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Distribution of Vaccines Begins Comienza la Distribución de Vacunas

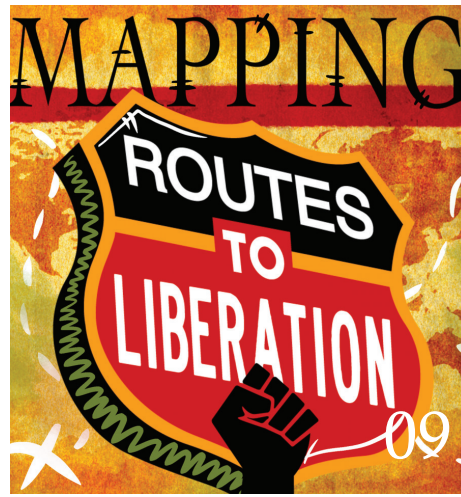
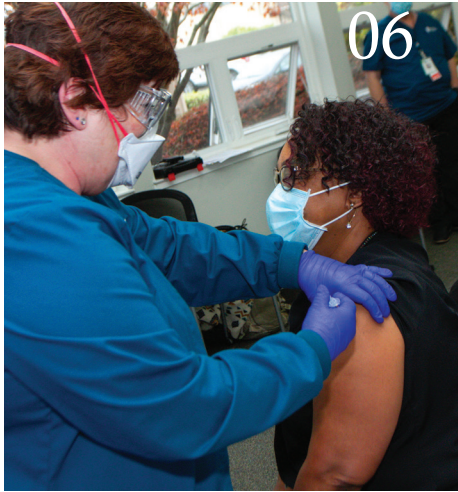
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febrero 2021
Vol. 16 Edición 1



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Front Cover/Primera Página:
Cover photo courtesy of Humboldt Public Health

Foto de la portada cortesía de Humboldt Public Health

MISSION STATEMENT

El Leñador is an English and Spanish newspaper produced by Humboldt State University students. Our staff cover and provide news to Latinx and other diverse communities on campus and in Humboldt County. We are committed to providing relevant news and expanding the representations and stories told about people of color and other marginalized groups. Our work helps create more social, political and cultural diversity in local media.

NUESTROS OBJETIVOS Y VALORES

El Leñador es un periodico en español y inglés producido por estudiantes de la Universidad Estatal de Humboldt. Nuestro personal cubre y provee noticias a la comunidad Latinx y otras comunidades diversas en el campus y en el condado de Humboldt. Estamos comprometidos a brindar noticias actuales y ampliar la representación y las historias que son contadas sobre la gente de color y otros grupos al margen. Nuestros esfuerzos ayudan a crear una presencia diversa social, política y cultural en los medios locales.



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Balancing time and well-being for a successful semester

by Raven Marshall

Life is stressful enough but school doesn't have to fall under that category. As students stumble into another challenging semester, there are plenty of steps that can help set students up for success.

Be Your Own Advocate

Kimberly Stelter is a first year experience and student success librarian at Humboldt State University. Stelter believes that what students are learning have the ability to apply far beyond their GE requirements, and into the working world.

"Asking questions is probably one of the best ways to save time and energy from stressing over a lot of different things," Stelter said. "If you don't know the answer, there is someone that can help you find the answer or answer that question for you."

Building communication skills while in college and practicing them in the classroom is one way to prepare a world outside of school, says Stelter. It can be easier to practice when the stakes are much lower than in a job environment. College can be a big change for many students, who find that they have to become their own advocates.

"Take advantage of it while the opportunity is there because once it's gone, it's gone. This is a great opportunity to explore, to learn, to experience all kinds of things. Even though we're in a pandemic right now, there are communities online for you to get connected with," Stelter said.

Time Management and Well Being

Nancy Olson works in human resources and specializes in professional development training. Olson leads skillshops around time management, overall well-being and a variety of organizational skills.

The bullet journal is one form of organization that Olson promotes and uses herself. Bullet journaling is a system of journaling that improves time-management.

Bullet journaling is often described as a mindfulness practice as well as an organizational tool. To start a bullet journal you first set the intention of the journal, write down thoughts and tasks, and lastly adapt it to suit your needs. This is a way to visually organize your day to day tasks, weekly, monthly and all future tasks for better time management.

Olson also stresses how mindfulness and well-being play a key role in managing your

time successfully. Bringing our attention to the present moment helps to ground our intention to the tasks at hand.

"When we can be present in each moment, we can make those decisions intentionally about how we spend our time and I think that's really core to time management," said Olson.

A Student's Perspective

Leslie Arjon-Rodriguez is a junior and a first generation student working as a peer mentor in the Department of Communication at Humboldt State.

Arjon-Rodriguez mentors primarily transfer students, and worries virtual schooling may be a barrier for students who may not be aware of all the resources still available to them online. In addition to advising students of all the resources available through HSU and where to find all the links, she also promotes emotional support and well-being.

"Always leave some time for yourself at the end of the day. Throughout your days it's really tough having Zoom courses, being in front of a computer all day," said Arjon-Rodriguez. "Self-care is really important, especially during a pandemic, so taking time for yourself and your loved ones is really important and necessary."

Leslie Arjon-Rodriguez was a reporter for El Leñador during the 2020 fall semester.

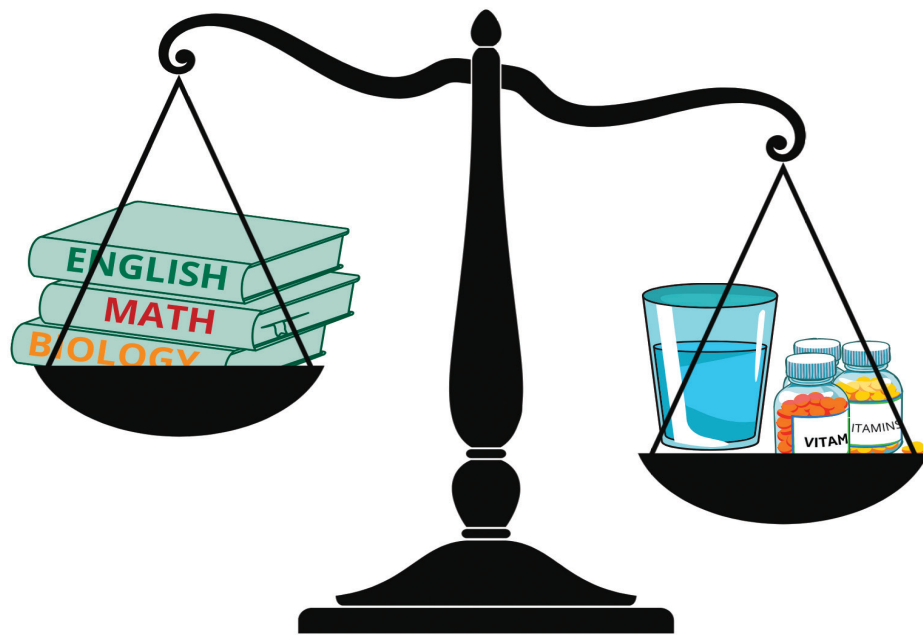
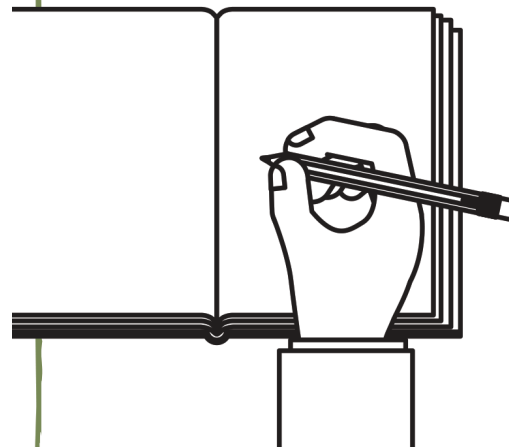


Illustration by Raven Marshall

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Some Spanish news available on tv and radio

Local publication incorporates Spanish media

by Emily McCollum

The lack of Spanish information in Humboldt County has become apparent once again, this time in the wake of a global pandemic. In September of last year Dr. Teresa Francovich, the former health officer for Humboldt County, spoke about Humboldt County's Spanish information shortfall at a virtual Spanish town hall meeting.

The attempts to stop the spread of this virus have resulted in massive public outreach to English speakers, but Spanish speakers are being left out of the loop when it comes to public information and conversation directly affecting the Latinx community.

Currently, the U.S. Census has the Latinx community in Humboldt county at 12.1%. The Latinx community makes up 27.29% of Humboldt's COVID-19 cases as reported by the Department of Health and Human Services as of Jan. 28, 2021.

So, during these uncertain times, where can Spanish speakers get their information in Humboldt County?

Television

In recent months the Redwood News (KIEM) in Eureka has been posting articles in Spanish on their social media as well as providing Spanish video segments of local news. Brenda Rodriguez, a reporter for the Redwood News is curating these Spanish broadcasts with the help of fellow reporter, Hector Mendoza.

"I try to have a Spanish story at least once or twice a week but since December it's probably once a week that these stories appear on our website and our Facebook," Mendoza said, via email.

While the Spanish articles are infrequent, Redwood news is working on making Spanish broadcasts a more regular occurrence with more information to come.

"We are still working with the station to produce Spanish broadcast on a regular basis, which is still pending approval," said Rodriguez.

Radio

Both KMUD and KZZH translate news into Spanish weekly and Mathew Knight, the station manager for KZZH is currently working on a community calendar en Español for future inclusive access to information.

KZZH (96.7 F.M.) airs Radio Centro by Brenda Perez with Centro del Pueblo on Saturdays and Sundays at 1 p.m., an archive version of this show airs on Tuesdays and Thursdays at 7 a.m.

Centro Del Pueblo is a grassroots group which supports the immigrant and Latinx community of Humboldt County. They provide relevant information to Humboldt County's immigrant community on the radio as well as through printed material, social media and their website.

KMUD (91.1 F.M.) airs Latino America Sonando, featuring the latest in music from Latin America every Friday at 1 p.m.

Radio Bilingüe (103.3 and 89.7 F.M.) is a national radio network that airs 24 hours

a day.

Print

As of now, El Leñador is the only bilingual newspaper in Humboldt County that provides original local news stories in Spanish and English. The newspaper is published monthly during the school year and is distributed throughout the county, especially to locations that serve the Latinx communities, like markets, community centers and businesses. Spanish stories are also published on its website EILenadornews.com.

"We try our best to put out content that's valuable to the Spanish speaking community because Spanish content is very scarce in Humboldt and especially now, it's critical to be able to be informed," said Nancy Garcia, one of El Leñador's co-EIC's who has previously covered the lack of Spanish media in Humboldt County.

This new social environment created by the pandemic has made the need for multilingual communication for the public clear.

Algunas noticias en español disponibles en la tele y el radio

Recursos bilingües en el Condado de Humboldt

por Emily McCollum
traducido por Alexandra Gonzalez

La falta de información en español en el Condado de Humboldt resalta otra vez, esta vez a raíz de una pandemia mundial. En septiembre del año pasado, la Dra. Teresa Francovich, ex funcionaria de salud del Condado de Humboldt, habló sobre la falta de información en español del Condado de Humboldt en una reunión virtual del ayuntamiento en español.

Intentos de detener el contagio de este virus han dado como resultado un acercamiento público a los quienes hablan inglés, pero los hispanohablantes se están quedando al margen cuando se trata de información pública y conversaciones que afectan directamente a la comunidad Latinx.

Actualmente, el Censo de los EE. UU. tiene a la comunidad Latinx en el Condado de Humboldt en 12.1%. La comunidad Latinx representa el 27.29% de los casos de COVID-19 de Humboldt según lo informado por el Departamento de Salud y Servicios Humanos el 28 de enero de 2021.

Entonces, durante estos tiempos de

incertidumbre, ¿dónde pueden obtener información los hispanohablantes en el Condado de Humboldt?

Televisión

En los últimos meses, Redwood News (KIEM) en Eureka ha estado publicando artículos en español en sus redes sociales, además de proporcionar segmentos de video en español de noticias locales. Brenda Rodríguez, reportera de Redwood News, está curando estas transmisiones en español con la ayuda de su compañero reportero, Héctor Mendoza.

"Trato de tener un reporte en español al menos una o dos veces por semana, pero desde diciembre es solo una vez a la semana que estos reportajes aparezcan en nuestro sitio web y en Facebook," dijo Mendoza por correo electrónico.

Aunque los artículos en español no son frecuentes, Redwood News está trabajando para hacer que las transmisiones en español sean una ocurrencia más regular con más información por venir.

"Todavía estamos trabajando con la estación para producir transmisiones en español de manera regular, que aún está

pendiente de aprobación", dijo Rodríguez.

Radio

Tanto KMUD como KZZH traducen las noticias al español semanalmente y Mathew Knight, el gerente de la estación de KZZH, está trabajando en un calendario comunitario en español para el futuro acceso inclusivo a la información.

KZZH (96.7 F.M.) transmite Radio Centro de Brenda Pérez con Centro del Pueblo los sábados y domingos a la 1 p.m., una versión de archivo de este programa se transmite los martes y jueves a las 7 a.m.

Centro del Pueblo es un grupo de base que apoya a la comunidad de inmigrantes y Latinx del Condado de Humboldt. Proporcionan información relevante a la comunidad de inmigrantes del Condado de Humboldt en la radio, así como a través de material impreso, redes sociales y su sitio web.

KMUD (91.1 F.M.) transmite Latino América Sonando, presentando lo último en música de América Latina todos los viernes a la 1 p.m.

Radio Bilingüe (103.3 y 89.7 F.M.) es una red de radio nacional que se transmite

las 24 horas del día.

Impresión

Hasta ahora, El Leñador es el único periódico bilingüe en el Condado de Humboldt que ofrece noticias locales originales en español e inglés. El periódico se publica mensualmente durante el año escolar y se distribuye en todo el Condado, especialmente en lugares que sirven a las comunidades latinx, como mercados, centros comunitarios y negocios. Las historias en español también se publican en su sitio web EILenadornews.com.

"Hacemos nuestro mejor esfuerzo para publicar contenido que sea valioso para la comunidad hispanohablante porque la información en español es muy escasa en Humboldt y, especialmente ahora, es fundamental poder estar informados", dijo Nancy García, una de las co-EIC de El Leñador que anteriormente ha cubierto la falta de medios de comunicación en español en el Condado de Humboldt.

Este nuevo entorno social creado por la pandemia ha dejado clara la necesidad de una comunicación multilingüe para el público.

HSU students affected by February spring break

by Claudia Alfaro Hernandez

In recent months, Humboldt County has had an increase in COVID-19 cases, jumping from red tier to purple tier. Humboldt State University took immediate action on Dec. 11, 2020, moving spring break earlier within the 2021 academic calendar year.

Prior to the alteration of spring break, HSU students who left their on-campus dormitories for the holidays were originally scheduled to come back on Jan. 15. Yet such a change did not pave the way for immediate resolutions as HSU faculty and student representatives discussed options to handle the unprecedented change of events.

“The reason that we revisited where spring break was and ultimately decided to move it was because of some concerns about having to populate and repopulate students more than one time,” HSU Vice President of Academic Affairs Jenn Capps said.

While the meeting mostly focused on mandated state and county-based capacity guidelines, there were concerns about reintroducing students on to campus under COVID-19 social distancing standards.

With spring break in February, students attending limited face to face instruction would be able to quarantine before going into class. This is meant to maximize the limited face-to-face learning experience because instead of losing two weeks to quarantine after break later in the semester, classes would run through with no interruptions.

“This shift was really feeling very necessary to protect the health and safety of our campus community, but also try to figure out how we can maintain some integrity of face-to-face courses,” Capps said.

Roman Sotomayor, committee head of Diversity, Equity & Inclusion (DEI) for Associated Students, commented on the setback of spring break.

“Our group intention was to prevent spring break from being canceled completely as other California campuses have done so. We did not reach a consensus during our meeting with Dr. Capps on how to do this. Many different suggestions were made,” Sotomayor said.

Despite the resolution that faculty, staff and student representatives came to, emotions from students began to rise.

“I was very much looking forward to having a spring break that was almost perfectly in the middle of everything, because the fall semester where Thanksgiving [break] is almost at the end, that was a lot, that was really hard for me,” said Franziska Daumberger, a transfer environmental resources engineering student.

Kinyon Moore, marine biology major, expressed her frustration with the new dates for spring break and said it won’t actually feel like one.

“With classes, it’s going to get really tedious after spring break because we’ll have



HSU's University Center and quad remain vacant as students take online classes. Limited face-to-face instruction will resume on March 8 to May 14, 2021. | Photo by Claudia Alfaro Hernandez

that long stretch with just absolutely no break, long structure classes and, especially, with it being entirely online, it’s going to be frustrating,” Moore said.

While HSU is bound to be empty for the rest of January, students living on campus will be scheduled to return on Feb. 19 fol-

lowing a mandatory two-week quarantine.

Humboldt State Marketing & Communications and the Dean of Students were contacted for comment regarding the change of spring break, neither responded by publication time.

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HUMBOLDT COUNTY VACCINATION TIMELINE

VACCINE
PHASE 1B

VACUNA
FASE 1B

PLAZO DE VACUNACIÓN EN EL CONDADO DE HUMBOLDT

<div>PHASE 1B TIER 1</div> <ul style="list-style-type: none">• People 75 and older• Those at risk of exposure at work in the following sectors:<ul style="list-style-type: none">◦ Education◦ Childcare◦ Emergency services◦ Food and agriculture	<div>FASE 1B NIVEL 1</div> <ul style="list-style-type: none">• Gente de 75 años o más• Gente con riesgo de exposición en trabajos de:<ul style="list-style-type: none">◦ Educación◦ Cuidado infantil◦ Servicios de emergencia◦ Servicios de comida o agricultura
<div>PHASE 1B TIER 2</div> <ul style="list-style-type: none">• People 65-74 years of age• Congregate settings with outbreak risk:<ul style="list-style-type: none">◦ Incarcerated◦ Homeless• Those at risk of exposure at work in the following sectors:<ul style="list-style-type: none">◦ Transportation and logistics◦ Industrial, commercial, residential and sheltering facilities and services◦ Critical manufacturing	<div>FASE 1B NIVEL 2</div> <ul style="list-style-type: none">• Gente de edades 65-74• Gente en riesgo por congregación próxima<ul style="list-style-type: none">◦ Encarcelados◦ Gente sin hogar• Gente con riesgo de exposición en trabajos de:<ul style="list-style-type: none">◦ Transporte y logística◦ Industrial, comercial, residencial y lugares y servicios de alojamiento◦ Fabricación crítica

LLENE EL FORMULARIO PARA LA VACUNA EN EL SITIO WEB

HUMBOLDTGOV.ORG/INTERESTFORM

FILL OUT A VACCINE INTEREST FORM

Timeline subject to change based on the number of individuals who want to be vaccinated and the quantity of vaccine allocated by the state.

Este plazo es sujeto a cambios basados en el número de individuos que quieren vacunarse, y también la cantidad de vacunas designadas por el estado.

SOURCE: HUMBOLDT COUNTY JOINT INFORMATION CENTER

Humboldt County COVID-19 vaccine interest form & vaccination plan information

by Nancy Garcia

People who want to receive the COVID-19 vaccine can now sign up and fill out a “vaccine interest form” on the Humboldt County website.

This interest form is available on the county’s website under the “Vaccine Info” tab in Spanish and English. Filling out the form doesn’t book an appointment for a vaccine but it does help the county connect people to vaccination clinics.

Eligibility

People living in Humboldt County will be able to receive the vaccine once it becomes available for their phase and tier according to the state’s vaccination plan. Immigration status will not disqualify individuals from receiving the vaccine.

“Citizenship status is not requested for vaccination appointments, and people do not need to prove citizenship status to be vaccinated, only age or profession,” Meriah Miracle, the public information officer at the Humboldt County Joint Information Center, said via email.

Spanish Information

Miracle also said that, at vaccine sites, the county will use a phone based translation service or rely on Spanish-speaking staff to assist Spanish-speaking patients who have questions or want to talk to someone.

There is no cost to receive the COVID-19 vaccine, according to the Department of Health and Human Services (DHHS).

There is more information in Spanish and English about the vaccine, the timeline

and availability of the vaccine on the county’s website.

Tiers & Timeline

Humboldt County is completing the vaccination of healthcare workers and long-term care residents in Phase 1A of California’s vaccination plan.

In February, the county plans to begin Phase 1B, Tier 1, to vaccinate those who are 75 and older, as well as education and child-care workers, emergency service workers and food and agricultural workers, according to an infographic by the Humboldt County Joint Information Center.

The state has set the age minimum at 65 for Phase 1B Tier 1 but Humboldt County has decided to set it at 75.

“Humboldt County continues to prioritize those ages 75 and older due to limited vaccine supply. Appointments will be scheduled by priority group as vaccine supply allows,” Miracle said.

When the county moves onto Phase 1B, Tier 2, they will be vaccinating 65 to 74 year olds, people experiencing homelessness, people who are incarcerated, and some essential workforce sectors.

Following this, the county will initiate Phase 1C where those 50 and over, those 16 to 64 with increased risk of contracting COVID-19 and other critical infrastructure workforce members, will be eligible for vaccination.

The COVID-19 vaccine will not become available to the general public until Phase 2, the health department asks residences to continue to follow COVID-19 safety guidelines.

“Citizenship status is not requested for vaccination appointments, and people do not need to prove citizenship status to be vaccinated, only age or profession”

- Meriah Miracle, Public Information Officer
Humboldt County Joint Information Center

Formulario de interés del Condado de Humboldt sobre la vacuna de COVID-19 y información del plan de vacunación

por Nancy Garcia traducio por Nancy Garcia

Las personas a quienes les gustaría recibir la vacuna para prevenir el COVID-19 ahora pueden llenar un formulario de interés en el sitio web del Condado de Humboldt.

El formulario está disponible en el sitio web del condado de bajo de la sección “Vaccine Info” en español y en inglés. Llenando el formulario no reserva una cita para la vacuna pero si ayuda al condado conectar personas con clínicas de vacunas.

Elegibilidad

Personas viviendo en el Condado de Humboldt podrán recibir la vacuna cuando

Han habido preocupaciones sobre el estado migratorio descalificando a las persona de esté disponible para su fase y nivel de acuerdo con el plan de vacunación del estado. El estado migratorio no desclasificará a las personas para recibir la vacuna.

“El estado de ciudadanía no se solicita

para las citas de vacunación, y las personas no necesitan demostrar su estado de ciudadanía para vacunarse, sólo la edad o la profesión,” dijo Meriah Miracle, oficial de información pública del Centro de Información Conjunta del Condado de Humboldt, por correo electrónico.

Información en español

Miracle también dijo que, en los sitios de vacunación, el condado usará un servicio telefónico de interpretación o dependerán en trabajadores hispanohablantes para ayudar a pacientes hispanohablantes que tengan preguntas o que quieran hablar con alguien.

No hay costo para recibir la vacuna del COVID-19, según el Departamento de Salud y Servicios Humanos (DHHS).

Hay más información en español y ingles sobre la vacuna, la cronología y la disponibilidad de la vacuna en el sitio web del condado

Niveles y Cronología

El Condado de Humboldt está completando la vacunación de los trabajadores de la salud y a los residentes de cuidados a largo plazo en la Fase 1A del plan de vacunación de California.

En Febrero, el condado planea comenzar la Fase 1B, Nivel 1, para vacunar a los que tengan 75 y mayor, igual como trabajadores de educación y cuidado de niños, trabajadores de servicios de emergencia y de comida y trabajadores agrícolas, según un infografía del Centro de Información Conjunta del Condado de Humboldt.

El estado ha establecido la edad mínima en 65 años para el Nivel 1 de la Fase 1B, pero el condado de Humboldt ha decidido establecerlo en 75.

“El Condado de Humboldt continua a priorizar a las personas de 75 años o más debido al suministro limitado de vacunas. Las citas se programarán por grupo prioritario según lo permita el suministro de vacunas,”

dijo Miracle.

Cuando el condado pase a la Fase 1B, Nivel 2, vacunarán a personas de 65 a 74 años, personas sin hogar, personas que están encarceladas y algunos sectores esenciales de la fuerza laboral.

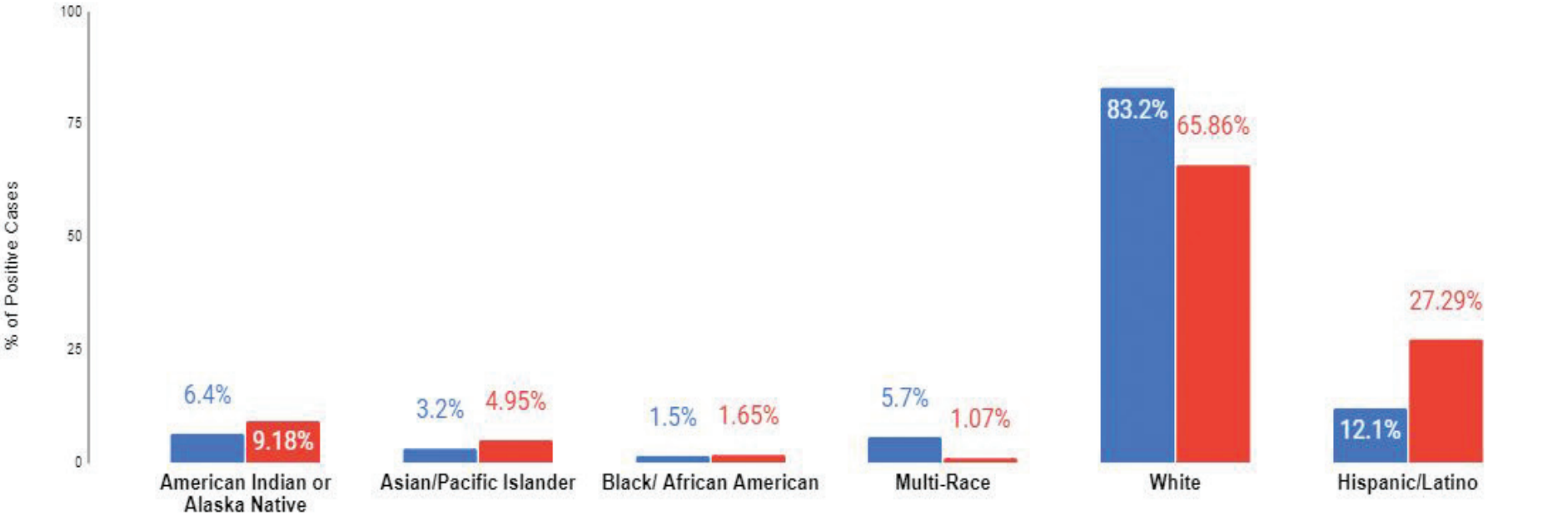
Siguiendo esto, el condado inicia la Fase 1C en la cual los de 50 y mayor, los de 16 a 64 con riesgo aumentado de contraer el COVID-19 y otros miembros de la fuerza laboral de infraestructura crítica serán elegibles para vacunación.

wLa vacuna del COVID-19 no será disponible al público general hasta la Fase 2, el departamento de salud pide a los residentes que sigan las pautas de seguridad de COVID-19.

Humboldt County Positive COVID-19 Cases by Race/Ethnicity

As of Jan. 29, 2021

■ % of population ■ % of COVID-19 cases



Source: Humboldt County Department of Health and Human Services, U.S Census Bureau: 2019 for Humboldt County (Asian alone & Pacific Islander were tabulated together)

Infographic by Alexandra Gonzalez

COVID vaccines available to essential workers



Yolanda Stevens, occupational health supervisor, receives the first dose of the Pfizer-BioNTech COVID-19 vaccine, delivered by Tina Wood, nurse manager of critical care services, on Tuesday, Dec. 15, 2020. | Photo courtesy of Humboldt Public Health

by Sergio Berrueta

Humboldt County has begun vaccine distribution in order to combat the spread of COVID-19. Phase 1A of Humboldt's Public Health distribution plan is currently being carried out in three tiers.

Tier 1 focuses on healthcare workers, long care term residents, dentists and private health practitioners. Phase 1B is expected to start in February and March and will be focused on long-term care residents 75 and older.

Workers and residents in group homes from Butler Valley, a non-profit located in Eureka focused on programs and services for adults with intellectual disabilities, are among the first. In an interview David Atchison, Case Coordinator of Butler Valley, talked about receiving the vaccine.

"It was quick and easy. I gave a list of our staff the night before our vaccination date. They gave us a questionnaire to fill out and took me to a table in order to get the shot," Atchison said.

Pfizer/BioNTech's vaccine is the one being used in the distribution. The vaccination site is confidential.

"There was 15 minutes after getting the vaccine for observations afterwards to check for any effects so you don't go into shock on the highway heading home," Atchison recalled.

This came around the same time the county put a pause on distributing the Moderna vaccine that they had in their

supply in the wake of those who received it in San Diego County experiencing anaphylaxis shock.

Desi, a resident of Butler Valley who only wishes to go by their first name, also received the vaccine, was somewhat nervous.

"For me, right now, it was a lot of anxiety because there were a lot of people there," Desi said. "My arm was sore, but nothing else. I know each person is different."

Before the vaccine rollout, it's been a tumultuous time in Humboldt with COVID-19 cases rising in the past nine months. Since the first reported case in Humboldt back in Feb. 20, 2020, there have been a total of 2,494 positive cases, 2,011 of which have recovered. There have been 86 hospitalizations and 25 deaths.

During this time, the pandemic has made significant changes to Atchison's day to day life.

"A lot of my job involves being on site and you cannot really do that from home," Atchison said. "Social aspects being significantly reduced and almost a year dealing with a coronavirus and not seeing a change has been difficult. We deal with the constant changes. One week you can do this, one week you can't."

Desi had taken up hobbies in the pandemic with the loss of the said social aspects.

"I sketch a lot. I'm an artist and do sketch art of ice cream, strawberries, cows and chicken," Desi said. "I also learned how to make lanyards and make masks because I have a sewing machine."

The vaccination rollout in the state as a whole has not been the best compared to other states. Currently, as of publication of this article, California ranks No. 49 in vaccination rates according to Bloomberg with only 2.3 million of people vaccinated.

The exact number of those vaccinations is currently not available in the county.

"That's largely due to the fact that some doses are delivered directly to approved vaccinators, and the state is still developing a tracking tool to identify how many doses are with which providers," said Meriah Miracle, Public Information Officer for Humboldt County.

Public Health has received 15,000 of the first and second doses of the vaccine at this time of writing this article.

The slow rollout has been due to a shortage of supply in the state to which Governor Gavin Newsom stated it would take "until June" to have every senior in California vaccinated.

Currently, the stay-at-home order has been lifted allowing for a return to outdoor dining.

Vacunas contra el COVID-19 disponibles para trabajadores esenciales

por Sergio Berrueta
traducido por Nancy Garcia

El Condado de Humboldt ha empezado a distribuir la vacuna contra el COVID-19 para combatir el contagio. La fase 1A del plan para la distribución de la Salud Pública de Humboldt se llevará a cabo en tres niveles.

El nivel 1 se enfoca en los trabajadores de salud, residentes de cuidado a largo plazo, dentistas y médicos privados. Se espera que la fase 1B empiece en Febrero para que en Marzo se enfoquen en gente de 75 años o mayores.

Los trabajadores y residentes hospedados en Butler Valley estuvieron entre los primeros en recibir la vacuna. Butler Valley es una organización sin fines de lucro en Eureka con programas y servicios para adultos con discapacidades intelectuales. En una entrevista el Coordinador de Casos de Butler Valley, David Atchison, cuenta su experiencia recibiendo la vacuna.

“Fue rápido y fácil. Di la lista de nuestros empleados la noche antes de la vacuna. Nos dieron un cuestionario para llenar, y me llevaron a una mesa para recibir la vacuna,” dijo Atchison.

La vacuna que se está distribuyendo es de Pfizer/BioNTech. El sitio de vacunación es confidencial.

“Después de recibir la vacuna te observan por 15 minutos en precaución de cualquier efecto para que no entres en shock por la carretera en camino a casa,” dijo Atchison.

Todo esto se suscitó a la vez que el condado detuvo la distribución de reservas de la vacuna Moderna ya que la gente que la recibió en el Condado de San Diego entró en shock anafiláctico.

Desi, residente de Butler Valley que ha pedido el uso de solo su primer nombre, también recibió la vacuna a pesar de sus nervios.

“Para mi, ahora, fue cuestión de mucha ansiedad, había mucha gente presente,” Desi dijo. “Mi brazo estaba adolorido, pero hasta ahí. Sé que cada quien es diferente.”

Antes de la distribución de la vacuna, los últimos nueve meses en el Condado de Humboldt han sido difíciles con casos de COVID-19 incrementando alarmantemente. Desde que se reportó el primer caso el 20 de Feb. 2020, el condado ha reportado 2,494 casos positivos, de los cuales 2,011 se han recuperado. Ha habido 86 hospitalizaciones y 25 fallecimientos.



Tina Wood, enfermera gerente de servicios de cuidados intensivos se prepara para administrar la primera dosis del condado de la vacuna Pfizer-BioNTech del COVID-19. | Foto cortesía de Humboldt Public Health

La pandemia ha causado cambios en la vida cotidiana de Atchison.

“Mucho de lo que hago en el trabajo requiere que esté presente en el sitio, no se puede hacer desde casa,” dijo Atchison. “Tener los aspectos sociales reducidos, por ya casi un año, y luego lidiar con todo esto del Coronavirus sin cambio ha sido demasiado difícil. Lidiamos con los cambios constantes. Una semana se puede hacer tal cosa, y para la próxima ya no.”

Desi ha incrementado sus hobbies a través de la pandemia ya que los aspectos sociales se redujeron.

“Dibujo mucho. Soy artista y dibujo helados, fresas, vacas y pollos,” dijo Desi. “También he aprendido a hacer acolladores y máscaras porque tengo maquina de coser.”

La distribución de vacuna a través del estado no ha sido la mejor que pudo haber sido, especialmente comparado con otros estados. Desde la fecha de publicación de este artículo, California es número 49 en el

índice de vacunación según Bloomberg. Sólo 2.3 millones de personas han sido vacunadas.

El número exacto de aquellos vacunados en el Condado de Humboldt no está disponible.

“Eso es debido, en mayor parte, a que las dosis son enviadas directamente a los vacunadores aprobados, y el estado sigue desarrollando una manera de rastrear cuantas dosis están con cada proveedor,” dijo Meriah Miracle, la oficial de Información Pública en el Condado de Humboldt.

La Salud Pública ha recibido 15,000 dosis, primarias y secundarias, en el momento de escribir este artículo.

La lentitud de la distribución se debe a la escasez de suministro vacunales en el estado. El Gobernador Gavin Newsom dijo que tomaría hasta Junio para que toda la gente de la tercera edad en California sea vacunado.

Por el momento, la orden de quedarse

en casa se ha levantado permitiendo que los restaurantes tengan comedor al aire libre.

“Fue rápido y fácil. Di la lista de nuestros empleados la noche antes de la vacuna. Nos dieron un cuestionario para llenar, y me llevaron a una mesa para recibir la vacuna”

—David Atchison,
Coordinador de Casos de Butler Valley

From Oaxaca to Humboldt, a new bakery cafe opens in Eureka with sandwiches to tres leches pastries

by Karina Yamileth Ramos Villalobos

As a child Jose Chavez knew he wanted to pursue cooking as his career and at the age of 13 Chavez made his first apple cake. Now at 25, Chavez owns My Little Oaxaca Bakery & Cafe in Eureka.

After graduating from the International Culinary College of Oaxaca, Mexico, Chavez came to the United States to fulfill his goal of starting a business, just four years ago. Chavez reunited with his father in Kansas City and quickly moved to see his sister in Fortuna who he hadn't seen in 10 years.

"This is how I started my cakes here in Humboldt through my niece and nephews for their birthday parties, through the guests I started to gain clientele and that's how everything started," Chavez said.

Chavez can bake all types of pastries like tres leches, chocoflan, and special birthday cakes. As a customer you can request to create any form of cake with certain designs or pictures on it. Chavez also sells sandwiches, tortas, and on weekends Chavez has special tacos with handmade tortillas.

"There are a lot of people who haven't for a long time been reborn of authentic Mexican cake and I want to remind you of all sorts of things because you can't go to Mexico to eat like conchas, galletas (cookies), pasteles de tres leches," Chavez said.

Chavez understands that for many people, it's been a long time since they've had

authentic Mexican pastries and he wanted to remind people of them.

"I went to the cafe the first week it opened and I love the tres leches cake, it tasted just like the tres leches cakes I grew up with at every birthday party," Christina Torres, a customer said. "The owner has also been super friendly the several times I've been back to get more desserts."

Mi Little Oaxaca Bakery & Cafe in Eureka is now open Monday through Saturday from 7 a.m. to 6 p.m. and on Sunday from 7 a.m. to 5 p.m. at 3943 Walnut Dr A, Eureka, CA 95503.

"My vision is first, God willing, is to bear all this pandemic and then I want to expand a little more and open another store in Fortuna or Arcata," Chavez said. "Keep following and supporting us because it is a very difficult time and the truth is as Latinos we should gather together and come to the store as support to help us with more income."



Authentic decorations from Oaxaca, Mexico displayed in the bakery.



Jose Chávez is holding his freshly baked tres leches cupcakes with strawberries, blueberries and cherry as top

De Oaxaca a Humboldt, un nuevo café panadería ha llegado a Eureka con tortas a pasteles de tres leches

by Karina Yamileth Ramos Villalobos
Traducido por Karina Yamileth Ramos Villalobos



Signage in Mi Little Oaxaca Bakery & Cafe.

Como niño José Chávez sabía que quería seguir cocinando como su carrera y a la edad de 13 años Chávez hizo su primer pastel de manzana. Ahora a los 25 años, Chávez es dueño de My Little Oaxaca Bakery & Cafe en Eureka.

Después de graduarse del Colegio Culinario Internacional en Oaxaca, México, Chavez vino a los Estados Unidos para cumplir su meta de empezar un negocio, hace solo cuatro años. Chávez se reunió con su padre en Kansas City y rápidamente se trasladó a ver a su hermana en Fortuna quien no había visto en 10 años.

“Así es como comencé mis pasteles aquí en Humboldt a través de mi sobrina y sobrinos para sus fiestas de cumpleaños, a través de los invitados que empecé a ganar clientela y así comenzó todo,” Chávez dijo.

Chávez puede hacer todo tipo de pasteles como tres leches, chocoflan, y pasteles especiales de cumpleaños. Como cliente puede solicitar crear cualquier forma de pastel con ciertos diseños o imágenes. Además de pasteles Chávez vende sándwiches, tortas, y los fines de semana Chávez tiene tacos especiales con tortillas hechas a mano.

“Hay mucha gente que no ha renacido desde hace mucho tiempo del auténtico pastel mexicano y quiero recordarles todo tipo de cosas porque no puedes ir a México a comer como conchas, galletas, pastas de tres leches”, dijo Chávez.

Chávez entiende que para muchas personas, ha pasado mucho tiempo desde que han comido auténticas repostería mexicana y quería recordarles a la gente.

“Fui a la panadería la primera semana que abrió y me encanta el pastel de tres leches, sabía como los pasteles de tres leches con los que crecí en cada fiesta de cumpleaños,” dijo Christina Torres, una cliente. “El propietario también ha sido super amable las varias veces que he vuelto para conseguir más postres.”

Mi Little Oaxaca Bakery & Cafe en Eureka ahora está abierto de lunes a sábado de 7 a.m. a 6 p.m. y el domingo de 7 a.m. a 5 p.m. en 3943 Walnut Dr A, Eureka CA 95503.

“Mi visión es primero dios aguantar todo esto de la pandemia y ya después tal vez expandir un poco más y hacer otra tienda en Fortuna o Arcata,” Chavez dijo. “Sigamos apoyando porque es un tiempo muy difícil y la verdad como Latinos deberíamos reunirnos y que vinieran a la tienda un poquito nos ayudaran con más ingresos.”



Some of the freshly baked pasteries Chávez had at Mi Little Oaxaca Bakery & Cafe.

AACAE presents “Mapping Routes to Liberation”

by Steffi Puerto

As a part of their theme for Black Liberation Month, Humboldt State's African American Center of Academic Excellence (AACAE) presents “Mapping Routes to Liberation,” an inclusive month of education, growth, and self love for the Black and various communities here at Humboldt State.

AACAE coordinator Douglass Smith and Social Media Manager Imari Washington shared pillars of Nguzo Saba (Kwanzaa) which are; Umoja (unity), Kujichagulia (self determination), Ujima (collective work and responsibility), Ujamaa (collective economics), Nia (purpose), Kumba (creativity), and Imani (faith). A practice system that they base their work off and incorporate into the AACAE's core.

“These are all very important principles that we try to base all of our work off of and it's important that we include these in the main principles of our center as it guides the work we do,” said Washington.

AACAE has a five speaker series lined up for the month. The speakers will include

Saifya Nobles PhD., Kyle Boone PhD., Leah Peeniman, Ja'net Adams, and Nina Ellis-Hervey, PhD.

The first speaker is Safiya Nobles PhD., who will be speaking on her book “Algorithms of Oppression” Thursday Feb. 4 at 5:30 p.m.

The second speaker is Kyle Boone PhD., who is the director of Student Affairs will be speaking on Friday, Feb. 5 at 3:30 p.m. about how students of color can navigate tools in marginalized areas and predominantly white areas.

The third speaker will be Leah Peeniman from Soul Fire Farm who will be discussing liberation of the land. on Thursday, Feb. 11 from noon to 2 p.m.

The fourth speaker will be Ja'net Adams on Wednesday, Feb. 17 at 5:30 p.m. talking about Black Wealth and how to avoid the debt trap.

The fifth and final speaker will be Nina Ellis Ph.D, on Thursday, Feb. 25 at 4 p.m. who will be speaking to an audience largely

consisting of Black and Brown women about self love and mental well being.

Washington mentions her excitement for these upcoming events. More notably for Dr. Noble's presentation, as we see Black creators being pushed aside on social platforms and not given the recognition they deserve for their art and talents.

Washington expressed her frustration with Black creators being pushed down by social media platforms, despite them being the ones who she believes spearhead trends.

“I know that Dr. Noble is going to have so many good tips and strategies in helping us become more efficient, with our social media use, and tackling these algorithms. I'm really excited for what she has to say,” Washington said.

Smith added that this year, Black Liberation Month is going to be student focused and will bring empowerment and tools to students.

The AACAE is offering very diverse speakers, and workshops for this upcoming

month. They all tie into the theme of Mapping Routes to Liberation and they open discussions of how liberation is embraced, discussed, and taught.

“Understanding that, you know, our liberation as a people comes from multiple different methods and ways of getting to liberation. There's just not one way and so raising awareness about different ways of liberation,” Douglass Smith said.

To keep up to date with the AACAE and the rest of the upcoming events for Mapping Routes For Liberation make sure to follow their instagram page @aacahsu for daily updates and interactive posts.

AACAE has provided a link in their instagram bio that takes you directly to their calendar events where you can find more information as well as Zoom links. You can also check out aacae.humboldt.edu for more information and for their calendar events.

BLACK LIBERATION MONTH 2021



LOVE YA'SELF YA' MAJESTY


FREE, exclusive event for The Black and Brown community.
In celebration of Black History Month, Black Humboldt is pleased to bring you a gathering for Black self love and care.

Saturday, February 13th
2pm
ZOOM Meeting ID 328 941 2424

Join us in a safe space to kick back and talk Black self care & Love. We will mingle and discuss an array of self care tips and techniques for anyone to adapt into their everyday lives.

Topics include: Self love, mental health awareness, meditation, physical well being, skin and hair care, routines and rituals, holistic health care and financial well being.

Guest speakers include:
Queen Dee, KM Ross of KM Ross Photography, Cedric Aaron, Levia Love of Bling Brow Bar, Blessed Earth Herbals, AniBraids and Need A Hand Thickness





For more information on check out @BlackHumboldt across socials or online at www.BlackHumboldt.com

Black Humboldt Presents: “Love Ya’Self Ya’ Majesty”

by Steffi Puerto

Local organization Black Humboldt will present “Love Ya’Self Ya’ Majesty”, an online event to celebrate Black Liberation Month.

The event will take place Saturday, Feb. 13 via Zoom from 2 to 4 p.m. It's a special event for the Black and Brown communities in Humboldt County.

Volunteer & Co-founder Monique Harper-Desir hopes that this event strengthens the Black and Brown community here in Humboldt. She says the topics will cover self care and love, mental health, financial tips and more.

“Self-care and self-love is a lot harder to achieve when we live in a society that is ingrained in anti-blackness and it's important to remind each other that our lives matter and are worth a lot and we are a people to be nurtured and taken care of, especially by one another,” Harper-Desir said via email.

Guest speakers include Queen Dee, KM Ross of KM Ross Photography, Cedric Aaron, Levia Love of Bling Brow Bar, Blessed Earth Herbals and AniBraids.

The breakout session will begin at 12:15

pm. There will be a total of four break out rooms with four to five speakers in each room.

The discussion will be conducted in a panel style, so the community can ask questions and engage with the speaker's presentation.

“We want to create as much of a natural conversation as possible,” Harper-Desir said.

The “Love Ya’Self Ya’majesty” event is a place for Black and Brown folks to build community. Black Humboldt wants their community to feel empowered, loved and recognized.

“It is important to build community networking as well as a system of caring for each other,” Harper-Desir said. “It is important to build community especially as the Black-Brown community is such a minority in Humboldt County. We want everyone to know that we are a safe space, looking to connect and take care of one another.”

The “Love Ya’Self Ya’ Majesty” virtual event Zoom link will be available in their virtual poster.

Making a vegan recipe in an OhSNAP!

Channa Masala Stuffed Bell Peppers straight from the bag

by Mikayla Moore-Bastide

Home-cooked meals on rainy days will always reign superior. Especially the ones that my mom used to make when I was home.

Her go-to? Stuffed bell peppers.

The aroma of the sweet bell pepper baking in the oven, the buttery rice layered on top of the adobo seasoned ground meat, and the melted mozzarella cheese being the icing on top of the cake. My go-to meal for any gloomy day.

Then I remembered, I'm vegan and unemployed, so this exact recipe will do me no good. My financial stability hasn't been feeling so stable lately. It's hard to buy my favorite foods when everything requires you to sacrifice your right arm, left leg, and first born child.

I was reminded that Oh SNAP! existed so I thought, "Oh SNAP! Here I come!"

Their Spring 2021 hours haven't been announced just yet, but they will update their instagram soon, @hsuohsnap.

Oh SNAP! gives you three bags to choose from: meat-eater, vegetarian and vegan. They provide ingredients for breakfast, snacks, and lunch/dinner meals. Although the ingredients included make good meals themselves, I still like to be a little creative.

Remember, back there, when I said my mom's recipe wouldn't work out for me? Well, I created my own, with ingredients from Oh SNAP!.

While sweet bell peppers were not included in the bag, those were the only ingredients I had to buy from the store; everything else was included.

So I just made myself a comfy dinner for about \$4.

Yes, of course, I'll share it with you!



The bright stuffed bell peppers are fresh out of the oven, ready to be eaten and enjoyed. | Photo by Mikayla Moore-Bastide



The ingredients from OhSNAP! are lined up and ready to be used in this simple recipe. | Photo by Mikayla Moore-Bastide

Vegan Chana Masala Stuffed Bell Pepper

Serving Size: 2
Time: 45 min

Ingredients:

- 1 cup of rice (included in bag)
- 1 packet of Tasty Bite Organic Channa Masala (included in bag)
- 1 cup canned corn (included in bag)
- 2 sweet bell peppers

Directions:

1. Cook your rice.
2. After the rice is done cooking, heat up the Channa Masala and the corn together following the directions on the back of the package.
3. Preheat your oven to 350 degrees F.
4. Wash and dry your bell peppers.
5. Cut the tops off of the bell peppers; place the tops aside. Fill the peppers half and half with rice on the bottom and the channa masala on top. Place the tops back on.
6. Bake for 15 minutes.
7. Carefully remove and let it sit for 5 minutes. Enjoy!

Extra Tips!

1. If you want to get fancy-schmancy with it, sprinkle some (vegan) mozzarella cheese on top. Bake the peppers 15-20 minutes more to melt them on top.
2. If your circumstances make it possible, don't be afraid to zhuzh it up with some cherry tomatoes or spinach.

Comida para el alma - Caldito verde



Calidito verde recién hecho, caliente y listo para servir | Foto por Emily McCollum



Se puede agregar queso fresco después de servir para enfriar el calor junto con lima, totopos y clinatro. | Foto por Emily McCollum

por Emily McCollum traducio por Monica Jarquin

¿Qué nos viene a la mente cuando pensamos en comidas caseras o reconfortantes de la cocina Latina? Probablemente es algo picosito – como el perrito de mi vecino – y con sazón. Cuando yo pienso en comidas caseras o reconfortantes de la cocina Latina, instantáneamente me imagino enchiladas o una gran olla de sopa, ya sea sopa de tortilla, pozole o albóndigas, las sopas son fundamental en nuestra cultura y van más allá de ser reconfortante. Enchiladas verdes son uno de mis platos reconfortantes favoritos de todos los tiempos, aquí mi receta probada y comprobada que perfectamente encaja los dos. Caldillo verde.

Caldito Verde
Tiempo de preparación: 1-3 horas
Rendimiento: 10 cuartos de galón de sopa

Ingredientes:	
2 cucharadas de ajo, picado	5 zanahorias grandes, cortado en cubos
1 racimo de apio, cortado en cubos	2 cebollas grande (blanco o amarillo), cortado en cubos
4 chiles pasilla o poblano	1 lb de pollo, cortado en cubos
1 lata pequeña de chile verdes en cubos	5 papas rojas medianas, cortado en cubos
1 large can of green enchilada sauce	1 lata grande de salsa de enchilada de chile verde
2 cuartos de galón de agua	Comino
Ajo granulado	Pimentón ahumado o regular
Sal	Pimienta
Oregano	
Accompainments:	
Cilantro fresco	Limón
Queso fresco	Totopos

- Elaboración:**
- Esta receta produce muchas raciones. Yo uso una olla de 10 cuartos de galón, puede que quieras reducir a la mitad los ingredientes según tus recursos y resultado deseado.
 - Encender el horno para asar. Cortar los chiles a la mitad a lo largo y sacar las semillas. Colocarlos en una bandeja para hornear con la piel hacia arriba y frotar con aceite o rociar con aceite en espray. Meter los chiles al horno cerca de la parte superior y observar como burbujan. Una vez que queden carbonizados, sacar los chiles y colocar los en un recipiente y tapar para que terminen de cocinar al vapor, dejar a lado.
 - En la olla, empezar a pochar el mirepoix (zanahorias, apio y cebolla) con un poco de aceite de oliva. Añadir el ajo y todas las especias en porciones de 2 a 4 cucharadas iguales, al gusto.
 - Una vez que el recipiente se sienta fría al tacto, es hora de pelar la piel carbonizada. Esta es probablemente la parte más tediosa del proceso, no te preocupes si no puedes pelarlo completamente. Ya pelados, cortar en cubos y añadir a la olla.
 - Una vez que estén opacas los vegetales, añadir el pollo, la lata de chiles y la salsa de enchiladas. Añadir el caldo de pollo y el agua, dejar hervir y luego bajar la flama y cocinar a fuego lento. Pueda que no necesites añadir toda el agua a la sopa, usar discreción ya que cada olla es diferente. Dejar cocinar a fuego lento por 40 minutos, probar y sazonar al gusto.
 - Mientras la sopa se cocina, cortar en cubos las papas y añadir a la olla después de los 40 minutos, cocinar a fuego lento por 15 minutos más o hasta que estén tiernos las papas. Si este proceso ha llenado tu casa con sabrosos olores asegúrate de dejar tu recipiente enfriarse por hasta 10 minutos, tu lengua no quemada te lo agradecerá. Sirva con cilantro fresco, queso fresco, totopos y con una rodaja de limón, o tres.

Los Bagels

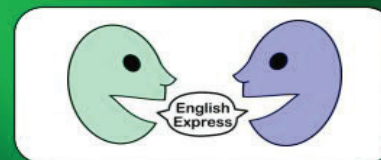
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¡Mejor Guacamole en Humboldt!

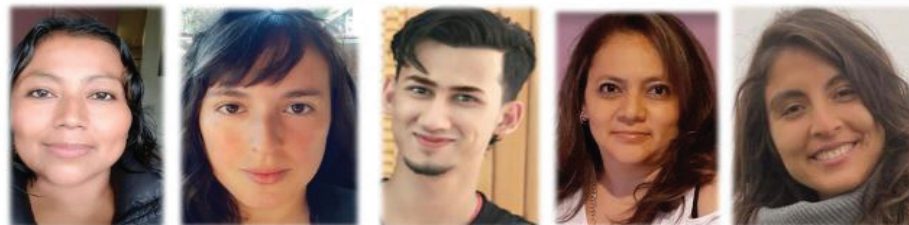
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» *El leñador* «

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Address: 1 Harpst St., Arcata, Gist Hall 227
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Radio Centro - KZZH 96.7 FM.

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Every Tuesday & Thursday at 7 a.m.,
Wednesdays at 2 p.m., and Saturday &
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Health/COVID-19

COVID-19 Updates

Humboldt Health Alert:
on Humboldtgov.org

Infographic by El Lenador

www.ellenadornews.com

Humboldt County Department of Health & Human Services

Email: covidinfo@co.humboldt.ca.us
Phone: 707-441-5000.

Call Monday-Friday from 8 a.m.- 7 p.m., Saturdays from 10 a.m-2 p.m., closed on Sundays.
For medical advice and testing questions, call 707-445-6200, Spanish interpretation is also available for this number.

El Departamento de Salud y Servicios Humanos (DSSH) del condado de Humboldt

Correo electrónico: covidinfo@co.humboldt.ca.us
Numero de telefono: 707-441-5000.
Lunes - Viernes de 8 a.m.- 7 p.m., Sábados de 10 a.m-2 p.m., cerrados los Domingos.
Para consejo médico o preguntas sobre pruebas, llama 707-445-6200, la interpretación al español también está disponible para este número.

Centers for Disease Control and Prevention

Information about COVID-19 at www.cdc.gov/coronavirus/2019-ncov/index-sp.html

Centros para el Control y Prevención de Enfermedades

Se puede encontrar información en español del sobre COVID-19 en <https://www.cdc.gov/coronavirus/2019-ncov/index-sp.html>

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Legal Services of Northern California

Serving clients with health related legal issues in acquiring and keeping health-care services

Office is closed to walk-ins due to COVID-19, open for phone calls during normal business hours

Open: Monday, Tuesday, Thursday and Friday, 9 a.m. - 12 p.m.
& 1 p.m. - 4 p.m.
Wednesday, 10 a.m. to 12 p.m.
& 1 p.m. to 4 p.m.
Phone: (707) 445-0866

California Indian Legal Services

All CILS offices are currently closed to the public. Will continue to accept and return calls from new and existing clients.
Phone: (707) 443-3559

HSU Student Legal Lounge

Center for peer mentoring and legal resources for academic, activism, discrimination, housing, Title IX and DACA.
Email questions to: studentlegallounge@humboldt.edu
Website: studentlegallounge.humboldt.edu

Employment Development Department

Can find job services, file an unemployment insurance claim, and manage tax accounts.
Website: www.edd.ca.gov/

Social Services

24-Hour Mental Health Crisis Line

Assessments, referrals and emergency services are available 24 hours a day, 7 days a week.
Phone: (707) 445-7715.

Seventh Generation Fund

Devoted to Indigenous peoples self-determination and the sovereignty of Native Nations

Offering virtual programs, head over to their facebook page @7genfund for updates
Phone: (707) 825-7640

Centro Del Pueblo

A safe space for the raza/indígena community to prosper culturally, politically, and practically on the North Coast.
Regular Latinx community updates: www.facebook.com/centrodelpueblo/
Email: cdphumboldt@gmail.com

Humboldt County's Information Line

Phone: 2-1-1
Hours: Monday - Friday 9am-4pm

24-Hour Mental Health Crisis Line

Assessments, referrals and emergency services are available 24 hours a day, 7 days a week.
Phone: (707) 445-7715.

24-Hour Child Welfare Crisis Line

Phone: 707-445-6180

Food Resources

Food for People

Offers food assistance programs including food pantries, produce markets and food programs for children
Address: PO Box 4922, Eureka
Phone: (707) 407 0447

Food for People - Comida para la gente.

Servicio de comida gratis. Sin documentos
Dirección: 2112 Broadway St. Eureka
Con cita llame al: (707) 407 0447 (sólo le piden su nombre y fecha de nacimiento para reservarle comida)

Humboldt Senior Resource Center

Provide take-out meals available via drive-by pick-up only. Meals are available by reservation only for those age 60 and older. Reservations must be made no later than 7 days prior to pick-up day.
Call to make reservations.
Arcata: 707-825-2027
Eureka: 707-442-1181
Fortuna: 707-725-6245

St. Joseph Parish

All church related weekend and weekday masses and services, spiritual meetings, group activities, RCIA, CCD classes, adult catechesis, parent catechesis, confessions, funerals, etc., are cancelled.
Food pantry is open during the COVID-19 crisis.
Open: Monday, Wednesday and Fridays from 10:00 AM to Noon.
Address: 2292 Newburg Road, Fortuna, CA
Phone: (707) 725-1148

Cooperation Humboldt

Will help run errands and deliver food and supplies to those self isolating. Services available in both English and Spanish. Register in advance.
Website: cooperationhumboldt.com/
Ayudará a hacer mandados y entregar alimentos y suministros a aquellos que se aíslan. Servicios disponibles en inglés y español. Regístrese por adelantado. No preguntan por ningún documento.
Sitio web: cooperationhumboldt.com/
Telefono: (908) 422- 8538

Ethnic Markets

Little Japan

2848 F St., Eureka
Open: ThursdaysFriday & Saturday 11 a.m.-6 p.m
Updated hours due to COVID-19
Phone: (707) 798-6003

Oriental Food & Spice

306 W Harris St., Eureka
Open: Mon.-Sat. from 9a.m.-5 p.m.
Phone: (707) 445-3398
La Pasadita Market
Address: 420 N St., Eureka
Open: Everyday from.10 a.m.-9 p.m.

El Pueblo Market

312 W. Washington St., Eureka
Open: Everyday from 10 a.m.-9 p.m.
Phone: (707) 444-0952

La Chaparrita Market

Address: 520 Summer St., Fortuna
Open: Everyday from. 9 a.m.-9 p.m.
Phone: (707) 617-2570

El Buen Gusto

Address: 802 Broadway St., Eureka
Open: Mon-Fri from 10 a.m.-9 p.m.
Phone: (707) 798-6290
Fortuna Address: 1640 Main St.
Open: Mon-Fri from 9 a.m.-9 p.m.
Phone: (707) 725-8880