

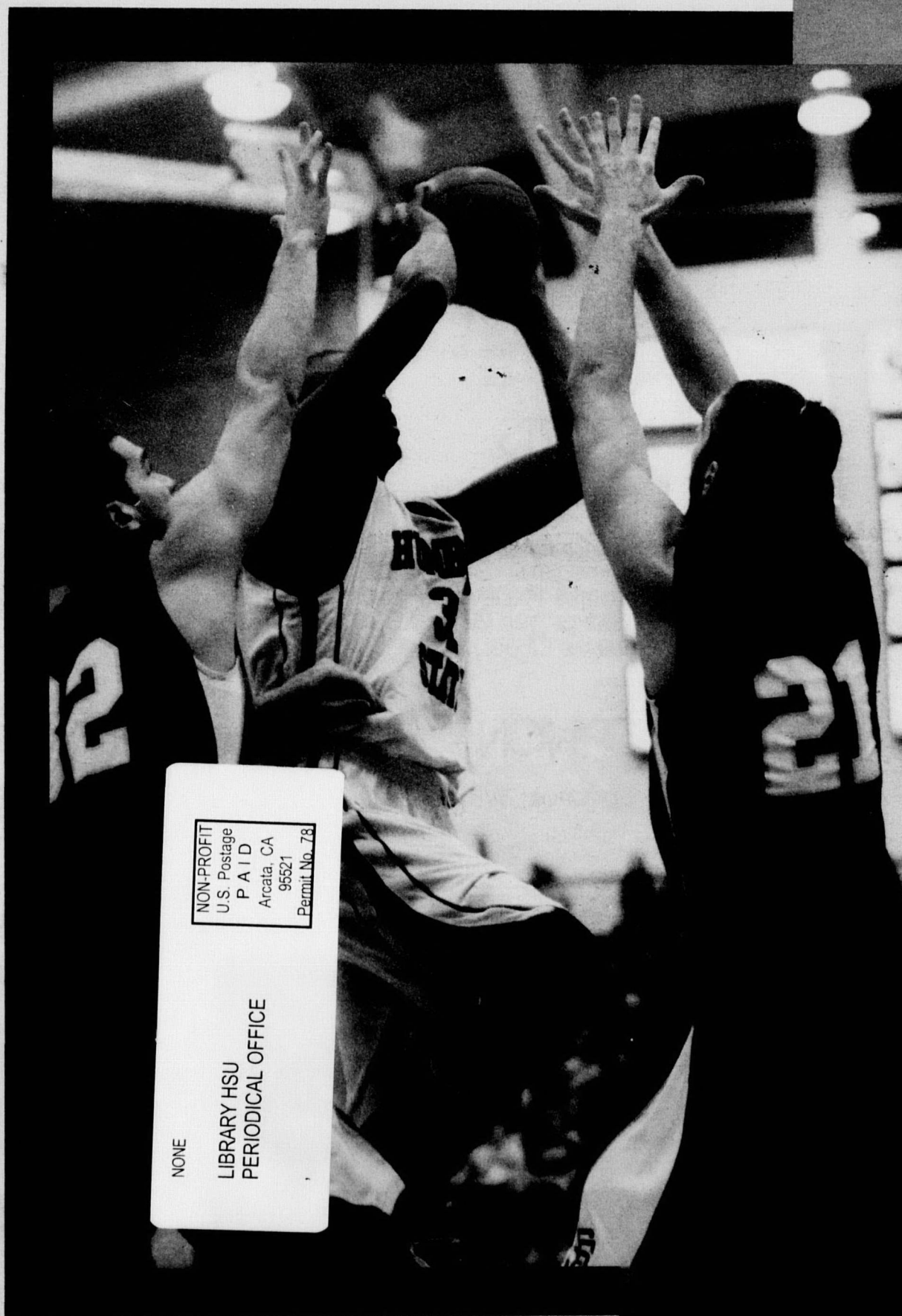
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January 19, 2011 Vol. 98 No. 01

Meet The Monster Women...page 17

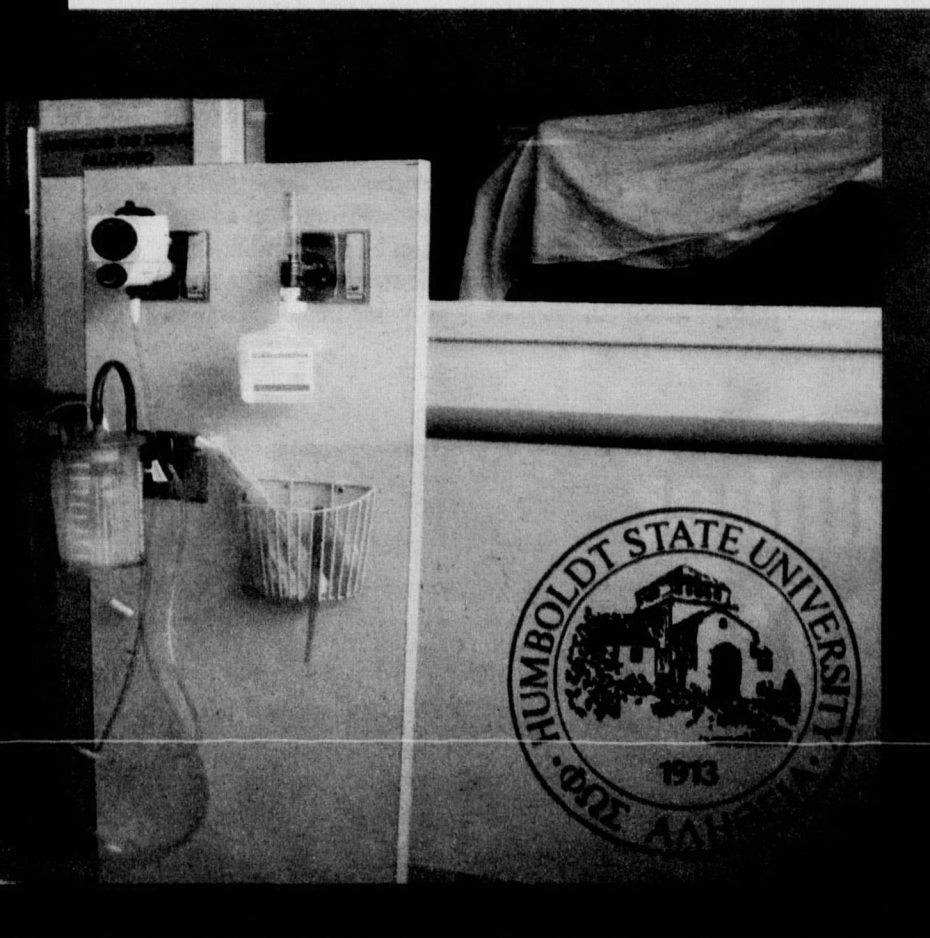


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THE LUMBERJACK

WEDNESDAY JANUARY 19, 2011
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Cover

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Corrections

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

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ZIMBRA OUT, GOOGLE IN

Nick Preciado
Managing Editor

Over Winter Break, Humboldt State University switched its email system from Zimbra to Google Apps.

Information Technology Services' Chief Information Officer Anna Kircher said that "Increased service to our customers drove us in this direction," said Anna Kircher.

The move to Google Apps gives students and staff seven gigabytes of space, while Zimbra offered a mere 50 megabytes for students and 250 megabytes for staff. Seven gigabytes is equal to 7,168 megabytes. This gives nearly 150 times more space to students, and roughly 30 times more space to the staff.

Kircher said that while Zimbra was run by the university and required email servers on campus, Google is now hosting the email servers. This means that the ITS system administrators have more time to run the other servers on campus, instead of devoting time to the old Zimbra email system.

The new email allows its users the ability to use Google Docs, a word processing

system. Students and staff can now create and edit word documents, spreadsheets, presentations and forms right from their email account. Multiple users can collaborate on a document at the same time.

Gabriel Flores, a junior zoology major, said that the old system felt dated and that Google Apps uses better software.

"I found Zimbra really clunky," said Flores. "This new one is a lot better."

The login information for students and staff remains the same as it was for their Zimbra accounts. Emails leftover from the old system have been transferred to the new accounts. However, calendars, contacts and documents must be imported to Google Apps.

While ITS is currently focusing on moving everyone to the new email system, applications like Google Picasa will become available to the users later this term, said Kircher.

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





The World

In Briefs

Lebanon

The U.N. has issued an indictment in the investigation of the assassination of Lebanese Prime Minister Rafiq al-Hariri. The indictment caused Hezbollah to pull out of the government, which effectively collapsed. Talks to form a new government without the Shia political group have been delayed.

Tunisia

Massive protests in Tunisia have led to the ouster of Zine El Abidine Ben Ali, who ruled the country for 23 years. Tunisians say the push for change was fueled by social media like Facebook. The Prime Minister has formed a new government that includes members of the old regime and of the opposition parties. The fledgling government says it's primary goal is to hold new elections.

WikiLeaks

A former executive of the Swiss bank, Julius Baer, said Monday that he handed over financial details of about 2,000 people and companies to WikiLeaks CEO, Julian Assange. Rudolf Elmer said he wanted to shed light on the insipid and sometimes illegal financial dealings of wealthy clients who own offshore bank accounts. Assange says WikiLeaks will publish the data after it has been vetted for authenticity.

Arizona Shootings

Rep. Gabrielle Giffords (D., Arizona) has finished surgery to remove fragments of bone from her face after she and 19 others were shot at a congressional event outside a Safeway market Jan. 8. Six of the victims were killed including a nine-year-old and a federal judge. Suspect Jared Loughner awaits trial, which is likely to be moved out of Arizona. The shootings have sparked renewed debate on mental health programs and gun control measures in the United States.

Australia

Northeastern Australia has seen rain for weeks on end which has caused massive flooding. People in an area the size of Texas have been evacuated. Australia has been in a 40-year drought until the recent rains. In Queensland, the death toll has risen to 20, with 12 people missing.

Brazil

Brazil is also experiencing floods and mudslides. The death toll has reached 665 in Rio de Janeiro state and 24 in Sao Paulo state. The Brazilian government and military is continuing efforts to rescue stranded people by air.

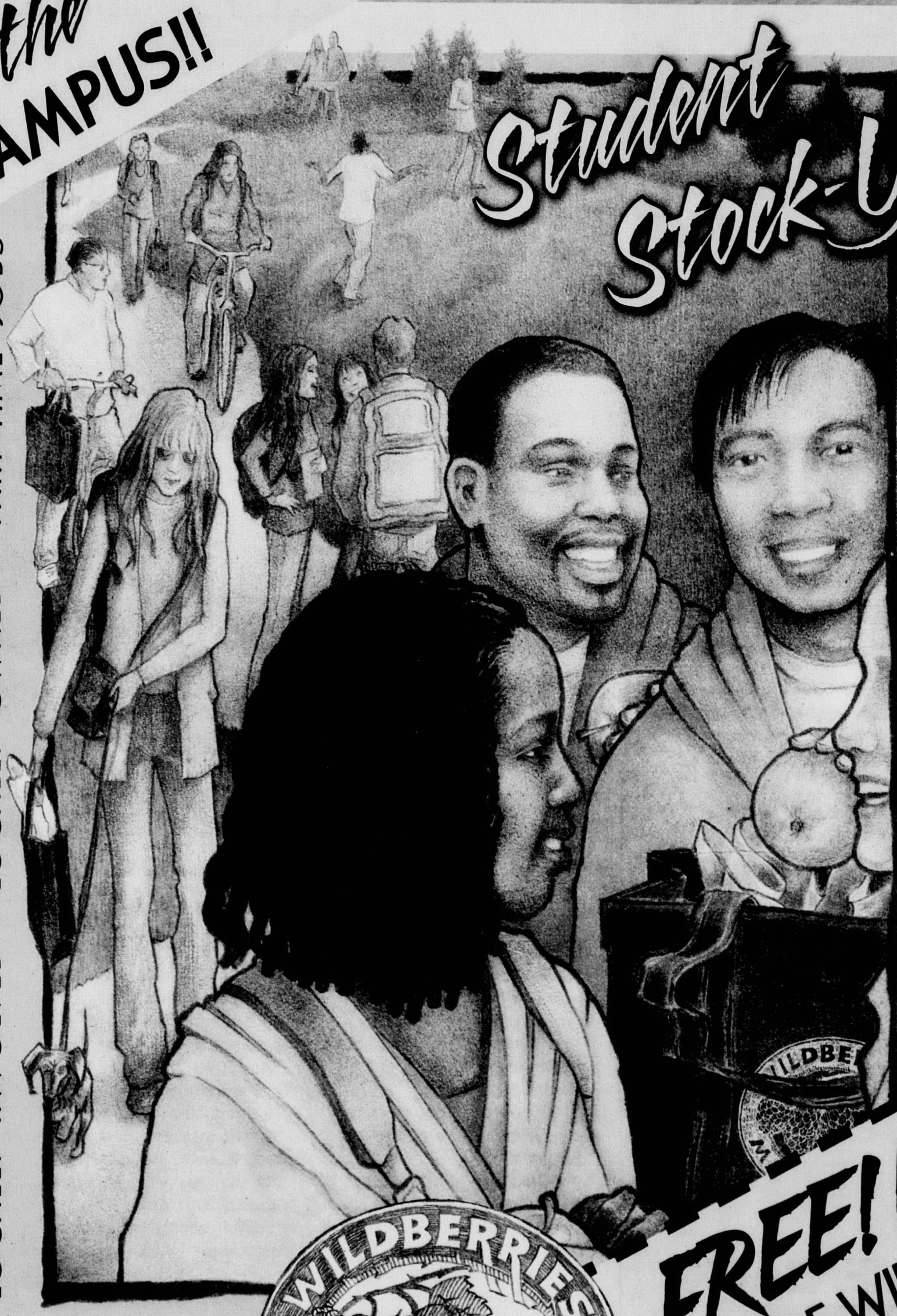
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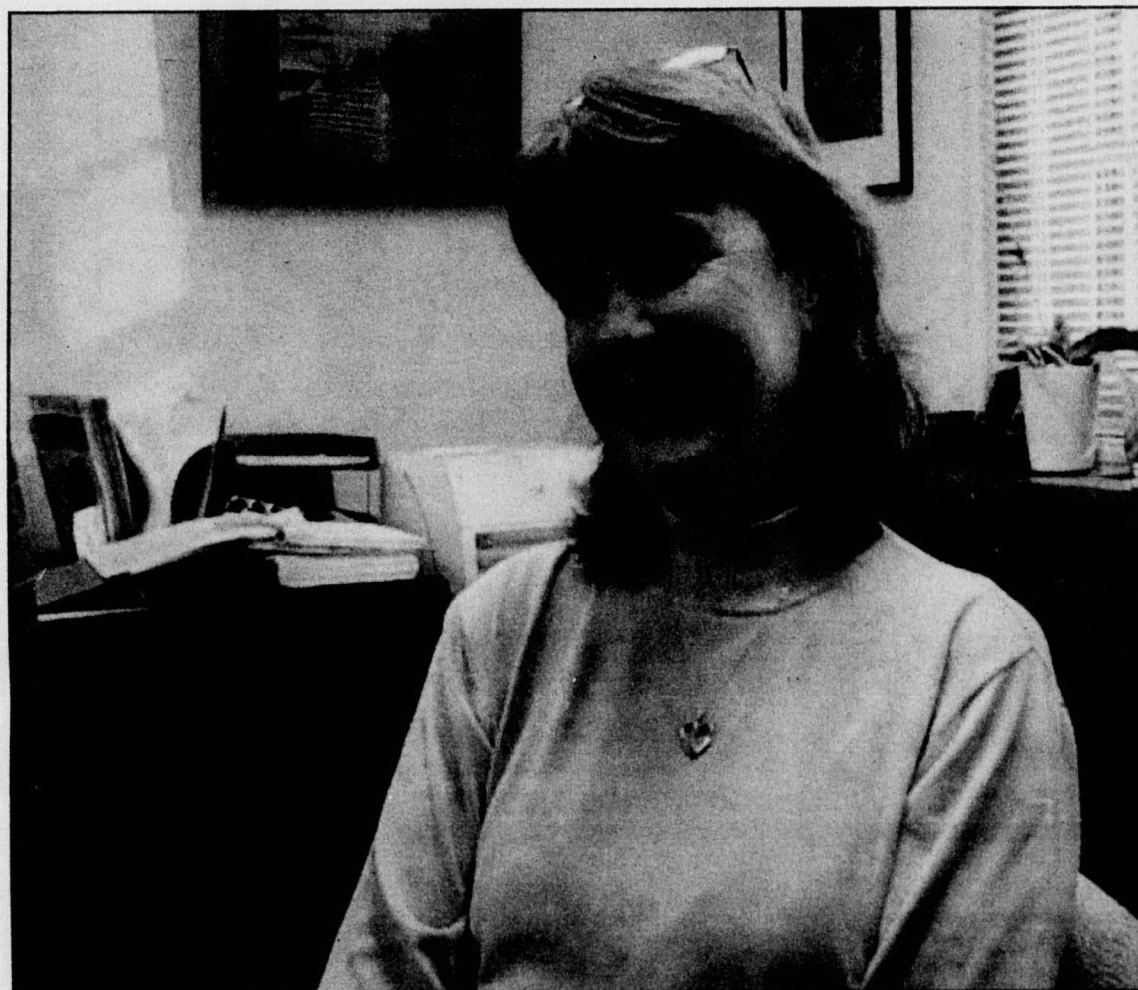
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MEET THE NEW

Peg Blake



Yawen Xu
Staff Writer

Peg Blake has been named as Humboldt State's new Vice President of

Enrollment Management and Student Affairs. The nomination went into effect on Jan 3.

The department contains the Office of Admissions and Records,

Children's Center, Dean of Students and Student Support Services, Financial Aid,

Housing and Residential Life, Student Health and Counseling Services, Veterans' Affairs, and Association Students.

When talking about the content of her job, Blake said, "Enrollment Management is there help the institution attract and graduate students. So we want to figure out what kind of students should be

coming to Humboldt, and finally to get them here and help them to pursue their educational objective so that they graduate in four or five years. The Student Affairs part is to help the students have a complete educational opportunity so that they are not only do they learn in the classroom, but they know how to be a good global citizens."

With almost 30 years of experience managing the higher education field,

Blake says that her main goal is to help students achieve their goals.

Before Blake came to Humboldt State, she was Dean of Enrollment Management at Southern Oregon State University from 2006 to 2010.

In 1988, when Blake earned her Ph.D in Education Administration from University

of Nebraska-Lincoln in 1988, she has already being served as" Associate Vice Chancellor for Student Affairs at University of Nebraska-Lincoln for 2 years.

Then from 1998 July to 2005 June, Blake served as Vice President for Student Affairs at Boise State University.

"I really like the size of the institution. It is small enough that I can get to know students and everyone who works here and become acquainted with them," said Blake.

"Part of [the reason] why I choose Humboldt State is just the people, and the students I met when I was here on my interview and the staff and faculty they were all so welcoming, friendly, very down to earth, good people," Blake said, "The president said yesterday that he looks at us sort

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of family, and I think that's everybody is looking out for each other. That was the huge part of it."

However, Blake didn't expect to have someone in Humboldt County would welcome her in an particularly odd way.

The Lumberjack received an anonymous letter about Blake Jan. 14. It contained an article from the Boise State's Independent Student Media- the Arbiter Online. It said Blake was arrested for driving under the influence when she was the Vice President of Student Affairs at Boise State in 2005.

"It was an ugly thing to have happened," said Blake. "I actually went to an addiction counselor the next day and said this is what happened to me. I didn't know that I had a problem, I was not sure that I had a problem. 'What do you think I should do?' He suggested to me that I should go check myself into a rehab facility. In addition to just checking that out, because I was a Vice President at that time, there was

an awful lot of publicity surrounding it. There was a lot of media attention and he said 'you are just gonna be hounded if you stay in this community. Go away for a little while.' So I did."

Blake learned from the experience and looked at it as a gift. She stopped drinking since that event happened.

"I didn't have the kind of the problem with the alcohol that ever affects my work, people didn't know. But I was in a period of extreme stress for about six months, where I was paying attention to what I was doing and I drink too much. And in that way the DUI was sort of a gift because I think it could gotten much worse, but it didn't because I stop drinking that day. And I don't drink at all now. Not even family dinner," she added.

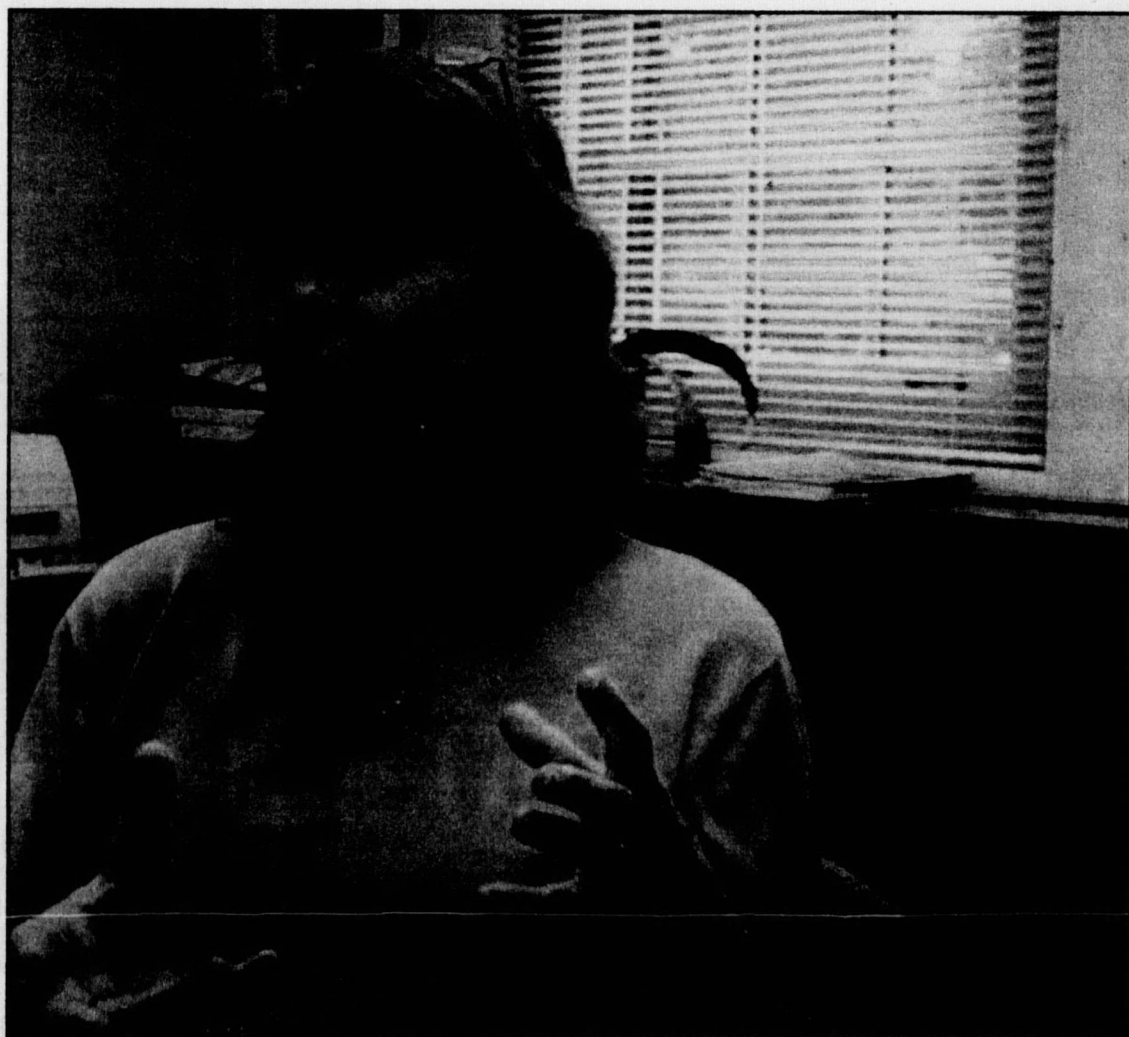
Blake said, "I have done a lot of speaking nationally and regionally about my experience to students to administrators, I am happy to talk to anybody about it. I think it's what's important.

Regardless of what the situation is, if it's my DUI, if it's somebody else getting arrested for smoking pot, whatever it is, what ever life brings at you or you bring on yourself. I think that the most important part is, how the person chooses to respond, and if you acknowledge that this is an issue, and you take care of it, that says something about your character. That's very positive."

Bob Snyder, Provost/ Vice President of Academic Affairs for HSU and member of the search committee responsible for interviewing Blake, said that the university was aware of the charges. Snyder said the school was very impressed with how Blake addressed the problem. Nobody is perfect, everybody makes mistakes, and it's the matter what you choose to do to respond to that, in my opinion, that says what your character is. I will say I am proud of what I have done," said Blake.

.....

Yawen Xu may be contacted at thejack@humboldt.edu



New VP of Enrollment Management and Student affairs discusses her past and future with the Lumberjack. <-Photos by Yawen Xu



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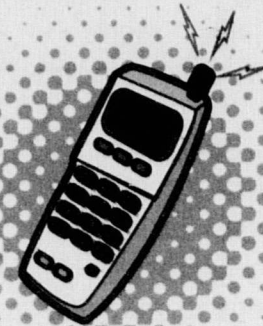
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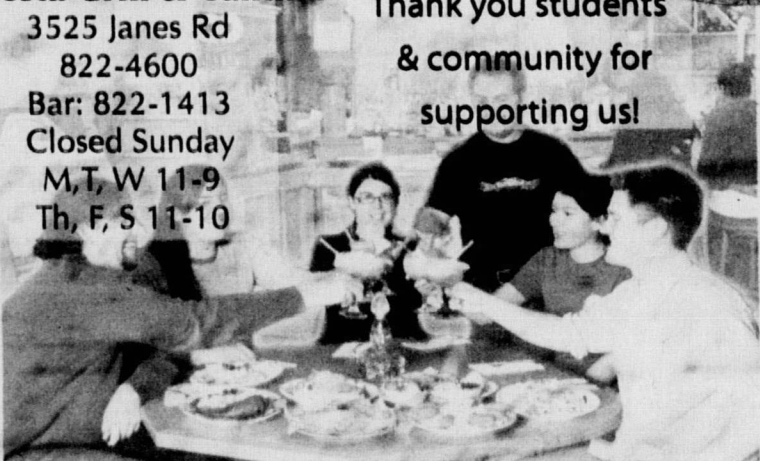
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SICK AND TIRED

HSU NURSING PROGRAM IN DANGER OF LOSING MAJOR ENDORSEMENT

Melissa Hutsell

Editor in Chief

HSU's Nursing Program is facing yet another challenge. Since announcing the cancellation of its spring enrollment and the resignation of its chair and director, the program hired two new staff members. The resignation of the previous staff members means that the program may be in danger of losing its holistic medicine endorsement if the university fails to hire staff with the proper qualifications.

Former Interim Associate Dean of the College of Professional Studies, Steven Hackett, is the new department chair. Nursing Professor Patricia Biteman is stepping in as the new program director. Both Hackett and Biteman lack the holistic and rural medicine certification which the university needs to keep its endorsement as one of only 14 other schools nationwide accredited by the American Holistic Nurses Corporation. The corporation supports HSU's national reputation. However, the program has time to hire two new tenure staff members as part of their restructuring plan.

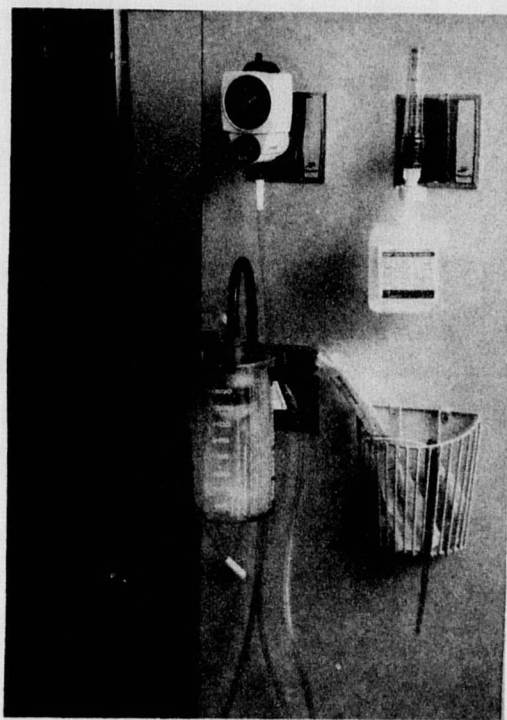
After a year-long fight for the program, it could be on the chopping block again. Since the academic senate voted to cut funding for the program last spring, the department is fighting for its life. Although the program was spared from elimination after community and campus outcry, the future of the program remains uncertain.

University Spokesperson Paul Mann says that the program has failed to secure restructuring, and that the department can not go on as it is. Mann adds that it is an object of finding new leadership. "[There are] serious internal divisions within the department that are long standing."

Mann says that HSU conferred with a handful of schools to accept the students who were turned down, but it is still to be decided. Mann says that the program's first priority is to secure a working restructuring plan which will allow the department to hire two new tenure-track professors. The cancellation of its spring enrollment has left 14 pre-nursing students without a program.

It may be too late to hire a qualified staff member in order to save the holistic and rural endorsement before the review in March. Mann says "it is almost impossible to meet the deadline." He states that the program has another wild card to face: more budget cuts. Governor Jerry Brown recently announced plans to cut \$500 million to the CSU system. "This is a serious matter [for the Nursing program] because it is the most expensive department on campus".

Sarah Zarchin, sophomore in the program and president of the Student Nursing Association on campus, believes that the program is vital to the community. Although Zarchin knows that the department is struggling, she is unsure of the details. "Most of the information that we receive about our program comes from



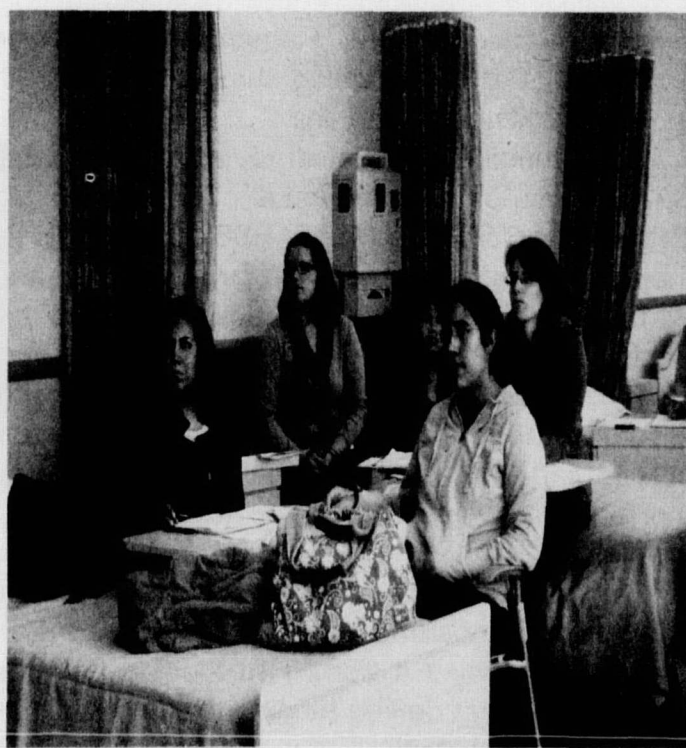
| Catherine Wong

the newspaper," which she finds frustrating she said. "It's indirect." Genevieve Swanton, a fourth semester nursing student, describes the importance of holistic medicine as being that besides for being a main drawing point for the university, the holistic medicine approach that HSU offers its nursing students allows them to take a certification test immediately after receiving their bachelors of science in Nursing (BSN), meaning students can graduate with a holistic and rural medicine certification in addition to their BSN.

Swanton says that although the program might be in danger of losing its certification, the department will still continue to teach holistic medicine.

"Holistic Nursing is seeing a person as a whole with all areas of their life including mental, emotional, spiritual, and physical health coming together to create wellness," she says. "It's not going to go away, it is part of HSU."

.....
Melissa Hutsell may be contacted at
thejack@humboldt.edu



Nursing students learn about clinical assessment during their Adult Health & Illness class on Tuesday morning. | Catherine Wong

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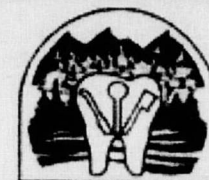
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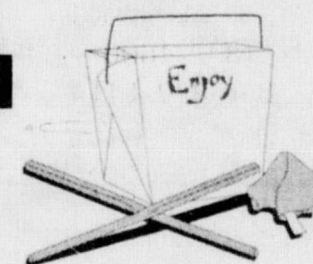
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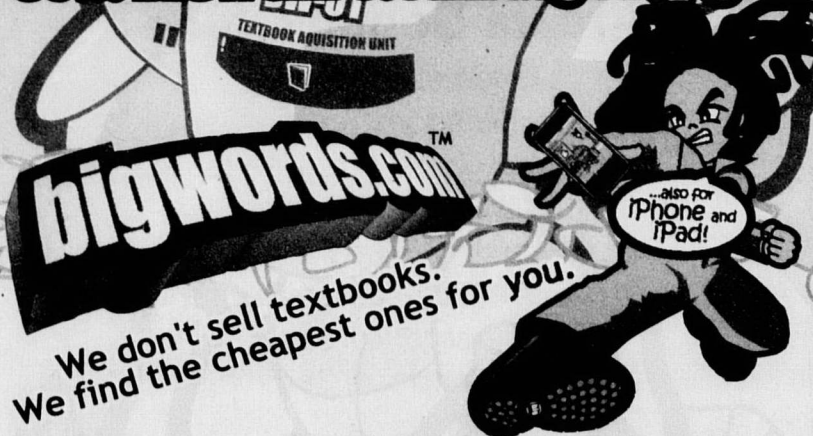
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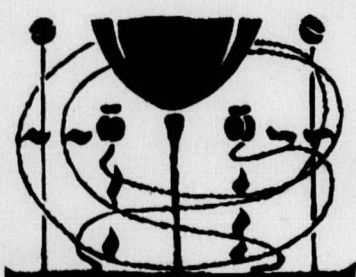


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2010 MSF FUNDS STILL TO BE DISTRIBUTED

Josh Aden
News Editor



The College of Arts, Humanities and Social Sciences Budget Committee decides where \$58,000 can best be used in 2011. | Nichole Parada

Humboldt State students faced a new Materials, Services and Facilities fee, or MSF fee, in fall 2010. Students taking more than 6 units were asked to pay \$144 as a way to alleviate the effects of California's ongoing budget nightmare.

While the College of Sciences and Natural Resources and College of Professional Studies have designated and spent their allotment for the year, the College of Arts, Humanities and Social Sciences (CAHSS) is sifting through its second round of funding applications.

After funding the initial round of requests, CAHSS was left with a surplus of \$58 thousand. The Budget Committee for CAHSS put out calls to the departments for more funding requests last fall.

Dr. Rosamel Benavides-Garb is the chair of the World Languages and Cultures Department and also sits at the head of the committee charged with allocating MSF funds. He says the committee was able to find other sources of funding for some of the requests which contributed to the budgetary windfall.

Benavides-Garb also contributed some of it to academic departments that have lowered their expectations when it comes to funding. They're so used to being denied funding that some didn't hardly ask for anything.

"They're just used to not getting anything," Benavides-Garb said. "Now they are saying 'Wow, there is money to make our programs strong.'"

CAHSS Dean Kenneth Ayoob says the fee was initially a stop-gap measure to keep full academic departments from the chopping block. "If we ever had some money we'd try to take care of

some needs but it was impossible to keep up," he said. The focus for CAHSS has now shifted from a struggle to save programs to using the money to enhance educational services.

For the second distribution of funds, the committee looked first to programs that had previously received less than \$5,000 in MSF funds. CAHSS Associate Dean Scott Paynton says the committee is concerned with distributing the funds fairly across different fairness among the different departments during. The committee gave priority to those programs that received less in fall "in the name of parity," as Paynton put it during a Budget Committee meeting in December.

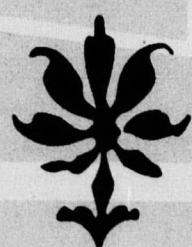
Two members of the committee are student representatives appointed by Associated Students. Benavides-Garb says their participation is key to ensuring the best interest of students are represented.

The committee aims to have the funding allocations done early into the Spring semester. Benavides-Garb says he hopes the budget committee's work with this year's MSF fee this will set a standard for the distributing the funds in coming years.

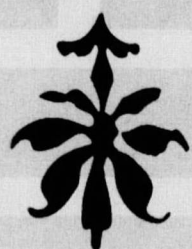
With more budget cuts looming in the CSU system's future, the committee will likely have its work cut out for it. "The need exceeds the resources, that is clear," Benavides-Garb said. "But it seems to me that's the name of game in education."

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**Josh Aden may be contacted at
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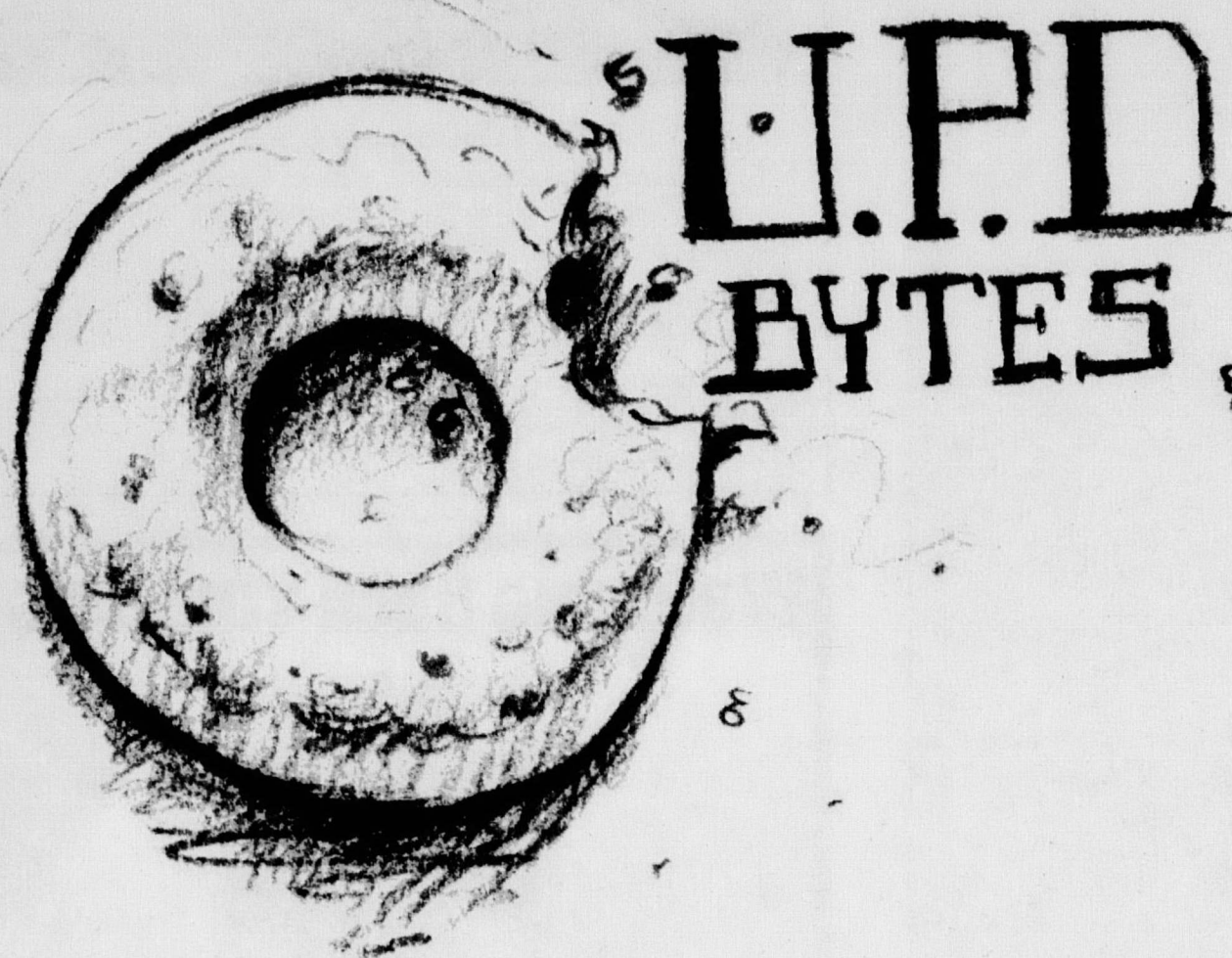


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Thursday, Jan. 13, 2011

1:32 a.m.

Suspicious activities were afoot at the pedestrian overpass. Suspects covered the security camera at the bridge, causing UPD to dispatch an officer to the scene. No suspects were found but the surveillance camera was relieved to be freed.

6:42 a.m.

An employee in the Cupboard mistakenly summoned UPD with a false burglar alarm. It is not clear whether the employee thought they were actually being robbed.

10:42 a.m.

UPD recovered a stolen vehicle off campus at the intersection of B and 11th Streets. The Lumberjack is seeking comment from the car on its ordeal.

Friday Jan. 14, 2011

1:27 a.m.

A prowler was reported in Arcata in the 1000 block of 5th Street. HSU's police department valiantly stepped in to help out the Arcata police, which likely had its hands full corralling intoxicated people on the plaza.

10:46 p.m.

UPD responded to reported suspicious circumstances near the sports area and the Forbes Complex. No suspicious characters were found, police theorized they disappeared into the sea of suspicious people known as the population of Arcata.

11:15 p.m.

An intoxicated female student was picked up by Arcata Police off-campus. This prompted UPD to pick her up and warn her that bad behavior in town may result in consequences on campus, which may include taking away one's birthday.

Saturday Jan. 15, 2011

1:29 p.m.

Local skate-boarders took advantage of the library being closed to turn the library quad and steps into a skate park. About 10 skaters were (sometimes) landing tricks off the stairs until UPD arrived. This allowed the skaters to partake in their second-favorite activity: running from cops. None were captured.

3:47 p.m.

A couple of intrepid skaters decided the the ledges and stairs of the University Center Quad were too good to pass up, even after being chased from the library. They'd flipped an their fill by the time UPD arrived.

5:18 p.m.

The poor surveillance camera near the pedestrian bridge was again victimized by a suspect that obscured the camera's view with writing. The camera is drafting a strongly-worded letter for the administration about the abuse it receives in the line of duty.

9:02 p.m.

A noise complaint was filed in the Campus Apartments. The informant said the people above her were being loud and playing music. Police investigated the disturbance and caught the suspects in the act of being college students.

Sunday Jan. 16, 2011

12:58 a.m.

Arcata Police called UPD for assistance to help break up a party. UPD lent their expertise as breaking up parties is what they do best.

1:59 a.m.

APD again called in the HSU cavalry to help break up a fight near Don's Donuts on H Street. There is no evidence the incident was a ploy for the two police departments to meet up for late-night donuts.

1:58 p.m.

UPD responded to a disturbance between a man and woman in the parking lot outside Harry Griffith Hall. Officers were able to diffuse the situation.

-Compiled by Josh Aden

Best-Case Scenario: \$500 million in cuts to the CSU

Josh Aden
News Editor

Fresh from his third inauguration as California's governor, Jerry Brown is proposing a state budget that would slash spending-- including half a billion dollars from the California State University System.

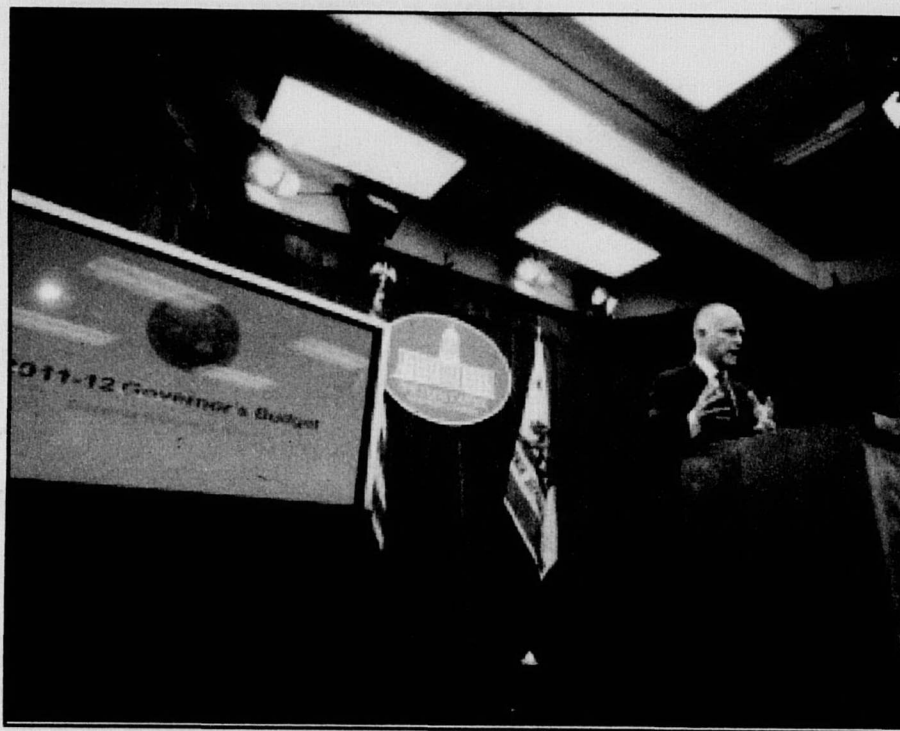
"These cuts will be painful, requiring sacrifice from every sector of the state, but we have no choice," Brown said during his introduction of the budget proposal.

Brown spoke of a new fiscally responsible era that would end budget gimmicks and cut spending enough to close California's \$26 billion budget shortfall. The governor's proposal cuts \$12.5 billion and effects all state agencies including Medi-Cal, welfare-to-work programs and developmental services. State employees would suffer a 10 percent pay decrease.

If passed, the \$500 million in cuts would be equivalent to an 18 percent reduction in spending for the CSU system. As drastic as \$500 million sounds, it's actually the best-case scenario. The figure rests on Brown's ability to get the California legislature to pass his budget by spring -- a task the legislature has consistently failed to do for a few years.

If the legislature can actually bypass the partisan deadlock that typically makes reaching a super-majority budget approval nearly-impossible, the proposed budget still relies on the extension of taxes by special election in June. California voters will have to approve tax extensions to keep the CSU cuts as low as half a billion.

According to an employee budget update from the



New CA Governor Jerry Brown introduces his budget proposals.
| Courtesy of the Office of the Governor

CSU Chancellor's Office, the cuts will return the system to the funding level of the 1999-2000 school year. The CSU system has grown to serve about 70,000 more students in the decade since.

The governor's proposed budget spared the state's K-12 education system from cuts as schools have "borne the brunt of spending reductions." While K-12 funds are secured, all higher education institutions including the University of California and community colleges are facing difficult decisions.

Brown said the cuts were necessary if the state is to see an economic recovery. Chancellor Charles Reed said in a statement that cutting higher education will work against economic recovery.

"Higher education the state's main economic driver, and we cannot improve our economy without an educated workforce. The magnitude of the budget reduction in one year will have serious impacts on the state's economy," Reed said.

The announcement of cuts comes as the CSU has just undergone a two-year round of budget cuts to the tune of \$625 million. The result was decreased admissions, tuition increases, and employee furloughs among many other cost-cutting measures.

It will be weeks and possibly months until CSU administrators know exactly how much the system will have to downsize. That means HSU will be waiting even longer to find out the exact figures of what it will have to cut. Paul Mann, Humboldt State's spokesperson, said Humboldt State has already cut every conceivable operating cost.

"The best hypothetical is an 18 percent reduction," Mann said. "That would be devastating, and I don't think it's an exaggeration to use that word."

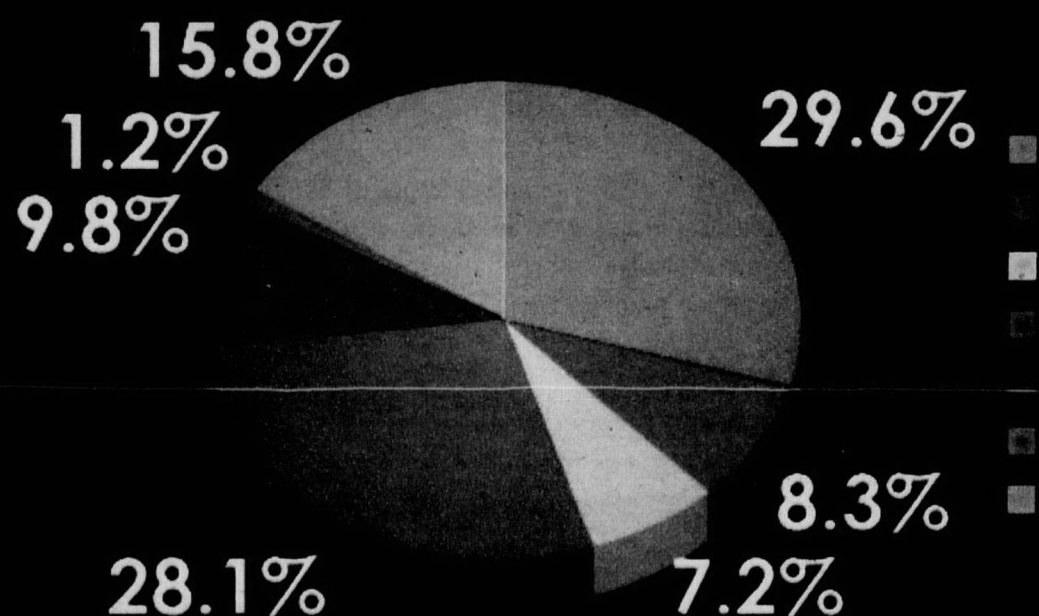
Mann said the governor wants the cuts to occur without another raise of tuition, but that nothing is off the table to make up for the hole in the budget.

Whatever cutbacks are made, Mann was clear that students will suffer the consequences. "Fewer course sections, fewer classes, fewer choices for students. Ultimately that means later graduations and more student debt."

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Josh Aden may be contacted at thejack@humboldt.edu

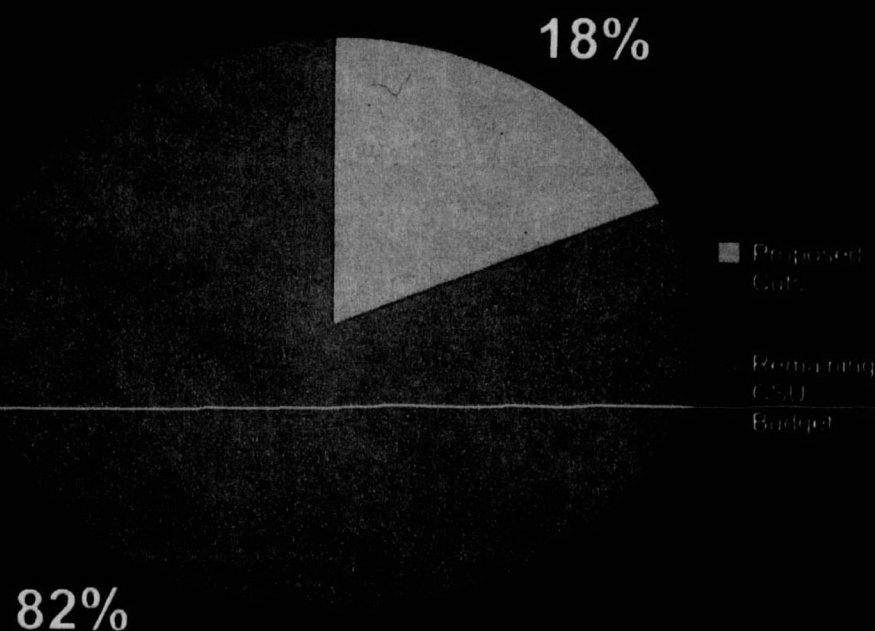
CA Budget Proposal

Source: Office of the Governor



Proposed CSU Cuts

Source: Office of the Chancellor



Graphs by Josh Aden

A New Hue for the Palate

Derek Lactaoen
Online Editor

Restaurant Hue sits on the side of the 101 in a fuchsia-colored log cabin. The Southeast Asian flavors that clash with the obnoxiously pink staple of the rugged West is a delightfully awkward sight for people driving by. But the food served inside it is anything but accidental and misplaced. In fact, Hue's food, even if just for one meal, makes everything right with the world.

Hue (pronounced like "Hugh"... as in Hugh Jackman... probably because their food is just as bad ass) might be the best and only introduction to Southeast Asian food in the area. Now one of only a few places that serves anything Asian besides Chinese or Japanese food, Hue offers authentic Thai, Lao and Vietnamese food prepared largely by the hands of Viengkeo Syvoravong and her family.

Syvoravong came to Humboldt County in 1986 and began preparing Lao food at fairs and festivals throughout the area. In 2006, she opened Hue because she wanted her own business.

Syvoravong, a mix of Thai and Lao, is all business. Her smile toward incoming customers is genuine, but her personality is that of a Wall Street CEO. And although she might not work for a Fortune 500 company, she might do just as much work. She is the owner, manager, chef and waitress at her small restaurant, but that homey feel is perfect for the restaurant's atmosphere.

"Balanced" might be a good way to describe the feeling. Disregarding the outrageous color of the restaurant, the toned-down reds of the inside and the interesting-yet-appropriate décor make Hue's atmosphere pleasant and inviting. The elephant motifs and Buddhas that line the walls are interesting and not overdone. Hue doesn't make the mistake of using Asian food as an excuse to turn the restaurant into a gaudy gift shop of shiny collectibles. The absence of music at the meal was somewhat awkward at first. However, getting to hear Syvoravong speak Lao from the kitchen to the beat of knife chops gave the experience a more toned-down, home-cooked feel for the evening.

Find Hue at 1039 Fourth St. in Eureka.
From Arcata, drive South on Highway 101
into Eureka and stop outside the restaurant
on the corner of L Street.

Open Monday through Friday noon- 3 p.m.
and 5 p.m. to 9 p.m.
Saturday 5 p.m to 9 p.m.
Closed Sunday



Restaurant Hue serves Thai, Lao and Vietnamese food. Their Nam Khao Tot and Pad Kee Mao provide a balance of different spices in very different textures. | Derek Lactaoen

And while the atmosphere may invite you in to Hue, it's the food that will get you to come back. The \$8.50 Pad Kee Mao will kick you in the face in all the best ways. It is a spicy dish with noodles, chicken, cabbage, carrots, onions, tomatoes, oyster sauce and Thai spices. The Thai basil gives the dish a late kick that tastes like black licorice and will make you mull over the bite, making you wonder what it was exactly that you just put in your mouth. The ingredients may be simple, but the taste is a complex, tricky blend of short bursts of hot spice while the carrots and tomatoes provide a sweet side to balance the flavor.

Another simple dish worth trying is their Nam Khao Tot. The dish is fried rice patties that are crumbled and seasoned, served on a bed of lettuce with cilantro. The dish is meant to be eaten burrito-style with the hands, using the lettuce like a tortilla with the fried rice inside. The mild, enduring spice of the dish is a pleasant change from other raging, spicy food, and the crunchy texture is a good complement for the squishiness of the noodle dishes.

Other popular dishes to try are those consisting of eggplant and curry. Syvoravong's daughter Malina, a Humboldt State University student, said that while the restaurant serves traditional dishes unique to Southeast Asia, she and her mom are putting more of an emphasis this year on dish innovation and trying new things with their recipes.

Hue does offer vegetarian and vegan dishes, even ones with a homemade, reinvented fish sauce replacement. For meat lovers, try the Larb salad, a heap of your choice of meat tossed in lime juice with Lao herbs, scallions and cilantro.

.....
**Derek Lactaoen may be contacted
at thejack@humboldt.edu**

Nam Khao Tot

Malina Syvoravong

Owner, Hue

Supplies:

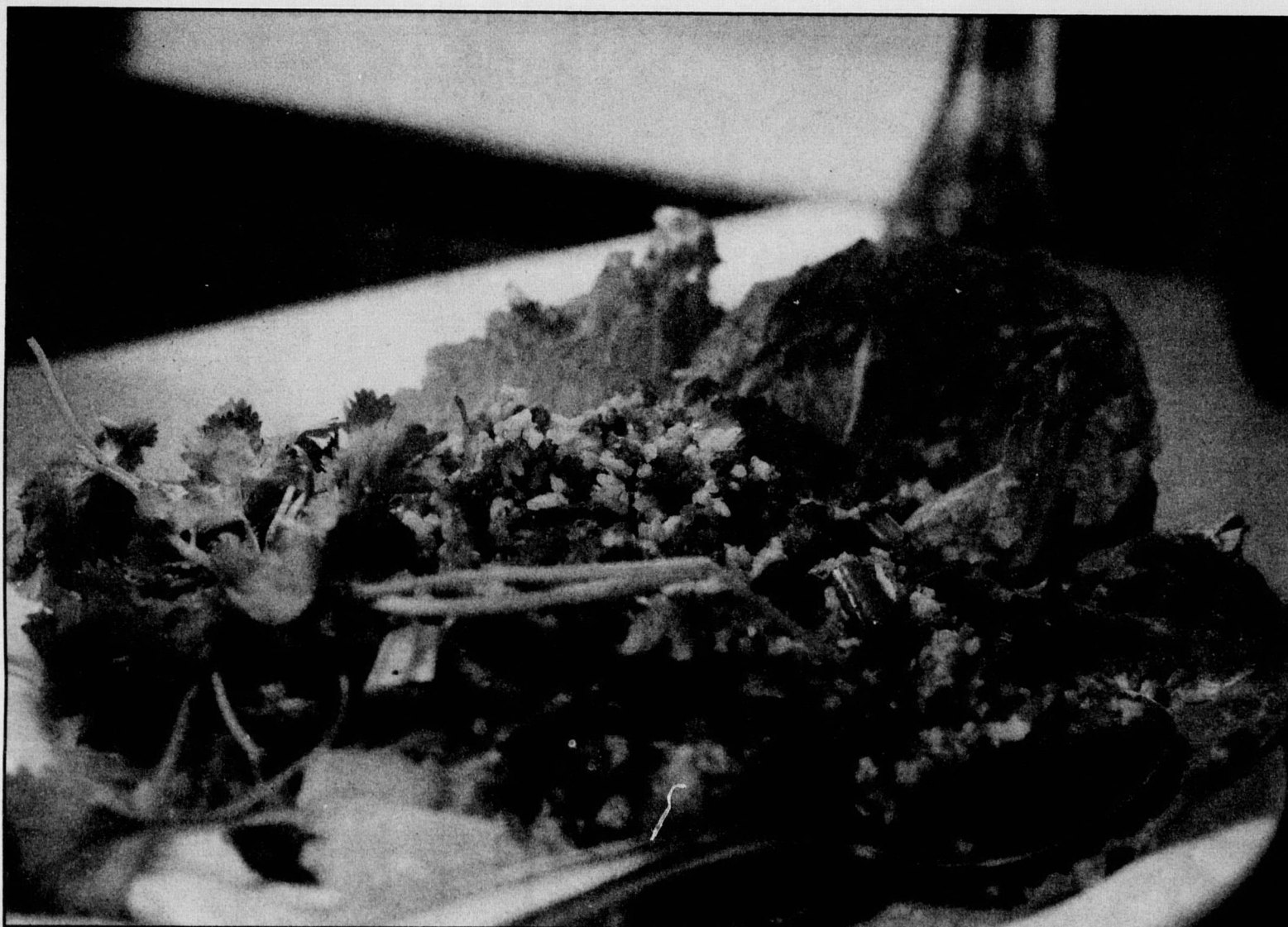
Mortar and pestle
Frying pan
Rice cooker

Ingredients for rice patties:

- 4 cups cooked jasmine rice
- 1 ½ cups grated coconut flakes
- 4 tbs red curry paste
- ½ tsp salt
- 1 tbs sugar
- ½ tsp black pepper
- 1 med egg
- 2-3 cups of vegetable oil, for frying

Ingredients for salad/wrap:

- One head of green leaf lettuce
- ½ cup chopped green onions
- One bunch cilantro, + ½ cup chopped cilantro
- One bunch of mint,
- Limes
- 2 cups peanuts, toasted,
- 1 cup should be coarsely chopped
- 1 cup red chili peppers, dried
- 2 tbs fish sauce
- Salt & pepper, to taste
- ½ tbs sugar



Hue's Nam Khao Tot sits ready to eat on a bed of lettuce. Eat this dish by folding the rice and cilantro into a leaf of lettuce and eat it like a burrito. | Derek Lactaon

For rice patties:

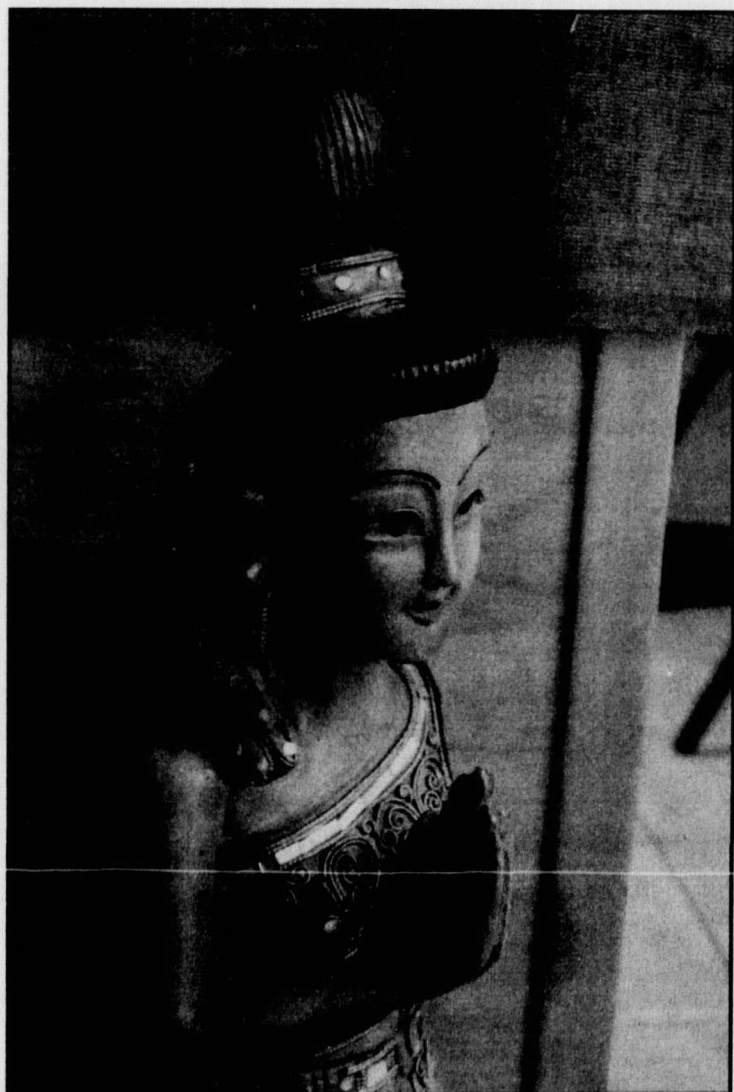
- Cook jasmine rice as directed, but with a ¼ cup less of water (rice should still be a little hard for making the patties). When rice is done, let cool in a large mixing bowl.
- Add the rest of the ingredients (curry, egg, coconut flakes, salt, pepper, sugar) into the rice and mix thoroughly.
- Heat frying pan up with veg oil to a med-high temperature.
- Make tightly packed palm-sized rice patties. The mix should make about 8-10 patties.
- Fry all the rice patties, about 2 min on each side. Drain onto paper towels and let cool.
- In a mortar and pestle, throw in the dried chili peppers, and grind out the seeds of the pods. Throw pepper pods into fryer for about 30 secs (this makes it so the pods are less spicy when eating with the salad wrap). Let drain and cool. Save chili flakes for rice salad.

To make salad:

- Place bed of washed lettuce, mint, lime wedges, fried chili peppers, peanuts and cilantro onto a large plate.
- Once the rice patties are slightly cooled, crumble them all into a large bowl.
- Add chopped green onions, cilantro, peanuts, one whole juice of a lime, salt, pepper, fish sauce, pepper flakes and sugar. Mix well!

To eat:

- Tear a large piece of lettuce to fit into the palm of your hand.
- Spoon in rice salad, top with pepper pods, peanuts, and herb of your choice.
- Fold and take a bite!



Decorations at Hue are fitting and intriguing. Hue doesn't try too hard to outfit its restaurant. Rather, it relies on its authenticity to create a comfortable and interesting atmosphere. | Derek Lactaon

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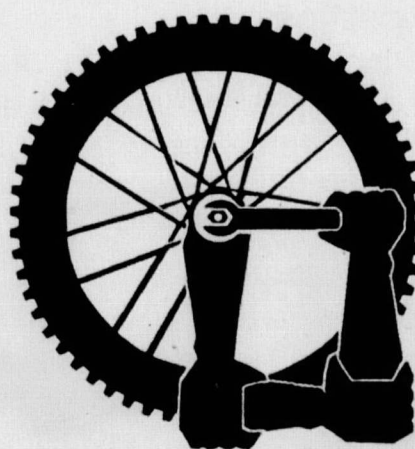
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MEET THE MUSICIAN

Eureka's The Monster Women premiere new music video.

Melissa Coleman

Features Editor

Strangely reminiscent of both The Beach Boys and punk band Bikini Kill, Eureka band The Monster Women played the Buhne Ballroom in Old Town Saturday Night to celebrate the premiere of their music video for "Colors," from their album *Murmaids From Mars*.

An eclectic group of fans ranging from HSU students to retirees donned prom-style dresses and suits to watch the video projected across the Ballroom's wall before local favorites The Monster Women took the stage.

Their set featured most of the album, including the '50s-inspired sing-along "Running Man" and the darker "Rollercoaster Girl" led by Courtney Jaxon's wailing vocals and guitar, Aimee Taylor's punchy drums and harmonies and Gary Silver's synthesizer sounds.

Singer and guitarist Courtney Jaxon took the time to talk to the Lumberjack about The Monster Women and Humboldt's local music scene.



Photo Courtesy The Monster Women

Lumberjack: How and when did The Monster Women get started?

Courtney Jaxon: It was 2003 and Aimee, who plays the drums, and I had been in another band together called Automatic Pink. And then that sort of faded away and we decided to start playing together to do my solo CD, which kind of evolved into its own thing.

LJ: How would you describe your music in one word?

CJ: In one word...

LJ: Or more if you want!

CJ: Hmm... sci-fi girl group.

LJ: Who are your biggest musical influences?

CJ: We have many, many of them, and we all have different biggest influences. For me personally, like Holly Golightly, The Shangri-las, and Go Sailor.

LJ: What's the most exciting thing that's happened to you as a band so far?

CJ: Probably putting out our record.

LJ: When did it come out?

CJ: We had it pressed last year... it was maybe June when we got them.

LJ: Do you tour often, and where have you toured in the past?

CJ: We've done a few trips up to Portland, Olympia and Seattle. We've gone to Chico and the Bay Area a couple times. We're working on trying to plan a bigger tour, but Aimee has two small kids so it's been a bit of a challenge for us to get out of town for very long. But they do keep growing!

LJ: What are the biggest challenges you face as musicians?

CJ: Probably getting distribution, and trying to get people around here locally to look at local bands. That's a little frustrating because... just because we happen to be from here doesn't mean we're on some different level than all these touring bands that pass through, you know?

LJ: Right. So what do you think of the Humboldt music scene?

CJ: I'm hoping that these young kids are gonna start doing it to it. It's been a little sad these last couple years, cause it's been all the same people who were really active in the music scene 15 and 20 years ago. We're all getting a little older and it just seems like there's been a generational gap as far as young kids picking it up and playing music.

LJ: Who's your favorite local band?

CJ: Hmm... I'm trying to think of who's even playing anymore! I like the Bad Actors and probably the Great Salvation, because they're playing again.

LJ: What's your favorite venue to play in the area?

CJ: The Little Red Lion. It's kind of become the new Vista... even though we all really miss the old Vista. Not quite the same, but it's at least a place where you can book your own shows and pick the bands you play with. It's much more DIY than most of the other places.

LJ: You organize Ladyfest Northwest right?

CJ: Yeah.

LJ: Can you explain what that is?

CJ: It originated in 2000 in Olympia, Washington. That was the first one and it's caught on around the globe at this point. It's encouraging young women to believe in themselves, get musical and express their individuality... not to think they can't just because they're girls.

LJ: What do you have coming up in the future as far as new shows or music?

CJ: We're playing Valentine's Day at the Shanty. That's actually the only thing we have booked right now.

LJ: Are you involved in any musical projects other than The Monster Women?

CJ: My husband (Gary) and I have a side project called Clean Girl and the Dirty Dishes, and Aimee has a side project called Jeeze Louise.

LJ: What do you like to do other than music? Like locally?

CJ: I don't get a chance to do that much, cause i just opened up my own store so i've been preoccupied with that for the past eight months. It's the Little Shop of Hers, like a vintage store.

LJ: How can fans buy your album?

CJ: I have it here at The Little Shop of Hers and you can also get it at the Works. We usually try to bring them with us when we play shows too.

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Melissa Coleman may be contacted
at thejack@humboldt.edu

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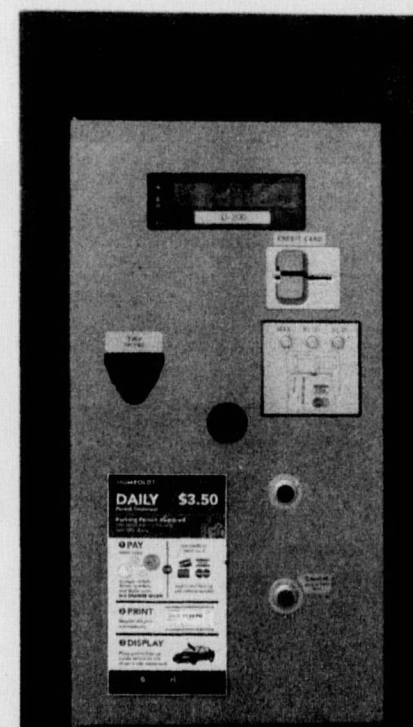
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THE PURSUIT OF PERFECTION (AND AN OSCAR) "BLACK SWAN"

Melissa Coleman
Features Editor

Terrifying. Unnerving. Outrageous. This isn't the way one would normally describe a ballet movie, but director Darren Aronofsky ("Requiem for a Dream, The Wrestler") again defies the senses with "Black Swan."

In the beginning of the movie, ballet director Thomas (Vincent Cassel) announces that his company will put on a re-imagining of Swan Lake. "We strip it down, make it visceral and real," he tells his dancers. The entire film feels stripped-down, forcing the viewers to focus their attention on what Aronofsky wants them to: ballet dancer Nina Sayers' (Natalie Portman).

Nina competes with Lily (Mila Kunis) for the role of Swan Queen, which demands the dancer to portray both the virginal and innocent white Swan and the dark, sexual black Swan. Nina makes a perfect white Swan, says Thomas. Her technique is flawless and controlled as a result of her obsessive practice (and overbearing mother, played by Barbara Hershey). However, unlike the black Swan, she lacks the ability to lose control. Thomas gives her the role anyway and tells her to channel her inner black Swan.

Under mounting pressure to be the perfect Swan Queen, Nina slowly becomes delusional and paranoid, which transforming herself into the metaphorical black Swan. She sees intricate hallucinations (including physically growing black swan feathers) that become more and more

disturbing as the film progresses. However, the viewer only see what Nina sees, so one can't be sure what's real and what's not. This is frustrating, but allows us to be completely immersed in Nina's world, which is an uncomfortable and downright scary place to be.

The focus on Nina hides the film's missteps. Look past her and it's obvious how campy and ridiculous much of the plot is (i.e. Winona Ryder's character stabbing herself in the face with a nail filer and the lesbian sex hallucination.)

But While "Black Swan" is uncomfortable to watch and has flaws, Portman's performance as Nina makes it undeniably worth it. Her dedication to the role is clear; both she and Kunis spent 10 months training in ballet to prepare for shooting. Whether dancing or in the middle of a hysterical breakdown, Portman seemingly isn't an actress playing Nina. She is Nina.

With box office competition like "Little Fockers" and "Yogi Bear," "Black Swan" certainly doesn't provide the most meaningless fun. It's not even a film that's meant to be enjoyed for the sake of entertainment. Instead, watch "Black Swan" for the most haunting story and the best acting performance in recent memory.

WHAT'S YOUR SIGN?

Melissa Coleman
Features Editor

What is Ophiuchus? If you were born between Nov. 30 and Dec. 17, it could have been your new horoscope sign.

Last Monday, astronomer Parke Kunkle told the Minneapolis Star-Tribune that a 13th sign, Ophiuchus, should be included in the zodiac calendar. As a result of a shift in the Earth's axis, the constellations no longer match the zodiac calendar.

The inclusion would shift all the signs' dates and shorten their length. For instance, Taurus is currently Apr. 20-May 20. With the addition of Ophiuchus, it would be May 14-June 21. Will a calm Taurus have to transform into a stubborn Aries?

An explosion of angry horoscope readers vented online about the potential change, which quickly spread the rumor worldwide. (The terms "Ophiuchus" and "zodiac" became top trending topics on Twitter last week.)

However, not everyone cared about the change.

"The change is kind of ridiculous and fake," said HSU student Whitney Olson. "They should just stick to what it is now."

HSU student Lyndsey Lascheck agreed. "I think [horoscopes] are fun, but I don't invest too much energy in them," she said.

It turns out that zodiac loyalists won't have to worry anymore... their signs won't change after all. The U.S. adheres to tropical astrology, which is based on seasons rather than constellations. Only the sidereal calendar, which is popular in the East, would seemingly change.

Still, it's fun to imagine what the stars would hold for your future as a different sign.

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**Melissa Coleman may be
contacted at thejack@
humboldt.edu**

The Current Horoscope Calendar

Capricorn: Dec. 23-Jan. 19
Aquarius: Jan. 20-Feb. 19
Pisces: Feb. 20-March 20
Aries: March 21-April 20
Taurus: April 21-May 19
Gemini: May 20-June 21
Cancer: June 22-July 21
Leo: July 22-Aug. 23
Virgo: Aug. 24-Sept. 22
Libra: Sept. 23-Oct. 23
Scorpio: Oct. 24-Nov. 22
Sagittarius: Nov. 23-Dec. 22



The "New" Horoscope Calendar

Capricorn: Jan. 20 - Feb. 16
Aquarius: Feb. 16 - March 11
Pisces: March 11- April 18
Aries: April 18- May 13
Taurus: May 13- June 21
Gemini: June 21- July 20
Cancer: July 20- Aug. 10
Leo: Aug. 10- Sept. 16
Virgo: Sept. 16- Oct. 30
Libra: Oct. 30- Nov. 23
Scorpio: Nov. 23- Nov. 29
Ophiuchus: Nov. 29- Dec. 17
Sagittarius: Dec. 17- Jan. 20

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EVENTS

January
19

Wednesday

Surfrider Benefit
Night
Redwood Curtain
Brewing co.
4-10 p.m.

Eric Johnson, Andy
McKee and Peppino
D'Agostino
8 p.m.
Van Duzer Theatre,
\$35
\$25 student

Whomp Whomp
Wednesdays
9 p.m.
Nocturnum

January
20

Thursday

Austin Jenckes
(folk rock)
9 pm
Six Rivers Brewery

Wayne Hancock
10 pm
Jambalaya
\$12

Red Molly
(bluegrass)
8 pm
Arcata Playhouse
\$15

January
21

Friday

Dance Party III
8 pm
Redwood Raks
World Dance
Studio
\$8/10 (sliding scale)

Ishi Dube &
Massagana
9 pm
Humboldt Brews

Volunteer Fridays
at CCAT
10 - 4 pm
HSU campus

January
22

Saturday

Fickle Hill Billies,
The Rezonatorz
(local)
8 pm
Humboldt Brews

Mac Miller
8 pm
Veterans Memorial
Building
\$20 at door
\$18 advanced

Go Baroque
7 pm
Fulkerson Recital
Hall, HSU
\$8
\$3 students

January
23

Sunday

Open Mic
7-10 pm
Mosgo's

North Coast Wind
Ensemble
8 pm
Fulkerson Recital
Hall
\$5
\$2 Students

Sunday Night
Karaoke with KJ
Leonard
8 pm
Blue Lake Casino

January
24

Monday

Swing Dance Night!
7:30 pm
Redwood Raks
\$5

DJ Rotten
10 pm
Jambalaya
\$3

Git Some
11 pm
Alibi
\$2

January
25

Tuesday

Sunny Brae Jazz
7 p.m.
Six River's Brewery

Blues Night
9 pm
Jambalaya
\$5

'80s night w/
MXMSTR
KRSHN2N
10 pm
Sidelines

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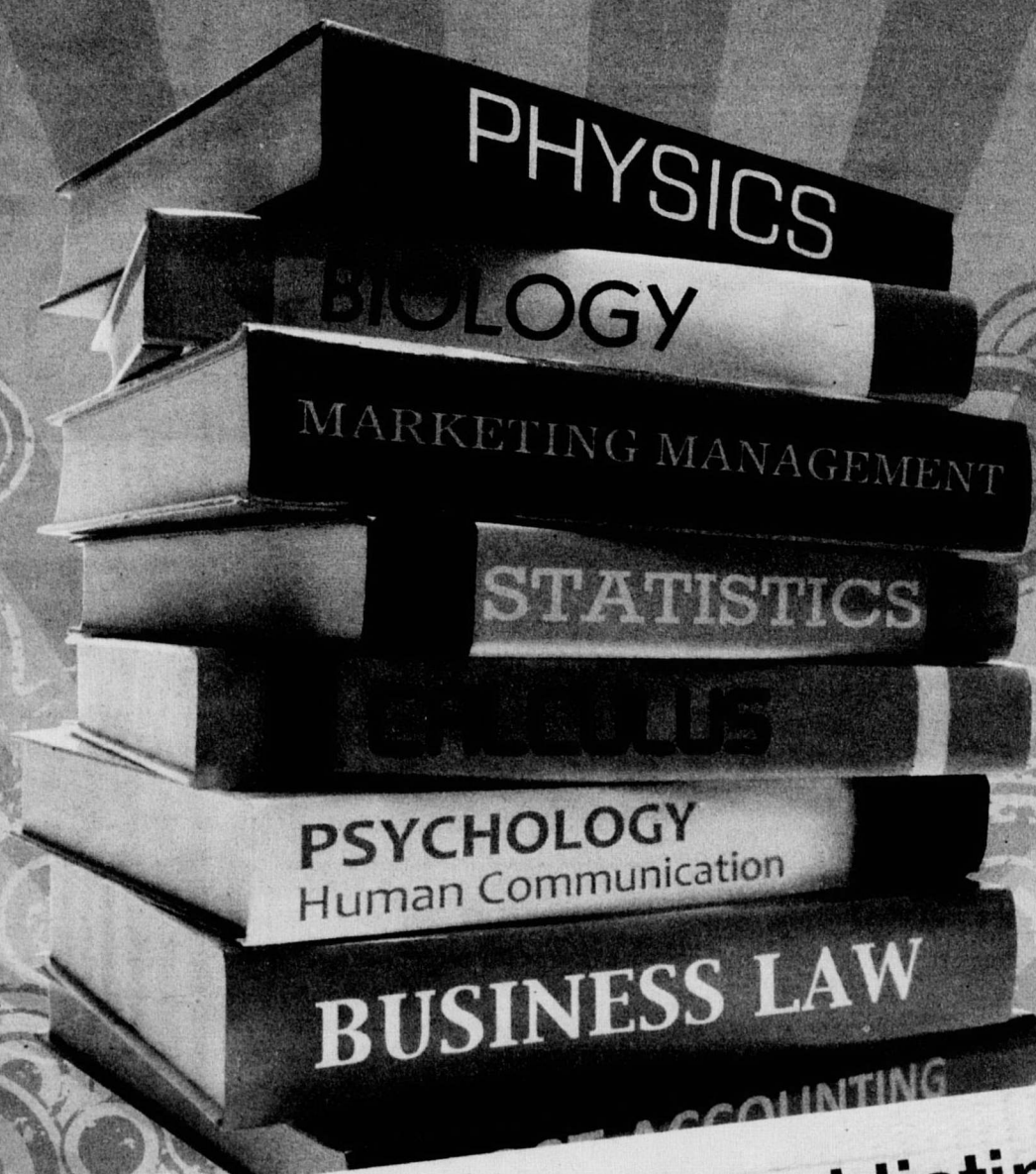


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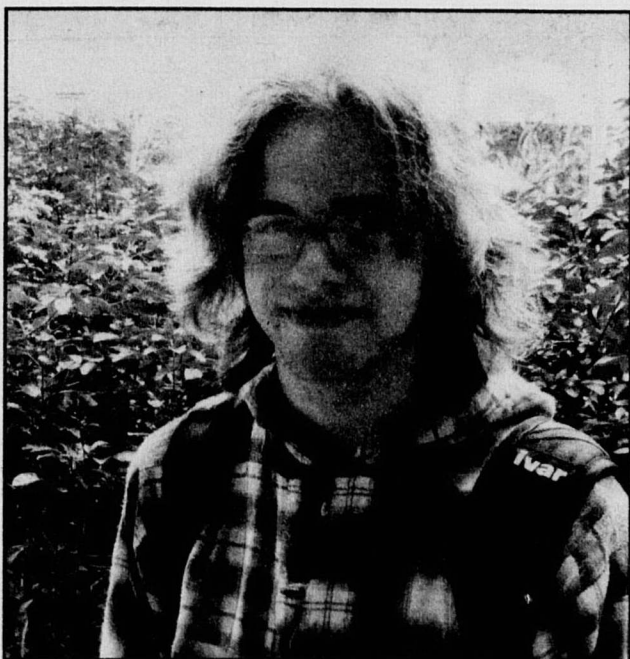
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WORD ON THE STREET:

Governor Jerry Brown recently announced that \$500 million will be cut from the California State University system.

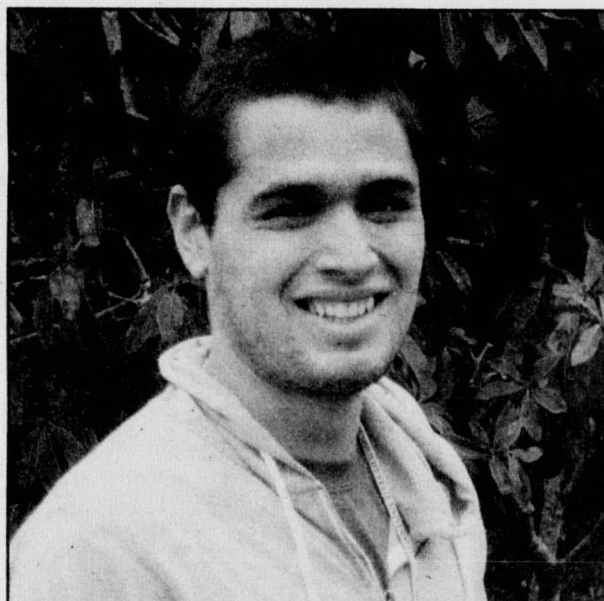
We asked students: "If you were the Governor of California, what would you cut from the state's budget first?"



Jesse Vad, freshman, undeclared "I definitely wouldn't cut education."



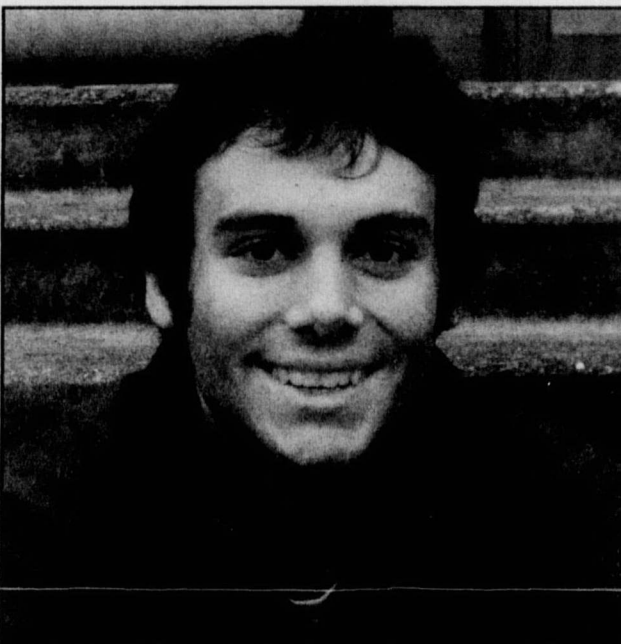
Stefan William, senior, broadcast journalism "Money shouldn't be cut. [The budget] should be funded differently, when the money is cut, where is it put?"



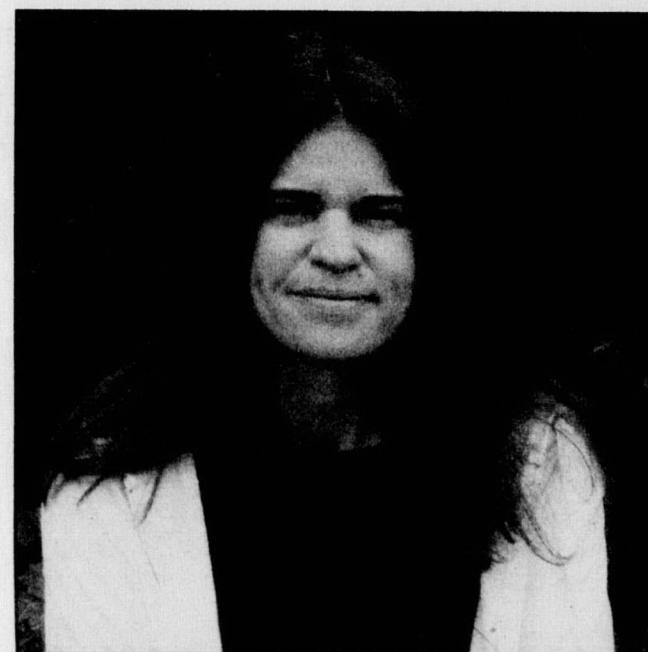
Johnson Martinez, senior, social work "Not education or any public health care system."



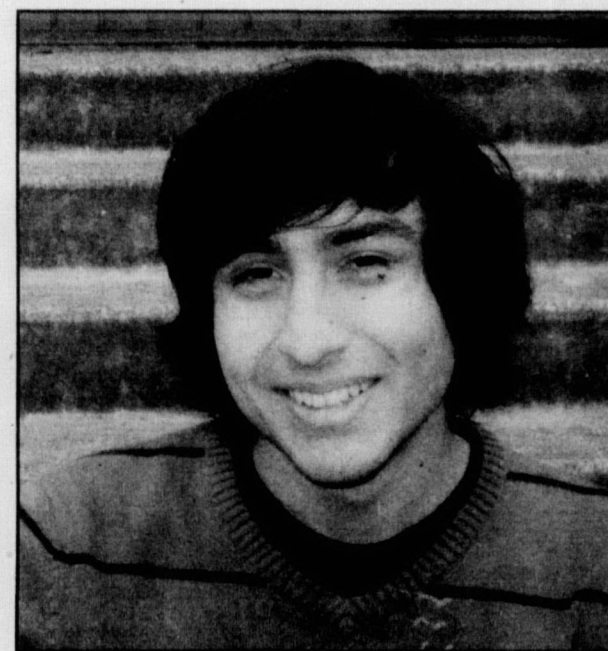
Jessica Vasec, junior, recreation "I'd cut stuff from the war. [The US] needs to start pulling out."



Chris Allen-Hyma, sophomore, business "I would make Caltrans work faster. They spend like eight years on the tiniest projects. If they got it done in a timely matter, we wouldn't be wasting that huge budget paying those guys to do nothing."



Rebeka Becker, junior, psychology "I would cut funding to enforcing marijuana laws, and tax breaks for the wealthy. That should go too."



Andrew Duenez, sophomore, geography "Encourage people to use public transit systems in order to save money on gas. Also, cut public police funding in certain areas."

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JAN 22 > Fickle Hillbillies,
The Rezonators FREE 8:00pm

JAN 24 > Open Mic
FREE 8:30pm



JAN 26 > Asylum Street Spankers

JAN 27 > Sex Trivia Benefit

JAN 28 > ALO 9:30pm



JAN 31 > Open Mic 8.30pm

Check www.humboldtbrews.com for latest music info

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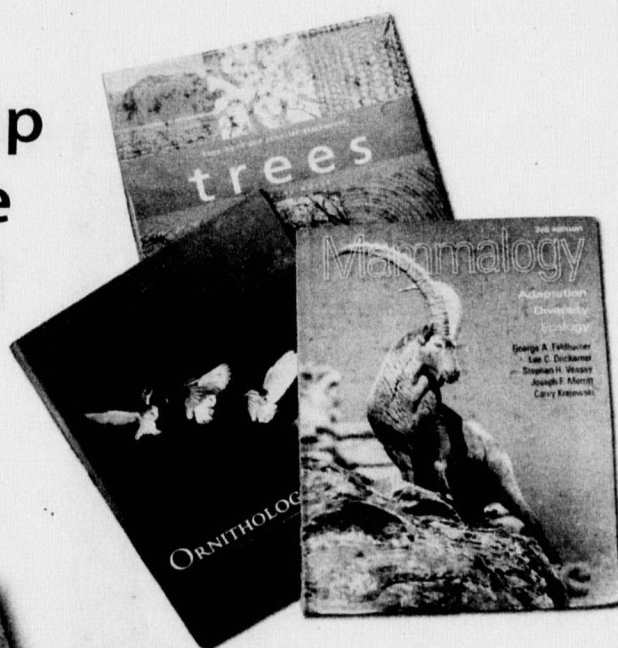
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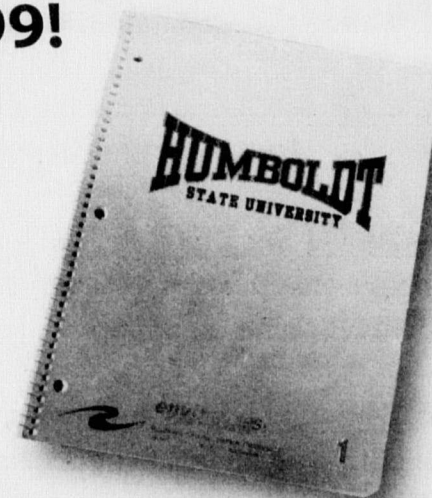
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Groups Spring 2011

SLEEP - We can help you find it! This group will address insomnia and teach ways of improving your overall sleep patterns.

LIVING WITH BIPOLAR - Explore how having bipolar disorder affects your life. Get support, learn more about yourself, and connect with others who understand.

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.

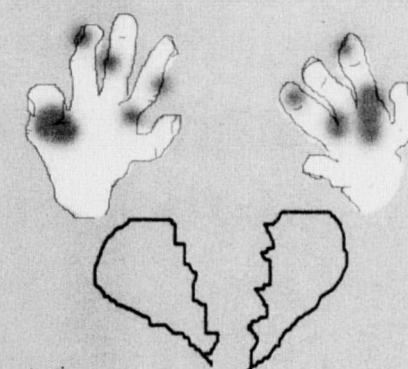
For the most current information see our web page at <http://www.humboldt.edu/counseling>

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SPRING HOME EVENTS

Women's Softball

Feb. 18 --vs. Cal State Stanislaus (12 p.m.)
Feb. 19 --vs. Cal State Stanislaus (11 a.m.)
Feb. 25 --vs. Sonoma State (12 p.m.)
Feb. 26 --vs. Sonoma State (12 p.m.)
Feb. 27 --vs. Academy of Art (11 a.m.)
Mar. 18 --vs. Cal State Monterey Bay (1 p.m.)
Mar. 19 --vs. Cal State Monterey Bay (11 a.m.)
Mar. 22 --vs. University of Hawai'i Hilo (12 p.m.)
Mar. 25 --vs. Cal State Dominguez Hills (1 p.m.)
Mar. 26 --vs. Cal State Dominguez Hills (11 a.m.)
Mar. 27 --vs. Cal State Dominguez Hills (11 a.m.)
Apr. 21 --vs. Cal State San Bernardino (1 p.m.)
Apr. 22 --vs. Cal State San Bernardino (1 p.m.)
Apr. 23 --vs. Cal State San Bernardino (11 a.m.)

Women's Rowing

Mar. 27 --Blue Heron Redwood Sprints
(Time TBA)

Track & Field Competitions

Feb. 26 -- Green & Gold Open (Time TBA)
Mar. 12 -- Lumberjack Invite (Time TBA)

Women's Basketball

Jan. 27 -- vs. Cal State East Bay (5:30 p.m.)
Jan. 29 -- vs. UC San Diego (5:30 p.m.)
Feb. 3 -- vs. Cal State Stanislaus (5:30 p.m.)
Feb. 5 -- vs. Chico State (5:30 p.m.)
Feb. 23 -- vs. Cal State Dominguez Hills (5:30 p.m.)
Feb. 25 -- vs. Cal State L.A. (5:30 p.m.)

Men's Basketball

Jan. 27-- vs. Cal State East Bay (7:30 p.m.)
Jan. 29 -- vs. UC San Diego (7:30 p.m.)
Feb. 3 -- vs. Cal State Stanislaus (7:30 p.m.)
Feb. 5 -- vs. Chico State (7:30 p.m.)
Feb. 23 -- vs. Cal State Dominguez Hills (7:30 p.m.)
Feb. 25 -- vs. Cal State L.A. (7:30 p.m.)

WOMEN'S BASKETBALL TEAM WINS FIRST HOME GAME DURING OVERTIME 56-48

Nick Swain
Sports Editor

The final media time-out came during the last 30 seconds of overtime. HSU had an eight-point lead that the Gators couldn't hope to recover from. The Head Coach of the San Francisco State University women's team, Joaquin Wallace, was furious: SFSU controlled the game 10 minutes ago, now his team had an eight point trough 56-48. When the time-out ended, he flung his clipboard in total disbelief.

But for Taylor Kilgore, the win was all about determination. "We really rallied together," said Kilgore, "and refused to lose this game."

After a three-game losing streak, the HSU women's basketball team won their first home game, Saturday, against SFSU.

Head Coach of the HSU Jacks Joddie Gleason said, "It's definitely a relief, but they (the Jacks) deserve it."

Both teams played a messy first half, with each team having 12 turnovers. The Lady Jacks had nine personal fouls, and HSU conceded 15 free throws, allowing SFSU to score an additional 11 points.

The Jacks found their stride six minutes in, when they took the lead from SFSU 7-6. Humboldt State players managed to break a tough SFSU defense by working jump shots and making 11 attempts at 3-pointers, in the first half. Humboldt State senior guard Taylor Kilgore worked the right wing and scored the only three successful 3-pointers.

Kilgore said, "[San Francisco State] is a traditionally scrappy team, and they make it hard."

Sixteen minutes in, the Jacks secured a nine-point lead 20-11 over SFSU, but San Francisco State Gators closed the gap to 25-21 by the end of the first half.

San Francisco State pulled ahead in the second half, commanding an eight-point lead against the Jacks by the 34th-minute of play. Humboldt State buckled

down defensively, forcing SFSU to work the outside of the 3-point line to find an opening for cutters.

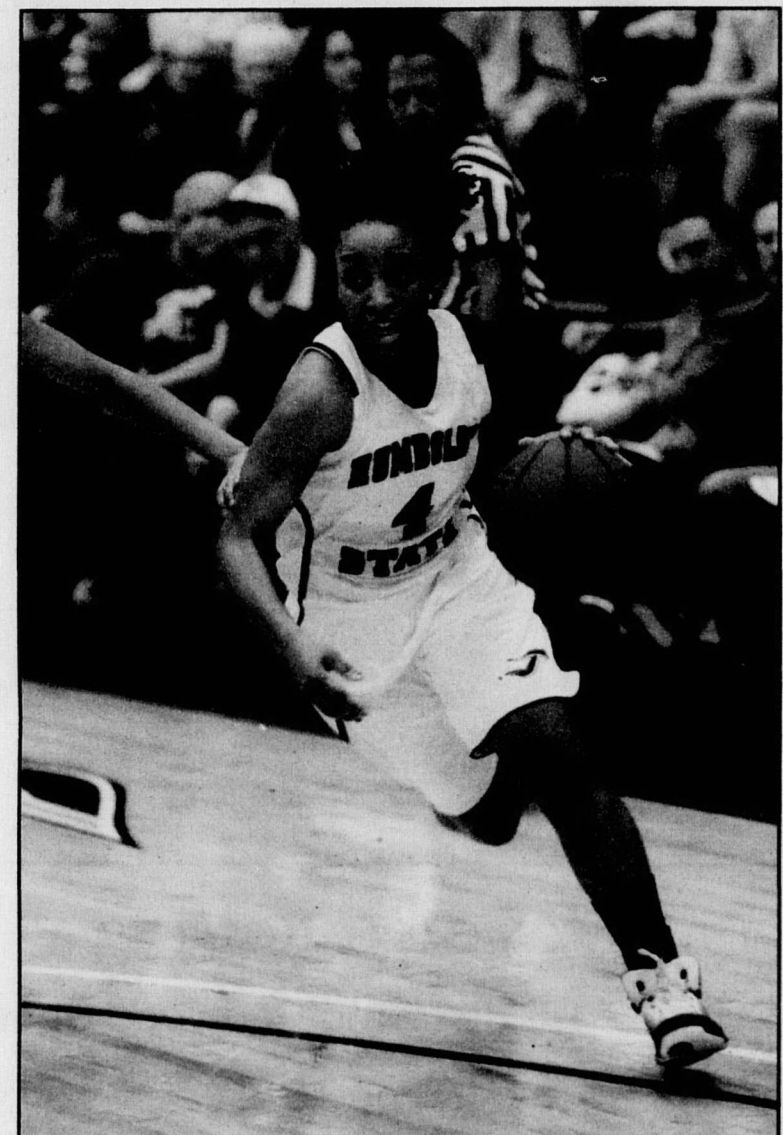
"We defended very well, and made some plays," said Gleason. "I told the girls, 'Don't be afraid to make a mistake, and don't be afraid to make a play.'"

The Jacks steadily recovered from an eight-point deficit. Humboldt State junior forward Bree Halsey caught an offensive rebound and passed to junior guard Jenna Hamilton, who assisted sophomore guard Lisa Petty in a 3-pointer, tying the game.

The Jacks returned to the court determined to win. Halsey took the lead for the Jacks with a layup in the 42nd minute, and was responsible for three of the Jacks' five rebounds during overtime.

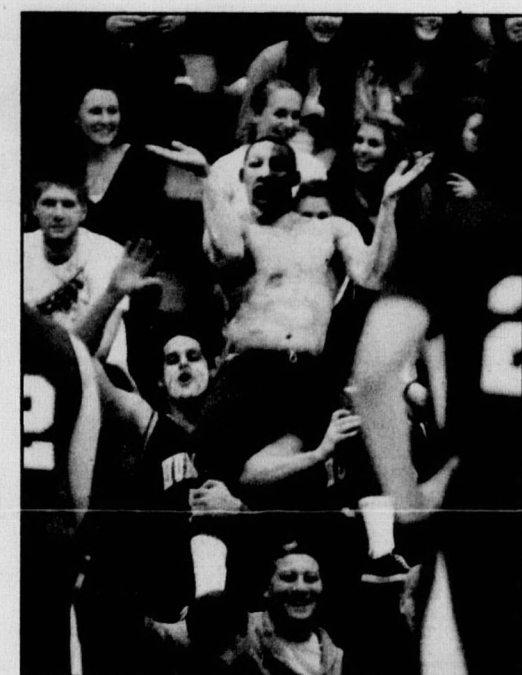
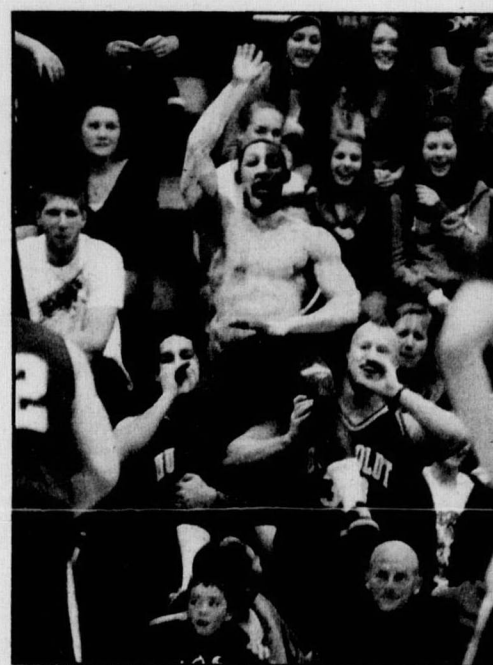
Halsey says, "Before overtime, [Assistant Coach Skip Gleason] really lit a fire into me."

The win improves Humboldt's California Collegiate Athletic Association ranking to 4-6, 7-7 overall. San Francisco State drops to 1-9 in CCAA play, 1-13 overall.



ABOVE: Jenna Hamilton | Preston Drake-Hillyard

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



ABOVE: HSU students go ALL out with Jack Pride. | Preston Drake-Hillyard

MEN'S BASKETBALL TEAM WINS CLOSE MATCH AGAINST SAN FRANCISCO STATE 73-70

Nick Swain

...

Sports Editor

Neither team held a substantial lead, Saturday. With three minutes left of play, Humboldt State widened their lead to 65-57. The San Francisco State Gators closed the distance to 71-70 in the last 11 seconds, which showed potential for a last-second SFSU win. However, a foul during SFSU player Nefi Perdomo's shot by teammate Phoenix O'Rourke gave HSU junior forward Elliot Babcock-Krenk a couple free throws to set the final score 73-70.

The Humboldt State University men's basketball team keeps their win-streak alive after a close 73-70 victory over San Francisco State University at Lumerjack Arena on Saturday. The eighth-straight win improves the Jacks' California Collegiate Athletics Association ranking to 10-1, 13-1 overall. San Francisco State's CCAA rating falls to 6-4, 8-6 overall.

The HSU men's team had a rocky start, losing 10-20 against the SFSU Gators by the middle of the first half. The team recovered slowly and closed the gap to 30-35 at halftime.

Head Coach Steve Kinder says, "Coming off of an emotional individual experience with Brian Morris,

it took us a while to get going again on this court."

Senior forward for HSU Brian Morris, whose 50 points against CSU Monterey Bay broke the school scoring record on Thursday, had a game-high of 23 points and 10 rebounds against SFSU.

But Morris says the win is due to good teamwork. Morris says, "We had another HSU night where we had three people who scored double-digits." Humboldt State junior forward Kyle Baxter scored 11 points and junior forward Randy Hunter scored another 19 points, ending his scoring slump.

"It feels good to come back out," said Hunter, "The team is very supportive. When we miss a shot, nobody is pointing fingers."

The Jacks had a composed second half. Defense tightened down on SFSU's leading scorer Nefi Perdomo to keep the Jacks within at least six points of their opponent. A layup by HSU junior guard DJ Broome tied the game 42-42, and 3-pointer by junior

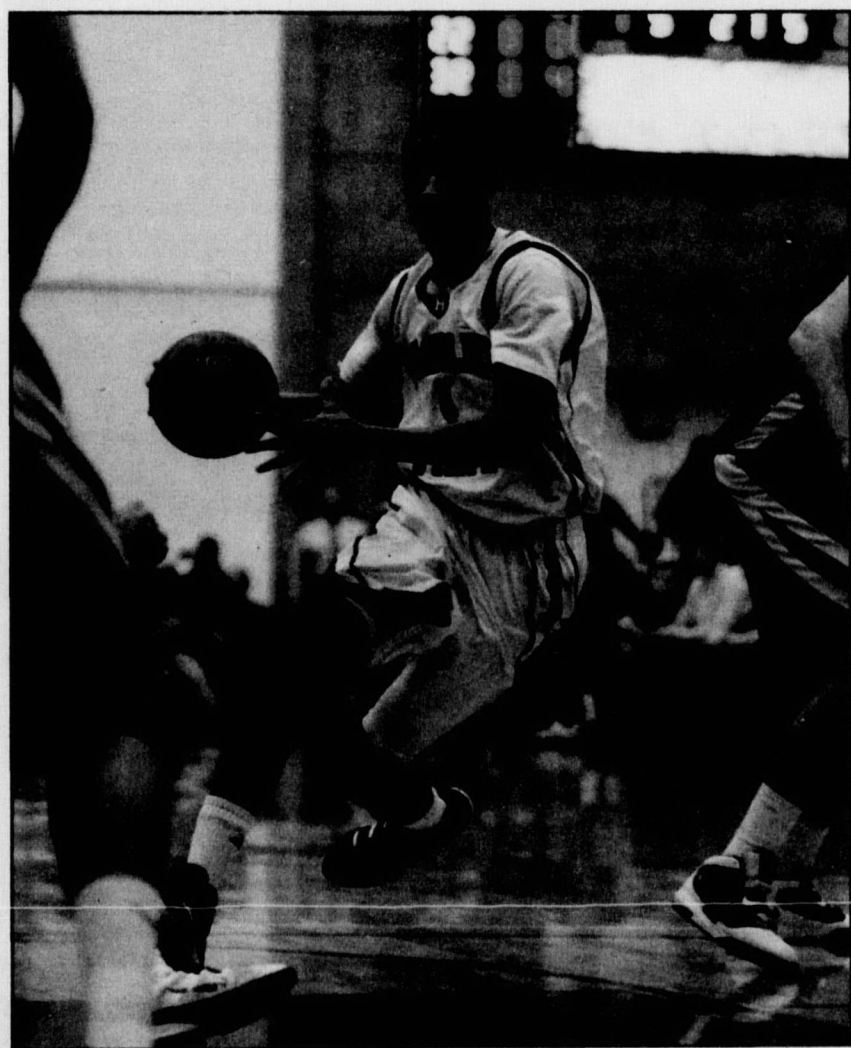
guard Scott Clark, a few minutes later, took the lead for the Jacks 45-44.

"I thought it was a great game from a competitive standpoint," said Kinder, "We'll learn how to handle these pressurized moments later on down the stretch."

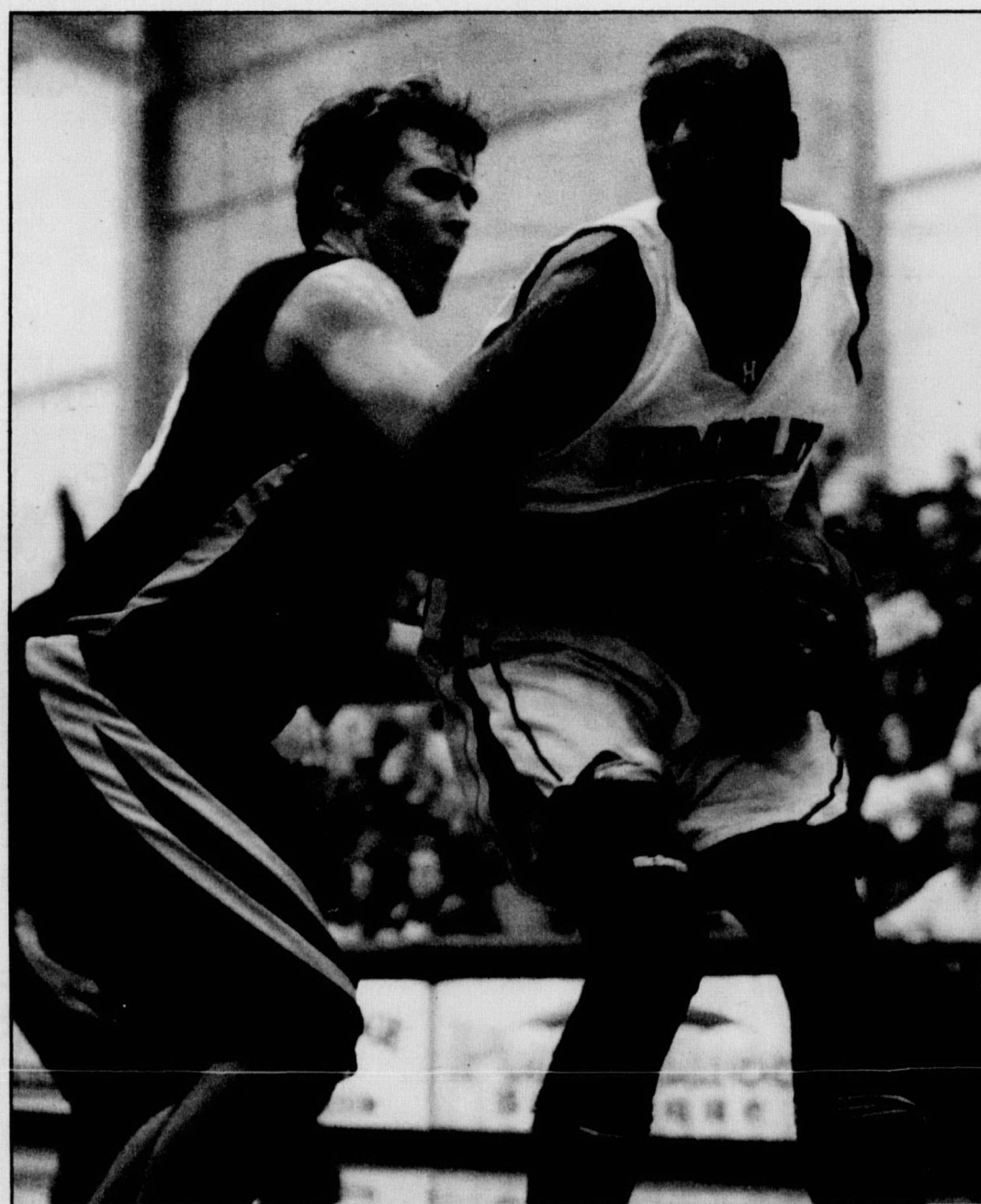
Kinder stresses the importance of this victory over SFSU because the Jacks will be going on the road to play CSU Los Angeles and CSU Dominguez Hills this weekend. Humboldt State is currently tied with CSU Dominguez Hills for first place in CCAA play, and CSU Los Angeles is the second-ranked team.

.....

Nick Swain may be contacted at thejack@humboldt.edu



ABOVE: Junior guard Brandon Sperling | Preston Drake-Hillyard



ABOVE: Senior forward Brian Morris | Preston Drake-Hillyard

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STATS UPDATES ON WOMENS BASKETBALL

Nick Swain

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Sports Editor

HUMBOLDT STATE 56, SAN FRANCISCO STATE 48

SAN FRANCISCO STATE (1-13, 1-9)

HUNTER, Dominique 4-8 9-12 17
HICKS, Nicole 4-13 2-2 10
GREER, Erica 2-8, 3-4 8
BOOKER, Michaela 2-8 0-0 5
VARNEY, Lauren 2-12 0-0 4
MATTHEWS, Candyce 1-2 1-1 3
DAVIS, Kaylaa 0-0 1-2 1
MILLER, Sherika 0-1 0-0 0
ROWLAND, Jasmin 0-1 0-0 0
MORTON, Molly 0-0 0-0 0
VAN SICKEL, Angela 0-1, 0-0 0

Totals 15-54 16-21 48

HUMBOLDT STATE (7-7, 4-6)

HALSEY, Bree 7-12 2-4 16
KILGORE, Taylor 4-8 0-0 12
PETTY, Lisa 4-9 0-0 9
DEWITT, Jeanette 4-11 0-0 8
HAMILTON, Jenna 2-12 2-4 6
KIME, Kelly 1-1 0-2 3
ANDERSON, Elle 1-3 0-0 2
HOWARD, Whitney 0-0 0-0 0
WILLIAMS, Kayla 0-4 0-0 0
SAINDON, Patrice 0-1 0-0 0

Totals 23-61 4-10 56

San Francisco State.....	21	22	5	-	48
Humboldt State.....	25	18	13	-	56

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Nick Swain may be
contacted at thejack@
humboldt.edu

Stress-Relieving Clubs to Help You Stay Fit

Nick Swain

• • •
Sports Editor

Mixed Martial Arts Club: You are not a beautiful snowflake. So drop-in for one of the time slots of the MMA Club and sign a standard safety waiver. Each week, the club alternates practicing boxing, wrestling, and jiu-jitsu. Practices are aimed at individuals of all skill levels and designed to refine their techniques. The club also trains together and has "open mat" sessions where members can practice with other members on techniques of their choice.

Time: Tuesday & Thursday 8:00 p.m. - 9:30 p.m.

Location: West Gym 126 (Mat room next to Redwood Bowl)

Club Email: hsumma707@yahoo.com

Phone: James F. Maloney III, Co-President @ 503-894-3737

Women's Rugby Club: Women of all experience levels may attend a rugby practice session. The team is currently in their league season, but anyone interested in joining can still sign-up. Get out there and clobber someone, ladies!

Time: Mon-Thur from 5 p.m.-7:50 p.m.

Location: Mon & Wed at Track in Redwood Bowl, Redwood Bowl on Tue, and Thur in Fieldhouse SRC165

Club Email: wrugby@humboldt.edu

Lindy Hop Club: Trying hard to look like Gary Cooper? Attend one of the Lindy Hop Club's meetings to learn swing and jazz dance. The club requires "Willingness to learn an active style of dance and have fun doing it!" All you have to do is show up Sunday, willing to dance.

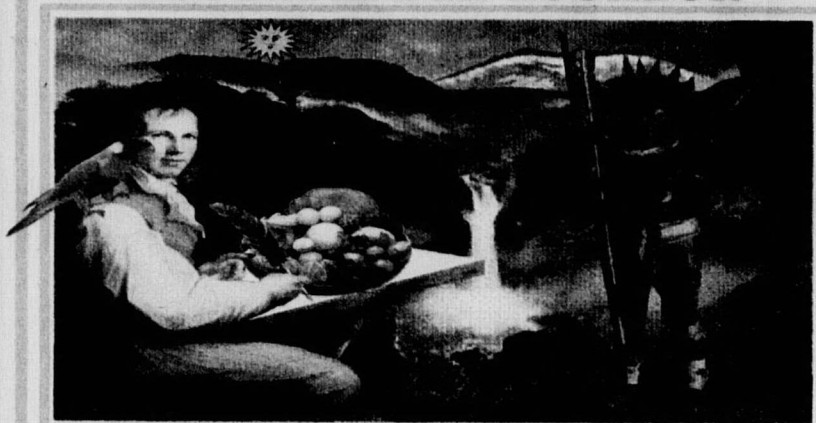
Time: Every Sunday 3pm-5pm

Location: Dancing Studio KA 202

Club Email: clg54@humboldt.edu

• • • • •
Nick Swain may be contacted at
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Contact:

Steven Martin: steven.martin@humboldt.edu
Francisco de la Cabada: fd1@humboldt.edu

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The Lumberjack wants to introduce to you
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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.

Hike of the Week:

Getting you off the pavement

Derek Lactaoen

...
Online Editor



Stock Photo

Sidebar:

Check here for:

Driving directions

Hike difficulty level

Hike distance

Time required for the trip

Unique features

If Humboldt County is known for anything more than its marijuana, it has to be the outrageously beautiful scenery that is taken for granted.

In no other part of the country can you sit on the edge of a marsh and watch the sun set on the bay, while the clouds that creep about in the hills explode with cotton candy colors. They make the impenetrable wall of green redwoods change its color and personality.

The shame of it all, is that between going to classes, working your barista job, reading that book for your general biology class, making time to meet up with that guy or girl from last weekend's party and trying to do your eight-minute abs routine, going on a hike might get shuffled to the bottom of the to-do list. Suddenly, day-to-day life overcomes your ambitious plans to backpack the Lost Coast and you're stuck in the routine of the normal college student.

Because of that, starting in the Lumberjack's next issue we will feature a "Hike of the Week," bringing you a new trail with each issue to check out and hike for yourself. For leisure walkers to the die-hard outdoors men and women, the Hike of the Week will be a resource for information on day hikes throughout Humboldt County in a variety of environments that require little more than an afternoon, a pair of sneakers and a water bottle.

Check out the Hike of the Week in the print edition for overviews, photos, maps and a rundown of trail specifics. Jump on the Internet to see the Web version with an interactive map with pictures and data not shown in the paper. You can even use your iPhone or Android smart phone to download the free EveryTrail application and follow the Hike of the Week on the go.

The Lumberjack's Hike of the Week: Getting you off the pavement.

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?

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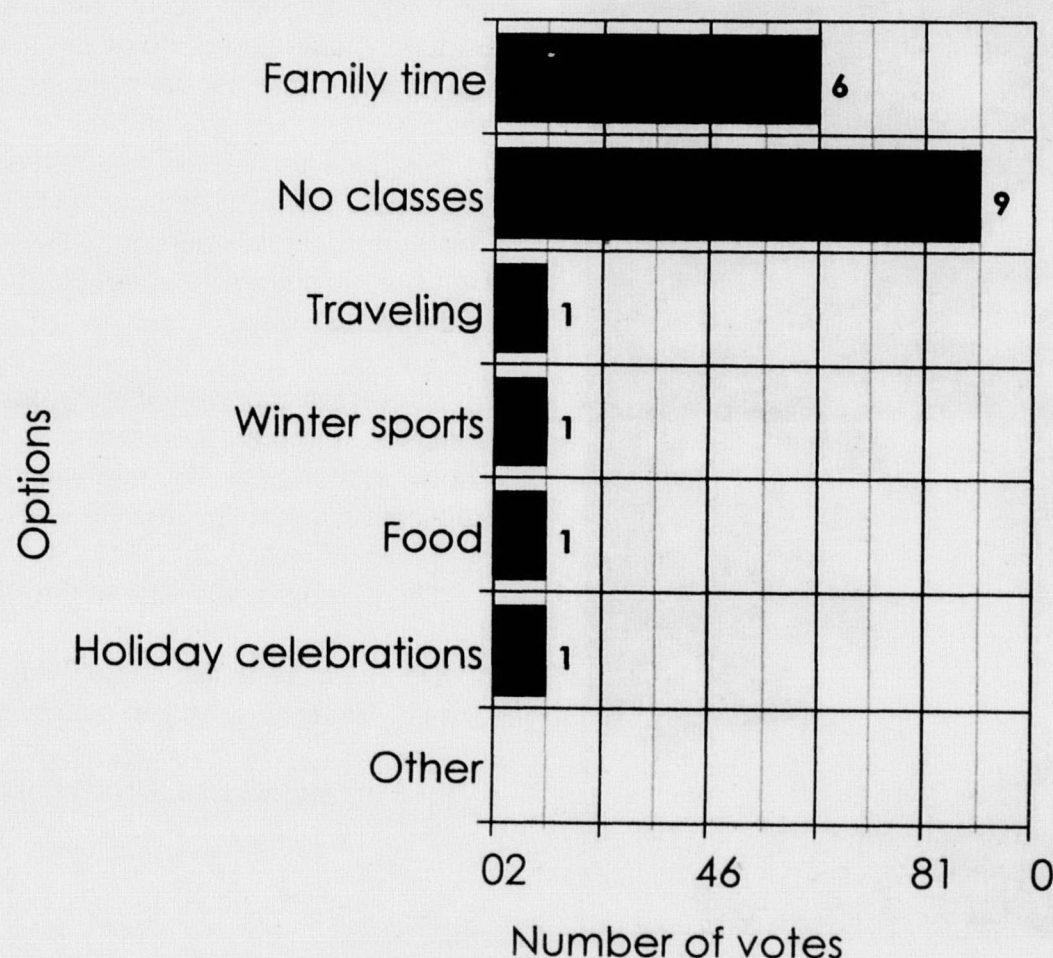
WINTER BREAK ONLINE POLL QUESTION RESULTS

In the Lumberjack's winter poll, 47 percent of respondents said that their favorite part about winter break was not having to go to class.

Spending time with family was the second-most popular choice with 32 percent of the vote, while holiday celebrations, food, travel and winter sports each garnered 5 percent, or one vote.

There were 19 votes total over the break. Results are not scientific.

What's your favorite part about winter break?



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STATS UPDATES ON MENS BASKETBALL

Nick Swain

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Sports Editor

HUMBOLDT STATE 73, SAN FRANCISCO STATE 70

SAN FRANCISCO STATE (8-6, 6-4)

PERDOMO, Nefi 7-14 3-4 22
HOSKINS, Marquel 7-12 2-3 18
NEVAREZ, Ralph 3-4 0-0 6
FOCHTMAN, Matt 3-6 0-0 6
DEMMIN, Winston 2-7 1-2 5
O'ROURKE, Phoenix 1-5 1-2 4
HASH, Joshua 1-2 0-0 3
TRAMMEL, Daniel 1-2 0-0 2
SIMMONS, Jamari 0-0 0-0 0
FODOR, Max 0-0 0-0 0
BROWN, Tyler 0-1 0-0 0

Totals 27-56 7-11 70

HUMBOLDT STATE (13-1, 10-1)

MORRIS, Brian 6-12 11-13 23
HUNTER, Randy 8-14 3-5 19
BAXTER, Kyle 4-6 3-5 11
SPERLING, Brandon 2-6 2-2 7
BABCOCK-KRENK, Elliot 1-3 4-4 6
CLARK, Scott 1-1 0-0 3
BROOME, DJ 1-1 0-2 2
SPADA, Ernie 0-1 2-2 2

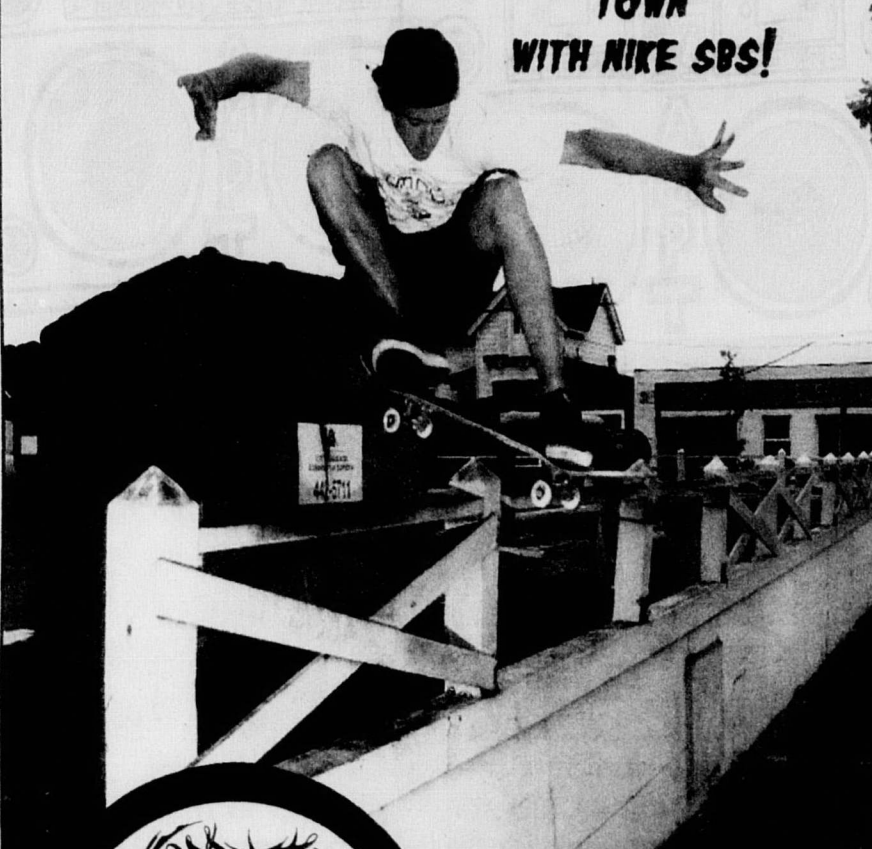

Totals 23-44 25-33 73

San Francisco State..... 35 35 - 70
Humboldt State..... 30 43 - 73

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Nick Swain may be contacted at
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Dance Club Halftime Shows

"Too Provocative"

Nick Swain
...
Sports Editor

Humboldt County boasts acceptance and freedom of expression, but the Humboldt State University Dance Club still draws complaints from the community for being "too provocative".

Founder and main choreographer for the Dance Club, Julie Geary says, "We're really not [provocative]. I teach dance, and my oldest student is in her mid-60s. I wouldn't have our dance team do anything that my dance class wouldn't feel comfortable doing."

Geary, a cellular-molecular biology major, started the Dance Club last year as a separate part of the Intercollegiate Cheer Club. The Dance Club performs in California dance conferences, and will compete in Sacramento next month on Feb. 26. The club took first in the Golden State Dance Championship last year, but were unable to attend the national com-

petition because they lacked funding.

While their performances of contemporary, modern and jazz dance are applauded by the community, the same dance routines are found to be inappropriate for halftime shows at HSU sporting events. Over a dozen complaints have been voiced against the Dance Club for dancing suggestively and wearing provocative clothing.

Geary says, "We don't do anything more suggestive than what you'd see on 'Dancing with the Stars' and other family-friendly shows."

Nevertheless, the Dance Club has toned down its routine since initial complaints during football season, and even censored out music that critics thought were too suggestive.

The club's football season outfit consists of black pants and a black button-up shirt tied in

front to show some stomach. The club wore shorts for a halftime show on a particularly hot day, and will never wear them again because of the multiple complaints they received about their dress.

The Dance Club is comprised of seven trained dancers whose experience varies from tap and jazz dance to artistic gymnastics. The club is receptive of new members willing to audition for the dance team. Geary advises new members to audition in Fall semester, when the club orders their outfits for the season. The custom-made outfits take 8-16 weeks to ship to Humboldt and are cheaper for group orders.

Dani Gutierrez, a freshman double-majoring in English and Dance, joined the club to continue her love for dance. "I love technique," Gutierrez says, "I love making my body stronger, and I come

from a very technical background." Gutierrez first started dancing at the age of 3, doing acrobatics and ballet, and never wanted to stop dancing.

Currently, the Dance Club practices in the evening, Monday-Thursday, at the Studio of Dance Arts where Geary works in Eureka. Last year, they had time reserved on Sunday mornings at HSU's new dance room inside the Kinesiology & Athletics building. A kinesiology professor, who the Dance Club asked us not to name, has reserved the space for 12 hours a day.

Complaints and irregular practice times don't affect freshman kinesiology major Shelly Harris. "I love how I can express myself and I like that it is really challeng-

ing," Harris says, "It's a stress reliever for me. [Dancing] definitely keeps you in shape."

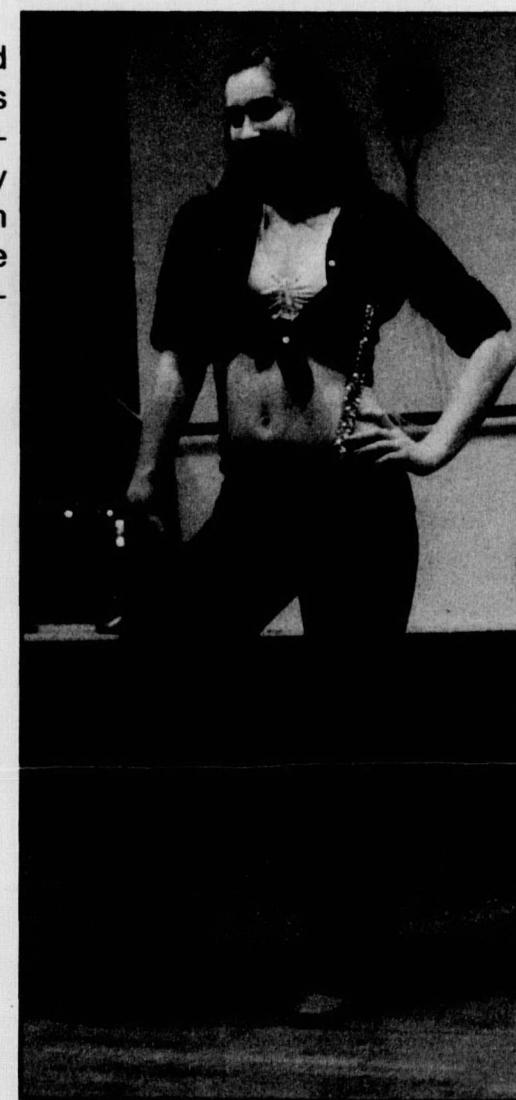
For now, the Dance Club continues to figure out its audience. Geary says, "We wanna perform for the students; we don't wanna perform a Hannah Montana dance for the three or four 8-year-olds that might be there."

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



LEFT: From left to right: freshman Samantha Gonzalez-Gold, freshman Shelly Harris, junior Ashley Adams, senior Julie Geary, and freshman Dani Gutierrez pose in one of the run-down rooms adjoining their dance space in the Studio of Dance Arts in Eureka, Calif. on Monday, Jan. 17. They are five of the seven members of the Humboldt State Dance Club. | Nick Swain

RIGHT: Freshman Shelly Harris poses in one of the Dance Club's controversial outfits at the Studio for Dance Arts in Eureka, Calif. on Monday, Jan. 17. The Dance Club has received over a dozen complaints for wearing these "provocative" clothes. | Nick Swain



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Mai Tais

Upcoming Shows

Saturday

January 22
Humboldt council of the blind
Benefit Show with
The Great Salvation
(Eureka indie-pop) +
Bad Actors
(New Band--ex-Buffy Swayze,
-Uzmecho, -Sin men)

Monday

January 24
Alternative Tentacles record
artist
Git Some
(Rock N' Roll from CO) +
Dj tbd

Saturday

January 29
Side Iron
(Humboldt Honky
tonk 'n' roll) +
Gravel Road
(Trance Blues from Seattle)

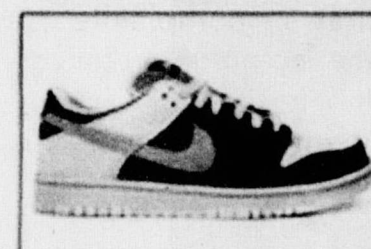
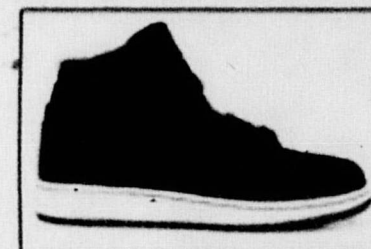
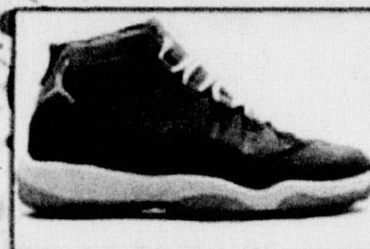
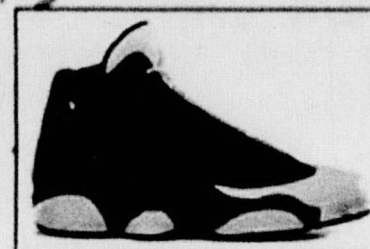
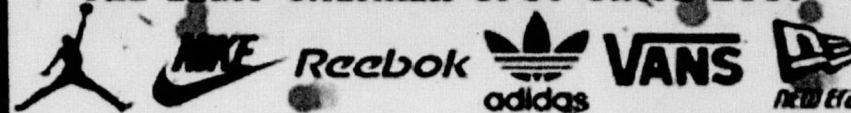
Monday

January 31
The Smashed Glass
(Irish folk-punk from
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WHERE'S THE STUDENT UPRISING?

While we were off enjoying Winter Break, college students in the United Kingdom took to the streets to protest budget cuts and more expensive tuition fees. What started as shouting and flashing protest signs soon turned into clashes with riot police and burning their cars. Soon after, videos materialized on YouTube of angry protesters attacking a car occupied by the Prince of Wales and the Duchess of Cornwall. Some would see this as despicable terrorism. Others would see this as righteous retribution.

Regardless of how the riots are portrayed, the question still remains: what's wrong with us?

Why aren't we in the streets, fists raised and shouting for change? Why aren't we occupying various administrative buildings, demanding to see those in charge?

Those in power, whether they're politicians or school officials, always say that education is important to the future of our country. Yet it seems that education is always the first thing to go when cuts need to be made.

As our fees rapidly ascend and our budget takes even deeper cuts, when will we say enough is enough?

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

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the Law of Attraction we
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is made up of the thoughts
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spiritual psychotherapist who
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they are creating every aspect
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classes on conscious healing
and reality creation. For more
information contact Susan
Vaughn at 707-268-0312.

ART

New Art Exhibit Openings
This Week On Campus
HSU's Student Access
Gallery is excited to kick
off another talent-filled
exhibition schedule featuring
student artists for the Spring
2011 semester. The first
group of shows listed below
will be open during January
15th to February 12th.
Karshner Lounge (In the
UC Center): Karissa Harvey
- Off-Duty Lawn Gnomes
and Sun Bathers (ceramics
and paintings)
Foyer Gallery (In the
Art Department): Mike
Emerson and Dian Lee
(jewelry)
Student Business Services
Lobby: Emily Wahab -
Tibet (black and white
photography)
For a complete listing of
Student Access Gallery's
exhibition schedule,
visit the SAG website at
[http://humboldt.edu/
clubs/club_sites/sag/](http://humboldt.edu/clubs/club_sites/sag/) or
the SAG facebook at
[http://www.facebook.
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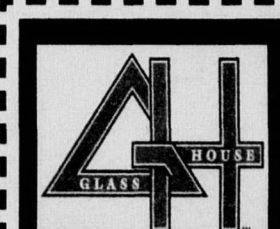
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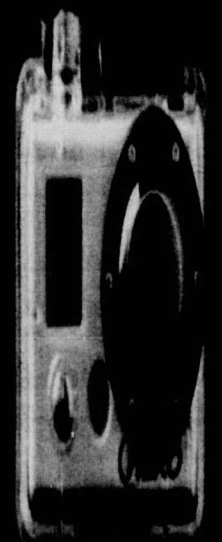
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