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The Lumber Jack

Wednesday March 02, 2011 Vol. 98 No. 6

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On Top of Their Game

Jacks Clinch Conference Title

Page 3

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Is HSU Disaster Ready?

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A suspicious package found in the BSS building uncovers potential weaknesses in evacuation readiness.



Where to Get Your Fix

10

On the hunt for the cheapest coffee on campus. Satisfy your urge without breaking the bank.

Cover

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Photo: Courtesy of the Athletics Department

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Corrections

For the last time, it's spelled FEBRUARY!

Corrections

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ONLINE

WORD ON THE STREET

The Lumber Jack

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MEN'S TEAM ENDS SEASON WITH 10-WIN STREAK

Final Score

HSU 76
CSULA 70

Nick Swain
Staff Writer

After a slew of free throws and time-outs, the Jacks reined in the last win of the season—the 10th in their winning streak—76-70 against Cal State Los Angeles at home on Feb. 25. The win ranks the Humboldt State University men's basketball team No. 1 in their conference, No. 2 in the Western Region and No. 3 in the nation.

The Jacks ended a successful season with a California Collegiate Athletics Association record of 20-2, 24-2 overall.

Friday's game had a humbling lesson for the Jacks coming off of their 71-62 win against Cal State Dominguez Hills that earned them the CCAA title last Wednesday. "We thought we'd go around, high-five people, and look good," said Kinder, "We didn't picture Senior Night to be a night where we saw one of our stars with a bloodied nose." Both senior players, center Brian Morris and guard Ernie Spada, bled for the

Jacks' defense as CSULA made bolder attempts to score.

The Jacks' seat on top of the table pushed CSULA to play their best players throughout the match. CSULA seniors David Norris and Franklin Session proved an indispensable part of the Golden Eagles' offense. Session's agility and creativity manifested in ambitious cuts down the lane and fast-paced counter-attacks that netted him 18 points in the first half. Norris supported as a reliable shooter the Eagles could lay-off to when the Jacks' defense pressured Session. Norris scored 8 points in the first half.

The Jacks kept close on CSULA, taking the lead 36-35 with four free throws before the close of the half. Brian Morris led the team's scoring with 17 points.

The Jacks tightened defense on Session in the second half. Kinder said the team tried different players to cover the CSULA senior, waiting until later in the game to use junior guard Brandon Sperling. "[Session] is a good scorer," said Sperling. "He's quick. He steals the ball and shoots well from the perimeter." Sperling's defense combined with a team effort to shut out Session, conceding only two baskets from the CSULA point guard.

CSULA relied more on Norris for scoring. Norris acquired 15 more points by the end of the game.

The Jacks rose to an 8-point lead midway through the second half. CSULA closed the gap four minutes later when Session intercepted a pass near the half-court boundary. Session rushed toward the undefended Jacks' basket. He leapt up high enough to swing the ball around for a one-handed slam dunk that set the score 61-60 in Jacks' favor. The Jacks would have to battle for any of the points collected in the last five minutes of play.

Sperling had 21 points and eight rebounds for the match. Junior forward Randy Hunter had 14 and 7. Morris earned a double-double with 28 points and 12 rebounds.

The win marked the end of a great basketball season,

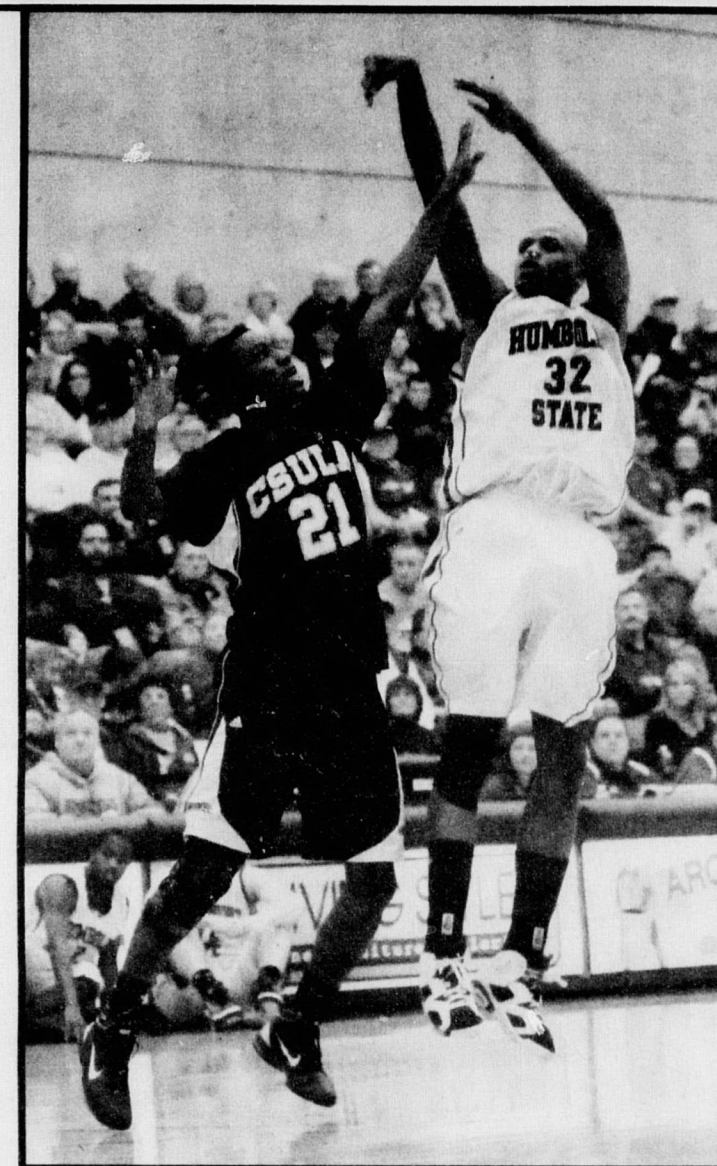


Photo provided by HSU Athletic Department

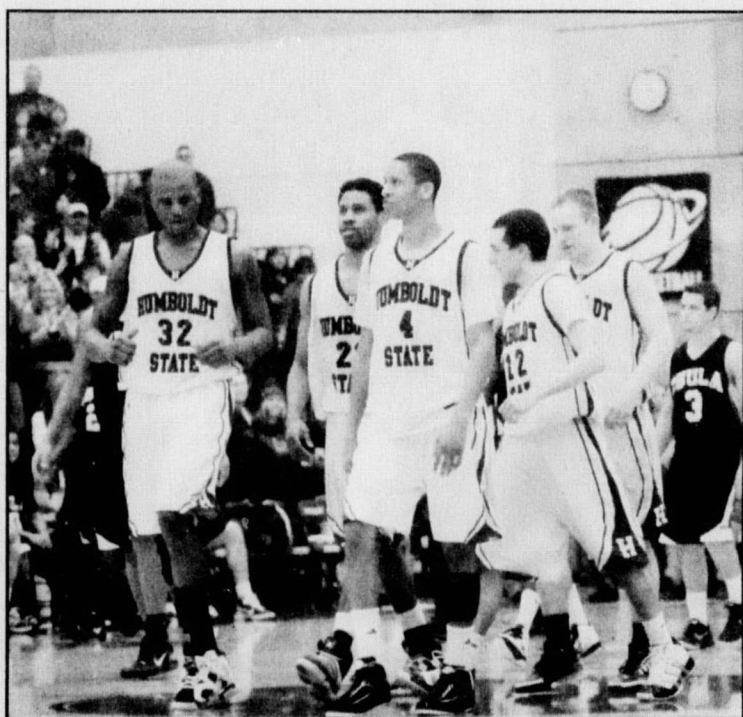


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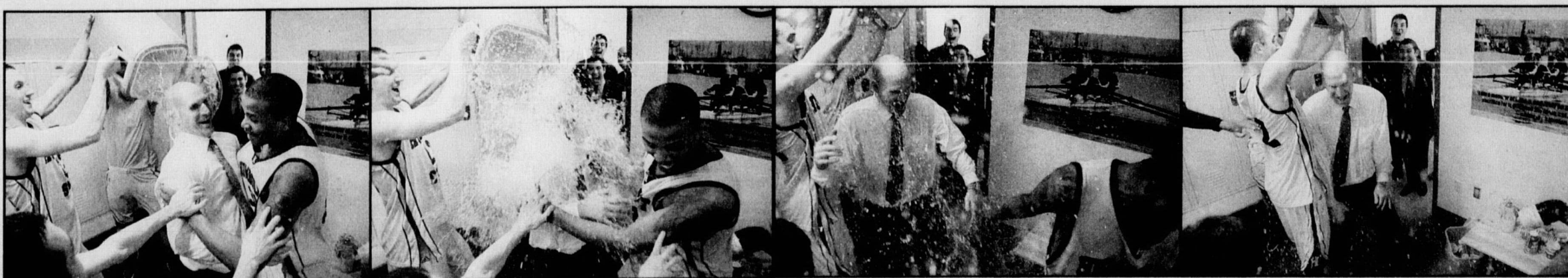
Photos (BELOW) Provided by Ralph McCarthy

punctuated by Senior Night celebrations of its two record-breaking players. Senior Ernie Spada broke the HSU record for most career 3-pointers. Spada secured two from the Wednesday match against Dominguez Hills that set him 198, compared to former record-holder Vince Zinselmeir's 196. Senior Brian Morris broke the HSU single-game scoring record when he racked up 50 points in the Jan. 13 game against Cal State Monterey Bay. Spada was proud of the team's CCAA title. "To see that (championship) banner hangin' on the wall feels pretty good," he said.

The Jacks are confident in the season results and optimistic for postseason play. They opened the first round of the CCAA tournament against Cal State Stanislaus, March 1; results to be posted on the Lumberjack website. Morris said the team's performance has "painted a bull's eye on our backs," bringing out the toughest play from any opponent they will face in the postseason tournament. However, Morris assures the Jacks "We're not gonna sleep on anybody."

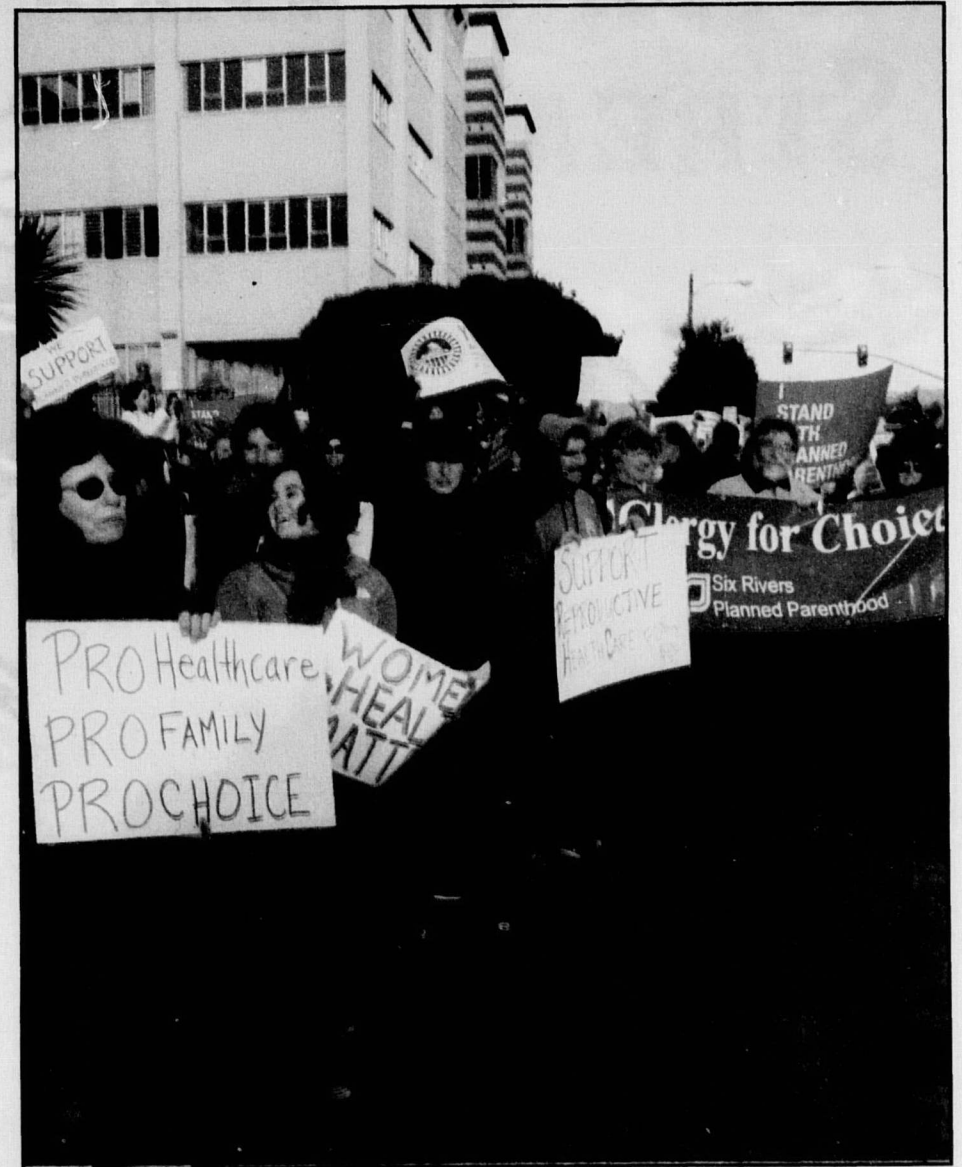
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BUDGET BACKLASH

A protest against proposed cuts to Planned Parenthood draws supporters and detractors outside the Superior Courthouse in Eureka.



More than 200 people protested Congress' proposal to de-fund Planned Parenthood. (PAGE 4) An anti-abortion counter-protest formed across the street to show disapproval of Planned Parenthood (PAGE 5) | Josh Aden

March 1st-7th

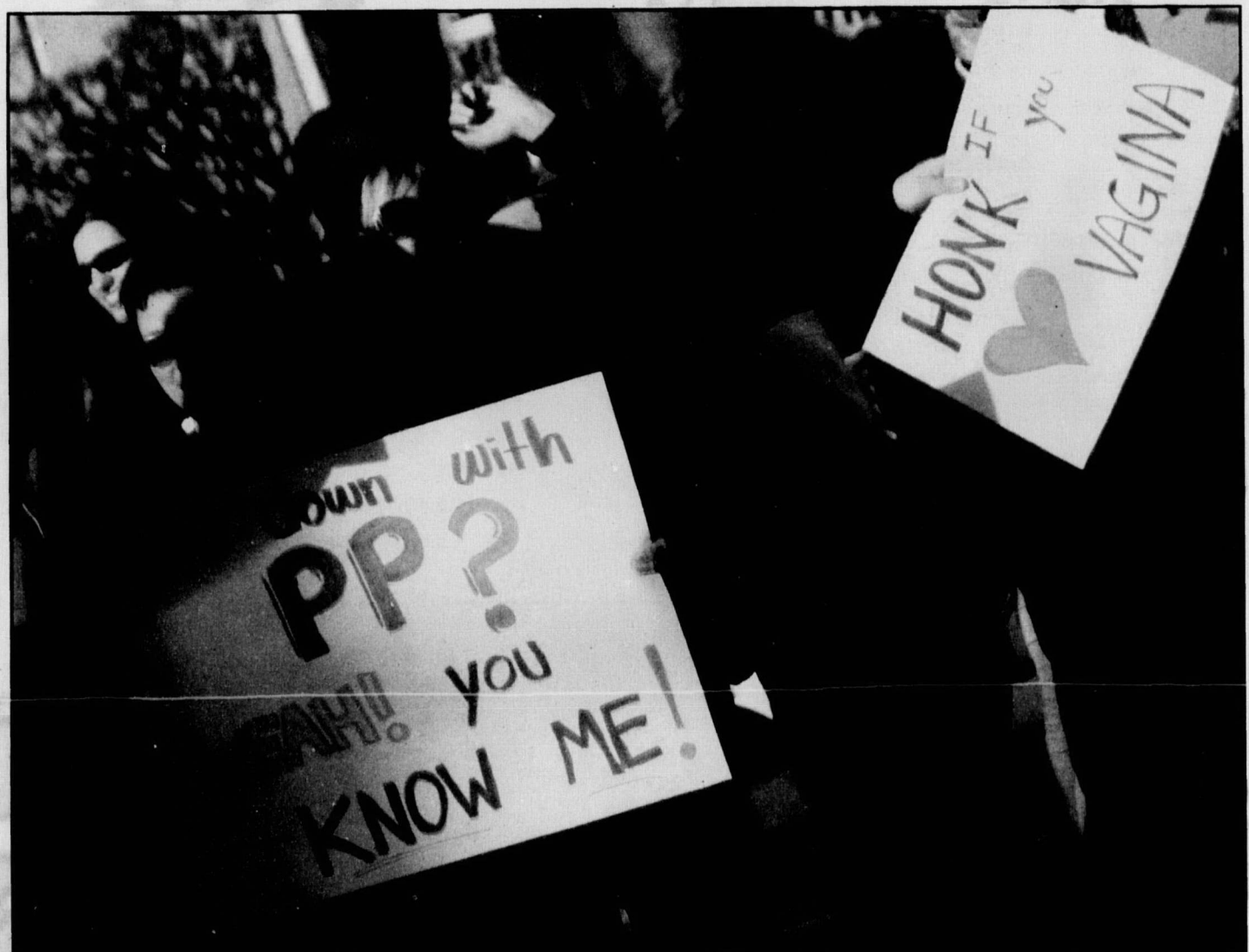
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HSU DEPOT ONLY



Kaci Poor

Staff Writer

Cars honk as they speed past the group of more than 200 Planned Parenthood supporters in front of the Eureka Courthouse. The sun disappears behind gray clouds and hail pelts from the sky. The bright pink posters that read "Don't take away my birth control" and "I support Planned Parenthood" are lifted overhead to form makeshift umbrellas.

Jermaine Brubaker, outreach coordinator for Six Rivers Planned Parenthood, winds through the crowd, megaphone in hand. "Yes we plan! Yes we plan!" Brubaker belts out. The crowd goes wild.

"I am super happy with the turnout," event organizer Tia Baratelle shouts over the noise of the crowd, her breath visible in the cold air. "Even though it's freezing people came out to show they care about Planned Parenthood."

Baratelle is the Public Affairs Director for SRPP. She used Facebook to spread word about Friday's rally. "This morning we had 265 people saying they would attend and 176 maybes. Facebook certainly made everything easier." Baratelle organized the rally after the United States House of Representatives' recent proposal to cut Title X.

Title X provides \$317 million dollars in funding for family planning. A proposed amendment would prevent Planned Parenthood from receiving any federal funding, eliminating more than \$75 million in family-planning aid Planned Parenthood currently receives. Due to the Hyde Amendment, federal funds cannot be used to fund abortion-related expenses. SRPP serves just under 9,000 patients in the community. Baratelle

explains that 93 percent of the health care services these patients receive are preventative. This includes contraceptives, as well as cancer and STD screenings. First-trimester abortions comprise only seven percent of services.

Nichole Gans, director of information and education for SRPP, can't understand the decision to cut Title X funding. "I am really just scratching my head, because it just doesn't make fiscal sense to take away these funds. The Hyde Amendment restricts all federal dollars used by Planned Parenthood," she explains. "We cannot use federal dollars for abortions."

Cutting Planned Parenthood funds makes sense to pro-life supporter, Essie Bertain. Bertain, 22, holds a sign that reads "Women Deserve Better than Abortion." "You can say that federal funding is not going toward abortions," she says, "but it is

going to an organization that provides abortions."

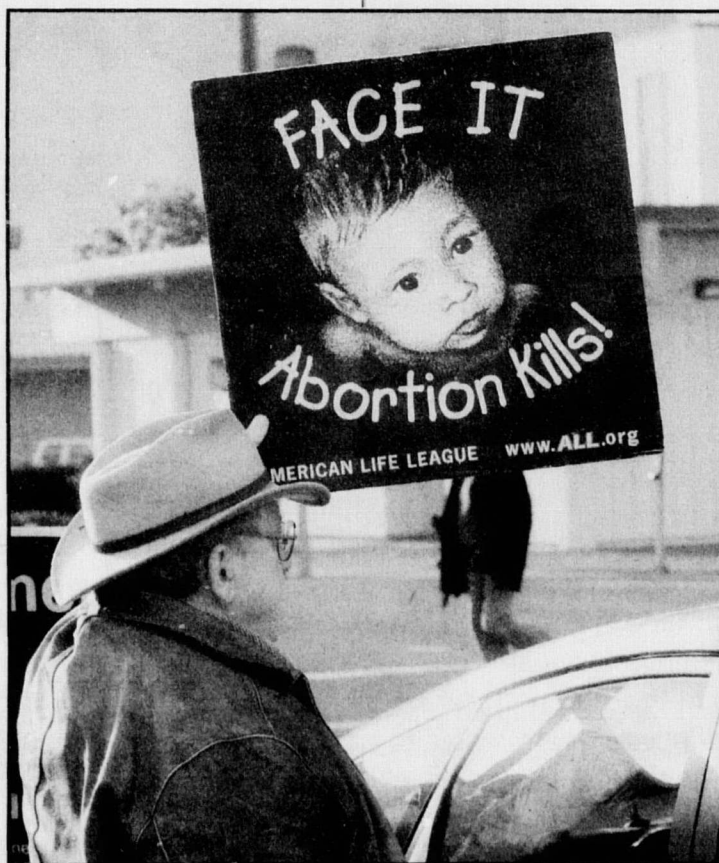
Eureka resident Dance Farrell's sign reads "Men Regret Lost Fatherhood." Farrell stands against Planned Parenthood because two of his girlfriends aborted pregnancies without his knowledge. "I didn't have any choice in the matter. Men have no rights," Farrell says. "My taxes shouldn't go to anything quite as controversial as abortion."

Farrell and Bertain stand across the street from the Planned Parenthood supporters amid a crowd of about twenty people. Bertain says she can't support Planned Parenthood for a number of reasons besides the abortion services the organization offers. Bertain believes Planned Parenthood is aiding and abetting sex traffickers. Bertain also disagrees with Planned Parenthood's attitude toward sex. "I don't support promiscuity. Pre-marital sex can't be healthy for one's well-being, soul or body." Bertain believes that abstinence is the most important part of sex-education.

Leah Watts is pro-choice and a freshman at Humboldt State University. Under her heavy jacket, she wears a pink Planned Parenthood shirt. Watts heard about the rally through her involvement with VOX, a nationwide program that provides representation for Planned Parenthood on college campuses. Watts says the group is planning a sex trivia night as an interactive way to teach students how to live a safe, sexy and healthy life. Any students interested in getting involved with VOX can check out a club meeting held Monday from 5 to 6 p.m. in Nelson Hall East 116.

VOX is one of several Planned Parenthood programs that would be affected by cuts to federal funding. SRPP offers outreach programs to over 30 schools in Humboldt, Del Norte and Trinity Counties. Gans explains that one of the main purposes of Planned Parenthood is to educate youth. This begins with abstinence, but if youth do decide to be active, the organization offers the resources and guidance to protect against STD's and unintended pregnancies.

"We really want people to think about these things ahead of time," Gans explains. A wave of chanting interrupts her. "Oh ho, hey, hey, Planned Parenthood is here to stay!" Gans waits a few minutes for them to finish before she continues, "We want people doing what the name of the organization says: planning their parenthood."



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Sunday March 6

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Supervillians! 9:30pm-\$10

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Tuesday March 8

New Mastersounds wsg's

The Fox Street Allstars: A Special

Mardi Gras Party 9:30pm - \$15



The evacuation of the BSS sends signals HSU could be better prepared for disaster. | Josh Aden

BSS EVACUATED

Derek Lactaoen
Online Editor

Monday's semi-successful evacuation of the Behavioral and Social Sciences building affirmed the need for University Police to revamp Humboldt State University's building evacuation plans.

The University Police Department (UPD) responded to a call about a suspicious package on the fifth floor of the Behavioral and Social Sciences (BSS). UPD tried to identify its contents and who left it for about two hours before calling the Humboldt Sheriff's Department bomb squad, said Police Chief Tom Dewey.

The evacuation lasted about 20 minutes before the owner of the package arrived and told them that it was a gift and opened the box. The bomb squad never entered the building.

Dewey said the emergency procedure was mostly positive, but there was room for improvement.

"Some things went very well, some things are always complicated in a building that large," he said.

Bret Jacobson, a sociology and political science sophomore, left the building after his professor canceled class for the evacuation.

Jacobson said UPD didn't handle the evacuation well and that people were entering the building as he exited.

"People were just walking around the building with no knowledge of what was going on," he said. "I feel like if it was enough of an issue that I needed to be evacuated from class, the entire building should have gone into lock down."

Chief Dewey said that because the evacuation happened during lunch hour, UPD was unable to contact staff and faculty they rely on during emergencies.

Building coordinators are responsible for maintaining a building. In the context of an emergency situation, they are responsible for naming staff or faculty to building marshal and floor captain positions. Those people execute evacuation procedures.

Anthropology chair Mary Glenn is the fifth floor captain for the BSS building. She was in a meeting when UPD began evacuating the building and "missed all the excitement."

Ken Ayoob, the dean of the College of Arts, Humanities and Social Sciences, is the building coordinator for BSS and the backup captain for the fifth floor. He was out of town on Monday at a conference and wasn't reached. Ayoob was unavailable for comment.

Jan Marnell is the emergency

management administrative coordinator for HSU. She said she couldn't reach Glenn or Ayoob, but she contacted Building Marshal Alicia Cuevas and other floor captains to start the evacuation. Cuevas also works in administrative support for the anthropology department.

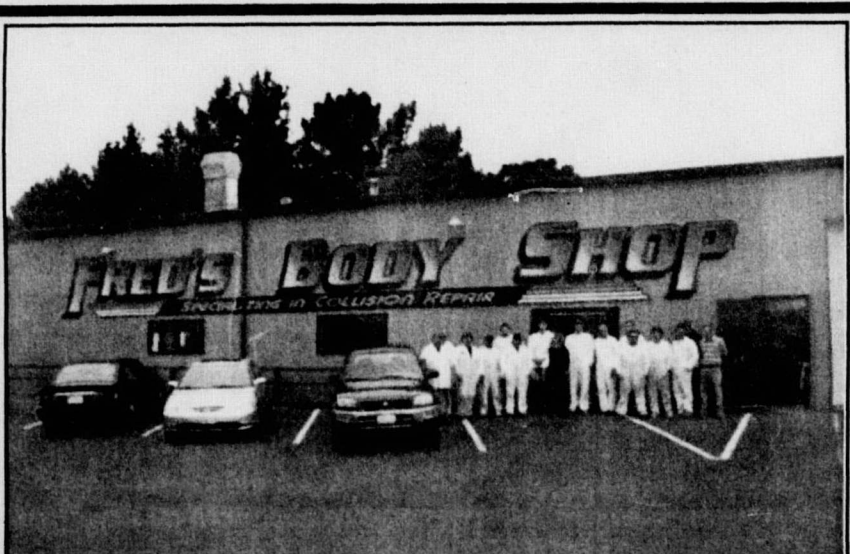
Marnell said Monday's incident solidified the campus' need to revamp their emergency procedures concerning building coordinators roles in evacuations.

"That's all being reworked at this point right now," said Marnell. "We're trying to make it so there's only one contact for the building instead of five. We want to streamline the process."

Marnell begins this month to overhaul the evacuation plans of 10 buildings, and she will look at 10 more buildings in October. She started this process before Monday's evacuation.

The CSU Chancellor's Office Executive Order 1013 mandates that building coordinators and building marshals must be trained annually on a building's evacuation process. Marnell said the last time they were trained for the BSS building was 2008.

Derek Lactaoen may be contacted at thejack@humboldt.edu



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FIRE ON G STREET

Melissa Hutsell & Nicholas Preciado

.....

Editor-in-Chief, Managing Editor

Thirty firefighters responded to a fire at Figas Construction on South G Street Monday at about 5 p.m.

Stacey Salas, a nearby resident, first saw the fire. Salas said she could see "...just a little wisp of smoke, then it went crazy. You could smell it though, smell it before you saw it."

Salas ran to tell the people inside the building that smoke was coming from the attic.

"They came running out and got fire extinguishers," said Salas.

The Arcata Fire Department put out the fire. They went through the attic to take anything out worth salvaging.

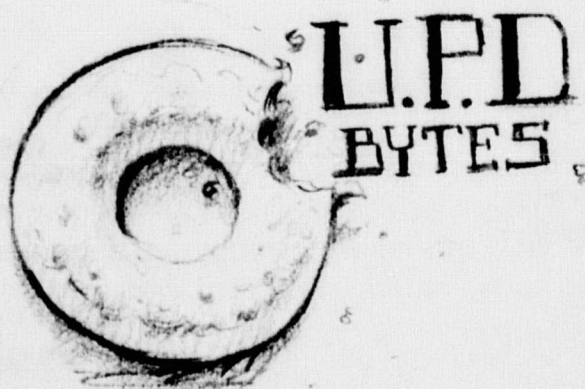
Although the cause of the fire was yet to be determined, Arcata Fire Department Battalion Chief Justin McDonald said that an investigation is being conducted to find out the cause of the fire. There were no injuries.

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Melissa Hutsell and
Nicholas Preciado may
be contacted at thejack@humboldt.edu



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Firefighters outside Figas Construction on South G Street where a fire sparked in the attic. | Preston Drake-Hillyard



Wednesday, Feb. 23

5:08 a.m. A person was warned for camping in their car in the library parking lot. Needless to say, it's difficult to disassemble a tent inside a car.

Thursday, Feb. 24

7:40 a.m. Police were called to the library when someone threatened to kick another person in the face. The person who made the threat was arrested for an outstanding warrant. Avoid unwarranted threats when warranted.

Saturday, Feb. 26

3:13 a.m. Two people were arrested while doing graffiti under the pedestrian overpass on LK Wood Boulevard. Another person was arrested for the same thing at 4:35 a.m. There's a camera there, people. They see you.

5:08 a.m. A man was reported going in and out of dumpsters near the Redwood residence hall. He was cited for petty theft... for stealing stuff other people threw away.

7:09 p.m. Traffic slowed on LK Wood Boulevard because of four youths on skateboards. Police were unable to find the skateboarders, who were able to do something UPD can't: slowing traffic on LK Wood.

Sunday, Feb. 27

1:47 a.m. A UPD patrol was sent to assist Arcata police with a fire in a "portapotty" near the skatepark on Sunset Boulevard. The Potty Pyro strikes again.

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Compiled by Josh Aden

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ONLINE SOCIAL WORK

Nicholas Preciado

Managing Editor

Humboldt State University will offer an online graduate social work program in Spring 2012. Applications will be accepted this summer.

"This program is designed for the working student who may live in a rural area," said Jamie Jensen, Director of the undergraduate social work program. "This program will allow those same students to maintain employment and a home in their own community and still pursue an advanced degree."

While taking classes on campus requires students to conform to courses with a set time, Jensen said the online program gives students the flexibility to have classes fit around their schedules.

"This program will better meet the needs of people who would find it difficult to participate in our full time or campus program," said Dr. Christian Itin, MSW Program Director.

In addition to giving students a flexible schedule, the online program will allow students who do not live around the school to still take classes.

Jensen said students are concerned they will not have the faculty support that can be found in a classroom. A regional mentoring program is being created. This will allow students to meet

with someone in the community to act as a tutor and help them.

Students enrolled in the online program will meet once or twice a year on campus in what the program is calling intensives. Jensen said the intensives will give students the chance to meet with other students enrolled in the program, faculty members and participate in workshops.

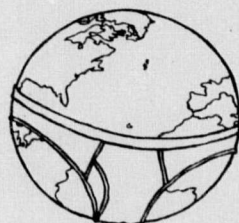
"There's a lot more to college than what you learn in the classroom," said Jenna Swartzendruber, a junior international studies major who supports the upcoming online program.

The program is funded through a grant received from the Superior Mental Health Workforce Education Task Force Partnership. Itin said that once the program starts, it will be fully self-funded. Students enroll through Extended Education and pay for each unit they take in the program. Financial aid is available to those enrolled in the program.

This new program will not change anything for current social work majors enrolled at Humboldt State. It is an addition to what the College of Professional Studies offers.

The fully online program is awaiting review by the Western Association of Schools and Colleges and the Council on Social Work Education.

.....
Nick Preciado may be contacted at
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The World In Briefs

Brazil

A court in Brazil ordered a halt to construction on the Belo Monte hydroelectric dam planned in the Amazon. The decision cites concerns for the health of native communities and the environment. Proponents of the dam, the world's third largest if completed, say it is essential for Brazil's growing economy.

Bolivia

Landslides in La Paz wiped out roads and homes in a poor hillside neighborhood, Sunday. At least five have been killed and thousands displaced. President Evo Morales vowed the government of Bolivia will provide aid and new homes to the victims.

Libya

As unrest sweeps across North Africa, Libyan forces under Moammar Gadhafi violently cracked down on the rebelling populace. Towns held by the opposition were reportedly attacked by government forces Monday night, but were held back. Gadhafi has denied the people are truly against him in Libya and states the demonstrators are influenced by drugs and al-Qaida. Around 150,000 people are attempting to flee violence in the country and Tunisian border crossings are overwhelmed with refugees. The United States positioned naval and air power near Libya, sending signals of possible intervention in the conflict.

India

Eleven people were sentenced to death for their roles in killing 59 Hindu pilgrims in 2002. They were convicted of setting fire to a train full of pilgrims as part of a violent Muslim mob that attacked the train in the town of Godhra. The attack set off riots in India that killed more than 1,000 people, mostly Muslim. Another 20 people were sentenced to life in prison for participating in the mob.

Pakistan

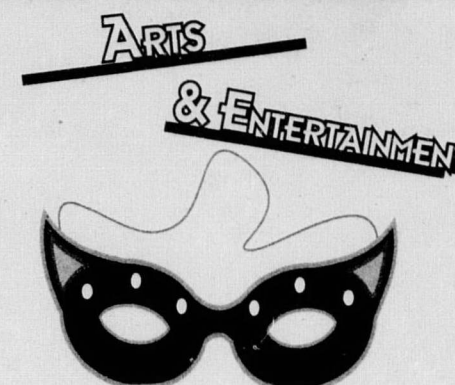
An American CIA operative was arrested after he shot and killed two people last month in Pakistan. He has been held in Lahore since. The role of Raymond Davis is murky and he has been reported to be everything from a CIA security contractor to the acting head of CIA operations in Pakistan. Pakistani officials have refused demands by the United States that he be returned. The United States said Davis was in the country with diplomatic immunity. Davis claims the men he shot tried to rob him. He was arrested with a Glock pistol, surveillance equipment, a GPS system, and a long-range radio.

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Compiled by Josh Aden

Meet the Musician

Blessed Love and SYNRGY

Stephanie Giles
Staff Writer



The members of local band Synrgy spread good vibes through Humboldt and beyond. Brian Zach, TJ Eilers, Clay Baker, Thomas Mackay and Aaron Reed know how to capture the reggae spirit. With two albums out and another one on the way, Synrgy is climbing the music industry's ladder. "There's therapeutic value in writing music and being able to confidently perform that music is unreal," vocalist and guitar player Brian Zach said. The band overcame struggles with band member changes and conflicts with Border Control, (being pulled over just for their "reggae look)," while touring, but never ceased to spread the good vibrations. "They continue to send a conscious message to make people realize," manager and photographer Wild Bill said. The Lumberjack asked Synrgy some questions.

Lumberjack: How long has the band been performing together?

Zach: We've been performing since Spring of 2007 in Flagstaff, where we're originally from.

LJ: How did you decide on your band name?

Zach: I think I came across it on a fortune cookie and I looked up the definition: "to work together to become greater than the separate parts." I thought it was a perfect name for a band.

LJ: Where do you find your inspiration for your music?

Eilers: Everyday life. A lot of other Reggae music too. Zach: The good, the bad. Politics, Environmental and Global issues. Philosophical and moral issues. Anything that we want to bring to other peoples' attention.

LJ: What's your favorite part about performing?

Zach: Seeing people dance at our shows and sing our lyrics. I love being able to travel and do what I love every day.

Eilers: We really work our asses off to get our music to sound right and to confidently go on stage is unreal.

LJ: How do you feel when you hear people sing your songs?

Zach: There's no other feeling like knowing people are listening and you can potentially have an effect on people. We were in a store in Yuma and our acoustic album came on and a man told me his 7-year-old son listened to that album while playing video games. I was into the fact that a youth was listening to positive reggae music while playing crazy violent video games. It's awesome to think he is growing up to our vibes.

LJ: What's your most memorable song?

Zach: "Live in Love," which is also the name of our first album. A girl told me that her friend had passed away and that song really helped her through her struggle.

LJ: Where do you guys typically perform?

Eilers: Well we just finished our West Coast tour and we want to keep doing that, going on tours.

Zach: For the past year we have been really serious about touring but we're



Members of Synrgy | Stephanie Giles

ready to play in town more. We have a show at Blondie's on March 12, for free!

LJ: What's one of your pet peeves when performing?

Zach: I don't drink, and the majority of our gigs that provide us income are bar shows. When people get too drunk, it really makes me wonder if they are listening to the words of our music. When people start fights at our reggae shows, it makes me wonder if they've heard any of the words I sang. These situations underline the frustrations of being a songwriter for me.

LJ: What are some of your future goals?

Zach: To spread our music and love everywhere we can.

LJ: What was your most memorable show?

Zach: We threw a huge party at my house in Flagstaff and we performed. I spent a night in jail that night for "disturbing the peace." I thought it was ironic that I was accused of disturbing the peace with peace. We wrote a song about it. It's called "Officer Jackson."

LJ: Have you had any embarrassing moments while on tour?

Eilers: Well first of all, We always bring our dog Spoons with us on all our tours. Before one show we had we were eating dinner with Norma Fraser, a huge '60s reggae artist. We were trying to keep our cool and be professional. After dinner, we were behind the bar before our show when Norma was talking about how much she enjoyed Spoons. When I went to pet her, I found out she rolled in shit and it got all over me. I looked totally helpless with shit all over my hands, but Norma got a bucket of warm soapy water and a rag and helped us clean everything up. We still don't know what kind of shit it was.

LJ: What advice do you have to other bands and musicians starting out?

Eilers: Have the passion to get up there and mean what you say.

Zach: I'll say what every musician bigger than me that I've spoken to said: don't stop.

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

THE CHEAPEST CUP OF COFFEE ON CAMPUS

Derek Lactaoen

Staff Writer

Coffee. It's like oxygen for college students. We need it to survive. But being college students, we tend to not have a lot of money. So, where on the Humboldt State University campus can you find the cheapest cup of drip coffee?

It all depends on the type of coffee, the size and who you get it from. Ron Rudebock, director of Dining Services, says coffee prices at dining services locations like the J or the new College Creek Marketplace are standardized unless the type of coffee is different. Clubs that sell coffee and non-dining services locations like Muddy Waters in the Depot are able to set their own prices and serve whatever type of coffee they choose.

Across campus, dining services facilities use Humboldt Bay Coffee. Rudebock says coffee prices went up at the beginning of the school year when HSU's supplier at Humboldt Bay Coffee forecast rising prices for coffee beans. Rudebock adds that paying with J-Points comes with a 25 percent discount at dining services locations and a C-Card has a 5 percent discount.

Even without the discount, Muddy Waters worker Cassie Pais says its prices are pretty fair. She says, like the rest of campus, it raised prices last fall and received some complaints, but people realized that pricey coffee was a nationwide trend and got used to it.

"Our prices cater to individuals who bring their own cup," says Pais.

Hunter Daniel is a senior finance major who gets his coffee at Muddy Waters. He says convenience is his biggest factor in going there.

"I have class in Siemens Hall at 8 a.m. and this allows me one more snooze on my alarm," says Daniel.

Mackenzie Terzian, sophomore cultural anthropology major, also gets her coffee from Muddy Waters. She goes there because it always has at least one fair trade option.

CAMPUS

Junior Abel Gutierrez, a pre-physical therapy major, chooses the Kinesiology Cafe in the K&A. He says its staff is friendly and it has low prices; he also likes that he can support a club.

"I'd rather support a club than give the school more money," says Gutierrez.

The Kinesiology Club, which sells coffee and snacks between 8 a.m. and 12 p.m. Monday through Thursday, has the cheapest refill price at \$0.50 (with its cup or with your own, any size).

Gabriel Flores lives in the Campus Apartments and chooses the Library Cafe.

"It's close to my apartment complex, and I'm in the library four days a week so it's the most convenient place for me and the prices aren't that bad," he says. Flores is a junior zoology major.

Check out this story online to see the interactive map and find the cheapest cup of coffee on campus. You might be surprised. This map doesn't currently reflect all clubs selling coffee.

Do you think your cup of coffee is cheaper? Tell us where you sell it, what you sell and when you sell, and we'll update our map for all of Humboldt.

Derek Lactaoen may be contacted at thejack@humboldt.edu



Courtesy of Google Maps

8 oz	12 oz	16 oz.	20 oz.	Refill(your cup)
\$1- History Club and Biology Graduate Student Association	\$1 History Club Natural Resources Club and Kinesiology Club	\$2- College Creek Marketplace, Hilltop Market Library Cafe, The Depot Muddy's and The J	\$2.25- Library Cafe and Muddy's	\$0.50- Kinesiology Club

ALL THAT GLIMMERS

Jordan Sayre
Staff Writer



Most painters run their brush along a canvas. Claire Joyce glitters and glues. She makes her paintings without a drop of paint by what she calls "glitter painting." These glitter paintings are on display at the Reese Bullen Gallery.

Her process is different from oil or pastel painting. For one, she can't use an easel. Joyce creates the image, transfers it on to a panel, and covers the area she works on with glue. She then carefully applies glitter with just her fingers. It isn't a simple art. Joyce says it can take up to 300 hours, roughly 12 days, to finish one painting depending on the detail and size.

Joyce teaches drawing at College of the Redwoods. She started glitter painting six years ago when she was in graduate school at the University of Georgia. "I was in a very macho painting department and using glitter was kind of a rebellion. Working with such a common craft supply that is often associated with frivolous female behavior was amusing," she says. Glitters' ability to change with different angles and lighting is another drawing point for her.

Joyce gets ideas for the paintings from her own life. "My work is very personal. Each painting references a very specific time or moment in my life." She says the imagery is oriented from art history. Her painting "Learning This Happiness" points to a figure in a Botticelli painting called "Primavera." One of the Gods has flowers trailing from its mouth. Joyce says this piece relates to Botticelli's own fear of marriage. One painting has a woman with thought bubbles showing cleaning, wine, marriage and flowers. The painting is titled "Much too much: Options and Obligations"

There are four paintings on display. All focus on women. "I think that every painting has suggestions of roles that women play," says CR student Marlena Kellogg, a junior geology major.

The Reese Bullen Gallery is open Monday through Saturday. The current exhibit "Grasping the Obvious" runs until March 12.

Jordan Sayre may be
contacted at thejack@humboldt.edu

"Remaking Martyrdom" is influenced by a number of paintings about St. Lucy who plucked her own eyes out.(above)

"Much too Much: Options and Obligations"(right)
| Photos by Jordan Sayre



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Shots, Oly Specials

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Halibut n' Chips, Cheese Fries,
Irish Flag Shots, Guinness, 50
cents of Irish Whiskeys

Two For Tuesday

8am to 2pm
Buy any breakfast or lunch entree
and get one half price.

5pm to 9pm
Buy any lunch or dinner entree
and get one half price.

Ono Luau Thursdays

Aloha Chicken Wings, Maui Ahi
Poke, Coconut Shrimp, Macadamia
Nut Halibut, Teriyaki Ginger Tofu,
Chicken Katsu, Blue Hawaiian,
Mai Tais

Upcoming Shows

Saturday
March 5
Splinter Cell
(Eureka soul-punk) +
The Connies
(pop-punk from
Santa Rosa)

Coming Soon:

- ★ **Pink Snowflakes** (psychedelic rock from Portland)
- ★ **Witch Mountain** (stoner-doom trio from Portland)
- ★ **Christian Mistress** (New wave of American heavy metal)
- ★ **Tenderizer** (thrash noise from Albuquerque)

\$5

Doors open at 10:30 p.m.

THE
WORD ON
THE STREET
IS ONLINE



THEJACKONLINE.ORG

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

8 "The Humboldt Show" with **DJ Alvanita** Wake up & appreciate the beauty in life.

9 "Morning SLAP" with **Tone Fluke** A wake up to upbeat hip-hop, pop, and R&B with a tang of electricity.

10 "Monica's First Radio Show" with **Chicanos Anonymous** Are you prepared?

11 "What's Good" with **Lionman** Eclectic mix of killer tunes.

12 "Dead Air" with **DJ Morbid** Resurrecting the dead through the airwaves and giving you a taste of the living.

1 "Jukebox Jubilee" with **Little Miss Delirious** Motown, doo-wop, 50's rock, psychedelic rock, oldschool hip-hop, new wave, a dash of swing, a dash of disco, and requests.

"The Frankenstein Show" with **Bride of Frankenstein** Monsters crawl inside and make you want to do the jitterbug.

"The Cabin" with **Milk** Fun for the kids.

"Platform Productions" with **Phoenix** These two hours will be dedicated as a launch pad for an eclectic mix of music, trivia, interviews and spoken word.

"Seven O' Clock Shake Down" with **Suz** It's going to be wild!

"Joint Custody" with **DJ Goldilocks & DJ Dropkick** Think your family's dysfunctional?

"We Will Destroy Your City" with **Double A & DJ Screech** No! We pulled them all out!

"The Internet Will Make You Famous" with **MC Mafasaurus** Eclectic sounds from the interwebs.

"Tuesday Tunes" with **DJ Lady J** Eclectic mix of different types of Rock 'N' Roll.

"Absolute Faith" with **Magical Megs** Black metal, dubstep, classic rock, hip-hop & whatever comes to mind.

"This Is Happening" with **The Wild Hare** Smack talkin' and booty shakin'.

"Saucy Time" with **DJ Saucy** Eclectic batch of music & comedy. From your cheesy to your sleazy. To your classy to your sassy.

"Tarnished Tuesday Show" with **DJ Grubblor** Prepare your delicate ears to be spoiled rotten by my secret eat candy!

"Carpe Diem" with **Marisa** I'll bring the tunes, you bring the booze. An amazing mix of deliciousness.

"The Low-Class Conspiracy" with **Liberty Dunn** More soul than a sock with a hole.

"Backwoods Baggage" with **DJ Backwoods Baglady** A weekly amalgamation of the last 10,000 years of music. Stay tuned for the local jake, 30 min. past the hour.

"The Better Than Elevator Show" with **DJ 50/50** Some old. Some new. Some blues and some groove. Some hot and some kinda' not. Lots of hits and overall good...stuff.

"Low-end Theory" with **Devil** Far from the mainstream. Up-and-coming bass music.

"Wally Wally's Wild Workweek" with **Wally Wally** Every week open up your ears to classical music from the Renaissance era to the 21st century.

"Friday Night Feast" with **DJ Elliot** From soul to metal, a feast of music to feed your mind.

"Morning Glory" with **Erik** Featuring one artist for the first hour, practicing musical diversity for the second.

"The Classic Casual" with **Ms. Daisy** Classic rock and casual indie to start your Hump Day off right.

"Brunch With The Beatles" with **DJ Lobsta** Bringing the best of the Beatles & many other blazin' brunch nuggets.

"The Party Train" with **DJ Misdirect** Our adventures tremble at the sound of our tunes...soon they will tremble at the sound of our silence.

"Back on Track" with **Yakob** Bringing all the best tracks back!

"Carpe Diem" with **Marisa** I'll bring the tunes, you bring the booze. An amazing mix of deliciousness.

"The Low-Class Conspiracy" with **Liberty Dunn** More soul than a sock with a hole.

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"Friday Night Feast" with **DJ Elliot** From soul to metal, a feast of music to feed your mind.

"The Feral Domain" with **DJ Sad Panda** Enjoy some rock & alternative music, and get the latest in environmental news.

"Morning 90s at 10" with **DJ Max G.** Playing the most awesome cuts from the raddest decade around the 90s... Get stoked!

"State Of The Goober" with **DJ Gooby Goo** I music you were created to...call your parents...for real, you sworn & won the music. Think about it...Deep.

"The Grab Bag" with **Gonzolink** My picks or yours...surprise me!

"Thirsty Thursday Afternoons" with **DJ Nasty Nate Dawg** All request hour for Depot/Muddy's patrons who enjoy popping a few back while enjoying some good tunes.

"Afternoon Theory" with **DJ Sissor** Enjoy some alternative music before that great Depot Hour.

"The Zambese Hour" with **Ruby Tuesday** Keepin' it funky with an hour of the best funk up music your ears can handle!

"Tone's Thunder" with **Tone Fluke**

"The Low-Class Conspiracy" with **Liberty Dunn** More soul than a sock with a hole.

"Backwoods Baggage" with **DJ Backwoods Baglady** A weekly amalgamation of the last 10,000 years of music. Stay tuned for the local jake, 30 min. past the hour.

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"Low-end Theory" with **Devil** Far from the mainstream. Up-and-coming bass music.

"Hair Of The Day" with **Yess & Rah** Have you ever wanted to nurse that brutal Friday morning hangover? Tune in and we'll ease you into your Friday.

"Eurotrax" with **DJ Orca** Eclectic mix of American & European hits from France, Spain, Germany and England.

"Finally Friday" with **DJ Z** Eclectic music to help calm your nerves and get you through the last few hours before the weekend.

"Formational Fantasy Fridays" with **DJ Nasty Nate Dawg** Welcome to the Triple F Strip in because we are entering a new dimension of Fantasy!

"Joint Custody" with **DJ Goldilocks & DJ Dropkick** Think your family is dysfunctional?

"The Grab Bag" with **DJ Gonzolink** My pick or yours...surprise me!

"Kick Start" with **DJ Auz** Everything you need to start your weekend, from Aesop Rock to Zion!

"Hour of Power" with **DJ Auz & E-Motion** An hour of the best goateebump-inducing music to ever grace your ears.

"Listen and Play" with **Carl Johnson** All kinds of music and information about video games.

"Mood Music" with **Evan Almighty** Bringing back the radio, one song at a time!

"Saturday Shake Down" with **Chad Uno**

"Saturday Evening Dinner With Feeling" with **The Chief & Wally Wally** Grab something to eat, veggies or meat. We'll get you in the mood. Prepare to feel your food.

Request Number
707.826.6077 // KRHF.net

Playlist Blog
krhfadioplist.blogspot.com

"Saturday Morning Cartoon" with **The Chief** Tune in every week for a new, original Humboldt radio cartoon!

"Escape From Noise" with **DJ Illumanti** Bake for 2 hours. Serve hot. Serves 24.

"Humboldt Hangover Blues" with **Rob The Lobster** Rockin' riffs & pounding for throbbing temples. The only way to recover!

"Your Best Friend Ever" with **Best Friend Mikey** Your favorite show ever!

"What's Up" with **Lionman** BEST of Lionman favorites.

"Mood Music" with **Evan Almighty** Bringing back the radio, one song at a time!

"Saturday Shake Down" with **Chad Uno**

"Saturday Evening Dinner With Feeling" with **The Chief & Wally Wally** Grab something to eat, veggies or meat. We'll get you in the mood. Prepare to feel your food.

"Abuse" with **Public Enemy Number 2** Punk, blackmetal, grindcore, early punk, noise-core, Saturday Night Salaciousness.

"Lyrical Content" with **DJ Wordplay** Hip-hop, spoken word, jazz electronic... skip the bar and get loaded while you listen.

"Risa and Lola's Fun Hour" with **Marisa & DJ Gooby Goo** Audiological Romance

"Bright Light, Big City" with **Lila** The perfect Sunday blend of oldies and jazz.

"Subliminal Sundays" with **DJ Alvanita** Rockin', funky, chillin', hipin' & a hopin' who-knows-what!

"All Kinds Of Blues" with **Felix The Kool Cat** Jazz, blues, funky soul, and my tunes.

"The Teleportation Station" with **Disc Jockey Knickerbocker** Teleportation does exist! We will travel on moonbeams through the radio streams & listen to groovy tunes on our journey.

"Buckle up & here we gooooooo!"

"G Dazzle Theme Hour" with **G Dazzle** The best tunes centered around a different theme each week.

"Chetquette" with **DJ Dropkick** You did this, now you fix it.

"Strait Up Yam" with **DJ Pika-Pika** A show dedicated to international music.

"Happy Hour" with **DJ 415** Whatever radioland wants. Under A Big Sky, with **Brandon Widder** Rock, Classic and Alternative from then till now.

"GhettoBlaster Radio" with **Joker G** GhettoBlaster radio provides the best of hip-hop from old to new sounds, along with oldies and funk. And requests.

"Metal, Mayhem & Full Moons" with **DJ Wolfman** For music that's shaken, not stirred.

KRHF is Humboldt State's only Student-Run radio station, run by the students for the students.

DJs have the freedom to create their own original program following FCC guidelines.

It's an experience, a life-style, and a compilation of unique DJs each broadcasting their own special blend of radio bliss.

JAMES IRVINE TRAIL

Hey Hikers,

The first part of the James Irvine Trail makes you feel like you're on a field trip. The visitor's center cabin and large, gaudy educational signs might overwhelm you as you enter the trailhead. However, get onto the trail, cross the stream and weave around the trunks of gargantuan redwoods and you feel mesmerized.

Just north of Orick, the James Irvine Trail cuts along the edge of a small canyon in the Prairie Creek Redwoods State Park. As you walk, you curve in and out of finger-like extensions from the hill. You leave giant trees and ferns, trail out to the outer edge of the hillside, and peer down into a tangle of green and brown plant life.

Make sure to stay on the James Irvine Trail toward Fern Canyon. Other trails, like Zig-Zag and Miner's Ridge, will take you on long loops to other places. The James Irvine Trail carves a direct-ish route through the forest and along Fern Canyon before finally dropping down to the mouth of the canyon by the beach.

Some of the tree trunks and stumps along this trail are MASSIVE; you might get a sense of vertigo visually following these trunks to the point where they stop growing way up in the sky. But some of the interesting features of this hike are at eye level.

Crossing the stream several times provides a nice backdrop to the sound of birds chirping and your own slight breathing. But once you get down to Fern Canyon, the solid wall of indistinguishable green fronds is nearly overwhelming.

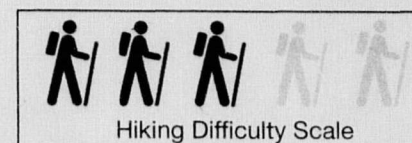
Cushy dirt makes this hike easy on the knees, but there are some decent hills throughout the long walk. Over 11 miles make the James Irvine Trail the longest hike that The LumberJack has featured this semester. But be brave. Try it. And let us know how it goes.

Driving Directions

Drive north on Highway 101
Take exit 753 toward Newton B. Drury Scenic Parkway
Turn left on to the parkway and drive about one mile until the large clearing with the parking lot on the left side. You'll find the visitors' center and trailhead there.



Derek Lactaoen
Online Editor



Distance
11.5 miles

Bring

Hiking shoes or boots,
water, a large snack or
lunch and a camera.

Time

About four hours

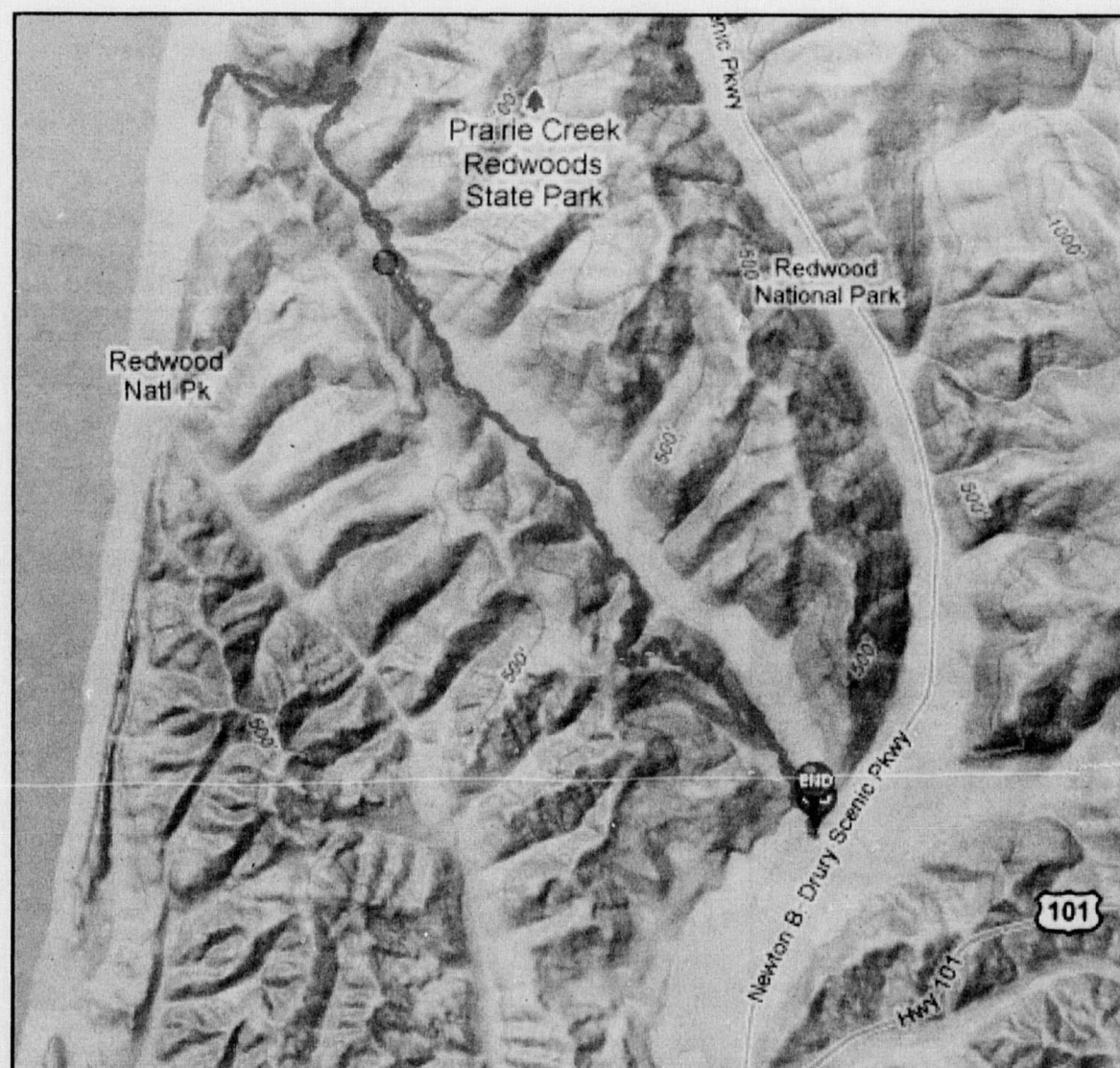
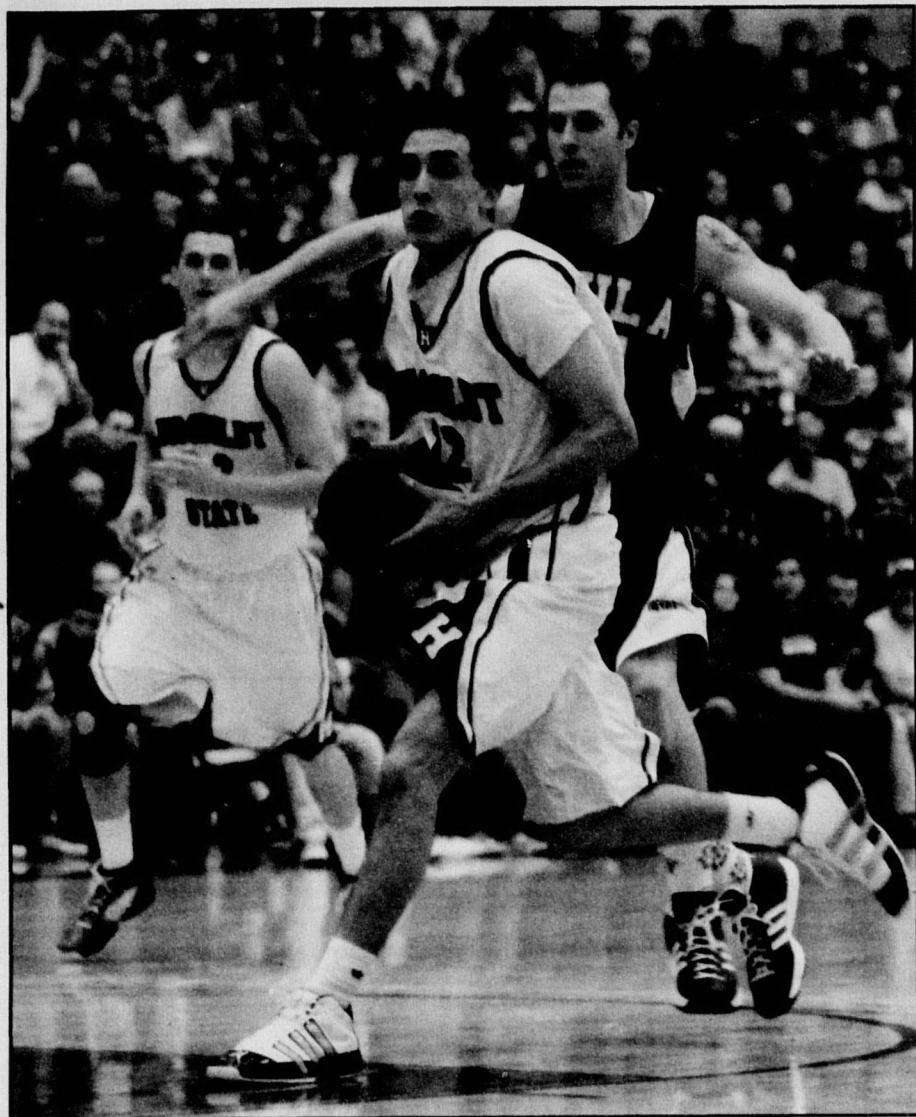


Photo provided by EveryTrail.com



Photo provided by Chris Morhs

Photo provided by HSU Athletic Department



LUMBERJACKS MEN'S BASKETBALL VS. CAL STATE DOMINGUEZ HILLS – FOR THE WIN!

Marisa Penkauskas
Staff Writer

Ernie Spada dribbled down the basketball court in Lumberjack Arena. He snatched it mid-bounce and halted before the 3-point line. He poised himself for the shot as he realized time was running out. The ball flew through the air as the halftime buzzer went off. The 1,850 supporters erupted into chaos. Dominguez Hills Toros fans screamed in frustration as Jacks' fans roared out their cheers. This 3-pointer pushed Spada to break the HSU all-time career 3-point record with 198 and contributed towards the Jacks' victory.

The HSU men's basketball team won the game against Cal State Dominguez Hills 71-62 and became California Collegiate Athletic Association champions on Wednesday, February 23. The Jacks ranked third in the country and second in the Western Region.

Drenched in ice water, poured on him from his excited players, Steve Kinder needed a short walk and a Redbull to clear his head. This was a monumental win for his first season as head coach. He sat down from his walk in a daze. "I'm shaking my head in disbelief," Kinder said. "It didn't seem like it would go this well this fast."

The Toros started the game with the upper hand and scored 6 points before HSU struck back with 2 points from junior forward Elliot Babcock-Krenk's free throws. The Jacks continued to gain points. Brian Morris, senior forward, tied it up then pushed the team ahead with two more free throws. Humboldt State held the lead

the rest of the game.

Kinder proudly described his top players. "I was just about getting Brandon Sperling on-board and Randy Hunter on board and the rest of the 14 new faces that we have going into this camp in the fall," he said. "They're a bunch of Clydesdales, I've got the reins and we're letting them run."

The Lumberjacks lost their previous game against the Toros at Cal State Dominguez Hills, but came back on their home turf. Morris was benched during most of the last game for two technical fouls, but worked hard for the redeeming win. "They've got a couple of dirty players and they like to talk trash. The first time I let it get to my head and this time I was prepared for it," Morris said. "They were doing a lot of talking tonight, but you can't do that much talking when you're down."

Spada had more than one victory this game -- he broke a record and contributed to the overall win during his last year at Humboldt State -- with his parents in the crowd to see it. At home or on the road, Spada's Dad watched his son play every game in the last four years. "Winning the conference title in my senior year... I couldn't really ask for a better way to do it," Spada said.

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



Photo provided by HSU Athletic Department

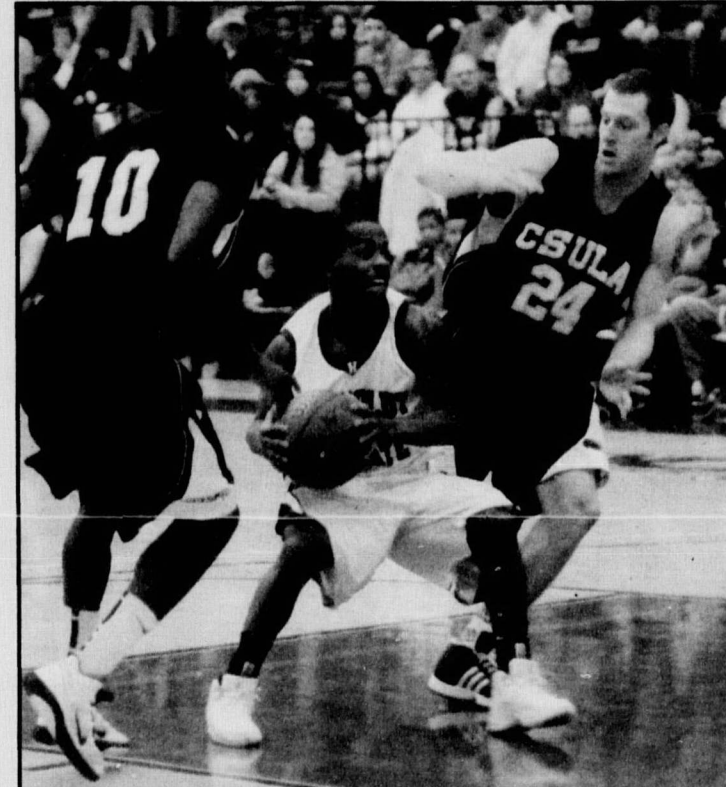


Photo provided by HSU Athletic Department

WOMEN'S BASKETBALL END WITH VICTORY

Stephanie Giles
Staff Writer

The women's HSU basketball team won their last game of the season against Cal State Los Angeles 73-63. Senior Taylor Kilgore's ended with a victorious bang. Kilgore ran off the court 11 seconds before the end of the game to hug her coach and the rest of her team mates.

"We all collectively did a good job tonight," Kilgore said. "I'm proud of my guards and my team mates for hitting those free throws."

The game against CSULA was close. HSU stayed in the lead for the entire first half with CSULA close behind, creeping in just one or two points behind. "We've had so many close games this year, with another one tonight," Coach Joddie Gleason said. The Jacks didn't let the pressure bring them down as CSULA stole the lead during most of the second half. "It was back and forth in the second half but we did a great job regrouping down the stretch," Gleason said.

The court turned into a battlefield, with CSULA hitting 22 fouls against the Jacks. Although the free throws were definitely an advantage, the Jacks didn't let the competition fuel their anger, only hitting half the amount of fouls.

"We did a much better job moving the ball and making those passes with primitive shooters," Gleason said. Team mate Lisa Petty scored the highest amount of points, 18 points with three 3-pointers, during the game. "We definitely hit more threes now than we did a month ago," Gleason said.

"There's nothing like playing in this arena and I've loved every minute wearing this jersey, I'm really going to miss it," Kilgore said. Kilgore, a Communication major with a minor in News Broadcast, was the only senior on the team this year. She left her mark on the women's team. She attained top five in nine categories on her team during the 08-09 season, including second place among the team for 3-point shot attempts and successful 3-pointers.

The team made 12-10 in CCAA and 15-11 overall. They played Cal State San Bernardino in the first round of the postseason CCAA Tournament at San Bernadino yesterday. For results, check the HSU Athletics website at www.hsuajacks.com.

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

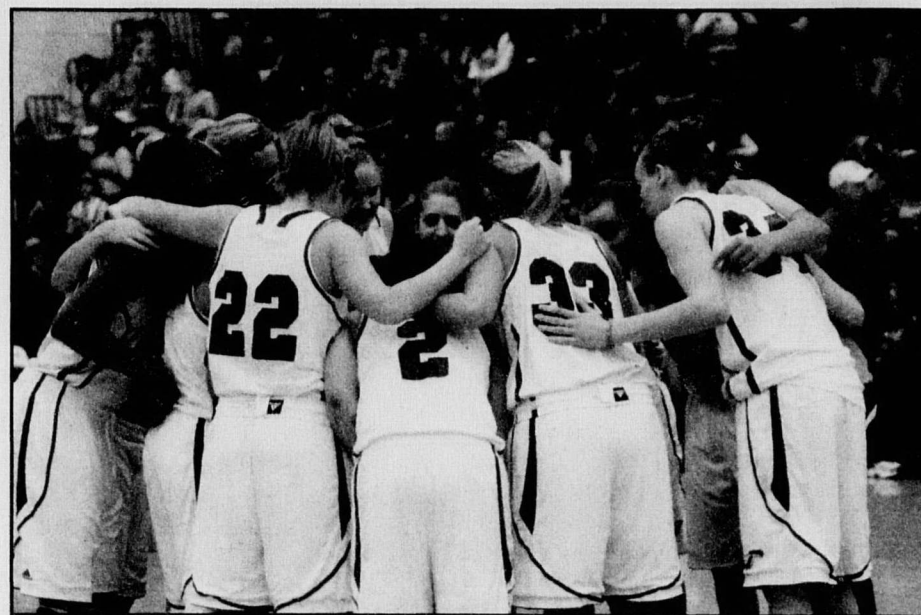


Photo provided by HSU Athletic Department



THE JACKS WIN AT HOME

Michael Kennedy
Staff Writer

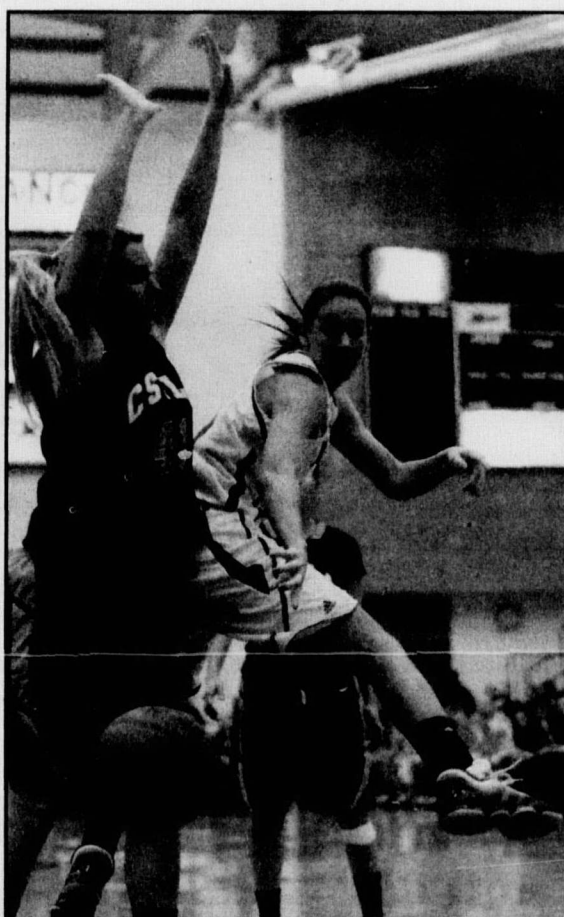


Photo provided by HSU Athletic Department

The No. 5 HSU Women's basketball team dominated CSU Dominguez Hills Wednesday night in a 75-40 win at home. The Jacks controlled the game from the start. "[The] Coach challenged us...we said if we win by less than 20 points, we're going to be disappointed with ourselves," said senior Taylor Kilgore.

"Execution was our focus on offense," said Jacks' Head Coach Joddie Gleason. The Jacks outscored CSUDH in every category and shot 50 percent in comparison to the Toros' 31 percent.

With 10 players on the court, the Jacks' overwhelmed the small eight-member CSUDH squad. Kelly Kime was the top scorer, shooting 13 points with

a perfect shooting percentage. "They only had eight players... we just stayed focused, played strong and had a lot of players see game time" said Kime.

The Jacks' took full advantage of the tired Dominguez hills in the second half and subs stepped up. As one of the last home games for the Jacks, and one of the last games for senior Taylor Kilgore, this win meant more for the players than their record. "She has been a great leader, and we want her to leave here on a good note," said Kime. "We wanted to come out strong and play hard, which is what we accomplished tonight...I'm really proud of our subs, we had a lot of great play come off the bench," said Taylor Kilgore.

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**Mickael Kennedy may be
contacted at thejack@humboldt.edu**





Wednesday 3/2
Sci-Fi Pint and Pizza Night
6-10 p.m. All Ages

Thursday 3/3
Al Di Meola with Steve Watts Sextet
Doors at 8 p.m. \$35/30 21+

Friday 3/4
Ocean Night Film Screening
Doors at 6:30 p.m. \$3 donation All Ages

Saturday 3/5
20th Almost Annual Pun-off
Doors ajar at 6:30 p.m. \$15 21+

Sunday 3/6
Pretty in Pink
Doors at 5:30 p.m. \$5 Rated PG-13

Wednesday 3/9
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TESTING THE TRACK

LUMBERJACKS BRING HOME GOOD MARKS FROM MEET AT CHICO STATE UNIVERSITY

Derek Lactaoen
Online Editor

For their first meet of the season, the Humboldt State track and field team traveled to Chico State for the Wildcat Relays over the weekend.

Cold weather and snow on the passes didn't stop the Lumberjacks from making the drive to Chico, Calif., to post some impressive marks for the first meet of the season.

The team had an intersquad meet two weeks ago, but this was the first chance for real competition. This was

also the first track meet for new head coach Scott Pesch. Chico State, Butte College and Oregon Tech competed against the Lumberjacks. The women placed second in overall team competition and the men placed third. Chico State won both team competitions.

The Wildcat Relays is a unique competition that combines results from a school's athletes in each event and awards them a place accordingly.

Although she didn't win her events, Heather Snyder had an impressive day in the ring. She threw 38.89m in the discus throw and 43.35m in the hammer throw to place second in both. She came in fourth in the shot put with a mark of 12.08m.

Coming off of her redshirt season, senior thrower Jennifer Deegan placed third in both the shot put and discus throws. Her 40-foot 1.5-inch shot put throw is a new personal record.

Snyder and Deegan's combined marks placed them first in the discus relay and second in the shot put and hammer relays. Pesch calls them the "dynamic duo."

She said the meet was a good opener for competition and that in all the events, Humboldt had solid marks.

"This coming season is going to be a strong one," she said. "If our team keeps up the enthusiasm and hard work, I think we have a shot at having some top performances for the big meet [Conference Championships]."

Several Lumberjacks brought home individual wins. Billy Burgess won the 110m hurdles in 16.79 seconds and Brad Wright threw the hammer over 48 meters to win the event. Eric Malain won the 3000-meter run in 8 minutes and 46 seconds.

Senior Nico Arguelles was second behind Malain. He said the meet was a good chance to tune up for competition and prepare for the rest of the season.

"I think this group of men and women is ready to have a breakout season and put HSU track and field back on the map a bit," said Arguelles.

On the women's side, runners from the distance team placed first in the Distance Medley Relay; the race combines the 400-meter, 800-meter, 1200-meter and 1600-meter races into one relay. Irene Graham, Kathryn Randall, Alizah Rotman and Bridget Berg ran that race in 12:30. Their win was Pesch's "personal highlight" of the day.

"For us to go in and take away some points and place very well in a lot of different events makes our coaching staff feel cautiously optimistic," said Pesch, looking ahead to the rest of the season.

Pesch said the coaches will use performances at Chico to set the roster for the following meets, including larger invitationals at the University of Oregon and Stanford University.

Looking ahead to the rest of the season, he said "our men are competitively deep and our women are a small squad, but very effective."

The Lumberjacks travel to Turlock, Calif., this weekend for Stanislaus Preview at California State University Stanislaus. The meet will give the HSU athletes a chance to test the facilities that will host the California Collegiate Athletic Association conference championship meet in May.

Derek Lactaoen may be contacted at thejack@humboldt.edu



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THE ABS MYTH

Kaci Poor
Staff Writer

WHY ONE ATHLETE CARES LESS ABOUT HIS ABS AND MORE ABOUT HIS CORE

Tyler Simmons doesn't care about his abs. The Humboldt State track and field athlete hates sit-ups. Simmons cares about his core.

Angela Dendas, who graduated from HSU with a Masters in Exercise Science, wrote her thesis on the core.

A part-time lecturer and instructor for the Strength Fitness class in the Student Recreation Center, Dendas describes the core as a house. Different sets of muscles represent the six sides. In her analogy, your abdominal muscles represent the front wall and your paraspinals, the muscles running along your spine, represent the back wall. Your obliques serve as the side of the house, your diaphragm as the roof and your pelvic floor as the basement.

Dendas says a strong, stable core is more important than defined abdominal muscles because the core represents a larger area. A solid core supports the spine and allows individuals to transfer force through their extremities efficiently. This leads to better athletic performance.

Simmons sees the benefits of having a strong core when he competes in track and field events. "You have to be able to maintain an upright torso, a tight spine and the ability to transfer force," he says.

A strong core also keeps him safe.

Shannon Childs, HSU's head athletic trainer, says a strong core, along with flexibility, is a critical component in creating a neutral spine and pelvic balance. "A weak core and tight hamstrings are recipes for disaster when it comes to lower back pain," explains Childs.

Great exercises for beginner and elite athletes are bridge exercises says Childs. These exercises target your abdominal muscles, gluteus maximus and lower back, but keep your spine in a neutral position to avoid injury.

To preform a bridge exercise, lay on your back with your feet on the floor, hip-distance apart, arms at your sides. Push down through your heels, tighten your abdominal muscles and raise your buttocks off the ground. Your body should form a diagonal line from knees to chest. While keeping your stomach tight, lower your body back down to the floor until you are two inches from the ground. Pause, then raise your hips back up to form the diagonal again. Start slow, with only 10-12 repetitions then work your way up to three sets of 15 repetitions.

.....
**Kaci Poor may be contacted
at thejack@humboldt.edu**

WORRIED ABOUT YOUR OWN CORE?

Strength and Conditioning coach Angela Dendas describes three exercises to help you build a strong, stable core: the Rocker, the Can-Opener and the Hiker. Tim Souza, Strength and Conditioning intern, was kind enough to model these exercises for The Lumberjack.

THE ROCKER

Reps: 2-3 sets of 10
Difficulty: 3 out of 5 stars



Step 1. Lay on your back with your feet on the floor, hip-distance apart, arms at your sides. Cross your right leg so your right foot rests on your left knee.



Step 2. Contract your abdominal muscles and lift your buttocks and lower back off the ground. Push into the ground with your hands to stabilize your body. Hold and then slowly lower back down to the ground. Switch legs and repeat.

THE CAN-OPENER

Reps: 2-3 sets of 10
Difficulty: 4 out of 5 stars



Step 1. Lay on your back with your legs straight out. Cross your arms behind your head to support your neck.



Step 2. Lift both legs off the ground two to three inches. Bend your right leg so your hip and knee form 90-degree angles. Crunch up with your upper torso and touch your right elbow to your right knee. Hold and then slowly lower back down to the ground. Switch legs and repeat.

THE HIKER

Reps: 2-3 sets of 10
Difficulty: 3 out of 5 stars



Step 1. Begin in plank position, with only your forearms and toes touching the ground. Keep your neck in a neutral position. Don't pike upwards or sag downwards. Your body should form a diagonal line from shoulders to feet.



Step 2. Raise your left foot off the ground. Squeeze your abdominal muscles and cross your left leg under your body. Try to touch your left leg to your right elbow. Return to the starting position. Switch legs and repeat.

EDITORIAL

UC Students Protest on our Behalf

On Tuesday, more than 400 University of California students marched on the capitol to protest Governor Jerry Brown's proposal to cut \$500 million from the CSU and UC systems. Each CSU campus will face a 10 percent cut. Five students were arrested on suspicion of assembling and protesting without a permit on state property.

Brown also intends to raise state tuition fees. At Humboldt State, fees have increased by 296 percent since 2001. Within the last year, three programs were cut from HSU: nursing, computer information systems, and the theater, film and dance's masters program. It has yet to be announced how this year's cuts will affect us. With schools already on tight budgets, it is hard to imagine how to move forward.

Last year CSU and UC students participated together in a protest against the education budget cuts. Where were we this year?

Increasing tuition fees makes it harder for students to pay for school. Students need to be able to afford school in order to get a degree. Getting a job without a degree is nearly impossible in the modern economy. As students, we need to take notes from this year's protesters and take a stand for our education.

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.



By Catherine Wong

Well let's not pussyfoot around. Foot fetishism is a pronounced sexual interest in feet or footwear. Interest could revolve around the shape or size of the foot, the sound of footsteps, the smell or even the taste.

Now, I have met a number of people who are completely disgusted by feet. They won't allow feet to be bare or in their presence. In the Middle East, showing the sole of your foot or touching somebody with your shoe is often considered rude. However, sex manuals in China from the Qing Dynasty listed 48 different ways of playing with women's feet. It's not unheard of for a fan of the lower legs to stray further to the ankles and feet as well. Feet should be regarded the same as any other part of the human frame.

A "fetish" in the strictest of technical definitions indicates dysfunction and obsession. That's not to say that if you are simply aroused by feet that you should be ostracized. Most statistical data shows that a foot fetish is the most common of all fetishes. In 2006, AOL released a list of the search terms submitted. In ranking only those phrases that included the word "fetish", it was found that the most common search was for "feet". So what's with all the fuss?

The most popular theory is that the touch senses for your feet and your genitals occupy adjacent areas of the somatosensory cortex in your brain. The cortex is a structure in the

SEX COLUMN

Dirty Little Secrets

"I've given a million ladies a million foot massages, and they all meant something. We act like they don't, but they do, and that's what's so fucking cool about them." -Vincent Vega, Pulp Fiction

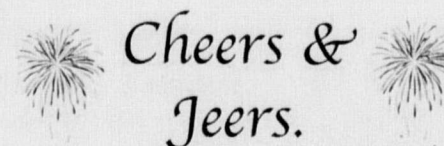
parietal lobe of your brain that deals with sensory input. Sensations from the feet may mix with sensations from the genitals and vice versa. A foot reflexology chart shows that different locations on the bottom of your foot are linked to different pleasure locations on your body as well. For example, the ball of your foot is linked to your heart and lungs and the instep is linked to your internal organs.

Expression of attraction varies from adornment (jewelry or shoes) to admiring the shape to foot jobs. It has not shied away from celebrity spotlight either. Recently Rex Ryan's wife gained attention due to a likeness of herself performing in a foot fetish video to a voice with the likeness of her hubby. Quentin Tarantino stated on national television that he has a "fondness" for feet and enjoys filming them. Actor David Boreanaz also stated that he has a female foot fetish and toe cleavage turns him on. Ladies, the shoe that lets just the tops of your toes show is one of his favorite looks.

Fashion trends lean towards promoting the admiration and discovery of beauty in the foot. Although this is mostly predominant in fashion aimed at women. Among women's shoes are spiked heels, cork wedges, and strappy sandals. Many cuts or styles of shoe enhance the ankle or the toes. Shoe or boot fetishes are not unheard of.

So kick off your boots and relax. You may find yourself a new friend.

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



CHEERS AND JEERS

Cheers to this awesomely weird weather, hail, rain, snow and sun all in one day! Crazy!

Cheers to Paige Peterson's stirringly beautiful rendition of The Star Spangled Banner before Friday's night's basketball games in the East Gym.

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.

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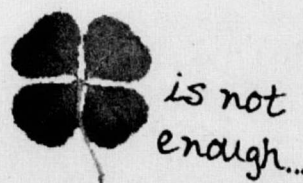
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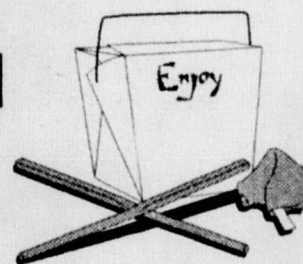
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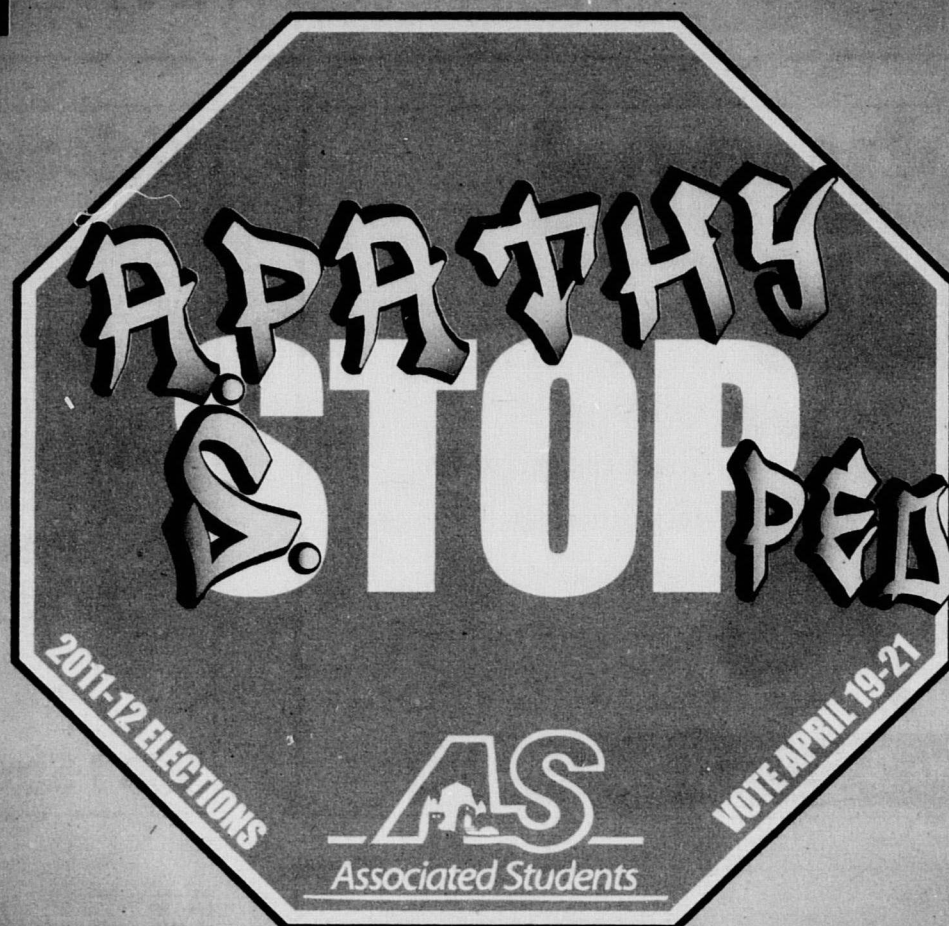
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