

'Jumpers,' a play by Tom Stoppard, opens Friday in the Studio Theatre. See story on page 6.

photo by Dave Kaufman

The Lumberjack

Humboldt State University
Arcata, Calif. 95521

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Appointees total seven

SLC reps approved

by Heidi Holmblad

Luis Herrera and Henry Flores were approved as at-large representatives at last Thursday's Student Legislative Council meeting.

Herrera and Flores were chosen from a group of 10 students by an ad hoc committee. This committee was set up by Associated Students President Gregg Cottrell to help eliminate the charges of bias in SLC appointments, which has been charged with in the past.

The committee, made up of Cottrell, Ed Scher, chairman of SLC, and Gregg Kellogg, also appointed Alison Anderson to an at-large seat. Anderson was not approved because the seat was not officially vacated.

Sunny Stupek was elected to that at-large seat last spring, but has missed over three meetings without an excuse. According to the SLC standing rules, a letter of impeachment must be sent to the Student Judiciary, or he will be asked to resign. Anderson will take the seat, if approved by SLC, after Stupek resigns or is removed from office.

Unofficial appointment

The committee has made an unofficial appointment to the Interdisciplinary Studies and Special Programs seat. Tony Gali tied Nancy Koenig for the seat in the election, and both were later disqualified for running under the wrong major.

After Gali changes his major he will be appointed to the seat, said Cottrell.

Gali is now a political science major, but is taking the Cluster general education program, which is listed under ISSP. Cottrell said changing his major

is "just a technicality."

These four new representatives bring the total number of Cottrell appointees on SLC to seven. SLC has 15 members.

Cottrell said that he hopes no ones will resign after the appointments are approved.

"I'd be surprised if anyone resigns," said Cottrell. "They want to help with the budget. But they don't realize that it usually isn't settled until June."

The Board of Finance will begin to draw up the proposed budget this month. SLC will have the proposal by Easter to study, "and the debates start after that," said Cottrell.

However, all seats on the SLC will be open for challenge during the spring election. This is due to the voters' approval of the elections amendment, last month.

HSU athletics faces changes

by Jack Adams

Recommendations that could affect the scope of the HSU athletic program are due to be presented to President Alistair McCrone by March.

According to Larry Kerker, chairman of the health and physical education department, the Joint Committee on Intercollegiate Athletics will present McCrone with its findings and recommendations on seven questions that McCrone asked about the sports

(Continued on page 15)

Former HSU professor plans to reinhabit state

by Kevin Jenney

About 800 people gathered Saturday night in the Van Duzer Theatre to hear a lecture by former HSU wildlife professor, Raymond Dasmann.

Dasmann focused on the subject of reinhabiting California, which he defined partly as "the process of relearning how to live with the land."

More than anything else, however, the night was a sentimental welcome back to the former professor who has made important contributions to the world's environmental movement.

Dasmann, the author of numerous books including "The Destruction of California," taught at HSU from 1955 to 1965. In 1966 he left California for work in Washington, D.C. and later in Europe. After a 12-year absence, he is now living again in California.

Dasmann, fit, tanned and wearing cowboy boots, told the audience, "I'm glad to be back (in California). I'm glad to be here, because I believe it's the most hopeful place to be on earth."

The 59-year-old environmentalist firmly believes California was and will be the catalyst for future environmental concern. He said, "The waves of the future break first on the California shore. This is where changes start."

Living "in place"

Dasmann said the most encouraging idea he sees going on in California is the process of reinhabitation. It is a concept of "becoming a true inhabitant of a place."

He illustrated this concept by contrasting living "in place" on the land, with the idea of making a living from the land.

"When you live 'in place' you know and respect the place where you live. You learn its ecological rules. When you're just making a living you're trying to get what you can from the land. You are exploiting it."

Dasmann said he was encouraged by how many people are now "living in place."

"You see them scattered in alternative communities in the back areas of Humboldt County. You see their presence in the revitalization of small

(Continued on page 2)



Photos by Andrew Alm

Hopeful opponent visits HSU

by Ziba Rashidian

HSU was visited last week by Norma Bork, a democrat running for the U.S. House of Representatives seat held by Don Clausen.

Bork is a professor of speech pathology and audiology at Pacific Union College in Angwin, Calif. Bork said the main reason she is running is because she represents "a lot of groups that don't have a voice" in government.

Bork said she supports tax reform. "I'd like to see the whole thing thrown out and started over," she said. She said a tax program should encourage small business. The four member family, which is the basis for tax proposals, should be reconsidered, she said, because of the increasing number of one-parent families.

Bork addressed the problem of environmental protection. "Industries that use the environment for their products should be responsible for keeping the environment as intact as possible," she said.

Another issue of Bork's campaign is the development of a national health insurance program. She said that while the country was not ready for socialized medicine, "everyone should be able to have health care if they need it."

There are major differences between the Republican incumbent Don Clausen and herself, Bork said. "He votes against everything I care about." She gave examples such as federal funding of abortions, medicare for the elderly and the ERA bill.

Bork said she plans to run a "grass roots" campaign and she intends to go door to door in all of the 130 small towns in the Second Congressional District.

She faces competition from Pat Hanratty for the Democratic Party nomination.



Reporter and candidate discuss issues.

photo by Dave Kaufman

SLC supports Foundation appointment

In one of their first official actions, the new Student Legislative Council last week gave their support to Chris Lawrence's pending appointment to the Humboldt State University Foundation.

The auxiliary foundation administers grants for sabbaticals and other projects. It is made up of two students and 12 faculty and administration members. Dave Bush, Associated Students vice president, is the other student member of the foundation.

In his four years here, Lawrence has been chairman of Dorm Program Board, coordinator of the Community Resources Allocation Board and a member of the Student Judiciary.

When asked by an SLC member why he wanted to be on the Humboldt Foundation, Lawrence replied: "because I'm a masochist, next question."

Dasmann: world ecology starts here

(Continued from front page)

towns and villages. You see them restoring old neighborhoods in the city," he said.

However, he said these people are hardly recognized by the mainstream of society. "They seem to me like the early Christians in Rome, creating something new and vital in a civilization that, in its existing form, cannot much longer survive. We're in a society that must change or die, and the sign is a healthy sign of change.

Dasmann said he began to think of California as the center of social change when he went to Europe. The roots of change, he said, would go from California to New York to London, Paris and Amsterdam.

"Ideas were slow to take hold in Europe, but when they did it was with a certain tenacity that we have not always been blessed with here," he said. "In 1966, the word ecology was a strange word to the French, but now there is in France an ecology party." He said the ideas that start here often land in foreign countries and take root.

Dasmann said when he first wrote his book "Environmental Conservation" in the late 1950s, his publishers said with a name like that the book would never sell. "When I was teaching ecology here in 1955, I would never have guessed that there would someday be an ecology movement," he said. He joked that one could just as easily have expected a chemistry movement or a "botany now."

Dasmann said, "The idea of personal awareness is something we just did not hear the last time I was at Humboldt." Then he sarcastically added, "Of course now there is the extreme position which is almost reverse snobbery of the new eco-consciousness; I am more eco than thou. You gain eco points if you walk or ride a bicycle, recycle your waste, are a vegetarian. You lose eco points if you smoke, buy new clothes, drive a car, eat meat. At times it gets kind of amusing."

Destruction still possible

Although there was an optimistic tone to Dasmann's lecture, he said he still sees western civilization hell-bent for

destruction. "The destruction may come from nuclear proliferation or it may come from the problem of population growth."

Dasmann said western civilization has "to get off the back of the third world." He said the third world has to find new pathways to development through eco-development. "Building from local culture, local knowledge; this is the way developing countries must grow."

Dasmann made very clear his stand on the Redwood Park issue. "I think it should be expanded and the peripheral protected." He said he believed the issue should have been solved several years ago.

Dasmann said it was an overwhelming experience for him to come back to HSU after being away so many years.

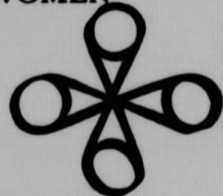
Dasmann concluded his lecture by saying, "California is the place where changes have begun in the past; California is the place where changes have to begin now."

After leaving HSU, Dasmann went to Washington, D.C. to work half time for the Conservation Foundation and half time for UNESCO. In 1970, he moved to Switzerland to work for the International Union for Conservation of Nature and Natural Resources.

Dasmann, who came back to live in California last July, spends half of his time teaching at UC Santa Cruz and the other half at his home in the Sierra Nevadas.

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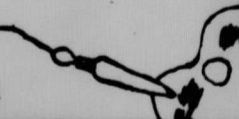
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Computers aid biologist in identifying organisms

by Paul Engstrom

Ten years ago, Dennis Anderson, a biology professor at HSU, was predicting that greater reliance on computer technology would create more problems for society — like high unemployment — than it would solve. Today, Anderson depends on that technology for classifying and identifying plants, and he is even building his own computer at home.

Why the about-face?

Anderson first got "turned-on" to computers when he visited the Smithsonian Institute in Washington, D.C. in 1968 and watched a computer program write descriptions of organisms for identification purposes.

"That was very impressive," he said. "I came back here the following fall and tried to get the programs implemented in our computer center. At the time, we didn't have the machinery capable of supporting these rather lengthy and involved programs, so I wasn't able to do anything."

Religious conversion

Even before the updated equipment arrived, Anderson tired of losing arguments with his colleagues about the need for computers. He began reading about them and something akin to religious conversion took place. His interest snowballed and he ended up taking a FORTRAN programming class, a course in digital electronics and another in micro-computers. He learned several other computer languages on his own.

"The more I hung around the computer center, the more the enthusiasm and dedication of those people became infectious," Anderson said.

Much of his energy has recently been devoted to developing taxonomy programs, which he says are 95 percent completed. The printed taxonomic keys now used to identify plants, Anderson explained, are cumbersome because the researcher must sift through vast quantities of information before he or she finds those listed characteristics which are essential in making a correct identification. The computer, however, can code the characteristics describing each plant and list them in "descendent order of utility."

Those which are most valuable in

making a particular identification are called up first, saving a great deal of time. Moreover, the computer can readjust that order of utility if the taxonomist tells it to, write the keys to which it will refer for future identifications, and even calculate the probability that a specimen is one kind of plant and not another.

"This opens up a completely different approach to writing descriptions," Anderson said. "It may not be very acceptable, however, because it violates traditions."

"Ideally, you can imagine the data base for the plants, organisms, even nuts and bolts — anything that can be coded. In that ideal world, you would have the entire flora of California coded in a matrix ready for instant recall."

But the largest gain is the amount of time saved, Anderson said.

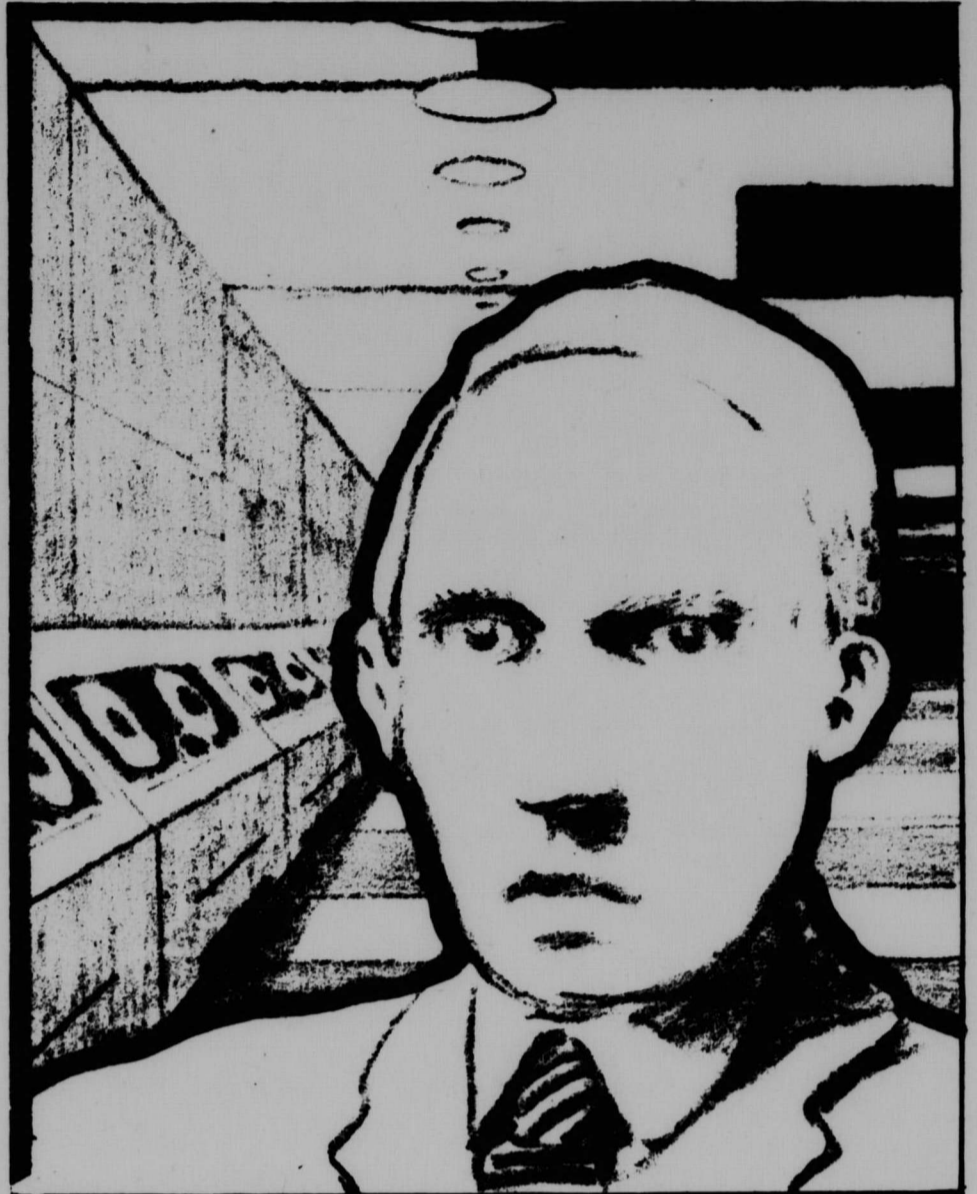
"In some cases, as with the statistical work I'm doing, the time difference we're talking about is a five-second run on the computer as compared to perhaps 10 man-years of calculation." Many of today's routine calculations would not have been attempted a few years ago due to the amount of time involved, he said.

Instructional tool

Anderson teaches a course entitled "Computer Applications in Biology," but he doesn't think the time has yet arrived when natural science majors should be required to take computing classes. He sees the computer as a valuable instructional tool in quizzing agrostology students on types of grasses, for example, and finds the student response to this teaching method is "very positive." However, Anderson has been unable to demonstrate any improvement in class performance on standardized exams that would argue favorably for computer-assisted instruction.

Anderson predicted that job-seeking biology graduates without computer experience will be at a disadvantage in the future. Surveys of industry and public service employers, done by the chancellor's office, indicated "there will be an increased emphasis on some level of computer knowledge, probably at the

continued on page 11



Sprouted Seed

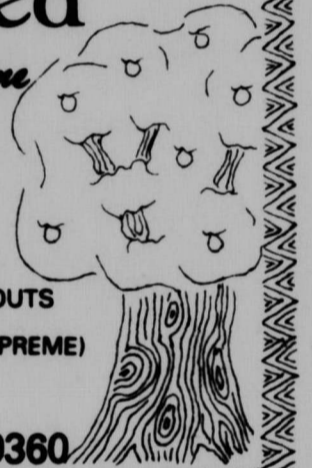
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Editorial

RNP expansion may be key to Northcoast economic stability

The proposed expansion of Redwood National Park is, to be sure, a knotty problem. But it can be solved and probably a more convincing argument could be made that expansion will better serve the long-term best interests of Northcoast residents.

The key, of course, is long term. Industry and government experts seem to agree the timber industry will enter a decline and wind up in robust shape around the turn of the century. The questions are when will the decline hit and how hard?

Anti-expansionists seem to be pinning their hopes of making it through the decline by felling U. S. Forest Service trees. They will be fought by conservationists every inch of the way and in the end compromises will be reached which fall short of everyone's ideal. Life is like that.

Life is sometimes inherently unfair. So is big business. The timber industry has been using fewer people to accomplish more logging. Some people have found that even a union contract has not protected their jobs.

Regardless of expansion there will be an increasingly large labor surplus if nothing is done to turn the surplus into productive endeavors. What is to be done when our already high unemployment rises higher? Can we expect benevolent assistance from our more fortunate working neighbor?

It is unlikely there is enough money on the Northcoast, except in the timber companies (did you know the price of stock for Arcata National has gone up 150 percent since Nov. 1974? Stock holders do not seem worried about expansion.), to finance economic diversification. The prospect of 40 million federal dollars coming into the region to enlarge the economic base is almost reason in itself to favor expansion.

Of course, the money could be wasted on ill-conceived short term projects favoring self-serving capital expenditures. What is genuinely needed is a stimulation of local resources to create self-sufficient industries. Hopefully the people directing the course of federal funds, assuming we get federal funds, will avoid petty self interests.

And in the end, even if the money is squandered, will we be worse off than we would be without the money?

Congress will by and large determine much of our future on the Northcoast. The questions are by when and how large?

The Lumberjack is published Wednesdays during the school year. It is funded through advertising revenue, the Associated Students and the Humboldt State University journalism department.

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Letters to the editor

Logging reviewed

Editor:

Take a drive along Bald Hills Road and look down on the Redwood Creek Watershed. Past years of poor management have led to the destruction of redwoods upstream from the present park boundary. Of these 48,000 acres to be purchased by the government, 39,000 acres have been logged.

The effect of past logging will remain and no reforestation will take place unless the government spends additional money. Actually we are buying 9,000 acres of redwoods at a cost (considering present and future social and economic factors) that will boggle the mind.

The government is spending all this money on an area which is not virgin. Let's face it, most of the area has been logged. There will be amendments to the expansion bill demanding an increase of logging on national forest lands to make up for the loss of money and wood products due to the park expansion.

Roadless areas may be open for future logging. Virgin areas like the Eight-mile and Blue Creek Units in the Siskiyou Mountains may be destroyed. The government can only spend so much money on buying land to set aside.

The park expansion is a ticket to open these fragile areas for logging. The long term result will be more damaging than losing 9,000 acres of redwoods already in a sea of past logging.

In the Siskiyou there are more species of coniferous trees, rare wildlife, and sacred cultural sites than anyplace on earth. There are thousands of acres of protected redwoods; nothing is

protecting the Siskiyou. Let's manage the stands already logged and not rip into nature's last. Money must be used to protect areas that are truly virgin.

Questions or comments should be addressed to the editor. The deadline for letters is noon Friday before publication. Letters should be no longer than one double spaced typewritten page.

All letters must contain the author's name, major and year if he or she is a student, title and department if he or she is a faculty member or administrator and community residents should be identified by town.

All letters are subject to editing.

The Lumberjack

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...more letters

The land upstream of the park should be managed properly. Money has to be spent on reforestation so trees will grow to stabilize the slopes and protect the watershed. By giving the land back to the companies, they will have to replant and manage it at their cost. The logging companies cannot afford land with no trees; their only alternative is to plant and grow trees for future crops.

With this outlook less jobs will be lost, and jobs lost through mechanization cannot be blamed on the park. The technology is here for good forestry, what we lack is enforcement of proper logging practices which minimize damage.

I am not arguing anyone's view. I just hope the people for the park expansion will consider the whole issue and not just the 9,000 acres of old growth redwoods.

Marc Kalkoske
HSU graduate

Voting urged

Editor:

As a student and concerned community member, I would like to urge HSU students to register to vote in the upcoming Arcata City Council election.

Many newer students will probably ask "why bother?" The reason is that for the past four years we have had a very responsive council that has shown great concern for the university community and the issues students feel are important.

Four years ago Wesley Chesbro and Dan Hauser were elected to the Arcata City Council. Both were former HSU students and politically active in environmental issues. Chesbro is the founder of the Arcata Community Recycling Center and at that time was Director of the Northcoast Environmental Center.

Students played a crucial role in the 1974 election and Chesbro and Hauser have always shown their concern for the views of the students. On issues such as housing, planning, parking and public transportation they have repeatedly represented us well.

Although they are opposed by only one candidate, student complacency could result in losing one of these two representatives, if we don't turn out to support them.

Arcata is a great place to live and go to school. Please register and vote to retain representatives who want to keep it this way! The deadline for registra-

tion is Feb. 6. Living here and being registered 29 days before the election is all that is required to vote.

Nancy Reichard
senior, natural resources

Love of animals

Editor:

Animal lovers, I urgently need your signatures or your help in getting signatures to abolish the decompression chambers at animal control. We need 500,000 signatures by Feb. 20, 1978 and the only way it can be done is with each and everyone of your help. Together we can abolish this extremely painful death. We are now being given the chance to save millions of animals each year from being destroyed in the decompression chambers, which cause extreme pain.

The alternative is an injection which is less expensive, painless, saves millions of gallons of water and saves electricity. Please send me a self-addressed, stamped envelope with your request to Sandra Tollivoro, 1387 Babel Lane, Concord, California 94518. Please hurry. The deadline is Feb. 20, 1978.

Thank you for reading my letter. I know you will help me if you can. Please reply.

Thank you,
Sandra Tollivoro

Permit parking

HSU Police Traffic Commissioner, James Farcson, announced today that the City of Arcata and the State of California have given HSU all the streets east of U.S. Highway 101.

Permit parking has been extended from the city's northernmost freeway overpass to Samoa Boulevard in the south and an undetermined distance to the east.

Residents with property adjoining public access roads will be given special discount prices on their permits. (All they need to do is to present a notarized assessor's plot map verifying ownership and location of their property.) Renters are not eligible for discounts.

Permit prices will be increased slightly to help pay for curb paint, new Cushman traffic scooters and more police badges. The new personnel needed to write parking tickets will be hired from the state budget, which Farcson says "will be easily justified with the increased income revenues."

Parking zones for the handi-

capped will be extended to include areas near the university. With the increase in fines to \$25 for illegally parking in these zones, a greater income can be realized.

The campus police expect some problems with this new strategy.

"We expect a run on handicapped decals," Farcson said. "Many people, deviants in their own way, will be faking handicaps and trying fraudulently to obtain these decals. They will try to park closer to the university to use the facilities."

Those person issuing permits have been warned that countermeasures will be used. Examples: a wheelchair victim suspected of lying may be tipped forward or someone on crutches may have them taken away in checking for fakers.

As for appropriate sign-posting in the area, Commissioner Farcson said, "An add-on notice to existing city limits signs will be the communication mode. By covering this entire block-area with our jurisdiction, we eliminate the need for a sign at every corner. We hope eventually to hire some students to paint all the curbs so people will know that parking around our university is

a controlled program. We will paint the curbs gray so everyone will notice."

A generous two-day grace period—to allow commuters to adjust—will be extended over the Feb 4-5 weekend to the following Monday.

When asked why University Police do not buy parking permits, Commissioner Farcson had a dual reply.

"We park our personal cars out of the way at the office, then drive the state police cars. No one tickets a police car—that would be ridiculous. Anyway, on salaries like ours how can we be expected to lay out \$30 for a parking permit?"

Any student living on \$5,000 a year or less can easily understand why a person making over \$15,000 a year should not have to pay to park their car on city streets.

"People parking without permits are just ripping off the people who pay for their permits," Farcson concluded.

Footnote: I could find no basis for the rumor that the campus police are negotiating for parking jurisdiction at Uniontown Shopping Center.

Ev Miller •

Tenants Corner

by Kevin Gladstone

Humboldt Housing Action Project
Coordinator

When permanently moving out of your residence in the middle of a lease, you should try and assign your residence instead of subleasing it.

An assignment is a transfer of the entire lease. The original lessee is relieved of all obligations of the lease and the appropriate sums of money (i.e., deposits, last month's rent) will be collected from the landlord.

When subletting, you are still responsible for all of the terms and conditions of your own lease. If the sublessee doesn't pay his/her rent or damages the structure, you will still be liable to the landlord.

Not all leases have clauses that allow the tenant to sublet or assign their lease. If you are moving in as a sublessee, make sure it is allowed in the lease.

Proposed canal threatens Eel, Trinity

by Wesley Chesbro

This month the California Legislature will once again take up the subject of the California Water Plan, which includes the Peripheral Canal, Senate Bill 346, authored by Senator Ayala of Chino, would authorize construction of water storage and transportation facilities geared to ship Northern California water southward.

The Peripheral Canal bill presents a direct threat to the Eel and Trinity rivers in the form of high dams, which would wipe out what is left of these wild and free-flowing rivers, destroying wildlife habitats, salmon and steelhead fisheries and water quality.

Not building the water storage and transportation facilities is the only way we will be assured that our water resources will not be exported.

Even if we accept the somewhat debatable statements by the Department of Water Resources that Northcoast rivers will not be needed elsewhere until the year 2000, what then? That is just 23 years away and a lot can happen in 23 years. True long-term planning must look beyond 2000 and view Northcoast rivers as essential to the economic well-being of the areas through which they flow.

When and if the day comes when Northcoast rivers have all been dammed and piped south, the water crisis will not be solved. Water demand will again rise to consume the available supply.

I am reminded of urban freeways which are built to "relieve" traffic congestion. Yet as soon as they are opened it's bumper to bumper—the demand rises to consume the available supply.

If urban growth continues in Southern California, and if agricultural demand for water also increases, there will be only two long-term methods of solving the supply problem:

—Water conservation. This involves bringing about

technological and social changes which will reduce domestic, industrial and agricultural demand for water. It also means reclaiming and reusing wastewater whenever possible.

—Desalination. A crash program is needed to develop and implement an environmentally and energy-efficient method of purifying sea water for human use. Recent reports have indicated encouraging progress toward the use of solar power in conjunction with desalination.

Both of these approaches must become top priority for the state of California and the southern water districts.

Of course, "necessity is the mother of invention." During the recent drought, the people of Northern California learned to live with less water than they ever thought possible.

If S.B. 346 is passed, the Peripheral Canal built, and Northcoast rivers thus dammed and shipped south, the day when intensive conservation and desalination become a necessity will merely be postponed.

But for we who live on the Northcoast, our life blood, our rivers, will be gone forever. Our environment will suffer, as well as our industry and commerce.

S.B. 346 should be defeated and the state of California should look for long-term solutions to water problems. To do anything else is to postpone the inevitable at the expense of the Northcoast.

The Arcata City Council has taken a strong stand against S.B. 346. I have presented the council's view before the Joint Legislative Conference Committee and the League of California Cities.

The people of the Northcoast can make a difference by convincing their legislators to vote NO on S.B. 346. Assemblyman Barry Kenne's YES vote was crucial to the bill's passage in the Assembly last year! Please write Assemblyman Kenne and State Senator Peter Behr and ask them to actively oppose S.B. 346.

Happenings

"Jumpers"

The HSU Theater Arts department will present "Jumpers," a satirical comedy by Tom Stoppard. The play will be in the Studio Theater, Feb. 3-11, with performances starting at 8:30 p.m. Tickets are \$2.50 general, \$1.50 students.

A Battle from the Bridge

The Bridge will present "The Battle of Algiers," a docu-drama about the Algerian rebellion against the French from 1954-1957, this Thursday and Friday at 7:30 p.m. in the Multipurpose Room. Admission is \$1.

Art Exhibit

Paintings by Dana Aanerud and Hugh Margerum will be on display Feb. 2-11 in the Foyer Gallery of the HSU Art Building.

Five Environments

A series of five environmental sculpture exhibits will be displayed at intervals over the next month-and-a-half in the HSU Foyer Gallery. The first of the one-day shows by John Dooley and Kim Koga will be on display until midnight tonight. The rest of the series is scheduled for Feb. 13, Feb. 21, March 7 and March 17.

Mixed Views

A mixed media installation by John Harbaugh will be on view at the Nelson Hall Gallery Feb. 6-15. Gallery hours: Monday through Friday, 9-5.

Concert Year '78

Concert Year '78 is presenting Fickle Hill and The James Gang, two popular traditional music acts, for the third annual kick-off of the Eureka Parks and Recreation Department's performing arts series. The concert is scheduled for Sunday, Feb. 5, from 2-4 p.m. at the Carson Memorial Building, Harris and J streets, Eureka.

HELP!!!

If you have got some extra time and would like to put yourself to work, KEET-TV, the Northcoast's public TV station can use your energy. Come to the top of Humboldt Hill, 3100 Edgewood Rd., Eureka, tonight at 7. KEET-TV needs volunteer help with clerical and publicity activities, as well as writers and graphic artists. For more information call 445-0813.

Y.E.S.

Youth Educational Services is now recruiting community volunteers for the county jail recreation program. Orientation session will be this Friday for new volunteers. Call Y.E.S., 826-3340 or stop by House 91 for more information.

Save the Houses

Tonight KHSU's "Talk-back"—a weekly listener participation show—will host Richard Ridenhour, dean of academic planning, and Pamela Kambur, student representative on the University Resource and Budget Planning Committee. They will talk about the future of the campus houses, parking lots, etc. Air your questions tonight at 7 on KHSU.

Ready, Set, Go...

The Six Rivers Running Club is sponsoring the annual Clam Beach run Saturday, Feb. 4, at 1:30 p.m. The run is 8.5 miles and begins at the Colonial Inn in Trinidad. Runners are to meet at the Trinidad Elementary School to register and pick up numbers. For pre-registration, contact George Crandall, 495 Evergreen Lane, Arcata, or 209 Wildlife Bldg., HSU, or sign up at The Jogg'n Shoppe in Arcata or Eureka.

There will also be a post Clam Beach Run Party. For \$2.50 the party will include a buffet dinner, dancing, and two running movies. The party will start at 7:30 p.m. at the Veteran's Memorial Building, 14th and J streets, Arcata.

Gay People's Meeting

The Gay People's Union will be having its first club meeting of the year Feb. 6 at 7:30 p.m. in Cluster House 97. Come and discuss the joys and problems of the gay experience.

Disc Risks

by Karl Becker

Boz Scaggs

"Down Two Then Left" (Columbia Records)

In "Down Two Then Left," Boz Scaggs continues to retain his image of Mr. Smooth, Mr. Polished.

Scaggs, who wrote or co-authored all the material, rambles on with a middle-of-the-road approach made famous in his "Silk Degrees" album.

This album will please a lot of people. If you like to dance, or just tap your foot, you'll love it. Be prepared to hear plenty of cuts off of it, especially "Hard Times," "Still Falling For You" and "Hollywood," at your favorite disco.

Nothing stands out

The only trouble with this album is that it is too slick, too polished and overproduced. Your ear is immediately drawn to its pleasant rhythms when the emphasis should be on Scaggs' voice and guitar work. But Scaggs is lost due to the overproduction and washed-out mix. The effect is that all the songs sound the same; nothing stands out.

"Gimme the Goods," which contains some strong, digestible vocals by Scaggs, and some nice, albeit drowned, guitar work by Steve Lukather, is an exception.

Overall, it's a benign album, very glossy and appealing. It is great for dancing or just listening to while doing homework. "Down Two Then Left" is a perfect example of how the middle-of-the-road sound is still profitable.

Personally, I'd rather have a cut of "Loan Me a Dime" and reminisce about what Scaggs' music used to be about.

'Jumpers' eyes social conflicts

by Paula Audick

He is an aging professor of philosophy, mulling over questions like, "Does God exist?" His beautiful wife, an ex-musical comedy queen, wonders if her husband knows she exists. The people around them consume ideas like they would meat and potatoes.

"Jumpers" highlights the conflict between traditional social values and a rapidly changing world, said Lee Ann Gadilauskas, the student director of the play.

Trends converging

"Jumpers" shows how trends happening today are converging," said Gadilauskas. As she explained it, the characters "jump" to any new ideas that come along because there is nothing to replace their traditional view of the world.

The play, by Tom Stoddard, is one of the main features of the theater arts department this year.

Nudity permitted

Gadilauskas said the department allowed her to decide whether to use nudity in the performance to enhance character portrayal.

"The script calls for nudity," said Gadilauskas, adding that nakedness is a strong statement about the personalities of the two main characters.

Gadilauskas said the set is designed to show the two characters' distinct, bizarre worlds melting into a muddle.

Thesis project

Gadilauskas is a graduate student at HSU, and directing the play is her thesis project. She received her bachelor's degree here and has directed three other plays on this campus: "Birdbath," "Exit the King" and "In the Glomming."

"Jumpers" will be performed in the studio theater, Feb. 3 through Feb. 11. In the leading roles are Gretchen Oder, Michael Nalley, Jim Spaulding, Jonus Otis, Damon Cardwell and Jim Johnson.



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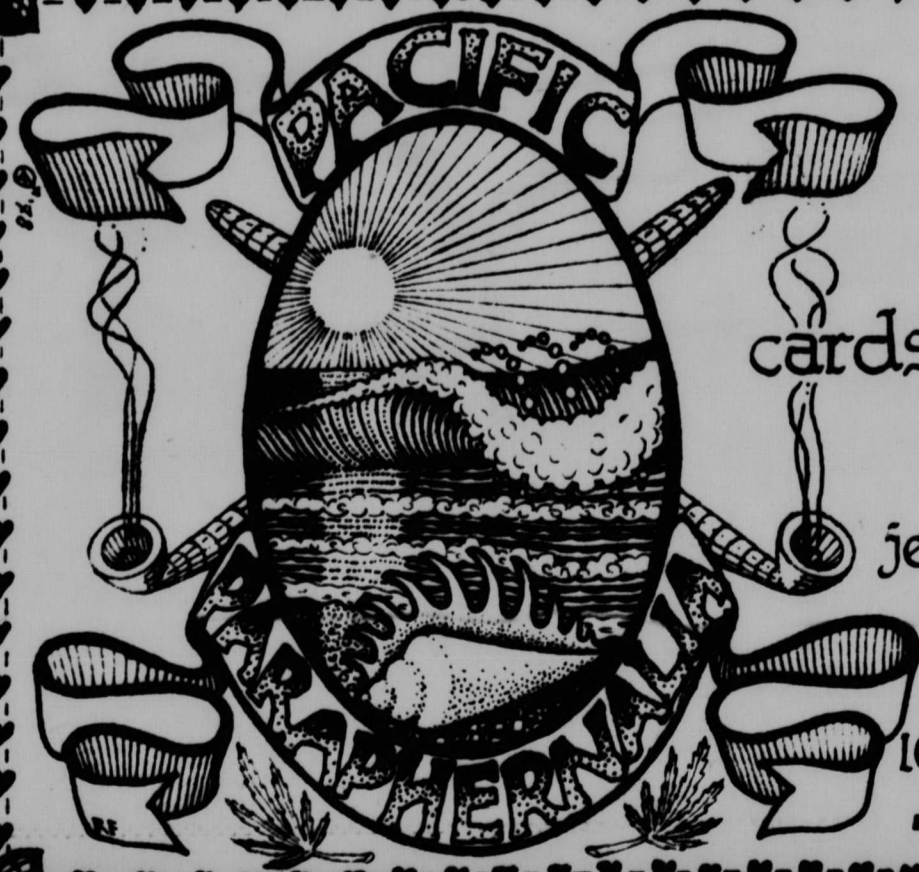
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by Michael B. Wilson

Art Review

Art, to a degree, is perceptions and reflections of the artist's environment and experience. As the critic Clement Greenburg wrote, "It cannot be emphasized enough that art is entirely a matter of relativities and adjustments." Student art work is relevant to students, for example, because they share the same relative environment and adjustments.

Professional and student art on display at HSU will be reviewed in this column. I will be bringing to your attention the unusual and the questionable, as well as what you may be more accustomed to seeing in the campus galleries.

Nelson Hall Gallery

"Photographs, Helyn Carlson," in the Nelson Hall Gallery through this weekend, is ordered, conscientious and divided into titled sections. Each section works in a consistent theme and style, and the artist's depictions of events and scenes are factual, undistorted and honest. Her (our?) images are particular and deliberate. They are searches into other worlds and different realities.

In "Cowboys and Indians," the reality of struggles in the boxing ring is unquestionable. The participants' strengths are real, tendons strain under skin and sweat forms on the muscles of the backs, biceps and shoulders. Hard set facial bones and the presence or absence of eyelids and eyeballs suggest a world of inner realities.

High value contrasts and the isolation of the subjects make for striking, significant photographs.

"Jigsaw"—photos of a nude girl—are haunting, evocative and unsettling. Resembling a misplaced refugee, the child exists against a relatively bare background. In both "Jigsaw" and "Cowboys and Indians," there is a forceful use of the picture area, while the other two display sections are subtle. The articulate, raw "Four Inches of Pure Flesh" and "The Beginnings of Something New," tickets to imaginative embarkings into a child's world through filtered portraits, complete the show.

The L.A. show

Organized by the San Francisco Art Institute, the work of seven Los Angeles artists is on exhibit through Feb. 15 in the Reese Bullen Gallery. The show is diverse in image, style, materials, motif and effect—and, perhaps, is a bit puzzling, too.

Curator Dennis MacKenzie said, "In order to make the exhibition meaningful for myself, I chose as a basis three not-too-dissimilar directions in work: (1) systems—both mathematical and mechanical; (2) language—both literal and structural; and (3) formal work that utilizes a narrative. These concerns reflect, in part, my own investigations, and as a result, the exhibition is not intended as a survey of Los Angeles art."

The pamphlet available at the gallery contains notes from and about the artists. This text provides a helpful, perhaps essential, introduction to their artwork.

Coming up

In a future article I will critique The Los Angeles show.

On Feb. 1, Kim Koga and John Dooley will be working together in the first of a series of five one-day environmental installations in the Foyer. Each installation will be different, starting with sawdust and dozens of 2" by 2" wood sections. The decision concerning how to use particular materials in the limited gallery space will be made the night before each installation is scheduled for display.

The pair will strive to alter not only the appearance of the hall, but its atmosphere and influence on viewers, as well.

In the Foyer Feb. 2-11 will be imaginary landscapes by Hugh Margerum and still-lives by Dana Aanerud. Both are oil painters.

Opening in the Nelson Hall gallery Feb. 6 will be John Harbourgh's "Waterfall." Harbourgh uses acrylic plastic, the six primary colors and drops of plastic resin. Lighting from behind creates the waterfall effect.

Gallery hours

Hours of the Reese Bullen Gallery are Monday through Friday, 10 a.m. to 5 p.m., and Tuesdays until 8 p.m. The exhibit in the Nelson Hall Gallery can be seen Monday through Friday, 9 a.m. to 5 p.m., and on Saturday and Sunday from 12 p.m. to 5 p.m.

Day-long focus on heart disease

A day-long, non-technical class on heart disease and the prevention of it is scheduled for Feb. 11.

Dr. David Lauch and Dr. Richard Gilchrist will teach the class.

"We're doing it out of personal interest. We are both concerned about getting this information out to the public," Gilchrist said.

The class will cover such topics as the anatomy and physiology of the heart, how the body's system breaks down due to heart disease, who suffers heart disease and information on how you can exercise and eat right for your heart's sake.

"It's called a non-technical class because we'll explain the heart and other factors in terms the layman can understand," Gilchrist said.

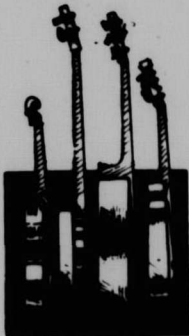
The Biology 100 class will begin at 9 a.m. and conclude with a question-and-answer period at 3:45 p.m. It will be held in the Science Building, room 135.

There is a registration fee of \$20, which includes the book "You and Your Heart—How to Keep a Healthy Heart."

One unit of optional credit may be earned for an additional \$10.

For more information, contact the continuing education office in Nelson Hall West, 826-3711.

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Gist Hall 'face-lift' nears completion, departments welcome new facilities

The Gist Hall face-lift is near completion after almost four years of planning and construction.

The renovation added 2,100 square feet for academic facilities and 1,700 square feet for mechanical rooms, according to Campus Architect Dorsey A. Longmire.

The additional space is being welcomed by HSU students and faculty involved with the theater arts, nursing, and speech and hearing departments.

New facilities

"We gained some classrooms and theater facilities," Theater Arts Department Chairperson Charles Myers said.

"The new design and production facility is helpful because we've been approved to offer a Master of Fine Arts program in theater design," Myers added.

The department gained a lab-theater, which used to be a gym and will now be used for beginning production.

Student Diane Garte compared the former location of her advanced acting class in the Language Arts building with the new location in Gist Hall.

"More inspirational"

"When class was held in LA 7, we had to battle noise from the construction going on next door and noise from the pipes overhead. There were no windows and there was always a janitor walking through to get to the boiler room," Garte said. "But in Gist Hall we've got windows and a lot of space. It's freer and more inspirational."

The nursing, and speech and hearing departments utilize the new lower floor of Gist Hall. Longmire said the area "used to be dirt," but was made into a basement by excavation.

"Now that we're in Gist Hall, we have more faculty offices; the administration and reception area is larger, our nursing lab is larger, and now we have a conference room," Nursing Department Chairperson Ellie Ferguson said.

"Like a new house"

Speech and Hearing Department Chairperson Don Regan said moving into the building "is just like getting a new house." The department used to be in House 50 and is now located in the lower, west portion of Gist Hall.

"Now we've got more space and more adequate facilities, but the public is having trouble finding us," said Prof. Walter La Due of the speech and hearing department.

Many who have found their way into Gist Hall have noticed that the face-lift is not yet completed.

Lighting returned

"The lighting control equipment for the auditorium was inadequately manufactured and had to be returned in November," Prof. Richard Rothrock of the theater arts department said. "There's no telling when the lighting will be finished."

The heating and ventilation system, floor tiling and touch-up painting still need attention, Longmire said.

Planning for the renovation began in 1974, but "we had delays due to bad weather and lack of funding," Longmire said.



photo by Dave Kaufman

Students display their talents in the new recently renovated Gist Hall.

Eureka offers bluegrass show

For you bluegrass enthusiasts, Fickle Hill and The James Gang will perform this Sunday at the "third Annual Kickoff" of the Eureka Parks and Recreation Department's performing arts series.

Fickle Hill has played in several west state festivals and has had many local engagements. The James Gang won the grand prize at the 1977 Eureka Bluegrass Jamboree.

The concert will be held from 2 to 4 Sunday afternoon in the Carson Memorial Building. Refreshments will be served by the Senior Leisure Center. The musicians will accept donations.

CR workshop for real estate teachers

College of the Redwoods has received a \$19,720 grant from the California Communities Colleges to fund a pilot project called "Educational Training for part-time and full-time Community College Real Estate Instructors."

The project is designed to help prepare part-time instructors, thereby "increasing the level of instruction in community college real estate courses and reducing the turnover rate and resultant disruptions to instruction," according to a news release from Thomas Hannah, assistant to the president at CR.

Workshops will be held in the spring and fall of 1978.

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Trails system planned

Thanks to the initiative of Rob Russell, we, the people, can now voice our opinions as to where trails should be established in Humboldt County

The idea for a trails master plan was developed and submitted to the Department of Public Works by Russell last year when he graduated from HSU with a special major in environmental planning and design.

Russell was hired through the Comprehensive Employment Training Act for one year, to develop the trails master plan.

"I'm really trying to bring in as much public input as possible because that is what is going to develop this plan," he said.

What the plan is to become is a network of trails for pedestrians, bicyclists, hikers and equestrians. The trails system will extend throughout the county except within city limits.

Safe routes

One of the priorities of the plan is to develop safe routes for children to use in going to school, as an alternative to the streets. Parents are encouraged to send in their ideas.

Other ideas that Russell is in the process of researching are asking PG&E if the land on which the utility lines run can be made available for public use, and making an agreement with logging companies to develop trails through their property.

The Board of Supervisors has appointed a 15 member county trails advisory committee which includes representatives of various areas and interests throughout the county. Represented are: Pegasus Patrol Junior Riding Club; the Regional Coastal Commission; Humboldt Community Congress, Garberville; Pacific Lumber Co.; Humboldt County Cattleman's Assoc., Arcata; Bill Beasley's Bike Shop, Henderson Center Bicycles, Eureka; Arabian Horse Club; and the Humboldt County Farm Bureau.

Needs approval

Advisory committee meetings will begin in February and will be open to the public. Once the plan has been drawn up, it will be submitted to the state for approval and funding.

Russell is very optimistic that the state will approve of the plan because the California State Dept. of Parks and Recreation has the draft 1977 State Recreational Trails Plan going through the legislature.

This plan includes trails for off-road vehicles, bicycles, hiking, horseback riding and recreational boating. Every river in Humboldt County except Mad River was named for potential boating trails. Also included was the idea for a coastal hiking trail equivalent to the Pacific Crest Trail, Russell said.

Public notices for the trails master plan have been posted around campus to solicit student participation. Written comments should be sent to the Dept. of Public Works, attention Rob Russell.



photo by Dave Kaufman

Dangerous street riding like this may be avoidable if Rob Russell's plans to develop a master plan for trails in Humboldt County become a reality.

STUDY IN GUADALAJARA, MEXICO

The GUADALAJARA SUMMER SCHOOL, a fully accredited UNIVERSITY OF ARIZONA program, offers July 3-August 11, anthropology, art, bilingual education, folklore, history, political science, Spanish language and literature, intensive Spanish. Tuition: \$245; board and room with Mexican family: \$285. For brochure: GUADALAJARA SUMMER SCHOOL, Alumni 211, University of Arizona, Tucson, Arizona 85721. (602) 884-4729.

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by Joan Villa

It may not seem like garbage has much of a future to you, but our garbage could be a valuable secondary resource and a way to save energy, according to the director of the Arcata Community Recycling Center.

"Each individual creates 5½ pounds of garbage per day," Recycling Director Margaret Gainer said. That waste could be used constructively to solve important problems.

"It takes 60 percent less energy to make paper from paper than to make it from raw wood fiber," she said.

Gainer explained that the "throw-away ethic" Americans have developed must change in view of serious material and energy shortages. If Humboldt County had been recycling all along, she added, we could have delayed the need for a new landfill site indefinitely.

Raises consciousness

"Part of the game is just looking at your garbage and re-evaluating your lifestyle," Gainer said. "It's very consciousness raising. Source separation recycling is reducing waste at the source."

Gainer advised to avoid buying items packaged in non-recyclable containers such as plastic and Styrofoam. This would not only contribute to recycling but reduce the garbage pick-up bill.

"I used to have the garbage picked up once a week," Gainer said. "Now I have it picked up once a month."

'Throw-away ethic' disposed of in Arcata

Recycling creates local jobs

Gainer also stressed the potential waste has for creating jobs in Humboldt County. Housing insulation made from newspapers, small-scale oil re-refining and bottle sterilization for refilling are possibilities being researched, she said.

Other efforts

The Arcata Community Recycling Center on 9th and N streets is also responsible for efforts to recycle white paper. Known throughout the state as "Project Recycle," it was first implemented in Sacramento.

Project Recycle began on campus last spring. Extensive efforts were made to get office workers used to using the recycling bins located on campus.

"It takes about two weeks to break the old habit of throwing everything in the trash," Gainer said.

Gainer emphasized that only white paper should be put in the bins. Paper that has print on it is recyclable for this project, while carbon paper, magazines, cardboard or newspapers are not.

The white paper bins are located in the University Center, Nelson Hall East and West, the Health Center, financial aid office, the Administration Building (Seimens Hall) and the library. Expansion will include bins in the University Annex, School of Natural Resources and Forestry and the Education-Psychology Building, (Griffith Hall).

"By the end of spring quarter we hope to have all offices on campus recycle white paper," Gainer said.

Trust fund

"After the whole campus is recycling and everything is running smoothly, we're hoping to put money into a trust fund to pay more work-study jobs," she continued.

Edward Webb, dean for student services, explained how the white paper project trust fund will work.

"We will sell the paper to them for \$15 per ton. The advantage of a trust fund is that we don't have to give the revenues

back to the state first," he said.

Currently the recycling center is paying the work-study students, Webb explained. A trust fund could pay other students to help keep recycling efforts going.

White paper recycling is the pet project of the Arcata Center. However, other recyclables can be brought to the recycling center in the Youth Educational Services house behind the library.

Glass, aluminum cans, newspapers, and paper egg cartons, cardboard, brown paper bags, tin cans and motor oil can all be brought to the center.

"Cooperative relationship"

"Y.E.S. and Arcata Recycling have a nice cooperative relationship," Gainer said. The Arcata Recycling Center picks up recyclables after Y.E.S. recycling, emphasizes that tin cans should be rinsed out and flattened, with both ends and the labels removed before bringing them to the center. All recyclables should be sorted.

"One of the main problems with recycling is that we get a lot of contamination from things we can't use and then it has to be sorted out," Cummings said. Volunteers help sort and prepare items for recycling.

Items that cannot be recycled are magazines, plastic, Styrofoam and waxed paper such as that used to make milk cartons.

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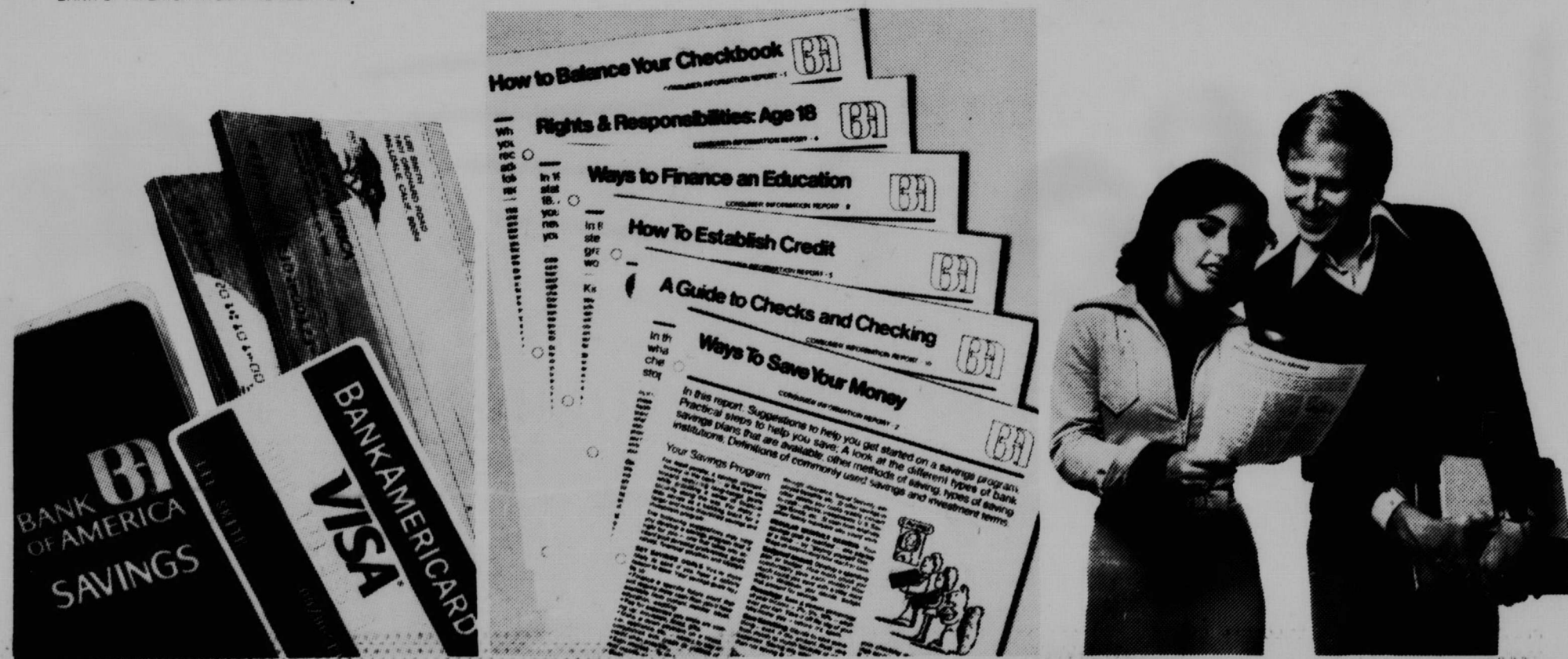
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Amateur night

Minstrels 'hoot' at Vance's

by Rob Mandell

I gazed out at the restless audience. There must have been 10 or 11 people out there. Butterflies were doing a disco number in my stomach. "Everything is accepted and appreciated," the bartender had said.

Tasting life through a book can get old for any student. That being the case last Monday night, I grabbed my axe, loaded up my truck and headed for Eureka.

Two Street, that is—drunken fools, whiskey bars.

Monday night at the Vance Log Cabin is Hoot Night. That means ANYBODY with the inclination can get up on stage and play music.

"The main purpose of Hoot Night is just to give local amateur musicians a chance to play in front of a microphone and an audience," said bartender Larry Shoop, who worked Hoot Night for six months before recently changing shifts.

Open microphone

The Vance is really the only place in the area that has an "open microphone" night for amateur acoustic musicians, Shoop said.

Inside, the Vance indeed looks like a homey log cabin. The casual atmosphere makes it that much more attractive to the inexperienced—or nervous—performer.

Hoot Night is hosted by Rick Rawlinson and David Trabue, known professionally as the Kentucky Boys. They come from Louisville.

The Kentucky Boys have been hosting Hoot Night since April 1977 and they've seen all kinds of acts—from the very good to the not so good.

"There's this guy that used to come in with a harmonica more often, but one night he got up there with a recorder, which he couldn't play worth jack-shit, and it was terrible," Trabue drawled.

Good enough

"There are a lot of really good ones coming in. Most of them are good enough to be playing in clubs," added Rawlinson.

No matter how the acts go, the Kentucky Boys have a good time hosting Hoot Night.

"It's enjoyable, it's a nice diversion," Rawlinson said in between bites of beef jerky. "It gives us time to play a little bit, then kick back and listen to a bunch of other people play, or go shoot some pool, depending on how the other people are."

The Kentucky Boys open the show with their renditions of Simon and Garfunkel tunes and other mellow music. Then it's time for the brave and talented to show their stuff.

Since I was the only other person with a guitar that evening, my turn had come. Butterflies began popping out of my mouth.

Daniel Schroyer, Hoot Night's new bartender, told me not to worry.

Appreciated

"Everything is accepted and appreciated," he said.

I fumbled with my guitar and harmonicas. The crowd seemed sparse and lifeless. I told a joke—scattered chuckles.

"I'd call this pretty dead," I said to Rawlinson later.

"You and me both," he replied.

I began playing some tunes. Two Lumberjack photographers—I brought two for good measure—were snapping pictures like mad. My harmonica holder got caught on my jaw as I sang.

After a few numbers, I looked around for the Kentucky Boys. They were shooting pool.

As I was stepping down, John High, a College of the Redwoods student, asked in a thick Virginian accent, to borrow my guitar.

I began to wonder if I was still in Northern California.

While High sang some Appalachian melodies, I grabbed a free beer and asked the Kentucky Boys why the night was so slow.

"It's the full moon," Rawlinson said, chewing a chunk of beef jerky.

"It's just a real hit and miss thing," he added. "Normally we get off at 9:30 and we're lucky to get on by 12 to play for a second time."

Schroyer blamed it on the nice weather that day. "The worse the weather is, the better Hoot Night is," he said.

Both Rawlinson and Trabue agreed Hoot Night usually attracts a larger crowd, non-musicians as well as musicians.

"A lot of people come in who like acoustic music. They don't want to sit and get their ears blown out by a band," Trabue said.

"People come in to audition for the Epicurean, too," Rawlinson said. He is part owner of the Epicurean restaurant in Arcata.

Something different

When High finished his set, he handed my guitar to John Zuleger, lead guitarist for the group "Chain Lightning," who wanted to try something different.

"I hadn't played guitar for a while," High said, "I know I sounded kind of rough behind the collar."

Zuleger said after his set, "It was terribly frightening. I've never done it before."

After my guitar was passed around a few more times, I got up for another go. My butterflies had long since drowned. I sang my oblivious heart out and it was a gas.

Anyhoot, if you're an amateur musician in need of a place to play, come on down to Hoot Night at the Vance.

Everything is accepted and appreciated.

Biologist turns to computers

(Continued from page 3)

usage rather than the programming level," he said.

As to why many persons get downright hostile at the mere mention of computing, Anderson offered several explanations, based partly on his own initial skepticism. One is mystique.

"In dealing with people who haven't worked with computers . . . the mystique includes such attitudes as, 'I did the wrong thing and the computer blew up' or 'I ruined the professor's program.' These are cliches that people apply to computing which simply aren't true.

Burly fisheries majors

"I get big, burly fisheries majors standing six feet two inches and weighing 240 pounds who sit down at a terminal for the first time and their hands shake. Perhaps they feel the computer is terribly smart," Anderson said.

Other problems include esoteric computer languages and jargon. Anderson admits there is more terminology, nomenclature and jargon in the computer sciences than in any other field he is familiar with, but he said experts are simplifying the languages to make them user-oriented rather than programmer-oriented.

"In my opinion, we are probably moving out of the age when the computer scientist is the only one using the machinery and into the age when the computer user is using the machinery," he said.

A former unbeliever himself, Anderson should know.

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Self-Center

edited by LISA GATES

A Nutrition Forum

Take two slices of white bread and add a little mayonnaise on one slice and a little mustard on the other. Slap a piece of bologna in the middle with a bit of lettuce. Grab a soda pop and some chips and your lunch is made.

Well, maybe not.

How about two slices of whole-wheat bread with a little mayonnaise? Add a few slices of cheese, a handful of sprouts, and a bit of ripe avocado, and the creation comes alive. Throw in an apple and dig in.

It is the opinion of some local health personnel that the two lunches described suggest the difference in eating habits among many people today.

Yiu H. Hui, assistant professor of home economics at HSU, Dr. Norman C. Headley, director of the HSU Student Health Center, and David R. Lauck, a zoology professor at HSU, all generally agree that while many people do have some knowledge of their nutritional needs, others are unaware of nutritional food values.

Nutrition forum

With this in mind, the three men have agreed to participate in a nutrition forum for The Lumberjack in which they will answer questions from nutritional, biological and medical bases.

Last year, Lauck taught an extension course in nutrition and will be teaching a symposium on heart disease with Richard D. Gilchrist, associate professor of biology.

Hui, who obtained a doctorate in nutrition from UC Berkeley and has published several technical articles about nutrition, has been teaching at HSU for almost seven years.

According to Hui, a person's environment and personal lifestyle greatly influence their eating habits.

Hui will answer questions from a basic nutritional standpoint.

Birth control

Dr. Headley has been at HSU for five years and is particularly interested in questions that relate to specific medical problems—skin disorders, personal hygiene, birth control, etc.

Dr. Headley, on occasion, may also pass on the questions to others on the health center staff who have a particular interest or knowledge in the field to which the question pertains.

Also included in this week's forum are some basic food buying and preparation suggestions from Jo Kingsley, a senior home economics student.

Low budget diet

Several years ago Dr. Morgan from the University of California nutrition department developed a low budget diet consisting primarily of potatoes, beans, bread, and butter which averaged about 21 cents a day.

Since then, our knowledge of nutrition has expanded greatly, along with continual increases in food costs.

A person limited to a tight budget, however, should not necessarily have to buy cheap food. Foods that cost a little more but have high nutritive value may be cheaper in the long run.

For an inexpensive but nutritious diet, one baked or steamed potato per day with one root crop such as carrots, beets, parsnips or turnips is a good start.

In addition, a good size salad including lettuce, bean sprouts, cabbage or sprouts, with strips of green pepper, cucumber, tomatoes, and — if your budget permits — cheese, should be eaten daily.

If the salad is used as a main dish, hard-boiled egg, cottage cheese or strips of chicken, turkey or tuna can be added.

A roughage-type green vegetable, such as green beans, snow peas, broccoli, cabbage or brussel sprouts should also be included in the daily menu, along with at least two fruits (preferably, one of them citrus).

Whole wheat stone ground bread, though it is more expensive than white, has more nutritional value per dollar. Bulk whole grain cereals, however, mixed with bran are relatively inexpensive grain foods. A good helping of grain, including bread, should be eaten three times daily.

Cheap protein

As for protein, eggs are about the best buy. Milk is the cheapest of the dairy products, and, unless you make your own, yogurt is the most expensive. Although cheese is expensive, it can be used to spruce up other foods.

Meats are also good sources of protein. Turkey is probably the best meat along with chicken and fish, and, although expensive, has little waste and good nutritional value per pound.

Budgetwise, liver and organ meats are not only cheaper, but more nutritious than other meats as they are high in B vitamins.

As a substitute for meats, beans and brown rice can be used.

Costs can be cut by buying grains, beans and rice in bulk, and should be stored in insect proof containers.

Eat it all

Also important in a good diet is to eat all parts of your food. For example, bone marrow, the core of apples with the seeds, and the white fiber from oranges can be eaten.

Another approach to a good diet is to avoid buying processed food with low nutritive value such as soft drinks, alcoholic beverages, candy, cookies, potato chips, white flour products, etc.

Such a menu as suggested above is not only relatively low priced (although not the cheapest) but is also low in calories and a good heart disease and cancer preventive diet.

David R. Lauck
Professor, zoology

Limiting food costs

Many of us at HSU live on low, fixed incomes, and often after paying other necessary living expenses there is not much left for buying food.

This is unfortunate since food and good nutrition are basic to our health, appearance and performance.

Therefore, it is essential that wise food selection is practiced in order to obtain the most from our food dollars, however few we may have.

Suggestions

The following are suggestions for those on limited food budgets. With thought

and planning, these suggestions may be used along with numerous other ideas to stretch the food dollar:

—Plan meals by the week or longer by preparing a list of foods necessary for the week's meals.

—Avoid impulse buying and high-cost junk foods that only supply empty calories and deplete your food budget.

—Share in the purchase and consumption of perishable food items you may not be able to completely use yourself before they spoil. For example, split a head of lettuce with your neighbor rather than let half of it wilt and be thrown away.

—Buy foods in season or on sale. By watching sales and collecting coupons, as much as 15-20 percent of food money can be saved.

—Prepare foods from scratch instead of relying on high-cost convenience foods.

—Remain flexible: Many times an item you intended to buy may be more expensive one week than another. In this case, you could buy an alternate. Check the frozen food section if you have your heart set on a certain vegetable—sometimes frozen vegetables are less expensive than fresh vegetables.

Can you think of any more money-saving ideas?

Jo Kingsley
senior, home economics

Necessary foods

For a student with a normal body weight who participates in regular, light physical activity, a daily consumption of 2,700 to 3,000 calories for the male and 2,000 to 2,100 calories for females is considered adequate by nutritionists and other health personnel.

The regular caloric food values are best understood by examples: 1 slice of bread—50 to 70 calories; three to four ounces of fish—170 to 180 calories; one tablespoon of sugar—40 to 50 calories; one green pepper—10 to 15 calories.

If a student is willing to select foods reasonably and carefully, he should not have trouble in getting all the essential nutrients.

One simple way to select the appropriate foods is to follow the four basic food groups developed during the 1950's.

For example, the daily consumption for each group should be as follows: two to four glasses of milk; two to four servings of meats, fish, poultry, eggs, cheese, dry beans, peas and nuts; four to six servings of vegetables and fruits—especially dark green or yellow vegetables, and citrus fruits or tomatoes; three to five servings of breads, cereals, rice, noodles, potatoes, or other filling, carbohydrate-rich foods.

The exact quantities consumed will vary. However, such a diet will provide the necessary amount of protein, vitamins, minerals, fats, carbohydrates and energy.

Yiu H. Hui
Assoc. professor, home economics

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Globe-hopping hoopster team's 'Big Man'

by Jack Adams

Making the move to Northern California to attend HSU may be a new experience for many new students, but it was nothing new to John Hirshler.

Hirshler, the 6'10" center for the Lumberjacks, was born and lived in Sweden for seven years, moved to San Francisco for two years, New Delhi, India for three, Frankfurt, Germany for three more and finally settled in Garden Grove, Calif. in 1973. He attended Golden West College in Huntington Beach beginning in 1975 before finally transferring to HSU this school year.

Hirshler's globe-hopping came as a result of his father's job in the government's General Accounting Office. Hirshler became a naturalized American citizen at the age of 10.

Hirshler says the traveling had both good and bad aspects to it.

"I've got to see the world and that's got to be a great effect on me. Just travel in general is great. But I think it's hurt me in that traveling so much it's hard to build up lasting relationships and make long-lasting friends. Just as you're making a good friend you've got to move and start all over again and that's rough."

"You don't have any kind of neighborhood pride or anything really. You're not quite the same as the other guys because you haven't grown up with them."

"I think they balance out though because it was good to travel like that."

Hirshler is a forestry major and said, "I knew I was going to come up here even before the coach asked me."

Basketball newcomer

Unlike most college basketball players, Hirshler is a relative newcomer to organized competition.

"My junior year in high school was my first year of organized basketball. Up until this year I'd played about four years of basketball, which is not really that much."

He says he took up the game because of his height.

"I was always the tallest in my class ever since the first grade."

Hirshler says the key to his development as a player is spending a lot of time on the court.

"The only thing you can do to really get better is play a lot. Experience is the only thing that can help you if you're behind."

Talking about his contribution to the team Hirshler said, "I see my role as mainly to try to rebound and intimidate the other players when they shoot. And if I can score all the better."

After 17 games Hirshler is the Lumberjack's second leading rebounder, averaging six per contest. In the four Far Western Conference games the team has played, he leads the team in rebounding, averaging seven per game. In all he has led or tied for the lead in rebounding in eight games this year.

In conference contests he is also averaging 13 points a game.

"I would like to be the lead rebounder on the team, that's my personal goal. It's tough because we have some good rebounders on the team but that's my personal goal."

"I have two other goals, and they are the same as the team's. To win the conference and go to the nationals."

Fourth-ranked team

The Lumberjacks are currently the number four rated-team in the NCAA's

Division III.

Talking about where he can improve his game Hirshler says, "Probably my defense is the thing that needs the most help right now. I'm working hard at it, I'm getting better, but this is the first year that I really have worked on defense."

This year he has had to learn a totally new defense, a man to man defense that requires the player to stay on his man when another player has the ball and deny the pass to the man he is guarding.

"When he does get the ball you just have to belly up and keep him from scoring," says Hirshler.

Commenting on his teammates Hirshler said, "I think the best thing about our team is we are unselfish . . . It's just a team effort when we play, there's no one standout."

Defense style changed

Lumberjack coach Jim Cosentino says the addition of Hirshler has allowed the team to change its style of play on defense.

"Last year we really pressured and we had to do a lot of things inside to keep the people from getting the ball inside. This year we don't have to do that many things because John is there to block shots or change shots when the other team comes in."

"Also this year we're not having to keep our guards in to rebound because John is there to grab the rebound so we can release them and it's really helped our fast break."

Cosentino says Hirshler has improved about "300 percent" since he came to HSU.

"We feel he's improved more than anybody on the team right now. Some of the league coaches saw him play in the league tournament in early December and they could not believe how well he's playing right now. They didn't think he was going to help us this year."

"I think if John will work on the weights this spring and work on his inside game this spring and summer he can be the dominating player in the conference next year."



TRAVELING NEWCOMER—Having lived throughout the world, HSU's John Hirshler is no stranger to traveling. The 6'10" center is a newcomer to basketball though, but has been instrumental for the 'Jacks in their first winning season since 1962. Saturday night he scored 17 points to lead the team to a 111-79 win over the Alumni. The cagers play two important FWC games Friday and Saturday night against Hayward State and San Francisco State at 8 in the East Gym.

Lumberjack Sports

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JOHN HIRSHLER
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CENTER
JUNIOR

John scored 17 points and 7 rebounds in the Lumberjacks 111-79 victory over the Alumni.

PLAYER OF THE WEEK —JAN. 27



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Cressy Calls It

by John Cressy

It was the year Ike and Dick were re-elected Prez and VP, the year Elvis Presley emerged as Rock 'n' Roll's greatest star and the year a little-known baseball player named Don Larsen pitched a perfect World Series game.

It was 1956, and it was the last time Humboldt State won a basketball conference title.

In the ensuing 21 years, the 'Jack cage teams never came close to achieving Numero Uno again. Seasons fluctuated from dismal to worse than dismal. There hadn't been a winning team in 15 years. From 1972-1976 HSU had a combined FWC record of 4-44. The 'Jacks were better suited to play in the Humboldt-Del Norte High School Basketball League.

There was talk of HSU dropping basketball out of the FWC. There was talk of dropping basketball, period. No way could Humboldt compete with Bay Area teams, or any college teams.

Jim Cosentino thought otherwise. Hired as coach last year, he came in and has turned the program around. After a respectable 11-15 record last year, the 'Jacks are 13-5 so far this year and ranked No. 4 in the nation for Div. III schools.

Well, they've played a bunch of pushovers, you may say. Sure, Northwest Christian isn't North Carolina and even with Bruin-looking blue and gold uniforms, UC San Diego isn't UCLA, but teams of similar caliber used to beat the stuffings out of HSU. Just two years ago the 'Jacks were dumped by a Wayland Baptist 83-42.

There are no Dr. J's on this year's team, no "Princes of the Mid-Airs" and no Super-Duper-Gorilla-Slam Dunkers. It is a team that does such boring and unshow biz stuff like screening out, pick and rolling and playing a tight man-to-man defense. Brent Musburger would fall asleep watching the 'Jacks play.

But not the fans, who had all but disappeared during the lean years. Two weeks ago against Chico State, 1,500 of them muscled their way into the tiny 1,200-seat-East Gym. It's likely that as many will show up for this weekend's contests against Hayward State and San Francisco State. Who would have believed it two years ago?

A championship this year? Possibly—but don't count on it. The 'Jacks are 2-2 in the FWC and have to overtake UC Davis, Sacramento State and Hayward State, all with 3-1 records. Fortunately they have a shot at all three at home.

A championship in near future years? Probably. A winning record is good ammunition for recruiting. Cosentino will continue to get even better players.

But it takes time. Remember, Rome wasn't built overnight. Either was McKinleyville for that matter.

Leftovers

If you're curious to know, the coach of that 1956 championship basketball team was none other than FRANNY GIVINS, PE professor, HSU Hall of Famer and swinging square dancer . . . Early leader for the year's "Bad Taste Award" has to be ABC's Wide World of Sports for showing a graphic instant replay of a poor fellow breaking his arm while competing in the World Wrist Wrestling Championship shown on Sunday. I could just see millions of viewer's heads turn away in unison as the arm snapped. I was mildly surprised that former HSU defensive lineman JIM DOLCINI wasn't in the finals since he's won it several times before.

Wrestling

The No. 2-ranked Div. III HSU wrestling team placed third in the eight-team San Francisco State Invitational Saturday after disposing of four other teams the two days previous.

George White (118) was the 'Jacks only champion in the tournament won by No. 1-ranked Div. II team Bakersfield State. Arizona State claimed second place.

Thursday the 'Jacks defeated Sacramento State 33-15 and on Friday beat UC Davis 34-7, Stanford 46-0 and the University of Nevada-Las Vegas 19-15.

The grapplers, 14-3 in dual competition, take on Stanislaus State and the Alumni at 7 tomorrow night in the East Gym.

Women's swimming

Karen Menne won three individual events, but it wasn't enough as Chico State defeated the women's swimming team 82-57 Saturday.

Menne place first in the 50-yd butterfly, the 50-yd backstroke and the 100-yd backstroke. She also teamed with Donna Taylor, Sue Rodearmel and Paula Karl to win the 400-yd medley relay.

Women's basketball

The women's basketball team dropped its contest with Chico State at Chico Saturday by a 81-60 score.

Forward Suzanne Washington netted 17 points to lead the 'Jacks while J.J. Suttie scored 10. The loss left the team with a 2-5 GSC record as they travel this weekend to play Stanislaus State on Friday and the University of Nevada-Reno on Saturday.

Women's gymnastics

The traveling women's gymnastics team placed second in a three-way meet in Sacramento, scoring 77 points to

(Continued on page 15)

Sports program queried

(Continued from front page)



photo by Mikki Hyland

John Cunningham looks for a Penthouse Pet teammate to pass to during Monday night's intramural innertube water polo game against the T.E.M.P.S. The Pets lost.

(Continued from page 14)

Sacramento State's 122 and Sonoma State's 49 Thursday. Jody Endemark was HSU's leader, finishing fifth in the uneven parallel bars and sixth in the balance beam.

Saturday the gymnasts lost to UC Davis 120-89.
Men's volleyball

The men's volleyball club placed 11th in last weekend's 24-team Santa Barbara Classic.

With a 5-6 record, the club finished second in the consolation bracket. Its most impressive victory came against host UC Santa Barbara, a nationally-ranked team last year. Coach Danny Collen praised middle blocker Bill Christiansen and hitter-blocker Scott Tolzmann for their play throughout the tournament.

The club returns home to play Rogue River Friday and Saturday night in the West Gym. Both matches start at 8.

program.

The questions McCrone asked read as follows:

—What are the fiscal ramifications of Title IX provisions requiring equal opportunity for men and women to participate in club, intramural and intercollegiate athletic programs?

—Do the purposes and goals of our club, intramural and intercollegiate athletic programs adequately complement one another for the benefit of all HSU students?

—What is the optimum intercollegiate athletics program we can expect to maintain or should maintain in the years ahead, assuming that the sources of fiscal support remain essentially what they are at present?

—Do conference requirements that we participate in a specified minimum number of sports work a hardship on our program that is not offset by the benefits of conference membership?

—What are the prospects for modifying conference requirements that we participate in a specified minimum number of sports?

—What would be the consequences, if any, for our intercollegiate athletics program and local and statewide community relations if we withdrew from conference memberships?

—How can local fund-raising efforts be coordinated to achieve maximum dividends and simultaneously reduce the danger of alienating new and long-standing supporters in the community? What specific mechanisms can be employed to obtain this result?

Committee members

According to Kerker, who is chairman of the committee, the questions have been parceled out to the members of the committee.

The other members of the committee are: Edward Webb, dean of student services; Don Clancy, director of admissions and faculty representative to the Far Western Conference; Susan Hansen, director of the Career Development Center and faculty representative to the Golden State Athletic Conference; three members of the HSU faculty and five HSU students.

According to Kerker, McCrone's request to look into the sports program came as the result of a letter Kerker sent to McCrone last year in which he stated that the HSU sports program is inadequately funded.

Kerker added that the attitude of the committee is not to limit the sports program further.

The sports program at HSU is currently comprised of 15 activities, eight for men and seven for women. Seven other activities have been dropped.

\$65,000 budget

The sports program's current budget is \$65,000, according to Kerker. Approximately \$43,000 of this are student body funds. The program is in its last year of a three-year agreement with the student body in which the student body channels 30 percent of its funds to the sports program.

"The committee's attitude is to retain the 15 programs that we have and to find more resources for them and more adequately fund them. And if possible, to reinstate as many, if not all, of the activities we have dropped," he said.

Kerker believes there is a good chance that McCrone will go along with the eventual recommendations of the committee.

Lumberjack Classified Ads

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Personals

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The shoes make a difference

by Jeff Stevenson

You have seen them just about every where—in the city, on the trails and along the highway. The joggers are out every day, rain or shine, huffing and puffing their way to better health.

Without proper running shoes, however, jogging can be more harmful to the body than helpful.

"It's really up to the individual to decide which shoe he or she should get," Gayle Kerstelter, a salesperson for the Arcata Jogg'n Shoppe said.

"You have to come in, try on the different brands and see how they fit your foot."

"Nike and New Balance are good running shoes," Kerstelter said. "New Balance and Brooks are the only shoes which come in width measurements which are helpful for a tighter fit."

Criticism also

Along with the praise, though, is some criticism.

"Last year's New Balance wore out," Kerstelter said, "and according to 'Runners World,' it is still their worst showing."

Kerstelter also said that with this year's improvements, the shoes may prove to be better.

Wayne Harrison, owner of the Healthy Jogger in Eureka, has the New Balance, but said he has not had it long enough to comment on the improvements.

Feedback necessary

Harrison said he really has no way of knowing the quality of a shoe until he receives some feedback.

JoAnn Hunt, owner of the Arcata and Eureka "Jogg'n Shoppes" believes that as a dealer, "you should know about your shoe and about your runner."

Hunt also said she likes to stay in contact with runners to see how the shoe wears, and how the runners "wear".

"We are a running shop," Hunt said, "not just a business."

Harrison did have some suggestions for people who run on asphalt or cement.

"When you're going to be running on asphalt or cement, you must have a well cushioned shoe," Harrison said. "In most cases you'd prefer a wide heel or a wedged heel which absorbs the shock more and aids in stabilization."

Harrison added "The shoe should protect the ankle and the knee and hip joints" while running on surfaces with high resistance.

Bill Beasley's, a large sporting goods store in Eureka, carries only the Adidas brand.

"At the moment, we deal strictly with Adidas," Beasley said. "They have a new shoe coming out at the first part of February called the Formula One. It will

have a wedged mid-sole and will be well cushioned with a waffle pattern which aids in a better energy return."

Beasley also cautions people who buy shoes specifically for running to use the shoes solely for that purpose in order to maintain the quality and wear.

Not outstanding

Harrison, who carries only two brands of Adidas, said "I don't think Adidas have outstanding quality."

"The Adidas shoes are known to wear out fast," Harrison said, "and I don't think the quality is there that you are paying for."

Beasley admitted to having some problems with Adidas from time to time.

Beasley said he has experienced some difficulty with peeling on the heels and

Run for your life

Running doctor gives safety pointers

by Lisa Gates

Running, running, running.

The hills, beaches, streets, and parks are full of runners—and there is a very good reason.

Approximately 55 percent of the deaths in the United States result from cardiovascular diseases, many of which are associated with obesity and inactivity, according to research.

Thus, runners are not running away from something, they are running toward something—better health.

And the increase in the number of runners indicates the growing interest in becoming physically fit.

Since 1974, the number of students enrolled in jogging classes has increased by 60 percent and enrollment in physical activity classes has reached an all-time high.

There are specific aspects of running to be aware of, however.

Dr. Lawrence J. Wieland, who operates a preventive medicine clinic in Eureka and enjoys running and racing, stresses "patience" as the tool for the beginning and advanced runners.

"Stress fractures, heel spurs, ankle sprains, shin splints, tendonitis and runner's knee are, the majority of the time, due to weak feet and muscle imbalance," Wieland said.

Start slowly

In order to avoid these problems, Wieland suggests all runners start out slow and, if need be, increase the pace.

"Many beginners should start by walking with intervals of jogging," Wieland said. "As time goes by, the exertional effort will remain the same but the time in relation to the distance will steadily decrease."

toes of the Adidas Country—a running shoe—and, at one time, had to recall a basketball shoe.

Harrison said "I would consider most brands basically the same in quality."

Hunt said that while the top running shoes have basically the same, good quality, the cheaper running shoes "are made differently . . . and don't have the support."

Harrison, who has operated the Healthy Jogger for nine months, said often the only difference from one brand to another is the price.

Harrison said the price is not only determined by the quality, but also by the design of the shoe and advertising

"We have unadvertised shoes at more reasonable prices," Harrison said



"They are probably every bit as good as Adidas but they just aren't advertised as much.

"So . . . for the prestige of owning a brand name, popular shoe, you'll have to pay more," Harrison said.

Most jogging shoes can be purchased for \$20 to \$30. While some good shoes can be purchased at relatively cheaper price, other, lower quality shoes are often sold at top price.

So, in order to find the shoe that is right for you, Kerstelter recommends shopping around.

The best answer to this lack of suppleness, Wieland suggests, is stretching.

Wieland emphasizes performing exercises in a "gentle, smooth, non-painful, non-bobbing motion, holding each stretch to a count of 20."

Wieland advises the beginning runner to run between five and ten minutes every day, increasing to thirty minutes three to four times a week in order to receive the benefits of running.

Also, good running shoes are important.

Jim Hunt, PE instructor and track coach at HSU, believes good running shoes are imperative for serious runners.

Recently, many running shoes have been made with wide or wedged heels. The reason for this, Hunt said, is "to keep the heel stable so you don't put so much pressure on it, and to reduce the wobble while running."

Safety tips

Aside from an increase in energy and a heightened sense of physical fitness, the runner experiences many other physiological changes.

"When someone gets into condition, they have a lower resting and submaximal heart rate," Wieland said.

"There is a slight lowering effect on blood cholesterol as well as a decrease in the percent of body fat. Endurance is increased along with an increase in muscle mass," Wieland said.

PERFECT FORM - Carrie Craven, cross-country runner, demonstrates the steps to take.

photos by Harris Fogel

