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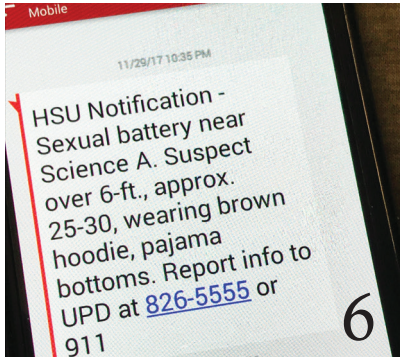
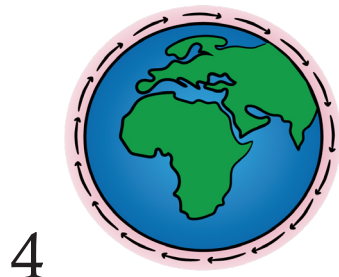
Al servicio de la comunidad bilingüe del condado de Humboldt

WOMEN'S
ISSUE



marzo 2019
Vol. 12 Edición 2

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El leñador

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



To advertise with us, email ellenador.ads@gmail.com

El Leñador staff can be reached at el-lenador@humboldt.edu.

Womxn Join Other Womxn

Organizers bring back group for
womxn to empower each other

by Alexis Parra

Three years ago when I first moved into Redwood I was surrounded by mostly students of color, yet when I went into town it wasn't the same.

I'm Mexican and from Los Angeles County and I found myself needing and wanting to be surrounded by women who were new to this community just like I was, and that's when I walked into Womxn of Color Support Group.

Janiel Giraldo, a marriage and family trainee at Counseling and Psychological Services, and two of her colleagues decided to bring back this support

group this semester.

This group meets Wednesdays at the Multicultural Center from noon to 1 p.m., has some trouble with attendance.

"These groups are important because they help us to feel validated through shared experience, and they can be a way of finding strength through connection, which is especially important in this political climate," Giraldo said.

Tai Parker, one of Giraldo's colleagues, said that multiple factors can go into their low attendance such as scheduling issues and lack of aware-

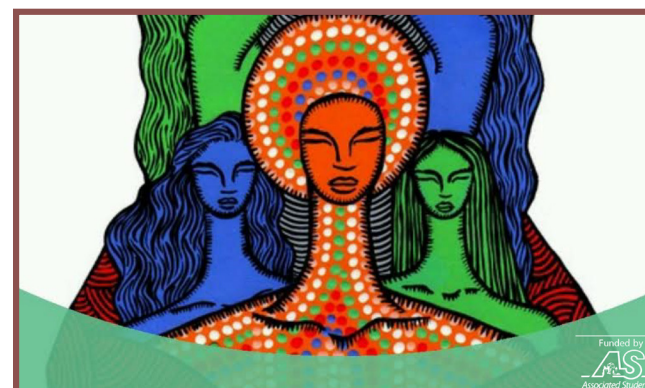
ness that this space exists.

"Regardless of our numbers, we will persist," Parker said.

Womxn who attend this group are asked to come in with an open mind and an open heart in order to help create a safe space to empower each other and create a community. An open mind and heart will help you and your fellow attendees create a

judgement free space where anything and everything can be discussed.

"I would hope that individuals who come into this group feel a sense of unity and empowerment," said Livey Ampudia, master's student in Counseling Psychology. "I would hope that they felt like it was a safe and genuine space where a community could be created." Ampudia, Parker, and Giraldo have hopes for this group. They also have



Wednesdays @ Noon
MultiCultural Center's Vine Deloria Room

many ideas to help promote and expand the group by providing food during the meetings, inviting guest speakers or starting a support group to the outside community.

"We need representation, so that we are not alone in this world," Parker said. "We are unique complex people with experiences that differ. This group and groups like this are needed if we want to heal our current culture."

Letter From the Editor

Dear reader,

Thank you picking up the latest issue of El Leñador. You may have noticed that El Leñador took the day off and La Leñadora replaced him this month.

Traditionally, we as a staff change the name to La Leñadora in honor and celebration of womxn. March is women's history month and on March 8 it's International Women's Day. In this issue we have some stories dedicated to womxn's art, business, health and life.

Each March we do this. I encourage you all to send us tips and suggest potential stories for us to feature and cover for the next Womxn's issue and our other issues too. This is your paper, so let your voices be heard too.

Here's to the womxn in our families, chosen families, friends, teachers and to the womxn we can't live without. To those who provide us with the strength and love to be and do anything. Thank you.

Sincerely,
Jose Herrera, Editor-in-Chief

Carta del Editor

Traducido por Jovanny Gutiérrez

Querido lector,

Tal vez ha notado que El Leñador se tomó el día libre y La Leñadora lo reemplazó este mes.

Tradicionalmente, nosotros como personal cambiamos el nombre a La Leñadora en honor y celebración de las mujeres. Marzo es el mes de la historia de la mujer y el 8 de marzo es el Día Internacional de la Mujer.

En esta edición tenemos algunas historias dedicadas al arte, negocios, salud y vida de la mujer.

Cada marzo hacemos esto. Los animo a todos a enviarnos sugerencias de historias potenciales para nosotros presentarlas y cubrirlas en la siguiente edición de la mujer y en nuestras demás ediciones también.

Bravo a las mujeres de nuestras familias, familias elegidas, amigos, maestros y a las mujeres sin las cual no podemos vivir. A quienes nos brindan la fuerza y el amor para ser y hacer cualquier cosa. Gracias.

Sinceramente,
José Herrera, Editor en Jefe

35 years and going
STRONG

ARCATA EUREKA

1984 **LOS BAGELS** 2019
Humboldt County

\$1
SMALL
COFFEE

\$3
ANY
ESPRESSO

\$4
CUCUMBIN

\$6
LOX &
CREAM CHEESE

\$7
BAKERS
DOZEN

ALL OF MARCH

World News: Womxn's Edition

Compiled by Brenda Estrella

SAUDI ARABIA

Restrictions For Women Accessed Through App

A popular government-sponsored app, Absher, allows male guardians to restrict women's travel visas in Saudi Arabia.

The app allows users to check the status of their visa, learn how to proceed with visa extensions and find medical services close to them while traveling in the country.

It gives Saudi men access to limit the countries and time their wife or daughter can travel. The power for this is protected under Saudi law.

Absher is available for download on Apple and Google and currently has a 4.9/5 rating in the Apple app store. American politicians have publicly addressed the CEOs of Apple and Google to get them to remove the app from their stores. *News aggregated from haaretz.com.*

FRANCE

Women Sexually Abused by Priests Speak Out

Pope Francis recently acknowledged sexual abuse of nuns and women by priests and bishops in the Catholic Church.

This has been long-awaited by many survivors of this abuse. In France, victims from the Contemplative Sisters of St. John have come forward and shared their stories of sexual, emotional and spiritual abuse.

These survivors have been working through the trauma of sexual abuse and spiritual betrayal they experienced for years, and Pope Francis' acknowledgement has helped some of them in this process. *News aggregated from CNN.com.*

UGANDA

Organization Arms Women to Fight Depression

In Uganda, the charitable organization StrongMinds is building low-cost, local-run services to help women and adolescents fight depression.

The World Health Organization reports that 66 million women in Africa suffer from depression and of those, 85 percent of them do not have access to treatment.

StrongMinds founder, Sean Mayberry, said depression is "the most pervasive and debilitating mental illness in the world."

Strongminds uses Interpersonal Group Therapy in a 12-week cycle to provide therapy to a group of affected women. Following the cycle, participants are encouraged to start and lead their own group therapy sessions. That way therapy services spread and women are empowered to fight depression in their communities. *News aggregated from Forbes.com.*

Noticias del Mundo: Edición de mujeres

Compilado por Brenda Estrella // traducido por Jovanny Guterrez

ARABIA SAUDITA

Restricciones para mujeres accedidas a través de una aplicación

Una aplicación popular patrocinada por el gobierno, Absher, les permite a guardianes masculinos a restringir las visas de viaje de las mujeres en Arabia Saudita.

La aplicación permite a los usuarios verificar el estado de su visa, aprender cómo proceder con las extensiones de visa y encontrar servicios médicos cerca de ellos mientras viajan por el país.

Le da acceso a los hombres sauditas para limitar los países y el tiempo que su esposa o hija puede viajar. El poder para esto está protegido bajo la ley saudí.

Absher está disponible para descargar en Apple y Google y actualmente tiene una calificación de 4.9 / 5 en la tienda de aplicaciones de Apple. Los políticos estadounidenses se han dirigido públicamente a los CEOs de Apple y Google para que eliminen la aplicación de sus tiendas. *Noticias agregadas de haaretz.com.*

FRANCIA

Mujeres abusadas sexualmente por sacerdotes hablan

El Papa Francisco recientemente reconoció el abuso sexual de monjas y mujeres por parte de sacerdotes y obispos en la iglesia católica.

Esto ha sido largamente esperado por muchos sobrevivientes de este abuso. En Francia, las víctimas de las Hermanas contemplativas de San Juan se han presentado y han compartido sus historias de abuso sexual, emocional y espiritual.

Estos sobrevivientes han estado trabajando en el trauma del abuso sexual y la traición espiritual que experimentaron durante años, y el reconocimiento del Papa Francisco ha ayudado a algunos de ellos en este proceso. *Noticias agregadas de CNN.com.*

UGANDA

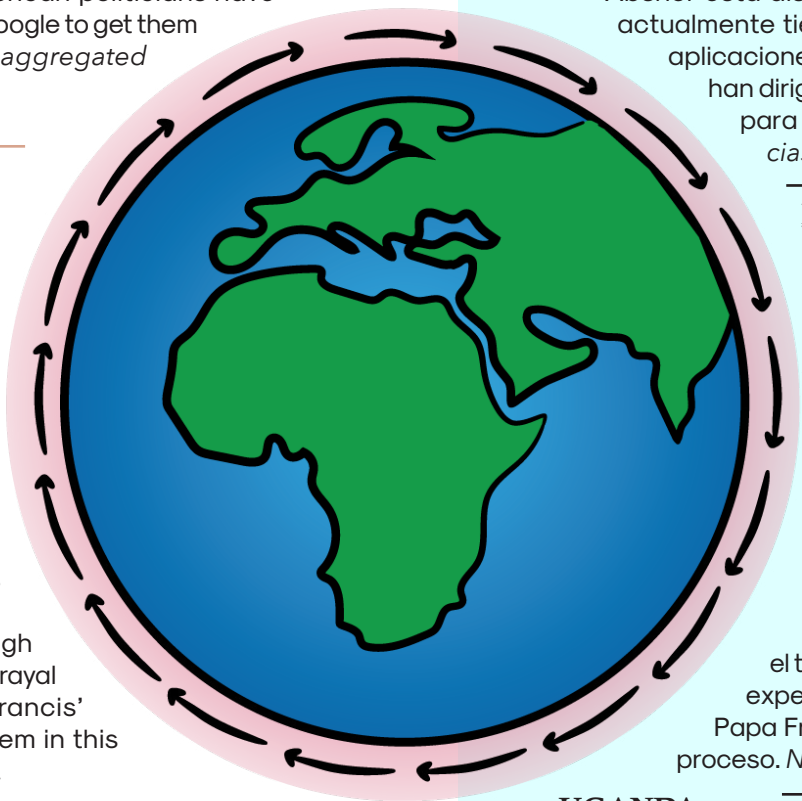
Organización arma a mujeres a combatir la depresión

En Uganda, la organización caritativa StrongMinds está construyendo servicios locales de bajo costo para ayudar a las mujeres y adolescentes a combatir la depresión.

La Organización Mundial de la Salud informa que 66 millones de mujeres en África sufren de depresión y, de ellas, el 85 por ciento no tienen acceso a tratamiento.

El fundador de StrongMinds, Sean Mayberry, dijo que la depresión es "la enfermedad mental más penetrante y debilitante del mundo.

StronMinds utiliza terapia de grupo interpersonal en un ciclo de doce semanas para proveer terapia a un grupo de mujeres afectadas. Después del ciclo, los participantes son animados a comenzar y dirigir sus propias sesiones de terapia grupal. De esa manera, los servicios de terapia se difunden y las mujeres tienen el poder de combatir la depresión en sus comunidades. *Noticias agregadas de Forbes.com.*



Graphic by Mikaylah Rivas

Social Justice Comes to Campus

Summit seeks to help community embrace diversity and justice

by Brenda Sanchez

A week long of events will bring social justice to the forefront of the campus community with a central theme of breaking down physical and social walls.

Humboldt State University's Multi-Cultural Center announced its 25 Annual Social Justice Summit from Feb. 25 through March 2.

Participants can expect a week filled with events, workshops, and special guest speakers with the theme "BREAK THAT WALL." North Town Coffee shop has also agreed to host one of the events in collaboration with Word Humboldt where the audience can expect a night of spoken word and poetry.

The summit is a way for the commu-

nity to come together and reconnect with their history, culture and their people.

One of its intended purposes is for folks to understand that oppression is a construct that influences people's social spheres.

Deema Hindawi and Adrienne Banh, co-coordinators of the event, said it has taken a lot of work, time and dealing with many university rules and restrictions to make it happen.

"People don't talk about these issues because they're presented to us as stigmatized," Hindawi said. "We're taught that some of these issues around inequality, racism, sexism and justice are not even issues."

The Social Justice Summit will be a provide an opportunity for folks to learn and engage in discussions that will expand their knowledge and beliefs.

It will present real life issues and stories people have experienced. There will be discussions that will make people feel uncomfortable as they challenge themselves to open their mind.

The Social Justice Summit will be delegated by keynote speaker Kim Davalos, and featured speaker, Barbara Curiel, and they too will share their stories, thoughts, and experiences they've encountered in relation to oppression and marginalization.

"Expect to have your thoughts challenged," Hindawi said. "If you come in with a specific mindset, you might find yourself exiting with anger, rage, or any emotion really, but you will learn and hopefully take away something from this Summit."

"Expect to have your thoughts challenged," Hindawi said. "If you come in with a specific mindset, you might find yourself exiting with anger, rage, or any emotion really, but you will learn and hopefully take away something from this summit."

Deema Hindawi
Co-coordinator of the Event



Keynote speaker, Kim Davalos, will open summit with a lecture on Monday, Feb. 25 6-8 p.m. | Photo courtesy of MCC.



Featured speaker, Barbara Curiel, will close the summit with a lecture on Friday, March 1 at 6 p.m. | Photo courtesy of MCC.

The Social Justice Summit is free to HSU students and to the community. To register for workshops or classes or to get involved, visit the website summit.humboldt.edu.



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Communication is Key for Emergencies

Multitude of methods used to inform HSU campus community

by Jose Herrera

On-campus emergencies can happen at any given moment and the details could be messy, but with clear communication methods in place safety can continue being a priority.

Humboldt State University has extensive methods of communication between campus and the outside community, such as timely warnings, which are text messages, the Emergency Public Address System, KHSU 90.5, the Rave Guardian app and a calling number 707-826-INFO (4636).

"When we send out an alert, it's actionable," said Cris Jones Koczera, the HSU emergency management coordinator. "We are telling you that it is a matter of life and safety."

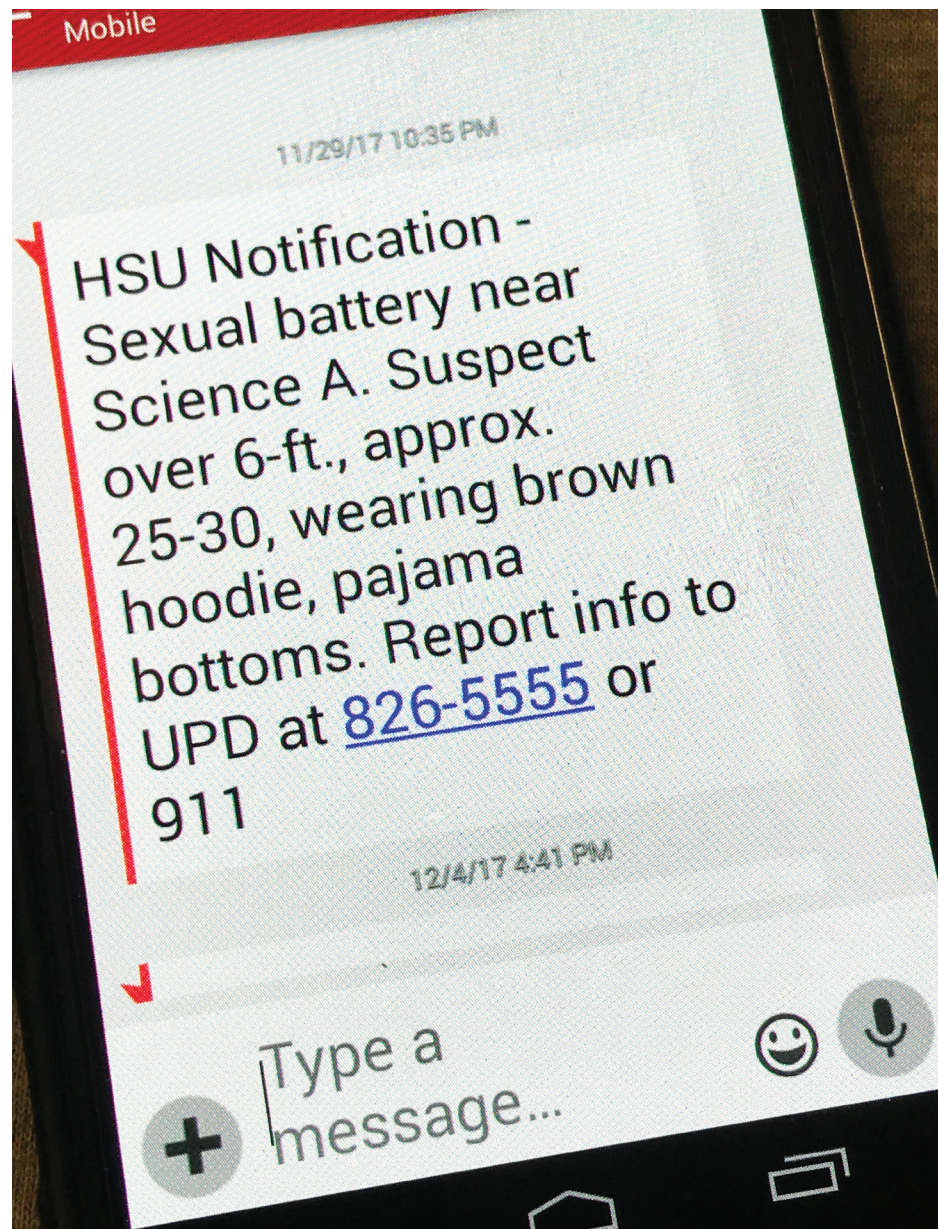
The systems are used according to the type of emergency situation at hand. In worst-case scenarios, all methods of communication will be used. According to Koczera, these threats and hazards are clumped into three categories: natural, technological and man-made.

Koczera said that examples of man-made situations are active shooter emergencies or acts of terrorism. Technological incidents are infrastructure failures or glitches in systems. And lastly, natural emergencies can be phenomena such as earthquakes or tsunamis.

"If we look at what we consider an emergency for the campus, it is defined as anything that truly exceeds day-to-day response capacity," Koczera said.

UPD and MarCom (Marketing and Communication) also use the systems to inform the community of imminent threats.

University Chief of Police Donn Peterson said they work with MarCom to compose messages related to a case via social media, flyers and traditional news outlets. The information they release to the public can help identify possible suspects, alert people, prevent more crimes and keep the community safe.



A picture of an old HSU timely alert sent out by Humboldt on Dec. 4, 2017. The message was warning campus members of a suspect who committed sexual battery and who continued to pose a threat to others. | Photo by Vanessa Flores

The Jeanne Clery Act mandates that universities disclose security policy and crime statistics, Peterson said. It also serves as a guideline for sending out timely alerts.

"Compliance with the law is us dealing more with threats," Peterson said. "If somebody may pose a threat, we generate those as quickly as we can."

Peterson and Koczera said that in some situations they might take more time composing messages before sending them out.

"You might not know you have a threat until you get a little deeper in something," Peterson said. "As soon as you discern that there's a threat to campus, you trigger the timely warning."

"When we send out an alert, it's actionable. We are telling you that it is a matter of life and safety."

Cris Jones Koczera
HSU Emergency Management Coordinator

Mayra Sanchez, center liaison for the Latinx Center for Academic Excellence, said that they encourage people to sign up for text messages.

"I'm terrified if a school shooting happens or if something else alarming happens that I should know of," Sanchez said.

However, if something more complicated arises or if an unclear incident occurs, such as white supremacists walking around campus or flyers advertising a specific group, then it's likely that a notification will not be sent out unless there's a direct and imminent threat.

Peterson said that a notification like that isn't a police decision, but rather a campus one.

"We could have additional opt in for that type of stuff," Koczera said. "But it's a slippery slope. At what point does it become too much, and who takes the time to decide what has that potential and what doesn't?"

The key goal with timely warnings and other methods of emergency communication is to ensure the safety of the community. HSU officials said messages will be sent for necessary situations.

"It can be tricky," said Associate Vice President of MarCom Frank Whitlatch. "The last thing we want is to over message. Don't cry wolf and have people ignore their messages."

What's Going On In Humboldt?

Compiled by Brenda Estrella

Farewell, McKinley

The process to remove McKinley's statue from the Arcata Plaza began on Feb. 2018 when the Arcata City Council voted 4-1 in favor of its removal. According to the City of Arcata, 1,426 signatures were gathered in a petition to put the Council's decision up for vote. On Nov. 2018, Measure M, which would have stopped the removal of the statue, failed to pass with 67.8 percent of voters opposing it.

After a call for local input for its new location, the City of Arcata also considered outside offers for the statue and finally came to an agreement with the City of Canton in Ohio. Canton is the home of the McKinley Presidential Library and Museum and has agreed to pay \$15,000 for the statue. Descendants of McKinley reside in Canton and the Stark County Courthouse is being considered as the new location.

News aggregated from cityofarcata.org and fox8.com

Next Stop: Los Angeles

Great news for any HSU student looking to head to San Francisco or Los Angeles for spring break. Parking & Commuter Services is providing students with discounted fares for round trips to either of these two popular destinations. The student round trip fare to San Francisco is \$95 and the fare to Los Angeles is \$115. Buses leave for SF and LA on Saturday, March 16 and return to Arcata on Saturday, March 23.

Seats become available for purchase online on Friday, March 1 at 9 a.m. To take advantage of these discounts, log into your myHumboldt portal, go into the "Make a Payment" section and choose the Homeward Bound Bus Charter Program from the menu to begin the reservation and purchasing process.

News aggregated from HSU Associated Students Newsletter

Replacing Lucky

Compiled by Sam Ramirez

A petition to swap out Lucky the Lumberjack for another mascot has been going around garnering support around campus. Supporters for the change have cited that the mascot represents an outdated view of Humboldt, which in recent years has been transformed by both the student body and town, into a sustainable and socially proactive environment.

The argument for the change is that the Lumberjack represents outdated practices of forestry. When clear-cutting and taking land from indigenous were the norms; the economy and jobs were held to a higher regard than the sustainability of those methods. It simply is not a mascot which many students can identify with. Opponents to the petition state that the mascot is a representation of the rugged nature of the North Coast.

News aggregated from times-standard.com

No salgas con sífilis.



Hágase la Prueba. Reciba Tratamiento.

Humboldt County sífilis tasas aumentaron en 172% en el año pasado.

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Cholo Purgatory

by Esther A.(Abby) Flores

“It wasn’t always like this”
“I used to be something back in the day foo”
He stands at the crossroads
The winged serpent Quetzalcoatl glances at him
He’s needed here
Tattoos etched on his face turn into a labyrinth
The ferryman’s map
The ferryman with a weary face
From his chest emerges the Codex
An enigma fueled by the energy of those before him
Have you listened to their call?
Maize sprouts from the slum
Blue, White, Yellow and other Maize covers the alley
Gold hidden in the pipe
The filth goddess Tlazolteotl winks at him
before checking her low rider
A blunt tucked behind her rust colored ear
Hoops dangling from them
Gold with etches of each memory
She laughs as she thinks of what fools
they are to forget who they were
Didn’t they know it is from women that they emerge?
Life begins and ends with them
Purity is nothing but a magic trick
She scoffs as he saunters by
“Up the bridge I guess”
Under the bridge La Llorona wails
Will you accept her embrace?
From the canals Mariachis emerge
Their own Xochimilco
Xinampas fill the water
Welcome to Cholo Purgatory

Join El Leñador!

If you would like to join
El Leñador, Spring 2019
class are
held Mondays
and Wednesdays from 4
to 5:50 p.m. All majors
are welcome. For more
information contact
faculty advisor to
El Leñador,
Andrea Juarez at
andrea.juarez@humboldt.edu



Top left: "To be known, loved, and protected..." is a piece by Camille Cardona. | Photo courtesy of Camille Cardona.

Top Right: Artist Camille Cardona sits at her home. | Photo courtesy of Kathy Luther.



"Girl lost" is another artwork by Camille Cardona. | Photo courtesy of Camille Cardona.



Heart to Art

Student artist creates visceral portraits

by Cara Peters

Mental illness. Identity. Sentiment. Femininity. These are a few of the themes that inspire the work of HSU art student Camille Cardona.

Cardona, who has lived in Humboldt County most of her life, draws and paints surrealistic portraits of girls and animals. Each artwork is deeply personal and carries its own story.

She said her lifelong experiences with social anxiety and panic disorder are what drive her to create and she uses art as an outlet to not only bridge her experience of life with the real world, but to embrace connectivity.

"Not only does art tend to truly speak to people, but it also is used to create spaces for them to spend time in," Cardona said. "I think an artist's role in society should be to create this kind of connection in the world."

While her work tends to be reflective of her own life experiences, some of the materials she creates with can be traced through her life.

"Sometimes I use paper from my childhood that I found in my garage, or pens, pencils and crayons from back then," she said. "I use old frames to put my work in, too."

Above all, Cardona strives to produce work that is true to herself. She said she even avoided taking an intro drawing class until this semester because she didn't want her style to be influenced by formal technique.

"I do all I can to listen to my gut in creation, even before listening to my professors," Cardona said. "My goal is to keep my art feeling like its own."

Cardona's visceral approach to creating is not lost on those who have worked closely with her.

Teresa Stanley, a former art professor of Cardona's, says that what struck her most about Cardona's work was how intuitive it was.

"She works very close to her heart and her work is very sincere," Stanley said. "She's less interested in making work that is polished and slick than she is in making work that is raw and expressive."

"I do all I can to listen to my gut in creation. My goal is to keep my art feeling like its own."

— Camille Cardona

In February, Cardona's work was a featured exhibit at Outer Space, a community arts center in Arcata.

Taylor Snowberger, a member of the centers' art gallery committee, was responsible in-part for Cardona's work being selected.

"I find both Camille and her art intriguing," Snowberger said. "I wanted to give her this experience in hopes that it might be helpful to her trajectory because I believe in her."

Professionally, Cardona said that while she likes the idea of writing and illustrating a children's book someday, she's not set on any one particular goal just yet.

"For now," she said, "I just want to use my art to connect with more people."

Think You Know Women's History?



1) True or false

Frida Kahlo was the first Hispanic woman to be featured on the U.S. postal stamp.

2) Choose which statements are true about Maya Angelou

- a) She was the first black woman to conduct a cable car
- b) She spoke 6 languages
- c) She directed and wrote several movies
- d) She was the second poet in history to recite work at a presidential inauguration
- e) All of the above

3) True or false

Yalitza Aparicio was the first Indigenous woman to be nominated for an Oscar for best leading actress.

4) When was Patsy Mink, the first Asian-Pacific-American woman of congress, elected?

- a) 2012
- b) 1992
- c) 1968
- d) 1964

5) Who is the only first lady to hold two ivy league degrees?

- a) Eleanor Roosevelt
- b) Jacqueline Kennedy
- c) Hillary Clinton
- d) Michelle Obama

Answer Key: 1) TRUE, 2) E, 3) TRUE, 4) D, 5) D

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Two A.S. Representatives for Students-At-Large

A.S. Graduate Representative

Appointed Positions

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Public Relations Officer

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EVERYONE VOTES - ONLINE APRIL 16, 17, & 18



This year candidates may select an endangered species to collaborate with during their election campaign and raise awareness for their species' cause!

<https://associatedstudents.humboldt.edu/>



What Is Your Vaginal Pain Telling You?

Knowing your body can save you time, money, and pain

by Victoria Nazario

Discomfort in the vagina is never a pleasant feeling. Yet, people with vaginas are constantly facing vaginal pain and infections. From itching to swelling, these type of concerns does not get talked about enough given how frustrating they could be for many. In addition, yeast and urinary tract infections are extremely common and could be difficult to tell apart.

“I feel like I never had anyone to talk to about these kind of issues,” said HSU Student, Caia Santana. “At first it was hard to figure out what was going on down there.”

	Yeast Infection	Urinary Tract Infection
What is it?	A urinary tract infection (UTI) is an infection in the urinary system, which consists of the bladder, urethra, ureters, and kidneys. However, most cases of UTIs happen in the lower urinary tract: the bladder and urethra (the tube that drains the bladder).	A vaginal yeast infection, also known as vaginal candidiasis occurs when there is too much Candida (a type of fungus) that grows inside the vagina.
What are the symptoms?	Mild symptoms of yeast infections include: <ul style="list-style-type: none">·Vaginal itching·Soreness· Abnormal discharge (typically thick, white clumpy discharge)· Pain during sex. While more severe symptoms include cracks in the wall of the vagina.	“Having a UTI feels like knives going down my urethra,” said Santana. “ It has gotten to the point where I couldn’t stand up or move from my bed.” Most common symptoms for urinary tract infections include: <ul style="list-style-type: none">· Pain or burning while urinating· Frequent urination· Feeling the need to urinate, while having an empty bladder· Pressure or cramping in the lower abdomen· Cloudy or bloody urine
How do you get it?	“When I was pregnant it was hard to figure out what was happen- ing to my body,” said HSU Student, Maria Ortega. “I was never sure if the discharge I had was from my pregnancy, or a yeast infection.” Women who are more likely to get yeast infections include: <ul style="list-style-type: none">· Those who are pregnant· Having a weakened immune system· Hormonal imbalance· Poor diet· Using douche or vaginal sprays· Use of antibiotics 	UTIs occur when bacteria, such as E. coli, invade the urethra. It is important not to wipe from back to front, because the urethra is more at risk of getting bacteria from the anus. Sexual intercourse is also a common cause of UTIs. During sex, the urethra comes into contact with the genital and anus bacteria, allowing it to enter the urethra which could result in an infection, according to the CDC. 
What are the treatment options?	Yeast infections are usually treated with antifungal medicine that could be purchased over the counter or prescribed. For most infections, the treatment is the antifungal medication that is applied inside of the vagina. For more severe cases, a different medication may be needed.	The most common treatment for UTIs are antibiotics. It is important that medication is used after one starts to feel better. In addition, staying hydrated and drinking a lot of water could help flush the bacteria out. There have been mixed results on the effectiveness of cranberry juice in preventing UTIs.
How can it be prevented?	There are many ways to lower the chances of getting yeast infections. Some of those include: <ul style="list-style-type: none">· Wear breathable underwear (Cotton is your best choice. It will help keep you dry down there!)· Keep clothing loose. Wearing very tight clothing can increase the chances of moisture· Skip the vaginal soaps, douches and scented products· Don’t sit in wet clothing for a long period of time· When menstruating, make sure to constantly change your pads, tampons, panty liners· Change your birth control method	According to the CDC, changing personal hygiene routines can help prevent UTIs, including <ul style="list-style-type: none">· Taking showers instead of baths· Wiping front to back· Stay well hydrated and urinate regularly “Always make sure to pee after sex, I could not stress it enough,” said Mira Friedman, HSU Lead for Education.

Yeast particles flying around.
Graphic Illustration by Celeste Alvarez

¿Qué le dice su dolor vaginal?

Conocer su cuerpo puede ahorrarle tiempo, dinero y dolor

por Victoria Nazario / traducido por Jovanny Gutirreez

El malestar en la vagina nunca es una sensación agradable. Sin embargo, las personas con vaginas están constantemente enfrentando dolor e infecciones vaginales. Desde la picazón hasta la hinchazón, este tipo de inquietudes no se mencionan lo suficiente debido a lo frustrantes que pueden ser para muchos. Además, las infecciones por levaduras y vías urinarias son extremadamente comunes y podrían ser difíciles de diferenciar.

“Siento que nunca tuve a nadie con quien hablar sobre este tipo de problemas”, dijo la estudiante de HSU, Caia Santana. “Al principio fue difícil entender lo que estaba pasando allí abajo”.

Infección del tracto urinario	Infección por levaduras	
Una infección del tracto urinario (ITU) es una infección en el sistema urinario, que consiste en la vejiga, la uretra, los uréteres y los riñones. Sin embargo, la mayoría de los casos de infecciones urinarias ocurren en el tracto urinario inferior: la vejiga y la uretra (el tubo que drena la vejiga).	Una infección vaginal por levadura, también conocida como candidiasis vaginal, ocurre cuando hay demasiada Candida (un tipo de hongo) que crece dentro de la vagina.	¿Qué es?
<p>“Tener una infección urinaria se siente como cuchillos bajando por mi uretra”, dijo la estudiante de HSU, Caia Santana. “Se ha llegado al punto en que no podía ponerme de pie o moverme de la cama”.</p> <p>La mayoría de los síntomas comunes de las infecciones del tracto urinario incluyen:</p> <ul style="list-style-type: none">· Dolor o ardor al orinar· Micción frecuente· Sentir la necesidad de orinar, mientras se tiene la vejiga vacía· Presión o calambres en la parte baja del abdomen· Orina turbia o con sangre	<p>Los síntomas leves de infecciones por hongos incluyen:</p> <ul style="list-style-type: none">· Picazón vaginal· Inflamación· Una descarga anormal (típicamente gruesa, descarg grumosa blanca)· Dolor durante el sexo. <p>Mientras que los síntomas más graves incluyen grietas en la pared de la vagina.</p>	¿Cuales son los síntomas?
<p>Las infecciones urinarias ocurren cuando las bacterias, como la E. coli, invaden la uretra.</p> <p>Es importante que no se limpie de atrás hacia adelante, ya que la uretra tiene un mayor riesgo de contraer bacterias del ano. Las relaciones sexuales también son una causa común de ITU.</p> <p>Durante las relaciones sexuales, la uretra entra en contacto con las bacterias genitales y del ano, lo que le permite ingresar a la uretra, lo que podría provocar una infección, según los CDC.</p>	<p>“Cuando estaba embarazada, era difícil entender qué le estaba pasando a mi cuerpo”, dijo la estudiante de HSU, Maria Ortega. “Nunca estuve seguro de si la secreción que tuve fue por mi embarazo o una infección de levadura”.</p> <p>Las mujeres que son más propensas a contraer infecciones de levadura incluyen:</p> <ul style="list-style-type: none">· Las embarazadas· Tener un sistema inmune debilitado· Desequilibrio hormonal· Mala alimentación· Uso de duchas vaginales o vaginales· Uso de antibióticos	¿Cómo se obtiene?
<p>El tratamiento más común para las IU son los antibióticos, que están destinados a matar a los invasores. Es importante que el medicamento se termine incluso después de que uno empiece a sentirse mejor. Además, mantenerse hidratado y beber mucha agua podría ayudar a eliminar las bacterias.</p> <p>Ha habido resultados mixtos sobre la efectividad del jugo de arándano en la prevención de las infecciones urinarias.</p>	<p>Las infecciones por hongos generalmente se tratan con medicamentos antimicóticos que pueden comprarse sin receta o recetados. Para la mayoría de las infecciones, el tratamiento es el medicamento antimicótico que se aplica dentro de la vagina. Para casos más severos, se puede necesitar un medicamento diferente.</p>	¿Cuáles son las opciones de tratamiento?
<p>De acuerdo con los CDC, cambiar las rutinas de higiene personal puede ayudar a prevenir las infecciones urinarias, incluyendo</p> <ul style="list-style-type: none">· Ducharse en lugar de baños· Limpiar de adelante hacia atrás· Manteniéndose bien hidratado y orine regularmente. <p>“Siempre asegúrese de orinar después del sexo, no puedo enfatizar esto lo suficiente”, dijo Mira Friedman, Directora de Educación de HSU.</p>	<p>Hay muchas maneras de reducir las posibilidades de contraer infecciones por hongos. Algunas de estas incluyen:</p> <ul style="list-style-type: none">· Use ropa interior transpirable (el algodón es su mejor opción. ¡Le ayudará a mantenerse seco allí abajo!)· Mantenga la ropa suelta. Usar ropa muy ajustada puede aumentar las posibilidades de humedad· Omita los jabones vaginales, duchas y productos perfumados· No se siente en la ropa mojada por un largo periodo de tiempo· Cuando esté menstruando, asegúrese de cambiar constantemente sus almohadillas, tampones, protectores de ropa interior· Cambie su método de control de la natalidad	¿Cómo puede ser prevenido?

Partículas de levadura volando alrededor.
Ilustración gráfica por Celeste Alvarez

Latino Film Festival March 5-7

21st annual event shares LGBT experiences

by Sam Ramirez

The Latino Film Festival began in 1998 with a dream to bring the community together, to interact and grow with the help of College of the Redwoods (CR) and Humboldt State University.

The festival shows films from different latin countries, but now include themes to help choose which films will be featured. This year's theme is The Experience of LGBTQ in the Spanish Speaking World, chosen by a group of students and professors from both CR and HSU.

From March 5 to March 7, three films will be shown at Mill Creek Cinema in McKinleyville. The first film Rara, tells a story of lesbian experience, Santa & Andres, speaks on gay experience and to end the festival Una Mujer Fantastica, illustrates transgender experience, will play.

This is not the first year the Latino Film Festival acknowledges the experiences of LGBTQ. In the past, a Cuban film, Fresa y Chocolate was shown and was well received by those in attendance.

This year's keynote speaker, David Tenorio, an assistant professor at the University of Pittsburgh was invited by Christy Carlson from CR. Tenorio holds a PhD in Latin America and Caribbean Literatures and Cultures.

Russell Carlos Gaskell, language lab co-director/spanish at HSU, said that the structure of the film festival follows a format. The film is introduced by the keynote speaker then played for the audience and at the end there's forum for people to discuss the topic of the film.

A representative from each college gives an interpretation and the keynote speaker.

Gaskell said that it's important to organize film festival in Humboldt because films are the latest method of storytelling in the 21st century.

He added, films carry the capacity to provoke and invoke emotions within us all, and in the festival you can reflect upon those emotions with a group of peers and professionals at the end.

The Latino Film Festival began with a dream to bring the community together.

Sam Ramirez
El Leñador writer

El Latino Film Festival del 5 a 7 de marzo

El evento del siglo XXI comparte experiencias de LGBT

por Sam Ramirez / traducido por Jovanny Gutiérrez

El Latino Film Festival comenzó en 1998 con el sueño de unir a la comunidad, interactuar y crecer con la ayuda de College of the Redwoods (CR) y Humboldt State University.

El festival muestra películas de diferentes países latinos, pero ahora incluye temas para ayudar a elegir qué películas se presentarán. El tema de este año es La experiencia de LGBTQ en el mundo de habla hispana, elegido por un grupo de estudiantes y profesores de ambos CR y HSU.

Del 5 de marzo al 7 de marzo, se mostrarán tres películas en Mill Creek Cinema en McKinleyville. La primera película, Rara, cuenta una historia de la experiencia lesbiana, Santa y Andrés, habla sobre la experiencia gay y, para finalizar el festival, Una Mujer Fantástica, ilustra la experiencia de personas transgénero, serán mostradas.

Este no es el primer año que el Latino Film Festival reconoce las experiencias de personas de LGBTQ. En el pasado, una película cubana, Fresa y Chocolate, se mostró y fue bien recibida por aquellos que asistieron.

El orador principal de este año, David Tenorio, profesor asistente de la Universidad de Pittsburgh, fue invitado por Christy Carlson de CR. Tenorio tiene

un doctorado en Literaturas y Culturas de América Latina y el Caribe.

Russell Carlos Gaskell, codirector del laboratorio de idiomas / español en HSU, dijo que la estructura del festival de cine sigue un formato. La película es presentada por el orador principal que luego se reproduce para el público y al final hay un foro para que la gente discuta el tema de la película.

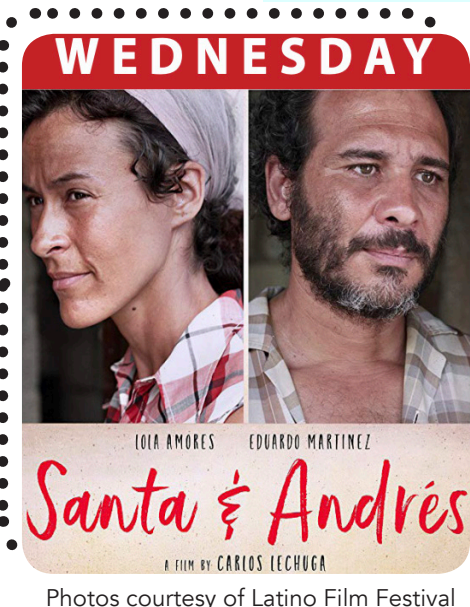
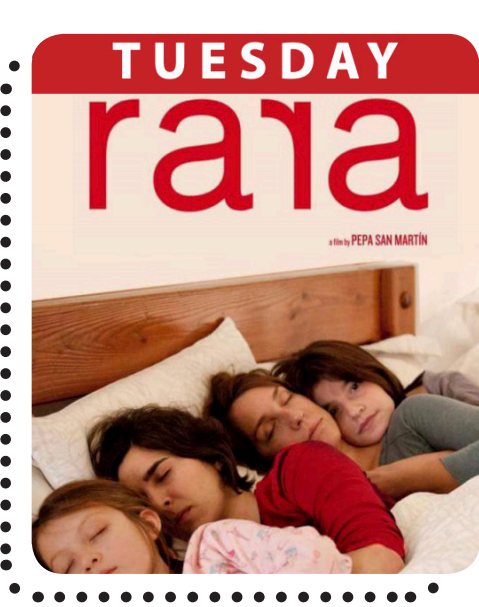
Un representante de cada escuela y el orador principal dan una interpretación.

Gaskell dijo que es importante organizar un festival de cine en Humboldt porque las películas son el último método de narración de cuentos en el siglo XXI.

Añadió que las películas tienen la capacidad de provocar e invocar emociones en todos nosotros, y en el festival puedes reflexionar sobre esas emociones con un grupo de compañeros y profesionales al final.

El Latino Film Festival comenzó con el sueño de unir a la comunidad.

Sam Ramirez
escritor para El Leñador



Photos courtesy of Latino Film Festival

Ferndale Firefighter Fun

Copy and photos by Jose Herrera



Top Left: Firefighters participate in bucket brigade, a time test to see which group could fill a large container of water the quickest. Photo by Jose Herrera

Top Right: Ken Dayacamos cleans water off his face after being dumped into the a container filled with water during the Firemen's Games in Ferndale. I Photo by Jose Herrera

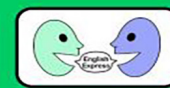
A crowd watched distance as men and women raced up and down the street stopping at certain points along the way to connect parts of giant hose. An hour later the same group passed and splashed buckets full of water into a giant container.

The men and women playing with water are the ones who fight raging fires. Ferndale's Fire Department hosted their annual Fireman's Games in the center of town on Feb. 23.

Firefighters and volunteers from the local area came to showcase their abilities in rounds of hose coupling, water brigade and quick dressing. The events were timed and participants raced to see which teams were the quickest.



Firefighters participate in the bucket brigade during the Firemen's Games on Feb. 23. Both men and women competed and raced against one another to see who was the best. Photo by Jose Herrera



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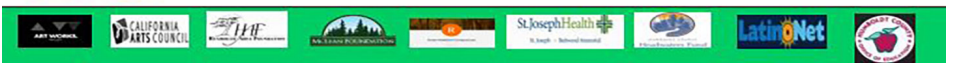
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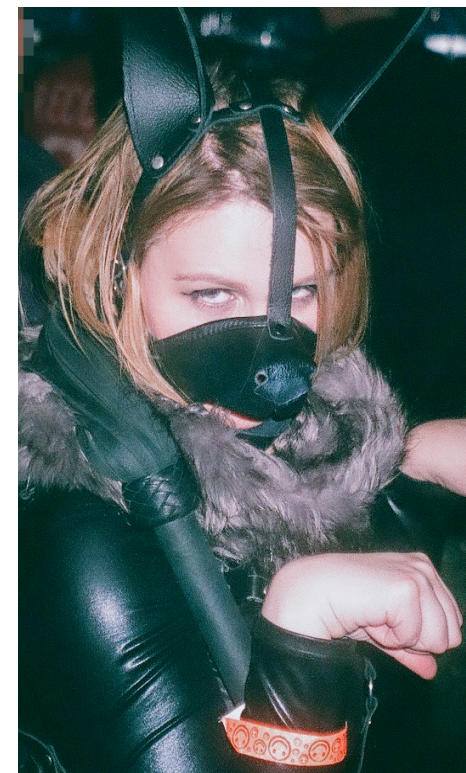


Strange Love

Let's dive into Humboldt's fetish community

Photos and copy by Emilyo Arias

Editor's Note: The sources in the story were provided anonymity for safety concerns and wanting their privacy protected.



Fetish or Fetishism is defined by Webster dictionary as “a form of sexual behavior in which gratification is linked to an abnormal degree to a particular object, activity, part of the body, etc.”

But Fetish is also part of a subculture, a community that has been around for some time and can be found in places you would never expect.

After attending a fetish themed event in Eureka last month, I got in contact with Ms. Robbyn a performer and Nawdy the host of Fetish Nights, who are well known in Humboldt's fetish community.

Nawdy shared that the group has been around for four years and Fetish Nights are held every second Saturday of each month.

The events take place in Eureka at the Sirens Song Bar. There's a Facebook group “Fetish life Humboldt” which posts events regularly with their main event being Fetish Nights.

To get involved in the community, Ms. Robbyn said it is best to start a Fetlife account. Fetlife is a social media site dedicated to those in the fetish community and it's free.

BDSM, kinks and fetishes are part of the spectrum of desire.

Emilyo Arias
Writer for El Leñador

“Make a profile and look for things called munchies,” Ms. Robbyn said. “They are like friendly meet and greets.”

BDSM (Bondage Discipline Submission Masochism) is often subject to misconceptions and cause people to jump to conclusions such as the idea of a “safe word.”

“...People assume BDSM equals sex, second people into BDSM are weird,” Ms. Robbyn said. “I am pretty normal. Third most common misconception is that men are always dominant. Not true.”

She added that safe words are super important when people engage in BDSM.

“It lets me know that you really mean what you really mean with safe words... red for me always means stop... no more spankings,” Ms. Robbyn said.

She also stressed that BDSM is not always sexual. It can be, but not necessarily.

“BDSM is bondage discipline/sadomasochism. For me... topping (dominant) is not sexual at all. It satisfies my sadistic dominant side,” Ms. Robbyn said. “In the same way a person who works out every day. Same chemical release for me. Also, I'm not saying people don't have sex after a scene. I do not, I separate the two.”

BDSM, kinks and fetishes are part of the spectrum of desire. They are their own thing that can overlap. Fetishes of specific objects that spark sexual interest can include stockings, high heels, leather, latex, etc.

“There is a huge difference between fetishes and BDSM. Fetishes are something you absolutely need in order to climax,” Ms. Robbyn said. “Kink is just something you like or prefer.”

Ms. Robbyn said that performing on stage is pure joy. She loves introducing people into the world of BDSM.

“I LOVE performing,” Ms. Robbyn said. “That wonderful elated feelin stays with me for days.”

Top Left: Ms. Robbyn spanking her “pet.”

Top Right: Fetish Nights B.Y.O.P. (Bring Your Own Pet) hosted at Eureka.

Bottom Right: A participant shows the rough side of BDSM.



Power of Creative Expression

Artists Dismantling Capitalism offers alternatives for social issues

by Lora Neshovska

In the dim-lit dance studio of Redwood Raks, Leslie Castellano of Eureka City Council twirled with an audience in glitter and hula hoops. Castellano, who is a performance artist and activist organized an interactive discussion around the embodiment of identity.

How does art intersect activism? Arcata's artist hub, the Creamery District, hosted local artists, educators and activists to lead a conversation around art and politics on Feb. 23.

For the second year, non-profit organization Cooperation Humboldt and Eureka performance art collective Synapsis organized the full-day event under the name Artists Dismantling Capitalism.

Castellano, who is the founder and artistic director of Synapsis says there is a powerful intersection between art activism and politics.

"Artists who work on creative thought are also in a unique space to participate in society-making and critique and change when necessary," Castellano said.

"Artists who work on creative thought are also in a unique space to participate in society-making and critique and change when necessary."

Leslie Castellano
Eureka City Council Member

Guests speakers, interactive discussions and workshops focused on the universal political power of visual art and expression.

Audiences filled the rooms of Redwood Raks dance studio, Arcata Playhouse and MyKin Studio to participate in a community-building event.

As the name suggests, the occasion offered alternatives to convenient consumption rooted in art and creative expression.

Sacha Marini is the owner and founder of a queer land project called Fancyland in Humboldt. Marini spoke on "liberated creative spaces" with Fancyland as an example.

A land project is a sovereign piece of land, rooted in liberated expression and coexistence, Marini said.

Marini was originally inspired by punk and anarchist spaces, like info shops in the 90s. Self-managed spaces for social expression and community conversation, or "autonomous zones" have been an imperative part of activist movements.

"We grow up in an individualistic society," Marini said. "It is hard for people to commit to group goals."

Marini's autonomous living dream came true when she purchased an undeveloped lot 30 minutes east of Arcata in 2001. Along with the help of friends, Marini built a house from the ground up that now serves as a small off-grid home space. Fancyland is open to visits and no cost artist retreats.

"The concept is to share what you have," Marini said.

Holly Hilgenberg moved to Arcata six months ago from Minneapolis and was excited to attend the event.

"I learned so many new things," Hilgenberg said. "It's exciting to connect and meet other people talking about social justice and activism."



Event organizers host a workshop during Artists Dismantling Capitalism on Feb. 23. | Photo by Lora Neshovska

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Flavors From the South Find Their Way North

La Costa brings Mexican food to Fortuna

by Vanessa Flores

A hidden gem awaits Mexican food lovers at La Costa in Fortuna. The restaurant serves up authentic and classic Mexican dishes and a bite into their food can be an unexpected nostalgic experience.

From its homemade corn tortillas, to the chile verde, the molcajete and of course the tacos, La Costa is an indulgence of tasty flavors.

La Costa Mexican Restaurant opened its doors in September 1993. Today, it's rated as #1 Mexican restaurant in Humboldt County by Tripadvisor.

Its owner, Olga Sanchez is behind the success of this beloved business.

"Sacrifice and hard work well worth it," she said.

Sanchez left her home state of Michoacán in Mexico to begin a new life here in Humboldt County. Then found herself in Los Angeles, but soon she realized Fortuna was where she needed to be, with her family.

"God has given me these years with health," Sanchez said.

She hopes that her kids will

eventually take over the business once she feels that she can no longer run it.

From its homemade corn tortillas, to the chile verde, the molcajete and of course the tacos, La Costa is an indulgence of tasty flavors

Overall, La Costa is arguably the best Mexican restaurant in Humboldt County and I've become a fan. Their menu features, sopes, enchiladas, carne asada, burritos, caldos and a seafood

specialties section.

The perfect mash up of a homemade tortilla with the combination of the salsa, cilantro, chopped onions and the meat, really makes for a delicious sweet taco at La Costa.

The tacos are \$2.50 each, with a choice of adobada, cabeza, carne asada and taco de papa.

Another house favorite is the molcajete trio (\$18.99), which is served on a small cauldron with a mixture of chicken, beef, shrimp, green onions, avocado and cheese.

La Costa is definitely worth a visit for its dedication on serving authentic Mexican food.

For someone like me, who comes from the Bay Area, and accustomed to having a variety of authentic Mexican restaurants to choose from, it's hard to find good Mexican food in Humboldt.

I'm glad I found this gem because it makes me feel like I'm back home.



Top: La Costa's carne asada tacos come with salsa. Bottom: One of the dishes offered at La Costa is a seafood sopes. Vanessa Flores

Ariba: Los tacos de carne asada de La Costa vienen con salsa. Abajo: Uno de los platillos que ofrece La Costa es un sopes de mariscos.



Sabores del Sur Encuentran Su Camino Hacia el Norte

La Costa trae comida mexicana a Fortuna

por Vanessa Flores

traducido por Jovanny Gutiérrez



Una joya escondida aguarda a los amantes de la comida mexicana en La Costa en Fortuna. El restaurante sirve platillos mexicanos auténticos y clásicos, y un bocado en su comida puede ser una experiencia nostálgica inesperada.

Desde sus tortillas de maíz caseras, hasta el chile verde, el molcajete y, por supuesto, los tacos, La Costa es una indulgencia de sabores sabrosos.

El restaurante mexicano La Costa abrió sus puertas en septiembre de 1993. Hoy en día, está calificado como el restaurante mexicano número 1 en el condado de Humboldt por Tripadvisor.

Su dueña, Olga Sánchez está detrás del éxito de este negocio dilecto.

“El sacrificio y el trabajo duro bien valen la pena”, dijo Sánchez.

Sánchez dejó su estado natal de Michoacán, México para empezar una nueva vida en el condado de Humboldt. Luego se encontró en Los Ángeles, pero pronto se dio cuenta de que Fortuna estaba donde debía estar, con su familia.

“Dios me ha dado estos años con

salud”, dijo Sánchez.

Ella espera que sus hijos eventualmente se hagan cargo del negocio una vez que sienta que ya no pueda manejarlo.

**Desde
sus tortillas
de maíz caseras,
hasta el chile verde,
el molcajete y, por
supuesto, los tacos,
La Costa es una
indulgencia de
sabores sabrosos**

En general, La Costa es posiblemente el mejor restaurante mexicano en el condado de Humboldt y me he convertido en su fan. Su menú ofrece sopes, enchiladas, carne asada, burritos, caldos y una sec-

ción de especialidades de mariscos.

La mezcla perfecta de una tortilla casera con la combinación de la salsa, el cilantro, las cebollas picadas y la carne, lo convierte en un delicioso taco suave en La Costa.

Los tacos cuestan \$ 2.50 cada uno, con una opción de adobada, cabeza, carne asada y taco de papa.

Otra especialidad de la casa es el trío molcajete (\$18.99), el cual es servido en una pequeña caldera con una mezcla de pollo, carne, camarones, cebollas verdes, aguacate y queso.

La Costa definitivamente vale la pena la visita por su dedicación en servir auténtica comida mexicana.

Para alguien como yo, que viene del Área de la Bahía, y está acostumbrado a tener una variedad de auténticos restaurantes mexicanos para elegir, es difícil encontrar buena comida mexicana en Humboldt.

Me alegro de haber encontrado esta joya porque me hace sentir como si estuviera en casa.



Chile verde. | Photo by Vanessa Flores
Tostada de camarones. | Photo by

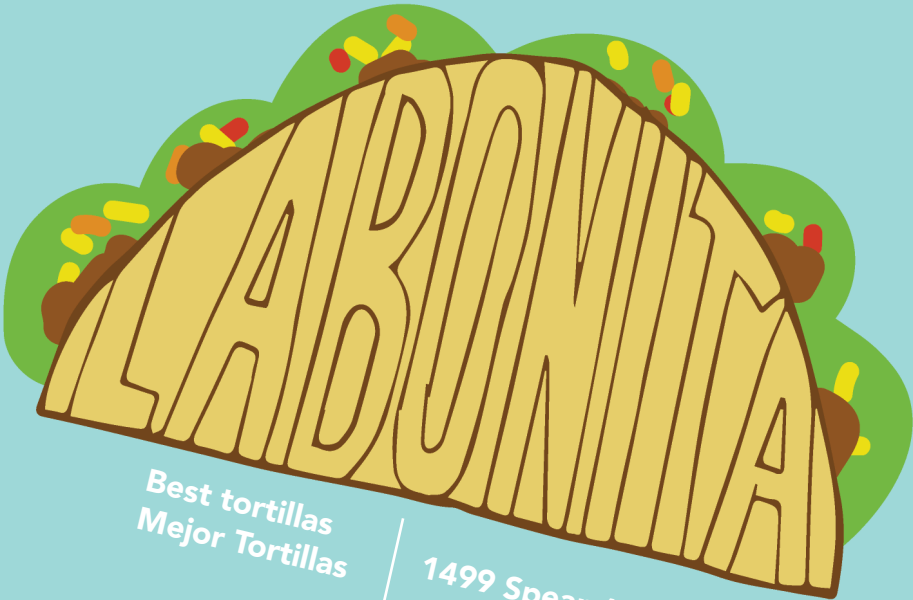
Chile con salsa verde. | fotos por Vanessa Flores
Tostada de camarones. | Fotos por Vanessa Flores

Best Tacos in Humboldt County

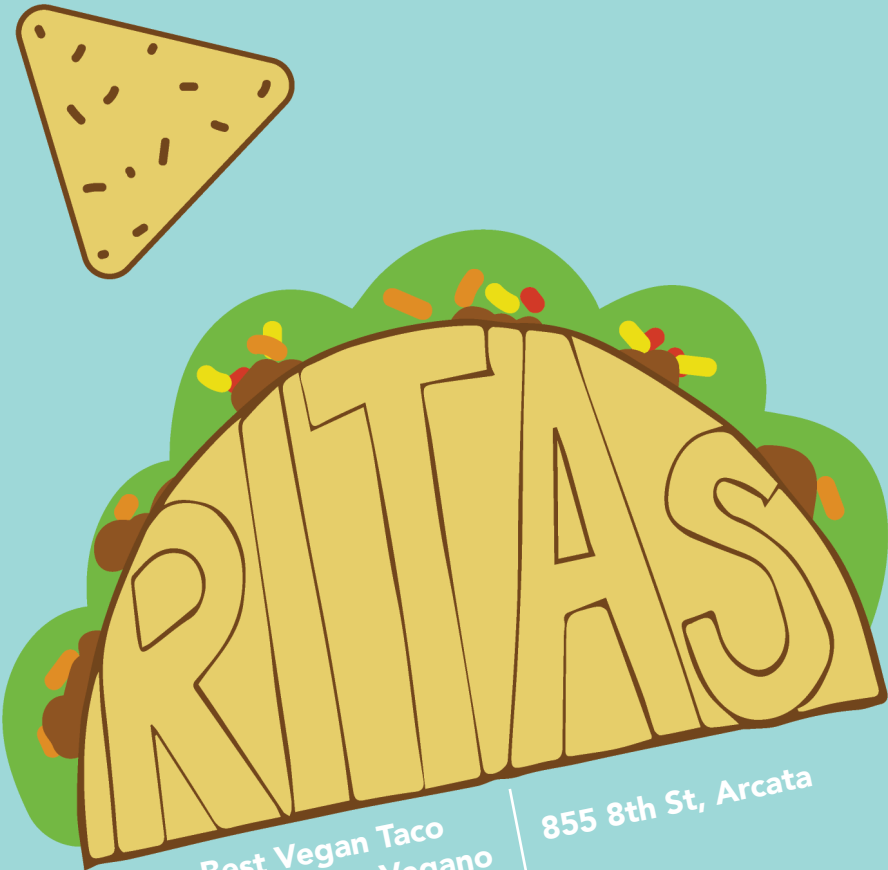
Selected by El Leñador staff and readers



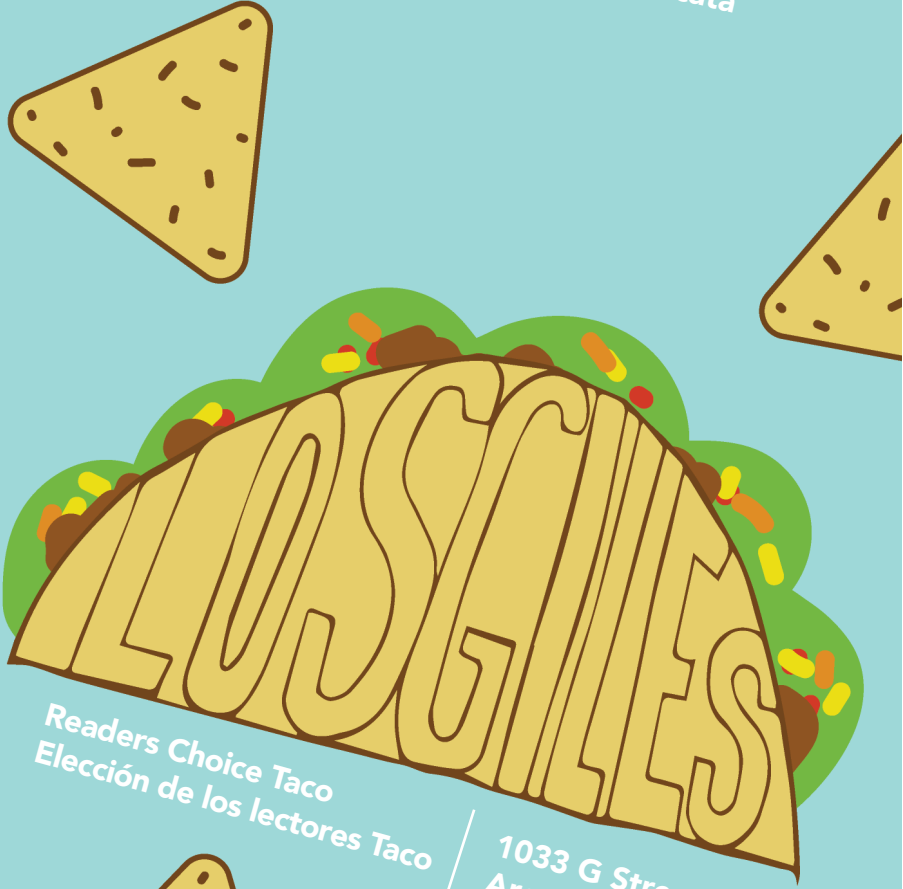
Best Carne Asada Taco
Mejor Carne Asada Taco | 3300 Broadway St,
Eureka



Best tortillas
Mejor Tortillas | 1499 Spear Ave, Arcata



Best Vegan Taco
Mejor Taco Vegano | 855 8th St, Arcata



Readers Choice Taco
Elección de los lectores Taco | 1033 G Street,
Arcata

Mejores Tacos en Humboldt County

Seleccionados por El Leñador personal y lectores

Graphic by Celeste Alavarez

'Bitch' Still Stings

by Brenda Estrella

"You're a bitch," my friend said to me years ago. We laughed and I agreed.

I had heard this more times than I could remember, mostly from friends. We'd laugh and joke and even greet each other as such. As... bitch.

I found it funny that we took an insult to women and embraced it as we got older. We had been called bitch on the playground, in songs, on the street and then by our friends.

But when our friends called us bitch it was fun, cool, dare I say, empowering.

After all, we had been called bitches for speaking our minds or for being assertive. And we liked speaking our minds and being assertive. So we thought, if that makes me a bitch, so be it.

I'm a bitch.

No matter how much we embraced it, though, we were still insulted, degraded or attacked with the word bitch.

This is probably the most common

insult to women we grew up with. Not surprising since the mainstream use of bitch has been around since the 1920's, following the victory of women's suffrage.

In her study of the history of the word bitch while a student at MIT, Clare Bayley discovered that by 1925, bitch was used to refer to women who were considered "malicious or consciously attempting to harm," "difficult, annoying, or interfering," or "sexually brazen or overly vulgar."

As a result, the male-dominated literature and media more than doubled the use of bitch from 1915 to 1930.

Since then we have heard the word bitch used against women who reject someone's advances, who hold positions of power or even those who are victims of crime.

Today, we need to stop calling each other bitch. We need to stop accepting being called a bitch. Most importantly, we need to stop thinking of ourselves

as a bitch.

In Nov. 2018, Trinidad native Anne Marie Washington survived a brutal beating and stabbing in a Brooklyn subway during which her assailant called her a "black bitch."

When did we decide that an insult used with disdain for assertive women, resistance to women's rights, entitlement to women and violence against women was something we wanted to identify each other with?

We were probably trying to make sense of how the world saw us.

We wanted to say we were unapologetically smart, opinionated, passionate, assertive.

We wanted to take the sting away from being called a bitch. And during that process, we accepted the disdain,

entitlement, and violence associated with the word bitch.

So I ask you, why am I a bitch? Why are you?

The truth is that bitch does not describe me or you. Bitch belongs in history books as a reflection of the disdain, degradation and violence women were subjected to during this time period.



The Voice of the Future

Technology should adapt, let us pick who we hear

by Sam Ramirez

In the past few years artificial intelligence (AI) has become a topic of intrigue as many companies have replaced traditional algorithms with AI, machine learning, neural networks and other methods to achieve a computer-generated program.

Yet most people aren't aware of these AI, and the ones we are exposed to usually come in the form of an assistant. Examples of these assistants are Apple's Siri, Amazon's Alexa, Microsoft's Cortana, and Google's Google Assistant.

While they help make our lives a bit more organized, there is an overlapping trait with these AI assistants, they come with a common setting, a synthesized

female voice.

It may be easy to draw the conclusion that the voices of these AIs are a reflection of the stereotype that most assistants are women.

But in a journal published in 2011, Computers in Human Behavior, a study by the Indiana University School of Informatics set out to see the effect that an AI's voice has on people. Specifically they tested whether men and women prefer a female or male voice in virtual voices.

What they found is that both men and women preferred the female voice, which is supported by an older study conducted in 2004, published in the Journal of Personality and Social

Psychology and that bias translates over to virtual voices.

But this doesn't apply as a general rule, as IBM's Watson AI, who competed against and beat a champion Jeopardy winner, has a male voice and is not an assistant. So there are certain scenarios where the bias is made apparent.

Overall, people will apply pronouns to any machine.

The default voices for many of these AI assistants are a female voice and the reason could be anything and may be reinforced by the stereotype that people find a female voice more nurturing and calming.

But the fact remains that in the current social and political climate we

should have the option to pick what voice we would rather hear.

It may be easy to draw the conclusion that the voices of these AIs are a reflection of the stereotype that most assistants are women.

Sam Ramirez
El Leñador writer

Feminists Are Quiet Too

by Victoria Nazario

While growing up, I was told that if I wanted to keep a friend, I shouldn't talk politics.

Now I could see how my dad was both right and wrong for telling me this.

For a while now, I have been quietly researching and watching the women's movement, reading stories, and like many, I have not raised my voice and confronted others at a women's marches.

However, just because I am not verbal about being a feminist doesn't make me any less of a feminist than those who are marching with pink "pussies" on their head.

To be quite honest, feminism means so much more than that. And to be fair, I do believe that both people and the

media have given feminism a bad name.

Feminists are known to be typically loud, fearsome, rebellious, confident, preachy and verbal. But come on, not all feminist are going to conform to these characteristics.

And it is not fair that women should feel less of a feminist because of other women, telling them that they don't do enough.

A feminist can be anyone. Homeless, a stay at home mom, a student, and ... a feminist can be quiet.

So don't tell me that I am not feminist enough because I am quiet.

Now that doesn't mean that I am going to stay quiet when I see or hear injustice. Though, I might express it differently than others.

"And it is not fair that women should feel less of a feminist because of other women, telling them that they don't do enough."

Victoria Nazario
Writer for *El Leñador*

All women are different and all feminist are different.

I may not be marching with thousands of other women. I may not be constantly sharing on my social media

about dismantling patriarchy.

But I will make sure to stay in my lane and let other women do what they have to and I will make sure to support others when they need it.

And don't get me wrong, I do very much respect those who are constantly protesting for a better world. That takes a lot of energy.

I believe that patriarchy is an unjust system that is oppressive to women and I believe it is our job to dismantle that.

I believe in intersectional feminism and that it is important that we support ALL women.

But, just because I am not marching loud and proud, doesn't make me any less of a feminist than you.

Fragments of Identity

by Megan Bender

When I think about my identity, it always comes down to food, family and music. I can remember big family parties, tables full of food, fast paced beats and swinging hips. I remember my grandfather and my tias and tios. All speaking to each other too quickly and in a language I didn't understand.

But that never mattered to me because I had the food, the family, the music and (if you want to get physical) the melanin. It also never became something I felt I had to defend until I got older. And it wasn't until I got older that I began to have an identity crisis.

I am a half-Mexican and half-white woman. My father, a European white man, is an only child. My mother, a Mexican woman, is third generation and a sibling to six others in the Medina family.

The Medina's and their extended family gave me tamale days in the winter, presents on Christmas Eve, menudo and pozole you can't find anywhere else and huge family parties with classics like "El Sonidito," "Suavemente," "Volver, Volver" or "La Bomba."

I learned to always listen to my

Uncle Ruben, who my mother looked up to, and his wife Auntie Pudgy who was the kindness to his hardness. I learned that you can't leave any family party without hugging and kissing every single person goodbye, even if you didn't remember who they were. I learned how to make tacos the way my mother does: a mix of ground beef, herbs, and papas pinned with toothpicks inside corn tortillas and fried to perfection.

I learned to make atole champurrado and eventually just let my cousin make it because she did it better than I could. I spread masa on countless corn husks and wrapped tamales to be put in giant silver pots. I learned that my uncle's carne asada will always taste better than anyone else's.

My mother's side of the family is the only family and culture I know. With a couple missing pieces.

Mom never taught me or my siblings Spanish for her own reasons, though she claims she never spoke it very well. I knew no different and loved listening to her speak Spanish when she did.

My grandfather only spoke Spanish so it was often hard to connect with him. Because of the lack of Spanish I know I often found myself embarrassed at the local taqueria or taco truck. I have since learned small pieces of Spanish to get by but regret not having grown up learning.

And probably the biggest disconnect I've felt from my identity and culture has been the lack of a maternal grandmother in my life.

Many others have the language, the food, the music and a big family. Others have a strict family structure and a deep respect for their abuelita.

But to know that the mother of my mother wanted nothing to do with this part of her family, my family, stings every day.

The level of anger and hurt I had no idea I harbored recently surfaced. I finally recognized it as a reason I felt detached from what I considered my own culture. If my grandmother walked past me I wouldn't know what she looked like.

I still love and respect my paternal white grandmother. She was all the

grandmother I needed.

And my mother, who I love and respect for being the strong and fiery Mexican mother she was, loved my siblings and I with a love greater than her mother showed her.

Because of this realization I gathered the pieces of what make up me and decided to lay it out to honor them and to re-align with them. If anyone asked me I used tell them I grew up white. It just seemed easier than explaining I'm a "white-washed Mexican." A term I've recently started to hate.

I wrote this as recognition of the piece of my identity that is a Mexican American woman and a recognition of my culture and my family. I also am writing this for any other Mexican American women who don't speak Spanish and are having the same identity crisis I am. You are not alone.

Find some space to recognize what makes up your identity and how your culture fits into how your identity. Hang on to the food, the family and the swinging hips that raised you.

Bilingual News

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Gist Hall 227
(707)-826-3259
www.ellenadornews.com

Radio Bilingüe
103.3 FM and 89.7 AM
Programming is also available online;
radiobilingue.org

KHSU 90.5 FM
Sabor Latino, Sunday noon -2 p.m.
Latino USA. Friday, 1:30 - 2p.m.

Community Resources & Organizations

Paso a Paso an organization with bilingual staff that helps connect families with local and state programs, including CalFresh, and Healthy Kids Humboldt. Also provides childbirth education, breast feeding support and parenting classes. All services are free. Office hours vary. Call for an appointment.
Paso a Paso es una organización con personal bilingüe que ayuda a conectar a las familias con programas locales y estatales, incluidos CalFresh y Healthy Kids Humboldt. También ofrece educación sobre el parto, apoyo a la lactancia materna y clases para padres. Todos los servicios son gratis. Las horas de oficina varían. Llame para hacer una cita.
2200 Harrison Ave, Eureka.
(707) 441-4477

Food for People Offers food assistance programs including food pantries, produce markets, and food programs for children. 307 W. 14th St, Eureka (707) 445-3166
www.foodforpeople.org

Catholic Sacred Heart Church Masses in Spanish
Misa de Domingo en Español
Sat- 7:00 p.m., Sun- 12:30 p.m.
2065 Myrtle Ave, Eureka

Catholic St. Joseph Parish Mass in Spanish
Misa de Domingo en Español
Sunday at 12:30 p.m.
14th and N St, Fortuna
(707) 725-1148

Jewish Chabad of Humboldt
413 Bayside Ct, Arcata
707-633-8770

Education

ESL Classes/ Clases De Ingles College of the Redwoods (CR)
Offers ESL courses at its Eureka, Fortuna and Del Norte sites. Complete the online application and contact Adult Education to schedule an appointment. If you are a student with a disability, an English Language Learner, or need assistance completing the application, contact Adult Education to schedule an appointment. All Adult Education classes are free.
CR Ofrece cursos de ESL en sus sitios de Eureka, Fortuna y Del Norte. Complete la solicitud en línea y comuníquese con Educación para Adultos para programar una cita. Si usted es un estudiante con una discapacidad, un estudiante del idioma inglés o necesita ayuda para completar la solicitud, comuníquese con Educación para Adultos para programar una cita. Todas las clases de educación para adultos son gratuitas.
adult-ed@redwoods.edu.
707 476-4520

English Express Jefferson Community Center 1000 B St. Eureka
Tues. & Thurs. 6:00 p.m.–7:30 p.m.

English Express Multi-Generational Center 2280 Newburg Rd. Fortuna
Tuesdays & Thursdays 12:30 – 2:00 p.m. (707) 433-5021

English Express Children’s playgroup provided on-site during EE classes. Southern Humboldt Family Resource Center 344 Humboldt Ave. Redway
Friday 4:30p.m.– 6:00 p.m.

Bilingual K-12 Schools: Fuente Nueva Charter School
1730 Janes Rd, Arcata, (707) 822-3348

Entertainment/Arts

People of Color Group is a space for people of color to gather, reflect, create, and support one another. 1st and 3rd Saturdays 3-5 pm, Corner of 11th & M street, Arcata

Latino Outdoors
Humboldt@latinooutdoors.org
Next event: “Goose Fly Off”, March 2, 5:45 a.m., meet at HSU library circle for ride or 6:30 a.m. at Humboldt Bay Wildlife Refuge campus

North Coast Repertory Theatre
300 Fifth Street
Eureka, CA 95501
(707) 442-NCRT

Ethnic Food Markets

Asian Markets Lao Oriental Market
2908 E St Eureka, 11a.m.- 6 p.m.
every day
(707)-445-1513

Little Japan
2848 F St Eureka, Mon- Sat: 11a.m.-6 p.m.
(707) 798-6003

Vang Chang Market
110 W Wabash Ave, Eureka 9:30 a.m.- 5 p.m. every day
707-443-3559

Oriental Food & Spice
306 W Harris St Eureka, Mon-Sat: 9 a.m. - 5 p.m.
(707) 445-3398

Latino Markets Fregoso’s Market 963 8th St Arcata
Mon-Sat: 9 a.m. - 9 a.m., Sun: 10 a.m. - 7 p.m.
(707) 825-8827

La Pasadita Market
420 N St Eureka
10 a.m. - 9 p.m. every day

El Pueblo Market
312 W. Washington St. Eureka, 10 a.m. - 9 p.m. everyday
(707) 444-0952

El Buen Gusto
802 Broadway St, Eureka
Monday-Friday 10 a.m - 9 p.m.
(707) 798-6290

El Buen Gusto
1640 Main St, Fortuna
9:00 a.m. - 9:00 p.m.
(707) 725-8880

La Chaparrita Market
520 Summer St, Fortuna
9 a.m. - 9 p.m. everyday
(707) 617-2570

Legal Services

The Superior Court of California | County of Humboldt “Self Help Center” A place to get information about your legal rights regardless of income,
421 I Street, Eureka, 9:00 - 2:00 p.m.
(707) 445-7256

Legal Services of Northern California Serving clients with health related legal issues in acquiring and keeping health-care services, 123 Third st Eureka
(707) 445-0866

California Indian Legal Services
324 F St Eureka
(707)443-8397

Social Services

True North organizing network
Supporting individuals from diverse backgrounds and working together for influential change
517 3rd St, Suite 16, Eureka
(707) 572-5530

Seventh Generation Fund Devoted to Indigenous peoples self-determination and the sovereignty of Native nations, 2355 Central Ave. , Suite C, McKinleyville
(707) 825-7640

Centro Del Pueblo A safe space for the raza/indígena community to prosper on the north coast. Culturally, politically, and practically.

01 | viernes

"Border Walls and Borderlands Identities"

Barbara Curriel lecture.

6 p.m. | KBR

Art By Lyn Risling

Runs through March 10.

Noon-7 p.m. | Goudi'ni Gallery

Place: Migrations & Interventions

Multimedia art exhibit that explores human and plant migration.

Runs through March 15

Noon-7 p.m. | Art B 101 Reese Bullen Gallery

02 | sabado

UnDocuKnowledge: Laughter Through the Tears

Workshop on UndocuTerms, legislation and how to be an active ally. Short films from various UndocuActivists, UndocuArtists and UndocuPlaywrites will be shown. Participants will have an opportunity for self-expression.

12:55-4 p.m. | SH 108

03 | domingo

HumDOG Dog Expo

Opportunity for local dog owners and prospective dog owners to meet and share knowledge about different breeds of dogs and how to care for them.

10 a.m.-4 p.m. | Redwood Acres

04 | lunes

Movie: "Roma"

Free film screening of Roma, hosted by Centro Del Pueblo. Brief discussion precede screening.

6 p.m. | Arcata Playhouse

05 | martes

Exploration of Body Image

5:30- 6:30 p.m. | LIB 114

21st International Latino Film Festival

View, analyze and discuss three films covering the LGBTQ experience in the Spanish-speaking world. Festival will take place through Mar. 7.

General admission: \$5

6 - 10:30 p.m. | Mill Creek Cinema

Spoken Word Open Mic

Every Tuesday.

6-8 p.m. | Northtown Coffee

06 | miércoles

Global Cafe: Guatemala

Presenter from Guatemala will share experiences of his life and topics related to Guatemala's cultures.

5:30 - 6:30 p.m. | LIB Fishbowl

07 | jueves

Campus Movie Nights

Screening of "Boy Erased."

7-9 p.m. | KBR

Latinx Center Film Series

Screening of "CHAVELA," a film about the life and work of Chavela Vargas.

6-9 p.m. | NHE 102

08 | viernes

Native Women: Violence and Resilience

Storytelling session about women in Native communities and understanding the cycle of violence that surrounds them. Tickets at door for \$5-\$10 sliding scale, no one turned away for lack of funds.

Noon-1 p.m. | Arcata Playhouse



Photo courtesy Arcata Playhouse

Zero to Fierce Festival

Weeklong festival celebrating creative women in the local community. Events will include lectures, film screenings, art shows and musical performances. Topics vary and will cover subjects such as finance, queer identity and Native Women and violence. Ticket prices vary by event. Some events are free.

A full list of events can be found at www.zerotofierce.org

Start Up Weekend - Business Competition

Opportunity for all students and local community members to plan a business over the weekend. All meals provided. Runs through March 10.

Tickets available at [Eventbrite.com](https://www.eventbrite.com)

Begins Fri. at 5 p.m. | LIB Third Floor

12 | martes

Job Search SkillShop for Graduating Seniors

Learn about resumes, cover letters, job searching and networking.

11 a.m. | LIB Fishbowl

14 | jueves

2019 Lamberson Ecology Lecture Series

6 p.m.- 8 p.m. | NR 101

17 | domingo

Mariachi Herencia de Mexico

Students: \$15. General: \$39

7-9 p.m. | Arkley Center

18 | lunes

Oh Snap Eats! Navigating Nutrition

Skillshop on building a healthy relationship to food/eating.

4-5 p.m. | LIB 114

21 | jueves

Free Botanical Garden Admission

Free every third Thursday of the month.

10 a.m.-2 p.m. | Humboldt Botanical Gardens

23 | domingo

Any One of Us: Words From Women in Prison

Play directed by Vanessa Vrtiak.

5-7 p.m. | The Sanctuary

If you have an event you would like featured on the calendar, contact us at: el-lenador@humboldt.edu