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The Lumber Jack

Wednesday, February 09, 2011 Vol. 93 No. 3

www.thejackonline.org

SPECIAL EDITION

ROMANTIC RUSH?

Sweet spots
to take your
Humboldt
honey

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GIVE YOUR FINGERS A BREAK

Single or Taken?
Check out these
toys that will keep
you covered

Page 8

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Feel free to stop by the office in Gist Hall Room 227 at Humboldt State University, 1 Harpst Street, Arcata, CA, 95521

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Corrections

- The Google/Zimbra graphic in our first issue of the semester was accidentally credited to the wrong person. Photo Editor Catherine Wong created the graphic.
- In last week's issue, UC San Diego was accidentally replaced with San Diego State in the basketball articles.
- In last week's "Word on the Street", Brittany Pool was used instead of Brit Pool.
- Photo credit at the bottom of last week's page three should have been Wesley Korpela.
- Photo credit at the top of last week's page three should have been Catherine Wong.
- Photo credit for last week's "Word on the Street" goes to Kristan Korn.
- Photo credit for last week's page 24 goes to Preston Drake-Hillyard.
- Stephanie Giles' name was misspelled on last week's page 24.
- Egypt and Tucson were misspelled in last week's issue as well.

If you have any **Corrections** contact us:

Office: 707.826.3271 | Fax: 707.826.5921 or

E-mail: thejack@humboldt.edu

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The Lumber Jack

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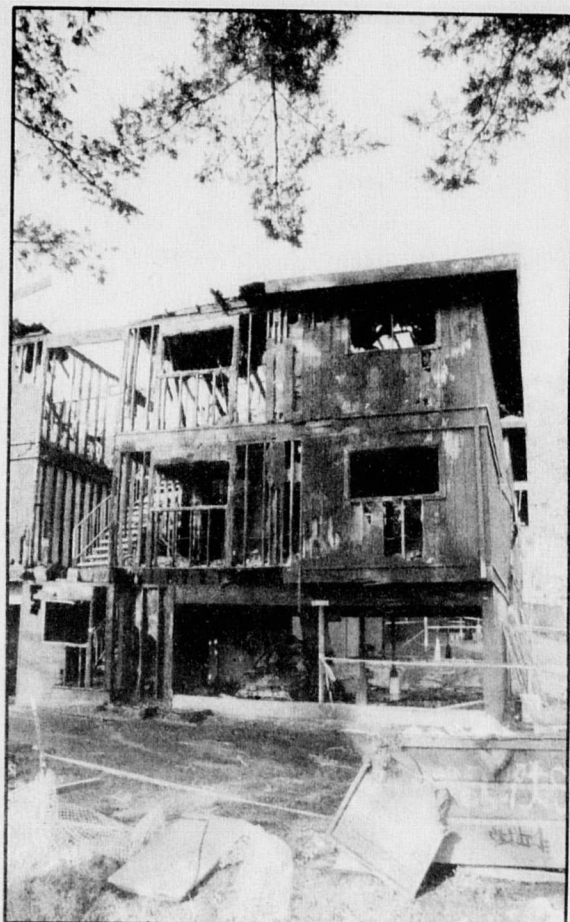
Editor-in-Chief
Melissa Hutsell

Managing Editor
Nicholas Preciado

Writers & Photographers

Danny Froloff
Kimberly Hodges
Marisa Penkaukas
Edgar Burgara
Andy Loveman
Scottie Meyers
Kaci Poor
Michael Kennedy
Stephanie Giles
Scott Hilton
Danielle Batres
Yawen Xu

FIFTEEN DISPLACED AFTER APARTMENT COMPLEX FIRE



Melissa Hutsell
Editor-In-Chief



The aftermath of the Tea Gardens apartment complex fire on 11th St. in Arcata.
| Nichole Parada

A fire broke out at the Tea Garden Apartments on the corner of 11th and F street at approximately 2:30 a.m. Wednesday. One resident suffered a wrist injury after jumping from a balcony, and an Arcata firefighter received a second degree burn.

The Fire Department's assistant chief, Desmond Cowan, said Arcata Fire was dispatched to a "confirmed working structure fire with possible entrapment," to the apartments. Desmond says that the fire had spread by the time fire crews arrived.

"The second building was burning, people were jumping off their balconies," said Desmond.

Firefighters fought the flames for two hours. The response included 25 Arcata District personnel, four engines, a ladder truck, a rescue truck and additional engines and trucks from Eureka Fire Department and Humboldt Fire District.

"We were able to get hoses in place to control the fire," said Desmond.

Wiloghby Arevalo, alumni and Arcata local saw the flames from his home in the tower of the old creamery building. He looked out his window and saw flames "coming between the Presbyterian church and the Minor," but he could not tell which building was on fire.

Arevalo grabbed his camera, some warm clothes and headed to the fire. "[The fire was] really raging, large flames were leaping above the cityscape," Arevalo said that as he walked past

Figueredo's on G street, large pieces of ash fell from the sky. By the time he got to the scene, the fire had mellowed.

According to Desmond, the fire engulfed two of the four buildings. Although the Department is not sure what started the fire, it has been limited to an area of origin and will work with Arcata Police to investigate. The Police Department was not available for comment.

All indicators point toward a fire of suspicious origin and may be linked to the serial arson occurring across Arcata, said Desmond in a press release on Monday Feb. 7. "A reward of \$1,500 has been offered for information leading to the arrest and conviction of the person responsible for these fires."

Each building houses eight apartments, leaving 15 displaced residents. Ten of the residents were Humboldt state students. Associated Students is working with those affected to arrange temporary housing on campus.

AS plans to help victims and will offer short-term loans, temporary or long-term counseling, photo ID replacement, absence requests, food and book replacements. They will also help the displaced contact their family.

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Melissa Hutsell may be contacted at
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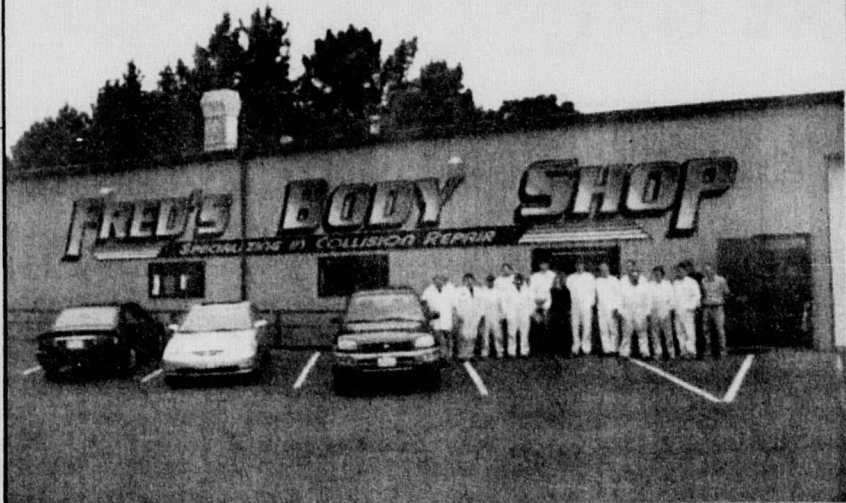
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SPEAKING FOR THE TREES

Danny Froloff
Staff Writer

A rotating panel of speakers faced the crowd, passing a mega-phone to rally onlookers. One of the event's organizers, Barbara Kennedy, shouted, "This is about the future of Humboldt County, we need jobs, but we need green jobs. We don't need shipments of Chinese crap."

More than 100 Humboldt residents assembled Monday to participate in a little local pastime of their own. The protest was just "one of 38,000 actions," of defiance over the proposed expansion of Highway 101 through Richardson Grove in Southern Humboldt, said activist Keryl Dyer.

Police observed the protest,

organized by Redwood Grove Action Now, from the roof of the building while picketers held signs that read "TREES NOT TRUCKS" and "FUCK BIG BUSINESS," demanding that CalTrans not expand roads for commerce through the pristine grove of redwoods.

The Richardson Grove Improvement Project by the California Department of Transportation is slated to begin this summer. The project marks Richardson Grove as a vital service and goods route without access to "industry standard-sized trucks," therefore not allowing local businesses to stay competitive in the market-place.

Martha Devine, an Arcata resident clad in a cow costume said, "I am the spokeswoman for 80,000 bovines being butchered in Humboldt and shipped out of here," adding "Big business is funny. Cypress Grove wants to ship their cheese all over the universe saying it's local while they bring up goat cheese from Mexico."

Richardson Grove Action Now and a network of environmental agencies outline a detailed argument against the plan, but don't want the roots of the old growth redwoods damaged for the sake of commerce.

"I grew up in San Diego and this is the most beautiful stretch of highway from Mexico to Canada. People come here to see these redwoods," said protester Duane Leal. The remarkable trees are more than 200 years old and are seen as kin rather than kindling to locals.

Keryl Dyer of the Environmental Protection Information Center, believes CalTrans bullied citizens with their actions. "They can't move forward with this while two separate lawsuits have been filed." A federal suit was filed on behalf of the ancestors native to the Richardson Grove site calling the land protected. Dyer further pleaded that CalTrans "cancel this plan," calling it "ill-advised."

The protest, charged by emotion and numbers, made it's way up the steps of the building and spilled into the lobby of CalTrans.

Twelve people were arrested.

**Danny Froloff may be
contacted at thejack@
humboldt.edu**



More than 100 protesters rallied outside the CalTrans offices in Eureka to fight plans to widen the 101 through Richardson Grove. Police watched from the roofops and filmed the demonstration. Twelve were arrested after demonstrators occupied the lobby. | Josh Aden



FEED YOUR METER

Danny Froloff
Staff Writer

Commuting to campus is an ordeal. Getting up, dressing, and then digging for change to feed the meter that frequently spits your money back out at you. Humboldt Parking Services just made your effort a little easier and greener by making Humboldt State home to five shiny new solar powered parking permit dispensers. That's five baby steps toward reducing one giant carbon footprint and one giant leap to getting to class on time.

University Police Chief, Tom Dewey believes the new meters are essential. "The old meters were on their last legs, they were refurbished machines we bought back in 2000 and they proved to be glitchy," said Dewey. Glitchy being an understatement for the machines that rarely worked and still sit useless but prominent.

The new meters, purchased at \$8,000 apiece and made by CALE manufactures, are widely recognized as the future in self-powered technologies. Features include light-up and translator capabilities, on-line self management (meaning a text is sent to parking attendance when malfunctions occur) and they take all major credit cards, debit, cash and change. All this is brought to you by the power of the sun.

Before students are outraged at the hefty price tag per unit, Chief Dewey stresses, "By law and regulation, the meters were paid for by funds generated by the parking patrol, which is ran separate from the University. If a student rides a bike or takes a bus none of their fee's went to this."

Students who see the parking crunch on campus might consider this a false sense of progress. "There are still far too many cars and not enough bikes on campus," said Mitra Abidi, a Natural Resources major and resident at the CCAT house (Center for Appropriate Technologies). Abidi added, "Any way we can lessen our power consumption is a win-win for everybody."

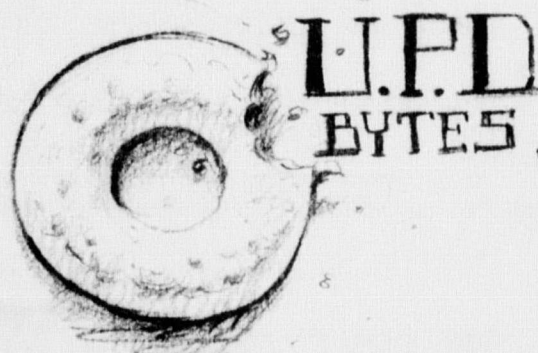
The new meters are just one part that fits in to the larger solar system on campus. HSU's Office of Sustainability lists on its web-site that CSUs are using 9% of all energy from renewable sources. The website also states that HSU hopes to double self-generated energy capacity from 26 to 50 megawatts by 2014.

Tall Chief (T.C.) Comet is the Campus Sustainability Coordinator and sits as Chair of the Presidents Committee on Sustainability (PACS). T.C. explains, that while California law caps energy production at one megawatt, there is still room for the growth of campus energy generation.

"Right now Humboldt State is at about 11-kilowatts of solar generation and the co-generation plants on campus produce about 60-80-kilowatts of energy through natural gas engines," said Comet. Comet believes the meters make a positive impact and that it's the best policy for growth. "Be mindful of how we move forward."

Another project for a more sustainable campus is a major solar installation that was put on hold due to the economic downturn. Comet spent last week at a meeting in Long Beach where discussions on moving forward on the 300-kilowatt solar rays to be installed on the library roof were approved. The project will begin as early as the summer of 2012.

In the meantime, the campus culture allows students to make clean decisions on energy consumption. For instance, parking for car-pooling is free (see parking services). You don't need to be a radical to reduce consumption, anyone can make an impact. "You can't always move the mountain, but you can start by moving some rocks," said Comet.



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Danny Froloff may be contacted at
thejack@humboldt.edu

Saturday, Feb. 5
10:27 p.m.

A cab driver called police and reported three suspicious males who were semi-naked and dressed in pink near the Jolly Giant Commons. Upon investigation police found the males were spreading awareness about breast cancer. The cab driver is apparently anti-breasts.

11:02 p.m.

UPD investigated suspicious activities in the Forestry building when an officer on patrol heard voices inside. A student was found in the building's lounge working on a project-- indeed suspicious activity for a Saturday night.

Friday, Feb. 4
5:39 p.m.

Whoever was watching the surveillance cameras at UPD got a treat when a male passerby exposed their genitalia to the camera at the 101 overpass bridge. The suspect was not found but clues about the bits-and-pieces coming in bits and pieces.

6:56 p.m.

Police confiscated contraband found in the dorms during fire drill room inspections at Sunset and Cypress halls. That's right: the fire drills are an elaborate ruse to confiscate bongs.

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Compiled by Josh Aden

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RAINBOW DISCUSSION - Are you gay, lesbian, bisexual, transgendered, or questioning your sexual orientation and/or gender identity? You are not alone. Come join us for a collaborative support group. The group is confidential and will meet in the HSU Library.

CHOOSING ABOUT USING - For students to explore their alcohol and other drug use and how they make decisions about its role in their lives. Ideal for individuals who are uncertain about changing their use patterns and for those with fluctuations in their motivation to do so.

EMOTIONAL AWARENESS - Intensive exploration of mindfulness meditation to develop emotional awareness that can help you maintain your balance despite life's ups and downs. You will be expected to practice daily meditation during the 8 weeks of sessions.

GRIEF GROUP - Provides a supportive environment in which to talk about your loss with others who are also in the process of grieving and thus understand the pain that you are going through.

GROWTH IN CONNECTION - Provides an opportunity for individuals to gain insights about themselves through interaction with others. Group members will help each other identify themes involving relational patterns, past and present, and dynamics to foster psychological growth.

ONE BREATH... - Mindfulness practice helps us slow down, regain our balance, and take things "one breath at a time...." Learn some basic meditation skills and practice them in a small group setting. Open to all members of the HSU community - students, staff, faculty, and administrators, and all levels of experience.

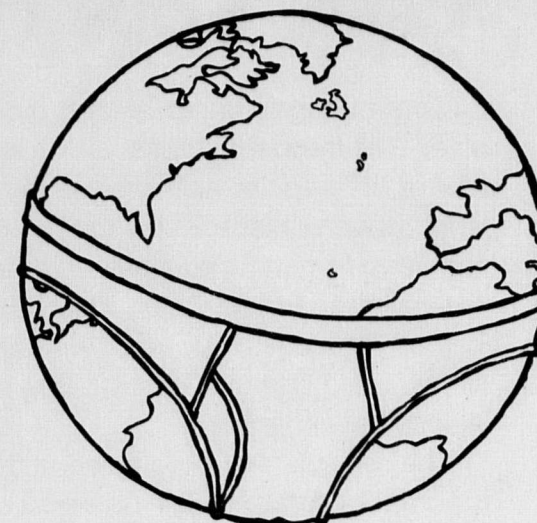
HEALTHY ATTACHMENT... HEALTHY LETTING GO - Do you sometimes push people away or get too clingy? Do you have problems asking for what you want or saying "no" to what you don't want to give? Do you have trouble grieving losses and moving on? If you said "yes" to some of these questions, this group may be for you.

METAMORPHOSIS: A TRANSGENDER DISCUSSION GROUP - for students exploring and understanding their gender identity. This group will be a place to discuss the process of transition, struggles and triumphs. You do not have to be a client at CAPS to attend this drop-in style group in the library.

SURVIVORS: RAPE AND SEXUAL ABUSE - Connect with others to know you are not alone. This group provides a safe, healing place to break the silence and move beyond secrecy, fear and shame.

To attend any of these groups come to Counseling and Psychological Services, Student Health Center Building, 2nd floor, Room 205, to schedule an assessment with one of our therapists.

For the most current information see our web page at <http://www.humboldt.edu/counseling>



The World In Briefs

Switzerland

George W. Bush called off a speaking engagement in Switzerland after human rights groups began legal proceedings to have the former U.S. president tried for breaking international bans on torture. Bush cited security concerns for the cancellation

Egypt

Protests have entered their third week in Egypt. Demonstrators have taken up a constant presence in Tahrir Square. Egyptian President Hosni Mubarak said he will step down at the end of his term in September, but will not give up power immediately. Mubarak put his new Vice President Omar Suleiman in charge of transitioning the government after his departure. Suleiman has had closed-door discussions with various opposition factions in Egypt and U.S. Vice President Joe Biden. The Obama administration is encouraging faster transition.

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Compiled by Josh Aden

ARTS & ENTERTAINMENT



Meet the Musician



Jammin' with Northtown Dub

Stephanie Giles
Staff Writer

With their classical reggae sounds, local band Northtown Dub gives Arcata something to sing about. The band played music together in the HSU dorms before deciding to perform around town two years ago.

Band members include Dan Herrera, who plays the trumpet and keyboard, Tom Holmes, guitar and bass, Daniel Grantz, drums, Max Vecchitto, guitar, and Riley Kennedy, who plays percussion. All of them graduate from HSU this year. "We're in it for the music," Grantz said.

"They always look like they're having fun when they're performing. They play body-moving music," said Nick Fox, an HSU student who has been attending Northtown Dub's shows for the past two years.

The Lumberjack sat down with Northtown Dub to ask some questions.

Lumberjack: Where do you guys typically play?

Northtown Dub: We play locally, at Humbrews, Arcata Theater Lounge, Jambalaya, Blue Lake, Blondies and other restaurants around town. We're going to play a gig for a promotion competition to possibly send us to the Sierra Nevada Music Festival. -Tom Holmes, guitar and bass

LJ: How would you define your music?

NTD: Classic reggae, like Black Uhuru and Groundation. We're just instrumental right now. Some of our songs have been formed from jam sessions. Some songs were created outside of rehearsal and we bring them together and work on them. - Daniel Grantz, drums

LJ: What's your favorite part of performing?

NTD: The thrill of being in front of that many people listening to us. - Grantz

Making people dance! - Max Vecchitto, guitar

LJ: Have you had any weird moments or malfunctions while performing?

NTD: We've had some bass problems. At parties you always have crazy drunk people stumbling on stage and trying to grab your instruments. Other than that, it's all been pretty cool. - Grantz

LJ: What do you guys do outside of the band?

NTD: I play ultimate Frisbee and most of us play disc golf. Daniel surfs and Max and Tom skateboard. We always rehearse on Wednesday. - Dan Herrera, trumpet and keyboard

LJ: What are your future goals for the band?

NTD: We haven't really discussed it yet. We'll hopefully play the Sierra Nevada Music Festival and play more local shows. Hopefully we can tour California. We're trying to get a recording soon. - Tom Holmes

LJ: When are your upcoming shows?

NTD: We're playing a benefit for a Cambodian school with The Small Axe February 12 at Blondie's. We also have a 4/20 show at Veterans Hall with Lutan Fyah.

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**Stephanie Giles may be
contacted at thejack@
humboldt.edu**

Word on the Street

WHAT ARE YOUR THOUGHTS ON VALENTINE'S DAY?

"It's a holiday made up by companies in the capitalist system that we live in to profit easily off of stupid people. I think if you really love someone or care about someone you'd treat everyday like Valentine's Day." Eric Hamilton: Junior, English

"It's not a holiday I like much." Antonia Moreno: Sophomore, business

"It's stupid and other than that I don't think about it cause it's so stupid." Jonathon Abidari: Senior, English

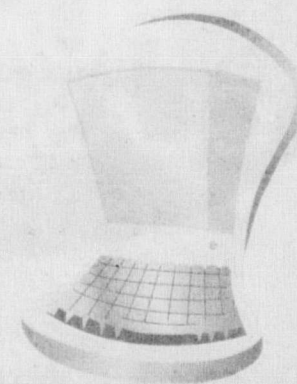
"I have always been single on Valentine's Day, until this year. I just think it is a lot of pressure." Molly Fischer: Sophomore, studio art

"I think it's really cool that there is a day couples can express their love." Ruby Skaarup: Sophomore, botany

"It's a standard holiday, everyone gets excited about it." Christian Debolske: Freshman, undecided

"I like Valentine's Day, but Valentine's Day makes me nervous. I don't want to go all out and have the guy go 'uh,' but then I don't want to do anything at all and have him do it the other way around." Zoe Berman: Freshman, broadcast journalism and theater.

"It's a nice holiday. Sometimes I celebrate it, and sometimes I don't." James Bailey: Junior, geography



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VALENTINE'S DAY: GOODBYE CHEESY, HELLO SEXY

Stephanie Giles

Staff Writer &
Photographer



The holiday of love has lost its cheesiness and added some seductiveness with sex-position dice, Cosmo 'Naughty Notes,' and risque, or 'X-rated,' candy hearts.

Valentine's Day is a day when you can celebrate your relationship and show your appreciation for your significant other. It's also an excuse to make the bedroom more exciting. But Valentine's Day isn't just for couples.

With sexy lingerie, erotic sex kits and fun bedroom toys, it's no wonder people will be shopping at Good Relations to get ready for an extra sexy Valentine's Day. "You can be as risqué as you want or as mild as you want," said manager Meghan Riley.

Good Relations, an erotica and lingerie shop in Old Town Eureka, sells a variety of bedroom outfits, couples games and sex toys. They even sell the We-Vibe, sex toy of the year. The We-Vibe is a sex toy used while having intercourse that hits the woman's G-spot. It vibrates on a sensitive spot on her clitoris, intensifying the pleasure of sex. "Toys are great for partner play and solo play," Riley said. "It adds an extra spice to things."

Good Relations' variety of sex toys adds excitement to your sex life, whether you're solo or hitched. A vibrating love ring is a fun accessory for couples, while the wonder bullet, a strong vibrator, is a great toy to give yourself some love. There are also classic dildos for only \$10.

"It's so much fun to help people feel comfortable and sexy," Riley says. A Naughty costume, a book of '50 wild sex positions you probably haven't tried', and some organic warming lubricants will make any Valentine's Day unforgettable.

Another spot to shop for an exciting Valentine's Day is Spencer's, in the Bayshore Mall. Employee Holly Ralston suggests the Sex Therapy Kit. "It's perfect because it has 10 things for \$20, like the love cuffs, coupon books, body paint and other fun stuff."

Former HSU English student, Marianne Candela, plans to have a fun Valentine's Day with her boyfriend, complete with matching lingerie and a classy dinner. "It's not that we want to do something just because it's Valentine's Day; we want to make each other feel special to show our appreciation," she said.



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Stephanie Giles may
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ROMANTIC RUSH: VALENTINE'S DAY DATES

Jordan Sayre
Staff Writer

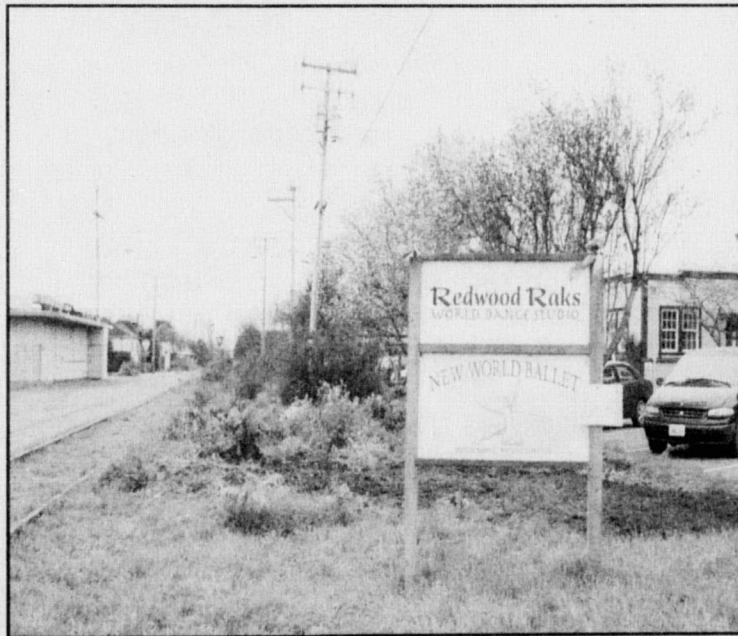
If you are looking to splurge for your honey, take them out for a weekend at the Carter House Inn, which is offering Valentine's getaways that start at \$299 a night. The package includes a room, a five-course dinner with champagne, evening cookies and tea and a two-course breakfast.

Arcata Theater Lounge has a Valentine's dinner and the movie Romeo + Juliet starring Leonardo DiCaprio. It is serving pasta with Italian meat sauce or vegetarian pesto and sun-dried tomatoes. Both meals come with champagne, a house salad, Brio bread and a brownie à la mode. \$16 per person. Doors and box office open at 6 p.m. and the movie starts at 7 p.m.. No reservation required.



Cher-ae Heights Casino has a Don't Stop Believin' Valentine's Day Dinner and Dance where you dress up in your favorite 80s gear and rock to music by Eyes Anonymous. Dinner includes choice of prime rib, baked fish or vegetarian pasta. \$30. Call 677-3630 to make reservations.

The Avalon in Eureka is offering special dinners for the whole weekend leading up to Valentine's Day. It will also hold a Sunday brunch where guests can get 10 percent off of tickets to see the Romeo and Juliet Ballet 2 p.m. matinee at the Arkley Center. Reservations are recommended.



After eating dinner, how about activities around town?

If you feel like dancing, Redwood Raks has a swing dance night located at 824 L St. \$5 per person.

Check out local poets original work at Poets on the Plaza, located in the Plaza Grill View Room located on the second floor of the Jacoby Store House at 7:30 p.m.. One dollar donations are suggested to cover refreshments.

To have an intimate night, make reservations at Cafe Mokka's hot tub. You can even have a relaxing ladies night out. Rates start at \$9 per half-hour, \$17 per hour. For reservations, which can only be made the same day, Call 822-2228.

Photos by Catherine Wong
and Jordan Sayre



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Doors at 9:00 p.m. \$15 21+

Friday 2/11
Boogie Nights
Doors at 7:30 p.m. \$5 Rated R

Saturday 2/12
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Sunday 2/13
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Monday 2/14
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Doors at 6 p.m. Movie at 7 p.m. \$5/\$16 Rated R

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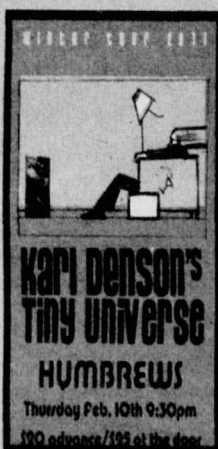
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Los Amigos Invisibles**

9:30pm \$20 adv \$25 door

Thursday Feb. 10



**Karl
Denson's
Tiny
Universe**

9:30pm
\$20 adv \$25

Friday Feb. 11



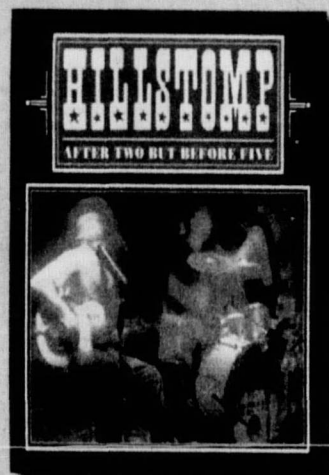
BLVD 9:30pm - \$10

Monday Feb. 14



**Voice of the Wetlands
Benefit** 9:30pm - \$20/25

Saturday Feb. 12



Hillstomp 9:30pm - \$10

Monday Open Mic Nights! 8:30pm Free!

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Q & A WITH FRANK WARREN OF PostSecret

Catherine Wong
Staff Writer

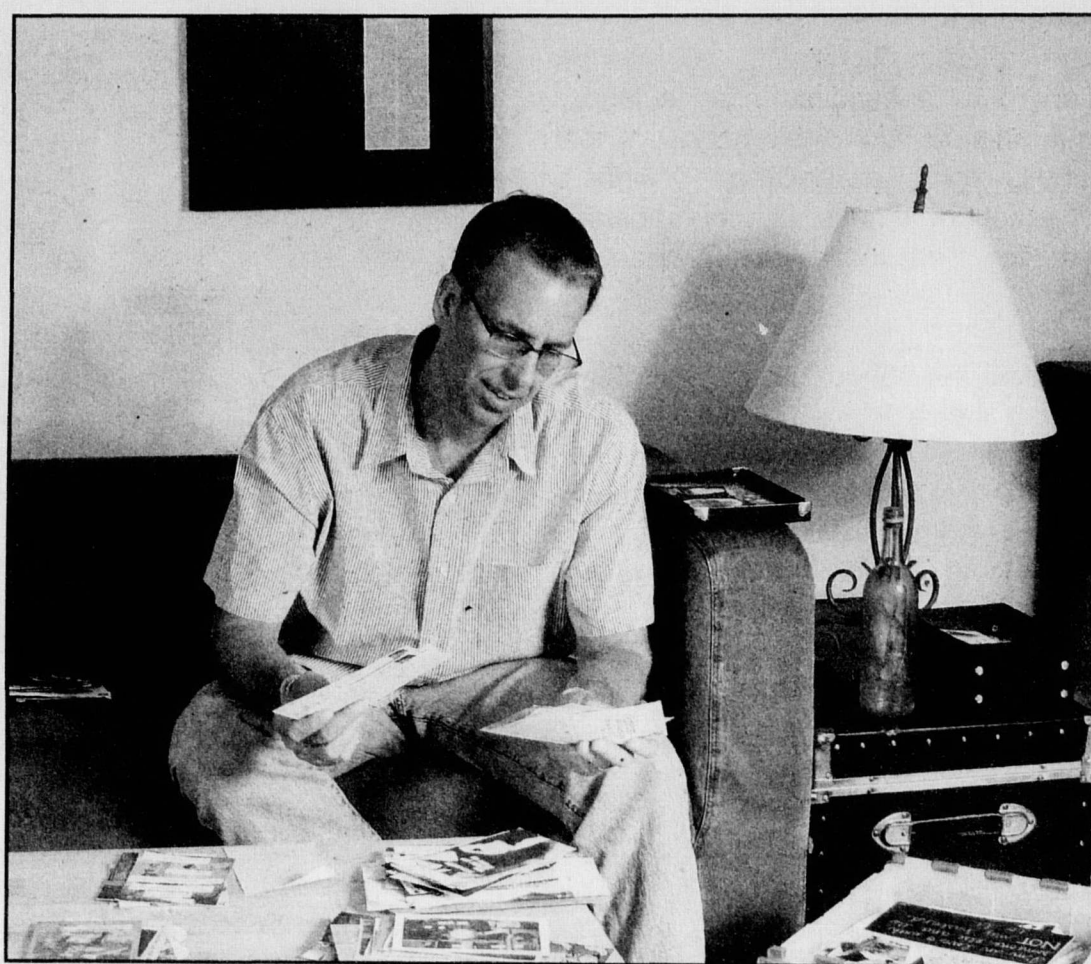


Photo Provided by Frank Warren

Six years ago, Frank Warren began a web project that asked strangers to mail him their secrets on postcards. He called it PostSecret. Anonymous writers decorated the cards with whatever graphics they saw fit to accompany their secret. They sent them back to Warren, who posted them publicly on www.postsecret.com. Since its beginning, more than half-a-million PostSecrets have been sent to Warren's home in Germantown, Md. They range from confessions of criminal activity to embarrassing habits to secret desires, meant to inspire both the writer and those who read it.

After gaining worldwide fame, including inspiring an All-American Rejects music video, Warren began to publish books of the cards he received. His fifth and latest book, "PostSecret: Confessions on Life, Death, and God," arrived in 2009 and reached #1 on The New York Times best-seller list. In 2007, he began touring college campuses nationwide. His current college tour will bring him to Humboldt State University this Friday, February 11, 8 p.m. Van Duzer Theatre.

Kristie Clark, a sophomore English major, plans to attend the PostSecret event with her mother. She heard about the PostSecret project around a year ago. "A lot of people have problems and they think that they are the only ones with these problems," said Clark. "I think [PostSecret] shows that we all have flaws. I mean, we're all human."

Jan Warren, wife of Frank Warren, said her husband has become more empathetic. "He's always been a good person but he's found a way to express it outside the box," she said. "It makes you more sensitive of the people around you and what you can do as a family to reach out to other people."

The Lumberjack spoke with Frank Warren last month about his upcoming PostSecret event tour.

Frank Warren: Touring all the colleges is actually my favorite part of this project. I love California. I went to UC Berkeley a number of years ago and I love travelling through Northern California.

Lumberjack: How did this all get started?

FW: I've done other postcard projects before PostSecret was ever conceived. On my first visit to Paris I bought three postcards and I put them under my pillow before I went to sleep that night. I had this lucid dream where I could control what was going on, and I was in my hotel room and I looked at the cards. They were blank before, but in the dream there was writing on the back. One of the cards read "unrecognized evidence of forgotten journeys unknowingly recovered. In the morning when I woke up. I tried to recreate the postcards in my dream as I saw them."

For full interview go to jackonline.org

Catherine Wong may be
contacted at thejack@humboldt.edu

HELPING ATHLETES AND ASTRONAUTS HUMBOLDT'S BIOMECHANICS LAB RESEARCH

Nick Swain

Sports Editor

Ever wonder how much air you would need to walk a mile uphill, on the moon? Or if wearing a pair of Shape-Ups will burn more calories than your regular shoes? Tucked away on the second floor of Humboldt State University's Kinesiology & Athletics building is a room where kinesiology students find answers to these sorts of questions: The Biomechanics Lab.

Justus Ortega, director of the Biomechanics Lab, describes their research as, "applying physics to human movement." The lab is a part of HSU's Health and Human Performance Institute, and provides a hands-on learning environment for kinesiology majors. When it is not being used for research, the Biomechanics Lab offers clinical gait analysis to the community.

Gait analysis is a test of human posture during motion. It shows a digital recreation of a person moving; how they bend their legs, how they shift their weight to each leg and which muscles are being used in the process. Physical therapists and orthopedic surgeons refer their patients to HSU's Biomechanics Lab for analysis of patients' motor functions. Sarah Musolf, manager of the Biomechanics Lab and graduate student at HSU said, "You can apply science to pretty much anything. Walking and running are no different."

On Monday, Feb. 7, the lab was set up for an "incline support" study. An inclined treadmill sat in the center of the room, boxed in by a tall, metal scaffold that held a jury-rigged harness. After being measured and weighed, a person would put on the harness and have a percentage of their weight lifted to simulate a low-gravity situation. Beneath the treadmill, a force plate—an expensive, hyper-sensitive scale—tracks the vertical and lateral movements of the person walking. Six infrared cameras encircle the room to capture the motion of small reflective balls taped to joints and appendages on the patients body. The IF-sensitive balls relay information back to a computer and work in conjunction with a series of electrodes attached to key muscle groups on the body. These electrodes wire back to a pack on the small of the person's back that wirelessly transmits data to the computer to show which

muscles are being used. As the person walks, IF-sensors track their motion while electrodes detect activating muscles, and a tube monitors the person's oxygen intake. All this information is compiled on the computer and compared against initial measurements of the patient to create a 3-D motion-capture of how much energy they would use to walk uphill on the moon.

The Biomechanics Lab is also conducting studies on barefoot running versus shoe, or "shod", running, curved shoes (like Shape-Ups) versus ordinary shoes, and research for determining concussions from the sideline.

Concussions can cause impaired motor function, slowed reflexes, and permanent brain damage. To help with concussion diagnosis, Ortega says the Biomechanics Lab conducts the "Johnny Cash" test, similar to the drunk driving test. The concussed person is asked to name an animal, walk along a line, and then name the animal again. This tests their memory and balance, key determinants in post-impact diagnosis. An early concussion diagnosis could be life-saving, and HSU's Health and Human Performance Institute works with University and high school sports programs to ensure the health of athletes.

Although the Biomechanics Lab needs two more cameras and force plates to be certified for clinical gait analysis, Ortega is grateful the lab survived budget cuts. He says that President Rollin Richmond and Provost Bob Snyder made efforts specifically to keep the lab intact. The lab finds external funding for its research through Ortega's diligence, and requires individual test subjects to pay a fee for gait analysis.

The Biomechanics Lab remains open to the public. The lab will host an open house on Feb. 18, 2 p.m. to 5 p.m., for people to observe the study of biomechanics. While there, visitors can take a look at a poster of the lab's research on the mechanical determinants of energetic cost of backwards running—and discover exactly why Carlos Jones is always jogging backwards.

.....
**Nick Swain may be
contacted at thejack@
humboldt.edu**

Scheduling an Appointment

To schedule an appointment for gait analysis, call the Humboldt State Biomechanics Lab at (707) 826-5973. The Biomechanics Lab is located in room 256B of Humboldt State University's Kinesiology & Athletics building.



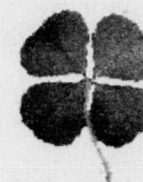
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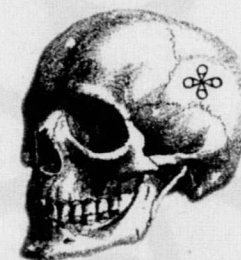
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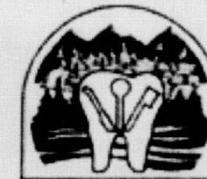
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Saturday
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Saturday
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from Eureka) +
Miasmic
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career expo

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OTHER CAREER CENTER EVENTS:

"Feed Your Passion" Internship Clinic - Fri. Feb. 11 @ 11:00 am - 3:00 pm
(University Center, South Lounge)

Resume Prep for Career Expo - Tues. Feb. 15 @ 3:00 pm (NHE 120)

How to Find an Internship - All majors & interests - Tues. Feb. 15 @ 3:00 pm (NHW 232)

Walk-in Resume Help - Tuesday - Thursday 11:00 am - 1:00 pm

Register for events on SPRINGBOARD: www.humboldt.edu/career

Humboldt State University
career center



HEADWATERS FOREST RESERVE

Derek Lactaoen
Online Editor

Hey Hikers,

Old-growth forests, a dirty, lonely river and the gutted, ghostly remains of a mill town create the feeling of unexplored territory. Hiking through the Eureka Headwaters Reserve is like being a pioneer on the Oregon Trail.

The first mile of the Elk River Trail winds through what was once the town of Falk. Falk was a small mill town that boomed in its prime. Noah Falk built his mill town in 1884, and for 50 years it thrived with about 400 residents.

But mill towns being mill towns, the residents left when business petered out in 1937 because of the Great Depression. The foundation of a house is all that remains to keep the memory of Falk alive.

In 1999, the federal government bought the land that Falk was on, purchasing a total of 7,200 acres. The Bureau of Land Management now runs the Reserve.

But even if the Reserve is all that Falk gave to modern-day Humboldt County, it might be enough. The Bureau of Land Management continues to see an increase in visitors.

The Elk River Trail, accessible off Highway 101 south of Eureka, goes out 5.5 miles to a view of a pristine old-growth redwood forest. Hikers can

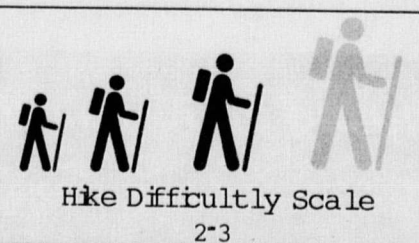
expect different types of terrain and difficulty levels. The first mile of paved trail, plus the extra two miles of wide gravel, make the first part of this hike ideal for everyone. After the third mile, the trail narrows to a single-track that snakes through denser forest and at a steeper incline.

Although this hike only went 4 miles out, the adventurous should try doing the full 5.5.

Headwaters Park Ranger Julie Clark says the Elk River Trail is like the Hammond Trail of Eureka, referring to the coastal trail in McKinleyville, Calif. She leads guided hikes from May through November through a part of the Reserve that isn't open to the public. People who call the Arcata Field Office to reserve a spot on the hike can enter with Clark through the Fortuna side of the Reserve on Humboldt Redwood Company land. That hike ends at the same old-growth overlook as the Elk River Trail, but is about 6 miles round-trip instead of 11.

For Humboldt State students, Headwaters provides an interesting, accessible alternative to Arcata trails. And for those celebrating Valentine's Day, a romantic hike through the woods can be a cheap date. For an expensive date, bring wine.

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**.



Driving Directions:

Drive south on Highway 101.
Exit on Elk River Road, south of Eureka. Turn onto Elk River Road and continue for about 6 miles until you reach the trail-head parking lot.

What to Bring:

Athletic shoes or hiking boots, water, a substantial snack or small lunch to eat on the trail.

WIN OVER WARRIORS

Marisa Penkauskas

Staff Writer

Jenna Hamilton, a junior on the Humboldt State University women's basketball team, lay on the wooden floor clutching her wrist to her chest. The salty smell of popcorn held stagnant in the air while crowds on both sides of the Kinesiology & Athletics building held their breath. A few seconds later, Hamilton slumped off the court just long enough to come back and score the winning free throw. The HSU women's basketball team won an aggressive game and ended with a mere 5-point lead over the Stanislaus Warriors.

Lisa Petty, sophomore guard on the HSU Lumberjacks team, made the first basket that ignited the Warriors to push back hard. "It seems like a habit for us; we're up by ten points and then, all of a sudden, we're only up by one," Petty explained.

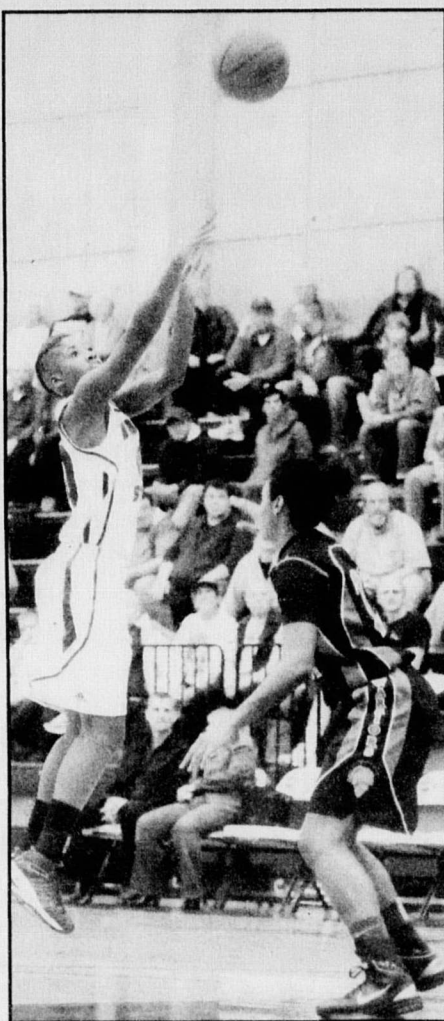
"We get in those huddles and we just tell each other that we've got this."

The Jacks held the lead for the rest of the game. This victory pushed the team to 8-7 in the California Collegiate Athletic Association and the confidence it needs for the upcoming game against their rival, Chico State.

Jacks' Coach Joddie Gleason stressed the need to keep a level head despite the victory. "We've had so many close games this year, which is nice because when we do have another one, we tend to be calm and take care of the ball."

At the end of the second half, a personal foul was called on Christian Gowan, guard from the Warriors.

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



(Above) Junior forward Bree Halsey takes a shot.
| Nichole Parada

HSU STAVE'S OFF STANISLAUS

Michael Kennedy

Staff Writer

Players and fans knew this was an uphill battle, three minutes in. "Never did we feel like we had it under control, until the last minute," said Steve Kinder, head coach of the Humboldt State Lumberjacks. The Jacks fought tooth-and-nail to wrangle the home win from CSU Stanislaus 77-67, avenging one of their two season losses.

"[Stanislaus] just has the weapons and freedom to play on a high level," said Kinder.

Marked with fouls and aggressive game play, this game was a dog fight from the start. Struggling to pull ahead, HSU finally hit their groove five minutes before the close of the first half. With superior passing and clean ball control, the Jacks accelerated past Stanislaus into the second half, leading 37-25.

Center Brian Morris came up with big plays for the Jacks in the first half, nabbing 20 points and seven rebounds. Fouls added up over the course of the game, though, benching Morris and hurting the Jacks.

Heading into the second half, the Jacks stepped up when they needed to. Continuing where Morris left off, Randy Hunter finished the game with 19 points and five rebounds. "A lot of players stepped up, and came off the bench in the second half...freeing other players and making big plays," said forward Randy Hunter.

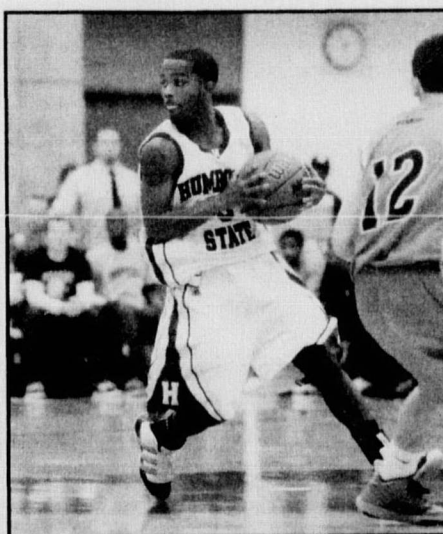
"We have a great player in Brian Morris, and a great player in Randy Hunter too...A double headache for any team," said Kinder.

Demonstrating why they are one of the Jacks only two losses this season, Stanislaus fought

their way back early in the second half. The Warriors managed to get within four points of the Jacks, and again with six minutes left in the game. But the Jacks always answered back, this time in the form of Brandon Sperling. Scoring six straight points when Stanislaus was closing in, Sperling helped seal the 77-67 win for the Jacks.

Sperling was one of four HSU players to finish the game with double figures, scoring 13 points and four assists on the night. "[Stanislaus] is one of our only losses this season. We came into the game knowing we had to get the win and not get swept...We have some things to learn, but we can't be upset about the win," said Sperling.

.....
Michael Kennedy may be contacted at thejack@humboldt.edu



Junior guard DJ Broome.
| Nichole Parada

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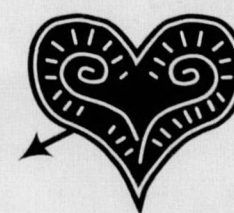
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EDITORIAL

Where's the Love?

On Valentine's Day, couples exchange sappy cards and materialistic items in order to quantify their affection. Meanwhile, corporations reap the rewards. You can't seem to step foot in a store this time of year without getting a reminder about how you need to buy things to prove your affection. So, let's stop for a second and remember the meaning of Valentine's Day: love. And that can be romantic love, platonic love or any kind of love.

Look back at the history of the holiday, it originated from the ancient Roman festival Lupercalia that celebrated love and fertility. Soon after, the church overtook the holiday and helped turn it into a corporatist celebration filled with candy hearts and baby cupids that have been symbols of Valentine's Day for generations.

Remember in elementary school when we passed out Valentine's Day cards to every member of the class? That was about friendship, and friendship is a huge kind of love in most people's lives. So why, on this day, do we fixate solely on a romantic love?

Why should singles feel bad on Valentine's Day? We should embrace the fact that we don't always need an active romance to make Valentine's Day special. Even if you don't have a date, go out with your loved ones, whether that means friends, family or whoever else. Or just do something special for yourself.

Instead of emphasizing the material aspects of Valentine's Day, let's challenge ourselves to express real love without them. For that matter, let's challenge ourselves to express real love everyday.

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.

SEX COLUMN

Dirty Little Secrets

"You see these shackles? Baby, I'm your slave..."
-Justin Timberlake, SexyBack

By Catherine Wong

Ah, the ties that bind. Sometimes silk. Sometimes leather. And sometimes even rubber. Bondage is the use of restraints for sexual pleasure. Just like other paraphilias, bondage raises eyebrows in the more "vanilla" community. The term "bondage" is typically viewed as leather costumes and Betty Page.

In reality, there are many levels of bondage: from scarves and blindfolds to skin-tight bodysuits and human furniture. Some people can experience pleasure without any other stimulation. Japanese rope bondage, shibari, differs from most Western bondage in that it focuses more on the pressure and strain of the ropes themselves.

Couples involved in regular bondage use safe words, or words not habitually used during sexual conduct that indicate discomfort.

I suggest words like "cactus", "zombie", or "niblick"...unless you're having sex in the desert with a necrophiliac golfer. If the person is gagged, a different form of the safe word is needed. Methods include, but are not limited to, opening and closing one or both hands repeatedly, flickering a flashlight, or releasing an object held in one hand (such as a rubber ball, or a scarf).

There are other small safety rules that should be followed. The bound person should never be left alone. We wouldn't want anything to happen without supervision, would we? On that note, be positive that the subject can be released quickly in an emergency. Couples should change positions at least once every hour to avoid circulation problems and periodically check extremities for numbness, coldness or skin discoloration. Avoid

positions or restraints which may induce postural asphyxia (Kevin Gilbert and David Carradine died that way. Be above the influence). Remain sober. Accidents happen under the influence all the time. Let's not mix that with someone being tied down.

Being unable to move seems like an odd way to enhance sex. The free partner enjoys the erotic pleasure from being in a dominant situation, while the bound partner enjoys being "helpless" in the hands of a trusted partner. Many couples find bondage relationship-affirming, as it requires and implies a level of trust that is not normally found. If a blinder or blindfold is used, the wearer may find that their other four senses magnified. There is also physical enjoyment without the ability to express it... physically.

Cactus.

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.

CHEERS & JEERS



Cheers for Humboldt State University for giving free housing and food to the students who lost their homes and belonging in the fire! Way to support your students!



Cheers to the Depot worker that made me a bomb sandwich for lunch yesterday!



Jeers to the health center for not taking advanced appointments.

15 CLASSIFIEDS

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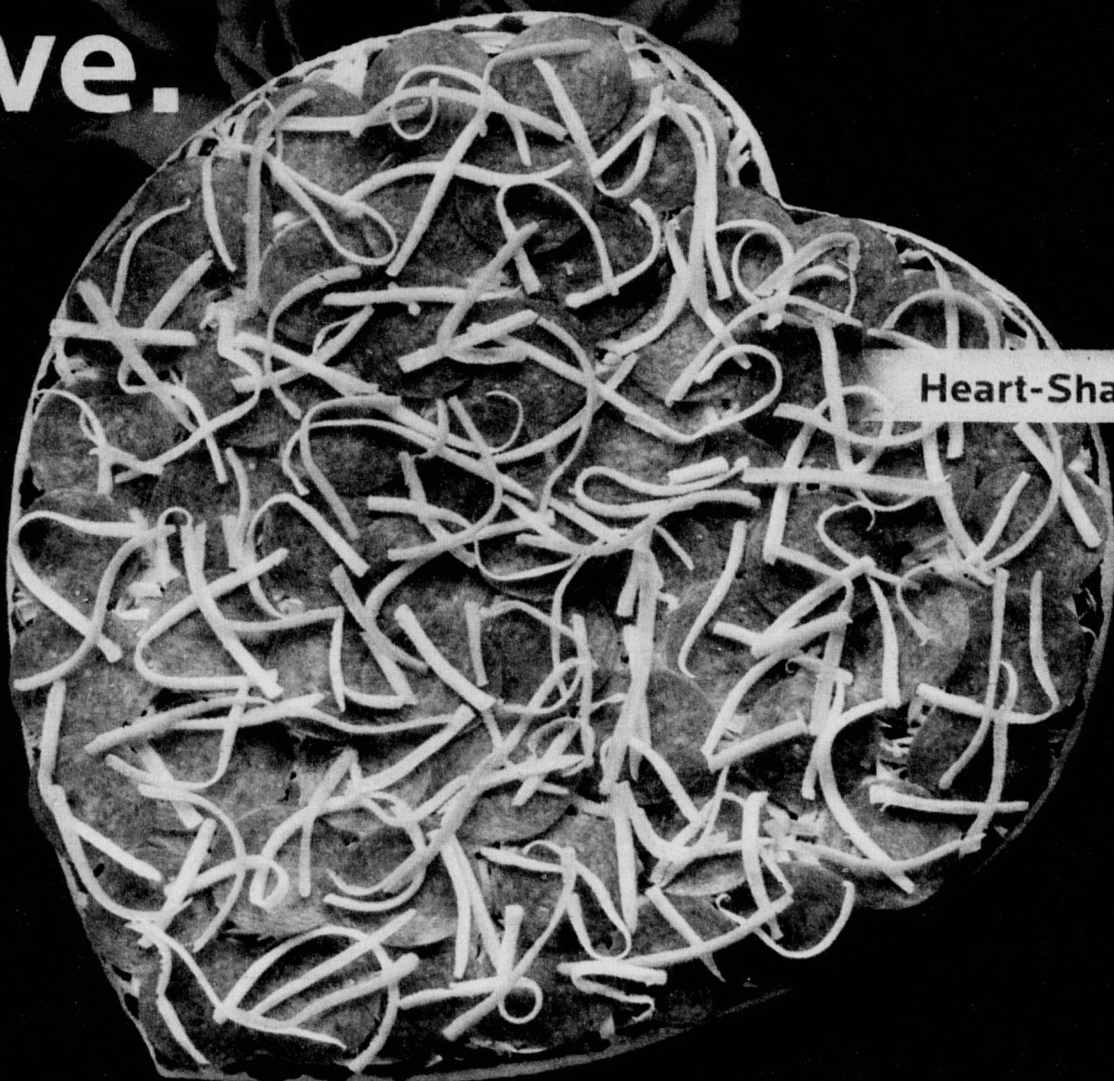


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