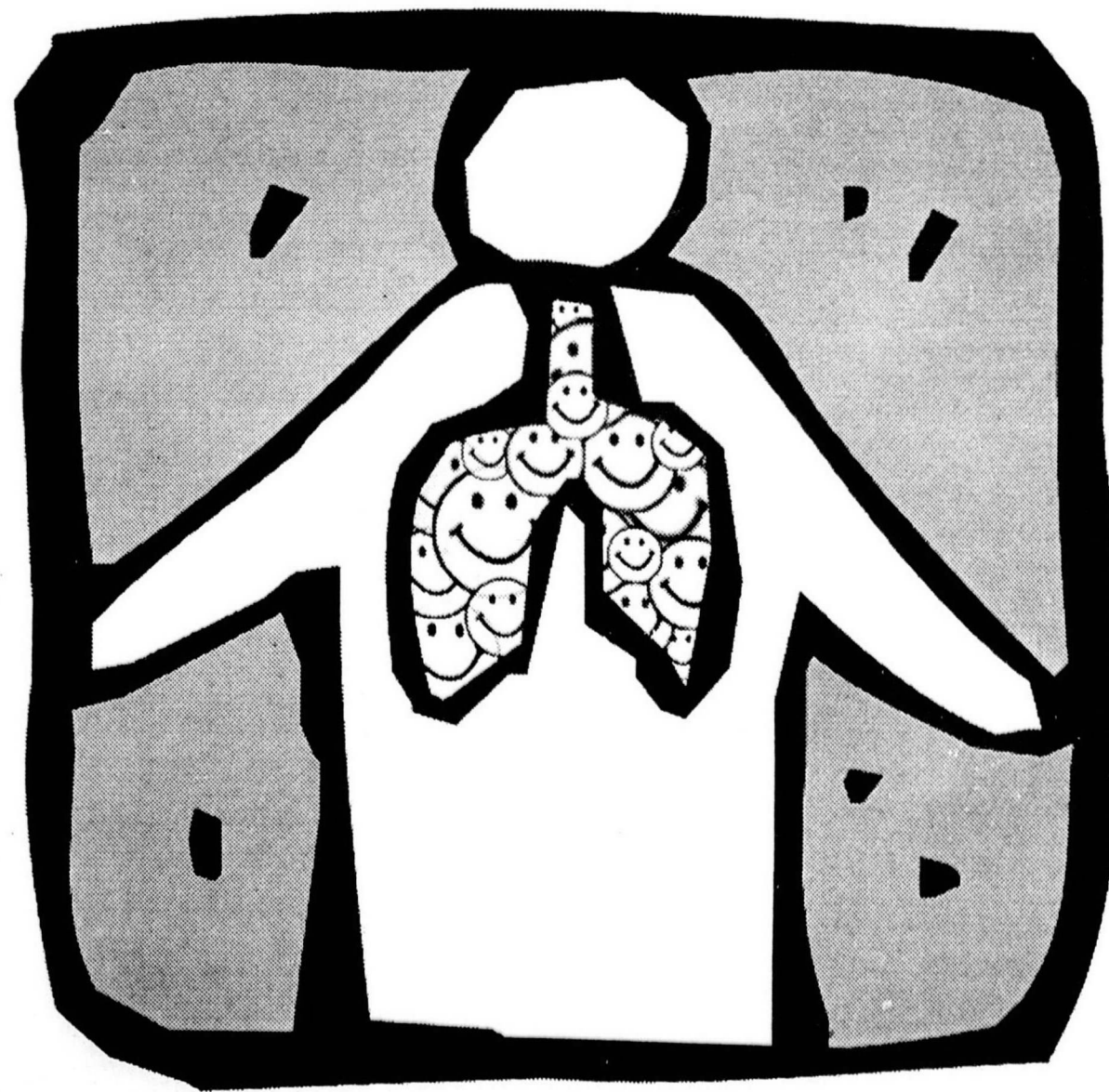
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City Council votes not to reappoint Dwain Goforth to Arcata Planning Commission

by Jennifer Kho

photo by Sandra Redmond

Several underlying issues lay behind the Arcata City Council's 3-2 vote not to reappoint Dwain Goforth as the city's planning commissioner.

Councilman Bob Ornelas who, along with councilmen Robert Noble and Jim Test, voted to dismiss Goforth, said Goforth "made offensive remarks about the council and was involved in a neighborhood group that distributed fliers with outrageous, misleading or sometimes outright false statements. The fliers had his name and number on them."

He also showed prejudice against some projects before voting for them, which created legal risks for the city, Ornelas said.

"When the planning commission is sitting in a quasi-judicial capacity, such as issuing entitlements like use permits, development approval and environmental document approval, the applicant before them has the right to have a decision made by an impartial decision-maker based on the record," City Attorney Nancy Diamond said.

"When (Goforth) indicated a belief before the decision came to the planning commission, the percep-

tion is he was prejudiced to decide a certain way before he had reviewed the evidence."

Goforth said the concerns he expressed were all grounded in evidence based on rules.

"The commission remained unbiased when it studied the issues, but made up its mind one way or another after the studies were complete," he said.

Ornelas said an underlying reason for his vote was that he would like to end automatic reappointments for all the city's commissions and task forces.

Without the automatic reappointments, incumbent task force and commission members would not be given special consideration when applying for the same positions, which Ornelas said would result in a fresher perspective.

"The reoccurring interview process would be an attempt to make sure we have the best people in our commissions and task forces," he said.

Councilwomen Jennifer Hanan and Connie Stewart voted in favor of reappointing Goforth.

"For one thing, I thought he was a good planning commissioner," Hanan said. "I base my reappointments on the work they've done and I think (Goforth) has done a good job."

But she said procedure was another element involved in the vote.

"I thought it was unfortunate that we voted on (Goforth's) reappointment at the same meeting we voted on a policy about the planning commissioner position," she said.

"We were saying, 'We don't want the planning commissioner to do this,' but then we never gave him a chance to uphold the new policy. I think procedurally it was poor."

Goforth said he thinks he was "basically fired because (Noble, Ornelas and Test) didn't want my voice and vote on the commission. We had disagreements on big issues, such as the waste transfer station."

The waste transfer station was an issue the council voted in favor of, even though Goforth was against it.

"I was against it because the process went badly," he said. "There was no environmental impact report and I felt a project as big as the waste transfer station needed one. I wanted to explain ... but they got mad at me for speaking so much. I spoke out for what I believed in and got kicked off because of it."

The deeper issue, according to Goforth, is whether the planning commissioner can write articles and speak in public about issues they have opinions about.

"I am interested in stating my views and giving my testimony," he



Dwain Goforth spends time in his garden. Now that he is not the planning commissioner, he said he would make his opinions known.

said. "I think the planning commissioner should be able to express views before the council because the commissioner spends lots of time studying those issues."

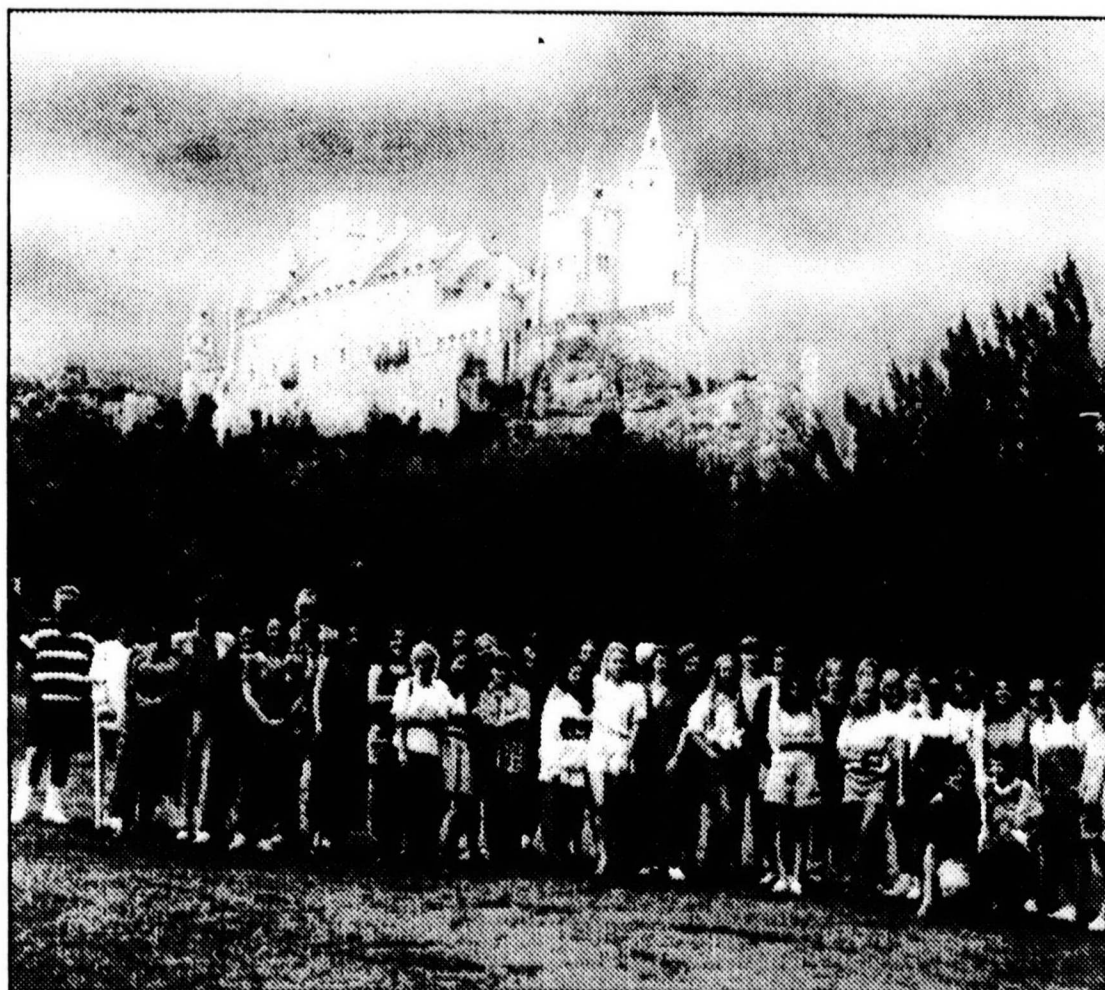
"The commissioner is appointed to be independent and serve the public, not the council," Goforth said. "Like a judge, the commissioner is supposed to decide whether all the studies have been done that are needed to uphold the

environmental quality act."

Goforth said he has resolved himself to the decision and plans to take advantage of it by writing a lot and participating in anything he wants.

However, he said his biggest complaint is he thinks he was kicked off "for not obeying what they called 'unwritten rules.' There was nothing in my contract that said I couldn't speak before the council on an issue."

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Zumbrun Construction Co. workers try to finish the new \$3.8 million Arcata Community Center by March. Rain could delay the completion of the building, which has already been reserved for an April event.

Weather permitting, Arcata Community Center should open at end of March

by Heather Crosby

photo by Kristi Sullivan

If the Public Works Director Duane Greenwood could have his way, la Niña would be kind to Arcata this winter.

Why the concern? Because rain delays could push the completion of the new Arcata Community Center from its scheduled end of March opening to a much later date. The 20,000-square-foot building will serve the young and old with its full size gym, gymnastic room, arts and crafts room, teen room, small conference room, two kitchens and a senior center.

The current Community Center, located on 14th and D streets in Arcata, can only accommodate one group at a time, often causing an overlap of scheduled activities.

"The [new] Community Center will allow programs to expand," Recreation Supervisor Karen Diemer said, adding that another

benefit is "a variety of activities will reach a large portion of the community in one central location."

Diemer has already reserved the building for the Godwit Days and the North Coast Environmental Center auction April 17-18.

The benefits of the new center are numerous, but it has not come without a price. Greenwood said the new building, located on Community Parkway across from HealthSport, had a budget of \$2.5 million plus additional costs (a larger parking lot, intersection improvement on Seventh Street and a utility relocation fee) which brought the total cost to \$3.8 million.

"We have received a positive response from the community now that they see it being built," Greenwood said. However, he also said that there were a few people who had different ideas about where the tax dollars should have been invested.

But the public works director pointed out that "some of the funds

we received were directly for the teen and senior center, including a \$500,000 grant."

Another controversial subject of the project nearly 20 years in the making, is the use of the barn wood from Phillips Ranch. Zumbrun Construction Co. demolished the building that was on the site where the Community Center was originally going to be located. The center was relocated because of wetlands, Greenwood said.

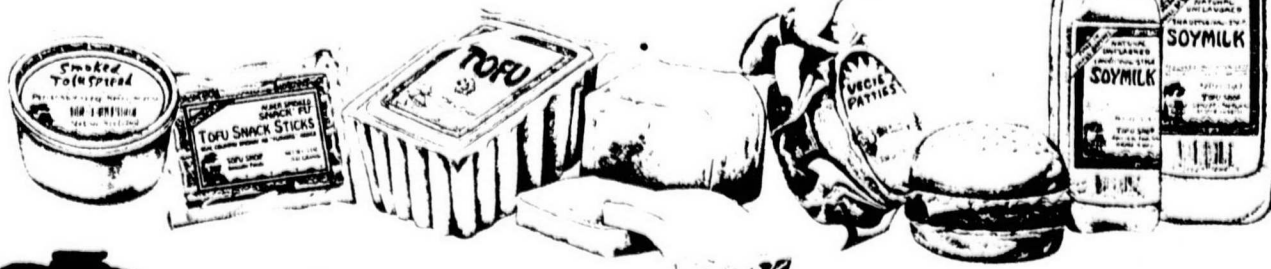
Zumbrun Construction Co. received the wood for salvage rights. And to satisfy the community, the city was going to use part of the old barn wood in the ceiling area. But the estimate from Zumbrun Construction Co. for the use of the wood and backing materials was \$9,400, more than what the city had allocated for that area, according to Greenwood.

The city's solution was to use madrone wood from Westcoast

See Center, page 16

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Budget

• continued from page 11

"Though we've identified some receivables that were not previously considered in the budget, we don't include some potential sources because their disbursement is outside the county's control," he said.

As an example, Dixon cited ongoing negotiations with the federal government on the amount of money received from the Redwood National Forest PILT, or Payments In Lieu of Taxes. The payments are made to counties whose property tax revenues are affected by federal land.

"The law on PILT payments was recently changed to better benefit communities in the program," Dixon said. "Ironically, it actually reduced Humboldt County's payments."

Even if no more sources of revenue are identified, the county maintains a contingency fund that will cover the remaining \$250,000. Both Dixon and Murray agreed that being forced to activate the fund is unlikely.

"The worst case scenario is that the \$250,000 will not be identified," Murray said. "At that time, the county's \$300,000 contingency fund would cover the shortfall."

"We'd rather not dip into the contingency fund," Dixon said. "But, that is what it's there for."

Dixon believes that there is no real cause for concern about the budget, but admitted that unexpected adjustments in the budget can be somewhat unsettling.

"It's unfortunate that things like this come up, but the budget's just a plan, so it's dynamic and flexible," he said. "It's less difficult for departments to deal with, but it was still traumatic for the public to deal with."

Arcata city government has three unfilled task force positions

Arcata's Nuclear Weapons Free Zone, Design Review Committee and Commission Planning Commission each have a vacancy.

All the positions are open to Arcata residents and are uncompensated. Applications may be obtained from the city manager's office in City Hall, at 736 F St.

The application deadlines are 4 p.m. Friday for the Nuclear Weapons Free Zone Commission, 4 p.m. Jan. 29 for the Design Review Committee and 5 p.m. Feb. 12 for the Planning Commission. For more information call 822-5953.

The Nuclear Weapons Free Zone Commission reviews city contracts and investments with contractors and seeks nuclear-free alternatives. The commission meets in the city manager's conference room at 7:30 p.m. the fourth Thursday of every month.

The Design Review Committee studies the designs for apartments, industrial projects and commercial projects in Arcata. The committee meets in the City Council chambers at 4 p.m. the first and third Wednesdays of every month.

The Planning Commission advises the City Council on planning and zoning issues and makes decisions about zone changes, use permits and subdivision proposals. The commission meets an average of twice a month. The vacant term ends Dec. 31, 2002.

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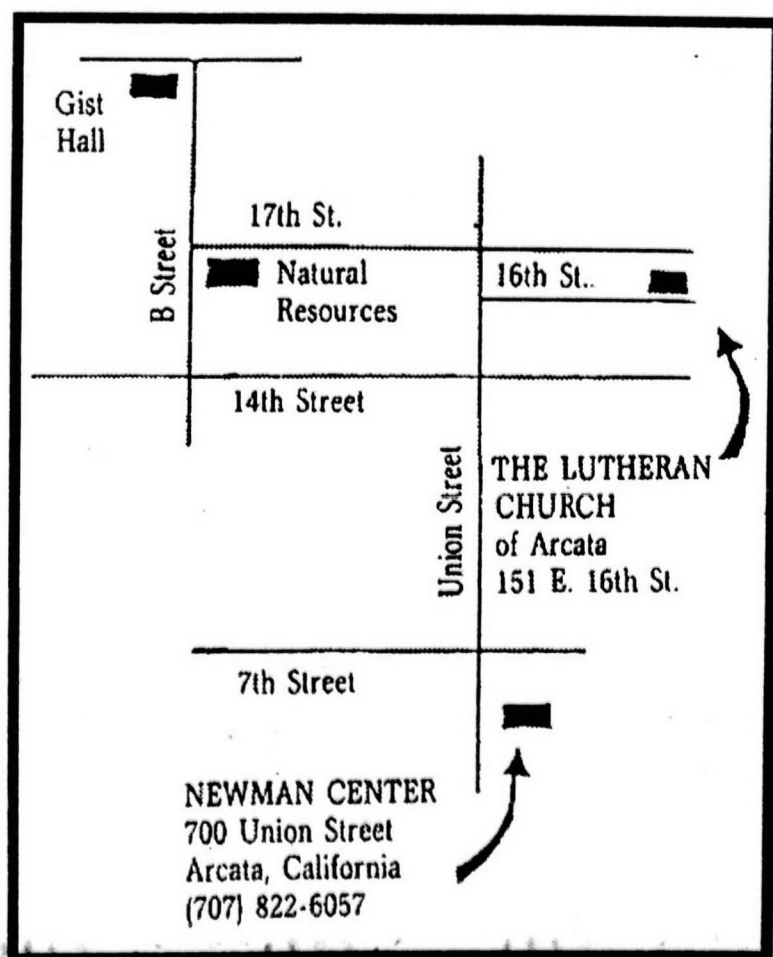
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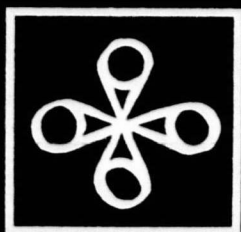
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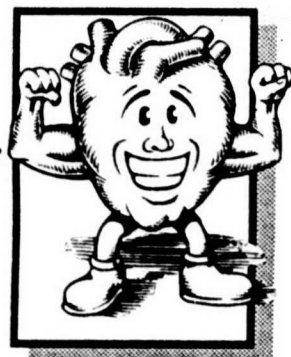


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Arcata task force prepares for the Y2K New Year

by Jennifer Kho

It's 11:59 p.m., Dec. 31, 1999. What will happen next? After the "Happy New Year!", nobody knows.

But members of the Y2K Arcata Community Preparedness Committee say it's best to be ready for anything.

"There is no telling what Y2K will do, but if there are problems they will affect the whole world," said Rachel Windsong, co-chair of the Eureka Y2K Task Force. "The major problems won't be the problems with the computers, but the effects of what the computers do or don't do. Even after all the computers are repaired, the problems won't all be fixed."

Some possible malfunctions could include a shortage or lack of water or electricity.

"If the electricity goes out for any length of time, it could affect everything, like transportation, communication, food delivery, medical care, banking, heat and water," Windsong said. "There is no part of our lives that is not affected by computers and

electricity at some point."

Rob Amerman, a member of the administration committee for the Y2K Arcata Community Preparedness task force, said, "Of course, it's also possible that nothing happens."

Y2K, the millennium computer bug, is a problem caused by the fact that original computer systems, particularly those designed in the '50s and '60s, were designed with two-digit year codes, rather than four-digit ones.

"So on midnight Jan. 1, computers could misinterpret the date to be 1900 or malfunction completely because zero doesn't come after 99," Amerman said.

Computers that set themselves to Jan. 1, 1900, could be problematic, especially if they are used for accounting. Computers that crash could be entirely nonfunctional.

"Everything computer-related could be affected, including energy. The two-digit codes are written on millions of lines of code," Amerman said.

Home computers should be safe for the most part, because most of them should already be Y2K compatible, he said.

The main problem is that everything is so integrated, Windsong said.

"If there is a breakdown in computers used in a mining operation or in a can-production plant, it will affect the production of food because there must be something to put the food in," she said. "Any production sequence will be affected if even the smallest part breaks down. It's the so-called domino effect."

The Arcata task force met for the first time in a town meeting at City Hall Dec. 17. Jan Lundberg, a member of the Alliance for the Paving Moratorium, started the task force by organizing the meeting.

The alliance promotes converting pavement into green space and encourages "pedal power" transportation to reduce automobile use, said Amerman, who is not a member of the alliance.

"The alliance supports our Y2K task force because (the alliance) supports sustainable living and Y2K is a good indication that we are far from sustainable living in America," he said. "It's time to consider some real solutions to technological reliance. If the horrors of Y2K are as bad as some people predict, we're really going to wish we had a less computer-driven society."

The task force has about a dozen committees, including administration, public outreach and utilities, community resources and skills, food security, gardens, working with government and neighborhood planning.

The most important job for community task forces is to inform the public, Windsong said.

"They can help bring a community together to be prepared in case there is a crisis," she said. "The prospects can be frightening when you're alone but you lose that panicky feeling if you aren't alone. They can help make governments responsible, and can help tackle projects that couldn't be done individually, such as community gardens in case there's a food crisis."

Amerman said the Arcata task force is most concerned with being prepared for a crisis, but not alarmist.

"We want to have a community dialogue so we can make sure the community can provide food, shelter and other necessities," he said. "The most important thing is to raise awareness that Y2K is a potentially huge problem. It's the last growing season before the new millennium, so if we're going to stockpile food we need to plant it now."

So far, the task force has met four times and has had between 26 and 50 people at each meetings, Amerman said.

"We're planning to meet every Tuesday at 7:30 p.m., but we don't have a regular meeting place so people have to call to get the latest meeting locations," he said.

The hot-line number is 825-8736.

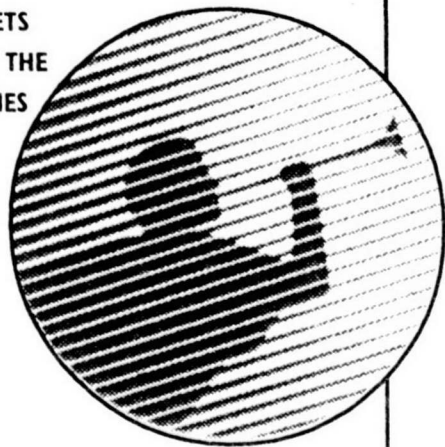
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Center

• continued from page 14

Hardwoods for the ceiling area "because it is of higher quality and within budget," he said.

According to Greenwood, Zumbun is still storing the wood and it is still for sale.

"It [the new Community Center] has really evolved through the years — it has been planned for a long time," Greenwood said.

City Manager Keith Breskin supports the endeavor despite the complications. "The City Council mem-

bers say they agree with Duane's approach," he said. "(The Community Center) serves a fundamental purpose and the role of city government is to serve the community and provide a basic need."

The fate of the current Community Center is not yet known, but Diemer said the city's intention is to "sell it, provided the city finds a viable mean to do so."

Looking ahead and above, the outlook favors sunny skies and a smooth opening of the new Community Center.

A moving canvas

Humboldt County artwork will be displayed on buses instead of ads

by Molly Taylor

Humboldt County art is finally hitting the road.

The start of the new year means a new project for The Ink People Center for the Arts and Redwood Coast Writers' Center. Vincent Peloso, poet and instructor at College of the Redwoods, is heading an all-new project through the two organizations.

The project that Peloso has initiated is to put Humboldt County art and poetry on all three bus lines in the area.

The project is similar to the various poetry and art on the subways and buses in New York City, San Francisco, London and other metropolitan areas.

The concept is to have artists and writers create standard-size posters that will fit in the ad spaces inside the buses. The posters will be half art and half poetry.

"We plan on a total of about 12 posters," Peloso said. "Artists and writers may collaborate to integrate their work."

With help from The Ink People, RCWC and Poets & Writers Inc., Peloso hopes to get the work of local artists and poets up sometime in March or April. The project will not only focus on present-day artists, but also ones from the past. The posters will include historical photos, art and writing from Humboldt County's colorful past.

Artists and writers have the option of working together or submitting work separately. Once all submissions are in, a three-person committee will select the finalists.

All posters will be professionally printed through the use of grant money, donations and other funding. The Poets & Writers' On Site program is funded by a grant from the James Irvine Foundation.

To get involved in the art on the bus project, attend one of two free workshops at The Ink People at 411 12th St. in Eureka.

Peloso will present the design format and explain the process at both the workshops, which will be held Thursday from 7-9 p.m. and Saturday from 11 a.m. - 1 p.m.

The workshops are free and preregistration is required. For more information, call the Redwood Coast Writers' Center at (800) 950-5092.

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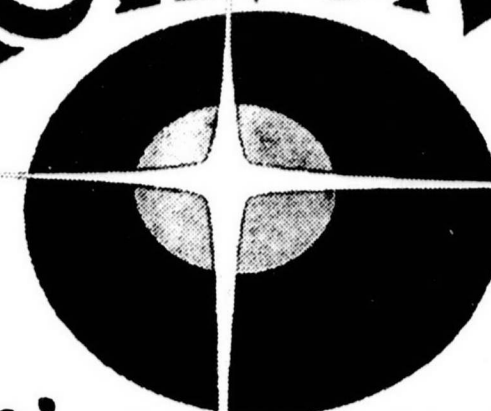
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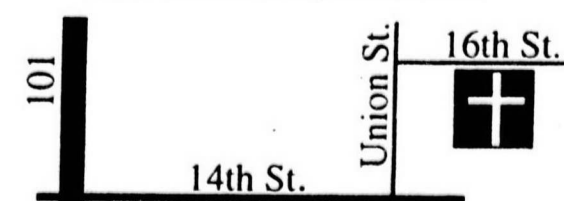
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Headwaters: Minerals and tree-sitters bring controversy

•continued from page 12

Documents from the Humboldt County assessor's office show proof that many companies own the titles for the underground rights.

These rights allow owners to drill and mine for oil, gold, silver, etc., and to build transport roads and telephone lines. The government generally purchases all the rights to a property it acquires, so MAXXAM/PL is scrambling to buy the rights for the 7,500 acres.

"PL does not own the mineral rights but they are in the process of negotiating for the rights and

will convey them to the government at no extra cost," Carroll said last week.

The appraisal of Headwaters did not include the mineral rights, however.

"They [the appraisers] didn't include the value of the mineral rights because the appraisers knew that PL didn't own them," Carroll said.

Tree sitters lose equipment

On Dec. 9, two Earth First tree-sitters, Stephen "Bird" Bowling and Cynthia "Lily" King, were stuck in a tree when their supplies and platform were taken by two

climbers who told them they had been "deputized by the sheriffs," Earth First spokesman Jeff Davis said Monday.

The climbers had taken their ropes so they remained in the tree with no means to climb down. Further complicating things, Bowling locked himself to the tree and accidentally dropped the key.

The two were rescued 12 hours later. They climbed the trees again the following day and are still up there.

"They are determined to stay in that tree, now more than ever," Davis said. Neither the sheriff nor PL could be reached for comment.

UC Davis professor to teach potting soil course in Eureka

The Agriculture Center in Eureka will offer a four-hour course in locally used potting soil mixes today at 1 p.m.

The workshop, titled "Potting Soils for Starting Plants," costs \$5 and includes a snack.

Richard Evans, who teaches a full-semester course on the subject at UC Davis, will conduct the workshop.

The class will cover topics from pH levels and disease organisms to nutrient levels and soil-type ratios.

The Agriculture Center is located at 5630 South Broadway in Eureka.

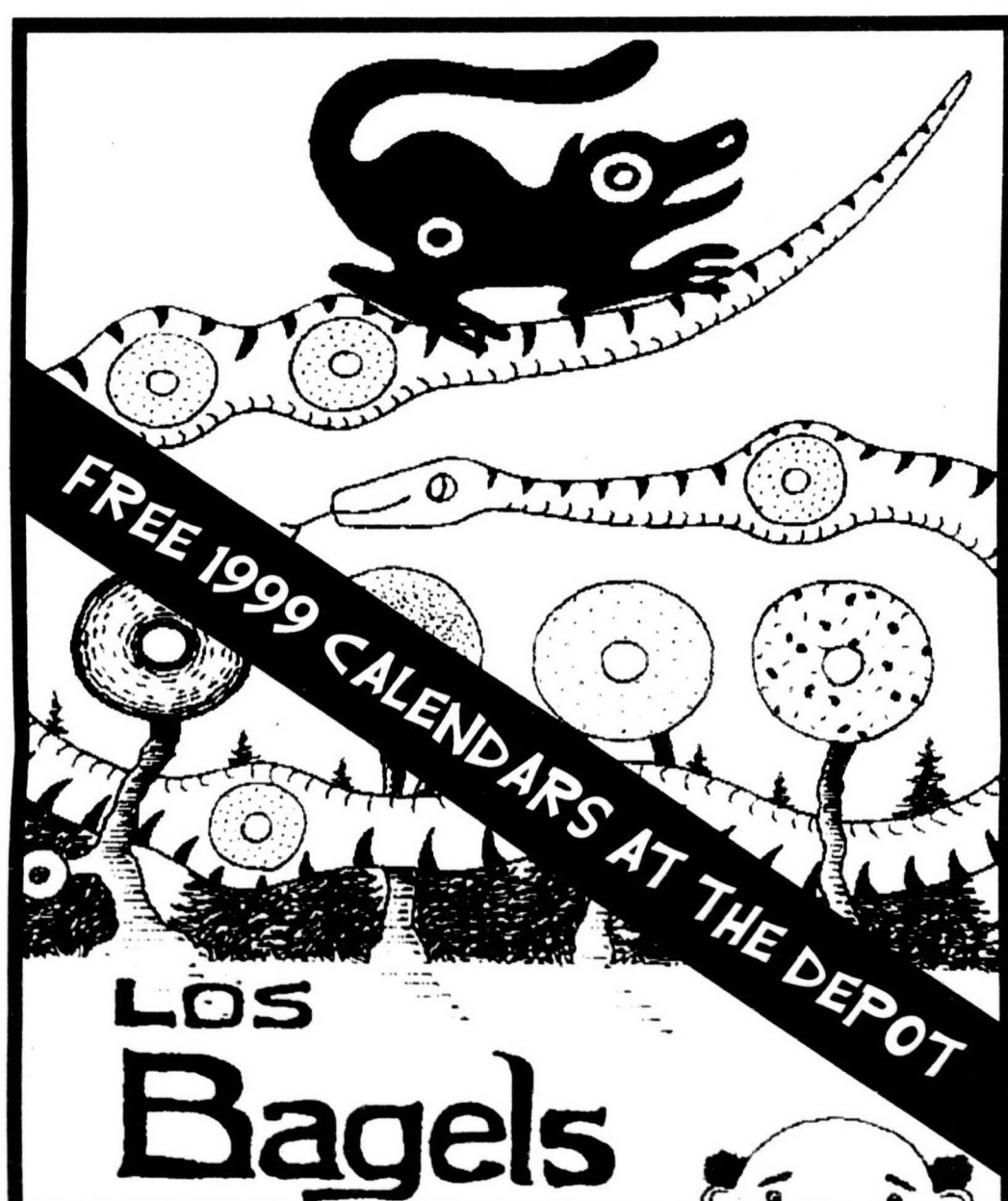
For more information, call Deborah Giraud at 445-7351.

AmeriCorps/Cadre of Corps and Eureka to clean marsh

AmeriCorps/Cadre of Corps and the city of Eureka are co-sponsoring the first Eureka Marsh clean up of the year.

Participants will meet Jan. 30 from 10 a.m. to 2 p.m. at the foot of Del Norte Street to remove trash, plant trees and clear invasive species.

Volunteers are encouraged to bring gloves, shovels and/or other tools. Drinks and snacks will be provided. For more information, call Becky Holesapple at 445-0913 or Joel Canzoneri at 441-4163.



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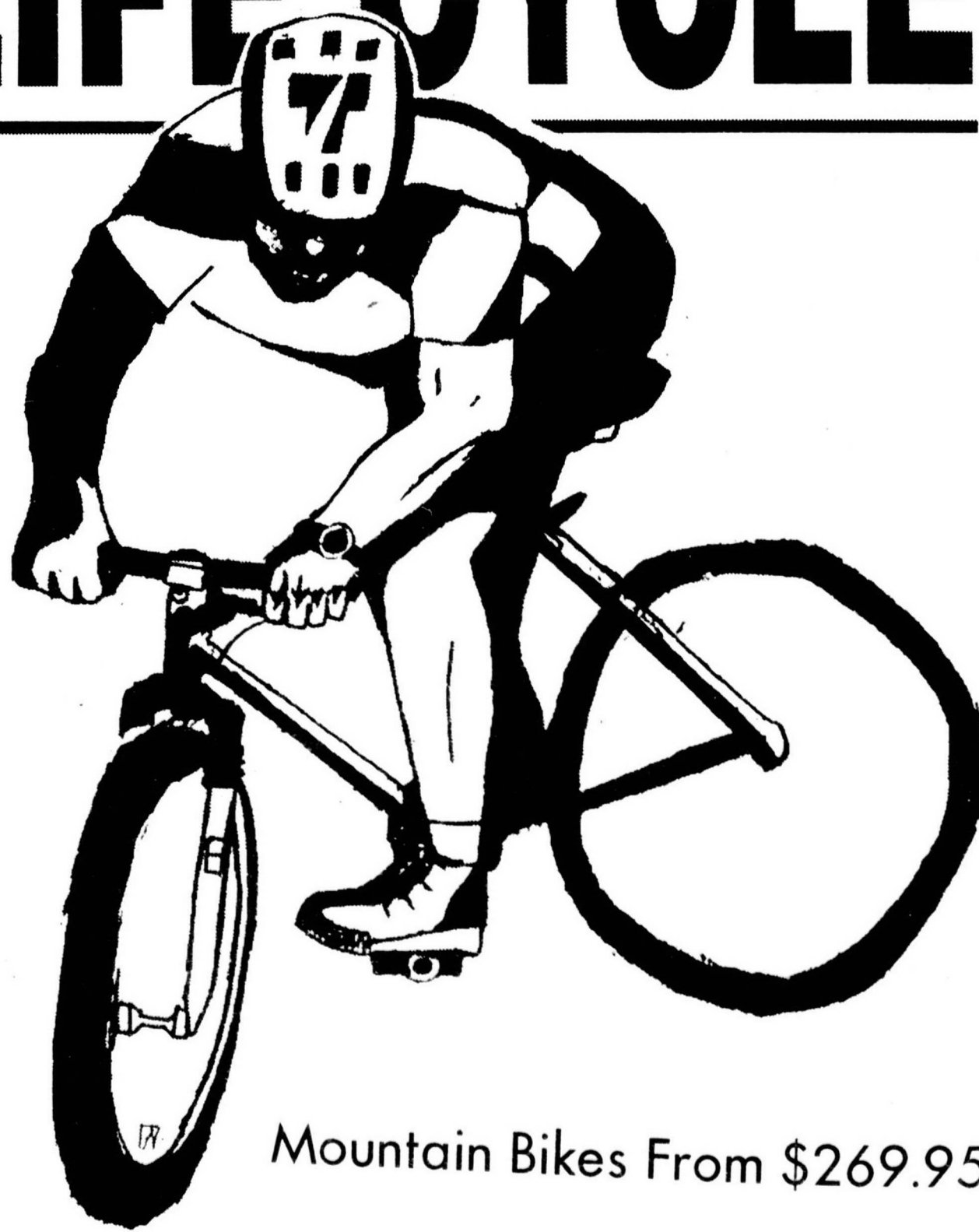
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Good nutrition requires a balance of vitamin and mineral supplements

by Frank Pruett

photo by Sandra Redmond

The aisle devoted to dietary supplements in grocery stores is jammed with every conceivable form of multivitamins, "anti-aging" formulas and concentrated pills of every stripe, from vitamin A to mineral zinc.

The human body needs many of these substances to function properly. Supplements, however, may not be the way to provide them.

Doctors and the American Heart Association agree that eating foods rich in the essentials, such as vitamin A, the "B complex" and vitamins C, D, E and K (as well as minerals like iron and zinc), is preferable to popping pills for them.

Supplements are sometimes harmful

The American Heart Association's scientific position on supplements is lukewarm, at best. From the Web site (http://www.ahart.org/Heart_and_Stroke_A_Z_Guide/vitamin.html):

"The AHA recommends that healthy individuals obtain adequate nutrient intakes from foods eaten in variety and moderation, rather than from supplements.

"The Recommended Dietary Allowances (RDAs), published by the National Research Council, represent the best currently available estimates of safe and adequate dietary intakes. All nutrients are potentially toxic when ingested in sufficiently large amounts over prolonged periods of time. For otherwise healthy people, there are only limited data suggesting advantages for taking certain vitamin or mineral supplements in excess of the RDAs."

Beyond the effectiveness of supplements, some vitamins can be detrimental to the body when

taken in large amounts, or "megadoses," according to Dr. Marion Nestle.

"Food has nutrients that are in proportion to how we evolved to eat. If you take supplements, you may throw off the balance you need for a healthy diet," Nestle said. "Taking too much of one nutrient can even interfere with absorbing others."

Some ill effects of excess vitamin intake are more direct in their consequences, according to Elizabeth Somer, author of "The Essential Guide to Vitamins and Minerals." From the text: "The average person can sunbathe for 10 minutes daily during the summer

months and store an annual supply of Vitamin D (note: Darker skinned people and older people require more exposure to sunlight to produce Vitamin D). Toxicity of this vitamin, which can occur by ingesting only four times the recommended daily amount, may result in diarrhea, headaches, nausea, calcium deposits in soft tissue and irreversible kidney or heart damage."

Despite these warnings about vitamins and "megadosing," the body has a need for these substances. Acquiring them in one's diet is relatively simple.

Eating and cooking for vitamins

Your area supplement stores may not promote them much, but the foods needed to provide all of your minerals and vitamins can be bought at any grocery store or raised in your backyard. Most people eat them, but sometimes in insufficient quantities to provide the essentials on a regular basis.

"People in our society, especially the urban segment, tend to eat



Most commonly used vitamin supplements are available at local grocery stores. Many people, however, can get much of their daily nutrients through a proper diet.

VITAMIN:	BENEFITS:	SUPPLIED BY:
Vitamin E	Boosts immunity, aids muscle, red cell circulatory function	dark leafy vegetables, avocados, sunflower seeds
Vitamin C	aids cold prevention, prevents scurvy	citrus fruit, tomato, cabbage
Vitamin D	helps absorb calcium needed for teeth and bones	dairy products, oily fish
Vitamin A	preserves night vision, lubrication of eyes, growth of hair, skin, teeth	dark green vegetables, carrots, cheese, liver, eggs
Thiamine, B1	aids muscle, nervous system	dairy products, liver, pork
Riboflavin	aids in healing wounds, helps release energy from foods	meat, fish, spinach
Niacin, B3	needed for healthy skin, helps release food energy	milk, eggs, meat
Pyridoxine, B6	needed for metabolism, helps form red blood cells	brown rice, oats, eggs
Beta Carotene	boosts immunity, lowers risk of heart disease	cantaloupe, carrots
Folic Acid	prevents birth defects, prevents some heart disease	leafy vegetables, oranges
Iron	needed for hemoglobin in red blood cells	red meats, liver
Zinc	aids immune system, senses of smell, taste	meats, cereals, liver
Calcium	building block of bones	dairy products, broccoli, kale
Chromium	necessary for sugar metabolism	liver, wheat germ
Vitamin K	helps with blood clotting and may also inhibit the growth of some cancers	turnip greens, broccoli, beef liver, cheese

Sources: "Recommended Dietary Allowances," 10th edition; the National Academy of Science.



Eureka Natural Foods employee Amanda Kirk holds a bottle of "Women's Blend-Super Nutrition" vitamins. There are many vitamin, mineral and herbal blends to help ease the symptoms of premenstrual syndrome.

Understanding PMS: causes, cures and confusion

by Pat McGuinness

photos by Sandra Redmond and Chris Anderson

PMS — three letters that elicit stereotypical visions of peevish, irritable and morose women wreaking havoc with every living creature having the misfortune to cross their paths.

As might be suggested by this notion, PMS, or premenstrual syndrome, has been the topic of much debate since the early 19th century. It has been viewed as a curse, a concoction of a woman's psyche, a time of spirituality and creativity and as a complex interaction of hormones, diet, stress and lifestyle, according to Registered Dietitian Erin Pammer, author of *Treating PMS with Nutrition*, an Internet newsletter sponsored by the Cheshire Medical Center of Keene, N.H.

What is PMS? The definition of

PMS provided by the North Coast Women's Health Clinic Guide for symptom relief is: "Premenstrual syndrome is a complex of symptoms which occur regularly in the same phase of each menstrual cycle, followed by a symptom-free phase. Generally, PMS symptoms are experienced between ovulation and the menses."

If this definition seems a bit vague, PMS is still not completely understood, there are some common threads found in the characteristic symptoms, diets, lifestyle and activity levels of women who suffer from PMS, according to Pammer.

What is the best treatment? As varied as the theories defining PMS, so are the treatments and attitudes about them. According to Kathie Pomeroy, a McKinleyville resident

and nutritionist, "Treatment of PMS is an inexact science; everybody is individual in their needs so there is no exact prescription. What works exceptionally well for one (person) won't do anything for someone else."

Although she concentrates on nutritional issues, Pomeroy said she is not opposed to suggesting herbal therapies to compliment a particular dietary regime but considers quality control of herbs to be questionable, particularly due to nonstandard measurements.

"Without RDA control, you can put two products side-by-side thinking you are getting the same product and have completely different doses," Pomeroy said. She considers the lack of public awareness about the dangers of many

herbs somewhat of a problem as well.

Michaela Saliba, a clinical herbalist on staff at Moonrise Herbs in Arcata, said that she often creates special herbal formulas for specific PMS symptoms depending on the problem. Saliba said that Moonrise Herbs has three clinical herbalists on staff to aid women in proper herbal choices. Both in-store blends and pre-packaged formulas are available depending on what specific problem a woman is experiencing.

"There are also general formulas for overall hormone balance," she said.

Of her view regarding "tradi-

See PMS, page 22

if you turned the page sideways to read this...
you obviously have the free time to read **COMMUNITY**

Grad students talk about pros and cons of workout aids

by Jenn Kho

photos by Kristi Sullivan

Baseball player Mark McGuire smashed the home run world record last season, but he did it while admittedly using creatine and androstenedione, dietary supplements that are allowed in professional baseball.

The supplements might have been new to the lay person, but they have been hot topics for years among athletes, said graduate assistance strength and conditioning coach Andy Dendras, who is doing his master's thesis on creatine.

"Most people who are taking creatine at HSU have taken the time to educate themselves," he said.

Creatine is a substance the body gets naturally from eating meat and fish. Creatine replenishes the phosphate the body needs to move in the first energy system, which lasts the first 10 seconds of movement. Phosphocreatine reacts with hydrogen and adenosine diphosphate (ADP) to make adenosine triphosphate (ATP), the smallest form of energy that muscles use.

"People usually eat about 2 grams of creatine a day, but with a dietary supplement you would be getting between 10-20 grams a day," Dendras said.

Research has shown that people react differently to the increased creatine, with 1 in every 10 people not experiencing any effects at all, he said.

"If someone is going to take creatine, they should take it the proper way, according to directions on the bottle," he said. "The problem is research hasn't come up with the best way to take it."

Creatine is available over the counter in pill and powder forms, and is not banned in professional sports or the NCAA.

Kyle Ryan, a graduate student majoring in kinesiology, said, "Creatine allows the body to recover faster. It's not a miracle thing. It wouldn't help someone who only works out once or twice a week."

There are no proven long-term negative effects from creatine, but some people think it could cause dehydration, muscle-cramps, strains and tears, he said.

Creatine does not provide an advantage in most actual competition, because athletes spend most of their time using different kinds of

energy than the first energy that creatine furnishes.

"Creatine helps with short, interval workouts in the first energy system," Dendras said. "It would help in anaerobic sports where there are short, quick bursts of movement, such as in basketball, softball or football."

Ryan said the main reason creatine is so widely accepted is

"(Androstenedione) could be dangerous, especially for someone in their growth years. It could slow development in high school athletes."

Kyle Ryan

HSU weight room instructor

it's a substance that naturally occurs in the body.

Androstenedione is not naturally found in the body, however, and is banned by the International Olympic Committee and the NCAA.

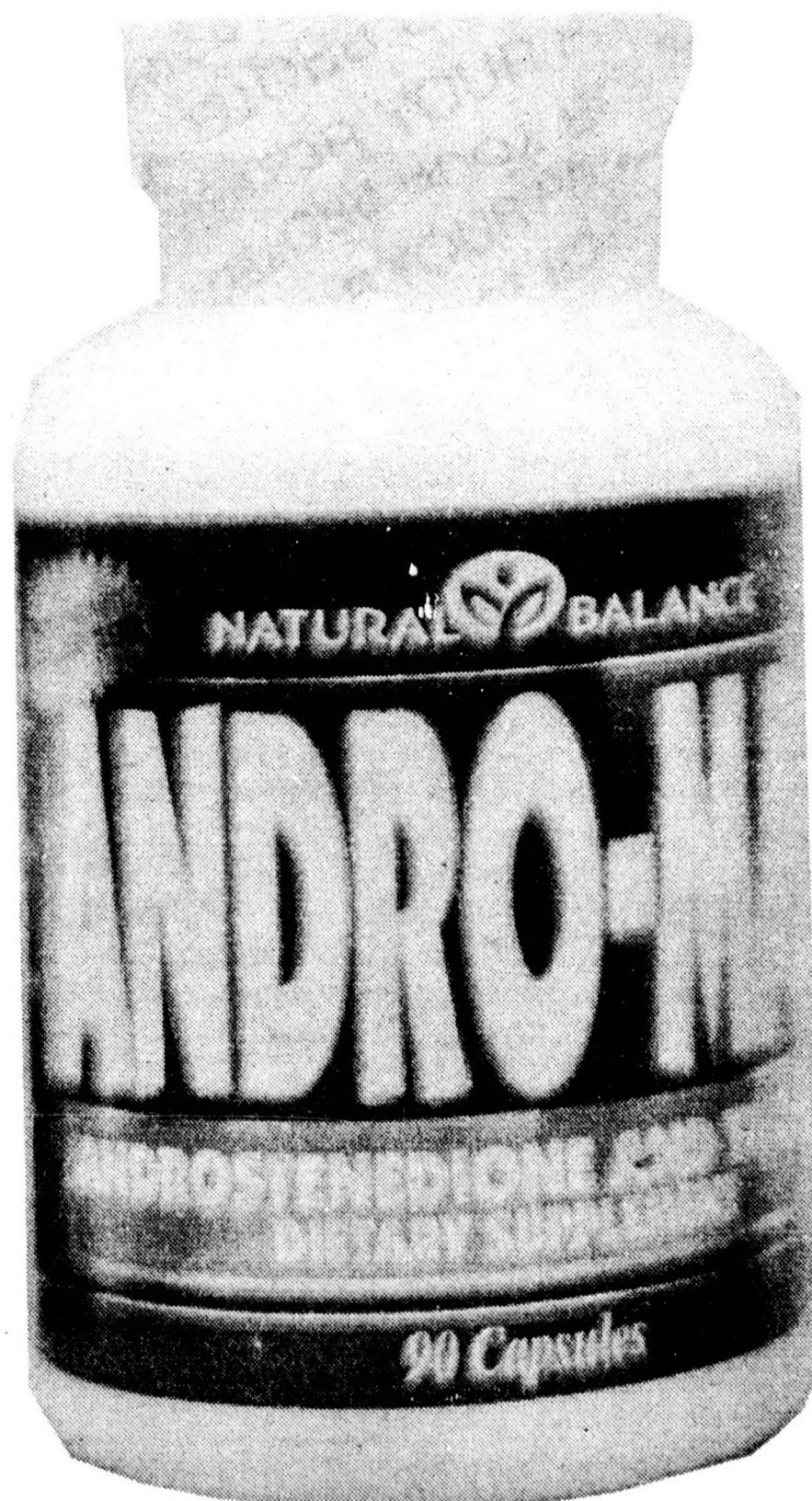
"(Androstenedione) is a step away from being an anabolic steroid," Ryan said.

"Anabolic" means that the substance builds muscle.

Androstenedione boosts testosterone up to 20 percent when athletes take it within an hour before a workout. Testosterone is a hormone necessary for muscle-building.

It is available over the counter, but the long-term effects of taking the supplement are mainly unknown, he said.

"If you take androstenedione for awhile and then stop, the body produces less testosterone because it starts to rely on the androstenedione," Ryan said. "That effect could be dangerous, especially for someone in their growth years. It could slow development in high school athletes, for instance. In men, the reproductive organs require testosterone."



Melinda Myers-Johnson, MA

Your burning questions will be answered. Get them to Melinda Myers-Johnson, who teaches Human Sexuality at HSU and owns Good Relations Lovers' Boutiques in Arcata and Eureka. Her column will appear in the Science section starting Feb. 10.

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PMS: Treating the cause instead of the symptoms

•continued from page 20

tional" PMS therapies, Saliba said, "The pill is western medicine's way of regulating hormones. It's considered the easy way to take care of health issues."

The birth control pill is one treatment used by the "traditional" medical community in the aid of PMS symptoms. The pill is commonly used to level out hormonal imbalances, according to a Redbook magazine article that appears in next month's issue.

Although PMS is not considered a psychiatric or psychological disease, according to Dr. Eugene Aron, obstetrician and gynecologist at Newton Wellesley Hospital according to a January 1998 article published in TAB magazine, the western medical philosophy allows for the incorporation of antidepressant drugs and tranquilizers such as Zoloft, Prozac, Elavil, Avium and Xanax in the treatment of anxiety and depression associated with PMS. A criticism of these therapies is that they don't address the underlying problems causing the symptoms and contribute to



further problems because of side effects, according to the article. A concern over alternative therapies and homeopathic remedies for PMS symptoms stems from physicians' concerns over dangerous drug interactions with prescription medications, according to the American Medical Association.

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Nutrition: Choose to eat a variety of foods

• Continued from page 19

"Wise food choices are only half the story ... Food preparation is the other half."

Francis Sizer and Eleanor Whitney
authors of "Nutrition"

poorly and use pills to make up the difference," Dr. Andrew McMorro said in a phone interview from San Diego. "They may not know that eating well is possible even on the run, just by choosing wisely."

A diet rich in vitamins and minerals means choosing to eat a wide variety of foods.

Stopping at a fast food restaurant doesn't give you that option.

"It takes just more time to go wait in line at a crowded burger stand than it does to fill a plate at a soup and salad restaurant, and the food's better tasting at the salad bar," said McMorro, who is a general practitioner in San Diego.

Better yet, cook at home.

Keep vegetables, grains, dairy and meat well-stocked. For foods rich in vitamins, refer to the nutrition table.

Even if you cook at home, you may be wasting the vitamins that healthy foods contain.

In Hamilton/Whitney's "Nutrition," authors Frances Sizer and Eleanor Whitney write: "Wise food choices are only half the story ... Food preparation is the other half. In commercial food processing, loss of vitamins seldom exceeds 25 percent. In food preparation at home, it can be close to

100 percent."

When you boil vegetables, the water-based vitamins can be quickly leached away.

Rather than lose the vitamin value of the vegetable, the authors suggest to "steam vegetables over water, not in it; stir fry them in a small amount of oil."

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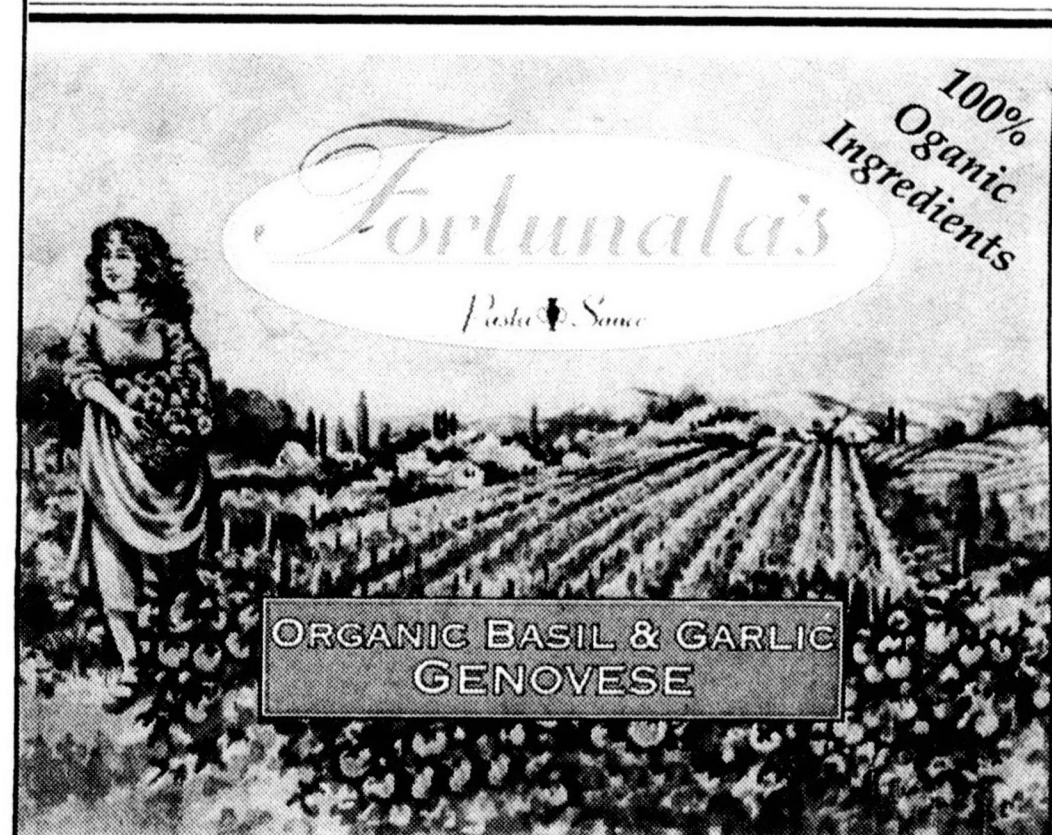
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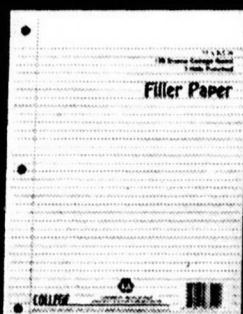
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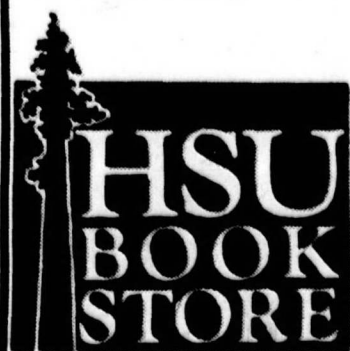
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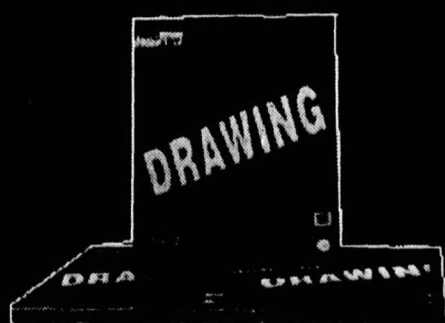
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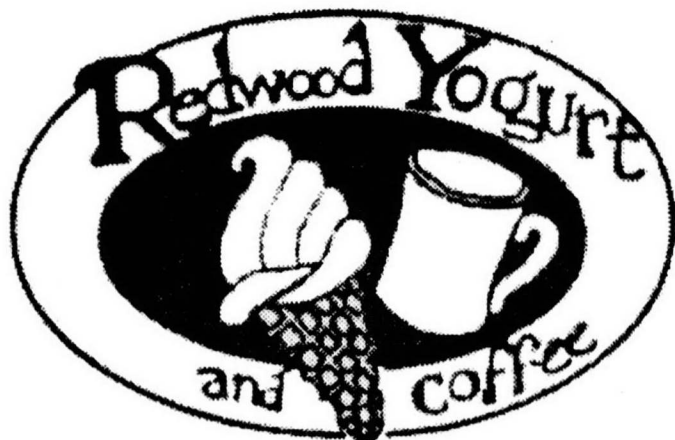
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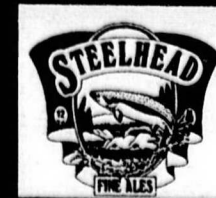
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P-Funk veteran to play Humboldt

Bernie Worrell promises to pull some woo out of his hat

by W. Lamar Miles

photo courtesy of Sven Philipp

On Feb. 3, Bernie Worrell and the Woo Warriors will "tear the roof off" the Van Duzer

Theater.

Bernie Worrell is the original keyboardist from PARLIAMENT-FUNKADELIC and a member of the Rock 'n' Roll Hall of Fame. Some know him from his stints with Talking Heads, the CBS Orchestra or the hundreds of sessions he's played and produced, such as the Rolling Stones, the Pretenders and of course, Bootsy's New Rubber Band, PRAXIS and countless collaborations with Bill Laswell. Classically trained at the New England Conservatory

of Music and Julliard School of Music, Bernie gave his first concert appearance at age 4. I spoke with The Wizard of Woo himself, on the phone from Los Angeles, where he was working in the studio.

Lamar: How's the tour going?

Bernie: I'm not on tour yet. I start on the 21st. I'm out here doing a Herb Alpert album with Will Calhoun of Living Colour and Doug Wimbish on bass. So we're doing that and I leave on the 21st for Denver; that's where we start.

L: Have you been to Humboldt County before?

BW: Yeah, I'm sure, many years ago. We were, matter of fact, we got caught in a blizzard on the way to Aspen. I think that was in the early '80s. We got caught going through a pass, me, George Clinton and our road manager at the time. We made it there and just took a few days off during one of the tours. I forget which tour it was.

L: For the uninitiated or unfunky, what is Woo?

BW: Woo is the ability to entice a person, an entity; to entice them into your realm; to lure them in, to get them into ... your thing. And the talent to "Come on, let's get down." Woo can be food. You can be woo'd by food, money; money is a woo.

L: Who are the Woo Warriors?

BW: Besides my protégé, the second keyboardist, Greg Fitz, who I also placed with Bootsy Collins to take my place with Bootsy when I was doing the Letterman show. Van Romaine, who is a drummer from New York. He also plays with Steve Morse from Deep Purple, which he's doing now, so I have another drummer, Gabe Gonzales, who's played with the P-Funk All-Stars. Yes, and the other people are local talent from the New Jersey area, from the Plainfield area and East Orange, N.J. Donna MacPherson on bass, female bass player; B.J. Nelson, vocalist who's done a lot of work over the years with Robert Palmer and Luther Vandross and different people. Michael Moon Rubin on guitar from Plainfield. These aren't names that people know except for Gabe and Greg Fitz; they're players and they're

"Woo is the ability to entice a person ... and the talent to, 'Come on, let's get down.' Woo can be food. You can be woo'd by food, money; money is a woo."

Bernie Worrell

The Wizard of Woo

Warriors.

L: You mentioned the Letterman show. How long did you stay with the CBS Orchestra?

BW: Nine weeks. I was flying out on weekends to meet Bootsy and play with Boots and then getting the red-eye back to tape for the upcoming week, and it got to be a little taxing at this stage of the game. Plus, it kind of kept me from doing ... I do a lot of different things. So ... don't get me wrong; it was great except for being too cold in there, but I had other things I had to do and it was a mutual agreement for me to depart.

L: It didn't seem right seeing you hiding behind Paul Shaffer. Nothing against Paul, but you're the man.

BW: Right. I know Paul felt the same way. I'm one of his idols and we've been friends for years. He felt the same way, but I was comfortable that way because that's a taxing job. You know, a lot of people don't know what Paul has to deal with, and my hat's off to him.

L: You've worked with so many different artists. Is there anyone you haven't worked with that you'd like to?

BW: Yes, Jimi Hendrix. But I've already worked with him because I've played his material on the Jimi Hendrix tribute album, so we worked together in our mind and spirit. But I would say I'd like to work with Stevie.

L: Stevie Wonder?

BW: Yes, we met each other years ago; maybe that'll happen. And I'll work with whoever the Lord sends.

L: What can we expect to hear at the show?

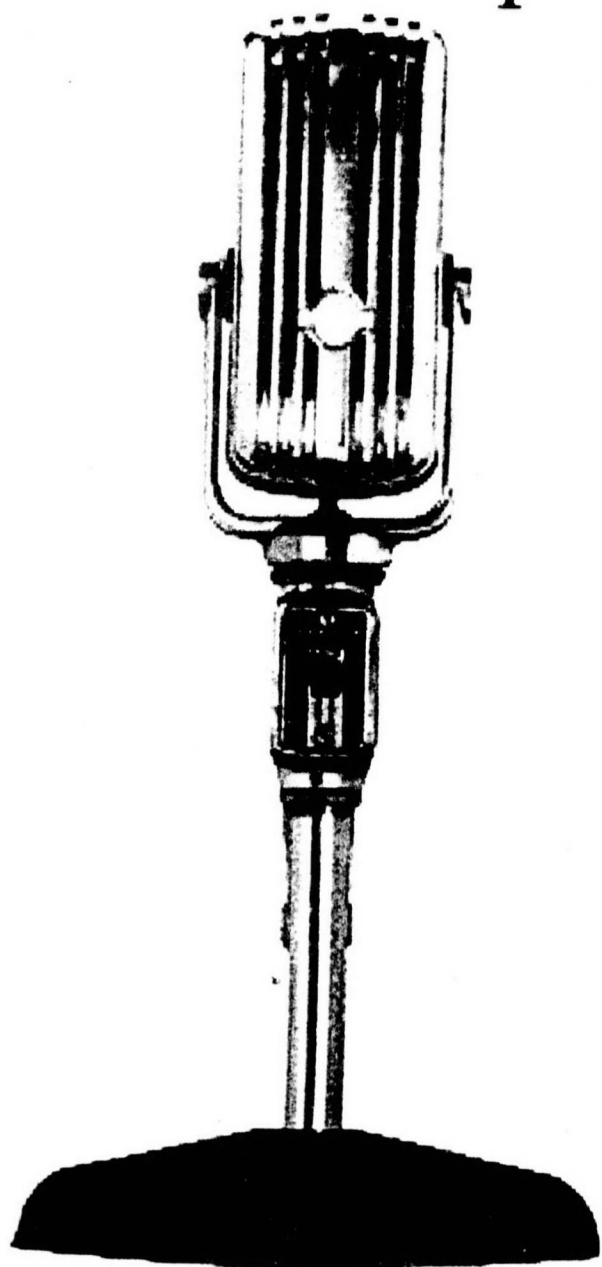
BW: Well, you'll hear a little bit of this, a little bit of that. I'm talking about some old FUNKADELIC oldies but goodies, but not necessarily old because they still stand up today. Then you'll hear a couple of things from the "Free Agent" album, and there'll be some improvisation of jazz, of anything that I pull, pull out of my Woo hat ... and cartoon music and a little comedy. It'll be fun; we like to have fun. You'll get at least an hour and 45 minutes to two hours. We put our heart, even if there's 10 people, or a thousand. We still play the full two hours, and play hard because we're dedicated.

L: What are you working on these days, and what's coming up?

BW: OK, like I said, the Herb Alpert project, the Woo Warriors tour, then I go

Bernie Worrell, who attended New England Conservatory of Music and Julliard School of Music, is the original keyboardist of PARLIAMENT-FUNKADELIC. He is also a member of the Rock 'n' Roll Hall of Fame.

the mike is open



Back to their original night, open mike nights at Sacred Grounds Organic Coffee Roasters, 7th & F St, Arcata will run every Thursday evening. Come and experience the best local poets and musicians as they continue the event that they made great. Open to all, sign ups are at 7:00 pm and the fun begins at 8:00 pm. Call 822-0690 for more info.

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New hot spot comes to Southern Humboldt

by Evan Hatfield
and Alicia Jack

photos by Evan Hatfield

Opportunities must be seized whenever possible, especially when they come in the form of dining on some fine cuisine on somebody else's tab. It was by employing such logic one wet Friday afternoon that we risked our lives on the saturated 60 mile stretch between Arcata and the Southern Humboldt haven of Redway. The destination: The Iguana, a recently opened bar and grill that specializes (as the large sign out front will modestly tell you) in "tuna, tunes and tapas."

Now, we weren't really sure what to expect of an eating and drinking establishment in Southern Humboldt. Based on what we had heard of the area, we were looking to find a fleet of pickups in the parking lot, a Danner boot on every foot, chicken wire in front of the stage, and some serious glassy and paranoid stares. Never go on what you hear (even though we did



The Iguana offers a full bar of goodies to locals and tourists alike. The club is located in Redway, which is a little over an hour from Arcata.

have to park a block away because the lot was full of trucks). As we walked through the front doors, we were greeted by an interior that looked to be the finest of classy city chic. Looking exactly like a Caribbean beachfront cabana and not at all like a drenched restaurant in a rain-soaked area, The Iguana had an extremely warm feeling about it. The muted beige tones of

the walls and ceiling were spiced up with dozens of tiny teal iguanas painted in random and sometimes slightly erotic positions around the room.

The Iguana serves up a variety of tapas (appetizers) and sushi. We casually spouted off a list of orders to the waitress — who, by the way,

See Redway grub, next page

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Redway grub: From the salty miso to the spicy pesto, it was all good

• Continued from previous page

was a very good one — as if we were the King and Queen of Decadence and not a couple of grungy college students. Our savory selections included the Redway Roll (tempura shrimp, grilled eel and red pepper) the Satay (chicken skewers with spicy peanut sauce — referred to on the menu as “the original Thai stick”) — the cilantro pesto quesadillas, two bowls of the miso soup and an order of cucumber salad.

The miso soup contained a copious amount of green onions, which went over very well. Evan liked the fact that was no tofu in the soup — Alicia thought otherwise.

The sushi provided a nice collision of tempura and sticky rice, all packed together in a tight little roll (seeing as how it was called the Redway Roll, we were kind of surprised that the seaweed wasn't twisted on the ends).

The cilantro pesto quesadillas



Just as the sign promises, Redway's newest sensation forks over tuna (in the form of Nigiri a.k.a. Sushi), tunes (live jazz every Tuesday night), and tapas (appetizers).

were Alicia's favorite. A sensation of grazing in a garden of fresh tomatoes and cilantro was experienced when the salsa that accom-

panied the quesadillas was tasted.

The peanut sauce that augmented the chicken skewers was extremely versatile — it worked

when eaten with all of the things we ordered. We agreed that the reason the peanut sauce successfully complimented any dish was that it

is potent enough to drown out all other flavors. After several minutes of Evan chewing on his chopsticks, thinking them to be a particularly tough piece of chicken, this theory was proven true.

So are all these quesadillas and sushi rolls worth the hour-plus trip down to Redway? It depends what you're looking for. Escaping to the Iguana may be the remedy you need when you find yourself suffering from the Arcata-inspired claustrophobic doldrums. Or if you're merely on your way down the 101 corridor, and don't feel like consuming some microwave-reheated burgers at the Willits fast food strip, stop here first.

The Iguana is open 7 days a week, from 5 p.m. to 2 a.m. There is a full bar, and there is also a variety of wines and champagne to choose from, as well as several microbrews on tap. Patrons can enjoy live jazz every Tuesday night. The David Frankel Band will be performing tomorrow.

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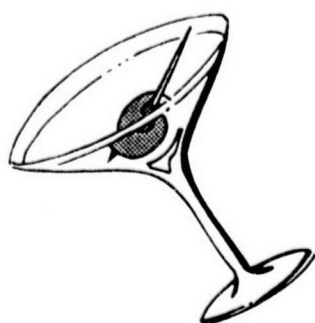
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Hawaiian slack key guitar masters George Kahumoku Jr., the Rev. Dennis Kamakahi and Cyril Pahinui will perform Tuesday.

Experience a luau — Humboldt style Bliss out on the tropical sounds of slack key guitar

by Abigail Hudson-Crim

Sit back and let things get slack, as three Hawaiian slack key guitar masters bring their island backyard luau to the Van Duzer Theater.

On Tuesday, Cyril Pahinui, George Kahumoku Jr. and the Rev. Dennis Kamakahi will bring their open-tuned guitars and life-praising, poetic songs to the cold shores of Arcata.

Never tuned in the traditional chord range, the guitar's strings are allowed to remain slack, staying in the C chord. It is played in a finger-picked style. Like blues guitar, the slack key is very flexible and allows for emotional depth. It is also similar to country-western music.

"Hawaiian music is based on anything human — love or the beauty of the land," Kamakahi said in a phone interview from Hawaii.

"In the traditional style each word has so many meanings. When a flower is used the context is about a woman. Rain is like a love because it embraces you, the mist and fog surround you like a lover."

The guitar was first brought to the islands in the 1830s by Mexican cowboys who came over to help with an overpopulation of cattle. But when they left, the Ha-

See Slackin', next page



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Slackin': Tunes hail from the Aloha State

• Continued from previous page

waiians incorporated the guitar into their music.

"People didn't know how to tune it to an A or E; instead they were tuning it to a G or C," Pahinui explained in a phone interview from Hawaii.

There are two types of slack key guitar. The traditional, very simple three-chord style of the old times and the progressive style that has more chord progression. The latter kind also uses steel and 12-string guitars, Kamakahi said.

"It's the only original thing to Hawaii, other than surfing," he joked.

Kamakahi was raised in the family tradition where the oldest male grandchild was given to the paternal grandfather and taught the secret way to play the traditional slack key guitar.

"After a while it got boring with only one key," Kamakahi said. "When you're young you want to learn as much as you can, and go outside the known and start experimenting."

The family tuning secret was closely guarded. This kind of slack key guitar was performed until the late '60s and the early '70s when the Hawaiian Cultural Renaissance started.

"People started being proud of being Hawaiian," Kahumoku said in a phone interview from Hawaii. "The Sons of Hawaii came from the back porch to show Hawaiians were just as good as the image of Hollywood Hawaiians and that we

love being Hawaiian."

The Sons of Hawaii were some of the best slack key guitar masters. They included Gabby Pahinui, father of Cyril, and a legendary and influential slack key master. Gabby was often referred to as "The Father of the Modern Slack Key Era."

Cyril wishes his father could see him sharing the beauty of slack key guitar with so many people.

Gabby encouraged him in his playing since the age of 7. It helped carry him through many good and hard times, like his two years as a sergeant in Vietnam.

"They would say to me 'Pineapple, what kind of tuning is that?'"

Aside from being featured in several slack key documentaries and receiving the highest honor in Hawaii's recording industry — the Na Hoku Hanohano award (equivalent to the Grammys) in 1979 — Kahumoku uses his knowledge of Hawaii's history, music mastery and gardening to teach high school drop-outs.

Kahumoku has also traveled all over the world, but found that monarchies — whether in China or England — have too much protocol.

He was part of a group that went to England to retrieve artifacts that Captain Cook had taken from Hawaii.

"We waited seven hours just to do a 15-minute performance," Kahumoku said.

Kamakahi has gone from playing the trombone in middle school and being in a rock 'n' roll band in high school to being recognized as one of

Hawaii's most popular songwriters.

Singing songs both in Hawaiian and English, his poetic styles are often reminiscent of the poetry of Hawaii's last queen, Queen Lili'uokalani. There is a lot of kaona (hidden meaning) in the songs.

"Music is a healing thing," Kamakahi said. "It's a universal language; it's something from deep within the soul of the composer."

He regrets not finishing his degree in composition. He left college to play slack key guitar and travel. While in Alaska, he was called back to play in The Sons of Hawaii, taking Gabby Pahinui's place.

"Each generation adds its own to the styling (of slack key guitar)," Kamakahi said. "I'm ready to pass it on to the next generation."

Pahinui has won numerous Hoku awards and played at Carnegie Hall, as well as in France, Switzerland, Japan and all over the United States.

"It's so wonderful to get out; I'm educating myself when I meet new people," Pahinui said. "Life — it's beautiful."

But before Pahinui starts with his fellow slack key guitar masters, he must get an assistant to take his place driving the only fuel truck for the city and county of Honolulu.

All three have several albums out and many are available through Dancing Cat Records.

Tickets for Tuesday's 8 p.m. show are \$17 general and \$13 for HSU students and seniors, available at The Works in Arcata and Eureka, the New Outdoor Store and the Metro in Arcata and the University Ticket Office.

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Photo courtesy of Absolute Artists

Mother Hips to shake it

"Psychedelic groove rockers" the Mother Hips will be performing at Six Rivers Brewing Co. next Thursday, Jan. 28. The band began its career with a living room jam in Chico, where members Greg Loiacono, Isaac Parsons, Tim Bluhm and Mike Wofchick were students. Since then, the Mother Hips have toured in a "Dead-like" style, according to Musician magazine, spending up to 10 months a year on the road. The show is \$10 in advance and \$12 at the door, and is restricted to 21 and over.

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Woo Wizard-

• Continued from page 27

back in the studio to finish the Woo Warriors first studio CD. And that'll be available through the Net also (<http://bernieworrell.com>). And then after that, probably some more touring. And I'm exploring the possibility of doing a Duke Ellington tribute, with basically Hammond Organ and some horns. I'm still thinking about that one.

L: Tell me a story about Eddie Hazel.

BW: My baby brother, my crazy baby brother, extremely talented, not another Hendrix, but in the same realm, and that should have had more credit than he got, probably. That's neither here nor there, but those who know know. And I miss him dearly, but he's still with us.

L: Do you have any advice for aspiring musicians?

BW: Stay in school, first of all. Learn your rudiments, because ... new technology is here, but I feel if you don't have hands on whatever instrument you play ... Or you *should* play an instrument and learn the rudiments of music so you can, when you're creating and composing, you have that much more information to work with.

And use that in conjunction with new technology, sampling and all that. Anybody can push a button, but a lot of them push the button; they don't even know what kind of chord it is. They have hearing, good ears, but you could know so much more, and really come up with some different shit.

Concert Information

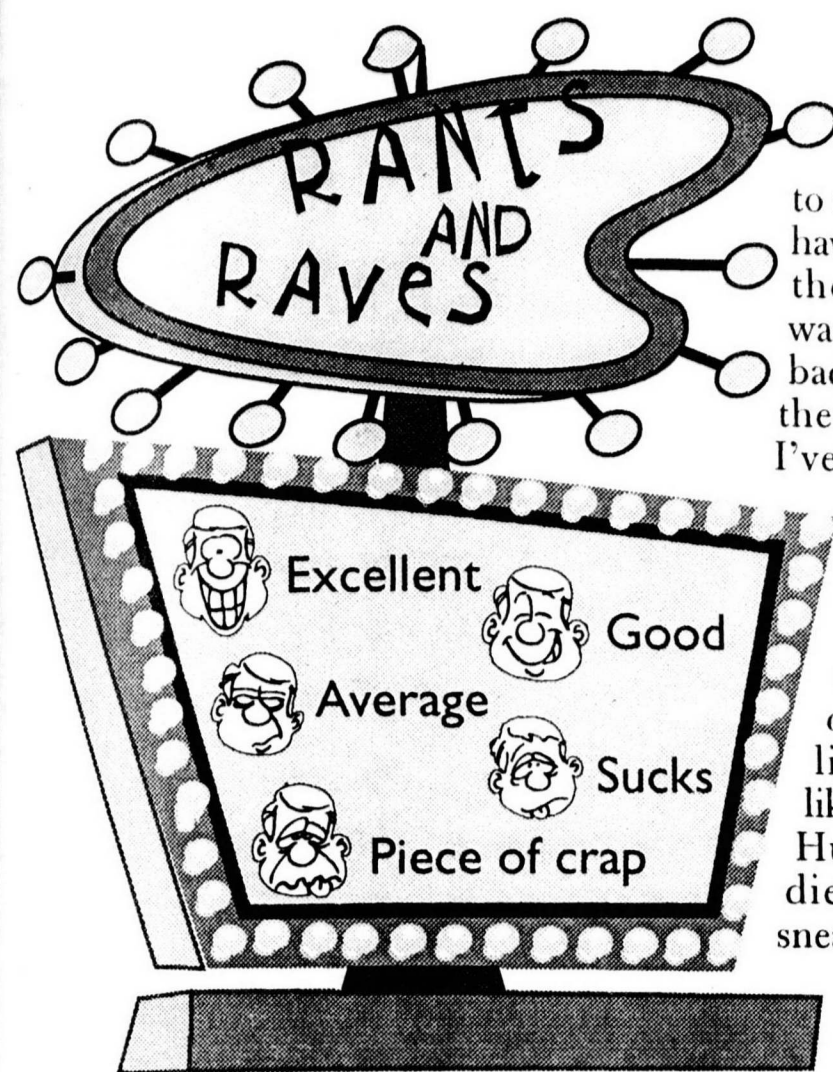
Bernie Worrell and the
Woo Warriors

When: Wednesday,
Feb. 3

Where:
Van Duzer
Theater

Ticket prices:

\$10 / students
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"Up, Up, Up,
Up, Up, Up"
Ani DiFranco
Righteous Babe
Records



Ani DiFranco, Republican poster-girl and NRA advocate, released her twelfth album "Up, Up, Up, Up, Up, Up, Up," yesterday. Although admittedly not a big DiFranco fan (I was as-

signed this review for smarting off to my editor), I have to say that the album wasn't nearly as bad as some of the things that I've said about her in the past. The first track on the album is "tis of thee," a little ballad-like ditty that a Humboldt audience got a sneak preview of last semester at her Eureka concert. Incorporating organ into the song to an extent that she hasn't done before (a trend which is seen throughout the entire album), DiFranco busts off some pretty biting social commentary on top of her acoustic guitar work. With lyrics like "Above 96th Street, they're handing out smallpox blankets so people don't freeze / the old dog's got a new trick / it's called 'criminalize the symptoms

while you spread the disease," you can be sure to look for it as a soundtrack to numerous political science projects for semesters to come.

The eight-minute-plus "Come Away From It" is the third track on the record, and is my favorite cut on the album. Set at a slow tempo, it is one of the songs where DiFranco uses her incredible voice as a smooth instrument rather than the harsh cat yowl that makes Alanis Morissette sound like the sweetest voice on earth.

With a '70s soul ballad feel to it, DiFranco talks to a lover (I assume one from the past) about his (once again, I assume) drug use. Although it's not clear as to the substance in question, there was one line that stuck with me as the one that the more herbally inclined of the local



Ani DiFranco released her latest CD yesterday.

population might want to ponder as the carb is employed during that first pre-breakfast bong rip: "are you trying to tell me this world just isn't beautiful enough?"

The rest of the album just mixes components: DiFranco singing her message to the world in either her good voice or the voice that Porky Pig would throw shoes out the window at at two o'clock in the morning. But always on top of good music.

Although some critics have been knocking the album, I see no difference so drastic between "Up, Up, Up, Up, Up, Up" and her previous work that any DiFranco fan wouldn't want to buy it.

— Evan Hatfield

See Rants, next page

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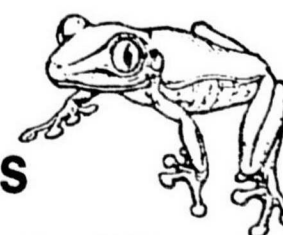
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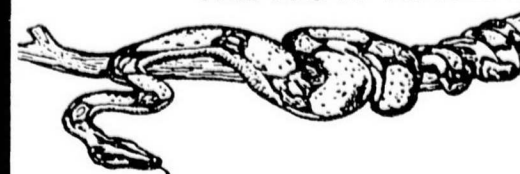
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COME GET FUNKED WITH
THE SPANK & ALLRIGHTS DOORS 8PM/SHOW 9PM/\$3

Sat Jan 23rd 1999 **The Brother's Murdock** Doors 8pm
Moodsock & Andrameda Show 9pm
Cover \$3

Thur Jan 28th 1999 **The Mother Hips** Plus Special Guests
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Fri Jan 29th 1999 **"Corn Doggy Dog"** And the 1/2 Lb.
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Rants: Train rehashes typical fare on debut

• Continued from previous page

"Train"
Train
Aware Records



When writing a less-than-glowing review of a band by the name of Train, it is no hard task to merely fall back on the more obvious clichés that present themselves to fill the necessary space. "Boy, Train really derailed with this CD," was one of the first examples of wordplay that came to mind, to be soon followed by: "Despite massive Bay Area club success, Train appears to have run out of steam with their latest album"; "Train's self-titled new release is showing that they are the little engine that couldn't"; and "I'll tell you, Casey Jones must have produced this album."

However, here at The Lumberjack, we avoid puns, trite sayings and clichés like the plague. Rather, we welcome the challenge of coming up with several hundred words of creative copy to explain why we don't much care for a band. Bring the pain.

Despite a tight chemistry provided by Patrick Monahan's percussion and vocals, Jimmy Stafford's and Rob Hotchkiss' guitar and vocals, Scott Underwood's drums and Charlie Colin's bass, Train fails to inspire. Far from having a distinct sound, the quintet seems to borrow, almost to the point of duplicating, the music of well-established artists.

The immediate comparison would be to the '90s Tom Petty

who gave us "Wildflowers" and the "She's the One" soundtrack. Train utilizes the same type of guitar work, and is a big fan of the simple beat that Petty uses on songs such as "You Don't Know How It Feels."

As I listened to the CD, I wrote down every artist that I thought the group was trying to duplicate. By the time the 13 tracks were up, I had noted some hardcore borrowing from Ben Harper, the Red Hot Chili Peppers, the Black Crowes, Counting Crows, Petty and even Jane's Addiction.

There were two songs, in fact, that had introductions that sounded a little much too like that of the latter's "Jane Says" — I had to double-check the liner notes immediately each time to see if the band wasn't doing a cover of the tune (it wasn't).

Now, finding inspiration in others' work is part of being a musician, or any other type of artist, for

that matter.

All artists see something they like in the products of their peers or forebears, and pay some type of homage to it by incorporating into their own styles, which is great. Music wouldn't be able to evolve otherwise.

But there is a line between incorporating style and paying homage and flat out plagiarizing a few measures to make your song have that ... spark. For my tastes, Train is on the wrong side of that line.

Regardless of their blatant imitation of others, however, and probably in some cases because of it, many people will find riding the Train to be a pleasurable experience. The band has an extensive Bay Area following, and is likely to appeal to the same folks who have picked up on Hootie and the Blowfish, Sheryl Crow, Tom Petty and Dave Matthews over the last several years.

— Evan Hatfield



Train is a Hootie-esque quintet from San Francisco. They will be performing a free concert on Sunday night at 8 in the Kate Buchanan Room.

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By the numbers: Football and rugby

Football

Time

Four 15 min. quarters
One 15 min. half-time

Point Scoring

Touchdown: 6 pts., PAT: 1 pt.

Field

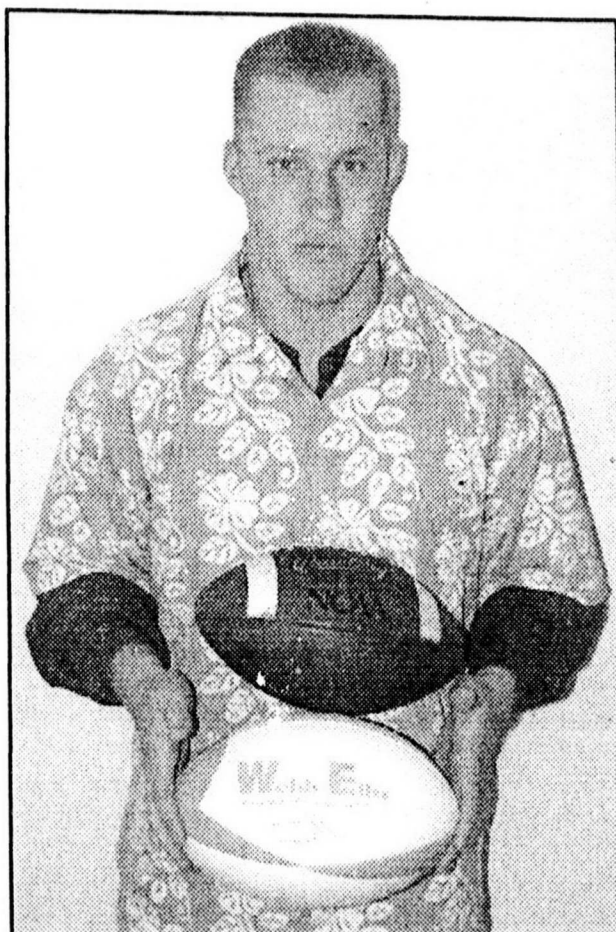
Length: 120 yards
Width: 53 yards

Players on Field

11 players

Substitutions

Constant



Senior rugby player Dane Roman shows the difference between the size of a football (top) and a rugby ball (bottom).

Rugby

Time

Two 40 min. halves
One 5 min. half-time

Point Scoring

Try: 5 pts., PAT: 2 pts.

Field

Length: 130 yards
Width: 75 yards

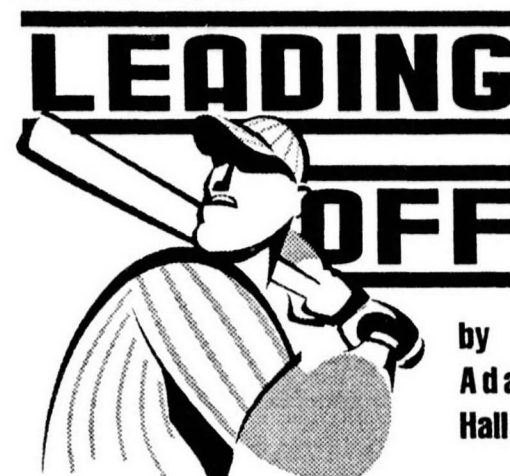
Players on Field

15 players

Substitutions

Injury only (six total)

Double standard
for foreign/U.S.
athletes



Greetings sports fans,
This being the first issue of the new year, I felt that I needed to get several things off my chest before jumping into the semester.

• Instead of filling the sports section with basketball and nothing but basketball for the next eight weeks, I would like to work with the under-represented sports including, but not limited to: rugby, lacrosse, crew and any other individual or group who believes that they belongs in the sports pages. This requires initiative on the part of these teams or individuals to get schedules, results and the names of players and coaches to me or I can't do much in the way of coverage. Write, call, e-mail, or grab me walking around campus. I would like to broaden The Lumberjacks coverage, but I can do little when there is a dearth of information on these activities.

• Side note: Even though I want to cover the aforementioned activities, people from these teams should keep in mind that while I can name the only pitcher to throw a perfect game in the World Series (Don Larsen, 1956) and I can name every school from the old NCAC, I have no idea what a scrum is nor do I pretend to understand how a regatta works. Please give me some leeway in the ignorance department.

• Yi Min Wu is a foreign-exchange student from China who ran at the NCAA Cross Country Championships last November. He won by 10 seconds, which is an impressive feat considering that Wu is a freshman. He runs for Ediboro University, a team that finished fourth at the championships. This was all well and good until I found out that Wu is 29 years old. Wu has personal bests on the track and in the marathon that would earn him, and likely has, lots of money.

In a biography of Wu published in Track and Field News, Wu is credited with personal bests of 14:00 for 5,000 meters, 29:00 for 10,000 meters and 2:14 for the marathon. For Wu to have run these times he must have either run professionally or competed in capacity at the university level. Either way, if a U.S. student tried doing this, he/she would never be able to put on a college uniform.

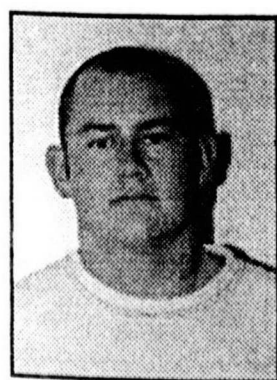
Don't get me wrong—I'm all for higher education of foreign students, but when an athlete 10 years older than most college freshmen comes over to the U.S. to wallop

Rugby/football players make physical punishment routine

by Adam Hall

graphic by Jon Mooney

After three and a half month of bone-crushing, blood-spitting and ankle-turing training and competition, how does Troy Donohue relax on his break from football? By playing rugby.



Troy Donohue

"After the fall of my junior year I wanted to stay in shape (after football season), and I had the choice to go out for lacrosse or rugby. I chose rugby," Donohue said.

Surprisingly, Donohue found

rugby to be far simpler than he expected, despite its "out-of-hand" appearance.

"I had no idea what it was like. When I watched it on television it looked complicated. It's a simple game; it (only) seems complex," the senior said.

Despite the simplicity the training for rugby is hardly easy according to Donohue. He said that while the two sports may look similar the training necessary for the two is much different.

"In rugby, you have to be in far better car-

diovascular shape," Donohue said. "(In rugby training) I run three or four miles a day. It's unheard of running a mile in football. Football is much more explosive."

His cardiovascular training comes in handy in match situations, where Donohue is constantly on the move.

"In football, action lasts about three seconds, then there is a long break in the action. If you're walking in rugby, it's not a good sign."

For Dane Roman, rugby was an experiment after having played football for HSU for three seasons and taking a year off after sustaining a knee injury.

"I went to a practice and checked it out. I liked it because it was fast-paced, like football, but without the pads," said Roman, who started playing on the team last fall.

Roman also says the difference between football and rugby is that the former requires much more power and strength.

"Rugby is more like soccer than football. I compare it to 'Smear the Queer;' when you have the ball, everybody comes after you," Roman said.

Rugby head coach Chris Byrne, a former



Dane Roman

Coming up:

Thursday

Men's basketball
at Montana State-Billings
Billings, Mont. TBA

Women's basketball
vs. Central Washington
East Gym, 7 p.m.

Saturday

Women's basketball
vs. Western New Mexico
Silver City, N.M., TBA

Men's basketball
at Lewis-Clark State
East Gym, 7 p.m.

Men's rugby
at Oregon State University
Corvallis, Ore., TBA

football player, said that the transition is easy to make because of the nature of the two sports.

"Rugby was the forerunner to American football. The scoring and tackling in football is from rugby," Byrne said.

Byrne said that there are many types of athletes who are immediately successful

Two-sport: Players disagree on which sport gave them worst hit

•Continued from previous page

when they start playing rugby. "It's a natural progression for many of these (players)," said Byrne, who added that running backs, fullbacks, tight ends and linebackers usually make the smoothest transitions.

Byrne also believes that many players join the team because there isn't much left for them after collegiate football.

"The opportunities in football aren't really there. You play college football and you're done. That's where rugby comes in," Byrne said.

So which sport gave the pair their worst hits?

"Probably football. I've been playing it a lot longer [eight years]. Both sports are contact sports, but football is an impact sport," said Donohue, who transferred to HSU in fall 1997 after going Golden West Junior College.

Roman disagrees. The former defensive end said that he plays rugby as if he was still wearing a

Football has probably given me the worst hit. Both sports are contact sports, but football is an impact sport."

Terry Donohue

HSU rugby/football player

"Rugby gave me the worst hits. (Rugby) is like football, without the helmets. I play the same way (as I would in football)."

Dane Roman

HSU rugby/football player

helmet.

"Rugby gave me the worst hits. (Rugby) is like football, without the helmets. I play the same way (as I would in football)," Roman said.

Another difference that Donohue noticed was the way he saw his opponents in competitive situations.

"There's a lot of equipment (in football). You forget that you're a human being. You don't see (your competition) as human beings," Donohue said.

"In rugby you appreciate the opponent a lot more. In rugby you're only wearing a pair of shorts and a

long-sleeve T-shirt."

Mentally, Donohue found many similarities between the two sports.

"There's one game a week in both sports and you prepare all week for the game on Saturday," Donohue said. "It's a little less mental in rugby, because there isn't any film. There's only one or two ways to play the game. Football is more draining."

"Every team is different in football. I don't worry about the opponents in rugby. I just want to play my best."

Another difference Donohue and Roman found between the two sports was the team aspect of them.

Roman found the coaching styles opposite of those encountered on the football team.

"On the football team, the position coaches are the one who are really intense, while the head coaches are pretty mellow.

"(Byrne) is one of the most intense people I've met. Our assistant coach [Kyle Ryan] isn't nearly as intense."

Offense is new to Roman, who spent his three years on the football team at defensive end.

"In football I just tackled. In rugby you get to switch over and play offense. I get the ball now. That's new," Roman said.

According to Byrne, touching the ball is a major appeal to football players.

"Very few football players get to handle the ball. Rugby players get to tackle, run and handle the ball," Byrne said.

"There's a lot of specialization in football. The less they have to do, the better," he said.

"In rugby we want to expand their skills. What hooks them is that they get their hands on the ball."

Despite the differences Donohue can't pick which sport he likes more.

"Many people ask me which one I like the best. There are a lot of different aspects. I couldn't just pick one. Besides, I have friends on both teams."

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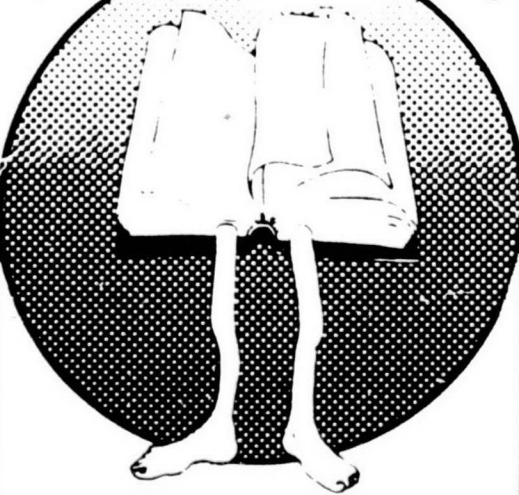
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Thanks to: Lumberjack Enterprises, Burt Nordstrom, Holly, Ron, Dan and

lots of others; Associated Students; Humboldt Bay Packers; McColls Dairy; Gold Rush Coffee; Pepsi; Syco; Student Affairs; The Depot; Counseling and

Psychological Services; David McMurray; Barbara Wallace; President McCrone; Marilyn Hoover; Randi Darnall-Burke; Cory Sbarbaro; and all the volunteers that helped serve.

Sports CLIPS

Seattle University to join PacWest Conference

Seattle University, an NAIA institution, has applied to join the PacWest beginning competition in the 2000-2001 school year. The school would join the West Division, of which HSU is a member, and compete against all PacWest schools. The school will

likely compete independently next year while filling the schedule holes left by Lewis-Clark State.

Seattle University is in its first year of Division III compliance and hopes to make the jump to Division II next year.

Sports that Seattle University and HSU share are: basketball (m & w), cross country (m & w), soccer (m & w), and softball (w). The institution hopes to elevate its volleyball program to intercollegiate status next fall.

Lewis-Clark State decided over the winter break to withdraw from the PacWest and remain af-

filiated with the NAIA. They will join the Frontier Conference next year.

Women edged by Western Oregon 60-57

The women's basketball team was edged by Western Oregon last Saturday, despite a 26-point performance by Jennifer Vinum. Vinum led all scorers with 26 points. It wasn't enough for the 'Jacks, as HSU shot a dismal 18

See Clips, next page

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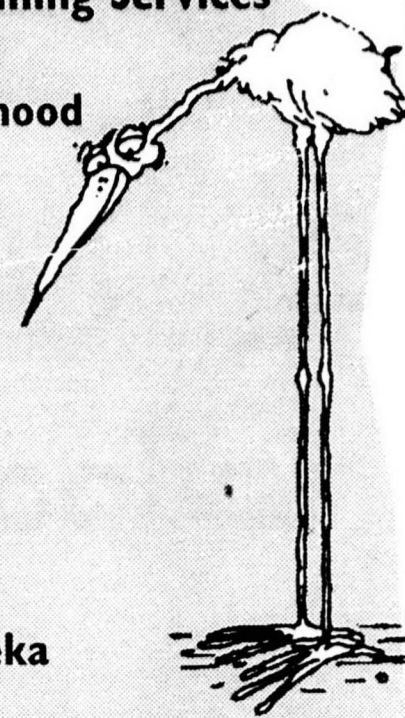
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by Philip Dresser



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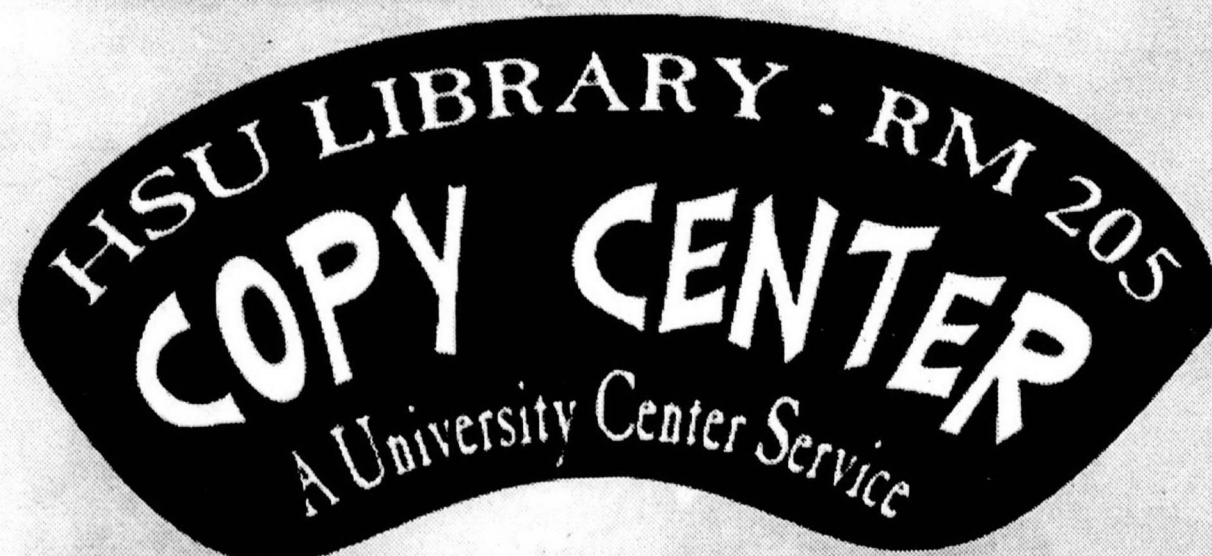
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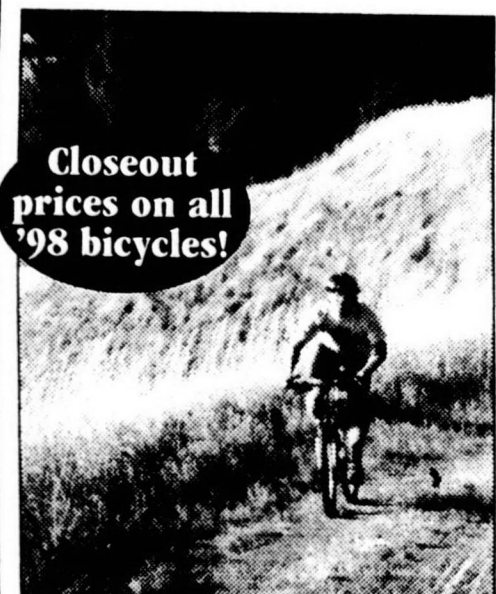
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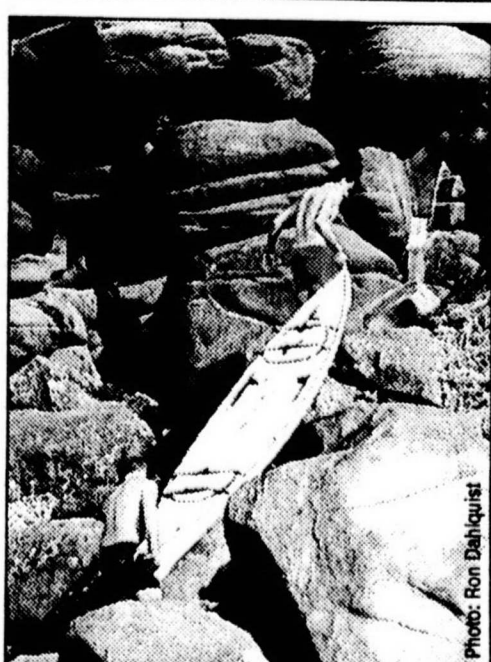
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Clips: Men's basketball hammered

•Continued from previous page

of 53 from the floor. Vinum was the only HSU player who scored in double digits. Kristen Swain scored nine points for HSU.

HSU led Western Oregon 34-29 at halftime, but it wasn't enough to hold off the Wolves.

The Jacks next take on Central Washington tomorrow in the East Gym at 7 p.m. HSU has already faced the Wildcats, losing a nail-bitter on Jan. 9, 67-65. The team will then face Lewis-Clark State on Saturday in the East Gym at 7 p.m.

HSU will be without the services of Marissa McConnell for the duration of the season, as the senior guard left the team before the winter break began because of personal reasons.

Men's b-ball blown out by Central Washington, 103-66

Central Washington proved why it's the top ranked basketball team in the Western Region by blowing out HSU by nearly 40 points last Saturday, in Ellensburg, Wash. Central Washington has won 13 consecutive games and is undefeated in league competition.

HSU, who has the fourth best defense in the PacWest, was led by Issachar Beh, who scored nine points and grabbed 10 rebounds. HSU goes on the road this week, starting tomorrow when it takes on Montana State Billings at 7 p.m.

HSU will continue their road trip on Saturday when they face

Western New Mexico at 7 p.m.

Koven named All-American; joins two on all-region team

HSU's John Koven was named to the NSCA/Umbro All-American team for the 1998 season. The junior soccer player was named to the second team, and along with teammates Ryan Hile and Nate Betschart, earned selection to the an Betschart were seniors.

Koven has been honored as an All-American all three years he has been at HSU.

PacWest goes online

For the latest results on HSU and other PacWest schools, visit <http://www.wpt.net/pwc>.



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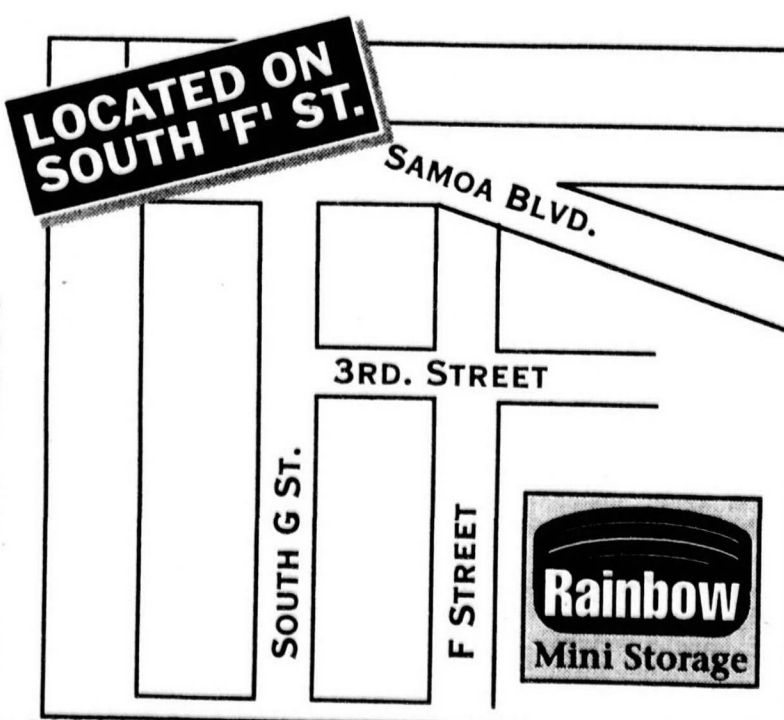


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Hall

•Continued from page 35

Ediboro finished fourth with Wu's victory. The top four teams at the NCAA meet take home trophies. Without Wu, Ediboro finishes back in seventh place and off the podium. Without Wu, they go home empty-handed.

the competition, it becomes a blatant abuse of the college sports system. The rub? Ediboro finished fourth with Wu's victory. The top four teams at the NCAA meet take home trophies. Without Wu, Ediboro finishes back in seventh place and off the podium. Without Wu, they go home empty-handed.

Older athletes at Division II schools have become commonplace. When a senior athlete at HSU or anywhere else is 26 or 27 years old, there isn't a problem because they likely started at the age of 18 or 19. Wu did not such thing. In all likelihood he spent the last 10 years training at an elite level before coming to the United States to trounce his competition.

Foreign athletes competing at U.S. institutions has become an expected practice, but when student-athletes who are 25, 26 or 29 years old start taking away scholarships and awards from Americans who are mostly under 22, I begin to see a problem. Physiologically, Wu has a huge advantage over any 18 year old. The line needs to be drawn somewhere. It's a crime to say that Wu has the same eligibility as an 18-year-old kid. The NCAA prides itself on making the competition it sponsors as equitable as possible, yet they have missed the boat on this issue. They need to step forward and restrict the age of foreigners who come to a U.S. institution seeking four years of eligibility. It's the fair thing to do.

If Wu has competed for a Chinese university or is a professional athlete there, he shouldn't be granted any eligibility. I find it hard to believe that he would have gotten as advanced in his training without the aid of collegiate or professional coaching. There needs to be a level playing field for athletes or the NCAA will only be encouraging these actions.

Adam Hall can be reached via e-mail at thejack@axe.humboldt.edu.

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RS 394 Section 5 • CRN 23654

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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
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One Unit • CR/NC

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Athlete

of the

Week

Jennifer

Vinum

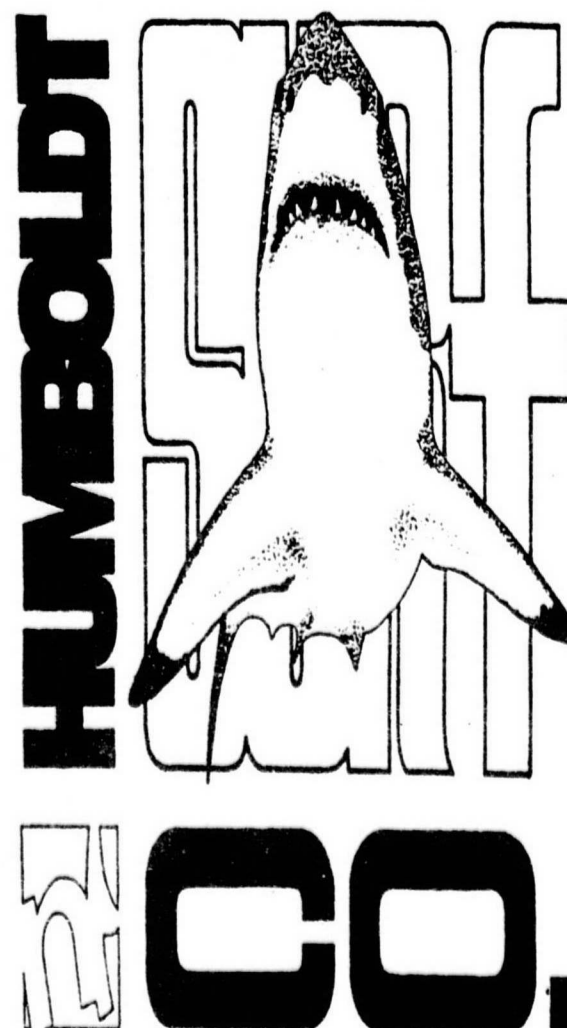
**Women's
Basketball**



Sophomore Jennifer Vinum scored 26 points in HSU's 60-57 loss to Central Washington last Saturday, tying a season high. Vinum is HSU's highest scorer this season, averaging 15.1 points per game during conference play and 13.9 for the season. The 'Jacks' next takes on Central Washington tomorrow at 7 p.m. in the East Gym. (file photo)

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scoreboard

Men's Basketball

Pacific West Conference standings:

Central Washington 103, HSU 66

HSU at Central Washington, Saturday

<u>Western Division</u>	<u>Conf.</u>	<u>Overall</u>
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	2-7	6-11

Central Washington

Top scorers:

- Marty DeLange, 22
- Tyce Nasinec, 17

HSU

Top scorers:

- Issachar Beh, 9
- Bobby Robinson, 8
- Kiah Ginsberg, 8
- Kieron Slaughter, 8

HSU Season Leaders

Last week's scores:

- Central Washington 103, HSU 66
- Western Oregon 88, Lewis-Clark State 75
- Seattle Pacific 79, Western Washington 72
- St. Martin's 83, Simon Fraser 71

Top scorers:

- Rod Tennell, 12.0
- Cary Williams, 10.6

Rebounds:

- Issachar Beh, 7.6
- Cary Williams, 7.3

FT pct.(min. 15 attempts):

- Kiah Ginsberg, .800
- Rod Tennell, .789

Women's Basketball

Pacific West Conference standings:

Western Oregon 60, HSU 57

HSU at Western Oregon, Saturday

<u>Western Division</u>	<u>Conf.</u>	<u>Overall</u>
Simon Fraser	8-1	15-2
Lewis-Clark State	7-2	13-4
Western Washington	6-3	14-3
Seattle Pacific	5-3	12-4
St. Martin's	4-5	10-7
Western Oregon	2-5	7-8
Central Washington	2-7	8-9
HSU	1-7	3-13

Western Oregon

Top scorers:

- Heather Laats, 9
- Liz Barrett, 8

HSU

Top scorers:

- Jennifer Vinum, 26
- Kristen Swain, 9

HSU Season Leaders

Last week's scores:

- Western Oregon 60, HSU 57
- Seattle Pacific 98, Western New Mexico 67
- Western Washington 88, Alaska Anchorage 72
- Lewis-Clark State 76, Central Washington 55
- Simon Fraser 65, Alaska Fairbanks 47
- Montana State Billings 72, St. Martin's 66

Top scorers:

- Jennifer Vinum, 13.9
- Barbara Weaver, 9.0

Rebounds:

- Jennifer Vinum, 6.8
- Kristen Swain, 5.2

FT pct.(min. 15 attempts):

- Lauren Murphy, .667
- Jennifer Vinum, .656

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managing editor
pat mcguinness (pm7)

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New bill keeps shelters on tight leash

Last week the Times-Standard published an article on a bill recently passed by the California State Legislature. The text of the bill is specific in detailing various rights of pet owners and requirements of shelters in dealing with stray and abandoned lost dogs and cats.

While there are many provisions contained in the bill regarding the health and welfare of stray animals (specifically dogs and cats), the article addressed the unintended negative consequences to stray animals that will occur when the new law takes effect July 1.

According to existing law, a dog or cat impounded by a public pound or specified shelter cannot be killed before 72 hours have elapsed from the time of impounding.

The new law requires shelters to hold stray dogs and cats for a period of no less than six business days, not including the day of impoundment (with some exceptions). The new law also requires pounds and shelters to keep specific records regarding impounded animals for three years after the animal's impoundment ends. Senate Bill 1785 passed the state Senate in August and was signed into law by former Gov. Pete Wilson Sept. 22.

The obvious intent of the new law is to reduce the number of adoptable animals that are euthanized. However, based on the current position of the Sequoia Humane Society, the foreseeable consequences appear to be quite different.

According to statistics provided by the SHS, the nonprofit organization receives an average of 272 dogs and 264 cats a month. Alas, it's true we journalism majors admit to being less mathematically endowed than many other segments of the population. It does seem logical, though, that if shelters are required to keep the same number of animals twice as long, they will likely need substantially more (perhaps twice as much) space and resources to accomplish this goal.

This is the contention of the SHS Animal Shelter Director Ron Lapham. It is also the reason why it has announced that as of July 1, it will no longer be able to accept strays from local government agencies. Other California shelters will, of course, face the same dilemma.

In spite of this (seemingly reasonable) logic, it appears that Sen. Tom Hayden, D-Los Angeles, who authored the bill, has a different view. The Times-Standard article points to Hayden's comments on the financial impact of the bill in which he stated that the final product is "revenue neutral." Translated to lay terms, this appears to mean "don't sweat the small details like the dollars needed up front that will enable the SHS to comply with the new law. It will come from somewhere." The article also quoted Hayden as saying, "It seems a little out of kilter, particularly since most people don't go into the animal-saving business for the big bucks. They're there to save animals' lives every chance they get. What seems more likely is that shelters would love to comply with SB 1785 given adequate time and resources.

What also appears to be happening is that California shelters have been left to deal with the untidy reality of finding and/or juggling dollars to make compliance a reality. Granted, there is a clause in the bill that acknowledges California constitutional requirements to reimburse local government agencies for state mandated costs. How and when this will happen is vague at best and the actuality is neither guaranteed nor automatic, particularly since SHS is not a government entity.

Giving credit where credit is due: The new bill sets the stage for standards any caring human would embrace. The reality? What looks glorious on paper often translates to gridlock in the workings of the real world. Perhaps a more appropriate comment by Sen. Hayden would have been that it's unfortunate that animal shelters have to manage what we as a society should be doing individually — caring responsibly for our animals.

Meat Man has a meaty good time

Mexican food, 'Teletubbies,' L.A. and holiday hi-jinks

If I were still an English major, I would probably be sitting in class around the time the 'Jack hits the stands Wednesday morning.

And I'd probably be preparing to describe my winter break in just one sentence, using no more than three adjectives within the framework of an active voice, present tense compound sentence.

I dropped English — and my chances of delivering a Milton lecture whilst sipping a mug of coffee and whisky 40/60.

Besides, The Lumberjack offered me a chance for more sentences. A whole lot more sentences with none of those pesky complex sentences.

Winter Break

The worst thing about winter break is Los Angeles. I have to pass through it on my way home and it's not fun. It's a straight traffic jam from 10 a.m. until like 9 p.m. or so. There is no other way to get to San Diego but straight past downtown L.A.

On the way home, I rear-ended a guy at like 3 miles per hour in the middle of traffic. Automatically, his turn signal flips on and I follow the guy to the side of the road.

Already I can see he's the L.A. type: approximately 27 years old, all cell phone and hair gel. He pops out, I ask if he's alright, he says he is, he doesn't ask about me, I tell him

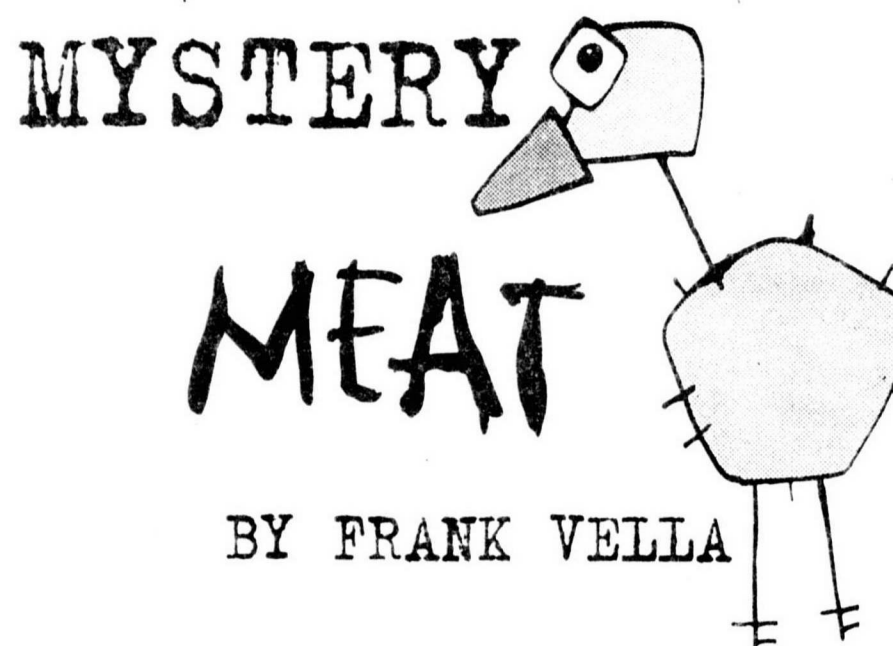
I'm fine, too, and I get ready to leave. He mutters something about being more careful because he could sue me if he wanted to. So I point out there wasn't even a scrape mark on either rubber bumper on rubber. At this point he just kind of says "oh, yeah" and turns to get in his car.

Then there was the three days after Christmas when the toxic circus paid my house a visit. My family house-sat for my mom's boss while everything organic beneath the orange and green stripes ceased to be so. When I was told that not even a closed refrigerator was safe from the death fog, I knew that anti-termite chemical is some strong shit.

But there was some cool stuff, too. Like, New Years' was fun because I skipped the celebration and just got drunk with some family friends. You know it was a special night when Pops busted out with the bottle of Jack D's Single-Barrel Special Blend. That certainly took the nip out of the night air when I walked home late that night.

And Christmas was OK. It felt pretty untraditional because no one was under 18 for once. The younger paisans were out of town. Plus, it was 80 degrees around 1 that afternoon and hardly felt December. I had voted poolside barbecue, but my very Ital-

see Meat's winter fun, page 44



BY FRANK VELLA

Annoying Arcata addresses

In the past couple of months, I have noticed and been frustrated by a potentially serious problem in the city of Arcata: Too many residences within our city either fail to post an address, or they post one in a dimly lit or poorly visible area.

All too often, in my efforts to deliver a fresh, hot pizza to a hungry Arcatan, I find myself driving along a street, glancing from side to side looking for a number — any number — while trying to avoid oncoming traffic and parked cars. In many cases, I'll enter the correct block, begin my frantic search and before I realize it, I've entered the next block having never seen the address — or any address. At least when I can see one of the neigh-

bors' addresses, it gives me a sufficient place to start.

I can recall one night, on the Friday before our most recent Thanksgiving storm, when I was very frustrated by the rain, the inevitable fog on my windows and the lack of any address on the whole block. I actually found myself stepping out of my car into what felt like a cold shower, to get a closer look at the houses. I looked at mail boxes, front porches, back porches, curbs — everything — to no avail; people seemed to want to keep their address a secret.

Finally, shivering and soaked, I walked up to one of the houses, knocked on the door, and proceeded to ask some poor lady in her nightgown, what the hell her ad-

see Still looking for that mystery house, page 45



going postal

Birth club makes corrections, thanks Lumberjack for story

Editor,
I would like to take this chance to thank you for highlighting the Artemis Birth Club in your Dec. 9 issue. As a new club on campus, we recognize the value of exposure. You did a wonderful job explaining our purpose and goals. However, you did make a few small errors which I would like to correct. Tammy Robinson, our club president, is in fact a nursing senior, not a junior. In addition, we meet twice monthly (once for agenda items and issue discussions, and once for a film presentation). Semimonthly or biweekly would have described us perfectly, but you used bimonthly (meaning every two months), which is incorrect. Again, let me thank you for highlighting our club and for allowing me to make these small corrections. I hope that, through this, more students and community members will attend our functions. Our next meeting is scheduled for Jan. 29 at noon in Nelson Hall East 113.

Sandi Nine

Artemis Birth Club Vice President
nursing senior

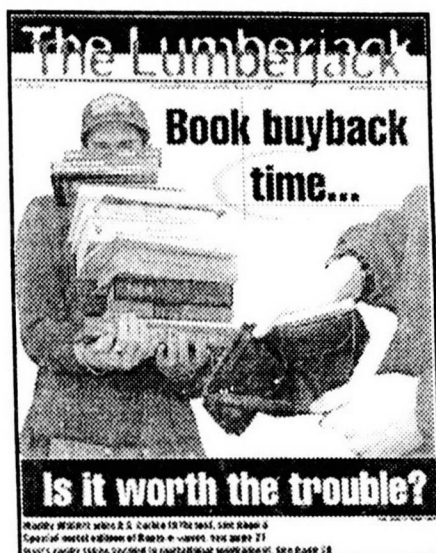
Campaign finance reform can save democracy, Congress, legislation

Editor,
Behind Congressional votes locking up party lines like sheep, soft money contributions are being laundered through each political party. This occurs in a way that allows millions of dollars in federally illegal money to nonetheless be used to influence federal elections. The need for politicians to chase after regulated money and soft money is the No. 1 source of corrosion and gridlock in Washington.

While TV networks profit from the soft money funding of more and more dueling barrages of superficial political ads, common folks are turned off by the lousy quality of pre-election information. This is shown in the record low voter turnouts. While this system has great advantages for big money interests, it locks out or drowns the message of third party candidates and is contrary to what the word "democracy" stands for.

According to Common Cause (<http://www.commoncause.org/laundromat/>), soft money has been around since 1978, but not really exploited until 1988. Soft money then exploded from \$86 million in the 1992 election to \$260 million in 1996, and could triple again to \$750 million for the next presidential campaign cycle in the year 2000.

What level represents windfall profits for the TV networks?



Dec. 9 issue

Meaningful campaign finance reform would ban or seriously curtail the big money influencing of our elections and legislation, but Republican-led filibusters have blocked Congress from voting on such legislation at critical times during the last two years. I hope their unpopular impeachment will help retire more Republicans so Congress can focus on more pertinent issues.

William A. Self

Redwood Valley resident

Sexuality should not be critiqued by church or government leaders

Editor,
Have our leaders completely forgotten this country was founded by individuals seeking to live free from persecution and hatred? Our leaders are supposed to represent all of us — gay, straight, black, white, Christian and atheist. Instead, they use our government as their own personal playground, promoting their personal, political and religious ideals. Because of their ineptitude, our country has become a place where innocent citizens can be beaten and killed with little or no remorse, with all but written approval from the government.

As for the church, they need to realize that like it or not, same-sex marriages will be legal in this country sooner or later, regardless of the highly illegal and unconstitutional Defense of Marriage Act of 1996 (bans gay marriage under federal law and establishes a heterosexual definition of "marriage" and "spouse"). They form "support" groups, seeking to change us, when we really have no need or desire to change.

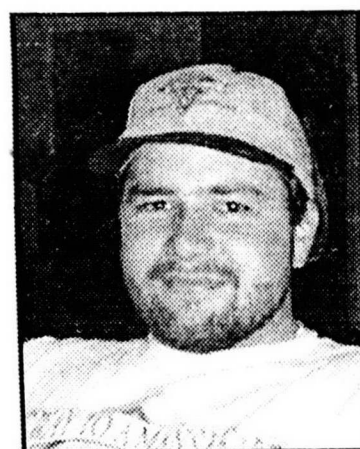
Sexuality is at the core of our beings — body and spirit — and should be accepted and celebrated, not feared. If it is meant to change, it will do so on its own throughout the course of your life, guided by your experiences, good and bad.

We do not ask for special rights — only equal rights. We want to fight for our country, we want to marry and we want families

see Letters, page 44

Public Opinion

How do you feel about having your academic information available over the Internet?



"I think it's great! I used the school's Web site over break to get my grades. It's a lot better than getting lost with phone prompts."

Jeremy Herrick
forestry senior

"The information on the Web is not incriminating evidence, so I'm safe."

Jake Feickert
forestry senior



"Getting grades, classes, etc., on the Web is convenient, but to what lengths will we go to so we can have freedom at home and never go outside and breathe the air, feel the rain or see the sun?"

Kristi Oshiro
environmental science sophomore

"Something makes me uneasy about any of my personal information floating around in cyberspace. Yet registering without waiting in lines would be nice. Though I am ambivalent, overall I think it would be a good thing. The Social Security and birth-date requirements do help to retain a level of privacy."

Ashley Elliot
Arcata resident



"I think Web registration is good because it saves waiting in line. Grades over the telephone and Web reduces a lot of paper. But it's scary to think that anybody could have access to your personal information."

Ilie Nixdorf
child development junior

Compiled by Kristi Sullivan

Radioactive mutant slugs

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I shudder at the thought of rising high. But when you crawl through a world filled with radioactive mutant slugs, dodging death rays and hoping that you won't get asked for change by the bum on the corner, maybe avoiding notoriety isn't such a bad idea.

I want it sometimes, that wide-eyed amazement that comes from recognition; the look that is so appropriately embodied in the simpletons of our universe, a stare I want aimed at me. Might as well ask for one of the radioactive mutant slugs to give you a similar look as it points the sights of its' death ray at you. Makes as much sense.

Maybe it's not fame, rather a desire to be something more, something not half asleep half the time, but instead a being that cries freely and embraces the bum on the corner.

But what does all of it mean? There's far too many answers for this unexplainable life, answered by weird

men and weird women who go about their business in strange ways — observing, testing and documenting the unknowns. Now there's an unexplainable for you — we idly sit back and allow mutant slugs to take away our fun. Some of us even hope to become one some day, radioactive and all, complete with eye stalks that originate from our anuses. But then again.

It could be that I'm going about it all wrong. After all I am from a planet called Earth, even though three-fourths the surface of this world is covered by water. That certainly says something about humans; don't ask me what, though. I'd rather pick my nose and watch my anus to see if a stalk with an eye begins to grow there than ponder certain imponderables.

Still, talk of bureaucratic and societal fuck-ups does provide ample discussion for the pseudo-intellectual types. Perhaps you've seen them. They're the ones hanging out around some classroom on a Friday afternoon talking about Professor Snowblower's dissertation on the vacuum particle accelerator and its effects on cattle raising.

What's worse, that is to say worse but more fun, is to blissfully acknowledge each weekend's arrival with a 12-pack of Hamm's Ice and a stout bong load. You can always follow a similar route, but with more style, by hitting the bars and drinking gin and tonics until your eyes glaze, and the bleach blonde in the corner of the

room actually begins to look appealing.

Of course if you prescribe to this way of thinking you might find yourself at a table with a couple of yahoos who can't stop talking about Professor Snowblower's revolutionary lecture on the annual rainfall of the subtropical region of Brughandia.

At this point your best options are to buy the blonde an Alabama Slammer with a double shot of scotch for yourself. Or, seek out the nearest radioactive mutant slug and offer to stick its death ray up your ass in the hopes that in the ensuing blast you might actually get that eye stalk you've been looking for.

Living in a college town does have its advantages, however. Where else can you go to the local laundry mat and run into classmates, your landlord, Professor Snowblower and the bum from the corner, all talking about how Congress and the president need to get their shit together and stop that bill on automatic sub-bazookas.

But I digress. For all my blathering I still avoid the bum on the corner, I can't cry when I want to and damn it all, there's still no sign of any ocular appendages growing from my anus.

Zachary Adams is a Lumberjack staff writer who enjoys gin and tonics. He still lacks ocular appendages.

'Jack gets flack over tobacco ad

Allow me, for a moment, to hop up on my soap box: The Lumberjack is not in the business of censorship, whether it be news stories, opinion pieces or advertisements—everyone has an equal right to sing from the top of 'Jack Mountain. I'm stepping down now. On Dec. 2 my predecessor, as editor Tiffany Lee-Youngren, was awarded a greased palm by the tobacco industry in exchange for the soul of The 'Jack, according to a "memo" I received (I took over as editor on Dec. 3) from R. Kevin Reed, director, Environmental Health and Safety at HSU.

In his memo, Mr. Reed criticizes The Lumberjack for not having "a responsible standard of practice" and for being hypocritical by publishing articles on HIV/AIDS awareness, drug/alcohol abuse and smoking in a publication "paid for by tobacco industry dollars." He also informs me that "The Lumberjack has stooped to an all time low by selling its sole [sic] to the tobacco industry."

This memo stems from the paid insert by Rooster chewing tobacco in the Dec. 2 issue.

Before I go off on a rant—or a rave—I want to inform our readers, and Mr. Reed, of The Lumberjack's policy regarding the acceptance of advertising as I am positive this will come up again before I step down from my post.

It is Lumberjack policy to accept all advertising except that promotes the sale, rental or use

of research materials, which might make it possible for a student to become the subject of disciplinary action for violation of university academic rules and regulations or otherwise promotes illegal activities.

The last time I checked, smoking was still legal. And I realize Mr. Reed, that just because something is legal, it doesn't mean it is ethical to advertise that product.

But then I ask you, why is it that along with smoking you commend us for publishing educational articles on "drug/alcohol abuse," yet you only mention the one tobacco ad and not the six which directly advertise the sale of alcohol? Is it not hypocritical to criticize one when you believe both are bad, Mr. Reed? Is it all right with you if we accept alcohol industry dollars?

And who is supposed to decide which advertisements are OK and which are not? Do I? Do you? Do I use my own personal beliefs to filter out the "bad" ads, or yours?

Let's let our readers decide for themselves which products they want to buy. Is that all right with you Mr. Reed?

Jon Mooney is the editor in chief, yet somehow finds the strength to resist tobacco ads.

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Letters

• continued from page 43

to love and care for. I was raised on a military base and know that the "gay problem" exists only in the Pentagon, not with the troops.

Gay marriage will not harm the "traditional" family — straight society is doing that on its own, with divorce, scandal, abuse, and child custody battles.

They call being gay a "choice." Need I remind everyone that your religion is your choice — a choice protected by the laws of this country. Shall we take away the heterosexual rights of marriage, employment, and tax benefits and listen to you scream for a change?

James Kaufman
former HSU student
Altoona, Wis., resident

Apocalypse horsemen ride, war of nations prediction from Alabama

Editor,

Be forewarned. The first of the four horsemen of the Apocalypse has been riding for the last two decades "as a conqueror bent on conquest" (Rev. 6:2).

A much acclaimed spiritual leader is busily trying to form a one-world religion under his leadership. Once this leader ends or completes his mission, the next three

horsemen will ride out in painfully swift sequence and the effect of their missions will leave 15 billion people dead or dying. Neither our religious, nor our civil leaders are warning our people of these upcoming tragedies: world war, world famine and world pestilence, so that they will not be caught by total surprise.

The scripture reveals that 25 percent of the Earth's population will be killed and this would mean that over 50 million Americans will be killed or die of starvation and disease.

The war between the nations is not the only war that is looming in the near future, for when this spiritual leader completes his mission he will bring those who oppose his doctrines under persecution just as he did during the dark and middle ages.

He will be powerful enough to exercise a high level of control over the one-world government already in existence — the United Nations.

Since the final countdown for our Lord's return is obviously beginning, I pray that those who are following any leadership other than Christ will burn the billions of books, magazines and newspapers that keep them in bondage to the "Synagogue of Satan," Revelation 2:9, 3:9, and the churches of those in the spirit of the antichrist, 1 John 2:18, 2:22, 4:3, 2 John 1:7.

Brother Raymont Senn
Pleasant Grove, Ala.

Meat's winter fun

• continued from page 42

ian family insisted on the three-course lasagna extravaganza, which probably was the better idea after all.

Another exciting thing that happened to me was I discovered "Teletubbies." Well, I mean I'm not a moron, I knew what the "Teletubbies" were before I went home. But I watched a good 10 episodes while lying in bed on the weekday mornings. And the show isn't bad if all you're looking for is hidden meanings and coded messages. The conspiracy theory that Tinky-Winky is gay is true I tell you!

The best part about break was that I got to eat Mexican food. REAL Mexican food. Not that Hey Juan slop. Living so close to the border for so many years, I didn't know how lucky I really was. I have one thing to say to the Humboldt locals: If you're at all a Mexican food fan, head south!

So, that's about it. There may be those of you who are saying "so what?" So, what? Did you expect some absurdly funny account of holiday hi-jinks? Sorry to disappoint you, but I had the same boring ass holiday as the rest of you.

Frank Vella is The Lumberjack production manager. He is a journalism senior who loves real Mexican food.

Discover, don't diss Don's delicacies

Southeast Asian sandwiches, doughnuts, espresso need respect

Living in such a small town, it can be hard to find anything open when you have night fever.

The night draws you out in search of a warm drink or a midnight munchie. But what is open 24 hours? Your Safeway Club Card soon loses its pizzazz and Taco Hell is a guaranteed ticket to some bowel beauties.

Well, you're still awake and you'd rather perform your own tonsil removal than open those damn text books.

But then walking down H Street a sweet, sugary smell wafts up to you, and slaps you silly. You start drooling as you set off in search of the unmistakable smell of hot, fresh doughnuts.

Before you see the Plaza and are mobbed for spare change, you see Don's Donut Bar — where that spare change will purchase the perfect midnight munchie.

If you're not in the mood for a doughnut, there are also bagels (that you can actually have toasted! For some reason the only bagel shop in town — we all know which one — has not seen fit to do the bagel justice with a toaster! Bagels taste so scrumptious when they are crispy and have butter melted all over or have cream

cheese lathered on top).

Not to be missed are the Southeast Asian spicy sandwiches. Or if you are a basic kind of person, they'll whip you up a traditional ham and cheese. There are damn good vegetarian sandwiches, too.

And for dessert you can have ice cream — even in a waffle cone! Now that's quality!

For that horrible cotton mouth or quick caffeine pick-me-up, Don's has a good variety of drinks. Often they have a special espresso drink and doughnut combo.

Cancer sticks can even be bought there! Enjoy the best of both sins — fat and tobacco.

Local artists are often modestly featured

on the wall, and a newspaper or stray magazine can be quickly located.

Take a seat at the bar and catch some boob tube while you wait for your order. It might take a little while but this ain't Starfucks or Mickey D's so sit back, relax and enjoy the show.

It can be quite a show at times. Often many travelers or housing-challenged people stop by and might want to engage in a bit of conversation. It's good to not always be around your peers — there are other people in this world and many do not attend HSU.

But sometimes, around 2 a.m. when the bars close, a few spirited folks will forget their manners and disrespect Don's. Maybe their eggroll isn't to their satisfaction or the line is too long, or they don't like the way a fellow is looking at them. Then comes the raised voice, the challenge, the lack of respect for such a fine eating establishment. For some reason this seems to mainly occur with drunk males.

This really, really irritates me. People don't go into Tomo's, Smugs or Sacred Grounds and raise a ruckus. But Don's Donut Bar, which is one of the very, very few places people of all ages and economic situations can hang out and feel comfortable, is harassed.

I am sick and tired of these self-righteous jerks disturbing the hot, sweet, peaceful air of doughnuts with their foul mouths and bloated egos! Go back to your barns and get your mouths washed-out with soap!

It is wonderful that Don's is open 24 hours, but patience can run short after working all night on a lame term paper. Or maybe you are just having some hard personal times and want a little sweet indulgence. But what you don't want is annoyance.

You get it on the road with slow drivers who don't signal, with deaf and incompetent food workers who put mayo on your sandwich when you specifically asked for just mustard, with gas station attendants who give you the wrong directions when you're already lost and, of course, with professors who act like their class is the most important thing in your life and give shitloads of homework.

So have a little r-e-s-p-e-c-t, have a little compassion for the workers and patrons of Don's Donut Bar. Everyone would be a lot happier and able to burn those calories off just by smiling if others remembered their manners.

Abigail Hudson-Crim is an avid Don's fan and is The Lumberjack opinion editor. She is a journalism junior.



by Abigail
Hudson-Crim

"Man" has lost word fight

I recently read an article in a business journal about the efforts of a company to regain its market share using the newest Internet technology. I remember this article because it had something in it I hadn't seen in a long time.

The article referred to the company's top guy as the "chairman." "Chairman," I thought. How refreshing to see that word again after such a long time. Today every major journal, book or other publication uses the word "chairperson" or simply "chair." It is just part of the ongoing campaign to erase the word "man" from the English vocabulary.

Every word that used to contain "man" or "men" has been changed to something more acceptable to our cultural elite.

"Policeman" is now "police officer," fireman is now "fire fighter," "mail man" is now "postal worker," etc., etc. You see, the establishment feels that if it can change the language we use, it can change the way we think.

All major publications have joined in the effort. An article in Scientific American I read last week refers to a new medicine's benefit to "human-kind." You see, the word "mankind" can't be used because it contains the word "man."

Interestingly though, it may be more difficult for our language police to erase the word "mankind" than other words they have targeted.

The effort to erase the word "man" has been largely successful in most areas of society. People are like cattle and they will stampede in whatever direction they think the herd is running.

Today, the only place you will find the word "man" in the vocabulary is, perhaps, at the Selective Service department — where only "men" are slated to be drafted and sent to war to be killed. Or you might find it within the hundreds of "affirmative action" programs that government and industry design to specifically discriminate against men in school admissions, hiring, promotions, etc.

Why have the efforts to erase the word "man" been so successful in our country? Because American men are patsies. While other groups fight for rights and try to increase their power in society, American men are taught from an early age that they don't have a right to do the same (unless of course you are a man "of color").

We have accepted the establishment's judgment on this and have learned to live with it. Until we wake up and stop being such suckers, the establishment will continue to succeed in these efforts.

Jeff Burhans is a 1981 physics graduate living in Tampa, Fla.

Still looking for that mystery house

• continued from page 42

dress was. She looked at me for a second as if I were a complete lunatic, but upon explaining to her exactly what I was trying to do, she showed an air of sympathy and shared with me her house numbers.

Of course I figured it out from there, but in the process I lost valuable time with which I could have been making other deliveries. I was forced to go through all that just to obtain a reference point.

Some may think that my concerns are rather trite and insignificant. I mean, who cares if the pizza's a little late? But let's pretend for a moment that I'm not a delivery boy, but a policeman. What if I was caught in the same weather predicament I described above? What happens if the situation I'm called to escalates to the point where lives are threatened while I'm busy looking for numbers that don't exist? Or what if I'm an ambulance driver trying to get to a heart attack victim? Or a fireman trying to get to a fire that's not yet visible from the street? These are potential realities that, although chilling, can be easily avoided.

Common sense just told me that if a person is looking for my house, and he's never been there before, then all he has to go on is a number and a street name. He doesn't know that my house is white with green trim, and that it sits four from the corner. Given that bit of insight (which I know is not unique to my thinking), why don't more people make it easier for other people to find

them?

I would argue for a measure that would require Arcata citizens (or landlords) to post their addresses so they are clearly visible from the street at night. To realize this plan would require very limited individual effort and would result in much greater convenience for people like myself, and for anyone who is simply looking for an unfamiliar address.

Greg Stuart is an undeclared sophomore.

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.

classifieds

Wednesday, Jan. 20, 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

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!

Read the entire transcript of Lamar's interview with the fabulous Bernie Worrell at <http://www.humboldt.edu/~wlm2>.

SERVICES

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

WANTED

ALUMINUM CANS — Please donate your recyclables at the Arcata Community Recycling Center to the Sunnybrae Cheerleaders Fundraising Efforts Account. Thank you!

FOR SALE

Butterfly bench w/ 100 lb. weights. \$175 OBO. Call Cindy 825-9636 evenings.

HELP WANTED

ATTENTION!! Ready to lose those unwanted pounds? Get paid to lose weight. Safe, natural, Dr. approved. Karen (408) 553-8924. E-mail: looseinches@hotmail.com.

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

PERSONALS

All ads of a personal nature must be placed at the Lumberjack Advertising Office. Advertisers must present proper ID when placing ads of a personal nature. No ads of a personal nature will be accepted through the mail. No telephone numbers, addresses or last names can be used in ads of a personal nature.

YOUTH SHELTER RESIDENTIAL COUNSELOR CRISIS HOTLINE WORKER

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MOONBEAM: I miss your soft smile and "ooky pooks." Call me up some time! - Purple

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Maria: "Yes, professor, and I even got you the Lumberjack's special student, staff and faculty rate. \$3 per 25 words!"

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VIEW

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THIS WEEK

20 Wednesday

Community Concert

Humboldt Community Concert presents Scottish singer Carl Peterson. 8 p.m. at the First Presbyterian Church in Eureka, 819 15th St. \$20 for non-members. 444-2378.

Storytime

Humboldt County Library and KEET-TV present Family Storytime. Read stories, crafts and take a free book home. 7 p.m. at the Humboldt County Library, 1313 3rd St., Eureka. 269-1910.

21 Thursday

No events listed

22 Friday

Live Music

Humboldt Bay Coffee Co. presents Mark Leppanen from 8-11 p.m. at 211 F St., Eureka. 444-3969.

Live Music

Eureka Inn presents John Raczka from 5:30-7:30 p.m., and Primal Mates from 8 p.m.-midnight at Seventh and F streets, Eureka. 442-6441.

Potluck

Celebrate the first anniversary of the Blue Moon Café at 7:30 p.m. Bring food to share. 1649 Central Ave., McKinleyville. 839-4623.

Workshop

Senegalese dance and drum workshops. Friday at 6:30 p.m. is dance and Saturday at 1:30 p.m. is drum. All classes held at the Bayside Grange, Arcata. \$15 general or \$12 with student I.D. 923-2642.

23 Saturday

CPR and First Aid

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

Live Music

Humboldt Bay Coffee Co. presents Slow Burn from 8-11 p.m. at 211 F St., Eureka. 444-3969.

Poetry

Listen to the oral art form of poetry at the Arcata Library. Stephen Miller, Shelley Ellis and Leonard Cirino will read at 2 p.m. 822-5954.

Workshop

The University of California Cooperative Extension presents a Fruit Tree Pruning workshop. The workshop will take place from 11 a.m. - 12:30 p.m. at Arrington's Apples, 4555 Mitchell Road, Eureka. Free. Donations accepted. For more information call Arrington's Apples at 443-0210.

24 Sunday

No events listed

25 Monday

No events listed

26 Tuesday

Workshop

HSU Personnel Office and Career Track present an off-campus training opportunity "High Impact Communication Skills for Women." Learn how to come across powerfully in meetings and how to handle difficult people and situations. 9 a.m. - 4 p.m. at the Doubletree Hotel, Eureka. Cost is \$149. Call 826-3626 to sign up.

ON GOING

Chinese Martial Arts Association

Self-defense, overall fitness and health for teens and adults. Beginners are welcome. 5670 West End Road, Arcata. 826-1844.

Lunch Brunch

Toastmasters, an international organization, improves public speaking and leadership skills. The Toastmasters "Lunch Brunch" meets the first and third Thursday of each month at noon at the Cal Trans Building, 1656 Union St., Eureka. 442-6243.

GALLERIES

"Art Lessons"

Expressionist oil and watercolor paintings and poems exploring the artist's creative process. Storefront Gallery on the Plaza, 830 G St., Arcata.

THEATRE

Auditions

NCRT will be holding auditions for "The Dining Room" on Monday and Tuesday 26 at 7 p.m. Scripts are available at the Arcata and Eureka Library reserve desks. For more information call 442-NCRT.

"Prism"

Dell'Arte presents a color dance show this Friday and Saturday at 8 p.m. Tickets \$5. 668-5663.

"Romeo and Juliet"

Presented by NCRT in Eureka through Feb. 6 at 8 p.m. with a Sunday matinee on Jan. 31 at 2 p.m. Tickets are \$9 for Thursdays and Sunday and \$11 for Fridays and Saturdays. 442-NCRT.

"Social Security"

Ferndale Repertory Theatre presents a preview on Thursday at 7:30 p.m. for only \$5. Gala opening is Friday at 8 p.m. and runs through Feb. 20. 786-5483.

CLUBS

CCAT

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

GLBSTA

Meets Thursdays at 7 p.m. at the MultiCultural Center. 825-0464.

Humboldt Aquatic Masters

Meets Monday or Tuesday, depending on your schedule, at 7 p.m. NHE 120. 826-4318.

Humboldt Art History Association

Meets Jan. 28 at 6:30 p.m. in ART 102. The movie "I Shot Andy Warhol" will be shown. 822-7092.

NAACP

Meets the third Sunday of the month at 3:30 p.m. at the Cooper Gulch Center on Myrtle and Eighth streets, Eureka.

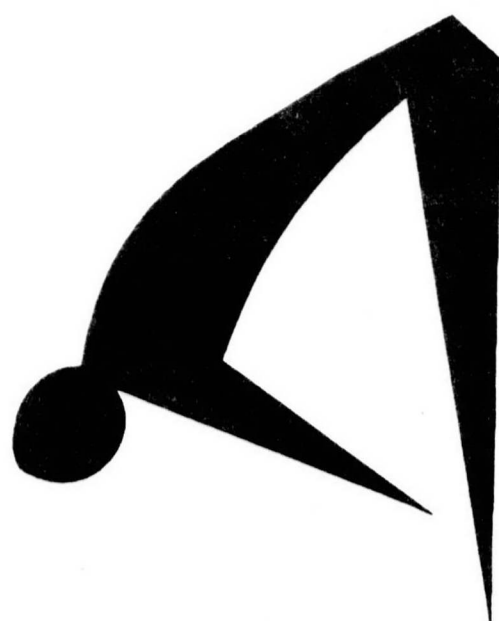
Student California Teachers Association

Meets Sunday at 3 p.m. in NHE 106.

Nightlife

	Café Tomo	Humboldt Brewery	Café Mokka	Club West	Muddy Waters
Thursday	Karl Denson's Tiny Universe. \$8	No End Free			
Friday	Tempest \$7	Groove Revelation \$2	Joe and Me 8:30 p.m.	Boogie Nights 18 & over	Compost Mt. Boys 8 p.m.
Saturday	West African Dance \$10	Mudd Puddle \$2	International Folk 8:30 p.m.	DJ Dance Party \$2	Marty Flashman 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.



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