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Randy Sabaque “Saba” paints the HSU student mural throughout the 2015 Fall Break. | Photo by Louis Ramirez

More than just a Mural

HSU students reveal mural for underrepresented students at UC Quad

by Kevynn Gomez

The hissing of spray paint cans fills the air as New Mexican graffiti artist Saba forms a lush, evergreen fern plant on a wall outside Humboldt State’s Associated Students lounge.

Randy Sabaque, better known as Saba, traveled from his home in the Southwest to orchestrate the painting of a mural for students and community members of color. The painting took place during the recent fall break in November, but the project has been an ongoing--and sometimes arduous--process since spring 2014.

Since its beginning, the mural has been led entirely by students. It has also had its fair share of conflict, from internal student disagreements to potential disapproval by local Native tribes.

The desire to create the mural began to take shape three semesters ago when a painting by HSU alumnus Ryan Spaulding, then a student, was hung in the cafeteria.

titled the Coalition of Unified Students. After months of working with each other, local tribes and HSU administration and faculty in meetings and forums; the result is the mural painted outside of the Associated Student’s Lounge.

The success of the completed mural, while a highlight of semesters of work, contrasts with the conflict and struggles felt throughout.

Saba felt some of this conflict while working on the project after traveling up to Humboldt County. The mounting stress and struggles stemming from the mural process were felt by students involved as well.

“You can kind of feel that tension in the air, or I felt it,” Saba said.

A member of the Navajo and Jemez Pueblo tribes, Saba, and other group members spoke with members of the Wiyot tribe about using imagery that is traditionally sacred to the Wiyot. Saba said he visited the Clarke Historical Mu-

a different area.”

The graffiti artist works out of his hometown of Farmington in northern New Mexico and Las Cruces in the southern part of the state. He works to paint murals highlighting the strength of indigenous people in overcoming struggles. While he says that he has worked on projects under similarly tense conditions, this was his first time dealing with circumstances present due to such recent historical trauma as the 1860 Wiyot massacre.

“I want to try to incorporate the Native tribes because we are sitting on their ancestral grounds,” Saba said.

A small group of dedicated students made up the committee responsible for the outcome of the mural. Made up of student representatives from several groups on campus, such as M.E.Ch.A, Black Student Union and F.R.E.E., the committee worked with HSU administration, including Dean of Professional Studies Dr. John Lee.

artist) is a member of the student leadership committee, the Coalition of Unified Students, spearheading the creation of the mural. Her integral role, which involved working with administration, leading community discussions and finding middle grounds for disagreements, has been both inspirational and stressful, she says.

It has also been a powerful educational opportunity for Samyrha.

“I feel like what we’re talking about right now is as valuable as the mural,” Samyrha said about discussions regarding differing opinions about the imagery used.

Her central leadership role and the need for open, honest communication despite disagreements has been another challenge.

“There is a need to ask for help as well,” Samyrha said.

Now that the mural is mostly painted, the students involved are anxious to see what the surrounding community will think of it.

Nathaniel McGuigan is a student involved in the painting

symbolic imagery of the people with their fists raised and the two women representing, to some, Mother Nature or the sacredness of fertility and women’s bodies.

“The people with their fists raised to the sky [represent] resistance, and I relate to that because I’m also part of that resistance through working on this mural within the community, as well as being within M.E.Ch.A and other resistance organizations on campus,” McGuigan said.

The student coalition team will be holding a reception ceremony on Tuesday, Dec. 1 in the UC Quad to invite all students and community members to view the mural and engage in discussions about its recent installment.

The mural, symbolizing the multicultural presence of students and community members of color, while now completed, still has a long life ahead of it. Members of the student coalition will continue to hold forums and events to discuss the community’s reception

“But this art right here ... it’s a collective, or a collaboration... It belongs to everyone.”

— Saba

The imagery of the painting, titled “Super Taco,” shows fast-food workers--who all appear to be Hispanic--busily working in a kitchen setting. Its placement in the J cafeteria offended students, some who felt the imagery and choice of placement was racially-insensitive.

The dissent eventually led to the creation of a student group

seum in Eureka which contains a variety of Wiyot basket cap headwear. Saba referenced these hats in the mural for accuracy as well as respect to specific Wiyot customs.

“For me, coming from a Southwest tribe, I’m already not in tune with [the local culture],” Saba said. “I try to do my best to represent but once again I’m coming from

The committee has also been the representative for all HSU students in sharing their thoughts about the mural process. Much of the interaction between the student coalition and administration was to choose the mural imagery, location of the mural and financial matters such as artist insurance and maintenance costs.

Samyrha Saba (no relation to

and previous discussions for the mural. Although he was gone for Fall Break and missed most of the painting process, he returned to a nearly-complete and colorful mural to take in.

“I thought it was really beautiful,” McGuigan said. “We were able to get a lot of community voices involved.”

McGuigan connects to the

and maintain the quality of the mural through maintenance funds awarded through the CAS.

For Saba, its existence is much more than a one-time application of spray paint outside of the AS Lounge.

Kevynn Gomez can be reached at el-lenador@humboldt.edu

Community

Word on the street

What is your opinion on the new student mural?



Noelly Sully
Major: Environmental Studies

“I think it’s beautiful.”



Sequoia Ryan
Major: Biology
“I like how when I left for fall break it wasn’t here and when I came back, it was here. It’s like I left and a flower bloomed.”



Nathaniel McGuigan
Major: Biology/Business
“It has a lot of elements in it that came together and helped create the perfect mural for all underrepresented students on campus.”



Hector Alvarez
Major: Rangeland Restoration
“I love it. I feel like it encompasses everything we are going through on campus. It being the first mural on campus says a lot. It being the first representation of the melanin community says a lot.”



Vanessa Gota
Major: Latin American Studies
“It makes me feel very empowered. It speaks to me. Seeing all our planning come to life is beautiful.”



Jason Hall
Major: English
I didn’t expect Mother Nature to be gushing water flow. A very interesting piece to put in the middle of campus. I’m surprised they let them.”



Samyrha Saba
Major: Ecology Restoration
“It means a lot of things. I see the image and its process. The image calls for an education systems to end assimilation and genocide of different cultures.”

◊ El leñador ◊

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Humboldt’s first spanish-speaking therapist

Eureka high school graduate becomes bilingual therapist

by Aracely Curiel

Little did Humboldt County know Carlos Gonzalez would be it’s first therapist to offer a batterer’s intervention program in Spanish, and vice-versa.

Gonzalez was born in the metropolis of Guadalajara, Mexico. When he was nine years old, his family immigrated to the United States and settled in Eureka, Calif. Having parents who were both healthcare professionals, Gonzalez knew, from a young age that he wanted to be a therapist. Eureka it seemed was just the place that he needed to be.

“Moving to this area, I realized how there weren’t a lot of services in Spanish,” Gonzalez said. “Because my family lives here and I live here, I wanted someone to speak Spanish with, a professional I can talk to, or, a professional who can talk to my family. So seeing that, I really

pushed myself forward to get my education, to get my BA and my Masters.”

Landing your dream job can be thrilling- unless no one will hire you. Agencies looking to offer services in Spanish weren’t exactly showing up for Gonzalez.

After a strenuous search, Gonzalez was offered a position with M.E.N.D./W.E.N.D -Men & Women Experiencing Non-abusive Decisions, Tratamiento para Violencia Doméstica. Gonzalez is now the only one who speaks Spanish at his agency.

Therapy to some people can be a scary thing. Especially if you don’t feel comfortable with the therapist and Gonzalez understands.

“For the Spanish speaking community, I think the biggest factor is: do they see someone speaking Spanish?” Gonzalez said. “Is there someone who is going to understand their language? Someone who is fluent

in their language and is going to understand their culture?”

Gonzalez works with court-ordered individuals deemed the abuser in cases of domestic abuse. His services also include individual counseling and translating forms in a culturally sensitive manner, partly why he’s so uniquely indispensable to this community.

Gonzalez’ compassion shines through whenever he talks about his clients. For a growing Latino community in Humboldt county his job goes beyond just being a counselor.

“I’m here as a companion, but they lead the way,” Gonzalez said. “I’m here as a witness to their growth. I know the struggle. It’s difficult to get there, but it’s not impossible.”

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Men & Women Experiencing Non-abusive Decisions

Carlos Gonzalez, IFM86252
Supervised by P. Romano, LCSW17745

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True North celebra cumbre de derechos en Eureka



La Cumbre por los Derechos de los Inmigrantes fue organizada por True North el pasado 21 de noviembre. | Fotografía por Benjamin Schedler

by Eduardo Madrigal Ramos

“Me gustaría darles la bienvenida a tierras Wiyot, ” dijo Cheryl Seidner en representación de la tribu Wiyot, a la audiencia de más de 100 personas de los condados de Humboldt y Del Norte que asistieron a la Cumbre por los Derechos de los Inmigrantes el pasado domingo, 21 de noviembre. El evento organizado por True North Organizing Network se llevó a cabo en la Iglesia del Sagrado Corazón en Eureka. Ahí la comunidad pudo disfrutar de buena comida, de buena música y de un buen rato mientras lograban aprender y reflexionar sobre la experiencia de los inmigrantes que llegan a nuestra región. “Una de las metas es compartir con otros líderes y la comunidad en general la experiencia y testi-

monio individual y colectivo de los inmigrantes,” dice Andrés Castro, Presidente de la mesa directiva de LatinoNet y uno de los oradores del evento. La organización True North se describe como un conjunto de líderes de las distintas comunidades de las regiones de Humboldt, Del Norte y de las tierras tribales aleañas. Juntos trabajan para darle una voz a los grupos marginados locales para que puedan efectuar los cambios positivos que desean ver en sus comunidades. El plato fuerte de la cumbre fueron los testimonios de las hermanas Joaquina Bonilla y Honorina Bonilla quienes hablaron de su experiencia como inmigrantes y de su garra para salir adelante a pesar de la adversidad. “Para mí es muy difícil contar lo que he vivido pero es una real-

idad,” contó Joaquina. Joaquina compartió con la audiencia los difíciles momentos que vivió cuando su esposo fue deportado y ella se quedó con sus cinco hijos en el país. “En la lucha no quedé sola gracias a True North que escuchó mis ruegos y mis súplicas,” dijo Joaquina. “Fue el único programa que me escuchó y me ayudó a salir adelante.”

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It all started with a dream

HumboldtStatestudentsstartprogramtohelpundocumented students

by Estee Trevizio

In efforts to support the undocumented community of Humboldt County, Alexis Hernandez is in the process of starting the Dream Program at HSU. Hernandez, the Co-Director of the pilot program, expresses that he wants this program to be, “upfront and real.” Hernandez explains that this program encourages undocumented students to follow the path of education that they are comfortable with, meaning any goal is a goal worth obtaining, whether it’s a UC school or community college. Hernandez got approved to implement the pilot program during spring of 2015 and presented the

idea to the governing body in the spring semester, which was comprised of former and present directors as well as Program Consultants of the Y.E.S. house. “The Dream Program at HSU is intended to support and empower the undocumented community who are trying to obtain higher education,” said Hernandez. There are many institutions that do not have the resources to support undocumented students. He wants this program to be a reliable source and provide a physical safe space for this community. “Right now, we’re in our first semester as a pilot program, so we’re not doing any recruiting yet, but we want to start by getting the affirmed message out there on

what we are,” said Hernandez. After Hernandez proposed the program to the Y.E.S. house, he began the process of making the Dream Program come to Humboldt County. His plan is to begin the support system at Arcata High School and then continue on throughout Humboldt County. After facing a large amount of confusion from undocumented students and faculty, due to the false information of what the program was actually intended to do, Hernandez was determined to get the right information out and represent the program as an intended support system for this community. “Almost immediately we faced some backlash on our program because of the false information going out, people thought that this is a dream center for students on campus, but it actually isn’t,” said Hernandez. The program’s name was changed from “Dream at HSU” to “Dream Program” in efforts to make it clear that this program is not a dream center for HSU students. The intentions of this program are not a university backed initiative. False information is just supporting the notion of false advertisement of Humboldt State funding undocumented students. As a first generation student, with most of his family being

undocumented, Hernandez is fulfilling his personal efforts to help a community that he can not only relate to, but a community that means alot to him. “Why do I have all these resources just because of a nine digit number?” said Hernandez. “We are here to encourage them and support them in building that confidence to go out and get those resources, we’re only here to be the facilitators.” Mariah Martinez, a volunteer at the Y.E.S. House decided to help support the Dream program as a program consultant. “There was a lot of misunderstanding, and we really didn’t want the university to take over and misinterpret the reason for this initiative,” said Martinez. She said the process of getting this pilot program into effect takes three semesters and conquering one semester has been tough alone. “What can we do to support this community?” Is what we often ask ourselves, because we also don’t want to be overbearing,” said Martinez. The Dream Program does not only provide college access, but rather a safe space for the undocumented community to have where they can obtain these resources. This program does not fund, but supports. It is

important to understand the difference between the two concepts. Martinez and Hernandez express that they are not in a hurry to start this program. They are taking their time because this community is extremely sensitive when it comes to legal and social implications. Although there are specific laws that protect California’s undocumented students, it is still hard for the community to have the right support and a trusted network of hope and inspiration for those wishing to seek higher education. “We need to start off small to solidify who we are,” said Hernandez. “This is not a dream center or support program for on campus students but rather a program to provide holistic mentoring to the undocumented community in Humboldt County.”

For more information of The Dream Program, you can contact dream@humboldt.edu.

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Mi radio es su radio

El esfuerzo para crear más representación latina en Humboldt



| Fotografía proveida por Radio Bilingüe Humboldt

by Joanna Quintanilla

A pesar de ver una población latina en Humboldt, no hay muchos medios de comunicación para la comunidad. Colegas Damián Campos, Mike Clark y Fernando Paz están trabajando para cambiar eso. Si usted prende el radio sólo podrá oír contenido en español los domingos por las mañanas en KHSU, aparte de eso no hay mucho más. “El proyecto se llama Radio Bilingüe Humboldt,” Campos dijo. “Dónde estamos tratando de hacer estación de radio bilingüe aquí en la área.” Clark vivió en el sur de california antes de mudarse a humboldt donde escuchaba varias programaciones en español o spanglish. “No hay nada [en Humboldt,]” Clark dijo. “No hay periódicos, no hay televisora, telemundo, ni he visto ni una sola emisora, nada de radio.” Fijándose que no había programación en Humboldt, Clark fue a una emisora de televisión a preguntar al ingeniero como sería posible traer a Radio Bilingüe al condado de Humboldt. Ha estado hablando con la directora de operaciones de Radio Bilingüe por dos años. La licencia para transmitir contenido sobre el radio es bajo de Ink People Center for the Arts, una organización no lucrativa que se enfoca en ayudar la comunidad con recursos para el desarrollo cultural. Y aunque consiguiendo una licencia es muy difícil, el gran obstáculo es dinero. “El enfoque ahorita es adquiriendo fondos, creando un plan de negocio y trabajando en las partes técnicos como la estructura gubernamental,” Campos dijo.

En el momento están trabajando para recaudar dinero para construir una emisora para la estación. “Lo que buscamos ahorita es el apoyo de la comunidad y también dinero para construir todo. Estamos aplicando para becas y en el año que viene vamos a buscar apoyo económico de la comunidad,” Campos dijo. Para Paz la estación no solo es un modo de representación para la comunidad pero un modo de enseñar nuestra presencia en la comunidad de Humboldt. Paz dijo que la estación no solo es para la población latina pero para los indigenos también. “Radio Bilingüe no es solo en ingles y espanol, pero también es transmitido en idiomas indígenas,” Campos dijo. “Tienen un programa llamada La Hora Mixteca que es aprendiendo y compartiendo el lenguaje mixtec. Pues similarmente nosotros crearemos contenido local conectando con algunas de los tribus que ofrecen clases de lenguaje.” Aunque la estación será llamada Radio Bilingüe, la meta es tener programación en lenguajes indígenas de los tribu Hoopa, Karuk, Wiyot y Yurok. “Quiero ver esta estación volverse en una esencia de la costa norte,” Campos dijo. “En la misma manera que latinos, hispanos, gente de ascendencia mexicano están colocando raíces en la área - esta estación podrá colocar raíces, crecer y prosperar en esta comunidad.”

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Campus

Nourishing roots

by Monica Ramirez

On Nov. 13 students attended the Nourishing Roots in Resistance Gathering workshops at the Goodwin Forum to hear and learn a bit of what life was like for our ancestors and the daily routines they went through.

The first event was La Loba Loca Blood Memories: Abuelita Knowledge and Cultural Preservation in the Aftermath of Colonialism. Groups such as: M.E.Ch.A, Black Student Union, F.R.E.E and the Women’s Resource Center worked together to prepare both events.

Anabel, the speaker for the first forum likes to be called la Loba Loca, the Crazy Wolf. Humboldt State was just one of the stops on her Knowledge Share tour. La Loba, from Arequipa, Peru, is a doula who helps with more than just pregnancies like a midwife does. A doula provides the overall support that families may need during other events such as postpartum depression, abortion, loss or the menstrual cycle.

“A doula is a full spectrum companion,” la Loba said.

However, the first part of the workshop had to do with cultural preservation and using the knowledge we get from our abuelitas.

Loba Loca was 13 when she was living in Chile and Augusto Pinochet, the past dictator of Chile, made abortion illegal. This motivated her to begin the work she does now.

“Everything was pointing to how this institution controls reproductive health,” la Loba said. “It was mostly a response to a country that wanted to control our bodies and choices.”

Some people are disgusted by menstrual blood and women are always being shamed for even talking about it. La Loba’s goal is to end the blood shaming by comparing it to the blood of the innocent.

“Why are people so disgusted by menstrual blood but not disgusted by the blood of people being murdered?” La Loba said.

La Loba Loca comes to Humboldt State and hosts forum about post-colonialism



| Photograph provided by La Loba

La Loba also discussed how white people have been reclaiming old practices by indigenous people as new. For example practices such as mason jars, eating quinoa and drinking tea.

“It’s what the hipsters didn’t tell you,” la Loba said.

Before these things became trendy, they were the lifestyle of the indigenous people which many may not know.

Norma Miranda, an environmental management and protection major, was happy to have La Loba’s presentation at Humboldt State.

“I’m grateful to have someone coming to my campus like La Loba who is knowledgeable about my cultural heritage and is kindly willing to share her knowledge

like our ancestors once did,” Miranda said.

The workshop was a taste of old practices and traditions including the burning of sage as students circled to receive the food that was carefully prepared by M.E.Ch.A. students. The Decolonizing Your Diet workshop quickly followed up after.

Everyone took turns to serve themselves a plate of black beans, pico de gallo, agua de piña, pineapple juice, and tortillas de maíz azul, blue corn tortillas. This meal represented a meal that may have been shared by the indigenous people many years ago. Every ingredient resembled a land before colonization: no meat, onions or sugar.

The idea of decolonizing your diet is completely different from veganism or vegetarianism. You aren’t avoiding one type of food; you are trying to adapt your body to the foods your ancestors once ate. The indigenous people didn’t have all of the protein options we have today and they lived healthy lives.

Eating seasonally, buying locally grown foods and considering your ancestral background are ways to attempt to decolonize your diet. However, it’s not just about the food, family and friends were a very important part to the indigenous people. All cultures share the idea of a good meal with friends and family.

While students enjoyed their

meal, everyone participated in sharing how they would make an attempt at decolonizing their diets. Most students described family traditions, their favorite meals or their own ways of eating like the indigenous. You’re not only connecting to your culture but connecting to the people that made that culture a possibility.

“Cultural preservation and abuelita knowledge defines the person who I am today,” Miranda said. “My ancestors fought over centuries to preserve my culture. I am the dream that my ancestors envisioned.”

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

Sharing experiences over “café con pan”

Las Cafeteras come to HSU

by Erika Cárdenas

On the evening of Oct. 28, Humboldt State University welcomed Las Cafeteras, a Chican@ musical band that sings about social justice.

Fans sat anxiously anticipating Las Cafeteras to begin the workshop as a blank screen welcomed people into the bottom of the J.

Las Cafeteras began the show saying that they are “many things before musicians.” They emphasized the importance of storytelling and how it empowers people to bring different narratives and perspectives. They also encouraged the audience to share with fellow peers about their experiences, such as they have done through their music.

Students felt a connection with the group of Chican@s from East Los Angeles who are from the same origin as they are. The environment to many felt safe and familiar just like back home.

Denise Carlos, vocalist, regional guitar player and Zapateado dancer for Las Cafeteras shared an anecdote about writing the song Mujer Soy, which is about embracing the beauty and ugly of being a mujer or womyn.

Carlos said she once had a



Erika Cardenas talks with Denise Carlos of Las Cafeteras on October 28th | Cynthia Pina

conversation with her father about menstrual cramps in which he sympathized with women because “they have it rough.” She said that he expressed this feeling “...not in a vindictive, insulting way”. But he was so happy that he wasn’t a women because we suffer so much.”

Carlos mentioned there are ways that women are targets in the society we live in.

“I am not ashamed or sad or

upset that I’m a women. I’m very proud of the song Mujer Soy,” said Carlos. “I took different women that I’ve known and I created verses for them”.

Growing up in a patriarchal, double blind society in which womyn are discouraged; Carlos said “There is such a power in our experience I wouldn’t want anyone to feel like they shouldn’t feel who they are.”

After the workshop and intimate

concert, they dedicated their time to have one-on-one conversations with HSU students and get to know them on a deeper level. Students’ common background and upbringing were conversation starters. They had engaging conversations and students expressed their gratitude for Las Cafeteras visit.

This satisfaction was reciprocated because the members listened to individual students with different angles. Carlos expressed that it is

important for her to know herself and she can’t accomplish that without getting to know other people,

“Inlakesh, you are the other me, everyone is a reflection of each other,” said Carlos. “I can’t pretend that I know myself fully until I know other people.”

Erika Cárdenas can be reached at el-lenador@humboldt.edu

Dia de los Muetros 2015

Photos provided by Javier Rojas and Louis Ramirez



DID YOU KNOW?

In the pre-Hispanic era, skulls were commonly kept as trophies and displayed during the rituals to symbolize death and rebirth. Skulls are now commonly associated with Dia de los Muertos. The most iconic skeleton is La Catrina, originally named La Calavera Garbancera, created by Mexican artist José Guadalupe Posada in the 1800's.

NUESTRAS NOTICIAS:

HEADLINES FROM AROUND THE WORLD

UNITED STATES: *More Mexicans are leaving than moving into the United States, reversing the flow of a half-century of mass migration, according to The Pew Research Center. The study found that slightly more than one million Mexicans and their families, including American-born children, left the U.S. for Mexico from 2009 to 2014. During the same five years, 870,000 Mexicans came to the U.S., resulting in a net flow to Mexico of 140,000.*

UNITED STATES: *Almost 5,000 unaccompanied immigrant children were caught illegally crossing the United States border with Mexico in October, almost double the number from October 2014, according to U.S. Customs and Border Protection data. With these new figures released, the number of family members crossing together nearly tripled from October 2014 — from 2,162 to 6,029.*

MÉXICO: *Pope Francis says he hopes to add the key Mexico-U.S. border city of Juarez to his Mexico itinerary next year, confirming the trip will have a strong immigration theme.*

Speaking to reporters en route home from Africa on Monday, Francis said he would begin his trip in the capital, Mexico City, to pray before the Virgin of Guadalupe “the mother of the Americas.”

BRAZIL: *A virus discovered in Brazil causes newborn babies to be born with abnormally small heads. There have been 739 cases presented since last July. This virus is called Zika, which affects the fetus most during the first three months. The symptoms are similar yet not as dangerous as the dengue and Chikungunya.*

PERÚ: *Es el primer país latinoamericano que firma un Acuerdo de Libre Comercio con India. Este tratado se llevara acabo por los próximos dos a tres años. Perú exportará oro directamente a India en vez de que llegue a través de Europa.*

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Si desea promocionar su negocio o sus servicios profesionales en El Leñador, por favor contactese con nosotros al (650) 642-6325 o el-lenador@humboldt.edu.

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 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.



From children’s books to leaders

Two Latina authors visit HSU

by Jocelyn López Ibarra

On Nov. 7th Humboldt State students had the opportunity to meet two authors who have impacted both the English and Spanish speaking forms of learning and reading in the United States. Alma Flor Ada, poet and writer of children’s books, and Isabel Campoy an important promoter of bilingual studies in the United States, gave a brief writers workshop twice that day. During their visit at Humboldt State, both gave

a great and inspiring presentation on some of their work including: some books for children, ¡Pio Peep!, Mamá Goose, and Caminos (Steps) to name a few. All these books were written twice, once in English and once in Spanish, in order to reiterate the bilingual knowledge of Latinx children here in the U.S.

After a brief self introduction to include their work, they gave the attendees a very important

talk about what it is to be a leader. With a series of pictures of Rosa Parks, Benito Juarez and Gandhi, just to mention a few, Flor Ada and Campoy wanted all the students present to understand the importance of education. Because of the education that we as students are able to receive, we have an obligation to become leaders for our community.

Flor Ada and Campoy left us with a small list on what makes a good leader:

- Helps others
- Learn continuously about others
- Be in contact with your emotions
- Know their strengths and weaknesses
- Laugh at yourself
- Work on bettering their writing/reading skills
- Be flexible
- Work well in groups

The authors ended with, “If you want to see change, begin by being the change yourself.” And a reminder of how lucky we are in life for being who we are and for being students, therefore potential leaders.

Jocelyn López Ibarra can be reached at el-lenador@humboldt.edu

Let it out

Campus Dialogue on Race hosts Venting Space workshop

by Martha Landeros

On Nov. 9 Humboldt State students vented in the Library Fishbowl about issues and emotions stirred up by the weeklong Campus Dialogue on Race.

The Dialogue on Race Venting Space workshop was put on by student staff members from the Multicultural Center (MCC). Grace Douglas, an HSU student and part of the MCC staff, said she thought the workshop served as a good bookend to the week’s events.

“We wanted to create a space as students for students so people could say whatever was left unsaid from other events from Campus Dialogues on Race,” Douglas said.

MCC staff members started off the workshop by laying down a few ground rules. Students and staff members agreed on three rules: “Use I statements”, “Acknowledge that we’re all humans” and confidentiality “What’s said in the Fishbowl, stays in the Fishbowl.” There was a crafting space equipped with colorful paper and crayons for anybody who felt the need to de-stress. There was also a peer counselor from the Counseling and Psychological Center available.

Lauren Alcorn, a critical race and gender studies major at HSU, participated in the workshop and talked about how she iden-

tified with some of her Spanish speaking colleagues about being reprimanded for not speaking English at school. Alcorn grew up in a multilingual household and was teased in school for speaking German, eased to the point where Alcorn didn’t want to speak anymore.

“[I was] going to school and being expected to speak only English but then not feeling comfortable speaking in general,” Alcorn said. “Then being told you were stupid for not wanting to speak.”

The idea for the workshop started from a fruitful conversation about race the organizers were having in the Multicultural Center on campus. Marissa Lopez, who helped or-

ganize the workshop, was also a part of the Campus Dialogue On Race planning committee. Lopez was in charge of picking a keynote speaker and reviewing workshop proposals. Lopez said having a space to discuss these issues is important.

“We are not alone in how we feel,” Lopez said. “It’s important to listen to what people say because they are a part of our community.”

We are not alone in how we feel. It’s important to listen to what people say because they are a part of our community.

Martha Landeros can be reached at el-lenador@humboldt.edu



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Opinion

Green is the only color I see

How the outdoors needs more diversification

by Miguel Vasquez

Most students that attend Humboldt State have at least some interest in nature or the environment. What better place to admire nature than Humboldt's numerous national parks. However looking closely at these outdoor recreational areas, one could see an underlying issue that we all deal with.

The lack of diversity in both the workplace of national parks and the people who visit the parks is astounding. 82% of national parks' employees are white and 88% of visitors are white. Meanwhile, whites only make up about 63% of the population when you factor out Hispanics that identify themselves as white.

Why is this important?

Considering that African Americans make up 14% of the population, while Hispanics make up 17%, and are expected to grow to 31% of the total population by 2060, people of color will soon be the majority. This population issue, then, transforms into a sustainability problem.

If people of color do not visit their national parks, then they will

have trouble connecting with and preserving these wonderful outdoor spaces. The diversification and inclusion of people of color is vital for the very near future. But why do we have this problem in the first place? HSU student Jayda Kosar said money is an issue.

"Not having the extra money to spend to get into different parks has affected my decision to go to national parks," said Kosar. "This is without taking into account transportation and whatever cost that brings to the table."

During the Campus Dialogue on Race Workshop: Why You Should Care About Lack of Diversity in Outdoor Spaces, Teresa Banks and other students brought up how some parents work very hard hours and live paycheck to paycheck, meaning that they are less likely to take a day off of work to go to a national park and will probably want to rest on their days off.

Another important issue that was raised was the preference to go outdoors in groups and the lack of group availability. HSU



Members of Latino Outdoors take in a hike at Patrick's Point in Trinidad, Calif. | Javier Rojas

student Jessica Suarez said going alone hiking is a big problem for her.

"At home no one really wants to go with me, [my friends] tell me I'm crazy," Suarez said.

National organizations such as Latin@s Outdoors, who also operate here locally in Arcata, and

Afro Outdoors, are trying to address these issues by encouraging community hikes. The groups are not exclusive but exist to try and make people of color feel welcomed when they decide to go outdoors.

There are many ways to tackle

this issue, but it must be done quickly because it is vital for the conservation of our outdoors.

Miguel Vasquez can be reached at el-lenador@humboldt.edu

Environmental racism

The United States and its capitalistic methods infests another country

byAlfonso Herrera

A little over 40 years ago, my mother's parents and my father left everything they knew behind and migrated from Mexico to the United States. Risking their lives, their reasons were to provide my family with greater opportunity. In

light of that, I was born into the "American dream" as a Mexican American.

I am a young student pursuing a degree in environmental law, building my credibility from knowledge I choose to retain. My blood comes from Mexico,

but I breathe the air and drink the waters of America. While recognizing this blessing, I also never forget my Mexican brothers and sisters in my motherland. Which is why I give a shit about the relationship the United States has with Mexico.

As a youth in the United States,

I was promised protection for my people of Mexican and American heritage through law and order, and I believed it. However, this is not the case. While one thing is promised, another is done. We live in a country that breaks its own laws, disregards the constitution and provides hazardous opportunities for its surrounding people, creating a "corporate constitution".

Since 1787, the United States has told its people of human and health related rights in its constitution, by stating, "promote greater respect for human rights, including women's rights, children's rights, and protection of minorities", along with "the right to the highest attainable standard of physical and mental health, which includes access to all medical services, sanitations, adequate health working conditions, and a clean environment". So why is that the U.S. has placed 2,000 Maquiladoras, or manufacturing operations, which violate health and human rights along the border of the United States and Mexico?

Maquiladoras are factories which import tax-free materials and export manufactured products. In Mexico alone, maquiladoras have resulted in 948,658 Mexicans risking their lives in order to survive. Maquiladoras began when U.S. firms created a "trade agreement" with the attempt to provide northern cities of Mexico with better job opportunities, while also providing foreign (US) manufacturers with cheap labor. This agreement provided more jobs for Mexico's border cities but at the expense of low wages (\$1.04 per hour), unsafe working conditions, low job security and high exposure to toxic chemicals.

After the trade agreement, corporations purposely migrated themselves to the U.S Border. This has resulted in the U.S. border functioning as a microcosm of North-South regulations in a global economy whereby the U.S. calls the shots, and the poor nation sells off labor rights and the environment to the highest bidder. Thus, corporations have become more powerful than anyone but their stakeholders. In fact, while one side of the continent remains environmentally regulated, and gains a fortune, the other side is internally oppressed, or experiences "environmental racism".

Environmental racism refers to "intentional, or unintentional targeting of minority communities or the exclusion of minority groups from public and private boards, commissions, and regulatory bodies". This basically means that racial discrimination occurs when constructing environmental policies, regulations or laws. Studies have shown that toxic and hazardous waste facilities have deliberately targeted people of color and people of low income backgrounds. In the case of maquiladoras, the vice of money is the key ingredient in environmental racism.

What I do not understand is why the United States continues to identify itself as someone it is not. As a member of the United Nations World Health Organization, only by adopting its legal constitution that states its definition of health as "a state of complete physical, mental, and social well being", which is not the case for many people, including Maquiladora (manufacturer) workers in Mexico. Moreover, why does the United States continue to destroy Mexico knowing its environmental law and practice is minimal? This creates no right law in Mexico, when both workers and communities are denied information about the toxics to which they are exposed, and companies can pollute freely.

The people of both countries are working to secure workers health rights, but little is done for the environment. I encourage people that share ecocentric ideologies, or believe in workers rights to unite, and engage in national networking and resistance. Effort from the public needs to be put toward strategies that change national government policies and agencies. I want to see a global social movement that challenges manifestations of environmental racism and strategies to achieve effective equality, while addressing environmental racism and social justice globally.

Alfonso Herrera can be reached at el-lenador@humboldt.edu

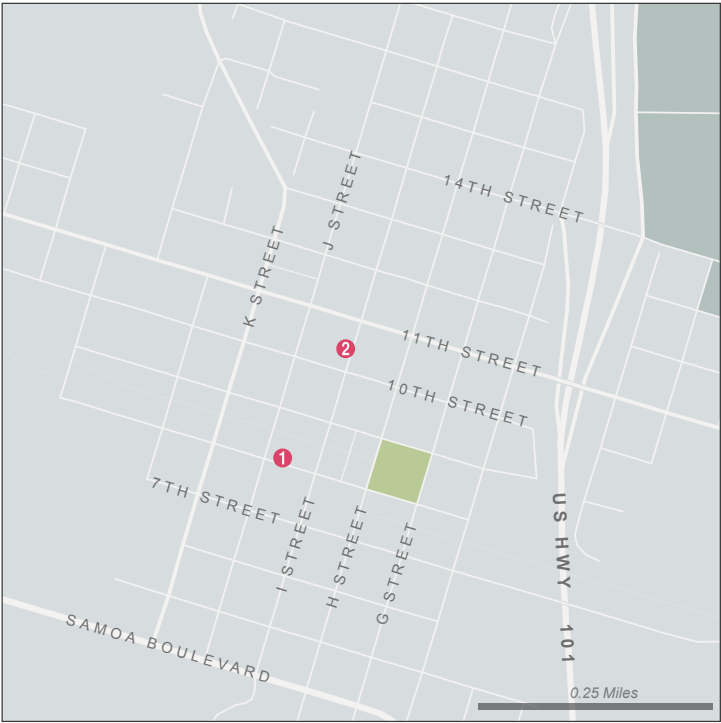


Illustration by Jillian Freiheit

“I want home cooking!”

Where to find what you need for comfort foods, locally

by Cynthia Pina Charlotte Dejoya



ARCATA

- 1 Fregoso’s Market
- 2 La Chiquita Restraunt



EUREKA

- 1 La Pasadita Market
- 2 Little Japan Market
- 3 Lao Oriental Market
- 4 El Milagro Rancho Viejo Market
- 5 Asian Oriental Foods
- 6 El Pueblo Market

Maps provided by Harrison Books

ARCATA
Fregoso’s Market
815 J Street
Hours: Mondays-Saturdays: 9 a.m.- 9 p.m.
Sundays: 10 a.m.- 7 p.m.
What You’ll Find:
Mexican food products, candies, pan dulce, paletas y nieves along with plenty party supplies, including boots!

La Chiquita Restaurant
1021 I St
What you’ll find:
Prepared to-go foods and cho-rizo burritos.

EUREKA
Asian Oriental Foods
2338 Albee Street
Hours: Tuesdays-Fridays: 10 a.m.- 6 p.m.
What you’ll find:
Asian packaged foods, fruits, spices, movies and rice.

El Milagro Rancho Viejo Market (formerly El Buen Gusto Market)
802 Broadway Street
Hours: Mondays-Saturdays: 10 a.m.- 9 p.m.
What You’ll find:
Latino food products, candy, piñatas, alcancias, clothing and party supplies.

El Pueblo Market
3600 Broadway Street
Hours: Sunday-Saturday: 10 a.m.- 9 p.m.
What You’ll find:
Latino food products and meats, wholesale sized candy bags, movies, variety of fruits, conchas, pan dulce and clothing.

La Pasadita Market
420 N Street Suite A
Hours: Sunday-Saturday: 10 a.m- 8 p.m.

What You’ll find:
Latino food products: pan dulce, alcancias, takis,piñatas , phone cards, clothing and huaraches.
(Friday-Sunday: tostadas, tor-tas, tamales, and chile rellenos)

Lao Oriental Market
2908 E Street
What You’ll find:
Asian food products, rice and Asian movies.

Little Japan Market
2848 F Street
Hours: Monday-Saturday: 10 a.m.- 6 p.m.
What you’ll find:
Asian candies, snacks, beverages, home decor and stationery.

Poesía Querido Abuelo

by Carla Contreras

Oigo sus llaves y las bolsas de plástico cuando llega de la marqueta
Huelo el pan dulce que trae en la mañana para comer con el café
Sufro cuando lo veo mirando su novela solo, ya que mi abuelita no está.
Me alegro cuando salgo de la escuela y lo veo esperando me a lado de la paleta
Sonrió cada vez que él sonríe
Sueno que un día seré como el, humilde trabajador y siempre feliz
Me duele cada vez que me acuerdo que el ya no está con nosotros
Me duele cuando voy a su casa y el ya no esta
Prometo siempre echarle ganas, como el me enseñó
Yo creo que nunca olvidare esos lindos momentos que pasamos juntos
Soy un pedazo de mí abuelo

Diciembre CALENDARIO | CALENDAR

WEDNESDAY, DEC. 2

4 P.M.-6 P.M. | GREEN & GOLD ROOM (FOUNDERS HALL)
JOIN THE LATIN@ CENTER FOR ACADEMIC EXCELLENCE FOR AN EVENING FULL OF CRAFTS TO EXPRESS OURSELVES AND SOUL WARMING FOOD!

THURSDAY, DEC. 3

ITEPP PRESENTS: TANAYA WINDER & TALL PAUL
| KBR (UNIVERSITY CENTER)
6-7 P.M. | TANAYA WINDER
7-9 P.M. | TALL PAUL

TANAYA WINDER IS A WRITER, EDUCATOR, MOTIVATIONAL SPEAKER AND SPOKEN WORD POET FROM THE SOUTHERN UTE, DUCKWATER SHOSHONE AND PYRAMID LAKE PAIUTE NATIONS. TANAYA GUEST LECTURES, TEACHES CREATIVE WRITING WORKSHOPS AND SPEAKS AT HIGH SCHOOLS, UNIVERSITIES AND COMMUNITIES INTERNATIONALLY.

TALL PAUL IS AN ANISHINAABE AND ONEIDA HIP-HOP ARTIST ENROLLED ON THE LEECH LAKE RESERVATION IN MINNESOTA. FROM PERSONAL EXPRESSIONS OF SELF, TO THOUGHT PROVOKING COMMENTARY ON ISSUES AFFECTING INDIGENOUS AND DIVERSE COMMUNITIES AS A WHOLE, TALL PAUL’S MUSIC EVOKES A WIDE VARIETY OF SUBSTANCE AND SOUL.

BREAKING BREAD LECTURE SERIES:
DR. KAWAMI EVANS & MAHSEA EVANS
7 P.M. | KBR

A POWERFUL DUO OF NON-DENOMINATIONAL, OMNIFAITH EDUCATORS, DR. KAWAMI EVANS IS A HOLISTIC STUDENT AFFAIRS PRACTITIONER AND HER PARTNER MAHSEA EVANS IS AN ORDAINED MINISTER/ RELIGIOUS SCHOLAR/ SPOKEN WORD ARTIST. JOIN US FOR AN ENRICHING CONVERSATION ABOUT FAITH AND ACADEMIC SUCCESS.

LATIN@ CULTURAL ART EXHIBIT
8 P.M.-10 P.M. | KARSHNER LOUNGE AND SOUTH LOUNGE OF UNIVERSITY CENTER
CREATED AS A PART OF LAMBDA THETA PHI LATIN FRATERNITY INC., “LAMBDA WEEK”, THIS EVENT SEEKS TO PROMOTE ALL TYPES OF ART THAT REPRESENT A CULTURE SPECIFICALLY LATIN@ CULTURE. THE ART PRESENTED WILL RANGE FROM PICTURES, PHOTOS, PAINTINGS, DRAWINGS, MUSIC, SCULPTURES, CERAMICS, SALUTING, STROLLING AND OTHERS.



MURAL UNVEILING

TUESDAY, DEC. 1 | 12 P.M.-2 P.M..

JOIN THE HSU STUDENT MURAL COMMITTEE AS THEY UNVEIL AND PRESENT THE MURAL ON THE UC QUAD.

SATURDAY, DEC. 5

DIALOGUE ON MELANIN
12 P.M.-5 P.M. | NATIVE AMERICAN FORUM
THE DIALOGUE ON MELANIN EVENT IS AN OPPORTUNITY FOR PEOPLE TO COME TOGETHER TO SHARE KNOWLEDGE ABOUT THE MIRACULOUS BENEFITS OF MELANIN. IT’S A TIME AND PLACE TO REFLECT ON WHAT MELANIN IS AND HOW TO NOURISH IT! THERE WILL BE MUSIC, CULTURAL EXCHANGE, FILMS, FOOD AND MORE!

LAMBDA THETA PHI Latin Fraternity, inc. Presents: NOCHE LATIN@: COMIDA Y CULTURA
7 P.M. | D STREET NEIGHBORHOOD CENTER
JOIN THE BROTHERS OF LAMBDA THETA PHI LATIN FRATERNITY, INC. IN THE FIRST LATINO CULTURE NIGHT. TICKETS \$12.

WELLNESS WEEK

MONDAY-FRIDAY, DEC. 7-11

11 A.M.-3 P.M. | NELSON HALL EAST 205 & MULTICULTURAL CENTER (BALABANIS HOUSE 55)
JOIN THE LATIN@ CENTER FOR ACADEMIC EXCELLENCE, THE REC & WELLNESS CENTER AND THE MULTICULTURAL CENTER FOR A FULL WEEK FOCUSED ON RELAXATION BEFORE FINALS. ENJOY AROMATHERAPY, RELAXING MUSIC AND MIX YOUR OWN HERBAL TEA. WORKSHOPS FOCUSED ON SELF CARE AND WELLNESS WILL BE OFFERED THROUGHOUT THE WEEK; STAY TUNED TO THE NEXT NEWSLETTER FIND OUT WORKSHOP TOPICS AND TIMES/ LOCATIONS.