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# El Leñador

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octubre 2020  
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### September Issue Correction:

OptumServe's number for COVID-19 testing in the COVID story about the Latinx community should be: 888-634-1123.

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Ilustración de la portada por Raven Marshall, fotos cortesía de ITEPP

### 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.



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# City of Arcata to send out emergency alerts in Spanish

City of Arcata introduces Spanish messages to CodeRed alert system

by Nancy Garcia

In Humboldt County, information in Spanish is not always readily available. The city of Arcata has taken a step to help improve this situation. Arcata has received a grant that is allowing the city to send alerts out in Spanish through its CodeRed alert system.

According to Nicholas Kasza with the National League of Cities, the Leadership in Community Resilience grant is allowing Arcata to improve its ability to connect with Spanish speakers of the community. Along with \$10,000 in funds, the grant also provides Arcata with external experts that can help them with this project.

Gillen Martin, a Lead for America Hometown Fellow who works for Arcata and wrote the grant, says that initially, the proposal was about emergency preparedness in general and, sending Spanish alerts out to the community was only part of it, but now, it's the main focus of the project.

Martin said that the lack of emergency notification outlets in Humboldt was brought to her attention by an El Leñador article that was published last year during

the blackouts. After learning about the need for emergency alerts in Spanish, Martin decided to include it in the grant application.

Information about the new Spanish alerts is mostly through word of mouth at the moment. Martin said that they are also relying on community groups like Centro del Pueblo and Cumbre Humboldt to spread the word.

"I'm just super grateful that there's already so many people doing this work, who are so willing to just help us rise to where we need to be as a city," Martin said.

The CodeRed alert system is an emergency messaging system that sends alerts and general information to subscribers' phones, email, text and social media. Originally, alerts would only be sent out in English, but Spanish services have now

been added on. Once users sign up, they'll receive notifications in English and Spanish.

In addition to alerts in Spanish, other emergency preparedness documents are also being translated regarding wildfires, blackouts and an emergency checklist. The city has also added a Google translate feature to their website so people can now view the website in the language of their choice.

All translations of alerts and documents are being done by Laura Munoz, the city's

“  
The goal of this program is really to create a robust, inclusive and equitable culture of emergency preparation and preparedness in Arcata.”

— Catarina Gallardo



Arcata City Hall | Photo by Jasmine Martinez

part-time translator and interpreter. She said that despite it being only her, she's made quite a bit of progress. Munoz also translates some of the city's social media posts.

"I think the long term goal is to let people feel at home and working on that, you know, on normalizing different languages in our community normalizing different cultures," Munoz said.

Communication Specialist and Public Information Officer for the city of Arcata, Catarina Gallardo, says that the more that people are in touch with emergency preparedness, the easier it is for responding agencies to do their work when there's an emergency.

"The goal of this program is really to create a robust, inclusive and equitable culture of emergency preparation and preparedness in Arcata," Gallardo said.

Martin, Munoz and Gallardo all expressed that as demographics in Arcata

change, providing these services in other languages is certainly a possibility that could be looked into. Martin and Munoz also expressed that they'd like for the city to eventually have a full-time interpreter and translator.

According to Martin, the grant is up next March but the city is looking into additional grants and funding so that it can continue to provide these services.

Currently, the city is trying to spread the word about CodeRed and get people to sign up for it. If people would like to sign up, they can go to the city of Arcata's website and click on the CodeRed link: <https://www.cityofarcata.org/685/CodeRED> on the left side menu to receive emergency alerts from the city as well as other general notifications like road closures and water interruptions.

Instructions on how to sign up are available in both Spanish and English.

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# Ciudad de Arcata mandará alertas de emergencia en español

La ciudad de Arcata introduce mensajes en español del sistema de alerta CodeRed

por Nancy Garcia traducido por Nancy Garcia

En el condado de Humboldt, la información en español no siempre está disponible. La ciudad de Arcata ha tomado un paso para mejorar esta situación. Arcata ha recibido una subvención que permitirá que la ciudad mande alertas en español a través del sistema de alertas CodeRed.

Según Nicholas Kasza con la Liga Nacional de Ciudades, la subvención de Liderazgo en Resiliencia Comunitaria está permitiendo que Arcata mejore su habilidad de conectar con hispanohablantes de la comunidad. Junto con \$10,000 en fondos, la subvención también proveerá Arcata con expertos externos que pueden ayudar con este proyecto.

Gillen Martin, una Lead for America Hometown Fellow quien trabaja para Arcata y aplicó para la subvención, dice que al principio, la propuesta era sobre la preparación general para emergencias, y alertas en Español para la comunidad era sola una parte de la propuesta, pero ahora es el punto central del proyecto.

Martin dice que la falta de fuentes de notificaciones de emergencias en Humboldt fue traído a su atención por medio de un artículo de El Leñador que fue publicado el año pasado durante los apagones. Después de reconocer la necesidad de alertas de emergencia en Español, Martin decidió incluir esto en la aplicación para la subvención.

Información sobre las nuevas alertas en español por el momento está siendo princi-

palmente anunciado oralmente. Martin dice que también están dependiendo de grupos comunitarios como Centro del Pueblo y Cumbre Humboldt para informar a la gente.

“Estoy muy agradecida que hay tantas personas que ya están haciendo este trabajo, quienes están tan dispuestos a ayudarnos a llegar al nivel que tenemos que estar como ciudad,” Martin dijo.

El sistema de alertas de CodeRed es un sistema de mensajes que manda alertas e información general a los teléfonos, correo electrónico y redes sociales de suscriptores. Originalmente, alertas solo fueron enviadas en inglés, pero servicios en español han sido agregados. Una vez que los usuarios se registren, recibirán notificaciones en inglés y español.

Además de alertas en español, otros documentos de preparación para emergencia de incendios forestales, apagones y una lista de verificación de emergencia también están

siendo traducidos. La ciudad también agregó una función de traducción de Google a su sitio web para que las personas ahora podrán ver el sitio en el idioma de su elección.

Todas las traducciones de alertas y documentos están siendo realizadas por Laura Munoz, la traductora e intérprete de tiempo parcial de la ciudad. Munoz dijo que a pesar de ser la única traductora e intérprete, ha progresado bastante. Munoz también traduce algunas de las publicaciones de las redes sociales de la ciudad.

“Creo que el objetivo a largo plazo es que la gente se sienta que están en su casa y trabajar en eso, ya sabes, trabajar en la normalización de diferentes idiomas en nuestra comunidad, normalizando diferentes culturas” Munoz dijo.

Especialista de Comunicación y Oficial Pública de Información de la ciudad de

Arcata, Catarina Gallardo, dice que entre más preparada se encuentre la gente para las emergencias, se le facilita más a las agencias de respuesta responder a una emergencia.

“El objetivo de este programa realmente es crear una cultura fuerte que es inclusiva y equitativa de preparación para emergencias en Arcata,” Gallardo dijo.

Martín, Muñoz y Gallardo expresaron que a medida que cambia la demografía en Arcata, ofrecer estos servicios en otros idiomas es una posibilidad que podría considerarse. Martín y Muñoz también expresaron que les gustaría que la ciudad eventualmente tuviera un intérprete y traductor de tiempo completo.

Según Martin, la subvención se acabará el próximo marco pero la ciudad está buscando subvenciones y fondos adicionales para continuar ofreciendo estos servicios.

Actualmente, la ciudad está tratando de crear conciencia sobre CodeRed y animar a la gente a que se registre. Si gustan registrarse, pueden ir al sitio web de la ciudad de Arcata y hacer clic en el enlace CodeRed: <https://www.cityofarcata.org/685/CodeRED> en el menú del lado izquierdo para recibir alertas de emergencia de la ciudad, al igual que otras notificaciones generales como cierres de carreteras e interrupciones del agua.

Las instrucciones sobre cómo registrarse están disponibles en español e inglés.

“El objetivo de este programa realmente es crear una cultura fuerte que es inclusiva y equitativa de preparación para emergencias en Arcata,”

— Catarina Gallardo

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# You're registered to vote, now what?

by Joseph Nagle

The United States Presidential Election is on Nov. 3. Californians who are registered have the options of mailing in ballots, voting early and voting in person on election day.

## All Californians registered to vote get mail-in ballots.

In California, every registered voter will have a ballot mailed to their listed address. This ballot will come with a unique barcode used for identification and tracking purposes. This ballot will come with a return envelope which must be signed by the voter before being turned in.

In the era of COVID-19, it may be unnerving to imagine attending a crowded polling booth, so how can one make sure their vote will be counted? Their ballot must be received by the county on or before the Thursday ahead of the election, Thursday, Oct. 29.

To minimize the risk of voter fraud, registered voters are encouraged to fill out and turn in the exact ballot received by mail.

## Where are you registered to vote?

There is no penalty for registering to

vote. If students have moved away to college since they first registered, they must register again at their current address. The contents of their ballot will vary based on the registered address.

When asked about the likelihood that most young voters will be improperly registered, Deborah Downs, president of the Humboldt League of Women Voters, said, "I work the polls here and I can tell you we have a lot of people come in and run into that same [problem of being registered in the wrong county]."

For example, if a student is originally from Orange County and moved to Humboldt County to attend Humboldt State University, their ballot will likely be mailed to their home address if they did not register again in Humboldt. This ballot will contain measures specific to Orange County, as well as statewide measures and obviously the presidential vote is at the top of every ballot.

## Voting Early?

2020 is a unique year in the world of elections.

"We are very fortunate to not only live in Humboldt county, but California as a

whole," Downs said. "We have taken many steps to eliminate many of the concerns people have regarding mail-in ballots."

If people are planning on mailing in their ballot, they should be sure to do so early. California will count all votes as they are received.

## Tracking your ballot.

According to Downs, there is new technology in place which allows voters' signatures to be matched with the signature on their registration application. If this signature does not match, the vote will not be counted.

Each ballot will be accompanied by a tracking number which allows voters comfort in seeing the route their ballot takes and be informed when it has been delivered. However, just because one receives their ballot by mail does not mean they must drop it off at one of the secure drop boxes which is being surveilled by cameras to prevent tampering.

## Election Day.

If someone is comfortable wearing a mask and dropping their ballot off at one of

the various voting centers their vote will then be counted virtually immediately. Voting centers will be open, but it is recommended that voters fill out the ballot received by mail, even if they intend on attending a voter center on election day.

## Online Voter Guides.

The League of Women Voters prides themselves on putting forth unbiased information which allows voters to navigate through the legal terms and better understand the true content of what they are voting for. They have created an easy-voter-guide for California which can be found at <https://votersedge.org/ca>.

## Ballot drop-offs

Ballot drop-off locations can be found in cities including Arcata, Eureka, Fortuna and McKinleyville. For a complete list, visit [ellenadornews.com](https://ellenadornews.com).

For more important information specific to Humboldt County, visit the Humboldt County Voter Information website at <https://humboldt.gov/504/Voter-Information>.

# ¿Estás registrado para votar, ahora que?

por Joseph Nagle traducido por Nancy Garcia

Las elecciones presidenciales estadounidenses son en nov. 3. Los californianos que están registrados tienen opciones de mandar por correo su boleta, votando temprano y votando en persona el día de las elecciones.

## Todos los Californianos registrados para votar reciben boletas por correo:

En California, cada votante recibirá una boleta por correo a la dirección indicada. Esta boleta incluye un código de barras único usado por propósitos de identificación y para rastrear. La boleta también incluye un sobre de regreso que debe ser firmado por el votante antes de entregarlo.

En la era de COVID-19, puede ser estresante imaginar asistir a un lugar de votación lleno de gente, entonces ¿cómo puede uno asegurarse de que su voto será contado? El boleto tiene que ser recibido por el condado el día de o antes del jueves 29 de oct. Es importante llenar y entregar el boleto exacto que fue recibido por correo. Para reducir el riesgo de fraude, se les sugiere a los votantes registrados que llenen y entreguen su exacto boleta que recibió por correo.

## ¿Dónde está registrado para votar?

No hay penalización por registrarse para

votar. Si los estudiantes se han mudado al colegio desde que se registraron por primera vez, deben registrarse nuevamente en su dirección actual. El contenido de su boleta variará según la dirección registrada.

Cuando se le preguntó sobre la probabilidad de que la mayoría de los votantes jóvenes se registren incorrectamente, Deborah Downs, presidente de la Liga de Mujeres Votantes de Humboldt dijo: "Trabajo en los centros de votación aquí y puedo decirles que hay mucha gente que entra y se encuentra con el mismo [problema de estar registrado en el condado equivocado]."

Por ejemplo, si un estudiante es originario del condado de Orange y se mudó al condado de Humboldt para asistir a la Universidad Estatal de Humboldt, es probable que su boleta se envíe por correo a la dirección de su casa si no se registra nuevamente en Humboldt. Esta boleta contendrá medidas específicas del Condado de Orange, así como medidas estatales y, obviamente, el voto presidencial está en la parte de arriba de cada boleta.

## ¿Votando temprano?

2020 es un año único en el mundo de las elecciones.

"Somos muy afortunados por no solo

vivir en el condado de Humboldt, sino también por vivir en California," dijo Deborah Downs, presidenta de la Liga de Mujeres Votantes de Humboldt. "Hemos tomado muchas medidas para eliminar muchas de las preocupaciones que la gente tiene con respecto a las boletas por correo."

Si las personas están planeando enviar su boleta por correo, deben asegurarse de hacerlo lo más pronto posible. California contará todos los votos a medida que se reciban.

## Rastreado su boleta.

Según Downs, existe nueva tecnología que permite que las firmas de los votantes coincidan con la firma en su solicitud de registro. Si esta firma no coincide, el voto no se contará.

Cada boleta irá acompañada de un número de para rastrear que puede brindarles a los votantes la comodidad de ver la ruta que toma su boleta y estar informados cuando se entregue. Sin embargo, el hecho de que uno reciba su boleta por correo no significa que deba dejarla en uno de los buzones seguros que están vigilados por cámaras para evitar manipulación.

## El día de las elecciones.

Si se siente cómodo usando una máscara

y dejando su boleta en uno de los varios centros de votación, su voto será contado virtualmente de inmediato. Los centros de votación estarán abiertos, pero se recomienda que los votantes llenen la boleta recibida por correo aunque tengan la intención de asistir a un centro de votantes el día de las elecciones.

## Guías electorales en línea.

La Liga de Mujeres Votantes se enorgullece de presentar información imparcial que permite a los votantes navegar a través de los términos legales y comprender mejor el verdadero contenido de lo que están votando. Han creado una guía fácil para votantes para California que se puede encontrar en <https://votersedge.org/ca>.

## Entrega de boletas

Ubicaciones para dejar boletas se pueden encontrar en Arcata, Eureka, Fortuna y McKinleyville. Para una lista completa, visita [ellenadornews.com](https://ellenadornews.com).

Para más información importante específica del condado de Humboldt, visite el sitio web de información para votantes del condado de Humboldt en <https://humboldt.gov/504/Voter-Information>.

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New Chancellor Joseph I. Castro speaks to a crowd and briefing | Photo courtesy of the Collegian Archive

## Joseph I. Castro appointed as CSU's eighth chancellor

by Lupita Rivera

The California State University Board of Trustees appointed Joseph I. Castro, Ph.D., as the CSU's eighth chancellor on Sep. 24. He is the first Californian, and the first Mexican American individual to be appointed chancellor. Starting in January 2021, Castro will oversee the CSU's 23 campuses succeeding Timothy P. White.

On Sep. 25 he joined a live broadcast with Monica Lozano of College Futures Foundation to discuss his vision for the CSU. In the interview, he addressed his experiences as president of Fresno State, his experience in policy-making and how he believes these will help him as chancellor.

"Universities are one of those institutions in society that transform lives, it was transforming mine and that's what triggered my interest," Castro said during the Friday interview.

One of the CSU's missions is to provide high-quality, affordable education to meet the ever-changing needs of California. Today, more than 38% of CSU employees and 60% of CSU students are people of color.

As a representative of the CSU, Castro's appointment speaks to the diverse student

population the system serves.

His appointment also comes at a peculiar time in history. The CSU system continues to face a number of challenges. Budget cuts, student housing and food insecurity and challenges with virtual learning will be difficult to navigate in the coming years, but Castro remains optimistic.

He is passionate about providing the utmost support for not only students but faculty and staff alike.

During his time as Fresno State University president, Castro implemented and supported several programs that he hopes to expand to the CSU community.

"I'm hopeful that I can inspire the very best in everybody so we can elevate the CSU to new heights of greatness," Castro said.

## Nuevo canciller del sistema CSU: Joseph I. Castro

por Lupita Rivera traducio por Lupita Rivera

La junta directiva del Sistema Universitario del Estado de California (CSU) ha nombrado a Joseph I. Castro, Ph.D, el octavo canciller del sistema en sep 24. El será el primer Californiano, y el primer Mexicano Americano canciller del sistema CSU. A partir de enero 2021, Castro supervisará los 23 campus del sistema CSU subsecuente a Timothy P. White.

El 25 de sep. Monica Lozano de College Futures Foundation entrevistó a Castro sobre su visión para el sistema CSU. En la entrevista, Castro contó su experiencia como presidente de la Universidad Estatal de Fresno, su experiencia con la política y como esto le ayudará en su papel de canciller.

"Las universidades son de esas instituciones en nuestra sociedad que transforman vidas, es lo que transformó la mía y eso es lo que me motiva," Castro dijo en la entrevista.

Una de las misiones del sistema CSU es proveer una educación de alta calidad, a un precio razonable, para satisfacer las necesidades siempre cambiantes de California. Hoy en día, mas de el 38% de empleados

y 60% de alumnos de el CSU son gente de color. Nacido y creado en el Valle Central de California, Castro es el primer Californiano, y Mexicano Americano, que representara el sistema CSU.

Su nombramiento es reflejo de la diversa población de estudiantes en el sistema CSU que representara como canciller.

Su nombramiento también toma efecto en tiempos difíciles para el sistema CSU. El sistema universitario afronta varios problemas de dinero, seguridad de comida y hospedaje para estudiantes, y más reciente problemas con aprendizaje virtual. Esto no será fácil de navegar en los años que vienen, pero Castro permanece optimista.

Se dice que él es apasionado por su vocación, y proveerá apoyo para estudiantes y trabajadores de las universidades a pesar de estos topes.

En su tiempo como presidente de la Universidad Estatal de Fresno, Castro implementó y apoyo programas que espera ampliar a los otros campus del CSU.

"Espero poder inspirar lo mejor de todos para elevar el sistema CSU a nuevas alturas de grandeza," Castro dijo.





Claudia Rankine is this year's keynote speaker! Photo courtesy of the CDOR Committee

## 22nd annual Campus and Community Dialogue on Race to be held virtually

by Leslie Arjon-Rodriguez

This year, Humboldt State University will be hosting the 22nd annual Campus and Community Dialogue on Race (CDOR). This year's event will be held virtually and will extend beyond one week, running from Oct. 26 through Oct. 30, plus an after election event. Students, staff, faculty, administrators and community members are all invited to attend.

This year's theme will be "Global Justice for Black Lives: Examining the Past and Reimagining the Future."

"Each year, CDOR Planning Committee, composed of HSU students, staff and faculty, brainstorm to come up with a theme.

"This theme seemed most appropriate," said Kumi Watanabe-Schock, committee member.

Some highlights for this year's CDOR include workshops on covering the politics of race in America's colleges, how teachers and schools working with parents and communities can build communal and civically engaged schools rooted in intersectional social justice for the goal of equitable classroom.

This year's keynote speakers will be covering and relating to the theme. Law-

rence Ross, who also presented during Black Liberation Month earlier this year, will be presenting at 2 p.m. on Oct. 26.

Bettina Love, PhD., is an award-winning author and associate professor of educational theory and practice at the University of Georgia. She is one of the field's most esteemed educational researchers in the areas of how anti-Blackness operates in schools, Hip Hop education and urban education.

Love will present the "So You Want to Teach" event on Oct. 27

Claudia Rankine, poet and author of "Citizen, An American Conversation" will be the keynote speaker for CDOR this year. Rankine was awarded a MacArthur "Genius" Grant and named a United States Artists Zell fellow in literature.

Following the U.S. Presidential election, Rankine will give a book talk "Just Us: The Space of the Conversation" at 11 a.m. on Nov. 7. Rankine will then give the keynote at 2 p.m. on Nov. 7.

The event schedule will be available on the CDOR website and as well as 25LIVE on HSU Virtual Quad. For more information about the event and how to participate, visit <https://dialogue.humboldt.edu/>.

## HSU is offering technical, financial and food resources to support students in need

by Karina Ramos Villalobos

Humboldt State University is providing financial, technological and food resources for students in need. Through HSU's website students can request up to \$500 in aid through the Covid Hardship Act.

### The Covid Hardship Act

Any student that is enrolled can apply for the CARES Emergency Grants. The grants are for students who are experiencing COVID-related hardships such as the loss of employment, medical bills, or food or

housing security expenses.

"There are several eligibility criteria, but the primary one is that they be eligible for federal financial aid and FAFSA is the main way that we determine that," Financial Aid Director Peggy Metzger said.

If a student is seeking funding they can apply for the hardship act more than once depending on the criteria submitted. The organizers will get back to students with either approval or denial, or additional questions that they need to help support students need, students can receive up to \$500 in aid.

"Students can apply for funding more

than once, but preference is given to those who have not yet already received emergency funding, as the funding is limited," Metzger said.

### Technology support - (ITs)

On HSU's website there is a technology support system that is programmed to help support students in need of anything technological.

"There are other things we can provide if a student needs a laptop or any other technical equipment," student assistant at HSU, Kathleen Madrid said. "We provide that and additional things like hotspots, students can contact us."

The way ITS works, students must fill out a submission ticket explaining their needs and situation so the support system can prioritize students' requests. Students can also reach out for technology support via email and through phone calls.

If students are in need of financial assistance or guidance or in need of techno-

logical services such as hotspots, finance to upgrade wifi, a headset, or a laptop, (plus more) reach out to the ITs operating services.

### OhSnap!

OhSnap is a student resource that gives pre-packaged foods and fresh produce when students bring their student IDs. OhSnap offers prepackaged bags filled with either vegan, vegetarian or meat options with students' choice of produce. For students who can't pick up the prepackaged bags OhSnap offers a delivery service and students can find more information on their website.

They are open Tuesday from noon to 2 p.m. and 3 p.m.-5 p.m., Wednesday at 10 a.m. to noon and 1 p.m. to 3 p.m. and on Friday at 9 a.m. to 1 p.m. on the bottom floor of the Jolly Giant Commons (JGC).

They also provide a lot of essentials such as tampons, pads, condoms and information for students at HSU. Check out their instagram for more information and daily updates, @hsuohsnap.

# 22 Anual diálogo de campus y comunitario sobre la raza será en línea

por Leslie Arjon-Rodriguez traducido por Nancy Garcia

Este año, la Universidad Estatal de Humboldt estará organizando el 22 anual Campus and Community Dialogue on Race (CDOR). Este año, el evento será virtual y durará más de una semana, desde oct. 26 a oct. 30, y tendrá un evento después de las elecciones. Estudiantes, personal, profesores, administradores y miembros de la comunidad están invitados.

El tema de este año será “Justicia Global para gente Negra: Examinando el Pasado y Reimaginando el Futuro.”

Cada año, el Comité de Planificación de CDOR, compuesto de estudiantes, personal y profesores de HSU, deciden juntos en un tema.

“Este tema parecía el más apropiado,” dijo Kumi Watanabe-Schock, miembro del comité.

El CDOR de este año incluirá aspectos destacados de raza en los talleres que ofrecen.

Estos talleres tocaran temas de políticas de raza en los colegios de los Estados Unidos. También platicaran sobre cómo los profesores y las escuelas, trabajando junto a padres y comunidades, pueden construir escuelas que son comunales, y cívicas, sembradas en la justicia social interseccional con el objetivo de un salón de clase equitativo.

Los oradores principales de este año van a proveer discursos en relación con el tema

general del evento. Lawrence Ross, quien también presentó durante el mes de Liberación Negra de este año, estará presentando a las 2 p.m. en oct. 26.

La Dr. Bettina Love es una autora premiada y profesora asociada de teoría y práctica de educación en la Universidad de Georgia. Ella es una de las investigadoras educativas más estimadas en las áreas de la discriminación en contra de la gente Negra en las escuelas, la educación en Hip Hop y la educación urbana.

Love presentará el evento “Entonces quieres enseñar” en oct. 27.

Claudia Rankine, poeta y autora de “Citizen, An American Conversation” será

la oradora principal de CDOR este año. Rankine recibió una subvención de MacArthur “Genius” y fue nombrada becaria de literatura de Artistas Zell de los Estados Unidos.

Después de las elecciones presidenciales de EE.UU., Rankine hablará sobre el libro “Just Us: The Space of the Conversation” a las 11 a.m. en nov. 7. Luego a las 2 p.m. el mismo día, Rankine dará su discurso.

El calendario del evento estará disponible en el sitio web de CDOR y también en 25LIVE en el HSU Virtual Quad. Para más información sobre el evento y cómo participar, visita <https://dialogue.humboldt.edu/>.

## Se debe revisar la calidad de aire seguido

por Lupita Rivera

La calidad del aire en el condado de Humboldt ha variado las últimas semanas. Es importante mantener la información más actual y precisa de la calidad de aire que se respira porque la calidad cambia frecuentemente.







De esta manera, aquellos que corren peligro en pésimas condiciones de aire podrán tomar precauciones.

### Índice de Calidad de Aire

Aquí: <https://www.purpleair.com/> o aquí: <https://fire.airnow.gov/> podrá encontrar la información más actual sobre las condiciones de aire en su área.

Esta página es un poco más detallada y tiene pronósticos para el día siguiente también.

Los números indican la cantidad de partícu-

Índice para el sitio web <a href="https://fires.airfire.org/outlooks/NWCalifornia#Eureka">https://fires.airfire.org/outlooks/NWCalifornia#Eureka</a>	
Índice: Calidad de Aire	Lo que debe de hacer para protegerse
 Bien (1-50)	No se preocupe, no corre riesgo
 Moderado (51-100)	Individuos con casos sensibles de salud* deben considerar limitar actividades exorbitantes al aire libre.
 Grupos Sensibles (101-150)	Individuos con casos sensibles de salud* deben reducir People within Sensitive Groups* should reduce prolonged or heavy outdoor exertion.
 No Saludable (151-200)	People within Sensitive Groups* should avoid all physical outdoor activity.
 Muy Insalubre (201-300)	Todos deben evitar Everyone should avoid prolonged or heavy exertion.
 Peligroso (301-500)	Todos deben evitar actividades al aire libre.

| Foto por Lupita Rivera

las en el aire. Entre más alto el número, más contaminado se encuentra el aire. Este número cambia cada día, y a través del día, basado en los eventos de los alrededores. Aunque no se encuentre cerca de una área en llamas, no significa que el aire que respira sea de calidad sana.

# Tenure-track Indigenous women lead the way in higher education

by Edward Rivera and Jasmine

Indigenous professors in the California State University system aren't far and wide. The National Center for Education Statistics reports that only 1% of full-time faculty are American Indian/Alaska Native. Behind the Redwood Curtain, things are different.

Humboldt State University has the most number of tenure-track indigenous women faculty, as well as the highest number of tenured track Native faculty and staff in the CSU system according to the chair of the Native American Studies department (NAS).

Many of the indigenous professors teaching at HSU today are descendents of HSU alumni. At HSU, the NAS department is composed of all Indigenous faculty, most of whom are from local tribes.

Cutchal Rislung Baldy, Ph.D, is a member of the Hoopa Tribe, and the chair of the NAS department at HSU. Baldy is a tenured professor, with deep roots in the local community. Baldy teaches capstone classes for NAS, a graduate decolonizing methodologies course and dedicates her time to helping make the Food Sovereignty Lab a reality at HSU.

"[Tenure] gives a certain stability to the professors who are doing the work in [the] community," Baldy said. "As a tenured faculty, we are hired on and we're going to be here for, hopefully, a long period of time. That means that we can [do] really important community-based work because that takes a while."

Baldy said that she wants to empower the voices of the most marginalized students who might not envision themselves as academics.

She wants to see a space where marginalized community members empower each other and to be able to do the real work of decolonial movements.

Sara Chase, Ph.D, is a member of the Hoopa Tribe and an assistant professor for the Child Development department. Chase is a tenure track faculty member who dedicates her time to teaching middle childhood development.

Chase said that she didn't have her first Indigenous professor until her junior year of college and that it made a huge

difference in her life.

"Bringing that Indigenous perspective into anthropology was something that was really important and enlightening for me," Chase said. "Myself and also Kishan [Lara Cooper]... really do take an Indigenous perspective to understanding and looking at issues of child development."

Chase hopes that the future of academia will stop catering to the needs of those privileged in society, and focus on centralizing the needs of its underrepresented population.

Kayla Begay, Ph.D, is a member of the Hoopa Tribe and a tenured professor in the NAS department. They specialize in linguistics, and offer a course that gives students the chance to study the Indigenous language of their choice many times ancestral ones.

Begay teaches and specializes in linguistics within the NAS department.

"In my classes I do teach linguistics, because it's helpful to [access] the documentation and [read] it," Begay said. "At the same time I'm coming from my background and working with the advocates for Indigenous California new language survival in which we provide, you know, like master apprenticeship training and immersion. We create immersion settings for ourselves."

Begay also notes that a lot of the Indigenous roots at HSU are because of Indian Tribal & Educational Personnel Program (ITEPP).

"We have some tribal people because of ITEPP throughout the history of ITEPP that sometimes it's intergenerational. Someone came here as a student in the 60s [and] 70s and now their children or grandchildren are a part of the Hoopa community."

Kishan Lara Cooper, Ph.D, is a member of the Yurok Tribe, with ancestry in both the Hoopa and Karuk Nations. Cooper is a tenured professor and chair of the Child Development Department. She teaches classes in middle childhood development which centers around those ages 6-12.

Cooper explains that when students don't have a vested interest in their classes they only retain about 30% of what



**From top to bottom:** Sara Chase, Ph.D, member of the Hoopa Tribe and assistant professor for the child development department and Kishan Lara Cooper, Ph.D, member of the Yurok Tribe, tenured professor and chair of the child development department. | Photos courtesy of ITEPP

“ [Tenure] gives a certain stability to the professors who are doing the work in [the] community. As a tenured faculty, we are hired on and we're going to be here for, hopefully, a long period of time. That means that we can [do] really important community-based work because that takes a while.”

-Cutchal

# Women from local her education

e Martinez

taught. To truly retain information, they need to enjoy the subject at hand.

“And so when I think of education,” Cooper said. “I think of how I can create these experiences where students not only feel personally connected, but they feel that they’re in a safe environment to be able to explore and to discover this new information and build these new experiences”

Cooper argues that tenure is an opportunity to advocate and a responsibility for those who are lucky enough to have it.

“I think [tenure] is having a space to be able to advocate,” Cooper said. “For students, for other faculty, for staff. That’s how I feel it is for me. Testimonial justice leads my life, you know, it’s creating and nurturing spaces for people to be able to express their voice and so I feel like my role oftentimes is in reminding people, others that I work with, to nurture those spaces you know. Not to speak for others, but to nurture spaces for people to speak for themselves in situations.”

Kaitlin Reed, Ph.D is a member of the Yurok tribe, and is currently teaching three sections of Intro to Native American Studies, and has taught Indigenous Peoples History in the U.S. last year (NAS 200). Reed is a tenure track professor, currently working on finishing her book.

Reed thinks that the ways in which people are bound and constricted by the hierarchical process of academia today is problematic.

Reed said in order to be able to critique academia, people have to prove themselves with credentials and a Ph.D. They have to master it or else they risk seeming like they just didn’t make it, or they’re bitter.

“I hope to see a revitalization of Indigenous education practices,” Reed said when asked about the future of academia. “My vision for the future, and it might be a while, but that we’re having classes in our own languages.”

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ed on and we’re going to be  
ans that we can [do] really  
akes a while.”

Risling Baldy, Ph.D, NAS department chair



**From top to bottom:** Kayla Begay, Ph.D. is a member of the Hoopa Tribe, tenured professor in the NAS department, Kaitlin Reed, Ph.D. is a member of the Yurok Tribe and NAS professor and Cutcha Risling Baldy, Ph.D. is a member of the Hoopa Tribe and chair of the NAS department at HSU. | Photos courtesy of ITEPP

# Lost connection: How students can get through these rough times

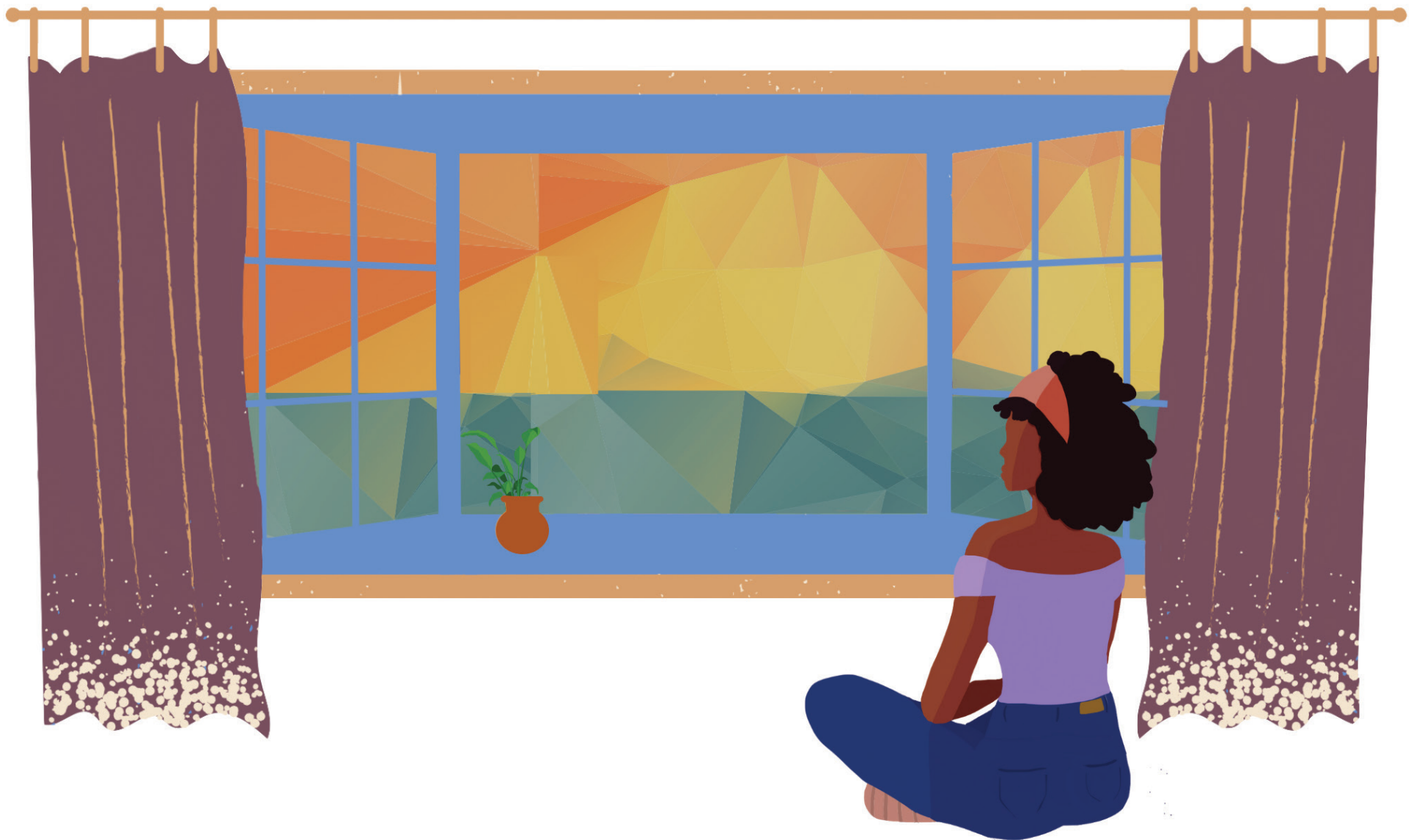


Illustration by Raven Marshall

by Raven Marshall

From ongoing threats to social justice, smoke-filled skies induced by climate change, heightened political turmoil and a global pandemic, mental and emotional stress burdens our bodies and minds.

We are all being brought together through these experiences and our social isolation shouldn't make us feel like we are going through this alone. There are people and resources to reach out to.

## How the Pandemic is Affecting Us

Liza Auerbach, Ph.D, psychologist for Humboldt State University's Counseling and Psychological Services, explains how all of these realities impact our mental health.

She said constant messages and reminders of the threats of the world that tell us we are not safe creates trauma in our brains.

Continued on page 13

Continued from page 12

“Even if we are consciously tuning it out and not aware that it’s happening in the moment, it doesn’t mean that our brain isn’t processing it.” Auerbach said. “It’s so hard for our brains to attend to or focus on anything with these existential threats.”

The issues of our world do require our activism but Auerbach insists they do not need our constant attention. We

need to try to create a filter between ourselves and the world by noticing our news and media intake. This can look like turning our phones on silent, limiting our social media use or practicing not listening to the daily news.

“The world is literally and metaphorically on fire right now. And so many of us are being called to activism and being called to pay attention to what is happening in our community and the country and the world.” Auerbach said, “Turn the notifications off. Let the world take care of itself for a little while.”

Working from our homes makes it difficult to have established boundaries between work-time and relax-time. Normally, we receive cues from our environment such as changing location, which sends signals to our brain letting us know it’s time to be focused or it’s time to slow down. Creating daily routines or rituals can help restore those cues in our brains.

Some tips Auerbach suggests for creating routine includes having “ending rituals” or “beginning of the day” rituals. This can look like closing our computers at the end of class, changing locations or something as simple as putting a sheet over our workspaces, or changing clothes.

If you try any of these tips and suggestions and feel like they are not working, that may be a sign to reach out to CAPS and get more help.

## What Students are Feeling

Mary Johnson Smith, Accessibility Advisor with the Student Disability Resource Center, whose role is to help facilitate access for students with disabilities, provides insight to the struggles many students are facing in their classes.

“Something I am hearing again and again with students

“ The world is **literally and metaphorically on fire** right now. And so many of us are being called to **activism** and being called to **pay attention** to what is happening in our community and the country and the world.”

-Liza Auerbach, Ph.D, HSU Counseling and Psychological Services

is the lack of connection,” Smith said. “None of the regular ways we connect in classes and things like that are easy right now.”

Many students have shared that they feel they are missing out on the chance to connect with their peers, a consequence of online learning. One example of how connections can be lost is disabling discussion boards after it’s due which doesn’t encourage more meaningful interaction.

“I think any practices that teachers can have to encourage communication between people in classes whether those are discussion forums should really be encouraged,” said Smith.

In her role as an advisor, Smith advocates on behalf of students for better accessibility/disability accommodations in

their classes. Some of these accommodations look like providing closed captioning when possible and reminding professors that students’ cameras are not required to be on when in class. Smith believes that although these may be best for students with disabilities, they are beneficial to everyone in class and serve as good pedagogy.

“There definitely are shortcomings and I find a few students really frustrated because they feel like they’re getting the message from the administration that, ‘We are offering you every bit as good as it was always’. And that’s not really how they [students] are feeling,” Smith Said. “I think that it’s only respectful to acknowledge that. And not try to gaslight someone into saying they are getting the same value they had planned for.”

Remembering to take breaks, turning off our screens and recognizing that we will have good days and bad days are some of Smith’s recommendations for maintaining balance.

“Be flexible like you have never been before, in listening to what students need and listening to your own needs in every way you can,” Smith said.

## Support for Students

Robert Keever, CARE services coordinator in the Office of the Dean of Students, recommends that if students are struggling financially or their mental health, to reach out to the CARE office. CARE acts as a service that connects students to the support they need.

“The idea is for students to know that they’re not alone in this and there will be resources to help them get through it,” Keever said. “While school and education is important, if they need to take time away from class, take that time. If they need to be with family or do something for themselves that makes them feel a little more comfortable and allows them to be better focused on their education, take that time.”

There’s many services for students seeking help, whether it’s through talking one-on-one to a therapist, attending mental health related support groups, financial help, food or disability accommodations. Above all having compassion for yourself and others goes a long way in this world.

## HSU Free Resources

### CAPS

Counseling and Psychological Services  
Free counseling, mental health resources from classes, to app recommendations

### CARE

Campus Assistance, Response, and Engagement  
CARE can help students with crisis, illness or stress breakdown if you need

### SDRC

Student Disability Resource Center

### CTL

Center for Technology and Learning

### Learning Center

-Academic Care Counseling, help organizing your schedule or familiarizing with online platforms  
- tutoring

“ If they need to take time away from class, **take that time**. If they need to be with family or do **something for themselves** that makes them feel a little more **comfortable** and allows them to be better **focused** on their education, **take that time**.”

— Robert Keever



Different Zoom personality types. The photos were staged. | Photos by Lupita Rivera

by Leslie Arjon-Rodriguez and Lupita Rivera

Now that most classes are being held virtually on Zoom, people's personalities stand out in new ways. Whether they participate or not, the various virtual personalities of our peers are hard to miss. Not only at Humboldt State University, but all around the world, these are some of the Zoom personalities.

1. **Techies-** These people have high tech headsets, pcs, and are probably the gamers.
2. **Foreheads-** Camera on but only showing their foreheads. So they push their screens all the way back so only their foreheads are on zoom.
3. **Early Birds-** Get to zoom class minutes before lecture starts with their cameras on, hair done, ready to go and maybe even full face of makeup.
4. **Bed Heads-** The people don't leave their beds. You are able to tell that they are half asleep. They stay in bed during their zoom calls.
5. **Disguisers-** Have the zoom virtual backgrounds to hide their messy rooms.
6. **Robots-** The people have bad mics or maybe even bad connections. They sound like robots and aliens.
7. **Eaters-** Pretty self explanatory, students that eat with their camera on.
8. **Fearless-** We all have those fearless classmates that drink their alcohol and smoke during the lectures.
9. **Pet Showers-** We all love to show off our pets. But these students think it's a show and tell moment, they hold their pets making it a distraction.
10. **Professionals-** It might be the professors or maybe even some students, this includes them having that fancy setup and formal outfits.
11. **Emoji Throwers-** Some of the students are too shy to verbally respond so they give emoji reactions. For example, only give thumbs up instead of saying yes.
12. **Void-** These students don't have their cameras on or their mics. No one really knows how these students look or sound.

# Meet Kaori Maciel, mask maker and seller

by Karina Ramos Villalobos

COVID-19 has created a demand for facial coverings worldwide and it has created a new form of fashion through it. Kaori Maciel has learned to create facial coverings to fulfill the need for them in her community in Eureka.

With the number of businesses closed or shut down due to the on-going pandemic, local business owner Maciel began making masks while she had no prior experience and sells them in her store, Little Japan.

“I didn’t know how to make masks,” Maciel said. “I started looking up [a mask] pattern online after the mask mandatory was issued and have been using the one from [the] Japanese website.”

Maciel uses her skills to produce cotton, nose wire masks with a sewing machine she received as a wedding gift and fabric that she purchased in Japan.

Maciel was born and raised in Japan near Hiroshima and came to the United States to pursue her college career 25 years ago.

Maciel first began to pursue her career as an English as a second language (ESL) student at San Jose City College with students who identify themselves as ESL students. Later, she moved to Humboldt County to focus on studying English and eventually graduated with a journalism degree.

As a college graduate, Maciel hasn’t practiced her career because between the years of her graduating, she started a family and began the process of building her business.

A local customer, Chloe Hammond, bought one of Maciel’s handmade face masks after she found out about the store through their Facebook page and says that they are very comfortable and breathable while wearing.

“I like that she adds a noseband for better coverage and the fabrics she uses are amazing, I get a lot of compliments on my masks when I wear the ones she made,” Hammond said. “I also like that she has multiple sizes, the ones for kids fit my daughter well.”

Maciel’s facial coverings are priced at \$7 and are designed with patterned fabric.

“What I especially like are the fabrics and the reasonable prices,” customer Nici Filteau said. “I also love shopping there in general.”

Maciel always tries to have as many masks possible in her store however, she usually sells out by Friday every week.

“I always have masks for sale when Little Japan is open which is Thursday, Friday, and Saturday [at 11 a.m. - 6 p.m.],” Maciel said.



Mask creator and businesswoman, Kaori Maciel inside her store Little Japan surrounded by colorful, different patterned Japanese lanterns. In the picture Maciel is wearing one of her own hand made face masks. | Photo by Karina Ramos Villalobos

## Conozca Kaori Maciel, ella hace y vende máscaras

Por Karina Ramos Villalobos traducido por Karina Ramos Villalobos

Coronavirus ha creado necesidad de usar máscaras en todas partes del mundo y ha hecho una nueva forma de moda. Kaori Maciel aprendió cómo hacer máscaras para satisfacer la necesidad de ellas en su comunidad en Eureka.

Con el número de negocios cerrados, o ya no en servicio, debido a la pandemia—Maciel, dueña de un negocio local, empezó a hacer máscaras con cero experiencia y las vende en su tienda, Little Japan.

“Yo no sabía cómo hacer las máscaras,” dijo Maciel. “Empecé a buscar una guía [para las máscaras] en línea después de la ordenanza de máscaras obligatorias y he estado usando el sitio web Japonés.”

Maciel utiliza sus habilidades para producir máscaras con tejido de algodón, alambre para ajustar la nariz y tela que compró en Japón. Las hace con una máquina de coser que recibió como regalo de boda.

Maciel nació y creció en Japón cerca de

Hiroshima y llegó a los Estados Unidos para continuar su carrera universitaria hace 25 años.

Maciel comenzó su carrera como estudiante de Inglés como lengua secundaria (ESL) en el colegio de la ciudad de San José y estuvo en un programa con otros estudiantes ESL. Luego ella se trasladó al condado de Humboldt para centrarse en el estudio de inglés y al final se graduó con un título de periodismo.

A pesar de tener su título, Maciel no ha practicado su carrera. Después de su graduación empezó a crecer su familia y comenzó el proceso de empezar su negocio. Su carrera quedó en pausa.

Una cliente local, Chloe Hammond, compró una de las máscaras de Maciel al descubrir la página web de la tienda en Facebook y dice que son muy cómodas y respirables mientras se usan.

“Me gusta que ella pone una banda para

la nariz para cubrir mejor [la cara] y las telas que usa son increíbles, me felicitan mucho por mis máscaras cuando uso las que hizo [Maciel],” Hammond dijo. “También me gusta que ella tiene varios tamaños, los de los niños le quedan bien a mi hija.”

Las máscaras de Maciel tienen un precio de \$7 y están hechas con tela de varios tipos de diseños.

“Lo que me gusta especialmente son las telas y los precios razonables,” dijo la cliente Nici Filteau. “También me encanta ir de compras allí en general.”

Maciel siempre trata de tener muchas máscaras en su tienda, sin embargo, casi cada fin de semana vende todas las máscaras.

“Siempre tengo máscaras de venta cuando Little Japan está abierto los jueves, viernes y sábados [de las 11 a.m. - 6 p.m.],” dijo Maciel.



# Netflix's controversial film 'Cuties' hyper-sexualizes kids

by Ruby Hernandez

Sadly, the internalization of systems that oppress women is a reality for a lot of women. Through the normalization of male privilege and masculinity, rape culture continues to be empowered.

From all the Netflix Originals, the film "Cuties" is definitely one of the most controversial. It is another film that highlights hyper-sexualization, sexualized violence, homophobia, heterosexuality, patriarchy and objectification and does not give their audience a solution for change. It continues to support the narrative of rape culture.

"Cuties" storyline is based on an 11-year-old girl of color named Amy, Faithia Youssouf, who is low-income and living in Paris with Muslim immigrant parents. Amy's mother, Mariam, Maïmouna Gueye, feminine identity is influenced by toxic traditional beliefs that oppress women.

That led Amy to be an insurgent and wanting to be a part of a dance group of 11-year-old hyper-sexualized girls that go by the name Cuties.

The Director and writer of this powerful, emotion-packed and intersectional film was created by Maïmouna Doucouré. The film exposes modern age young girls trying to find their identity in a social media-centered society.

More oppression that is seen through the film, is the situation Gueye is peer pressured into with the influence of her aunt, La Tanta, M'Bissine T. Diop. La Tanta is a victim of sexualized violence who has normalized

it. Gueye was identified as a commodity of sex in the actions of her husband and La Tanta's influence, it represents the way men do not value women as an equal who has the right to make their own decisions, as a human with valid feelings and values.

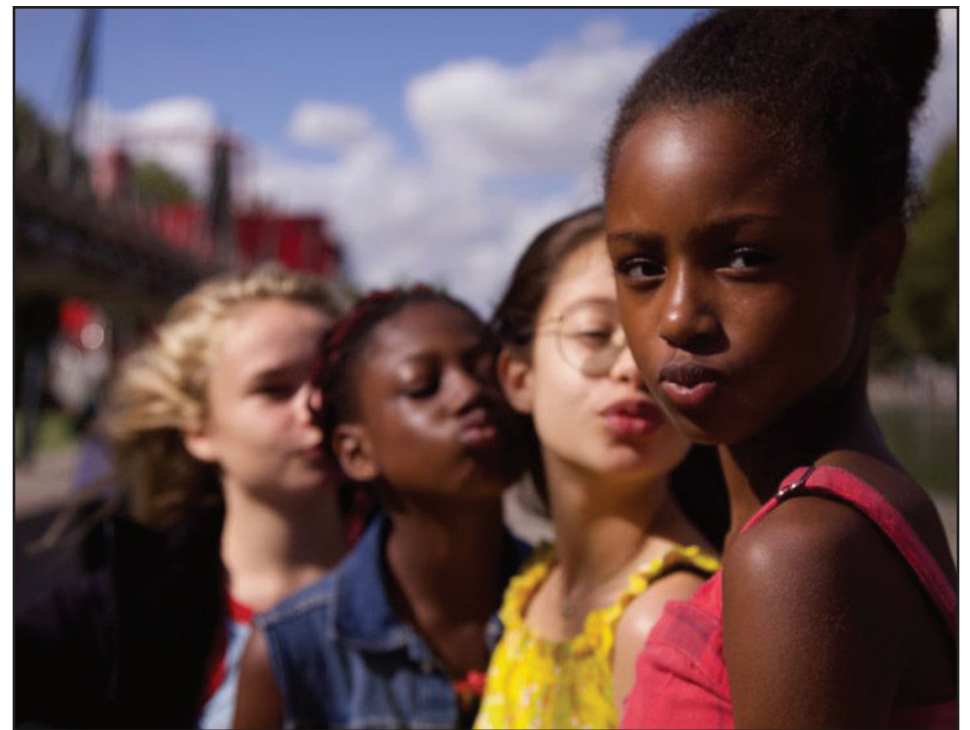
Gueye was peer pressured to be accepting of the decision her husband made on marrying another woman and respecting the decision he made on bringing his other wife to live with them. Amy witnessed the pain it caused her mother and also how she did nothing about it but put up a front.

Amy did not only have to deal with patriarchy, objectification and hyper-sexualization but also had to enter adulthood responsibilities like taking care of her younger brother Ismael, Demba Diaw, and an infant brother.

How was she ever supposed to act like a "child" if she had the responsibilities of an adult? What is an "ideal child" in modern-day society, who determines what an ideal child is?

Doucouré, said in a Youtube interview, "The more girls are sexualized in social media, the more successful they are. It's dangerous."

Young girls are not educated in the algorithms of social media and know that media was not designed with having children in mind. In the film, the idea of social media not being created with children in mind, is represented by the group Cuties becoming concerned with the image they portray in



| Photo Courtesy of Netflix

social media which plays a vital role in their confidence.

The idealistic images in the media of women become near impossible for young girls to achieve.

Media was created for adult entertainment, it has become addictive, removed real social human interaction, and diminishes an individual's self-esteem.

"Cuties" are the reality of society but was Doucouré really seeking a call of action for young girls? Or women?

The movie does not provide solutions for young girls that are going through what Amy went through in the film. It did not fulfill the freedom young girls would hope to see in the future.

## La controvertida película de Netflix "Cuties" hiper-sexualiza a los niños

por Ruby Hernandez, traducido por Karina Ramos Villalobos

Lamentablemente, la internalización de los sistemas que oprimen a las mujeres es una realidad. A través de la normalización de privilegio masculino la cultura de la violación sigue siendo empoderado.

De todos los originales de Netflix, la película "Cuties" es definitivamente una de las más controversiales. Es otra película que refleja hipersexualización, violencia sexualizada, homofobia, heterosexuality, patriarcal y objetificación y no da soluciones para el cambio para el público. La película continua de apoyar la narrativa de la cultura de violación.

La historia de "Cuties" es basa de una niña de 11 años y de color nombrada, Amy, Faithia Youssouf, quien es de bajos ingresos y viviendo en Paris con padres inmigrantes musulmanes. La identidad femenina de la

madre de Amy, Mariam, Maïmouna Gueye, está influenciada por creencias tradicionales tóxicas que oprimen a las mujeres.

Eso llevó a Amy a ser una insurgente y querer ser parte de un grupo de baile de niñas hipersexualizadas de 11 años que se llamaban Cuties.

La directora y escritora de esta poderosa película llena de emociones e interseccional fue creada por Maïmouna Doucouré. La película revela niñas de años modernos tratando de buscar sus identidades en una sociedad que se centra en las redes sociales.

Más opresión se ve en la película en la situación cuando Gueye gana influencia de su tía, La Tanta, M'Bissine T. Diop y la presiona. La Tanta es víctima de violencia sexualizada y lo ha normalizado en su vida. Gueye fue identificada como una mercancía

de sexo por las acciones de su marido y la influencia de la Tanta, y esto representa la manera en que los hombres no valoran a las mujeres como iguales. Hombres que tienen derecho a tomar sus propias decisiones, como un ser humano con sentimientos y valores válidos.

Gueye fue presionado a aceptar la decisión de su esposo para casarse con otra mujer y ella también respetó su decisión de dejar que la otra esposa viviera con ellos. Amy miró el dolor que eso causó a su madre pero Amy también no hizo nada al respecto, no mas puso un cubre a sus sentimientos.

Amy no solo tuvo que luchar con el patriarcado, la objetivación y la hipersexualización, sino que también tuvo que entrar en responsabilidades de la edad adulta como cuidar a su hermano menor Ismael, Demba Diaw, y su bebe hermano.

¿Cómo se suponía que actuaría como una "niña" si tenía las responsabilidades de un adulto? ¿Qué es un "niño ideal" en la sociedad moderna? ¿Quién determina lo que es un niño ideal?

Doucouré, Dijo en una entrevista en Youtube, "Cuando más niñas son sexualizadas en las redes sociales, más exitosas son.

Es peligroso."

Niñas chicas no están educadas en los algoritmos de redes sociales y no saben que las redes sociales han sido designadas para que los niños no puedan usarlas. En la película, la idea de redes sociales no estaba creada en la mente de los niños y eso es lo que el grupo Cuties está representando. La película enseña el grupo como empiezan a preocuparse por el imaginé que redes sociales hace en la confianza de uno mismo.

Las imágenes idealistas en las redes de las mujeres se vuelven casi imposibles de lograr para las niñas. Las redes sociales fueron creadas para el entretenimiento de adultos y la gente se ha puesto adicta, y ha eliminado la interacción social humana real y han disminuido la autoestima de un individuo.

"Cuties" son la realidad de la sociedad, pero ¿realmente Doucouré buscaba un llamado a la acción para las niñas? ¿O mujeres?

La película no enseña soluciones para las niñas chicas que están pasando cosas como Amy. "Cuties" no cumplió la libertad que las jóvenes esperaban ver en un futuro.

# Natural remedies great for lungs

Herbal treatments that help keep lungs healthy and happy

by Ruby Hernandez

California's recent wildfires and smoke has been affecting everyone from various ages. Although younger people may not be as sensitive to the smoke, it can still affect their long term lung health. For individuals that are worried about their lung health, herbal remedies may be an alternative to over the counter drugs.

Local Herbalist and owner of Arcata Moonrise Herbs Irene Lewis, who has been an Herbalist over 30 years in Arcata, said, "Demulcent Herbs are going to be soothing to the mucosal lining and lungs."

Demulcent herbs are the best to support lung health due to the richness in mucilage which releases gummy, slimy materials that have a direct effect in the internal organs he said.

As mentioned on the United States Environmental Protection website (EPA), wildfires have been releasing heavy smoke that contain fine particles from a mixture of gases which are derived from wood, organic materials, and animals that did not have the opportunity to escape the fire that can cause various health issues. It is important that we all take care and support the lungs now more than ever.

Lewis said, "I believe in herbs first and then going from there if you need more allopathic medical help."

## How to Use the Herbs

"The instructions I give on how to make a basic herbal tea is to boil some water in a kettle, and when it starts to boil, you turn it off, and let it cool for a minute, and lastly pour that hot water over the herbs," Ferdman said.

## Prices

Mullein	Plantain Leaf
\$2.77 per. oz	\$2.81 per. oz.

Calendula  
\$4.20 per. oz.

Here are some ways to alleviate the inflammation and irritation caused by the smoke on the lungs through holistic remedies. Moonrise Herbs, located in Arcata Plaza, has all three herbs in store now. And are following COVID-19 precautions.



## Mullein (Verbascum thapus)

A great herbal remedy that helps reduce inflammation and irritation in the lungs.

Candice Rominger, local Herbalist for 13-years, Holistic Health coach, and educator referenced Mullein as a "prolific weed". Rominger also mentioned "it is one of the top recommended herbs to support lung health, and to strengthen and improve the functions of the lungs".

## Plantain Leaf (Plantago Spp.)

A moistening herb that helps lubricate the throat and lungs. Jacob Ferdman, local medicinal farmer for 5-years and owner of Five Finger farms highly recommends plantain leaf. Ferdman further explains that the herb "also helps moisten the upper-respiratory system." Ferdman can be found at the local Arcata farmers market every Saturday, where he sells various beneficial fresh herbs.



## Calendula (Calendula officianalis)

One of the best herbs to cleanse the toxins out of the body. Ferdman spoke briefly about Calendula and the way it works "it filters internal organs in the body that helps the liver, and lungs going into the circulatory system for overall wellness".



# DIA DE LOS MUERTOS

Pan de Muerto, Calacas, Papel Picado, Community Ofrenda

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- Niveles: Principiante e Intermedio
- Únase en cualquier momento-No es necesario registrarse
- GRATIS

### CLASES

18 de agosto al 17 de diciembre de 2020  
Martes/Jueves, 7-8pm  
Jueves, 11am-12pm

ZOOM MEETING ID 707-443-5021  
PASSWORD 464816

Mary Ann Hytken  
Líder de Programa & Maestra

Para más información:  
707-443-5021  
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# My complicated relationship with ‘Coco’ and Día de los Muertos

by Carlos Holguin

I have never seen “Coco,” the 2018 Best Animated Film Oscar winner and worldwide sensation that has grossed millions of dollars for the Disney corporation, and that is by choice.

Sure, I have seen clips and have heard the songs when my family has watched the film with my nieces and I know the plot, but I have actively stepped away from the film since its announcement in 2013, back when it was still called Día de los Muertos.

At the time, my relationship with my Latinx heritage was complicated. I was a year out of high school where I was one of the few Latinx students, something that was both a point of pride and contention for me.

I was beginning to learn more about my family’s roots in Mexico and Argentina, the cultures and people who were there for the colonization by European nations, though my Spanish was and still is rusty.

So the initial reaction at the idea of Disney making a film about my heritage and culture was a resounding yes. I was so excited.

Now, as I work at a retail store, stocking the lone table of Día de los Muertos in a sea of Halloween supplies, I regret any shred of excitement I ever had for the film.

In 2013, after my initial excitement died down and I began to look for info about the film, I learned that Disney was trying to trademark Día de Los Muertos to protect the title of the film and merchandising rights.

Immediately, I saw the worst case scenar-



An “ofrenda,” a home altar used to honor memories of the dead. | Creative Commons Uteart

ios applying in my head. Disney, a company with enough money to sue god, owning a holiday and celebration and everything that comes with it. Prints and designs of sugar skulls for the likes of Mickey, Goofy and the rest of the clubhouse.

And while the company would change the name as a result of the backlash, the results were still the same. Back at the small table of hard plastic statues and corporate

made skulls in my store, I watch customers with their kids approach and gather items to put in their cart.

They pass by the banners and signs and grab the little knick knacks, and say to each other, “Oh look it’s Coco!” or, “Oh wow, it looks just like the movie!”

While Disney could not trademark the name, to most Americans they own the holiday asoodsto all references and visuals

associated with this sacred holiday are now associated with the film.

I should not be made to feel dirty handling pieces of my own culture, but when I walk past the lone table and stock the three small shelves, I do.

“Coco,” for every dollar that it earned, took away pieces of my culture before I began to embrace them and I will refuse to watch the film on those grounds.

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email: [ellenador.ads@gmail.com](mailto:ellenador.ads@gmail.com)

Se habla español.

# Directory

Resources for the Latinx Community | Recursos para la comunidad Latinx

## Bilingual News

### El Leñador

HSU student bilingual newspaper; distributed in Fortuna, Eureka, Arcata, McKinleyville and Trinidad  
**Address:** 1 Harpst St., Arcata, Gist Hall 227  
**Phone:** (707) 826-3259  
**Website:** www.ellenadornews.com

### Radio Centro - KZZH 96.7 FM.

A local Spanish radio  
Every Tuesday & Thursday at 7 a.m.,  
Wednesdays at 2 p.m., and Saturday &  
Sundays at 1p.m.

## Health/COVID-19

### COVID-19 Updates

Humboldt Health Alert:  
on Humboldt.gov.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](http://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>

## Legal Services

### 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/](http://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:** Thursdays Friday & 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