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Cover Design

Design by: Harold Funk
Photo by: Erin Delsigne

Corrections for the 2/4 Issue

Charles L. Ciancio's name was misspelled.
Chancellor Charles B. Reed's first name was not mentioned in the story.
If you find any corrections please contact us.

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The last supper

Hot meals come to an end at the Endeavor

Elizabeth Sorrell

Staff Writer



Lori O'Brion, Karen Sargent and Rose Schmitt share a few laughs over the last hot meal. "I don't want to have to look at a child's face and tell them I can't feed you," said O'Brion. | Elizabeth Sorrell

Our last supper. Those were the words written on the white board in the Arcata Endeavor's dining area this past Friday, Feb. 6, marked the end of the afternoon hot meal service, which was offered for the past nine years at the Endeavor's current location.

John Shelter, 50, the executive director of the Endeavor, said the city doesn't understand the importance of food. "Food is our only means of payment to our volunteer," he said.

These volunteers are out at major Arcata events recycling and picking up garbage. They do projects to better the community and gain skills to lead better lives. But Shelter worries if there is no hot meal program the Endeavor will suffer because there will be no volunteers.

"We feed the people that go out to work at three in the afternoon," said Shelter. "If they aren't getting fed, it cripples the system. How can we expect them to volunteer and then turn around and say that we have nothing to give them?"

Joseph Zazo, donation coordinator and van driver, is part of the Endeavor family. He delivers boxes of food to those who are unable to make it to the Endeavor. Zazo started working at the Endeavor a little over seven years ago,

about the time when the Endeavor stopped serving hot meals five days a week and went down to three.

"The system that John [Shelter] has now, or had anyway, was good," said Zazo. "The previous bosses, their hearts were in the right place, but there wasn't a lot of accountability. Not like now." For those traveling through the area, they must provide two hours of volunteer work to have a meal.

Johnny Napier, 44, a social services major intern at the Endeavor, and continues

to volunteer after seeing firsthand how important the services are. The Endeavor was the first thing that Napier saw when he got off the bus from East Los Angeles.

"This is a different place. I knew that this area had potential. But I guess the city council doesn't see it the same way," said Napier.

But Shelter adds that he cannot blame the

city for the loss of the hot meals. "It isn't the city council that I put any blame. It is the city staff that shut down the program," he said.

Though there was laughter and smiling faces amongst those dining in the Endeavor, there are still a lot of unanswered questions.

"I still believe that the promise of the Endeavor has potential."

-Johnny Napier Endeavor intern

But problems plague the Endeavor.

The city of Arcata decided not to extend the Endeavor's lease in

November of 2007. A stalemate agreement during a city council meeting last March left the Endeavor without a new location. Then concerns from residents shot down the proposal for the Endeavor's next location on St. Louis road, off of L.K. Wood Boulevard.

The Endeavor threatened to sue the

city if not given adequate time to find a new location in accordance with the American Disability Association. The suit was later dropped and the Endeavor got a lease on transitional housing to start construction at 250 E Street.

For now, the Endeavor tells people about the end of the hot meal program. Food service supervisor Lori O'Brion, 49, held back a little as she dined with administrative assistant Rose Schmitt, 73, and case manager Karen Sargent, 45. "I can't even put into words what I feel," said O'Brion. "I can't give families with children food. I have to look at those little faces and say I can't feed you. It is heartbreaking."

Sargent, also a recent social work graduate of HSU, held back tears. "It's sad. But I feel good to know that we have helped get people back on their feet, that we have turned lives around."

The future of the Endeavor and its programs are still up in the air. But those that are apart of the Endeavor are still hopeful.

"This is a family," said Napier. "I still believe that the promise of the Endeavor has potential."

Elizabeth Sorrell may be contacted at: thejack@humboldt.edu

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Math and Disney make entertainment

Mark Farias
Staff Writer

Scaling functions, algorithms, matrixes, and vertices. It was enough to make your head explode and who would have imagined that a Pixar movie would be capable of this? These confusing words, who for some may seem like another language, were used by Senior Scientist Tony DeRose of Pixar at the 53rd Kieval Lecture: "Math in the Movies."

Lola Alto, who was taking notes for her daughter with an interest in computer graphics, may have been confused but said it is exciting the university can bring quality speakers to campus. "It gives our (Humboldt State University) students a chance to see what is possible for their career."

DeRose was involved in nearly every Pixar film, but is most well-known for his major contribution to Pixar's "Geri's Game, A Bug's Life, and Monsters Inc." He holds a Ph.D. in computer science from UC Berkley and received his B.S. in Physics from UC Davis.

An Academy Award winner, DeRose discussed what earned him the award for his implementation of subdivision surfaces. Subdivision software is what makes the computer graphics in films like "Toy Story 2" and "Finding Nemo" so smooth, instead of the blocky models used in earlier films like the first "Toy Story."

During a lecture on wavelets and its applications to imaging, DeRose explained how wavelets enable the user to compress infor-

mation by cutting out unnecessary details. In effect, less memory is used and not much detail is sacrificed for the sake of space. The ability to use wavelets to compress images without losing much detail in the process, can be applied to nearly all forms of communication, shortening the time to send large files.

The idea of subdivision surface all comes down to dividing polyhedrons...think the surface of a soccer ball; with enough divided averaging, you smooth out what would be blocky into something spherical (truncated icosahedron/Soccer Ball).

Dr. Jeffrey Haag with the Department of Mathematics entertained the idea during an interview clarifying wavelets theory that the application of math in computer graphics, applied mathematics, "The (computer) animation is not unlike the space industry."

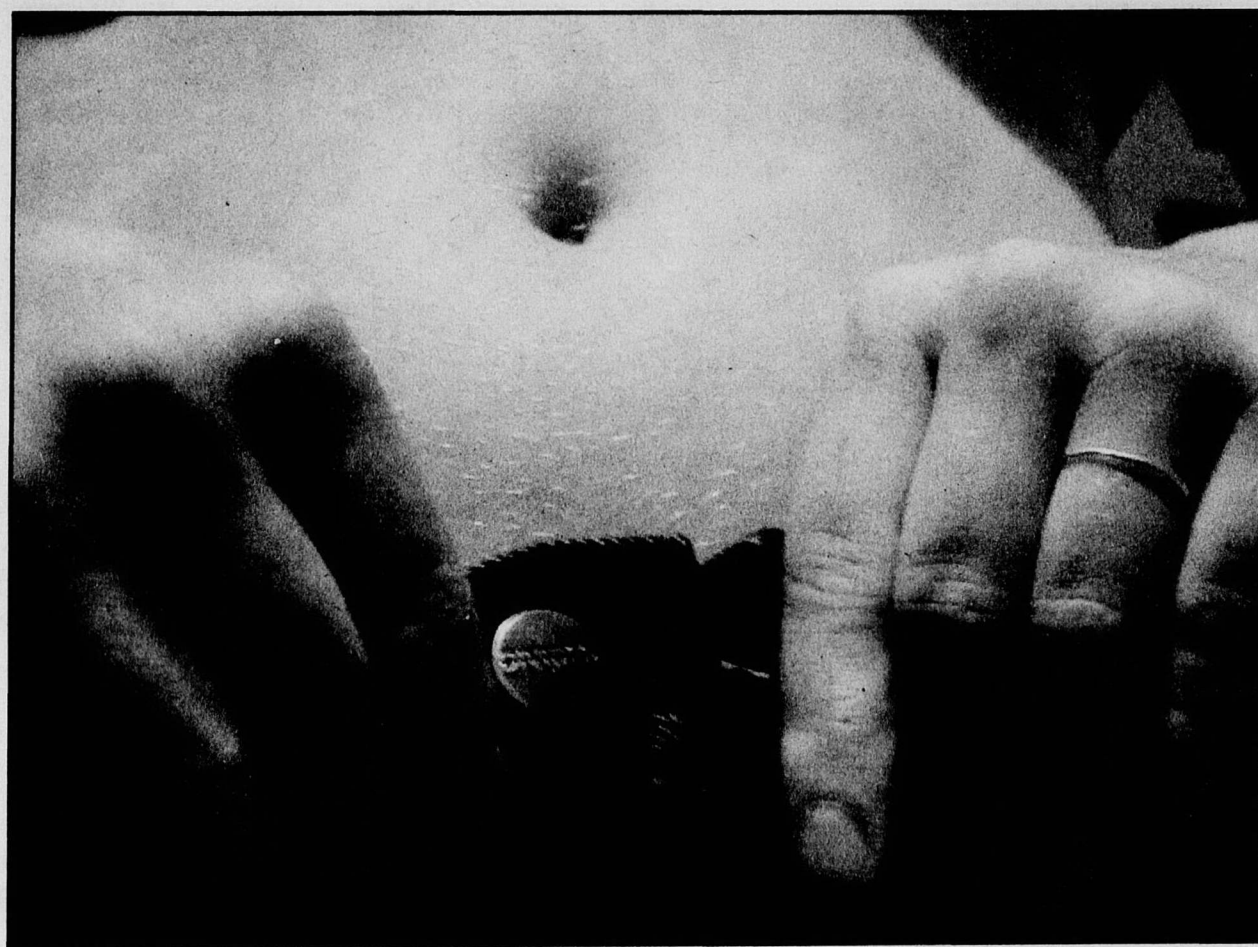
Referring to the narrow focus of the NASA space program, Dr. Haag ended by reflecting on the technological advancements that came along with NASA. He said the technology that NASA brought to society, ranges from Teflon in the kitchen to CAT Scans in the hospital. It is just a matter of time until someone figures out how to do it.

Mark Farias may be contacted at: thejack@humboldt.edu

Solo sex brings health benefits

Erin Delsigne

Staff Writer



From self-fulfillment to a healthier life, masturbation can give you well-being through self pleasuring.

In the past, a female who took pleasure into her own hands was considered at risk for hysteria, losing vaginal fluid, jaundice, epileptic fits and other negative health conditions.

Of equal concern, self-pleasure was thought to send her down the road to sodomy as well. Male masturbation was said to lead to disease or disorder with the loss of semen.

Raised in a strong Christian household, John Fornes, an undeclared freshman, said, "The first time I was caught masturbating by my mother she told me if I did 'it' again 'it' was going to fall off."

Debbie Hartridge, education director of the Six Rivers Planned Parenthood, pointed out that not only are these concerns unwarranted, there are some positive effects of self-fulfillment. "Some of the known health benefits of masturbation include stress reduction and enhanced immune system function," she said.

But the health benefits between men and women are different. "Masturbation may help a man by improving his immune system's functioning, and building his resistance to prostate gland infection,

making for a healthier prostate," she said.

There are many benefits of solo sex on the female body "Masturbation helps build a woman's resistance to yeast infections, combats pre-menstrual tension, relieves painful menstruation by increasing blood flow to the pelvic region, and can possibly relieve chronic back pain and increasing

"The first time I was caught masturbating by my mother, she told me if I did 'it' again, 'it' was going to fall off."

-John Fornes undeclared freshman

her threshold for pain," Hartridge said.

The National Health and Social Life Survey for 2007 confirmed that 48-95 percent of people masturbate.

There are many myths behind masturbation, and the advent of the web helps many of these myths spread and gain followers who believe them to be true. Mixed messages and misinformation about masturbation from parents and

peers can increase the anxiety.

Psychiatrist, Dr. Irving Tessler, MD says, "Many teenagers feel nervous or unsure about their developing bodies and sexual feelings. With adults, some people believe that masturbation is only appropriate for those without partners, but most people with regular partners continue to masturbate throughout their adult life."

HSU Geography Senior Julie Rynes said, "I feel like there is a deep level of my subconscious that I never was able to reach before masturbation, because another person was always the catalyst for my sexual pleasure."

There is much controversy over the subject of sexuality and the expression of it. It is not, however, necessary to have sex in order to express sexuality.

Junior Communications major Giordana Rock said, "Sexual expression and femininity is an important aspect of individual expression. How are you able to be comfortable with other people in a sexual manner, if you can't be comfortable with yourself in a sexual manner?"

Erin Delsigne may be contacted at: thejack@humboldt.edu

Valentine,
Touch it softly...

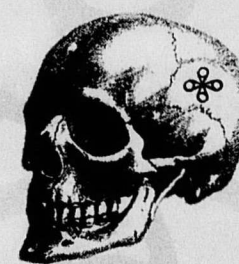
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What a tangled web of myths we weave when trying not to conceive

Condom myths debunked

Erin Delsigne

Staff Writer

It is one of the most successful male contraceptives but is dogged with a string of strange myths. Debunking common myths about condoms, can lead to safer sex when the condom is used correctly.

Myth #1: Condoms are uncomfortable and decrease my sexual pleasure.

False: As the Trojan slogan says, "Pleasure you want. Protection you trust."

HSU Senior Marisa Castaneda says, "If any guy that tells you a condom is a no-no because using one doesn't feel good, obviously isn't worth it."

Condoms come in many different colors and flavors, and with a little imagination they can enhance a sexual experience.

Sex expert Sexy Sue said condoms can also help a

guy last longer before he ejaculates. "Your potential enjoyment is all a matter of preference and communication."

Adventurous individuals might want to try a variety of condoms with different textures. Durex

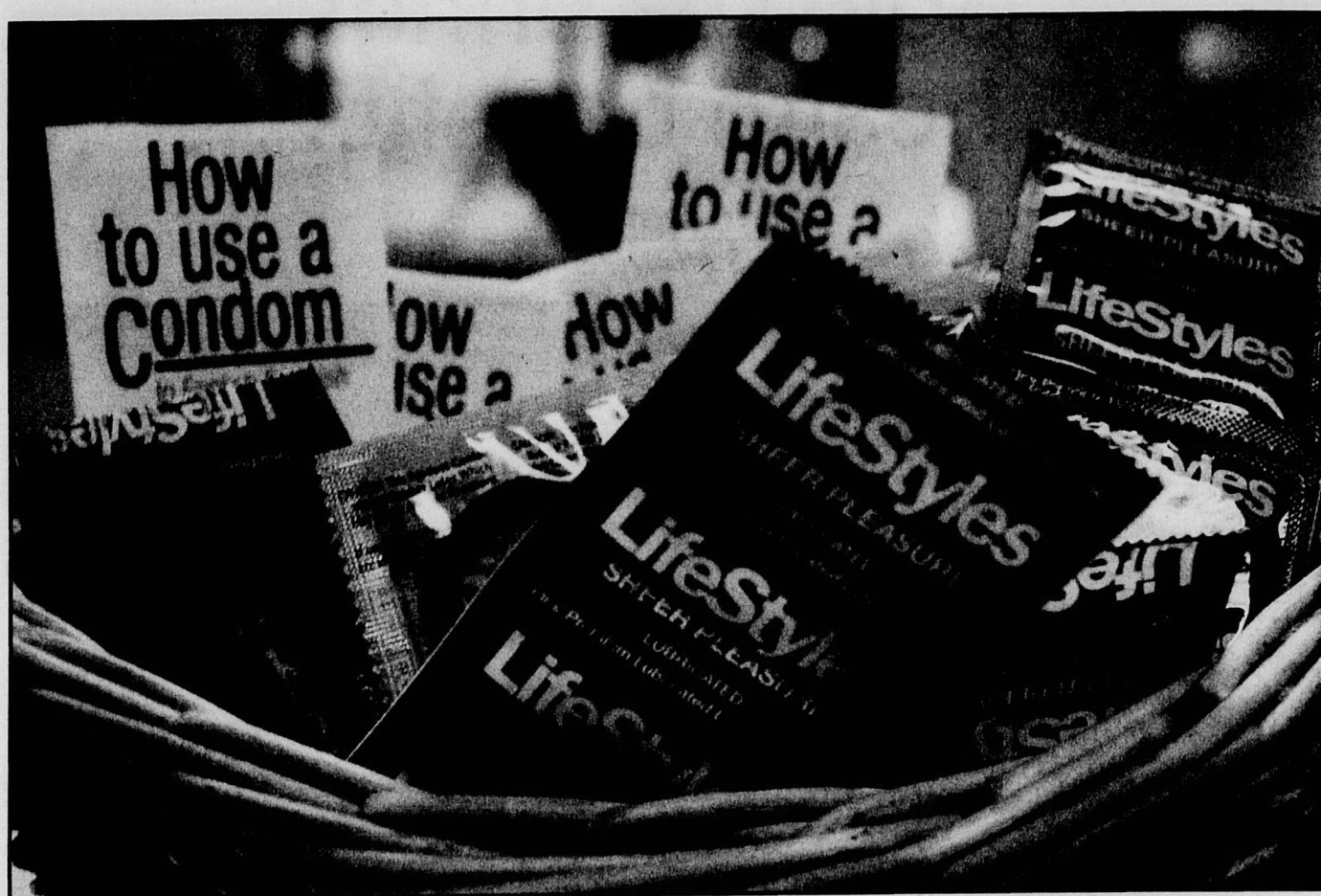
Condoms offers the Intense Sensation product line

with raised dots, the ribbed High Sensation and the Her Sensation. These Durex Condoms ensure that both the male and female partner receive maximum pleasure from the act of sex itself.

Myth #2: HIV can pass through the condom.

False: When someone says the HIV virus is

See Condoms, page 7



Surplus condoms are given away for free to HSU students in the HSU Health Services lobby. | Erin Delsigne

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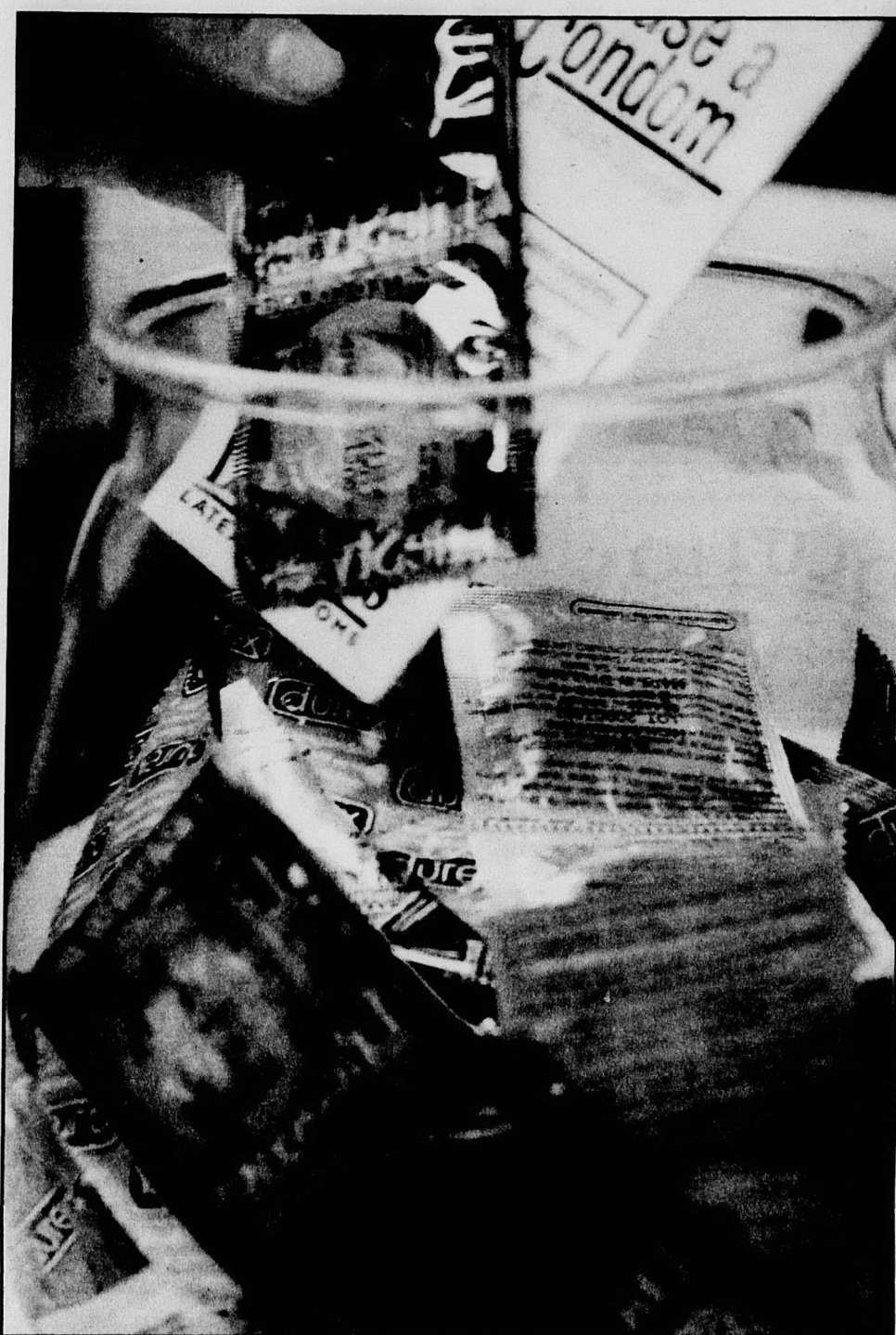
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**HSU Career Center
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Condoms: continued from previous page



A large bowl of condoms is set in the lobby at the HSU Student Health Office. | Erin Delsigne

small enough to pass through the condom, feel free to negate them.

Francisco Gomez, MD, the assistant professor to the division of infectious diseases at the University of Cincinnati said, "Before putting condoms out in the market, both the manufacturers and the U.S. Food and Drug Administration periodically tests samples to ensure that they remain intact and impenetrable by any virus."

Myth #3: Condoms frequently break

False: Some question the quality of latex condoms. Condoms are classified as medical devices and are regulated by the Food and Drug Administration.

"Every latex condom manufactured in the United States is tested for defects before it is packaged," said Gomez. "During the manufacturing process condoms are double-dipped in latex and undergo stringent quality control procedures."

Several studies clearly show that condom-breakage rates are less than 2 percent in the United States.

Most of the breakage is likely due to incorrect usage rather than poor condom quality. Using oil-based lubricants can weaken latex, causing the condom to break. In addition, condoms can weaken when exposed to heat or sunlight, or by age. They can also be torn by teeth or fingernails.

Myth #4: Condoms are 98 percent effective every time.

False: When used correctly and consistently every single time, condoms are about 98 percent preventive against pregnancy. However, the Center for Disease Control (CDC) says the "effectiveness rate for first-year condom users is about 86 percent, because only an estimated 3 percent of these users use condoms correctly and consistently during that time."

Myth #5: All kinds of condoms do the same job.

False: Novelty condoms, like glow in the dark, colored, or flavored condoms do not generally offer protection against pregnancy or STDs. The only way to make sure is to read the label.

On campus, condoms are free in the Health Center for students to pick up during open business hours. Students living in the dorms can ask their Living Group Advisor for free condoms. Every Thursday 5 p.m. to 7 p.m. on the mezzanine level of the J, Planned Parenthood gives away bags of condoms to students seeking contraceptives. Condoms are also available in drugstores, Planned Parenthood health centers, other family planning clinics and some supermarkets.

"All I know is that you should wrap it before you tap it," Marisa Castaneda

Erin Delsigne may be contacted
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Saturday, February 14

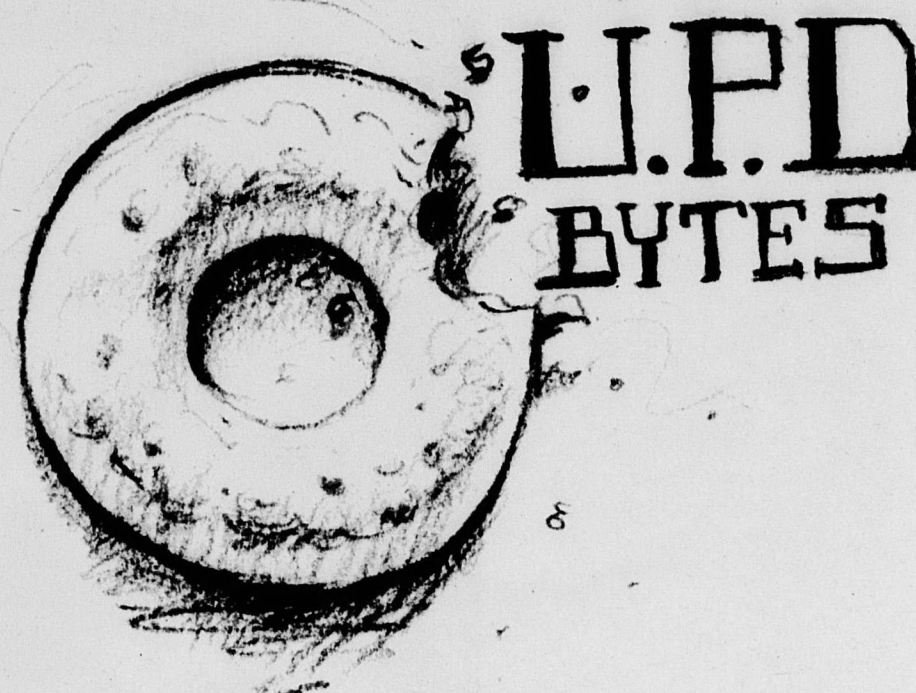
Sassy (two-girl garage rock from San Francisco)
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11:15pm music

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Good Neighbor Policy (punk rock from Santa Cruz)
Tater Famine (folk punk from Santa Cruz)
Power of County (outlaw country from Portland)



1:07 A.M., 2 - 7 - 2009

UPD was called to the Redwood and Sunset Quad to deal with a crowd of rowdy people, probably intoxicated. One student was cited for possession of Marijuana.

2:14 A.M., 2 - 7 - 2009

Several hours later, in the same place, another student was cited for possession of Marijuana.

2:27 A.M., 2 - 7 - 2009

A false alarm went off at the Giant Cupboard. Probably just a ghost with the munchies.

12:29 A.M., 2 - 8 - 2009

UPD cited yet another bicyclist for not stopping at a stop sign.

3:40 A.M., 2 - 8 - 2009

UPD received a noise complaint from the Redwood & Sunset quad. When they arrived, there was not a sound to be heard. When they left, it was as quiet as when they arrived.

7:21 A.M., 2 - 9 - 2009

UPD was called about a noise complaint in the wooded area above the new gym. Officers did not see or hear anything worth complaining about.

4:09 P.M., 2 - 9 - 2009

A car alarm went off in the intersection of Harpst and B st. The alarm, after annoying large numbers of people, none of whom were trying to steal the car, reset itself.

5:01 P.M., 2 - 9 - 2009

A bicyclist was given a warning for not stopping at a stop sign.

5:40 P.M., 2 - 9 - 2009

Another bicyclist was given a warning for not stopping at a stop sign.

10:57 P.M., 2 - 9 - 2009

UPD was called to Willow hall to deal with a noise complaint. All was quiet when they arrived.

11:23 P.M. 2 - 9 - 2009

A suspicious person was reported at the Library. Officers were unable to locate this person.

Humboldt's burning sensation

Better screening leads to increase in chlamydia rates



An examination table in the HSU Student Health Center. | Erin Delsigne

Erin Delsigne
Staff Writer

Reported chlamydia cases are on the rise, after years of somewhat constant sexually transmitted disease (STD) rates in Humboldt County.

Marla Joy, medical outreach coordinator for Six Rivers Planned Parenthood, says the increase in chlamydia, a symptomless infection that can lead to infertility in women, is "likely because of better screening."

Joy says Planned Parenthood screens every woman that comes in for their annual gynecological exam. They also give STD exams when people need them. "We alone have had five positive tests from Humboldt State this past year. The more people tested the more positive tests we will find, says Joy."

Out of the 20 STDs identified, chlamydia is the most frequently reported, with an estimated 3 million new cases each year in the United States.

"In women, the bacteria initially infect the cervix and the urethra (urine canal). Women who have symptoms might have an abnormal vaginal discharge or a burning sensation when urinating when the infection spreads from the cervix to the fallopian tube," says Joy.

Nicki Kay from the Center for Disease Control and Prevention (CDC) said, "Some women still have no signs or symptoms; others have lower abdominal pain, lower back pain, nausea, fever, pain dur-

burning and itching around the opening of the penis, says Joy. "Pain and swelling in the testicles are uncommon."

Complications among men are rare. Infection sometimes spreads to the epididymis (the tube that carries sperm from the testies), causing pain, fever and in rare cases, sterility.

The US Preventive Services Task Force and the CDC both recommend "routine screening for chlamydia infection in all sexually active women, whether pregnant or not,

24 years of age or younger and in older women who are at risk of STDs by new or multiple sexual partners."

Even though symptoms of chlamydia are usually mild or absent,

“Chlamydia is like sneezing on someone sexually.”

-Marla Joy Six Rivers Planned Parenthood

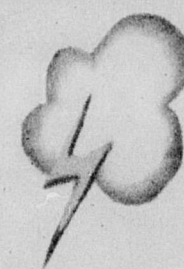
ing intercourse, or bleeding between menstrual periods."

"Men with signs or symptoms might have a discharge from their penis or a burning sensation when urinating, men might also have

See Chlamydia, page 10



*Back Pain? Neck Pain?
Headaches?*



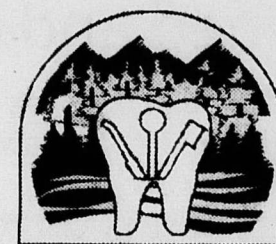
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Chlamydia: rates on the rise

Continued from page 9

serious complications that cause irreversible damage, including infertility, can occur silently before a woman ever recognizes a problem.

Under-reporting is substantial because most people with chlamydia are not aware of their infections and do not seek testing.

"Chlamydia is like sneezing on someone sexually," explains Joy. "The germs are there, but don't show the symptoms right away. By the time most people find out they are showing symptoms, they could have spread to other people, making them sick."

HSU's Health Educator Mira Friedman says, "In terms of preventative measures, it's about finding new ways to spread the message effectively. It's about how

to get everyone on the same page about this."

Increased testing for sexually transmitted diseases may seem like an obvious solution to higher infection rates, but researchers, such as the Kaiser Family Foundation, say they are wary of this option's viability because men and women do not seek testing with the same frequency.

"Young women are more likely to have contact with the health care system. They are more likely to seek reproductive health care for an annual gynecologic exam or for birth control. [But] men do not regularly seek health care, unless they have a problem." **ATtribution**

Once you are tested and know that you have chlamydia, it can be

treated and cured with antibiotics. A single dose of azithromycin, or a week of doxycycline are the most commonly used treatments.

Latex male condoms, when used consistently and correctly, can reduce the risk of transmission of chlamydia.

Friedman says, "Monogamous relationships, when both partners were tested before sexual activity, are the surest way to remain STD free."

Erin Delsigne may be contacted at: thejack@humboldt.edu

Re-routing frustrations

Construction traffic clogs

Mark Farias
Staff Writer

With construction of the new soccer field and College Creek Apartments underway, traffic from Harpst Street to Harpst Street is packed. Cars are lined up practically kissing bumpers.

But the bottle neck will loosen through a new plan that will lead cars through the Redwood Manor, a residents hall for students 21 and up, located off L.K. Wood. The plan will direct traffic flow from the general lot through the narrow alleyway which is designated for the Manor residents and staff.

"I think the air pollution is going to pick up with these cars, people are already getting sick - it is going to be like L.A." said Hemil Patel, 22, a business management major.

The detour stirred up the residents of the Manor during a Feb. 5, meeting to discuss what they felt was a surprise move to reroute traffic through their parking lot.

Reassuring the Manor residents that they are being taken into consideration and not forgotten, was Universities Project Manager Traci Furdolage, Police Chief Tom Dewey and Director of Housing John Cappacio.

Furdolage stressed the need for development to stay on schedule, but also stated that they were working with the safety of the residents in mind.

The pressure to stay on schedule comes from the HSU's inability to sign a contractor by November 2008 but is also compacted by the construction crews need of supplies.

Dewey and Furdolage said the rerouting is meant to open the flow of traffic, which would speed up the delivery process and supply the construction crew more readily.

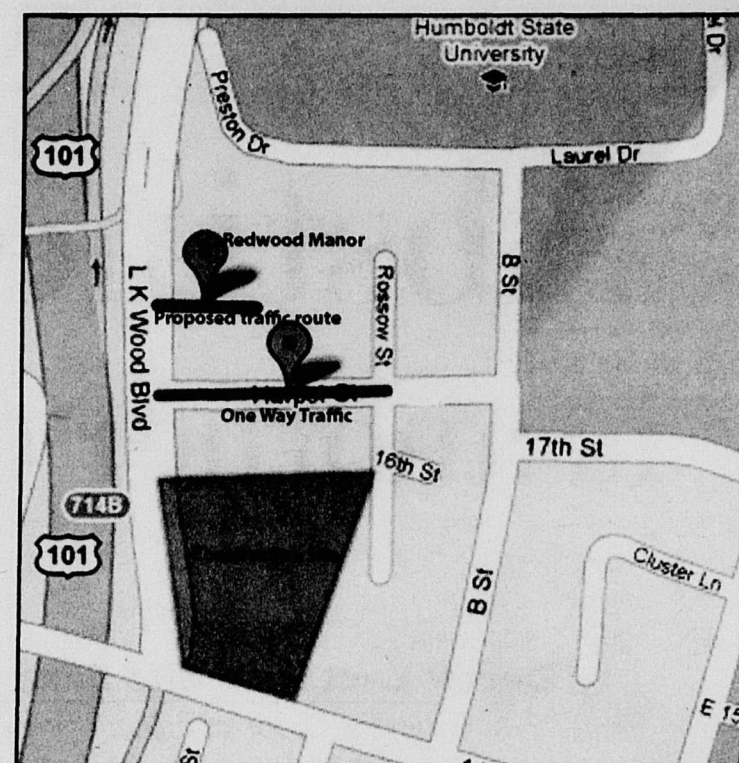
Dewey explained that If the Manor alley isn't opened traffic could end up causing gridlock on the highway.

"You could get motorists on the freeway stopped," said Dewey.

Dewey also informed the Manor residents that they shouldn't be concerned with construction traffic, because there would be separate routes used to transport the supplies.

If negotiations fall through without any further delay of negotiations, the plans to reroute the traffic can begin as soon as two weeks after a confirmed safety check.

All measurements in the alley meet the standards for the two-way flow of traffic, said Furdolage. But Manor residents are pushing for anything but, as expressed with their raised hands. The residents of the Manor would like that one feature to the entrance should be that it will be closed during finals and commencements.



"If they're going to be lowering our quality of life by driving hundreds of people through our community, there should be some equality of reimbursement for what they're taking away from us." Crisler Torrance, 24, religious studies junior.

Mark Farias may be contacted
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Attention Campus Community

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(meant for ANY emergency) on:**

2/13 at 10:45 AM

Emergency Cell/Text Message Alert:

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- www.humboldt.edu/emergency
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recorded campus conditions line will take simultaneous calls
- KHSU 90.5 FM
will broadcast regular updates as information becomes available



Features

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THEJACKONLINE.ORG

2.11.2009

Abstinence is another choice

Derek Lactaoen and Sara Wilmot
Calendar Editor and Managing Editor

Sex changes everything. Choosing to have sex is an important decision in every person's life. Choosing not to have sex, however, is an equally important decision.

You probably first heard about abstinence when you were in middle school. They told you it was the only way to truly protect yourself from open genital sores and oozing puss. Sure, they were right, but they never taught you about why some couples choose abstinence.

Math Sophomore Darcy Drago said her main motivation for staying abstinent with her boyfriend Dan Wadsworth is to keep their focus on each other as individuals. "Ultimately it is me saying, 'I'm yours. I want to enjoy being with you without being sexually active,'" said Drago.

After dating for only a few weeks, Drago said that the topic came up and she and Wadsworth talked and set up boundaries for their relationship.

Sociology teaching assistant Dan Davis said there are a number of physical, mental and emotional factors that contribute to a couple's choice to abstain.

Davis said that there is a distinction between the idea of sex being a biological tool for fun, and sex being connected to a "deep, emotional and even spiritual" reality. "A lot of people treat it differently than just a physiological thing that we use how we want to," said Davis.

Seeing these different approaches to sex, said Davis, can lead many people to wait until marriage so that they can "give themselves over completely," an action that he said can be even sexier than many people can imagine.

"People who stay abstinent until marriage want more out of sex; it is an integrated unit physically, emotionally and spiritually. It is often the most sexual experience to wait until marriage," said Davis.

But abstinence isn't just about spirituality. Health benefits include complete protection from STDs and the prevention of unwanted pregnancies.

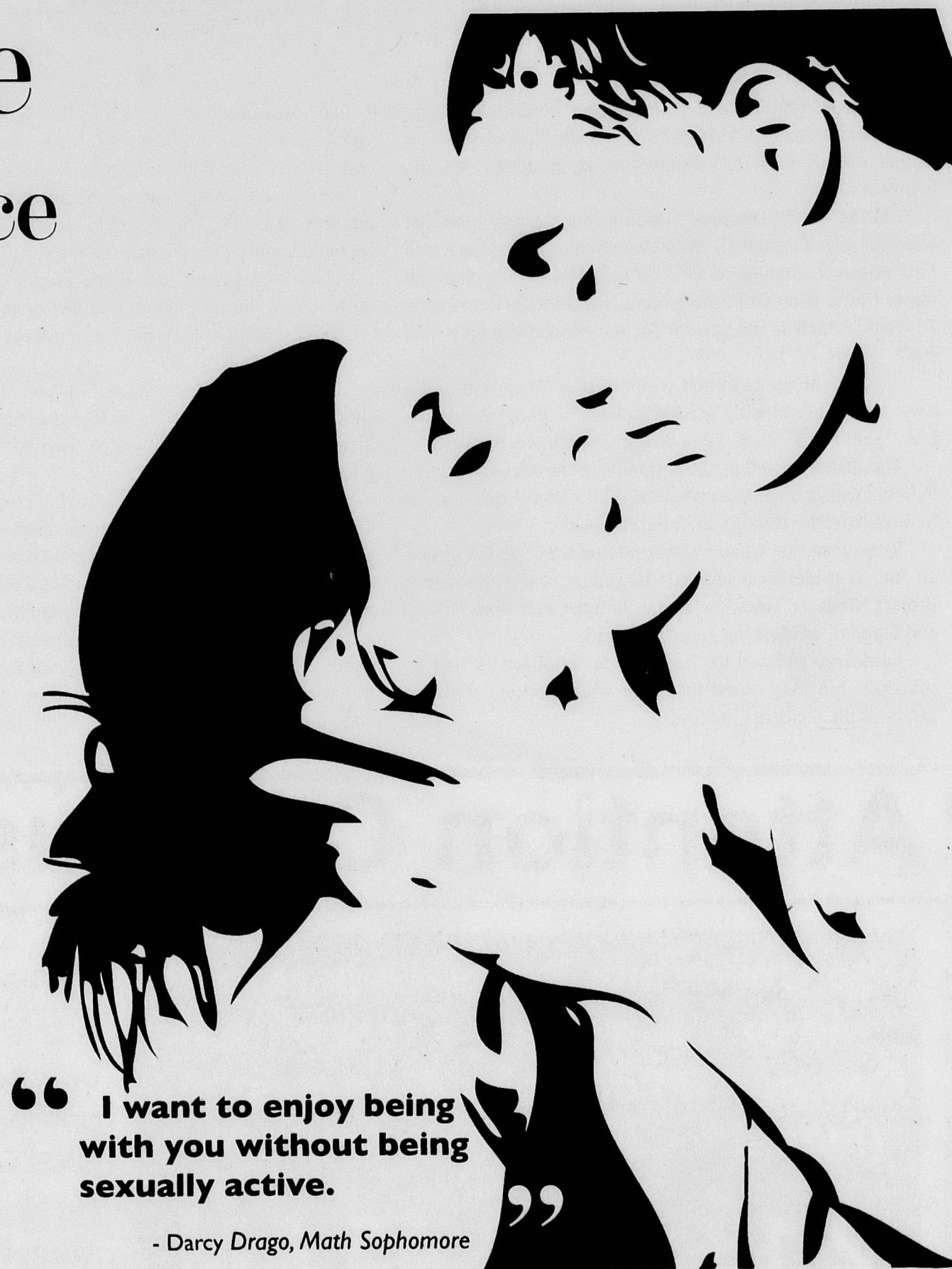
Even with these health advantages, some students still find it difficult to resist the urge. Director of Student Health and Counseling Rebecca Stauffer said that the stereotypes surrounding college students' sexuality makes it harder to say no to sex. "There is so much peer pressure, and media pressure, for not abstaining and it makes it harder for [students] to make the decision to practice abstinence," said Stauffer.

The situations surrounding our sexual decisions are different for each person and couple. They each have to figure out what works for them. Drago said, "I know some people who can handle [having sex], and that's great. And I know some couples who have sex and it kind of overwhelms them."

Davis said that a "stair-step model" might help a lot of couples. This model is a symbol for physical intimacy corresponding to the level of emotional intimacy so when emotional intimacy goes to the next level, so does physical intimacy. He encourages couples to talk about their personal boundaries and related values early in the relationship before putting themselves into risky situations.

For couples who plan on marrying, abstinence can also provide a greater ability to trust. Davis said there is no baggage from past sexual relationships and there is no wondering about past partners for abstinent, virginal couples who marry. "On some level," said Davis, "you can trust more."

In the past, many people saw abstinence as a choice for conservative, religious couples.



**"I want to enjoy being
with you without being
sexually active."**

- Darcy Drago, Math Sophomore

But now, many couples, religious and otherwise, pick abstinence based on health and personal values.

Wadsworth said that religion wasn't originally his reason for being abstinent. "My older brother's girlfriend got an abortion when they were in junior high, so I saw the negatives really early on," he said. Wadsworth, who didn't find religion until his late teenage years, saw abstinence as a way to avoid unwanted pregnancies. Now, after encountering Christianity, Wadsworth said that his religion is just another reason to abstain.

Stauffer said that it is clear that more people now decide to practice abstinence for their own health and protection from STDs, not necessarily for a church or organization. She added that these students are increasingly confident in their choices.

"When people can be confident in their decision, it gives them an advantage to know where they stand through the inevitable pressures," she said.

Derek Lactaoen may be contacted at:
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Running to get behind

Leigh Lawson

Staff Writer

Eight years ago on the HSU running track, history was in the making. Arcata resident Carlos Jones ran down the track attempting to run the world's fastest mile and make it into the Guinness Book of World Records. Unfortunately, he fell over a bicycle.

You can run into things when you're running backwards.

Jones doesn't run forwards anymore. Fifteen years ago, he turned around.

A backwards blur of muscle and black spandex, Jones, 52, is often spotted running in reverse around Humboldt County. The HSU grounds facility worker clocks in three miles on weekdays during his hour-long lunch break, and eight - 10 miles on Saturday and Sunday.

"It's my enjoyment," said Jones, who runs backwards in all types of weather and even on vacation.

Jones came up with the idea of running backwards on his own. The first time he tried it, Jones got a shocking rush of adrenaline throughout his body, commonly referred to as a runner's high. The rest is history.

"You get adrenaline going and you're okay with it," said Jones.

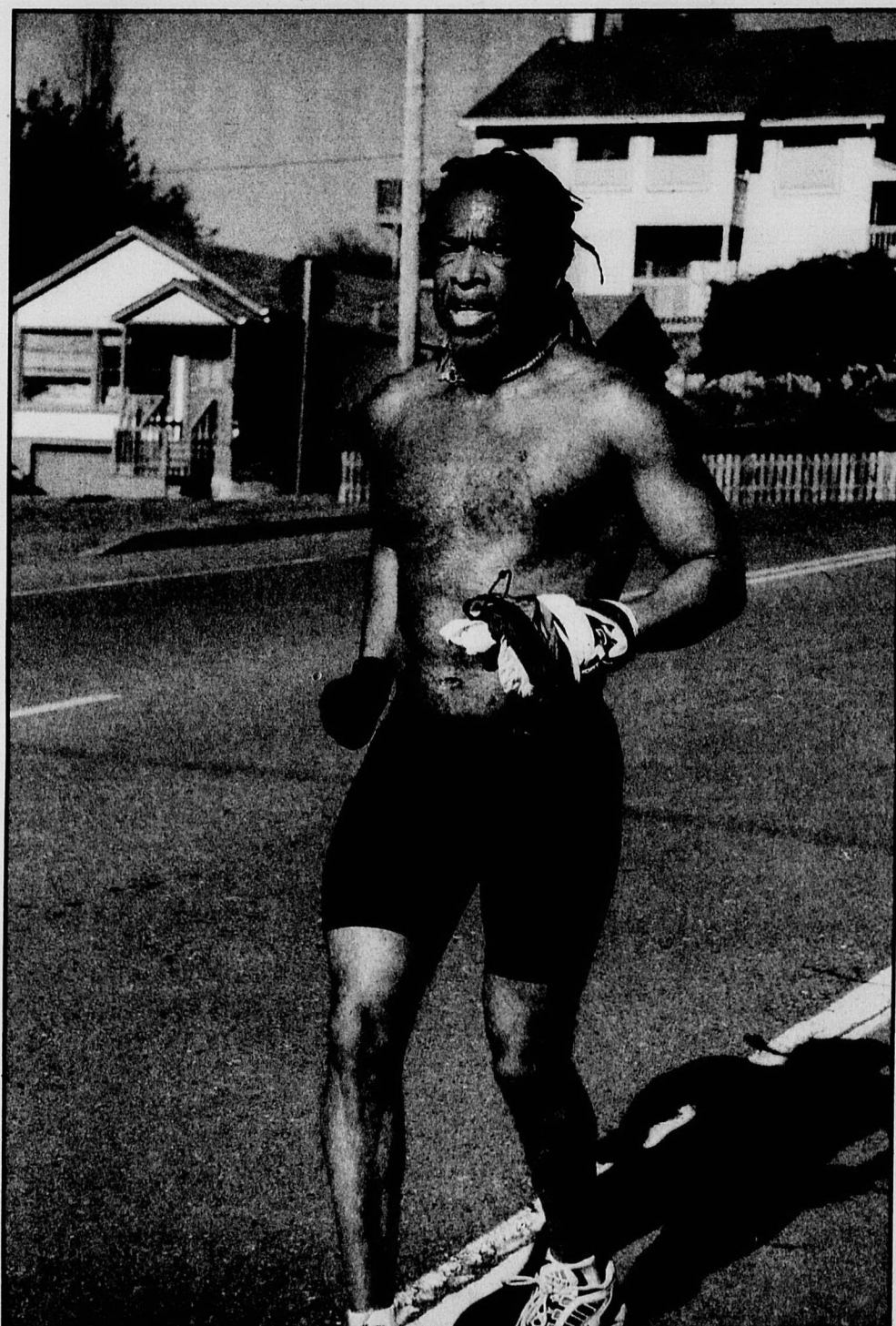
Jones started running backwards alone on the HSU track. He traded the constancy of the track for the variety of the Arcata city streets when his out-of-shape friend, who recently quit smoking, drew up routes for Jones so they could go running together. They kept the same pace with Jones running backwards while his friend ran forwards.

Now a solitary runner, Jones runs mile after backwards mile, glancing over his shoulder at the ground behind him. To stay safe, he doesn't run on the sidewalk and always maps out his routes before he runs them.

Sometimes Jones forgets to look. "I get used to a route and don't expect anything to be there," he said. "Then one day, there's something there." So far, he has never injured himself running backwards.

Jones said some people don't like him running in the street. Sometimes people tell him to look out when nothing is behind him.

Jones runs routes in Arcata, Eureka and Trinidad. He runs along the 101, sometimes away from Eureka,



Carlos Jones runs backward on Union Street from the Marsh to HSU Thursday.
| Erin Delsigne

other times Arcata. He prefers running in Humboldt County to anywhere else he's been. Elsewhere, cities are too crowded with people and traffic. He doesn't like places like Las Vegas that, while open, are too flat.

"It's not as challenging," he said. "I like the hills and the tougher courses."

Fred Miller, a fellow grounds worker, said Jones often does a combined total of 200 - 300 pull ups and push ups on his 10-minute work breaks.

"He's a fitness nut. That's what he is," said Miller.

Jones likes to run in some of the local races. The races he participates in are the tougher courses in Oregon, the Avenue of the Giants and the Clam Beach race.

Currently, Jones is participating in a backwards running study with HSU's Department of Recreation. Dr. Justice Ortega, the study's author, said the study,

See Carlos Jones, page 14

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Carlos Jones: Backward runner in Arcata

Continued from page 13

which will end with 10 - 15 subjects, will compare the metabolic cost of running forwards versus backwards. Metabolic cost is the amount of energy the body uses to do a task. To find the amount of energy it takes to run either forwards or backwards, the amount of oxygen that is present in the lab is measured before and after a participant runs. The difference in oxygen is the spent energy.

Ortega said that Jones is unique because he chronically runs backwards. Ortega hypothesizes that Jones' body could have adapted itself for backwards running.

Jones said his first task for the study was to run a mile on the HSU track, but forwards. Prior to this, he hadn't run forwards in 15 years. He said his muscles hurt afterwards.

Participants learned to run both forwards and backwards on a treadmill for the study, said Ortega. To ensure the study's data was valid and reliable, and for the safety of the runners, participants ran three practice runs to learn how,

he said.

Jones encourages anyone who is curious about running backwards to try it. He said running backwards has no impact on the knees, and it is fun. He hears about other people who run backwards, and expects more people to start in the near future. Jones said backwards running is new and experimental in the US, but big in Europe.

New fad or not, people pay attention to Jones while he runs, and Jones knows he's popular.

"People are curious why I'm running backward," said Jones. "I tell them it's good for everyone that wants to do it. They just need to go backwards."

Jones is not currently trying to get his name into Guinness, but he is still interested. His best time since the bike incident was a six-minute backwards mile. If you see him, he'd appreciate a wave or a nod. And please, move your bike off the track.

Leigh Lawson may be contacted at:
thejack@humboldt.edu



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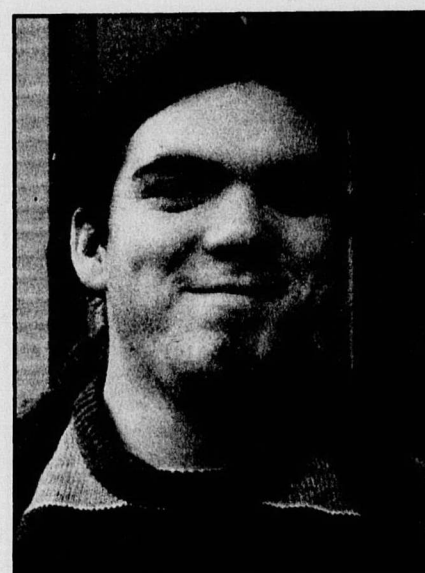
Mike Stone
History Major

"Magnum, because I'm
hung like a horse."



**Kirsten
Fitzpatrick**
Business Major

"My first boyfriend just
always used Trojans.
I like that they have
different textures and
sensations."



Will McMeekin
Undeclared

"None, because
condoms suck."



**Alexandria
Tooker**
English Major

"I don't use condoms. I
don't have sex."

New year celebration brings in the Ox

Year of the Ox

1913, 1925, 1937, 1961, 1973, 1985, 1997, 2009

Those born under ox are born leaders, dependable, and hard workers. They can also be stubborn and quick tempered.

Leigh Lawson
Staff Writer

A large multi-colored Chinese lion guarded the entrance to keep away evil spirits in the new year. Guests received chocolate coins to bring them riches and long noodles for long life. The event promised good luck to attendees.

Last Saturday, the Asian Pacific American Student Alliance (APASA) and HSU's Multicultural Center hosted a traditional Chinese New Year's celebration for the community at HSU. The Chinese New Year follows the lunar calendar, and starts with the first full moon of the year.

Several people celebrated the New Year's again in Humboldt County by making origami, getting their fortunes told, and watching a performance of the Chinese zodiac legend.

2009 is the year of the ox. Based on Chinese legend, one of 12 animals influences every year, with the cycle repeating every twelve years. Under this zodiac, a person's character is influenced by the animal they were born under.

Sayoko Wu, a geology major, performed a Taiko routine, a Japanese martial art performed on drums.

Ellen Chen, from Guangdong, China, learned calligraphy in her third grade class. Chen, a math major, got to show others her talent at the event, inscribing lucky messages in Chinese characters for those who asked. In ancient China, brushes were dipped in ink, and many Chinese still continue the art form as a hobby, Chen said.

Ryan Hong, a fisheries biology major from Ontario, Calif., said APASA hosted the event to show Chinese culture to the campus and community.

John Gullam and his family come to the event every year. His kids are from Vietnam, Korea and China, so he brings them to learn about and celebrate Chinese culture. "Here in Humboldt county, we're kind of starved for culture," he said.

His daughter, Molly Fitzgerald, 6, had fun coloring

an animal mask.

"I did a horse because I was born in the year of the horse," she said.

Gamma Alpha

Omega, a community serviced-based sorority, helped out at the event. Josephine Villegas, a business management major from Los Angeles, is a member of Gamma Alpha Omega.

"We like this event. It has a fun atmosphere," she said, adding that it is important to learn about other cultures.

At the end of the event, everyone made as much noise as they could to scare away bad spirits and bring in the new year.

Leigh Lawson may be contacted at:
thejack@humboldt.edu



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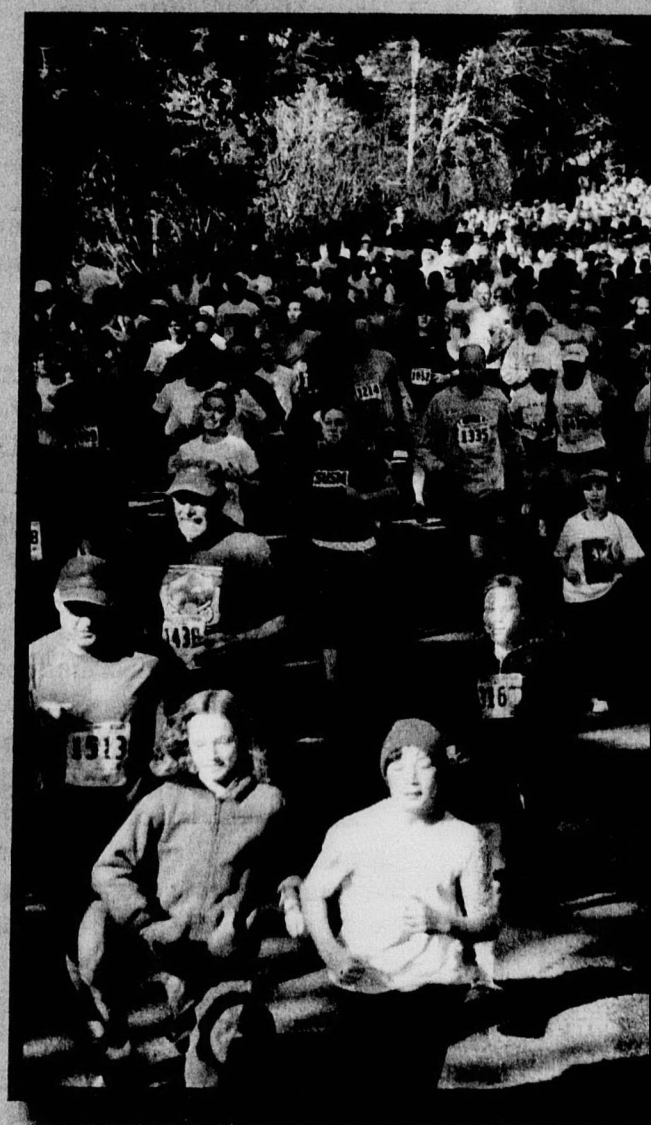
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Clam Beach Run

Photos by Allyson Riggs



Hundreds of runners of all ages
out of the start line during the
Beach race.



Abel Gutierrez breaks into an uphill sprint during his long run last Saturday at the Clam Beach Run.



High School students run in a group on the Clam Beach Run.



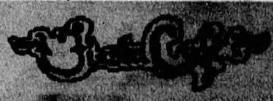
Clam Beach runners receive aid from Coast Guard Rescue Swimmers while crossing the Little River.




Clam Beach runners finish off the run during Saturday's race.



Runners of all ages sprint during the Clam Beach race.




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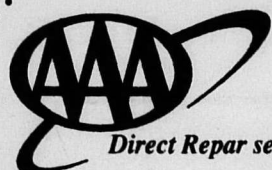
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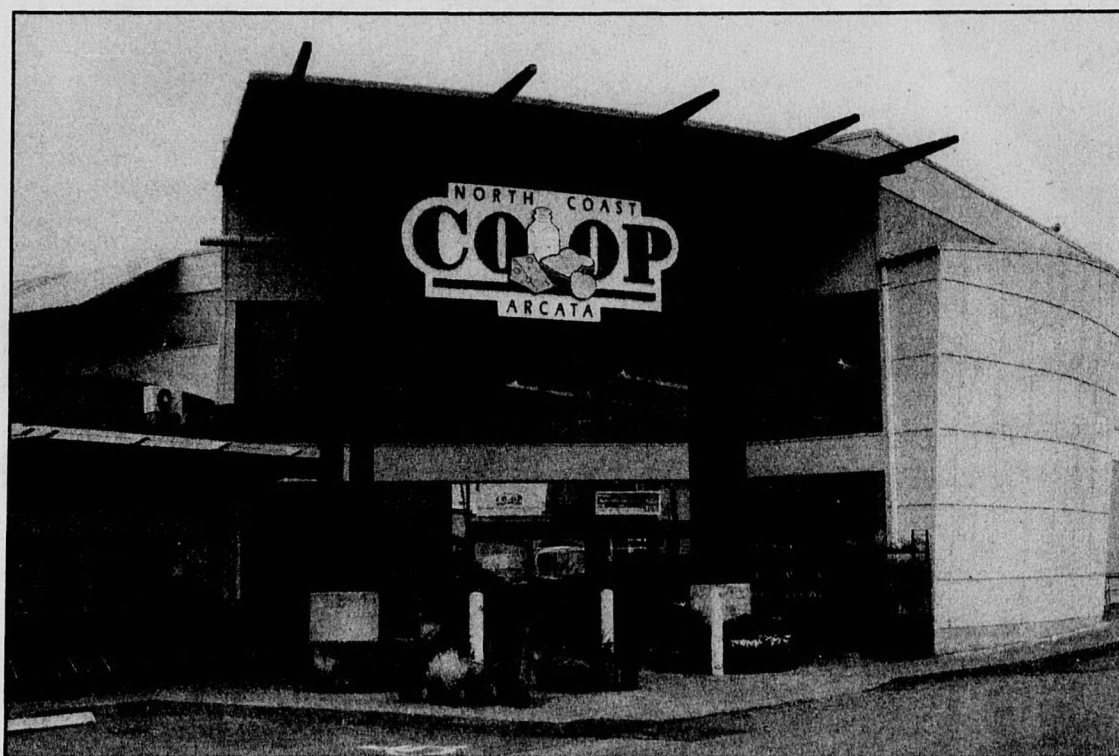
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North Coast Co-Op is a member of the Humboldt County Independent Business Alliance in Arcata. | Bryan Thomson

Kayla Gunderson

Staff Writer

In towns and cities across California big box stores like Wal-Mart and Target dominate local economies, according to NPR. But not in Humboldt County and other small rural towns like Oberlin, Ohio. They are among the few places where shopping locally is held in high esteem. This is why more than 100 local businesses formed the Humboldt County Independent Business Alliance.

Co-coordinator of the Alliance, Kaitlin Sopoci-Belknap, said Democracy Unlimited founded the Alliance in July 2008 to help Humboldt County grow and prosper.

The other co-coordinator for the alliance, Scott Menzies, said it is a coalition of independent business owners, citizens and community organizations united to support hometown businesses in Humboldt County. "Our vision is of an economically vibrant and culturally unique community," said Menzies.

Sopoci-Belknap said, "It is important to bring local businesses together and to educate people on how spending money locally will strengthen an economy."

Many local business owners and community members agree with Sopoci-Belknap, and that

is why they joined the Alliance, in effort to spread the word that shopping locally will ultimately help the economy grow.

According to Alliance's directory, 68 percent of money spent locally stays in the local economy, whereas when people shop at a non-locally owned business, only 43 percent of the money stays local.

The Alliance believes it is important for people to shop locally for several reasons. One major reason is that the more chain stores pop up, the more "mom and pop" businesses go under. Local businesses generally can't compete with large chains according to the American Independent Business Alliance.

Many people think that shopping locally is more expensive and something they can't afford. Yet there are a lot of stores in the Alliance directory that will price match chain stores.

Junior Kayla Lund said, "I think shopping locally is easy to do, especially since Wildberries and the Co-Op are within walking distance of almost everyone in Arcata."

In less than a year, the Alliance has hundreds of people involved in their efforts. "The community

support has been great," said Menzies.

The Alliance's ultimate goal is not only to focus on shopping locally, but also to help businesses focus on sustainability. Sopoci-Belknap said there are many other chapters in the country that have that focus, but as of now the Alliance just isn't far enough along as an organization to throw sustainability into the mix. "There are several organizations that we are talking to in order to help us in the area of sustainability," she added.

Menzies said the very nature of shopping locally is more sustainable by default. The carbon foot print of big box stores is far larger than those of local businesses he said.

"Local independent businesses tend to support other local businesses and shop locally for their supplies, which lessens the amount of traveling and greenhouse gas emissions," said Menzies.

Kayla Gunderson may be contacted at:
thejack@humboldt.edu



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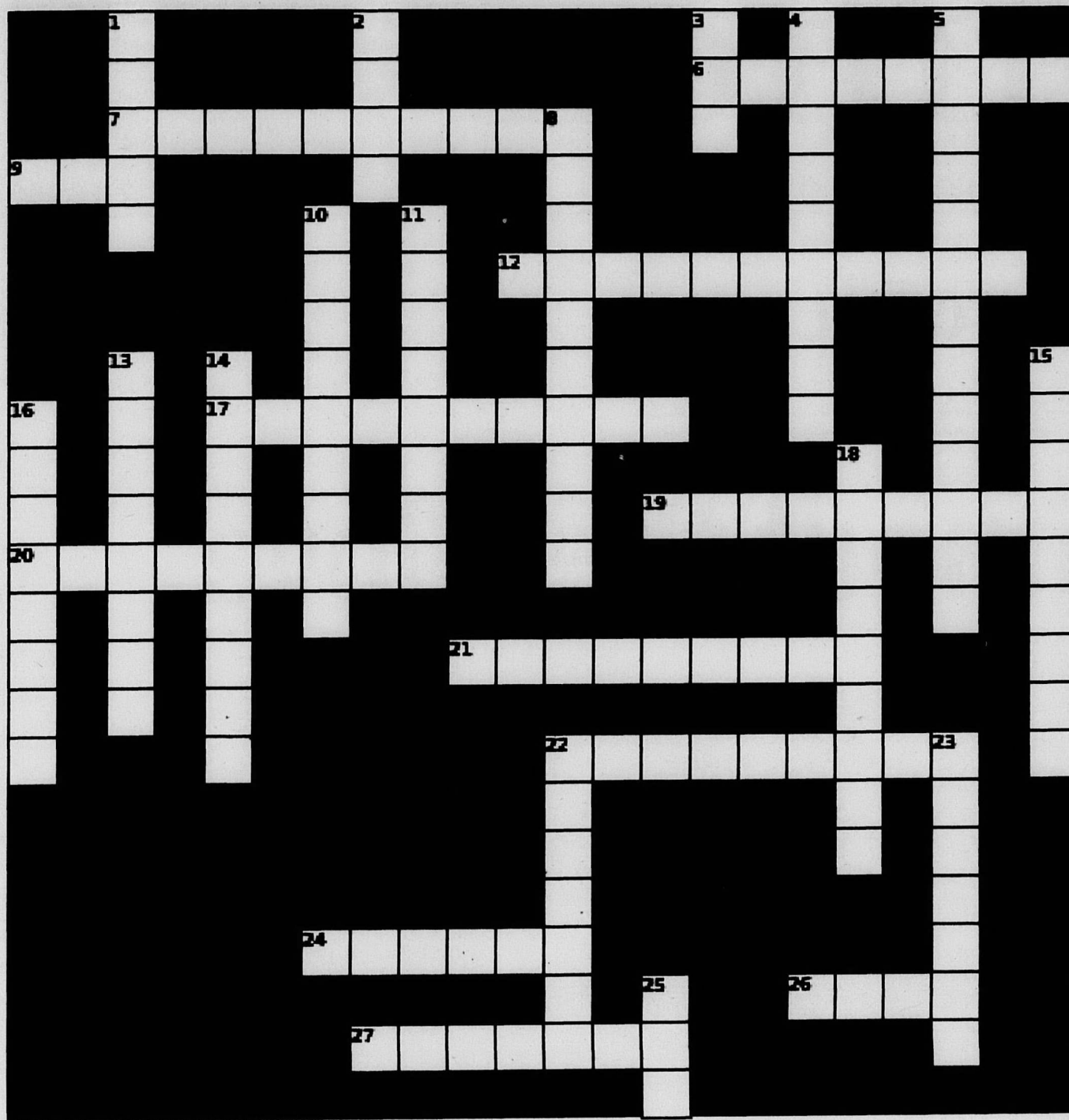
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**Across:**

6. Short, interesting narrative
 7. Trying to explain too much by a single principle
 9. Exam to get into grad school
 12. Long established
 17. Pet name
 19. Greek goddess of love and beauty
 20. Candy made from cocoa
 21. A written or artistic message expressing affection

22. Transport of molecules from high to low concentration
 24. Red fruit
 26. Distinguished female singer
 27. To treat with ardor

Down:


1. Traditional Valentine's Day bouquet
 2. Dismal
 3. A short rest
 4. Having qualities that give great pleasure
 5. Capable of

- preventing pregnancy
 8. Wrinkled
 10. Large church
 11. Having or showing rank
 13. An offer or suggestion
 14. A practitioner of bones and muscles
 15. A property of space
 16. Sense
 18. Serving to beautify
 22. Coerce
 23. Innate
 25. Intercourse

Last week's solution

ACROSS: 1-jurisprudence 7-anerobic 10-elucidate 12-horticulture 13-sardonic 17-auspicious 19-Revels 21-lithium 22-obsolete 23-Phelps 24-Archie



DOWN: 2-discovery 3-confabulation 4-cyberpunk 5-fifteenth 6-prejudice 8-singletrack 9-accelerate 11-debonair 14-Daschle 15-MalcomX 16-benign 18-Douglass 20-beguile



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Opinion

THEJACKONLINE.ORG

20 | OPINION

2.11.2009

EDITORIAL

No Love without the Glove

It is Valentine's Day weekend, so before you put on Marvin Gaye and start flipping through the Kama Sutra, there are some things you should know.

Whether you're into dudes, girls, those in-between or both, if you're going to do the deed—**protect yourself.**

This is not about love—this is about personal health. STD's range from rashes to incurable warts and if left untreated can cause infertility.

Condoms are the number one defense against sexually transmitted diseases. If used correctly they can go a long way to prevent unwanted pregnancies.

With free condoms all over campus, there is no excuse not to be safe.

California is the only state to offer Family Pact, a program aimed to provide family planning services for low-income women and men.

This includes broke college students like us. Eligible individuals can get birth control pills, STD/

HIV screening and counseling free of charge.

Take advantage of this opportunity while you can, for someday it may be gone.

The California Department of

Health services recently extended the waiver renewal deadline for Family Pact to March 31.

While the centers for Medicare and Medicaid services are working to keep this program going, there is no guarantee that it will continue to

provide benefits after that time.

Health Services at Columbia University recently concluded that 20 to 25 percent of all college students are currently infected with a sexually transmitted infection.

More than 50 percent of the total population is expected to contract a sexual infection in their lifetime.

Here at HSU, that means close to 4,000 students will get a sexual infection before their death.

Don't become another statistic. If you have multiple partners, or even if you are just considering becoming sexually active, get tested.

You can take a full panel STD exam for free at the Health Center and find out if you qualify for Family Pact that same day.

Be safe! With sex comes responsibility, and it starts with a responsibility to yourself.



...ARE YOU SURE THIS IS WHAT THEY MEANT BY SAFE SEX?

The Lumber Jack

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LETTERS TO THE EDITOR

Define logical

Dear Editor:

I'd like to take this time to respond to Charles L. Ciancio's article "The downside of over-regulation" (Lumberjack, 02/04/09). Mr. Ciancio's conclusion is that we should think more logically about regulations in general and about human interactions with the environment. Much emphasis was put on the word "logical," repeated five times over nine paragraphs.

I would hope that Mr. Ciancio's idea of "logical" means something different than his own use of the word. In the first four paragraphs alone, there are at least three invalid arguments: A Straw Man, Amphiboly, and the infamous Argumentum ad Hominem (abusive).

A Straw Man is accomplished by distorting an argument or position in order to create an argument that is easier to attack. Amphiboly uses an ambiguous premise to support the conclusion. The Argumentum ad Hominem (abusive) is simply calling the opposition names or using denigrating verbiage meant to discredit the opposition's argument or position.

Mr. Ciancio's Straw Man starts off, "Thinking like [sic] "humans are bad, the use of natural resources is not a necessity, and use of natural resources cannot produce more good than bad..."

The Amphiboly states, "Haphazard natural resources processes are inappropriately being favored over effective active management. . . ." and the Argumentum ad Hominem (abusive) is thus, "Factual review and reality finds competition between these groups to be logically stupid."

My suggestion to Mr. Ciancio is to first understand what "logical" in the formal sense means and to apply that new understanding to future dialog in order to create arguments that actually stand the test of validity and soundness. A valid and sound argument is one where true premises lead necessarily to the conclusion, such as, "Socrates is a man. All men are mortal. Therefore, Socrates is mortal."

Stated formally: $A = B / B = C // A = B$.

Doug Dallam
Community Member

Mr. Mayo's trip to Washington

Dear Editor:

According to the Jan. 28, 2009 edition of The McKinleyville Press, the McKinleyville Community Services District (MCSD) approved spending \$2000 of our limited public funds on an unnecessary lobbying junket to Washington, D.C. for the recently appointed MCSD Director Dennis Mayo.

For those who are not already familiar with the anti-environmentalist rancher Mayo, he ran unsuccessfully for a seat on the MCSD in the three previous elections. But somehow (in a flagrant disrespect for the voting public) Mayo was appointed to a vacant seat on the MCSD last September by his fellow MCSD directors.

Additionally, Mayo is one of the very few misguided Americans who made a public point out of becoming a partisan Republican DURING the disastrous Bush/Cheney administration.

A review of Humboldt County Republican Central Committee member Dennis Mayo's many letters to the local newspapers reveals that his most pressing apparent public concern over recent years has centered on his poorly expressed, selfish fears that environmental regulations might legally prevent him from driving his pickup truck on our local beaches!

If right-wing rancher Mayo wasn't enough already, this recently appointed Republican MCSD Director now insists on using \$2000

of your money for his own personal junket to Washington, D.C. so that Mayo can "lobby to relax environmental review standards."

Excuse me? When did the voters of McKinleyville ever ask the MCSD (including the recently appointed Mayo) to use our public funds to lobby the federal government for the weakening of our necessary and popular environmental safeguards?

I would suggest to Dennis Mayo that instead of pillaging the public for the \$2000 to fund his personal pleasure trip to Washington, D.C. that he consider one of the following tree options:

1.) Mayo should give the residents of McKinleyville their money back and fly to D.C. on his own dime.

2.) If Mayo wants to use his position on the supposedly nonpartisan MCSD to lobby Washington politicians for his own right-wing partisan republican agenda, then he should be responsible and save McKinleyville \$2000 by simply picking up a phone and calling Washington, D.C. instead.

3.) Or, perhaps the best option, Mayo should do everyone a favor by resigning from the MCSD immediately.

Jake Pickering
Community Member

Open letter to the Humboldt State Community:

The Board of Trustees CSU has a policy requiring its presidents to be reviewed every three years. It is now time for the review of Dr. Rollin Richmond, President of the Humboldt State University, to be conducted.

This process is intended to provide feedback to the Board of Trustees and the Chancellor about the leadership of President Richmond and the current affairs at Humboldt State. It should also provide information that will further the university's progress and assist President Richmond in the leadership of Humboldt State.

As has been the policy and practice in the past, a number of

the university and the chairs of its major constituencies, namely, the Academic Senate, the Alumni Association, the Associated Students, and the University Advisory Board, are being contacted for their comments with respect to specific criteria, which are sited below. A sampling of faculty, administrators/managers, staff and community is also being invited to submit individual comments.

It is CSU policy to inform the university community of the review and to allow anyone not selected on an ex-officio or random basis to submit comments that respond to specific criteria. The criteria are posted at www.calstate.edu/datastore/PresCriteria.shtml on

the CSU website. Those wishing to submit confidential letters should keep in mind that every effort should be made to address the criteria and that neither unsigned letters nor petitions will be accepted. Please do so no later than March 10, 2009, addressed as follows:

Dr. Charles B. Reed, Chancellor
The California State University
401 Golden Shore, Suite 641
Long Beach, Calif. 90802-4210

The written responses will be summarized into a confidential report that will be discussed with Dr. Richmond. The report will be presented to the Board of Trustees. None of the commentators will be

identified by name, and responses will be treated in confidence to the extent permitted by law. After the trustees receive the report, a general summary will be prepared for release to the community.

Please keep in mind that this is intended to be a constructive process that should benefit the president and the university.

With kind regards,

Charles B. Reed
Chancellor CSU

The Lumberjack Submission Policy

- Submissions must be addressed to Opinion Editor Rose R. Miller at rcm28@humboldt.edu

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

- To be considered for the next issue, your submission must be received by Friday at 5 p.m.

- 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.

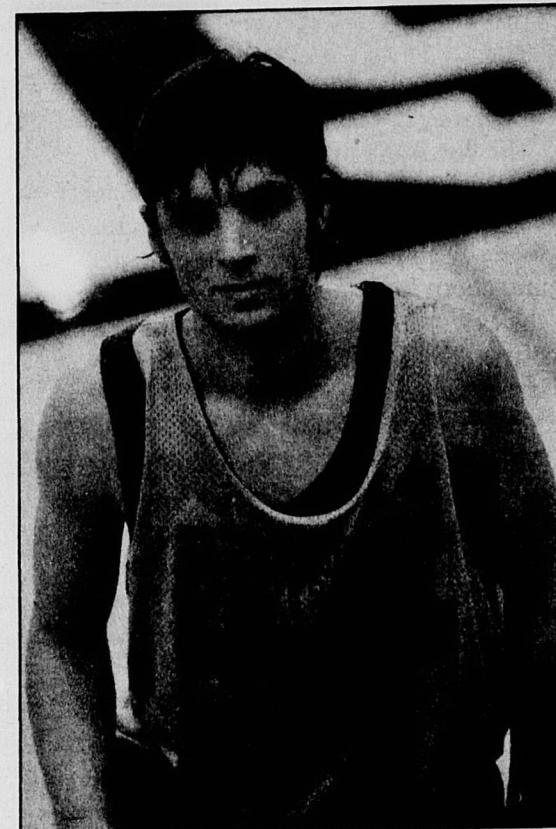
- HSU students should provide their major and class standing.

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

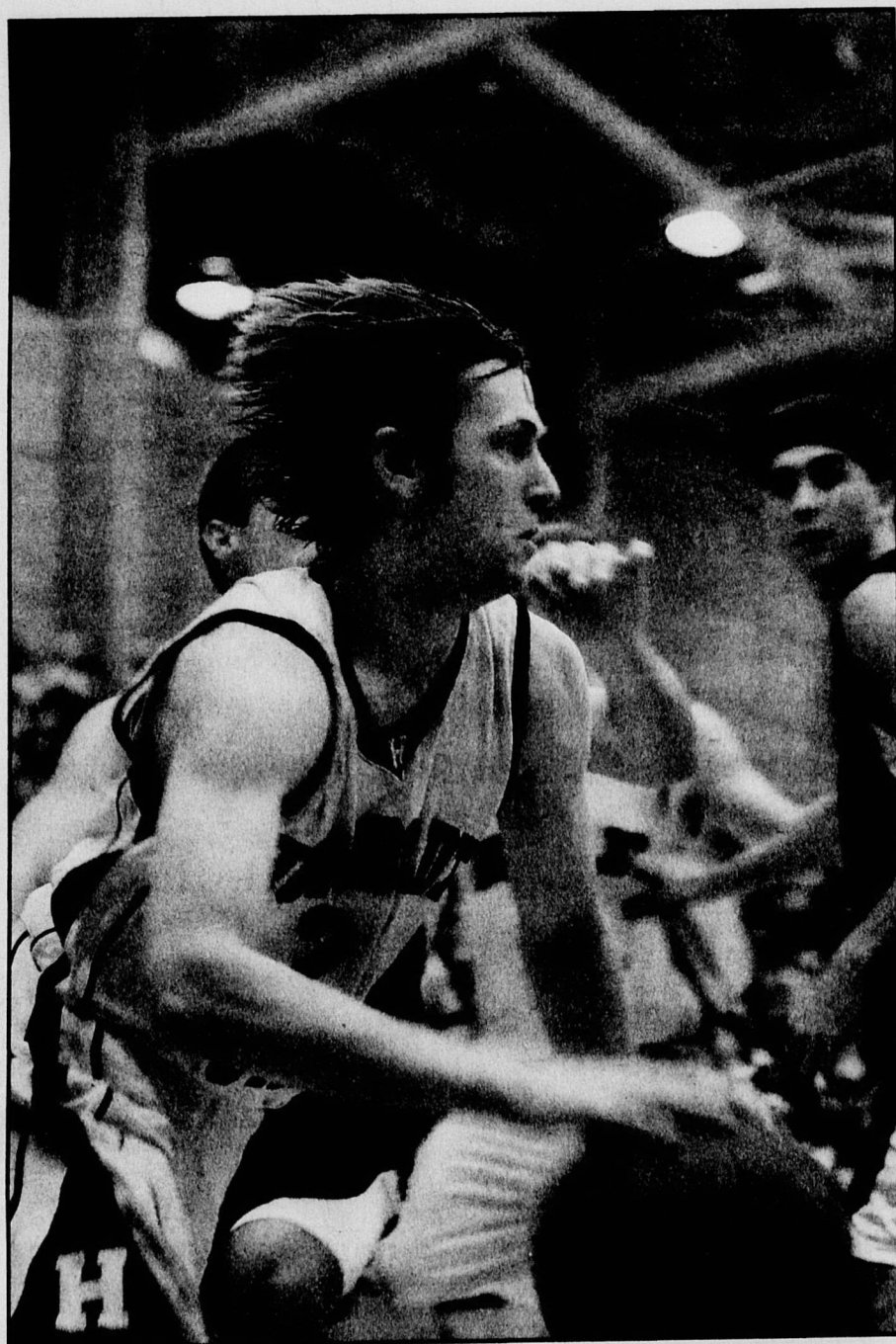
All submissions must be received by 4 p.m. the Friday preceding publication.

First-year transfer leads with passion and poise

Tyler Collins
Staff Writer



Zac Tiedeman poses for a photo during a break at practice on Thursday Feb. | Allyson Riggs



Zac Tiedeman breaks toward the basket in the Jacks' victory over UCSD on Jan. 31 | Bryan Thomson

For Junior guard Zac Tiedeman, basketball has been part of his life since he was in diapers...literally. Picking up a basketball for the first time when he was only one year old. Following in the footsteps of his father, who played ball at Santa Rosa Junior College and Sonoma State University, Tiedeman knew he wanted to play at the college level.

Tiedeman now leads the HSU men's basketball team in scoring, steals and assists.

Initially interested in both basketball and baseball, in ninth grade Tiedeman chose to put all of his focus on basketball. He started on the varsity team all four years at Montgomery High School in Santa Rosa, Calif.

After an offer to join the Lumberjacks basketball team right out of high school, he decided instead to attend Santa Rosa like his father and brother had before him. He then transferred to Santa Clara, where he played until an injury benched him for the last part of the season.

Tiedeman did not pass up a second opportunity to play for Humboldt State, so he put on the green and gold and joined the team.

Tiedeman said, "The team atmosphere is just great and is one of the best teams I've ever played on. We all on the team say, 'one heartbeat.' There's no egos and really no bumping heads between the players. The best part is the team comradery."

Tiedeman also enjoys playing for his coach. "Coach Wood is great too, he lets the players play to their strengths and it's really easy to play hard for him."

Coach Wood said the staff and team have a sense of confidence when Zac is on the floor. "We all know that if he is open he can get the ball and make the

shot. And it's also nice to know that we have a player that's better than many of our opponents' best."

Fellow guard Ernie Spada agrees with Coach Wood. "[Zac] is defiantly the go-to guy. You never have to worry about him getting flustered or making bad plays. He's very selfless, a great leader and just awesome to be around."

With an overall record of 17-7, Tiedeman accredits a lot of the team's success to a preseason win against St. Cloud State University, the largest school in Minnesota with about 20,000 students.

"Getting a big win from a team like that early in the year with a young new team really just showed that we could play with anyone, and was defiantly a good boost into the regular season," said Tiedeman.

Although he feels very strong about his basketball I.Q. on the court, as of now he wants to keep getting stronger, and move away from being the scrawny kid who gets pushed around, said Tiedeman.

Of course Tiedeman is not just an athlete, but a

student as well, majoring in kinesiology with a goal to become a high school P.E. teacher and basketball coach. Outside of school and being a star basketball player, Tiedeman spends time doing things like playing video games, camping, watching sports and hanging out with his teammates.

"I just really love it here, and love playing for the Jacks," said Tiedeman. "If any other school came to me and offered me a scholarship to play with them, I really wouldn't take."

“ [Zac] is defiantly the go-to guy. You never have to worry about him getting flustered or making bad plays. He’s very selfless, a great leader and just awesome to be around. ”

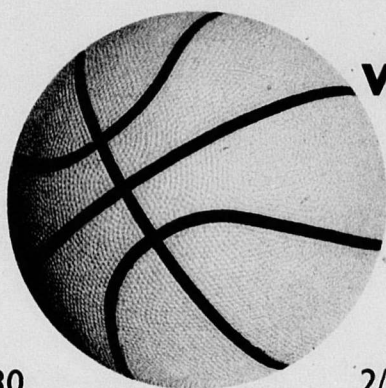
-Ernie Spada
Fellow Guard

Tyler Collins may be contacted at
thejack@humboldt.edu

Lumberjack Sports Calender

Mens Basketball

2/13 vs. Cal State Stanislaus 7:30
2/14 vs. Chico St. 7:30
2/20 at San Bernardino 7:30
2/21 at Cal Poly Pomona 7:30
2/26 vs. CSU Los Angeles 7:30
2/27 vs. CSU Dominguez Hills 7:30



Women's Basketball

2/13 vs. Cal State Stanislaus 5:30
2/14 vs. Chico State 5:30
2/20 at San Bernardino 5:30
2/21 at Cal Poly Pomona 5:30
2/26 vs. CSU Los Angeles 5:30
2/27 vs. CSU Dominguez Hills 5:30

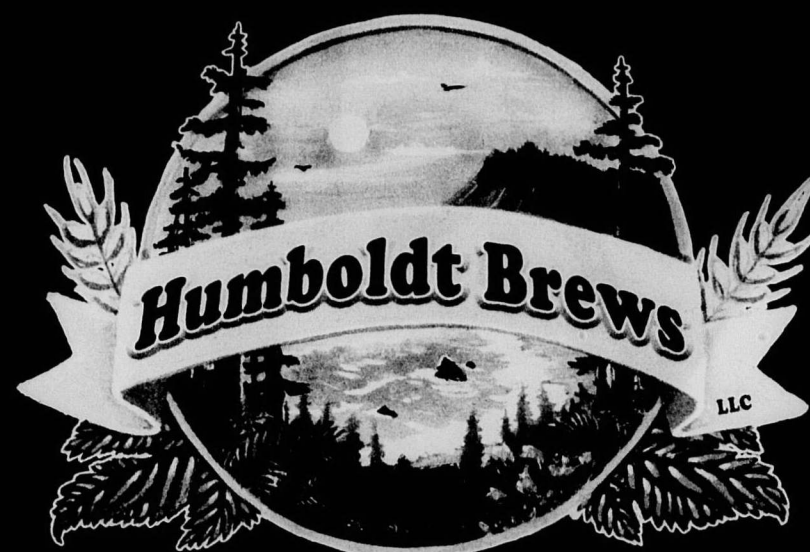
Women's Softball

2/13 at Chico State 1:00
2/14 at Chico State 1:00
2/20 vs. Sonoma State 1:00
2/21 vs. Sonoma State 12:00 noon
2/27 at UC San Diego 1:00
2/28 at UC San Diego 11:00



Track & Field

2/14 Ice Breaker Open 10:00 am
2/28 Green & Gold Open 10:00 am



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with DJ KNUTZ & Friends

Feb 15 - TR3 & Tim Reynolds
of Dave Matthews Band/Marcus Eaton Trio

Feb 16 - Mighty Diamonds • Reggae

Feb 17 - The Bridge • Rock

Feb 20 - Drew Emmitt Band • Bluegrass

Feb 21 - Izabella, Ten Mile Tide • Rock

Feb 24 - Kool Keith • Dr. Octagon vs. Dr. Doom

Feb 26 - Ukesperience

Feb 27 - MONK, Synergy • Reggae

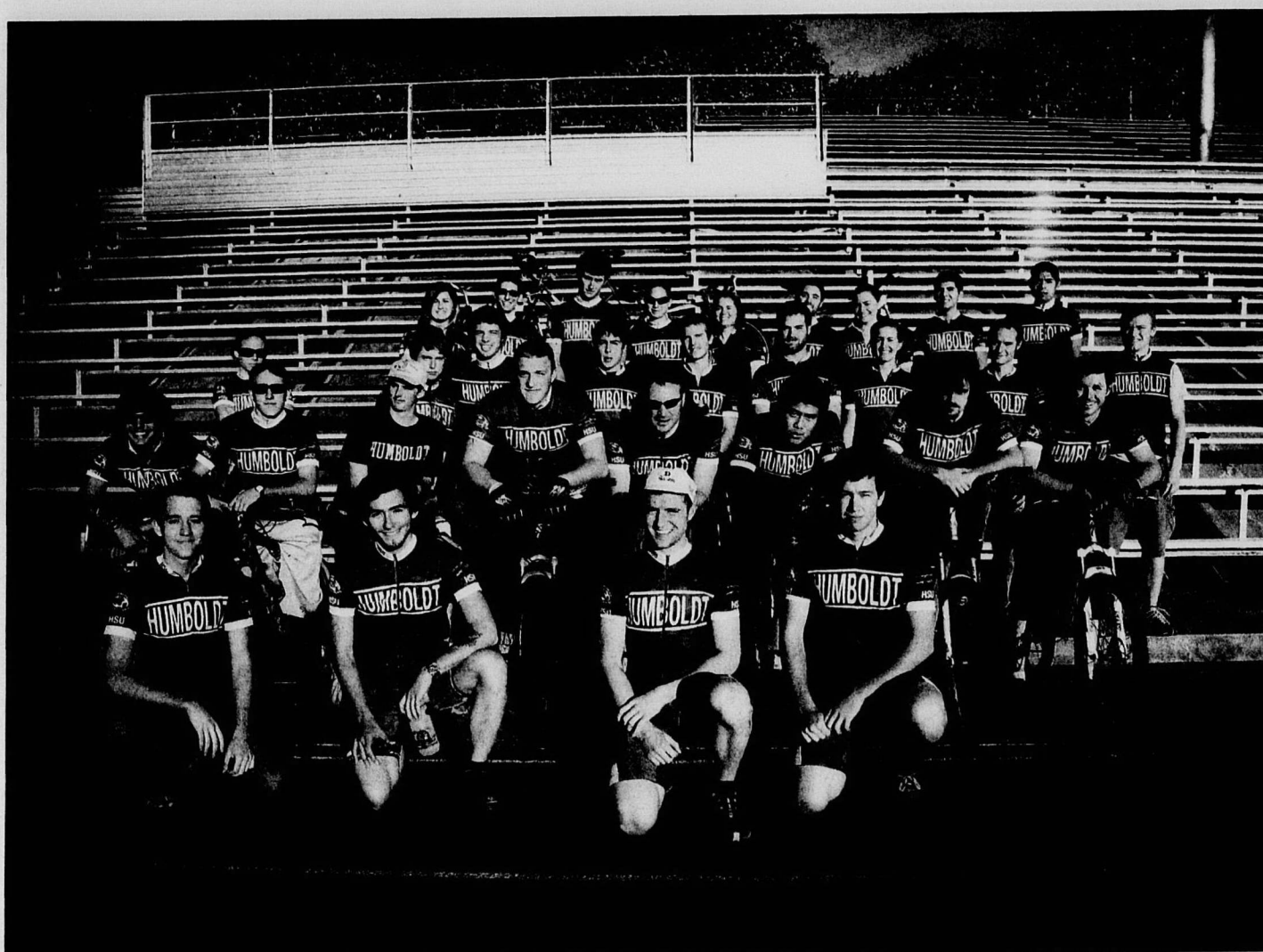
Mar 4 - HumTunes recording with

Speak Easy Saints, Old Dog

Mar 6 - Bump Foundation, Afromassive

Check www.humboltdtbrews.com for latest music info.

Cycling club goes BIG



Humboldt Cycling Team poses for a group photo in the Redwood Bowl at the start of the 2008 Season. | Luke Ramseth

Luke Ramseth

Staff Writer



Humboldt Cycling Team President Winston Sauber races past a crowd at the UC Berkeley Race last November. | Luke Ramseth

It started with six guys who rode mountain bikes. To represent their school at races, they hand wrote "Humboldt" across white undershirts.

The HSU cycling team made some changes since its inaugural season in 2003. Gone are the goofy shirts, official jerseys taking their place. The club now runs for both semesters - collegiate mountain bike racing in the fall and road racing in the spring.

But most notably, the club grew from the original six members to a record turnout of 38 riders last fall, including a professional track cyclist.

Team President Winston Sauber, who discovered mountain biking when he moved to Humboldt from New Jersey, said, "It has grown into a really motivated group of fun loving individuals. [We're] open minded with a competitive edge."

The team meets up for rides on the HSU quad, often with a mixed bag of riders with different abilities and goals for the season. The group decides the route. Two of the most popular are the mountain bike ride through the Arcata Community Forest, or the road ride up the Hammond Trail to Trinidad.

"We don't have that pro athlete scene that they have down south," said Sauber. "But we have access to some of the most epic trails and country roads, so it makes riding more enjoyable."

Senior David Garcia said you never know what to expect of the rides. "It's getting people that are interested and helping them (enjoy cycling)."

Humboldt County presents challenges for the team outside of the obvious rainy weather. Muddy, sticky trails and pothole-ridden roads are plentiful. But another obstacle the team must work its way around is the distance they travel to get to the races, said Garcia. The team competes at many of the UC campus' and

schools like the University of Nevada, Reno and Cal Poly, all of which are at least a six-hour-drive south.

Recent addition Kelyn Akuna is planning on making the trek to at least a few of those races.

A professional track cyclist, Akuna is an interesting addition to the low key, previously amateur cycling team. Akuna is one of the original members of the club in 2004, but took a two-year hiatus from HSU to pursue his cycling career. After racing his bike in Tasmania and New Zealand, and winning a national championship, he's back to finish up his degree at HSU

and offer experience and knowledge to his team.

Garcia said he likes Akuna's presence. "He offers a level of experience and fitness."

Senior James Williams agreed, "It's good to have that race experience on the team. The one thing that's lacking up here

“ But we have access to some of the most epic trails and country roads, so it makes riding more enjoyable. ”

-Team President Winston Sauber

is experienced racers."

But Akuna is quick to point out that he's not here to disrupt the team's easygoing vibe. "The team is really about camaraderie and meeting people," he said. "I don't want to step on anybody's toes. I'd like to help out any way I can."

Akuna said his goal is to help out the riders with little riding experience this season, and bring them along as a group. He wants to teach the ins and outs of bike racing and moving up the ranks by the end of the season.

"In cycling, everybody kind of helps everybody else. You look forward to the day you can help out the cycling community as a whole," says Akuna.

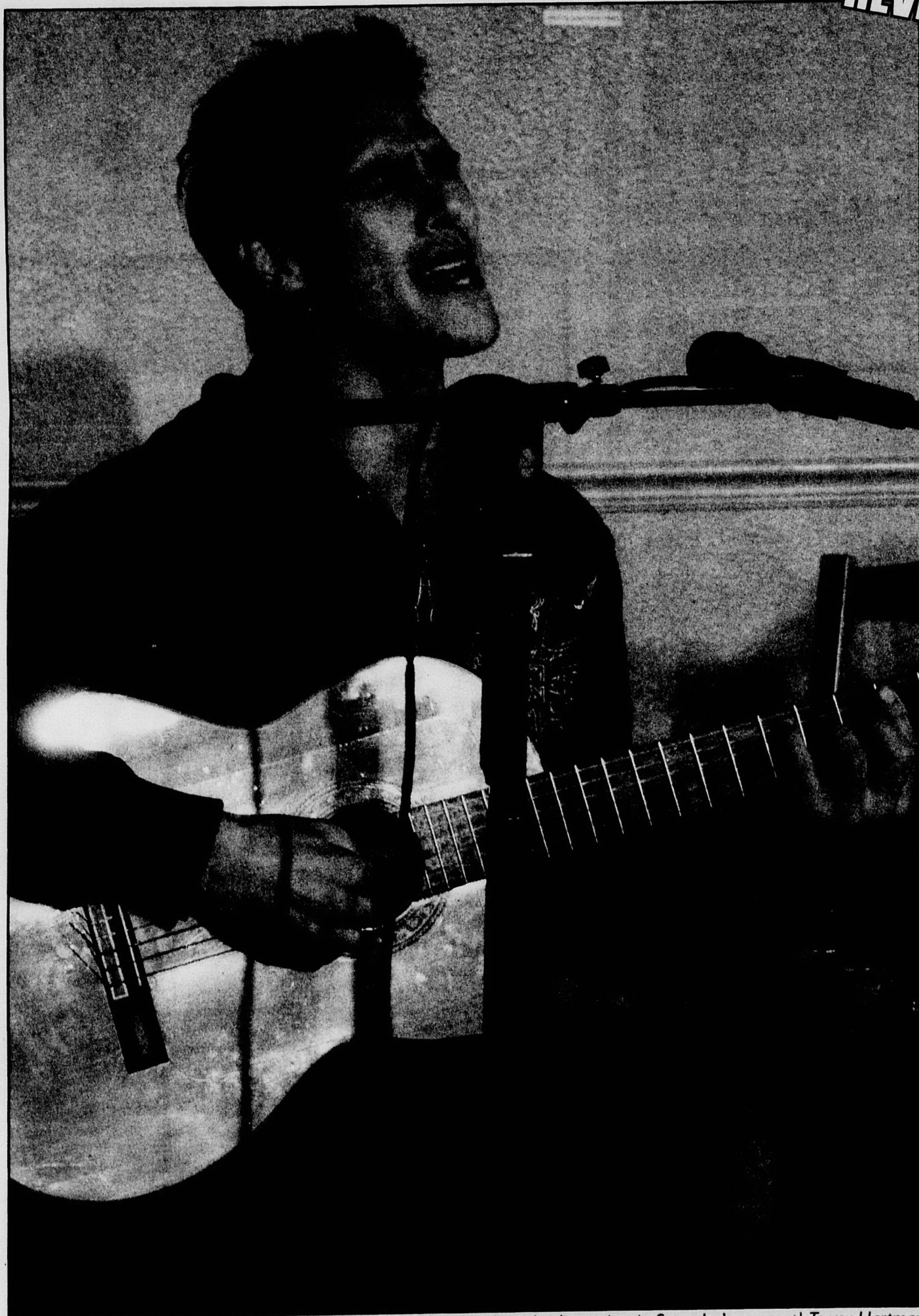
No doubt the growing HSU cycling team will appreciate that kind of attitude.

Luke Ramseth may be contacted at thejack@humboldt.edu

Call us anytime! 707.822.1975

Venezuelan singer/songwriter heats up Mosgo's

REVIEW



Karina Gonzalez

Editor-In-Chief

Carlos Bertonatti's smooth faint rasp voice is enough to make any woman gravitate to him. And his chiseled cheeks, dark eyes and light chocolate skin make looking at him almost painful.

On Feb. 7, in the corner of Mosgo's Coffee Shop in Arcata, dressed in a black sweatshirt and blue jeans smelling of bonfire, the multilayered singer exposed his soul. Whether he is aware of it or not, his looks are enough to shoot him up to the top.

But there is more to this man than what meets the eye. What's going to keep him around is his lyrical talent and love for music. When he sings his accent disappears and so do your worries. When he wales out it sounds like he is crying. And when he lowers his raspy voice chills run down your back.

Bertonatti, grew up in Venezuela and moved to Miami at the age of 13. Although he didn't pick up the guitar until the age of 19. Although he sings in English, when he speaks you can detect that Spanish is his first language. He developed an infatuation with American music after hearing the song "Smells Like School Spirit" by Nirvana. "I fell in love with English music the first time I heard that song," said singer/song writer Bertonatti.

At 26, Bertonatti released "Times Are Good." The themes

of his music reflect relationship breakups, attempted suicide and the simple things that make life important. Bertonatti describes his music as "fun," but his sound and lyrics are opposites that attract.

His sound is simple and playful, reminding one of Jack Johnson. At his Mosgo's show it was just Bertonatti and his guitar. No fancy chords or small intervals. All the while, his words are firm, full of impact and loss.

Although his performance at Mosgo's was warm and honest, the use of more instruments, resembling the sounds on his record, will make future shows flavorful.

In between songs Bertonatti demonstrated how fast his finger style could fly by preforming flamenco tunes. The incorporation of the flamenco sound can be Bertonatti's staying power in the music industry, but if he continues to consider Spanish music as "wack," it could limit his success.

Bertonatti said he doesn't sing very well in Spanish, but he should let his fans be the judge of that. By disregarding his roots he may one day fit the mold of the shallow industry.

Check out Carlos Bertonatti for yourself on his myspace page at www.myspace.com/carlosbertonatti

Karina Gonzalez may be contacted at: thejack@humboldt.edu

Carlos Bertonatti's soulful voice filled Mosgo's with it's passion in Saturday's concert| Torrey Hartman

Students run away to join the circus

Nathaniel Ochoa

Staff Writer

The familiar melodies of The Beatles' Sgt. Peppers Lonely Hearts Club Band seeps through the audience as a man with glowing eyes takes the stage, laughing and waving his arms about with wild abandon. He stares at the audience for a moment or two, and then offers a smile, bellowing, "Welcome to the circus!" The audience cheers and the music transforms into a steady, rhythmic bass groove as he begins to juggle glowing clubs. The show starts.

Eli March, a 21-year-old environmental science major, admits he first found out about the Humboldt Circus while innocently eating dinner at The J. During a meal, the circus paraded into the building and starting juggling in an effort to find new recruits for their circus. March decided to join, volunteering to ride the unicycle and juggle.

"That was three-and-a-half years ago and I have been hooked ever since," said March. "There is no turning back."

The Juggling Society and the Humboldt Circus put on the black-light circus performance at HSU's "black box" studio theater, which sits next to the Van Duzer theater. All proceeds went to fund the Humboldt Juggling Festival, an annual festival celebrating its ninth year this March 19 to 22.

Art major Jesse "Sloth" Johnston, 20, said he was

proud to be part of the performance.

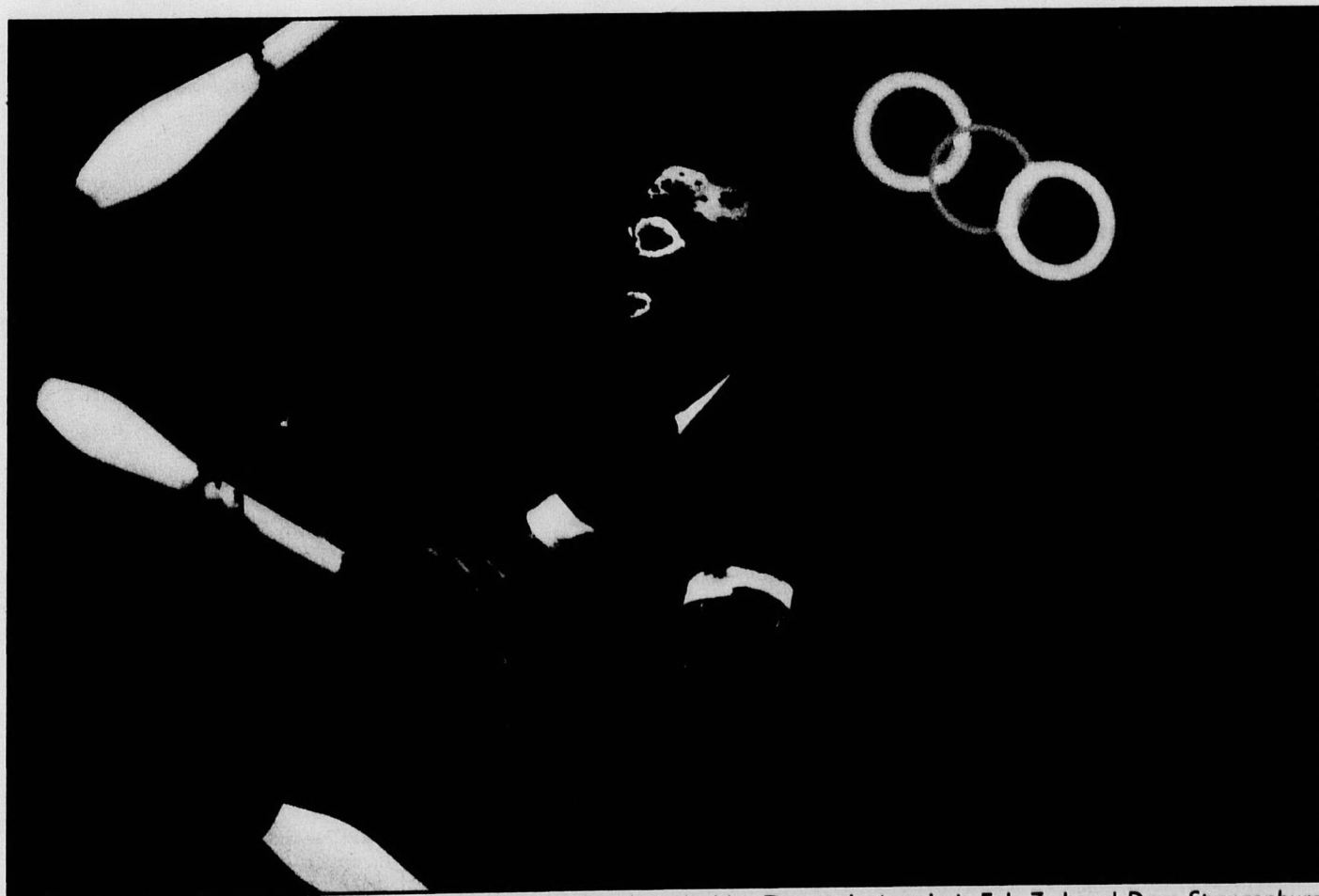
"The circus has been a huge inspiration for me," said Sloth. "It's an area where I can put my focus into and feel unique."

The performance also featured characters from Alice in Wonderland performing dream-like monologues. During the middle of the show, the audience was invited to take part in a "best black-light costume" competition, where people from the audience with the most creative outfits came onto the stage, and the audience cheered for their favorite costume.

Jeremiah Johnston, 23-year-old soil science major, recalls that he first joined up for the circus because he saw a guy juggling five balls at once in the quad. He was so impressed that he signed up for the circus right then and there. Juggling played a big part in his life at HSU, so much so that he chose to go on academic leave. "I need to reassess where my college career is taking me."

For Jeremiah Johnston, juggling is more than a hobby, it's a way of life. "It's a great creative outlet. It's more than just throwing clubs in the air."

Dottie Guido may be contacted at:
thejack@humboldt.edu



Blacklight Circus brings drama and suspense to the Van Duzer during their Feb. 7 show | Dave Spangenburg

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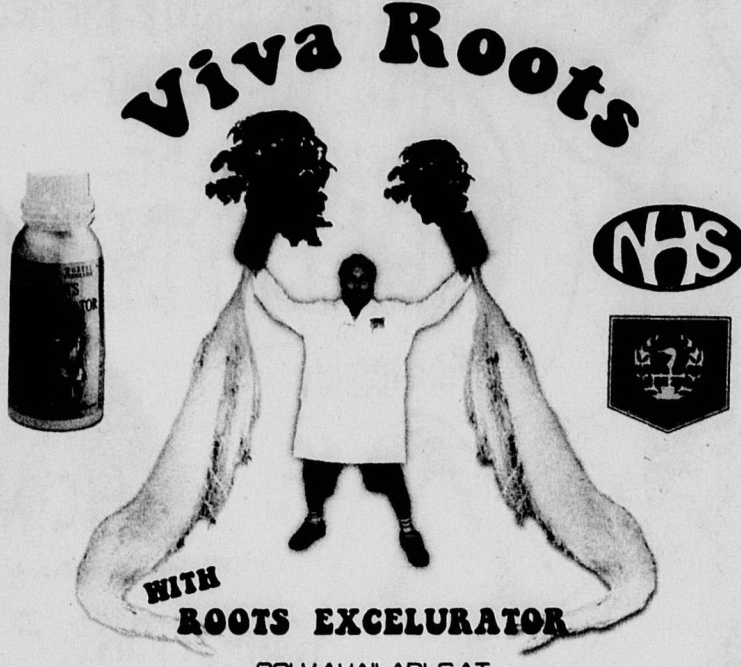
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9 Dirty Dozen BRASS BAND TOWNHOMES SQUAD OLEANS GIVE!	10 PIMPS OF JOY TIME (Livestock, New York)	11 EOTO (Michael Truitt & Jason Rouse of SOU)	12 REGGAE THURSDAY RUDIE LION SOUND	13 To Be Announced	14 After party for JAN SUN + OTHER	15
16 Red Fox Acid Jazz Experiment #41	17 COPYWRITE MEETUP OF THE MINDS BROODING POINTS OF CLIPUS PORTUGAL FIRM	18	19 MASSIVE REGGAE SHOW TBA	20 Apostle DR. ISRAEL NEEDS MYT TERN	21 2008 Carnival Celebration	22
23 Red Fox Acid Jazz Experiment #42	24 LLOYD BROWN + 70 Street Bands Hill Support	25	26 FourPlay 2: TODD PARTY Rita J-Son, Jan van Lier & The Middle Agent	27 Paradise Presents: MELVIN SEALS & JGB	28 2 Nights with	1
2 Red Fox Acid Jazz Experiment #43	3	4	5 REGGAE THURSDAY RUDIE LION SOUND	6	7	8

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Animal Liberation Orchestra plays the Van Duzer

REVIEW

Adrian W. Emery
Staff Writer

The Animal Liberation Orchestra is a band that knows how to groove, and the crowd in the Van Duzer theater was a crowd that knew how to groove with them.

Before the night was half-way over, more than half the audience was on its feet, in the aisles, dancing and clapping along with the funky grooves played on stage.

Zach Gill, the lead singer and keyboardist of Animal Liberation Orchestra, was as enthusiastic as his audience. He said that he liked the sound in the Van Duzer theater. "Tonight," he said, "we are all Van Duzians." This was met by applause and excited shouts from the mostly standing crowd.

Andrew Harris, who persuaded Animal Liberation Orchestra to play on the HSU stage said, "They really enjoyed the theater. They really liked the sound."

For a band used to selling out 500 person venues, playing for just under 200 people in the Van Duzer might have been a let down. Yet, Animal Liberation Orchestra didn't let that stop them from putting on an upbeat, high-energy show. It was clear from the sounds and the faces that everyone was having a good time that night, especially the band.

One 46-year old audience member, Jim Zoellick said they are really absorbed in what they were playing. "They're pretty energetic for such a small group."

Animal Liberation Orchestra consists of four members.

Zoellick was there with his wife, Rose Gale-Zoellick, sitting in the sixth row, tapping his foot and clapping to the beat. After the intermission, Zoellick could be found in the aisle, swinging and swaying in a crowd of twenty-somethings, and not looking the least bit out of place.

In fact, the majority of the audience was dancing around.

Keyboardist and singer Zach Gill said into his microphone, "You are welcome to get up and dance. But don't feel obligated." This remark was met by laughter, and a great surge of motion as the small percentage of the audience still seated rose to their feet, and danced their way into the aisles to the sounds of the band playing a song titled, "Plastic Bubble."

Animal Liberation Orchestra hails from Santa Barbara, Calif., where its four members, keyboardist Zach Gill, guitarist Dan Lebowitz, bassist Steve Adams and drummer Dave Brogan, met. The four of them have been playing together as Animal Liberation Orchestra ever since.

They swept through Humboldt County in the middle of their "Tour d'Amour III," which was a benefit for the non-profit organization Music in Schools Today. San Francisco band Big Light provided an opening act, and will continue to provide the opening act for the remainder of the tour.

The music of Animal Liberation Orchestra is a unique sound. It has a strong backbone of funk, a touch of rock, a splash of blues and a hint of psychedelic influence. It's singular defining quality is its high energy, which is what brings band and audience alike into the positive, groovy mood.

However you describe their sound, there is no denying that it makes people move. And there is no getting around how talented these four musicians are. In addition to being experts of their instruments, they all join in with the vocals.

They are also very spontaneous. After playing their

brand-new song "I Love Music," they played their semi-famous song "Girl, I wanna lay you down," almost a cappella, with the only instrument being Gills accordion.

"This is the part of the song where Steve Usually takes a Bass Solo," said guitarist Dan Lebowitz, who removed his guitar and was standing around a mic singing with Brogan and Adams. Adams obliged the crowd by taking his bass solo - with his voice.

When they all came in for the next chorus, their four voices were joined by hundreds from the crowd, and "Girl, I wanna lay you down" resounded in the Van Duzer, with the audience clapping in time and the Animal Liberation Orchestra singing their hearts out.

Adrian Emery can be contacted at aemery@thejackonline.org

Lyrics:

"Time is of the Essence"

Slow down
You've been living too fast
Move on
For you're living in the past
Time has
Got you trapped on its line
So rewind
From your insides

Time is the of the essence
they said again and again
And every time I heard
them I never knew just what
the meant

Essence is metaphysical yet
time is so abstract

I hope that when I get there
somebody cuts me some
slack

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When painters come out to play

Dottie Guido

Staff Writer

On the quiet streets of Old Town Eureka, a buzz grows in the shops lining the streets. Despite the chilly weather, lights are a glow and cars fill every parking spot available. On the first Saturday evening of every month, Old Town Eureka comes alive with smiling faces, music and the smell of good food - an energy incomparable with anything else.

Arts Alive Eureka, with over 70 local merchants participating in a three-hour-long art walk, is the perfect juxtaposition of white-walled, pristine galleries to the hand-made crafts of local vendors, living proof that the arts are indeed alive in Humboldt.

Those who visit the nooks and crannies of Old Town taste wine, talk with the gallery owners and artists, and discover hole-in-the-wall treasures.

After wandering into a gallery containing student art, Rose Ellis, a 19-year-old art student at HSU said, "It is so inspiring to see a sophisticated gathering of local artists

come together and intertwine a sense of community with professional artistry. It is important to see such a diverse display of art, as an artist, that although your works might never be famous, they will always be appreciated here in Humboldt County."

In addition to the array of art on display, live music fills. Walking around one can witness local band Sour Cream perform in an alley, or several other street performers.

Anthropology major Katie Hitzeman, 20, said its amazing to see Eureka come alive like this. "I've had a few opportunities to walk around in Old Town Eureka before, but I have never seen it this full of life," she said. "There is a definite sense of community. People are polite and welcoming, and the art is amazing!"

Among the galleries sit museums, theaters, and several other avenues to get your art fix in Humboldt County. The Humboldt Arts Council offers a plethora of events, workshops,

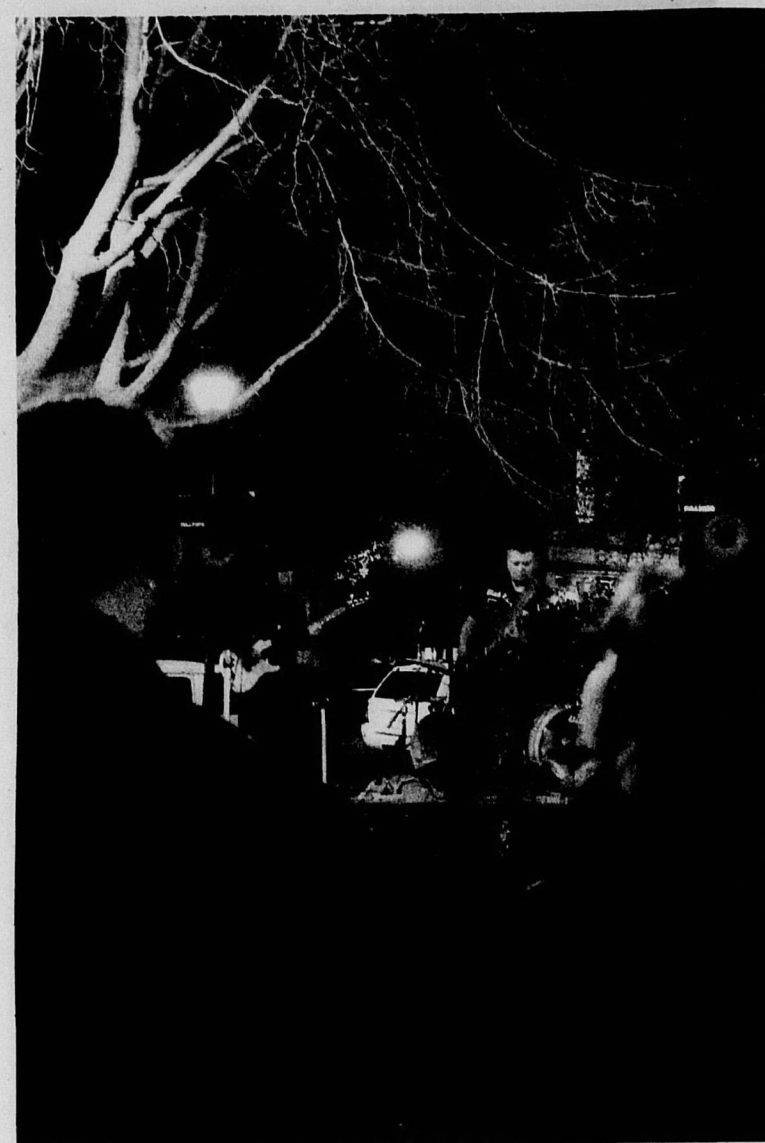
educational programs and exhibitions to get involved in, allowing everyone to feel free to explore their passion and talents in the arts.

Nathaniel Grey, 19, a science student at HSU, said, after walking out of a local restaurant, "Attending both Arts Alive in Arcata and Eureka gave me a new perspective on things that interest me. I've been able to discover new possibilities for myself. Don't think that just because you like science and math that you can't love art!"

Not wanting to get involved yet? Simply attend the Arts Alive Eureka event once a month, and take your time perusing the available creative energies.

Or try out Arts Alive Arcata, the second Friday of each month. Grab a cup of coffee, catch up with old friends and make new ones along the way.

Dottie Guido may be contacted at:
thejack@humboldt.edu



A couple looks on as a local band performs during Arts Alive. | Elizabeth Sorrell

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From Hwy 101 NORTHBOUND - Take Loleta/Ferndale Exit 692. turn left on Singley Road and come up the hill. Call 733-9419 for information

LUMBERJACK CALENDAR

Feb. 11 - Feb. 17

campus.community.music.film.theater
WHAT'S GOIN' ON?

Submit your calendar event online to:
lumberjack.calendar@gmail.com

WEDNESDAY February 11

FAPA Workshop
Where: College of the
Redwoods, Downtown Site
Time: 4:30 p.m.

**Reggae and Dancehall
Wednesday**
Where: Jambalaya
Time: 9 p.m.
Ages: 21+

**Green Plumbing
(Workshop)**
Where: Redwood Coast
Energy Authority
Time: 6:45 p.m.
Cost: Free

THURSDAY February 12

**Reverend Horton Heat
(Rock, 18+)**
Where: Kate Buchanan
Room, HSU
Time: 8 p.m.
Cost: \$25 adult, \$20 student,
free for seniors

**Lay of the Land
(Photography
exhibit reception)**
Where: Reese Bullen Gallery,
HSU
Time: 5 - 7 p.m.

**Cooking Creatively
Workshop**
Where: Perfect Palate,
Ferndale
Time: 6:30 - 8:30 p.m.
Cost: Free

FRIDAY February 13

Be My Valentine Party
Where: Aunty Mo's Lounge,
Eureka
Time: 6-9 p.m.
Cost: \$10

**Antony Kakamakov
(Classical Guitar)**
Where: Fulkerson Recital
Hall, HSU
Time: 8 p.m.
Cost: \$8 general, \$3 students
and seniors

**Good Company
(Celtic)**
Where: Cafe Mokka
Time: 8 p.m.

**Salsa Con Fuego
(Dance Lessons)**
Where: Mosgo's
Time: 7 p.m.
Cost: \$5

SATURDAY February 14

**Joe and Me
(Greek and Turkish)**
Where: Cafe Mokka
Time: 7:30 p.m.
Cost: Free to all ages

Elvis & the Houndogs
Where: Muddy's Hot Cup
Time: 8 p.m. - 12 a.m.

**Munich Symphony
Orchestra**
Where: Van Duzer Theater,
HSU
Time: 8 p.m.
Cost: \$65 adult, \$60 child and
seniors, \$35 student

SUNDAY February 15

Jazz Piano Brunch
Where: Muddy's Hot Cup
Time: 11 a.m. - 1 p.m.

Audubon Birding Trip
Where: Eureka Marsh
Time: 8:30 a.m.
Cost: Free

**The Wild Guys
(Play)**
Where: Ferndale Repertory
Theater
Time: 2 p.m.

**Celebration of Native
Arts and Culture**
Where: Westhaven Center for
the Arts
Time: 3 - 5 p.m.

MONDAY February 16

Open Mic
Where: Muddy's Hot Cup
Time: 7 p.m. - 12 a.m.

**A Taste of History: A
Soul Food Experience**
Where: Arcata Co-Op
Time: 5 p.m.

Small Claims Clinic
Where: Humboldt County
Courthouse
Time: 1:30 p.m.

**Lindy Hop/Swing Dance
Class**
Where: Redwood Oaks World
Dance Studio
Time: 7:30 - 10:30 p.m.
Cost: \$5

Open Jam
Where: The Boiler Room
Time: 8 p.m.
Ages: 21+

TUESDAY February 17

**Inner Space Talk
"Body Image"**
Where: Science B 133; HSU
Time: 7 p.m.

**How to Find an
Internship
Workshop**
Where: Nelson Hall West, HSU
Time: 5:15 p.m.

**North Coast Jazz
Collective**
Where: Six Rivers Brewery
Time: 8 p.m.

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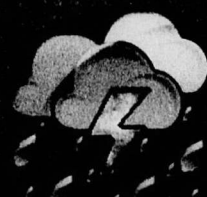
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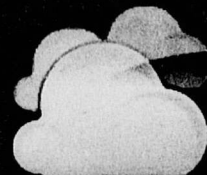
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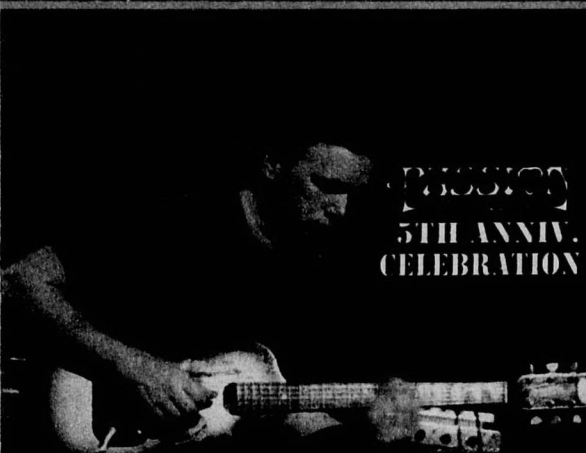


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