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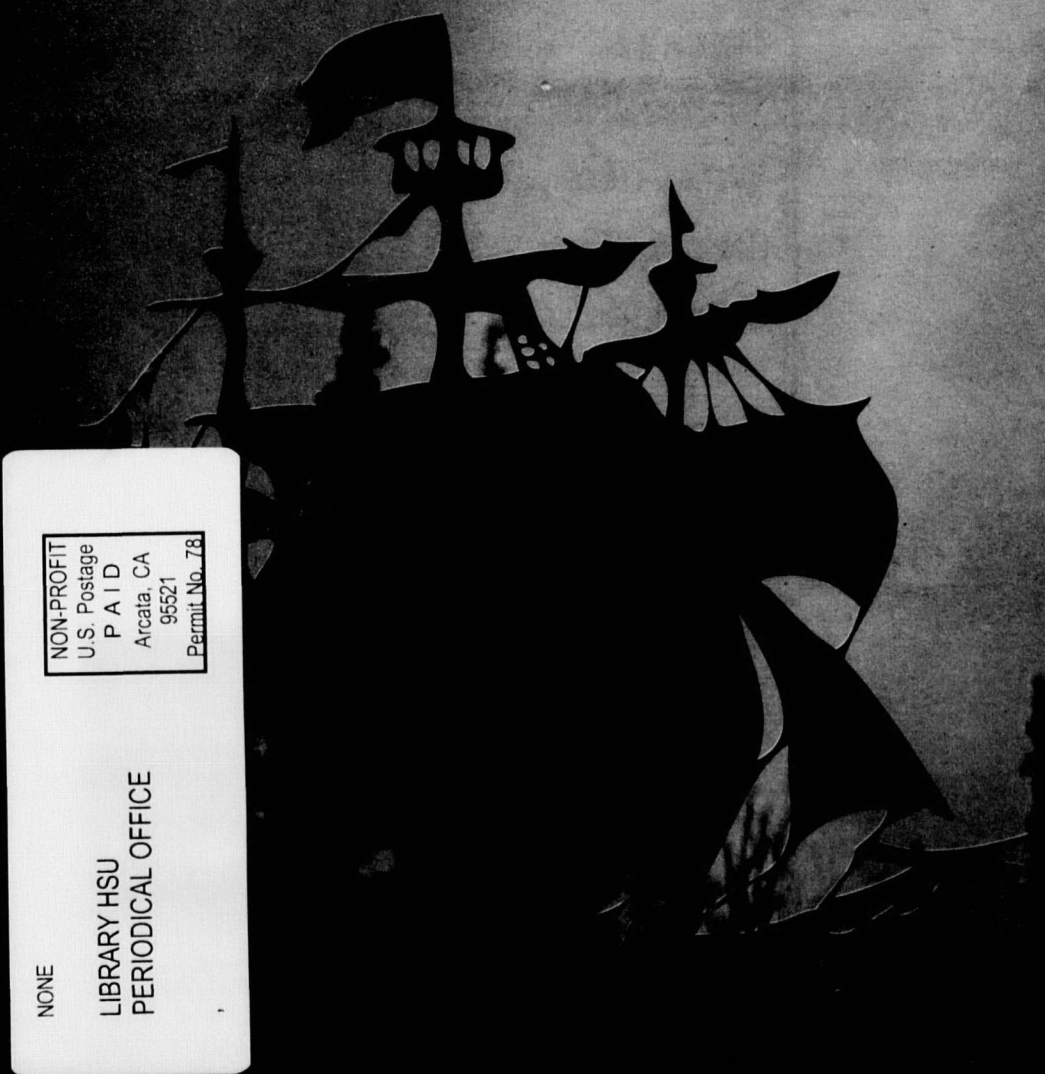
The Lumber Jack

Wednesday February 02, 2011 Vol. 98 No. 2
www.thejackonline.org



Trinity's Lost Treasure *Could Pirates Pre-Date Sutter?*

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Cover

Design: Jacob Horn

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Corrections

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UNMASKING TRINITY'S PIRATES

Danny Froloff
Staff Writer



(Please read the following paragraph with pirate accent)

Legends grow with the telling of tall tales. Fortune and plunder were once the way of the adventurous soul daring enough to cast his lot against the tides and tame the seas. History can't be seen clearly because dead men tell no tales. The Humboldt Anthropology Department now seeks to unmask the shrouded past and tell the tale of William English, pirate, explorer and a possible historical figure-head of the Northern Coast of California.

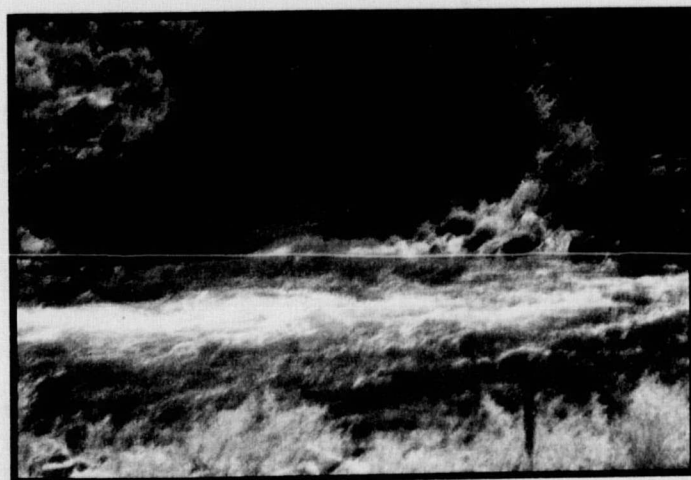
The saga began at an annual State of Jefferson Historical Group meeting last year held at Mount Shasta. At the meetings, anthropologists, natives, and people with historical interests gather together and share stories, legends and other little known tid-bits on the rich folklore surrounding Northern California and Southern Oregon, revered as The State of Jefferson (not to be confused with the secessionist movement).

At the meeting, Bill Rich, a co-director of the Anthropology Department's Cultural Resource Facility (CRF), was intrigued by a presentation given by Mark Arnold a member of the Trinity Forestry Service.

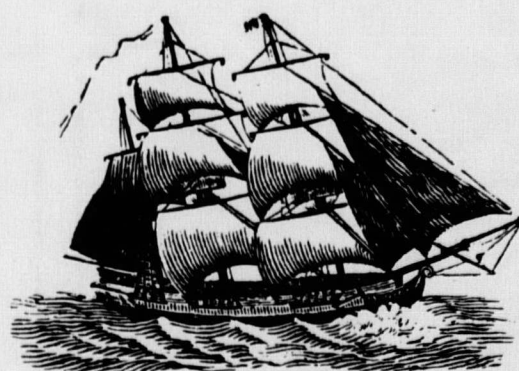
The story, "Pirates on the Trinity," was about William English, a sailor born to an English father and Indian mother in the 19th century. As a young man in his twenties, English found work on a East-Indian trade ship that was heavily armed. Possibly discontented with the leadership, English and his band of salty sea dogs commandeered the rather large war-ship, that could carry anywhere between 20-120 crew members and began to pirate and plunder in the South-seas. The British Royal Navy chased the vessel and followed the fugitive crew and captain down to the Hawaiian Islands, then up the coast of California to the well-known sailor's landmark of Cape Mendocino. The ship was burned and the crew fled.

Sailors Bar on the Trinity River is the suspected site of where Bill English and crew continued their quest for treasure by mining for gold. Not much was known of what came of Bill

English's romantic escapades until HSU Senior and



Anthropology Major Wesley Korpela under the guidance of (M.A.) Bill Rich, a Registered Professional Archaeologist



Anthropology Senior Wesley Korpela's research may have unmasked the legendary pirate-turned-pro prospector William English. | PHOTOG

(RPA), decided to investigate further.

"I knew Wesley had a fascination with pirates and he was considering studying in Florida to pursue under-water archeology, so when I heard the story of pirates on the Trinity, I knew he would be excited," said Rich.

In October, Rich, Korpela and a band of their own set out to survey the alleged site of English and his men. "We saw a few land formations [at the site] and considered using non-ferris metal-detecting to find brass or some kind of non-iron metals, but nothing that old was found," said Rich. The non-ferris metal detectors pick up metals that don't contain iron, which is too heavy for sailing and corrode from the elements of the open seas.

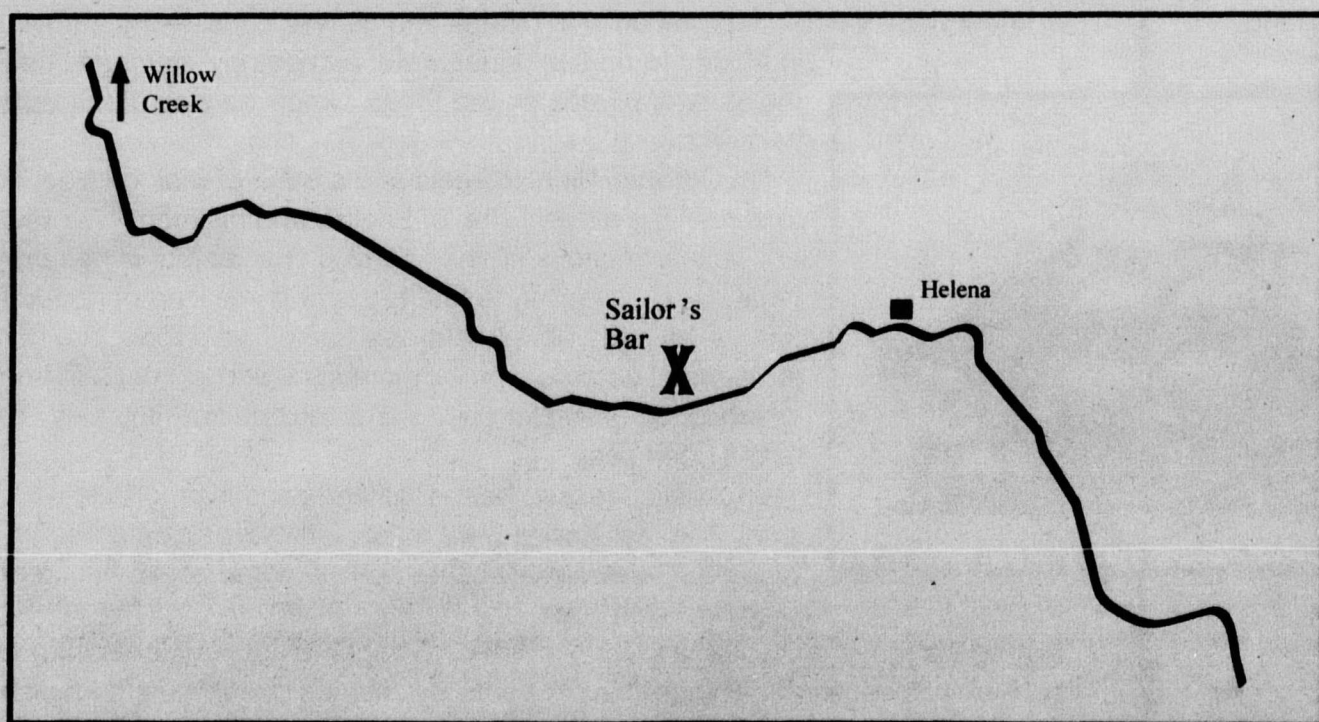
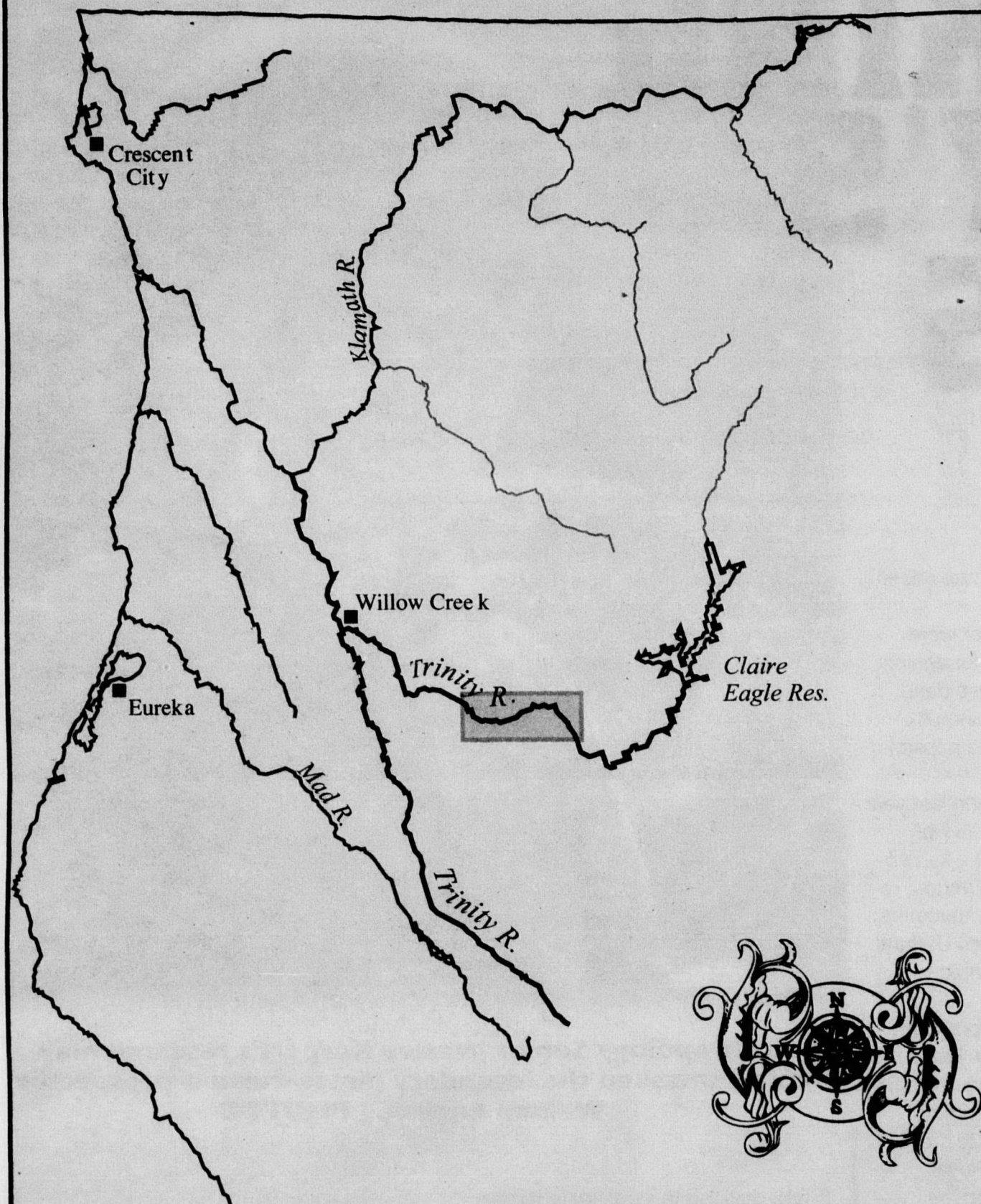
Korpela checked back-logs and census reports to no avail. The real strides were made with Korpela's persistent digging. "Then Wesley came up with some books and kept reading," said Rich.

During his research, Korpela found a book on Google Text, by Major Horace Bell titled "Reminiscences of a Ranger." In his book, Bell names pirate William English by his alias, William Reynolds, a well documented and wealthy Northern California land-owner who appeared in the Pioneer Registration as early as 1845.

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See Pirates Page 4

Treasures on the Trinity

PIRATES continued from Page 3



Maps by Kelly J. Muth

"If English and his men did find gold on the Trinity, this could pre-date any other river-mined findings in California," said Korpela emphatically.

The man known as William Reynolds turns out to be a reoccurring character in early California history. He owned property in San Francisco and is mentioned on record with other historical elite such as General Freemont.

While some historians are skeptical of Bell's writings, Korpela said, "The story is most likely true. We found other documentation from Southern California ranchers that confirm William Reynolds identity as a pirate."

Mark Arnold, an archaeologist for The Trinity Fund, is familiar with the Trinity wilderness and historical gold claims in the area. Arnold said, "There was a tremendous amount of placer mining, which is a working of the gravel in the river, near the Burnt Ranch and Willow Creek area in the early-1850's and through the 1890's, where hundreds of prospectors found gold. As far as any earlier claims, it's quite possible people made fortunes from large deposits of gold embedded in rock."

Some of the oldest finds on the Trinity are over a hundred trade-coin replicas from the 1830's, used as diplomatic offerings when Europeans encountered Natives. The coins are 3 inches in diameter and are identified as Russian and French replicas made from pewter. Arnold speculates, "Until we find hard evidence it's hard to make the English connection. We're looking for any indications of early structures in the ground; bottles, cans, metal artifacts from the mid-1800's."

Korpela plans to revisit the

Sailors Bar site in April to try his luck with a better educated guess of where the miners panned. "Bell speculated it was on Sailors Bar, but with the history of flooding in that area, the original sight would have been most likely somewhere in the area of what was known as Sailors Creek," said Korpela.

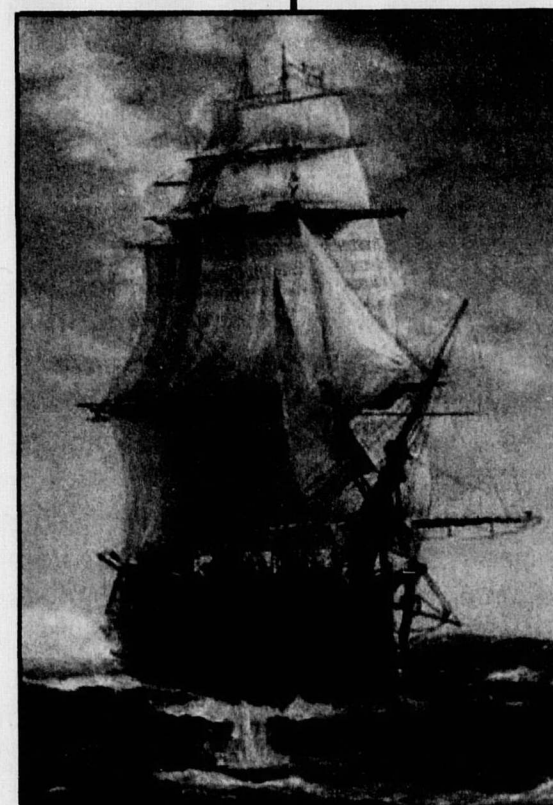
Although Highway 299 runs along the Trinity River, access is minimal. "Wesley had to use a boat at one point to cross at Big Bar. In the whole stretch of river there are no roads and steep hills," said Arnold about the dense landscape.

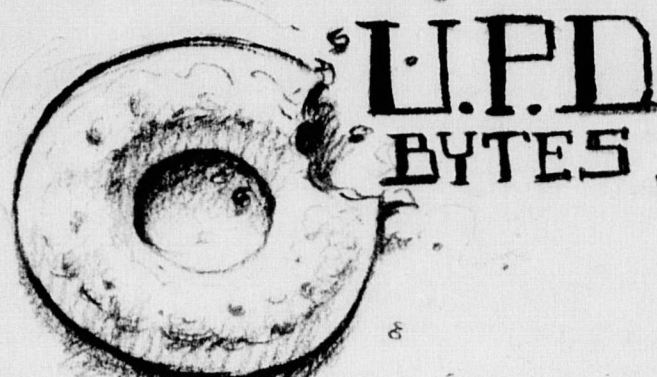
Future plans for our savvy treasure hunter Korpela include a possible trip to London this spring to continue his research of the mysterious William English. "I'll be applying for grants to visit the British Library in London

to try and find out more about Bill English and check out the records to see if and when he was employed by the East Indian Trading Company," said Korpela. "If Bill English was chased by the British Royal Navy they would have some record of that from the East India Trading Company," said Arnold.

Korpela, will soon be attending grad-school in North Carolina, near the suspected site of Blackbeard's ship, where he can make use his scuba certification and begin his life long dream of becoming an underwater archaeologist. Reminding us that the majority of the worlds treasures are still out there, buried under the sea.

Danny Froloff may be contacted at thejack@humboldt.edu





Thursday, Jan. 20, 2011

1:16 p.m.

UPD noted they were "out with APD at Safeway." No criminal report was made but they were likely assisting Arcata PD with finding the bakery.

3:41 p.m.

UPD noted they were with APD in front of Rico's Tacos. No criminal report was made. It seems that UPD is taking "status updates" to a new level.

3:30 p.m.

Vandalism was reported on Canyon Fire Lane. Police found a "Green dollar sign with vertical lines being rifles." UPD believes this may be linked to a prior vandalism case and is asking the community to be on the look-out for the Green Hornet...until they get a better lead.

Friday, Jan. 21, 2011

5:07 p.m.

UPD investigated a suspicious drawing on a white board on the 5th floor of BSS building. UPD checked the board and found no criminal activity, but interrogated the board about the drawing until they found an eraser.

10:30 p.m.

UPD noted they were "out with APD next to Tobey and Jacks." An hour later at 11:49 p.m., UPD checked in again to let dispatch know they were "assisting APD with a large party" on G St. Fighting crime? Maybe. Partying Friday night away? Likely.

Sunday, Jan. 22, 2011

11:12 p.m.

UPD got word of two females playing in a shopping cart near the LK Wood Underpass. No carts or girls of any kind were found by the time they arrived on scene.

11:36 p.m.

UPD called again to LK Wood Underpass for possible vandalism. No vandalism was present but UPD got their daily fix of shooing people out of the area.

Monday, Jan. 23, 2011

2:22 a.m.

Students caused a complaint for noise disturbance in Campus Apartment's gazebo. Students were told to skedaddle back to their apartments.

2:11 p.m.

UPD was called for the odor of marijuana on Canyon Fire Lane. No odor was smelled upon arrival as reported.

11:58 p.m.

UPD reported a false 911 call from Van Matre Hall. UPD checked the area and were pleased to find no suspicious activity. They were also pleased to find the refrigerator still running.

Tuesday, Jan. 24, 2011

2:28 p.m.

UPD placed an immobilization boot on a vehicle on 17th Street for unpaid parking tickets.

5:41 p.m.

UPD noted that the vehicle owner made sure "all overdue pees paid" for the vehicle on 17th Street and the boot was removed.

6:20 p.m.

UPD responded to a reported vehicle theft on 17th Street, and quietly pondered whether the boot or the pees had any relation.

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Compiled by Kimberly Hodges

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more TBA

Saturday
February 12
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(arcata black metal) +
more TBA

Saturday
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Miasmic
(Eureka black metal)

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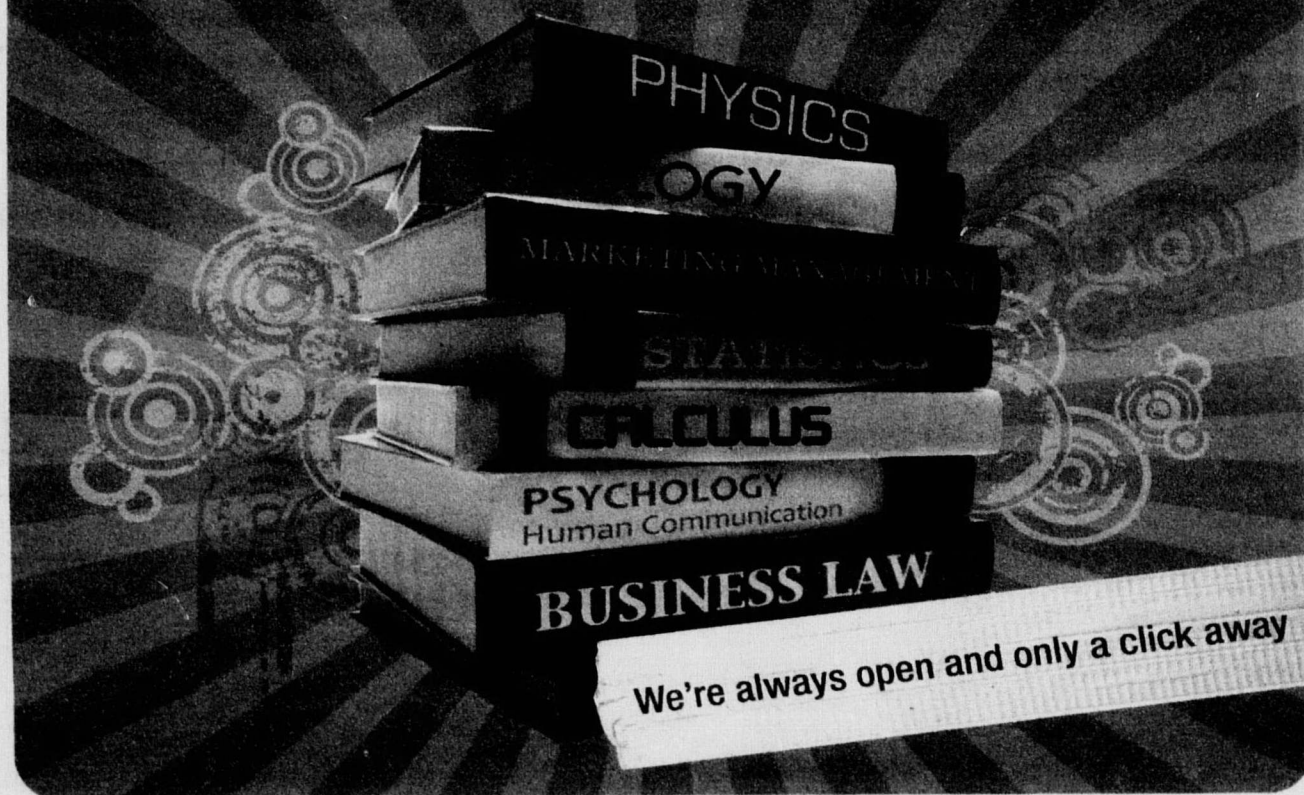
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"If you were the Governor of California, what
would you cut from the state's budget?"

43 of you responded to the online poll, with the majority choosing to cut the budget for welfare, followed by law enforcement and government salaries.

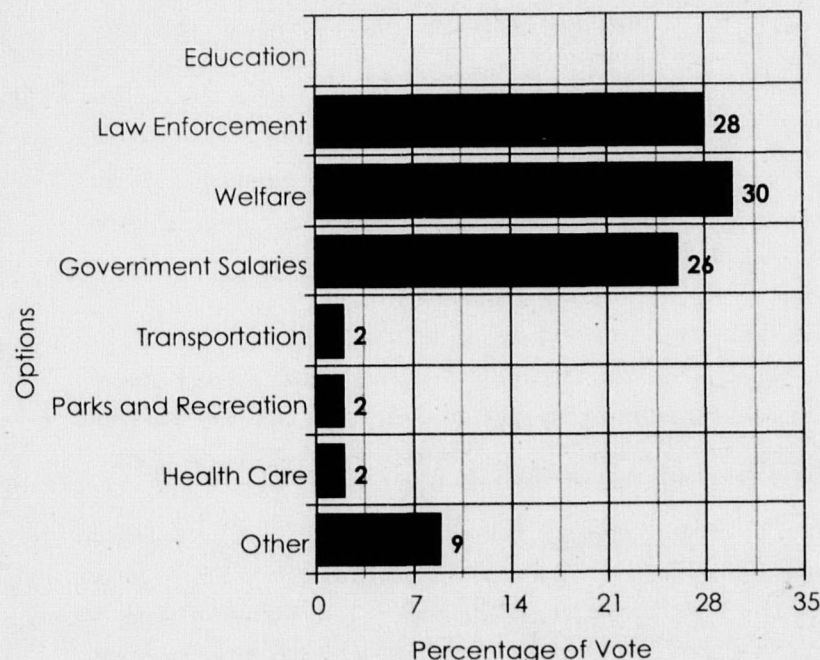
No one chose to cut the budget for education. Transportation, parks and recreation, health care and the "other" option received a minimal number of votes.

Results are not scientific.

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Go to thejackonline.org for this week's poll on the Superbowl.

If you were the Governor of California, what would you cut from the state's budget?



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Associated Students Seek to Fill Committee Seats

Kimberly Hodges
Staff Writer

Humboldt State University's Associated Students is taking applications for committee representative positions. There are several committees available to apply for and any student who want to work on campus affairs with the student government is eligible.

The applications for the committees and all information is available online as well as in the A.S. office, located in the South Lounge of the University Center. Students must first review the Committee Handbook and decide which committee he or she would like to be a part of.

The committee handbook gives information regarding the executive members of the committee, who appoint or interview students if chosen for recommendation, what types of meetings are held and how often, as well as a description of the committee's purpose and responsibilities. Students may also view the "Committee Representatives" option on the A.S. website to view which committees are open and taking applications for new members.

Once a student has found an open committee, they can submit an application. The application will be reviewed by the A.S. President and Vice President for recommendation and approval from the full council.

Students are welcomed by A.S. to apply for any committee. They all have different functions and responsibilities on campus. Student representatives on each committee are the voice of students in campus governance. They ensure the student body is represented in many important decision making groups at HSU.

A.S. President Iban Rodriguez pointed out a few open seats on committees that he feels should be filled as a top priority. These include the Elections Commission which conducts the Spring Associated Students Elections and is involved in electing new students to executive A.S. positions.

Another top priority committee is the A.S. Campus/Community Service Scholarship Committee. This committee rewards selected applicants with a scholarship up to \$1,000 for the upcoming 2011-2012 academic year, with \$500 being rewarded each semester. Members of the committee are responsible for reviewing all application materials from each eligible student.

"[The committee] reviews all the applications and we pick the students who we feel deserve the scholarship; part of the scholarship is a needs-based scholarship so you will need FAFSA information," said President Rodriguez, who is also Chair of the committee.

A.S. Wants to Give You a Grand

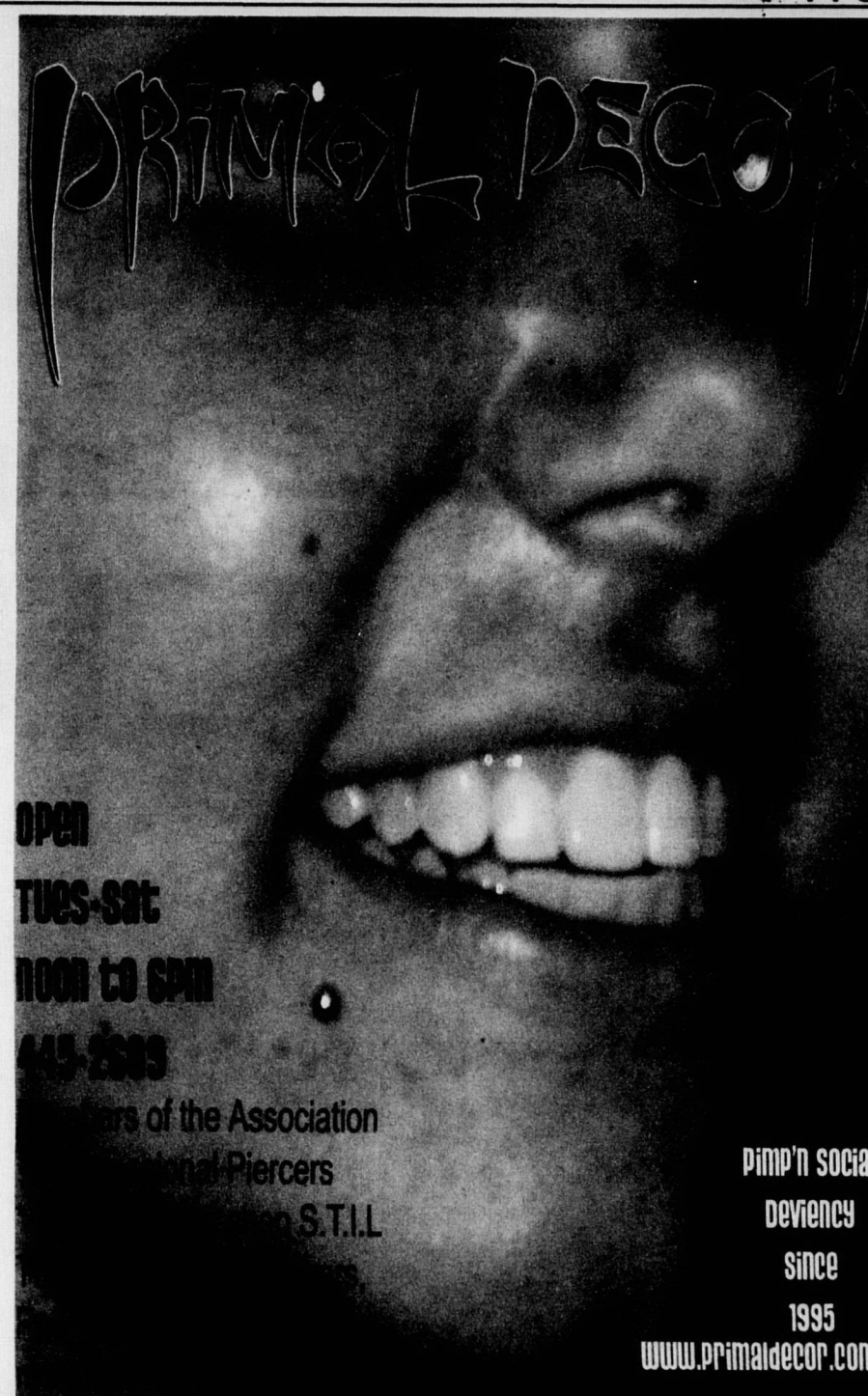
Associated Students is now taking applications for the 2011-2012 Campus/Community Service Scholarship. Applications for the \$1,000 scholarship became available on Jan. 24 and will be available until 5 p.m. Feb. 25.

A.S. will select 30 applicants to receive a scholarship of up to \$1,000 for 2011-2012, with \$500 to be dispersed each semester. According to the application's selection criteria, "Applicants must have filed a Free Application for Federal Student Aid (FAFSA)...for the upcoming year by March 2, 2011, and be eligible for financial aid."

A.S. President Iban Rodriguez said, students are also required to fill out a separate application, found online or in the A.S. office, submit an essay about their campus or community service as well as a nomination letter from a person acquainted with the applicant's work in the community.

Applying students must turn in seven copies of all required materials before 5 p.m. Feb. 25. Applicants will be notified at the end of the semester with scholarship decisions.

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Kim Hodges may be contacted at
thejack@humboldt.edu



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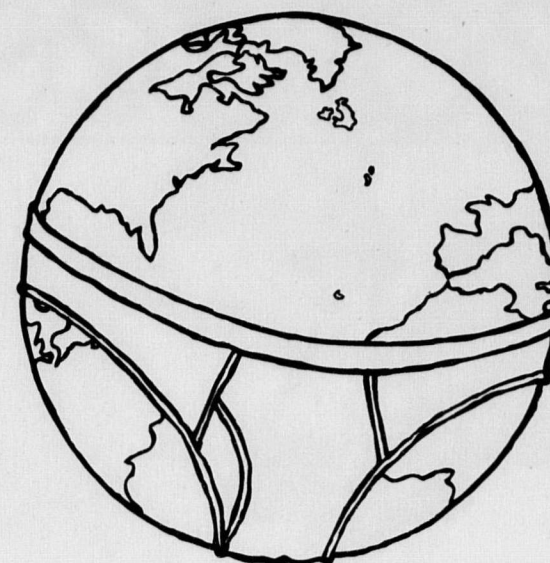


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LOCATED IN THE SOUTH LOUNGE OF THE UNIVERSITY CENTER OR
ONLINE AT WWW.HUMBOLDT.EDU/ASSOCIATEDSTUDENTS**

Completed applications are due back in the A.S. office
by 5pm on Friday, February 25

The World In Briefs



Sudan

A referendum in the south of Africa's largest nation has been passed in a landslide to separate from the north. With 99 percent of the population in favor, the vote means Southern Sudan can proceed with plans to form a new government independent of Omar al-Bashir's regime in Khartoum. The vote may be the final chapter of a decades-long civil war and political struggle in Sudan. Meanwhile, al-Bashir's regime is seeing a challenge in the streets of Khartoum as Tunisia and Egypt's calls for more freedom spread across the region.

Palestine

The Qatar-based Al Jazeera news network has been given about 1,600 internal documents detailing a decade of negotiations between Palestinian Authority representatives and Israel. The documents revealed details about the negotiations neither party wants public. Al Jazeera points to documents that show Palestinian negotiators offered to accept Israeli settlements in the Occupied Territories despite wide international condemnation of the occupation. Al Jazeera also reports the Palestinian Authority may have had prior knowledge about Israel's 2008 assault on Gaza and then sought to delay the UN's Goldstone report condemning it.

Bolivia

Indigenous Bolivians protested the United States' drug policies by organizing masses of coca-chewing demonstrators outside government buildings and the U.S. Embassy. Growing and chewing coca is a part of life in Bolivia to the point that president and one-time coca grower Evo Morales gained his position with the support of coca farmers. Bolivia is fighting the U.S.-led ban on coca leaves, but the U.S. says it will veto those efforts as coca leaves are a raw ingredient for cocaine.

Uganda

David Kato, a prominent gay rights activist, was beaten to death in Uganda last week. Kato was among 100 people listed in a Ugandan newspaper as suspected homosexuals with the headline "Hang Them." Kato's funeral was marred by anti-gay remarks made by the pastor leading the funeral. Other activists and family are angry with Pastor Thomas Musoke who said gays should "turn back; they should abandon what they are doing. You cannot start admiring a fellow man."

United States of America

President Barack Obama spoke of a new era of bipartisanship in the wake of the shootings in Tuscon, Ariz., when he delivered the 2011 State of the Union Address. He also said that despite continued high unemployment, he believes an increase in corporate profits and a boom at the stock markets mean the United States is on its way out of recession.

The congressional Crisis Inquiry Commission has found the recession was avoidable and caused by the misdeeds of financial firms and a lack of meaningful regulation. Democrats and Republicans on the committee were split on the findings with the minority from the GOP blaming the recession on too much regulation.

A 63-year-old California man has been arrested with a large amount of explosives outside a mosque in Michigan. The man was caught after bragging in a bar that he planned to blow up the Dearborn mosque, the second oldest and one of the largest mosques in the United States.

Egypt

Hundreds of thousands of Egyptians have continued protests demanding regime change in the country. Looting began in Cairo after more than a week of protests, with accusations that looters were government loyalists. Police stations have been attacked and burned after weapons were seized. News agencies report more than 150 protesters dead and thousands of demonstrators and journalists arrested. President Hosni Mubarak has responded by shutting down cell phone service and social network sites and banning protests. Protests have gained support nevertheless with more than a million people turning out for massive demonstrations Tuesday.

Mubarak has started to rebuild the Egyptian government and has said he will leave the presidency he has inhabited for 30 years. He appointed Omar Suleiman as Egypt's first vice president. As head of Egypt's intelligence agency, Suleiman aided the George W. Bush administration with its controversial policy of extraordinary rendition. The Obama administration walked a line between affirming their close relationship with Mubarak while paying lip service to the democratic rights of the Egyptian people. Egypt is one of the largest recipients of aid from the United States with \$1.2 billion of military aid funneled into Mubarak's army annually. Egyptian activists pointed out that the tear gas, grenades and tanks used against protesters are made in the United States.

Haiti

Jean-Claude Duvalier, the one-time dictator of Haiti, returned to the country, which is still rebuilding after an earthquake a year ago. Duvalier said he returned after 25 years to help Haiti's reconstruction. Switzerland has passed a new law aimed at blocking Duvalier from retrieving \$6 million in frozen assets from Swiss accounts. The money is widely considered to be embezzled from Haitian aid funds. Jean-Bertrand Aristide, who was twice elected Haitian President and twice ousted through U.S. efforts, was offered a Haitian passport for the first time since 2004. He is known for his belief in liberation theology and debt forgiveness for the Haitian people.

Vietnam

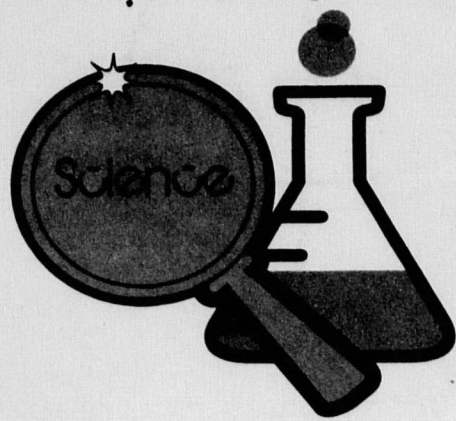
Investigative journalist Hoang Hung was burned to death Jan. 20. An intruder invaded his home near Ho Chi Minh City and set him alight after he covered Hung in flammable chemicals in his sleep. The Committee to Protect Journalists is urging an in-depth investigation.

Burma

Myanmar/Burma has opened its first parliamentary session in more than 30 years. The country was run by a military junta for the past five decades but the creation of a new civilian government is in the works. The first parliamentary session has chosen five candidates to become president. The future of the military's influence will still be determined as more than a quarter of parliamentary seats are held by military appointees.

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Compiled by Josh Aden



Is There Something Fishy about GMO Salmon?

Allison Mayoral
Guest Writer

Michael Garcia fishes in the Sacramento Delta at least three times a month. Garcia spends hours waiting for a tug on the line before reeling in his dinner. However, the majority of fish-eaters depend on what grocery stores sell. And it soon may be a genetically modified Frankenfish. Yum.

Within a couple of years, you might be eating genetically modified Atlantic Salmon and not even know it. "No way," he said when asked if he would eat the modified salmon or any other modified fish. "Fish are meant to be caught with a fishing pole."

The modified fish, developed by Massachusetts-based AquaBounty Technologies, are still going through the Food and Drug Administration's approval process. The FDA held public hearings Sept. 19-21 of last year to decide if the fish should be given the go-ahead. After three days of testimonies from both sides, the FDA found there was not sufficient data to determine that the GMO (genetically modified organism) salmon were safe for consumers.

The biotechnology company began working on their fish in 1995. The official name of the fish is the "AquaAdvantage Salmon". The company's website states that its fish will reach market size twice as fast as a natural salmon. It will take 16 to 18 months instead of the normal three years for the salmon to fully develop.

For faster development, a growth hormone from the Chinook salmon will be spliced into the Atlantic salmon's DNA. The genetic code from an eel-like fish, an ocean pout, will also be combined into the salmon. AquaBounty has taken the part of the ocean pout's genetic code that produces a protein allowing them to live and grow in cold waters--a type of antifreeze--and combined it with their fish. AquaBounty says on its site that the "AquaAdvantage Salmon simply makes more

efficient use of its salmon growth genes."

Eric Loudenslager, manager of the Humboldt State fish hatchery, doesn't see much harm in AquaBounty's product. "The switches that turn on and off the growth of the fish will be modified so they are always on," said Loudenslager. "The growth hormone is virtually identical between both salmon, so it shouldn't make that much of a difference."

There is concern from consumer advocates and environmentalists that the fish will escape and cross-breed with wild salmon or destroy the natural food chain. They will be twice as hungry since they are always growing. AquaBounty has made it clear on their website that the fish cannot escape, and in the rare chance they do, they could not survive in the surrounding waters. "The environmental calamity risks are not as great as some would argue," said Loudenslager.

The company is sure their fish will not be a threat to the natural environment because of the where they will grow and raise the eggs. According to AquaBounty's website, they will hatch the eggs in a company facility in Prince Edwards Island, Canada. They will later raise the salmon in land-based pens in the southernmost country of Central America: Panama. Eventually the eggs will be sold and produced in fish farms not controlled by the company.

AquaBounty engineered the fish to be sterile, so if they do escape, they will not be able to reproduce. But the company does point out that five percent of the fish are not sterile. If they were to escape and survive, they could possibly breed with wild salmon. However, the company argues that theory of breeding in the wild is incorrect.

The FDA must decide whether to give the salmon a special label. Genetically engineered crops like corn and wheat are not labeled, so why should the fish be

any different? "Labels are a tool for those opposed to create consumer resistance," said Loudenslager.

Grace Witley, 55, has had fish in her diet all her life, she eats fish at least three times a month. "It has more health benefits than chicken," she said as she waited in line to buy some fresh fish at the Murphy's meat counter. Witley chooses salmon because of the health benefits of eating the omega-3-rich fish. "If it had a label that said, 'GM Salmon,' I would be turned off," she said. Witley said she would want to see more studies about how the modified salmon will affect human health in the long run. "Even though I'm sure what I buy now is farmed fish and in a essence isn't natural, there is just something about the words 'genetically modified' that sounds so strange."

AquaBounty says the fish is safe for human consumption since the altered Atlantic salmon has basically the same nutritional value of an unaltered fish. The only difference the company found was that the vitamin B6 content in the fish differed. They believe that shouldn't cause any concern.

The one thing that has Loudenslager concerned is the hormone level of the fish and how it could affect human health. "What happens to hormone levels when the fish is cooked? That's probably the place that has the biggest hole in it," he said. But Loudenslager says he would, "eat [the fish] without hesitation."

For now, more data is needed for the FDA to reach a decision about the GMO salmon. AquaBounty says its first crop of fish will be ready in two years. So it is possible the frankenfish could be on your dinner plate in a couple of years.

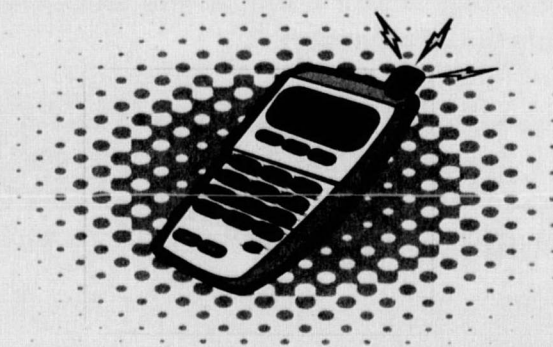
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Meet The Musician: Lana Rebel

Danielle Batres
Staff Writer

Lana Rebel started her music career playing bass in a metal band several years ago, but these days she's slinging an acoustic guitar and belting out folk songs in front of crowds all over America. You may have caught her performance at The Alibi a few weeks ago. Since then, Rebel and her touring guitarist, Kevin Mayfield, moved back to her hometown of Tuscon, Ariz. to write and recordsongs for a new album. The Lumberjack got the opportunity to speak to Rebel and ask about her future plans.

.....

Lumberjack: "Lana Rebel is an interesting stage name. Can you tell us where that comes from?"

Rebel: "When I was younger, I just sort of adapted it as a pen name. I grew up in Tuscon and we all had funny punk rock names. When I was 14, I was with a friend of mine at the boardwalk and there was this 'No Skateboards, No Bicycles' sign, but I ignored it. I told my friend, 'I don't care about that. I'm Lana Rebel!' and the name just stuck."

LJ: "How would you describe your sound? Who are your major influences?"

R: "I'd say traditional country music. Not the pop-country you hear a lot of on the radios these days, but a folk-country and blues."

LJ: "Can you walk us through your usual song writing process?"

R: "Usually notes and words come to me in little clips, like poetry. I call them 'nuggets.' Sometimes the words will sit there for years before the right melody comes to me and I can turn it into a song. That's why I hang on to everything I write, you just never know."

LJ: "Are there any artists today that you really admire or would like to play with?"

R: "I'm so out of touch with what people are listening to these days, but I really like Gillian Welch. But most of the artists I'd really love to play with are already dead, like Bob Wills."

LJ: "What are your future plans for the band?"

R: "Right now Kevin and I are getting settled into Tuscon. We're trying to plan a summer tour. I really loved Arcata when we were up there. We appreciate all the support. We'll definitely be back around in the summer."

.....

**Danielle may be contacted
at thejack@humboldt.edu**

Photos courtesy of Lana Rebel



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Tuesday 2/8
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Business, Design, and Economic Fuel

Kris Kelsoe beat a lucrative deadline last Friday when he showed up to College of the Redwoods on the final day to register to compete in the 2011 Economic Fuel Business Plan Competition.

Kelsoe, a CR business student, plans to start Skateship.com, a company that sells action-sport boards. “Experience and capital,” said Kelsoe, is what drove him to sign up for the business plan competition. If he places among the four finalists he will win \$25,000 of start up capital, no strings attached.

Economic Fuel is a business plan competition open to students and recent graduates of HSU and CR who live in Humboldt County. Sixty-one teams registered for the competition, according to Economic Fuel's email to registered participants. Teams, who consist of one to five members, will present their business plans to a panel of six judges. The judges will revise business plans for required components such as industry, market and competitive analyses, a marketing plan and other financial information as specified in the competition's registration pack.

Judges filter through business plans to find exceptional ones that stand out from the rest. Creative presentation of the proposed ventures, like the use of solid branding and a professional logo, may help leave a positive impression on the judges. “Economic Fuel is about judges believing in your idea,” said Kyle Visser, HSU business student and owner of Shred Tec, a document and paper shredding company in Humboldt County. “If you have a professional logo, [judges] know you are serious, ca-

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A sign, posted by the HSU Engineering and Biological Sciences building, promoted the registration deadline and future awards given to Economic Fuel grand prize winners.
| Edgar Burgara

pable and know how to do things correctly," said Visser.

Nancy Vizenor, who reviews business plans in her role as director of the Institute for Entrepreneurship Education and instructs the HSU Business Plan Development course, says a well designed logo "adds to the power of the first impression." It gives her an idea of who the organization is when she reviews a business plan.

But one should not confuse branding and logos. "Branding," said Vizenor, "is more than just the logo, but the feeling and personality of the organization."

HSU Graphic Design Professor Ricardo Febre thinks along the same lines. "Branding encompasses signs, style of photography, the message within the photography, symbols, color, slogans. It is the overall personality that identifies a company or organization."

"A logo is just one facet of branding," Febre added. "It is simply the visual mark representing the company."

What makes a great logo? "It correctly communicates the characteristics of the company as conveyed by the client. There are a number of time-tested rules regarding logo design. A logo should be simple. It should work well in black-and-white as well as color. It needs to work at multiple sizes," said Febre.

Shred Tec's logo, designed by Noah Wilson of local graphic design company Visual Concepts, consists of three white arrows inside a blue circle with a thick metallic-silver outline. The arrows are striped and placed in the form of a cycle.

They represent shredded paper being recycled.

"I want my logo everywhere it can be legally" said Visser. The logo is on his laptop, binder, his personal truck and his work truck. He is petitioning his wife to place the logo on her vehicle as large as he can.

.....
**Edgar Burgara may be
contacted at thejack@
humboldt.edu**


*"Economic fuel is about judges
believing in your idea. If you have
a professional logo, they know you
are serious, capable and know how
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Kyle Visser,
owner of Shred Tec

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Luke's Joint: Phenomenal Food and Marvelous Meals

Stephanie Giles
Staff Writer



Luke's Joint celebrated it's one year this past month. | Nichole Parada

Luke's Joint, located on H Street on the Arcata Plaza, just celebrated its one-year anniversary Jan. 13. The food they cook is just as exciting as the art that covers their walls, and the staff are always friendly.

Owner Luke Patterson attended the French Culinary Institute in New York and started a hot dog stand called Sublime Swine before he moved to Humboldt. "I moved to Humboldt because it reminded me of places I stayed back east, but without the bad weather, and the artistic town of Arcata is very appealing," Patterson said. The food stand was part of the inspiration for Luke's Joint.

With the help of his crew, Patterson created and named all of the recipes featured on his menu. Local farmers grow the majority of ingredients used in Patterson's recipes. "If you're ordering something here, at least one or two things in the dish will be locally grown--if not all," Patterson said.

The menu at Luke's Joint is vegetarian and vegan friendly. They even have gluten-free recipes available and will make meals with gluten free bread if the customer provides it.


Rocky Fischer, an employee at Luke's Joint, says that the atmosphere, along with the great food, is what draws customers in. "We're young kids, so we can connect with the customers, and there's always good music playing."

Lisa Wood, a regular customer at Luke's Joint, also commented on the casual and friendly atmosphere and raved about the meal options. "The food is for the people," she said. "It's gourmet without being bourgeois, and it's made from the heart."

"I like to call it creative comfort food," Patterson said. With names like "Mary Gets the Munchies,"

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Stephanie Giles may be contacted
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Thursday through Saturday

9:00 a.m. -- 9:00 p.m.

Arts & Entertainment

and "The Spicy Redneck," deciding what to order is just as fun as eating the food.

Menu Favorites

These are favorites selected from the menu by Luke Patterson, customers and employees

Potato-Pesto Tart w/ Goat Cheese (Bodacious Breakfasts)

Herb-roasted truffled yukon golden potatoes, garlic goat cheese, homemade walnut pesto and poached egg on organic puff pastry.

Warm Garlic Goat Cheese Salad (Sumptuous Salads)

Warm garlic goat cheese with Little River Farms' organic mixed greens, sliced apples, strawberries, candied spiced walnuts and homemade balsamic Vinaigrette. *Writer's Favorite!*

Good Gobbler (Pleasing Paninis)

Grilled focaccia panini with house-roasted turkey breast, melted french brie, honey, braised winter greens, twelve hour tomatos and roasted garlic-sherry spread.

Mary Gets the Munchies (Wicked Wraps)

Curried lamb patty with organic mixed greens, twelve-hour tomatoes, cured red onions, tzatziki sauce and curry vinaigrette on a grilled panini. *Luke's Favorite!*

The Spicy Redneck (Sublime Swine)

Smoked pork shoulder with chipotle-laced coleslaw on multi-seed oat toast and choice of homemade barbecue sauce.

Reconstructed Cordon Bleu (Pleasing Paninis)

Grilled focaccia panini with sliced pan-roasted chicken breast, sliced smoked pork loin, Jarlsberg cheese and roasted garlic-sherry vinaigrette. *Employee Favorite!*

Maple-Bacon Cheesecake (Divine Desserts)

Walnut-bacon-crust maple cheese-

cake with organic spiced walnuts, balsamic glaze, Sel G maple syrup.

Luke's Joint's Famous Cornbread from Home

Yields four standard loaves

Ingredients:

- ¾ stick butter, melted
- 2 ½ cups sugar
- 8 eggs
- 4 cups buttermilk
- 2 tbsp. baking soda
- 4 cups cornmeal
- 4 cups all-purpose flour
- 1 tbsp. kosher salt
- 2 cups whole corn kernels
- ½ cup ground Ancho chili powder

Preheat oven to 350 degrees. Prepare 4 8"x4" pans.

Mix the melted butter, sugar, eggs and buttermilk in a large bowl until well combined.

Add cornmeal, flour, salt, Ancho chili powder and baking soda, blending just to combine.

Add whole corn kernels, stirring just to combine.

Immediately pour into prepared loaf pans and bake 55 to 60 minutes.

Recipe By: Luke Patterson



Bomb-B-Q" is the tasty sandwich with smoked pork and homemade B-B-Q Sauce!
-Nichole Parada

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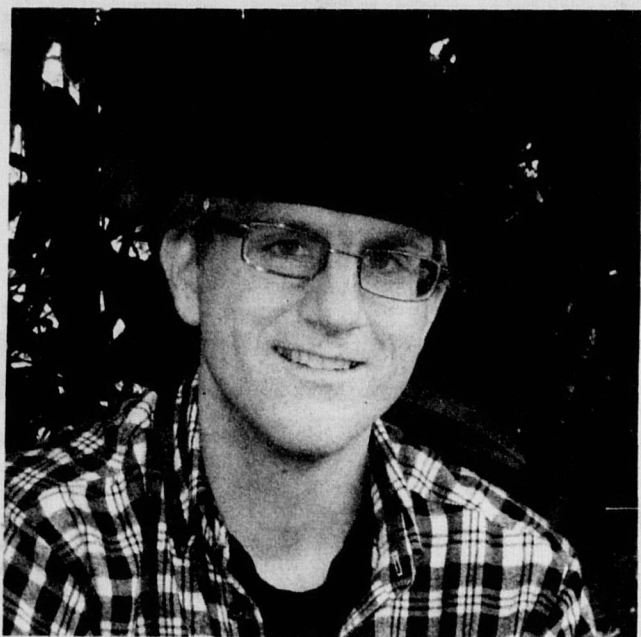
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WORD ON THE STREET:

Are you going to watch the Super Bowl, and who do you think will win?

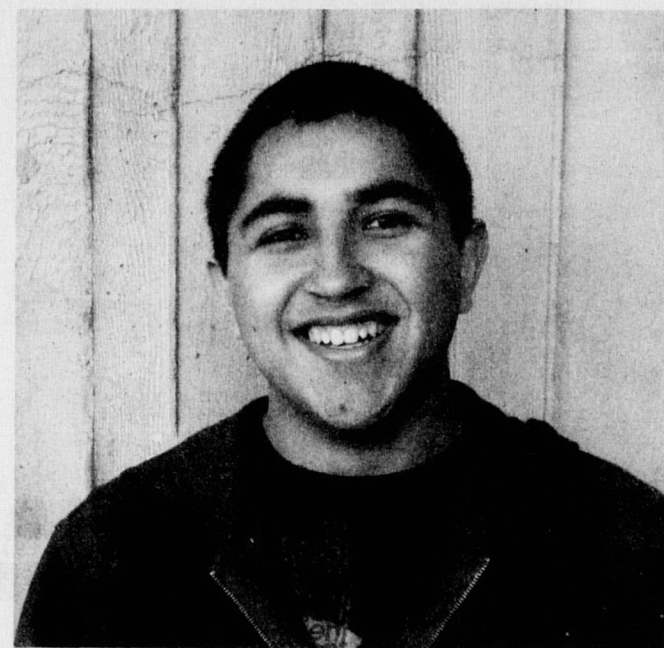
Melisa Coleman
Features Editor



Dan Raney, junior, history major. "I don't even know who's going to play and I hadn't really planned on watching the Super Bowl. Football's not really my thing."



Isabel Munguia, sophomore, pre-nursing major. "I might watch if I'm bored, but I don't know anything about it. I just hope they have fun."



Guillermo G6nez, sophomore, computer science major. "I'm going to watch. I think the Packers will win because I'm a little bit tired of the Steelers winning."



Aren Rye, senior, botany and dance double major. "I'm probably not going to watch. I don't know who's in the Super Bowl and I don't know when it is."



Brittany Pool, junior, business major. "I wouldn't watch the Super Bowl, but I don't know who's going to win of course. I have no idea who's playing this year."



Kirsten Woodsmith, sophomore, soils science major. "I don't know who's playing and I don't even have a TV in my house."



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ARCATA MARSH

Derek Lactaoen

Online Editor



The Arcata Marsh on a sunny winter day. | Jordan Sayre

Hey Hikers,

This week check out the Arcata Marsh. This place is perfect for everyone. It's close, easy, beautiful and interesting.

The marsh sits on the northwest corner of the Arcata Bay with beautiful views of Eureka and the Arcata hills. On clear days, you might be able to sneak a peek of Founders Hall peering from behind a wall of green redwoods. Hikers around the area normally spit on sights of industrial buildings, but the smokestacks in Eureka silhouetted against even an average sunset make this hike worthwhile.

The Arcata Marsh and Wildlife Sanctuary is a preserve that treats the city's wastewater, separating your poo from "effluent" water (everything else not solid). The effluent is then treated through six different marshes where oxidation, bacteria, algae and animals feed on the nutrients and clean the water before it flows into the bay.

The City of Arcata built its first wastewater treatment pond in 1949 and slowly developed its treatment facilities until 1981 when it completed the Arcata Marsh and Wildlife Sanctuary.

Hikers, can walk in any direction, but for longer hikes stay on the outer loop. The glory of the marsh is that if you get tired or if your dog decides he's done hiking, you can take an inner trail back to your car and cut the day short. Flat trails mean that novice hikers can enjoy the marsh to

its full extent, and its location on the side of the bay means tall trees won't prevent you from getting your vitamin D fix on sunny days.

Extend your hike by looping out to the south edge of the treatment facility for an extra mile and a half. You can also explore the extension projects on the west side of South I Street that can add up to a mile onto your hike.

The smell of sewage at a few points along the trail and the presence of the Arcata Marsh Interpretive Center building might upset purist hikers who won't settle for anything less than sea breezes and geological monoliths, but for the everyday outdoors enthusiast, the marsh is great.

Do you have a hike suggestion that you would like to see featured? Do you have questions about local trails or hiking, or even just a story from your latest hiking experience? Let us hear about it. Send comments and questions to Derek Lactaoen at DerekLactaoen@gmail.com.

Try this hike at the Marsh for yourself:

Difficulty level: 1

Distance: 3.8 miles

Time: Walking, about 2 hours

What to bring: Hiking boots, running shoes (or any good, sturdy, comfortable pair of shoes), water, maybe a snack and binoculars if you're interested in bird watching.

By the numbers (from Arcatamarshfriends.org):

307 acres (255 acres accessible to public)

49 acres of oxidation ponds

4.5 miles of trails

270 species of birds

21,000 visitors in 2007

The Breakdown:

Freshwater ponds

Salt marsh

Brackish water pond

Tidal mudflats

Driving Directions:

Head west on Samoa Boulevard.

Take a left on South I Street.

Follow South I Street until the end of the road at the marsh parking lot.

Find alternative access through South G Street on the right side of the road.

STRETCH AND SWEAT

Marisa Penkauskas
Staff Writer



Students enjoy going to yoga class. | Scott Hilton

Beads of sweat dripped off the football players as they stood with their right legs twisted over their left. Their arms shook as they simultaneously held their left arms over their right for five seconds in what the yoga practitioners call an eagle pose. Athletes, exercise enthusiasts and curious students are pulling up their stretchy pants for a healthier lifestyle through HSU's yoga and stretch classes.

Originally from India, yoga is the practice of gaining control over the body through breathing techniques with stretching positions.

Jehfree Spirit, the Beginning Yoga instructor at HSU, explained the concept behind the poses. "One of the goals of yoga is to develop body awareness," Spirit said. "That means we get in touch with the things that are happening inside of our body--in our skeleton, in our muscular system and frankly our digestive system."

Athletes are prone to injuries because of the lack of muscle prepping prior to a game. Kinesiology major and former basketball player Austin Raymond knows this first hand.

"I've had surgery on my ACL [anterior cruciate ligament]," Raymond said. "Yoga strengthens up all my muscles around my joints and keeps me flexible

too... different than weight lifting."

There are many different types of yoga practices. There is Vinyasa Flow Yoga which is a sequential stream of positions connected to breathing practices. Instructors may heat their room for a deeper stretch. There is also more relaxed and restorative yoga. Vinyasa Flow works for people with a higher muscle density because it heats and stretches the muscles in a way that is not addressed dur-

but lets yoga speak for itself. Derrick Austin, center offence on the HSU football team, started yoga this semester.

"It's an escape. The breathing really helps me. It makes you more conscious of your body," said Austin.

Kristen Ince, teacher of HSU's Stretch and Relaxation class, points out the differences between yoga and stretching. "Yoga combines strength and flexibility evenly," she said. "In my class, it's more of a place to let go of your muscles."

Yoga and stretching both stimulate systems of the body. Squeezing the abdominal muscles causes the digestive system to release built-up toxins in the

stomach, causing yoga beginners to feel light-headed, Spirit explained.

Yoga and stretching creates an awareness of your body to know what it craves and what causes it harm. It makes it easier to react to these signals and to live a healthy life.

Spirit stresses the importance of nutrition-consciousness along with stretching. "A lot of food we eat is processed and lacks nutrients, which makes us continue to have cravings," Spirit explained. "We are what we eat."

.....
Marisa Penkauskas may be contacted at thejack@humboldt.edu

"It's an escape. The breathing really helps me. It makes you more conscious of your body."

Derek Austin
Jack's football center offense

ing other types of workouts.

Brandon Hribar, senior offense and tackle on the HSU football team, uses yoga to help his game. "During practice I'm in a 3-point stance, which is a squatting position, and I have tight hips," Hribar said. "Yoga helps."

Spirit's Beginning Yoga class at HSU is a 50-minute Vinyasa Flow style that is a naturally spiritual search to understand a person's body and how to react to it. "This is not a religious denomination. It's a very personal and spiritual inquiry," Spirit said.

Instructor Spirit does not tell his students what to believe,

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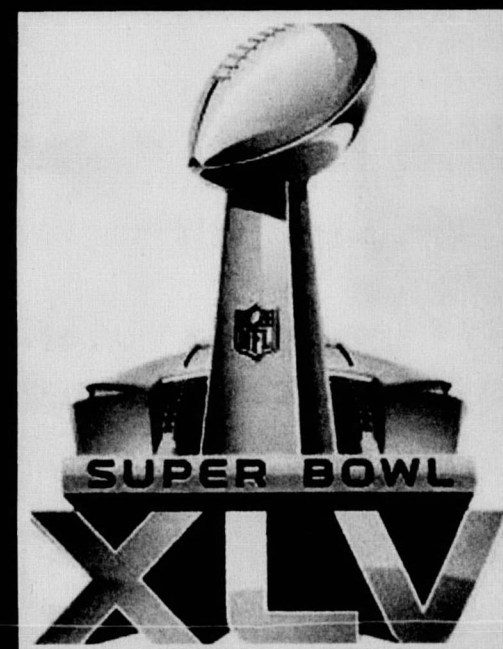
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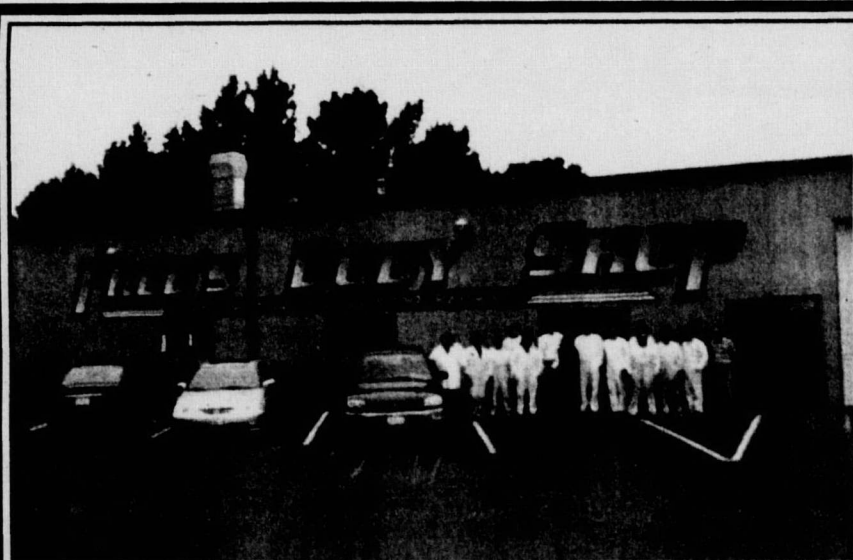
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TODD BRAJE

HIS SHORTEST RUN IS 9 MILES

Derek Lactaoen

Online Editor

Todd Braje spits out of the side of his mouth as he runs through downtown Arcata. As he weaves around cars and dodges walkers, he talks of 40-mile runs and 100-mile races as if they were things that everyone does.

Most people know this Clark Kent by his office job as the anthropology professor who plays "Indiana Jones" clips on the first day of class. But when he trades in his necktie and button-downs, few know him as the breakout three-time national ultramarathon champion and two-time world ultramarathon championship competitor.

Running around the Arcata Marsh, Braje talks about his transition from running 10-kilometer races in college to running 100-mile races today as if it were "normal," a word he throws around loosely.

"I never had raw speed, but it seemed like the longer the distance, the better I did," says Braje.

His metamorphosis from a collegiate runner for Beloit College in Wisconsin to an ultramarathon runner "made sense," he says. After he finished a stint with the Peace Corps in Tonga, he started training for marathons during graduate school at the University of Florida where he picked up running again after almost quitting.

"I've tried to quit running before, and it's hard to do," he says, shaking his head a little bit. "Running is part of my life. It makes me a more productive person... it makes me feel good."

In 2003 Braje moved to Eugene, Ore., for his PhD. There, he started training with Marla Runyan, the first legally blind Olympic athlete.

From Oregon, Braje came to Humboldt State University to teach archaeology classes. He specializes in coastal archaeology, specifically in the Channel Islands off the coast of Santa Barbara, an "archaeologist's dream."

"It's a beautiful place to work," he says. "It's like southern California before 10 million people moved there."

While Braje's interests are

split between two very different activities, he says his commitment to both is unquestioned.

"I feel like running really helps me focus on teaching," he says in a breathy voice, rounding the far corner of Redwood Bowl. On the straightaway below the stadium seating, Braje's modesty peaks.

"I just don't think many people know about me running," he says, wiping his face with a gloved hand. "I don't really advertise it."

College Professor Eric Grossman is one of Braje's competitors. He says that, like Braje, most of his students don't know that he's a runner.

Grossman teaches education classes at Emory and Henry College in Emory, Va. He raced Braje in the USA Track and Field 100-mile championship last year in Willoughby Hills, Ohio. Grossman had to pull out because of a hamstring injury, but he managed to run over half the race-- at times step-for-step with Braje. In his blog, he refers to Braje as a 100-kilometer specialist.

"He has a combination of traits I see in other great ultramarathoners," says Grossman. "He is intense and focused, yet able to roll with the circumstances."

Braje runs most of his races along the west coast, choosing to run his ultras in California and Oregon. But over the past few years, he has travelled as far away as Gibraltar (near Spain) to compete for world championships.

In 2010, Braje was selected to represent the U.S. in the world ultramarathon championship. The men's team placed second in that 100-kilometer race. However, he dropped out at mile 42, something he calls devastating, but part of the sport.

Mike Wardian was racing with Braje when he dropped. In the ultramarathon world, Wardian is something of a superhero. If Braje is the Superman, then Wardian is the Batman. The two have yet to compete head-to-head but have run with each other at Worlds.

"Out of all the guys on the

team, he was the guy that I was thinking was going to have the best race," says Wardian.

He says the two times he dropped out of races were like getting his heart ripped out. However, he also says he understands that pushing the body past its limits can do serious damage.

While running, Braje mentions a friend who ran himself into kidney failure during a race and crossed the finish line in an ambulance.

"He was 7 miles from the finish line of a 100-mile race. He literally could have walked to the finish line and still done well," says Braje. The dangers of his sport show up in his facial expressions as he tells this story. "It's probably not very good for your body. There are some races that are very masochistic. Running 135 miles across Death Valley in July is not normal."

Despite Braje's performance at Worlds, Wardian says he looks forward to battling Braje in the future. "I enjoy running against the best people in the world and I consider Todd on that level."

Braje leaves on Friday for Texas where he will run the Rocky Raccoon 50-mile race. He says he will use this season opener race to see where on that world-class level his fitness is at in preparation for the 100-kilometer U.S. Championships in April.

At the end of this semester, Braje will transfer to San Diego State University where he can be on the faculty with his wife Sopagna Eap, a psychology professor who is now teaching at Pacific University. Eap is also an accomplished marathoner who ran in the 2008 Olympic Trials.

The two have lived apart for the past three years, and Braje is "over it."

"It's going to be a really, really good thing," he says with a smile. "According to her, kids are on the horizon... and she's the boss."

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WOMEN'S RUGBY STARTS ITS SEASON

AGAINST SANTA CLARA

Nichole Parada
Layout Editor

FINAL SCORE

HSU 7

Santa Clara 14

The girls dove after the rugby ball as it cleared away from the pile. After the continuous groans the referee finally sounded the whistle to break up the pile of contorted bodies. One by one, each player got up to help one of their own, only to reveal an HSU player sitting in the grass with blood dripping from her nose. She was escorted off the field to clean it off.

Humboldt State University hosted Santa Clara in the first game of the spring 2011 rugby season, Saturday, Jan. 22. Both teams battled it out in the warm sun only to end the game 7-14 in Santa Clara's favor.

The Jacks had a rough start going into the first game of the season. With most players injured or recovering from a past injury, the Jacks were willing to take the chance and go with their gut feeling and try something new.

"For coming out and having that many injuries, putting that many players in new positions and expecting a lot, I think we did really well," said junior kinesiology major Leilani Carrera.

By the time Adriana "Davis" Conrah-Forrest walked off the field with a bloody nose, the game was only twenty minutes in and the Jacks were down by seven points. "Sure everyone is wanting out for blood but we try to keep a clear head and keep it legal, as best we can. We try to not go down to the other teams level," said junior, kinesiology major Katelyn "Dakota" Smith. Santa Clara scored the seven points when they burst through the Jacks' defensive line making the score 0-7.

Throughout the first half, both teams went head-to-head, making little headway on either side of the field. Finally, after being tackled by Santa Clara's players and some questionable calls from the referee, the Jacks had a perfect chance to score. Just as HSU was within range of scoring, the referee sounded the whistle ending the first half of the game.

"They made decisions before we did. Our individual skills are good, our team skills are good, and they just reacted sooner than we did. They beat us to the break down and

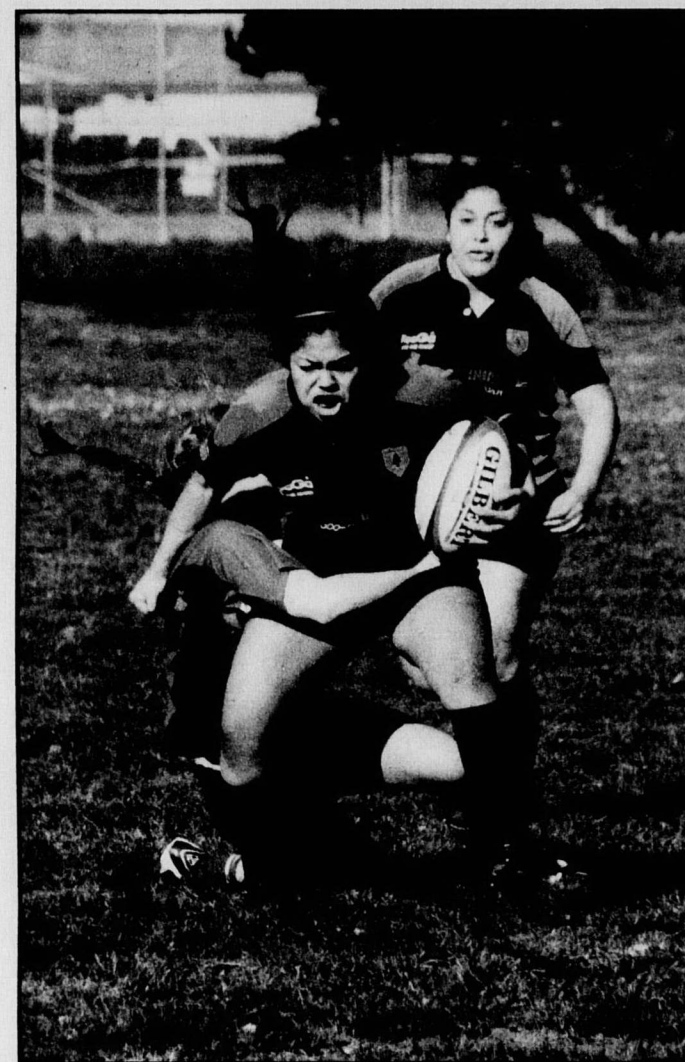
took our ball in the break down. They had more aggression than we did, with the exception of the last 15 minutes. We really started to put it together. If we had done that the whole game, then it would have been a different story," said Coach Jon Mooney.

The Jacks decided to "turn over a new leaf" and bring on the pain. They ended up scoring with the help of Conrad-Forest scoring five points and Aoibheann Cline, who made the kick for the additional two points. Even though Santa Clara won the game, the Jacks went home knowing that with practice and teamwork, the HSU Women's Rugby will come out on top.


At the end of the game Smith shares her thoughts of improving her teams performance, "Trying to get out to our backline, running some plays, and being there for support when someone goes in for a tackle." She said, "But altogether we are a sisterhood, support your sisters."

.....

Nichole Parada may be contacted at thejack@humboldt.edu



Brenda Garcia claws her way of Santa Clara's grasp. | Nichole Parada



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A SOLID WIN OVER SAN DIEGO

MEN'S BASKETBALL 1ST IN CONFERENCE

Nichole Parada
Layout Editor

HSU collected the ball and, with a little effort, threw off San Diego's defense so that Ellio Babcock-Krenk could shoot a 3-pointer. Against the sound of feet running across the court, fans began to stare at one spot on the floor. Someone had lost their shoe. Finally, the whistle blew and HSU player DJ Broome claimed his shoe.

From start to finish, both teams went all out in an intense game. Senior Brian Morris made a comeback appearance after being ejected in the Dominguez Hills game for reserving two technical fouls and was unable to play in the East Bay game. Morris tied the score 8-8, collected five defensive rebounds and blocked San Diego from scoring.

Head coach Steve Kinder was on his feet the whole game making sure that his team kept a clear mind of what they need to do. "Our game plan was to play up tempo, keep the pressure on them, wake up ourselves and our great crowd, and play high energy," said Coach Kinder.

Junior Randy Hunter helped the Jacks out with some points against San Diego's highly competitive team. "As the

season goes on, I notice how other teams play against me," said Hunter, "Reading off of them helps me determine how open I need to be, in order to help my team." He went 2-4 with his shooting, made a three pointer, and blocked two shots. Hunter intercepted the ball temporarily giving the Jacks a seven-point lead. The half ended with the Jacks leading 27-22.

Junior DJ Broome talks about how the Jacks pulled together for the second half, "Kinder was unhappy with our defense in the first half. He was upset about how easily, their guards were getting into the key," said Broome, "So we came out in the second half and showed good team defense, which showed in the score."

"Domination" is the only word that can describe the second half. Junior Kyle Baxter made three out of three of his free throws and six rebounds on defense. Throughout the second half, San Diego did not stand a chance against the Jacks.

Overall, the Jacks dominated San Diego. The Humboldt State Men's Basketball team is now leading in first place.

FINAL SCORE
HSU 69
San Diego 44



Junior forward Kyle Baxter (right) jumps up over San Diego defense with junior forward Randy Hunter waiting for a possible rebound. | Nichole Parada



Junior forward Jeanette Dewitt passes San Diego for a possible point. | Nichole Parada

ONE AND ONE FOR

WOMEN'S BASKETBALL

After winning Thursday's game against Cal State East Bay, Humboldt State women's basketball took on San Diego. There were some concerns before going against San Diego.

Head Coach Joddie Gleason talks about how the Jacks handled San Diego, "The biggest thing with San Diego is that you cannot take a possession off of defense. Carlisle and Osga are great players and if you relax, they will score. Defense] was a big focus for us; we had to work the entire time," said Coach Gleason. "We did a nice job of getting the ball out of their hands, and forcing somebody else to make plays. Unfortunately, we did not secure the rebound when [San Diego] missed shots."

The game was a close one with both teams going back and forth with the score. The Jacks led the first half, shooting 3-pointers left and right. At one point in the half, San Diego gained control of the ball after a questionable call from the referee. There was confusion about which team the basketball bounced off of before it went out of bounds. The referee ruled in San Diego's favor. The first half ended with the Jacks leading 30-27.

In the second half, junior forward Bree Halsey had an amazing shot with sophomore guard Catie Richards assisting. Richards passed the ball to Halsey, who had to jump for it under the net. She touched back down and jumped up for the point. Both teams gathered points nonstop in a chal-

lenging second half.

Freshman guard Kelly Anderson tied the game 49-49 with less than six minutes left in the half. "Kelly has been stepping up on the board for us, which is great coming from a guard," said senior guard and captain Taylor Kilgore. "She really stepped up when we needed her."

San Diego took control of the lead, but sophomore guard Lisa Petty came through for the Jacks by making a total of 7 points toward the end.

Even though the win went to San Diego, 61-63, the Jacks played a great game. Halsey was satisfied with the Jacks' performance, "We are pretty upset but at the same time, we are very proud of how we played as a whole. The way we came out in the first half was just amazing."

FINAL SCORE
HSU 61
San Diego 63

.....
**Nichole Parada may be
contacted at thejack@
humboldt.edu**

BRIAN MORRIS

HSU'S BASKETBALL HERO

Stephanie Giles
Staff Writer

Star HSU basketball player Brian Morris proved his commitment to the game and the Jacks by winning the California Collegiate Athletics Association last year. Though Morris is surprised by his 'star player' status, he is also appreciative. Morris said, "I just put in a lot of work and it's paying off."

Morris, born and raised in Portland, Ore., started playing basketball in eighth grade. Standing at 6-foot-4-inches in middle school, Morris' height caught the attention of the Thomas Jefferson High School basketball coach, who sparked his interest in the game.

With his dad at 5-foot-2-inches, his mom at 5-foot-6-inches, and his brother at 6-foot-4-inches, Brian Morris is the tallest member of the family, standing at 6-foot-9-inches, and is the only basketball player in the family. "I drank a lot of milk when I was younger I guess," Morris said.

Morris attended Southern Methodist University in Texas, playing basketball for a couple of years. After visiting his friend and former Portland teammate, Ernie Spada, at HSU, Morris decided it was time to move to the Redwood Coast. "I really like the environment here," said Morris. "It gives off a family feel."

Morris is a senior recreation major. After graduation, Morris wants to pursue basketball overseas, and hopes to eventually become a college basketball coach. He believes his minor in sociology could help him coach in the future. "I like learning about people and understanding different backgrounds."

Fellow teammate and business major Ernie Spada played on a team with Morris in Portland and noticed Morris' growth as a player. Spada said Morris is "in a lot better shape" and is "more of a threat all over the floor instead of just as a starter."

Morris says, "We have a good team with a lot of great players." HSU's men's basketball team is No. 2 in the Conference and No. 22 in Nationals. The team is coached by Steve Kinder, who is proud to have Morris on the team. "Morris' influence is contagious because he plays hard and at a high level," he said.

This is Kinder's first year as head coach after 20 years of assistant coaching. Morris says "[Kinder] knows how to listen to the players and take feedback,

which I think is one reason why we're so good."

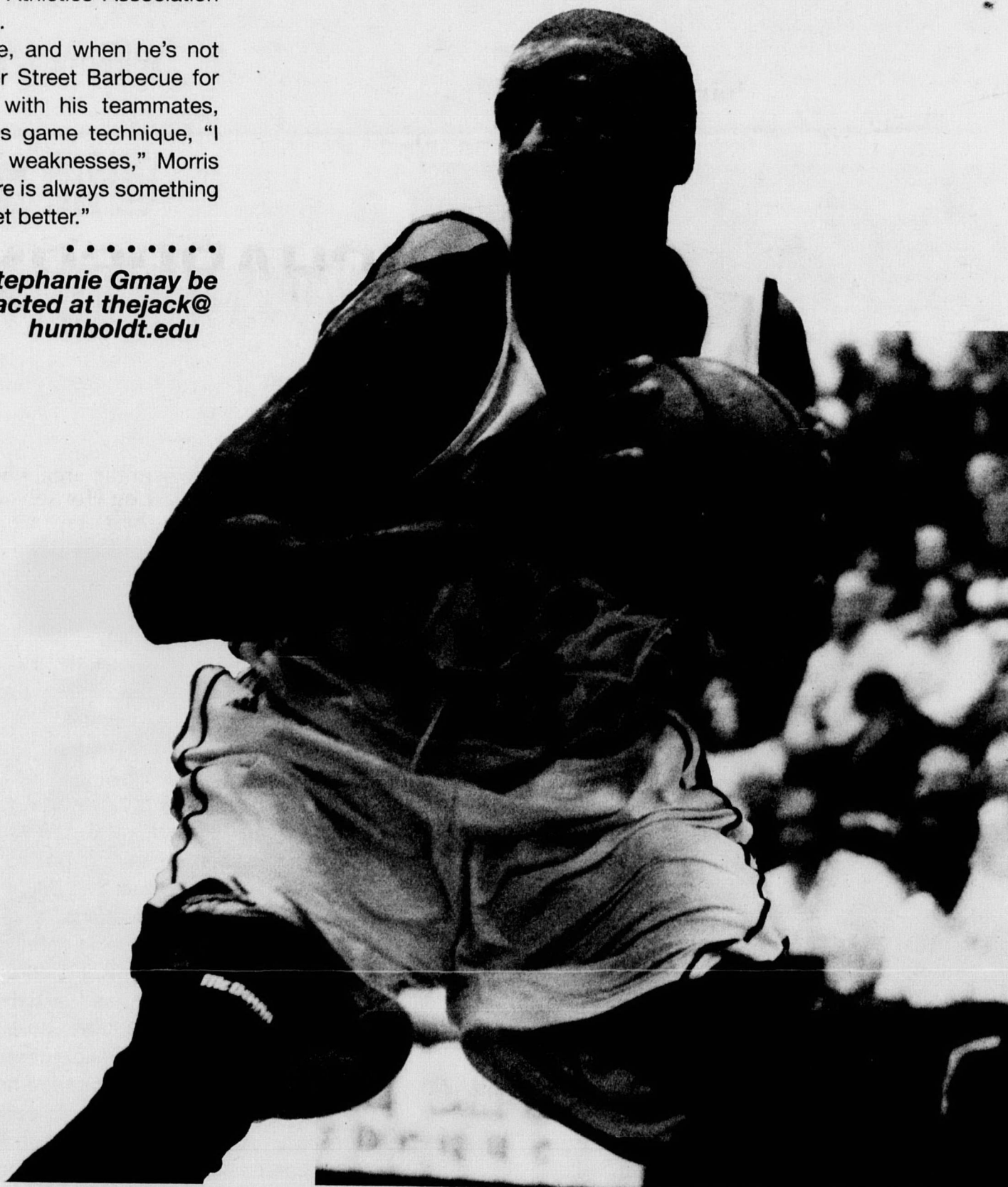
The Jacks are looking at a triumphant year, winning 16 out of 18 games played, winning 13 out of 15 games within conference and winning three to zero in non-conference games. Morris holds the highest rebound rate of the season and scored the highest amount of points in one game; 50 points against CSU Monterey. According to Kinder, Morris is on track to win Player of the Year in both CCAA and West Regionals and earn National Collegiate Athletics Association All-American status.

On his free time, and when he's not eating out at Porter Street Barbecue for a pre-game meal with his teammates, Morris practices his game technique, "I try to work on my weaknesses," Morris says. "I feel like there is always something I can be doing to get better."

.....
Stephanie Gmay be
contacted at thejack@humboldt.edu

"His influence is contagious because he plays hard and at a high level."

Steve Kinder
Head Coach



EDITORIAL

**"Let me say, at the risk of seeming ridiculous, that the true revolutionary is guided by great feelings of love."
-Ernesto "Che" Guevara**

While most of you are reading this, comfortably reclining in a chair or stretched out on a bed, the streets of Egypt are flooded with angry people, raising their fists, demanding democracy. They challenge the 30-year reign of their president, Hosni Mubarak. For more than a week, the streets of Cairo, Suez and other cities in the country have been filled with protesters.

At first, riot police dispersed into the streets to try to control the protesters. That didn't work. Videos of protesters pushing back lines of riot police continue to surface on YouTube. The police used water cannons, tear gas and even live ammunition to try to dispel the angry mobs of citizens. The government shut down the country's Internet access and even some mobile phone lines last Friday. But still, the protesters continued to march for change.

Over his reign, Mubarak and his government set into effect emergency laws, enacted on a whim. One of these laws makes it illegal for more than five people to congregate

in public without a permit. On top of these emergency laws, government documents leaked by WikiLeaks show that torture of "prisoners" and detainees is rampant in Mubarak's government.

Mubarak announced yesterday that he will not be running for re-election in the country's elections in September. This announcement came after President Barack Obama's visit to tell Mubarak that our country, Egypt's ally, sees his rule over the country as finished.

While the president and his cabinet have asked for peace between both sides of the line over the past week, they left out one major detail: our country "aids" their country. According to a report by the Congressional Research Service in 2009, the United States has given somewhere around \$2 billion to Egypt every year since 1979. And what is most of this money used for? Egypt's military. During the clashes between protesters and police, gas canisters were found with "Made in the U.S.A." slapped on their sides.

What does this mean? You tell us.

SAVE RICHARDSON GROVE

To all students, teachers, faculty, and staff:

If you had the opportunity to travel through southern Humboldt this winter break, consider yourself very lucky. This beautiful scenic Humboldt drive may not be the same the next time you travel through it. The grove of ancient redwoods there, supposedly one of our protected State Parks, is under attack.

Richardson Grove was named after governor Friend W. Richardson in the early 1920s. It was "saved" then by northern-California activists concerned that endless highway construction and logging would decimate the redwood forests. Today, the grove comprises a large part of the remaining 3% of a once-flourishing coastal forest.

I first came to Humboldt County three years ago. The appeal of a small college town tucked between the Redwoods and the Pacific was undeniable. I remember my first drive up 101 being utterly awe-inspiring. I still crane my neck and thank goodness for sunroofs every time I travel through.

Come with me on a trip to the grove.

Imagine those peaceful giants, the calming silence in the forests of SoHum. Now imagine machine-monsters scraping at the roots of old growth, shaking the earth and disrupting wildlife, or worse. Imagine what this prized State Park will look like with massive STAA and logging trucks traveling through on a (more) regular basis. Imagine trying to walk or bike through this place in the aftermath, swarmed with truck traffic.

If things go as planned, this is what the future holds.

Unfortunately, the "Richardson Grove Improvement Project" is already underway. Some "maintenance" work has already been completed and more work is planned for this month. Like most highway projects, this latest CalTrans endeavor does not benefit those who live and work in the area where it is taking place. Tourist attractions like the "One Log House" and others will lose business as CalTrans machines block their driveways and drive customers away. In the long run, this project supports big business at the cost of polluting local air and soil.

CalTrans claims to be acting in the best economic interests of Humboldt County. According to them, we are "economically disadvantaged" because the road is not wide enough to allow massive amounts of commerce to pass through. However, there are many who believe that it is thanks to the tourism brought by the redwoods and the profits made from other kinds of trees that our very green economy is actually flourishing.

The point is that whatever it is you like about Humboldt (the small town vibrations, the forests, or the lack of overwhelming corporate control of business) is about to change. Fortunately, there is still time to act. There is time to tell CalTrans that the citizens of Humboldt do not want this project to be completed. There is time to tell the state government to keep the promise they made to protect these trees and all the life they support.

Join those who have been fighting to save Richardson Grove. Rally to stop CalTrans at their District 1 Headquarters (Wabash and Union, Eureka) Monday, Feb. 7 at noon. Call your legislators, tell your friends, save the grove, and preserve our way of life here in Humboldt.

Elise Gerhart, Senior English Major

CHEERS & JEERS



Cheers to the Lumberjack staff for putting out another issue since we all know how crazy it can be. Hopefully you guys will have a successful year that is full of learning new things and improving your craft.



Jeers to the story "What's Your Sign?" in the Jan. 19 issue. I believe a mistake is that the tropical astrological signs didn't change, but instead another set of signs actually changed. So really, nothing changed for the set of astrological signs that the United States consults. Also, if you guys are talking about the tropical zodiac signs, why was the Chinese calendar image used?



Jeers to my roommates. Stop locking yourselves out of the apartment at 4 a.m. and waking me up to let you in. Seriously... is it really that difficult to take your key with you when you leave?



Jeers to HSU Parking! On top of the overwhelming tuition increases, HSU students have the privilege of overpaying for a parking spot they may never get. The fact that students/faculty/visitors have to arrive 30 minutes early to potentially get a parking spot is absurd. HSU administration needs to re-evaluate this "parking problem" and search for better alternatives.

The Lumberjack wants to introduce to you
a new section this semester:

Cheers & Jeers.

Have you ever wanted to publicly thank the cashier at the Depot for being so kind on a day you needed it?
Or have you wanted to tell off the biker who cut you off on your way down B Street?
Tell them now in less than 60 words.

Find this new community-based
section online at:

www.thejackonline.org.

Submissions must not identify anyone and are subject to edits and review by the Lumberjack editorial board. All accepted submissions will appear on the website. We will run the best cheers and jeers of the week in the print version.

SEX COLUMN

Dirty Little Secrets

"What the heck is a rim job?"

-Sheila Broflovski, South Park

By Catherine Wong

Ew, right? It seems dirty. It seems wrong. But, many couples have found pleasure in this taboo sexual act. Anilingus, tossing salad and rimming are all terms used to describe the sexual act involving oral sex with the anus.

Now what is it about the anus that has made it such a no-no for our culture? Anal contact is considered sodomy in many religions. Leviticus speaks specifically against "man lying with man as he does with woman". But it doesn't say much about tonguing the anus. In fact there is no reason why any willing couple of any sex or any gender could not take part.

The biggest fear with any anal contact is feces. Some of us won't even eat food past the five-second rule. Infection from someone else's digestive tract is the biggest concern when it comes to anilingus. Prevention is similar to that of oral-genital contact. Sexually transmitted infections (STI), as well as other diseases, can be avoided using barriers such as dental dams.

However, with proper hygiene, there is actually little danger of coming in contact with feces. Fecal matter is stored above the rectum, in the colon. Trace amounts can easily be washed away with soap and water. I highly encourage partners to shower together. It's an incredibly intimate and fun way to begin or end a day.

Anilingus is a very open experience to be having with your partner. The positioning alone is revealing. You're feeling vulnerable, exposed and maybe even a little silly. Do not underestimate the value of emotional pleasure that comes along with it. It indicates a level of intimacy and trust that there isn't with other sexual acts. Just keep this in mind: there is an abundance of nerve endings in the anal region and rectum that makes anilingus pleasurable, so why not take one of the most dexterous parts of the body and massage them?

THE LUMBERJACK SUBMISSION POLICY

Send submissions to: Opinion Editor Jordan Sayre at lumberjack.opinion@gmail.com

Include "Attn: Opinion" in the subject line or 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.

New contributors may be given preference over return contributors.

HSU students should provide their major and class standing.

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

ALL SUBMISSIONS MUST BE RECEIVED BY 4:00P.M. THE FRIDAY PRECEDING PUBLICATION.

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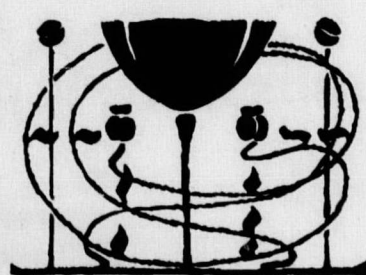
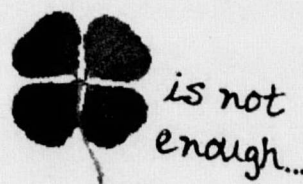


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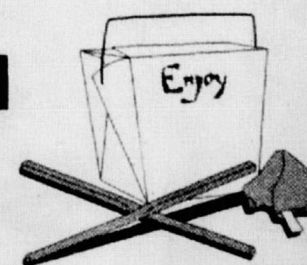
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