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# El leñador

Al servicio de la comunidad latinx del condado de Humboldt

septiembre 2016

Vol. 7 Edición 1



President Peña Nieto and Republican Nominee Donald Trump | Illustration by Gichi Viramontes

## Trump Makes a House Call to Mexico

by Katherine Miron

He's done it again but this time he's crossed the line, specifically the Mexican border. Whether or not you can stand reading his name off headlines, Donald Trump is in the running to become the next President of the United States of America.

On August 31, Republican candidate Donald Trump accepted Mexico's President Enrique Peña Nieto's invitation to meet with him. The purpose of their meeting was to discuss the future relationship the two countries are to have if Trump wins the election this November.

But Trump didn't leave the country of Mexico, home to who he has called "rapists" and "killers," after the sit down. Trump made sure that a photo-op was on the agenda so everyone, especially the Latinx community, knew he had gone to Mexico to assure there would be unity and peace between the countries under his presidency.

A press conference was held after what Trump insisted multiple times was a lengthy meeting. President Nieto addressed a modest amount of reporters and informed the people of Mexico that although he does not agree with some of the things Trump has said in the past, the purpose of the meeting was to find common ground.

He assured those listening that he loves his country and assured that the safety of Mexicans, including those in the United States is his main priority.

**Then there was Donald Trump's speech.** Trump listed the things President Nieto and him had agreed on, one by one. He insisted peace between the United States and Mexico, which already exist, would be beneficial to everyone. Then took the time to backtrack on some of things he has called the Mexicans and replaced them with how "amazing" and "great" they were by repeating

those very adjectives multiple times.

Thanks to the help of one reporter, Trump himself didn't have to bring up that precious wall he is obsessed on building. With a smug look on his face, he assured everyone there had been no discussion on who will pay for the cement.

Now can we all give a round of applause to Mr. Donald Trump please? I am being sarcastic. It was truly quite a show Trump created by meeting with President Nieto, one I did not see coming nor did I appreciate.

Despite having traveled to Mexico and shaking the hand of its leader, it was clear that everything Trump does is for show. Time and time again, he has disrespected the Latinx community and now wants to show remorse for his actions. Many would agree Trump's visit was one of self-interest.

Former president of Mexico, Vicente Fox, told CNN that Trump's visit was an

"opportunistic move." In true Trump fashion, he took to Twitter and called out former President Fox and reminded him that he had once invited Trump to Mexico to speak as well.

Fox replied and explained to Trump and Mexican citizens it was an invitation to apologize to the people of Mexico. An apology that is overdue after all the accusations and blame put on the Mexican people for all the violence and misfortunes in the United States.

It is fair to say that this trip caused quite a stir and gave Donald Trump the news headlines he desperately needed to grasp the attention of Latinx.

According to polls by ABC News and the Washington Post, Donald Trump only has 3% of the African American vote and less than 20% of Hispanics. Trump has checked his calendar and knows he has little to no time to change the minds of voters.

I cannot tolerate hearing his name nor want to hear what he has to say anymore. This trip has worked against him, and has pushed many Latinx like myself away from voting for him.

Much like former president Fox, I agree Trump should have taken a second to give a formal apology to the Mexican people.

This trip showed how high and mighty Donald Trump thinks he is. He is not an honest presidential candidate or the ally he fronts to be. He is a reality star, one that has perfected his ability to create drama and controversy for his own self-interest.

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## Progress to be Made Overtime

by Carmen Peña Gutierrez

The Central Valley is a fruitful place literally.

It makes up less than one percent of the United States farmland but yet contributes to a third of the produce grown in the U.S. It's the home to an ever growing multi-billion dollar agricultural industry, but it is also the home to hundreds of thousands of farm workers who work dusk to dawn in the fields. According to the state's Employment Development Department, 419,500 farmworkers reside in California but when undocumented workers are taken into consideration, that number jumps up to nearly 850,000.

On September 12 Gov. Jerry Brown signed into law Assembly Bill 1066. This bill will grant overtime to farmworkers all across California. For nearly 80 years, farmworkers were not subjected to

basic labor laws that most employees are protected by. Even though this is an accomplishment made possible by United Farm Workers of America (UFW), a small union that represents a fraction of farmworkers, and other activists alike, but there are still some downfalls.

For instance, the bill will take a few years until it goes into effect. Beginning January 2019, the average workweek of 10 hour days and 60 hour weeks will shrink to the average 8 hour days and 40 hour weeks by half an hour each year. Humboldt State graduate student and previous UFW volunteer, Natalia Cardoso, believes this time gap will backtrack what is seen as progress.

"There is more room for corruption and exploitation to take place," Cardoso said. "Employers will take advantage of campesinos [farmworkers] and fire them when this

takes into effect."

Farmworkers are already starting to see cuts in hours. Rosario Lopez-Castillo, 59, has been working as a farmworker up and down the Central Valley since she emigrated from Mexico in 1984. For the last 32 years, Lopez-Castillo has witnessed wages go up from \$3.25 per hour in the 1980s to the minimum wage of \$10 that exists today. But with this new bill being passed, she holds the same concern as other farmworkers do in regards to the amount of hours they get.

"Supposedly they say they cut our hours so we aren't too tired," Lopez-Castillo said. "But in reality it's to take them away. The more work there is, the more people they hire which leaves us with fewer hours."

Castillo-Lopez is among the many farmworkers that are wary of the new bill. The fear of job insecurity is a genuine one. Employers being

obliged to pay their workers overtime will result in cutting hours or even in replacing human labor with technology.

"The way our country is running and evolving with technology, it's a concern that should be contemplated," Cardoso said.

Castillo-Lopez agrees that corporations will find a loophole out of having to pay workers overtime.

"It is a concern of mine that they probably won't even give us the average 40 hours per week," Castillo-Lopez said. "They are going to lower our hours so they don't run the risk of having to pay for our overtime."

Farmworkers in the Central Valley and all around California are susceptible to unfair conditions and treatment at the hands of their employers. They are overworked and replaced with new workers once their physical limits are

reached. According to the Center for Farmworker Families, about 75% of California's farmworkers are undocumented making it difficult for them to voice all the injustices they face due to the fear of deportation.

Assembly Bill 1066 and its victory should not go unnoticed. It is a huge accomplishment and only a small portion of what can and should be done in the name of justice for farmworkers.

"There should be a more bottom-up approach where the needs of the people doing the work are served," Cardoso said. "The treatment campesinos face at the hands of their employers is often more illegal than the people they call illegal."

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# Community

## El Leñador

### Inclusion at Risk at HSU

by Andrew Smith Rodriguez

While the class of 2020 seems to bring the change needed to HSU with demographics, the university has a different idea in mind. The current freshman class has brought better diversity than any previous class recent, but with the lack of budget, inclusiveness will become the challenge for Humboldt State.

President Lisa Rossbacher's welcome on August 17 provided some demographics from this year's freshman class. "36% identify as Hispanic/Latino," said Rossbacher, "and over 50% are from historically underrepresented groups. [...] Our students reflect the geography and demographics of our state. And we are committed to all of them being successful at Humboldt State."

With student's having a big impact on population in Arcata, the importance of successful inclusion relies heavily on the university and surrounding community.

Ruby Garcia is a student intern for the Outdoor Nation challenge. Garcia says for HSU the challenge was brought to campus to help with the diversity and inclusion of outdoor spaces, but for her the problem with diversity and inclusion at HSU is actually with housing.

"We need to address the homelessness issue," said Garcia. "Finding housing is harder, like if you are a student of color or a single parent."

For Garcia the local surroundings don't seem to cater to the changing demographics which could have an effect on many students of color and their sense of community.

Jasmine Nunley, the administrative support coordinator for the Office of Diversity and Inclusion,

has had personal experience with the lack of community.

"I had coworkers, African American, who left because they felt that they had no community," said Nunley. "If they had something that

may result in the grant being cut. In Rossbacher's welcome, she does explain that the budget is lacking compared to what was expected from the state, due to salary increases and an unexpected factor.

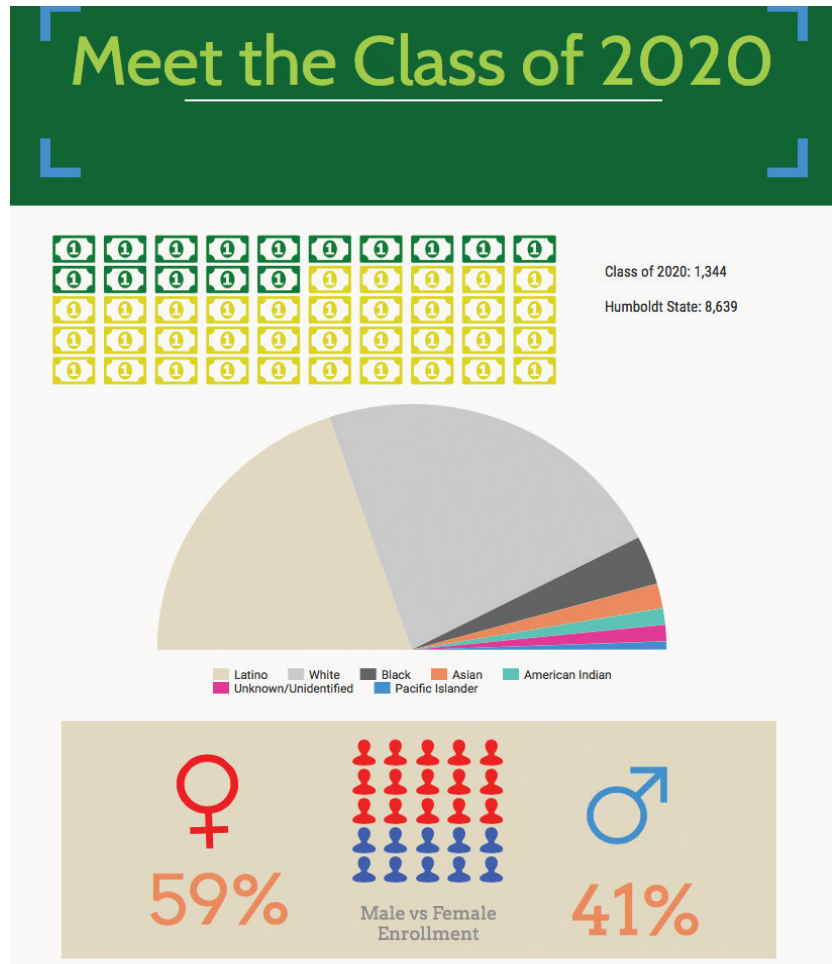
vided by events hosted by groups on campus via the Diversity Grant may be ending, there are resources on campus available for students to use. For students of color, the centers for academic excellence are resources on campus to help build a sense of community.

The director of the African American Center of Academic Excellence Dr. John Johnson works with students to help them find success at HSU.

"The goal is to help students feel affirmed and supported with all the resources," said Johnson.

Several staff and faculty members are standing with students of color and doing what they can to provide the resources, Johnson explains. The Office of Diversity and Inclusion is working as well to help students build their communities in their own way.

"We are working on a student collective," said Nunley. "The student advisory council will be comprised of dedicated students of color who will visit elementary and middle schools and read the literary work from people of color. They will also meet with either [Office of Diversity and Inclusion] or the president to help students feel more comfortable by laying out their concerns. If any student is interested and willing to dedicate the time contact the Office of Diversity and Inclusion."



helped them feel more at home, I believe they would have stayed."

At HSU, the diversity grant is designed for groups to have events that are more inclusive at community building. However, Nunley explains recent budget adjustments

"The other source of HSU's reduced funding in the coming year is the result of what appears to be student enrollment that is lower than was projected when we established the budget," said Rossbacher. Now while the inclusion pro-

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### Progreso Sobre el Tiempo

by Carmen Peña-Gutierrez translated by Daniela Martinez and Alejandro Arredondo

Menos del 1 % de las tierras de cultivo en EE. UU. están ubicadas en el valle central de California, y además contribuyen a un tercio de la producción agrícola del país, apoyando a la industria agrícola multi billonaria. California tiene una población con más de 400,000 trabajadores campesinos, este número crece a 850,000 y si toma-

mos en cuenta a los trabajadores indocumentados. Aproximadamente el 75 % de los trabajadores campesinos son indocumentados y a menudo sus derechos humanos son violados con una sobrecarga de trabajo y tratamiento injusto.

Por más de 80 años, los trabajadores campesinos no estaban protegidos por las leyes básicas laborales. El 12 de septiembre, el gobernador de California, Jerry Brown, aprobó la Propuesta de la Asamblea 1066, que apoya a los

trabajadores campesinos del estado. La propuesta entrará en efecto en enero del 2019, reduciendo las horas labores significativamente.

Mucha gente piensa que esta nueva ley es un retroceso, tal como Natalia Cardoso, alumna de posgrado de Humboldt State University, que también fue voluntaria con UFW.

"Hay más probabilidad de corrupción y explotación", dice Cardoso. "Los empleadores van a tomar esta oportunidad para despedir a los

campesinos cuando esta nueva ley tome efecto."

Mientras tanto, Rosario Lopez-Castillo opina que esta propuesta va a resultar en un corte de horas de trabajo, y en el reemplazo de trabajo humano con tecnología.

"Me da pendiente que a lo mejor ni nos van a dar las 40 horas por semana," y agrega que "Nos van a cortar las horas para no pagarnos overtime."

#### PROMOCIONE CON EL LEÑADOR



Si desea promocionar su negocio o sus servicios profesionales en El Leñador, por favor contáctese con nosotros al (650) 642-6525 o [el-leñador@humboldt.edu](mailto:el-leñador@humboldt.edu).

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 Latino 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.

El Leñador 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 ser la voz de la comunidad latina en el condado de Humboldt. Estamos comprometidos con mantener a nuestra comunidad informada de los eventos más importantes de la 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.

# LatinoNet

## Volunteers Needed

LatinoNet's annual health fair, Festejando Nuestra Salud is almost here and we cannot do it without your help!



**When:** Sunday, October 16th, 12 - 4 p.m.  
**Where:** Redwood Acres Fairgrounds, Eureka  
**What:** Interpreters and other volunteers needed  
**Contact:** Natasha at (707) 499-3876 or at [nso30@humboldt.edu](mailto:nso30@humboldt.edu)

## Se necesitan voluntarios

La feria de salud anual de LatinoNet, Festejando Nuestra Salud ya casi está aquí y no podemos hacerlo sin tu ayuda!

**Cuando:** Domingo, 16 de Octubre, 12 - 4 p.m.  
**Dónde:** En los terrones de la feria en Eureka  
**Qué:** Se necesitan intérpretes y/o otros voluntarios  
**Contacto:** Natasha al 707-499-3876 o [nso30@humboldt.edu](mailto:nso30@humboldt.edu)

# Community

## In Solidarity With Standing Rock

by Elizabeth Alvarez

The morning air was crisp, and the sun had not yet come up as Humboldt State students, faculty, and staff, and local Native communities gathered around the fire for a sunrise ceremony. The morning was filled with prayer for friends, family and others who had made their way to North Dakota to oppose the construction of the Dakota Access pipeline.

Marlene Dusek, is a senior at HSU and a member of the Payomkawichum tribe. The Payomkawichum people are located in Southern California, and are known as the people of the West. Dusek, along with other native students at Humboldt State, helped organize a sunrise ceremony to show solidarity with the Standing Rock Sioux tribe. The ceremony was held September 9, in the Potawot Garden located outside of United Indian Health Services (UIHS).

That same day, the decision on a preliminary injunction filed against the U.S Army Corps of Engineers by the Standing Rock Sioux Tribe was to be announced. The preliminary injunction was denied in federal court. However, the Obama administration halted construction on the section of the pipeline that runs under the Missouri River. The Obama administration also asked Energy Transfer Partners, the company building the pipeline, to halt construction on land which holds

sacred artifacts and burial sites. On September 12, the Standing Rock Sioux tribe filed an appeal for the decision on the preliminary injunction. This is just one step of many taken in order to stop the unethical construction of the Dakota Access pipeline.

This legal battle started July 27, when the Sioux tribe at Standing Rock brought to light their concern with the construction of a pipeline that would carry crude oil almost 1,200 miles across four states. The four states the pipeline would be built across are culturally significant lands in Illinois, North Dakota, South Dakota and Iowa. Not only does it pass through important land, but it would pass under the Missouri River. The river is just half mile up from the Sioux tribes reservation, and is the water source for their tribe.

Dusek spoke out about the injustices the indigenous people have faced in the past, and with the recent events, She wants it to be known that they are not protesters, but rather, protectors of the land. Dusek also talked about how the native community wanted to first get their prayers out to those in Standing Rock, before doing anything else. They wanted to get grounding, and show support. There are other things students on campus can do in order to show solidarity and support, a lot it

involves social media, which is one of the most useful tools in situations like the one presented.

The tribe filed a lawsuit at the federal district court in Washington, D.C. The lawsuit is against the U.S. Army Corps, and not Energy Transfer Partners. However, Energy Transfer Partners intervened shortly after the lawsuit was filed. This means they are now a full party and completely involved in the case. The reason the lawsuit was filed against the U.S Army Corps is because it is the federal agency that granted the permits needed to construct the pipeline. The permits are unlawful acts. This does not only affect the tribe, but everyone else who relies on the Missouri River as a source of water consumption. If the pipeline breaks, the damage to the environment would be detrimental and cost millions to clean up. There are countless of cases of oil spills; it has happened before and will happen again.

These reasons are why native and nonnative communities are coming together to support and protect the land that the Dakota access pipeline is threatening. The Native American community here in Humboldt County have voiced great concern. Humboldt State University students, faculty, and staff involved with the Indian tribal Education and Personnel Program (ITEPP), Indian Natural Resources, Science and Engineering Program (INRSEP), and Council of

American Indian Faculty and Staff (CAIFS), came together, wrote and sent out a letter of solidarity to Chairman Dave Archambault II of the Standing Rock Sioux tribe. The sunrise ceremony and letter are just some of the things students on campus are doing to show support.

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Community members at the Potawot Garden | Photo provided by Elder Julian Lang of the Karuk People

### HOW STUDENTS CAN HELP!



Infographic by Andrew Smith Rodriguez

## Living in Balance

### Your body and the Earth

by Annamarie Rodriguez

A home can completely deteriorate based on the quality of the home's construction, the climate the home is sustained in, and the foundation of what the home is made of. If the quality of the home's construction was mediocorely built it would fall apart. If the entire foundation of a home is weak it would fall apart. Imagine this home as your body.

The relationship between how the body is maintained and the foundation within the body's immune system is essential to health. The human body can weaken and fall apart without the proper tender loving care it needs. When the body is under stress the common temporary fix is over-the-counter medicine. However, zoology major Carly Everidge opposes pharmaceuticals and believes in a holistic approach to healing the body.

"It's [over the counter medicine] just a drug," Everidge said. "It only helps for the moment."

Interconnecting the relationship between the mind, body and soul with the universe is the root of holistic healing. The end goal is becoming aware of wellness as a whole mentally, emotionally, and spiritually.

The question at hand is how do you heal yourself without medicine? For some the answer is herbs. Using the planet as an all-natural resource is essential for those who practice holistic health. Social work major Ruby Garcia believes in channeling her energy and utilizing the products from the earth to heal herself.

"Take your energy, your magic, and combine them with the gifts from the universe," Rubysaid. "Make it your part of healing."

Natural healing products can be found here locally at Moonrise Herbs, located in the Arcata plaza. Irene Lewis, proprietor of Moonstone Herbs, said there is a refer-

ence library at the store available for anyone looking for help with a variety of health problems.

"It's about living in balance," Lewis said. "Remembering to breathe and not moving too fast that you miss the moments."

By becoming knowledgeable about herbs, one can create their own medicine that helps with a variety of health issues. Headaches can be relieved with peppermint. Nausea can be relieved with lemon. Stress can be relieved with lavender.

"I love working with plants because they are so natural," Everidge said. "Herbs are not that pricey compared to over-the-counter medicine."

Garcia indulges in flower essences for her avenue to healing. Flower essence is flowers left in a bowl of water in the moonlight or sunlight and fermented in alcohol. Garcia takes these droplets on her tongue

every morning, afternoon, and night.

The holistic approach is about being in touch with yourself and the world around you. Garcia stresses that the earth is our resource to healing so we should use it. "Healing is about having a relation-

ship with nature and knowing your place in nature," Garcia said.

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Community herbal garden at CCAT | Alfonso Herrera

## Oh SNAP! Free Food? Where It At!

### HSU's attempt to combat food insecurity

by Carlos Olloqui

Between paying rent, utility bills, purchasing school materials, and tending to any other costs you might have, buying food seems to fall to the bottom of the list for many college students. The "broke college student" stereotype really is no joke. For some it means having to eat ramen noodles for a couple of weeks in order to barely be able to afford their textbooks.

Food insecurity is a growing concern amongst many college students. According to The Washington Post, data from a survey of more than 4,000 students at 10 institutions around the country showed that one in every five was struggling with hunger.

Oh SNAP! Campus Food Program is a student-driven initiative at

Humboldt State focused on increasing access to nutritional foods. Oh SNAP! offers a few services that give students the opportunity for healthier eating alternatives.

They provide help with CalFresh applications, organize shuttle systems to the local farmers market, and offer an on-campus food pantry students.

"It's a challenge to try and buy decent food when you're a struggling college student," Oh SNAP! intern Graciela Chipres said. "The food pantry is here to try and help students not have to miss a meal simply because they can't afford it."

Once a week, students are allowed to stop by and use the food pantry. It is located in the Recreation and Wellness Center

in room 122 and is open every Monday 9am-1pm, Tuesday-Thursday 9-11am and 3-5pm, and Fridays 9am-noon and 3-6pm. You simply walk in, sign in, and walk out with food.

The food pantry is stocked with organic canned vegetables, beans, canned chicken and tuna.

While these services are open to all Humboldt State students, many would still rather suffer through the hunger instead of visiting the food pantry or apply for CalFresh benefits due to the fear of being stigmatized.

"I come just about every week but a lot of students do not come and use these resources available to them just because they are embarrassed," Psychology Club presi-

dent, Harrel Deshazier said. "It is a program that is there for us to use, if we don't use it then it is going to go away. There is no time to be embarrassed when you gotta eat."

Oh SNAP! wants to encourage students to come in and take advantage of the services provided to them. College comes with a list of things to worry and stress about. Don't let food be another thing on that list.

"I love helping people, we all have things going on in our lives and I know money can sometimes be tight but that is why this program is here," Oh SNAP! intern Kimberly Wells said. "What better way to help than by providing a meal or even a snack."

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# Campus

## Taking Control of the Stigma

Outing with Fat Girls Hiking & Latino Outdoors

by Noemí Pacheco-Ramirez

On September 4, Humboldt County's chapter of Latino Outdoors and Fat Girls Hiking, a body positive outdoors group, collaborated and hosted their first joint body positive hike. A group of HSU students came together and tackled Strawberry Rock.

"There's something badass about seeing fat girls hiking," Levario said.

Although most participants were familiar with Latino Outdoors, very little was known about the Portland-based "body positive hiking community" known as Fat Girls Hiking. This organization was created by Lezley Levario and Summer Michaud-Skog in response to the predominantly slim figures used to represent the outdoors.

"Yes, we are fat girls who are up for the physical challenge of hiking and climbing," Levario said.

By using the word "fat" in the name of their organization, they

are not only taking control of the word's meaning, but also creating opportunities for conversations with those unfamiliar with the movement to empower the word.

During the hike, a learning opportunity arose when the only male on the trail voiced his concern on the use of the word "fat" and feared that the name of the organization would offend people.

"We know that calling ourselves fat make people uncomfortable," Levario responded.

Fat Girls Hiking is not simply using the word for shock value. Levario and Michaud-Skog are stating their identity as "two queer, fat women who love to hike."

Their hope is to take control of the stigma surrounding the word and do what has often been misunderstood as an activity for a certain type of body, a body that

is fit and slim. Through Fat Girls Hiking, they have created a space in the outdoors for all shapes and sizes to feel comfortable.

For many of the hikers, it was their first time hiking up such a large, steep rock. But the space that was created allowed the participants to encourage one another and keep at the pace of those who were most afraid of climbing Strawberry Rock. There was no room for negativity or eye rolls; the space these two groups created let each hiker know they too could get to the top just like those around them.

The ultimate goal of Fat Girls Hiking is to "have our voice be included when talking about the outdoors," Levario said. "We want to open minds and eyes."

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



Members of Latino Outdoors and Fat Girls Hiking at Strawberry Rock | Photo provided by Lezley Levario

## Coordinating Changes

New leadership for the Cultural Centers

by Mónica Ramirez

The Latin@ Center for Academic Excellence opened its doors earlier this year, welcoming new and returning students. However, there were a few changes to its staff, including student leaders.

Araceli Diaz, the former coordinator for the LCAE, announced last April that she would leave the position at the end of the semester. Although a new coordinator has not been hired for the full-time position, Melissa Estrada, a Humboldt State University alumni from 2013, began working as the temporary coordinator on September first.

"I definitely want to build on what's already been established," Estrada said.

Originally from Huntington Park,

California, Estrada graduated from HSU as a Spanish major. During her time as a student she worked in the Multicultural Center as a Latino Community Coordinator which she compared to the LCAE as having many similarities. Specifically focusing on academic and career resources for students, as well as having an open and safe space for students to connect.

"We're all students," Estrada said. "You can come talk about life, love, stress, or setbacks."

HSU administration decided that having a director to oversee all of the cultural centers for academic excellence would be helpful. This way, students have a

direct line to go over any issues or future plans for the centers.

Associate Vice President of the Retention & Inclusive Student Success Office, Radha Webley, explained that the outreach and publicity began in January in order to fill the director position. They put together a committee of five staff members and one student.

This hiring process, according to Webley, is similar to the process that the coordinator for the LCAE will go through. Throughout the beginning of the past spring semester, interviews over the phone and in person occurred in order to narrow it down to 3-5 finalists.

These finalists then presented themselves at an open forum in

early May, lasting about two days, that was open to all students. The overall goal was to receive enough feedback to decide on a finalist before the following semester.

As the new Cultural Centers for Academic Excellence Director, Coraliss Bennett-McBride, along with Webley and the hiring committee are working to appoint a permanent coordinator for the LCAE.

"What we decided was we wanted to have more students involved in the process," Webley said.

Bennett-McBride and Webley believed the timing was tight. Diaz had announced her departure in April which didn't leave

enough space for students to participate before the end of the semester, although outreach began in January and interviews began in July.

"A comprehensive search will be starting soon," Bennett-McBride said.

Bennett-McBride also said that three students and three staff members are set to be a part of the hiring committee to search for a permanent coordinator that will begin on October 10. A statement on the hiring process will be released the morning of September 20.

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

## LatinoNet Trae la Feria de Salud a Eureka

Eureka – En el día de domingo, 16 de octubre las multitudes se reunirán para la 10ª feria anual de salud en español de LatinoNet, Festejando nuestra salud, que tendrá lugar en el recinto ferial de Redwood Acres a partir de las 12 - 4:00 p.m. ¡Mucho más que una feria de la salud, esta celebración cultural incluye música, comida, actividades para niños y mucho más, todo gratis!

El evento es parte de La semana binacional de salud (SBS), que se ha convertido en uno de los mayores esfuerzos en las Américas para mejorar la salud y el bienestar de la población latina marginada que vive en Estados Unidos de América y Canadá. Los eventos de la SBS están dedicados para mejorar la salud y el bienestar de la población latina que vive en los Estados Unidos de América y Canadá, y Festejando nuestra salud es nuestro esfuerzo local, aquí en el condado de Humboldt.

Festejando Nuestra Salud ayuda a promover solidaridad en la comunidad mediante conectando proveedores de recursos existentes en el condado de Humboldt con la población latina que reside aquí en la costa del norte. Información de salud hasta a la fecha y los servicios médicos son proporcionados por colaboradores de la comunidad que representan una amplia gama de campos profesionales, como el cuidado de la salud, servicios sociales, educación, negocios y servicios

para los niños.

Además de la información de salud actual sobre temas como el cuidado de la salud, la diabetes, la violencia doméstica, la salud de los niños y ancianos. El evento tendrá importantes exámenes de salud, como revisión de colesterol, de glucosa en la sangre, índice de masa corporal, las vacunas contra la gripe, exámenes de la vista y dientes para niños (las ofertas están sujetos a cambios).

Para más información acerca de este evento o acerca de LatinoNet, por favor envíanos un correo electrónico: festejandolatino.net@gmail.com o llámanos al (707) 532-4256.



Eureka – On Sunday, October 16, the crowds will gather for LatinoNet's 10th annual Spanish language health fair, Festejando Nuestra Salud/Celebrating Our Health, which will be held at the Redwood Acres Fairgrounds from 12 – 4 p.m. Much more than just a health fair, this cultural celebration includes music, food, kids' activities and a whole lot more, all for free!

The event is part of Binational Health Week (BHW), which has become one of the largest efforts in the Americas to improve the health and well-being of the underserved Latino population living in the United States and Canada. The events of BHW

are dedicated to improving the health and well-being of the Latino population that lives in the United States and Canada, and Festejando Nuestra Salud is our local effort, here in Humboldt County.

Festejando Nuestra Salud helps to foster community solidarity by connecting existing resource providers in Humboldt County with the Latino population that resides here on the North Coast.

Up-to-date health information and medical services are provided by community partners that represent a vast array of professional fields, such as health care, social services, education, business and children's services.

In addition to up-to-date health information on topics such as health care, diabetes, domestic violence, senior and children's health, the event will have important health screenings, such as cholesterol and blood glucose testing, body mass index, flu vaccinations, children's eye exams and dental screenings (health screenings subject to change).

For more information about this event or LatinoNet, please email festejandolatino.net@gmail.com or call (707) 532-4256.

Press release and photo provided by LatinoNet

# Campus

## Representing the Brown Side

Self made Latinx musician Indiocholo rises up

by Estee Trevizo

Deep rooted in the Coachella Valley lies a Latinx musician. They call him Indiocholo, who is also known as Martin Vargas. Founded in Indio, California, Vargas began his journey at Humboldt State, creating beats and mixing a variety of music for the people.

"I represent the brown side," Vargas said.

From experimenting with software in his dorm room to creating and hosting his own festival, this artist has progressed in the music scene. Vargas was always tech-savvy but didn't pursue his passion out of fear, until he began putting his talent to work in 2015. With an ear for good music, his deadly mixes have been recognized throughout Humboldt County, and he is slowly coming up.

"I've always been a music lover, hearing different sounds and different genres," he said.

Starting off in his hometown, Vargas interned for the Coachella Valley Art Scene. He started off creating art through a camera lens, which later transformed into music. Vargas attended Coachella often as a volunteer, and was exposed to what happens behind the scenes. Vargas has always been exposed to planning events and seeing the

process of how they're created. Having property in the desert has also allowed his family to rent their ranch out for quinceaneras and other events.

### Once a Dream, Now Deg Fest

"One day my parents were like, 'hey maybe you should think about throwing a cool event,' and for the longest time I put it off until one day," Vargas said. "It just came to me."

His love for music inspired him to create his own underground version of a Coachella music festival called Deg Fest in 2015. He wanted to expose the hidden talent that lies within the desert, beneath the mainstream gravel, and bring them all together as one. And that's exactly what he did.

"The desert is a mysterious place, and when it's hot everyone comes out at night," Vargas said. "Once I really brainstormed, I began talking with my friends. For the longest time, we would talk about the future and things we wanted to do, so one day we just did it and hoped for the best."

It started out as a one day festival and has expanded this year to a two day music festival. Vargas partnered with KAS INFINITE, an artist, to do interactive piece that allows the audience to interact

with a blank colored space in any art form they choose.

"At first, my biggest concern was people actually coming," Vargas said. "Then I realized that I had put together some really cool artists and they were all there and I feel like that was all that mattered."

This self-made artist talks about his plans for the future, and how his team can become more organized about the festival. His team is in the process of filing for a business license, and other business calls.

Vargas' Deg Fest business partner is art manager Chris Rivera, also known as artist Mayor Pizza. Rivera runs the artistic side of things and Vargas runs everything else from tickets, website management, line up, booking, and networking.

"We're learning as we are working, so now we know what not to do," Vargas said.

The artist got the name "Deg Fest" from the type of date fruit that is grown on the palm trees on his parent's ranch.

This musician finds himself constantly connecting his music with his surroundings, which was the influence of the name of the festival and the name he created for himself.

### Emerging From The Dirty Desert

In a white dominated community, Vargas' musical wisdom was hidden. It wasn't until recently that he had been noticed by certain representatives here at HSU that contacted him to DJ for more events. As time continues, he is receiving more opportunity than ever before as an artist of color on this campus.

"For a while, I didn't really see people like me in the scene, so I didn't really think it was possible for me to be in the scene," Vargas said. "I feel like our presence isn't really seen, slowly but surely we are starting to be more out there in the community."

Vargas admits that there is a tight knit community in Humboldt County, and once you meet the right people that community

can be really supportive.

The name Indiocholo developed off of an epiphany he had one day. With a smile, he admitted that locals from Indio referred to it as "the dirty desert." He wanted his name to connect to his roots.

"Earlier that day I saw some cholos and it made sense you know," he continued, "Indiocholo, my surroundings."

### True Life: Socioeconomic Disparities

The Coachella Valley is split by an evident socioeconomic divide. The city of Indio is particularly small, and filled with a lot of land, so it's pretty quiet. Vargas explained that the eastern part of the Coachella Valley is mainly occupied by people of color and predominantly farm workers. The other side of the valley is glitz and glam with typical tourist towns like Palm Springs surrounding the white dominated community.

Indio is a working class town, and has now become the biggest city in the Coachella Valley. Run by the working class, this unique place has changed the culture and expanded the music scene thanks to one of the most booming festivals of our century, the Coachella Valley Music and Art Festival. Evidently, it seems to bring more possibilities to the city. More and more younger people are moving in and bringing it up from what used to be a retirement community.

"For the people that live around Coachella, I've heard that a lot has been done for our community" Vargas continued, "Millions of dollars each year has been brought into the Coachella Valley just from the festival alone."

Recently Golden Voice, Coachella's concert promoter, visited the city of Indio with a suitcase full of money saying that they want to throw a festival confirmed as the "Festival of the Century." According to Vargas, Golden Voice seems too powerful to turn away but that doesn't dismiss their hard efforts to give back to the community. Coachella owns a large amount of houses to host the artists that perform, and have been buying out more property in Indio to continue

hosting musicians.

"They call Indio the city of festivals, and it's pretty much our culture in Indio," Vargas said.

Even though it is one of the top festivals in the world, Coachella still adapts to the culture surrounding it. Vargas' response to the socioeconomic divide is to speak out.

"In my opinion, it's important to be involved in the city especially as a local, because they're on our side," he said. "Lately my friends and I have really started to become more involved in the city. They have expressed that whatever plans we have, they're behind us and they're on our side," he said.

Vargas explains that he's never really heard complaints from locals about the festival culture, and it is actually highly supported by the community.

"If anything, my friends and I are contributing to the boost of this culture, and showing people that it is possible," Vargas said.

The artist's confident attitude reassures his fans that anything is possible. He is certain that his future plans after college will lead to opening up a media center in his hometown where he can teach kids how to use video, recording, and other software in relation to music. In and out of different art forms, Vargas expresses that his future may hold expression for a different art form that he has yet to discover in himself. For now, he's riding the wave of musical creativity.

"I feel like we can make a bigger impact on the community on a larger scale, if all these talented people band together," he said. "There's a lot of hidden talent out there."

You can catch Indiocholo on Tuesdays and Thursdays from noon-1pm every week on KRFH Radio.

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



Photo provided by Martin Vargas

## Bailando Con Las Cafeteras

Las Cafeteras share more than just their music

by Sarahi Apaez

On September 8, the HSU community had a chance to share stories and groove with Las Cafeteras at their intimate workshop and concert. Las Cafeteras are experts in mixing ancient sounds and modernizing them, creating a fusion of the past and present.

"We're going 400 years in the past," Hector Flores, male lead singer of Las Cafeteras shouts as they introduce their song "It's Movement Time."

What he meant, while also giving us a history lesson, is that their music has roots dating back 400 years. As chicanxs of L.A. they grew up to ska, rock and reggae. They mix these sounds with the magical soul of Son Jarocho and music Afro Mexicana. This beautiful blend of sounds, even while sharing a message of fighting for who they are as a people, had everyone out of their seats, reflecting the vibrant communities from which they come.

### The Workshop

They started off their workshop in the South Lounge, by sharing their full names and their individual

experiences on where they grew up, where they went to school, and how they got involved with music. After this intro, Flores lead a type of asset mapping where he asked questions and asked everyone in the room to raise their hand when what he said applied to them. By doing this, he gave the entire room, along with himself, an idea of where we come from.

He then opened up the floor for students to share their experiences of the stereotypes they deal with or have dealt with on a day-to-day basis and created a sense of solidarity with those in the room. They created a space where students could learn about themselves and their limitations along with the limitations of those around them.

"You can hear the history flowing through their music," said Daniel Gomez, a CRGS major, who had no prior knowledge of Las Cafeteras before attending their workshop and concert.

"Flores and I got a chance to speak and share more about where we're from. He told me he grew up in a town neighboring East LA,"

said Gomez. "I told him I was familiar with the area because I have family there and because I was an altar server at a church in that town. He then asked which church and said 'I was baptized at that church! This made me really connect with him and it was a really good experience.'"

### Las Cafeteras share the stage with True North

Las Cafeteras songs include themes of racism, gender inequality, immigrant rights, politics of the Chicano movement, and cultural oppression. Along with singing with passion, the band members dance with each other on a tarima, a wooden platform, and incorporate theatrics into their music.

"I would legalize everyone's moms!" shouted an HSU student from stage when asked what they would do if they were President.

Before Las Cafeteras took an intermission, they introduced the organizing network True North. True North is an organization that develops leadership in communities with common goals

across Tribal Lands, Del Norte, and Humboldt counties.

Jenny Ventura, a 26-year-old HSU graduate, is one of the few in the group who got to share with the Van Duzer crowd ideas on how we can help tackle systemic problems in our region. True North spoke about how important it is to vote and even had a table for those who hadn't registered to do so during intermission. Organizers also spoke about stopping the deportation of the Sun Valley 7.

Las Cafeteras share similar values to True North, being that community organizing is still at the heart of what Las Cafeteras do.

"They've actually met and have been in contact with True North leaders," said Ventura. "They were the ones who called us and asked if we had a group who had something they needed to share with the Humboldt community. It was pretty amazing to be able to share that space with them."

They focus on building relationships because they believe that the only way to really educate each other is through talking and shar-

ing stories with each other.

True North creates a space for people of with different perspectives to come up with ideas on how to create better community living. Right now they are focusing on tackling issues such as immigration reform, police brutality and drug use within the teenage population. These are issues that organizations in different counties have all agreed are of prime importance.

"True North really allowed me to step up and take that first step towards doing something that I've always wanted to do," said Ventura.

Las Cafeteras closed with "La Bamba Rebelde", rewritten for the modern Chicana. The song had everyone on their feet, with many dancing on stage.

If you are interested in attending meetings or on how you can further help your community Contact True North Organizers at (707) 502-2746.

Sarahi Apaez can be reached at el-lenador@humboldt.edu

# Opinión

## Si Ya Saben Que Hablo de Politica Pa'Que Me Invitan

Why I'm voting every November

by Hector Arzate

I almost had a conversation about politics with a friend the other day. We were on the subject of the Democratic nominee, Hillary Clinton, and the current situation American voters are in. I say "almost" because they briefly expressed a sentiment about how screwed the United States was come November, and when I asked where they stood, they were quick to shut my question down.

"To be honest, it doesn't really matter to me. Politics don't affect us, so why bother with the whole thing? I'm probably not voting."

Surprised by their response, I didn't know what to say. I remained silent and eventually, the conversation moved on. In that moment I had not yet realized how they had made an assumption about the impact of politics on my life.

I didn't take it personally though. I understand where these feelings come from. It can be difficult to navigate a conversation about politics, let alone one in which Donald Trump and Hillary Clinton have become the main subjects. Nobody wants to say the "wrong" thing. But the problem isn't when we say what others might not agree with. In fact, that's the opposite of the problem.

When we disagree, it opens a discussion; an opportunity to exchange your ideas with others, and take something away from it. I'm not saying that you're going to have a meaningful dialogue that came from the comments section of a Facebook page but it is important

to talk about why we disagree on a fundamental basis.

If you feel strongly about an issue, you should go out and voice your opinion. But despite our strong viewpoints, most are not likely to vote. According to the United States Elections Project, voter turnout for all eligible voters was 58.2% in the 2012 Presidential Election, a 3.4% drop from 2008. Worse yet, voter turnout during the midterm election dropped from 41% in 2010, to a measly 35.9% in 2014.

Voters are not entirely to blame however. It's important to acknowledge the fact that the system itself is not perfect. There are many inherent flaws and barriers that prevent us from voicing our truths and casting our votes. And others would agree that this has become a widespread issue but are actively fighting to change that, even here in Humboldt County.

Through the True North Organizing Network, community members like Kevin Vue, a student from Crescent City, are working to increase civic participation through voter registration and education. Although they do not endorse or support any political candidate or party, True North leaders are courageously challenging social, economic, and environmental injustice in our region.

"Voting is being responsible for your friend, your family, and your community. Voting is changing the life of the person next to you. Look at them, look at your friend, think about your family," Vue said. "You

are responsible, like those who care about you, to make sure that all of us get an education, that all of us come home safe."

Their fight is a justified one. Legislation is constantly being passed, policy is constantly being changed, and every day, the lives of people are being impacted. They could be members of the LGBTQ community in North Carolina, undocumented families in the Midwest or African Americans across the United States. It is up to all of us to take a stand and fight for what we believe in.

Every day, I think about the different ways that my family can be affected by law, policy and legislation. Their lives can be described as political statements, but they are much more than that. They are real people, with real experiences. Like countless others across the country, the laws that put them at risk matter because they affect them. They cannot avoid these truths, so I cannot and will not choose to avoid politics.

My mother came to the United States about 25 years ago. In her eyes, it was the best way to ensure that we had more opportunities than we ever would in Mexico. It was not without sacrifice, however, as her life in the United States was embedded with caution. Caution in the sense that she had to be vigilant of everything she did and everywhere she went as an undocumented citizen. My older sister, who is also undocumented, has had her education obstructed but has worked to change that, either by



Hector's family photo | Photo provided by Juana Navarro

paying for her own education or by marching in Washington, D.C. with other Dreamers. My eldest brother is gay, and he is the first in my family to receive a college degree, despite all impediments along the way.

Having seen all that they have achieved against the odds, my family is my biggest inspiration. All of them push me to do greater things not only for myself but for themselves as well. But I worry about each and every single one of them. Whether it's being able to pay for college, gaining citizenship, or having a life with equal liberties and opportunities.

As hopeful as I am, I see the duality of the system; it has worked to my benefit in some ways, but has damned countless others. Maybe it is because of the soft heart, the optimism and determination I inherited from my mother and share with my siblings

that I haven't given up. I believe that I still have a voice to use and a ballot to cast every November.

When we choose to remain oblivious or silent, we deny the truth of the oppressed and enable injustice to do business as usual. While many have reason to oppose the current presidential frontrunners, it goes beyond the presidency. Somebody fought for my rights before I was born, so I will fight however I can too. The deadline to register to vote in the state of California is October 24. ¡Vamos a luchar!

"Our lives begin to end the day we become silent about things that matter."

-Martin Luther King Jr.

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## Bigger Than Football

How Colin Kaepernick reminded us to exercise our First Amendment

by Javier Rojas

As U.S. citizens, we are granted fundamental rights whether that be practicing our own religion or choosing to sing the national anthem. Yet when San Francisco 49ers quarterback Colin Kaepernick peacefully sat down during the national anthem last month the reaction he got was anything but.

"I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color," Kaepernick said after he was asked why he didn't stand during the national anthem. "To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder."

The words rang loud and echoed across the NFL, sending shockwaves to players, owners, and most notably the American public that spends every Sunday watching hours of football.

Kaepernick, who is biracial, has been both praised and vilified by football players, fans, and social media. Yet this isn't a surprise.

White athletes and the predominantly white media, once largely silent, spoke but said very little about the substance of Kaepernick's protest.

"I disagree. I wholeheartedly disagree," fellow quarterback Drew Brees said to ESPN. "There's plenty of other ways that you can do that in a peaceful manner that doesn't involve being disrespectful to the American flag."

"These intentional acts and inflammatory statements by Mr. Kaepernick are insulting to the members of this department," the Santa Clara Police Department said in regards to Kaepernick's stance. The department would eventually propose a boycott of

patrolling 49er games if he continued his actions.

"This is activism that's sympathetic to ISIS," said GOP Rep. Steve King, discussing the quarterback's silent protest.

The reaction to some was surprising but for black people who have constantly had to face the issues that Kaepernick was trying to bring awareness to, this was the same old story. The media is turning its back against the true cause of the protest and pinning the oppressed on the floor until they are silenced. Because according to Drew Brees "there is nothing more sacred than the American flag".

But Brees is wrong. How about the lives of unarmed blacks that have been killed by police in the past few years? Are human lives not "sacred" enough to make a statement about?

Kaepernick's message was heard and every week since he first sat down during the national anthem, the spotlight has grown. Other NFL players weren't going to let this opportunity to make a statement go to waste, so they decided to practice their First Amendment as well.

TV cameras highlighted every knee on the ground, every player seated, and every fist in the air center stage for America to see. Patriotism was out in full display and there was nothing a lost endorsement deal or angry media correspondent could do.

Yet this wasn't the first time an athlete has raised their fist to protest inequality. Olympic runners Tommie Smith and John Carlos did the same in the 1968 Mexico Olympics. WNBA players wore "Black Lives Matter" shirts earlier this season. U.S. Women's Soccer player Megan Rapinoe knelt

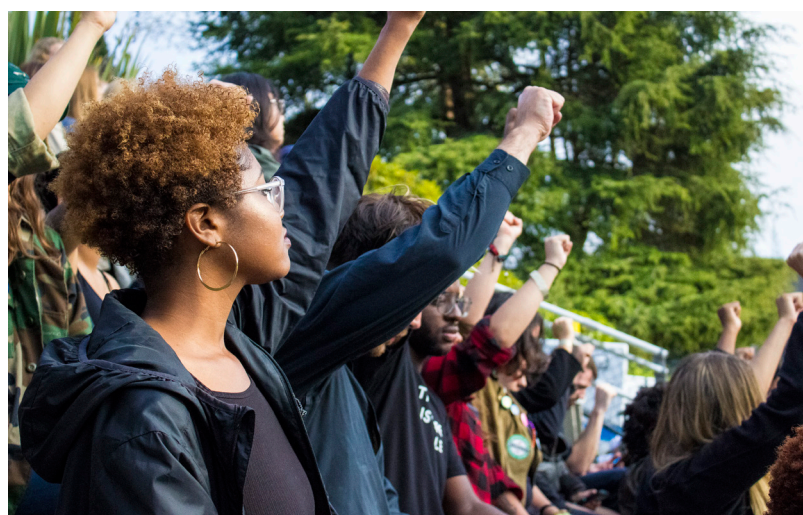
during the national anthem to support gay rights this past month.

So why is this time any different than before? Maybe no athlete before has had such a large stage to put a statement out there as an NFL player has. Easily the most popular sport in the U.S., with a 77% white fan demographic, this has never been a more opportune moment to cash in on a protest concerning oppressed lives in this country.

Every time another NFL player raises his fist or refuses to stand during the national anthem they anger thousands who believe protests and American don't go together, yet they are more alike than anything.

This isn't about who loves the American flag more or who shouldn't be able to speak their mind. This is about an American practicing his freedom of speech to do exactly what the American flag was fought for in the first place: Life, liberty and the pursuit of happiness.

But maybe we all forget that. I know for a fact Colin Kaepernick hasn't and he's reminding us all every national anthem.



HSU students silently protest police brutality during the national anthem | Javier Rojas



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