

The Lumber Jack

Wednesday, December 9, 2009 Vol. 95 No. 14



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Parking Lot Refuge

Eureka Police Department
Dismantles Local
Temporary Shelter

PG. 3

Putting
The Fun In
PG. 8 Dysfunction
Lumberjacks
Lance Toros In
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Receive Funds
For Stem Cell
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CORRECTIONS for the 12/2/2009 issue:

In the "80 Years Of Dishing Out The News Story," former Lumberjack adviser Howard Seemann's name was misspelled.

If you have any **CORRECTIONS** contact us @

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CONTACT US

Send Letters to the Editor, guest columns, story ideas, press releases, general opinions, and corrections to: Office: 707.826.3271 Fax: 707.826.5921 Calendar: lumberjack.calendar@gmail.com. Opinion: lumberjack.opinion@gmail.com. Feel free to stop by the office in Gist Hall Room 227 at Humboldt State University, 1 Harpst Street, Arcata, CA, 95521

GET TO KNOW THE NEW EDITORS.

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The Lumberjack's new Editor in Chief **Hilary Lebow** (right), and Managing Editor **Tyler Collins** (left), sit in the Lumberjack newsroom, working on their first paper as editors. | Satoshi Kondo

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Police Disband City Hall Encampment

Preston Drake-Hillyard and Satoshi Kondo

On Sunday night, Police raided a tent settlement at Eureka City Hall, an action that resulted in one arrest. The encampment had served as a makeshift homeless shelter, and sought to have the city recognize the needs of the homeless. The settlement had been in place since Dec. 4, and at the time of the raid there were less than 10 campers present, according to Lt. Murl Harpham of the Eureka Police Department. Health Code violations and the potential threat of litigation were cited as reasons for their removal.

Lt. Harpham arrived on scene around 10 p.m. with about 12 officers, closed down the block, and gave the campers 10 minutes to vacate the area. Those remaining were warned that they would be arrested. Over a loudspeaker Lt. Harpham told campers that the Rescue Mission, a Christian faith-based homeless shelter was standing by with 15 beds. While Most were compliant and quickly packed up their belongings to leave. Kim Starr, an activist for homeless rights, refused to leave and was arrested for interfering and trespassing. Once the area was cleared, officers dismantled the camp.

"They took their knives and slashed the tarps and snapped the trestles. They destroyed the whole fucking thing," said local resident Jack Nounnan, who had been there earlier that night.

In a phone interview, Eureka Mayor Virginia Bass told the Lumberjack that it's "time to start enforcing the ordinance." She was referring to City Ordinance 93.02, which mandates that "no person shall camp in any public or private space." City benches and sidewalks are considered public space under this law. "We are compassionate and want to do more. We can't just go out and do what they want us [to do]," the Mayor said.

Lt. Harpham said, "The city bent over backwards to allow this." Following a growing number of complaints by city employees and residents and a city council meeting on Dec. 1, the police department was prompted to react. The police issued a warning last Friday to the tent community, stating that action would be taken against them if they did not disband. The campers continued to occupy the parking lot at night, forcing police intervention.

The camp was set up by Peoples Project, a non-profit organization for homeless rights. According to their website, one of their goals is "to have a people-run, eco-sustainable campground" for house-



(Top) Nathan holds the weeks-old kitten, Tolki Warfan, closely in the frigid air in the parking lot of the Eureka City Hall November 11th. (Left) Kim Starr, better known as Verbena, talks about Peoples Project in an interview with The Lumberjack after packing camp. | Preston Drake-Hillyard

less and traveling people. Starr alleged that there was a deliberate campaign in Eureka to "disappear homeless people" by targeting services that tend to their needs, such as public restrooms and shelters. Mayor Bass denied Starr's charge, stating that there is no organized attempt to remove the homeless.

Starr quoted the First Amendment as justification for the camp, stating that they were exercising their freedom of speech and petitioning the government for a redress of grievances. Furthermore, she invoked the "necessity defense," which is used in criminal law as justification for breaking the law in cases where it is more favorable to society than strict adherence. While recognized by the Supreme Court as part of the common law, there is no federal statute to uphold the defense. Starr remains incarcerated as of Tuesday.

For 33 nights, the city hall parking lot was a place for the homeless to congregate, seek shelter, and be served food. But as no public bathrooms were available, they had relieved themselves where they could on the property, creating a health and sanitation issue. "They treated us like dogs," said Nounnan. "What were we to do?"

In response to Starr's request for government-issued land where the homeless can settle, Mayor Bass said it would be great to give property to the homeless. But without funding, basic issues such as sanitation cannot be addressed, she said. She proposed that negotiations be held with Arcata and Fortuna, the rationale being that if the homeless issue was addressed on a regional scale, there would be more funding. Mayor Bass said that it started as an informal gathering. "It was mindful," she said, "Calling attention to the plight of the people."

See related story
"Out In The Cold"
on p. 12

Preston Drake-Hillyard and Satoshi Kondo may be contacted at thejack@humboldt.edu



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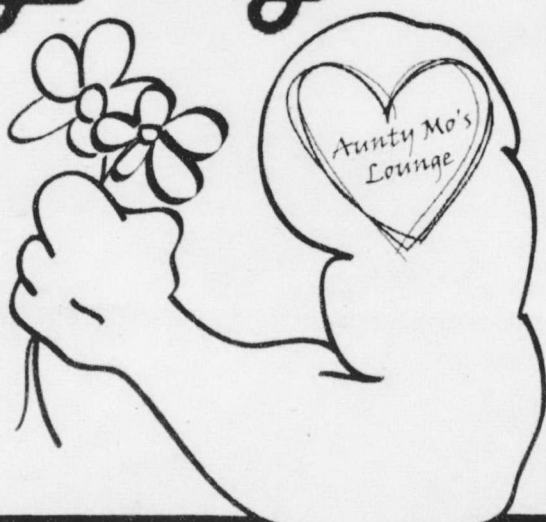
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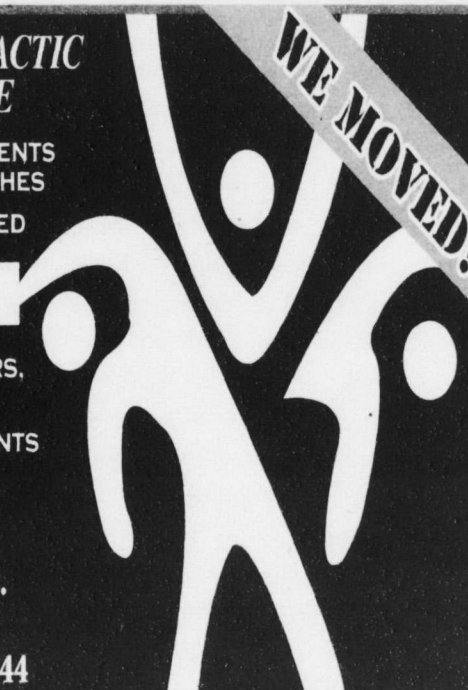
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Students Get \$1.6 Million for Stem Cell Research

Mark Farias

As the Bush administration fades away into the past, so too does its influences on medical research. Recently, the Obama administration lifted restrictions on stem cell research. HSU students who are involved in the research of stem cell applications may see an increase in funding and government support.

After Proposition 71 (California Stem Cell Research and Cures Act) passed, the California Institute for Regenerative Medicine (CIRM) enabled a \$1.6 million grant for programs related to stem cell research for HSU students. HSU has provided students the opportunity to work at UC San Francisco or Stanford for a year to get their training with tissue samples.

In a press release distributed by the National Institute of Health, NIH Director Francis Collins announced further involvement in stem cell research. The NIH approves of 13 human Embryonic Stem Cell (hESC) lines for use in research under the NIH Guidelines for Human Stem Cell Research adopted in July 2009. NIH-supported researchers hope that the cells may be used to treat diseases and disabilities such as Parkinson's and Alzheimer's disease. The research also includes the use of hESCs for regeneration of damaged tissues or heart muscle cells.

HSU biology student Peter Din works on the embryonic fibroblast cells of farming mice. This type of cell can transform into and clone any other type of cell - like a wild card in poker that can be used to regenerate tissue in mice. The same work can be applied to human cells to help with surgical recovery. Din added that current cell research originated in studying tumors after it was discovered that a tumor has the ability to produce its own cells which produce hair and teeth.

The NIH press release indicates that research in hESCs already yields information about what occurs during human development. This means that researchers will be able to better anticipate how the stem cells will react in the body if applied for medical use.

Stem cell use still has its own flaws said Din. "There is a potential that the adult stem cells can revert back into a cancerous tumor," he said. Also, cysts can develop in the area where stem cells are placed to help with healing.

When people think of stem cell research, they assume it is the controversial topic of embryonic stem cells. Biology Professor Jacob Varkey explained that HSU's research deals with handling different forms of cells which replicate tissue regeneration. Simply put, a person's own genetically-unique cells are used to make cultures that can create fleshy, skin-like films which would work similarly to skin-graphs.

This is significant in its application for patients in need of transplants. Since the cultures are made from one's own or similar cells, the patient's body does not reject the transplant as a "foreign object," insuring that the replicated tissue is accepted by the immune system. Varkey believes that the future of medicine will utilize regenerative medicine; an industry that will need trained personnel.

Biological Sciences Professor Amy Sprowles, who lectures on genetics, added that the grant will also provide general education courses in stem cell research biology for the public with a possible ethics course. "The field is more advanced than people know," said Sprowles. Potential application of regenerative medicines, which starts with stem cell research, includes neurological disorders like Alzheimer's disease. It could also help diabetics to produce their own insulin.

But Sprowles also added that a lot of research is still in the early stages. Back in Sept. of this year, the U.S. Food and Drug Administration gave the bio-therapeutics company Neuralstem, Inc. the go ahead to test on 12 humans with Lou Gehrig's Disease, a disease that weakens your muscles to the point you can't breathe or swallow.

There is both support and opposition revolving around ethical issues, but it is noted that because of this advancement the U.S. can now compete against the U.K. in this field of research. HSU's stem cell research project is not only scientific, it is business-minded. "We need economic stimulation," said HSU's President Rollin Richmond. And HSU will aid the progress of those who will further the field of stem cell research.

Richmond stressed that the \$1.6 million in grants goes to student funding and provides an advantage for students where a high demand for stem cell research exists. "California has the strongest groups in this area of therapy," said Richmond.

Mark Farias may be contacted at
thejack@humboldt.edu

The NIH Guidelines
for Human Stem Cell
Research

(published July 7, 2009)

are available at

<http://stemcells.nih.gov/policy/2009guidelines.htm>.

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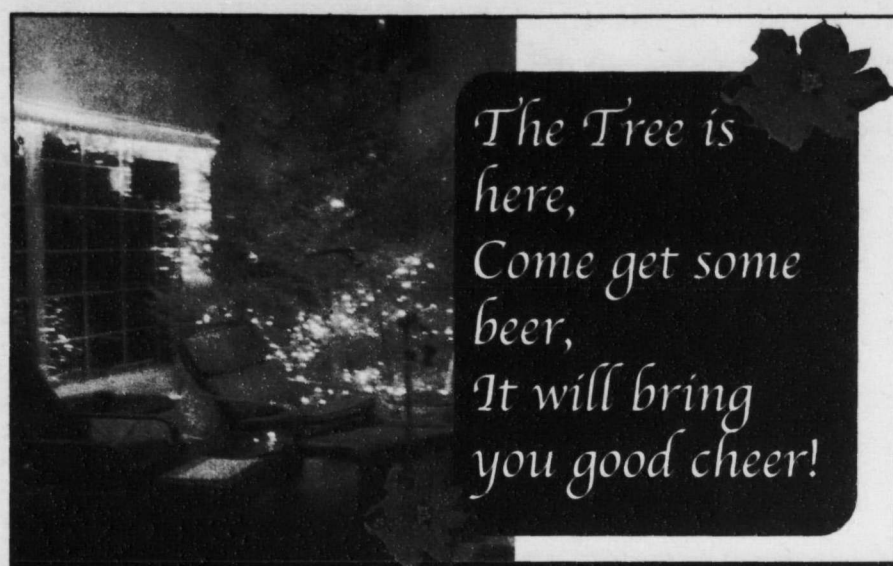
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New Policy Gives Students a Voice

J. Daniel Fernandez

Students are currently filling out instructor evaluations, but they have never been able to evaluate administrators, until now.

In a recent campus-wide email, President Rollin Richmond announced a new pilot program in which the entire campus (students instructors, administrators, and staff included) will be able to evaluate two different HSU vice presidents every year. The process is currently on-going and will continue until Jan. 8.

Senior Communications Officer Paul Mann said the reason for the new policy was to "make it fair." He points to the fact that staff and faculty are already being evaluated.

The first two administrators to be evaluated are Steve Butler, Vice President of Student Affairs, and Rob Gunsalus, Vice President for University Advancement. To be selected for an administrative review, a vice president must have served at least 18 months in their position. The two vice presidents will then be picked by Richmond alone to be reviewed. "It's an opportunity to look at one's progress and growth. Evaluations have been shown to be effective in business, but [they] should not be used as a factor for salary or to punish," said Butler.

Psychology freshman, Devin Schwarz, agrees to an extent. "You may get people who are just against the administration, so it may not be fair." But she also feels that the administrators are part of the university and that students should be able to evaluate them. AS

President, Brandon Chapin, shares Schwarz's outlook. "It's good, I like that it's open to everyone, but not everyone works with them."

Schwarz admitted as much. "I don't think I've interacted with him (Gunsalus) too much," but said she would still fill out the evaluation and make a note of it. This is perhaps what Butler was alluding to when he said, "It leaves you a little vulnerable."

Meanwhile, kinesiology major Cherelle Becerra, likes the idea of evaluations because, "Evaluations on anyone keeps them on their toes." Becerra feels that administrators have really listened to students about important issues such as the 'Brother Matt' hate speech incident. Yet, she also feels that no matter what any evaluation says, the administration will continue to do what they feel is necessary. "It's like parenting. No matter what you say, Richmond will do what he wants." She would like to see the process extended to the president as well.

While it is not known whether the new policy will extend to Richmond, Butler agrees that the presidential review is currently "not as open" as this new process. People who wish to participate in the review process may e-mail President Richmond at rollinr@humboldt.edu or submit written material to him no later than January 8, 2010.

J. Daniel Fernandez may be contacted at thejack@humboldt.edu

Student Remembered

Mark Farias

Eric Daniel Kilgore, an engineering sophomore at HSU, passed away in a fatal car accident during Thanksgiving break on his way home to San Bernadino, Calif. The CHP reports that the 19-year-old was driving southbound on the 101 in heavy rain near Willits, Calif. on Nov. 20 when the collision occurred. Kilgore is said to have lost control for unknown reasons, but CHP officers stated that alcohol was not a factor.

Kilgore graduated from Cajon High School with honors before attending HSU in the Fall of 2008. He is remembered by faculty and friends for his outgoing personality. "Eric was indeed a fine young man," said Eileen Cashman, an Environmental Resource Engineering professor. "Other engineering faculty thought highly of Eric as well, and he was very well like by his peers," Cashman added. "For many of our young engineering students, this is their first experi-

ence with losing a friend and they are all struggling and grieving in their own ways."

Chris Rosa, an HSU Physics major, said Kilgore was the type of person who was friendly and would remember your name after meeting you for the first time. "He was a really friendly guy and from what I hear his death impacted a lot of people," said Rosa. "He was a social and outgoing dude, and just an all around genuine guy."

"Eric worked at Longs drugs, so I know he was a really busy guy," says Chris Rosa, 23, Physics Major, "he was also doing an internship. Rosa continued to insist that "All I'd like to say is that he'd remember your name after meeting you for the first time, he was really friendly and from what I hear, his death impacted a lot of people. He was social and outgoing dude, and just an all around genuine guy."

In partnership with The Sun newspaper of San Bernadino, Legacy.com has created a memorial in honor of Kilgore to express condolences.

Mark Farias may be contacted at thejack@humboldt.edu

Witnesses of the collision are being asked to call Officer Tom Sleeper at (707) 984-6176 or (707) 923-2155.

To comment or give condolences to his family you can access his online obituary at: <http://www.legacy.com/gb2/default.aspx?bookID=5648018590053>

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Christmas Comes Early

Holiday burlesque show at Arcata Lounge

Octavio Raygoza

Julie Geary is a cellular molecular biology sophomore by day and a showgirl by night. Geary is one of the performers of the Ooh La La Girls, a group of female HSU students that perform local burlesque shows. Burlesque is a blend of the performance arts that emerged in the early 20th century and incorporates dancing, singing, comedy and acting.

It is hard to take your eyes off her when she takes the stage. Geary, who grew up in San Diego, has a natural talent for rhythm and movement. Geary started to dance as soon as she learned how to walk. Her mother owned a dance studio and performed in similar burlesque shows in the '70s.

The first time Geary performed she wore a bunny costume when she was three years old and during her childhood she competed in various dance contests. She does not remember an instance when she earned second place; it was always first.

"Dancing is my life," said Geary, and she added that she could not see herself without dance. But aside from her passion for dance, Geary wants to be a doctor. "I would love to help people," she said. She is also a pre-med student and the vice president of the pre-med club at HSU. She enjoys helping people and feels rewarded when she does.

Geary also teaches dance classes in the local area. That's how she met Edward Olson, producer and director of the Ooh La La Girls. Olson said he enlisted Geary not only because of her dancing talent, but also because of her intelligence. "Julie is the brain, heart and soul," he said. After some time Geary became co-producer and choreographer for the Ooh La La Girls.

Olson said that burlesque is a classy show that tries to trick the audience to expect something and then gives them something else with a sexy twist. There is no nudity, but it doesn't mean the audience will not enjoy the dance routines. "This kind of show was highly inappropriate in the '30s and '40s," Olson said.

Christina DeGiovanni is another entertainer, and an HSU student with a double major in social work and broadcast journalism. Like Geary, she started her dancing career at an early age performing ballet when she was three years old.

DeGiovanni loves the show because she likes to express emotions to the audience through dance. "It's fun to entertain people," she said. She pointed out that she show is



Ooh La La. Julie Geary, Christina De Giovanni, Ashley Adams, and Anna Bailey, practice for the Ooh La La Girls Naughty and Nice Holiday and Lingerie Fashion Show in the Arcata Theater Lounge. The show will be in the theatre on Saturday Dec. 12 at 8 p.m. | Yelena Kisler

something different to what locals are used to. Even DeGiovanni's parents were a little skeptical about her participation in the show until they understood more about burlesque. Olson said that anyone who has seen the show knows what it is really about.

Their next show will take place on the Arcata Theater Lounge on Dec. 12 with a holiday theme. Along with dancing, the show features a lingerie segment. The lingerie, which is made from environmentally-friendly materials, was created for the show by local designer Becky Kartage. Geary said the show will be both naughty and classy. "This is definitely a date night show," she said.

Octavio Raygoza may be contacted at thejack@humboldt.edu

Putting the FUN in DysFUNCTION

Students perform the Marriage of Bette and Boo

Kelsey Wood

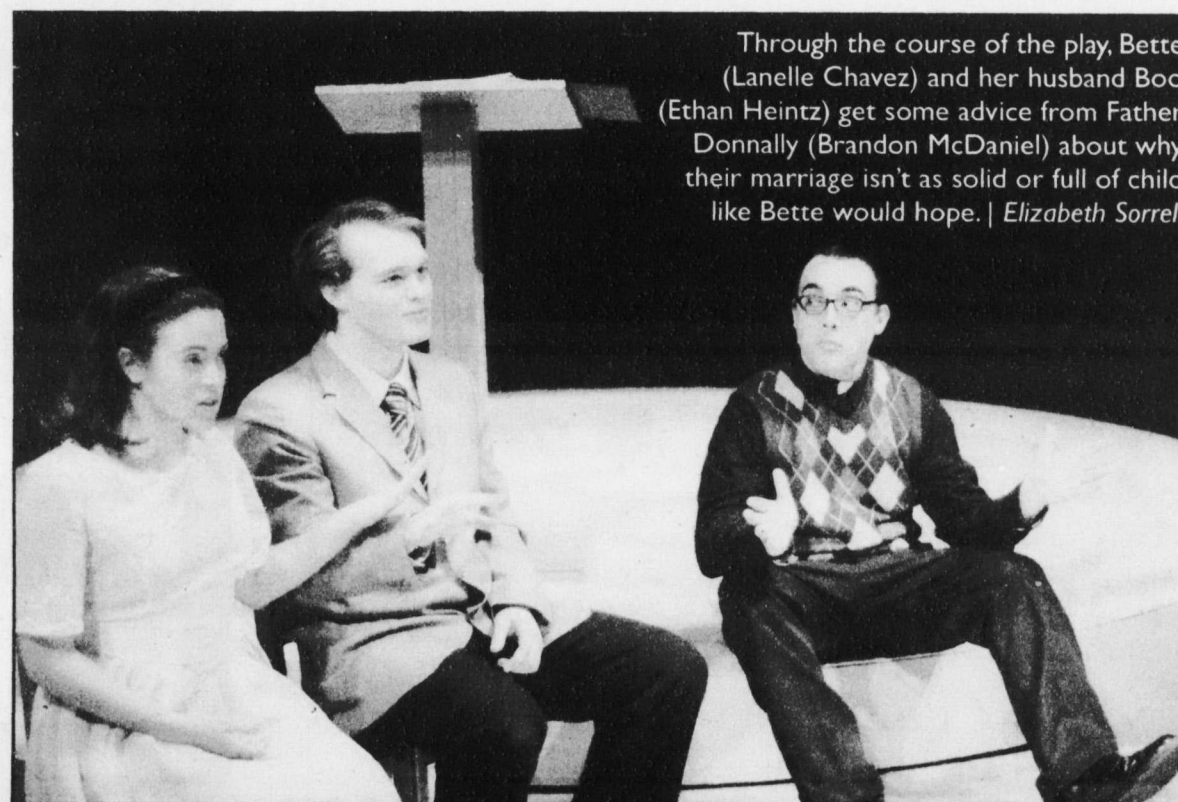
"It's dead. The baby is dead." Thud. Dropped stillborn babies, alcoholism, death, and martial misery are all themes found in the production of "The Marriage of Bette and Boo".

HSU's Theatre, Film and Dance Department opened the play in the Gist Hall Theatre last Thursday under the direction of Assistant Professor of Scene Design and Theatre Technology Jody Sekas.

"I worked on Bette and Boo 16 years ago doing lighting design so that helped me to have an original vision for the production but this cast and crew took it so much further than I ever could have imagined," he said.

As the title suggests, the play centers on the married lives of Bette and Boo after just two short months of knowing each other. Bette portrays wide-eyed innocence as she daydreams of her ideal perfect, large family even after four consecutive miscarriages. Her husband Boo is an alcoholic who fails at several attempts to sober up for the sake of their marriage. Their only surviving son, Matt, is the main character who also serves as the narrator to the play.

Like many very real families, the members of this small trio are not the only one's with issues. Bette's family consists of a mother who is seemingly all too perfect, a father who is never understood because of a speech impediment, an older sister who has lost hope in marriage in general and a younger sister who repeatedly takes the blame for everybody else's actions.



Through the course of the play, Bette (Lanella Chavez) and her husband Boo (Ethan Heintz) get some advice from Father Donnally (Brandon McDaniel) about why their marriage isn't as solid or full of child like Bette would hope. | Elizabeth Sorrell

SEE PLAY, PAGE 10

The Students Who Stare at Goats

Sarah Hardy

As the sun sets over an expansive field west of HSU, Trent Manns walks through the grass and checks on the numerous goats, sheep, pigs and cattle that live on Tule Fog Farm. The late fall air is crisp as he prepares to leave for the night, and a full harvest moon rises in the evening sky. Across the field, the tulle (pronounced tu-li) fog begins to rise. Vast and thick, the ground fog that settles in the area is the namesake of the farm.

Tule Fog Farm is owned by Shail Pec-Crouse, an HSU biology graduate, and her husband Sean Armstrong. It operates as a Community Supported Agriculture (CSA) farm. Every season, locals can buy into a share of the farm, and receive boxes of the meat and dairy products that come from the cattle, chickens, and goats.

Manns, a rangeland resource science major, began an internship at Tule Fog Farm in Sept. with wildland soils major Lauren Herstead. Despite job and internship opportunities at local farms like Tule Fog, both students find their majors at risk of being cut.

Recently the Academic Senate voted to keep the rangeland resource science program under a four-year probationary period (see last week's article "Academic Senate Votes to Keep Rangeland Resource Major.") Despite the vote, Provost Bob Snyder and President Richmond could still cut the program.

HSU has the only rangeland resource science program in the state and one of the top in the country, said Armstrong, one of the owners of the farm. If the program is cut, the region stands to lose information provided by students like Manns and Herstead, an integral part of the farm's survival. "The major probably supports the community almost more than the school does," said Pec-Crouse.

Local farmers and agencies work with the rangeland resource science program at HSU to recruit students both on campus and from local high schools, said Pec-Crouse. She said that the ability to study rangeland resources and wildland soils at HSU is important to support families in Humboldt County. "Local rural families need a place to send their kids for not a lot of money," said Pec-Crouse.

Manns said that if the program is cut, students like he and Herstead would lose valuable parts of their education. They would no longer be able to learn the academic side of farming which they can apply to the real world. "A lot of rangeland is directed toward livestock and you can't always learn that in a classroom," he said.

Herstead said that in any small community farmers and land managers hold respected and integral civil positions. "Farmers are, as they have been in the past, backbones of civilization," she said. "Both of these community archetypes rely on educated employee pools." Students and graduates of the HSU range and soils program are those individuals in the northern California region.

About 62 percent of California is rangeland,

Forestry Department Chair Ken Fulgham told the Lumberjack last week (see last week's article "New Discovery Comes from Program on Chopping Block.") Because that is such a large amount of land, it is important to know how to sustainably manage it in order to take advantage of resources without depleting them, said Manns.

Manns learned how to farm in Santa Cruz when he went to the area to surf. "That's when the spark happened," he said. Twice a week he and Herstead come to the farm to help with the animals and learn farm skills. As an intern he has helped Pec-Crouse and Armstrong perfect the intensive rotation and grazing system of farm animals. "I get to apply what I learn in the classroom to an actual farm," said Manns. He uses his rangeland knowledge to help figure out what



Rangeland Resources major, junior, Trent Manns greet Grandpa Red with a kiss as Hops fights for attention at Tail Fog Farm, where Manns is interning this semester. | Yelena Kisler

grazing system and rotation will allow them to have the most amount of animals on their land. This must be done without diminishing the care of both the animals and the land. Being able to get money for the meat that comes from animals on their land helps Tule Fog Farm survive.

Instead of free-range grazing, which would allow the animals to graze anywhere in the field, the animals graze in an enclosed area of the field. Each day the fences are moved by Pec-Crouse and the farm's interns and the animals are able to graze in a new area. This system allows the animals to organically graze on grass and sustain the land so that the quality of grass is not compromised.

Herstead works with a group in her plant physiology class to determine the protein content in the Tule Fog Farm pasture. By knowing when when soil has the best protein content, farmers know when to graze their animals for the best quality food.

Manns hopes to apply both his academic knowledge and real world experience of farming to his career after he graduates from HSU. He plans to eventually start a farm on the Oregon coast. "I want it to be a homestead type," he said. "So I can be in tune with the land and sustain myself and others on what I graze within a natural system."

Sarah Hardy may be contacted at thejackonline.edu

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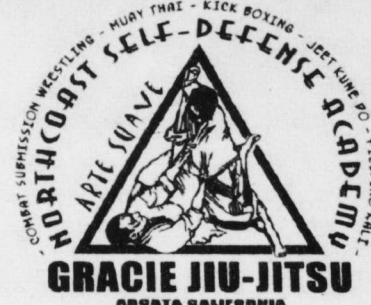
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PLAY CONTINUED FROM PAGE 8

Boo's family is not any better with an alcoholic father who is constantly putting down his wife and a mother who giggles at inappropriate times and seems to have only one half of a brain cell.

Sekas hopes that the audience finds some sense of familiarity with the characters. "I can identify with bits of each individual character on the stage. I see little parts of them in everybody in my family."

Asher Dunkelman, a senior film major, quickly identified with multiple themes presented in the play. "Bette's family struggles with a language barrier since nobody understands what the father is saying because of his speech. My grandma speaks a different language so I completely know how that feels."

Stage Manager Brian Patrick Pike said that after two months of preparation the entire cast and crew easily acts as a single unit. "Everything is exactly how it should be for the production and the professionalism and communication among everybody involved is simply outstanding."

Including everything from coinciding lighting and sound effects which resemble the flash and pop of a camera to a comical priest who impersonates

sizzling bacon in a saucepan in the middle of a family counseling session, "The Marriage of Bette and Boo" presents real issues in a way that encourages laughter at the absurdity of it all.

Sophomore Anthropology major Emily Heifetz thought the cast handled such serious subjects with the right amount of appropriateness. "It's a definite dark humor where sometimes you feel like you shouldn't be laughing but it's just so true. In the first act alone, the doctor dropped the bodies of three babies. That's hard to be able to do tastefully," she said.

"The Marriage of Bette and Boo"

Gist Hall Theatre

Dec. 10, 11, 12, at 7:30 p.m.

Dec. 13 at 2 p.m.

General admission is \$10/\$8 for students and seniors. Tickets are available at the Ticket Office in the HSU Bookstore.



Kelsey Wood may be contacted at thejack@humboldt.edu

OH SO TRASHY

HSU grounds crew's hidden sculpture

Allison Mayoral

Tucked away behind the Cypress dorms, the grounds department office is hard not to notice. Random appliances sit outside, and for those walking past it has the feel of a clean mini-junkyard. Follow the bark that covers the floor of the shack and find a piece of wood that stands six feet tall. The wood stump is covered in the most random objects a person can find on the Humboldt State campus.

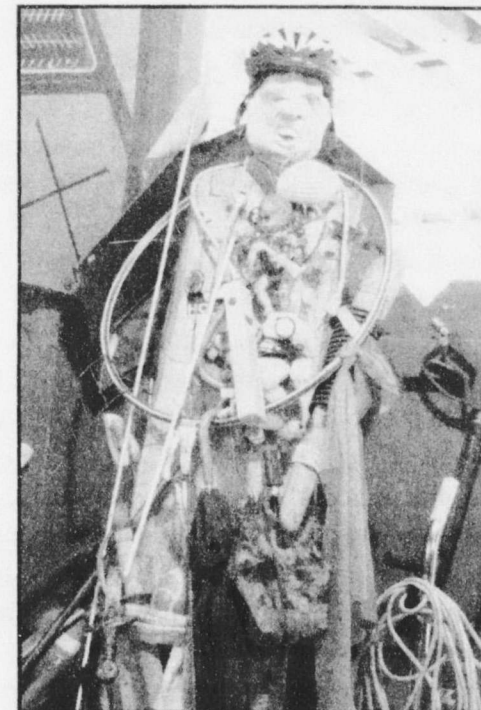
A Richard Nixon vinyl mask is the crowning glory of the tree stump that sits in the shack. Hula-hoops

are hung around the stump as well as a collection of umbrellas. Plastic play swords are nailed to the once alive tree. An off-white power strip with a long extension cord holds up an Obama '08 campaign poster. A baby doll painted with glitter has a sticker of a marijuana plant on its belly. The doll's face mimics the makeup of Gene Simmons circa his KISS years. The organized junk has been turned into an art form.

The trash is picked up by the eight students that are part of the HSU grounds crew. The random stuff that is tacked on the stump has been a tradition for years.

Sue Buckley, HSU's lead grounds worker, has worked on campus for the past eight years. "It was here when I got here," says Buckley of the strange sculpture. When the grounds workers find unusual objects that have no value they are put on the stump. "Once a week we find something worthy," says Buckley. The lost and found at the Housing Department knows to call Buckley if a student is missing anything unusual. "There are no particular rules," Buckley says of what can go on the sculpture and what cannot. However, Buckley took down a plastic sword that was pushed through Nixon's eye. Buckley prefers that violence be kept away from the stump.

Buckley says this group of students has been adding almost daily to the trash sculpture. "It's fun to put stuff on to see if people



Down the steps, across the road from Cypress Hall, inside the small grounds maintenance building, a work of art emerges. The grounds crew add only broken or worthless items to this sculpture. | Yelena Kisler

notice," Buckley says as she picks up a beanie from the sculpture to stretch it over Nixon's head. HSU senior Peter Marchetti, member of the grounds crew, walks into the shack and takes notice of Nixon's new duds. He can't help but laugh when examining the "KISS baby" one more time. Marchetti, an English major, says he hasn't added to the sculpture in months. "I don't find many treasures in Cypress," Marchetti says of the area he works in as part of Buckley's team.

Julie Ryne, a junior geography

SEE TRASH, PAGE 11

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Caffeine: Friend or Foe?

Nathaniel Ochoa

Tara Jackson needs coffee to survive. For the political science sophomore, coffee is not an option; it's a requirement. With finals approaching and early classes to deal with, Jackson considers coffee not just a drink of leisure, but a means of survival. "I like to go fast all the time," said Jackson. "Coffee makes this possible."

Jackson, like many of us who consider a day without coffee unthinkable, has ingrained the ritualistic drinking of coffee into her daily schedule. "I drink so much coffee that I can feel it tearing at my stomach," said Jackson. "My hands are shaking but I love it too much to quit. I feel like a drug addict."

Sociology senior Kelly Dunn admits to being in the same predicament. "I love caffeine," said Dunn. "If you're hung-over and need to go to class, coffee is a must."

Graeson Matevosian, a geology senior, believes that people use caffeine as a crutch to get them through the day. "People will turn to it (caffeine) at too early of an age," said Matevosian.

We drink coffee in the morning to get us awake enough to drag ourselves to our classes, then, in a hour or two when the first caffeine high has worn off, we grab another cup or two. Simple, right? Not as simple as you think.

Within five minutes after you drink your morning coffee, the caffeine begins to stimulate your central nervous system. This triggers the release of stress hormones in your body, causing a stress response as if you were in danger. By stimulating your adrenal glands to produce adrenaline you have put yourself in a hyper-alert "fight or flight" state, which is good if you want to be very awake in a short time. But if you're just going to be sitting around it will backfire on you. When the caffeine high wears off, chances are you are going to feel more tired than before, says Stephen Cherniske in his book *Caffeine Blues*.

After prolonged "caffeineism," a prolonged state of caffeine induced alertness, your body enters a state of adrenal exhaustion. Your caffeine consumption has simply pushed your adrenal glands so much that they've burned out. Symptoms of caffeine burn-out include fatigue, anxiety, mood swings, sleep disturbance, irritability and depression. In other words, caffeine affects your body just like any drug. You start taking it slowly, but as your body develops a tolerance you need more and more to feel the same effects. Eventually, your body reaches a point where it can't be without it; otherwise, you will start to experience

withdrawal symptoms.

So, what then? Are you simply doomed? Hardly. There are healthy alternatives to coffee and energy drinks. You can use them to naturally boost your body's energy, without any of the negative side effects of caffeine.

Barbara Howe, the Deputy Director of the Public Health Branch for the Department of Health and Human Services for Humboldt County, offered advice on how to naturally boost your body's energy level.

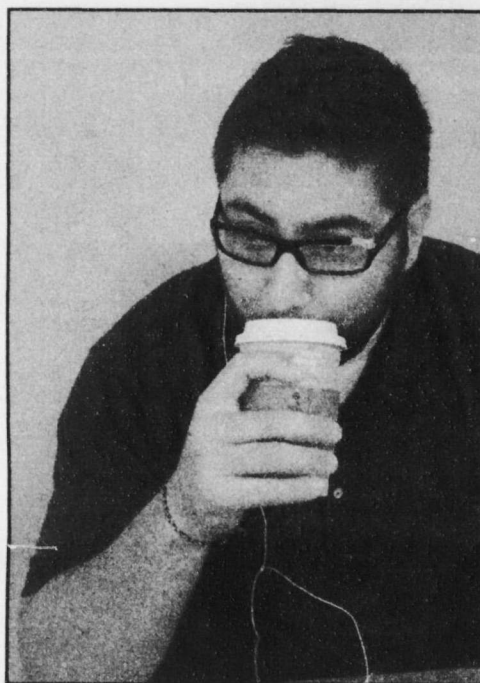
The easiest way is almost laughably simple, sit up straight. Studies have shown that people who slouch have less energy than people who sit up straight because slouching prevents the lungs from fully expanding.

This means that your brain isn't getting enough oxygen, which directly impacts your energy level.

Fruits are also a perfect alternative to caffeine, Howe points out. Fruits contain high amounts of the natural sugars that our brain uses to perform everyday activities. "Fruits go straight to the brain, giving you a quick pick me up," said Howe. So the next time you are trying to decide between the candy bar or the dried fruit for the mid-day snack, go with the fruit. "Dried fruits are the perfect snack for your backpack," said Howe.

This doesn't mean that you have to completely abandon coffee altogether. "I love coffee," said Howe, noting that the important thing is to keep it in moderation. "If coffee makes you happy then go for it, just don't forget to eat healthy and exercise. Coffee shouldn't be your only source of energy."

Nathaniel Ochoa may be contacted at thejack@humboldt.edu



Geology senior Graeson Matevosian enjoying his cup of coffee at The Depot.
| Alex Gautreaux



TRASH CONTINUED FROM PAGE 10

major, is also part of the crew. Ryne says she adds more to the yard art that is behind the shack than the sculpture. The yard art is similar to the sculpture but resembles a charming garden made of random items picked up around the campus. Ryne explains that she found a canoe paddle that rests next to the sculpture. "And this dagger I found hidden in a redwood," Ryne said with a laugh.

"What do you do with weird stuff?" says Buckley of the growing sculpture as well as the yard art. "This place is filled with whimsical things," Buckley says of the department's little shack, "It's part of the deal."

Allison Mayoral may be contacted at thejack@humboldt.edu

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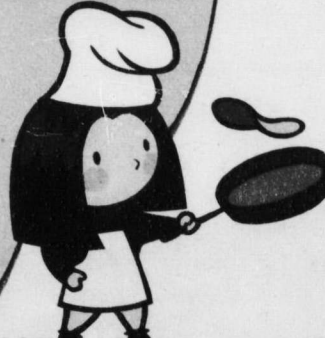
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Out In The Cold

Preston Drake-Hillyard and Satoshi Kondo

A man stands guard in the Eureka City Hall parking lot shivering in his army green poncho, watching his breath turn white against the lightening sky. Before him a brown tent, 30 feet in length, spreads out over the wet pavement. Patrick Romer has stayed here at the temporary shelter for 16 nights, pulling security detail for several hours at a time. He calls this place “Hooverville.” The encampment, which sits between Eureka City Hall and the bus stop that faces northbound 101, is in violation of a city ordinance against camping in public areas. The Eureka Police Department chose not to enforce this law until Monday night, when 12 EPD officers raided the parking lot shortly after business hours.

“It is a significant evil to deprive people of sleep, which is not a choice but a necessity,” argues Kim

Starr, who would later be arrested for trespassing and interference during the Dec. 6 raid. Starr is the de facto manager for the Peoples Project, the non-profit grassroots collective that established the shelter on Nov. 4. Since then, people have been showing up at all hours of the night. Starr believes that by camping in front of City Hall, they are exercising their freedom of expression and serving the concrete needs of the homeless—a safe place out of the weather where people can sleep and eat.

With Romer standing guard, a motley crew trickles out of the tent, bristling as the bitter cold meets them. Once outside they go about their various morning rituals: smoking, drinking coffee, shuffling around on the pavement in an effort to stay warm. Tolki Warfan, a black-and-white kitten only weeks old, peers out from



(Top) Daniel P. helps to take down the tent the morning of Nov. 14. | Preston Drake-Hillyard

(Bottom) Mary Frank serves dinner at the City Hall bus stop. Mike Clancy quickly finishes his bowl of rice and chilli. | Satoshi Kondo



(Top) Gregory Reed, a Yurok Indian, converses in the parking lot with fellow campers. | Preston Drake-Hillyard

(Right) Crystal Senft buries her head into her fiancé Mike Hartley's shoulder in front of the shelter. They have been homeless for a week. | Satoshi Kondo

Nathan S.'s jacket. "I can't let him stray too far," the Denver transplant says as he scratches the cat's head. "We can't have any fleas in the tent. We are living too closely for that." His teeth chattered as he spoke of how he was wet all night—the slight slope of the parking lot had channeled the water right through the tent.

Held up by PVC pipe frame, the tarp shelter can house up to 20 people. On this morning there are fewer than 10 inside. It takes four men roughly 25 minutes to dismantle the structure and remove the parts from the premises.

As the sun's golden rays creep towards his feet, Gregory Reed reflects on his past. "I'm just scared of going home," he admits. A Yurok Indian with a face of dwindling youth, a fresh wound marks his left temple. He says it was a parting gift by security guards who had tackled him to the ground when leaving a local department store. They thought he was stealing, and held him until he produced a receipt.

Reed hasn't held a job in years,

**HOMELESS CONTINUED
ON PAGE 14**

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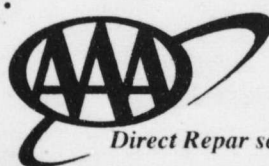
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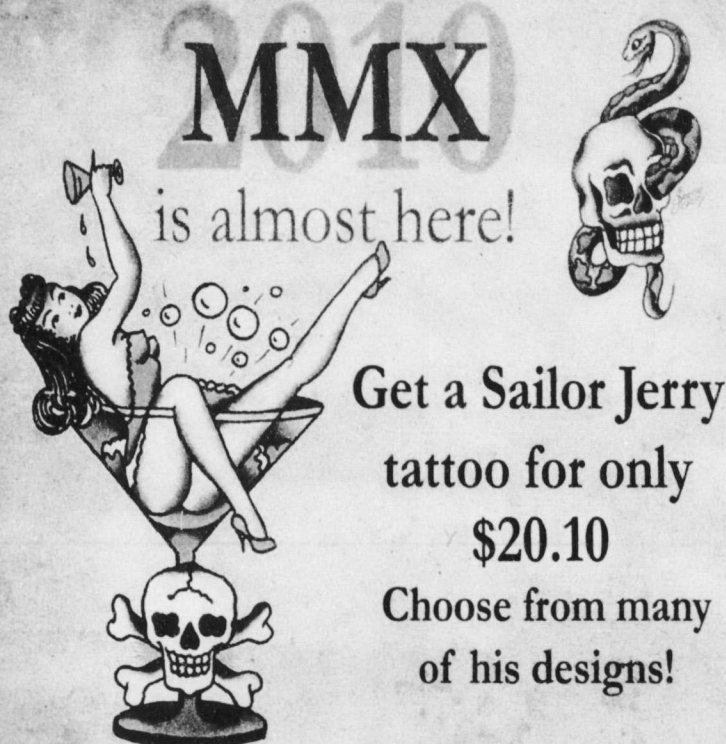
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Tim Stockhoff opens his car door to let his dog Gordy peek outside. Gordy will sleep in the car while Stockhoff pulls security for the camp later in the night. | Satoshi Kondo

HOMELESS CONTINUED FROM PAGE 13

relying on his social security benefits.

He grew up on "the rez" in Klamath, Calif. and although he still has family there, cannot bring himself to return. Before he found the tarp shelter he had slept in bushes around town, making sure to remain hidden from sight.

Two of the men at the shelter had been released overnight from the Humboldt County Correctional Facility. Looming to the immediate west of the parking lot, the humorless salmon-colored rectangular building had spat them out into the night. Daniel P., a British Columbia native who had been pulled over for driving under the influence the night before, walks around in pajama pants, nursing a coffee. He had stumbled upon the shelter around midnight while his car sat in an impound lot.

Returning to the encampment on Dec. 3, there are noticeably more people, most of them unfamiliar. By 7:40 p.m. the frame is already up, and people are scrambling to put the tarp over the bones of the structure. Smaller tents spring up alongside the tarp shelter as more cars pull into the lot with campers inside.

People are huddled in the light of the street lamps, speculating on their future and that of the shelter. Starr takes questions from local supporters as dogs roam about the lot. This peace will not hold, however; three days later police would take down the camps as complaints mounted. City employees had grown increasingly dissatisfied with the campers, who were occupying their parking spaces and using the bushes and stairwells as latrines. It was foremost a health and sanitation hazard that drove the employees to ban together against the settlement, said Lt. Murl Harpham of the EPD in an interview on Dec. 7.

In 2007, the U.S. Census Bureau estimated that 16.9 percent of Humboldt residents live below the poverty level (compared to 12.4 percent statewide). This camp is a living representation of that statistic. As America struggles to climb out of the recession, tent cities are appearing all across this country: there's Nickelsville in a church lot in Seattle, "New Jack City" under a freeway overpass in Fresno, and Pinellas Hope in St. Petersburg, a 250-bed facility partially funded by the Housing Authority.

Starr arrives with dinner. She sets down steaming pots of rice and chili on the cement bench of the bus

stop, and a line forms. A lady drops by and hands out pastries. Mike Hartley isn't hungry. He's been homeless for the past week, forced out into the street when construction work dried up. He had driven here from Fortuna with his fiancée to make use of the social services available in Eureka. "I'm not used to this. This isn't part of my ten-year plan," he says with a wry grin.

Preston Drake-Hillyard and Satoshi Kondo may be contacted at thejack@humboldt.edu



Timothy Snook is among the first to emerge from beneath the shelter. His orange sweater soaked through from rain. | Preston Drake-Hillyard

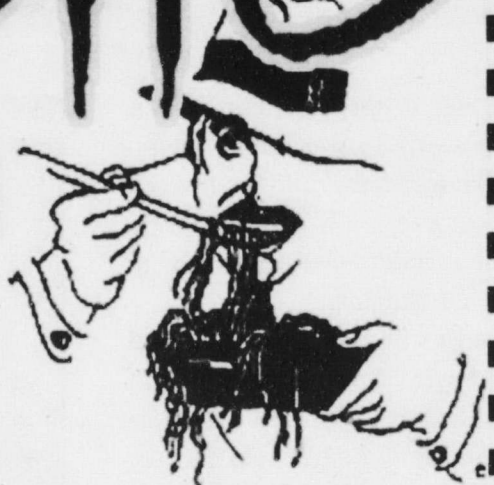
See Related Article "Police Disband City Hall Encampment" on p. 3.

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A Sporting Future

EDITORIAL

At a time when seemingly everything HSU related is struggling financially, there is one anomaly.

Sports.

The HSU athletic program has not only stayed out of the "budget cuts" limelight, it's slowly rebuilding and molding itself. It's something that HSU might actually be known for in the near future. Something that students might identify with--the up tempo basketball teams, national-level softball team, and maybe even a winning football team.

We think that new image is a good thing, even if it comes at strange times for HSU. The reason? It can bring our school and community together, which, in turn will help strengthen our HSU's identity and focus.

It started with the construction of Lumberjack Arena, which has already proved a formidable house for our basketball foes to step into. The new venue offers an environment that fills up fast and gets loud easily. With one look at the arena, it is clear that HSU is proud of its athletes.

A few new coaches was the next step. Second-year football coach Rob Smith seems to have the program on the right track after a respectable 5-5 finish this fall. Even more impressive were the amount of fans that came out to watch home football games.

After being thrown into the fire at the last minute, soccer coach C.J. Johnson looks like he was also the right call for the future. After losing eight of their first ten matches, the men's team bounced back to a solid record. And the women finished just under .500.

Quality facilities and coaching staffs can only lead to one thing, and that is an entertaining product. Despite being DII, HSU is now on the map for big-time recruits. Most of the new recruits coming into all the teams this year are true freshman as opposed to junior college castaways. We feel this will add to the strength of the various sports programs for years to come.

Even with these improvements, games have continued to be free for students. In an area with so few things for students to do, sporting events are an enjoyable free thing to do.

All these changes will probably lead to a new sports identity for HSU. Yes, we'll always be associated with the sciences and smoking pot. But soon, maybe people will think of our dominant athletics and dedicated fans.

We would like to feel that kind of pride--and maybe it will momentarily take our minds off a rising tuition and cut classes.

Opinions expressed in Lumberjack editorials are determined by a majority of the Lumberjack editorial board. They do not necessarily express the opinions of the university, the Associated Students or the Department of Journalism and Mass Communications.

Deranged: The Lost Semester

The end is almost here, and it can't show up soon enough. As you brace yourself for the final week of the semester, it might be a good idea for a short break from studying to take a look back.

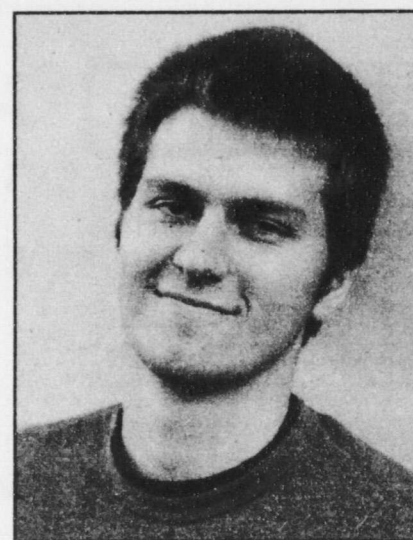
It used to be that school offered a safe-haven from the pitfalls of the real world. You didn't have to worry about finding a real job (or losing one, for that matter) and everything you had to do could be found in a little black calendar under the heading 'homework'. It was a world within a world - isolated and sheltered from reality.

But now, with the economy gaining control of your education and tuition rising faster than any teenage growth-spurt, school doesn't seem so safe.

Justin Freye graduates in the spring, and he can't wait to be done. "I don't think it's going to get any better," said the geography major. "Maybe in the long run, but definitely not any time soon."

While he is eager to get out of school, Freye isn't sure what the future looks like after graduation. "At this point I have no idea," he said. "I think like everyone else, I'll be looking for a job."

You don't have to be a senior to identify with Freye - the last 15 weeks just haven't felt the same.



By Matt Drange
Lumberjack Columnist

Maybe it's the furloughs that have screwed with everyone's schedule; or the classes that have overflowed into auditoriums which seat hundreds; or maybe the fact that our faculty are worried if they will still have jobs this time next year. Whatever the reason, you can't help but feel like you aren't getting what you paid for.

Biology major Rob Wagner is also getting ready to graduate in the spring. At this point, he doesn't have the time to fit things into his schedule. Since a class he needs to graduate is down to just one section, he is forced to take two classes at the same time.

"It's like I'm paying to not go to class," he said. "What's up with that?"

You could say the same thing about a lot of things right now. What's up with a 32 percent fee increase? Or classes being cut and departments being phased out? Calendars filled with days marked not by the letter X, but F - for furlough?

The problem is not that we are expecting less out of our education, it's that our education is expecting less out of us, too. With all of the outside distractions caused by the budget, class has become an afterthought. While teachers work to water down lesson plans and decide what days will be spared for furloughs, students are left wondering what happened.

But hey, you have finals to study for, and the last thing you probably want right now is another person telling you how crappy everything is. A criticism I have gotten with this column is that I don't offer enough solutions to these *deranged* problems.

So here goes.

While you can't control the economy or what documents the governor signs, there is one thing you still can: Yourself.

See DERANGED, next page



Editorial Cartoon

Check out *Caffiene: Friend or Foe?* on page 11.

GUEST COLUMN

Pardon the Turkeys

On Thanksgiving Day, when I was visiting my parents in Texas, I decided to read the Dallas Morning News as I sat waiting to eat a vegetarian meal amongst family and friends who patiently awaited two turkeys to cook. The first thing I noticed was a picture of President Barack Obama pardoning "Courage" the turkey from what the President termed "a terrible and delicious fate" on the White House dining table and sending it off to Disneyland. Every turkey's dream come true right?

Every year since 1947 the National Turkey Federation has given a bird to the White House in what has become a holiday tradition. Twenty years ago, President H.W. Bush was the first to pardon his turkey. Since then, others have followed suit. The media always heavily publicizes the tradition and the presidents are looked at with praise and "awwws" for their actions, but in truth, the whole ceremony is largely symbolic and silly. What's the point of pardoning one turkey if you are not going to even talk about the benefits of a turkey-free diet or advocate for less meat consumption or at least warn people about genetically-modified meat?

According to the National Turkey Federation 48 million turkeys were eaten last Thanksgiving. The Food and Agriculture Organization of the United Nations states that 99 percent of U.S. turkeys are grown in factory farms where the genetic diversity has become so low in attempts to maximize profits by creating bigger-breasted turkeys that the turkey can no longer breed on its own and would, within one generation, become extinct if their breeding were not assisted by humans through artificial insemination.

LETTER TO THE EDITOR
Go Vegans!

As someone who became vegan while in college, I enjoyed reading about AWARE's call for more vegan options in HSU's cafeterias (Skeels, Nov. 18). Kudos to Jenna and Mary Sue Savage for working with campus dining services to start dishing out more meat, egg, and dairy-free meals – and for empowering others to stand up for animals every time they sit down to eat.

A growing number of people, especially today's compassionate youth, are choosing to leave animals off our plates. In fact, ARAMARK, a leading food service provider, conducted a poll of 100,000 college students and found that nearly 25% of them want vegan meals offered on campus. Thankfully, universities like HSU are starting to cater to this increase in demand for healthier and

more humane options.

With the holiday season approaching, each of us can express our compassion simply by making our next meal a vegan one. For more information, including free recipes and tips for Vegan Eatin' on a Budget, visit TryVeg.com.

Francesca Valente
Office Manager, Compassion Over Killing

I had had little time to be annoyed over the President's cute photo-op when I saw another article on the same page, "Researchers slicing into turkey DNA" by Daniel de Vise for The Washington Post. De Vise told me that I had one more thing to be thankful for this Thanksgiving, "The day of the superturkey could be nigh." It seems the industry isn't quite happy enough with the sizes of their turkeys and the U.S. Agricultural Department has decided to award a two-year \$908,000 grant to scientists at Virginia Tech to study the genome of turkeys with goals to genetically modify them to have larger breasts and

plumper legs. Does anyone else see anything wrong with the fact while most of us are feeling the effects of the a problematic economy, while people are living in poverty here in America and schools, hospitals and other needed social institutions are facing serious budget cuts, that this much money is being spent for genetically modifying turkeys?

The National Turkey Federation's Web site, EatTurkey.com, estimates that in 2009, each person in the U.S. will consume nearly 17

pounds of turkey and that in the past 30 years, consumption of turkey has doubled. Even if you don't feel bad for the turkeys, consider the effects of factory farming on both your health, the economic health of family farms, and the degradation it causes to the environment next time you pick out a dinner bird. Remember that we have the power, when we can afford to, to vote with our dollars.

Camila Andres
Lumberjack Ad Representative



Deranged: Continued from previous page

To figure that out, I spent some time relaxing under the canopy of the Greenhouse.

It was 1975 when Bill Weigle graduated with a degree in Botany, but HSU's Greenhouse manager still remembers what it was like to be a student. "Being a student is about the most guilt-ridden job in the world," he said. "You constantly have to live with the notion that there is always something more you can be doing."

To deal with this, Weigle offers some tips to keep in mind the next time you find yourself aimlessly surfing youtube or going through facebook photos of people you don't even know. "You have to set aside realistic study goals," he said. "But more importantly, you have to be able to say 'This is my own time now', and make that count."

Fall 2009 will be remembered for budget cuts, swine flu, and furloughs. But whether or not it is remembered as the *Lost Semester* is entirely up to you.

In the mean time, don't be afraid to raise your hand - it's your job to make sure you get the most out of your education.

I would like to thank everyone who gave me the opportunity to make this rather Deranged column become a reality - you guys rock.

The Lumberjack Submission Policy

- Send submissions to:

Opinion Editor Luke Ramseth at
lumberjack.opinion@gmail.com

- Include "Attn: Opinion" in the subject line for e-mail submissions.

- Letters to the editor may not exceed 350 words.

- Guest columns may not exceed 750 words.

- All letters and columns may be edited for grammar and spelling.

- We reserve the right to edit profanity and obscenity and may hold content for any reason.

- New contributors may be given preference over return contributors.

- Please include your name, telephone number, city of residence, and affiliation with relevant campus or community organizations.

- HSU students should provide their major and class standing.

- We also welcome cartoons, spoof articles, and other items.

All submissions must be received by 4 p.m. the Friday preceding publication.

Lumberjacks Lance Toros

Peter Brewer

The Jacks concluded Saturday's basketball game with a 76-58 victory over the Cal State Dominguez Hills Toros. Last season, the Toros finished in a three-way tie as the regular-season champions of the CCAA but on Saturday night they had no answer for the Jacks.

After a 1-2 start in non-league, the Jacks appeared to be struggling to find their rhythm as a team. But this weekend the team played with determination and a sense of urgency to win. "It was the losses more than anything that woke us up," said senior starting point guard Zac Tiedeman. "We haven't been playing up to our potential so those two losses kicked us in the butt a bit to get us going."

Five players scored in double digits to lead Humboldt State over the Toros. Sophomore Keith David started in place of injured center Brian Morris and led the team in scoring with 13 points while also pulling in a team-high seven rebounds.

After red-shirting last season, Morris came off the bench to play in his first game at home as a Lumberjack. Morris is nursing a knee injury and didn't play at all on Thursday. He was so excited to be on the court in front of the home crowd that he committed two offensive fouls immediately after entering the game.

"I was too aggressive, too anxious to score," said Morris. "It was my first time playing here and the crowd had me hyped." Morris eventually calmed down and contributed 11 points in only 11 minutes on the court. Kyle Baxter, Tiedeman, and Kevin Atkins also scored in double figures, netting ten points apiece.

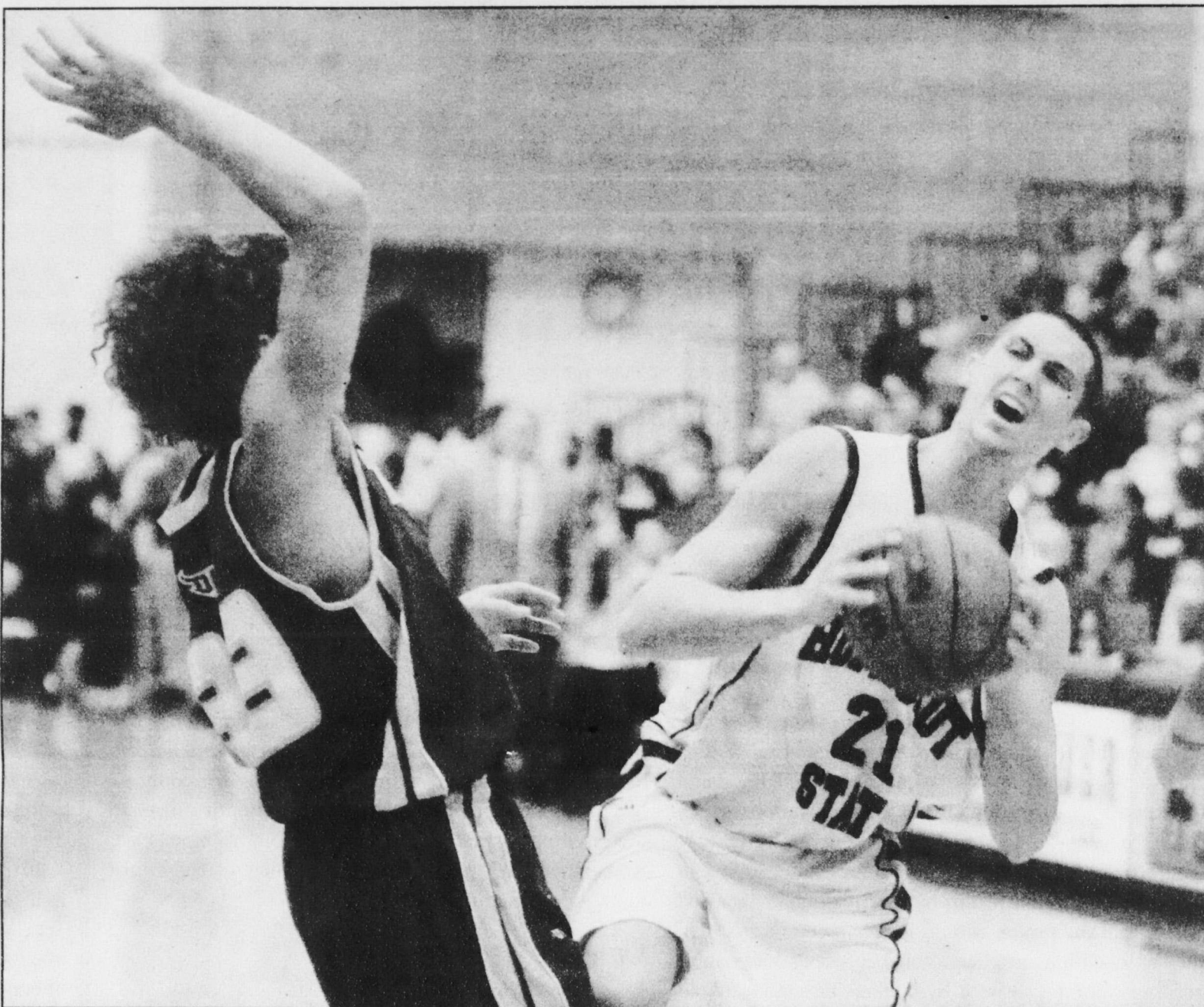
The game started with Cal Stat Dominguez Hills grabbing a quick 4-0. It would also be the only lead they would hold all night as the Jacks responded promptly with a 13-0 run and never looked back. The Jacks increased their lead to 39-23 by halftime and held on to an easy victory in front of a boisterous crowd at the Lumberjack Arena.

Throughout the game HSU showed an uncanny sense of discipline and ball control. The Jacks committed only six turnovers in the entire game including only one in the second half. The Jacks also managed to come down with a staggering 17 offensive rebounds compared to only six that the Toros grabbed. The lack of turnovers and second chance points proved to be the deciding factors in the win.

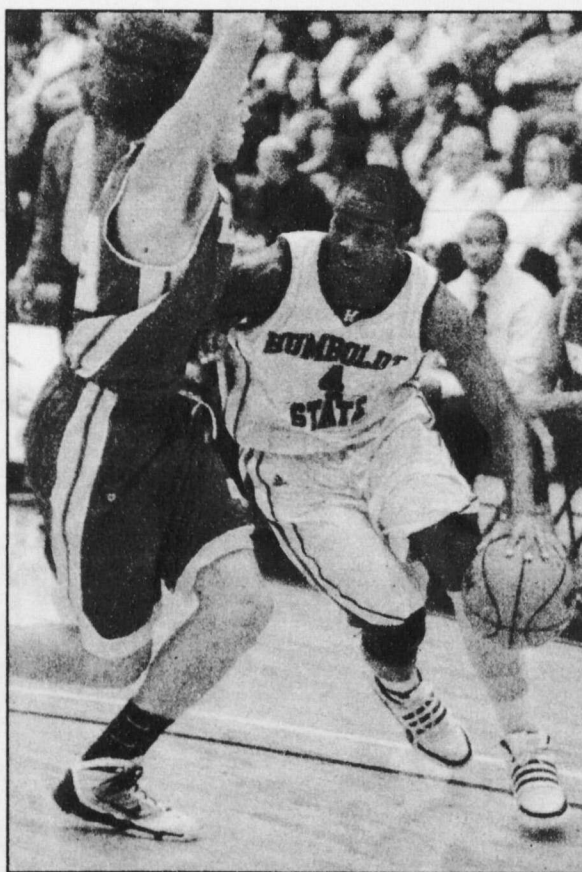
It was Humboldt State's second victory in three days. Their first came against Cal State Los Angeles 77-60 on Thursday night. The two victories this weekend give the Jacks a 2-0 start in league play and improves their overall record to 3-2. "It was really important for us to come out and win these first two games at home," said Tiedeman. "This league is really tough and you can't take any games off. But also we needed to prove to ourselves that we're the team we want to be."

Potentially the Jacks have all of the pieces in place for a great 2009-2010 campaign. They have veteran leadership, talented new players and good team depth. All that combined with an inspiring team play this past weekend and this could be a championship season for the Humboldt State men's basketball team. "I'm really happy with how far we've come in a week," said Head Coach Tom Wood. "We got to keep it going and keep improving because everyone else is. We can't rest on our laurels at all and we're not going to."

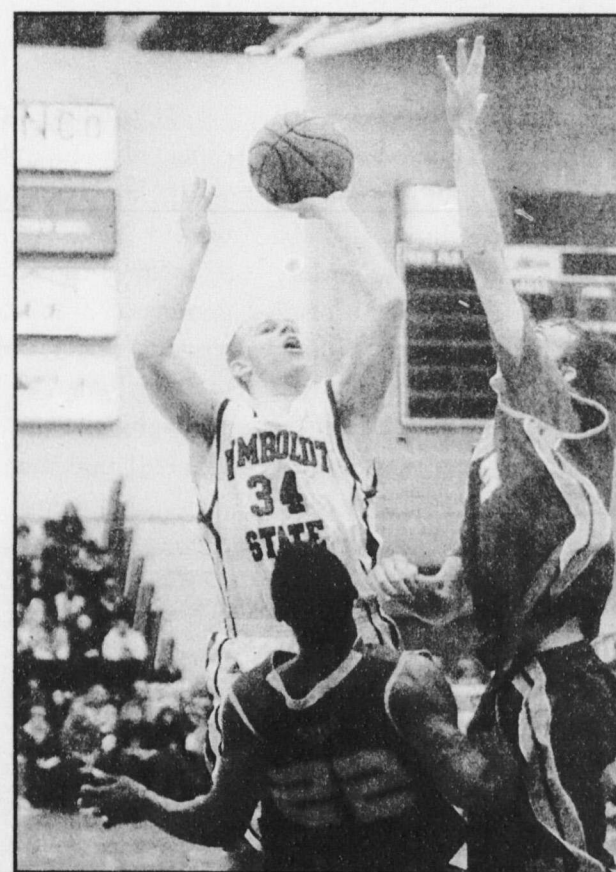
Peter Brewer may be contacted at thejack@humboldt.edu



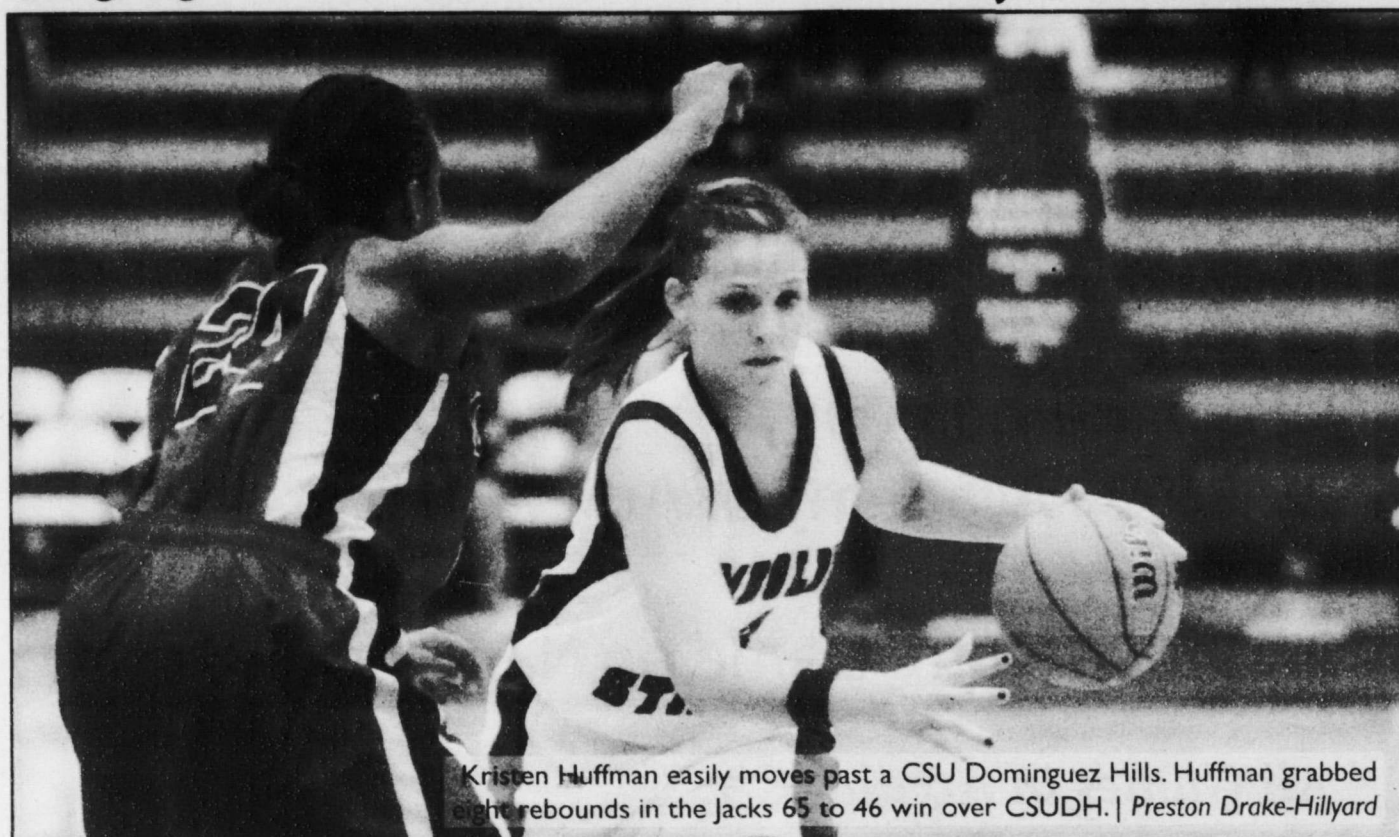
Kyle Baxter roars past a CSU Dominguez Hills defender during Saturday's game. Baxter scored ten points, aiding his team in a 76 to 58 win over CSUDH. | Preston Drake-Hillyard



Keith Davis drives the ball to the net early in the first quarter against Cal State Dominguez Hills Saturday Dec. 5th in Lumberjack Arena. | Preston Drake-Hillyard



Elliot Babcock-Krenk looks for a shot as a defender from CSU Dominguez Hills attempts to close in for a block. | Preston Drake-Hillyard



Kristen Huffman easily moves past a CSU Dominguez Hills. Huffman grabbed the rebounds in the Jacks 65 to 46 win over CSUDH. | Preston Drake-Hillyard

Dominguez Hills Gets Jacked

Evan Pugh

Cal State Dominguez Hills felt the pressure from the Jack's defense Saturday night on the court. The pressing defense by senior Center Brittney Taylor and sophomore Forward Bree Halsey propelled the HSU women's basketball team to a convincing 65-46 win.

In a matchup of last year's CCAA Championship game, the Jacks were prepared to exact revenge. "It was redemption for us, we were really amped up," Taylor said. "We were looking forward to this game for a couple weeks so it's nice to beat them soundly and put them away early in front of our home crowd to make up for Thursday's..." Taylor paused and searched for the word to describe such a lucky and sloppy win against Cal State L.A. in which they gave up 29 turnovers. With a laugh, she settled with, "Effort."

The solid defense allowed the Jacks to diminish the Toros offense to zero, literally, for the first eight minutes of the game while the offense went on a tear to ensure the Jacks would never trail during this game or even lead by less than 10 points. At one point, the lead crept toward 30, almost as a tribute to Thursday's poor play.

The Jacks were led by Senior Taylor Kilgore's 12 points and Taylor's 20 points and eight rebounds. Senior Andrea Bobic also had a good night, finishing with eight points and seven rebounds.

Of course, there are still things to work on. Within the first seven minutes, the Jacks accrued six



Whitney Howard rises above four defenders from CSU Dominguez Hills during Saturday's game. | Preston Drake-Hillyard

team fouls. Guard Taylor Kilgore argued that this was not a detriment to the game because she feels that it's better to come out aggressive than to allow the team to dominate you. Even she agreed though, that, "We obviously can't foul like that every game, but I think we can handle it."

Coach Gleason added that,

"When we go out and don't over-think things, the ball comes to us and good things happen."

- Brittney Taylor -

"We can't miss 18 free throws and think we're going to keep a lead or finish the game," which the Jacks happened to do during the game.

The biggest problem still seems to lurk in the shadows. In the game against Cal State L.A. they scored 40 points in the first half and 28 in the second. Against the Toros, they scored 39 points in the first half and 26 in the sec-

ond. "We shot poorly overall tonight," Coach Gleason said, and went on to discuss the merits of their bench players especially after Paige Peterson and Bree Halsey went down with ankle injuries during the back end of the second half. There was no word yet from the trainer as to the seriousness of these injuries. "When we go out and don't over-think things, the ball comes to us and good things happen," Taylor said.

The Lady Jacks are 4-1 overall and will end the semester with three games this week as they host the Humboldt State Classic. The tournament begins with Tuesday game against Sonoma State and concludes with games against Norte Dame De Namur and Northwest Nazarene.

Evan Pugh may be contacted at thejack@humboldt.edu

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Upcoming Men's Games

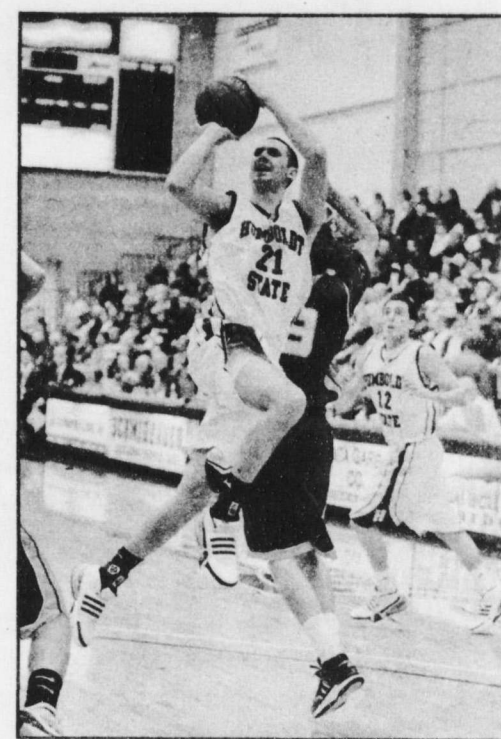
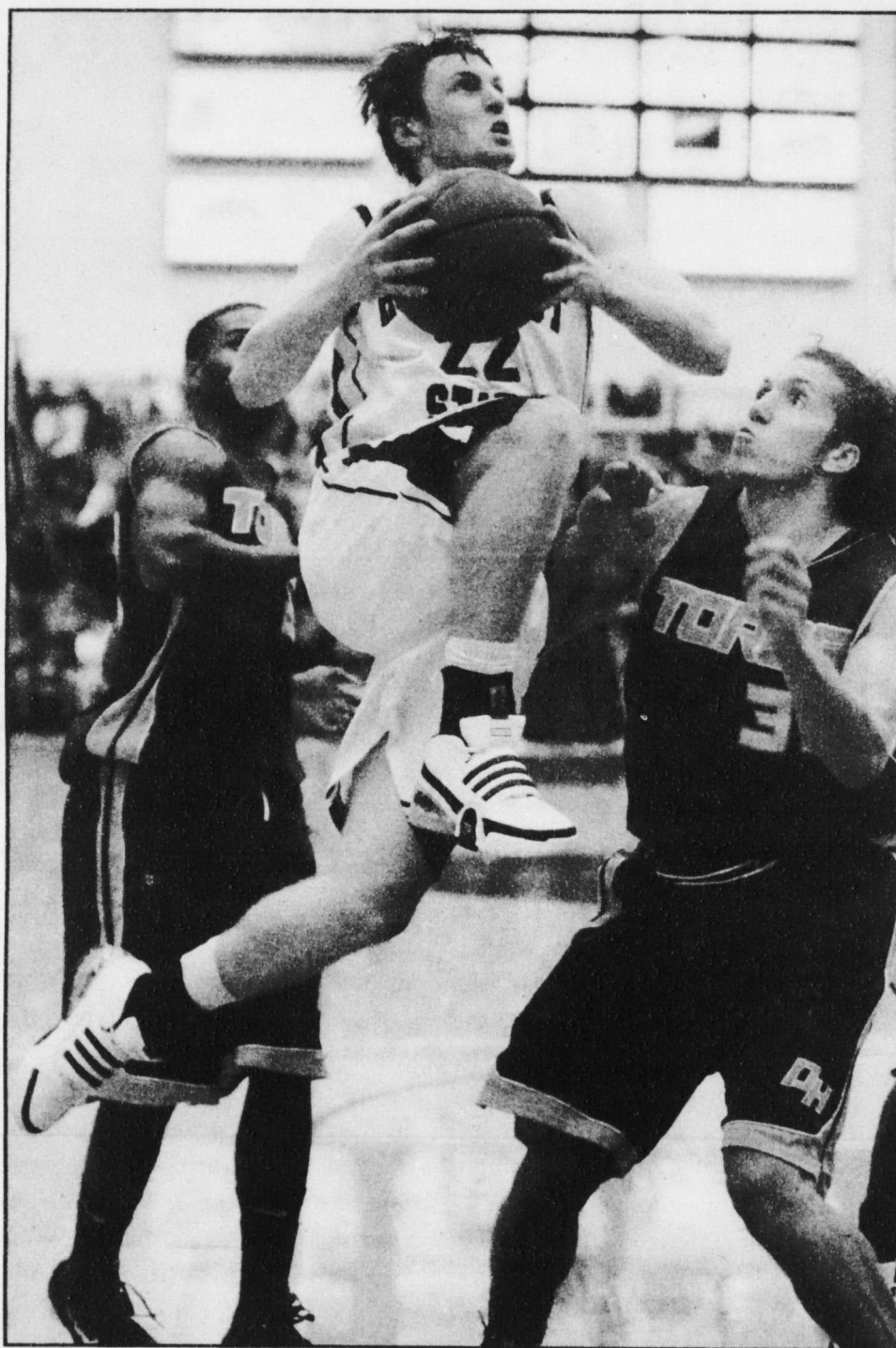
12/12/09 - Sonoma State
7:30 p.m.

DeBeni Tournament

12/18/09 - Academy of Art 7:30 p.m.

12/19/09 - Notre Dame de Namur 7:30 p.m.

* All Games in Arcata, CA.



Above: Sophomore Forward Kyle Baxter takes a shot with Junior Guard Ernie Spada in the background, on Saturday December 5 game against Dominguez Hills. | Preston Drake-Hillyard

Left: Senior Guard Zac Tiedeman leaps for the basket during Saturday December 5 matchup against Cal State Dominguez Hills in Lumberjack Arena. | Preston Drake-Hillyard

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L 2:56 0.2'	L 15:32 1.7'	L 3:45 0.5'	L 16:27 0.8'	L 4:30 0.8'	L 17:15 0.1	L 5:12 1.2'	L 18:01 -0.5	H 0:25 6.2'	H 12:03 7.7'	H 1:16 6.0'	H 12:38 7.7'	H 2:05 5.9'	H 13:12 7.5'
H 9:40 6.3'	H 21:32 6.2'	H 10:18 6.8'	H 22:34 6.2'	H 10:54 7.3'	H 23:32 6.2	H 11:29 7.6'		L 5:52 1.7'	L 18:44 -0.8'	L 6:31 2.2'	L 19:27 -0.9'	L 7:11 2.7'	L 20:09 -0.8'

Upcoming Women's Games

Humboldt State Classic

12/11/09 - Notre Dame de Namur 7:30 p.m.

12/12/09 - Northwest Nazarene 5:30 p.m.

* All Games in Arcata, CA.



Senior Guard Paige Peterson races past an opponent during Saturday's December 5th's matchup against Dominguez Hills. | Preston Drake-Hillyard

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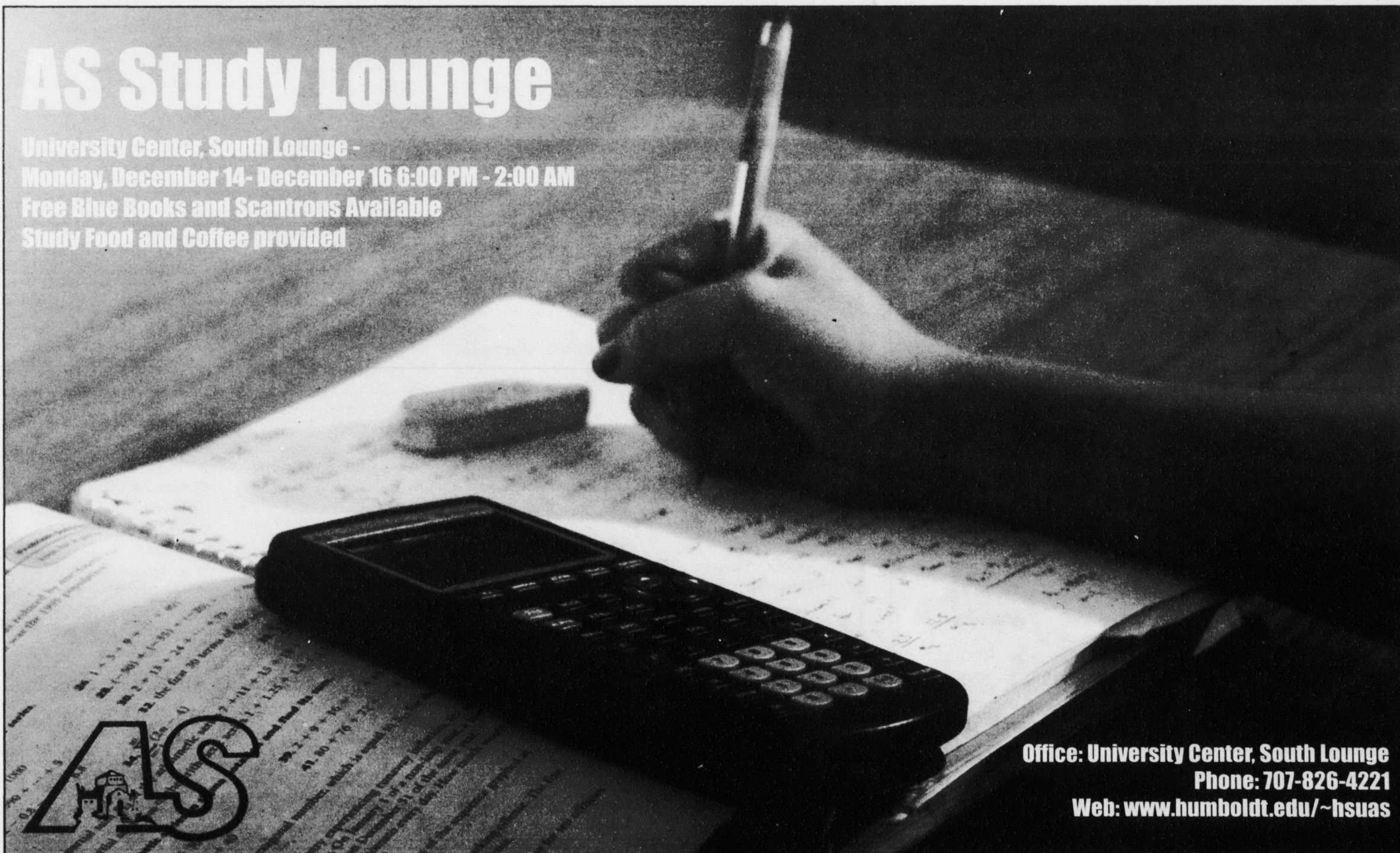
Thursday, December 10, 5:00-6:00 p.m.
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Contact

Prof. Rosamel Benavides-Garb: phone 826-3159 or email rsb1@humboldt.edu
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Web: www.humboldt.edu/~hsuas

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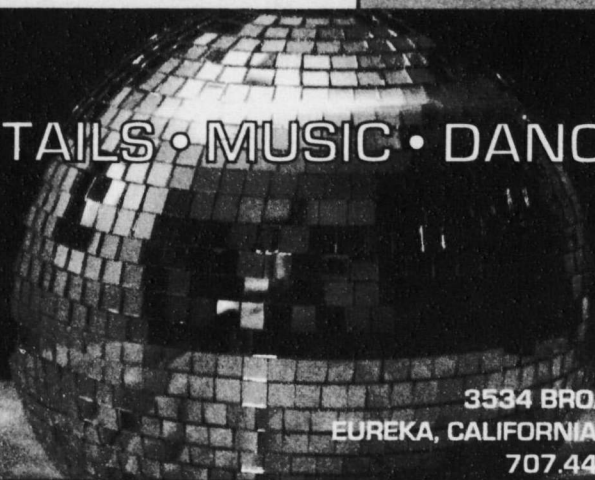
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**Winter Clubs
Craft Fair**
10 a.m. - 2 p.m.
University South Lounge

**Winter Solstice Swap
Meet**
11 a.m. - 5:30 p.m.
MultiCultural Center
parking lot

**Help the Orphans
of Peru**
11 a.m. - 2 p.m.
Quad

**Wellness Week
Massages**
2 - 4 p.m.
Nelson Hall East 106

**Mindful Breathing
Meditation**
4 - 5 p.m.
Nelson Hall East 106

**MSW Information
Session**
5 pm - 7:00 pm
BSS 204

Sour Cream
9 p.m.
Six Rivers Brewery



**Women's Resource
Center Swapmeet**
11 a.m. - 5 p.m.
MultiCultural Center

Dive Club Fish Fry!
11 a.m. - 2 p.m.
Quad

**HSU
Community Mural**
1 - 5 p.m.
Karshner Lounge

**CCAT Winter
Crochet Workshop**
6 - 8 p.m.
CCAT

Humboldt ROCKERS!
Hosted by John Ludington
7 - 9 p.m.
BSS 162

The Condcious Party
7 - 12 a.m.
Gist Hall 2

A Celtic Christmas
7:30 p.m.
Van Duzer Theater
\$25 HSU / \$35 Reg.



The Holy Ghostly
7:30 pm - 8:30 pm
Gist Hall 2

Play Shop
11 a.m. - 2 p.m.
Nelson Hall East 106

**HSU
Community Mural**
1 - 5 p.m.
Karshner Lounge

Biofeedback
2 - 3 p.m.
Karshner Lounge

**Holiday Benefit
Concert**
5 - 6:30 p.m.
Armstrong Hall

**HSU
Symphonic Band**
8 p.m.
Fulkerson Recital Hall

**KRFH Presents:
Blue Street Junction**
8:30 p.m.
Goodwin Forum



**Discovery Day at
Natural History
Museum**
10 a.m. - 2 p.m.
Natural History Museum

HSU Jazz Orchestra
8 - 10 p.m.
Fulkerson Recital Hall
\$3 HSU / \$7 Reg.

**Jenny Scheinman
Trio**
10:30 a.m.
\$15 HSU / \$25 Reg.

Chanukah Party
5 p.m.
Temple Havurah
Shir Hadash \$10

**Holiday Community
Bike Ride**
5:30 p.m.
Arcata Plaza

**Electric Lighted
Parade**
6:30 p.m.
Downtown Fortuna

**Ooh La La: Naughty
and Nice Holiday Show**
8 - 11 p.m.
Arcata Theater Lounge
\$15



**Rock Gym Manager
Training**
8:30 a.m. - 5 p.m.
Far North Climbing Gym
\$200

**10th Annual Holiday
Craft Market**
10 a.m. - 4 p.m.
Arcata Community
Center

Understanding Islam
11 a.m.
Arcata Library

The Nutcracker
2 p.m.
Arkley Center for the
Performing Arts
\$20

**A Very Playhouse
Christmas**
8 p.m.
Arcata Playhouse \$10

**Bruce Molsky Fiddle
Workshop**
4 - 6 p.m.
Arcata Playhouse
\$30

**Queen Omega +
David Kirton**
8 p.m.
Red Fox Tavern \$20



**Associated Students
Study Lounge**
6 p.m. - 2 a.m.
South Lounge

Quiz Night
7 p.m.
Blondies

Dolla Bill's Karaoke
9 p.m.
Six Rivers Brewery

**Monday Night
Football and Open
Mic**
10 p.m.
Humboldt Brews

**Associated Students
Study Lounge**
6 p.m. - 2 a.m.
South Lounge

**Thirty Three and a
Third + Indian**
11 p.m.
Jambalaya
\$2

Have an event?
lumberjack.calendar@gmail.com



**Specialty Crops
Workshop**
9 a.m. - 3 p.m.
Humboldt County
Agriculture Center
\$10

Free Yoga Tuesdays
noon - 1 p.m.
Humboldt Wellness Center

**Open Mic with
Sky Miller**
6:30 p.m.
Old Town Coffee
& Chocolates

Live Jazz Session
7 p.m.
Six Rivers Brewery

**Open Mic with
Sky Miller**
6:30 p.m.
Old Town Coffee &
Chocolates

**A Commedia
Christmas Carol**
7:30 p.m.
Mateel Community
Center

Blues Night
9 p.m.
Jambalaya
\$5

FOGHORN WEATHER

9 Cold but
sunny all day.

10 More
sunshine
today.

11 Freezing and
rainy. Wear
warm coat!

12 Some rain on
and off, bring
ugly coat.

13 Crappy and
rainy all day
long.

14 Rainy still, more
time to stay
inside and study.

15 More rain
today!

47° 29°

50° 34°

52° 43°

51° 43°

51° 42°

52° 43°

54° 43°

CLASSIFIEDS

23

December 9, 2009
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Six Rivers Planned Parenthood Outreach at Humboldt State University

Tuesdays 12:30-3:30pm Student Health Center

Thursdays 5:00-7:00pm in the "J"
Mezzanine Level, Agate Rooms A&B
(Beginning December 2, 2009)

- Chlamydia testing (urine test)
- HIV testing (finger poke, results in 10 min)
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- Depo-Provera (the shot)
- Ortho-Evra (the patch)
- Nuva ring
- Emergency contraception (Plan B)
- Pregnancy testing & options info

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students, the cost is \$5
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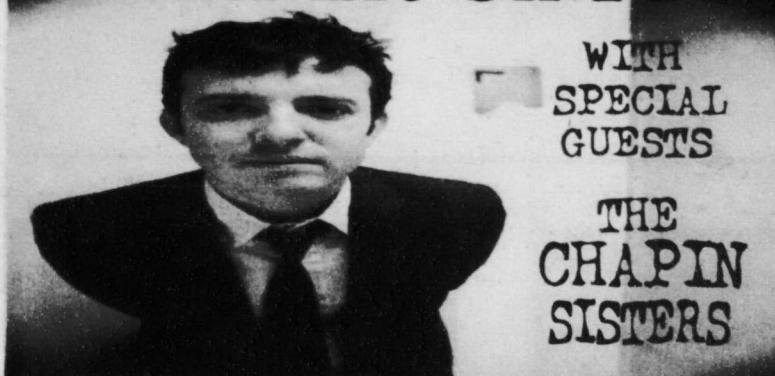
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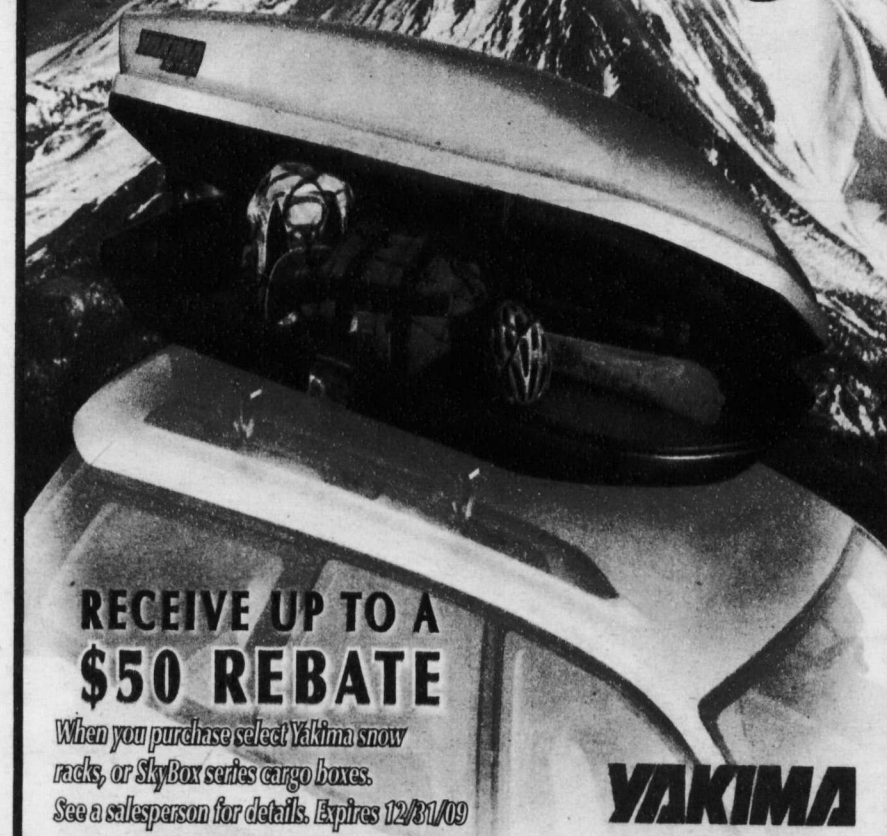
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