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El Leñador

Al servicio de la comunidad latinx del condado de Humboldt

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Front Page
McKinley Statue in Arcata Plaza Being Removed
graphic illustration by Christina Córdova

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.

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 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.

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Students Push to Remove McKinley Statue

by De Johnie Sylva

Nationally there have been a lot of statues removed because of the public figures they honor and the prejudice and oppression behind them. Over 25 statues around the world have been removed within the past year and that number is increasing, according to the *New York Times*.

MEChA, in coalition with the Humboldt State Associated Students, Seventh Generation Fund, INRSEP Club and CommUnity Pride and Peace on campus, recently went to a city council meeting to demand the McKinley statue in the Arcata Plaza be removed.



Statue of William McKinley in the Arcata Plaza. | photo by Mikaylah Rivas

“People have been harmed by symbols of white supremacy,” Nathaniel McGuigan, MEChA president and co-chair and a senior biology major at HSU, said.

Past attempts to eradicate the statue

In 2005 Michael Schleyer, a spiritual guidance and wellness counselor at the time, had tried to remove the statue. The statue was 100 years old at the time, given to the city by George Zehnder who hired Haig Patigin, an Armenian artist, to create the statue. In order to remove it, the Arcata City Council initiated an amendment that was sent to the design review committee. It proceeded to the planning commission before returning to the city council for discussion. MEChA contacted local engineer David Lowa who said it would cost \$34,500 to remove in 2005, and today it would cost about \$75,000.

On April 14, 2015, the Armenian Student Association (ASA) at HSU decided to place a plaque on the statue to promote awareness because it was made by an Armenian and it was also around the 100th anniversary of the Armenian genocide. The Arcata Parks

and Recreation Committee said it was okay to put up the plaque, but it had to be approved by the city council. Once it was voted on, it lost by one vote.

“People have grown used to the statue and that is why part of the attempt to have it removed was unsuccessful” Paul Pitino, former vice mayor of Arcata, according to a 2015 *Times-Standard* interview said.

The plaque would explain how Haig Patigin escaped Armenia shortly before 1915 when the genocide started. It also mentions the local genocide of Native groups murdered from 1852 to 1873 and separately talks about U.S. imperialism under McKinley’s presidency leading to his assassination in 1901. The plaque asked readers to reflect on each of these events and the importance of making sure things like this don’t happen again.

Araik Sinanyan, who was a senior at HSU and the president of the ASA at the time, said they wanted to have this theme of colonization awareness and to note how these things affect us in the present day. The estimated project cost for the plaque was \$1,300 not including the installation. The next step was to go to the city council, but Sinanyan didn’t know when that would occur since 10 years have passed without placing the plaque.

Council member Susan Ornelas,

the current mayor, said in 2015 that the plaque was “too negative” and inappropriate for the plaza, which she called “the town’s living room,” according to the *Times-Standard* article. She suggested the city acknowledge the Armenian Genocide via a proclamation. The mayor at the time, Michael Winkler, didn’t want the plaque posted near McKinley because it poses a specific single political viewpoint. Sinanyan said the project has been in the works for a long time and someone will return back to it.

Petition leads to further action

There was an online petition started by MEChA de HSU, Humboldt State Associated Students, Seventh Generation Fund, INRSEP Club and CommUnity Pride and Peace that went around with a goal of 1,200 signatures and that goal was reached before the city council meeting on Oct.18 with over 1,300 signatures.

“I feel like it will make good strides for a better community because of what the statue represents,” said Terri Alexander, an HSU biology major and one of the students who helped collect signatures for the petition.

After the city council meeting was held on Oct. 18, the council agreed to have a study session on Nov. 2 to determine the fate of the statue resting in the middle of the plaza.

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ICE Hotline in the Works

Rapid Response Network collaborates with True North Organizing Network

by Silvia Alfonso

A big question we all ask is, what can we do to help? In the time we are living in right now, being undocumented comes with hope, fear, and uneasiness. Families never know when Immigration and Customs Enforcement (ICE) will be knocking on their door and people, in general, are afraid to speak up against the law.

The True North Organizing Network is working with the American Civil Liberties Union (ACLU) as well as the national network People Improving Communities through Organizing (PICO) to create the Rapid Response Network for the local area. This has emerged after the introduction to the hotline for ICE raids.

The Rapid Response Network first emerged in the Bay Area in early 2017 and True North is in the process of expanding and bringing the same concept to Humboldt County. True North plans to work

with this hotline by taking any calls that come and will send out volunteers to the people or families affected, connecting them with legal resources if needed. The official hotline for northern California, specifically Humboldt County, is still in the works and is planned to be ready by the end of this year.

Undocumented people or anyone witnessing ICE activity will be able to contact a national hotline to protect those in their community from potential deportation. This will bring attention to immigration issues and help the community learn more about the fact that these things are constantly happening.

This Rapid Response Network has a mission to ultimately bring people together and stop ICE raids from happening. Since the last U.S. election, many people have been looking for ways to help

their undocumented neighbors, friends, and community members. True North and ACLU members are conducting volunteer training sessions that discuss knowing your rights when confronting ICE and law enforcement. Volunteers are provided with information on what to do if a person or family is detained or arrested, as well as observer training where you observe ICE raids to give context.

“We are in a time where we can't be separate,” Urueta said. “This gives people the opportunity to help these families directly, and it allows the community to stand up for what is just.”

As of now, there has not been much advertising done for the organization in order to keep trust among the community. At the moment there are 30 people trained within Arcata, Eureka, Fortuna and McKinleyville and the goal is to have 40 volunteers per town in order to launch the hotline publicly.

Red de Respuesta Rápida

Línea de Ayuda para ICE

por Silvia Alfonso

traducido por Dani Muñoz y Melissa Vazquez

Una gran pregunta que todos nos hacemos es, ¿qué podemos hacer para ayudar? En estos tiempos, ser indocumentado viene con esperanza, miedo e inquietudes. Familias nunca saben cuándo Inmigración y Aduanas (ICE) estarán golpeando su puerta y en general, la gente tiene miedo a hablar en contra de la ley.

La Verdadera Organizadora Red Norte está trabajando con La Unión Americana de Libertades Civiles (ACLU), la red nacional, Personas Mejorando Las Comunidades Mediante la Organización (PICO) para crear Redes de Respuesta Rápida para el área local. Esto ha surgido después de la introducción a la línea de ayuda que informará de las redadas de ICE.

True North planea trabajar con esta línea de ayuda por tomar cualquier llamada que llegue, enviar a voluntarios o conectarlos con recursos legales si es necesario. La línea de ayuda oficial para el condado de Humboldt todavía se está trabajando y está programada estar lista para finales de este año.

Las personas indocumentadas o cualquier testigo de la actividad de ICE podrá llamar la línea telefónica de ayuda nacional para proteger a aquellos en su comunidad que tengan la posibilidad de ser deportados. Esto traerá atención a las cuestiones de inmigración y ayudará a la comunidad a aprender más sobre los hechos que están sucediendo constantemente.

“Proveer testigo comunitario a las redadas de ICE ha demostrado cómo cambian la manera en que se comportan con

las comunidades indocumentadas,” dijo Brenda Urueta, la organizadora de la comunidad de True North. “Le da a las familias afectadas una manera de conectarse a los recursos legales y de otro tipo, así como a miembros de la comunidad que quieren ayudar a las familias con sus experiencias traumatizantes.”

Redes de Respuesta Rápida tiene el objetivo de unir a la gente y detener las redadas de ICE. Desde las últimas elecciones de los Estados Unidos, muchas personas han estado buscando maneras de ayudar a sus vecinos, amigos y miembros de la comunidad que son indocumentados. True North y ACLU están llevando a cabo sesiones de entrenamiento para voluntarios, sobre el conocimiento de los derechos que uno tiene cuando se enfrenta a ICE y la aplicación de la ley. Los voluntarios son proveídos con información sobre qué hacer si una persona o familia es detenida o arrestada. También están recibiendo entrenamiento de observador, donde se observan las redadas de ICE para dar contexto.

“Estamos en un tiempo en que no podemos estar separados,” Urueta dijo. “Esto le da la oportunidad a la gente a ayudar a estas familias directamente, y permite a la comunidad a defender lo que es justo.”

En este momento hay 30 personas capacitadas en Arcata, Eureka, Fortuna y McKinleyville y la meta es tener 40 voluntarios por ciudad con el propósito de publicar la línea de ayuda lo mas pronto posible.

If You Don't Know, Now You Know Fregoso

by Jorge Reyes

You may or may not have seen Fregoso's Market in Arcata but you'd get a front row view if you pulled out of the local Co-Op onto 8th St., and it has a completely shattered window with a wooden board to mask the damage.

Fregoso's Market was broken into on an early morning in March. According to store owner Telmo Fregoso and several eyewitnesses, a car pulled up in front of the store around 2:30 a.m. when a group shattered the window and exited through the back door with more than \$200 in cash and products.

It's been seven months since that night, but to this day a wooden board still stands in its place. Some may view it as a token of resistance against racially motivated violence, but others view it as a symbol of slow recovery and lack of allies. If it were any other business's window, it might've been fixed by now.

Fregoso explained that the reasons for not replacing the window were due to settling a dispute with his insurance company to pay for the damages and sorting out property taxes since he rents the space to run his business.

Fregoso has been admired by local Humboldt community members of color for shipping in fresh produce and groceries we'd normally find in markets in our hometowns. As a resident for over 17 years in Humboldt County, Fregoso has been enjoying the increase in diversity that has been happening before him.

“Yeah I like it because it was rare to see them, you don't see it often like now. I'd go to a restaurant that is four to five blocks away today and I would spot a Lati-

no there, here, there, and over there,” Fregoso said. “I like how people are interested in coming to the community now.”

In his own perspective, crime has grown within the past three years. There have been numerous reports of community members being intimidated late-night based on ethnicity, David Josiah Lawson's murder, and the shootout with law enforcement at the Arcata Plaza that resulted in the death of Ervin

the races,” Fregoso said. Based on past conversations with white neighbors, people have connected the influx of racial crime with the increase of diversity within Humboldt County. He has heard people justify increased crime with the arrival of people of color because ‘they come from gangs and bad neighborhoods’.

Since the opening seven years ago, Fregoso notes an increase in students of color in their store within the past four years and appreciates the business being able to continue operating as strong as it is. It reminds him why the need for a Mexican marketplace is an important

Eugene Sweat Jr.

“The bad part is that we are currently experiencing a bad time. Yeah, there was differences between races, it's just that now people assume distinction between



Outside view of Fregoso's Market from 8th Street in Arcata | photo by Christina Córdova



Interior of Fregoso's Market (left) exterior of Fregoso's Market (right) | photo by Christina Córdova

Students Celebrate Día de los Muertos

by Gabe Rivera

For some on Día de los Muertos (Day of the Dead), it’s been awhile since they have seen or heard from their deceased loved ones, but during this time of year their memory is brought back to life.

“It’s a time of year that you’re supposed to admire the life the dead lived and to remember them and appreciate the things that they loved,” Carolina González, senior and El Centro member said. “I just think it’s important to make people aware of that culture and the history.”

At Humboldt State University from Nov. 2-3, the MultiCultural Center (MCC) will be giving students the opportunity to dive into cultural diversity and experience Día de los Muertos firsthand, while also having some fun.

“To be able to have an event that surrounds a particular population of students is significant in order to bring awareness to the campus,” said Carlos Sanchez, MCC coordinator.

Celebrating the life of a deceased loved one can be helpful for people in mourning and is practiced by many

Latinx folks. It is believed that the gates of heaven are opened at midnight on Oct. 31 and the spirits of all the deceased children are allowed to reunite with their families for a day. *Altars* (altars) are carefully constructed and decorated with marigold flowers, *calaveritas* (sugar skulls), food, pictures, music and even alcoholic beverages that they might have enjoyed during their time alive.

On Nov. 2, the day it is said spirits come down to enjoy the prepared festivities for them, there will be a workshop on constructing altars in different rooms on campus, as well as a workshop on cultural appropriation and the meaning of Día de los Muertos versus Halloween. There will also be an altar for anyone to add items to at Room 106 in the MCC.

“In this American society we see death as so horrendous and scary,” González said. “It’s a really cool holiday because it gives you a chance to not see it that way and to be more appreciative of the life that they lived rather than the fact that they’re dead.”



Día de los Muertos altar at the Multicultural Center | photo by Gabe Rivera

Black Student Union Club Active Again

by Diana Nuñez-Borbon

After two years of being an inactive club at Humboldt State, Black Student Union (BSU) held their first meeting on Oct. 5. BSU originated in the ‘60s at the University of San Francisco to advocate the purpose to fight civil rights and to be the bridge for growth in African American culture and individual self-expression.

“Our first initial meeting we had a very great turn out,” Barbara Singleton, president of BSU said. “A former member from previous years shared with me that this was the most people she had ever seen come to a BSU meeting during her years here at HSU.”

OrgSync, a campus engagement network for student involvement, currently states that BSU has a total of 52 members. In order to keep the club going and have everyone be involved, Singleton and vice president Elijah Chandler have weekly objections that they want to take place at every meeting and make sure there is organization within the club.

“BSU fell off due to a lack of organization, promotion, and commitment. We plan on doing something every week,” Singleton said. “The first week of the month is planned to be dedicated towards some type of community service. Second week will be dedicated to a social event. Third week will be reserved for a fundraising event. Lastly, the fourth week will be geared towards another social event.”

Not only does BSU want their members to be more involved, they want to make sure they have a big presence everywhere they go. Singleton, although initially unsure about taking initiative in starting up BSU again, knew that she wanted to feel like she had a home on campus. She hopes that people of color can attend BSU and feel like they have somewhere to express themselves, assimilate and create a bond among each other.



President of BSU, Barbara Singleton | photo by Cameron Rodriguez

BSU meets on Thursdays from 5-7 p.m. in Founders Hall Room 108

Asian Desi Pacific Islander Collective Seeks Academic Space

by Meg Bezak

Adorned with color and personality, the walls of the MultiCultural Center (MCC) lends a sense of belonging to students longing for the familiarity of their hometowns in the midst of a culturally barren town. It is also home to the Asian Desi Pacific Islander Collective (ADPIC), whose members currently don’t have a unique space to foster the crucial intersection of cultural submersion and academic success.

ADPIC coordinator Matilda Vunchongchitr, senior and wildlife major, aims to bring attention to campus and community members that people of Asian, Desi and Pacific Islander descent are present at HSU and in the community.

“We’re striving for Asian empowerment. We put on programs and events that kind of bring attention to us because, for the most part, we’re pretty invisible,” Vunchongchitr said. “A lot of us are not heard and not seen.”

Events put on by ADPIC, such as the Mid-Autumn Moon Festival, Diwali and the Lunar Festival, create a space for students and community members to celebrate their own culture or learn about others.

“We’re really trying to get more folks of Asian, Desi and Pacific Islander descent to come to our club so we can put on events that celebrate their culture as well,” ADPIC president Nikki Xiong said. “It’s good to get that awareness so the campus knows that these people exist.”

ADPIC members are seeking a space similar to the already established Cultural Centers for Academic Excellence (CCAEE) for Latinx, Black, African American and Native American students. Currently, there is no unique space on campus to support ADPI students and their academic success.

“Getting a center is the more difficult part,” Xiong said. “We want space, we want funding, we want a full-time staff, and we want the resources. We need more voices from the students to say we want this center. I’m trying to get the collective of ADPI students to say how this will benefit us.”

ADPIC aims to enhance the experience for people of Asian, Desi and Pacific Islander descent while living in this community and being a student at HSU.

“Sometimes you just need that place



President of ADPIC, Nikki Xiong | photo by Mikaylah Rivas

where you feel like it’s your own,” Vunchongchitr said. “It’s just carving out a space for yourself in Humboldt to make yourself feel at home.”

Diwali at Humboldt State University

Celebrating the victory of good over evil

by Sarahi Apacz

Diwali Prakash, or more commonly known as the Festival of Lights, is India’s biggest and most significant holiday of the year. The festival is celebrated by Hindus, Sikhs, Jains and Buddhists around the world.

The Asian Desi Pacific Islander Collective (ADPIC) and the Multi-Cultural Center (MCC) are bringing the celebration of Diwali Prakash to Humboldt State University and the surrounding community in the Kate Buchanan Room (KBR) on Nov. 6. Diwali received positive feedback when it was last celebrated at HSU in 2014. ADPIC hopes to celebrate Diwali for many years to come.

Ava Mark, ADPIC and event committee member, is passionate about having events such as these on our campus.

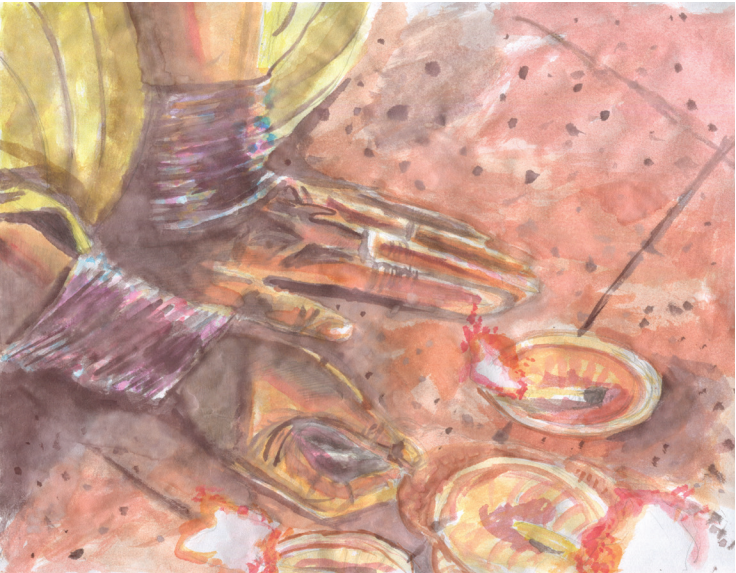
“There is over 50 countries that make up this group [Asian, Desi, and Pacific Islander] and there are actually a lot of students who identify as a part of this group,” Mark said. “We want to bring more events like this to the community so that students can feel at home and celebrate their culture.”

Diwali, is a Sanskrit word meaning ‘series of lighted lamps’ and Prakash means ‘bright light,’ or simply ‘light.’ The story behind Diwali and the manner of celebration vary from region to region but one particular theme remains, the festival is celebrated to remember that light triumphs over dark and good triumphs over evil. Traditionally, to celebrate the victory of good over evil in their own lives or in ancient stories, people light clay lamps outside of their homes to symbolize the inner light that protects from spiritual darkness.

To make the event as close to what you would see at a traditional Diwali Festival, the KBR will be adorned with candles, different sweets you can taste test, a henna table, and chess tournament tables. Rangoli, which are hand designed colorful sand patterns, will also be found in the Diwali celebration. Traditionally, rangoli would cover the threshold of a home to prevent evil from entering and its colors are meant to encourage positive thinking during the days of Diwali.

The Ya Habibi Dance Company of Arcata will be performing at the event, the traditional folk dance Dandiya Rass. These Middle Eastern dance artists will also be teaching workshops on how to dance traditional moves in popular dances.

Students and professors will be showcasing mannequins wearing the clothing and teach students how to properly put on the clothing that would be worn during the festival.



Illumination of Diwali | Watercolor painting by Cameron Rodriguez

The event will be held on Nov. 6 from 5-8 p.m. and is open to HSU students and the surrounding community.

MEChA Advocates for Student and Community Rights

by Diego Linares

A clap that was started by migrant workers to transcend language barriers can now be heard uniting students on campus who look to make a change in their communities.

Kevin Martinez is a student and member of the political activist organization Movimiento Estudiantil Chicano de Aztlán (MEChA). As the co-chairperson for the northern region of California, Martinez said that one of the things that MEChA does is advocate for student rights.

“The way I see this club heading, at least for the [HSU] campus itself, is being a thorn in the side of the administration when they look past issues,” said Martinez. “Most of the administration is white. They’re white, ridiculously white. A lot of the times they’re not going to catch the experience, or what’s needed for their Latino students, their Chicano students, their people of color.”

Club’s Inception

The Humboldt State University chapter of MEChA has been active since 1984. The organization itself has a rich history with roots that can be traced back to social movements in the 1940s.

In 1969, youth gathered in both Santa Barbara, California and Denver, Colorado to denounce the label of Mexican American and put forth plans that would influence the education of generations of people of color.

MEChA spawned directly from the document El Plan de Santa Barbara, which laid out a foundation for Chicano Studies in higher education. The document called for Chicano-run programs that would help students gain power on campus in order to be considered equal, share access to resources, and be advocates for participation.

Students Finding Identity

Justine Valverde, HSU de MEChA president and co-chair, found the government’s use of umbrella terms to categorize people problematic when first attending college. Valverde, upon finding the Chicano culture, then felt more comfortable with the political classification that was coined by the people.



Graphic by Mikaylah Rivas

“It’s pretty complicated, especially when those people that don’t want to see you progress in your organization hold positions of power,” Valverde said.

Fernando Paz is a former Mechista who joined in 2005. Paz is currently the director of the Latinx Center for Academic Excellence at HSU. He said his introduction to Chicanismo in junior high school made him more aware of different identities and certain privileges.

“For me, it was a process of self-exploration,” Paz said. “I was neither Mexican nor American but something else, something in between. That’s when I became politically conscious of [...] recognizing that I lived in two worlds.”

Paz didn’t get politically involved until joining the MEChA chapter at Rio Hondo College before transferring to

Humboldt State.

Community Outreach

While the chapter has gotten some publicity for their recent outings where they wear burgundy berets and armbands, that uniform was something that was started this semester.

One of the ways that MEChA de HSU has been able to contribute to the community is through its acts of security. When asked to do so, the club goes to support groups and organizations by standing in unity and providing a barrier.

Jazmin Sandoval, a recent transfer student from Los Angeles Valley College, said that in wanting to be an activist, being a Mechista has helped her take on those leadership roles and be heard. Sandoval has been part of the security service the club provides but admits to

being apprehensive.

“I think it’s scary, but I know I have to do it,” Sandoval said. “If I don’t, then who will?”

MEChA Becomes Inclusive

In research directed by University of Washington professor James Gregory, it was found that as of 2012 there were more than 500 chapters across the United States. The project “Mapping Social Movements” notes that there are more than 380 chapters in California that have been around since the late 1960s.

While the movement was initially started by people of Mexican descent, the group has grown to be inclusive as to who can be a member. Collectively, MEChA has grown to have people of different nationalities and sexual orientations and identities make up the organization.



President co-chair, Justine Valverde, calling students to action on the UC Quad. | photo by Mikaylah Rivas

To Raini Kellogg, a sophomore and current treasurer of the club, MEChA is involved in creating a national movement which is catered for a more broad class struggle.

“A lot of what we’re focused on is providing students of color a space where they can feel empowered and a space where they feel they can come to us,” Kellogg said.

The treasurer said that when first coming to Humboldt State she was missing a sense of community. Kellogg said she was drawn to the club after talking to a Mechista, now friend, tabling in the quad and got a sense of how positive the club can be.

Club Works With Community

Nathaniel McGuigan is the other president and co-chairperson of MEChA de HSU. He said that the outreach the club does involve working with student of color groups like Black Student Union or Brothers United, but also stretches out to the undocumented community in Humboldt County.

“It’s not just when we see something that happens, it’s also when they come to us that we’re able to address issues that exist in the community,” McGuigan said.

This semester, MEChA has also worked with Homeless Student Advocate Alliance and the Asian, Desi, Pacific Islander Collective.



Tania Cubas tables in the quad with fellow members of political activist organization MEChA during Friday’s Fall Preview photo by Diego Linares



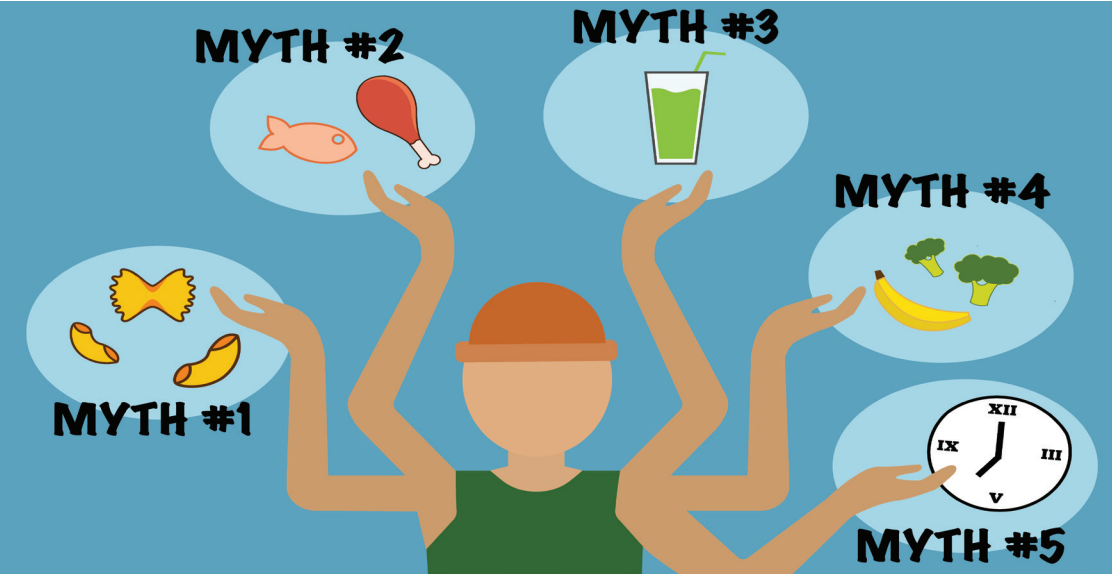
Kevin Martinez, member of MEChA, shows potential students attending Humboldt State University’s Fall Preview what life is like for underrepresented people | photo by Diego Linares



Mechista Jonathan Peña-Centes proclaims his dislike for the condition students of color live in during Humboldt State University’s Fall Preview on Friday in the quad | photo by Diego Linares

Mechistas helped bring attention to the demand by ADPIC for an academic center on Friday during HSU’s Fall Preview by having an open-mic-like session in the quad. The session had topics ranging from white privilege and racism to sexual assault and lack of trust for the administration.

MEChA de HSU currently meets every Thursday at 7 p.m. in Nelson Hall Room 106



Eating habit myths | vector graphic by Christina Córdova

5 Healthy Eating Myths Debunked

by Victoria Nazario

There is healthy eating advice everywhere, but that doesn't mean it's all true. Here are a few healthy eating myths debunked.

- 1. Myth: Carbs are bad for you.**
False. There is a huge misconception that carbohydrates make you gain weight but, in fact, most don't. According to Taylor Bloedon, Ph.D., a registered dietitian and certified specialist in sports dietetics from HSU, if they are eaten in large quantities they could contribute to weight gain. Some carbs are better than others. "Some types of carbohydrates are not healthy such as sugar and refined grains," Bloedon said. However, carbs can be a healthy addition to your diet and they could even be used to lose weight.
- 2. Myth: Consuming high amounts of protein is beneficial for your body.**
False. "Eating more protein than your body can use will basically be flushed out in your urine," Bloedon said. "This can at times make for some expensive urine." High amounts of protein may only be necessary if you are in the initial stage of a strength program or recovering from a serious injury. The average person needs 0.36 grams of protein per pound that they weigh. For example, a person who weighs 150 pounds will need around 54 grams of protein, where someone who weighs 180 pounds will need around 64.8 grams of protein.
- 3. Myth: Juice cleanses are good for you.**
False. There is this beautiful part of your body called the liver. The role of the liver is to do its own detoxing. "A healthy way to cleanse is to decrease your salt and sugar intake and increase your whole fruits, vegetables and grain intake," Bloedon said. It doesn't matter if you do a cleansing because your body is a natural cleansing system.
- 4. Myth: Frozen vegetables are less nutritious.**
False. Frozen vegetables and fruits are often more nutritious than fresh produce. Frozen veggies are frozen at peak and retain more nutrients. Fresh produce, on the other hand, should be purchased when they are in season. Buy frozen when the produce is not in season. According to Bloeden, if you do purchase canned food it is best to make sure to drain and rinse. This will reduce the level of sodium.
- 5. Myth: Eating after 6 p.m. causes weight gain.**
False. Gaining weight is mainly about what you eat and how much you eat, not when you eat. "If you eat a large meal right before bed you are going to increase the storage of fat," Bloedon said. "But that could potentially be balanced off the next day where you could burn off those calories."

Did you know?

1 cup of boiled lentils contains 18 grams of protein

1 cup serving of cooked edamame contains 18 grams of protein

3 ounce serving of salmon contains 19 grams of protein

4 ounce serving of roasted chicken breast contains nearly 30 grams of protein

Food Truck Series: Los Giles Taqueria

by Dani Muñoz & Melissa Vazquez

Known as one of the taco trucks in Arcata that serve the best burritos and other Mexican food, good tunes and good customer service are just some of the attributes the Los Giles Taqueria food truck possesses.

The owner, Osvaldo Hernandez, is accompanied by his brother Omar who gives him a hand making the food and taking orders. The Hernandez brothers make a fantastic duo team.

"We are the only ones who make carne asada fries and California burritos in Arcata," Hernandez said. "The California burrito has all the ingredients the carne asada fries have plus the flour tortilla."

As two southern California natives, we love late night grub and the California burrito is definitely a must to grub on. The first bite is unbelievably delicious. The combination of fries and all the other ingredients will make you say "wow!"

French fries stacked with seasoned carne asada, beans, cheese, sour cream and guacamole, is another popular dish that customers order.

The menu displayed on the side of the window of the truck provides an affordable variety of options for customers to choose from such as burritos, tortas, tacos, tostadas, chimi-changas, flautas and nachos.

"Many ask why my prices are very low and my response is simple," Hernandez said. "I lowered my prices for the students because they inspire and support us."

Hernandez says he has a special connection with the community, especially HSU students who support him the most.

"I want to be more than the taquero from Los Giles, I want to be the students' and customers' friend too," Hernandez said.

Another thing that makes Los Giles special is that they give back to the community. They like helping people with events by catering food.

"We have events scheduled throughout the month that are during the day and that doesn't stop me from delivering by night," Hernandez said.

The Hernandez brothers start prepping at a rental kitchen hours before expecting long lines and taking customers' orders. They plan on opening their truck all day in the future and perhaps even a restaurant.

"My customers give me confidence and motivate me to expand my business," Hernandez said.

You can find Los Giles Taqueria at 1033 G Street in Arcata, open from 9 p.m.-3 a.m. Tuesday through Sunday, closed on Mondays.



Denise Garcia begins detailing her self portrait | photo by Emilyo Arias

Student Artist Profile: Meet Denise Garcia

by Emilyo Arias

A huge window fills the studio with sunlight, illuminating the paintings that fill every space on the walls. Amidst the art supplies and splattered paint, in a corner section of the studio, art student Denise Garcia listens to music as she works on a painting.

Denise Garcia, a senior majoring in art history and studio art, is originally from Santa Ana, California. After two years at Cal State Fullerton, she transferred to Humboldt State University and has been here



Denise Garcia paints based off of her Mexican culture | photo by Emilyo Arias

for three and a half years.

"I felt like I wanted to grow up more, do something big for myself, and figure out what I could conquer on my own," Garcia said. "That's what encouraged me to move here."

Garcia's parents have always been a tie to her cultural identity, especially her father who migrated to the United States from Mexico. Her current work is a reflection of that cultural background.

"...this painting is more for myself and where I come from."

"This painting is so different and not like anything I have ever done before," Garcia said. "I usually paint portraits and find joy in the illusion of reality... but this painting is more for myself and where I come from."

Garcia's current piece is an intimate look into her personal internal and external conflicts, and is one that others can relate to. The painting is a representation of her family's history. From the image of the monarch butterfly to the colors of the *sarape* on the painting, it is filled with cultural symbolism.

"It's also figuring out what it is like to be a Latina but not Latina enough in the eyes of others," Garcia said. "Putting it down, working through it, and creatively problem solving throughout the actual painting is like solving whatever is going on in my brain."

Instagram: @deniselinnay



Denise Garcia poses in front of her portrait (above) Denise Garcia's finished portrait (below) | photos by Emilyo Arias



Hurricane Irma Damages the University of Puerto Rico

by Héctor Arzate

Closely studying inflammatory breast cancer, you could find biology student Amanda Agosto-Ramos, working to stabilize membrane receptors associated with the lethal condition in one of the biomedical facilities at the University of Puerto Rico. But when she arrived on campus at Rio Piedras the Monday after Hurricane Irma made landfall, it wasn't to work on the research, it was to salvage it.

“The generators were not on,” said Agosto-Ramos. “As soon as I noticed, I knew it was bad because we have a lot of cells that need to be kept in an incubator to maintain correct temperatures.”

When she was able to explore the rest of the campus, Agosto-Ramos noticed how the damage affected most other parts of the campus as well.

“I couldn't get into one of the other facilities because all the trees had collapsed and blocked the way,” said Agosto-Ramos. “Windows were broken and I know the library for the law school was completely destroyed. Buildings were flooded. Roofs collapsed.”

Hurricane Irma eclipsed the whole island of Puerto Rico on Sept. 20, devastating its water supply and electrical



Collapsed roof in a friend's dorm room photo provided by Amanda Agosto-Ramos

engineering. Many residents, in smaller townships especially, are still without either.

“The damage on the island is pretty bad. I got working water two weeks after the hurricane, but my friend just got water last week,” said Agosto-Ramos. “I don't know a single person that has electricity. My university doesn't have electricity or water either.”

With a past few tumultuous semesters, the hurricane has only compounded the troubles at Puerto Rico's public university.

“The university was closed for almost three months because the government was cutting the budget because of Puerto Rico's debt,” said Agosto-Ramos. “We were so behind. Then we had to stop for a whole week because of Hurricane Maria. We came back for two days of school until Irma. We have not been back since. So my university has really only had five days of school so far.”

In an effort to catch up, the university planned to start school on Oct. 30 and have the semester run through February with no holiday breaks. For many of the 18,000 students at the Rio Piedras campus, it has thrown their educational goals in a whirlwind.

“I want to go to grad school but I will probably receive my degree in May of 2019,” said Agosto-Ramos. “On top of that, I have to study and take the GRE, which I would do during the free time of those breaks, but I won't have that.”

Still, if students want to stay and learn, professors' lesson plans in Puerto may be a shot in the dark without working electricity.

“It's really hard to teach without electricity,” said Agosto-Ramos. “We have night classes and they will not be able to be taught. People cannot be going to university in the pitch dark. We have labs for science that need electricity.”

Moreover, Agosto-Ramos senses that countless people, including students, have been displaced as a result of the natural damage done by Hurricane

Irma, which has had negative effects on their education.

“There are students who have lost their houses, I'm sure,” said Agosto-Ramos. “And now, we're not even taking classes, but it's not a vacation. Our education has been interrupted. I don't think it's a peaceful learning experience.”

Although she fears having to retake many classes, the hope is to transfer to Humboldt State University (HSU).

“I'm afraid because I'm also a senior and sometimes when you transfer you lose a lot of credits,” said Agosto-Ramos. “I've taken most of the courses that are required for my major, I don't want to retake them.”

But thankfully for her, she was able to connect with HSU staff and faculty that have supported her push to finish



Amanda Agosto-Ramos sits in the HSU Library Cafe. | photo by Héctor Arzate

her educational journey, including biology department chair Bruce O'Gara.

“He looked over my transcript and said he would count some of my classes,” said Agosto-Ramos. “That was very helpful [...] if I'm accepted, I'll be here this spring.”



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I Stand With Immigrants

by Anthony Alonzo-Pereira

On Oct. 4 the local chapter of Lambda Theta Phi Latin Fraternity Inc. along with over 100 other schools and organizations across the country participated in the “I Am An Immigrant” campaign's Day of Action.

The “I Am An Immigrant” campaign was launched in 2016 as a way to promote Immigrant Heritage Month, which is celebrated in June. A collective of companies, public figures, and tech leaders formed the campaign to provide an avenue for individuals and organizations to take action and voice their support for immigrants. The campaign functions to create a conversation surrounding the broad topic of immigration.

The campaign sponsored a Day of Action, during which participating groups agreed to host an event that would fit with this year's theme: I stand with immigrants. The members of the Lambda Theta Phi fraternity created an interactive exhibit in the UC Quad at HSU. They wore t-shirts reading “I Am An Immigrant” and displayed a poster board that read “I stand with immigrants” in large letters. Those who

came across the exhibit were invited to stop and reflect on why they stand with immigrants, jot down a message of solidarity, and stick it onto the poster board.

From anti-Trumpisms to heart-felt anecdotes about the plight of our parents, each note carried its own emotional tone. Some people finished the statement: I stand with immigrants ‘because we all come from somewhere else’. Others were less poetic, ‘Fuck Donald Trump’, but just as powerful. ‘Black Love + Brown Pride’, read one of the more memorable sticky notes on the poster board. This four-word note contains a critical aspect of the conversation to promote immigration not as a fringe issue, but as one that affects entire communities.

The Day of Action is just one of many ways that the HSU community is combating the divisive rhetoric of the current political climate. While some of us may feel powerless in this larger system of law and policy, it is imperative that we keep a pro-immigrant conversation alive, and this responsibility falls on everyone.

I Stand With Immigrants

por Anthony Alonzo-Pereira

traducido por Anthony Alonzo-Pereira

El 4 de octubre, el capítulo local de Lambda Theta Phi Fraternidad Latina, Inc. - junto a más de 100 otras escuelas y organizaciones a través del país - participó en el Día de Acción departe de la campaña “Yo soy Inmigrante.”

La campaña “Yo Soy Inmigrante” comenzó en el 2016 como una manera de promover Immigrant Heritage Month, observado el mes de junio. Una colectiva de compañías, figuras publicas, y líderes en tecnología formaron la campaña para servir como una avenida por la cual individuos y organizaciones puedan demostrar su apoyo a la comunidad inmigrante. La campaña funciona para crear conversación sobre el tema de inmigración.

La campaña patrocinó un Día de Acción, durante cual los grupos participantes organizaron un evento con el tema de este año: Yo estoy con inmigrantes. Durante el Día de Acción, los miembros de Lambda Theta Phi crearon una exhibición interactiva en el patio universitario. Mostrando sus playeras de la campaña, los Lambdas exhibieron un póster que leía, en letra grande, “I stand with immigrants.” Personas presentes fueron invitadas a reflejar en sus razones por apoyar a inmigrantes, escribir un mensaje de solidaridad, y pegarlo al póster.

Desde protestas contra Donald Trump hasta las anécdotas sobre los sacrificios de nuestros padres, cada mensaje llevaba su propio sentimiento. Algunos

Chunti Rhymes

by Mireille A. Roman

My bracelets are *ligas*, got *papitas fritas*, full of *calorías*, but it's better than an expensive *frutería*.
Tengo dedos llenos de chile, ‘you can eat here’, that's what he said.
Munching, crunching, professor talking.
I'm writing, you're typing, crying from stress that comes from this test, do my best.

Friday's near, but I can't dream here, the professor's staring me down.
Weird.
I raise my hand, participate, add to the class debate, shake ideas that discriminate, counter the ones filled with hate.

Anyways.

It's a move that I needed to do, worth it because I grew, who knew?
I did. I came to handle business. Witness. Come to consensus that I pulled the lid. I'm still a kid, I can't buy gin, but old enough to choose what I'll do 'til I stop to live. What a win.

I want my *amores* like I like my food, tortas, tacos, anything con color will do.
I'm not scared to be burned, I eat chipotle *de la lata*, I eat *lo que me da la gana*. *Flaca? Gorda? Qué? No me importa*.
My clothes fit good, just like my attitude, and my brown skin is a perfect complexion. Not to mention *inteligente*, something more to add to *mi gente*.

I miss *enchiladas*, y *noches de menudo*, that's my *dieta*, *siesta*. ‘*Otro tamal- era*’.
Momma's food makes me thick super quick.
You only saw my beauty *por un segundo*, need some *jugo*? Because you know.

Corazón as big as my thighs, mindset higher than the baby blue skies. Get to know me, I don't fight, don't bite, but you won't find out unless you try.

Trump Wants To Steal 800,000 Dreams

by Nathalie Rivera

On Sept. 5, Donald Trump announced his plan to end the Deferred Action for Childhood Arrivals (DACA) program, which protects around 800,000 undocumented immigrants brought to the U.S as children. DACA allows recipients to reside in the country and grants them access to work permits. The threat of ending DACA has crushed the dreams of many families seeking asylum in the U.S., those in the pursuit of a college education, and causing many to worry about the risk of unemployment and deportation.

The Republican administration claims that due to the program, many have been “Denied jobs to hundreds of thousands of Americans by allowing those same jobs to go to illegal aliens.” Currently, one in four DACA recipients live and work in California, the end of DACA would cause a loss of 11.6 billion yearly in the state. Recipients of DACA are well aware of their immense contribution to the U.S. economy, but what is to say about their parents, families, and the rest of the 11.5 million undocumented citizens who have also contributed to this economy but did not have the privilege of receiving DACA?

Ultimately, Trump and his right-wing Republican Administration, which have been manifesting fascist characteristics, have made it clear that any DACA replacement will have to include primary funding for a wall between the Mexican and U.S. border in addition to dismantling sanctuary cities, cracking down on asylum seekers, and overhauling the green card system.

Immigration advocates across the states, however, are pressing congressional Republicans to support “A Clean Dream Act” that isn’t tied to President Trump’s immigration proposals and doesn’t trade the protection of ‘dreamers’ for the deportation of others.

“The Clean Dream Act we are supporting specifically has a path to citizenship, whereas the RAC act, one of the republican DACA replacements that I know of does not,” said Elijah Lechman, a volunteer who helped host Humboldt State’s DACA phone bank on Oct. 23. “So part of it is that it is basically permanently delegitimizing people who already had a promise made to them it’s unethical to not recognize and honor the agreements already made.”

When applying for DACA, recipients were required to report their address and parent’s personal information. Now, the fear of being betrayed and having that same information used against them is a concern many have.

“Trump has been a huge wake-up call for people but ultimately, this crisis will pass and there’s gonna come a point of political apathy,” Lechman said. “The best thing I can say is spend time learning political science the next time we have a crisis it would be easier to handle if there are people of color in power who could also be a part of this because we can’t just do this with allies.”

Overall, dismantling systems of oppression can be seen as impossible, however, using educational privilege to speak for those who are deprived of basic human rights is a step many of us can actively engage in.

Late Night Host Covers What the Media Won’t

Jimmy Kimmel Uses TV platform to Advocate

by Katherine Miron

As an avid watcher of late night talk shows such as “Jimmy Kimmel Live!” I for one have found him to be a bit less funny these past couple of months. I mean no disrespect to Kimmel but his monologues lately have been filled with political jabs and lacking punchlines. Instead of laughing at what I’m watching, I am quite frankly getting pissed off.

I am pissed off because he’s speaking the truth when it comes to the actions and decisions Trump and his administration have been making or not taking at all. How come it’s a talk show host whose profession consists of making America laugh is asking the bigger questions about what the fuck is Trump is doing?

Quite frankly, ever since Trump was in the running to become the Republican candidate, news organizations haven’t been taking him seriously. In May 2016, President Obama scolded the media on the job they were doing in covering Trump and his campaign at a White House briefing.

“This is not entertainment. This, not a reality show, this is a contest for the presidency of the United States and what that means is that every candidate every nominee needs to be subject to exacting standards and genuine scrutiny,” Obama said. “It means that [the media] got to make sure their budgets add up. It means that if they say they got an answer to a problem that it is actually plausible and they have details for how it would work, and if it’s completely implausible and would not work that needs to be reported on,

Oiled Life

by Ollie Winfield-Perez

Salty skin and sweet ocean air.
When there’s sand between my toes,
and waves crash through my skull,
when my toes ache
as my bare feet submerge in icy liquid,
when a breezy mist coats my face

I touch the ocean floor.

When my fingertips sense dense ancient earth
rapid, hot sensations fill my body.

the American people need to know that.”

Since the day Trump announced he was running to now that he is the president of the United States I have seen more news segments and articles on the latest “Saturday Night Live” skit done about him than his actual politics.

It really wasn’t until Jimmy Kimmel went on air five months ago and used his show as a platform to share his son’s story to put a human face on what would happen if Trump got rid of the Affordable Care Act and cut funding to the National Institute of Health in which he proposed to do in April. Then again in early October, when the terrorist attack happened in Las Vegas, he motioned for a change in gun regulations.

The news should be checking the president on what’s going on in his administration. It should bring attention to the American people on what their president is doing that could potentially affect them.

I am talking about the same news organizations that took time out of reporting the weather to criticize Obama over wearing a damn tan suit but not Trump’s latest decisions that will impact millions of people’s lives. Decisions that have caused outrage across the nation. Decisions that have created tension between the U.S. and other countries.

It is one thing to report the news and another thing to say why it is important. I applaud those who stop joking around for a second and take things seriously when it matters most.

A burst of light escapes me,
exiting my pupils.

I melt into the ocean floor.

Surrounded by black tar
thick, viscous substance
acrid and hot
leaks into my lungs.

My need to breathe, sustaining my life
is my inevitable, sticky end.



Illustration by Cameron Rodríguez

Trump’s Apocalyptic America

by Cameron Rodríguez

Don’t be alarmed, the world has already ended. As we grapple with the fact that our fears have become reality we must understand exactly how we got into this situation. Like a parasitic fungus leeching onto an ant, incubating and controlling its mind until the ant becomes nothing but a shell of its former self, we as Americans helped Trump win, believe it or not. Through our hysteria we became corrupted and in doing so we allowed the minds of those easily corrupted to create their own narrative, a narrative that involved a catastrophic end to all that is or was right surrounding American values.

Instead of thinking about what the victory means for America’s core values, I instead am reminded of the 2006 film “Children of Men.” The film is about a dystopian London riddled with xenophobia and infertility. Within and past the metropolis lies the masses of immigrants compiled in cages and in dilapidated environments waiting for their demise. These scenes are a stark reminder of the future that is possible.

As the old, white, and decadent sit and argue over the future of their estates and fortune like an F. Scott Fitzgerald novel, we wait patiently for their hearts to give out. The more this narrative plays out, the scarier gets.

Within the nine months of Trump’s presidency, we move the hand of the Doomsday Clock further to midnight, not quite realizing that the world has already ended. Reminiscing about the times when Trump’s name was just a meme to be glorified or the prognostications from the Simpson’s, or a skit on SNL for white liberals to pride themselves on. With the threat of an imminent nuclear strike, unjust immigration laws, mass shootings and the natural disasters that have recently occurred, times are indeed dire.

Twenty-six percent of eligible voters, according to Mises Institute, voted and believed that Trump was the beginning of something new, not just for America, but for the world. However, through his reckless actions and

rhetoric; we have been set on a downward path. Arguably, we are currently living in an apocalyptic America. So the question is, what does a post-apocalyptic America look like?

“Within the nine months of Trump’s presidency, we move the hand of the Doomsday Clock further to midnight, not quite realizing that the world has already ended.”

Only those with the power have a clear idea as they continue to blindly steer us down the winding road. As we reclaim our identity we must also allow ourselves to crash. Trump is the period, i.e. the end of any problematic statement that can and will be said. However, when each period ends, another sentence begins, and with each end starts another beginning.

noviembre

11.1 *miércoles*

19th Annual Campus & Community Dialogue on Race

******S.I.S.T.E.R. Circle, Sisters in Spiritual, Transformative and Evolving Relationships

5-6:30pm | Library Fishbowl

Just Like Us, a Staged Reading of the Play by Karen Zacarias
5-7pm | KBR

11.2 *jueves*

American Indian College Motivation Day
9am-2pm

******Javier Zamora Poetry Reading
2-3pm | Library Fishbowl

******Celebración de Dia de los Muertos
4-6pm | MCC Parking Lot

******Dia de los Muertos Significance & Compare/Contrast to Halloween
5pm | MCC Vine Deloria Room

******Black & Blue Dialogue
5-7pm | KBR

11.3 *viernes*

******Asian, Desi, Pacific Islander Students - Invisible Population at PWI's?
3-5pm | Library Fishbowl

******Get Out Film Screening & Discussion
6pm | KBR

El Dia de los Muertos Festival
6-8pm | Arcata Plaza

11.4 *sábado*

True North & Rapid Response Network - ICE Confrontation Trainings

10am-1pm | Arcata United Methodist Church 1761 11th St.

International Cultural Festival
1-5pm | KBR

Y.E.S. Volunteer Opportunity Humboldt Animal Rescue Team | Sign-up at the YES house!

11.6 *lunes*

How to Design: Using Adobe Illustrator to Create Buttons
Facilitated by Christina Córdova
register at humboldt.libcal.com/workshops
6pm | Gist Hall 215

11.8 *miércoles*

Diwali Prakash
5-8pm | KBR

11.9 *jueves*

Kiki: Live Your Truth - Film Screening/Discussion
5-7pm | Goodwin Forum

11.10 *viernes*

Veteran's Day Holiday
Cultural Times Submission Deadline for Art, Poetry, Stories, Photos
5pm | Send to mcc@humboldt.edu

11.10 *viernes*

Dolores Huerta Lecture
7-9pm | JVD | Student \$5
General \$15

11.16 *jueves*

Chicano Batman & Khruangbin
8-9:30pm | JVD | Student \$10 General \$25

11.17 *miércoles*

Mariachi Club!
6pm | NHE 205 | Every Friday!

11.18 *sábado*

True North & Rapid Response Network - ICE Confrontation Trainings
10am-1pm | Eureka First United Methodist Church, 520 Del Norte St.

11.20-24 *lunes*

FALL BREAK

Be safe and enjoy the time off. You deserve it!
- El Leñador Staff

11.30 *jueves*

C3: Cupcakes & Conversations with Corliss
3:30-5pm | NHE113

**** Community Campus Dialogue On Race**

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