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« El leñador »

Al servicio de la comunidad bilingüe del condado de Humboldt

**Syphilis on the Rise
in Humboldt County**

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**Mother's Love Ig-
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Statewide**

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Fermented Cultures

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octubre 2018
Vol. 11 Edición 2



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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 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.



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Students, Register for Upcoming Elections

How to get registered to vote in Humboldt County

by Ma Salazar

There are less than 200 registered voters at Humboldt State University, but on-campus organizations are trying to increase that number before the midterm elections on Nov. 6.

Elections manager of Humboldt County Judith Hedgpeth said that it is important that students are informed on voting protocol — where to register, polling locations and which policies affect Humboldt County directly.

According to Hedgpeth, the lack of registered voters was incredibly frustrating during the 2016 presidential elections because, at the time, people did not know that you could register online within a matter of seconds.

"You get to have your voice heard even though it seems insignificant. Take a stand and actually oppose what is being put on to us by the popular media."

"A huge number of students who wanted to vote, but were not registered to vote in Humboldt County, did not vote," Hedgpeth said. "And that caused a lot of frustration, but it is important to know that things changed."

Kelly E. Sanders, a clerk and recorder for the Registrar of Voters, said that many unregistered students are not from Humboldt County or they are registered elsewhere in the precinct areas of Humboldt County such as McKinleyville. In these cases, McKinleyville or their correct precinct would be their polling station instead

of Arcata.

Who can help you register?

Humboldt State University's Library is making an effort to increase the number of registered student voters.

"They can either register here, locally the deadline to register to vote in the local election is October 22," Garrett Purchio, the teaching and learning librarian, said. "If they want to vote wherever they're from they can request a ballot by mail option, or if they live here and don't want to go to the polls they can do the vote by mail option."

They set up a booth on the first floor that has voter registration forms and instructions on how to register online by visiting the secretary of state's website.

It is also important to keep in mind that elections do not just happen every four years, they happen annually at a county and state level. This year's elections take place on Nov. 6.

"Students think elections happen every four years. No, there's elections every year and honestly what happens local and state affects you more directly," Purchio said.

Out-of-state students should note that scholarships can be at risk once they register to vote in California.

Who can help you understand policies?

Pueblo Unido y Políticas, a voter forum created by Movimiento Estudiantil Chicano de Aztlán and the Latin Center for Academic Excellence, helps students familiarize themselves with the policies of the measures.

Regional M.E.Ch.A co-chair Nathaniel McGuigan said that Pueblo Unido y Políticas is a grassroots movement that gives voice to the working class and those who are most affected by policies.

"Grassroot movements are basically social movements that are led by people on the ground," McGuigan said. "An everyday person who walks on the streets or has an average blue collar job. Basically anyone who represents the working class or a marginalized community."

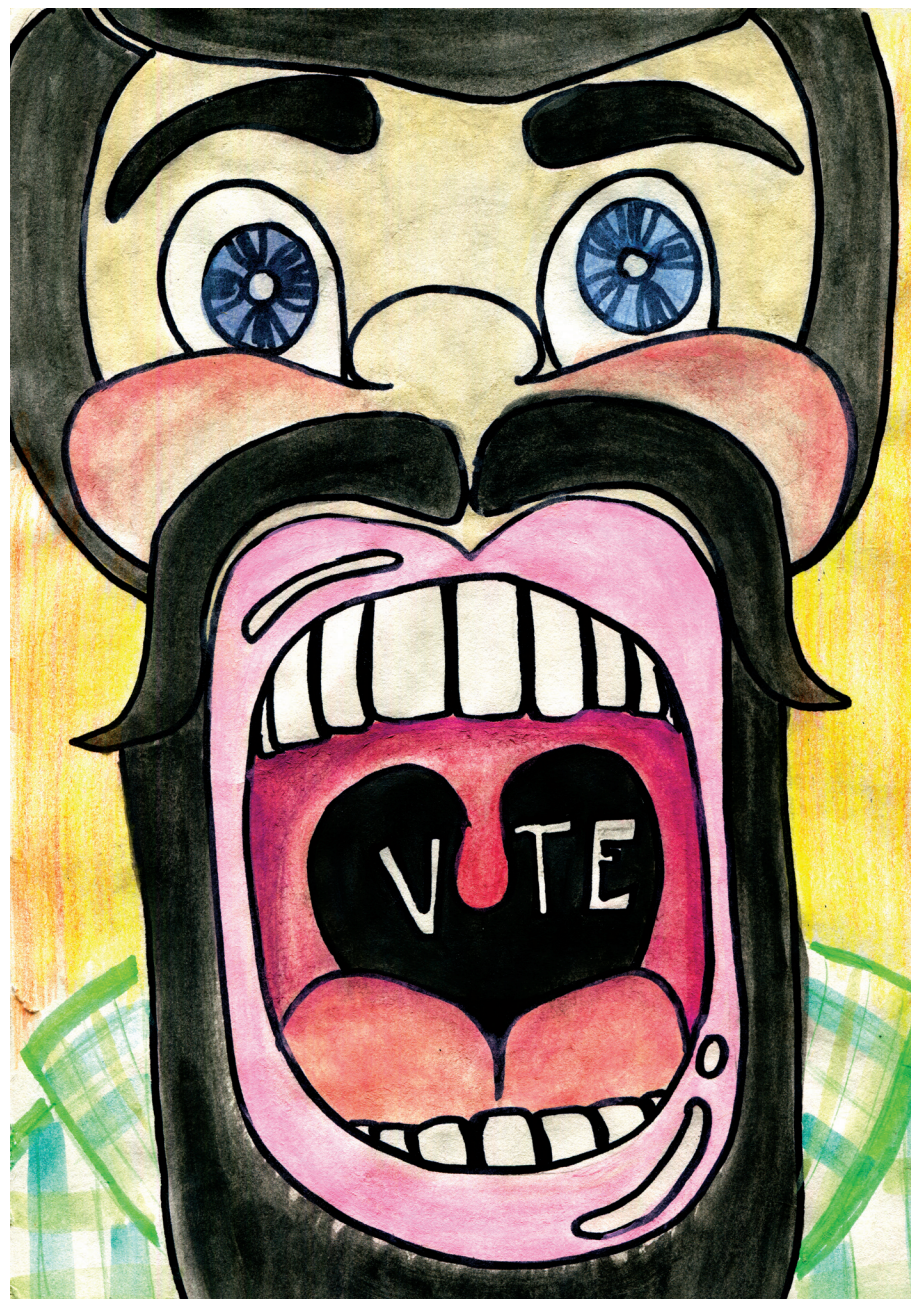


Illustration by Gicci Viramontes

McGuigan urges students to inform themselves on ballot measures and policies that affect students such as Measure M, Measure K and Proposition 10. Measure M will decide whether to keep the McKinley statue (for registered voters in Arcata), Measure K decides whether Humboldt will become a sanctuary county and Prop 10 decides whether to repeal Costa Hawkins, a

rent-control law.

HSU senior Joe Pasillas believes that voting is important because change starts within and with someone who is willing to participate.

"You get to have your voice heard even though it seems insignificant," Pasillas said. "Take a stand and actually oppose what is being put on to us by the popular media."

Mother's Love Ignites Attention Statewide



Charmaine Lawson sitting in front of the INRSEP house. | photo by Cassandra Caudillo

Charmaine Lawson calls for protests across CSU campuses, demands student safety

by Jose Herrera and Cassandra Caudillo

After eighteen months of David Josiah Lawson's case remaining unsolved and under investigation, his mother Charmaine Lawson is ready to take it statewide.

Humboldt State University (HSU) student and criminology major Josiah Lawson was stabbed to death at an off-campus party in Arcata on April 15, 2017. Since then, Charmaine Lawson, family, friends and community members have rallied, organized vigils and attended board meetings for Josiah.

On Sept. 12, student leaders helped organize 'Diversity is Not Inclusion' at HSU, as part of a larger demonstration that the Justice for Josiah Committee set up across the 23 California State Universities. Protesters also stood in front of the California State University (CSU) Chancellor's Office, where the first Board of Trustees meeting of the semester was held.

Although the rally was meant to reach all of the CSU campuses, only some took part in the rally, including Cal State Long

Beach, Los Angeles, Chico, and Sonoma State.

"We have 23 campuses and we have students of color who are facing discrimination on their campuses and facing microaggressions on and off campus," Charmaine Lawson said. "So we can't just single out HSU."

At this rally, there were many students who were advocating for the additional safety and overall comfort for students on campus. One of these students was Moxie Alvarnaz, a senior sociology major who is involved with other student organizations on campus as well.

"I think that President Rossbacher should be ashamed of herself and I think that she should really really look inward and not only ask herself why she personally isn't showing up," Alvarnaz said. "But I think Lisa and all administrators in seats of power should be asking themselves how they are acting as agents of the state and what effect that has on our lives."

Members of the Justice for Josiah

committee said that the lack of student safety and inclusion by HSU and the CSU system were integral in the events of Josiah's murder and the lack of consequences thereafter.

"As parents we send our kids off to college and we want our children to be safe, we want our children to come back home," Lawson said. "We don't want them going into an environment where their life is in jeopardy."

HSU Interim Vice President of Student Affairs Wayne Brumfield has been active in his position for a year and tries to actively engage with students. He also attended Josiah's one year anniversary vigil.

"We have to continue to do the work that we do to ensure that our students are safe," Brumfield said. "That we deal with our basic needs and we work to help students with their sense of well-being here on campus and in the community."

The entire Lawson family and the Justice for Josiah Committee have spent many hours gathering support and

protesting outside the CSU Chancellor's office.

According to the most recent Clery report released by HSU in September, there were no reported hate crimes here. After reaching out to the Chancellor's office, they had no comments on this case and said they could not comment due to it being an ongoing investigation.

Most recently, Lawson and her group have emailed multiple politicians asking to take a look at the case for support. Senator Mike McGuire has recently been identified as a supporter of the movement and even met with her in person. Lawson and the committee continue to seek justice and changes moving forward for the CSU, and for the safety and well-being of students of color.

"We're divided right now, but we have to bridge the community back together," Lawson said. "We have to let students know that they're still safe and they're going to be okay despite of what happened to David Josiah Lawson. He's not going to be forgotten."

Amor de un madre encende la atención estatal

Charmaine Lawson reclama protestas en todas la universidades CSU para la seguridad de los estudiantes

por José Herrera, Cassaundra Caudillo

traducido by Ma Salazar

Después de dieciocho meses del caso de David Josiah Lawson aún sin resolver y bajo investigación, su madre Charmaine Lawson está lista para tomarlo al nivel estado.

Lawson, estudiante de la Universidad Estatal de Humboldt (HSU) y mayor en criminología, fue apuñalado en una fiesta fuera de la escuela en Arcata el 15 de abril de 2017. Desde entonces, Charmaine, familiares, amigos y miembros de la comunidad se han reunido, organizado vigiliyas y asistido a las reuniones de la junta directiva de Lawson.

El 12 de septiembre, los líderes estudiantiles ayudaron a organizar 'Diversity is Not Inclusion' en HSU, como parte de una demostración más grande que el Comité de Justicia para Josiah estableció en las 23 universidades del estado de California. Los manifestantes también se pararon frente a la Oficina del Canciller de la Universidad del Estado de California (CSU), donde se llevó a cabo la primera reunión de la Junta de Síndicos del semestre.

Aunque el rally estaba destinado a llegar a todos los campus de CSU, solo algunos participaron en el rally, incluidos Cal State Long Beach, Los Ángeles, Chico y Sonoma State.

"Tenemos 23 campus y tenemos estudiantes de color que enfrentan discriminación en sus campus y enfrentan microagresiones dentro y fuera del campus," dijo Charmaine. "Por lo tanto, no podemos simplemente identificar a HSU."

En este rally había muchos estudiantes que abogaban por la seguridad adicional y la comodidad general para los estudiantes en el campus. Uno de estos estudiantes fue Moxie Alvarnaz, un estudiante de último curso de sociología que también está involucrado con otras organizaciones estudiantiles en el campus.

"Creo que la Presidenta Rossbacher debería avergonzarse de sí misma y creo que realmente debería mirar hacia adentro y no solo preguntarse por qué



Daniel Segura y Barbara Singleton hablan con el grupo de estudiantes durante la reunión "Diversity is not Inclusion." | photo by Jose Herrera

ella personalmente no se presenta," dijo Alvarnaz. "Pero creo que Lisa y todos los administradores en puestos de poder deberían preguntarse cómo están actuando como agentes del estado y el efecto que tiene en nuestras vidas."

Los miembros de Justicia para Josiah comité dijeron que la falta de seguridad de los estudiantes y la inclusión por parte de HSU y el sistema CSU fue integral en los eventos del asesinato de Josiah y la falta de consecuencias a partir de entonces.

"Como padres, enviamos a nuestros hijos/as a la universidad y queremos que nuestros hijos/as estén seguros, queremos que nuestros hijos/as regresen a casa," dijo Lawson. "No queremos que vayan a un entorno en el que su vida esté en peligro."

El vicepresidente interino de Asuntos Estudiantiles de HSU, Wayne Brumfield,

ha estado activo en su puesto por un año e intenta participar activamente con los estudiantes. También asistió a la vigilia de un año de Josías.

"Tenemos que seguir haciendo el trabajo que hacemos para garantizar que nuestros estudiantes estén seguros," dijo Brumfield. "Nos ocupamos de nuestras necesidades básicas y trabajamos para ayudar a los estudiantes con su sentido de bienestar aquí en el campus y en la comunidad."

Toda la familia Lawson y el Comité de Justicia para Josiah han pasado muchas horas reuniendo apoyo y protestando fuera de la oficina del canciller de CSU.

Según el informe más reciente de Clery publicado por HSU en septiembre, no se reportaron delitos de odio aquí. Después de llegar a la oficina del

canciller, no tuvieron comentarios sobre este caso y dijeron que no podían hacer comentarios porque era una investigación en curso.

Más recientemente, Charmaine y su grupo han enviado un correo electrónico a varios políticos pidiéndoles que echen un vistazo al caso de apoyo. El senador Mike McGuire ha sido identificado recientemente como un partidario del movimiento e incluso se reunió con Charmaine en persona. Charmaine y el comité continúan buscando justicia y cambios para la CSU, y para la seguridad y el bienestar de los estudiantes de color.

"Estamos divididos en este momento, pero tenemos que unir a la comunidad de nuevo," dijo Charmaine. "Tenemos que hacerles saber a los estudiantes que todavía están a salvo y que van a estar bien a pesar de lo que le sucedió a David Josiah Lawson. No lo van a olvidar."

Syphilis on the Rise in Humboldt County

Resources for students to get tested on campus

by Victoria Nazario

In the last year more syphilis cases than ever have been reported in Humboldt County. While chlamydia and gonorrhea remain the most common sexually transmitted infections in Humboldt County, syphilis—a sexually transmitted infection that is said to be one of the most damaging—is currently rising at a rate that has raised concern.

“For the past 10 years it was rare to see more than five cases of syphilis,” Hava Phillips, a public health nurse with the Department of Health and Human Services, said. “As of 2018, we have already seen 39 cases, the number of cases have been doubling each year since 2010. So, it is concerning that syphilis is rising and it does impact public health.”

Syphilis is capable of causing more damage than any other sexually transmitted disease. It is capable of getting into the body and could potentially cause nerve damage.

What is syphilis?

Syphilis is a bacterial infection that can cause serious health problems if not treated. According to the Centers for Disease Control and Prevention (CDC), syphilis can be transmitted through vaginal, anal or oral sexual contact and is highly contagious.

It is spread through sexual skin to skin contact with syphilitic sores, known as a chancre. Chancres can occur around the anus, external genitals, mouth, lips, or in the vagina and

rectum and are often mistaken as ingrown hairs, or get left unnoticed.

Many risk factors contribute to syphilis, including people with multiple sexual partners, having anonymous partners, unprotected sex and men who have sex with men, according to the CDC.

Why get tested?

If left untreated, it can cause a host of problems such as damage to your brain, nerves, eyes, heart, blood vessels, liver, bones and joints. If a mother passes it to her child, it can be fatal.

“Syphilis is capable of causing more damage than any other sexually transmitted disease. Phillips said, “It is capable of getting into the body and could potentially cause nerve damage.”

Since the symptoms of syphilis are so mild, they can be easily missed. A lot of times you or your partner will not have any symptoms that you see or feel. Many people do not know that they have syphilis.

It is important to get tested at least once a year and with new partners, according to Mira Friedman, the lead for health education at Humboldt State University’s Student Health Center. If someone is testing for gonorrhea and chlamydia, then it is important to get tested two weeks after sex, and three weeks after sex for HIV and syphilis.

HSU student Jane Mexicano says she doesn’t think about testing for her or her partner, and she would find it awkward to bring up the subject.

“The last time I got tested was a long time ago it was my freshman year, and I am now a senior,” Mexicano said.

Resources on campus

There are many resources on campus where students can get tested at no cost. Clinical peer educators offer peer to peer consultations, helping students get no-hassle access to gonorrhea, chlamydia, HIV and syphilis testing. This can be done by peeing in a cup or with vaginal, throat or anal



Graphic by Jazmine Mendoza

swabs.

“Part of my job is reassuring people and doing the testing because it is always good to have all the knowledge about your body,” said Charles Moore, clinical peer health educator.

The services that students use through the health center are almost always covered by Family PACT, which many students qualify for. This is helpful for uninsured students or those who do not want parents and guardians notified. Anyone can sign up for the Family PACT program and it will pay for all of their services.

“One thing that we always stress is getting tested should be part of normal health care,” Phillips said. “Even if you do not have high risk factors, everyone is at risk.”

Clinical peer health educators give safer sex supplies which are goodie bags full of condoms and lube, and they help with the over the counter vending machine which has emergency contraception, tampons, ibuprofen and other necessities.

If you are looking to get tested, you could visit the health center or visit the clinical peer health educators Monday through Friday, or call (707)826-3146 to make an appointment.

Sífilis Subiendo en el Condado de Humboldt

por Victoria Nazario

traducido por Anthony Alonzo-Pereira and Ma Salazar

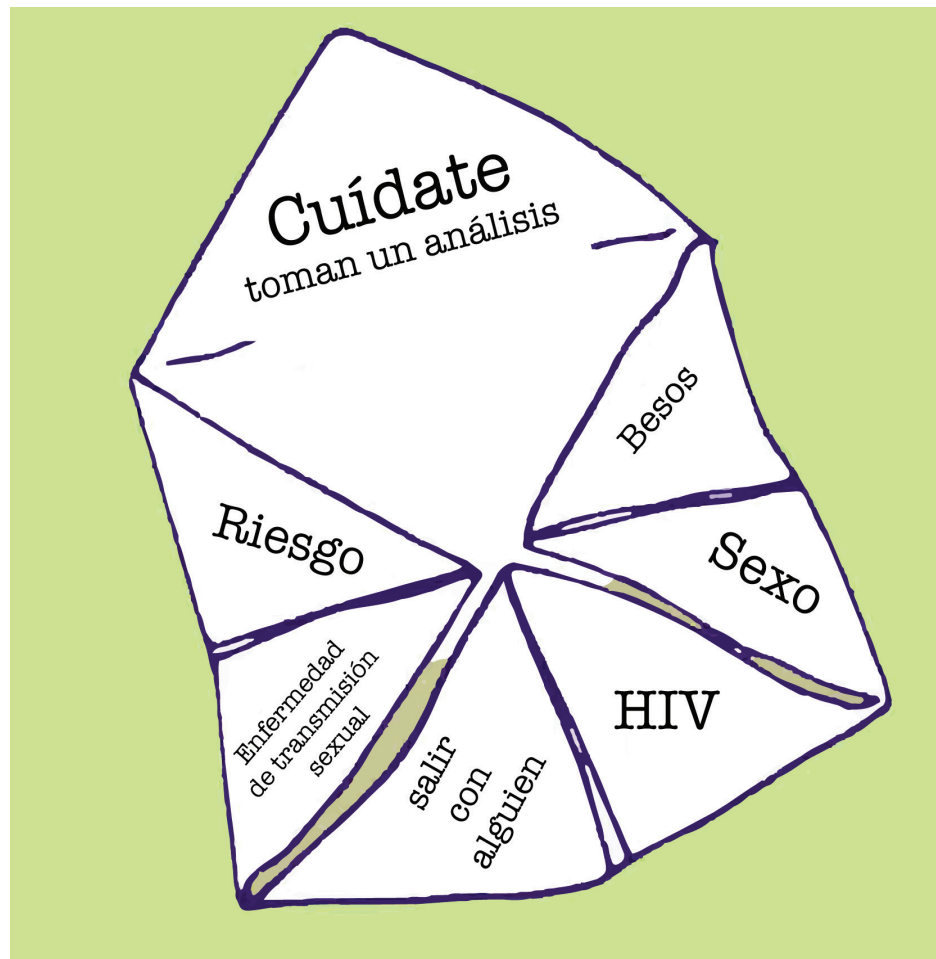


Gráfico por Jazmine Mendoza

Educadores de salud también ofrecen materiales para sexo sano—una bolsa llena de condones y lubricante, y proveen asistencia con la máquina expendedora que contiene anticonceptivos, tampones e ibuprofeno junto a otras necesidades.

Si busca hacerse un examen, visite el centro de salud o visite a los educadores de salud de lunes a viernes o llame (707) 826-3146 para hacer una

En el año pasado más casos de sífilis que nunca se han reportado en el condado de Humboldt. Mientras clamidia y gonorrea permanecen las más comunes infecciones transmitidas sexualmente en el condado de Humboldt, sífilis — una infección transmitida sexualmente que es dicha de ser la más perjudicial — esta corrientemente creciendo a una velocidad que ha levantado preocupación.

“Por los 10 años pasados era raro mirar más de cinco casos de sífilis,” Hava Phillips, un enfermero de salud pública con el departamento de salud y servicios humanos, dijo. “Desde el empiezo de 2018, hemos visto 39 casos, el número de casos han estado duplicando cada año desde 2010. Es por esto que es preocupante que sífilis esté creciendo y si impacta la salud pública.”

Sífilis es una infección bacteriana que puede causar serios problemas de salud si no es tratado. Según a el Centros de Control y Prevención de Enfermedades, sífilis puede ser transmitido mediante vaginal, anal, o oral contacto sexual y es altamente contagioso.

Es untado mediante contacto sexual de piel a piel con llagas sifilíticas, conocidas como chancres. Chancres pueden ocurrir alrededor del ano, genitales externas, boca, labios, o en la vagina y recto y son a menudo confundidas como pelos sobre crecidos, o son dejadas inadvertidas.

Muchos factores riesgos contribuyen a sífilis, incluyendo gente con varias parejas sexuales, teniendo parejas anónimas, sexo desprotegido y hombres que tienen sexo con hombres.

Si dejado sin tratamiento, el CDC dice que puede causar multitud de problemas como daño al cerebro, nervios, ojos, corazón, vasos sanguíneos, hígado, huesos y la articulación. Si una madre lo pasa a su hijo, puede ser fatal.

“Sífilis es capaz de causar más problemas que ningún otra enfermedad de transmisión sexual. Es capaz de meterse a el cuerpo y potencialmente causar problemas de nervios,” Phillips dijo.

Porque los síntomas de sífilis son leve, pueden ser emitidos fácilmente. Muchas veces tu o tu pareja no van a tener síntomas que puedan ver o sentir. Mucha gente no saben que tienen sífilis.

Es importante ser examinado tan siquiera una vez al año y con nuevas parejas, según Mira Friedman, la líder para la salud educacional en la universidad estatal de Humboldt centro estudiantil de salud. Si alguien se está examinando para gonorrea y clamidia, entonces es importante de ser examinado dos semanas después de sexo, y tres semanas después de sexo para y sífilis.

HSU estudiante Jane Mexicano dice que ella no piensa en examinarse ella misma o su pareja, y ella lo encontraría incómodo de hablar sobre el tema.

“La última vez que fui examinada fue hace mucho tiempo y fue durante mi

primer año estudiantil, y ahora ya soy un estudiante del último año,” Mexicano dijo.

Hay muchos recursos en el campus donde estudiantes pueden hacerse pruebas de gratis. Educadores de salud ofrecen consultaciones para ayudar a estudiantes para que reciban acceso a exámenes de gonorrea, clamidia y VIH. Estos exámenes pueden ser hechos con orina, o muestras de la garganta, el ano o la vagina.

“Parte de mi trabajo es asegurar a la gente y conducir los exámenes porque siempre es bueno tener conocimiento sobre su cuerpo,” dijo Charles Moore, educador de salud.

“Sífilis es capaz de causar más problemas que ningún otra enfermedad de transmisión sexual. Es capaz de meterse a el cuerpo y potencialmente causar problemas de nervios.”

Los servicios que estudiantes utilizan a través del centro de salud casi siempre son cubiertos por Family PACT, un programa por el que muchos estudiantes califican. Esto es práctico para estudiantes sin aseguranza y aquellos que no quieran que sus padres sean notificados. Cualquier persona puede inscribirse en Family PACT y el programa pagará por todos los servicios.

“Algo que estresamos es la necesidad de hacerse estos exámenes regularmente como parte de la salud,” dijo Phillips. “Aunque uno no corra riesgos altos, todos estamos a riesgo.”

Hourly Fees From UC

Policy charges students and faculty for hosting events

by Jose Herrera

Students and faculty should now consider a new cost when organizing events: the amount of money needed to pay University Center hourly fees.

UC is enforcing a pre-existing policy charging students, faculty and departments for using campus facilities such as the Kate Buchanan Room and the Green and Gold room. Rental prices vary and depend on a category. These categories include Student groups, HSU Departments, HSU Departments Charging for the Event, NonProfit Off Campus Groups and For Profit Off Campus Groups.

Associate vice president of marketing and communications Frank Whitlatch said that the University Center has had this policy as their guidelines for how they would charge for the use of space. However, when they reviewed it they noticed that the policy wasn't being followed.

"So, they made a few adjustments and now everything is consistent across the board for all the spaces the University Center rents out," Whitlatch said.

There are multiple fees that may need to be paid to rent each room and host events, including staffing fees and a facility charge.

"For student groups and student clubs we are not charging them the facility charge even on the weekends," UC executive director David Nakamura said.

According to an email from Whitlatch, facility rental fees vary by room and are calculated based on square footage of the space by the state. The KBR for example is set at a price of \$30, the field house is \$175 and Goodwin Forum is \$13 per hour.

Students only have to pay the staffing fees of \$18 per hour per person for week-



The Kate Buchanan Room in the University Center. | photo by Jose Herrera

end events or off-operational hours while other groups must pay the base price of the room and staff fees at a discounted or full price.

Student cost

Although UC's fees for students are the more affordable during the prime hours, Monday thru Friday between 7 a.m. to 10 p.m., it is still worrisome for clubs and student groups maintaining their budget.

HSU students Kawainohiaakalani Navares and Matilda Bunchongchitr are co-coordinators for the Asian, Desi, Pacific Islander Collective and organized the Mid-Autumn Moon Festival in the KBR on Sept. 24.

ADPIC's budget fluctuates depending on how much funding they get from the university. Spring 2018 they had to work with \$3000 and had a lot of members donating money and time to get their events going.

"This year we got extra funding, but it's still a little hard," Bunchongchitr said. "It's not enough."

Educational roadblock

Anthony Silvaggio, associate professor for the department of sociology, disagrees with UC's fees and describes them as a burden on students.

"Safe social spaces for people to congregate outside of this sort of educational piece are critical to student retention and for the development of the community," Silvaggio said.

The policy affected faculty and his department too. The Solidarity Economy Conference was a two day event sponsored by the Sociology Department and student clubs in September but was cancelled said Silvaggio.

"We had the Kate Buchanan Room, the Green and Gold Room attempted to get reserved and couldn't because of the fees," Silvaggio said.

Silvaggio said the Sociology Department will try and reschedule their event in the spring with the help of their dean.

"I think they are trying their best but we have to be firm on these fees and policy," Silvaggio said. "We have to say that this is not a policy that students have to burden with or faculty. We have to find other ways to fund this."

User Types and Fee Base

Student Groups:

Staffing fees outside of operating hours

HSU Departments:

Staffing fees and 50% of facility rental fees outside of operating hours

HSU Departments Charging for the Event:

Staffing fees outside of operating hours, 50% of rental fees during operating hours and 100% of rental fees outside of operating hours

Nonprofit, Off Campus Groups:

Staffing fees outside of operating hours, 50% of rental fees during operating hours and 100% of rental fees outside of operating hours

For Profit Off Campus Groups:

Staffing fees after operating hours and 100% of facility rental fees during all hours

The staffing fee is \$18/hour/person.

"Safe social spaces for people to congregate outside of this sort of educational piece are critical to student retention and for the development of the community."

Edelmira Reynoso

HSU welcomes new ODEI associative director

by Percival Royce

Edelmira Reynoso, or Edy for short, is the first to have the position of associate director at Humboldt State's Office of Diversity, Equity and Inclusion (ODEI).

Her work with ODEI since becoming the associate director has included working on unconscious bias trainings, mitigating situations among faculty departments working with each other and presentations for working with transfer students in the Educational Opportunity Program.

"I hope that through getting to know students and mentoring them, I can share some of what I've learned and help them in the various capacities that I can. Given the opportunity, we can all succeed."

A primary goal of hers is to create systemic change and promote equity and inclusion throughout all campus interactions.

"I hope that through getting to know students and mentoring them, I can share some of what I've learned and help them in the various capacities that I can," Reynoso said. "Given the opportunity, we can all succeed."

Future projects and plans with ODEI include a lot of dialogue. Reynoso would like to ensure students that the faculty is here to serve them and make sure they thrive. Always an educator at heart, she knew going into the educational field she wanted to help

and mentor students.

A lot of her work is focused on working closely with faculty, administration and staff on guides for the new hiring process. Reynoso has presented dialogues for the LCAE and for faculty, working closely with Cheryl Johnson, the director of ODEI.

"Reynoso is thoughtful and reflective in her approach to racial equality, but utilizes an informed approach through research," Johnson said. "I feel very lucky to have her be a part of the ODEI team."

Reynoso, fluent in both Spanish and English, is also passionate about creating momentum and moving away from old language and embracing the new. She says that through her research, using terms such as "minoritized populations" instead of underrepresented minorities has shown to be more inclusive.

"I just want to ensure that we're being equitable," Reynoso said.

Reynoso chose HSU for the same reason many students did - it looked beautiful. Originally from Los Angeles, Reynoso attended UC Santa Barbara where she earned her undergraduate degree in Spanish and sociology.

She later moved to Albany, New York, to earn her doctorate in sociology from the University of Albany. While a graduate student, Reynoso was a graduate assistant responsible for the management of diversity programs across a 64-campus system.

She has been living in Arcata since the start of the 2018 fall semester. Reynoso settled in with the help of her parents. She enjoys the small community of Arcata and HSU.

"I love the fact that I can walk to the plaza," Reynoso said. "I enjoy the flexibility of being able to drive if I want to."

Reynoso enjoys hiking in her free time. She would like to hike Fern Canyon and looks forward to hiking with a group of her colleagues in the near future.



New Associate Director of Diversity, Equity and Inclusion (ODEI) Edelmira Reynoso builds relationships and opportunities on campus through open dialogues at HSU. | photo by Héctor Alejandro Arzate

"Reynoso is thoughtful and reflective in her approach to racial equality, but utilizes an informed approach through research. I feel very lucky to have her be a part of the ODEI team."

Africa

DNA fingerprinting has identified 3 of the major cartels in the ivory smuggling market. The DNA identifications have helped construct hard evidence against such poachers, leading them to solidify cases against the smuggling kingpins. Rhino poaching numbers in South Africa have also dropped 26 percent compared to the beginning of last year. Some initiatives to continue to counter the poaching market are to relocate and breed rhinos in Texas along with creating educational campaigns to spread awareness.

Africa

Las huellas dactilares de ADN han identificado a 3 de los principales cárteles en el mercado de contrabando de marfil. Las identificaciones de ADN han ayudado a construir pruebas sólidas contra tales cazadores furtivos que los llevan a solidificar los casos contra los bandidos del contrabando. Las cifras de caza furtiva de rinocerontes en Sudáfrica también han bajado un 26 por ciento en comparación con el comienzo del año pasado. Algunas iniciativas para continuar oponiéndose al mercado de la caza furtiva son reubicar y criar rinocerontes en Texas junto con la creación de campañas educativas para difundir la conciencia.

Puerto Rico

A year after Hurricane Maria hit Puerto Rico last Sept. the island continues in its recovery efforts. The non-profit organization Casa Pueblo, located in Adjuntas, has been working on providing solar power alternatives to its residents in the hopes people become less energy dependent. On Aug. 14 of this year the Puerto Rico Electric Power Authority announced that they finally restored power to all of its customers, yet the island of Vieques, or the “forgotten island,” continues to rely on generators to support their electrical grid.

Puerto Rico

Un año después de que el huracán María azotara Puerto Rico en septiembre pasado, la isla continúa con sus esfuerzos de recuperación. La organización sin fines de lucro Casa Pueblo, ubicada en Adjuntas, ha estado trabajando para proveer alternativas de energía solar a sus residentes con la esperanza de que las personas sean menos dependientes de la energía. El 14 de agosto de este año, la Autoridad de Energía Eléctrica de Puerto Rico anunció que finalmente restauraron la energía eléctrica a todos sus clientes, sin embargo, la isla de Vieques, o la “isla olvidada”, sigue dependiendo de los generadores para respaldar su red eléctrica.



Graphic by Jen Kelly

Mexico

On Friday Sept. 21, Mexican officials declared a state of emergency for the states of Sinaloa, Sonora and Durango due to flooding caused by heavy rains. The flooding started on Thursday Sept. 20 in Sinaloa when the rain from a tropical depression reached 14 inches within just 24 hours. There have been 3 reported deaths in Sinaloa, 7 in Michoacán and over 2,336 people have evacuated the state of Sinaloa. Warnings for possible storms reaching the states of Jalisco, Michoacán, Guerrero, Coahuila, Nuevo León and Tamaulipas have been issued.

México

El viernes 21 de septiembre las autoridades mexicanas declararon un estado de emergencia en los estados de Sinaloa, Sonora y Durango debido a las inundaciones causadas por lluvias fuertes. La inundación comenzó el jueves 20 de septiembre en Sinaloa cuando la lluvia de una depresión tropical alcanzó las 14 pulgadas en solo 24 horas. Se han reportado 3 muertes en Sinaloa, 7 en Michoacán y mas de 2,336 personas han evacuado el estado de Sinaloa. Se han emitido advertencias de posibles tormentas que llegan a los estados de Jalisco, Michoacán, Guerrero, Coahuila, Nuevo León y Tamaulipas.

Ethiopia-Eritrea

For the first time in 20 years, Ethiopia and Eritrea reopened their shared border on Tuesday, Sept. 11. The two countries have been in a hostile state throughout the past 20 years due to their war break-out resulting in massive deaths. In July, the two countries signed a formal declaration of peace, which sprung their reconciliation creating a “frontier of peace and friendship.” The opening has lead to reuniting long-separated families, reopening of embassies and restoration of telephone lines and commercial flights.

Ethiopia-Eritrea

Por primera vez en 20 años, Etiopía y Eritrea abrieron sus fronteras compartidas el martes 11 de septiembre. Los dos países han estado en un estado hostil durante los últimos 20 años debido a su estallido de guerra que resultó en muertes masivas. En julio, los dos países firmaron una declaración formal de paz, que generó su reconciliación creando una “frontera de paz y amistad”. La apertura ha llevado a reunir familias separadas desde hace mucho tiempo, reabrir embajadas y restaurar líneas telefónicas y vuelos comerciales.

Programs that CARE at Humboldt State

HSU provides resources for struggling students

by Erika delos Reyes

HSU students struggling with health-care, housing, food, finances, and extenuating circumstances can receive individualized support from the Campus Assistance Response and Engagement (CARE) program.

According to CARE's new coordinator Rob Keever, the program assists students in distress by providing them with resources on and off campus. Keever addresses non-clinical, non-emergency situations as a case manager, social worker, and advocate.

"In this position I try to empower students," Keever said. "I don't want to make it like I'm doing everything for them. The times where a student feels like they need that extra push or that extra inspiration, it's part of my job to empower them to be able to do things for themselves."

Keever, a former career advisor with HSU's Academic and Career Advising Center, assumed the role of CARE coordinator on Aug. 13 and replaced former coordinator Vincent Feliz, who developed the CARE program in the past six years.

"CARE is a program that's not uncommon on college campuses these days," Keever said. "It really started after a lot of incidents that happened in the early 2000s. There's been school shootings and a lack of attention on mental health issues, and these kinds of programs are able to catch things early."

By addressing issues as soon as possible, CARE aims to minimize harm, prevent tragedy, and identify what students need to succeed. Students usually do not self-refer, but are referred to CARE by concerned faculty and staff.

Depending on students' individual needs, CARE commonly collaborates with departments in Student Health and Wellbeing Services, which consists of the Student Health Center, Counseling and Psychological Services and Health & Wellness Education.

"I'm so happy to have someone so competent to work with," Ravin Craig,



New Campus Assistance Response and Engagement (CARE) Coordinator Rob Keever sits outside in the UC Quad at Humboldt State University in Arcata, California on Sept. 20, 2018. Keever plays a role in connecting students with resources and services that will help them succeed at HSU. Photo by Jose Herrera

health education assistant with SHWS, said. "I had a student who hurt her ankle and her professors weren't getting back to her. I knew that I could send her to Rob and he would smooth things over."

Keever does not offer crisis counseling or mental health services, but helps students navigate their issues by bridging them to limited sources of support in the local community.

"There is a serious lack of resources countywide—a lack of medical and mental health resources—but we do our best," Craig said. "Rob and I work frequently together with Kelsi [Guerero], who is the case manager for the health center and CAPS. We have a

diverse range of expertise, and I help students who struggle to find basic needs resources, especially food."

Keever is no stranger to struggle. He experienced his own personal and academic challenges while attending Nova Southeastern University in south Florida.

"I almost left college," Keever said. "I've been very fortunate to have people in my life that have been very helpful in times where I was most in need. I work with students to get them to a place where they feel trust in this university again, and confidence that there are people here that want to help them."

In addition to responding to issues, CARE and its partners such as Reten-

tion through Academic Mentoring Program and SHWS try to be proactive by assessing student needs.

"We have to reach out to students rather than just wait in our office," Tracy Smith, the director of RAMP, said.

According to Keever, CARE and the entire Dean of Students Office are actively trying to figure out ways they can do better.

"CARE is everybody," Keever said. "Over 600 cases a year is a lot for one person, and the CARE coordinator can't do their job if everyone on campus wasn't helping. There's a lot of work the school needs to do in a lot of different areas, but I feel like there is a lot of hope and help."

Insight on Iconic Ink

A look into the Native Ink Expo

by Cassandra Caudillo



Person getting a new piece added to his sleeve. | photo by Cassandra Caudillo

Sounds of whirring needles and excited chatter filled Bear River Casino Resort as tattoo artists specializing in Native or traditional ink took part in the first ever Native Ink Tattoo Expo.

This expo, which took place in Loleta, California on the weekend of Sept. 14-16, hosted over 10 tattoo parlors from around the country such as A-Town Tattoo, Ride or Die, and artists from shows like “Ink Master” brought in attendees.

Sulu’ape Si’i Liufau is the 42-year-old owner and founder of A-Town Tattoo Parlor, the only known parlor in California that does traditional tatau tapping. He originates from Southern California but has ties to Polynesia. He shared the history of the Samoan tattoos he called, *sulu’ape tatau*.

“It’s been with us roughly about 3,000 years,” Liufau said. “We are one of the few cultures in the world that tatau has stayed intact since the time it was given to us. That’s what makes it so special, it’s one of the remnants of the ancient world that we still have left and we’re able to practice today.”

Traditional tatau tapping is done by tapping a sharp blade that is attached to

a stick into one’s skin. It is done while the person is lying down and the artist hovers over them with the additional help of other people in the shop stretching the person’s skin.

Traditionally it is done with a sharp rock but, for health and safety purposes, Liufau decided to use a blade with a mix of stainless steel and plexiglass.

Liufau gained his title of Sulu’ape after becoming a well-known Sulu’ape tatau practitioner. He shared that he does not yet see himself as knowing everything there is to know about tatau because every day he is learning something new.

Respect or Cultural Appropriation?

A controversy that is often talked about is whether people who are not affiliated a tribe or culture are appropriating or appreciating the culture when they get traditional or native tattoos. Dakota Borter, 22, an Iroquois tribal member had a thing or two to say on this matter.

“As long as it’s respectful to the culture and it’s not trying to show that you’re trying to include yourself as part of that culture, regardless of how you feel about history and what America’s done to tribes,” Borter said.



Native tribal member getting a tattoo of a tree that turns into an eagle at the base. | photo by Cassandra Caudillo

Chapo Alvarez, 35, owner of his own tattoo shop in Southern California, said he found that those who get traditional tattoos who are not a part of any tribe or certain culture, were appreciating that culture.

“There’s a certain point where you should know your place and respect those tribes, and maybe not get insignias that maybe they find they are only allowed to have on their bodies.”

He found that when he does tattoo those people, they aren’t getting it to pretend that they are from that tribe, they get them because they hold a different

meaning to that person.

“A lot of people that like to get tribal tattoos, it’s for a different meaning,” Alvarez said.

Some Tattoos are Sacred

“Do your research before you get something on your body that might offend an entire nation,” Borter said as he was getting fresh ink of the Iroquois flag.

“There’s a certain point where you should know your place and respect those tribes, and maybe not get insignias that maybe they find they are only allowed to have on their bodies.”

Liufau sees tattoos as another form of self expression and thinks that this appropriation or appreciation stems from everyone’s individual perceptions. To him, it’s like many other things such as Native dance. In his eyes everyone should be able to enjoy Native dance, not just Natives, and the same with tattoos.

“It all has to be love and positivity,” Liufau said. “That’s what’s going to make the difference on how we tattoo and how we put out our cultural motifs and our cultural philosophies, and allow people in the world to participate with us and enjoy the way we enjoy it.”

Tradiciones en Tinta

Un vistazo del Native Ink Expo

por Cassaundra Caudillo

traducido por Anthony Alonzo-Pereira



Un punto de vista cercano del tatuaje. | photo courtesy from Liufau and A-Town Tattoo.



Tatuador Emily Rodley haciendo un nuevo tatuaje. | photo por Cassaundra Caudillo

El zumbido de agujas y gente emocionada llenó Bear River Casino Resort cuando artistas especializados en tinta tradicional tomaron parte en el Native Ink Tattoo Expo, el primero de su historia.

La expo ocurrió en Loleta, California el 14-16 de septiembre, con 10 salones de tatuajes de diferentes partes del país en asistencia. Salones como A-Town Tattoo, Ride or Die y artistas programados como "Ink Master" atrajeron gente.

Sulu'ape Si'i Liufau, 42, es el dueño y fundador de A-Town Tattoo, el único salón en California que hace tatuajes a forma de puntura tradicional. Liufau es del sur de California, pero tiene conexiones a Polinesia. Compartió la historia de los tatuajes Samoanos que él hace, llamados sulu'ape tatau.

"Ha estado con nosotros por más o menos 3,000 años," dijo Liufau. "Somos una de las pocas culturas en el mundo en la que tatau ha sobrevivido desde que nos la introdujeron. Es por eso que es tan especial, es uno de los remanentes del mundo antiguo."

Tatau tradicionales son hechos con una cuchilla filosa que perfora la piel.

El cliente se acuesta mientras el artista trabaja con asistentes que le ayudan a estirar la piel.

Tradicionalmente se usa una piedra afilada, pero por razones de seguridad, Liufau ha decidido usar una cuchilla hecha de acero inoxidable y plexiglás.

"Hay un cierto punto donde tu tienes que saber tu lugar y respetar a esas tribus y tal vez no agarrar insignia que tal vez ellos son los únicos que pueden tenerlas en sus cuerpos."

Liufau obtuvo su título de Sulu'ape

después de haberse hecho conocido como un artista de Sulu'ape tatau. Compartió que todavía no cree saberlo todo acerca de tatau porque cada día aprende algo nuevo.

Apropiación de cultura o respeto?

Un tema controversial es el de personas que se hacen tatuajes tradicionales sin tener conexión a la cultura. ¿Es apreciación o apropiación de la cultura?

Dakota Borter, 22, miembro de la tribu Iroquois, comentó sobre el tema.

"Mientras demuestre respeto a la cultura y la persona no pretenda incluirse en esa cultura, no importa lo que uno opine sobre la historia y lo que este país ha hecho a las tribus."

Chapo Alvarez, 35, dueño de salón de tatuajes en el sur de California, dijo que aquellos que se hacen tatuajes tradicionales sin ser parte de una tribu, están apreciando la cultura.

Cuando les hace tatuajes a esas personas, no se están tatuando para pretender que son de esa tribu, se los hacen porque tienen un sentido diferente a esa persona.

"A muchas personas que se hacen tatuajes tradicionales, es por un sentido

diferente," dijo Alvarez.

Algunos tatuajes son sagrados

"Haz tu investigación antes de que te pongas algo en tu cuerpo que tal vez podrá ofender a una nación entera," Borter dijo mientras estaba recibiendo una nueva tinta de la bandera Iroquois.

"Hay un cierto punto donde tu tienes que saber tu lugar y respetar a esas tribus y tal vez no agarrar insignia que tal vez ellos son los únicos que pueden tenerlas en sus cuerpos."

Liufau mira a tatuajes como otra forma de autoexpresión y piensa que esta apropiación o apreciación deriva de las percepciones individuales de todos. Para él, es como todas otras cosas como bailes nativos. En sus ojos todos tienen derecho de disfrutar bailes nativos, no nomás los Nativos, y así mismo con tatuajes.

"Todo tiene que ser amor y positividad," Liufau dijo. "Eso es lo que hará la diferencia en cómo nos tatuamos y como ponemos nuestros motivos culturales y nuestras filosofías culturales, y dejar a gente en el mundo participar con nosotros y disfrutar la manera en la que lo disfrutamos."

Recipe for a Sweet Business

Student Baker Erica Cremona dishes out details on successful startup

by Jose Herrera



Cremona bakes cakes for birthday parties and other celebrations. | photo courtesy by Erica Cremona.

Erica Cremona poses for a portrait in her dormitory at Humboldt State University in Arcata, California on August 26, 2018. | photo by Jose Herrera

Businesses define success in a multitude of ways. However, for flour plastered, auburn-bun-haired Erica Cremona, her achievements benefit herself, customers and the community.

Humboldt State University student Cremona is the owner of Erica's Cakes, a home business that sells and donates cakes and cupcakes in Stockton, California as well as its surrounding areas. For Cremona, cakes evoke positive moments, which is why she pursued baking.

"How can you not be happy when you're eating cake? It brings happiness to people. You see cake at almost every event."

"How can you not be happy when you're eating cake?" Cremona said. "It brings happiness to people. You see cake at almost every event."

At the age of 8, she began baking

cakes for her family and eventually it led to something larger. Cremona said it was a means for creative expression but that when she developed her skill enough, she was able to turn it into a profitable business as well.

Celebrating life

Erica's Cakes focuses on delivering colorful and meaningful cakes to celebratory events. Her mother, Kristie Cremona, also said that she's been known to donate cakes to cancer patients and fundraisers.

"I hope she continues if she likes to do it," Kristie Cremona said. "Each time I look at a cake it gets better and better."

Kristie Cremona said she's glad to see her daughter giving back to the community.

"I'm really proud of her," Kristie Cremona said. "And for all the things she's accomplished from the time she was 11-12 to what she's doing now."

Erica Cremona said that her first donation was to a friend of her mom who knew somebody with cancer. After that occurred, she went on to donate cakes to causes such as Bear Creek High School's athletics fundraiser, a little girl whose moms abuse resulted in hospitalization, and other people and orga-

nizations.

Erica Cremona said she feels like it's her duty to do good for others, especially when people are facing hard times because cake can make people feel better.

"It's a pretty cool feeling when you see someone so down get real excited for a little while," Cremona said. "And to be that reason why they are so excited is even better."

"It's a pretty cool feeling when you see someone so down get real excited for a little while. And to be that reason why they are so excited is even better."

Erica's baking journey

Erica's Cakes took off during Cremona's sophomore year of high school, but now that she is at HSU her

business is usually open when she goes back home during the summer.

She hopes that in the following year she will have resources available to expand into Humboldt County.

Business major Alexandra Gonzalez, Erica Cremona's roommate and friend, said that Cremona has a creative mind to design. She's also grateful for meeting Cremona because they've become such good friends.

"I know that at the beginning of the year I felt that Humboldt wasn't for me," Gonzalez said. "One of the reasons that I stayed was because Erica became my friend and we've grown really close to each other."

Cremona's journey has had ups and downs, and the learning curve for a successful business was a bit tricky.

"I kinda sucked at first for a couple of years," Cremona said. "I was self-teaching myself the skills and looking on YouTube and watching Cake Boss. Then it manifested into this business that I do."

Cremona said that in the end, the struggles and sacrifices she's made are worth the experiences, skills and connections she has gained in return.

"The reactions that people give," Cremona said, "Make all the stress so worth it."

Fahrenheit 11/9 Movie Review

by Cameron Rodriguez

Initially, I thought about doing this review on either the films “Searching,” “The Predator” or “Mandy” but Michael Moore’s “Fahrenheit 11/9” incorporates a good majority of elements from all three. In this flick we are treated to many anecdotal, action-packed, twist-after-turn moments; but we’ll get back to that later. Yup, this is Moore’s most exciting romp.

“With issues of gun control, police brutality, race, class and economic disparity put on full display, Moore tries to parallel the nation’s grief through Flint’s systematic degradation.”

Moore has garnished respect from most—and infamy from others—throughout the decades. From his first documentary “Roger & Me” (1989), which dealt with his hometown Flint, Michigan’s industrial decline after

General Motors was closed and outsourced, to “Bowling for Columbine” (2002), which tackled the tragic shooting of the 1999 Columbine High School shooting, both films act as bases for this semi-sequel to “Fahrenheit 9/11.”

Moore uses sincere and almost absurd testimonies, melding elements of satire to evoke an ethereal experience. As information is displayed, we the audience yet again are bamboozled by America’s disparaging methods of operation, or lack thereof. With issues of gun control, police brutality, race, class and economic disparity put on full display, Moore tries to parallel the nation’s grief through Flint’s systematic degradation. Footage and testimonies deal with the biological effects of Flint’s water lead poisoning and the government agenda behind it.

Moore tackles the issue of gun control and how the youth have used contemporary tools and methods to change the way we deal with gun violence. In “Fahrenheit 11/9,” Moore connects the country’s decline to the election of the country’s current president; however, he uses an almost neutral stance as he critiques both Trump and Barack Obama. The film does a good job of including Obama’s blatant and insensitive views on the issue of Flint’s

water crisis, among other things.

The score and soundtrack is typical of a Michael Moore film; it’s hooky when its supposed to be and adds a lasting impression. Overall the film does what it was meant to do. It’s not perfect and it does contain flaws. There are moments where the film slows down and becomes a little too informational, which I know seems weird considering the film is a documentary, but it was a little too much too process at once. The emotional levity is somewhat embel-

lished with music and visual cues, and there are times you are trying to disassociate Moore’s generality with his ego. But these are standards of Moore’s films now. In the elemental film terms of “fun,” “dramatic” and “wild,” this film tries to integrate many of these qualities to tell a critical and “current” cautionary tale of society.

I would rate the film an 8 out of 10. It is worth a ticket alone to learn about Trump’s absurd reasoning for his presidential running.



Michael Moore’s new documentary “Fahrenheit 11/9” at the Arcata Minor Theatre | photo by Héctor Alejandro Arzate

Vending Machine Dispenses Affordable Contraception and Health Items

by Victoria Nazario

Students no longer have to go far to find emergency contraception and other health products for a significantly low price.

HSU’s Student Health and Wellbeing Services introduced a vending machine stocked with over the counter health products. The vending machine is located in Nelson Hall East on the first floor which can be accessed day or night.

The vending machine was added to campus in August 2018 to increase student access to the different health supplies, said Mira Friedman, lead for health education.

“The most popular item is the emergency contraception, known as the the morning-after pill, Friedman said. “And it is only \$11, which is huge because if you go to

the pharmacy it is around \$50.”

This mini-pharmacy includes items such as condoms, pain medication, menstrual products and cough drops. Students can purchase items with cash, debit card and other payment methods.

HSU student and finance major Jose Leon believes every campus should have an over the counter vending machine and that students should be able to have affordable and accessible safe sex supplies.

“I know there are a lot of people who are shy to talk about their sex life,” Leon said. “So having this vending machine gives those people a chance to get the safe sex supplies they need without having to interact with someone or have that fear of being judged.”



Vending machine in Nelson Hall East. | photo by Victoria Nazario

Denice Frohman: Woman of Resistance

Campus & Community Dialogue on Race 2018 keynote speaker

by Sinhai Dorantes

The expression in her voice intensifies. Every word, every pause, translates into fuel for her audience as her breathless Spanglish uplifts a crowd. Award-winning queer Latinx poet, educator, and performer Denice Frohman will be this year's keynote speaker for Humboldt State's Campus & Community Dialogue on Race (CDOR) on Monday, Oct. 29 at 5 p.m. in the Kate Buchanan Room.

Who is Denice Frohman?

The 32-year-old Puerto Rican and Jewish poet was born and raised in New York City, where she attended high school and then Dowling College. There, she majored in English and began to discover her love for poetry while on a four-year basketball scholarship.

"I used to watch HBO's Def Poetry Jam and go to the Nuyorican Poets Cafe my senior year of high school and beginning of college," Frohman said. "So I remember Lemon, La Bruja, Mayda del Valle and so many others. They were some of the first poets to inspire me."

After college, Frohman got signed to play basketball professionally for a team in Puerto Rico, which she played on for a year. She later decided to shift her focus and earned her master's in education from Drexel University. Frohman later became the program director for the Philly Youth Poetry Movement, where her passion to mentor and work with youth developed as she encouraged students to discover the power of their voices.

Over the years, Frohman has spoken and performed at over 200 colleges and universities, including the White House in 2016. Her work has been featured through many campaigns and organizations such as: the city of Philadelphia's #UnLitterUS campaign, Twitter's #HereWeAreAgain campaign, GALAEI (Gay and Lesbian Latino Aids Education Initiative) and publications such as ESPN, CNN, BuzzFeed and Univision65. Although she is currently on tour in the U.S., she still continues her humanitarian initiatives.

"I'm co-organizer of #PoetsforPuer-



Photo courtesy of Denice Frohman

toRico, a diasporic movement of Puerto Rican poets and writers created in the aftermath of Hurricane Maria to raise funds and raise consciousness about the humanitarian, political and economic crisis," Frohman said.

Frohman's work

Frohman's work revolves around the topics of identity, race, sexuality and challenging notions of power. A continuous message she focuses on is encouraging others to claim and celebrate who they are. Some of her most recognized and viewed poems are "Dear Straight People," "Accents" and "Borders." She also has three books: "Nepantla: An Anthology for Queer Poets of

Color," "Women of Resistance: Poems for a New Feminism" and "Jotas: An Anthology of Queer Latina Voices."

Frohman's work has earned her several awards including the Women of the World Poetry Slam Award, Hispanic Choice Award and the Leeway Transformation Award.

CRGS and English professor Christina Accomando now uses some of Frohman's work in her courses.

"Her poems are about claiming a voice and claiming your identity," Accomando said. "She encourages us to think in more ways about this world and what we are going to do about it. She makes you a participant."

Campus Dialogue on Race Starts October 29

by Sinhai Dorantes

The week-long event will be from Oct. 29-Nov. 2, marking its 20th anniversary.

HSU started CDOR in 1998, which sprung from President Bill Clinton's national Initiative on Race. CDOR goals are to create safe spaces for students, faculty, staff and community members to come together and have dialogues on racial issues, gender equality, sexual identity, immigration, body justice and more critical topics.

CDOR committee member Kumi-Watanabe-Schock talked about the progression of HSU's CDOR events.

"It use to be called Campus Dialogue on Race but last year we started calling it Campus & Community Dialogue on Race because we really wanted to be more inclusive of our community," Watanabe-Schock said. "In the past it use to be HSU only but this year we have expanded to high school students and community members."

With this year's topic being Existencia es Resistencia, or Existence is Resistance, the CDOR committee unanimously chose Denice Frohman as the keynote speaker.

"We think that her poems will probably appeal to so many people on campus, especially our students," Watanabe-Schock said. "She really talks about queer women of color and immigration issues, and also talks about intersectional racial equity stuff in her poems and I think that is very important, especially in this climate because we want to make sure that multitude of voices and viewpoints are heard."

The CDOR will also be hosting their featured speaker, Rev. Alvin Herring, at the KBR on Thursday Nov. 1 at 5 p.m. There will also be a screening and discussion on the film BLACKKKLANSMAN on Friday, Nov. 2 at 4 p.m. in the KBR.

The CDOR schedule should be available on the second week of October. For more information, contact cdor@humboldt.edu.

HUMBOLDT STATE'S 20TH ANNUAL
CAMPUS AND COMMUNITY DIALOGUE ON RACE
PRESENTS:

**EXISTENCIA ES RESISTENCIA
EXISTENCE IS RESISTANCE**

We Are Your Community & CDOR Present:
Diversity Day @ the Arcata Farmers Market.

Sunday Oct. 27 9AM-1PM

Keynote Speaker:

Denice Frohman: an award-winning queer Latinx poet, educator, and performer.



Monday Oct. 29 5PM KBR

Featured Speaker:

Rev. Alvin Herring: Is the executive director of Faith in Action, formerly PICO National Network, an international network of 39 federations and local groups in 21 states and three countries.



Thursday Nov. 1 5PM KBR

Screening & Discussion:

BLACKKKLANSMAN: A discussion will be facilitated by Dr. Ramona Bell, Department of Critical Race, Gender, and Sexuality Studies (CRGS)

Friday Nov. 2 5PM KBR



**Questions? Email: cdor@humboldt.edu
For more info visit: <http://dialogue.humboldt.edu>**

Fermented Cultures

Probiotic drinks of pre-Columbian Latin America

by Héctor Alejandro Arzate

You can find it at the grocery store, or in the hands of your typical Humboldt hippie. Due to its refreshing taste and probiotic qualities, kombucha has grown in popularity over the past few years. But like other “trendy” foods, fermented drinks have a rich history around the world, including Latin America.

According to Luz Calvo, author of “Decolonize Your Diet,” there were over 200 fermented drinks enjoyed by the indigenous people of pre-Columbian Latin America.

I decided to try making tibicos de agua (water kefir), a fermented drink similar to kombucha, and tepache, an agua fresca made from fermented pineapple rinds, after hearing about the latter from my mom.

“We should appreciate these fermented drinks for their unique taste and cultural origins.”

Kombucha is believed to have originated from China as a fermented tea, while tibicos are granules that grow on *Opuntia cactus* in Mexico. Tepache was originally a corn-based drink of the Nahua people of Mexico. In any case, we should appreciate these fermented drinks for their unique taste and cultural origins.

Tibicos are cultivated by a symbiotic culture of bacteria and yeast (SCOBY), but unlike the gelatinous pancake of kombucha, tibicos are granular. Both tepache and tibicos de agua are believed to be rich in probiotics and promote healthy digestion.

Tibicos de agua

You can buy dehydrated water kefir grains online for as low as \$10. Follow

the labeled instructions to rehydrate them. You can experiment with granulated sugar, piloncillo and even molasses, but non-sugar alternatives are not recommended. Do not overfill the container; the carbonation build up could cause a mess. Drink in the morning to kick start the bacteria in your guts.

Tepache de Piña

This straightforward recipe is perfect for someone who doesn’t want to bother with SCOBY. Piloncillo is unrefined cane sugar in the shape of a cone that you can find at most stores. Other recipes call for the addition of spices like cinnamon and cloves but I left them out. Adding a sip’s worth of an ice cold chela or beer is believed to help the fermentation process. Best served cold.

Tepache de Piña

Ingredients:

- 1 pineapple, whole rinds and ½ cup cubed chunks
- 4 cups water
- 1 whole piloncillo, broken into smaller pieces
- 2 tablespoons Mexican lager beer (optional)

Materials:

- 2 64 ounce jars
- 1 small towel or plastic wrap
- 1 rubber band

Method:

Wash the pineapple before peeling the rinds then cut the fruit into cubed chunks.

Fill the container with the rinds and add the chunks. Add the piloncillo and water then optionally top off with beer. Seal the container with plastic wrap and secure with a rubber band to prevent fruit flies from entering. Let the mixture sit for two days on a table.

Strain the liquid into a separate container and enjoy chilled.



Pineapple rinds, piloncillo and a water mixture sit and ferment (Top)
Prepared tepache served with ice (Bottom) | photo by Héctor Alejandro Arzate



Tibicos de agua

Ingredients:

- ½ to 1 cup tibicos
- ¼ cup + 1 tablespoon sugar
- 4 cups water
- 1 medium sized fruit or ½ cup chopped fruit

Materials:

- 2 64-ounce jars
- 1 small towel
- 1 rubber band
- 1 cheesecloth
- 1 pitcher or growler jug

Method:

Add your grains to the bottom

of the container and fill with water. Mix in ¼ cup sugar then cover the container with a small towel and secure with a rubber band. Let it rest on a table for two days.

Strain the liquid from the grains into a new container. Drink it as is or go through a second fermentation process to develop flavor and build carbonation. In your new container, add ½ cup pineapple and 1 tablespoon sugar. Seal the container tightly and let it rest for up to two days.

Strain the liquid again into a separate container and enjoy chilled.

Culturas Fermentadas

Tibicos de agua y las bebidas fermentadas de Latina America pre-Colombianas

por Héctor Alejandro Arzate



Tibicos de agua during its first fermentation process
Tibicos, or water kefir grains, rest in a bowl | photo by Héctor Alejandro Arzate



Tibicos de agua

Ingredientes:
½ a una taza de tibicos
¼ taza + 1 cucharada grande de azucar
4 tazas de agua
1 fruta mediana o ½ taza de fruta picada

Materiales:
2 jarras de 64-onzas
1 toalla chica
1 liga de goma
1 estopilla
1 jarra o una jarra de gruñido

Instrucciones:
Agrega tus granos a el fondo del contenedor y llénalo con agua. Mezcla ¼ de azúcar y después cubre el contenedor con una toalla chica y aseguralo con una liga de goma. Deja que descanse en la mesa por dos días.

Cuela el líquido de los granos a un nuevo contenedor. Bebelo como esta o procesarlo para fermentar de nuevo para desarrollar el sabor y construir la carbonización.

Cuela el líquido otra vez en un contenedor separado y disfruta frio.

Lo puedes encontrar en el supermercado o en las manos de un hippie típico de Humboldt. Debido a su sabor refrescante y sus cualidades probióticas, kombucha ha crecido en popularidad a través de los años. Pero como otras comidas de moda, bebidas fermentadas tienen una historia rica alrededor del mundo, incluyendo América Latina.

Según a Luz Calvo, autor(a/o) de “Decolonize Your Diet,” había más de 200 bebidas fermentadas que eran disfrutadas por la gente indígena de pre-Colombia América Latina.

Tepache de Piña

Ingredientes:
1 piña, cáscaras enteras y ½ taza de trozos cuadrados
4 tazas de agua
1 piloncillo entero, quebrado en piezas más pequeñas.
2 cucharadas de cerveza Mexicana (opcional)

Materiales:
2 jarras de 64-onzas
1 toalla chica o envolvedora de plastico
1 liga de goma

Instrucciones:
Lava la piña antes de pelar las cáscaras después corta la fruta en trozos cuadrados. Llena el contenedor con las cáscaras y agrega los cuadrados. Agrega el piloncillo, el agua y después agrega y llena con la cerveza (opcional). Cierra el contenedor con envolvedor de plástico y segura con una liga de goma para prevenir que entren moscas de fruta. Deja que la mezcla se quede dos días en la mesa.

Colar el líquido otra vez en un contenedor separado y disfruta frio.

Yo decidí tratar de hacer tibicos de agua, una bebida fermentada similar a kombucha, y tepache, una agua fresca hecha de cáscaras de piña fermentada, después de que escuche sobre la última opción de mi madre. A pesar de que ella ama el tepache y remedios caseros que incluyen vinagre de sidra de manzana, ella nunca a hecho la bebida, pero estaba muy contenta de escuchar que yo estaba interesado en hacer las dos.

Kombucha es creída haber originado en China como un té fermentado, mientras tibicos son gránulos que crecen en cactus Opuntia en México. Tepache era una bebida originalmente concentrada de elote de la gente Nahuatl de México. En cada caso, tenemos que apreciar estas bebidas fermentadas por su gusto único y orígenes culturales.

Tibicos son cultivados por una simbiótica cultural de bacteria y levadura, pero desemejante a él pancake gelatinoso de kombucha, tibicos son granulares. Ambos el tepaches y tibicos de agua son creídos ser ricos en probióticos y promueven una digestión saludable.

Tibicos de agua

Puedes comprar granos de agua deshidratada kéfir en el internet por el precio bajo de \$10. Sigue las instrucciones etiquetadas para rehidratarse. Puedes experimentar con azúcar granulada, piloncillo, e incluyendo melaza, pero alternativos sin azúcar no son recomendados. No sobrellenar el contenedor; la carbonización incrementada puede causar un desorden. Beberlo por la mañana para que la de bacteria se active en tus tripas.

Tepache de Piña

Esta receta es perfecta para alguien que no se quiere molestar con levadura. Piloncillo es una azúcar de caña no refinada en la forma de un cono que puedes encontrar en la mayoría de las tiendas. Otras recetas llaman por la adición de otras especias como canela y clavos pero los deje afuera. Agregar el valor de una bebida de una chela o cerveza resfriada es creída en ayudar el proceso de fermentación. Es mejor servida fría.

A Shifting Dynamic

The increase of womxn skateboarders on campus

by Ashley Alvarez

Four small wheels roll under pressed plywood filling the silent roads with its rough white noise-like sound of street concrete as they speed past walkers and cruise around cars. Students on campus at HSU are skateboarding, and many are womxn.

History of the industry

Skateboarding has been considered a male-dominated sport since it was born in the 1950s, and has had a rebellious connotation for years because of its past of property destruction and risks of serious injury. It wasn't until 1998 when the very first womxn skateboarder, Elissa Steamer, was officially named a professional. But still, womxn remained in the shadows of male skaters and given little to no press.

Womxn were doubted in early skateboarding since the competition factor included board tricks on grind rails, ramps, and half pipes. Professional skater Nyjah Huston commented in the

2013 issue of skateboarding magazine, Thrasher, saying, "I personally believe that skateboarding is not for girls at all. Not one bit." Many others had the same opinion.

"When I was in middle school I'd hear things like, 'Girls can't skate, it's a boy thing,'" HSU student and skater Danielle Baca said. "I eventually started skating at parks and schools and often either faced a male's comment of 'Girl skaters are hot' or 'You're good for a girl,' or just plain 'Girls don't skate.'"

HSU student and skater Amber Van Hecke added, "Skate parks are predominantly male-dominated and cliquey, and the social situation is a little intense."

Reasons to ride

On the other hand, there is a noticeable increase of womxn riding skateboards on campus that we witness every single day. At HSU, womxn

are riding skateboards regardless of its masculine and historical connotations as a means of transportation to and around school.

"My purpose was to skate to get to point A to point B in the dopest way I could," Baca said.

Other womxn skateboarders didn't decide or even think of riding a skateboard until they got to HSU. Majority of the reason has to do with our seemingly endless hills and accessibility of skateboards from our local skateboard shops.

"I think it is very appealing to college students because it is efficient, and that is very enticing to many individuals regardless of gender or its past being historically a male-dominated hobby and sport," Van Hecke said.

The AMPT Skate Shop in Arcata is noticing the increase of womxn skaters as well.

"There are more and more girls coming in and skating because of

HSU," one of the staff members said.

Another reason for some HSU students is that they feel Humboldt has notable diversity and lack of judgment.

"At HSU we promote individuality and encourage people to be who they want," HSU student Mireille Roman said. "The campus is made up of people who created an environment that welcomes womxn skaters and validates their participation in the sport instead of viewing them as a fashion statement or boxing them out of the industry entirely."

Womxn skateboarders are undoubtedly increasing in numbers, and HSU's values reflect the increase of womxn skaters feeling welcomed, which shifts the dynamic in a way that is acceptable and supportive of every individual.

"If I'm skating and I see a young girl looking over in my direction, I feel this is important because this child is exposed at a young age to females skating," Baca said. "It becomes the norm and day to day."



HSU student and skateboarder Danielle Baca holds her skateboard behind them outside of the Music Building in Arcata, California on Sept. 26, 2018. | photo by Jose Herrera



Amber Van Hecke readies her feet before riding her skateboard in the UC Quad at Humboldt State University in Arcata, California on Sept. 26, 2018. | photo by Jose Herrera

push

by Mireille Roman

Push my people through.
Past the gate,
Past the hate.
Onward to fulfill a heartfelt desire that will seal our fate.

Move us beyond borders.

Beyond liberty hoarders.
Go on –

Give the order.

I don't know what I'll do if it doesn't come true.
If this whole thing turns to lies, oops.

This ain't a thing you're supposed to do,
Turn on people who believe in you.

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10/23/18 – 12/13/18	Ma, Ju	6:00 – 8:00pm	MultiGenerational Center, Rose Room 2280 Newburg Rd, Fortuna
8/21/18 – 12/11/18	Ma, Ju	11:40am – 1:05pm	CR Eureka Campus, 7351 Tompkins Hill Rd, Eureka
8/21/18 – 10/25/18	Ma, Ju	10:05 – 11:30am	CR Eureka Campus, 7351 Tompkins Hill Rd, Eureka
10/30/18 – 12/11/18	Ma, Ju	10:05 – 11:30am	CR Eureka Campus, 7351 Tompkins Hill Rd, Eureka
8/28/18 – 12/13/18	Ma, Ju	5:00 – 7:00pm	Arcata High School, Cuarto: 103 1720 M St, Arcata
8/20/18 – 10/22/18	Lu, Mi	6:00 – 8:00pm	Eureka High School, Cuarto: P12 1915 J St, Eureka
10/24/18 – 12/12/18	Lu, Mi	6:00 – 8:00pm	Eureka High School, Cuarto: P12 1915 J St, Eureka
8/20/18 – 12/12/18	Lu, Mi	12:30 – 2:30pm	MultiGenerational Center, McLean Hall 2280 Newburg Rd, Fortuna

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The Intersections of Humboldt

Sanctuary, McKinley, and David Josiah Lawson

by Oliver Winfield-Perez

Something big and inspiring is sprouting in Humboldt County. An intersectional approach between the movements of Justice for Josiah, the removal of the McKinley statue, and the fight for a sanctuary county in Humboldt are growing stronger and more complex, and the impact is wonderous. Over the last year, particularly this summer, a wave of collaboration has struck Humboldt County's social justice and liberation movements.

What is intersectionality?

Intersectionality has been gaining traction in communities, organizations, and campuses across Humboldt County in attempts to increase collaboration, understanding, and solidarity. This term has often been simplified to define the ways in which people face multiple facets of oppression. Critical race and feminist theorists who are deeply connected to these movements have long been defining, complicating, and reworking intersectionality as a useful tool in academics, social justice and daily life.

In the late 1980s Kimberlé Crenshaw first tangibly described the term in relation to the struggle to more deeply analyze a case in which five black women were suing General Motors for firing discrimination. Crenshaw made concrete a concept already living in experiences and knowledge of women of color.

From analysis, complication and development, a current definition of intersectionality states that it is a lens in which we can highlight where relationships of power exist, and when put to use in movement work, can allow us to have a more inclusive, flexible and understanding community.

This intersectional movement in Humboldt County stems from the idea that across race, sexuality, gender, class, age, ability, etc., we face similar modes of violence, oppression and exploitation.

Intersectional Convergence Network

This wave of intersectionality is most strongly demonstrated in the recently formed Intersectional Convergence Network, a collective of community organizations and movements, including: Centro del Pueblo, Justice for Josiah, Indigenous focused activism, the Historic Justice Alliance, and the Forest Defenders. These dedicated groups have assessed the air in this county, and find that the violence that has been, is being, and will be perpetrated against our communities are deeply connected.

In early July in front of Eureka's Department of Homeland Security office, local union organizer and Centro del Pueblo member Renee Saucedo stated the following in attempts to connect violence perpetrated against undocumented folks, indigenous communities and David Josiah Lawson.

"It's all related, it's all connected," Saucedo said. "It's about how they treat our families. If they don't give a s--- about us, then we're gonna stand up for our families."

Kelsey Reedy expanded on the formations of the Intersectional Convergence Network, citing its founding in a Civil Liberties Defence Center "Know Your Rights" training. The core group identified that although they were all spread out in different organizations, they all had similar goals for their communities. They decided to form a semi-formal group, which set out to be a place grounded in anti-racism and anti-colonialism that acts as a space of support, networking and identification of overlapping causes.

Currently, this network is a closed group but opportunities getting involved in intersectional movements around Yes on Measure K, No on Measure M or Justice for Josiah are plentiful. Some options include: staying up to date on the case proceedings,

vigils, and requests from the Justice for Josiah movement, getting registered to vote and be a voter on Nov. 6 in support of No on Measure M (Arcata measure) and Yes on Measure K and keeping an eye out on Facebook for public volunteer meetings for these movements.

Reedy finds that this group has had an amazing impact on the activist communities involved, stating it as a "re-energizing" influence. Reedy states that the Intersectional Convergence Network has been a learning, trust development movement, strengthening for all involved.

"[The Intersectional Convergence Network] allowed people to see that they're not alone," Reedy said. "It's been a space of support for movements."

Recommended reading from the author:

"Transgendering the Politics of Recognition" by Richard Jung

"Who is Included?" by Ann Gary



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UndocuWeek at Humboldt State University

Scholars Without Borders host week long events for awareness

by Héctor Alejandro Arzate

Ally training, art activism, and community awareness. With the start of October comes UndocuWeek, the campus-wide activities put on by the Scholars Without Borders (SWB) and its coalition of M.E.Ch.A. and other organizations.

Anayeli Auza, is a liaison and peer mentor who has been working with others to put the week in motion. To kick it off, they held a gallery walk in the center to recognize the community.

“The purpose of UndocuWeek is to raise awareness of the struggles that the undocumented community is faced with,” Auza said. “And to celebrate all the barriers the undocumented community has overcome.”

Christi Molina, a peer mentor of the center, plans on facilitating a workshop on the importance of activism through art on Oct. 4.

“We need to know that we can take up space and art is definitely a way to do it. It’s not just you, it’s your thoughts, your feelings, all being translated into what-

ever form of art,” Molina said. “I want someone to feel like regardless of status, they can take up space... That’s why we have UndocuWeek.”

But for the staff members of S.W.B., planning UndocuWeek has not been without its challenges. Auza recalls working from last spring through the summer to put the event together.

“Last year we got \$20,000 from A.S. because [SWB] was only starting up,” Auza said. “Unfortunately this semester we were cut down to only \$5,000. We were able to get an additional \$5,000 from the [Graduation Initiative 2025]... but even \$10,000 is only enough for two peer mentor staff positions. Before that, I was doing this as a volunteer.”

Despite that, the staff is excited for its keynote speaker, Karolina Lopez, to come to HSU on Wednesday, Oct. 3. As an undocumented trans-woman, Lopez has been fighting for people’s rights through their foundation, Mariposas Sin Fronteras, which pays for the bail of



Anayeli Auza stands in front of an informational gallery. | photo by Héctor Alejandro Arzate

people detained in immigration detention centers.

“[Lopez was] actually detained at an all men’s detention center for three years when they first came to the United States,” Auza said. “Karolina represents multiple intersectionalities of the undoc-

umented community... She represents the Afro-Mexicana population who are underrepresented, the transgender population who are oppressed. Karolina just breaks so many barriers.”

Letter to the Editor

Vote No on Measure M: Remove McKinley Statue

by Nathaniel McGuigan

The fight to remove the McKinley Statue from the Arcata Plaza has been a long fought battle. The McKinley Statue represents William McKinley, the 25th President of the United States, who gave birth to U.S. Imperialism by committing genocide and colonizing over 7000 islands in both the Pacific and Caribbean, through instigating the Spanish-American War and the Philippine-American War. Domestically, McKinley had a similar impact among the Native American community through breaking up several tribes, abandoning the African American community during times of race riots and driving the U.S. into a depression.

The current movement to remove the McKinley Statue was launched by the Seventh Generation Fund for Indigenous Peoples because the Arcata Plaza is the same site where indigenous peoples were sold into slavery. Grassroots activism led by the Historic Justice Alliance, successfully pressured Arcata City Council to vote to remove the McKinley statue on Feb. 21 beginning the removal process. Following the vote, a small group of reactionaries organized a petition to keep the McKinley Statue, which was approved for the Nov. 6 ballot as Measure M.

So what does Measure M do? If Measure M goes to a “Yes” vote it would do several things. It would (1) overturn the Arcata City Council decision and keep the statue (2) it would prevent any future modification of the statue, (3) it prevents Arcata City Council from having any future say on the McKinley Statue despite being the original body that erected the statue and (4) if the statue comes down before Nov. 6 then the Arcata City Council is legally obligated to put it back up.

As students this means that the next step in removing the McKinley Statue is going to the local polls where we have the power to influence the policies that affect future students. Currently the Vote No on Measure M campaign has been endorsed by over 40 community organizations, including the Wiyot Tribal Council. Students are encouraged to Vote No on Measure M on Nov. 6 by registering to vote by Oct. 22 in Arcata at registertovote.ca.gov.

Nathaniel McGuigan
Regional MEChA Co-Chair Northern California
Minister of Communication - Humboldt PSL
Email: nam449@humboldt.edu

octubre

1-5 Monday - Friday
lunes - viernes
UnDocu Week

2 Tuesday | martes
Here's the Anxie-tea: Stress Management in Library 317 @ 2-3 pm

3 Wednesday | miércoles
HSU Downtown Movie Night at the Minor Theater @ 6-9 pm

4 Thursday | jueves
Well-Being & Stress Management in Library 205 @ 11-11:50 am
Women's Self-Defense Class in KBR @ 5-8 pm
Global Cafe: Japan in Library Fishbowl @ 5-6 pm

5 Friday | viernes
Y.E.S 50th Anniversary in Goodwin Forum @ 5:30-7:30 pm

5 Friday | viernes
Y.E.S 50th Anniversary in Goodwin Forum @ 5:30-7:30 pm

8 Monday | lunes
October Horror Movie Madness at CCAT: House on Haunted Hill @ 6-9 pm

8-12 Monday - Friday
lunes - viernes
Indigenous People's Week at BSS 162 everyday @ 1-9:30 pm

13 Saturday | sábado
Women's Empowerment Hike with Latino Outdoors and the Warrior Institute at Patrick's Point State Park @ 10am-2pm

19 Friday | viernes
Mental Health Workshop in Library Fishbowl @ 4-6 pm

20 Saturday | sábado
Fall Fermentation from 1-3 pm

24 Wednesday | miércoles
HSU Downtown Movie Night at the Minor Theater @ 6-9 pm
Leadership Lounge in UC 250/ South Lounge @ 5-7pm
FREE SNACKS

26 Friday | viernes
Campus Preview Fair in UC Quad @ 1-3pm

27 Saturday | sábado
Diversity Day at the Farmers Market @ 9am-1pm
Forever Humboldt Tailgate in Faculty/Staff Parking Lot @ 4-6pm

29 Monday | lunes
October Horror Movie Madness at CCAT: Night of the Living Dead @ 6-9pm

30 Tuesday | martes
Einstein's Relativity in KA 104 @ 6-8pm



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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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