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La leñadora

marzo 2017

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Mission Statement

El Leñador is a bilingual newspaper produced by Humboldt State University students of underrepresented ethnic groups. Our core values drive us to become the voice of the Latinx community in Humboldt County. We are committed to keeping our community informed of the most important issues in actuality. Through our newspaper, we hope to inspire other minorities to share their stories and experiences, thus creating more social, political, and cultural diversity in local media.

La Leñadora es un periódico bilingüe producido por estudiantes subrepresentados de Humboldt State University. Nuestros valores fundamentales, como la integridad y la honestidad, nos llevan a buscar la voz de la comunidad latinx en el condado de Humboldt. Estamos comprometidos con mantener a nuestra comunidad informada de los eventos más importantes en actualidad. A través de nuestro periódico, esperamos inspirar a otras minorías para que publiquen un periódico propio y original, creando así más diversidad social, política, y cultural en la prensa local.

Compiled by Leñadoras

*We are everything you can imagine
A warrior fighting to take off the chains forced on our wrists
Las mas xingonas*

*A production of resilience like a crystal's potential
We are what they've tried to dethrone
Las reinas del mundo*

*The sun
La luna
The water
El fuego
We are made of it all
No one can break us for we are unbothered by the mere men we rule*

The month of March marks the beginning of International Women's Herstory Month. This is the year women are reclaiming their spaces, voices, and most importantly, our identities. For centuries, the feminine has been attacked again and again. We feel it in the silent cries of our mothers, in the bitterness we harbor towards other women around us, in how we hardly take the time to see softness as a strength and not a weakness. In times like the ones we are currently enduring, women and femmes are not only loving but fighting fiercely for our future and for the world we want to leave behind. It is now the time we find strength and appreciation in the feminine and in the women around us.

For this issue, we have changed our name to La Leñadora in honor of this month. Pages 9-13 have been dedicated to some of the local women and pertinent issues that often slip through the cracks. Take some time and enjoy those pieces but most importantly, take some time and acknowledge the women and femmes in your life. When's the last time you showed appreciation? When's the last time you told them you love them? The future is femme, we feel and believe it.

"Al servicio de la comunidad Latinx del condado de Humboldt"

by Editorial Staff

With subsequent boycotting of journalism outlets and the barring of reputable sources by the current White House administration, the power of the press has never been more evident.

The foundation of the United States government is built upon the Constitution, which is often referred to as the supreme law of the land; its underlying principles

include our individual rights and liberties, enumerated within the Bill of Rights. Most famous of all, perhaps, is the First Amendment:

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances."

The freedom of the press is a chief tool of the democratic republic we live in because it allows the people not only to exercise our right to free speech but to express ourselves through the publication and spread of public information.

An important principle of the Constitution is the separation of powers between the branches of government: the

Legislative, which creates the law, the Executive, which implements the law, and the Judiciary, which interprets the law (and has been working hard since the first travel ban executive order in late January).

It is often thought that there is a fourth branch in that system of checks & balances: The Press, the voice of the people, meant to disseminate public information for the purpose of constitutional expression and accountability.

It should then be alarming when a president does not believe in the Constitution they swore to uphold.

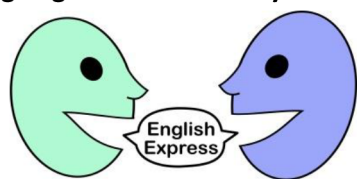
Undoubtedly, it is the responsibility of the press to spread factual truth and hold our representatives accountable. It is irresponsible for the press to make a headline out of Trump's nonsensical tweets. It is unfortunate when people put down the newspaper in protest of this type of reporting, even though it is practiced as a form of holding the press accountable. Worse

still, it is deeply disturbing for the President of the United States to call reputable sources "fake news" while his administration consistently tells lies and writes them off as "alternative facts" and allows white supremacist bloggers to have White House press credentials.

However, it should be remembered that it was not those publications who normalized his language; it was the major news and media outlets who were complicit in spreading his appeal to the masses. After all, the machine requires multiple working parts to run.

As journalists, we have a unique responsibility to do right by the community we serve. We will continue to report the truth and call out everything. We will tell the stories of our people because our existence is resistance. We can and will do everything to disrupt that machine, and we thank you for trusting and supporting our publication.

Bringing English & Community to the People



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Trump en la mira

La inmigración está en sus manos

por Alejandro Arredondo

Desde su juramento inaugural, El presidente de EE.UU, Donald Trump ha firmado 12 órdenes ejecutivas.

Un decreto es un documento que declara la política del gobierno. Incapaz de revertir una ley aprobada por el congreso, es más a menudo usado para delegar y dirigir departamentos y agencias gubernamentales. Aquí las órdenes ejecutivas y memorandos decretados por el presidente Donald Trump hasta ahora.

25 de enero de 2017- **Executive Order: Border Security and Immigration Enforcement Improvements**

Explica cómo el gobierno planea un aumento en los recursos para el Servicio de Inmigración y Control de Aduanas de los Estados Unidos, la Oficina de Aduanas y Protección Fronteriza de los Estados Unidos para construir el muro en la frontera sur y tomar una agresiva política contra los inmigrantes indocumentados.

La nueva guía hace que sea más difícil buscar asilo en los Estados Unidos, permite la detención de inmigrantes indocumentados y otorga más autoridad a los funcionarios de inmigración, lo que podría aumentar el número de inmigrantes indocumentados detenidos por el gobierno de los Estados Unidos.

También busca reforzar las leyes de inmigración sobre los solicitantes de asilo y los menores no acompañados que ingresan al país y podría enviar de regreso a México a personas que esperen procedimientos de inmigración en los Estados Unidos.

Al hacerlo, el informe permite la rápida expulsión de los inmigrantes que no pueden demostrar que han estado en los EE.UU. continuamente durante dos años antes de ser aprehendido y cuando

se determinó que no estaban autorizados.

9 de febrero de 2017 - **Task Force on Crime Reduction and Public Safety**

Trump firmó tres decretos, uno destinado a crear “un grupo de trabajo para reducir el crimen violento”, otro en el que pide a su equipo que elabore un “plan para detener las acciones contra los agentes que aplican la ley” y un tercero para reforzar la estrategia de Estados Unidos contra los “carteles criminales”.

24 de febrero de 2017 - **Enforcing the Regulatory Reform Agenda**

El decreto requerirá que cada agencia establezca un grupo de trabajo que evalúe las regulaciones existentes y recomiende si deben ser derogadas o modificadas, con el objetivo de disminuir la carga sobre la economía estadounidense.

28 de febrero de 2017 - **Restoring The Rule of Law, Federalism, and Economic Growth by Reviewing the “Waters of The United States Rule”**

El presidente de EE.UU, Donald Trump, ordenó hoy a la Agencia de Protección Ambiental (EPA) que revise una norma de 2015 que da autoridad al Gobierno federal para limitar la polución en las distintas masas de agua del país, un primer desafío a la política medioambiental de su predecesor, Barack Obama.

La “norma de aguas de Estados Unidos”, como se conoce la medida aprobada por Obama en 2015, le da al Gobierno federal autoridad para limitar la contaminación en grandes masas de agua, como el río Misisipi, pero también en otras más pequeñas, como arroyos no navegables o pantanos, un punto que generó controversia en el país.

6 de marzo de 2017 - **Protecting the**



Illustration by Celene Lopez

Nation From Foreign Terrorist Entry Into The United States

El presidente firmó este lunes una nueva orden ejecutiva que impide la entrada por 90 días a Estados Unidos de inmigrantes de seis países de mayoría musulmana, pero no incluye a los ciudadanos de Irak ni a los de los países incluidos en el documento que hayan obtenido un visado desde antes del 28 de enero o dispongan de residencia permanente en Estados Unidos.

De la misma manera, el programa de refugiados quedará suspendido por 120 días y no se aceptarán más de 50,000 en un año, un número muy inferior a los 110,000 previstos por el gobierno de

Barack Obama.

La entrada de refugiados sirios queda limitada a este mismo periodo de tiempo, poniendo así fin al bloqueo permanente estipulado en la orden anterior.

Este nuevo decreto, que Trump firmó sin cámaras de televisión como hizo en la ocasión anterior, entrará en vigor el 16 de marzo para evitar las complicaciones de una implementación inmediata como ocurrió en enero.

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HSU Takes a Stance on Immigration Enforcement

by Meg Bezak

With heightening tension around immigration enforcement swirling around communities across the country, Humboldt State University and the California State University (CSU) system promises lawful resistance against enforcement on its campuses. **Recent Memoranda Issued by Homeland Security**

On Feb. 21, Secretary of Homeland Security John Kelly spelled out recent executive orders on the topic of immigration law enforcement:

~10 thousand Immigration and Customs Enforcement (ICE) agents and 5 thousand Border Patrol agents to be hired.

*~Undocumented criminals will be a higher priority for deportation. This includes those with "any criminal offence, or those who have abused any public welfare program," according to **The Washington Times**.*

~The 287(g) program will be expanded more widely than it was under Obama, allowing state and local authorities to act as immigration agents.

~The "catch-and-release" policy—which gave detained "low-risk" undocumented people release while waiting for a hearing with an immigration judge—will be abolished, making for immediate deportation.

Despite a push for increasing border security, the Deferred Action for Childhood Arrivals (DACA) policy, which protects people who came to the U.S. as children from being deported, is not affected.

CSU Chancellor Timothy White Makes a Statement

Timothy White, chancellor of the CSU system, drafted an email telling the university community to rest assured: **unless required by law, the CSU will not comply with Trump's executive orders to enforce federal immigration laws.**

"Our university police departments will not honor immigrant hold requests, and our university police will not contact, detain, question, or arrest individuals solely on the basis of being—or suspected of being—a person who lacks documentation,"

White stated.

HSU Police Department Chief Takes a Stand

University Police Department (UPD) has a very clear set of actions that resist ICE intentions and comply strongly with White's message. Chief of Police Donn Peterson stated that under his leadership, UPD will not be cooperating with or enforcing matters of immigration status on campus.

"We're not doing anything on campus that has anything to do with customs or immigration enforcement, nor are we cooperating with federal authorities, nor are they doing any operations, nor are they allowed to."

In line with Chancellor White's promise, Chief Peterson heads the department with a standard that values and understands student lives. He aims to create and maintain an environment where students can focus on their studies comfortably and safely.

"We're not going to have an environment on campus, on my watch, where people are afraid to come forward because of their immigration status or the immigration status of a family member," Chief Peterson said. "We want people to feel free to be in a safe environment, learn, and get their degrees. They should not have to deal with all the nonsense of having to live undercover in the shadows and not being able to be apart of this community. We're not going to have that."

A Comment From President Rossbacher

When given the opportunity to voice a comment to the community, President Lisa Rossbacher had her secretary e-mail this quote:

"Higher education is an opportunity that should be open to everyone. As part of the California State University, Humboldt State supports all of our students and their dreams of getting a college education."

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I.C.E. Pa'Fuera

por Carmen Peña-Gutierrez
traducido por Alejandro Arredondo

En medio de la constante lluvia, miembros del Centro del Pueblo, una organización Latinx que proporciona defensa y coordina los servicios de inmigración legal para los miembros del Condado de Humboldt, la comunidad en Fortuna, y comunidades aledañas se reunieron en el Ayuntamiento de Fortuna el 8 de febrero. Se llevó a cabo una conferencia de prensa donde se expresó la indignación, miedo y enojo sobre la presencia del Servicio de Inmigración y Control de Aduanas de los Estados Unidos (ICE) unos días antes.

Renee Saucedo, miembro del comité directivo para el Centro del Pueblo, comenzó la conferencia de prensa indicando el propósito y los mensajes de que la conferencia espera transmitir a las autoridades locales.

“La presencia de ICE en nuestro bar-

rio, si detienen a alguien o no, provoca pánico y terror en la comunidad inmigrante local entre las familias-muchos miembros de la familia ser los E.E.U.U. ciudadanos y residentes permanentes legales – por temor a que sus familias están deshechas,” Saucedo dijo. “Nosotros no nos levantamos hoy para defender la ruptura de las leyes o para decir que la aplicación de la ley no debe ejecutar la ley. Lo que estamos aquí para decir es que la aplicación de la ley local nunca debe usar ICE en su trabajo localmente ya que tiene un impacto devastador en nuestras comunidades.”

El 6 de febrero, las autoridades locales llamaron a ICE con el fin de proporcionar servicios de traducción para dos detenidos. No hay una ley que dice que la aplicación de la ley debe llamar al ICE para asistencia. Saucedo



Community members marching for A Day Without Immigrants | Photo by Briana Yah-Diaz



Fortuna community members participating in Marcha Para El Dia Sin Los Mexicanos
Photo by Briana Yah-Diaz

dice que el dinero en cambio debe ser distribuido para que la aplicación de la ley privada o para contratar a su propia interpretación.

La presencia de ICE envía una ola de terror entre los miembros de la comunidad. Miembros de la familia expresaron un temor genuino para hacer cada recados del día en público y llevar a sus hijos a la escuela sabiendo que ICE está en sus barrios.

En Fortuna, 20 por ciento de su población es Latinx con varios miembros de la comunidad son indocumentados. Guadalupe, madre y miembro de la comunidad, ha vivido en los Estados Unidos por 19 años. Dijo que sus hijos son presa del pánico y están confundidos en lo que la presencia de ICE significa para su familia, especialmente cuando se trata a la policía puesto que ella siempre ha dicho a sus hijos que confíen en ellos.

“Mis hijos me dicen, ‘nos estás diciendo que si vemos a personas que parecen a la policía en la puerta que no les abramos,’ por lo que les estoy diciendo

a mis hijos es pedir ayuda a la policía, pero no contestar a la puerta al mismo tiempo,” Guadalupe dijo.

En una declaración publicada en el blog y página de Facebook de Departamento de policía de Eureka, jefe Andy Mills dice que EPD no se parar, detener o arrestar a personas debido a su color, origen nacional, raza o religión. Es inconstitucional, ilegal y mal. La política de EPD dice que la aplicación de la ley de inmigración se lleva a cabo sólo por “violaciones graves o necesidad de investigación.”

“EPD no va a parar, detener o arrestar a personas debido a su color, origen nacional, raza o religión. Eso es inconstitucional, ilegal e incorrecto. La policía de EPD dice, la aplicación de las leyes de inmigración se realiza únicamente por “violaciones graves o de investigación de necesidad”

Mills también reconoce que miembros de la comunidad indocumentados enfrentan el temor de la deportación cuando se llama a la policía.

“Si nosotros aplicamos rigurosamente inmigración con vigor de cero tolerancia, migrantes y los que están aquí legalmente no buscará nuestra ayuda, pero evitarán a la policía,” dijo Mills. “Creo que es inmoral”.

EPD no actuarán como agentes de inmigración pero afirman que si ninguna agencia federal pide ayuda, ellos les ayudarán.

El 16 de febrero, alrededor de 60 miembros de la comunidad del Condado de Humboldt marcharon por el centro de Fortuna durante el todo el país “Un día sin inmigrantes”. La marcha fue dirigida por las mujeres, particularmente las madres y sus hijos. Martha, es miembro de la comunidad y madre que lleva 17 años en los estados. Sus hijos viven con el temor de su familia siendo rasgada aparte.

Como puedo estar durmiendo tranquila sabiendo que un niño se vaya a la escuela y te diga “vas a estar aquí cuando yo regrese?”

Actualmente existe una petición que

el público puede firmar instando a toda aplicación de la ley en el condado para cesar la colaboración con ICE a menos que explícitamente sea requerido por la ley. Esto incluye no compartir lanzamiento fechas, información personal o agentes del ICE como intérpretes.

También urgen la aplicación de la ley para contratar a oficiales hablantes de español y los oficiales de color para representar a sus departamentos y tareas. Esta petición es avalada por el Centro del Pueblo y otras organizaciones comunitarias.

La petición puede firmarse aquí en northcoastpeoplesalliance.nationbuilder.com/protect_our_neighbors

** Para proteger la identidad de los mencionados en este artículo, se han omitido algunos apellidos*

Carmen Peña-Gutierrez can be reached at el-lenador@humboldt.edu



Community member in front of Mexico's national flag | Photo by Briana Yah-Diaz

Centro para estudiantes sin documentos

por Mónica Ramirez

traducido por Carlos Olloqui

Gracias a las elecciones presidenciales del otoño pasado, la administración de HSU finalmente decidió priorizar a los estudiantes indocumentados. Después de tres años de discusión y esfuerzos por parte de los estudiantes, el Centro MultiCultural pronto usará el UndocuCenter para proporcionar recursos a los estudiantes en necesidad.

Samyrha Saba es una de los estudiantes de F.R.E.E., que ha trabajado cerca con los administradores a lo largo de los años para establecer el centro. Saba dijo que “el asegurar que los servicios universitarios estén capacitados y saber cómo proveer recursos a estudiantes indocumentados” es de mucha importancia durante el desarrollo del centro.

Encontrar recursos y empoderamiento a través de la educación (F.R.E.E.), un club estudiantil, ha estado instando a HSU para crear un centro donde los estudiantes indocumentados pueden tener acceso a recursos como los servicios de inmigración. El grupo ha estado vivo desde 2009 y su objetivo principal ha sido educar a el campus sobre lo que los estudiantes indocumentados necesitan para lograr el éxito académico que el Humboldt State constantemente promueve.

César Abarca, profesor en el departamento de trabajo social, es el asesor de F.R.E.E. Abarca explicó que los estudiantes que tratan con aplicaciones como DACA o AB 540 son generalmente rechazados por la oficina de ayuda financiera.

“Continuamos presionando a la administración para encontrar recursos,” Abarca dijo. “Con el estatus de HSI es aún más urgente.”

Deferred Action for Childhood Arrivals (DACA) no da un camino a la ciudadanía. Esta aplicación da a estudiantes indocumentados la oportunidad de obtener un permiso de trabajo y

licencia de conducir como estudiantes. La solicitud requiere una cuota de \$465 y debe renovarse cada dos años. Los administradores no están entrenados para ayudar a los residentes o los titulares de permisos, muchos se dirigirán rápidamente a los estudiantes a F.R.E.E. Para obtener ayuda.

Otras escuelas a través de California están comenzando a proporcionar centros de recursos como el UndocuCenter espera ser. CSU Long Beach, UC Davis y UC Berkeley cuentan con centros de personal que proporcionan una serie de recursos como servicios de inmigración, un abogado cercano y servicios de salud mental que se centran en apoyar a cualquier estudiante que estan estresados sobre su estatus.

Los estudiantes que están lejos de casa, como la mayoría de los estudiantes de HSU, ya están estresados y la ansiedad de la escuela. Hay muchos estudiantes potenciales que ni siquiera quieren considerar HSU debido a los problemas que han ocurrido con respecto a la inmigración este año.

“Queremos no sólo proporcionar apoyo a los estudiantes, pero también estar involucrados con la comunidad y compartir los recursos, necesitamos servicios de inmigración,” Abarca dijo.

En el futuro, el objetivo es que el UndocuCenter se haga tan presente como los centros de excelencia académica. Ellos quieren colaborar con la comunidad y quieren abrir el College of the Redwoods y las escuelas secundarias locales para que sus servicios estén disponibles para todos los que lo necesiten.

“Queremos crear un espacio que junte el éxito estudiantil con la graduación,” Abarca dijo. “No solo hablamos de gente de color, esperemos que este centro pueda servir a todos los estudiantes indocumentados.”

Mónica Ramirez can be reached at el-lenador@humboldt.edu

Undocumented Community Speaks Out

by Carmen Peña-Gutierrez

Centro del Pueblo, a local Latinx community organization for Humboldt County, and community members in Fortuna and surrounding areas gathered at Fortuna City Hall on Feb. 8. A press conference was held to express outrage over Immigration Customs and Enforcement (ICE) presence a few days earlier.

Renee Saucedo, a member of the steering committee for Centro del Pueblo, kicked off the press conference by stating the purpose and messages the conference hopes to convey to local law enforcement.

“The presence of ICE in our neighborhood, whether they detain anyone or not, causes panic and terror in the local

immigrant community among families—many family members being U.S. citizens and legal permanent residents—for fear that their families will be torn apart,” Saucedo said.

On Feb. 6, local law enforcement called ICE in order to provide translating services for two detainees. There is no law that says local law enforcement must call upon ICE for assistance. Saucedo says that money should instead be allocated for law enforcement to use private interpretation or to hire their own interpretation.

In a statement released on the Eureka Police Department Facebook page and blog, Chief Andy Mills said that EPD

will not stop, detain or arrest people because of their color, national origin, race or religion. EPD policy says immigration enforcement is only conducted for “serious violations or investigative necessity.”

On Feb. 16, around 60 community members from across Humboldt county marched through downtown Fortuna during the nationwide “A Day Without Immigrants.” Leading the march were women, particularly mothers, and their children. Martha, is a mother and community member who has been in the states for 17 years. Her children live with the fear of their family being torn apart.

“How can one sleep peacefully at

night knowing that their child, before heading to school, asks you, ‘Are you going to be here when I return?’” Martha said.

Currently there is a petition the public can sign urging all law enforcement in the county to cease collaboration with ICE unless explicitly required by law.

The petition can be signed here at northcoastpeoplesalliance.nationbuilder.com/protect_our_neighbors

**To protect the identity of those mentioned in this article, some last names have been omitted.*

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Student Success for All Students MultiCultural Center will house an UndocuCenter

by Mónica Ramirez

Thanks to the presidential election last fall, HSU administration has decided to prioritize undocumented students. After three years of discussion and student efforts, the MultiCultural Center is planning to house an UndocuCenter by the end of this month to provide a number of resources to students in need.

Samyrha Saba is one of the students from Finding Resources and Empowerment through Education (F.R.E.E.), a student club, that has worked closely with administrators over the years to establish the center. Saba said that “ensuring that university services are trained and know how to provide resources to undocumented students,” is of utmost importance as they develop the center.

F.R.E.E. has been urging HSU to create a center where undocumented students can have access to resources like immigration services. Since 2009, their primary goal has been to educate the campus about what undocumented

students need in order to achieve the academic success that Humboldt State constantly promotes.

In 2013, the Vice President of Enrollment Management and Student Affairs, Peg Blake, created a task force with students to focus on how to support the undocumented student population. Recommendations were made and the creation of the center was one of them. The reason it has experienced delay has been due to time, money, and people, according to Blake.

“Beyond that, we will all need to continue to figure out how to best provide the support needed for this student population. Finding permanent funding is a big challenge, but one that we are continuing to pursue,” Blake said.

César Abarca, a professor in the department of social work, is the adviser for F.R.E.E. Abarca explained that students who deal with applications like DACA or AB 540 are usually turned

away by the financial aid office.

“We continue to press administration to find resources,” Abarca said. “With HSI status it is even more pressing.”

Deferred Action for Childhood Arrivals (DACA) does not provide a pathway to citizenship. This application gives undocumented students the chance to obtain a work permit and driver’s license as students. The application requires a fee of \$465 and must be renewed every two years. Administrators are not trained on how to assist residents or permit holders, so many will quickly refer students to F.R.E.E. for help.

Other schools across California are beginning to provide resource centers similar to what the UndocuCenter hopes to be. CSU Long Beach, UC Davis, and UC Berkeley have fully staffed centers that provide a number of resources such as immigration services, an attorney nearby, and even mental health services that focus on supporting any student

that stresses over their status.

“We want to not only provide support for students but be involved with the community and share the resources. We need immigration services,” Abarca said.

In the future, the goal is to have the UndocuCenter become just as present as the Centers for Academic Excellence. They want to collaborate with the community and they aim to open it up to others like the College of the Redwoods and local high schools so their services are available to all in need.

“We want to create a space that links student success to graduation,” Abarca said. “We’re not only talking about brown people. Hopefully this center will be able to serve all undocumented students.”

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Have No Fear, the Menstrual Cup is Here

An alternative to pads and tampons

by Estee S. Trevizo

Periods. We've been told, and some have experienced, that they're bloody, uncomfortable, and they suck. There is no doubt that when the uterus hits menstruation, it's painful. There's a long week of cramps, back pain, and a rapid fluctuation of hormone levels that goes with it. What they don't tell you is that this cycle is also beautiful and a great sign that the human body is working the way it should.

Throughout the course of our lives a consistent ideology has been widely held that periods are disgusting, and the stigma that clings to pads and tampons contributes to the perpetuation of that negative ideology. They support the idea of hiding and getting rid of something gross. Although a popular method of choice, they aren't the safest or most sustainable.

If one were to calculate how much money they've spent on tampons or pads alone, it would be costly. The average woman spends \$120 per year on pads and tampons and an additional \$20 each year on medication. According to the National Academy of Scientists, 52 million pounds of plastic packaging materials are dumped or lost in oceans each year and plastic tampon applicators are in the top 10 of the list. It is said that the average woman uses about 16,800 tampons in her lifetime.

The menstrual cup, which has been around for 80 years, is sustainable. It is a reusable menstrual hygiene product that is made of medical grade silicone. The silicone softens with body heat, so it is easy to insert and remove. It is shaped like a bell and is flexible. It is worn internally and sits low in the vaginal canal during menstruation to catch menstrual fluid. The sizes range, and there are many different colors and brands to choose from. These long lasting cups

typically cost between \$20 to \$40. The menstrual cup is inserted into the vaginal canal. There is a four step process that describes how to insert and remove the cup as well as clean it. Aside from saving money, being environmentally responsible, and overall being safer, the menstrual cup is an option.

In recent research, most tampons and pads aren't organic and are grown with genetically modified cotton. This cotton is sprayed with pesticides that have been found to link to cancer, birth defects, infertility, and the list goes on.

Health and body politics coordinator at HSU's Peer Health Education, Cali Dorsch, has experience using multiple products from tampons and pads to reusable underwear, and the menstrual cup.

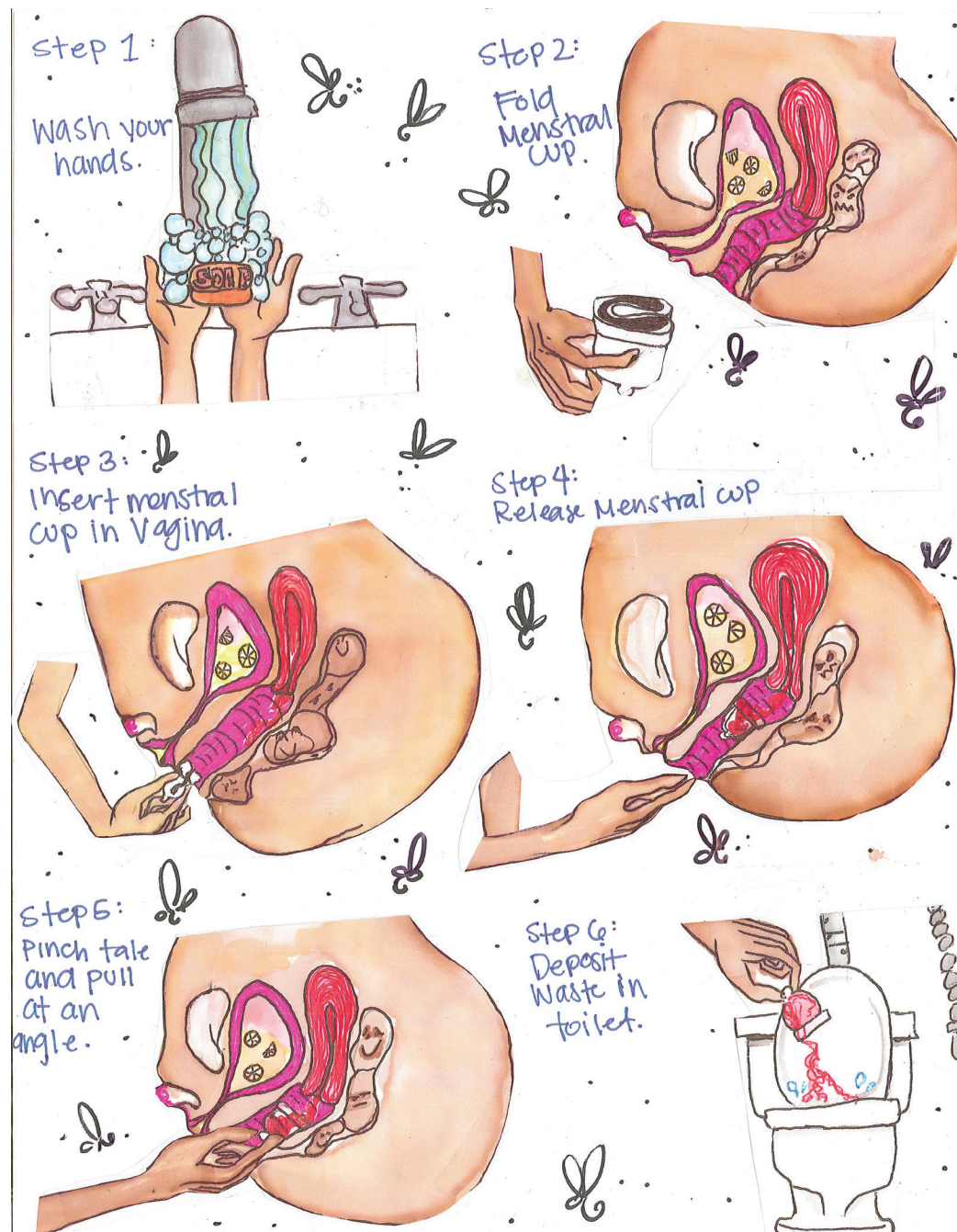
"It is clear that there is this prevalent patriarchal idea that your period is nasty, it's dirty and inherently gross," Dorsch said.

This coincides with the socially constructed idea that your period is something you want to throw away and never see again.

"This is actually a really damaging idea because it is something your body naturally does. It is shamed and demonized," Dorsch said. "Only you can decide what is good for your own menstrual needs."

Coordinator of Health Education and Special Products Mira Friedman advises anyone who is using the cup to use it properly for their own safety. She points out that it is very important to take them out at the directed time that is recommended, especially if one's flow is heavier.

"Make sure your hands are really clean. If you have any germs on your hands, you are inserting those germs into the vagina" Friedman said.



Diva cup demonstration illustration by Gichi Viramontes

"It can be a little tricky when you're in the bathroom with multiple stalls, and you have to take it out and wash it" Friedman said.

Because you can't just throw the menstrual cup away like a tampon, it can be tricky to find a place to empty

out the contents. Always be prepared.

"It's messy but so is life," Dorsch said.

Estee S. Trevizo can be reached at el-lenador@humboldt.edu



Unapologetically Me

Article by Estee S. Trevizo

Photos by Briana Yah-Diaz

The embodiment of beauty that is seen everywhere is white, thin, tall, and submissive. The varying shapes and colors of real women are often hidden and underrepresented in a society founded on patriarchy and white supremacy.

Sophomore Clara Nieblas is an art education major at Humboldt State University. On Instagram (@elotepreparado) her name is listed as Xochiquetzal, the goddess of love. In an effort to challenge the dominant universal idea of beauty, she uses social media as a platform to show that beauty takes form in many different shapes, colors, and sizes. With 13.9K followers, Nieblas is a courageous pioneer in the body positive movement by naturally being herself. She is a person of real beauty from the inside out, encouraging others all over the world to simply be themselves.

Nieblas admits that in this movement you can't change everyone's perspective, but you can start by planting that seed. She constantly attempts to encourage others to talk about these issues collectively.

"I talk about subjects surrounding the Chicanx community, and what it's like growing up in a low-income, single parent home as a first generation student," Nieblas said.

Nieblas identifies as a first generation, unapologetic, fat, carefree woman from the eastern Coachella Valley. Everyday she strives to challenge white he-

gemony because beauty comes in all shapes and sizes. As a brown woman, she has different expectations than a white woman does.

Becoming Body Positive

"People think that the body positive movement is bashing on skinny women," Nieblas said. "It's not that at all. It's not about the binary of being skinny and fat, it's about loving yourself the way you are and look."

She explains that what happens in the body positive movement is that white women don't share half of the oppression women of color share, but are the face of beauty. This is problematic because, since young girls of color don't see themselves in the media, they don't see themselves as beautiful.

"It's hard to look up to someone you can't relate to," Nieblas said.

She noticed at a young age that she didn't look like the faces most familiar in mainstream media. In an attempt to be socially accepted, she tried hard to mold herself to the standards of European beauty. Not being able to ever see a picture in the media that resembled herself, her self esteem and confidence suffered.

"I tried looking skinnier and morphing the way I projected myself onto social media, and it was really based off of beauty," Nieblas said.

This fake identity of who she wasn't started to take a toll on her and she grew tired.

"I felt rebellious and I thought, I'm not gonna hide behind social media and pretend to be something that I'm not," Nieblas said.



Meet Clara Nieblas

The Rise to Consciousness

She started to become more politically active in social issues that work to deconstruct systems of oppression and beauty standards, especially relating to women of color. Nieblas posts an eclectic variety of pictures from makeup selfies to videos of her dancing to corridos to pictures of her body.

One popular post on her Instagram is a picture of her stomach and stretch marks. She captioned it with a long paragraph about how she never sees pictures of stomachs like hers, and how throughout her life she was ridiculed by her family and society for having stretch marks and being overweight.

Nieblas concluded the post with an explanation of why she was showing off her stomach in the first place: the post is a bold step on her self love journey. People who looked like her were humiliated on Instagram and she could relate. Nieblas is unapologetic. She loves making people feel uncomfortable.

One follower responded, saying, “We have similar tummies and this made me feel really good about myself, thankyou.”

Becoming Unapologetic

It takes deconstructing those thoughts and perceptions to become conscious of socially constructed standards of beauty. When she started learning about her culture, the Chicana identity, and the politics of it all, she learned to see beauty in everything that challenged the norm.

“I stopped caring, and it takes a lot of work not to care about what other

people think about you,” Nieblas said.

Another one of her posts was a full body selfie, followed by a luminous makeup look. The photo was captioned, “What a time to be alive and unapologetically FAT.”

A follower responded with, “this makes me more positive about my body, thank you for spreading self love.”

Many of her fans write to her daily, thanking her for sharing her journey towards self love. Men and women, young and old, thank for her for changing their lives and helping them recognize the love they didn’t know they could have for themselves.

“When you rebel against these social constructions, it challenges others to think about them more,” Nieblas said.

She has built a community online that she has naturally impacted so deeply, she now feels like this is something she can’t let go of.

“Be who you want to see, and be that for other people,” she said.

Nieblas wants to help others by sharing her true feelings and encouraging others to share what’s real about them.

“Existence is resistance,” Nieblas said. “I learned how to love myself by myself.”

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Nur Seirafi

Creating Comfort for Prayer

by Gabriel Lopez

In a small room tucked away at the top of the staircase of the MultiCultural Center (MCC), tiny blue lights adorn the walls of the recently added prayer space.

Calming silence fills the room as students engage in prayer, a right many students feel uncomfortable practicing on this campus. A right Nur Seirafi, senior sociology student, is willing to fight for.

"I needed a space to pray and this place embodies a sanctuary for me," said Seirafi.

Inspired by the vast diversity and commitment to social justice that HSU advertises on their website, Seirafi applied to HSU on a whim and was surprised to discover that Humboldt was not at all what she expected.

"It was uncomfortable for me to leave my house. The community was definitely not as welcoming as I had imagined," Seirafi said. "It felt as if people were imposing media narratives about Muslims on me even though they knew absolutely nothing about me."

Struggling to find a safe place on campus, Seirafi turned to the MultiCultural Center.

"One of my co-workers said something that myself and many of us at the MCC resonate with, although it's gloomy and cold outside, once you walk into the center there is a warmth and sunshine that radiates from every individual that utilizes this space. This space is run by students for students," Seirafi said.

In support of student's right to prayer in safety and comfort, the MultiCultural Center has recently made space for a prayer room.

"The space is so beautiful," Seirafi said. "Anyone can pray here. No matter what your faith, this is a safe comfort-

able room for prayer."

While students face many different racial barriers on campus, it is the presence and attitudes in the off campus community that are some of the most frightening.

"What frustrates me about this place is the outside community," Seirafi said. "People believe the things that they hear about Muslims from the media and believe they have the right to tell me what is 'wrong' with my identity."

Seirafi originally transferred to HSU as a biology major. She has since then switched her major to sociology and began working in both the MCC and in the department of sociology

"My purpose in being involved within the campus community is because I enjoy working with people. I want to create dialogue that addresses the false representation of Muslims," Seirafi said.

Considering the current executive actions taken by our administration targeting the Muslim community, Seirafi welcomes discussion.

"People need to understand that the Muslim community is incredibly diverse, encompassing individuals of many nationalities," Seirafi said. "It is my responsibility, as I do represent my faith publicly. These dialogues are necessary for us to be able to humanize each other locally and globally. Come talk to me. Don't base your opinion on something you heard in the media."

Grecia Rojas, interim coordinator of the MultiCultural Center, describes Seirafi as a very strong and ambitious woman.

"She is driven and motivational and her energy fuels me," says Rojas. "And not to mention, she is the Karaoke Queen especially if it's to a Beyoncé song."

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Student Nur Seirafi sits below her favorite mural at the MultiCultural Center.
Photo by Briana Yah-Diaz

Milk and Honey: Overview

by Elizabeth Alvarez

In life, people are faced with the pain of traumatic events and heartache. It is something that we have come to be familiar with, like the back of our own hands.

Rupi Kaur managed to capture the steps women take in order to thrive in the face of adversity. She does this by sharing her life as a migrant and woman of color in her book of poems entitled *Milk and Honey*. The title is a reference to Kaur's mother and women like her who, despite facing challenges in life, have managed to come out of it "as smooth as milk and as thick as honey."

'The Hurting'

Rupi Kaur touches on an array of topics by dividing the book into four chapters. The first section of the book is one that most college age women can find relatable. It focuses on our patriarchal society and how we tend to give men the power to control our emotions and actions. It is about the lessons we learn as little girls and how those follow into our adolescence and young adulthood.

'The Loving' and 'The Breaking'

The second section is about the relationships we build between our lovers, mothers, fathers, and friends. Rupi Kaur mentions the struggles women who become mothers have, but also that special connection they are able to have with their child or children. This section would most likely pertain to those who have just experienced a breakup but can also be extended to those who have just ended a close friendship.

'The Healing'

The last section is entitled "The Healing" and is centered around Kaur's ability to heal through her writing. This book taught me about self-love and that these feelings I am experiencing are shared ones. I would suggest that everyone, no matter age or gender, should at least look into *Milk and Honey*. It gives a better understanding into the pain we all seem to collectively share as a society.

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Makeup Can Be Universal

by Sarahi Apaez

From ancient Egyptians who lined their eyes with cosmetic black kohl made of powdered stone, to European kings who powdered their faces; historically men have always worn makeup. Dating back to 3,000 B.C, men colored their nails with egg and gelatin to assert their privilege and status in China and Japan.

Today, makeup brands are diversifying by choosing men as the face for their make-up advertisements. Men such as Manny Gutierrez for Maybelline and James Charles for Covergirl.

Still, men wearing makeup is not something people are used to seeing.

Andrew Rodriguez, third year journalism major, is motivated to use beauty products as a way to explore different sides of his personality.

Rodriguez plans out when he will be wearing his makeup based on what he is doing and where he is going. When going to places like Eureka, Rodriguez chooses to wear subtle makeup. On university campus grounds, Rodriguez gets complimented while wearing a full face of makeup. Because he is a man who wears makeup, Rodriguez sticks out and says that people go out of their way to

compliment him.

"I know if a girl were next to me wearing makeup, people wouldn't go out of their way to tell her that she looks good or ask her to do their makeup," Rodriguez said.

Rodriguez feels comfortable shopping at Ulta in Eureka in order to create a look with colors like cranberry and pink and a glowing bright face. He is empowered by men like Manny Gutierrez who keep their facial hair because it solidifies the idea that he can be masculine and still wear makeup.

"Makeup can be universal, you just have to look at it that way," Rodriguez said.

The first time Rodriguez's mom saw him wear makeup, she was in shock.

"When she saw me with the dramatic eyes and full makeup, it was a new perspective for her," Rodriguez said.

After never having seen him wear makeup in his 20 years of life, she told him it was going to take time to get used to.

Omar Mejia, economics major, who wears a lot of makeup but is a makeup enthusiast.



Erick Garcia wearing an amethyst inspired makeup and outfit | Photo by Sarahi Apaez

Mejia wears NYX's shimmery iridescent cream highlighter stick.

"I was fascinated by the idea of a product that can make your face glow and light up," Mejia said.

Since Mejia's makeup is more neutral and simple, his straight friend at one point just thought that he took very good care of his face through a skin care routine, but was surprised to find out that he was actually wearing highlighter.

"I grew up with the prevalent concept of machismo," Mejia said. "As I got older I wanted to sever that connection to machismo because it's a very toxic concept and it's gross."

To many Latinx, machismo is the belief that a real man needs to strive to be the most manly he can possibly be.

The first time Mejia's mom noticed him wearing highlighter.

"Omar, are you in love? Because you're glowing," she asked.

"My mom is open minded and progressive, but she definitely has her criticisms just like a lot of Latinx moms," Mejia said.

Erick Garcia, a freshman sociology major, was introduced to makeup through subcultures and the intersexual

feminist movement.

"I grew up in subculture so when I apply makeup that's my final act, that's my true form," Garcia said.

Garcia believes in loving your own skin. He avoids foundation, but wears everything else. He wears highlighter, eyeshadow, and lipstick and views each piece of makeup as an art concept.

"It's part of my gender performance," Garcia said. "I understand that I am a more masculine person but attaching things that are more feminine to me makes me feel better about myself."

Garcia's Salvadorian mom tells him not to wear makeup around her because she feels it is disrespectful.

"Society is changing, I view my existence as an act of deviance," said Garcia. "Being queer and POC I make my own culture. Because I can't hold on to being both queer and Latinx, you have to make your own community."

"I feel like my queerness stops my Latinx identity, since there's so much stigma in the Latinx community against queer identifying people," Garcia said.



Eye makeup inspired by amethyst | Photo by Sarahi Apaez

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The Joy of Joyce

Joyce Corpuz, we appreciate you.

by Carlos Olloqui

Every artist has their canvas of choice. For Joyce Corpuz, it's the human mind.

Joyce is the Administrative Support Coordinator for the department of Journalism and Mass Communications at Humboldt State University.

"I really enjoy my job. The things I do are things that are needed in order for a department to function," Joyce said. "But, what honestly keeps me at this job is you, the students."

Joyce has been painting her way into the paths of students for the past five years at HSU. You can assure yourself that whenever you visit Bret Harte House, you will be greeted with a warm welcome.

"Whenever students come in and I ask them how it's going, I really do want to know if they are okay or not," Joyce said.

Joyce was born in Chicago, Illinois. At the age of 11, she and her family moved to San Diego after her father retired.

"I'm first generation Filipina, and the youngest of four siblings," Joyce said. "My parents' only dream was for all four of their children to have college educations and better opportunities than they did."

After high school, Joyce attended San Diego State University and graduated with a degree in art.

"My brother is now a doctor, my sister is a nurse, my other brother went into computer software engineering, and I went into art," Joyce

said. "Everyone was always like 'What are you going to do with art?'"

Joyce feels that her art degree relates to what she does in more ways than she would have ever imagined.

"To me, students are a lot like artists, using their specific degree as their canvas," Joyce said. "I think it's so odd that when I tell people I have an art degree the first thing they think of is, 'Oh, you draw?' But you learn that there's a lot that relates to each other in this world and most of it is interchangeable."

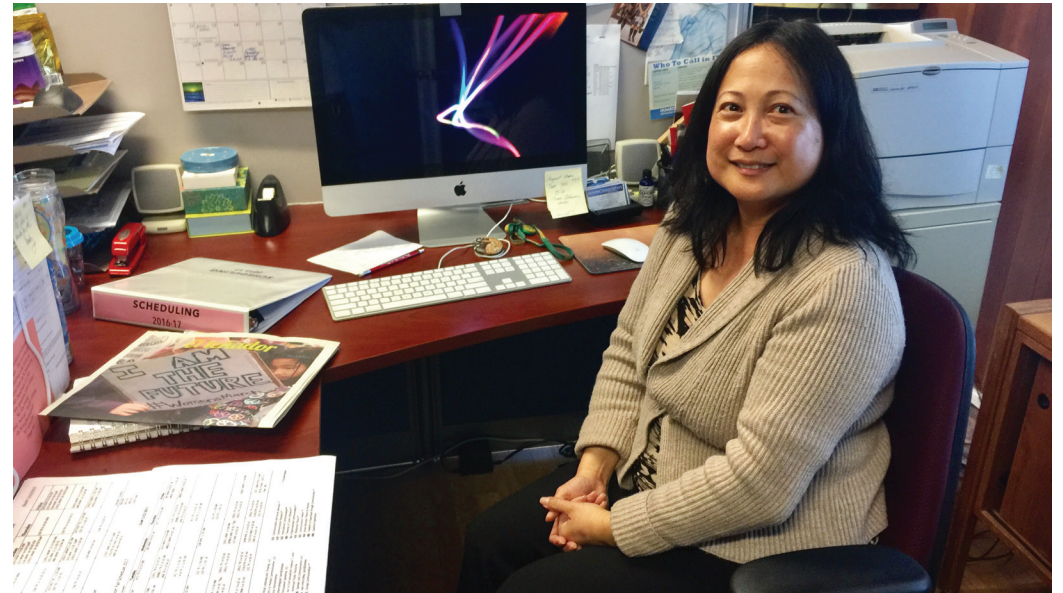
After graduating, Joyce was hired by SDSU as the Executive Director's Assistant for the School of Art, Design and Art History. She worked there for 25 years.

"Humboldt was really just a fresh start for me," Joyce said. "My mom was living with me and she passed away, so my husband and I decided we wanted to look for new opportunities in Humboldt."

Seeing students graduate is Joyce's main joy, but I know I don't speak for myself when I say, Joyce is the joy of the Journalism department.

"It might not be significant, my role in education," Joyce said. "But, knowing that I left a mark, even if it's just a little mark, in a student's life really makes it all worth it."

Carlos Olloqui can be reached at el-lenador@humboldt.edu



Administrative Support Coordinator Joyce Corpuz at her desk in the Department of Journalism and Mass Communication | Photo by Carlos Olloqui

We are gardens, and we take time

by Elizabeth Alvarez

When I was younger, I dreamt of building a garden
Having a wide range from Tiger Lilies to Echeveria succulents
Spending all day outside to ensure that my garden would thrive
I didn't realize that the plants always die, when the water runs dry
On warm summer days, when the rain would refuse to fall, life was lost
In a sense the same applies to the relationships we build as humans
When we spend all our time and energy in someone who gives us back nothing
We are doomed to see our leaves crumble and our roots pulled out from the ground
No longer seen as worthy, no longer given the things we need in order to rejuvenate

When I was younger, I dreamt of building a garden
A garden that I could keep all to myself, one that could be only for me
I was told by my mother, that
"gardens take time to grow, so no matter what don't give up"
In a sense the same can apply to the relationships we build as humans
We are required a certain environment,
a certain kind of attachment,
one that is loving and warm
Sometimes when these needs are not met,
it takes longer for us to reach the next step
Just keep in mind, that we will thrive despite the harsh winters, and dry summers
We are not doomed to see our leaves crumble
and our roots will remain firmly in the ground
We are worthy, we will find the things we need,
one way or the other, we will rejuvenate

Illustration by Celene Lopez

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“I Got This!”

Confronting anti-Black racism & misogyny in Latinos

by Hector Arzate

In a nation that is so clearly divided, humor and the ability to share laughter with one another has never before been so important. While the pain and fear our friends and families face every day is real and deserves acknowledgement, we find strength in the laughter before the punchline. And it shows in the way that we have been able to turn Donald Trump into an even bigger joke than he already was.

It comes as no surprise that one of our favorite Latino comedians, George Lopez, has found endless comedic material in Trump. Even before Trump's presidency, Lopez was unafraid to call out the bullshit in his presidential bid and impassioned supporters alike.

In a Huffington Post article published in late Sept. 2016, Lopez spoke out about Trump's political rise through prejudice and bigotry.

“He is fueled by ignorance, and shattered this country's respect for diversity and inclusivity,” Lopez said.

But what happens when our own humor embodies white supremacy and hatred against women?

As Lopez showed during a recent stand-up routine, these toxic ideologies are sometimes internalized and even reinforced by Latinos.

“There are only two rules in the Latino family. Don't marry somebody black and don't park in front of our house,” Lopez said.

For some, the joke was not met with laughter but with anger and frustration. Visibly upset, a reportedly Afro-Latinx woman in the audience reacted to Lopez's joke by standing up and flipping him off. Rather than taking a moment to question the ideology of anti-Black racism within Latinx culture, Lopez chose to embody these oppressive ideas

through humor.

“I'm talking, bitch. Sit your fucking ass down. You paid to see a show, sit your ass down,” Lopez said. “You can't take a joke. You're in the wrong motherfucking place, so sit your fucking ass down or get the fuck out of here. I'll make the choice for you. Get the fuck out of here.”

For someone so concerned about this country's respect for diversity and inclusivity, it was a disgusting display that mirrored the ejection of Univision journalist Jorge Ramos, who called out Trump on the campaign trail. His words represented the deeper entitlement that some men carry, as well as the erasure of Afro-Latinx people. It is not simply an issue of political correctness and it simply cannot be escorted out of sight.

While Latinx culture is incomparable to the white supremacy and nationalism we're seeing in Trump and his supporters, it's important to admit that there is a lingering sense of ignorance and hatred embedded within us.

When I was younger, my father tried to instill his own prejudices within me. Whether it was him telling me not to hang out with my black friends or date a black girl, he always made it apparent that black people were unwelcome. It went beyond his prohibitions. It was in the language he gave me, the racial epithets he used every day, and whenever I challenged or questioned those ideas I was met with hostility or silence.

It's the same hatred and ignorance we're seeing from the president and countless others across the United States. While it's important to call them out, we also need to check ourselves and our brothers, fathers and uncles. That intersectional hatred, aptly named “misogynoir,” was first introduced by a queer



Illustration demonstrating unity between the Black and Latinx community | Celene Lopez

black feminist named Moya Bailey to address racism and misogyny directed towards black women.

While Lopez's stand-up routine made the rounds in news for a week, it nearly disappeared the following week. It's more than a microcosm within Latino culture. It's time to confront that idea and stop perpetuating misogynoir in a world that is already dealing with enough racism and sexism.

As a cisgendered heterosexual Latino

man, it's not always easy, and we won't always get it right, but we have to try. We have to do everything we can to challenge and disrupt those toxic ideas, within ourselves and those closest to us. If we don't, solidarity from non-Black men of color means nothing.

Hector Arzate can be reached at el-lenador@humboldt.edu

(HER)STORY

(WOMXN OF MUSIC)

PRINCESS NOKIA - "BRUJAS"
SOLANGE - "WEARY"
NONAME - "YESTERDAY"
SYD - "GOT HER OWN"
LINAFORNIA - "WETTTT"
WILLOW SMITH - "FEMALE ENERGY"
LA LUZ - "YOU DISAPPEAR"
KALI UCHIS - "HONEY BABY"
M.I.A. - "BORDERS"

SELENA - "TECHNO CUMBIA"
THE LAST ARTFUL, DODGR - "GOOD / GRAVY"
SISTER ROSETTA THARP - "THAT'S ALL"
MISSY ELLIOT - "SMOOTH CHICK "
PAQUITA LA DEL BARRIO - "VIEJO RABO VERDE"
KARI FAUX - "NOTHING 2 LOSE"
SISTER NANCY - ONLY WOMAN D.J. W/ DEGREE"
ERYKAH BADU - "DIDN'T CHA KNOW"

SIRI - "LUCID"
LAS FEAS - "UGLY BEGINS WITH YOU"
WARPAINT - "BY YOUR SIDE"
CELIA CRUZ - "QUIMBARA"
GANGSTA BOO - "WANNA GO TO WAR"
KEMISTRY & STORM - "SIGNATURE"
VENUS MILK - "WHO KNOWS"
TRINA - "CLEAR IT OUT"
JILL SCOTT - "GOLDEN (KAYTRANADA EDITION)"

(PLAYLIST CURATED BY INDIOCHOLO)

marzo

miercoles 03.08
Women of Color Talk
at HSU
12pm | MCC

viernes 03.10
Wellness Fridays
2-4pm | LCAE

martes 03.14
Brazil's Bale Folclorico
Da Bahia
8pm | Van Duzer Theatre
Tickets: General \$46 HSU
Student \$10

jueves 03.09
FREE HIV & Hepatitis Testing
EVERY Thursday
10am-4pm
Student Health Center parking lot

Breaking Bread Lecture Series:
Melanie Harrison Okoro
8pm
Goodwin Forum

lunes 03.20
Criminal Justice Dialogue -
The Impact of
Incarceration
on the Family
6-8pm
Native American Forum

martes 03.21
CJD - Housing Barriers
with a Criminal Back-
ground
6-8pm
Native American Forum

miercoles 03.22
Women of Color Talk at HSU
12pm | MCC
CJD - The Keys to Success-
Education on the
Inside and Outside
6-8pm
Native American Forum

jueves 03.23
Karaoke Night
5-7pm | The Depot
CJD - Sharing Stories:
Using activism
to move forward
6-8pm
Native American Forum

viernes 03.24
Wellness Fridays
2-4pm | MCC
CJD - Community
Round Table Discussion
6-8pm Native American Forum
F.R.E.E. Party
Goodwin Forum
8pm

lunes
03.27-31
Cesar Chavez
Week
Various Events
LCAE

viernes 03.31
Cesar Chavez
Day!

miercoles 03.29
Cupcakes & Conversations
with Corliss
3:30-5pm
Nelson Hall East 113
RSVP!
Contact
mona.mazzotti@humboldt.edu
or call 707-826-3369

Chris Abani,
Visiting Writer Series
Kate Buchanan Room
7pm

sabado 04.01
California
Big Time Gathering
11am-6pm
Forbes West Gym