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El leñador

Humboldt State's Student Run Bilingual Newspaper

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diciembre 2018

Vol. 11 Edición 3

**Are You Earthquake
Prepared?**

PG 4

**Women of Color
Make History in
Congress**

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**What's in the
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**¿Está preparado
para terremotos?**

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**Mujeres de color
hacen historia en el
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**¿Qué tiene el
ponche?**

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» *El leñador* «

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In this issue...

Corrections:

In the November issue, in a piece called "CFA Faculty Advocate Statewide for Josiah Lawson," Renee Byrd was not attributed for a quote that was included: "One of the things that has been really central to the Black Lives Matter movement is this notion of healing."

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Front Cover:

Photo illustration by Celeste Alvarez.

From left to right: Deb Haaland, Ayanna Pressley, Sharice Davids, Ilan Omar, Alexandria Ocasio-Cortez.

Photos of congress elects courtesy of their respective communications and press team, unless otherwise stated.

Photo of Deb Haaland by Michael Ayana Gorman. Photo of Ilhan Omar by Erica Ticknor.

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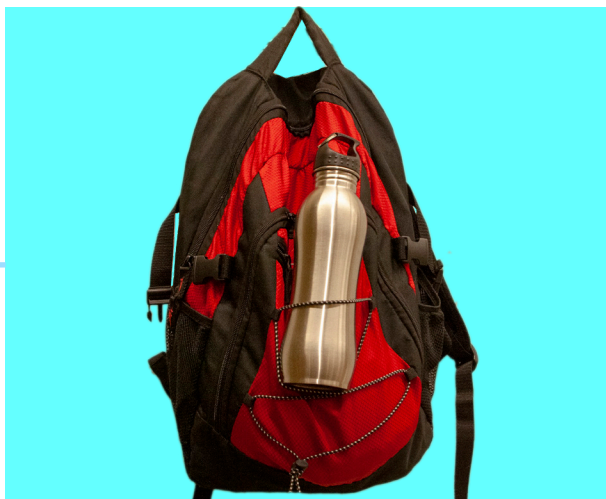
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MISSION STATEMENT

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.



El Leñador staff can be reached at
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Primera Página:

Foto ilustración por Celeste Alvarez.

De izquierda a derecha: Deb Haaland, Ayanna Presley, Sharice Davids, Ilhan Omar, Alexandria Ocasio-Cortez.

Fotos del congreso electos por su equipos de comunicaión.

Foto de Deb Haaland por Michael Ayana Gorman. Foto de Ilhan Omar por Erica Ticknor.

El Leñador es un periódico bilingüe producido por estudiantes subrepresentados de Humboldt State University. Nuestros valores fundamentales, como la integridad y la honestidad, nos llevan a buscar la voz de la comunidad latinx en el condado de Humboldt. Estamos comprometidos con mantener a nuestra comunidad informada de los eventos más importantes en actualidad. A través de nuestro periódico, esperamos inspirar a otras minorías para que publiquen un periódico propio y original, creando así más diversidad social, política, y cultural en la prensa local.



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

Are You Earthquake Prepared?

Resources for residents explain how to get ready

by Erika delos Reyes

Sounds of rumbling floors, cracking walls, shattering glass and blaring alarms were heard along California’s North Coast and Oregon’s South Coast.

Fortunately, this 60-second earthquake audio clip was only a disaster drill broadcast from Humboldt State University by KHSU public radio.

Radio listeners were instructed to “drop, cover, and hold on” for the 10th annual Great ShakeOut, an event observed by about 38,000 in Humboldt County out of more than 23 million people worldwide, but were not given much instruction on what to do before or after an earthquake.

“(My mom) does not speak English, she doesn’t know how to drive, and she doesn’t know how to buy an Amtrak ticket,” HSU senior Nahomi Rodriguez said. “I plan because I’m so far from home, and I don’t want my family to be nervous.”

Humboldt County is rated highest for potential earthquakes, landslides and tsunamis according to a 2014 United States Geological Survey seismic hazard index. Residents are urged to protect themselves by becoming more informed, by assembling disaster kits and by creating emergency plans.

Cris Jones Koczera, HSU emergency management coordinator and former disaster program manager for the American Red Cross of

Humboldt and Del Norte counties, believes that the most simplistic plans make a big difference.

“It doesn’t have to take a lot. It’s the conversation with your roommates or the conversation with your families,” Koczera said.

As the emergency management student assistant, Rodriguez works directly with Koczera to facilitate training sessions such as the Community Emergency Response Team (CERT) Academy. CERT is comprised of HSU students, staff and faculty who train and respond to incidents on campus when professional first responders are occupied.

“The basic idea is that we have a group of people that, if it all hit the fan, know what needs to happen and can kind of prioritize help, and hopefully manage some of the chaos,” Koczera said.

While CERT provides trained aid to emergency professionals, lay community members can take simple steps. See the sidebars for lists of essential items and ways to prepare.

“Whatever plans you make, practice them,” Rodriguez said. “You don’t want a plan to fail when you need it.”

“GRAB-AND-GO” DISASTER KIT

Backpack with these supplies:

- Closed-toed shoes and extra socks
- Flashlight, bulbs, and batteries
- Eyeglasses/contacts and cleaning solution
- First aid kit
- Medications, prescriptions, ID
- Multipurpose tool
- Warm clothing, hat, sleeping bag
- Bottled water and packaged snacks
- Heavy-duty plastic bags
- Emergency cash
- Hygiene, grooming and personal care products
- Comfort items such as writing materials, games and toys
- Road maps and list of contact numbers
- Hand-cranked or portable weather radio

Source: Living on Shaky Ground and Ready.gov

EARTHQUAKE SAFETY MATERIALS

Guide to disaster readiness: Ready
<https://www.ready.gov/earthquakes>
(English)

Practice for earthquake scenarios: The Great ShakeOut
www.shakeout.org/
(English)

Essential items and survival tips: Living on Shaky Ground
www2.humboldt.edu/shakyground/
(English)



WHAT TO DO BEFORE, DURING AND AFTER AN EARTHQUAKE

- Prepare**
Secure items that are potentially hazardous or may fall, topple or slide.
Collect critical supplies and create disaster kits.
Choose a meeting place and an out-of-area contact person.
- Survive**
Drop to the floor, take cover under furniture and hold on until shaking stops.
If you are in a tsunami hazard zone, walk inland and/or to higher ground.
Check for injuries and damage (if assisting others, prioritize personal safety).
- Recover**
Stay away from evacuated areas until officials permit you to return.
Be in communication via radio (cell phone towers may be down).
Expect earthquake aftershocks that may do additional damage.

Sources: Earthquake Country Alliance’s “Seven Steps for Earthquake & Tsunami Safety”
Living on Shaky Ground and Ready.gov

Compiled by Erika delos Reyes

¿Está preparado para terremotos?

Recursos para residentes explican como perpararse

por Erika delos Reyes
traducido por Anthony Alonso-Pereira

MATERIALES DE SEGURIDAD PARA TERREMOTOS

Guía para la preparación de desastres:

Listo <https://www.ready.gov/es/terremotos>

Práctica para la preparación de terremotos:

El Gran ShakeOut <https://www.shakeout.org/espanol/>

Artículos esenciales y consejos de supervivencia:

Viviendo Sobre Tierra Inestable http://www2.humboldt.edu/shakyground/shakyGroundMagazine_Spanish-LORES.pdf

QUÉ INCLUIR EN UN KIT DE DESASTRE "GRAB-AND-GO"

Mochila con estos suministros:

- zapatos cerrados y calcetines extra
- Linterna, bombillas, pilas y palos luminosos
- Lentes/lentes de contactos y solución de limpieza.
- Botiquín de primeros auxilios
- Medicamentos, recetas, ID
- Herramienta multiusos
- Ropa de abrigo, gorro, cobija empacable y bolsa de dormir
- Agua embotellada y bocadillos saludables empaquetados
- Bolsas de plástico
- Dinero en efectivo de emergencia
- Productos de higiene, aseo y de cuidado personal
- Artículos de confort como materiales de escritura, juegos y juguetes
- Mapas de carreteras y lista de números de contacto
- Radio del clima portátil de manivela manual

Fuente: Viviendo Sobre Tierra

Sonidos de pisos retumbando, paredes agrietadas, vidrio rompiendo y alarmas sonando se escuchaban sobre la costa del norte de California y la costa del sur de Oregon.

Afortunadamente, este clip de audio de 60 segundos fue solamente un simulacro de desastre de parte de Humboldt State University por el radio público de KHSU.

Oyentes de radio fueron instruidos a "tirarse, cubrirse, y detenerse" para el décimo anual Great ShakeOut, un evento observado por más de 38,000 en el condado de Humboldt a de más de 23 millones de gente mundial, pero no se les dio mucha instrucción sobre qué hacer antes o después de un terremoto.

"(Mi mamá) no habla Inglés, ella no sabe cómo manejar, y ella no sabe cómo comprar un ticket de Amtrak," dijo estudiante Nahomi Rodriguez. "Yo hago planes porque estoy tan lejos de mi casa, y yo no quiero que mi familia esté nerviosa."

El condado de Humboldt lleva la clasificación más alta en el índice de riesgo sísmico para temblores potenciales, deslizamientos y tsunamis de acuerdo a un estudio en el 2014 del United States Geological Survey.

Les urgen a residentes a que se informen y que se protejan a sí mismos armando kits de desastres y por creer planes de emergencia.

Cris Jones Koczera, la coordinadora de gestión de emergencias para el American Red Cross de los condados de Humboldt y Del Norte, cree que los planes más simplistas hacen un diferencia grande.

"No necesita mucho. Son los conversaciones con tus compañeros o los conversaciones con tus familias," dijo Koczera.

Como la asistente estudiantil de gestión de emergencias, Rodriguez trabaja directamente con Koczera para facilitar sesiones de entrenamiento como Community Emergency Response Team (CERT) Academy. CERT está compuesto de estudiantes, personal y facultad de HSU quien entrenan y responden a incidentes en el campus cuando primer respondentes profesionales están ocupados.

"La idea básica es que tenemos un grupo de gente que, si todo pegara el ventilador, saben que necesita pacar y quien pueden priorizar ayuda, y ojalá gestionar un poco el caos."

Mientras CERT proporciona entrenamientos de ayuda para profesionales de emergencias, miembros de la comunidad laico pueden tomar pasos simplistas. Vee los barros laterales para listas de artículos esencial y modos para prepararse.

"Lo que sea tus planes que hacen, pratica los," dijo Rodriguez. "No quieres que un plan te falle cuando lo necesitas."

Fuente: Earthquake Country Alliance's "Siete Pasos para la Seguridad de Terremotos & Tsunamis"

Jultar por Erika delos Reyes

QUÉ HACER ANTES, DURANTE Y DESPUÉS DE UN TERREMOTO

Preparar

Asegure artículos que sean potencialmente peligrosos o pueden caerse, derribar o deslizarse

Colecciona suministros críticos y crea kits de desastres

Escoge un lugar de reunión y una persona de contacto fuera del área

Sobrevivir

Ciaga a el piso, cúbrase debajo de los muebles y agárrese hasta que pare el temblor

Si se encuentra en una zona de peligro de tsunami, camine hacia del interior o hacia un terreno más alto

Compruebe si hay heridas y daños (si asiste a otros, priorice la seguridad personal)

Recuperar

Alejarse de áreas evacuadas hasta que los oficiales le permitan a regresar

Mantenga comunicación vía radio (las torres de telefonía celular pueden estar caídas)

Espere réplicas de terremotos que pueden causar hacer daños adicionales

Women of Color Make History in Congress

by Percival Royce

Across the country a record number of women and underrepresented folks were elected this cycle, signaling the first significant change in the House of Representatives since Donald Trump's election in 2016.

Many students and faculty alike are excited for what the future holds with these new representatives. Though voter turnout was down countywide, across the country it was at an all-time high.

In states such as New York and Georgia, historical elections took place. A total of 99 women won seats this election, comprised of 86 Democrats and 13 Republicans.

"I think it's incredibly exciting," said Nicola Walters, a lecturer for the Department of Politics on

campus. "I was anticipating a change like this. After presidential elections, especially controversial ones like Obama and Trump, change in the political spectrum is a given."

Puerto Rican Ocasio-Cortez, a Democrat from New York, is the youngest woman to be elected to Congress. A Boston University graduate and ex-bartender, Ocasio-Cortez grew up in the Bronx where she recognized income and immigration inequality.

Her main campaign issues became Health Care for All, LGBT rights, gun control and criminal justice reform.

HSU senior Taylor Picard wishes more candidates like

Ocasio-Cortez ran in Northern California.

"She's hitting all the issues that are important to college students," Picard said. "We need more people like that here."

Similar progress has been made in states like New Mexico, where Democrat Deb Haaland was elected as one of the first Native American women in Congress. Haaland's campaign focused on the environment and working families.

She won with an 11 percent margin in her state.

Alongside Sharice Davids of Kansas, Haaland will be one of two newly elected Native American women in the House of Representatives.

Ilhan Omar of Minnesota is the first-ever Muslim woman to be elected to Congress. Her campaign was centered around public education and implementing clean elections.

Omar is one of few to wear a hijab due to a 181-year-old rule that prohibits the wearing of hats on the House floor. Omar is advocating for a change to this law that would allow religious headwear in Congress.

In California alone, 35 female candidates ran for office. 19 of them won.

"I'm looking forward to a future of women in politics," criminology major Abby Kawai said. "Women are leaders, too."

Mujeres de color hacen historia en el congreso

por Percival Royce

traducido por Sinhai Dorantes

Un número récord de mujeres y gente subrepresentada fue elegida a través del país en este ciclo, indicando el primer cambio significativo en la cámara de representantes desde la elección de Trump en el 2016.

Muchos estudiantes están emocionados por el futuro con estas nuevas representantes. Aunque la participación de votantes se redujo en el condado, en todo el país llegó a su punto más alto.

En estados como Nueva York y Georgia, ocurrieron elecciones históricas.

Un total de 99 mujeres ganaron asientos en esta elección, compuesta de 86 demócratas y 13 republicanos.

Uno de esos miembros es Alexan-

dria Ocasio-Cortez.

La puertorriqueña Ocasio-Cortez, un demócrata de Nueva York, es la mujer más joven elegida al Congreso. Graduada de la Universidad de Boston y ex camarera de bar, Ocasio-Cortez creció en el Bronx donde reconoció la desigualdad de ingresos e inmigración.

Sus temas principales de campaña se convirtieron en Healthcare For All, derechos de LGBT, control de armas y reforma de la justicia penal.

Taylor Picard, estudiante de HSU, desea que más candidatos como Ocasio-Cortez se postulen en el norte de California.

"Está abordando todos los problemas que son importantes para

los estudiantes universitarios," dijo Picard. "Necesitamos más gente como ella aquí."

Avances similares se han logrado en los estados como Nuevo México, donde Deb Haaland, demócrata, fue elegida como una de las primeras mujeres nativo americanas en el Congreso. La campaña de Haaland se enfocó en el medio ambiente y familias trabajadoras.

Ella ganó con un margen de 11 por ciento en su estado.

Haaland será una de las primeras dos mujeres nativas americanas en la Cámara de Representantes junto a Sharice Davids de Kansas.

Ilhan Omar de Minnesota es la primera mujer musulmana que fue

elegida para el Congreso. Su campaña se centró en la educación pública y la implementación de elecciones limpias.

Omar es una de las pocas en usar un hijab debido a una regla de 181 años que prohíbe sombreros en la Cámara de Representantes. Omar está abogando por un cambio a esta ley que permita el uso de gorros religiosos en el Congreso.

Solo en California, 35 candidatas se postularon para el cargo. Diecinueve de ellas ganaron.

"Estoy esperando el futuro de mujeres en la política," dijo Abby Kawai, estudiante de criminología. "Las mujeres también son líderes".

Good World News

compiled by Cassaundra Caudillo

Sweden

In Stockholm, the capital of Sweden, advertisements on electronic billboards will begin changing to something more helpful. These billboards will now have directions to homeless shelters or heating rooms whenever temperatures drop to dangerous levels. The notices will be shown more frequently in places that are heavily populated with homeless people. If this project takes off, it could potentially spread to other cities.

Republic of the Congo

Congo has recently opened its fifth national park that will help protect dozens of struggling species. This new park is 860,000 acres, and can house a diverse amount of animals and plants. Conservationists hope that the park will save many endangered species just like other parks in the past. Parks similar to this one are the reason that the mountain gorilla improved from its critically endangered status.

South Korea

As dog meat consumption decreases in the country, officials have announced the shutting down of one of the largest dog slaughterhouses. The complex used to have six slaughterhouses, but the country will soon be turning it into a dog park. The capital city of Seoul announced that it would no longer have dog slaughterhouses at a market in Dongdaemun, and President Moon Jae-In prosecuted slaughterhouse operators for water pollution.

London

Black Friday shoppers decided to skip the bargains of the holiday season to shop at Choose Love instead. This shop is stocked with emergency blankets, warm clothing and hygiene supplies that can be used by European and Middle Eastern refugees in need. Backed by the non-profit charity, Help Refugees—which raised \$962,000 last year—has been so successful that this year it opened up another location in New York. Choose Love soon plans to expand their stock at both stores.

Community Brings Light to Lawson Case

Charmaine Asks to Pressure DA

by Victoria Nazario

Friends and concerned community members gathered at the Arcata Town Hall on Nov. 15 in remembrance of David Josiah Lawson. Member of the committee Justice for Josiah Meg Stofsky read a letter to the crowd that Josiah's mother, Charmaine Lawson, had written.

"Racism and murder and genocide are part of the air and soil here in Humboldt County," Stofsky said. "So we are here in [Charmaine's] loving quest for all students to be safe."

Lawson shared that the case is being passed on to the District Attorney, Maggie Fleming. The letter asked everyone to call the District Attorney and let her know that they are demanding prosecution for the case.

In the letter, Lawson also emphasized the fact that students of color are not safe in this community, and that the California State University system should have an obligation of keeping students of color safe.

"Students need to know that there are people here who are not going to accept that students are not safe," Stofsky said.

Alex Foster, a friend of Josiah, believes that people in power can really have an impact on this case, but have not been doing the best they could.

"We are nervous that the case is being handed off," Foster said. "We thought we were going to get justice the first try with the preliminary hearing. But we got cheated out of that."

Foster believes that no one's job is done until they can bring enough light to this case, and get it in the right authorities' hands that can actually prosecute, solve, convict and bring justice.

"Many people's response to David Josiah's death has shone a really bright light on how much racism there is in our community," community member Elizabeth Finger said.

To contact District Attorney Maggie Fleming, call: (707) 268-2571.



Community members hold up a banner that celebrating and honoring David Josiah Lawson's life during the November vigil in front of Arcata's City Hall on Nov. 15, 2018. Photo by Jose Herrera

Students Get High to Obtain High Grades

The negative effects of Adderall abuse

by Victoria Nazario

Students' workloads can lead to late-night cramming and, with finals week fast approaching, some students are ditching rest and caffeine for Adderall.

"Adderall is usually called an academic drug and is very prevalent amongst college students," said Wesley Harrison, executive director of North Coast Substance Abuse Center.

Amphetamines such as Adderall are stimulants that have been used in many forms over the years as a way to improve mental focus. Amphetamines are a schedule II drug, which means they have a high potential for abuse as well as high risk of addiction, according to Center on Addiction, a nonprofit organization that conducts research on effective strategies to fight addiction.

Taking Adderall for non-medical or non-prescribed purposes can be extremely dangerous and even deadly.

Humboldt State University student Angel Orellana has used Adderall in the past to study for exams and to write papers.

"You don't feel anything when you are on Adderall," Orellana said. "You are just focused. You are not thinking about eating, sleeping, drinking - you just want to focus."

Center on Addiction reports that 60 percent of people who use Adderall are between the ages of 18 and 25 years old.

Neither HSU's student health center nor the Department of Health and

Human Services could provide data about the prevalence of Adderall use by HSU students.

Mira Friedman said that HSU has not sold Adderall for the past 15 years that she has worked as Lead for Health Education on campus.

Center on Addiction also reports that taking Adderall for non-medical or non-prescribed purposes can be extremely dangerous and even deadly. Using non-prescribed amphetamines like Adderall is also illegal.

"I took Adderall once to stay awake, and I had never taken it before," said HSU student Jamari Hilliard. "I wanted to sleep, but I couldn't. My body was tired, but my mind was wide awake."

What Adderall can do to the body

Harrison suggests that Adderall will not help a healthy person's cognition at all, and actually has a negative impact on the developing brain.

"People usually call Adderall the less harmful drug than meth, even though they are basically the same compound," Harrison said.

American Addiction Center reports that some of the long-term effects of Adderall includes increased risk of heart attack, abnormal blood pressure levels, muscle weakness, vitamin deficiencies, seizures, and damage to the nerve cells, which can increase the likelihood of sudden cardiac death.

Where Students Get Adderall

Two-thirds of college students who take Adderall steal pills from family members, friends or roommates, according to Center on Addiction.

Students at HSU have different ways of accessing Adderall through friends, family and word of mouth.

"I had a friend who sold Adderall for like eight to 10 bucks, and people actually buy it," said HSU student Samuel Barragan. "But I'd rather just drink coffee."



Graphic by Jazmine Mendoza

Estudiantes que se están elevando para altos grados

Los efectos negativo del abuso de Adderall

por Victoria Nazario
traducido por Ma Salazar

La carga de trabajo de estudiantes puede dirigir a noches tardes llenas de abarrotar y con finales de exámenes acercando rápidamente, algunos están dejando el resto y el café por adderall.

“Adderall suele ser llamada una droga académica y es muy predominante entre estudiantes de colegio,” dijo Wesley Harrison, director ejecutivo de North Coast Substance Abuse Center.

Anfetaminas como Adderall son estimulantes que se han usado en muchas formas durante los años como manera de mejorar atención mental. Anfetaminas son drogas programadas tipo II, esto significa que tienen potencial alta de abuso y también tienen un alto riesgo de adicción, conforme a el Centro en Adicción, una organización sin ánimo de lucro que conduce investigaciones en el ánimo de pelear ontra adicción.

Estudiante de Humboldt State University Angel Orellana a usado adderall en el pasado para estudiar para exámenes y excribir papeles.

“No sientes nada cuando estás en Adderall,” Orellana dijo. “Nomás estás enfocada. No estás pensando en comer, dormir, beber, nomás quieres enfocarte.”

El Centro para la Adicción reporta que 60 por ciento de gente que usa Adderall están en medio de 18-25 años de edad.

Ni HSU’s Centro de Salud o el Departamento de Salud y Servicios Humanos pudo proporcionar data sobre el uso predominio de Adderall por HSU estudiantes.

Mira Friedman dijo que HSU no a vendido Adderall en el campus durante los últimos 15 años que ella a trabajado como la Dirigidora para Salud Educativa en campus.

Centro para la Adicción reporta que

tomar Adderall para razones no médicas o sin ser preescrita puede ser extremadamente peligroso y mortal. Usando anfetaminas no prescritas como Adderall también es ilegal.

“Tome Adderall una vez para permanecer despierta, y nunca la había tomada antes,” dijo HSU estudiante Jamari Hilliard. “Quería dormir pero no podía, mi cuerpo estaba cansado pero mi mente estaba despierta.”

Efectos negativos de el uso de Adderall

Harrison sugiere que Adderall no va ayudar a la cognición de una persona saludable y actualmente tiene un impacto negativo en un cerebro que está desarrollando.

“Gente usualmente llaman Adderall la droga menos perjudicial que metafetamina, aunque las dos son hechas del mismo compuesto,” Harrison dijo.

Centro de Adicción Americano reporta que unos de los efectos a largo plazo de Adderall son conectados en el riesgo aumentado de ataque al corazón, niveles anormales de presión arterial, debilidad muscular, deficiencias de vitaminas, convulsiones y daño a las células nerviosas, lo que puede aumentar la probabilidad de muerte cardíaca repentina.

¿De dónde sacan los estudiantes Adderall?

Dos tercios de los estudiantes que toman Adderall roban píldoras a miembros de la familia, amigos o compañeros de habitación, según el Centro para la Adicción.

Los estudiantes de HSU tienen diferentes maneras de acceder a Adderall a través de amigos, familiares, y de boca en boca.

“Tenía un amigo que vendió Adderall por unos ocho a 10 dólares y gente realmente lo compraría,” dijo el estudiante de HSU Samuel Barragan. “Pero prefiero simplemente tomar café.”

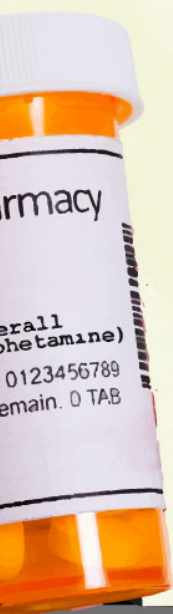


Grafico por Jazmine Mendoza

Construction Project Closes Paths

Departments discuss accessibility during seismic retrofit

by Jose Herrera

The million-dollar seismic retrofit project has already caused some frustration in regards to accessing campus from the north to south end, especially for people with mobility challenges.

Michael Fisher, director of planning, design & construction for Facilities Management, understands that the fenced-off area is an inconvenience, but is grateful for the support from faculty, staff and student staff about the construction.

“This is an important project for the campus,” Fisher said. “Seismic retrofits are about structural safety for the buildings themselves, and introduce structure and systems that will preserve these buildings for another 50 years.”

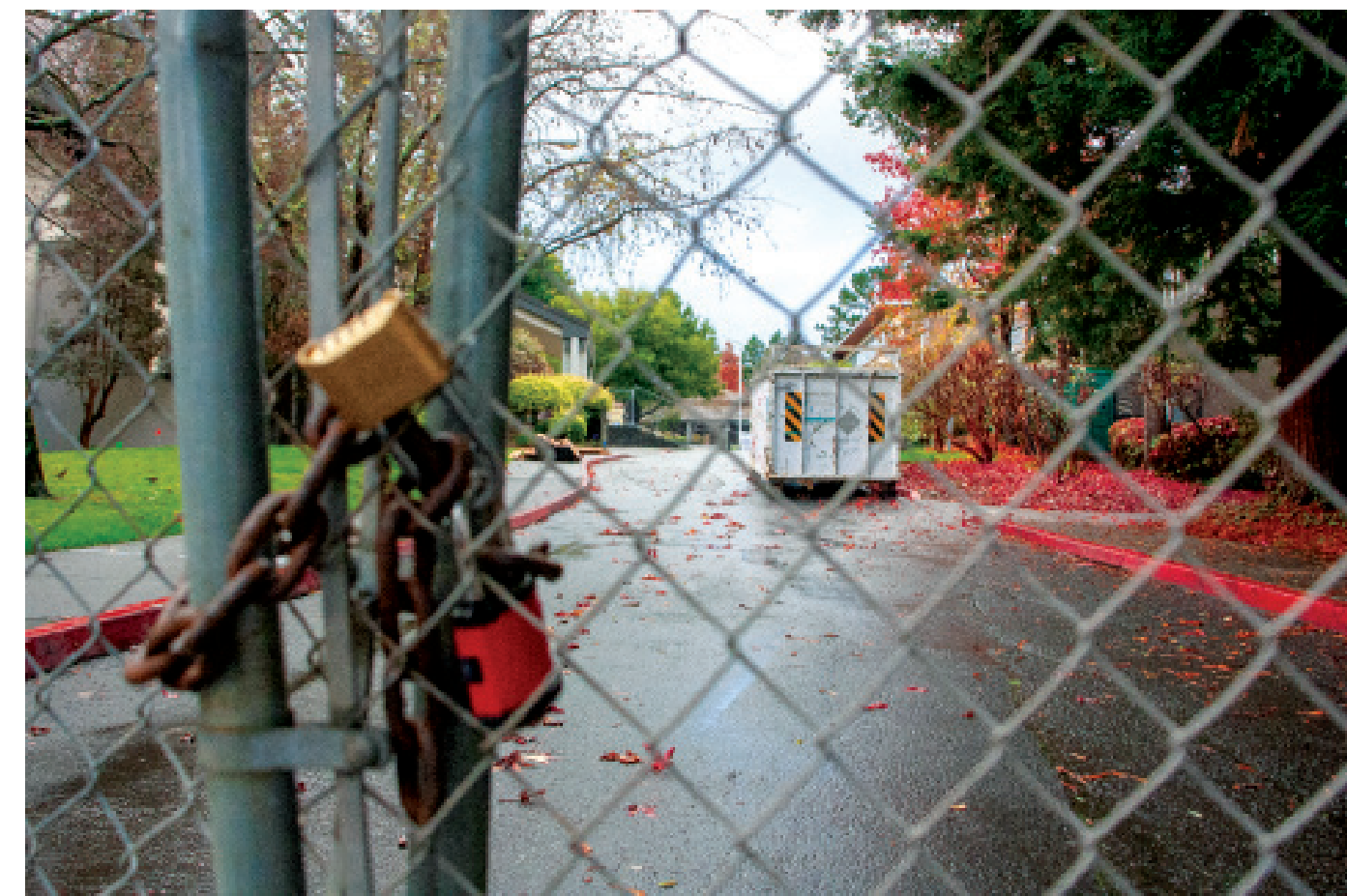
The seismic retrofitting consists of two renovation projects: one for the lower library and one for the Theatre Arts building. According to Project Manager Jason Baugh, the project has had one to two years of planning and has already relocated classes and spaces into available areas such as the Campus Events Field.

Currently in the third construction phase, both buildings will soon undergo major concrete and steel work, respectively, which is scheduled for completion by August 2019.

“Everyone’s a bit optimistic,” Baugh said. “We asked the contractor to be substantially done by the first of August. What that means is that we would be able to reoccupy those spaces.”

Getting Around

Director of Student Access Daniel Gutstein said that there hasn’t been a landslide of student concern regarding pathways around the fenced-off areas, but his department has addressed the problem and is finding solutions alongside Marketing & Communications and Facilities Management.



A fence was erected in mid-November, blocking access to a firelane path that students frequently use to get to and from the north side of campus, where locations including the library and student health center are located. | Photos by Jose Herrera

Gutstein said that they are working on creating new maps and signage to post to direct students. His department, with the help of Facilities is working on incorporating paddle-like handicap door openers in Art B.

“But we definitely made everybody aware, and that’s a good thing,” Gutstein said. “People are working on things. We always encourage students to reach out to us and let us know if there’s a problem with anything.”

Geography major Ryan Reger fractured his leg on Oct. 12 and has needed crutches since. Reger said that he’s been crutching, taking the bus and utilizing the SDRC’s tram system to get around.

The Student Disability Resource Center has a scheduled tram system that picks up students who register ahead of time, and Gutstein encourages anybody that would like to use the tram to get in contact with the center.

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8/21/18 - 12/11/18	T,Th	11:40am - 1:05pm	CR Eureka Campus, 7351 Tompkins Hill Rd., Eureka
8/21/18 - 10/23/18	T,Th	10:00 - 11:20am	CR Eureka Campus, 7351 Tompkins Hill Rd., Eureka
10/30/18 - 12/11/18	T,Th	10:00 - 11:30am	CR Eureka Campus, 7351 Tompkins Hill Rd., Eureka
8/28/18 - 12/4/18	T,Th	2:00 - 2:30pm	Humboldt High School, Room 100 1700 3rd, Eureka
8/28/18 - 10/22/18	M,W	8:00 - 8:30pm	Eureka High School, Room: P12 1815 J St., Eureka
10/24/18 - 12/4/18	M,W	8:00 - 8:30pm	Humboldt High School, Room: P12 1815 J St., Eureka
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by Cassandra Caudillo

Speedy Taco: 1223 Broadway St. & 112 W. Harris St.

Speedy Tacos that gives you a taste of the holidays by serving tamales all year long. They also serve some vegetarian options such as vegetarian burritos and tacos to appease everyone.

Southside Mike's Bar-B-Que: W. 15th St. & Short St. (Wed.-Sat.: noon-7 p.m.)

Mike's gives you a taste of the southside, their menu contains different types of barbecued meat, sandwiches, and bowls that come with meat and a side of mac and cheese. If you try it and fall in love with their flavors, they also sell bottles of sauce.

Taco Brothers: 1415 5th St. (Mon.-Sat.: noon-7:30 p.m.)

This food truck offers your typical Mexican food menu, but serves fresh homemade horchata and jamaica, too. They also serve some uncommon meats such as cabeza (head meat), beef chile colorado, and deshebrada (shredded beef).

Taquería La Barca: 1434 Myrtle Ave. (Mon.-Fri.: 11- 6 p.m.)

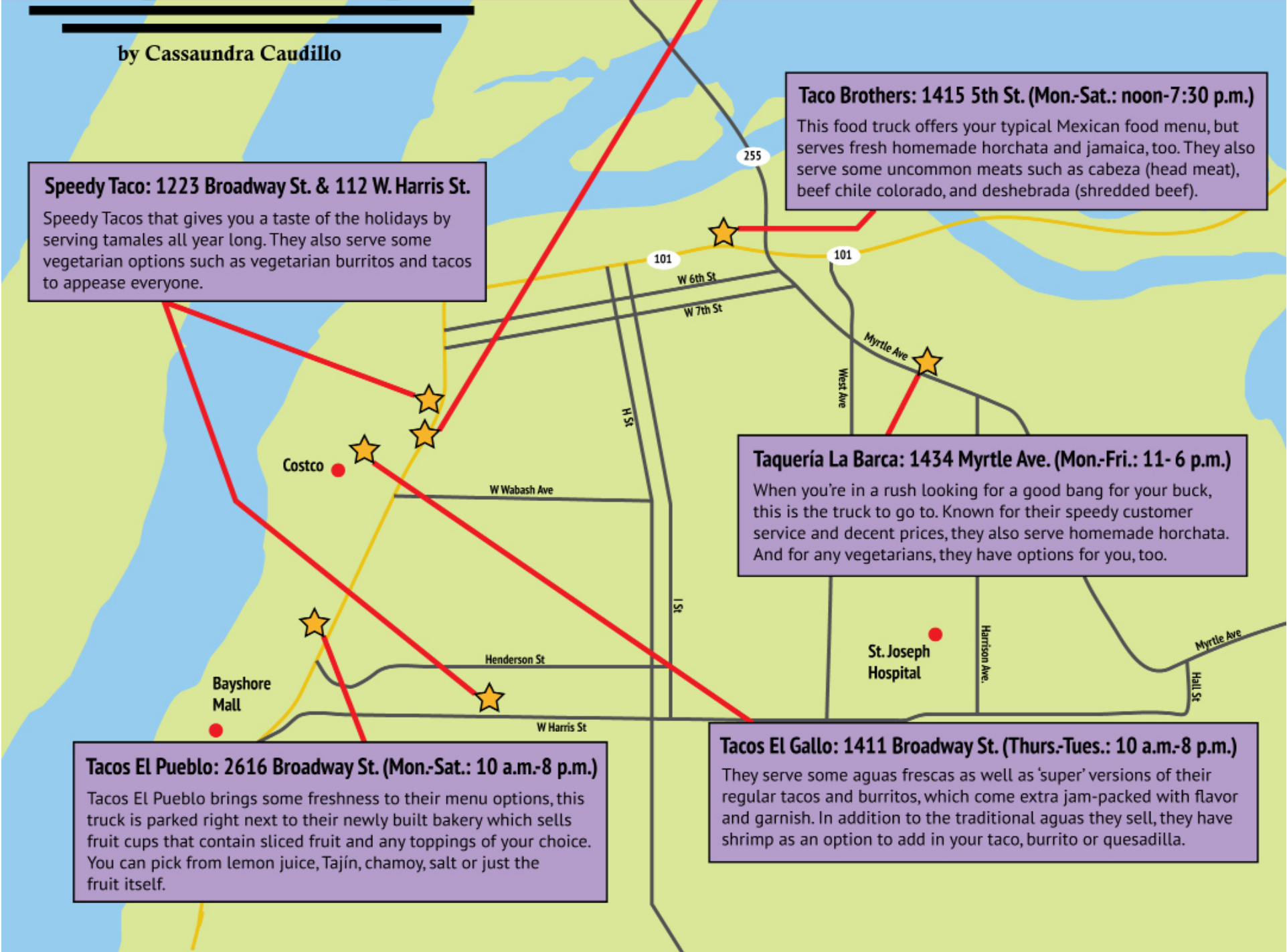
When you're in a rush looking for a good bang for your buck, this is the truck to go to. Known for their speedy customer service and decent prices, they also serve homemade horchata. And for any vegetarians, they have options for you, too.

Tacos El Pueblo: 2616 Broadway St. (Mon.-Sat.: 10 a.m.-8 p.m.)

Tacos El Pueblo brings some freshness to their menu options, this truck is parked right next to their newly built bakery which sells fruit cups that contain sliced fruit and any toppings of your choice. You can pick from lemon juice, Tajín, chamoy, salt or just the fruit itself.

Tacos El Gallo: 1411 Broadway St. (Thurs.-Tues.: 10 a.m.-8 p.m.)

They serve some aguas frescas as well as 'super' versions of their regular tacos and burritos, which come extra jam-packed with flavor and garnish. In addition to the traditional aguas they sell, they have shrimp as an option to add in your taco, burrito or quesadilla.



Graphic by Mikaylah Rivas

Save Some Green by Eating Vegan

by Ma Salazar

Being vegan means refraining from using or eating animal products. People often wonder if being vegan is affordable or easily accessible, especially people of color whose diets often reflect that of the working class.

Veganism existed in communities of color long before it was adopted by the white community who coined the term vegan in 1944.

Veganism is not a new concept for people of color. Both the Latinx and Black community, for example, partake heavily in veganism. In southern California, mainly in working-class Latinx/Mexican neighborhoods, vegan food vendors gather and wait for customers. The vendors veganize everything even down to tacos de tripitas (beef intestine tacos), a working-class food.

Veganism existed in communities of color long before it was adopted by the white community who coined the term vegan in 1944, such as the religious communities of Hinduism and

Jainism who practiced veganism before the British.

Cruelty-free living existed within communities of color at first and ever since whites adopted the style, people of color were under the illusion that being vegan could not be affordable as it was seen as a “rich white person diet.”

The Cost of Eating Vegan

Anjelica Yee, a fourth-year wildlife conservation and management student, has been preparing vegan food for a year and a half. Yee was a vegetarian for two and a half years before becoming vegan.

“Before I went grocery shopping I had an average, and I used to spend around \$90 dollars every three weeks on groceries,” Yee said. “Now that I’m vegan I shop smarter. If you buy dried beans and different greens and fresh produce at Winco it’s so cheap and it’s all around \$20.”

Mary Sue Savage, a Prevention Coordinator for CHECK IT, has been vegan for 14 years. Savage states that making the transition from vegetarian to vegan was hard, especially in a household that ate meat.

Once Savage learned how to cook, she continued to stay away from packaged vegan substitutes such as vegan burger patties and pizzas, and is able to get adequate protein from plant-based products.

“It is affordable as I eat primarily veggies, beans, rice, grains: things that are natural, plant-based. I don’t eat a lot of packaged vegan substitutes which tend

“Now that I’m vegan I shop smarter. If you buy dried beans and different greens and fresh produce at Winco it’s so cheap and it’s all around \$20.”

to be more expensive,” Savage said.

Lillian Franke, a licensed and multi-certified Diet Counselor, Nutritional Educator and founder of RD and ME NorthState said accessibility to vegan options is even plentiful in most health

food stores.

“Most clean-eating, simple foods can be purchased even at the local dollar store, making it affordable no matter what your budget,” Franke said.

Benefits of Being Vegan

Practicing to be a healthy vegan does require knowing how to eat the right foods so that protein and nutrients remain active parts of your diet.

“Texturized vegetable protein—lentils, tofu, quinoa, sea vegetable, to name a few—are known properties that include anti-inflammatory, anti-cancer, anticoagulant, antithrombotic, and antiviral,” Frank said.

If practiced correctly, a vegan diet can result in beneficial changes.

“My health has drastically improved since becoming vegan,” Savage said. “A plant-based diet can be incredibly healing.”



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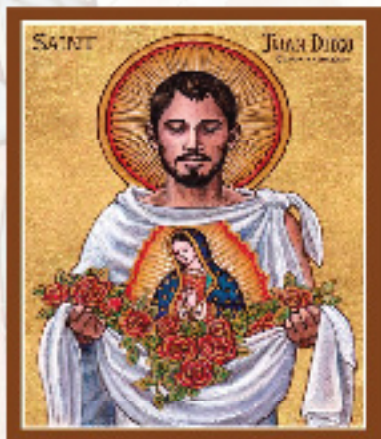



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What's in the Punch?

¿Qué tiene el ponche?

by Anthony Alonzo-Pereira

The very first time that I found myself stranded in Humboldt for Thanks-giving break was the first time I truly felt homesick.

As a second-year student, having moved out of the campus dorms and into my own apartment, I felt the onset of adulthood through a lonely holiday season. For the first time ever, the food that I had taken for granted did not just magically materialize.

To cure my homesickness, I wanted to try my hand at some traditional holi-day food.

Ponche is a hot beverage popular around the holidays across Latin Amer-ica. It is very easy to make and its ingre-dients are incredibly versatile, so if you cannot find something on the list, you can easily substitute it or leave it out all together.

A whiff of ponche transports me to Christmas Eve, with everyone sipping on a cup waiting for the tamales to be ready. Sure, there are some differ-ences with the contents of the cup then and now—I've decided that I don't like plátano (plantain) in my ponche and that I do like piquete (a nip of rum)—but that's what makes it so special.

Most of the ingredients, if not all, in our ponche are based on arbitrary choices that reflect the tastes and pref-erences of our household. They tell a story.

I now prefer to use brown sugar because it can be added gradually as opposed to a whole cone of piloncillo—again, an arbitrary choice.

Dried fruit found its way into the pot after my parents came to this coun-try; my grandmother in Guatemala always used fresh fruit. It was more affordable here and it cut down on some prep time, which is crucial when you consider how much time goes into the tamales on the same day.

Variations to our ponche have occurred and will continue to occur. It is a tradition more like an old photo album than a recipe, with each ingredient containing decades of memories.

Ingredients:

1 fresh pineapple
1 coconut
1 plantain
½ small papaya
2 pears
2 apples (Granny Smith or Fuji, de-pending on whether you prefer tangy or sweet)
½ cup tejocotes (hawthorn fruits)
¼ cup dried apricots
¼ cup dried peaches
¼ cup dried plums (with pit)
¼ cup of raisins
Brown sugar to taste (sub. for piloncillo)
3-4 sticks of cinnamon
~6 pieces of whole allspice
Small amount of fresh rosa de jamaica (hibiscus for color)

Directions:

Drain the milk from the coconut (one of the three markings will be "false" and give easily to a knife or a corkscrew).

Peel and chop the pears, apples, dried apricots and dried peaches no bigger than 1" cubes. Set aside.

In a large pot, mix water, allspice and cinnamon over medium heat.

Add brown sugar and bring to a simmer.

As the water is simmering, chop the pineapple and add it to the mix. Smaller pieces work bet-ter. Let simmer for 5 - 10 minutes.

Add the fresh pears and apples, and simmer until they have softened.

Add the dried fruit, tejocotes and plan-tain. Let simmer for 5 - 10 minutes. The longer you keep it over heat, the sweeter it will become. Throw in the fresh hibiscus for the final few minutes (for color).

Serve it hot with a small spoon. Add a bit of dark rum for some holiday cheer!

Chop different fruit into different shapes to easily tell them apart!

¿Qué tiene el ponche?

por Anthony Alonzo-Pereira

traducido por Ma Salazar

La primera vez que me encontré atra-pado en Humboldt para el descanso de Acción de Gracias fue la primera vez que realmente sentí nostalgia.

Como estudiante de segundo año, habiéndome mudado de los dormitorios del campus a mi propio apartamento, sentí el inicio de la edad adulta durante una temporada de vacaciones. Por prim-era vez, la comida que había dado por sentado no se materializó mágicamente.

Para curar mi nostalgia, quería probar algo de comida tradicional navideña de mis propias manos.

Ponche es una bebida caliente popular durante las vacaciones en toda América Latina. Es muy fácil de hacer y sus ingredientes son increíblemente versátiles, por lo que si no puede encon-trar algo en la lista, puede sustituirlo fácilmente o dejarlo fuera todo junto.

Una bocanada de ponche me trans-porta a la Nochebuena, y todos beben una taza esperando que los tamales estén listos. Claro, hay algunas diferen-cias con el contenido de la taza entonces y ahora, he decidido que no me gusta el platano (plátano) en mi ponche y que me gusta el piquete (un trago de ron), pero eso es lo que hace es tan especial.

La mayoría de los ingredientes, si no todos, en nuestro ponche se basan en elecciones arbitrarias que reflejan los gustos y preferencias de nuestro hogar. Cuentan una historia.

Ahora prefiero usar azúcar marrón porque se puede agregar gradualmente en lugar de un cono entero de piloncillo, una opción arbitraria, una vez más.

La fruta seca se abrió camino en la olla cuando mis padres vinieron a este país; mi abuela en Guatemala siempre usaba fruta fresca. Fue más asequible aquí y redujo el tiempo de preparación, lo cual es crucial cuando se considera cuánto tiempo pasa en los tamales el mismo día.

Las variaciones a nuestro ponche han ocurrido y seguirán ocurriendo. Es una tradición más parecida a un álbum de fotos antiguo que a una receta, con cada ingrediente que contiene décadas de recuerdos.

Ingredientes:

1 piña fresca
1 coco
1 plátano
½ papaya pequeña
2 peras
2 manzanas (Granny Smith o Fuji, depen-diendo de si prefiere amargo o dulce)
½ taza de tejocotes
¼ taza de albaricoques secos
¼ taza de duraznos secos
¼ taza de ciruelas secas (con hueso)
¼ taza de pasas
Azúcar marrón al gusto (sustituto del piloncillo)
3-4 palitos de canela
~6 trozos de pimienta de allspice.
Pequeña cantidad de rosa jamaica fresca (para color)

Instrucciones:

Drene la leche del coco (una de las tres marcas será "falsa" y se entregará fácil-mente a un cuchillo o sacacorchos).

Pele y corte las peras, las manzanas, los albaricoques secos y los duraz-nos secos que no tengan más de 1 pulgada de cubos. Dejar de lado. En una olla grande, mezcle el agua, la pi-mienta de Jamaica y la canela a fuego medio.

Añadir el azúcar marrón y llevar a fuego lento. A medida que el agua hi-erve a fuego lento, corte la piña y agréguela a la mezcla. Las piezas más pequeñas funcionan mejor. Dejar cocer a fuego lento durante 5 - 10 minutos.

Agregue las peras y manzanas frescas y cocine a fuego lento hasta que se hayan ablandado. Añadir los frutos secos, los te-jocotes y el plátano. Dejar cocer a fuego lento durante 5 - 10 minutos. Cuanto más tiempo lo mantengas caliente, más dulce se volverá. Agregue el hibisco fresco durante los últimos minutos (para el color).

Servir caliente con una cuchara pequeña. ¡Agregue poco de ron oscuro para poco de alegría avideña!

¡Pica diferentes frutas en diferentes formas para distinguirlas fácilmente!



Photos by Anthony Alonzo-Pereira

Fotos por Anthony Alonzo-Pereira

Shame on You, HSU

Take more responsibility for the safety of students

by Héctor Alejandro Arzate

Over 1,900 freshmen and transfers were admitted and registered to attend HSU in the fall semester of 2018. According to the Office of Institutional Effectiveness, only 15 percent of the overall student population of 7,774 were from the local service region (presumably from Humboldt County and the surrounding areas) during this semester. Meanwhile, 30 percent were from the Los Angeles region, 13 percent were from the San Francisco Bay Area region and the remaining students were from other regions in California, out of state or foreign. That's 85 percent, or 6,622 of the students at HSU, are coming from outside of the local area.

More importantly, that means our university is responsible not just for the education of its students, but the safety and well-being of all students. Every student should be able to come up to Humboldt without having to worry about their own life, where their head lays at night, when their next meal will be, or who they can count on for mental health support. Unfortunately, this is not the reality. Despite the best efforts of the resources and individu-

als on campus, some students still slip through the cracks. Of course, that's not meant to discredit any of those real efforts and changes but it feels like an uphill battle.

To have several students die or suffer in any way during their time at Humboldt State is not just a tragedy, it's a shame on this institution.

While the university can't be responsible for every experience a student has, it should do everything possible to prevent any unnecessary or foreseeable issues. That means preventing homelessness and food insecurity, providing adequate mental health and academic support, and especially informing students of real, present dangers in the area, be they racism or natural hazards.

Students aren't just another face in the crowd of recruitment numbers or cash amounts. They are real people who matter, and if HSU is going to recruit them from outside areas to prevent low enrollment, it needs to be held accountable for preparing students and protecting them.



Photo by Héctor Alejandro Arzate

The staff of El Leñador sends its thoughts and condolences to the friends and family of HSU freshman KeyMaan Stringer, who was pulled into the water at the North Jetty in Eureka on Monday, Oct. 29. His body has not yet been recovered.

By all accounts, KeyMaan was a kind, boisterous student eager to get an education at Humboldt State University. He was originally from Los Angeles and had aspirations of breaking into acting and entertainment. His presence is missed by all those who knew him.

Join El Leñador!

If you would like to join El Leñador, Spring 2018 class will be 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

Solidarity With My People

by Sinhai Dorantes

Mobs of angry tijuateros shut down the usual traffic-heavy roundabout surrounding the bronze Cuauhtémoc statue. Their hands gripped red, white and green flags while proudly chanting, “¡Puro México, cabrones!”

My eyes watered as my parents and I drove away from the police-guarded protest, and turned to a street lined with hundreds of families and travelers sleeping on the sidewalk. Seeing the vulnerable migrants being yelled at to go back to their country was the most heartbreaking image I have ever witnessed in my life.

It makes me so sad seeing my own people, my own raza bullying other trying groups. How is it that we are raised in a culture based on respect and hospitality, yet we are threatening and turning away our neighbors in need?

I don’t understand how a person facing the same judgment and barriers can possibly agree with the statements and mindset of such an arrogant, divisive U.S. president.

I don’t understand how other Latinx folk can possibly yell at someone “Go back to your country! You don’t belong here!” when they themselves have heard that their entire life. How can we project such discrimination to fellow struggling people of color when we have been facing that same discrimination from our northern neighbors?

NO ONE DESERVES THAT TREATMENT!

All that is being asked of you is your hospitality. Not your homes, not your jobs, just your support.

No matter how frustrating or unexpected our guests may be, we need to continue to offer our compassion and help.

One person does not define an entire group, and one person should not be the cause of humiliation and hatred for an entire group of people.

We must remain unified as humanitarians, and remember that we all share simi-

lar struggles. We cannot attack ourselves when there are forces attacking us already. This will not be another War on Us!

We cannot allow this divide. We need to stop building walls between ourselves; there are already enough people working on that.

For information on how to support the Central American migrant caravan in Tijuana, you can visit the Pueblo Sin Fronteras and Border Angels websites.



Woman protecting her child from tear gas bombs. | Graphic by Mikaylah Rivas
Mujer protege su hijo de gas lacrimógeno. | Gráfico por Mikaylah Rivas

Solidaridad Con Mi Gente

por Sinhai Dorantes

traducido por Anthony Alonzo-Pereira

Multitudes de furiosos tijuateros cerraron la rotonda habitual pesada de tráfico que rodea la estatua de bronce de Cuauhtémoc. Sus manos empuñaban banderas rojas, blancas y verdes mientras orgullosamente cantaban, “Puro México Cabrones!”

Mis ojos se llenaron de lágrimas cuando mis padres y yo nos alejamos de la protesta vigilada de policía y nos giramos a una calle llena de cientos de familias y viajeros que dormían en la acera. Viendo a los migrantes vulnerables y escuchando

los gritos de que se regresen a su país fue la imagen más desgarradora que he visto en mi vida.

Qué tristeza me da ver a mi propia gente, a mi propia raza acosando a otros grupos con dificultades. ¿Cómo es que somos criados en una cultura basada en el respeto y la hospitalidad, y estamos amenazando y rechazando a nuestros vecinos necesitados?

No entiendo cómo una persona que enfrenta el mismo juicio y barreras puede estar de acuerdo con las declaraciones y la mentalidad de un presidente tan arrogante y divisivo.

No entiendo cómo otras personas Latinx pueden gritarle a alguien “Vuelve a tu país! No eres de aquí!” cuando ellos mismos han escuchado eso toda su vida. ¿Cómo podemos proyectar tal discriminación a otras personas de color que están luchando cuando nosotros hemos enfrentado la misma discriminación de nuestros vecinos nortños?

¡NADIE SE MERECE ESE TRATAMIENTO!

Lo único que se les pide es su hospitalidad. No sus casas, no sus trabajos, solo su apoyo.

No importa que tan frustrantes o inesperados sean nuestros visitantes, tenemos que continuar ofreciendo nuestra compasión y ayuda.

Una persona no define un grupo y una persona no debe de ser la causa de la humillación y el odio de un grupo entero.

Tenemos que quedar unidos como humanitarios y recordar que todos compartimos luchas similares. No nos podemos atacar entre nosotros mismos cuando ya hay fuerzas atacandonos. Esto no será otra Guerra contra Nosotros!

No podemos permitir esta división. Tenemos que dejar de construir muros entre nosotros, ya hay suficiente de personas trabajando en eso.

Para obtener información sobre cómo apoyar a la caravana de migrantes Centroamericanos en Tijuana, puede visitar los sitios web de Pueblo Sin Fronteras y Border Angels.

One-Way Reporting Creates Conflict for Latinx Community

by Vanessa Flores

For the other Latinos that stay up-to-date by watching the news on television, it is critical to keep in mind that media bias on television might interfere with getting the full story.

According to a study reported earlier this year from Pew Center Research, 74 percent of Latinos in the U.S. used the Internet as a weekly news source in 2016. The use of the Internet to get news can be good or bad, depending on where you search.

This is a big problem, especially in Hispanic media.

Hispanic media are not nearly as huge as their English-speaking counterparts, which makes it tough for the U.S. Hispanic market who don't have a vast array of news sources to choose from, especially in Spanish.

According to journalism.org, Univision and Telemundo are the main sources of television news for Spanish speakers. But their reporting on immigration, politics or anything that affects the Hispanic community is often based on feelings or opinions rather than on facts.

News anchor Jorge Ramos for Univision has been called out for his biases numerous times. A group of conservative Latino leaders began a campaign against Ramos in 2016 to have him removed from Univision during the presidential election. The "Ramos Must Go" campaign claimed that Ramos had shown himself to be incapable of being an impartial and credible anchor in his coverage of the election.

Journalist Michael E. Miller for The Washington Post called Ramos a "conflict junkie" in an article back in 2015, claiming that his vocal support for immigration reform has affected his reporting. Ramos, a "hopelessly biased" reporter is often compelled to cover news stories he has a passion for or relates to.

But is this fair to the public? Ramos, who has been deemed the voice of Latinos, often does the work of an activist and not one of a journalist. His drive and passion for immigration issues and corruption within governments are admirable, but they don't allow him to act in an

impartial manner.

That creates an issue since it unconsciously leads him to shape the public's opinion by failing to provide facts and context of the facts. This is also true for other journalists/anchors on Univision and Telemundo, who report on topics that often affect their livelihoods, friends or family. But their advocacy for immigration, politics and many other things interfere with these journalists' objectivity.

In other news, The Media Research Center conducted a four-month analysis of weekday evening newscasts aired on Univision and Telemundo, which showed that the networks' domestic coverage was "dominated by partisans" from the left. The MRC also found that both had served as "pawns of public relations or publicity campaigns."

"It's a disservice to the Latino community, who often trusts or looks to the media for news and information."

According to the MRC, anchors were promoting and referring viewers to the Affordable Care Act website in their efforts to advocate for the Obama administration.

"It was an infestation of marketing done on both Univision and Telemundo," said Ken Oliver-Mendez, an author of the report.

I notice this all the time within both of these networks, and it's unfortunate and unfair to the public. It frustrates me that people—like my mom who predominantly speaks Spanish—get their news from Univision or Telemundo and are not given the opportunity to come to their own informed conclusions on issues because of biased or skewed reporting.

It's a disservice to the Latino community, who often trusts or looks to the media for news and information.

Noticieros parciales un problema para la comunidad Latinx

por Vanessa Flores
traducido por Aaron Vasquez

Para los demás Latinos que se informan a través de los noticieros de televisión, es muy importante recordar que la parcialidad en los medios puede interferir en recibir la historia completa.

En un reporte de Pew Center Research, un estudio reclamo que el 74 por ciento de Latinos en los Estados Unidos usaron el internet entre semana como una fuente de información en el 2016. El uso del internet para recibir noticias puede ser bueno o malo, dependiendo en qué partes de la red esté buscando.

Esto es un gran problema, especialmente en los medios hispanos.

Los medios hispanos no existen a la misma magnitud de sus equivalentes en inglés, y esto crea dificultades para el mercado hispano, que no tiene muchas opciones de noticieros para elegir, especialmente para los que solo hablan español.

Conforme a journalism.org, Univision y Telemundo son las fuentes principales de noticias en televisión para hispanohablantes. Pero sus reportajes sobre inmigración, política, o cualquier cosa que afecta la comunidad hispana son frecuentemente reportados basados sobre los sentimientos y opiniones y no ante todo sobre hechos.

Jorge Ramos, presentador de noticias para Univision, ha sido criticado por sus prejuicios en varias ocasiones. Un grupo de líderes latinos conservativos comenzaron una campaña en contra de Ramos en el 2016 para removerlo de Univision durante la elección presidencial. La campaña "Ramos Must Go" reclamó que Ramos se demostró a ser incapaz de ser un presentador de noticias imparcial y creíble durante la elección.

Periodista Michael E. Miller para The Washington Post llamó Ramos un "busca conflicto" en un artículo atras en el 2015, reclamando que su soporte vocal para reforma de inmigración ha afectado sus reportajes. Ramos, un reportero "con prejuicios y sin ayuda" es a menudo obligado a cubrir noticias que le afectan personalmente.

Pero será justo al publico? Ramos, que es considerado como una voz de Latinos, a veces hace el trabajo de un activista y no de un periodista. Su esfuerzo y pasión para cuestiones de inmigración y corrupción dentro gobiernos es admirable pero no le permite actuar en una manera imparcial.

Eso crea un problema, ya que por falta de proveer los hechos y el contexto de esos hechos, inconscientemente está moldeando la opinión del público. Esto también es cierto de otros periodistas y presentadores de noticias en Univision y Telemundo que reporta en temas que afectan a sus amigos y familia. Pero es su apoyo por inmigración, política, y muchas otras cosas que interfieren con la habilidad de estos periodistas a actuar en una manera objetiva.

En otras noticias, el Media Research Center condujo un análisis de cuatro meses de noticieros vespertinos que transmitieron en Univision y Telemundo, cual demostró que la cobertura de las redes domésticas era "dominada por partisanos" de la izquierda. El Media Research Center también encontró que ambos sirvieron como "peones de relaciones públicas o campañas publicitarias" a tiempos.

Se dieron cuenta que los anclajes estaban promoviendo y refiriendo a espectadores al sitio web del Affordable Care Act en sus esfuerzos de abogar para la administración de Obama. "Era una infestación de mercadotecnia hecho por ambos Univision y Telemundo," dijo Ken Oliver-Mendez, un autor de este reporte.

Me doy cuenta de esto todo el tiempo entre ambos de estas redes, y es desafortunado e injusto al público. Me frustra que gente, como mi mamá quien habla español, consigue sus noticias de Univision o Telemundo y no son dados la oportunidad a venir a sus propias conclusiones informadas por culpa de los reportes parciales o sesgados.

Es un daño a la comunidad Latina, quienes confían en los noticieros para sus noticias información.



best holiday dishes

curated by el leñador staff

arroz con leche

a dessert made with rice that has been cooked with milk and cinnamon that the rice soaks up; topped with ground cinnamon and condensed milk

enchiladas

usually corn tortillas rolled in some kind of salsa and then rolled thinly and covered in sauce and cheese; tortilla can be filled with meat

pozole

traditional Mexican stew made with hominy and meat that is usually topped with oregano, chile peppers, onions or shredded cabbage

champurrado

a dessert drink made from milk, sugar, chocolate, spices and dough which gives the drink its thick consistency

albondigas

a simple-based soup with meatballs and rice in a mixture; add vegetables to the soup as desired

pan dulce

refers to a variety of Mexican breads that can be colorfully decorated or kept plain and simple

tamales

a savory or sweet dish that is made with dough wrapped in corn husks with a meat or sweet filling

pambazos

typically a puffed bread roll that has been dipped in red salsa made with guajillo peppers and filled with chorizo (other other meat preference)

empanadas

baked or fried pastries that can have either sweet or savory fillings

mole

a sauce that usually drenches some type of meat and is traditionally made with chocolate

El Leñador

Staff Holiday Playlist

Christmas
by Darlene Love

Carol
of the Bells
by Destiny's
Child

Santa Baby
by Mariah Carey

So This
is Christmas
by John Lennon

Mele Kalikimaka
by Bing Crosby

Wonderful
Christmas Time
by
Paul McCartney

All I Want for
Christmas is You
by
Mariah Carey

Holly Jolly Christmas
by Burl Ives

I'm Dreaming
of a White Christmas
by
The Platters

Baby
It's Cold
Outside
by Michael Bublé

Baby
It's Cold Outside
by Michael Bublé



Letter From the Editor



Fall 2018 El Leñador Staff. From top to bottom: Meg Bezak, Jose Herrera, Anthony Alonso-Pereira, Aaron Vasquez, Cassandra Caudillo, Sinhai Dorantes, Ma Salazar, Erika delos Reyes, Percival Royce, Héctor Alejandro Arzate, Victoria Nazario, Mikaylah Rivas, Ashley Alvarez

To our readers:

I started as a reporter on staff in the fall of 2016 after a friend invited me to a meeting and introduced me to the beauty of storytelling, despite my lacking journalistic expertise. I have seen members come and go in the same way, and continue to admire the way El Leñador can range from a 6-page standard newspaper to a 24-page news magazine. All the while we keep it popping with color and filled with the voices of underrepresented communities in Humboldt County. This is all thanks to the work of students before me whose work was brought to life from a small insert in a different newspaper to its own unique creation, now a full-fledged resource that reflects our special care of community members and students. Five and a half years in, El Leñador continues to grow under the leadership of our ever-shifting yet dedicated staff who are eager to share your stories.

The beauty of collaboration is held in the eyes of our photographers, translators, writers, illustrators, editors, designers, and our experiences with you. Of course, the efforts of El Leñador are to close the representation gap and widen the accessibility of news, with a special focus currently on the Latinx community, Spanish speakers and people of color (namely students of color whose world is rocked by Humboldt State's lack of support). To our readers who are undocumented: I hope that through this paper we effectively communicate that we see you, we stand with you, and we appreciate you.

Thank you to the musicians, painters, dancers, students, educators, lawyers, community organizers, and any folx I have had the honor of interacting with during my time as a reporter. Lastly, thank you to the staff who, throughout the years, have become much more to me than colleagues.

meg

Meg Bezak

04 | martes

Hour of Code
5-6pm | LIB 108
Tomassen Foleys A Celtic Christmas
7-9pm | Arkley Center
Eureka City Council (Discussion:
Return of Indian Island Rock back to
Wiyot Tribe)
6-9pm | 531 K Street

05 | miércoles

Housing Rights and Responsibilities
11am-noon | LIB 114
AS Presents Merrill Garbus of Tune-Yards
8-10pm | KBR

06 | jueves

Study Abroad Info Meeting
noon-1pm | LIB 114

07 | viernes

Volunteer Friday
10am-4pm | CCAT House
Migrant Caravan
noon-2pm | Latinx Center
Cafe Con Chisme
3-4:30pm | Latinx Center
Cupcakes & Conversations with Corliss
3:30-5pm | NHE 113
Fall Graduation Reception
4-6pm | Great Hall
Game Night
6-9:45pm | Library Fishbowl

08 | sábado

Geri Montano Exhibit
noon-7pm | BSS 104
Jessie Rose Vala Exhibit
noon-7pm | Rose Bullen Gallery
26th Annual Free Pancake Dinner
8-10pm | J Cafeteria

10-14 | semana

Finals Week Begins
All week | HSU
You know you got this. Ponte las pilas
y hechale ganas! ~ El Leñador Staff

10 | lunes

Therapy Dogs
1-2:30pm | LIB 102

11 | martes

Therapy Dogs
6:30-8pm | LIB 102

14 | viernes

Volunteer Friday
10am-4pm | CCAT House
Cafe Con Chisme
3-4:30pm | Latinx Center

15 | sábado

Holiday Candlelight Walk
5-7pm | Humboldt Botanical Garden
2nd Annual David Josiah
Lawson Coat Drive & Vigil
3:30pm | Arcata Plaza

17 | lunes

HSU Men's Basketball Game
7-9pm | Lumberjack Arena

21 | viernes

Volunteer Friday
10am-4pm | CCAT House



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DATES	DAYS	TIME	LOCATION
9/4/18-12/20/18	T/TH Ma/Ju	6:00-7:30pm	Jefferson Community Center 1000 B Street, Room 2, EUREKA
9/4/18-12/20/18	T/TH Ma/Ju	11:30am-1:00pm	Multi-Generational Center 2280 Newburg Road, FORTUNA
9/7/18-12/21/18	Friday Viernes	4:30-6:00pm	So. Humboldt Family Resource Center 344 Humboldt Avenue, REDWAY

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Los Bagels