

The Lumberjack

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Vol. 90, No. 1

Wednesday, January 17, 2007

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LIVING THE DREAM IN HUMBOLDT



Campus and community celebrates King's legacy through theatre and dialogue.

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Emergency Drill:

Drill to find out if Humboldt State and its students can handle a major catastrophe

• Page 4

Football player dies:

Death of Kenny Edwards saddens football team

• Page 18

Drag royalty crowned:

Humboldt Pride crowns drag king and queen

• Page 13

Contents

03 campus

- Martin Luther King Jr.
- Emergency Preparedness Drill
- Esteban Report
- Spring Convocation

11 community

- Cervical Cancer Awareness Month
- Mosgos
- Martin Luther King Jr.

18 sports

- Kenny Edwards
- Q&A: Maya Domoto

24 features

- San Diego
- How not to catch the crud
- Photos

30 scene

- Drag queen pageant
- Tech events

35 science

- Watershed restoration
- Griffith Observatory

40 forum

- Editorial
- Travel segment
- Guest columns
- Cartoon

Corrections:

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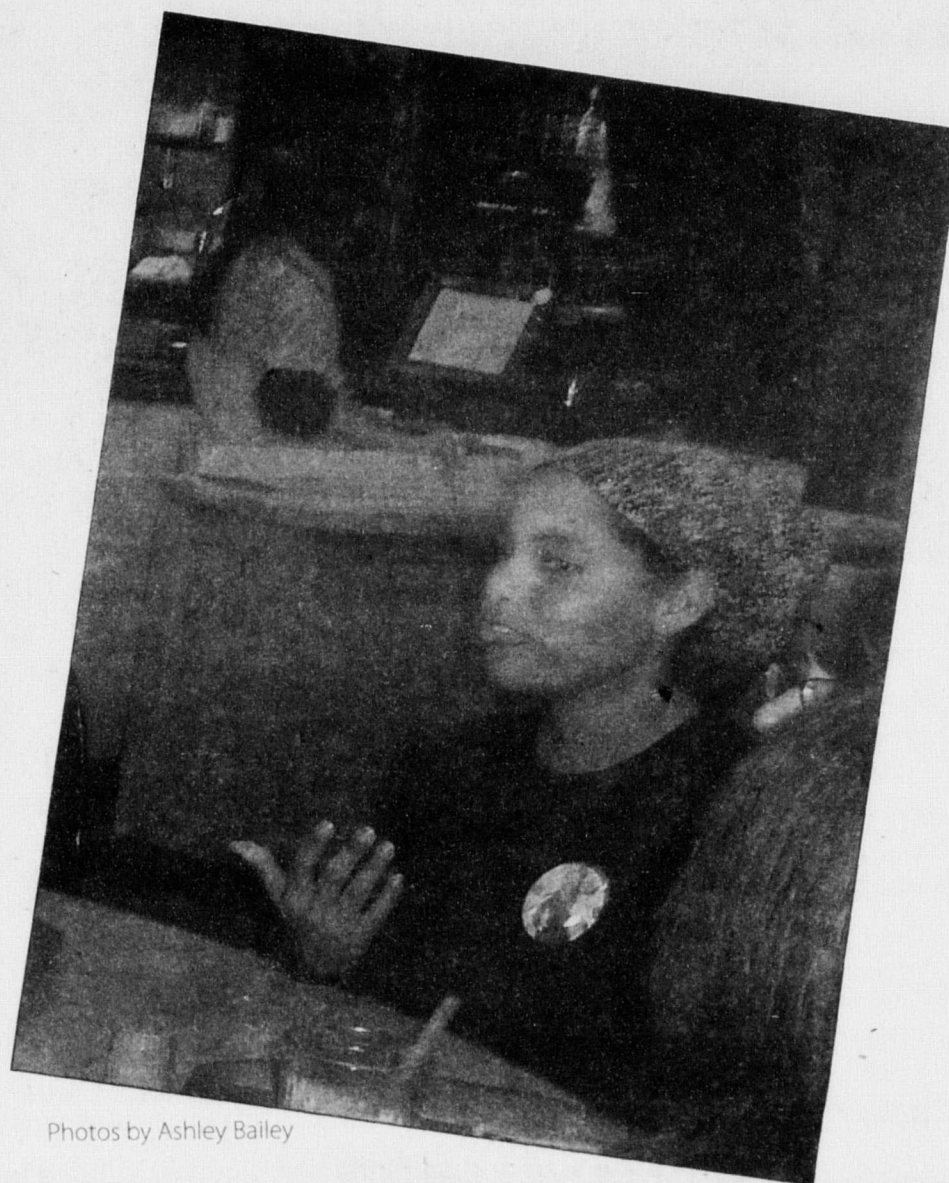
Martin Luther King: Continuing the Dream



Norrese Andrews, Dienisha Johnson and a friend discuss their feelings about equality on the Humboldt State campus.



A group of volunteers talked to students at the J dining hall on Monday night about what the definition of a leader was.



Photos by Ashley Bailey

Residence Life Coordinator Sabrina Slater talks to a group of students during MLK: Continuing the Dream.

"Instead of complaining, do something about it."

Davonna Foy
social work junior

Ashley Bailey
abb17@humboldt.edu

Martin Luther King day often goes by without appreciation, recognized only as another day off from school or work.

On Jan. 15, a campus dialogue sought to recognize the holiday as something more. Residence Life Coordinators Sabrina Slater and Matt Pearce organized MLK: Continuing the Dream, a discussion held in the Jolly Giant Commons from 5 p.m. to 7 p.m. on Monday.

Volunteers sat around the dining hall's tables in black shirts and MLK pins to begin conversations in small group sessions. Their goal was to challenge the notion that King's work for equality was done.

Davonna Foy, a social work junior, volunteered because she felt like last year's Power Point presentation wasn't very influential to the students.

"You need to actually talk to the residents," she said. "Being involved will spread the word about the African American community. Instead of complaining, do something about it."

Foy talked to a small table of students about the problems black people face as minorities on campus.

An issue that came up was President Rollin Richmond's lack of understanding for the Humboldt State black community.

Foy was recently standing by library circle with a small group of black students and Richmond approached them to have a conversation. She said she had her doubts of his

intentions.

"I wonder if he's putting up a fake façade," said Foy.

Dienisha Johnson, a social work junior, said she felt more comfortable reaching out to fellow African Americans on campus rather than white students. "I don't feel like we're [blacks and whites] equal," she added.

Other tables discussed topics such as what defines a leader and how King would feel about current social issues such as the Iraq war.

Chardi Whitlock, a French freshman, said she thought a leader was "somebody who can find common ground and set aside differences to unite [people]."

Slater said that the discussion was to create "more dialogue and understanding about Martin Luther King Day and a celebration for how far we've come."

They praised King for his work and recognized the need to continue his legacy for civil rights.

In King's famous speech, "I Have A Dream," he left us with these words:

"So I say to you, my friends, that even though we must face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream that one day this nation will rise up and live out the true meaning of its creed—we hold these truths to be self-evident, that all men are created equal...I have a dream my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character. I have a dream today!"

On Shaky Ground

Emergency preparedness drill details campus plan of action

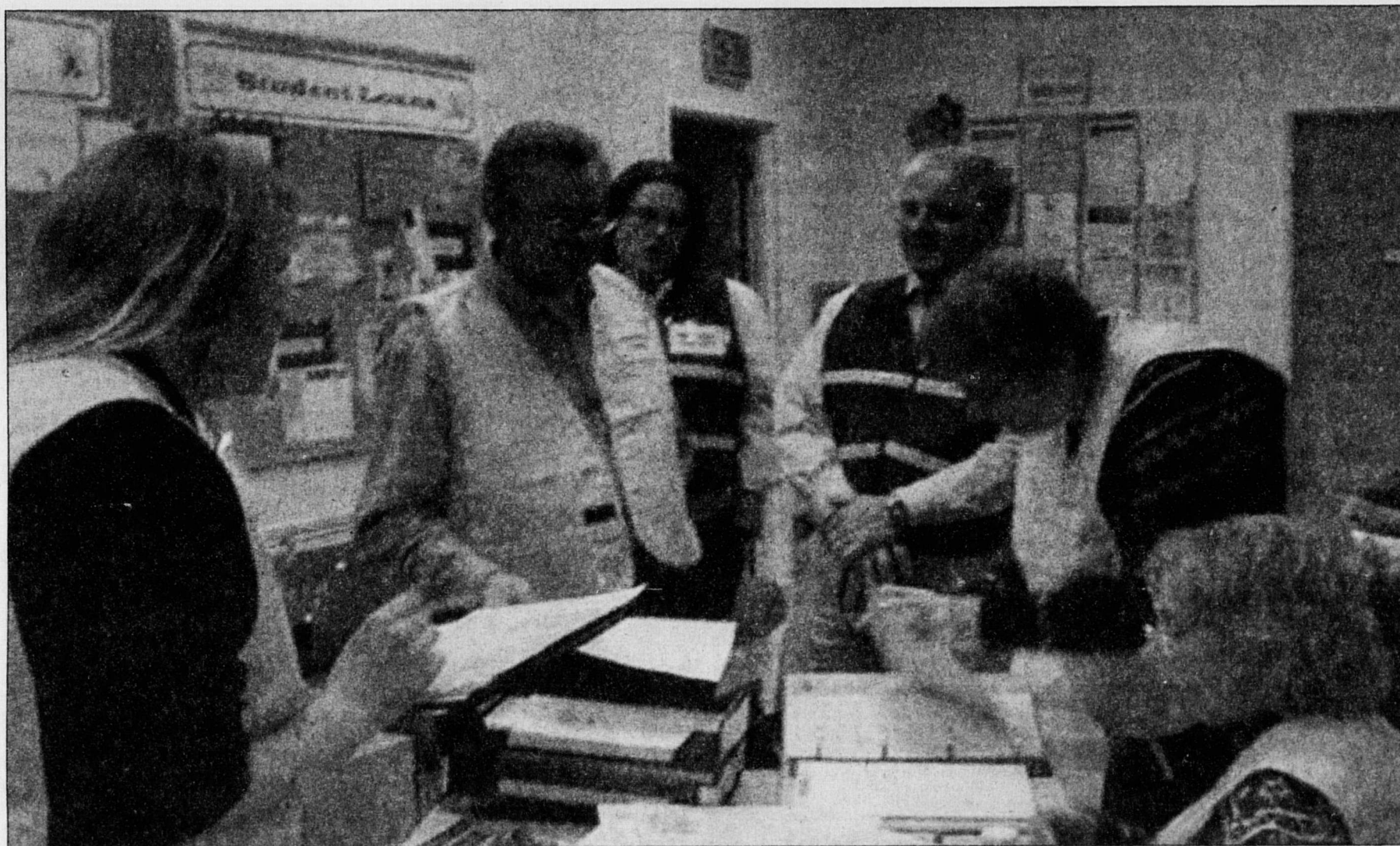


Photo by Jan Marnell

Humboldt State staff and administrators confer about a hypothetical emergency in the Emergency Operations Center.

John C. Osborn
jco11@humboldt.edu

It happens 10 minutes into American government class. The room starts violently shaking. Desks and chairs slide across the floor. The lights flicker. After 40 seconds only a piercing alarm breaks the silence, and everyone is out the door to their rally points.

What just happened was an earthquake, a natural disaster prone to happen in Humboldt County. Resting on one of the many volatile plate junctions throughout the world, preparing for the inevitable "big one" will be Humboldt State's goal on Jan. 26.

Joining forces with emergency responders and a crisis management company, university officials will host an earthquake simulation testing the campus' response to an earthquake.

"When that big North Coast [earthquake] happens," Tom Dewey, university police chief, said, "we are going to be really competing for emergency help."

Two years ago, Chancellor Charles Reed of the CSU system instituted a program to

simulate emergencies that could occur on campuses throughout the state. Humboldt State volunteered to simulate an earthquake.

Humboldt is within the Cascadia subduction zone, which runs from Cape Mendocino to Vancouver, Canada.

"Subduction is like a continuous conveyor belt," Lori Dengler, chair of the Geology department, said. "As one plate goes under another, the ground budes and slowly rises. If there is too much strain, there is an elastic rebound."

An earthquake on the Cascadia would be huge, Dengler said, and could reach 9.0 on the Richter scale. The quake that produced the 2004 tsunami in Indonesia was 9.0.

Dengler said the ground would shake for about five minutes instead of the average 40

see EMERGENCY, pg. 10

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Safety and Emergency Preparedness

1. Exits, Rally Points and Emergency Assembly Points:

- In each classroom or lab, identify the exits. Take note of alternative exits, including doors and windows.
- Faculty and students must know how to get to the class rally point, located immediately outside the building. This is usually a commonly known outdoor landmark such as a specific walkway, staircase, fountain or planter. Gather and count heads.
- Emergency assembly points are for gathering people when our buildings aren't safe to occupy (e.g. following a major earthquake). Each class should head there to organize themselves. Police arrival at the points will be delayed.

2. What to do for the "Big Three:"

- Earthquake: Duck, cover and hold until the shaking stops, then head to the rally point.
- Fire Alarm: Evacuate if there is smoke, fire or both. Head to a rally point.
- Gunshots/Criminal Activity: If at all possible get out and get away. Don't linger at rally point. If you absolutely can't get out, lock the door and seek shelter.

3. Power Outages Procedures:

- When electrical power is interrupted, individual faculty members are responsible for deciding whether the class should continue, be relocated or be canceled.
- If the power outage appears likely to continue for several hours or longer, campus wide information about continuing or suspending classes will be disseminated from the president through deans and department chairs.

4. Campus conditions and emergency information:

- Emergency info at 826-INFO (4636) or www.humboldt.edu/emergency.
- Try to avoid calling University Police for campus status information. Switchboards are swamped with calls after an earthquake, severe winter storm or power outage.
- If campus is closed, that information will be at these sites.
- These resources can take multiple inquiries simultaneously and will be updated daily or as conditions warrant.

5. Students must get themselves prepared:

- The North Coast is prone to earthquakes, severe weather, road slides and utility interruptions. The campus cannot feed and shelter all students.
- Every student must store sealed, bottled water, non-perishable food, a flashlight and a battery-operated radio. More information is available at www.prepare.org.
- Interested students can seek specialized training from the American Red Cross or by applying to the Campus Emergency Response Team.

6. North Coast Safety Risks:

- River safety: Take river safety training. Study the river with an experienced friend. Watch for branches that can hold you under the water. Stay sober.
- Coastal safety: Keep an eye on the ocean and for sneaker waves that may be two to three times larger than the surf pattern. Sneaker waves pull victims out to sea every year. Hypothermia and powerful currents are deadly threats.
- Earthquake: Duck, cover and hold on during strong shaking. Evacuate when the shaking stops.
- Tsunami: If you are at the beach and you see the water draw down low, hear a loud roar or feel strong shaking, head to higher ground immediately. If you hear that a warning is in effect, evacuate only if you are in a coastal zone (the Humboldt State campus is not in a coastal zone).

From the Humboldt State Emergency Management Program.

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Another consultant, another report

Report reflects on budget problems, feelings on campus

John C. Osborn
jco11@humboldt.edu

As the university begins to hammer out a reduced budget for next year, a recent report offers advice on how to do so in a way that works for everyone.

President Rollin Richmond invited Manuel A. Esteban, former provost for the university and president emeritus of Chico State, as an outside consultant to review Humboldt State's budget. He was the fourth such consultant over the past few years.

Esteban interviewed students, faculty, staff and administrators for feedback on the budget situation. Feelings included fear of job loss, mistrust over the accuracy of data that important decisions are based on, and a lack of transparency and cooperation in the budget process.

Several on campus gave feedback about the report, including Provost Rick Vrem.

"Generally I thought he had insightful views," Vrem, vice president of academic affairs, said.

Anna Kircher, the university's chief information officer, said the report did a good job reflecting feelings on campus, despite Esteban's short visit.

"[Esteban] had a way of speaking the truth without making people mad," she said.

Saeed Mortazavi, co-chair of the university budget committee, said the report supported what was already known about the budget.

The report's cover letter, written by Richmond, stated several areas where action would be taken. For example, vice presidents were asked to review unnecessary travel expenses and to carefully look at future hires at all levels.

Richmond intends to consult with the campus in late February before any budget proposal is sent to the university executive committee, a recommending body of vice presidents and other administrators. The budget should be finished by April 2.

When contacted, Richmond had nothing to add to the cover letter.

The report compared average costs of the four CSUs closest in size to Humboldt State (Bakersfield, San Marcos, Stanislaus and Sonoma). Humboldt State's average cost for instruction, for example, was higher than the other schools. Areas where the university was below average cost included academic support and operations and maintenance

(custodians).

The university has three objectives, according to the report: increase enrollment, balance the budget and accomplish these tasks by the end of March.

The university budget committee recommends to the president how money should be distributed, Mortazavi said. Their job is to review reports by each campus division (like academic affairs) to decide on what can be cut. Whether to cut \$4 million to \$5 million will be their first challenge.

"[The committee's] hope is to do the best we can to preserve what this campus is known for and minimize the damage," Mortazavi said.

Esteban had several recommendations for addressing the budget situation promptly.

He suggested all budgets since the 2003-2004 year be made available, with detailed explanations of where money went.

Esteban also recommended discussing the budget with the campus in February once information was available.

The report didn't recommend cutting money for instruction. Instead, it advised shifting resources to increase efficiency, for example.

The report pointed out that Humboldt State spends little in the area of information technology compared to other schools. Student computer labs, smart classrooms and e-mail/Web services are examples of what information technology services covers.

"We are struggling for lack of good core systems," Kircher said, such as an updated, user-friendly e-mail system. Other problems included low available disk space and outdated computer equipment.

Despite the budget problems, Vrem is focused on the many good things that continue to happen on campus.

"It's easy to get into a 'woe is me' mindset," he said. He added that enrollment for next fall looked better than it did at this time last year. Also, students are taking more units this semester than last, on average.

"This is the third budget downturn," Vrem said. "I wonder how we get through it, but we always do."

Advice for HSU from Manuel A. Esteban, former provost for the university and president emeritus of Chico State:

1. Make the 2003-2004 budget available with detailed explanations of where money went.
2. Discuss budget with campus in February once information becomes available.
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A glimpse at Humboldt's spring convocation

Administration remains positive about budget problems; Provost Vrem praises staff, faculty and students

John C. Osborn
jco11@humboldt.edu

To get inside the Kate Buchanan Room Jan. 10, packed for Humboldt State's annual spring convocation, you had to walk by roughly 20 picketing faculty members.

The faculty was handing out information about unresolved contract issues.

Inside, the convocation kicked off the spring semester with soothing jazz from the Humboldt Jazz Quartet, a preview of a new student recruitment video, and an award ceremony.

During the convocation, President Rollin Richmond awarded 10 people the 2007 Staff Recognition Award and welcomed about 16 new faculty and staff to the university. Nancy Kelly, Catherine David and Lois Stevens were also recognized for their long service to the university.

Richmond talked briefly about the 2007-2008 "budget realignment." He said the campus must work together to balance the budget and had an

"opportunity to make decisions that benefit the university."

Richmond also spoke about positive signs for the spring semester. Students are taking more units, he said, increasing the number of full-time students. Looking to the fall, transfer applications were steady and freshmen applications were up 15 percent compared to this time last year.

Provost Rick Vrem took the podium briefly and talked about the budget situation. "We survived the last two [budget downfalls]," he said. "We will somehow survive this one."

He also praised faculty, staff and students for making the university a special place.

"I think the future of this university remains very bright."

"I think the future of this university remains very bright."

Rick Vrem
HSU Provost



President Richmond at the Spring Convocation.

Photo by John C. Osborn

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Inside, the convocation kicked off the spring semester with soothing jazz from the Humboldt Jazz Quartet, a preview of a new student recruitment video, and an award ceremony.

During the convocation, President Rollin Richmond awarded 10 people the 2007 Staff Recognition Award and welcomed about 16 new faculty and staff to the university. Nancy Kelly, Catherine David and Lois Stevens were also recognized for their long service to the university.

Richmond talked briefly about the 2007-2008 "budget realignment." He said the campus must work together to balance the budget and had an

"opportunity to make decisions that benefit the university."

Richmond also spoke about positive signs for the spring semester. Students are taking more units, he said, increasing the number of full-time students. Looking to the fall, transfer applications were steady and freshmen applications were up 15 percent compared to this time last year.

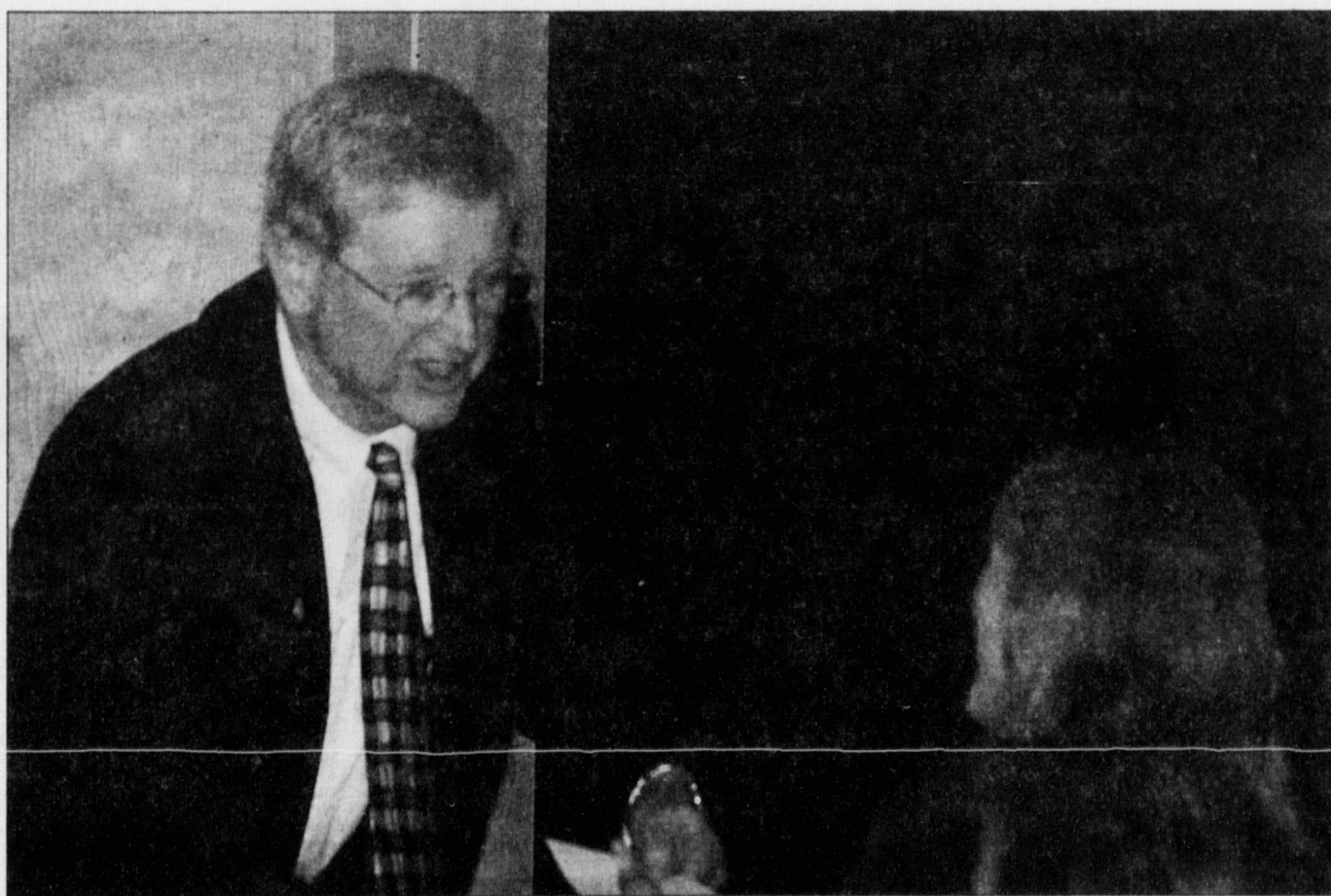
Provost Rick Vrem took the podium briefly and talked about the budget situation. "We survived the last two [budget downfalls]," he said. "We will somehow survive this one."

He also praised faculty, staff and students for making the university a special place.

"I think the future of this university remains very bright."

"I think the future of this university remains very bright."

Rick Vrem
HSU Provost



President Richmond at the Spring Convocation.

Photo by John C. Osborn

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Free lunch

Vine Club shows 'God's love in a practical way'

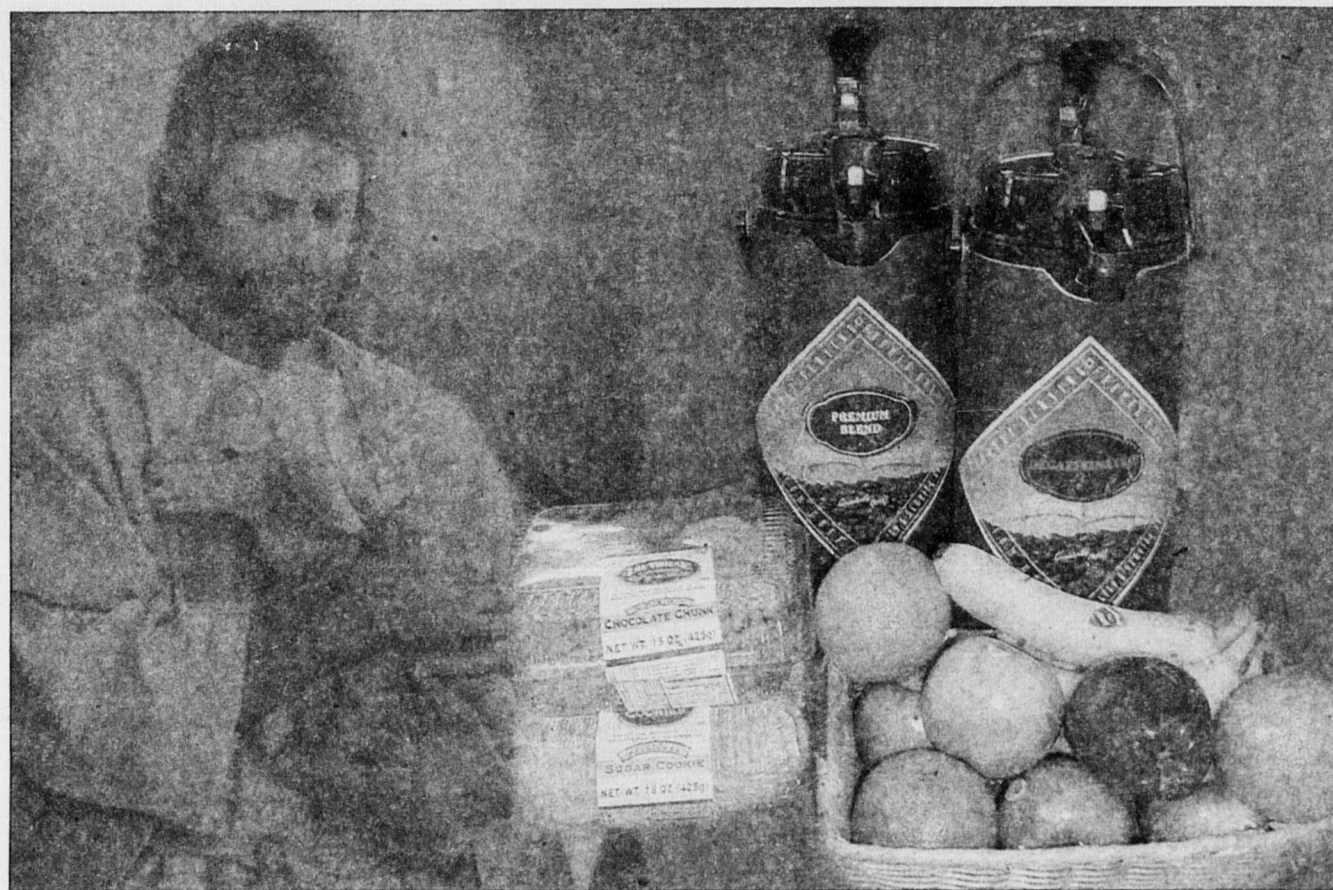


photo illustration by A. Dominic Efferson

Ashley Bailey
abb17@humboldt.edu

No obligation. No strings attached. Guilt-free. How many times have we all been duped by these promises?

There is no more need to ignore these tag lines. For once, there really is such a thing as a "free lunch."

The Humboldt State Vine Club offers free food at a table on the quad every Monday starting at 11 a.m. The Vine meets Wednesday nights at 7:30 p.m. in Nelson Hall East 115.

The Christian-based Vine Club was founded by community member Peter Mosgofian in 1998. They have offered free food to students for about eight years.

"It's our way of showing God's love in a practical way," Mosgofian said.

Mosgofian said that every week the club provides enough food to feed an estimated 100 people. That translates to four two-liter pots of coffee, tea, water, 30 pounds of fruit, six to seven boxes of two-dozen-count cookies, 32 juice boxes and, on occasion, bagels. The table runs for two to three hours, or until all the food is gone.

"Some people think we're trying to hook them with free food," said Sarah Smith, a third semester Vine Club member and physics sophomore. "We're not saying if you take the food you have to become a Christian."

Jennifer Quick, a one-year member and women's studies senior, said she doesn't even like when people "shove the Bible" at her.

"We don't do that," Quick said. "I am very resistant, that's not who I am."

Smith said that for the most part, people are positive and happy about getting a snack on the way to class.

However, Mosgofian has encountered some negative feedback from the Vine Club's presence on campus.

He said one student put back a piece of food and said, "I don't want to support a bigoted religion."

"Church and Christianity has a bad name at HSU," Mosgofian said. "A lot of students are often intimidated in classes because some professors are very derogatory towards church and Christianity."

Mosgofian said the Vine Club wanted to make a free food table to be able to openly converse with people and build more positive relationships within the community. He added that they want to present "the gospel," which means "the good news."

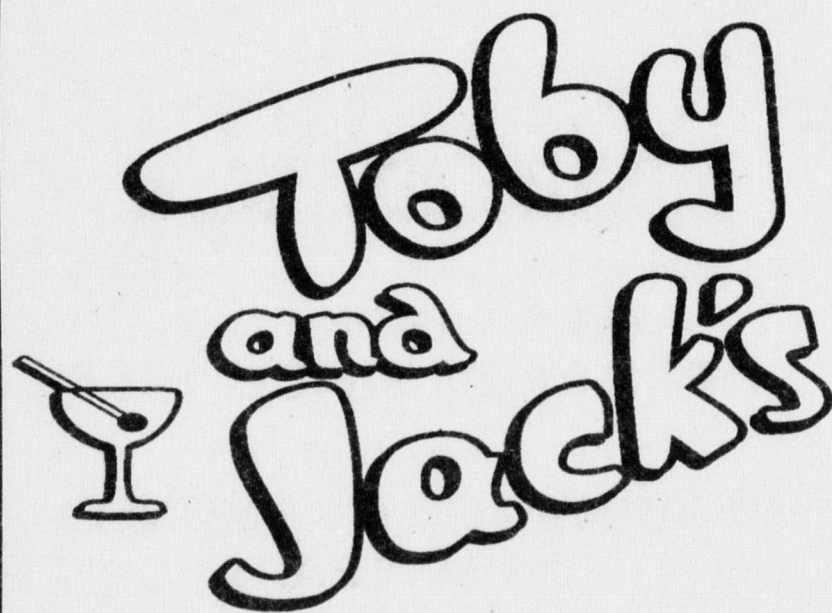
The free food table is sponsored by the Vineyard Church in Arcata. Mosgofian and a few other members attend the church, but it is not a requirement to be in the club. It's open to everyone, including non-Christians and members of the community. The Vineyard also owns a non-profit coffee shop on Alliance Road called Mosgo's.

When the club meets, they discuss not only faith and Jesus, but a variety of non-religious topics such as how to care for the poor and sustaining healthy relationships.

"We're saying that rather than preaching at somebody, we want to enter into a conversation," Mosgofian said.

Community service is also a big part of the club. Before the table, the Vine Club did car washes, helped students move into dorms, and sponsored a sexual health conference two years ago.

The Vine Club is a small, but dedicated group and welcomes anyone from the campus or community to join in their service.



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CSU, faculty contract talks still stagnant

Karina Gianola
kpg2@humboldt.edu

About 15 picketers from the California Faculty Association gathered outside the Kate Buchanan Room last Wednesday, hoping to inform the community about their stalled contract negotiations.

In order to raise awareness and knowledge about the negotiation, the association picketed at CSU Bakersfield on Jan. 8. More pickets on all 23 CSU campuses will continue until the end of the month.

CSU faculty members have been negotiating contract changes and updates for 19 months.

Robin Meiggs, president of the Humboldt State branch of the faculty association, said discussions have been difficult.

"There have been certain bright spots," she said. "But there are two sides to every story."

Meiggs said they are currently in stage three of the negotiation process, which they call fact finding, where a neutral third party examines the issues at hand.

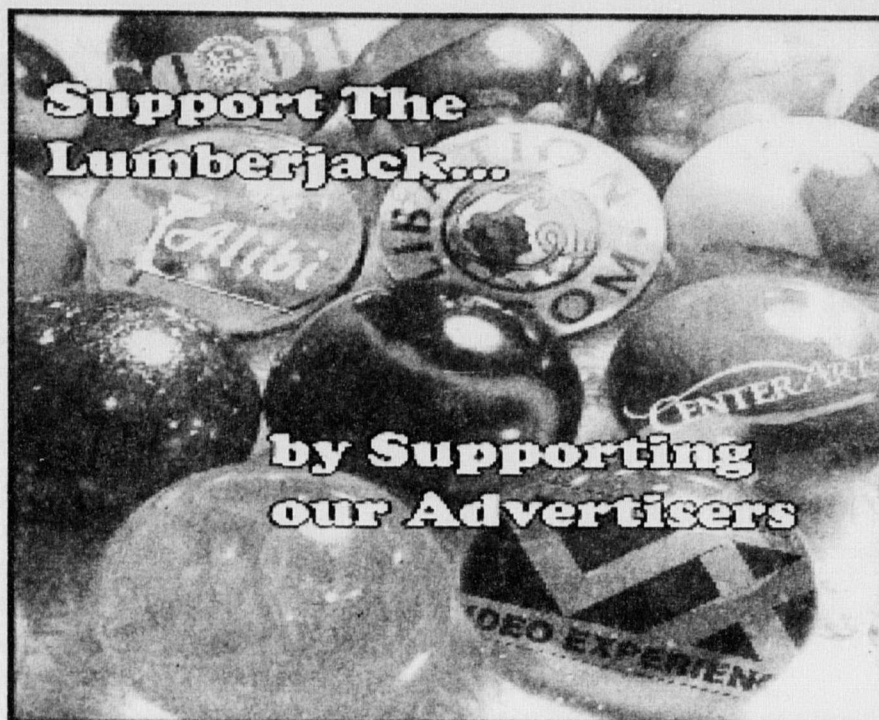
"Everything is based on facts and not on emotion," she said. The process is a bit behind schedule, but it is underway.

Although the faculty association would like to see an increase in wages for faculty members, it isn't the only change they would like made to their contract. One top priority is making sure faculty members are paid a living wage, which gives them the opportunity to buy homes and live in the communities where they work.

"We're trying to make sure that everybody is a winner," Meiggs said.

Negotiations will then move into a period where neither side can discuss the fact-finding report. If they still haven't reached an agreement when the report is out, the CSU can impose work on the faculty without contracts.

"We're hoping it doesn't come to that," Meiggs said.



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IN or OUT GROUP - Sexuality support for gay, lesbian, bisexual, transgendered, intersexed, questioning students and their allies. A safe place to openly discuss issues related to sexuality and other human issues that effect GLBTQIA individuals. Goal is to create a sense of community, support and to provide a forum to meet others who are thinking about these issues.

CHOOSING ABOUT USING - Explore your drug and/or alcohol use and how you make decisions about its role in your life.

MAKING PEACE WITH FOOD & BODY - This group will provide a safe and supportive atmosphere in which to explore your relationship with food and your feelings about your body. Together, we will work to create a new more empowered approach to eating and self.

HEALTHY ATTACHMENT... HEALTHY LETTING GO - This group will focus on ways to create better boundaries within your relationships. For example, we will explore issues of assertiveness, emotional regulation, how to handle and cope with interpersonal conflict, etc.

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PERSONAL GROWTH GROUP - This group is for individuals who would like to gain insights about themselves through interaction with others. Group members help each other identify themes involving past relationships and dynamics in order to foster psychological growth.

To attend any of these groups come to Counseling and Psychological Services, Student Health Center Building, 2nd floor, Room 205, to schedule a meeting with the group leader.

For the days & times and most current information see our web page

<http://studentaffairs.humboldt.edu/counseling>

EMERGENCY PREPAREDNESS DRILL: Getting ready for the possible worst

continued from pg. 4

seconds, and would affect areas as far as Vancouver. It could also produce a tsunami, threatening land along the Pacific Rim, like Japan and Alaska.

A Cascadia event occurs on average every 500 years, Dengler said. The most recent occurred on Jan. 26, 1700. An event of this size could release more than twice the power released by Mt. St. Helens' eruption in 1980.

The big challenges the campus faces if an emergency happens, Dewey said, are organizing effectively and restoring university operations.

"Practicing response is important," he said, adding that the university's geographic isolation and residence halls add extra burdens to response.

The exercise will simulate, in three parts, problems arising from an earthquake, like communication disruption or collapsed buildings.

In the morning, the campus Emergency Operations Center will be activated. Administrators, staff and faculty run the center, based on who is available.

The goal of the center is to gather and process information, Dewey said, and create plans to respond to an emergency.

"In a stressful incident you need to have a framework to guide you through the emergency," he said. "Many people you know may be injured."

"In a stressful incident you need to have a framework to guide you through the emergency. Many people you know may be injured."

Tom Dewey

University Police Department Chief

Around 11 a.m., faculty and staff will duck, cover and hold position as if an earthquake was happening. Classes and offices will evacuate to rally points located just outside. In the event buildings aren't safe to re-enter, groups move to one of five emergency assembly points on campus.

At the points, a leader takes notes of who is there and what is happening, sending it to the center afterward.

"The key with emergency assembly points is people have to organize them-

selves," Dewey said. The need for self-organization is key, especially after a disaster where emergency responders may be busy elsewhere.

Throughout the afternoon, the campus will transform into a post-earthquake zone, with 100 people roleplaying different problems that may arise, like medical emergencies.

Representatives from the Arcata Police and Fire Departments, as well as Eureka Hazmat, will participate. James Lee Witt and Associates, a crisis management company, will assist with the exercise.

"The company will design and facilitate the exercise," Mark Ghilarducci, spokes-

"It is possible to save lives if educated. The real tragedy in Indonesia is many died that didn't have to."

Lori Dengler

geology department chair on the 2004 tsunami in Indonesia

person for Witt Associates, said. Afterward, the company will give the university feedback.

Barbara Anderson, spokesperson for Witt & Associates, said that the company has worked with the university since August, researching campus buildings, conducting interviews and looking at existing emergency plans.

Being prepared for an emergency could be matter of life and death.

Two villages in Indonesia reacted differently to the earthquake that caused the 2004 tsunami devastating the area.

The tsunami took 20 minutes to reach Jantang after the quake, and devastated the village killing all but 2 percent of the people. Yet nobody died in the village of Langgi, where the tsunami took eight minutes to arrive, but people knew to go to higher ground after an earthquake.

"It is possible to save lives if educated," Dengler said. "The real tragedy in Indonesia is many died that didn't have to."

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Not just a cup of coffee

Mosgos coffee shop gives back to community

John C. Osborn

jco11@humboldt.edu

The scent of fresh coffee lingered in the air and the sound of voices rose and fell over soft music played on speakers. To the left is a stage where bands played every weekend. Chairs, tables and couches filled the space, most of the seating occupied by patrons.

Tucked away next to Westwood Market, another coffee shop rested. What made this place different was not

"We can never take our community for granted. The moment we do, we lose our hearts."

Ron Alexander

Mosgos Manager

only its ownership, but the community vision behind the creation.

Ron Alexander sat outside at the table, greeting every customer who came toward the door and wishing farewell to those who left. He knew customers by name. Many stopped throughout the interview and exchanged a few words.

"We can never take our community for granted," Alexander said. "The moment we do, we lose our hearts."

Alexander is manager of Mosgos, a coffee shop about seven-months-old and a member of the Arcata Vineyard Christian Community, a non-profit organization that owns the shop. Before Mosgos, he worked in landscaping

and studied elementary education at Humboldt State.

"I knew whatever I did it had to be kid-friendly," Alexander said.

The shop featured an area with books up to a third-grade level and child-sized furniture. Children-friendly movies are played every Sunday.

Raising the money to get the shop started was a risk for many of the people in the non-profit. "Many people had to put up their houses and take out substantial loans," Alexander said.

The shop is staffed by 25 people; all but four volunteers. Anyone in the community can volunteer, but the shop rigorously checks each applicant he said. "There's a fairly distinct atmosphere we're trying to create here," Alexander said.

That atmosphere is a place welcoming to everyone with incredible customer service. "We recognize a need for kindness in the community," he said, "that's everything."

Todd Krider, a shop patron, said he enjoyed the clean, comfortable atmosphere of Mosgos.

The organization also owned the neighboring Common Ground Community Center, currently hosting Middle-Eastern and ballet-dance classes. The wall separating the two places will be torn down once money is raised in order to host larger musical acts.

"In time all proceeds will go back to the community to promote art and dance," Alexander said.

It will take about another year before money will be available to fund planned community projects, he said,



"These shops are money pits and it takes a bit to dig our selves out."

Providing scholarships to Arcata High School students and going on outdoor-adventure trips are among some of the plans. For children who want to dance, the organization will provide 80 percent of the cost for class and supplies, with no strings attached, he said.

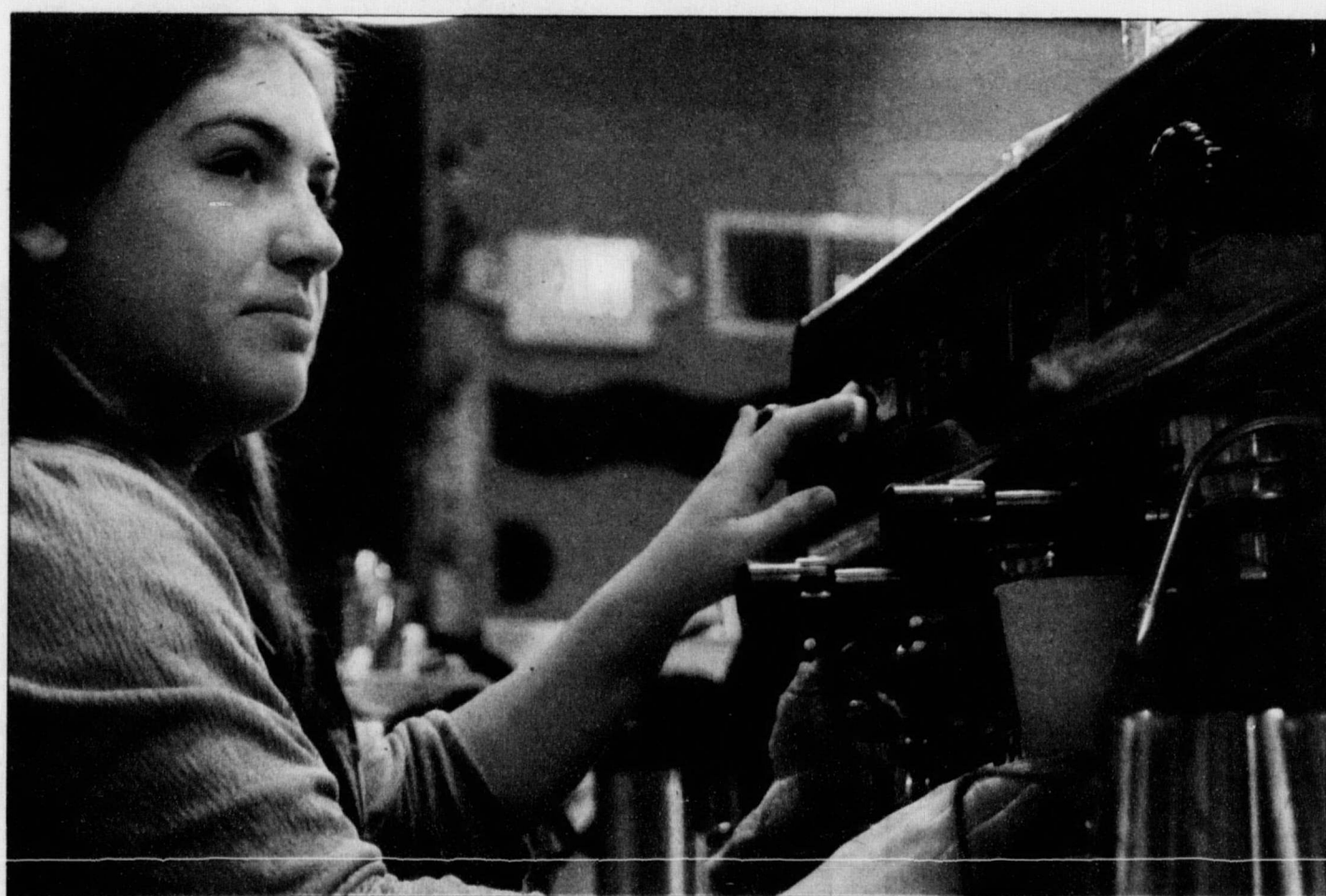
Mosgos fused the live music-performing atmosphere of Muddy's Hot Cup, the organic, fair-trade coffee of Sacred Grounds and brought it to the west-end of town. "We couldn't be doing what we're doing without their standards," Alexander said. "It's not a competition."

With Jazz on Thursdays, live music Friday and Saturday and open-mic night on Sunday, the shop is another venue open to all-ages. Many out-of-town bands haven't noticed the shop yet, but many of the bookings come from the open-mic night where there is a steady following, Alexander said. "Because we are a new venue, folks don't know we're here," he said.

"We're not just a cup of coffee, it's life."

Ron Alexander

Mosgos Manager



Photos by A. Dominic Efferson

Humboldt State University Graduate Chelsea Dove delicately prepares an Americano at Mosgo's Coffee Shop on Alliance. Dove has been volunteering at the shop since its opening one year ago.

Alexander shared a story about a young woman who came to the store after hitchhiking into town. A man picked her up and as time passed she grew uncomfortable and didn't want to be dropped off at her home. Instead, she told the driver to take her to Westwood.

"She came into the shop because she knew it would be a safe place to be," Alexander said. He heard from parents in the area that they tell their children to go to the shop if they feel unsafe.

"We're not just a cup of coffee, it's life," he said.

Alexander understood the skepticism in the community about the shop being owned by a church, but said there is nothing religious about the shop or products served.

"We're not a faith-based coffee shop," he said. "We don't give you a bible with your mocha."

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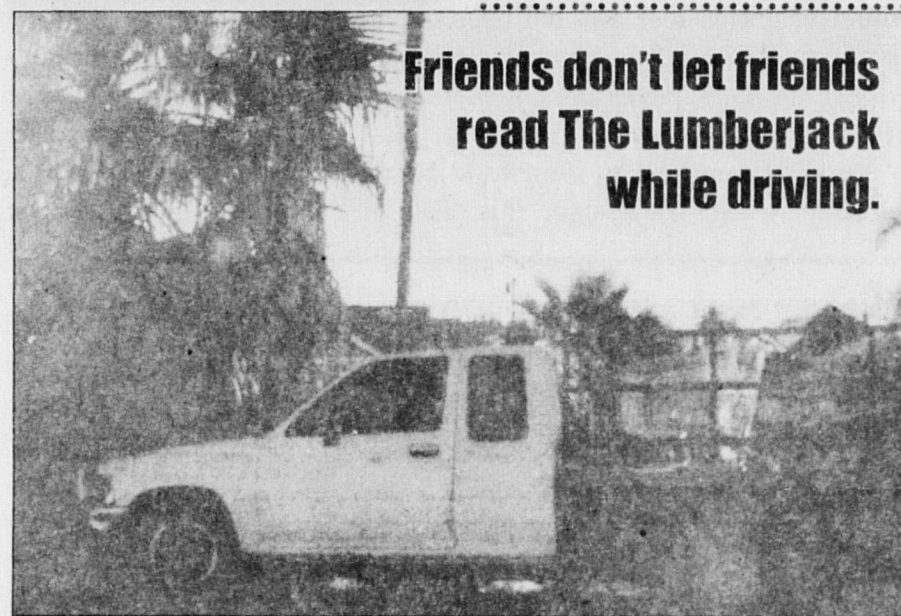
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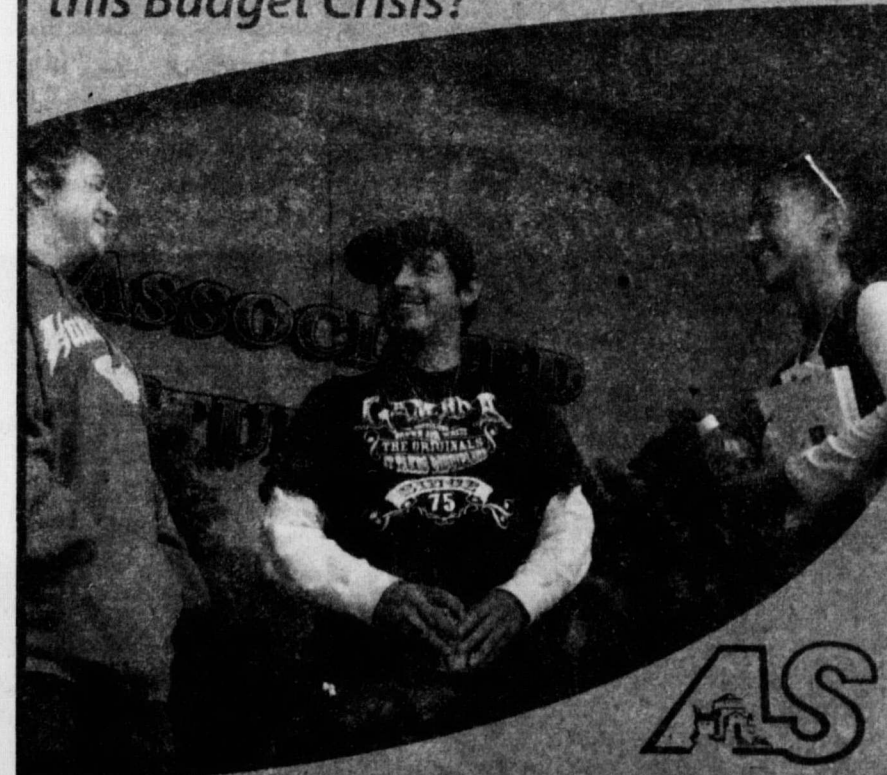
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Mateel Forever

Benefit to save financially stricken center



Courtesy of www.mateel.org

Ashley Bailey
abb17@humboldt.edu

The Mateel Community Center in Redway, Calif. will be hosting the Mateel Forever Benefit on Saturday, Jan. 27 to raise funds to re-open after two years of financial struggle.

The benefit will include theatre and dance performances, gourmet food, and music from 4 p.m. to 1 a.m.

The benefit is to help cover the deficit from last year's Reggae on the River and to raise funds for 2007 events.

The benefit starts with theatre shows from Feet First, Recycled Youth and Random People Monologues and is followed by a gourmet dinner prepared by Chef Andrew Perrone.

There will be silent auctions with items such as custom jewelry, festival tickets, gourmet food and a rare 1962 Gibson Kalamazoo guitar.

At 7 p.m. it's "boogie time" with local rockers the Non-Prophets and the NPK and the hip-hop group Subliminal Sabotage.

An up-and-coming Jamaican reggae star, Little Hero, will be headlining the show with the southern Humboldt County reggae band, Massawa.

DJ Sister Yasmin and DJ Dub Cowboy will also be performing.

Dan Gianotta, a.k.a. "DJ Dub Cowboy," said he wanted to volunteer his talent because of the respect he has for the Mateel Community Center and to help inspire others to use their talents there.

"Mateel is an important piece of Humboldt history," said Gianotta, who is a business senior at Humboldt State and works on KHSU and KRFH radio.

The community center is especially significant to Gianotta, formerly DJ Receiver, because he got his DJ name while at a concert at the Mateel.

"My bottom line is to represent that sense of community. That's where my heart's at."

The Mateel Community Center gained popularity from its biggest fundraiser of the year, Reggae on the River.

The center's executive director Taunya Stapp said that two years ago it was heavily reliant on the reggae event.

When budgets they projected failed to materialize, the result was a shortfall for the year that forced

the Mateel Community Center to close its doors on Dec 14.

The first financial crisis in many years has put all planned events on hold.

"I think the Mateel is a wonderful presentation of our community. To be able to provide a rural area with access to music and art is amazing."

Taunya Stapp

Mateel Community Center Executive Director

tor Justin Crellin said that their calendar is full almost every weekend with non-profit benefits, concerts and a variety of dance, theatre and comedy shows.

Stapp said that the center is important to maintain because it enhances culture in Humboldt.

"I think the Mateel is a wonderful presentation of our community," Stapp said.

"To be able to provide a rural area with access to music and art is amazing."

"The future seemed very uncertain," Crellin said.

But through the support of the local community, the Mateel is positive on re-opening its doors as soon as possible.

"It's starting to feel like we're moving towards a sustainable model for the Mateel," Crellin said.

He said that changes in negotiations of Reggae on the River weakened the Mateel's position over time.

After misunderstandings with Reggae on the River, the Mateel changed production companies from People Productions to 2B1 Multimedia.

2B1 Multimedia plans to pay an installment of funds in January and a second payment once tickets for Reggae on the River are sold to help finance the Mateel Center and re-open its doors.

With those funds and funds from the Mateel Forever Benefit, supporters are hoping for a re-opening of the Mateel Community Center soon.

If you are interested in donating anything for the auction or volunteering for Mateel events, please contact Volunteer Coordinator Katz Bosse at 923-3368. Also, go online to Mateel.org for more information.

Volunteers came together for this benefit at no cost to the community center.

Former staff members, musicians, artists, actors and other community members are working to save this venue for southern Humboldt.

Mateel Center Talent and Publicity Coordinator



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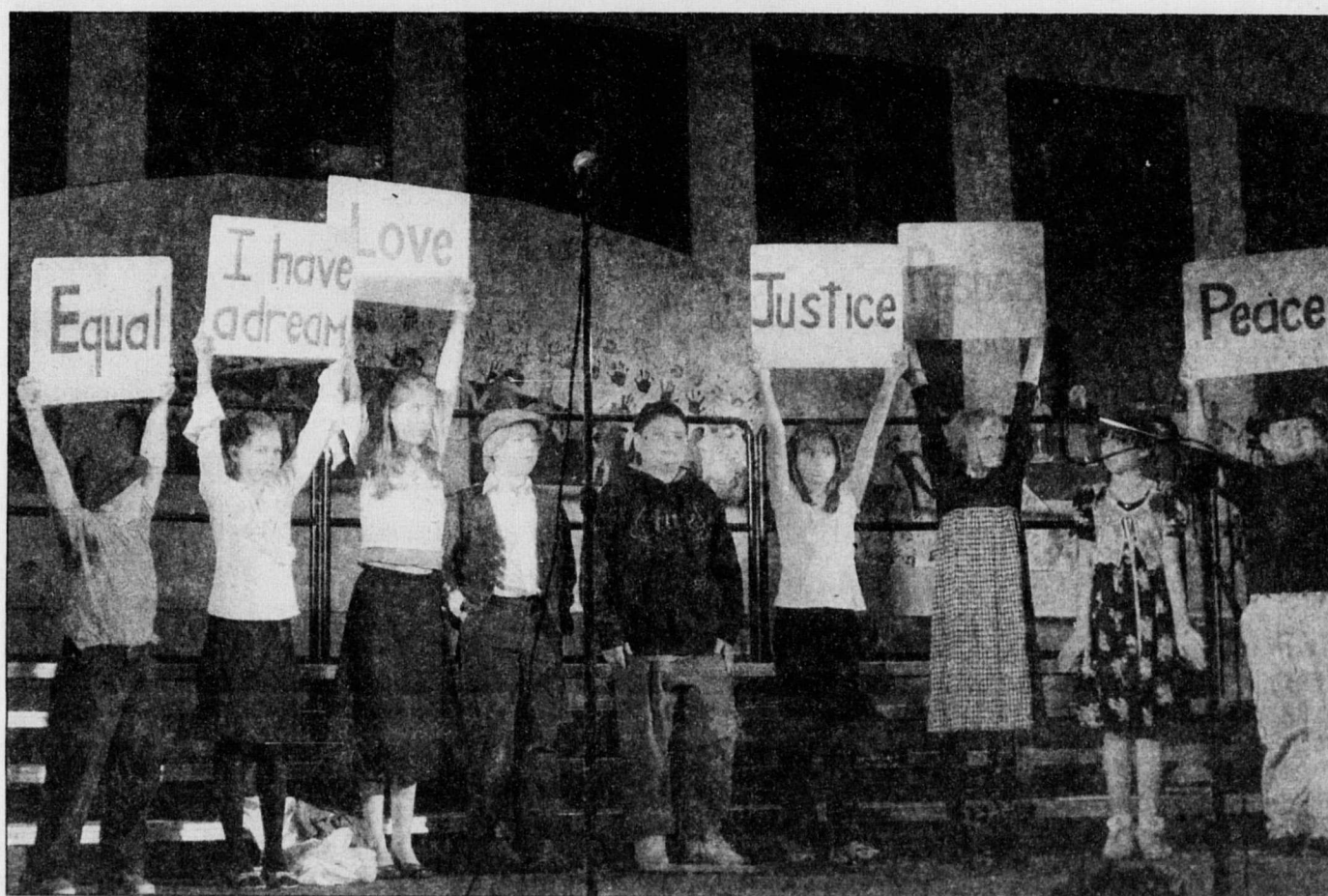


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Martin Luther King, Jr. celebrated

Photos by A. Dominic Efferson



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performs the
play "Martin's Big
Words" at the
Arcata Community
Center on Martin
Luther King, Jr.
Day on Monday.

MLK, Jr.: Celebrated in Arcata

continued from pg. 16



A. Dominic Efferson

Fifth graders perform at the Arcata Community Center on Martin Luther King, Jr. Day on Monday.

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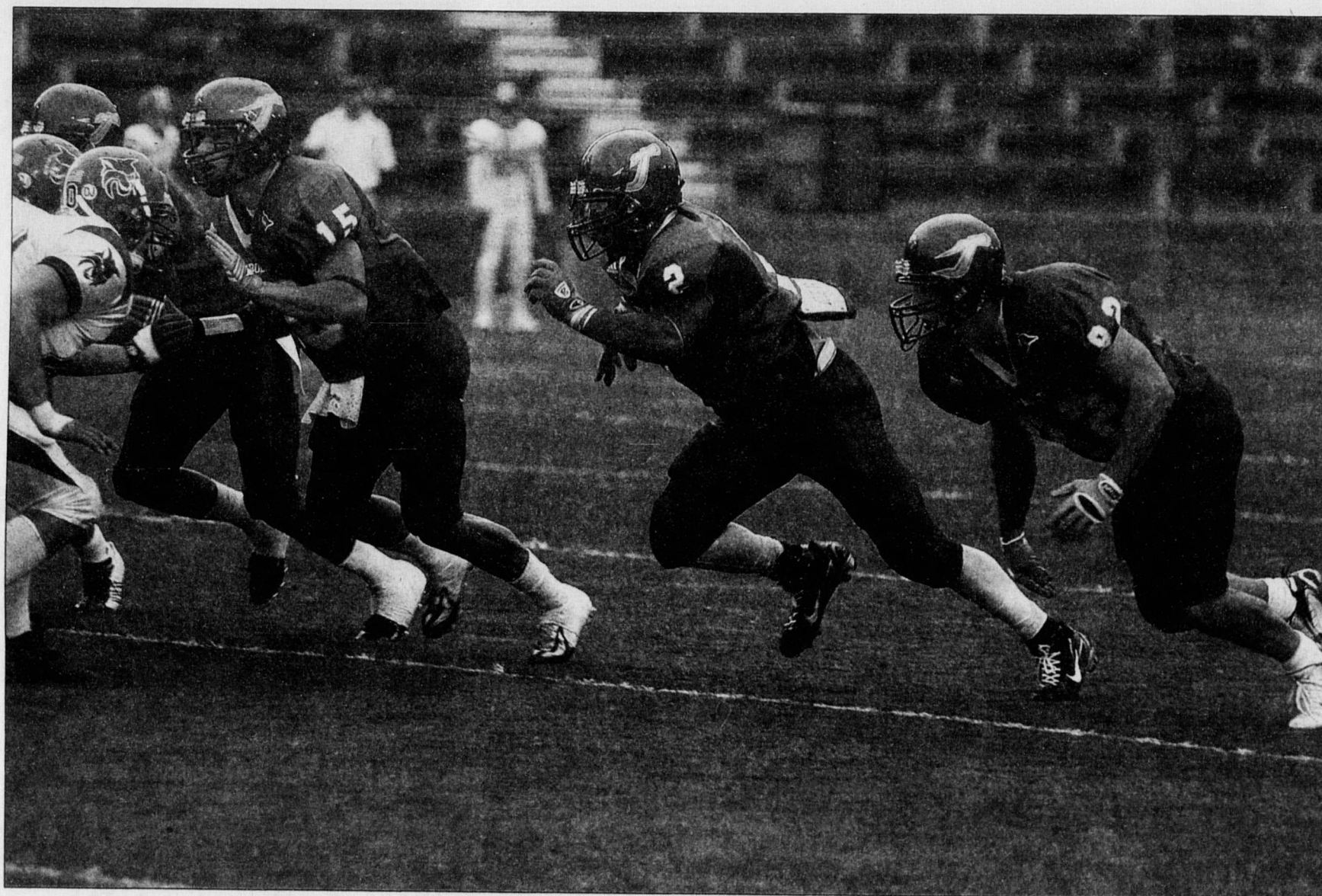
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Football suffers tragic loss

Kenny Edwards remembered as fierce competitor, dear friend



Courtesy of Sports Information

This past season, Kenny Edwards (2) recorded 28 tackles and returned a fumble 30 yards for the 'Jacks, who finished with a 9-1 record. He was expected to return for his senior year.

Garrett Purchio
gap13@humboldt.edu

On the heels of the Humboldt State football team's best season in four decades, the program suffered a major tragedy over the winter break with the death of a well-loved and respected player.

Kenny Edwards, a junior defensive back, died on Christmas day in the West Sacramento area. He was 23 years old.

"He was always an optimistic kid. He was a solid young man and he was a coach's dream."

Doug Adkins
Humboldt State head coach

His younger brother was testing out a remote-controlled boat Edwards gave him as a gift when it stalled about 40 feet offshore of a subdivision lake. Edwards swam out to retrieve the boat, but went under water soon after. He reached the surface once more before he went under again. Edwards did not make it back to shore.

Divers retrieved Edwards after he had been in the lake

for over an hour. The water was reported as being around 50 degrees. Edwards was transported by air to UC Davis Medical Center, where he was pronounced dead.

The news came as a great shock to those who knew Edwards. Senior defensive end Todd Eagle met Edwards at Contra Costa College five years ago when the two played on the Comets football team. Eagle said that he was impressed with Edwards both on and off the field, and was honored to have him as a friend.

"Kenny was such a down-to-earth person and a hard worker," Eagle said. "If you ever had the privilege to meet Kenny, see his smile, laugh with him, joke with him, compete with him, discuss football, discuss school, or discuss the future, then you know what a great person Kenny was."

Offensive lineman Duane Manyweather learned about Edwards' death on Christmas day. He said that Edwards loved life and would do anything for the team.

"When we played in Texas this year Kenny got hurt and wouldn't show it," Manyweather said. "He continued to play and had an outstanding game. He will be greatly missed and always thought about."

A memorial service was held on Jan. 3 for Edwards at the Crockett Community Center in Crockett, Calif. Many

players attended the event, where Edwards' family was presented with both of Edwards' jerseys.

Humboldt State Head Coach Doug Adkins was among those in attendance. Adkins said the thing he will always remember about Edwards is his grinning smile.

"He was always an optimistic kid," Adkins said. "He was a solid young man and he was a coach's dream."

"You would never see him without a smile. It's easy to see why he was loved by everyone he encountered."

Joey Stein
senior wide receiver

Edwards was expected to come back in the fall for his senior season. The construction management major played in eight games for Humboldt State this past year. Edwards recorded 28 tackles and recovered a fumble for the 'Jacks. The team's 9-1 record was the program's best since 1968.

see EDWARDS, pg. 21

'Jacks pound Otters

Five players score in double figures as Humboldt State picks up fifth conference win



courtesy of Sports Information

Claudia Nelson was one of four bench players to contribute at least six points in the 'Jacks' win over Monterey Bay. Nelson also had two steals and an assist.

Garrett Purchio
gap13@humboldt.edu

When parents attend a sporting event to watch their child compete, the athlete can expect their full support throughout the competition. When the parents have to watch their children compete against each other, however, it can be difficult trying to remain neutral.

For the Andrews family, the women's basketball game between Humboldt State and Cal State Monterey Bay was a chance to see whether Dana or Haley had the better team. Until the rematch on Feb. 15, Haley has all the bragging rights as the 'Jacks cruised to an easy 89-56 win over the Otters on Saturday.

"It was a fun," said Andrews, whose parents made the trip from San Luis Obispo to watch the two play. "It was nice to have our parents here."

The Andrews sisters did not disappoint. Haley finished the game with 11 points and 3 rebounds while Dana finished with nine points and three steals for the Otters, who fell to 3-9 on the season.

The 'Jacks controlled the game from start to finish.

Humboldt State raced out to an early 7-2 lead, only to watch the Otters climb back to within one point three minutes into the game. The score would not remain close for long as the 'Jacks went on a 34-8 run over an 11-minute span to blow the game wide open. Sophomore guard Jennifer Enos capped off the first half with a lay-up as time expired to give the 'Jacks a 54-27 lead.

"We came out and played hard. We just wanted it more."

Biava Arganda
junior forward

overs and limited Monterey Bay to four assists. The Otters appeared to have the size advantage coming into the game with three players 6-feet-two-inches or taller. That was not the case as the 'Jacks used their speed and aggressive defense to shut down the Otters.

"We did a good job of spreading the ball around and finding the open shot," said Head Coach Joddie Gleason.

The defense also played a crucial role in the 'Jacks' first-half success. Humboldt State forced 14 Otters turn-

see BASKETBALL, pg. 21

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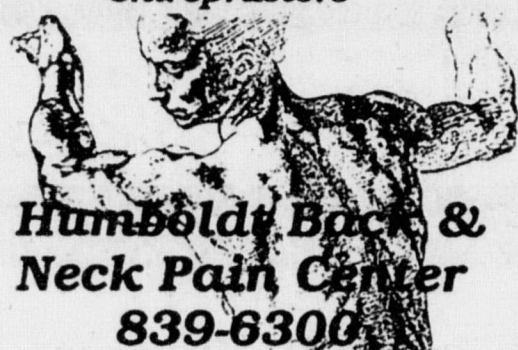
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News and notes

Garrett Purchio
gap13@humboldt.edu

**Men's basketball takes care of
business in win over CSU Mon-
terey Bay**

For the first 30 minutes of the 'Jacks' game against the Otters, Humboldt State looked like it might surrender its first home loss of the season. Fortunately that wasn't the case as the 'Jacks' pulled away late to secure a 92-85 win.

Senior forward Kevin Johnson led the offense with 24 points and 14 rebounds. Also scoring in double figures were Grayson Moyer, Devin Peal and Jeremiah Ward.

The 'Jacks' had trouble establishing consistency in the first half. The Otters matched Humboldt State basket for basket in the opening minutes and built an eight-point lead with eight minutes remaining. The 'Jacks' bounced back and claimed a three-point lead right before half-time, but a three-point basket by D'Shon Cannon tied the score at 43-43.

Humboldt State grabbed a 10-point lead seven minutes into the second half, but the Otters closed the gap. With just under 10 minutes remaining, Humboldt State led 66-63. The 'Jacks' put the game out of reach with a 13-0 run that forced Monterey Bay to play catch-up. The Otters were not up to the task and fell to Humboldt State, which won its 10th game of the season and sixth in the California Collegiate Athletic Association.

The 'Jacks' will play twice on the road this week, starting Friday when they play at CSU Los Angeles.

Johnson named CCAA Player of the Week

Senior forward Kevin Johnson has been named the Wilson California Collegiate Athletic Association Player of the Week.

Johnson played a key role in leading the 'Jacks' to consecutive victories at home last week against San Francisco State and CSU Monterey Bay.

Against the Gators, Johnson scored 18 points and 13 rebounds as Humboldt State secured a 101-82 win. Two nights later Johnson recorded another double-double.

His 24 points and 14 rebounds were critical as the 'Jacks' avoided an upset in the 92-85 win over the Otters.

Randall to compete in bowl game

Football season ended over two months ago, but for one player on the Humboldt State football team there is one more game to be played.

Senior linebacker Trey Randall will suit up in uniform on Feb. 2 in El Paso, Texas for the inaugural Texas vs. The Nation all-star game. The rosters for both teams are filled with players from Division I schools and the game will be televised on College Sports Television Programming (CSTV).

Randall, who played high school football in Houston, had 50 tackles and 2.5 quarterback sacks for the 'Jacks' this past season.

Killingsworth repeats as All-American

Kyle Killingsworth, a senior defensive back for the Humboldt State football team, was named to the D2Football.com All-American team on Jan. 8.

Killingsworth played defensive back and handled punts and kick returns for Humboldt State. The Ferndale native led the team with three interceptions and was fourth in total tackles with 54. The All-American selection was the second for Killingsworth, who also made the list following the 2005 season.

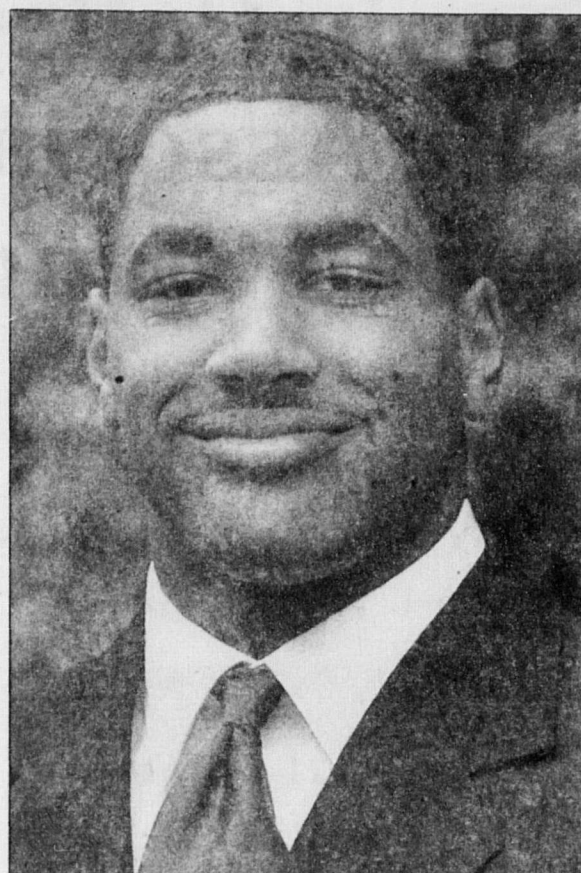
Prince speaking, walking on own

Cross country runner Nate Prince continues to make progress in his recovery from a coma sustained in a car accident last August.

On Dec. 9, Prince spoke for the first time in nearly four months. Since then his speech has improved and his mobility has increased. Prince is able to stand on his own and has expressed a strong desire to return home. While the date of his return is still not known, Prince is in good condition and appears to be on the road to a full recovery.

EDWARDS: Player involved in new gym construction

continued from pg. 18



courtesy of Sports Information

Teammates described Edwards as a hard worker who was always trying to improve himself and motivate his teammates.

Off the field, Edwards' dedication to Humboldt State was just as strong. He was a student intern for the Behavioral & Social Sciences and Physical Education Project building projects. The Physical Education Project involves the construction of Humboldt State's new gymnasium.

Senior quarterback Blake Moorman said Edwards was a guy who could make people laugh and made going to practice more enjoyable. Moorman added that Edwards was dedicated to improving his athletic abilities. So much so that he always wore what teammates called a "bullet-proof vest," which was a weight jacket that helped improve his speed.

"He was always the first one in the weight room, always trying to get better," Moorman said. "Every-

one who knew him or ever had a conversation with him will say he was one of the most sincere people they have ever met. He will be forever remembered in my heart."

Senior wide receiver Joey Stein said Edwards was an inspiration to him, especially when Edwards pushed himself to the limit during practice. Stein also said that Edwards would greet him with a smile every day, which was customary of Edwards.

"He would always make a point to come up and say hello when walking around campus," Stein said. "You would never see him without a smile. It's easy to see why Kenny was loved by everyone he encountered."

BASKETBALL: 'Jacks improve record to 10-3

continued from pg. 19

"We came out and played hard," said junior forward Biava Arganda. "We just wanted it more."

The second half saw the 'Jacks continue to push the ball up the court on fast break opportunities. Even though the 'Jacks lead hovered around the 30-point mark, the team's aggressiveness did not slow down. The defense finished the game with nine steals and held Monterey Bay's starting line-up to 16 points.

Senior center Mia Spasowska finished the game with 18 points and made all eight of her free-throw attempts. Arganda and Katie Wilder had

13 points apiece, with Wilder adding a team-high eight assists and three steals. The 33-point victory was the 'Jacks fourth victory this season by at least 30 points and was second to the team's 82-46 win over UC Santa Cruz on Dec. 22.

After going 5-1 on their current home stand, the 'Jacks will return to the road with two games this weekend. The first will be Friday night when Humboldt State travels to face California Collegiate Athletic Association foe Cal State Los Angeles.

Upcoming Home Basketball Games

Date	Opponent	Time
Jan. 25	CSU Stanislaus	Women 5:30 p.m.; Men 7:30 p.m.
Jan. 27	Chico State	Women 5:30 p.m.; Men 7:30 p.m.
Feb. 1	Cal Poly Pomona	Women 5:30 p.m.; Men 7:30 p.m.
Feb. 3	CSU San Bernardino	Women 5:30 p.m.; Men 7:30 p.m.

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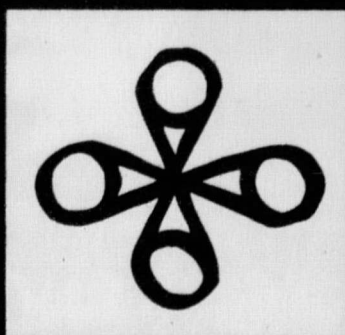
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California Collegiate Athletic Association Basketball Standings

Men's Basketball

School	CCAA	Overall	Streak	Home	Away	Neutral
CSU San Bernardino	6-1	10-2	Won 10	6-0	2-2	2-0
CSU Bakersfield	6-1	7-7	Won 2	2-0	5-7	0-0
Humboldt State	6-2	11-2	Won 8	8-0	2-2	1-0
Cal Poly Pomona	5-2	9-3	Lost 1	5-1	1-2	3-0
CSU Stanislaus	4-4	8-7	Won 1	4-2	3-4	1-1
Sonoma State	4-4	5-7	Won 4	5-2	0-4	0-1
CSU Dominguez Hills	3-4	6-6	Won 1	4-1	2-3	0-2
Chico State	3-5	5-8	Lost 2	4-2	1-5	0-1
CSU Los Angeles	2-5	5-7	Lost 2	2-3	3-3	0-1
CSU Monterey Bay	2-5	5-7	Lost 2	2-3	0-4	3-0
UC San Diego	2-5	4-8	Lost 1	1-2	1-6	2-0
San Francisco State	1-6	5-7	Lost 4	2-5	2-2	1-0

Women's Basketball

School	CCAA	Overall	Streak	Home	Away	Neutral
Chico State	7-1	11-1	Won 8	6-0	4-1	1-0
UC San Diego	6-1	10-2	Won 7	3-1	6-0	1-1
CSU Bakersfield	5-2	8-6	Lost 1	2-1	6-5	0-0
Humboldt State	5-3	10-3	Won 3	9-1	1-2	0-0
CSU San Bernardino	4-3	8-4	Lost 1	4-2	3-1	1-1
CSU Dominguez Hills	4-3	7-4	Won 1	4-1	2-3	1-0
Sonoma State	4-4	5-7	Won 2	4-3	1-2	0-2
Cal Poly Pomona	3-4	4-8	Won 1	3-2	0-3	1-3
San Francisco State	3-4	3-9	Lost 3	2-3	1-5	0-1
CSU Monterey Bay	2-5	3-9	Lost 2	2-6	0-2	1-1
CSU Los Angeles	1-6	3-9	Lost 2	1-5	1-3	1-1
CSU Stanislaus	0-8	3-9	Lost 4	1-3	0-5	2-1

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Why Certify?

Without certification, organic coffee would not exist. Organic coffee produces less yield per acre than commercial coffee, and consumes more time and labor. The certification process is also long, complicated, and expensive. But, without organic certification, the small farmers who grow organic coffee would never get paid for their efforts. Furthermore, certification is the only way to defend the meaning of the term "organic" in the marketplace. Anyone can say that their coffee is organic, but certification is the only way to *guarantee* that the coffee we sell is exactly what we say it is--100% organic.

That's why we are happy to submit to the audits and on-site inspections of Global Culture - and proud that all of our coffee is certified organic.



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Many forces contribute to the destruction of the rain forests and coffee is one of them. Millions of acres are devoted to growing row upon row of commercial coffee, creating an ecological desert.

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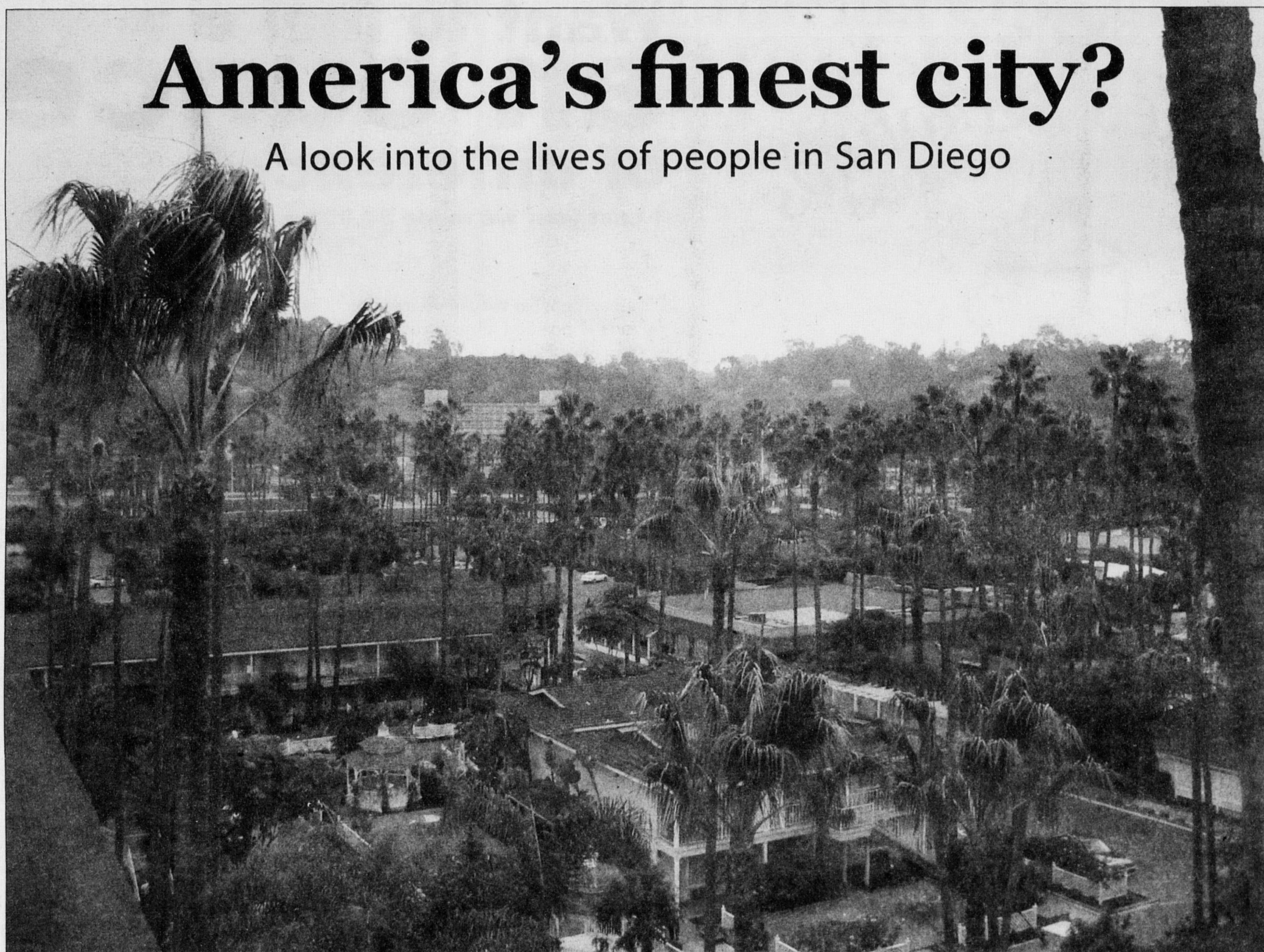
Let's face it. Money talks. Yet, for millions of third-world farmers, it stays eerily silent. The very people who produce some of our favorite things live in abject poverty. How can we expect them to think of things like "the environment" when they are starving? Obviously, *something* has to change.

That's why Sacred Grounds was one of the very first members of TransFair USA, an independent, nonprofit organization that promotes Fair Trade across the globe. Fair Trade improves the lives of small coffee farmers by guaranteeing them a fair price for their coffee, regardless of the ever changing price of coffee on Wall Street. Fair Trade promotes self-reliance and equality through fair market practices.

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America's finest city?

A look into the lives of people in San Diego



Blake Weaver

bcw19@humboldt.edu

Courtesy of www.andrew.cmu.edu

San Diego. Mention of the city's name often conjures images of warm sunsets on the beach, laid back surfing communities and strong margaritas. But what is this city really all about? For the average people who live in San Di-

"Everyone acts like they're a movie star or a rock star."

Ivar Oscarson

San Diego resident

ego, how is their day-to-day life?

Census statistics reveal that thousands of new people move into the city every day. It's one of America's fastest growing cities with a booming economy. But what do these average people encounter on a daily basis after they arrive to live and work in this city?

"Everywhere I look, people are flaunting their wealth," said Ivar Oscarson, who moved to San Diego from Iceland six years ago. "The greed is contagious. It's a big money frenzy every day, all around me."

As Oscarson speaks at the table of a downtown coffee shop, BMW's, gas guzzling Hummers and other expensive vehicles seem to continuously fly by on the nearby street. At other tables, most people wear designer clothes and sunglasses, sipping cappuccinos and lattes with serious, tanned faces.

Although Oscarson wears clean black jeans and a striped polo shirt, he seems to be dressed far too casually for his surroundings.

"It's really hard for regular, working people to live here. Everyone acts like they're a movie star or a rock star," he continued. "There are a lot of people that look down on the workers. They think they are better than us. There's a lot of animosity between the rich and the poor."

Before moving from Reykjavik, Iceland, Oscarson said he had a false vision of what San Diego would be like.

"I didn't think it would be so competitive and impersonal," he said. "Most people I meet care more about what I drive and how much money I make than who I am. There are a lot of ego maniacs here."

Leaving the downtown coffee shop, dozens of homeless people shuffle the sidewalks amidst extravagant skyscrapers, a new baseball stadium and parked luxury cars. The division between the rich and poor seems impossible to overlook in the downtown area.

Almost every building and street is extremely clean and modern. It seems a lot of time and energy is invested in keeping the city well polished. Most people walking the streets seem to strive for the same look, wearing perfectly clean, form fitting clothes with carefully styled hair.

Moving towards the beaches, the scenery drastically shifts from an urban concrete sprawl to a surf city. The beaches of San Diego are perhaps what the city is best known for.

Gazing onto the shore is an idyllic look at beach par-

adise. Beneath palm trees that gently sway in the warm Santa Ana winds, people play volleyball and tan on bright beach towels. Others drink from cans of beer as a drummer beats on a large bongo. The beat echoes off the buildings with penetrating power.

"I love San Diego, there's so many attractions here," said Lindsay Bryant, a San Diego native who has lived in the city her entire life. Bryant wears Gucci sunglasses laced with diamonds, a denim skirt and a pink shirt. Sitting at the beachside restaurant, several other people wear nearly the exact same outfit.

"There's so much live music and so many parties," Bryant said. "It's expensive to live here, but it's worth it. Every opportunity is at your fingertips here. Southern California is the center of so many things."

"Every opportunity is at your fingertips here."

Lindsay Bryant

San Diego native

Bryant says the large number of career opportunities in San Diego is causing the city's growth. "No matter what you want to do or be, there's opportunity for it here."

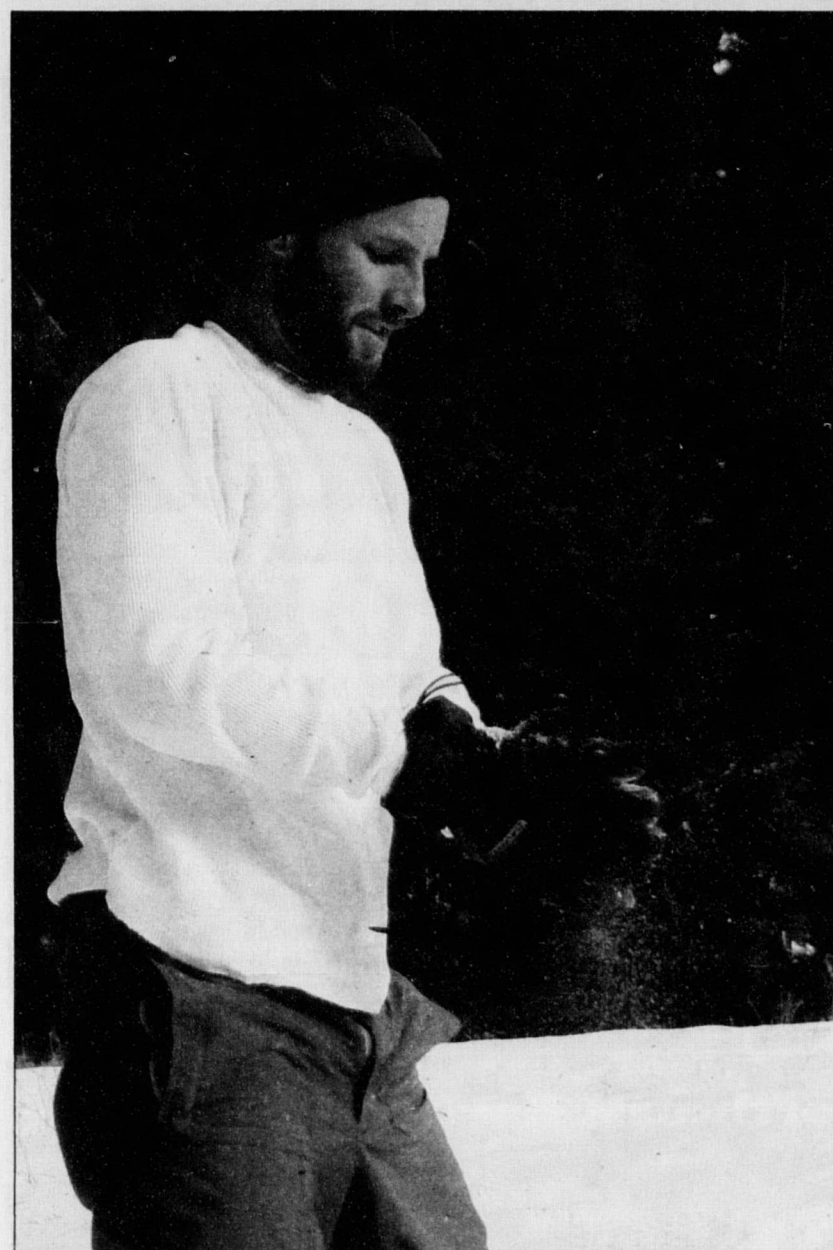
see SAN DIEGO, pg. 26

Boarding Horse Mountain

Photos by A. Donnic Efferson
ade8@humboldt.edu



Former Humboldt State University student Adam Bock gets some air at Horse Mountain last Saturday. Last weekend's abnormally cold weather created good conditions for snowboarders, skiers and other snow enthusiasts.



Bock dusts snow off of his gloves after building a launch ramp, also known as a "kicker."



More fun in the snow!! Chenevert catches some mean air while a friend plays an air guitar version of Motley Crue's, "Kickstart My Heart" on his snowboard. "Kickstart My Heart" originally appeared on Crue's 1989 album Dr. Feelgood.



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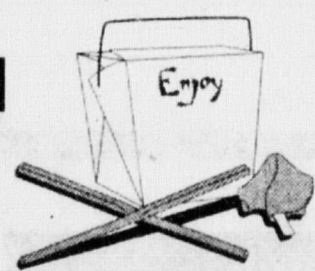
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Why Not Drive?

Many of us do our best to be environmentally conscious. Paper or plastic at the grocery store? Recycle or throw it in the trash? The impacts of these decisions pale in comparison to the impact of the decision to drive. The problem is that driving is the single biggest harm we do to the environment every day.

Driving is not only an environmental problem though. Here are some of the environmental, social and economic reasons to reduce driving and make transportation sustainable:

- Emissions reductions: Car and truck traffic contribute more to our area's greenhouse-gas emissions than any other source. Local air quality and global-climate conditions will improve with emission reductions.
- Land use: Parking and roads use valuable land resources.
- Transportation equity: Driving, with all of its expenses, costs the average household \$7,000 per year per vehicle. With this significant cost, it is unfair to our economically disadvantaged that infrastructure is designed around the automobile.
- Economics: Most of the money spent on driving leaves our county, weakening our economy.
- Community: Travelers outside of their cars interact more with their physical environment and each other.
- Safety: The presence of pedestrians and cyclists make our neighborhoods safer from crime. Conversely, 42,000 Americans are killed in car accidents every year.
- Health: Increasingly, Americans are suffering from weight-related illnesses. This is partly attributable to the decline in active transportation use and availability.

Courtesy of The Community Wheel, <http://www.humboldt.edu/~wheels/joomla/>

SAN DIEGO: More than just palm trees

continued from pg. 24

She adds that tourists are constantly flooding San Diego's streets. The fact that so many people visit the city so often shows that it is a great place, she says.

"The weather is amazing and people can pursue all their dreams here. Lot's of people would die to live here," Bryant said.

Another beachgoer, Anna Ganut also says she loves San Diego. "For a big city, San Diego is really safe and peaceful." She said, "There's a lot of diversity here and lots of chill people. It's a fun life."

The tourist industry in San Diego is hard not to notice. "Welcome to San Diego" signs adorn many businesses, suggesting many who view these signs are from other places.

Balboa Park is among the cities most popular tourist attractions. It is America's largest urban cultural park, a beautiful oasis of trees, museums and gardens surrounded by a busy cement jungle. Elaborately carved stone walls stretch into the distance as street performers and artists show off their work to crowds of camera-clad tourists.

Standing near the Zen Tea Garden in the park is Jesse Gabris, a recent transplant to San

Diego. "This is one of the only parts of this entire city that I like to be in," Gabris said.

Wearing ripped, patchwork clothing, hemp jewelry and dreadlocked hair, Gabris drew stares from onlookers. "I feel like I need to shock these people," he

"I've gotta say this is the most capitalistic, greed-consumed city I've ever seen"

Jesse Gabris
San Diego Resident

said "They're living in a happy little bubble of privilege and they turn a blind eye to all the world's problems."

Originally from Berkeley, California, Gabris says that the contrast between Northern and Southern California is striking. "I've been in San Diego for about eight months now, and I've gotta say this is the most capitalistic, greed consumed city I've ever seen."

Gabris says the people of the city make it almost unlivable. "These people all look like they're posing for a shoot in People Magazine. They follow the latest fashion trends like sheep. Pop culture

controls people's lives here."

Overhearing Gabris' comments, Bradley Reynolds, a San Diego native who describes himself as an old school surfer, says, "There are a lot of snobs and posers in this city nowadays. But there are also a lot of cool, down to Earth people."

Reynolds remembers a San Diego from years past. When the city was smaller, "it used to be much more of a beach town," he said. "Over the years it has gotten much more crowded and fast paced. But there's still a lot of soul around here, especially in certain neighborhoods."

Reynolds agrees with Gabris that San Diego has become more consumed with materialism. "Over the years I have seen San Diego become much more like Hollywood," he said. "This city has changed, but I still love it."

Leaving San Diego, in the airport, there is a souvenir on display. A small plastic palm tree and bikini clad woman with the inscription "San Diego, America's Finest City." Getting on the plane, I find myself wondering if San Diego is truly America's finest city. Or is it simply the finest city that money can buy?

Question of the week

"Where is our favorite place to go in Humboldt County?"



"The Trinidad hiking trails. The beaches there go forever when the tide is low."

Jessica Loop
Music, Junior

"Climbing at Moonstone Beach"

Carroll Clark
Natural Resources, Junior



"The plaza, it's a great place to meet people."

Mattison Haywood
Freshman, Art and Psychology

"Arcata Pizza and Deli. I love their food."

Elizebeth Ortega
Freshman, Psychology



"Tall trees in Redwood National Park. It's just north of Orick, by Redwood Creek."

Chris Covington
Mathematics, Junior

Financial Aid FREEZE DATE

Don't get STUCK!

January 30, 2007

is the LAST DAY to finalize your Spring enrollment.

The number of units you are enrolled in on this day will determine the amount of financial aid and your unit obligation for the Spring semester.

• Note that this date is earlier than the last date to add a class.

If you receive financial aid for more units than you are enrolled in on this date, YOU WILL BE BILLED AND MUST REPAY THE DIFFERENCE IN ELIGIBILITY.

Full time enrollment is required for most aid disbursement. If you will NOT be enrolled and attending full time, immediately submit your enrollment plans in writing to avoid overpayment of aid funds. Eligibility for some types of aid depends on a specific number of enrolled units.

If you are eligible for Pell Grant, or Cal Grant B, your grant disbursement must be prorated according to your enrolled units. Academic Competitiveness Grants (ACG) and SMART Grants require full-time enrollment. Other aid might also have to be adjusted for less than full time enrollment. Be aware that you may be billed for an overpayment for some programs if your account is credited at fulltime funding and you drop units or are enrolled for less than full time status on the freeze date.

The "freeze date" for the State University Grant (SUG) is the University census date, because a SUG is based upon the amount of your fees. The SUG is for payment of the State University Fee. If you have a fee waiver or another educational resource that pays your fees, you may be billed for overpayment of SUG. If your SUG is paid to you for 6.1 or more units, and you drop units, you must repay the difference in SUG. The final registration fee amount is determined at the University census date, which may be later than our freeze date for other aid. You will be billed for any overpayment of SUG.

If you receive aid at less than full time, but add units before the freeze date, you might be eligible for additional aid. Notify the financial aid office in writing of any changes in attendance.

• Note: Audited units do not count as enrolled units for financial aid purposes.

Adds or drops AFTER 1/30/07 will not change your funding for the current semester; however, drops may cause satisfactory academic progress problems. If you anticipate a satisfactory academic progress problem, please schedule an appointment with a financial aid counselor.

40C (1) Spring 2007



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Fighting the flu

How to protect yourself from getting sick

John C. Osborne

jco11@humboldt.edu

Short nights and mold are not the only things the Humboldt winter brings. Between October and springtime, the flu makes its rounds.

The flu is an infectious virus that affects the respiratory system, causing illness. Every year, 5 to 20 percent of the U.S. population gets the flu, with more than 200,000 hospitalized and about 36,000 killed.

Symptoms

Usually starts suddenly and may include the following symptoms, although the common cold has similar symptoms:

1. Fever (usually high)
2. Headache
3. Tiredness (can be extreme)
4. Cough
5. Sore throat
6. Runny or stuffy nose
7. Body aches
8. Diarrhea and vomiting (more common in children)

There are several ways to protect yourself from the flu

A person can infect others one day before, to five days after getting sick. Infection can happen through a sneeze or cough. Touching your face after touching something with the flu may also transmit the virus.

Ways to prevent transmission include:

1. Washing your hands often with soap and water
2. Covering your nose and mouth when sneezing or coughing
3. Avoid contact with people who are sick
4. Avoid touching your eyes, nose and mouth
5. If you have the flu, stay home from work, school and social gatherings

There is also a flu vaccine that can be taken. It is usually more effective if taken in October or November, the vaccine can also be taken later on in the flu season if necessary. There is a 70 to 90 percent chance to prevent illness in people under 65.

You cannot get the flu from the shot, but some may have allergic reactions. There may be side effects, such as fever, aches or soreness where the shot was given. Most people don't have any serious problems, but the chance is there.

The Student Health Center provides the flu shot for \$11.

Mira Muzar, health educator at the health center, said it is never too late to get the shot. She stresses the importance of washing your hands and covering your nose and mouth when sneezing or coughing to reduce the risk of transmission. Shoving your mouth in the crook of your arm is an effective way to block germs from spreading, she said.



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The 2007 Mizz Thang Pageant:

Walking off for the title

Lindsay Brokaw
lob1@humboldt.edu

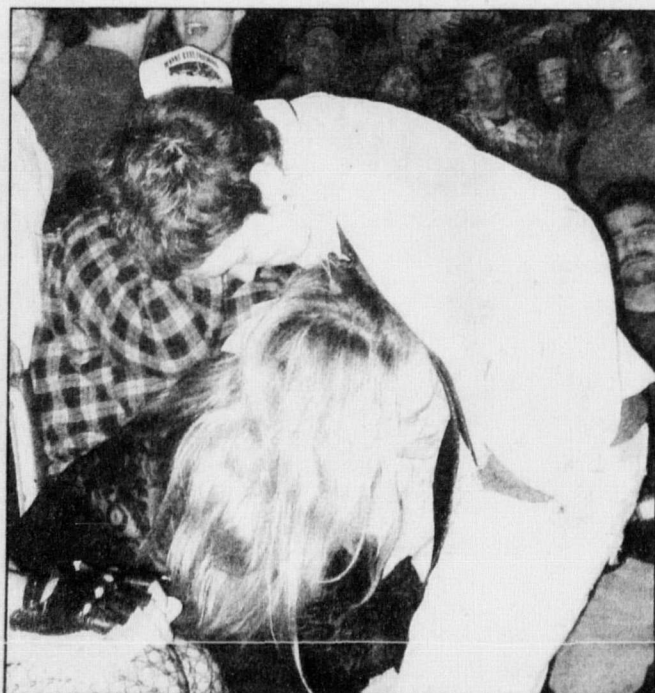
Those who identify with Gay, Lesbian, Bi-sexual, Transgender, Questioning, Intersex, and Allied Communities (GLBTQIA) of Humboldt County came together for the first time at Humbrews in Arcata to walk off, competing for the title of Mizz and Mizzter Thang 2007 last Sunday.

The event was made possible almost entirely by donation—Humbrews, DJ Itchie Fingaz, photographer Scott Mitchell and a panel of celebrity judges, which included Arcata Mayor Harmony Groves, Monica Topping of KSLG 94.1 FM, Humboldt Pride co-chair Tucker D. Trucker, Sister Ursa of the Eureka Chapter of the Sisters of Perpetual Indulgence, and Melinda Myers, a Humboldt State lecturer, sex educator and owner of Good Relations—all donated their time.

"The mission of Humboldt Pride is to unite the community through celebration and education," said Rebbecca Caya, director of outreach and education for Humboldt Pride. "The point of this event is to get these people together to educate straight people together to end homophobia and sexism," said Caya.

"It's not a question of a community," said R.J., 62, of Mailbox 101. R.J. has lived in Southern Humboldt since 1972, and has just moved up north. "It's a matter of being gay and changing how you feel about it. More gays being seen can change that," he said.

Hosted by Humboldt Pride, with the help of the Eureka Chapter of the fundraising organization Sisters of Perpetual Indulgence, the pageant was held not only to educate and celebrate, but also to raise money for the 2007 Gay Pride Parade.



Judge Melinda Myers gets friendly with a contestant.



Sister Amanda Hugginkiss of the Eureka Chapter of the Sisters of Perpetual Indulgence bestows the honor of Mizzter and Mizz Thang 2007 upon Dick Phallacy and Lady Marmelade.

With colorful crepe paper and icicle lights festively adorning Humbrews, the night warmed up with local DJ Itchie Fingaz spinning soul, funk and old skool. Participants made their way to the registration table, where volunteer and friend of Humboldt Pride, Ave, 22, sat poised and proper in a feminine, lavender bouclé sweater.

On a night where a woman could come dressed as a man dressing as a woman, Ave said of the pageant rules, "In true etymology, this would be both drag and drab, but really it just means being dressed as the opposite sex, and not necessarily as the opposite gender."

And the night truly ran the gamut. With Humbrews filled to its 243-person capacity by 10 p.m., and an erotic vibe lingering in the air, one could spy the most flamboyant and fabulous of queens in wigs, corsets and heels, to the most demure, intermixed with the seemingly mainstream clientele.

But demure and mainstream were simply too ordinary for the celebrity panel of judges, dressed to the nines themselves.

Sister Ursa had her eyes peeled for "the most fabulous person in Humboldt County. And bribes are always good," she added.

Humboldt State student Emily Creegan was there for moral support. "I'm here with my friend," she said. "I dressed one of my friends up in drag, and I'm waiting for another one," she added.

Topping, on-air personality for KSLG, said she was looking for "a sense of style and attitude. A proper queen has got to have an attitude."

"It's not a question of a community. It's a matter of being gay and changing how you feel about it. More gays being seen can change that."

Spectators included Kris, whom you might recognize from the Philly Cheese Steak commercials. "Well, my girlfriend, Harmony, is a judge," he said. "But, I'd like to see presents, shameless flirting, kinetic presence, a mean sashay, and a willingness to share what kind of depilatory they use."

Groves, who said her intention in participating was to show support for tolerance and appreciation of diversity in Arcata, was looking for "fabulousness, lots of flare and some machismo."

Myers, the sexpert herself, said, "A lot is in an attitude and eye contact. The drag king's gotta make me sweat, make me adjust my undies. The drag queen's gotta be more femme than me."

And oh how they tried! Eighteen contestants shimmied, wiggled, spanked, lap danced, massaged, flashed, sashayed and danced to impress the judging panel, each to

music, custom-selected by DJ Itchie Fingaz. The frenzied crowd whooped and hollered despite themselves, cheering on flamboyant and charismatic contestants with names like "Miles Long," "Maximum Package" and "Delicious."

Judges read off the contestant's turn-ons and turn-offs, slinging innuendos and giving props, impressed on occasion by such indulgences as:

"Turn-offs: Fake people who don't like oral sex."

"Ooh! That's my turn-off, too!" shouted Sister Lupe S. Loose of the Sisters of Perpetual Indulgence.

As the judges deliberated and the crowd anticipated who would be the next Mizz and Mizzter Thang 2007, the results of the 50/50 raffle were

announced. Those who purchased a ticket for \$1 stood to win half of the pot, or \$125, by the end of the night.

Mr. Geoff Bale made the mistake of fraudulently claiming he had won, and found himself on the stage, his heiny auctioned off for a spanking.

A minute-long auction was also held for a package including an organic penis-shaped squash, a sex journal, a Humbrews logo glass and T-shirt, a bottle of Red Bicycle wine, organic lubricant, a CD case donated by the Metro, a \$30 gift certificate for Daybreak Café, and a package of organic tea from Moonrise Herbs.

"More shit! More shit!" the crowd cheered as sister Lupe announced the booty to be won.

The winner paid only \$6, and wound up donating most of the items back to be used again by Humboldt Pride.

As midnight neared, "It's Raining Men" by The Weather Girls faded into the foreground, and 2007's Mizz and Mizzter Thang were announced.

See PAGEANT, pg. 31

R.J.
Mailbox 101

PAGEANT: Mizz Thang 2007

continued from page 30



Lindsay Brokaw

The pageant judges (left to right): Arcata Mayor Harmony Groves, KSLG's Monica Topping, Sister Ursa of the Sisters of Perpetual Indulgence, Sexpert Melinda Myers, and Tucker D. Trucker.

Congratulations Lady Marmelade and Dick Phallacy! Both won the title, the crowns, the sashes, countless publicity photos and the honor of representing Humboldt County's GLBTQIA community in the 2007 parade.

Dick Phallacy shouted over the hubbub, "I gotta go down there and be the biggest rock star I can be! I'm so good I even have my own jam band!"

Lady Marmelade said, "I'm the representative of Humboldt Pride! I feel incredible responsibility now for my actions, and just to let everyone know that the gay culture is a positive thing. There's nothing wrong with being gay," she said.

"We're just barely starting [to raise money]," said Anthea Proulx, treasurer of Humboldt Pride. "Most of our money is going towards our non-profit status paperwork. This is the first event that will go towards the parade. We're really excited."

Gay pride parades are a testament to how far the gay rights movement has come. Ordinarily the parades take place in June to commemorate the Stonewall Riots of June 1969, when New York City police raided Greenwich Village's Stonewall Inn, singled out, arrested and beat effeminate, transgender and cross-dressed men and women.

"[The parades] look back on the times when there was lots of police entrapment, and the mafia would run the gay bars and clubs," said Humboldt Pride co-chair Justin Pabalate, also known as Sofanda Cox.

Because San Francisco will be holding its parade in June, "the parade in September is to keep the crowd here. It's a huge change from

Lady Marmelade
Mizz Thang 2007

the past when events like this would have been broken up and people would have been arrested," Pabalate said.

But Humboldt Pride has bigger goals than just the annual parade.

With the help of allies and volunteers, the organization hopes to one day open a resource center for the GLBTQIA community, modeled after one in San Francisco featuring, among other things, a library and conference center, said Pabalate.

Humboldt Pride hopes to host one community event per month. Expect a family event in February.

The organization is still working towards hosting regular 18-and-older events, but says they will happen very soon. Any suggestions are always welcome, Pabalate said. Anyone with ideas should send them to www.humboldtprideonline.org



Lindsay Brokaw

Antonio walks off to the music of DJ Itchie Fingaz.



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TECH EVENTS: On his way up

continued from previous page

"I had to address every issue, and really convince him that I had a good plan of action to make this happen. I thank him for that."

The Arcata Police Department helps keep Williams' events under control with a constant presence at the venue during high times of traffic. Advertised as "A no bullsh*t affair," Williams stands alongside the Arcata Police Department and said they make everything go much smoother.

"I try to make them [my events] safe, convenient and not a hassle," Williams said. "[I'm] just trying to maintain and give people something to do."

Even the City of Arcata Public Works Department has showed support for Tech's Do Som Bout It Productions with donations

of barriers and cones to help ease the flow of traffic before and after events.

"The city has definitely been backing [me], and because of that help, it has been a positive," Williams said.

Past events by Tech's Do Som Bout It Productions have proved popular, as were events hosted by Dub-Tech Productions, where Williams and DJ Dub Cowboy joined forces.

Because of the success of the productions in the past, Williams is in the works of one super jam.

"I want to get all of our heads together and throw a big thank you party for all the people that come out," Williams said. "We want to give this town the biggest jam it has ever seen."

After the success of November's Pajama Jammy Jam, where nearly 250 people showed up despite the stormy weather, Williams hopes to throw another jammy jam, but this time during better weather.

"The Jammy Jam was most impressive," Williams said. "Women followed the theme, and every girl came with lingerie." Williams described one girl who said that she would never wear what she had

on in public, and that her outfit would be retired after the night. But she kept the theme.

Williams wants to push the fact that his events are not for just one group of people, they are for everybody. "My events are options to do something. Help me give you something to do."

One example of Williams' passion for providing all of the people with something to do was the first ever Grown Folks Night Out on Dec. 16, for those 25-and-older, at The Red Fox Tavern. As advertised on the flier: "Welcoming all hot moms, handsome dads, and party professionals."

"About 85 people showed up," Williams said. "But they made it seem like 300. There was good energy, good vibes, and that makes it a

"I try to make them [my events] safe, convenient and not a hassle. [I'm] just trying to maintain and give people something to do."

Tech Williams
discussing events he throws

success to me."

Three weeks after Valentine's Day, the ladies of Humboldt State better be prepared for the annu-



Courtesy of Tech Williams

Michael "Tech" Williams of Tech's Do Som Bout It Productions.

al Humboldt Hunks show, put on by Tech's Do Som Bout It Productions. This year, the Hunks will star at Club Indigo on Sunday, March 4.

"I like throwing trilogies," Williams said. "You get the first party, the mid party, then the going out party. It's like 'Star Wars,' you gotta get each one."

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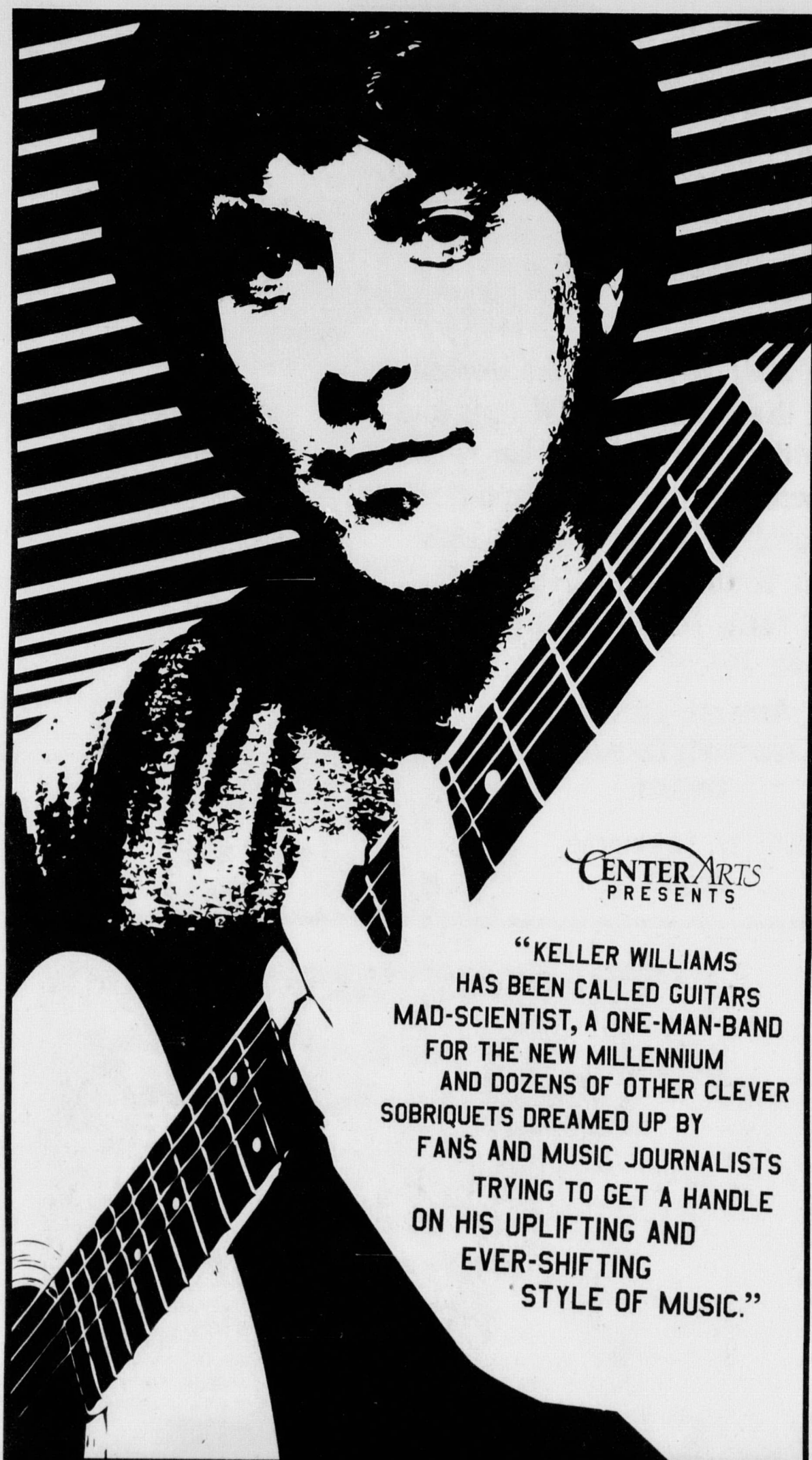
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Rolling Stone Magazine

2/13



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2/20



Leo Kottke

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3/03

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3/15



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3/30



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4/02, 4/03



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4/17



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5/10 *Village Voice*



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Disability accommodations may be available. Contact CenterArts for more info. All events 8:00 pm in the Van Duzer Theatre unless noted.



Taming the torrents

Local non-profit group ERWIG creates sanctuaries for salmon fry

Jessica Cenjar

redwoodsrock@msn.com



Photos courtesy of Ryan Wells

What looks like a pile of rocks actually created the beach those two white chairs sit on. The Eel River Watershed Improvement Group connected six-ton boulders together and anchored them in the river to deflect the waters of the Van Duzen River away from the river bank.

When the Weares bought their waterfront property near Carlotta in 2003, the Van Duzen River raced alongside it eating away at the riverbank bit by bit. Now, thanks to efforts by the Eel River Watershed Improvement Group, also known as ERWIG, the once-racing torrent leisurely meanders among massive boulders, creating calm pools for small fish to live and grow.

"It was like watching a miracle over the course of a year," said Laura Weare, a Humboldt State financial aid counselor. "ERWIG was really easy to work with," she said.

ERWIG is a non-profit group that works with private landowners to restore salmon and steelhead habitat in the tributaries of the Eel River. Ruth Goodfield, a Humboldt State graduate, with a degree in watershed restoration and planning, founded the group with Eureka High School teacher Bill Matson in 1997.

"We recognized [there was] a need for a bridge between the land owner and the agencies that fund the restoration," Goodfield said. Those agencies include the California Department of Fish and Game and the state and county water-quality board. "They all speak government while everyone else speaks English," she said.

ERWIG helps landowners navigate their way through government red tape, get funding for the project, provide technical equipment and in some cases design and work on the project themselves. Each project is what Goodfield calls species-specific; that is every job the group does is

done with salmon and steelhead in mind.

Under the management of ERWIG employee Ryan Wells, a natural-resources planning and interpretation senior at Humboldt State, boulders weighing up to six tons were anchored together alongside the riverbank at the edge of Weare's two-acre property.

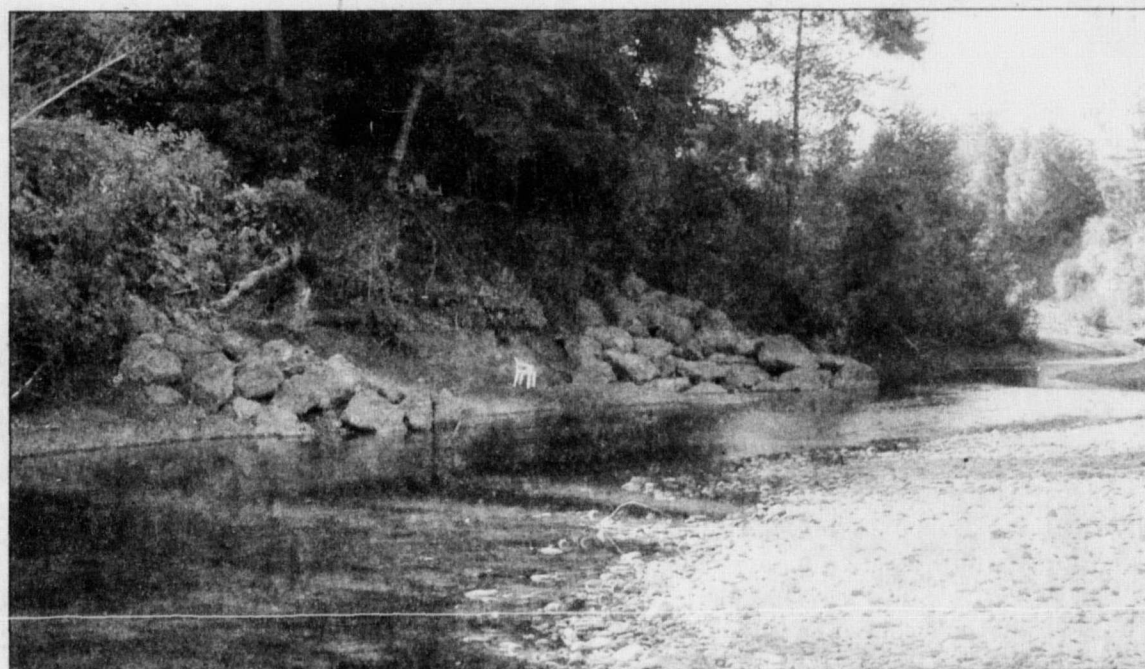
This diverted the water away from the crumbling bank, while slowing the river to allow sediment to accumulate, gradually creating a small beach.

"We've actually gained land, though it's underwater during the winter months," Weare said. She added that all they had to do was allow access to their stretch of the river. "It was a reciprocal deal. [ERWIG] never said funding, though I'm guessing [the project] took several hundreds of thousands of dollars," she said.

The Eel River system covers approximately 4,000

square miles from Lake County to just south of Humboldt Bay. It's the third largest watershed in the state and branches off into four main tributaries including the Van Duzen River. Tom Weseloh, the North Coast manager for

see ERWIG page 38



When Laura and Bill Weare bought their two-acre property along the Van Duzen River, the river bank was crumbling and unstable. Constructing stone deflectors allowed fine sediment and gravel to accumulate, creating a little beach for the Weares to enjoy in the summertime.

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Free lunch

Vine Club shows 'God's love in a practical way'



photo illustration by A. Dominic Efferson

Ashley Bailey

abb17@humboldt.edu

No obligation. No strings attached. Guilt-free. How many times have we all been duped by these promises?

There is no more need to ignore these tag lines. For once, there really is such a thing as a "free lunch."

The Humboldt State Vine Club offers free food at a table on the quad every Monday starting at 11 a.m. The Vine meets Wednesday nights at 7:30 p.m. in Nelson Hall East 115.

The Christian-based Vine Club was founded by community member Peter Mosgofian in 1998. They have offered free food to students for about eight years.

"It's our way of showing God's love in a practical way," Mosgofian said.

Mosgofian said that every week the club provides enough food to feed an estimated 100 people. That translates to four two-liter pots of coffee, tea, water, 30 pounds of fruit, six to seven boxes of two-dozen-count cookies, 32 juice boxes and, on occasion, bagels. The table runs for two to three hours, or until all the food is gone.

"Some people think we're trying to hook them with free food," said Sarah Smith, a third semester Vine Club member and physics sophomore. "We're not saying if you take the food you have to become a Christian."

Jennifer Quick, a one-year member and women's studies senior, said she doesn't even like when people "shove the Bible" at her.

"We don't do that," Quick said. "I am very resistant, that's not who I am."

Smith said that for the most part, people are positive and happy about getting a snack on the way to class.

However, Mosgofian has encountered some negative feedback from the Vine Club's presence on campus.

He said one student put back a piece of food and said, "I don't want to support a bigoted religion."

"Church and Christianity has a bad name at HSU," Mosgofian said. "A lot of students are often intimidated in classes because some professors are very derogatory towards church and Christianity."

Mosgofian said the Vine Club wanted to make a free food table to be able to openly converse with people and build more positive relationships within the community. He added that they want to present "the gospel," which means "the good news."

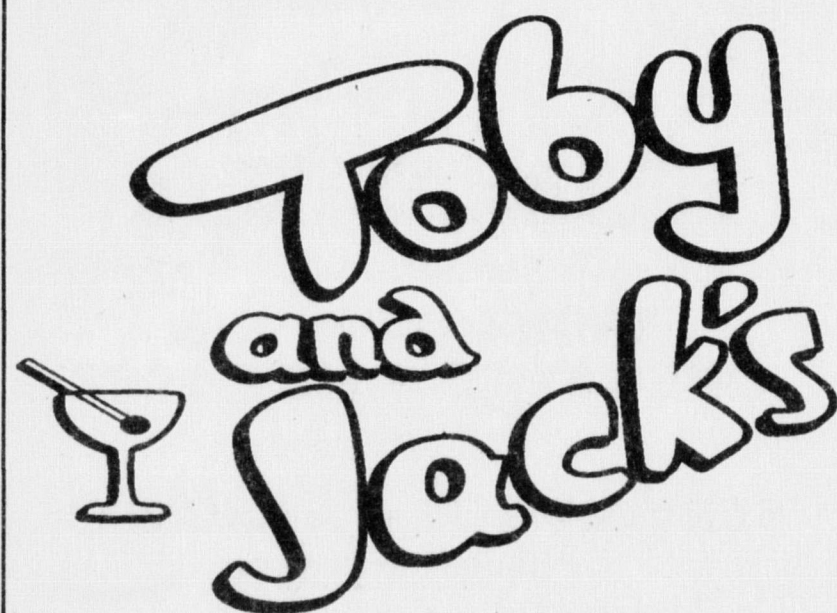
The free food table is sponsored by the Vineyard Church in Arcata. Mosgofian and a few other members attend the church, but it is not a requirement to be in the club. It's open to everyone, including non-Christians and members of the community. The Vineyard also owns a non-profit coffee shop on Alliance Road called Mosgo's.

When the club meets, they discuss not only faith and Jesus, but a variety of non-religious topics such as how to care for the poor and sustaining healthy relationships.

"We're saying that rather than preaching at somebody, we want to enter into a conversation," Mosgofian said.

Community service is also a big part of the club. Before the table, the Vine Club did car washes, helped students move into dorms, and sponsored a sexual health conference two years ago.

The Vine Club is a small, but dedicated group and welcomes anyone from the campus or community to join in their service.



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CSU, faculty contract talks still stagnant

Karina Gianola
kpg2@humboldt.edu

About 15 picketers from the California Faculty Association gathered outside the Kate Buchanan Room last Wednesday, hoping to inform the community about their stalled contract negotiations.

In order to raise awareness and knowledge about the negotiation, the association picketed at CSU Bakersfield on Jan. 8. More pickets on all 23 CSU campuses will continue until the end of the month.

CSU faculty members have been negotiating contract changes and updates for 19 months.

Robin Meiggs, president of the Humboldt State branch of the faculty association, said discussions have been difficult.

"There have been certain bright spots," she said. "But there are two sides to every story."

Meiggs said they are currently in stage three of the negotiation process, which they call fact finding, where a neutral third party examines the issues at hand.

"Everything is based on facts and not on emotion," she said. The process is a bit behind schedule, but it is underway.

Although the faculty association would like to see an increase in wages for faculty members, it isn't the only change they would like made to their contract. One top priority is making sure faculty members are paid a living wage, which gives them the opportunity to buy homes and live in the communities where they work.

"We're trying to make sure that everybody is a winner," Meiggs said.

Negotiations will then move into a period where neither side can discuss the fact-finding report. If they still haven't reached an agreement when the report is out, the CSU can impose work on the faculty without contracts.

"We're hoping it doesn't come to that," Meiggs said.



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IN or OUT GROUP - Sexuality support for gay, lesbian, bisexual, transgendered, intersexed, questioning students and their allies. A safe place to openly discuss issues related to sexuality and other human issues that effect GLBTQIA individuals. Goal is to create a sense of community, support and to provide a forum to meet others who are thinking about these issues.

CHOOSING ABOUT USING - Explore your drug and/or alcohol use and how you make decisions about its role in your life.

MAKING PEACE WITH FOOD & BODY - This group will provide a safe and supportive atmosphere in which to explore your relationship with food and your feelings about your body. Together, we will work to create a new more empowered approach to eating and self.

HEALTHY ATTACHMENT... HEALTHY LETTING GO - This group will focus on ways to create better boundaries within your relationships. For example, we will explore issues of assertiveness, emotional regulation, how to handle and cope with interpersonal conflict, etc.

SURVIVORS: RAPE AND SEXUAL ABUSE - You don't have to suffer in secrecy, silence, shame. Break the Silence. Join us: Unlock the secrets that weigh you down. Connect with others to know you aren't alone.

PERSONAL GROWTH GROUP - This group is for individuals who would like to gain insights about themselves through interaction with others. Group members help each other identify themes involving past relationships and dynamics in order to foster psychological growth.

To attend any of these groups come to Counseling and Psychological Services, Student Health Center Building, 2nd floor, Room 205, to schedule a meeting with the group leader.

For the days & times and most current information see our web page

<http://studentaffairs.humboldt.edu/counseling>

EMERGENCY PREPAREDNESS DRILL: Getting ready for the possible worst

continued from pg. 4

seconds, and would affect areas as far as Vancouver. It could also produce a tsunami, threatening land along the Pacific Rim, like Japan and Alaska.

A Cascadia event occurs on average every 500 years, Dengler said. The most recent occurred on Jan. 26, 1700. An event of this size could release more than twice the power released by Mt. St. Helens' eruption in 1980.

The big challenges the campus faces if an emergency happens, Dewey said, are organizing effectively and restoring university operations.

"Practicing response is important," he said, adding that the university's geographic isolation and residence halls add extra burdens to response.

The exercise will simulate, in three parts, problems arising from an earthquake, like communication disruption or collapsed buildings.

In the morning, the campus Emergency Operations Center will be activated. Administrators, staff and faculty run the center, based on who is available.

The goal of the center is to gather and process information, Dewey said, and create plans to respond to an emergency.

"In a stressful incident you need to have a framework to guide you through the emergency," he said. "Many people you know may be injured."

"In a stressful incident you need to have a framework to guide you through the emergency. Many people you know may be injured."

Tom Dewey

University Police Department Chief

Around 11 a.m., faculty and staff will duck, cover and hold position as if an earthquake was happening. Classes and offices will evacuate to rally points located just outside. In the event buildings aren't safe to re-enter, groups move to one of five emergency assembly points on campus.

At the points, a leader takes notes of who is there and what is happening, sending it to the center afterward.

"The key with emergency assembly points is people have to organize them-

selves," Dewey said. The need for self-organization is key, especially after a disaster where emergency responders may be busy elsewhere.

Throughout the afternoon, the campus will transform into a post-earthquake zone, with 100 people roleplaying different problems that may arise, like medical emergencies.

Representatives from the Arcata Police and Fire Departments, as well as Eureka Hazmat, will participate. James Lee Witt and Associates, a crisis management company, will assist with the exercise.

"The company will design and facilitate the exercise," Mark Ghilarducci, spokes-

"It is possible to save lives if educated. The real tragedy in Indonesia is many died that didn't have to."

Lori Dengler

geology department chair on the 2004 tsunami in Indonesia

person for Witt Associates, said. Afterward, the company will give the university feedback.

Barbara Anderson, spokesperson for Witt & Associates, said that the company has worked with the university since August, researching campus buildings, conducting interviews and looking at existing emergency plans.

Being prepared for an emergency could be matter of life and death.

Two villages in Indonesia reacted differently to the earthquake that caused the 2004 tsunami devastating the area.

The tsunami took 20 minutes to reach Jantang after the quake, and devastated the village killing all but 2 percent of the people. Yet nobody died in the village of Langi, where the tsunami took eight minutes to arrive, but people knew to go to higher ground after an earthquake.

"It is possible to save lives if educated," Dengler said. "The real tragedy in Indonesia is many died that didn't have to."

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Cervical cancer awareness

Pap tests and vaccines encouraged for women

Briana Alfaro
bda7@humboldt.edu

January is National Cervical Cancer Awareness Month. Local clinics encourage women to be screened for the cancer, which can be prevented and easily cured when detected early.

Human papillomavirus (HPV) causes cervical cancer. The cancer can be found in its early stages with a Pap smear. Last June the Food and Drug Administration (FDA) approved a vaccine for HPV, called Gardasil, which is available now in Humboldt County clinics.

The Centers for Disease Control and Prevention (CDC) describes cervical cancer as cancer of the cervix, the lower section of the uterus. It is the easiest female cancer to prevent, by screening with a Pap test (smear).

During a Pap test, cells are collected from the surface of the cervix and checked under a microscope for abnormalities. If the cells are abnormal or precancerous they can be treated before they turn into cancer.

Pap testing should be done annually and begin within three years of sexual activity, or no later than age 21. Cervical cancer is very rare in women who get regular Pap tests.

Debbie Hartridge, the director of Information and Education at Six Rivers Planned Parenthood, said, "where there are Pap smears, the number of cervical cancer cases is low."

While Pap tests screen for cancer, the FDA approved a vaccine that can prevent it by targeting two types of HPV that are responsible for 70 percent of cervical cancer cases. The vaccine also targets two types of HPV responsible for 90 percent of genital warts, said the CDC.

"Where there are Pap smears, the number of cervical cancer cases is low."

Debbie Hartridge

Six Rivers Planned Parenthood Director of Information and Education

Sexually transmitted human papillomavirus is spread through genital contact. Most men and women who have had sex have been exposed to HPV. In many cases, the virus goes away on its own, but for some, HPV can lead to diseases like cervical cancer and genital warts.

The FDA approved vaccine, Gardasil, is manufactured by Merck and is made up of three shots given over the course of six months. The CDC recommends the vaccine for girls and women aged 11 to 26. It is especially targeted at pre-sexually active girls.

"It is logical to vaccinate [pre-sexually active girls], because it's more effective if they haven't been exposed to HPV," Hartridge said.

Because of this, California, Kentucky and Washington, D.C. introduced legislation to require proof of vaccination for girls enrolling into the sixth grade. South Dakota and New Hampshire already made the vaccine free for girls and women aged 11 to 18.

Although HPV can lead to genital warts and penile cancer in males, there is not enough data to advise giving the vaccine to boys and men, the CDC said. The vaccine is not recommended for females who are pregnant or women over 26, though studies are being done to test these groups.

The vaccine ranges in price from \$360 to \$396 for the full series. Many health insurance providers are covering the vaccine and federal health programs such as Vaccines for Children will cover the cost for girls younger than 19 years of age who qualify for their program.

Sexually active women or those over 20 years old who are vaccinated for HPV will still need to be screened regularly for cervical cancer with annual Pap testing.

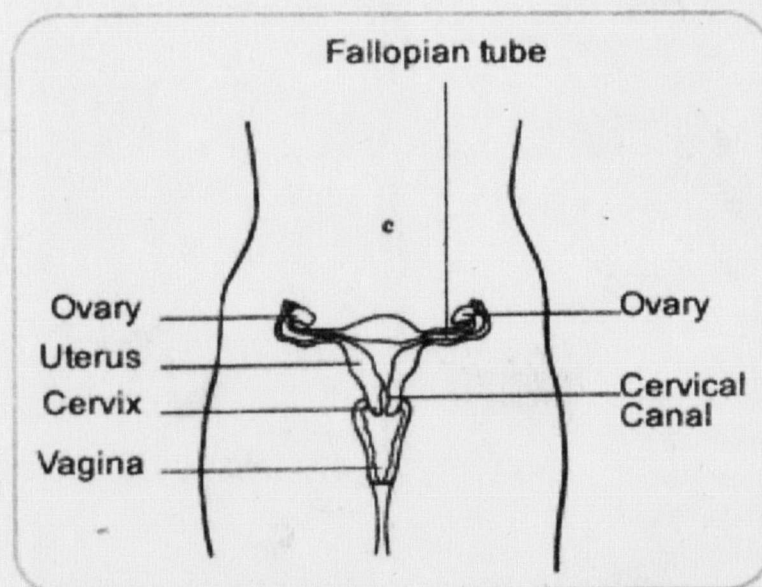
How Do I Prepare for the Pap Test?

To prepare for the Pap test, doctors recommend that for two days before the test you should avoid

- Douching
- Using tampons
- Having sexual intercourse
- Using birth control foams, creams, or jellies, or vaginal medications or creams

Doctors also recommend that you try to schedule your Pap test for a time when you are not having your menstrual period.

Courtesy of www.cdc.gov



Courtesy of www.cancer-fund.org

Planned Parenthood, the Humboldt State Health Center and the North Country Clinic are three places where Pap tests are available at little to no cost. The Open Door Community Health Centers of Humboldt and Del Norte Counties will offer free Pap tests Jan. 22-26 for all women to promote Cervical Cancer Awareness Month.

Carolyn Ortenburger, the outreach coordinator for the Humboldt Community Breast Health Project, urged women to call now for an appointment if they would like to take advantage of the free week (see box for clinic information).

Where to get a Pap test

Open Door Community Health Centers offering free Pap Tests (January 22 to 26):

Arcata Open Door Community Health Center
770 10th Street, Arcata
(707) 826-8610

Del Norte Community Health Center
200 A Street, Crescent City
(707) 465-6925

Eureka Community Health Center
2412 Buhne, Eureka
(707) 441-1624

McKinleyville Open Door Community Health Center
1644 Central Ave, McKinleyville
(707) 839-3068

North Country Clinic
785 18th Street, Arcata
(707) 822-2481

Smith River Community Health Center
110 First Street, Smith River
(707) 487-0135

Additional clinics offering Pap testing:

HSU Student Health Center
1 Plaza Avenue, Arcata
(707) 826-3146

Six Rivers Planned Parenthood
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Not just a cup of coffee

Mosgos coffee shop gives back to community

John C. Osborn
jco11@humboldt.edu

The scent of fresh coffee lingered in the air and the sound of voices rose and fell over soft music played on speakers. To the left is a stage where bands played every weekend. Chairs, tables and couches filled the space, most of the seating occupied by patrons.

Tucked away next to Westwood Market, another coffee shop rested. What made this place different was not

"We can never take our community for granted. The moment we do, we lose our hearts."

Ron Alexander
Mosgos Manager

only its ownership, but the community vision behind the creation.

Ron Alexander sat outside at the table, greeting every customer who came toward the door and wishing farewell to those who left. He knew customers by name. Many stopped throughout the interview and exchanged a few words.

"We can never take our community for granted," Alexander said. "The moment we do, we lose our hearts."

Alexander is manager of Mosgos, a coffee shop about seven-months-old and a member of the Arcata Vineyard Christian Community, a non-profit organization that owns the shop. Before Mosgos, he worked in landscaping

and studied elementary education at Humboldt State.

"I knew whatever I did it had to be kid-friendly," Alexander said.

The shop featured an area with books up to a third-grade level and child-sized furniture. Children-friendly movies are played every Sunday.

Raising the money to get the shop started was a risk for many of the people in the non-profit. "Many people had to put up their houses and take out substantial loans," Alexander said.

The shop is staffed by 25 people; all but four volunteers. Anyone in the community can volunteer, but the shop rigorously checks each applicant he said. "There's a fairly distinct atmosphere we're trying to create here," Alexander said.

That atmosphere is a place welcoming to everyone with incredible customer service. "We recognize a need for kindness in the community," he said, "that's everything."

Todd Krider, a shop patron, said he enjoyed the clean, comfortable atmosphere of Mosgos.

The organization also owned the neighboring Common Ground Community Center, currently hosting Middle-Eastern and ballet-dance classes. The wall separating the two places will be torn down once money is raised in order to host larger musical acts.

"Intimeallproceedswillgobacktothecommunitytopromote art and dance," Alexander said.

It will take about another year before money will be available to fund planned community projects, he said,



"These shops are money pits and it takes a bit to dig our selves out."

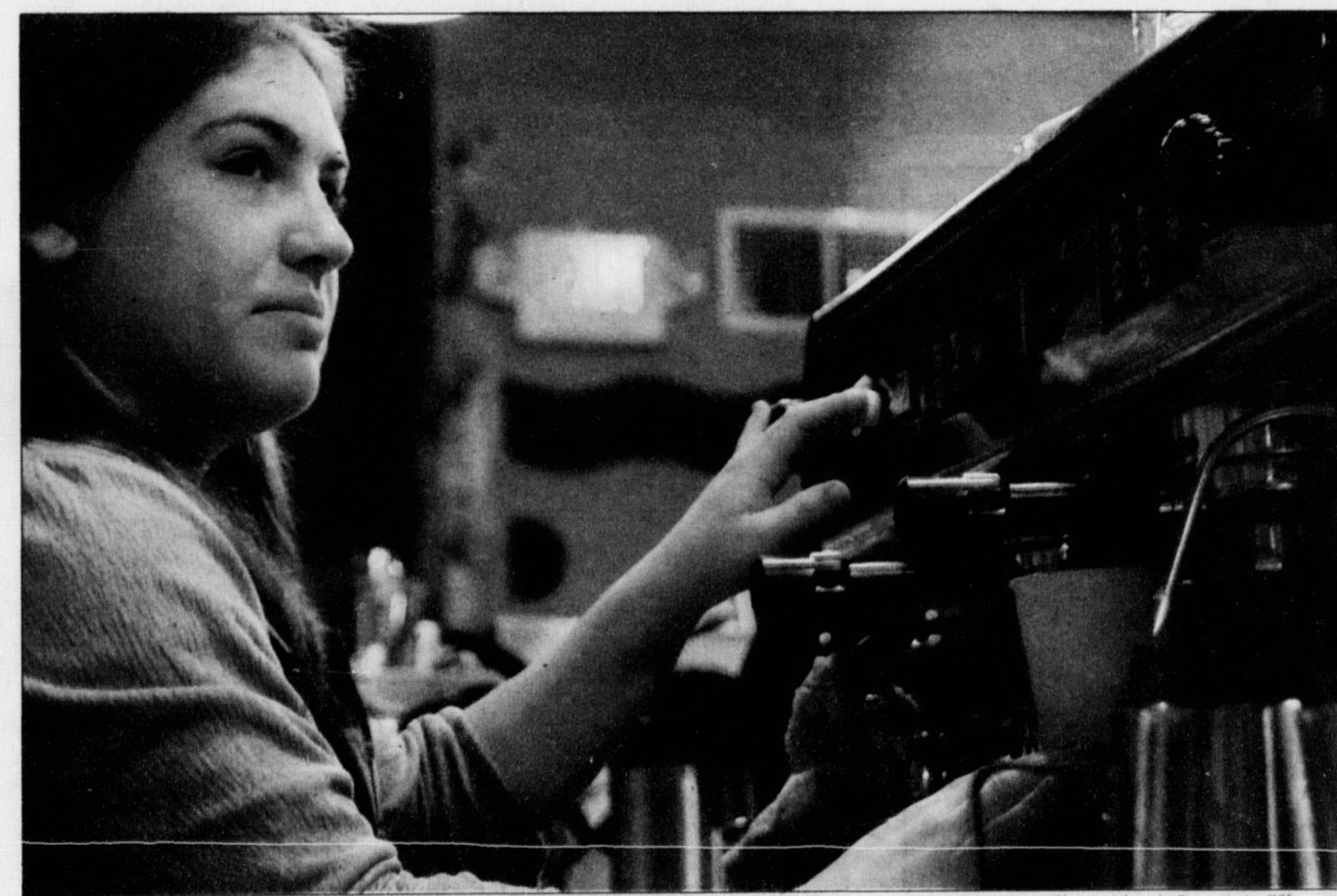
Providing scholarships to Arcata High School students and going on outdoor-adventure trips are among some of the plans. For children who want to dance, the organization will provide 80 percent of the cost for class and supplies, with no strings attached, he said.

Mosgos fused the live music-performing atmosphere of Muddy's Hot Cup, the organic, fair-trade coffee of Sacred Grounds and brought it to the west-end of town. "We couldn't be doing what we're doing without their standards," Alexander said. "It's not a competition."

With Jazz on Thursdays, live music Friday and Saturday and open-mic night on Sunday, the shop is another venue open to all-ages. Many out-of-town bands haven't noticed the shop yet, but many of the bookings come from the open-mic night where there is a steady following, Alexander said. "Because we are a new venue, folks don't know we're here," he said.

"We're not just a cup of coffee, it's life."

Ron Alexander
Mosgos Manager



Photos by A. Dominic Efferson

Humboldt State University Graduate Chelsea Dove delicately prepares an Americano at Mosgo's Coffee Shop on Alliance. Dove has been volunteering at the shop since its opening one year ago.

Alexander shared a story about a young woman who came to the store after hitchhiking into town. A man picked her up and as time passed she grew uncomfortable and didn't want to be dropped off at her home. Instead, she told the driver to take her to Westwood.

"She came into the shop because she knew it would be a safe place to be," Alexander said. He heard from parents in the area that they tell their children to go to the shop if they feel unsafe.

"We're not just a cup of coffee, it's life," he said.

Alexander understood the skepticism in the community about the shop being owned by a church, but said there is nothing religious about the shop or products served.

"We're not a faith-based coffee shop," he said. "We don't give you a bible with your mocha."

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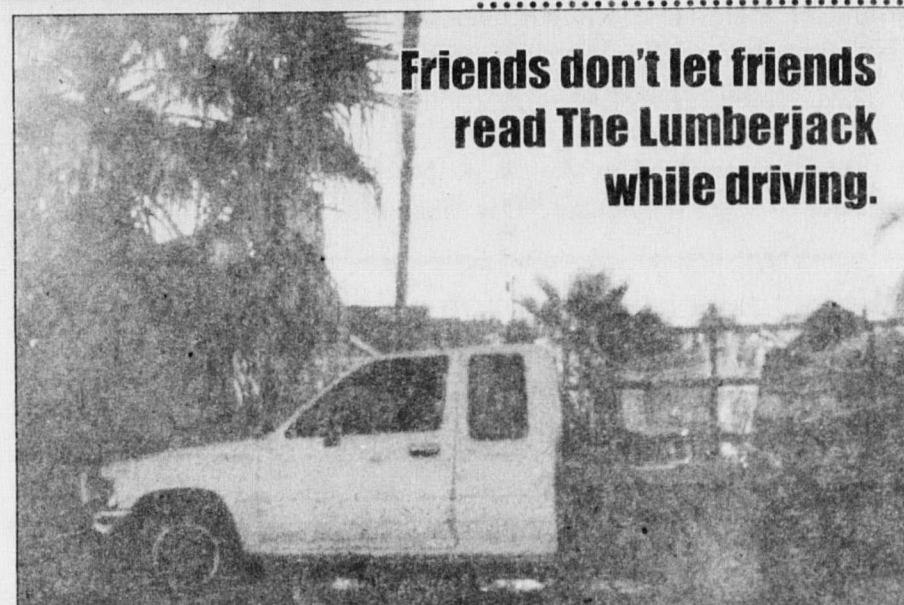
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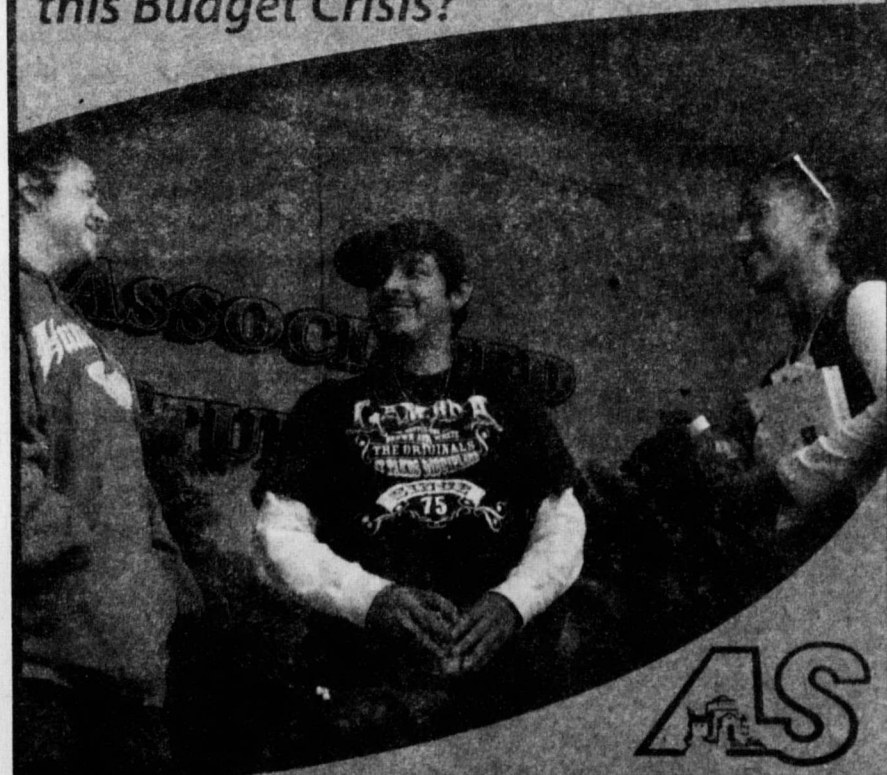
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Mateel Forever

Benefit to save financially stricken center



Courtesy of www.mateel.org

Ashley Bailey
abb17@humboldt.edu

The Mateel Community Center in Redway, Calif. will be hosting the Mateel Forever Benefit on Saturday, Jan. 27 to raise funds to re-open after two years of financial struggle.

The benefit will include theatre and dance performances, gourmet food, and music from 4 p.m. to 1 a.m.

The benefit is to help cover the deficit from last year's Reggae on the River and to raise funds for 2007 events.

The benefit starts with theatre shows from Feet First, Recycled Youth and Random People Monologues and is followed by a gourmet dinner prepared by Chef Andrew Perrone.

There will be silent auctions with items such as custom jewelry, festival tickets, gourmet food and a rare 1962 Gibson Kalamazoo guitar.

At 7 p.m. it's "boogie time" with local rockers the Non-Prophets and the NPK and the hip-hop group Subliminal Sabotage.

An up-and-coming Jamaican reggae star, Little Hero, will be headlining the show with the southern Humboldt County reggae band, Massawa.

DJ Sister Yasmin and DJ Dub Cowboy will also be performing.

Dan Gianotta, a.k.a. "DJ Dub Cowboy," said he wanted to volunteer his talent because of the respect he has for the Mateel Community Center and to help inspire others to use their talents there.

"Mateel is an important piece of Humboldt history," said Gianotta, who is a business senior at Humboldt State and works on KHSU and KRFH radio.

The community center is especially significant to Gianotta, formerly DJ Receiver, because he got his DJ name while at a concert at the Mateel.

"My bottom line is to represent that sense of community. That's where my heart's at."

The Mateel Community Center gained popularity from its biggest fundraiser of the year, Reggae on the River.

The center's executive director Taunya Stapp said that two years ago it was heavily reliant on the reggae event.

When budgets they projected failed to materialize, the result was a shortfall for the year that forced

the Mateel Community Center to close its doors on Dec 14.

The first financial crisis in many years has put all planned events on hold.

"I think the Mateel is a wonderful presentation of our community. To be able to provide a rural area with access to music and art is amazing."

Taunya Stapp

Mateel Community Center Executive Director

Volunteers came together for this benefit at no cost to the community center. Former staff members, musicians, artists, actors and other community members are working to save this venue for southern Humboldt.

Mateel Center Talent and Publicity Coordinator Justin Crellin said that their calendar is full almost every weekend with non-profit benefits, concerts and a variety of dance, theatre and comedy shows.

Stapp said that the center is important to maintain because it enhances culture in Humboldt.

"I think the Mateel is a wonderful presentation of our community," Stapp said.

"To be able to provide a rural area with access to music and art is amazing."

"The future seemed very uncertain," Crellin said.

But through the support of the local community, the Mateel is positive on re-opening its doors as soon as possible.

"It's starting to feel like we're moving towards a sustainable model for the Mateel," Crellin said.

He said that changes in negotiations of Reggae on the River weakened the Mateel's position over time.

After misunderstandings with Reggae on the River, the Mateel changed production companies from People Productions to 2B1 Multimedia.

2B1 Multimedia plans to pay an installment of funds in January and a second payment once tickets for Reggae on the River are sold to help finance the Mateel Center and re-open its doors.

With those funds and funds from the Mateel Forever Benefit, supporters are hoping for a re-opening of the Mateel Community Center soon.

If you are interested in donating anything for the auction or volunteering for Mateel events, please contact Volunteer Coordinator Katz Bosse at 923-3368. Also, go online to Mateel.org for more information.



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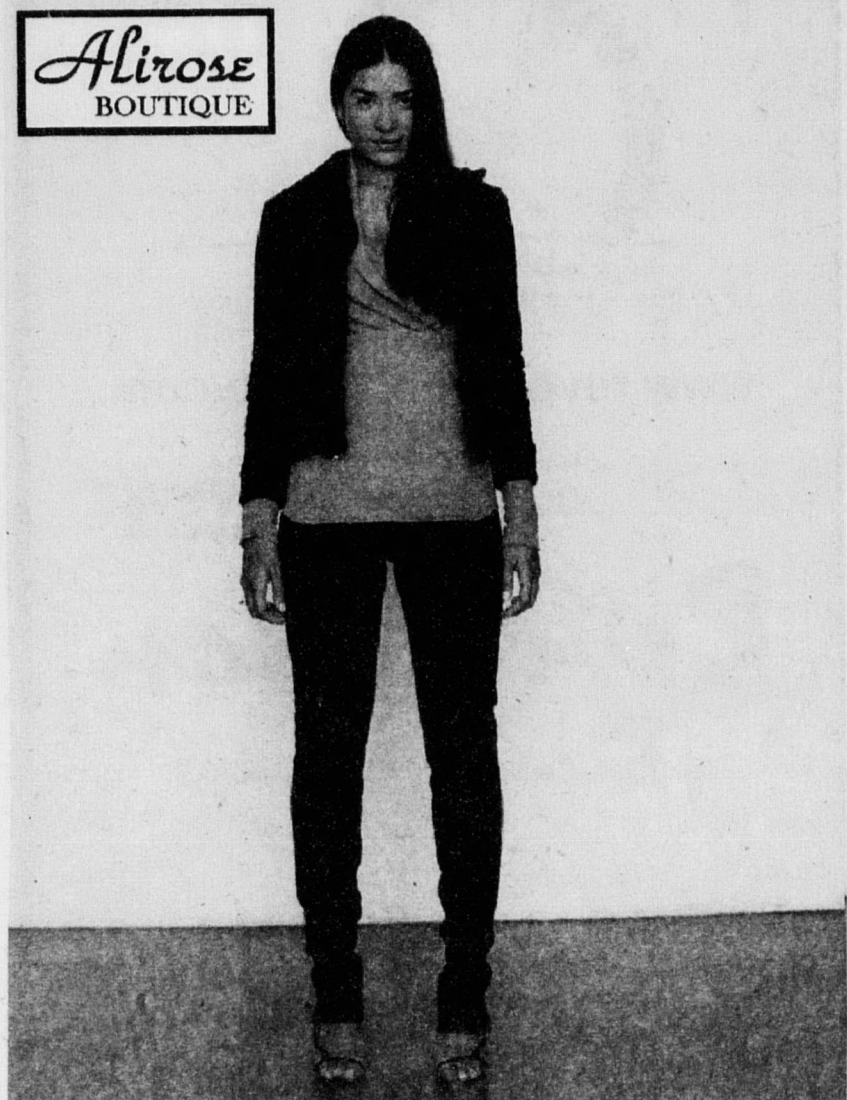
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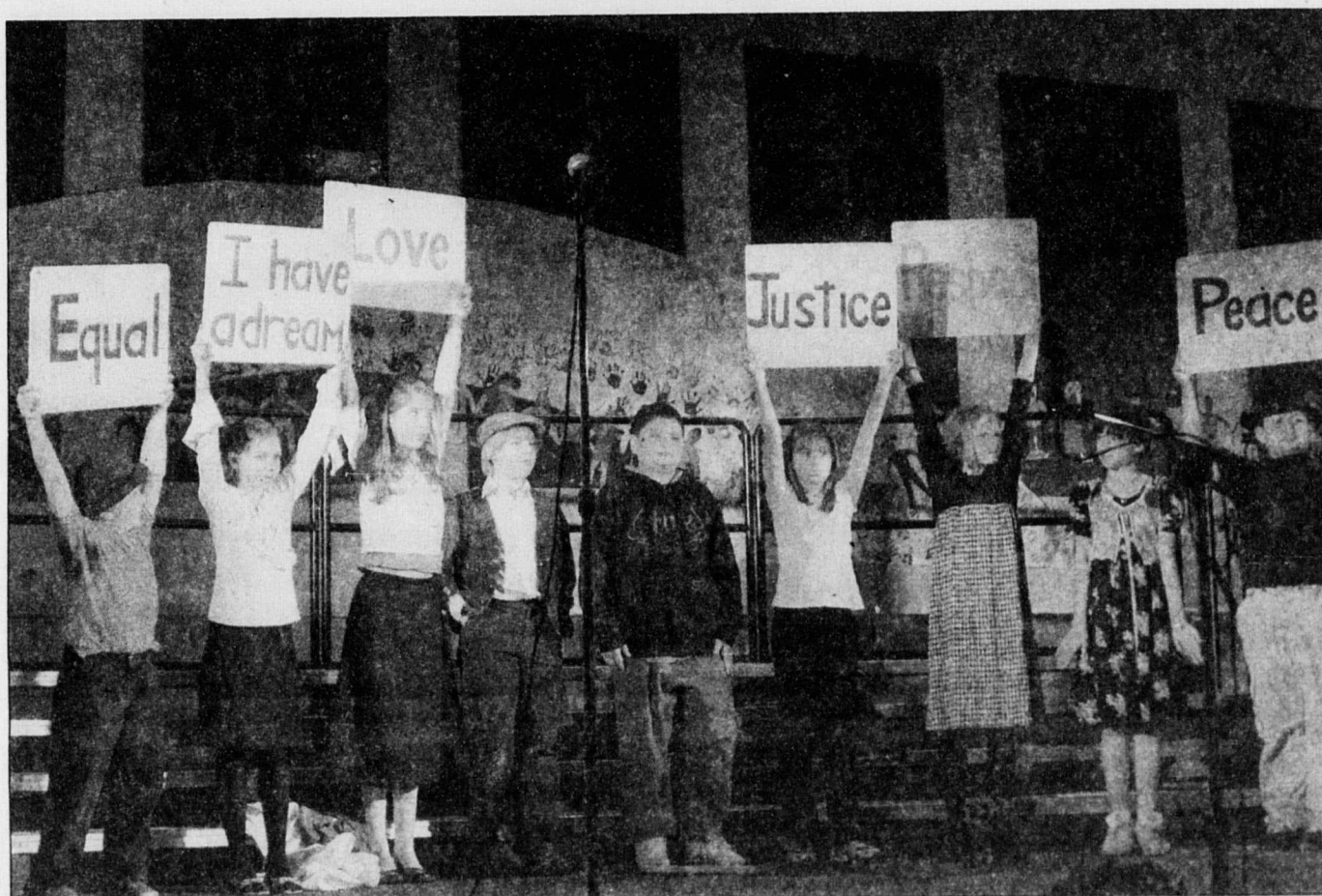


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Martin Luther King, Jr. celebrated

Photos by A. Dominic Efferson



Patty Rosiscky's fifth grade class performs the play "Martin's Big Words" at the Arcata Community Center on Martin Luther King, Jr. Day on Monday.

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MLK, Jr.: Celebrated in Arcata

continued from pg. 16



A. Dominic Efferson

Fifth graders perform at the Arcata Community Center on Martin Luther King, Jr. Day on Monday.

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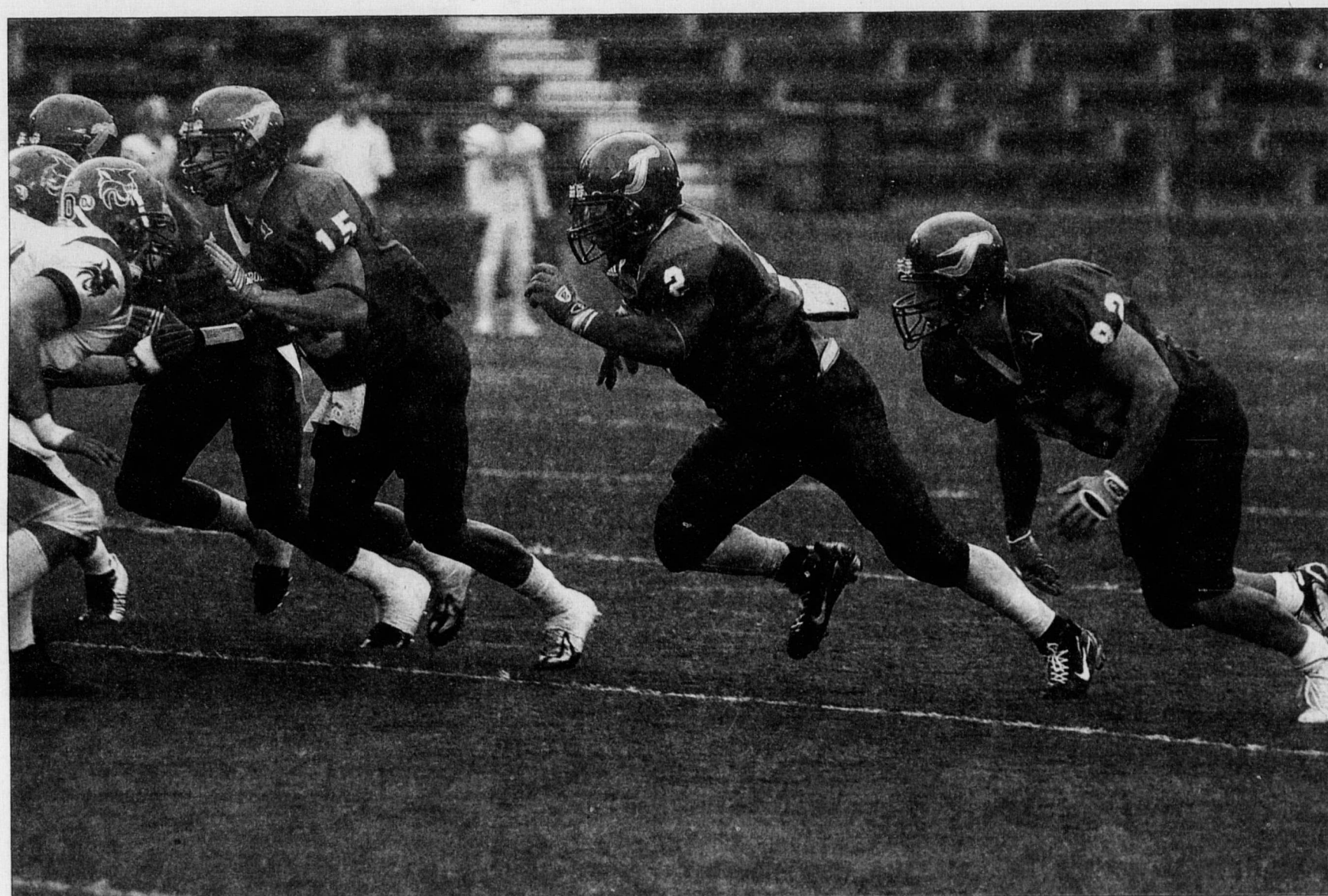
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Football suffers tragic loss

Kenny Edwards remembered as fierce competitor, dear friend



Courtesy of Sports Information

This past season, Kenny Edwards (2) recorded 28 tackles and returned a fumble 30 yards for the 'Jacks, who finished with a 9-1 record. He was expected to return for his senior year.

Garrett Purchio
gap13@humboldt.edu

On the heels of the Humboldt State football team's best season in four decades, the program suffered a major tragedy over the winter break with the death of a well-loved and respected player.

Kenny Edwards, a junior defensive back, died on Christmas day in the West Sacramento area. He was 23 years old.

"He was always an optimistic kid. He was a solid young man and he was a coach's dream."

Doug Adkins
Humboldt State head coach

His younger brother was testing out a remote-controlled boat Edwards gave him as a gift when it stalled about 40 feet offshore of a subdivision lake. Edwards swam out to retrieve the boat, but went under water soon after. He reached the surface once more before he went under again. Edwards did not make it back to shore.

Divers retrieved Edwards after he had been in the lake

for over an hour. The water was reported as being around 50 degrees. Edwards was transported by air to UC Davis Medical Center, where he was pronounced dead.

The news came as a great shock to those who knew Edwards. Senior defensive end Todd Eagle met Edwards at Contra Costa College five years ago when the two played on the Comets football team. Eagle said that he was impressed with Edwards both on and off the field, and was honored to have him as a friend.

"Kenny was such a down-to-earth person and a hard worker," Eagle said. "If you ever had the privilege to meet Kenny, see his smile, laugh with him, joke with him, compete with him, discuss football, discuss school, or discuss the future, then you know what a great person Kenny was."

Offensive lineman Duane Manyweather learned about Edwards' death on Christmas day. He said that Edwards loved life and would do anything for the team.

"When we played in Texas this year Kenny got hurt and wouldn't show it," Manyweather said. "He continued to play and had an outstanding game. He will be greatly missed and always thought about."

A memorial service was held on Jan. 3 for Edwards at the Crockett Community Center in Crockett, Calif. Many

players attended the event, where Edwards' family was presented with both of Edwards' jerseys.

Humboldt State Head Coach Doug Adkins was among those in attendance. Adkins said the thing he will always remember about Edwards is his grinning smile.

"He was always an optimistic kid," Adkins said. "He was a solid young man and he was a coach's dream."

"You would never see him without a smile. It's easy to see why he was loved by everyone he encountered."

Joey Stein
senior wide receiver

Edwards was expected to come back in the fall for his senior season. The construction management major played in eight games for Humboldt State this past year. Edwards recorded 28 tackles and recovered a fumble for the 'Jacks. The team's 9-1 record was the program's best since 1968.

see EDWARDS, pg. 21

'Jacks pound Otters

Five players score in double figures as Humboldt State picks up fifth conference win



courtesy of Sports Information

Claudia Nelson was one of four bench players to contribute at least six points in the 'Jacks' win over Monterey Bay. Nelson also had two steals and an assist.

Garrett Purchio
gap13@humboldt.edu

When parents attend a sporting event to watch their child compete, the athlete can expect their full support throughout the competition. When the parents have to watch their children compete against each other, however, it can be difficult trying to remain neutral.

For the Andrews family, the women's basketball game between Humboldt State and Cal State Monterey Bay was a chance to see whether Dana or Haley had the better team. Until the rematch on Feb. 15, Haley has all the bragging rights as the 'Jacks' cruised to an easy 89-56 win over the Otters on Saturday.

"It was a fun," said Andrews, whose parents made the trip from San Luis Obispo to watch the two play. "It was nice to have our parents here."

The Andrews sisters did not disappoint. Haley finished the game with 11 points and 3 rebounds while Dana finished with nine points and three steals for the Otters, who fell to 3-9 on the season.

The 'Jacks' controlled the game from start to finish.

Humboldt State raced out to an early 7-2 lead, only to watch the Otters climb back to within one point three minutes into the game. The score would not remain close for long as the 'Jacks' went on a 34-8 run over an 11-minute span to blow the game wide open. Sophomore guard Jennifer Enos capped off the first half with a lay-up as time expired to give the 'Jacks' a 54-27 lead.

Biava Arganda
junior forward

overs and limited Monterey Bay to four assists. The Otters appeared to have the size advantage coming into the game with three players 6-feet-two-inches or taller. That was not the case as the 'Jacks' used their speed and aggressive defense to shut down the Otters.

"We did a good job of spreading the ball around and finding the open shot," said Head Coach Joddie Gleason.

The defense also played a crucial role in the 'Jacks' first-half success. Humboldt State forced 14 Otters turn-

see BASKETBALL, pg. 21

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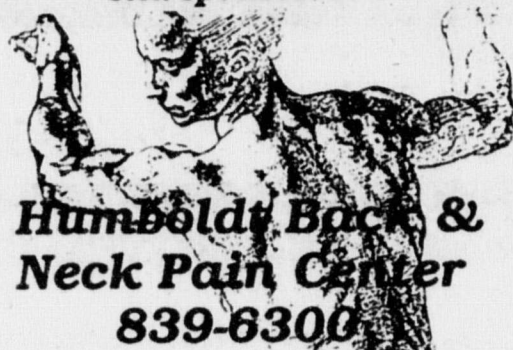
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News and notes

Garrett Purchio
gap13@humboldt.edu

Men's basketball takes care of business in win over CSU Monterey Bay

For the first 30 minutes of the 'Jacks' game against the Otters, Humboldt State looked like it might surrender its first home loss of the season. Fortunately that wasn't the case as the 'Jacks' pulled away late to secure a 92-85 win.

Senior forward Kevin Johnson led the offense with 24 points and 14 rebounds. Also scoring in double figures were Grayson Moyer, Devin Peal and Jeremiah Ward.

The 'Jacks' had trouble establishing consistency in the first half. The Otters matched Humboldt State basket for basket in the opening minutes and built an eight-point lead with eight minutes remaining. The 'Jacks' bounced back and claimed a three-point lead right before half-time, but a three-point basket by D'Shon Cannon tied the score at 43-43.

Humboldt State grabbed a 10-point lead seven minutes into the second half, but the Otters closed the gap. With just under 10 minutes remaining, Humboldt State led 66-63. The 'Jacks' put the game out of reach with a 13-0 run that forced Monterey Bay to play catch-up. The Otters were not up to the task and fell to Humboldt State, which won its 10th game of the season and sixth in the California Collegiate Athletic Association.

The 'Jacks' will play twice on the road this week, starting Friday when they play at CSU Los Angeles.

Johnson named CCAA Player of the Week

Senior forward Kevin Johnson has been named the Wilson California Collegiate Athletic Association Player of the Week.

Johnson played a key role in leading the 'Jacks' to consecutive victories at home last week against San Francisco State and CSU Monterey Bay.

Against the Gators, Johnson scored 18 points and 13 rebounds as Humboldt State secured a 101-82 win. Two nights later Johnson recorded another double-double.

His 24 points and 14 rebounds were critical as the 'Jacks' avoided an upset in the 92-85 win over the Otters.

Randall to compete in bowl game

Football season ended over two months ago, but for one player on the Humboldt State football team there is one more game to be played.

Senior linebacker Trey Randall will suit up in uniform on Feb. 2 in El Paso, Texas for the inaugural Texas vs. The Nation all-star game. The rosters for both teams are filled with players from Division I schools and the game will be televised on College Sports Television Programming (CSTV).

Randall, who played high school football in Houston, had 50 tackles and 2.5 quarterback sacks for the 'Jacks' this past season.

Killingsworth repeats as All-American

Kyle Killingsworth, a senior defensive back for the Humboldt State football team, was named to the D2Football.com All-American team on Jan. 8.

Killingsworth played defensive back and handled punts and kick returns for Humboldt State. The Ferndale native led the team with three interceptions and was fourth in total tackles with 54. The All-American selection was the second for Killingsworth, who also made the list following the 2005 season.

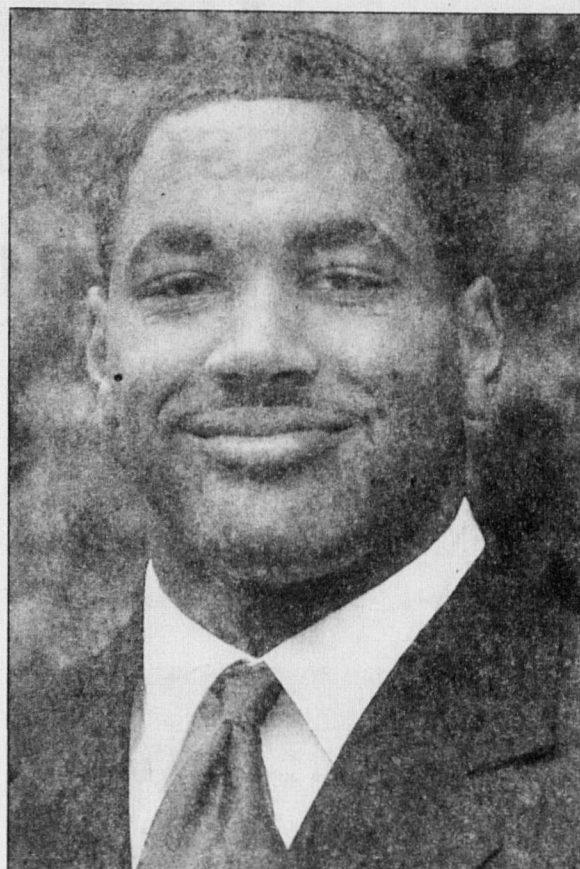
Prince speaking, walking on own

Cross country runner Nate Prince continues to make progress in his recovery from a coma sustained in a car accident last August.

On Dec. 9, Prince spoke for the first time in nearly four months. Since then his speech has improved and his mobility has increased. Prince is able to stand on his own and has expressed a strong desire to return home. While the date of his return is still not known, Prince is in good condition and appears to be on the road to a full recovery.

EDWARDS: Player involved in new gym construction

continued from pg. 18



courtesy of Sports Information

Teammates described Edwards as a hard worker who was always trying to improve himself and motivate his teammates.

Off the field, Edwards' dedication to Humboldt State was just as strong. He was a student intern for the Behavioral & Social Sciences and Physical Education Project building projects. The Physical Education Project involves the construction of Humboldt State's new gymnasium.

Senior quarterback Blake Moorman said Edwards was a guy who could make people laugh and made going to practice more enjoyable. Moorman added that Edwards was dedicated to improving his athletic abilities. So much so that he always wore what teammates called a "bullet-proof vest," which was a weight jacket that helped improve his speed.

"He was always the first one in the weight room, always trying to get better," Moorman said. "Every-

one who knew him or ever had a conversation with him will say he was one of the most sincere people they have ever met. He will be forever remembered in my heart."

Senior wide receiver Joey Stein said Edwards was an inspiration to him, especially when Edwards pushed himself to the limit during practice. Stein also said that Edwards would greet him with a smile every day, which was customary of Edwards.

"He would always make a point to come up and say hello when walking around campus," Stein said. "You would never see him without a smile. It's easy to see why Kenny was loved by everyone he encountered."

BASKETBALL: 'Jacks improve record to 10-3

continued from pg. 19

"We came out and played hard," said junior forward Biava Arganda. "We just wanted it more."

The second half saw the 'Jacks continue to push the ball up the court on fast break opportunities. Even though the 'Jacks lead hovered around the 30-point mark, the team's aggressiveness did not slow down. The defense finished the game with nine steals and held Monterey Bay's starting line-up to 16 points.

Senior center Mia Spasowska finished the game with 18 points and made all eight of her free-throw attempts. Arganda and Katie Wilder had

13 points apiece, with Wilder adding a team-high eight assists and three steals. The 33-point victory was the 'Jacks fourth victory this season by at least 30 points and was second to the team's 82-46 win over UC Santa Cruz on Dec. 22.

After going 5-1 on their current home stand, the 'Jacks will return to the road with two games this weekend. The first will be Friday night when Humboldt State travels to face California Collegiate Athletic Association foe Cal State Los Angeles.

Upcoming Home Basketball Games

Date	Opponent	Time
Jan. 25	CSU Stanislaus	Women 5:30 p.m.; Men 7:30 p.m.
Jan. 27	Chico State	Women 5:30 p.m.; Men 7:30 p.m.
Feb. 1	Cal Poly Pomona	Women 5:30 p.m.; Men 7:30 p.m.
Feb. 3	CSU San Bernardino	Women 5:30 p.m.; Men 7:30 p.m.

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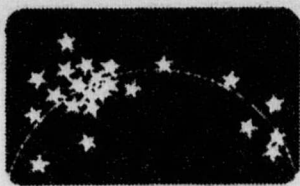
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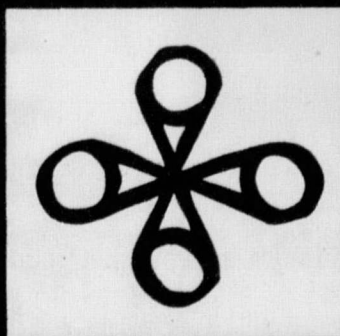
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California Collegiate Athletic Association Basketball Standings

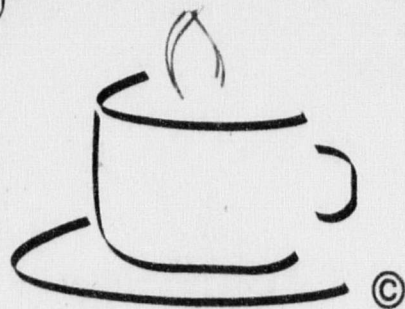
Men's Basketball

School	CCAA	Overall	Streak	Home	Away	Neutral
CSU San Bernardino	6-1	10-2	Won 10	6-0	2-2	2-0
CSU Bakersfield	6-1	7-7	Won 2	2-0	5-7	0-0
Humboldt State	6-2	11-2	Won 8	8-0	2-2	1-0
Cal Poly Pomona	5-2	9-3	Lost 1	5-1	1-2	3-0
CSU Stanislaus	4-4	8-7	Won 1	4-2	3-4	1-1
Sonoma State	4-4	5-7	Won 4	5-2	0-4	0-1
CSU Dominguez Hills	3-4	6-6	Won 1	4-1	2-3	0-2
Chico State	3-5	5-8	Lost 2	4-2	1-5	0-1
CSU Los Angeles	2-5	5-7	Lost 2	2-3	3-3	0-1
CSU Monterey Bay	2-5	5-7	Lost 2	2-3	0-4	3-0
UC San Diego	2-5	4-8	Lost 1	1-2	1-6	2-0
San Francisco State	1-6	5-7	Lost 4	2-5	2-2	1-0

Women's Basketball

School	CCAA	Overall	Streak	Home	Away	Neutral
Chico State	7-1	11-1	Won 8	6-0	4-1	1-0
UC San Diego	6-1	10-2	Won 7	3-1	6-0	1-1
CSU Bakersfield	5-2	8-6	Lost 1	2-1	6-5	0-0
Humboldt State	5-3	10-3	Won 3	9-1	1-2	0-0
CSU San Bernardino	4-3	8-4	Lost 1	4-2	3-1	1-1
CSU Dominguez Hills	4-3	7-4	Won 1	4-1	2-3	1-0
Sonoma State	4-4	5-7	Won 2	4-3	1-2	0-2
Cal Poly Pomona	3-4	4-8	Won 1	3-2	0-3	1-3
San Francisco State	3-4	3-9	Lost 3	2-3	1-5	0-1
CSU Monterey Bay	2-5	3-9	Lost 2	2-6	0-2	1-1
CSU Los Angeles	1-6	3-9	Lost 2	1-5	1-3	1-1
CSU Stanislaus	0-8	3-9	Lost 4	1-3	0-5	2-1

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Without certification, organic coffee would not exist. Organic coffee produces less yield per acre than commercial coffee, and consumes more time and labor. The certification process is also long, complicated, and expensive. But, without organic certification, the small farmers who grow organic coffee would never get paid for their efforts. Furthermore, certification is the only way to defend the meaning of the term "organic" in the marketplace. Anyone can say that their coffee is organic, but certification is the only way to *guarantee* that the coffee we sell is exactly what we say it is--100% organic.

That's why we are happy to submit to the audits and on-site inspections of Global Culture - and proud that all of our coffee is certified organic.



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Many forces contribute to the destruction of the rain forests and coffee is one of them. Millions of acres are devoted to growing row upon row of commercial coffee, creating an ecological desert.

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The Human Equation...

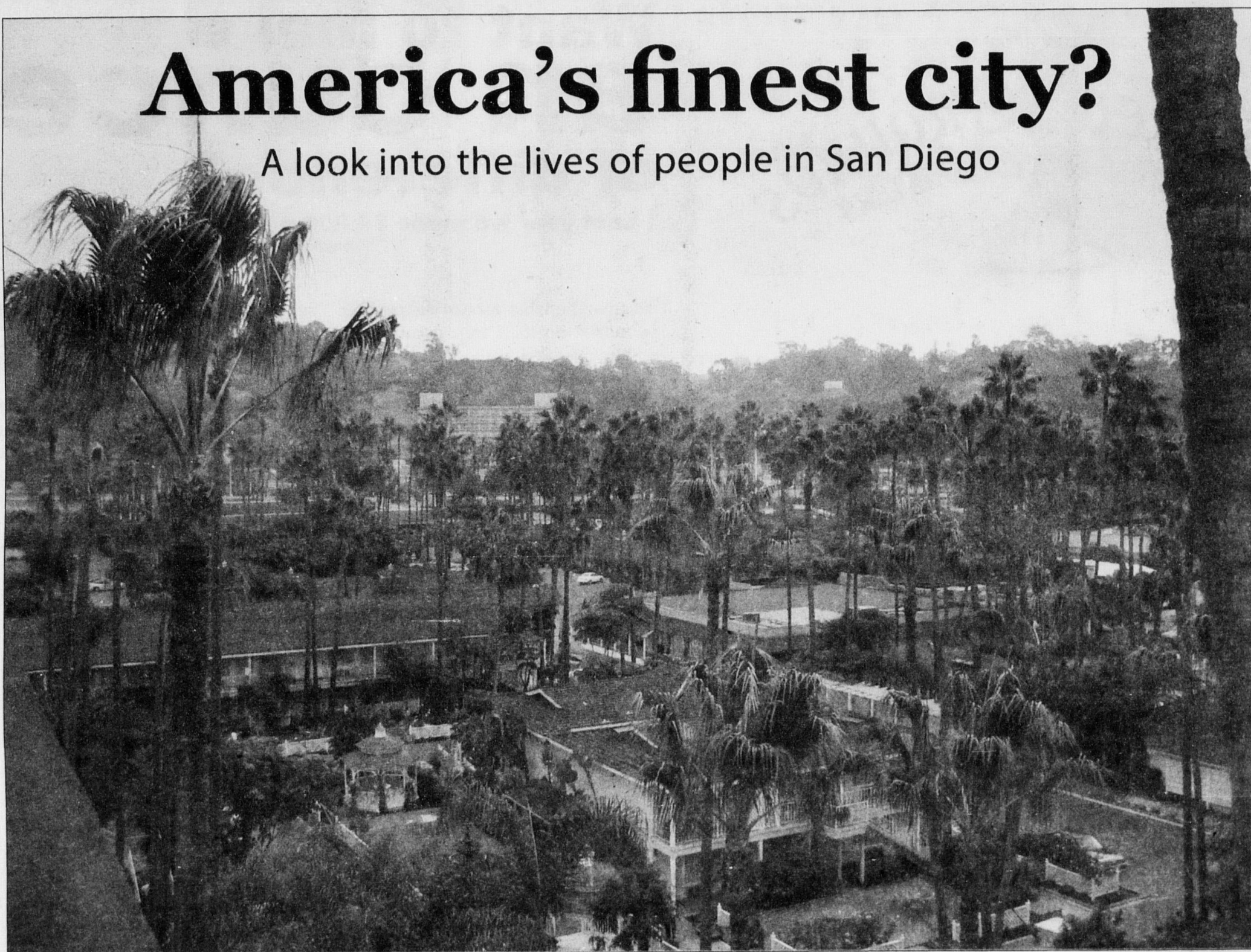
Let's face it. Money talks. Yet, for millions of third-world farmers, it stays eerily silent. The very people who produce some of our favorite things live in abject poverty. How can we expect them to think of things like "the environment" when they are starving? Obviously, *something* has to change.

That's why Sacred Grounds was one of the very first members of TransFair USA, an independent, nonprofit organization that promotes Fair Trade across the globe. Fair Trade improves the lives of small coffee farmers by guaranteeing them a fair price for their coffee, regardless of the ever changing price of coffee on Wall Street. Fair Trade promotes self-reliance and equality through fair market practices.

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America's finest city?

A look into the lives of people in San Diego



Blake Weaver

bcw19@humboldt.edu

Courtesy of www.andrew.cmu.edu

San Diego. Mention of the city's name often conjures images of warm sunsets on the beach, laid back surfing communities and strong margaritas. But what is this city really all about? For the average people who live in San Di-

"Everyone acts like they're a movie star or a rock star."

Ivar Oscarson

San Diego resident

ego, how is their day-to-day life?

Census statistics reveal that thousands of new people move into the city every day. It's one of America's fastest growing cities with a booming economy. But what do these average people encounter on a daily basis after they arrive to live and work in this city?

"Everywhere I look, people are flaunting their wealth," said Ivar Oscarson, who moved to San Diego from Iceland six years ago. "The greed is contagious. It's a big money frenzy every day, all around me."

As Oscarson speaks at the table of a downtown coffee shop, BMW's, gas guzzling Hummers and other expensive vehicles seem to continuously fly by on the nearby street. At other tables, most people wear designer clothes and sunglasses, sipping cappuccinos and lattes with serious, tanned faces.

Although Oscarson wears clean black jeans and a striped polo shirt, he seems to be dressed far too casually for his surroundings.

"It's really hard for regular, working people to live here. Everyone acts like they're a movie star or a rock star," he continued. "There are a lot of people that look down on the workers. They think they are better than us. There's a lot of animosity between the rich and the poor."

Before moving from Reykjavik, Iceland, Oscarson said he had a false vision of what San Diego would be like.

"I didn't think it would be so competitive and impersonal," he said. "Most people I meet care more about what I drive and how much money I make than who I am. There are a lot of ego maniacs here."

Leaving the downtown coffee shop, dozens of homeless people shuffle the sidewalks amidst extravagant skyscrapers, a new baseball stadium and parked luxury cars. The division between the rich and poor seems impossible to overlook in the downtown area.

Almost every building and street is extremely clean and modern. It seems a lot of time and energy is invested in keeping the city well polished. Most people walking the streets seem to strive for the same look, wearing perfectly clean, form-fitting clothes with carefully styled hair.

Moving towards the beaches, the scenery drastically shifts from an urban concrete sprawl to a surf city. The beaches of San Diego are perhaps what the city is best known for.

Gazing onto the shore is an idyllic look at beach par-

adise. Beneath palm trees that gently sway in the warm Santa Ana winds, people play volleyball and tan on bright beach towels. Others drink from cans of beer as a drummer beats on a large bongo. The beat echoes off the buildings with penetrating power.

"I love San Diego, there's so many attractions here," said Lindsay Bryant, a San Diego native who has lived in the city her entire life. Bryant wears Gucci sunglasses laced with diamonds, a denim skirt and a pink shirt. Sitting at the beachside restaurant, several other people wear nearly the exact same outfit.

"There's so much live music and so many parties," Bryant said. "It's expensive to live here, but it's worth it. Every opportunity is at your fingertips here. Southern California is the center of so many things."

"Every opportunity is at your fingertips here."

Lindsay Bryant

San Diego native

Bryant says the large number of career opportunities in San Diego is causing the cities growth. "No matter what you want to do or be, there's opportunity for it here."

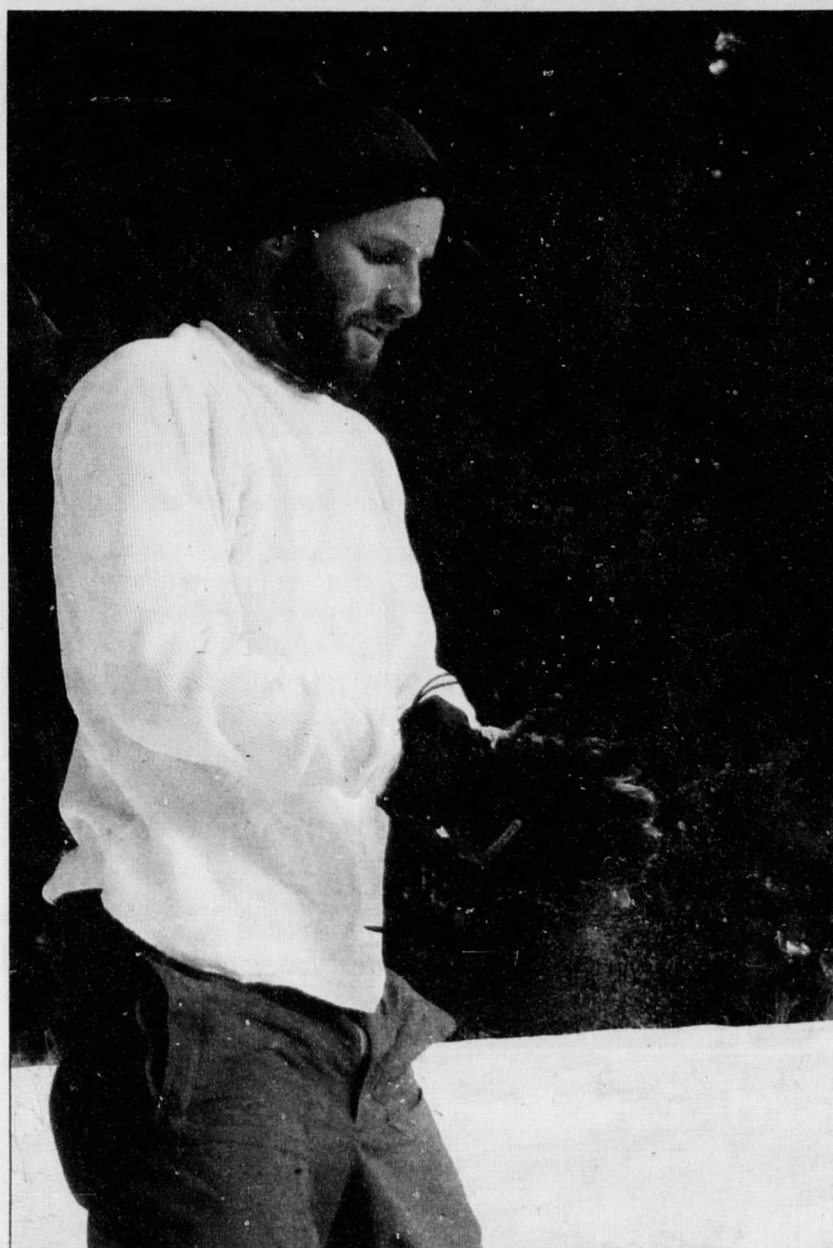
see SAN DIEGO, pg. 26

Boarding Horse Mountain

Photos by A. Donnic Efferson
ade8@humboldt.edu



Former Humboldt State University student Adam Bock gets some air at Horse Mountain last Saturday. Last weekend's abnormally cold weather created good conditions for snowboarders, skiers and other snow enthusiasts.




Bock dusts snow off of his gloves after building a launch ramp, also known as a "kicker."



More fun in the snow!! Chenevert catches some mean air while a friend plays an air guitar version of Motley Crue's, "Kickstart My Heart" on his snowboard. "Kickstart My Heart" originally appeared on Crue's 1989 album Dr. Feelgood.






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San Diego based singer and multi-instrumentalist Rob Crow is a prolific and eclectic musician who splits his time amongst a variety of projects including the indie sensation Pinback.

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An early-20s prophet who just might evolve into Southern California's most articulate musical spokesperson since Zack de la Rocha, Olmeca's unique lyrical style, bilingual rapping skills and unique song writing, has given him the opportunity to share the mic and stage with an array of artists from Ozomatli to Maldita Vecindad.


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San Francisco rockers New Monsoon have been storming across the nation, transforming audiences into dedicated fans with their exhilarating marriage of world rhythms and rock bravado.

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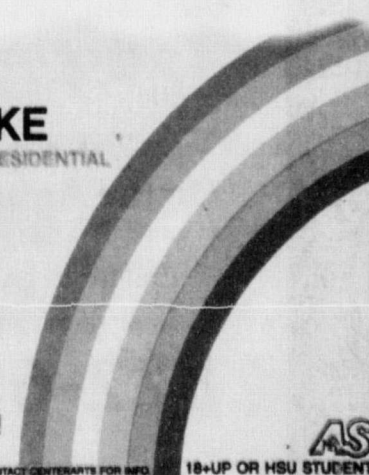


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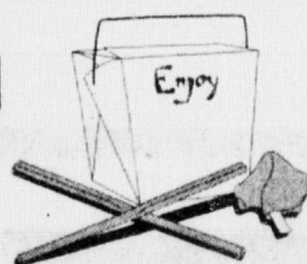
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Why Not Drive?

Many of us do our best to be environmentally conscious. Paper or plastic at the grocery store? Recycle or throw it in the trash? The impacts of these decisions pale in comparison to the impact of the decision to drive. The problem is that driving is the single biggest harm we do to the environment every day.

Driving is not only an environmental problem though. Here are some of the environmental, social and economic reasons to reduce driving and make transportation sustainable:

- Emissions reductions: Car and truck traffic contribute more to our area's greenhouse-gas emissions than any other source. Local air quality and global-climate conditions will improve with emission reductions.
- Land use: Parking and roads use valuable land resources.
- Transportation equity: Driving, with all of its expenses, costs the average household \$7,000 per year per vehicle. With this significant cost, it is unfair to our economically disadvantaged that infrastructure is designed around the automobile.
- Economics: Most of the money spent on driving leaves our county, weakening our economy.
- Community: Travelers outside of their cars interact more with their physical environment and each other.
- Safety: The presence of pedestrians and cyclists make our neighborhoods safer from crime. Conversely, 42,000 Americans are killed in car accidents every year.
- Health: Increasingly, Americans are suffering from weight-related illnesses. This is partly attributable to the decline in active transportation use and availability.

Courtesy of The Community Wheel, <http://www.humboldt.edu/~wheels/joomla/>

SAN DIEGO: More than just palm trees

continued from pg. 24

She adds that tourists are constantly flooding San Diego's streets. The fact that so many people visit the city so often shows that it is a great place, she says.

"The weather is amazing and people can pursue all their dreams here. Lot's of people would die to live here," Bryant said.

Another beachgoer, Anna Ganut also says she loves San Diego. "For a big city, San Diego is really safe and peaceful." She said, "There's a lot of diversity here and lots of chill people. It's a fun life."

The tourist industry in San Diego is hard not to notice. "Welcome to San Diego" signs adorn many businesses, suggesting many who view these signs are from other places.

Balboa Park is among the cities most popular tourist attractions. It is America's largest urban cultural park, a beautiful oasis of trees, museums and gardens surrounded by a busy cement jungle. Elaborately carved stone walls stretch into the distance as street performers and artists show off their work to crowds of camera-clad tourists.

Standing near the Zen Tea Garden in the park is Jesse Gabris, a recent transplant to San

Diego. "This is one of the only parts of this entire city that I like to be in," Gabris said.

Wearing ripped, patchwork clothing, hemp jewelry and dreadlocked hair, Gabris drew stares from onlookers. "I feel like I need to shock these people," he

"I've gotta say this is the most capitalistic, greed-consumed city I've ever seen"

Jesse Gabris
San Diego Resident

said "They're living in a happy little bubble of privilege and they turn a blind eye to all the world's problems."

Originally from Berkeley, California, Gabris says that the contrast between Northern and Southern California is striking. "I've been in San Diego for about eight months now, and I've gotta say this is the most capitalistic, greed consumed city I've ever seen."

Gabris says the people of the city make it almost unlivable. "These people all look like they're posing for a shoot in People Magazine. They follow the latest fashion trends like sheep. Pop culture

controls people's lives here."

Overhearing Gabris' comments, Bradley Reynolds, a San Diego native who describes himself as an old school surfer, says, "There are a lot of snobs and posers in this city nowadays. But there are also a lot of cool, down to Earth people."

Reynolds remembers a San Diego from years past. When the city was smaller, "it used to be much more of a beach town," he said. "Over the years it has gotten much more crowded and fast paced. But there's still a lot of soul around here, especially in certain neighborhoods."

Reynolds agrees with Gabris that San Diego has become more consumed with materialism. "Over the years I have seen San Diego become much more like Hollywood," he said. "This city has changed, but I still love it."

Leaving San Diego, in the airport, there is a souvenir on display. A small plastic palm tree and bikini clad woman with the inscription "San Diego, America's Finest City." Getting on the plane, I find myself wondering if San Diego is truly America's finest city. Or is it simply the finest city that money can buy?

Question of the week

"Where is our favorite place to go in Humboldt County?"



"The Trinidad hiking trails. The beaches there go forever when the tide is low."

Jessica Loop
Music, Junior

"Climbing at Moonstone Beach"

Carroll Clark
Natural Resources, Junior



"The plaza, it's a great place to meet people."

Mattison Haywood
Freshman, Art and Psychology

"Arcata Pizza and Deli. I love their food."

Elizabeth Ortega
Freshman, Psychology



"Tall trees in Redwood National Park. It's just north of Orick, by Redwood Creek."

Chris Covington
Mathematics, Junior

Financial Aid FREEZE DATE

Don't get STUCK!

January 30, 2007

is the LAST DAY to finalize your Spring enrollment.

The number of units you are enrolled in on this day will determine the amount of financial aid and your unit obligation for the Spring semester.

• Note that this date is earlier than the last date to add a class.

If you receive financial aid for more units than you are enrolled in on this date, YOU WILL BE BILLED AND MUST REPAY THE DIFFERENCE IN ELIGIBILITY.

Full time enrollment is required for most aid disbursement. If you will NOT be enrolled and attending full time, immediately submit your enrollment plans in writing to avoid overpayment of aid funds. Eligibility for some types of aid depends on a specific number of enrolled units.

If you are eligible for Pell Grant, or Cal Grant B, your grant disbursement must be prorated according to your enrolled units. Academic Competitiveness Grants (ACG) and SMART Grants require full-time enrollment. Other aid might also have to be adjusted for less than full time enrollment. Be aware that you may be billed for an overpayment for some programs if your account is credited at fulltime funding and you drop units or are enrolled for less than full time status on the freeze date.

The "freeze date" for the State University Grant (SUG) is the University census date, because a SUG is based upon the amount of your fees. The SUG is for payment of the State University Fee. If you have a fee waiver or another educational resource that pays your fees, you may be billed for overpayment of SUG. If your SUG is paid to you for 6.1 or more units, and you drop units, you must repay the difference in SUG. The final registration fee amount is determined at the University census date, which may be later than our freeze date for other aid. You will be billed for any overpayment of SUG.

If you receive aid at less than full time, but add units before the freeze date, you might be eligible for additional aid. Notify the financial aid office in writing of any changes in attendance.

• Note: Audited units do not count as enrolled units for financial aid purposes.

Adds or drops AFTER 1/30/07 will not change your funding for the current semester; however, drops may cause satisfactory academic progress problems. If you anticipate a satisfactory academic progress problem, please schedule an appointment with a financial aid counselor.

40C (1) Spring 2007



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Fighting the flu

How to protect yourself from getting sick

John C. Osborne

jco11@humboldt.edu

Short nights and mold are not the only things the Humboldt winter brings. Between October and springtime, the flu makes its rounds.

The flu is an infectious virus that affects the respiratory system, causing illness. Every year, 5 to 20 percent of the U.S. population gets the flu, with more than 200,000 hospitalized and about 36,000 killed.

Symptoms

Usually starts suddenly and may include the following symptoms, although the common cold has similar symptoms:

1. Fever (usually high)
2. Headache
3. Tiredness (can be extreme)
4. Cough
5. Sore throat
6. Runny or stuffy nose
7. Body aches
8. Diarrhea and vomiting (more common in children)

There are several ways to protect yourself from the flu

A person can infect others one day before, to five days after getting sick. Infection can happen through a sneeze or cough. Touching your face after touching something with the flu may also transmit the virus.

Ways to prevent transmission include:

1. Washing your hands often with soap and water
2. Covering your nose and mouth when sneezing or coughing
3. Avoid contact with people who are sick
4. Avoid touching your eyes, nose and mouth
5. If you have the flu, stay home from work, school and social gatherings

There is also a flu vaccine that can be taken. It is usually more effective if taken in October or November, the vaccine can also be taken later on in the flu season if necessary. There is a 70 to 90 percent chance to prevent illness in people under 65.

You cannot get the flu from the shot, but some may have allergic reactions. There may be side effects, such as fever, aches or soreness where the shot was given. Most people don't have any serious problems, but the chance is there.

The Student Health Center provides the flu shot for \$11.

Mira Muzar, health educator at the health center, said it is never too late to get the shot. She stresses the importance of washing your hands and covering your nose and mouth when sneezing or coughing to reduce the risk of transmission. Shoving your mouth in the crook of your arm is an effective way to block germs from spreading, she said.

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The 2007 Mizz Thang Pageant:

Walking off for the title

Lindsay Brokaw
lob1@humboldt.edu

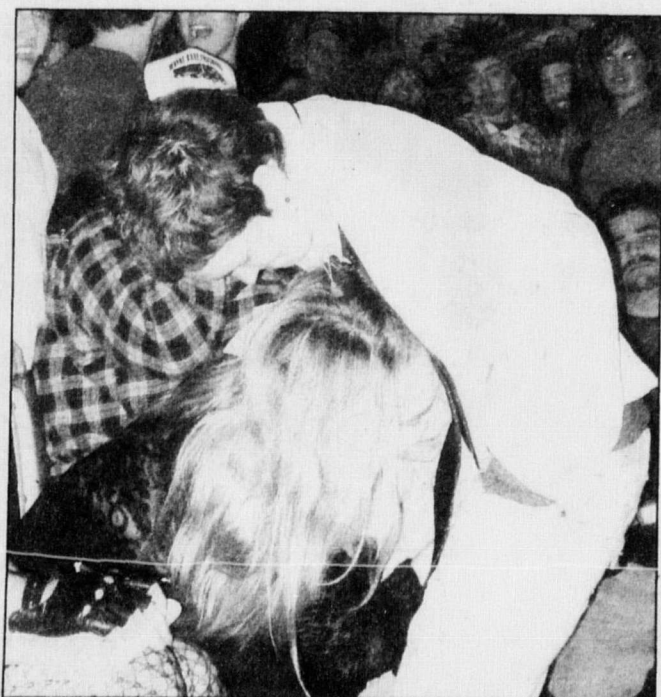
Those who identify with Gay, Lesbian, Bi-sexual, Transgender, Questioning, Intersex, and Allied Communities (GLBTQIA) of Humboldt County came together for the first time at Humbrews in Arcata to walk off, competing for the title of Mizz and Mizzter Thang 2007 last Sunday.

The event was made possible almost entirely by donation—Humbrews, DJ Itchie Fingaz, photographer Scott Mitchell and a panel of celebrity judges, which included Arcata Mayor Harmony Groves, Monica Topping of KSLG 94.1 FM, Humboldt Pride co-chair Tucker D. Trucker, Sister Ursa of the Eureka Chapter of the Sisters of Perpetual Indulgence, and Melinda Myers, a Humboldt State lecturer, sex educator and owner of Good Relations—all donated their time.

"The mission of Humboldt Pride is to unite the community through celebration and education," said Rebbecca Caya, director of outreach and education for Humboldt Pride. "The point of this event is to get these people together to educate straight people together to end homophobia and sexism," said Caya.

"It's not a question of a community," said R.J., 62, of Mailbox 101. R.J. has lived in Southern Humboldt since 1972, and has just moved up north. "It's a matter of being gay and changing how you feel about it. More gays being seen can change that," he said.

Hosted by Humboldt Pride, with the help of the Eureka Chapter of the fundraising organization Sisters of Perpetual Indulgence, the pageant was held not only to educate and celebrate, but also to raise money for the 2007 Gay Pride Parade.



Judge Melinda Myers gets friendly with a contestant.



Sister Amanda Hugginkiss of the Eureka Chapter of the Sisters of Perpetual Indulgence bestows the honor of Mizzter and Mizz Thang 2007 upon Dick Phallacy and Lady Marmelade.

With colorful crepe paper and icicle lights festively adorning Humbrews, the night warmed up with local DJ Itchie Fingaz spinning soul, funk and old skool. Participants made their way to the registration table, where volunteer and friend of Humboldt Pride, Ave, 22, sat poised and proper in a feminine, lavender bouclé sweater.

On a night where a woman could come dressed as a man dressing as a woman, Ave said of the pageant rules, "In true etymology, this would be both drag and drab, but really it just means being dressed as the opposite sex, and not necessarily as the opposite gender."

And the night truly ran the gamut. With Humbrews filled to its 243-person capacity by 10 p.m., and an erotic vibe lingering in the air, one could spy the most flamboyant and fabulous of queens in wigs, corsets and heels, to the most demure, intermixed with the seemingly mainstream clientele.

But demure and mainstream were simply too ordinary for the celebrity panel of judges, dressed to the nines themselves.

Sister Ursa had her eyes peeled for "the most fabulous person in Humboldt County. And bribes are always good," she added.

Humboldt State student Emily Creegan was there for moral support. "I'm here with my friend," she said. "I dressed one of my friends up in drag, and I'm waiting for another one," she added.

Topping, on-air personality for KSLG, said she was looking for "a sense of style and attitude. A proper queen has got to have an attitude."

music, custom-selected by DJ Itchie Fingaz. The frenzied crowd whooped and hollered despite themselves, cheering on flamboyant and charismatic contestants with names like "Miles Long," "Maximum Package" and "Delicious."

Judges read off the contestant's turn-ons and turn-offs, slinging innuendos and giving props, impressed on occasion by such divulgences as:

"Turn-offs: Fake people who don't like oral sex."

"Ooh! That's my turn-off, too!" shouted Sister Lupe S. Loose of the Sisters of Perpetual Indulgence.

As the judges deliberated and the crowd anticipated who would be the next Mizz and Mizzter Thang 2007, the results of the 50/50 raffle were

announced. Those who purchased a ticket for \$1 stood to win half of the pot, or \$125, by the end of the night.

Mr. Geoff Bale made the mistake of fraudulently claiming he had won, and found himself on the stage, his heiny auctioned off for a spanking.

A minute-long auction was also held for a package including an organic penis-shaped squash, a sex journal, a Humbrews logo glass and T-shirt, a bottle of Red Bicycle wine, organic lubricant, a CD case donated by the Metro, a \$30 gift certificate for Daybreak Café, and a package of organic tea from Moonrise Herbs.

"More shit! More shit!" the crowd cheered as sister Lupe announced the booty to be won.

The winner paid only \$6, and wound up donating most of the items back to be used again by Humboldt Pride.

As midnight neared, "It's Raining Men" by The Weather Girls faded into the foreground, and 2007's Mizz and Mizzter Thang were announced.

See PAGEANT, pg. 31

PAGEANT: Mizz Thang 2007

continued from page 30



The pageant judges (left to right): Arcata Mayor Harmony Groves, KSLG's Monica Topping, Sister Urso of the Sisters of Perpetual Indulgence, Sexpert Melinda Myers, and Tucker D. Trucker.

Congratulations Lady Marmelade and Dick Phallacy! Both won the title, the crowns, the sashes, countless publicity photos and the honor of representing Humboldt County's GLBTQIA community in the 2007 parade.

Dick Phallacy shouted over the hubbub, "I gotta go down there and be the biggest rock star I can be! I'm so good I even have my own jam band!"

Lady Marmelade said, "I'm the representative of Humboldt Pride! I feel incredible responsibility now for my actions, and just to let everyone know that the gay culture is a positive thing. There's nothing wrong with being gay," she said.

"We're just barely starting [to raise money]," said Anthea Proulx, treasurer of Humboldt Pride. "Most of our money is going towards our non-profit status paperwork. This is the first event that will go towards the parade. We're really excited."

Gay pride parades are a testament to how far the gay rights movement has come. Ordinarily the parades take place in June to commemorate the Stonewall Riots of June 1969, when New York City police raided Greenwich Village's Stonewall Inn, singled out, arrested and beat effeminate, transgender and cross-dressed men and women.

"[The parades] look back on the times when there was lots of police entrapment, and the mafia would run the gay bars and clubs," said Humboldt Pride co-chair Justin Pabalate, also known as Sofanda Cox.

Because

San Francisco will be holding its parade in June, "the parade in September is to keep the crowd here. It's a huge change from

the past when events like this would have been broken up and people would have been arrested," Pabalate said.

Lady Marmelade
Mizz Thang 2007



Antonio walks off to the music of DJ Itchie Fingaz.



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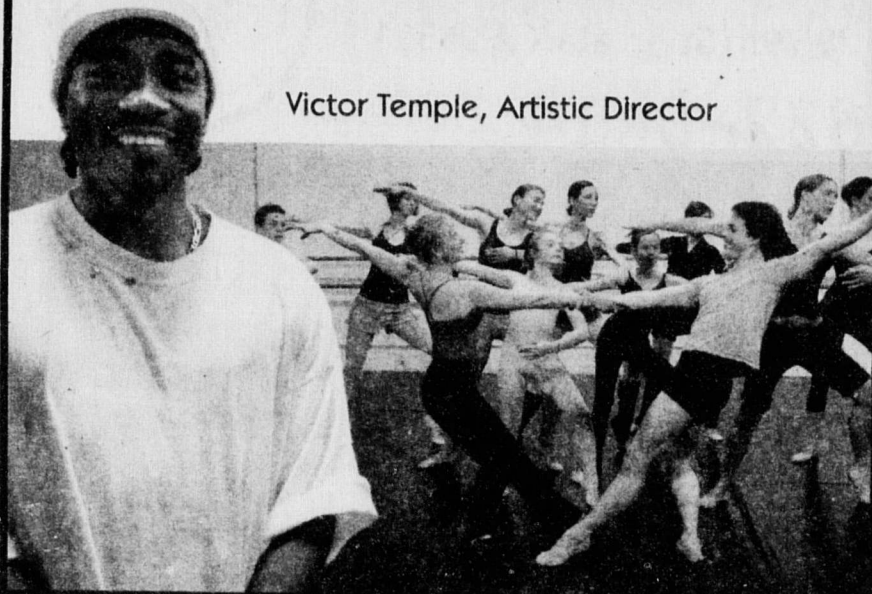
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Hyping up spring:

Tech Productions gives the weather-ridden semester something to look forward to

Jenna Barry

jib64@humboldt.edu

A coming-of-age production company with more than money on its mind, Tech's Do Som Bout It Productions has plans for this spring semester that he said will blow any and all past creations out of the water.

With a new logo to blast off the new year, Tech Williams, a sociology graduate from Humboldt State and a local entrepreneur, is ready to tackle the rain-plagued spring semester by hosting the first of his trilogy of 18-and-over events with the Spring Jam on Saturday, Jan. 27.

"It's harder to throw events in the spring because you're going against the elements," Williams said. "I'm trying to change that, and make the spring hype like the fall."

Rather than remain a one-man event, Williams decided to spice up his already-hip affairs by holding his events in conjunction with other production teams, community members and anyone who might be interested.

The Spring Jam joins Tech's Do Som Bout It Productions with the birthday girls, Jaleh and Aften, who came to Williams with the idea of holding their birthday celebrations in conjunction with his latest event. The evening is at the Portuguese Hall, rain or shine, where DJ Hazy will set the tune for the spring semester.

Also featured at this year's first major jam are performances by hip-hop crew Da Movement, made up of Humboldt State students, and Demolition, an on-campus dance squad.

"They [the birthday girls] came to me, which was an honor," Williams said. "I accepted that honor,

now it's a celebration with the ladies of the evening. For everyone else, if you want to throw a party, get at me."

Birthday girl Jaleh Ghalfari knew Williams through her brother, and knew that he was quite good at covering events. "He's a great coordinator," Ghalfari, who will be celebrating her 23 birthday along with her barely legal friend, Aften, who turns 18 the night of the jam, said.

Williams' aim is to build a respectable 18-and-over scene in Humboldt County, and depends on the support and willingness of the local communities and their members, whether they are musicians or politicians.

Williams describes his most recent partner, DJ Hazy (also known as Seth Hays, a fitness trainer at Health Sport in Arcata), as having a good ear for music.

"He's going to be the over-all DJ for my productions," Williams said. "He has music that's not been out yet. I'm excited about

bringing Seth on board."

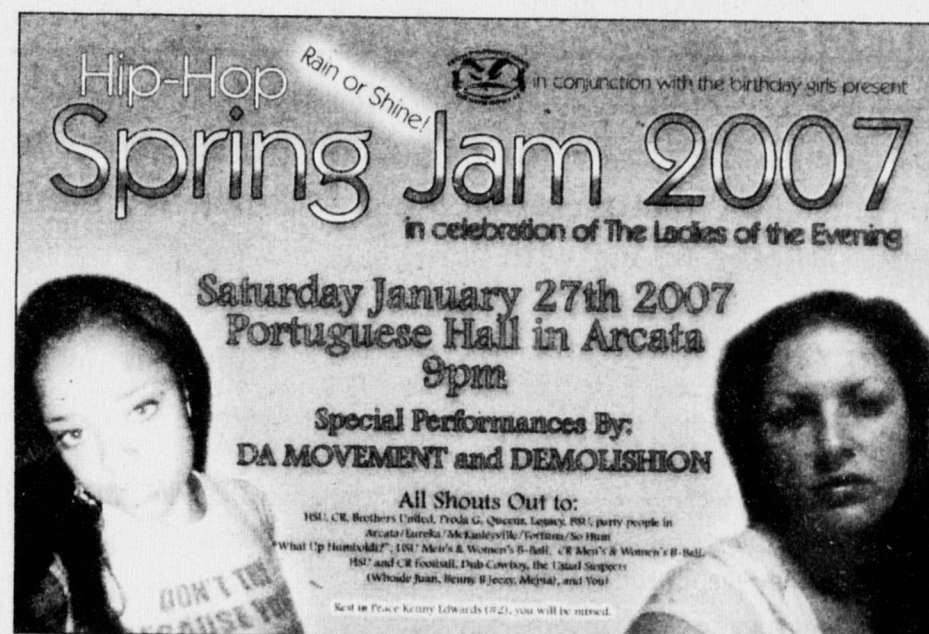
Another large part of each event is the actual support of the community.

Although he said getting the events into the city of Arcata was no walk in the park, Williams' passion for providing the city with an 18-and-over scene paved the way.

Captain Tom Chapman of the Arcata Police Department, known by Williams as the 'Gatekeeper', met with Williams about the project.

"He made me feel real relaxed, at ease, paid attention to every

detail," Williams said of the meeting with Chapman. See TECH EVENTS, next page



Courtesy of Tech Williams

The Spring Jam hosted by Tech's Do Som Bout It Productions in conjunction with the birthday girls.



TECH EVENTS: On his way up

continued from previous page

"I had to address every issue, and really convince him that I had a good plan of action to make this happen. I thank him for that."

The Arcata Police Department helps keep Williams' events under control with a constant presence at the venue during high times of traffic. Advertised as "A no bullsh*t affair," Williams stands alongside the Arcata Police Department and said they make everything go much smoother.

"I try to make them [my events] safe, convenient and not a hassle," Williams said. "[I'm] just trying to maintain and give people something to do."

Even the City of Arcata Public Works Department has showed support for Tech's Do Som Bout It Productions with donations

"I try to make them [my events] safe, convenient and not a hassle. [I'm] just trying to maintain and give people something to do."

Tech Williams
discussing events he throws

of barriers and cones to help ease the flow of traffic before and after events.

"The city has definitely been backing [me], and because of that help, it has been a positive," Williams said.

Past events by Tech's Do Som Bout It Productions have proved popular, as were events hosted by Dub-Tech Productions, where Williams and DJ Dub Cowboy joined forces.

Because of the success of the productions in the past, Williams is in the works of one super jam.

"I want to get all of our heads together and throw a big thank you party for all the people that come out," Williams said. "We want to give this town the biggest jam it has ever seen."

After the success of November's Pajama Jammy Jam, where nearly 250 people showed up despite the stormy weather, Williams hopes to throw another jammy jam, but this time during better weather.

"The Jammy Jam was most impressive," Williams said. "Women followed the theme, and every girl came with lingerie." Williams described one girl who said that she would never wear what she had

on in public, and that her outfit would be retired after the night. But she kept the theme.

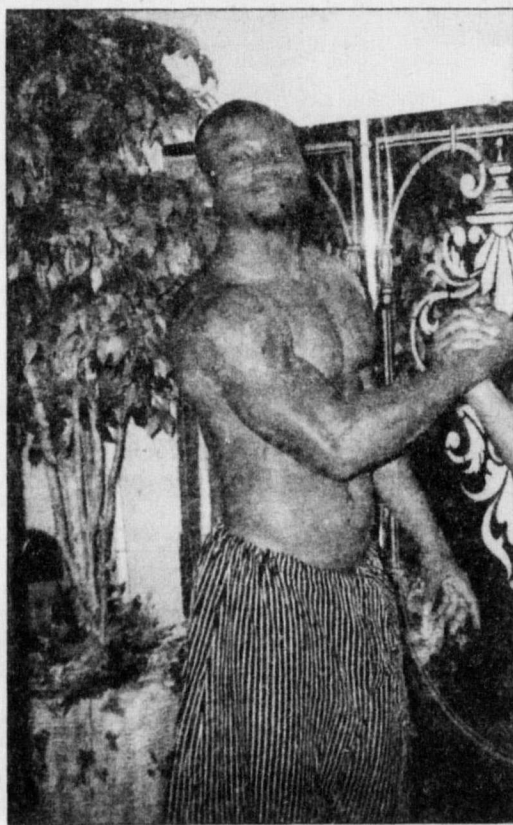
Williams wants to push the fact that his events are not for just one group of people, they are for everybody. "My events are options to do something. Help me give you something to do."

One example of Williams' passion for providing all of the people with something to do was the first ever Grown Folks Night Out on Dec. 16, for those 25-and-older, at The Red Fox Tavern. As advertised on the flier: "Welcoming all hot moms, handsome dads, and party professionals."

"About 85 people showed up," Williams said. "But they made it seem like 300. There was good energy, good vibes, and that makes it a

success to me."

Three weeks after Valentine's Day, the ladies of Humboldt State better be prepared for the annu-



Courtesy of Tech Williams

Michael "Tech" Williams of Tech's Do Som Bout It Productions.

al Humboldt Hunks show, put on by Tech's Do Som Bout It Productions. This year, the Hunks will star at Club Indigo on Sunday, March 4.

"I like throwing trilogies," Williams said. "You get the first party, the mid party, then the going out party. It's like 'Star Wars,' you gotta get each one."

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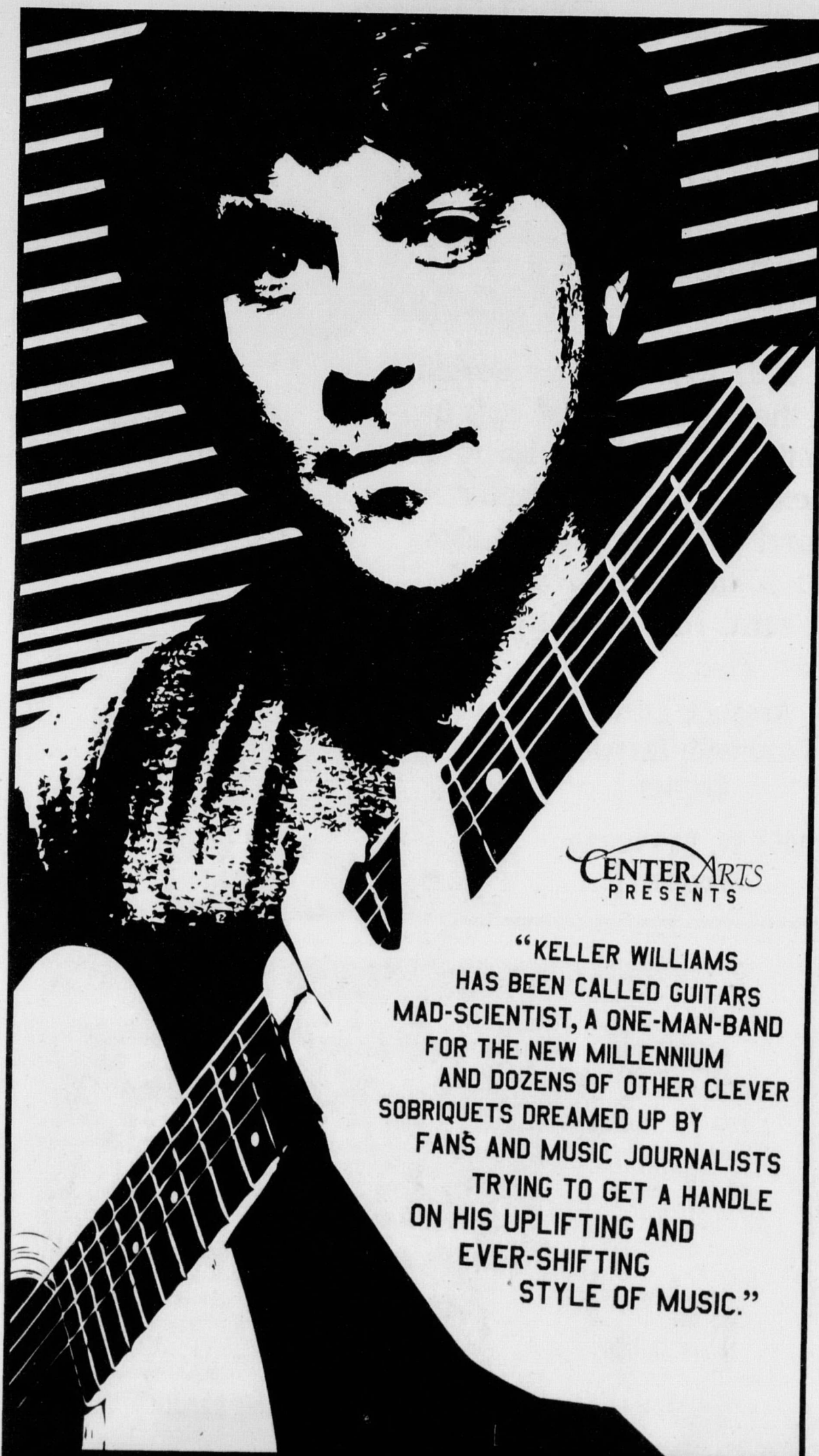
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Taming the torrents

Local non-profit group ERWIG creates sanctuaries for salmon fry

Jessica Cenjar
redwoodsrock@msn.com



Photos courtesy of Ryan Wells

What looks like a pile of rocks actually created the beach those two white chairs sit on. The Eel River Watershed Improvement Group connected six-ton boulders together and anchored them in the river to deflect the waters of the Van Duzen River away from the river bank.

When the Weares bought their waterfront property near Carlotta in 2003, the Van Duzen River raced alongside it eating away at the riverbank bit by bit. Now, thanks to efforts by the Eel River Watershed Improvement Group, also known as ERWIG, the once-racing torrent leisurely meanders among massive boulders, creating calm pools for small fish to live and grow.

"It was like watching a miracle over the course of a year," said Laura Weare, a Humboldt State financial aid counselor. "ERWIG was really easy to work with," she said.

ERWIG is a non-profit group that works with private landowners to restore salmon and steelhead habitat in the tributaries of the Eel River. Ruth Goodfield, a Humboldt State graduate, with a degree in watershed restoration and planning, founded the group with Eureka High School teacher Bill Matson in 1997.

"We recognized [there was] a need for a bridge between the land owner and the agencies that fund the restoration," Goodfield said. Those agencies include the California Department of Fish and Game and the state and county water-quality board. "They all speak government while everyone else speaks English," she said.

ERWIG helps landowners navigate their way through government red tape, get funding for the project, provide technical equipment and in some cases design and work on the project themselves. Each project is what Goodfield calls species-specific; that is every job the group does is

done with salmon and steelhead in mind.

Under the management of ERWIG employee Ryan Wells, a natural-resources planning and interpretation senior at Humboldt State, boulders weighing up to six tons were anchored together alongside the riverbank at the edge of Weare's two-acre property.

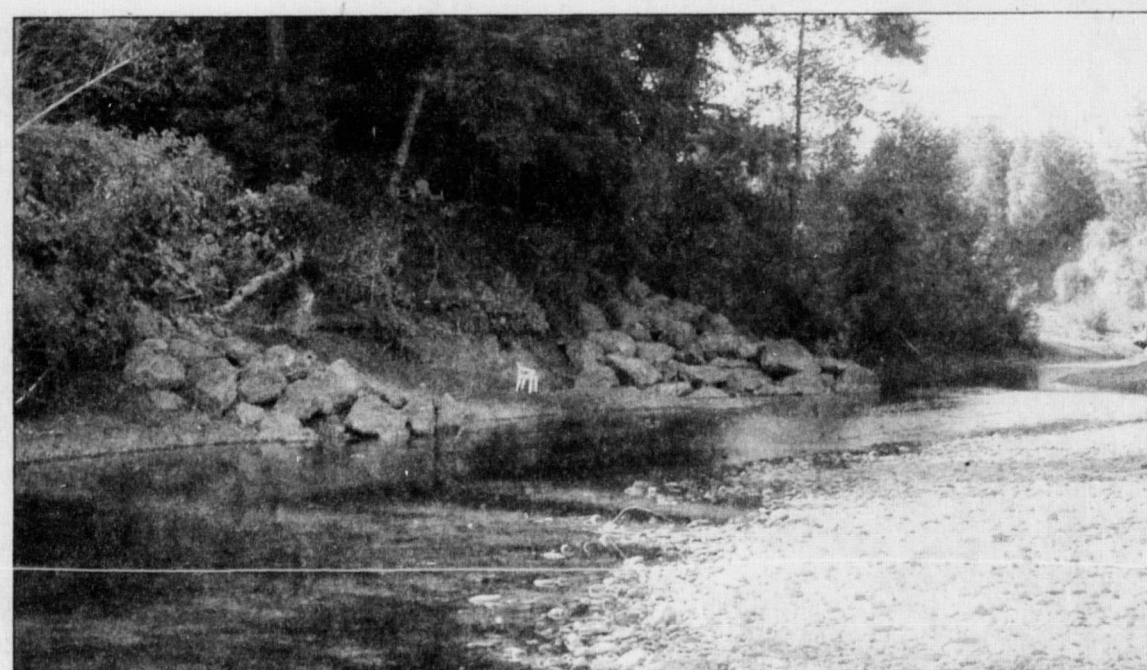
This diverted the water away from the crumbling bank, while slowing the river to allow sediment to accumulate, gradually creating a small beach.

"We've actually gained land, though it's underwater during the winter months," Weare said. She added that all they had to do was allow access to their stretch of the river. "It was a reciprocal deal. [ERWIG] never said funding, though I'm guessing [the project] took several hundreds of thousands of dollars," she said.

The Eel River system covers approximately 4,000

square miles from Lake County to just south of Humboldt Bay. It's the third largest watershed in the state and branches off into four main tributaries including the Van Duzen River. Tom Weseloh, the North Coast manager for

see ERWIG page 38



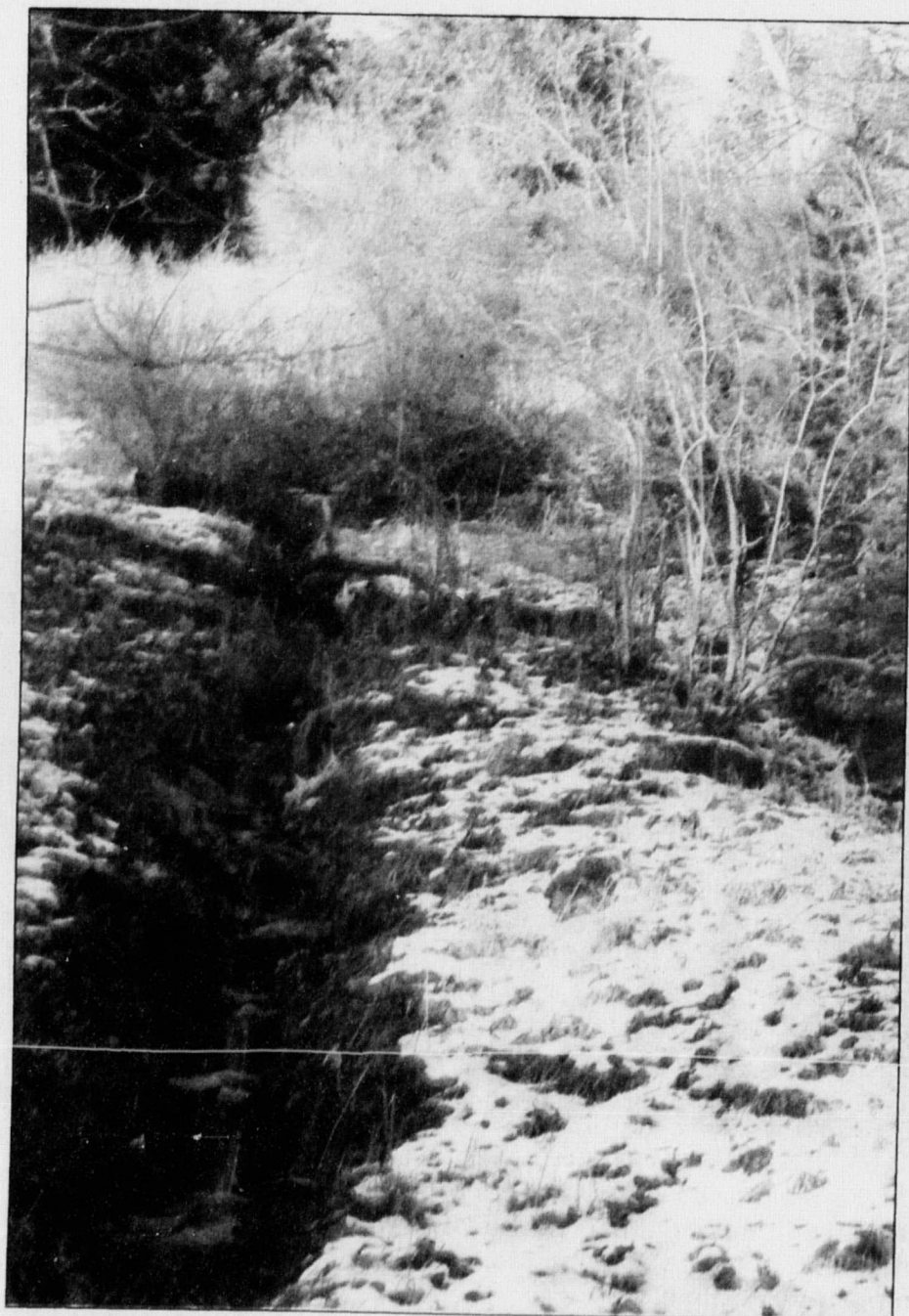
When Laura and Bill Weare bought their two-acre property along the Van Duzen River, the river bank was crumbling and unstable. Constructing stone deflectors allowed fine sediment and gravel to accumulate, creating a little beach for the Weares to enjoy in the summertime.

Arctic cold front freezes over Humboldt

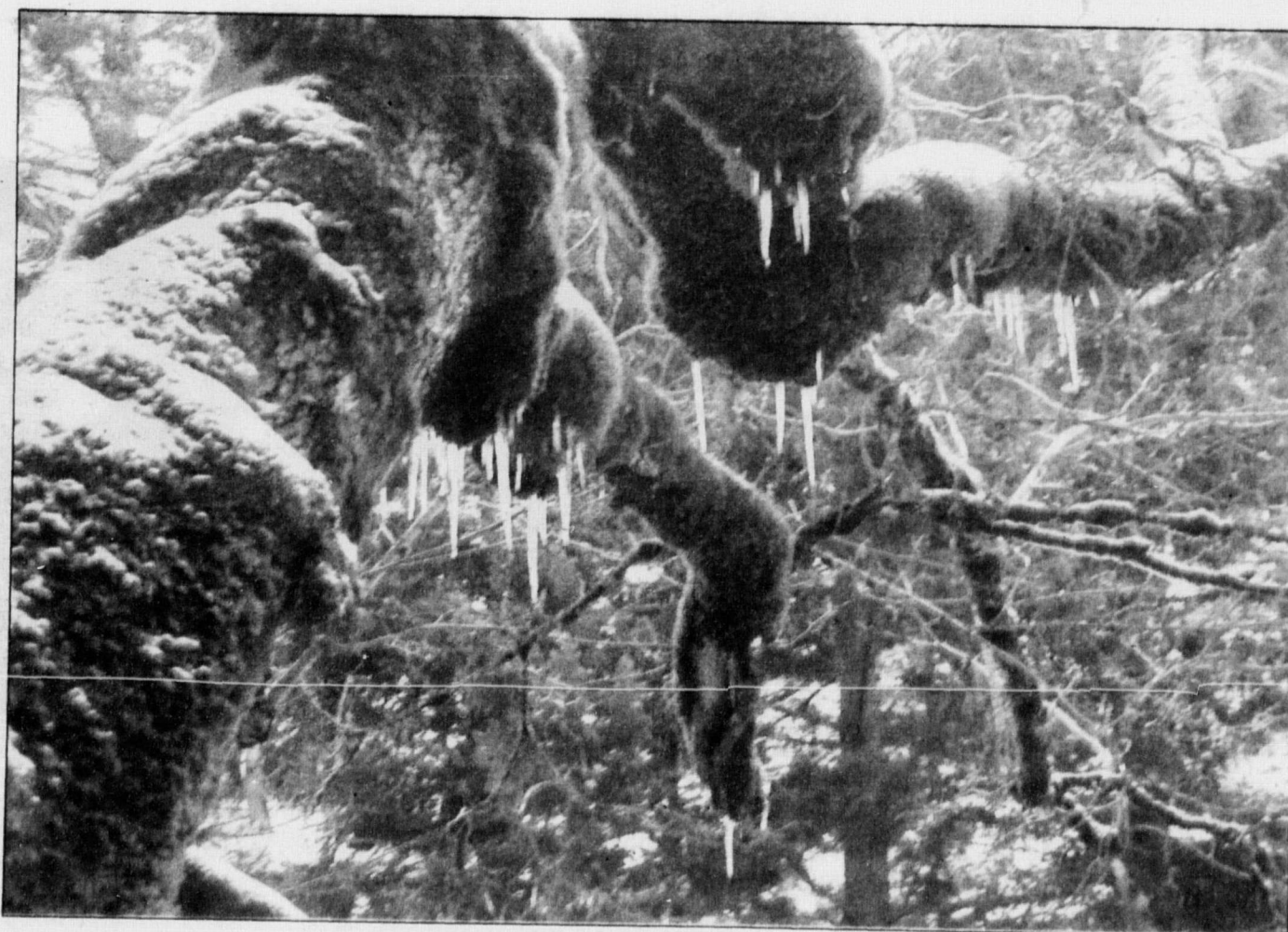
John H. Anderson Jr.
thebaseline707@sbcglobal.net



photos by John Anderson



A mass of cold, dry air from Alaska settled over the West Coast last week after shifting jet stream winds south-east of the state allowed the cold air to move in through Canada. The cold snap sent temperatures plummeting throughout the region, heavily damaging seasonal crops in California and creating a state of emergency in many counties. Temperatures in Arcata dropped as low as 18 degrees, leaving cars, streets and redwoods frozen-over well into the day. Lows in the Bay Area, Central Valley, and even Southern California fell into the twenties and teens as well. The National Weather Service predicts scattered snowfall as low as 1000 ft., as well as hail and rain in Northern California through the weekend, when temperatures are expected to slowly climb back to normal.



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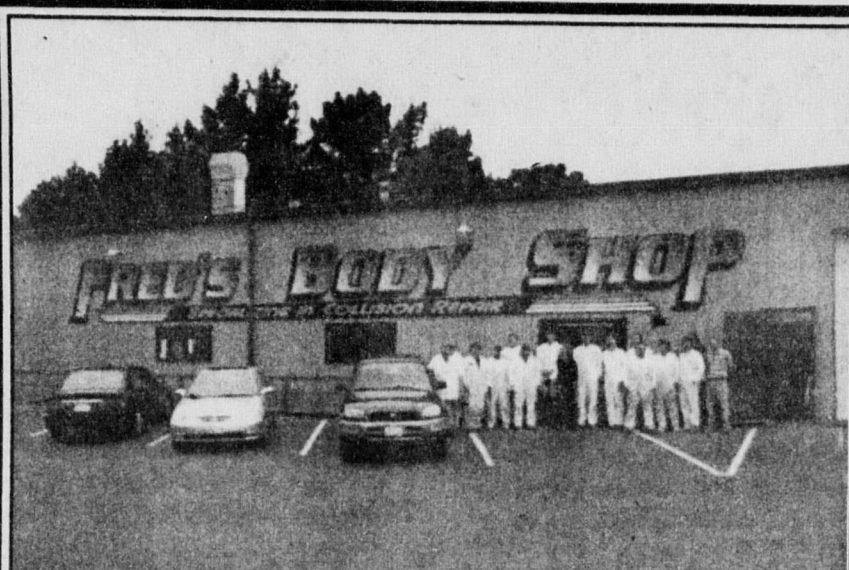
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ERWIG: continued from page 35

the fisherman-based non-profit group California Trout, said the river was also one of the largest suppliers of salmon and steelhead in the state.

"At the turn of the century, it was estimated that the Eel River had a half million salmon and steelhead," he said.

"It was once the third largest producer of salmon and the second largest producer of steelhead behind the Klamath River."

Numbers for salmon and steelhead in the Eel River, both historic and recent, are speculative. Weseloh said the most recent population report the state department of fish and game came out with was in the 1980s. In that report the department counted 20,000 steelhead, 10,000 Coho salmon and 1,000 Chinook salmon in the Eel River watershed. Twenty years earlier, Weseloh said 82,000 steelhead and 79,000 Coho and Chinook salmon swam the waters of the Eel

River watershed.

The decline in salmon and steelhead can be attributed to poor land development and overfishing, Weseloh said. The resulting sediment accumulation creates more shallow waters and warmer temperatures.

"Salmon fry can't tolerate temperatures between 65 and 70 degrees," Goodfield said. "Temperatures are well over that during the summer for an extended period of time."

Although restoration efforts can't be seen along the main stem of the river, Goodfield said banks along the tributaries are more stabilized.

In addition to diverting water away from the bank in order to prevent erosion, ERWIG plants willows and other riparian plants. The trees cast shadows over the water and while a drop in temperature isn't noticeable along the river as a whole, Goodfield said there are many deep

pools with cooler water towards the bottom.

The Weare project took a little over a year to complete. Wells helped with the grant writing for the project and in addition to anchoring the boulders in the river, connected them together using a drill with a carbide tip and cables.

"[If you] anchor rocks to one another, they will stay there for years," he said.

Now, the Weares can stand on the boulders and see tiny fish swim in the pools created by the twigs and branches that get caught in the boulders.

"Before the restoration we didn't see many egrets, kingfishers and herons," Weare said. Now, in addition to an egret and kingfisher that made the Weare's waterfront property their own private fishing spot, more than birds visit. "We see otters and always report [sightings] to (Wildlife Professor) Jeff Black."

Window to the stars

Renowned Griffith Observatory gets major face-lift

Jessica Cenjar

redwoodsrock@msn.com

Above our heads planets spin in a stately procession around our sun, comets and asteroids collide with each other and millions upon millions of stars twinkle in the blackness of space.

Compared to the rest of the universe, the size of which is still unknown, we are but tiny specks. From the first telescope created by Galileo, to the New Horizons probe rocketing towards Pluto, we've puzzled over our place in the universe for many millennia.

This is why people flock to places such as the Los Angeles Griffith Observatory.

Located adjacent to the Hollywood Sign, perched above the Los Angeles Basin, the Griffith Observatory re-opened in September 2006 after undergoing a four-year makeover complete with new exhibits and a new projector for its planetarium.

Despite extensive renovation, the observatory's exterior hasn't changed and many of its original exhibits still remain. Galileo, Sir Isaac Newton and Copernicus still greet visitors from their place on the Astronomer's Monument on the front lawn.

The Foucault pendulum - an instrument that proved the Earth rotates on an axis - continues to swing in the building's rotunda, while sparks still fly from the Tesla coil in the observatory's Hall of the Eye.

Until 2002, visitors could view these exhibits and take in a show at the observatory's Samuel Oschin Planetarium. Now, while visitors can still find

out what makes the tides and seasons change and discover how our sun's temperature and lifespan compares with other stars, these attractions merely scratch the surface.

To expand the observatory without marring its appearance, workers built the new exhibit hall into the hillside the building rests on. In order to do this, workers raised the 71-year-old concrete building off the ground on hydraulic lifts, all the while praying it didn't crack.

The hall that houses the new exhibits is called the Gunther Depths of Space, and lets visitors find out how much they would weigh on Jupiter and the other seven planets, as well as the new dwarf-planet Pluto.

Visitors can also find out what a meteorite feels like and use telescopes to peer into the "Big Picture," a massive digital image depicting distant galaxies and covering an area of the sky that compares to the size of your index finger held a foot away from your face. For more information on the Big Picture, visit Cal Tech's Web site at <http://bigpicture.caltech.edu>.

Another big attraction for visitors is the planetarium show. Visitors can recline in plush seats as the night sky unfolds above. Thanks to the observatory's new Zeiss Universarium Mark IX projector, stars take on the brilliance once only found in the

see GRIFFITH: next page

GRIFFITH: continued from previous page

darkest of locations.

With the help of a new all-dome laser projection system, visitors are present when Ptolemy comes to the conclusion that the Earth is at the center of the universe and witness Galileo's epiphany that would dash that conclusion to pieces. Presented by a live lecturer, the shows are about an hour long and change periodically.

In addition to the exhibits and the planetarium show, the observatory's telescopes are still available

for viewing. On any clear day, visitors can see a sunspot and a potential solar flare without having to worry about going blind.

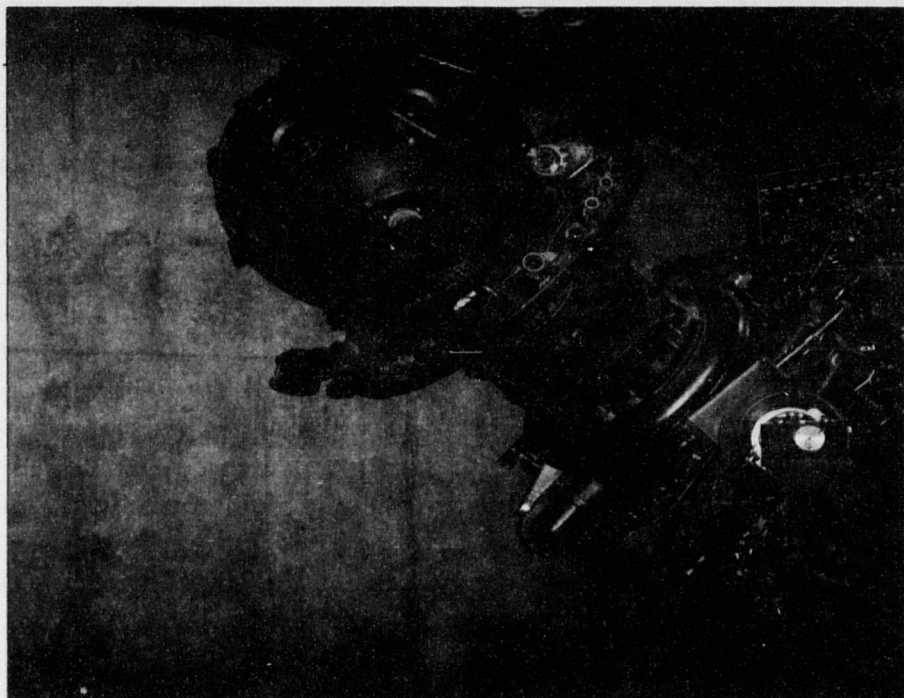
At night, the observatory's 12-inch Zeiss refracting telescope lets stargazers peer through the haze and lights of Los Angeles to view the craters on the moon or any thing else the scope happens to be focused on.

Before the observatory closed for renovations, admission was free. Today visitors must make and, for the most part, pay up to \$8 for a timed-entry reservation and a shuttle to take them from points surrounding Griffith Park to the observatory.

According to the observatory's Web site, this is to alleviate overcrowding and traffic problems in the area.

Shuttle tickets can be purchased online, and it is recommended that reservations be made within 48 hours of visiting the observatory.

Planetarium shows are an additional cost. Unless you're a member of the Friends of the Observatory, planetarium tickets aren't available in advance and must be purchased upon arrival. For more information and to make shuttle reservations, visit www.griffithobs.org.

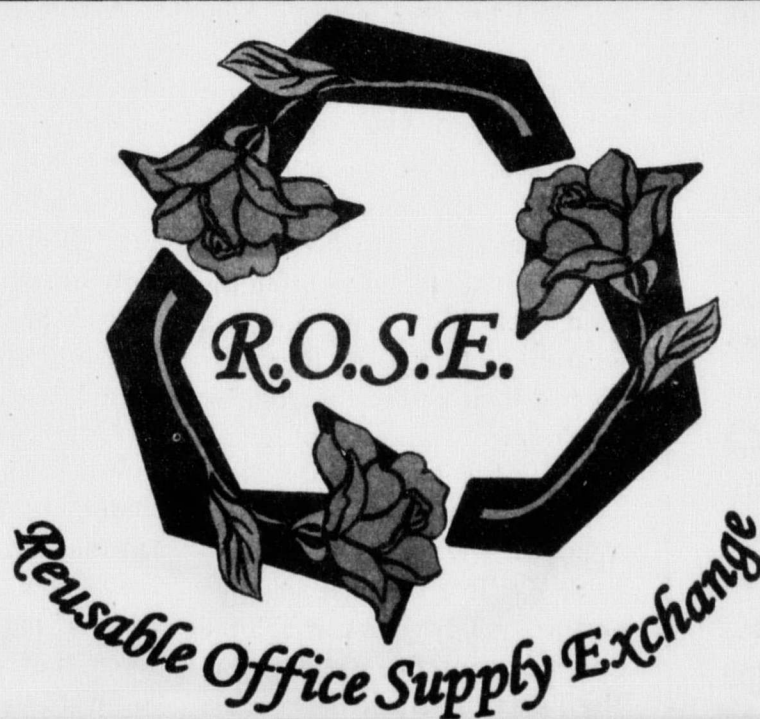
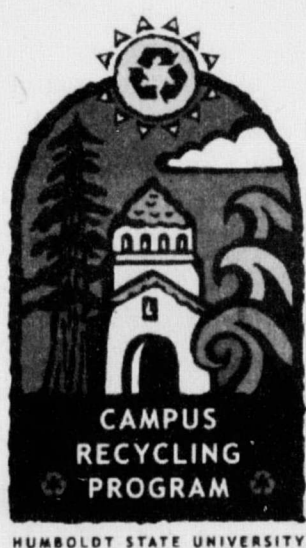


The Griffith Observatory's Zeiss Mark IV Planetarium projector (above) brought the universe to audiences from 1964 to 2002. It was able to produce a realistic sky, complete with 8,900 stars, the planets, sun and moon. It now sits on display in the Gunther Depths of Space.



photos by Jessica Cenjar

Atlas bears the weight of the Zodiac on his shoulders as visitors enter the Griffith Observatory's rotunda. The mural, which contains other figures of mythology, was painted in 1934 by Hugo Ballin.



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New year starts with a bang

Though normally reserved for the end of the year, because so much already happened since Jan. 1, The Lumberjack felt it might be interesting to list what transpired since the beginning of 2007:

Ban Ki-Moon, from the Republic of Korea, began his new job as the eighth secretary-general of the U.N. Researchers announced a strong positive correlation between education and lifespan. More countries are using the European Union Dollar, or Euro, for their reserves as the U.S. dollar's value declines. Former U.S. President Gerald Ford was buried in his hometown of Grand Rapids, Mich. Democrats assumed control of the 110th Congress for the first time in 12 years and elected Nancy Pelosi, the first woman to be speaker of the House. U.S. President George W. Bush announced a new strategy for the war in Iraq, proposing an increase in American troop levels. California's minimum wage increased to \$7.50 an hour, \$2.35 higher than the federal minimum wage. Ethiopian troops drove militant Islamic forces out of Somalia where they ruled most of the country for six months. Soccer player David Beckham of movie-title fame, signed a \$250 million dollar contract to play for the Los Angeles Galaxy. Researchers predict that China will have 300 million more men than women by 2020. The U.S. troop death toll surpassed 3,000 in Iraq and more than 22,000 have been wounded. Democrats announced a plan to cut student-loan interest rates in half. The House passed a bill that requires the government to negotiate with drug companies to lower drug costs for Medicaid recipients. Iranian President Mahmoud Ahmadinejad visited Caracas, Venezuela to meet with President Hugo Chavez, bringing two government leaders together that oppose U.S. foreign policy; it was his second such visit to the South American country. Illinois Senator Barack Obama took his first steps towards entering the Democratic presidential race by starting a committee to raise campaign funds. He plans to announce his formal entrance on Feb. 10. With many events so early in the year, the rest of 2007 promises to be exciting. The Lumberjack hopes to keep you informed of not only news on campus and around the community, but also news of a more national scope.

What's up with the Humboldt Bay trail?

Chad Johnson
Guest Columnist

Deafening traffic thunders past me just a few feet away, threatening death if I make a mistake. Pumping and breathing hard, inhaling the pollution and diesel fumes - just my typical commute along U.S. Highway 101 between Eureka and Arcata. It doesn't have to be this way. There is an unused corridor a comfortable distance from the menacing roar. Instead of enduring the stress of riding in the shoulder, I could be pedaling leisurely, sniffing the sea air, and searching for Virginia Rails in the cattails.

To those uninitiated in local politics, it may seem an easy task to install a multi-use trail where the train once ran. Every government agency supports it, local nonprofits are fighting for it and the state is ready with grant money. This model has been repeated, time after time, across the country. And yet here, nothing happens.

Unfortunately, this project has been stymied by a phalanx of starry-eyed politicians and wistful train historians. They have greater dreams for this corridor - they are determined to bring the train back. They can't agree on what kind of train, but they have hitched their political wagons on development projects of grand designs. The North Coast Railroad Authority talks of a freight train that will run from a Humboldt Bay international shipping port to the Bay Area through the extremely unstable Eel Canyon. The Timber Heritage Association talks of an excursion train that runs from the Eureka waterfront to Samoa. And some, though maybe it's just Dave Meserve, are talking about light rail that will connect McKinleyville to Fortuna. All great plans, but are they feasible?

I admire Mr. Meserve's belief that Humboldt County is full of enlightened people who will abandon their cars and commute by light rail as soon as it's available. It's faith-based transportation planning. Unfortunately, the buses that are currently operating on the same route for significantly

less cost are not running at capacity. The most likely way to make a go of light rail is for it to shut down a lane or two on Highway 101. A little congestion does wonders to encourage mass transit. Among the detractors of the light rail plan are all the other train groups. Light rail would require another set of tracks.

So, while light rail seems doomed, opening up a freight line appears hopelessly preposterous. The citizens of Humboldt have been historically resistant to coastal development. The Harbor Commission remains uncertain about where they will pour the ocean of asphalt necessary to accommodate an international shipping port. But you can bet that groups like The Humboldt Baykeepers and The Fisherman's Marketing Association, who have opposed bay development in the past, will rally their troops to stop such environmentally degrading development.

Hundreds of freight cars a day would snarl Eureka traffic, burden the downtown with the din of horns and detract from the tourist mecca that city planners are trying to create. The necessity of sending the trains south, into a geologically unstable canyon, is the nail in this project's coffin. The Eel Canyon Rail has long been abandoned as impossible to maintain. Much of the track was built below the river's high waterline. Numerous tunnels are plugged and landslides cover long stretches of track. One company that sought to open the track was dissuaded when they couldn't find anyone to insure the project (for specific challenges facing the railroad, see the letters section on the Green Wheels website).

A freight line could share tracks with an excursion train: A small, slow-moving train that would deliver tourists from the Eureka waterfront to the Samoa Cookhouse. Then people would have the option of hitchhiking back, taking a ferry, or getting back on and riding the other direction. Billed as a boon for tourism, giving visitors "something to do" when they stop in Eureka, I suppose it will be a boon for the Samoa cookhouse. For starters,

backers are hoping to run a vintage train between Arcata and Samoa. What fun! I can ride my bike around the Bay in an hour; how long will it take a train, how much will it cost and who wants to sit in a slow, chugging diesel from Arcata to Samoa?

I contend that our tourism industry would be better served by inviting people to bicycle and kayak. Let visitors birdwatch, fish and soak up the natural beauty that is Humboldt Bay. When they come back from their ride, walk or paddle, hungry and wet, they'll want to shower and savor a big dinner.

In an attempt to appease the trail crowd, the train backers are endorsing a "rail-with-trail" plan, where tracks and trail are laid side-by-side. This would be fine, except that the existing roadbed isn't wide enough for both. Several bridge crossings would require complicated cantilever construction for a trail. Miles of wetland would need to be filled and a fence might need to be erected between them. Worst of all, the trail would languish for the years (decades?) it takes for the permitting, engineering and developing of the rail. And only after some train, any train, is running, will the planners turn their attention to providing the transportation that is needed now. The option of a trail without a train isn't even being discussed.

The biggest fault of these delusional train plans is that it is not clear that a majority wants them. Our elected officials continue to cut themselves slices of pie in the sky, while we get nothing. We don't get the trail that connects Arcata and Eureka, a major improvement to the quality of life of our citizens, a tourist draw, and an opportunity for business development.

Currently, the plans are in the conversation stage. Sometime in the spring the public will be invited to participate in the discussion. Then we will finally have the opportunity to tell our elected officials to give us a trail or get out of the way.

This article originally appeared in The Community Wheel newsletter distributed by the Humboldt State Green Wheels club.

Jaipur to Jodhpur

By Xeres N. Marduk

Feb. 5, 2005, Jaipur, India:

As the train I had been waiting for rolled slowly into the Jaipur train station I collected my bags and walked along next to the slowing train, following the crowd toward the end of the platform. While the train was still moving at a fairly good pace, people began jumping onto it and grabbing hold of whatever they could. They even went so far as to hang on to others already jammed into the doorways of the train carriages.

I wondered if this was what I would have to do to get on, but fortunately the train did come to a complete stop. Not knowing how long it would remain stationary, I hopped on the nearest carriage I could and pushed my way through heaving Indian crowds and frequent traffic jams, through six carriages to reach my seat.

I sat down breathless and sweating and asked a man across from me if my "reserved" seat meant it was really reserved. "No, sit anywhere," he told me. I had already guessed as much by looking at the unconcealed chaos around me.

"From where do you come?" he asked me in slightly accented English. He guessed I was from Australia; I get that here a lot here for some reason.

As we talked I found out he was a businessman born in Jaipur who lived with his infirm mother and had a wife and kids. I was grateful for his open and relaxed manner on this train where I knew no one else, and bound for a city where I knew no one at all.

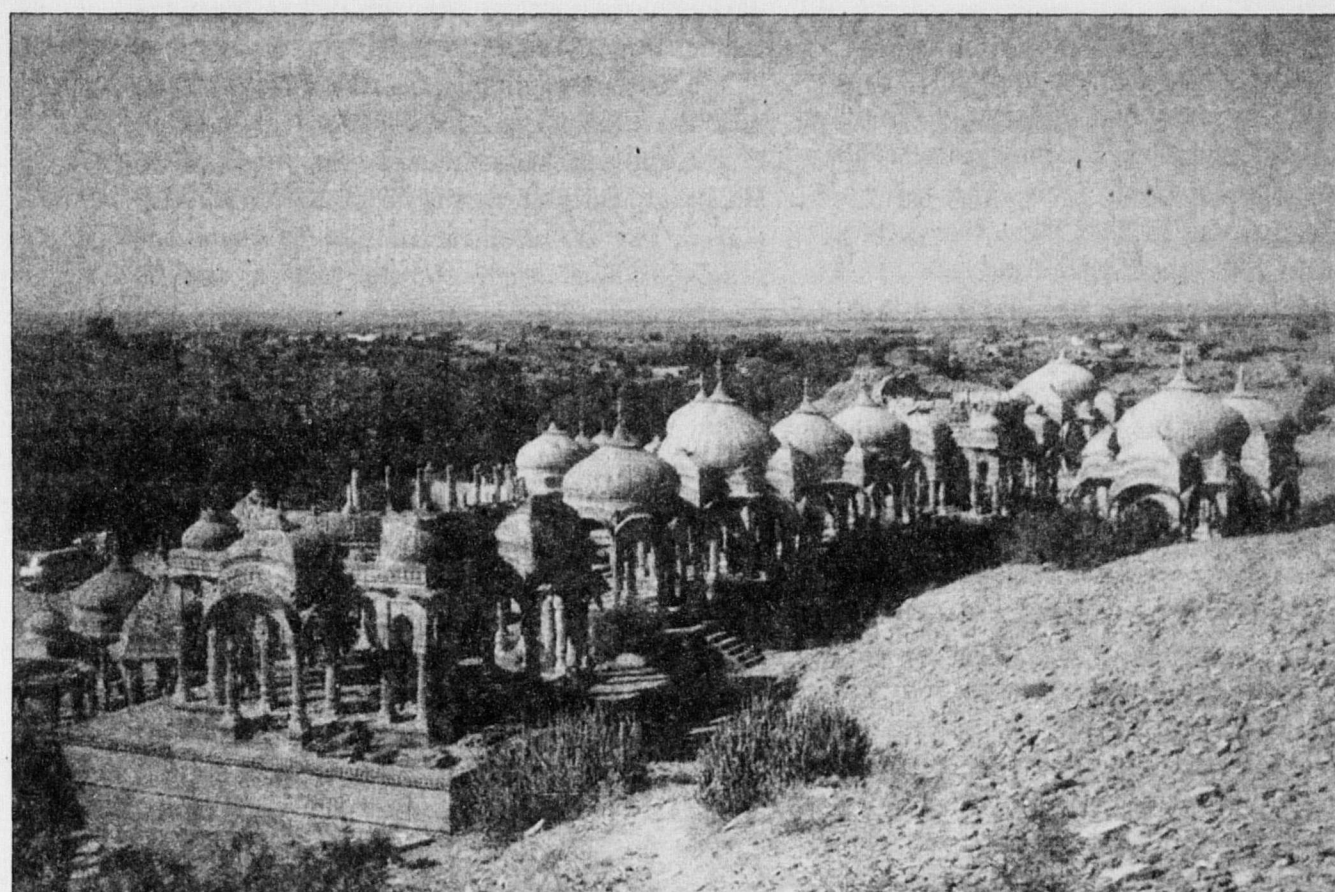
The sun set in a fiery orb while the train sped through the largest salt lake in India. The land was colored purple and red by the setting sun, and looked hauntingly desolate and beautiful.

At the next stop a family sat down on the bench next to me: a 14-year-old girl named Pooja who looked 19, her mother, father and 7 year old brother, named Vishnu, who all started talking to me at once. After I asked their names and ages the first man I had spoken with said it was very rude to ask the age of a woman. When I said I was sorry to the family we all laughed about it and put it behind us. Thus I passed my first test of Indian culture.

The people on the train had an attitude of intense curiosity toward me. Intense, because for most of the five hour train ride the people around me kept me talking with a stream of questions. Curious, because I think I shook hands with most of the people on my carriage at some point as they all came to meet the foreigner. They provided me with endless cups of chai in little disposable ceramic cups and a bewildering array of snacks and food to try. They were friendlier in their own way than any other people in any other country I have even been to.



Pushing through a crowded train in the 3rd class passenger compartment, where only standing room is available.



The Pink Palace in Jodhpur.

Photos by Xeres N. Marduk

The man across from me said people would never, never, never accept money from me for these things. I was a guest in their home, which was India, he said. It got to the point where I couldn't eat any more and started putting the plastic wrapped food parcels in my backpack for later consumption.

When I told them I was from California, some of them thought it was a place in Europe, while still others thought was its own country. But they all liked the idea that my mom grew up in Hollywood and knew movie stars. They respected that, in part because of India's own thriving movie industry know as Bollywood. I showed the people around me a card trick I had learned a few days earlier. They were so thrilled that I could do magic that huge crowds gathered and demanded, in the nicest way imaginable - but still leaving no doubt that I would do it - that I give repeat performances for everyone there. The seven-year-old boy Vishnu showed me a constant stream of card tricks he knew that ranged from the simple to the amazing.

While Vishnu was clamoring for my attention, his mother was smiling and looking at me in a way that made me wonder if she was going to try to get me to marry her daughter, who was quite attractive and spoke English well. It would not have been the first time in my travels that some enterprising mother had seen me as a path to America and a better life for her daughter.

Raising my voice to be heard over the crush of noise on the train, while at the same time trying to make eye contact with the dozen or so people who were trying to hold a conversation with me, was difficult and draining, but immensely rewarding. For example, I learned that everybody on the train was Hindu, and that a red dot between a woman's eyes was more of a fashion statement than a religious symbol. But a red line a little further up near the women's hair line meant she was married. The men wore no rings on their fingers, and there was no way to tell their marital status.

Vishnu's older sister was interested in my beliefs, and asked me to explain my religious ideology. I told them what I could about Christianity in a voice that was growing

hoarse from overuse. She found it particularly interesting that the Christian heaven and hell closely resembled the Hindu belief in heaven and hell; they realized we just had different names for them.

At 10 p.m., sensing that I was tired, the husband of the family next to me, who up until then had been quiet, said, "If you want to rest just tell us and we go." It was the ultimate in politeness, I thought. I said in a mild voice that I would like to rest for a while and the area around me became quiet and serene, as if a silent command had gone throughout the carriage: The foreigner wants to rest now.

About an hour later Vishnu fell asleep with his head resting on my shoulder, and this is how I awoke an hour after that as we arrived at the Jodhpur train station. The boy's mother told me, "He will miss you a lot." And indeed I knew that I would miss Vishnu too. In some way his sweet innocence seemed to capture the spirit of India.

As soon as we got off the train they all became more formal, as if they thought, "OK, fun's over, time to get back to real life." It was my second Indian cultural lesson of the day. I parted with my temporary friends in the Jodhpur train station and thanked everybody many times. I gave out my e-mail address to those who asked for it, hoping to hear from them again, especially Pooja. I left them all going their own ways into the dead of night and got into an auto rickshaw to take me to my hotel. I slept the sleep of the dead, because I was so very tired.

My traveling here has shown me India is the most beautiful, adventurous, and rewarding country that I think I have ever traveled in. And that's saying a lot.

This is the first in a multi-part series from the journals of a world traveler.

Next issue:
Border Adventures: Ecuador to Peru

Better lighting can improve campus safety

Blair C. Kinser
Guest Columnist

It is apparent to me that Humboldt State has a problem. This is my first semester of school at Humboldt State and just from listening to news or hearing fellow students, I know that this problem is getting worse. In 2003, there were two rapes reported. In 2005, there were four rapes reported, a 100 percent increase. In 2006, the police report has not yet come out, but I know that at least three of these horrible crimes were committed in the fall 2006 semester.

Humboldt State is third in the number of rapes per year among other California State Universities, yet we are one of the smallest of the 23 campuses in the California State system. This is downright unacceptable. There are many ways of fighting this unspeakable crime. There are classes that spread awareness and/or provide techniques to protect the possible victim. There is also a service, provided by the police, that will, if called, escort the caller to his or her car. But, what I and many others would like to see is an increase to lighting on our campus to decrease rapes.

Lighting is a simple prevention to a horrible problem. Not only is this prevention simple, but it could be low cost. The cost incurred would also be paid through the construction budget. So the expenses of increasing the light would have no affect on class sizes and our teaching faculty. It is apparent to me that we have ample amounts of money for construction to build two new buildings and many gates in the past few years.

Increased lighting has proven to decrease all crime to nearly nothing on other campuses, and in cities that have implemented increased lighting in troubled areas. "The interviewers carrying out the survey also recorded any crime and or harassment they observed or experienced." (Boyce & Peter, Human Factors in Lighting, p. 398) On the following page, after the statement a chart shows that after six weeks of lighting being put into the area, respondents experienced three crimes compared to before installing the lighting, which respondents reported 22 crimes. This shows an 86 percent decrease in crimes experienced! This includes sexual and physical assaults.

I know there is support to increase lighting to reduce on-campus rapes. After only an hour-and-a-half of getting signatures for a petition advocating "the increase of on-campus lighting in order to reduce on-campus rapes," I was able to attain 231 signatures. However, there were a few who did not sign. I would like to address their issues.

A few did not sign because they disliked the idea of more lighting. This was due to them being concerned about "light pollution." I can see where they are coming from. Too much light can be a bad thing. It can make visibility worse, if too bright, and can cause the night sky to be unusually bright, causing the stars to disappear. To this I would say to only increase lighting where it is needed, such as heavily traveled parts of campus that are dark and should not be. These would be the paths or streets between the library and night classes to parking lots and the dorms.

Another issue concerning the increase to lighting was that it would not solve the problem. I also agree with this statement that it is a problem within our society and needs to be addressed in other ways other than trying to reduce rape. But, if we can reduce rapes on campus by implementing such a simple and low cost thing such as lighting, then we should.

Then there is the environmental impact of increasing the output of energy for this lighting. I myself am concerned about pollution and our environment. There are many ways of increasing lighting with little to no extra use of electrical energy from fossil fuel. One way is by replacing our current outdoor light bulbs with energy efficient bulbs that also provide a brighter light. For areas with no light we can place portable street lights with solar panels. Both of these ideas would cause no extra energy output.

Finally is the fact that rapes also have occurred during the day. This is unfortunate, but research shows that "improving lighting caused the crime rate to go down during the day just as much as it did during the night." Researches found "that improved street lighting increases community pride and solidarity and the result of this newfound collective efficacy is a lowered crime rate, both during the day and evening!" (Larry, J. Siegel, Criminology: Theories, Patterns, and Typologies, p. 48) So not only would lights decrease possible rapes, but they would also increase our pride as a university.

I hope all readers consider improving our lighting on campus and show their support if they agree with what I have written. If there are any question or concerns please e-mail me. If such horrible things can be reduced by a simple thing like lights then we should pursue it as a campus concerned for the safety of its students.

Blair C. Kinser is a Humboldt State student and can be contacted at bck11@humboldt.edu.

It's JackPass Time!

Aaron Antrim
Guest Columnist

JackPass is about to become the next blockbuster campus-wide sustainability effort on the Humboldt State campus. It is a proposal to provide every student with an unlimited-ride bus pass for the county-wide Redwood Transit Service and the Eureka Transit Service for a modest fee.

This spring, JackPass will appear as a ballot initiative in Humboldt State's annual Associated Students election. Here's why JackPass is going to be a milestone for environmental and social responsibility on campus and in the community.

Everyone knows that transportation is expensive. Gasoline is just not getting cheaper, especially not in Humboldt County, which has the highest fuel prices in the state. Additionally, consider the cost of insurance (especially steep for the college-age set) and vehicle purchase and maintenance. Then add parking, currently \$225 per year for Humboldt State students and some staff, and set to rise to \$315 per year in fall 2008, and is currently \$108 per year for faculty.

You begin to see why transportation costs the average U.S. household \$7,000 annually per vehicle (most of which leaves our local economy). Granted, a few too many \$70,000 Lexus' probably inflate that figure beyond what the average Humboldt State student pays to drive their curvy '70s-era Volvo or battle-scarred Subaru, but the point still stands: Transportation is the second greatest expense for most people in the United States, next to housing and above food.

With transportation's high cost and simultaneous importance, offering low-cost access to buses is necessary for an equitable society. When we're talking about transportation opportunities to an educational institution, issues piggy-back: We're talking about affordable access to higher education.

Most of us understand transportation is not only economically costly, but environmentally costly as well. Here in Arcata, transportation accounts for 45 percent of our greenhouse gas emissions, more than any other source. You may be making a valiant attempt at leading an environmentally sustainable life - the 4 Rs and all

that - but if you're driving on a regular basis, you've yet to reduce what is probably your most negative effect on the environment.

Here on the Humboldt State campus, there are a whole set of circumstances that pave the way, so to speak, for a successful JackPass implementation. Parking lots are filled to maximum capacity, and with construction projects, some lots have even been closed.

Meanwhile, student enrollment is slated to increase immediately and into the future. The Humboldt State Master Plan calls for campus enrollment to double to 12,000 students by 2040. Where will they park? Since there is no available land on the campus, surface lots are out, and a multi-level parking edifice is in. And that costs, oh, around \$30,000 per space. That's right folks, structured parking spaces will cost more than most of the cars that will be parked in them. Cha-ching!

But with the planned growth in student population, the university doesn't have any other choice but to build more parking, right? Actually, a proven alternative is to adopt a "transportation demand management" approach. This approach is an alternative to passively responding to demand for more parking. It "is defined as strategies that provide travelers choices and foster increased efficiency of the transportation system by influencing travel behavior by: mode, time of day, frequency, trip length, cost, or route" (Journal of Public Transportation). For more information on transportation demand management as a general concept, see the Victoria Transportation Policy Institute.

Humboldt State's arrangement with the Arcata & Mad River Transit System to provide free bus service to the student community is an example of an existing highly successful transportation demand management program - the system provides over 100,000 rides to Humboldt State students, faculty and staff every year.

It is paid for by the school's alternative transportation funds, which are generated from parking fines. Eurekaans, McKinlevillites, Trinidadians and others are asking, "What about those of us outside Arcata?" Never fear, JackPass is here to save the day.

see JACKPASS, next page

YOUR WORD

The forum section wants your word.

We welcome column pieces written by individuals, clubs or organizations. Do you have something important to say, something you need to share with the community or campus? Here is your chance!

E-mail to: jco11@humboldt.edu

JackPass

continued from last page

The JackPass story began in 2004 when Chris Rall, then a wildlife graduate student and pioneering Alternative Transportation Club member (the club was renamed Green Wheels in fall 2005), proposed Humboldt State create a universal bus pass program modeled after the UPass program at the University of Washington. When the UPass program started in 1991, University of Washington parking infrastructure was already filled to capacity, but even with the university growing by 19 percent from 1989 to 2001, parking demand has remained flat, a testament to the success of UPass.

The Humboldt State Parking & Transportation Committee was enthusiastic about the JackPass concept, especially with the encouraging precedent set by the University of Washington and other institutions, but it took a few years of meetings, research, e-mails, proposal writing and checking back with the committee to get JackPass where it is today. It goes to show that to create change, it's rarely enough to have a good idea. You'll need a bit of patience (but not too much), persuasiveness, ingenuity and a whole lot of persistence.

In late November, President Richmond brought our arguments in support of JackPass to a meeting with Chancellor Reed in an effort to save JackPass from arriving at the same unjust fate as befell the Humboldt Energy Independence Fund in 2004: After 85 percent percent of the student body voted to fund student-designed renewable energy projects on campus, and President Richmond signed his approval, the California State University chancellor refused to sign off on the program. It would have created new learning opportunities for Humboldt State students

and gradually freed for other purposes the nearly \$1 million per year Humboldt State spends on energy bills. This time around, we are trying to get the chancellor's support even before students vote on JackPass.

Humboldt State Parking & Commuter Services already subsidizes the Redwood Transit System unlimited ride passes for students and staff. A semester's worth of passes (four months) costs \$100 with this subsidization, instead of the regular price of \$200. Even with subsidization, though, the current cost for RTS bus passes is far above what commuters are willing to pay, for example, if they only use the bus occasionally.

With JackPass, every student will have a universal bus pass in the form of their Humboldt State identification card, paid for by a mandatory \$15 per semester student fee. Since JackPass brings the cost of a bus pass much lower than it is currently, and since every student will get one automatically, far more students will take advantage of the countywide buses.

Even students who live in Arcata but are making trips to other places in the county will benefit. RTS buses travel to Old Town and the Bayshore Mall in Eureka, Moonstone Beach near Westhaven, and Humboldt State's satellite facilities, the Telonicher Marine Lab in Trinidad, and the First Street Gallery in Eureka, to name a few. It's even easily possible to take your bicycle on RTS.

Even if not every student uses their JackPass, the program still deserves their support. Students and taxpayers alike pay for many services they do not use, but the resulting aggregate mix of services lifts all boats. With JackPass, pedestrians, cyclists, bus riders and motorists alike

will benefit from less air pollution and automobile congestion on campus and in Arcata.

Motorists will have more available places to park, and could potentially find that JackPass keeps parking fees lower if JackPass reduces the need for expensive parking structures. Individuals, as well as the whole community, will benefit from a lower overall cost for transportation and a less-drained, more robust local economy as we create a healthier, less-polluted planet.

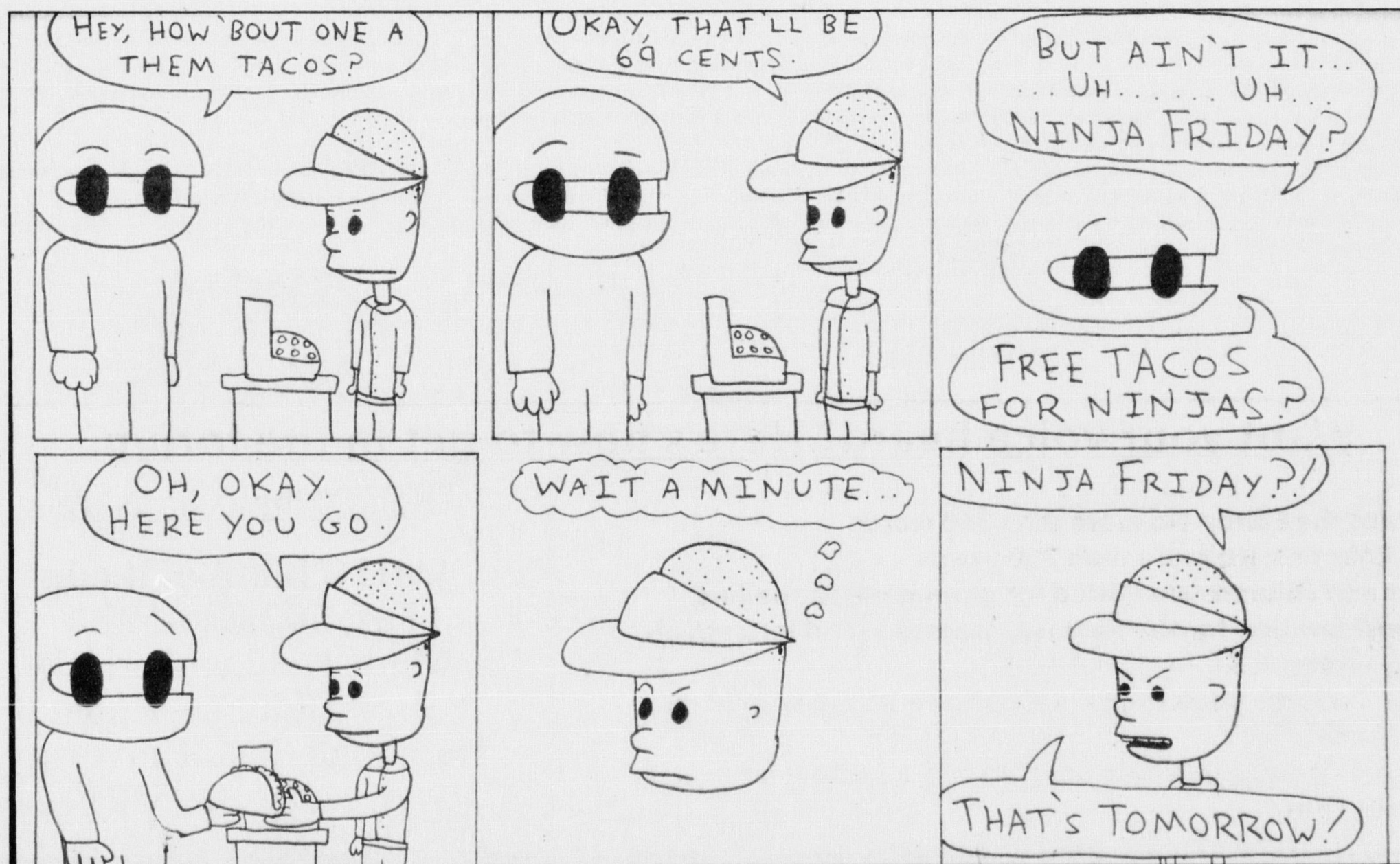
The benefits of JackPass don't stop on the Humboldt State campus, but extend out into the community. It is a solution to a classic chicken-and-the-egg problem: People say they would take public transit if there were better routes, with buses passing at more frequent intervals, and running at more hours of the day and night, but transit operators say they can't expand and improve their services without more riders and fare revenue. JackPass is a model institution-transit partnership to inject more riders and capital into the transit system in one fell swoop and achieve the kind of "critical mass" that the transit system needs to become viable and attractive to riders.

JackPass is truly a win for our university, town, community, economy and environment. Students of Humboldt State: Are you ready to pass the most exciting ballot initiative since the Humboldt Energy Independence Fund this spring?

This article originally appeared in The Community Wheel newsletter distributed by the Humboldt State Green Wheels club.

VINNIE THE NINJA

BY JOSH RHODES



A sustainable Columbia campus

Editorial note: Story chosen for sustainability theme, which ties into two other columns this issue.

Shannon Arvizu
Columbia Spectator
College Publisher Network

With the wealth of information being produced on Columbia's campus about climate change, it is surprising that we have not yet taken the simple step toward using more environment-friendly energy. It is time for Columbia University to invest in renewable sources for our energy needs. There are four important reasons as to why switching to renewable sources is a desirable and feasible option.

First, conventional energy sources such as coal, natural gas and oil contribute substantially to greenhouse gas emissions, poor air quality, acid rain, hazardous waste disposal and other forms of environmental degradation.

Second, the costs of these options have increased in recent years, making renewable energy a more economically reasonable choice.

Third, wind energy is readily available for our campus from wind farms in the New York region. These farms have made an agreement with Consolidated Edison, our main supplier for electricity, to distribute green energy through the power grid. We need only to contact ConEd to make the switch to purchase wind energy.

Lastly, such a purchase would lower the ecological footprint of our campus substantially.

Global climate change is the challenge of our generation. We have been handed an outdated infrastructure that uses old ways of thinking about energy and resource consumption. We are already experiencing the consequences of operating within that infrastructure, which will only intensify in the next few decades. Thankfully, we have the ingenuity and courage to educate ourselves and work toward realizing a new vision.

Purchasing wind energy will enable our university to contribute to the campus sustainability movement that is already in progress. Twelve major universities, including New York University, have 100 percent of their energy needs met through the purchase of clean energy. The 2005 report of the Association for the Advancement of Sustain-

ability in Higher Education details similar projects taking place at over 60 other universities. The Campus Climate Challenge, a nationwide coalition of universities and organizations, is coordinating a free viewing of Al Gore's documentary, "An Inconvenient Truth," on campuses the week of Jan. 29-Feb. 2, 2007 to spread the word at the collegiate level.

Clean energy is just one piece of the puzzle. A sustainable campus fosters environmental integrity, social equality and economic vitality. Other avenues toward making our campus sustainable include the construction of energy-efficient buildings for the Manhattanville project, installing green roofs on our buildings, purchasing locally grown organic food for our campus dining facilities, creating compost from our waste, using non-petroleum-based products for campus landscaping and cleaning, and divesting endowment money from corporations that do not encourage our sustainability goals.

To accomplish such tasks, we need a comprehensive campus sustainability assessment and strategy. This requires research into current resource management and allocation, as well as analyses for how best to lower the ecological footprint of our campus. Our campus is fortunate in possessing a wealth of scholars, professors and students with the skills to develop such research and analyses. Some universities have created a sustainability task force to organize these types of projects, as well as provide funding for student research.

Economics researchers, for example, can develop a long-term, cost-benefit analysis of various sustainability initiatives. Environmental engineers can create alternative waste management strategies, while architects provide input on passive solar design for new buildings on campus.

This multi-disciplinary endeavor will encourage synergy between departments and allow us the opportunity to practice what many of us are already preaching in our lecture halls.

Our campus has made commendable strides in this direction. We have clearly marked recycling cans on our walkways, and almost all campus printers are set to print

double-sided. On Campus Sustainability Day last October, environmental student groups at Columbia set up informational booths to facilitate understanding of these issues. Last year, University President Lee Bollinger appointed an Environmental Stewardship Director, Nilda Mesa. While important steps have been taken, much work remains to be done to significantly reduce resource consumption on campus.

Purchasing wind energy is one of the easiest and most cost-effective ways we can dramatically reduce our environmental impact. Students for Environmental and Economic Justice has been working this past semester to draft a wind energy proposal for our campus. As a first step, we suggest that Columbia purchase wind energy for dormitories and university apartment housing.

According to preliminary estimates at current energy consumption levels, this move would result in an increase of less than \$4 per unit per month. However, this proposal need not cost any money at all. In fact, we could end up saving money by adopting one of many energy-saving strategies.

Compact fluorescent lightbulbs, for instance, use less than one-fifth of the energy of standard incandescent light bulbs and can last up to nine years. This new type of fluorescent lightbulb provides a soft, yellow light perfect for studying. If the University sponsored the adoption of these lightbulbs, and if we agree to install them in our living spaces, we can potentially save the University thousands of dollars every year in energy costs. This savings can then go toward the purchase of wind energy. We can literally have a carbon-neutral campus through the expansion of such efforts.

Sustainability doesn't have to be difficult. Common sense and a little ingenuity can go a long way. It is time we make sustainability a reality on our campus.

For further information on the campus sustainability movement, visit www.campusclimatechallenge.org.

Want your voice heard? Here's how to get in the forum.

- **Letters to the Editor: No more than 350 words**
- **Guest Columns: No more than 750 words**
- **Letters and columns are edited for grammar and spelling**
- **For consideration for the next issue, please send letters/columns by Friday at 5 p.m.**
- **Please include your name, telephone number and city of residence**
- **We also welcome cartoons, spoof articles and just about anything**

Send submissions to:

jco11@humboldt.edu

Fax: 707-826-5921

**Mail: The Lumberjack
Nelson Hall East Room 6
Humboldt State University
Arcata, CA 95521**

Calendar

Wednesday, January 17, 2007 | 45

17 Wednesday

Economic Fuel Capitalization workshop. 6-9 p.m. Siemens Hall 109.

Karaoke at Brogi's Boiler Room, 3534 Broadway, Eureka. 9 p.m. 443-5464 for more information.

18 Thursday

Blue Turtle Seduction at Humboldt Brews 10 p.m. \$7 students, \$10 general admission. Continuing on Friday. Call 826-2739 for more information.

HSU Laughing Club meeting in Nelson Hall East 116, 1-2 p.m.

Jimmy Jeff with Top Dead Center at Brogi's Boiler Room. 3534 Broadway, Eureka. \$5, 9 p.m. 443-5464 for more information.

Eureka Republican Women's lunch meeting at the Eureka Red Lion 11:30 a.m. to 1 p.m. The guest speaker will be Holly Swanson, author of the book Set Up & Sold Out, Find Out What Green Really Means. Call 268-0101 for more information.

19 Friday

Redwood Region Audubon Society is sponsoring a **free public slideshow** by Ron LeValley entitled "Crossing the Pacific Ocean: A South Pacific Sailing Adventure." In April 2006, Ron joined a few friends for a 7-week trip from Baja California to Tahiti. 7:30 p.m. at the Humboldt County Office of Education near the Burre Center at Myrtle and West in Eureka. Bring a mug to enjoy shade-grown coffee.

DJ Assassin (hip-hop and Hyphy) at Brogi's Boiler Room. 3534 Broadway, Eureka. 9 p.m. 443-5464 for more information.

Live music with the **T Club** (reggae-influenced dance music) at Six Rivers Brewery in McKinleyville. 8-11 p.m. 839-7580 for more information.

Green Building Workshop at CCAT. Presentations at 10 a.m. and 2 p.m. Followed by a potluck at 7:30. Call 826-3551 for more information.

20 Saturday

In-home caregiver training, 9 am to 3:30 p.m. in Eureka, courtesy of Caregiver Services. Pre-registration required. For more information or to register, call toll-free at 1-877-977-1604.

Free public field trip through the Arcata Marsh and wildlife Sanctuary. 8:30 am at the Klopp Lake parking lot (foot of I Street). Bring your binoculars. Call 826-2758 for more information.

DJ Ray (R&B, Hip-Hop, & Reggaetone) 9 p.m. \$2.

Lanphere Dunes Free Guided Walk. Learn about native dune ecology with a trained naturalist. Meet at 10:00 a.m. at the Pacific Union School parking lot, 3001 Janes Rd.

Manila Dunes Restoration. Meet the Dune Ecosystem restoration Team at Sacred Grounds, 686 F St. between 9 and 9:30 a.m. and carpool to the site; or meet at the Manila Community Center at 9:45 a.m. For restoration volunteers, there is a special price of \$1.00 off the cost of coffee/tea.

Humboldt Folklife Society presents a **Barn Dance**, with contras, squares, rounds and more, with caller Natalie Cabrera, and old-time music by the Luddite String Band and the Empty Bottle Boys, at the Arcata Vets Hall, 14th and J Streets. 7:30 p.m. \$7 regular, \$6 members. Kids and seniors are free. 839-4797.

Student Rec Center now open on weekends.

21 Sunday

Breakfast in Bayside.

8 a.m. to 12 p.m. at the Bayside Grange, 2297 Jacoby Creek Road. Featuring live music from local performers. Call 822-9998 or visit bayside-grange.org for more info.

Free public field trip to the Eureka (PALCO) Marsh. Spend 1-2 hours on a flatloop through a variety of habitats, from bay and mudflat to riparian and marshland. Meet in parking lot at foot of West Del Norte Street at 8:30 a.m.

Call Pablo Herrera at 845-8166 for more information.

Republican Duck Hunters, Almost Human, & Kids for Sale at Brogi's Boiler Room. 3534 Broadway, Eureka. 9 p.m. 443-5464 for more information. 9 p.m. \$3.

Drum Workshop. For youths 21 and under. 523 T Street, Eureka. 443-7099 for more information.

22 Monday

KingBee's Open Jam at Brogi's Boiler Room. 9 p.m.

City of Arcata Energy Committee meeting. 736 F Street, Arcata. 822-5953 for more information.

Last day to add open courses without instructor approval.

Last day to pay spring fees without \$30 fee.

23 Tuesday

CSU Board of Trustees meeting. CSU Chancellor's Office, 401 Golden Shore, Long Beach. 9 a.m. to 5 p.m. www.calstate.edu/BOT/Agendas/ for more information.

24 Wednesday

City of Arcata 2007 Forest Lecture Series. 6 p.m. at the Arcata Marsh Interpretive Center, 569 South G Street. For more information, contact the City of Arcata Environmental Services Department, 822-8184.

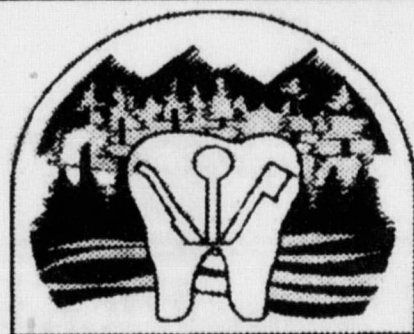
Karaoke w/ Chris Clay at Brogi's Boiler Room. 3534 Broadway, Eureka. 9 p.m. 443-5464 for more information.

Ripple Effect (Grateful Dead tribute) at Humboldt Brews.

CSU Board of Trustees meeting continues. 8-10 a.m.

Passion Presents **Mad Professor wsg/ Dr. Israel** at Maz-zotti's, 773 8th Street, Arcata. 10 p.m. Tickets \$18/20. 822-0996 for tickets and more information.

CANCELED Garrison Keillor. Please contact CenterArts at 826-3928 for more information.



Sonia R. Bautista, DMD Inc.
Arcata Dental Office

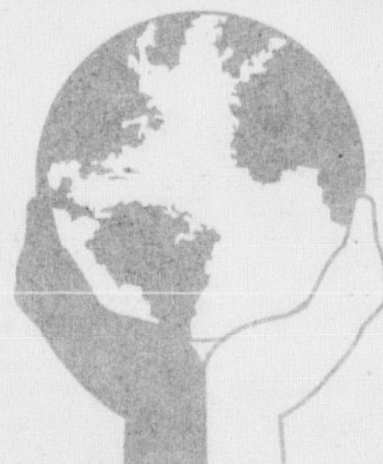
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Calendar

25 Thursday

Lumberjack Welcome Party. Come meet the staff of The Lumberjack, see our new website and enjoy free refreshments. 3:30-5 p.m. in the Karshner Lounge (next to KBR).

Speakeasy (funk/jazz) featuring David Gans (spoken word), Shannon West (vocals), Mike Kapitan (piano), William Mitchell (bass), Mike LaBolle (drums) and Matt Miele (guitar/vocals), 9 p.m. at Muddy's Hot Cup, 1603 G Street. \$5.

HSU Laughing Club meeting in Nelson Hall East 116, 1-2 p.m.

Free salsa, hip-hop, and Latin dance lesson at Brogi's Boiler Room, 9 p.m.

First performance of Jake's Women, a comedy by Neil Simon at the North Coast Repertory Theater, 300 Fifth St., Eureka. Opening performance will be followed by a reception to benefit the cast and crew. 8 p.m. Tickets are \$12.

Compost Mountain Boys (bluegrass) at Humboldt Brews. 10 p.m.

26 Friday

40th Humboldt Film Festival presents the 3rd annual Experimental Film and Music Night with live bands performing improvisational soundtracks to experimental films. 7 p.m. at the Van Duzer Theatre. \$4

Volunteer Training at the Redwood Peace and Justice Center. Train to work the center's front desk. 6 p.m. 1040 H Street, Arcata. 826-2511 for more information.

DJ Assassin (hip-hop and Hyphy) at Brogi's Boiler Room. 3534 Broadway, Eureka.

Jake's Women, second performance, benefit for Eureka community services. Tickets are \$15.

Nucleus (jam rock) at Humboldt Brews. 10 p.m.

27 Saturday

Meet a trained docent at 8:30 am at the Klopp Lake parking lot (foot of I Street in Arcata) for a free public field trip through the Arcata Marsh and Wildlife Sanctuary. Bring your binoculars and look for birds in various habitats. Sponsored by Redwood Region Audubon Society, trip held rain or shine. Call 826-2758 for more information.

Sex Workers' Art Show at the Van Duzer Theatre, 8 p.m. Call 826-4216 or visit sexworkersartshow.com for more information. Tickets on sale now.

Jake's Women, third performance, benefit for Temple Beth El. Tickets are \$15 for General Admission, \$13 for ages 13 and under and seniors.

The Mateel Community Center's Mateel Forever benefit. 4 p.m. 59 Rusk Ln., Redway. 923-3368 for more information.

Winter Raptors Workshop for Adults at the HSU Natural History Museum 10 a.m. - 3 p.m. \$18 members/students w/ ID (\$22 Non-members). Ages 14 and up welcome with accompanying adult). Register by phone or at the museum, 1315 G Street, Arcata. (707) 826-4479.

28 Sunday

CenterArts presents Bill Cosby at the VanDuzer Theatre. Two performances, 7 and 9 p.m. Call 826-3928 for more information and tickets.

Club Confessions (LGBT) DJs at Humboldt Brews. 856 10th Street, Arcata. \$3 10 p.m.

29 Monday

Open mic at Humboldt Brews. 856 10th Street, Arcata. 8:30 p.m. Free.

Kingbee's open mic at Brogi's Boiler Room. 3534 Broadway, Eureka. Free. 502-0285

30 Tuesday

DJ Knutz at Humboldt Brews. 856 10th Street, Arcata. 10 p.m.

Deadline to add or drop a course without \$2 late fee.


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Classifieds

Wednesday, January 17, 2007

47

Wellness

HSU AA MEETINGS now meet in SBS Building room 405. Call 822-1758 for more information. Marijuana Anonymous meets every Wednesday night from 5-6 in HSU Annex room 152.

ADDICTED TO PORN/SEX? Sex Addicts Anonymous meets weekly on campus and in the community. Go to www.sexaa.org (locate an SAA Meeting link) for info on meetings in Arcata and Fortuna.

Housing

RENT FREE TRAILER: in exchange for odd jobs around yards and gardens; beautiful bay-side setting; quiet and private; free vehicle possible depending; send note of inquiry to 900 New Navy Base Road, Samoa, CA 95564.

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Help Wanted

BEHAVIORAL RESPITE WORKERS to work 1:1 with children/ young adults with developmental disabilities, implementing the client's behavior plan. Behavioral Respite is provided in the client's home and may include community activities. Experience with people with special needs and/or implementing behavior plans required. Salary is \$10.30/hr plus mileage reimbursement. Hours are flexible and include afternoons, evenings, and/or weekends. Requirements include an insured vehicle, First Aid & CPR certification. Application and job description available at Humboldt Child Care Council, 2259 Myrtle Ave., Eureka or www.hccc1.org. For more information call Julie at 444-8293.

CAMPUS RECYCLING PROGRAM Gain leadership experience, reduce waste on campus and make a difference. Desired skills: dedicated, reliable, passionate, innovative, team player, and willingness to learn. Send resume to recycle@humboldt.edu.

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Nutrients in Citrus and their Benefits

	Prevalence in citrus	Health effect
Antioxidants	Citrus fruits generally have the highest antioxidant activity of all fruit classes	Boost immune system; may protect against cancer, heart disease, cataracts, degeneration of the macular area of eyes and infection.
Vitamin C	High: One orange has 62 mg, nearly twice the recommended daily intake (RDI). One glass orange juice has 104 mg, nearly three times the RDI	Antioxidants boost immune system; may protect against cancer, heart disease, cataracts and infection. Helps in absorption of iron and zinc in other foods.
Carotenoids	Moderate to high levels, over 60 present. Beta-carotene gives oranges their color. One orange 3% RDI for Vitamin A, One glass juice 4% RDI	Antioxidants boost immune system; may protect against cancer, heart disease, cataracts and infection. Beta-carotene is also precursor of vitamin A.
Folate	High levels: One orange 18% RDI, One glass orange juice 18% RDI	Prevents neural tube defects in children, stabilizes genetic material and may also be protective for cancer and heart disease.
Potassium	Generally high: One orange 6% RDI, One glass orange juice 10% RDI	High potassium and low sodium level may help in prevention of high blood pressure. There is sufficient evidence from experimental studies about the role that potassium plays in regulating blood pressure that health claims related to this are allowed.

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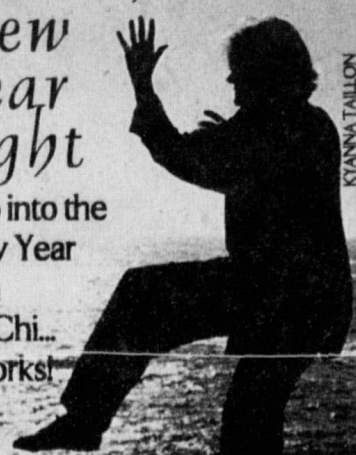
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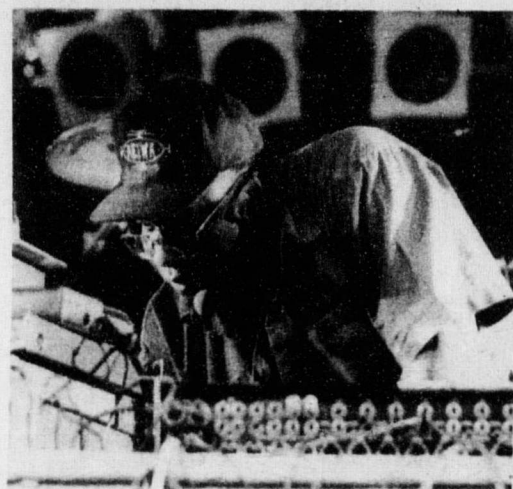
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