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### El Leñador, March 2020

El Leñador Staff

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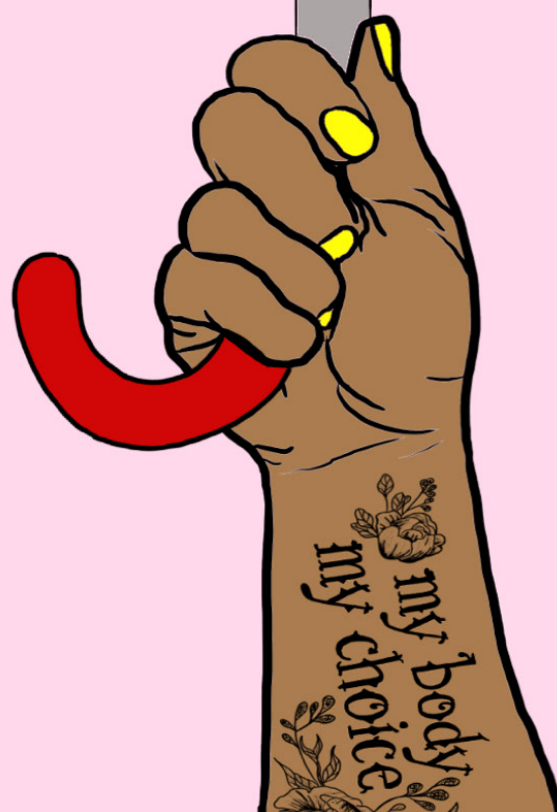
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## The Women's Issue

marzo 2020  
Vol. 14 Edición 2





# El leñador

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**Editorial Note:** March is International Women's month, where female representing people are highlighted for their hard work and efforts. To better highlight these people, and to continue our pledge to be a platform that serves as a voice to the ones who feel they can't speak up, we have continued the tradition to call our March issue *La Leñadora*.

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**February Issue Correction:** The Black Male Empowerment Network organization was incorrectly mislabeled as the Black Male Empowerment Movement.

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**Front Cover/Primera Página:**

Cover art by Kassandra Rice

Arte de la portada por Kassandra Rice

**MISSION STATEMENT**

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



To advertise with us, email [ellenador.ads@gmail.com](mailto:ellenador.ads@gmail.com)

El Leñador staff can be reached at [el-lenador@humboldt.edu](mailto:el-lenador@humboldt.edu).



# Department of Health and Human Services quells coronavirus concerns

by Walker True

*This article was originally run in The Lumberjack.*

The Humboldt County Department of Health and Human Services informed the public Feb. 20 via press release they had received confirmation of one confirmed case of coronavirus in Humboldt County. A close contact of the confirmed patient has symptoms and is also being tested for the disease.

Information has come, and will continue to be provided from the California Department of Public Health and the U.S. Centers for Disease Control and Prevention.

The DHHS has since been fielding questions from the concerned community.

The Lumberjack spoke with Hava Phillips, the supervising public health nurse at DHHS. If you are concerned that you may have contracted the disease, she asked that you call them before visiting their department.

For now, the county is not considering this a public outbreak, and the ill individuals are self-isolated and under close watch by the Public Health Communicable Disease Surveillance and Control Unit. This doesn't mean they're not prepared for the disease to spread.

"We are making sure we have the infrastructure in place if this were to become a larger outbreak," Phillips said.

Phillips said because it's also flu season,

people should be following basic precautions to prevent the spread of communicable diseases of all varieties, summed up by these tips from the DHHS press release:

- Stay home when you are sick.
- If you have a fever, stay home or go home if you are already at work or school, and stay home for at least 24 hours after you no longer have a fever (without the use of fever-reducing medicine).
- Wash your hands frequently and particularly before eating or drinking.
- Promote good hand hygiene in your home by educating household members and making sure soap, hand sanitizers and tissues are available.
- Avoid touching your face, particularly your eyes, nose and mouth.
- Encourage proper cough etiquette. Cough or sneeze into a tissue, sleeve or arm. Do not use your hands.
- Perform routine surface cleaning, particularly for items which are frequently touched such as doorknobs, handles, remotes, keyboards and other commonly shared surfaces.

For more information on the coronavirus, visit [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

# Departamento de Salud y Servicios Humanos calma preocupaciones del coronavirus

Por Walker True y traducido por Nancy Garcia

*Este artículo originalmente vino del periódico The Lumberjack.*

El Departamento de Salud y Servicios Humanos (DSSH) del Condado de Humboldt informó el público en feb. 20 a través de una comunicación de prensa que habían recibido confirmación de un caso confirmado del coronavirus en el Condado de Humboldt. Un contacto cercano del paciente confirmado también tiene síntomas y está siendo probado para la enfermedad.

Información ha llegado, y continuará siendo provisto desde el Departamento de Salud Pública de California y el Centro para el Control y Prevención de Enfermedades de EE.UU.

El DSSH ha estado respondiendo a preguntas de la comunidad interesado.

El Lumberjack habló con Hava Phillips, la enfermera supervisora de salud pública en DSSH. Si está preocupado que haya contraído la enfermedad, ella pidió que llame el departamento antes que haga una visita.

Para ahora, el condado no está considerando esto una epidemia pública, y los individuos enfermos están aislados por ellos mismos y bajo la vigilancia de la Unidad de Vigilancia y Control de Enfermedades Transmisibles de Salud Pública. Esto no significa que no están preparados para la propagación de la enfermedad.

"Nos estamos asegurando que tengamos

la infraestructura en su lugar si esto se llega a convertir en una epidemia más grande," Phillips dijo.

Phillips dijo que por que es temporada de gripe, la personas deberían seguir precauciones básicas para prevenir la propagación de enfermedades transmisibles básicas de todas variedades, sumadas de por estas sugerencias de la comunicación de prensas del DSSH:

- Quedase en casa cuando está enfermo
- Si tiene una fiebre, quédese en casa o váyase a su casa si ya está en el trabajo o escuela, y quédese en casa por al menos 24 horas después de que ya no tenga fiebre (sin el uso de medicación que reduce la fiebre).
- Lávese sus manos frecuentemente y particularmente antes de comer o beber.
- Promueva la buena higiene de manos en su casa educando a miembros de su hogar y asegurarse de que jabón, desinfectante de mano y pañuelos de papel estén disponibles.
- Evite tocar su cara, particularmente sus ojos, nariz y boca.
- Fomente costumbres de tos adecuada. Tose y estornude en un pañuelo, manga o brazo. No use sus manos.
- Limpie las superficies de su hogar, particularmente los artículos que son tocados frecuentemente como pomos y manijas, controles remotos y teclados y otros superficies comúnmente compartidos.

## Como Prevenir los Síntomas del Coronavirus

### Los Síntomas:



Fiebre alta



Tos



Dificultad respirando

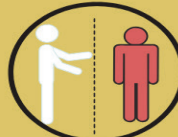


Nariz que moquea

### ¿Cómo Prevenirlo?



Lavar las manos



Evitar el contacto cercano con personas que están enfermas.



Cubra la nariz y la boca al toser y estornudar con pañuelos desechables o con el codo.



Use una máscara si está enfermo para evitar la propagación de enfermedad.

Graphic by Tanya Perez | Gráfico por Tanya Perez







# Kumi Watanabe-Schock: Bringing a global view on media

Media coordinator recognized for library resource work

by Silvia Alfonso

Kumi Watanabe-Schock, HSU's library media coordinator, is passionate about collaborating with people and groups on campus to bring effective resources to the library, university and community. Watanabe-Schock's work has been recognized with her earning the 2019-2020 Staff Recognition Award.

"It's really quite an honor because I feel like there are so many deserving people on this campus, and they can only select 10 people each year," said Watanabe-Schock. "It's nice to have the award and be recognized, but then I always think, just because you got the recognition, you're not the only 10 people on campus who do great work."

Her work is centered around social justice and she is passionate about the Campus and Community Dialogue on Race. She joined the CDOR planning committee 15 years ago.

Watanabe-Schock works alongside fellow staff, faculty, students and Eureka National Association for the Advancement of Colored People to bring CDOR to life.

Watanabe-Schock was nominated for the Staff Recognition Award by HSU assistant English professor Janelle Adsit, Ph.D. Adsit said that Watanabe-Schock was one of the first people she met on campus, and they have worked together in planning events for CDOR.

Adsit said, "Kumi is an extraordinary leader on our campus, and she models what it means to be a dedicated educator. She is involved in so many wonderful projects and she makes things happen that benefit our students and community immensely."

"Bringing exhibits and guest speakers to campus, facilitating essential conversations about equity, curating our film and media collection in the library, developing programs that change our campus in the best ways, Kumi does so much!"

As the media coordinator at the library, she is in charge of getting movies to campus. Watanabe-Schock tries to apply social justice with everything around her. With movies being another passion of hers, she believes that movies and films can be a helpful educational tool.

"We can educate each other on history," said Watanabe-Schock. "Books are great, speakers can be great, but I think that using short video clips seems more approachable. I like movies with some type of messaging."

If there are any films needed for a class, if any on-campus screening is happening or if any media is needed, Watanabe-Schock will find a way to make it accessible to anyone on campus. "Kumi has been the single most important figure in expanding and diversifying the library's



Kumi demonstrates HSU's extensive library media collection. The films range from classics to international hits. Photo by Jasmine Martinez

media collection, which is vital to my own teaching, and to the teaching and organizing that happens across campus," said Christina Accomando, Ph.D, HSU professor in the English and Critical, Race, and Gender Studies department.

"It is truly a gift to work with someone who is both visionary and pragmatic, someone who gets things done, works in coalition, and has an incredible track record of effecting institutional

change," Accomando said.

Watanabe-Schock is originally from Tokyo, Japan but was drawn to Humboldt's natural landscape. She was so drawn to the landscape that she wanted to stay here after she graduated from HSU after attending in the 80s.

Watanabe-Schock graduated in 1987 with a Spanish major. She applied for a job that opened up in media services, got it, and has been in Humboldt ever since.

In her time here, she strives to make the university and community a place of unification and inclusivity.

"I feel like, in all the programming I do, I don't want to just do it for the library or for me," Watanabe-Schock said. "It's great to collaborate as much as we can, it's nice to connect with people."



# New CSU graduation ethnic studies requirement on the horizon

Bill AB-1460 may make the ethnic studies classes a CSU graduation requirement

by Nancy Garcia

A bill is currently moving through California’s Senate that, if passed, would make a three-unit ethnic studies course a graduation requirement for all California State University undergraduates.

Known as AB-1460, the bill was introduced into the California Senate in February of last year. It defines ethnic studies as an interdisciplinary and comparative study of race and ethnicity.

According to the bill, ethnic studies classes are beneficial to all students because they help build an inclusive multicultural democracy.

The bill is currently being revised, it needs a simple majority in order to pass. If it passes, it will go into effect in the

2024-2025 school year.

According to Kim Berry, the chair of the Critical Race, Gender and Sexuality (CRGS) department, the bill is mostly general. It doesn’t define learning outcomes or mandate that any specific topics be covered, it gives the CSU’s the freedom to define the curriculum

“The one thing that isn’t [a] variable is that it needs to be rooted in the discipline of ethnic studies,” Berry said.

Some people against the bill have made the argument that making ethnic studies a graduation requirement would make it take longer for students to graduate.

Berry hopes that campuses will

create a range of options, including double-counting so as to not burden students with more units.

This bill is something that many students have been demanding for a long time. Students for Quality Education (SQE), a group under the California Faculty Association, has been advocating for approval of the bill on social media.

“I feel like ethnic studies in general gives students the tools to actually resist what’s going on. It’s not just about learning why things are the way they are,” Nathalie Rivera, SQE member and senior CRGS major, said.

SQE member and senior political

science major, Izzie Rodriguez Torres believes that the intersectional nature of ethnic studies enriches students overall learning experience because it provides them with context and background to the issues of the current political climate.

Another SQE member, `CRGS major Deema Hindawi believes normal history classes give students of color a eurocentric narrative, while ethnic studies classes give these students knowledge that they can actually relate to.

“I never liked history,” Hindawi said. “I love ethnic studies.”

# 26th Annual Social Justice Summit: Demanding ‘justice now’

Social justice in the forefront March 2 to March 7 with keynote speakers, workshops

by Elena Bilheimer

The 26th annual Social Justice Summit will be happening from March 2 through March 7 with the theme “Demanding Radical Reform: Justice Now!!!”

This free week-long event incorporates featured speakers and workshops led by students, faculty, and community members surrounding the topic of social justice.

Student Co-coordinator Maya Habis has been helping organize the event since November of last year and said that the event is “meant to be very broad, very open, because what we’re really trying to do is just facilitate this space to create this dialogue to get it going.”

In addition to the community, faculty and student-led workshops will mainly be occurring on Saturday from 9 a.m. to 4:30 p.m. One of the featured speakers, Abby Abinanti, will be presenting on Tuesday March 3, while another featured speaker, Asao Inoue, will be presenting on Friday, March 6.

The keynote speaker, Mia Mingus, will also be presenting on Friday, March 6. Various other events will be occurring



Keynote Speaker Mia Mingus | Photo provided by Deema Hindawi

throughout the week at different places on campus. Abby Abinanti is the Chief Judge for the Yurok tribe and will be speaking about her approach to justice in her talk on Tuesday entitled “Creat-

ing Justice by Implementing Change.”

When asked about her approach, Abinanti said in a phone interview, “... we have created a justice system that is based on rights. You have the right to

this, you have a right to that, you have a right to do this or not do this. Well, I’m from a culture where you don’t have any rights, you have responsibilities. That’s what defines our relationships. Not rights, responsibilities. And that’s hugely different.”

Both Maya Habis and co-coordinator Deema Hindawi spoke about the importance of understanding the different forms of practicing justice and how these different approaches can be brought together to create lasting change.

Hindawi said, “This is an event where people get to take in knowledge that they don’t have the ability to take in on a daily basis. It’s an event where everyone is welcome. And everyone is just able to come in and learn or listen.”

There is no registration required to attend the event, all our welcome to just show up.

For any further questions or for information regarding the event, including a downloadable pdf of the entire program, visit [summit.humboldt.edu](http://summit.humboldt.edu), or contact [summit@humboldt.edu](mailto:summit@humboldt.edu).



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2020 California College Media Association Awards Wins 3 First Place Awards & Third Best Newspaper in the State

El Leñador won three first place awards in the 2020 California College Media Association statewide competition. The awards were presented on Feb. 29 in San Francisco.

The newspaper also placed in an additional nine categories, including third place for Best Newspaper in the state. El Leñador competed against other student newspapers from four-year colleges or universities with enrollments under 15,000 students.

First place

- 1. Best Non-Breaking News story - Jose Herrera - Low Number Latinx Faculty
- 2. Best Inside Page/Spread Design - Celeste Alvarez, Jose Herrera - Roma film review
- 3. Best Front Page Design - Kylee Conriquez, Jose Herrera - ODEI Director Resigns

Second place

- 4. Social Media Reporting - Vanessa Flores - Power Outage Alerts in Spanish
- 5. Editorial - Brenda Estrella - “Bitch” Still Stings
- 6. Illustration - Kylee Conriquez - ODEI Director Resigns
- 7. Overall Newspaper Design - Jose Herrera, Celeste Alvarez, Cara Peters, Ash Ramirez
- 8. Special Issue - La Leñadora, Women’s issue

Third place

- 9. Infographic - Cara Peters - HSI Grants: \$9.2 Million Breakdown
- 10. Interactive Graphic - Celeste Alvarez - Need Help: Campus Resources
- 11. Arts & Entertainment - Lora Neshovska - “Siri” Emerson-Massey profile
- 12. Best Newspaper - El Leñador Staff

Social media dialogue sparked by alleged drugging incidents

Possible presense of date rape drugs within the community brings up concern for safety

by Isabel Beer

Several Humboldt State University students — as well as some community members — have been using the social media outlet Instagram to start a dialogue about date rape drug use and its prevalence in the Humboldt County party scene.

An Instagram post in February alleged that an Arcata venue was no longer safe for women. Several women had reported drinking beverages that had been laced with the date rape drug, rohypnol. The post didn’t allege that any sexual assault had ocured, thus many who believed they had been exposed to date rape drugs didn’t report their cases.

“I thought that after I was roofied, I was lucky because I wasn’t raped and my friends got me home safe,” said a student who wished to remain unnamed. “I thought, ‘well, nothing happened so I don’t have to talk to the police.’ But now I realize that something did happen to me. I was drugged totally without my consent and without my knowledge. That’s really scary.”

Neither HSU’s Health Center nor the campus sexual assault resource center, Check It, had information regarding the actual prevalence of date rape drug use in the county, however both centers provided information for students who suspect that they have ingested a contaminated drink.

“I would start by saying that many different substances are used to facilitate sexual assaults, the most common of them being alcohol,” said Paula Arrowsmith-Jones of the North Coast Rape Crisis Team.

“What is most important to know is that anything that interferes with someone’s mental processes could be used to take unfair advantage and anyone heavily under the influence cannot give knowing consent for any sexual act.”

Mira Friedman, the lead for Health Education at the Student Health Center said, “I don’t have information about the prevalence of drugs used to perpetuate sexualized violence. However, I can tell you that alcohol is the number one drug used by perpetrators.

“For anyone experiencing harm we refer them to the Campus Advocate Team.”

The Campus Advocate Team (CAT) assists students every step of the way who wish to report assault or who need support after being assaulted. CAT works in conjunction with, not for, the University and prides itself on offering numerous support services to students who need them.

“CAT offers individual counseling and support groups led by certified sexual assault counselors. They offer support no matter where you are in your process of healing,” Friedman said.

“CAT will accompany you to the hospital or to file a report, they will work to answer any questions you may have, and can also provide you with referrals for local therapists and other community resources that may fit your needs.”

What is GHB?

One of the most commonly used date rape drugs, Gamma Hydroxybutyrate acid (GHB) is a colorless, odorless and tasteless drug that comes in powder and liquid form and that is oftentimes paired with alcohol to increase intoxication.

GHB is sometimes used as a recreational drug, but often it is seen to be used to unsuspectingly incapacitate victims to make it easier to sexually assault them.

What does it feel like?

When consumed with alcohol, GHB can impair memory, inhibitions and coordination.

Signs of GHB consumption include nausea and/or vomiting, grogginess, loss of consciousness, a sudden increase in sexual desire, difficulty communicating, erratic facial expressions, loss of coordination, slowed breathing, visual disturbances and agitation.

One common experience is that those exposed to GHB and alcohol reported feeling much more speedily intoxicated with far fewer drinks.

What resources are available to me?

If you feel uncomfortable or unsure of what to do at any point during the process (in the hospital, reporting, or just want support), contact the Campus Advocate Team’s (CAT) 24/7 hotline at **(707) 445-2881**.

They can assign you a counselor who will accompany you through any process you decide to take; whether it be to proceed with legal action or not.

CAT is a group specifically designed to support survivors of sexualized violence with the assistance and support lead by certified sexual assault counselors.

They will help you with any needs you may have during the initial process, and can refer you to numerous local therapists if needed.

What do I do if I think my friend or I have been exposed to GHB?

- The first thing to do if you notice something isn’t normal or if you feel you have been exposed to a date rape drug is to stop drinking and leave the premises immediately with companions.

- Make sure you are with people you trust, and once removed from the situation, get help or alert individuals about the situation.

- Then, monitor breathing and state of consciousness. If you or the individual are having trouble breathing, are vomiting excessively, or cannot stay conscious go to the emergency room immediately.

- Stay with the individual the entire time. Their behavior can be erratic, and it is important that they stay away from any threat. It is possible that they may know their assailant and are unaware of the danger they pose.

- Make sure they are safe and comfortable.

- Alert authorities. Date rape drugging is a felony - regardless of sexual intent or not. It is important that, if possible, you alert the police or other authority of non-consensual consumption so as to apprehend the culprit.

Information gathered from women’shealth.gov and Mira Friedman

# GIRR continues to create gender inclusive restrooms

Creating equal spaces, one restroom at a time

by Nancy Garcia

The Gender Inclusive Restroom Task Force (GIRR) is continuing its effort to create more gender-inclusive facilities so that students have more access to the restroom of their choice.

The California bill AB-1732, approved in 2017, mandated that all single-occupancy restrooms be converted to gender-inclusive restrooms. Humboldt State University has complied with this bill, but students requested that more gender-inclusive facilities be created.

Jeanne Rynne, associate vice president for Facilities Management and staff co-chair of GIRR, said that GIRR was created in response to these requests in the spring of 2019. GIRR is trying to create additional gender-inclusive restrooms by converting existing men's and women's facilities.

Student Co-chair of GIRR, senior Corry Strauss also expressed that, while having single-occupancy gender-inclusive

restrooms is a step in the right direction, it can be alienating for some students.

"We're not doing the separate but equal sort of thing," Strauss said. "That 'hey, yeah, you can use the restroom but you have to use this other, special restroom,' we're just going to have restrooms."

The first multi-stall all gender restroom is located on the second floor of the Harry Griffith Hall. A map of existing and future recommended gender-inclusive facilities is available on GIRR's website, <https://facilitymgmt.humboldt.edu/gender-inclusive-restroom-task-force>

Rynne explained that the task force will send their recommendations to the University Space and Facilities Advisory Committee and ask that the proposal be incorporated into the campus master plan.

Rynne also said that a lot of research went into making sure that the restrooms were equitably dispersed. The task force's ultimate goal is to make sure that no

matter what building someone is in, a bathroom of their preference is no more than a floor away.

President of the Queer Student Union, senior and zoology major Jordan Kanemoto, believes that these All-Gender facilities will have a positive and welcoming

impact on the campus community.

Kanemoto said, "It destigmatizes the idea of breaking down what I personally believe is an unnecessary and redundant separation, as well as provides a safer place for trans/nonbinary people to use the bathroom."

## GBIG continua a crear baños inclusivos de género

Creando espacios imparciales, un baño a la vez

por Nancy Garcia y traducido por Nancy Garcia

El Grupo de Baños Inclusivos de Género (GBIG) está continuando su esfuerzo de crear más instalaciones inclusivos de género para que los estudiantes tengan más acceso al baño de su preferencia.

La medida AB-1732 de California, aprobada en 2017, ordenó que todos los baños de ocupación individual se conviertan a baños inclusivos de género. La Universidad Estatal de Humboldt ha cumplido con esta ley, pero estudiantes solicitaron que se crearan más instalaciones inclusivas de género.

Jeanne Rynne, vicepresidente asociado de Administración de Instalaciones y Co-presidenta de personal de GBIG, dijo que GBIG fue creado en respuesta a estas solicitudes en la primavera de 2019. GBIG está tratando de crear baños inclusivos de género adicionales mediante la conversión de instalaciones existentes de hombre y mujer.

Co-presidente Estudiantil de GBIG, estudiante senior Corry Strauss también expresa que, aunque teniendo baños de

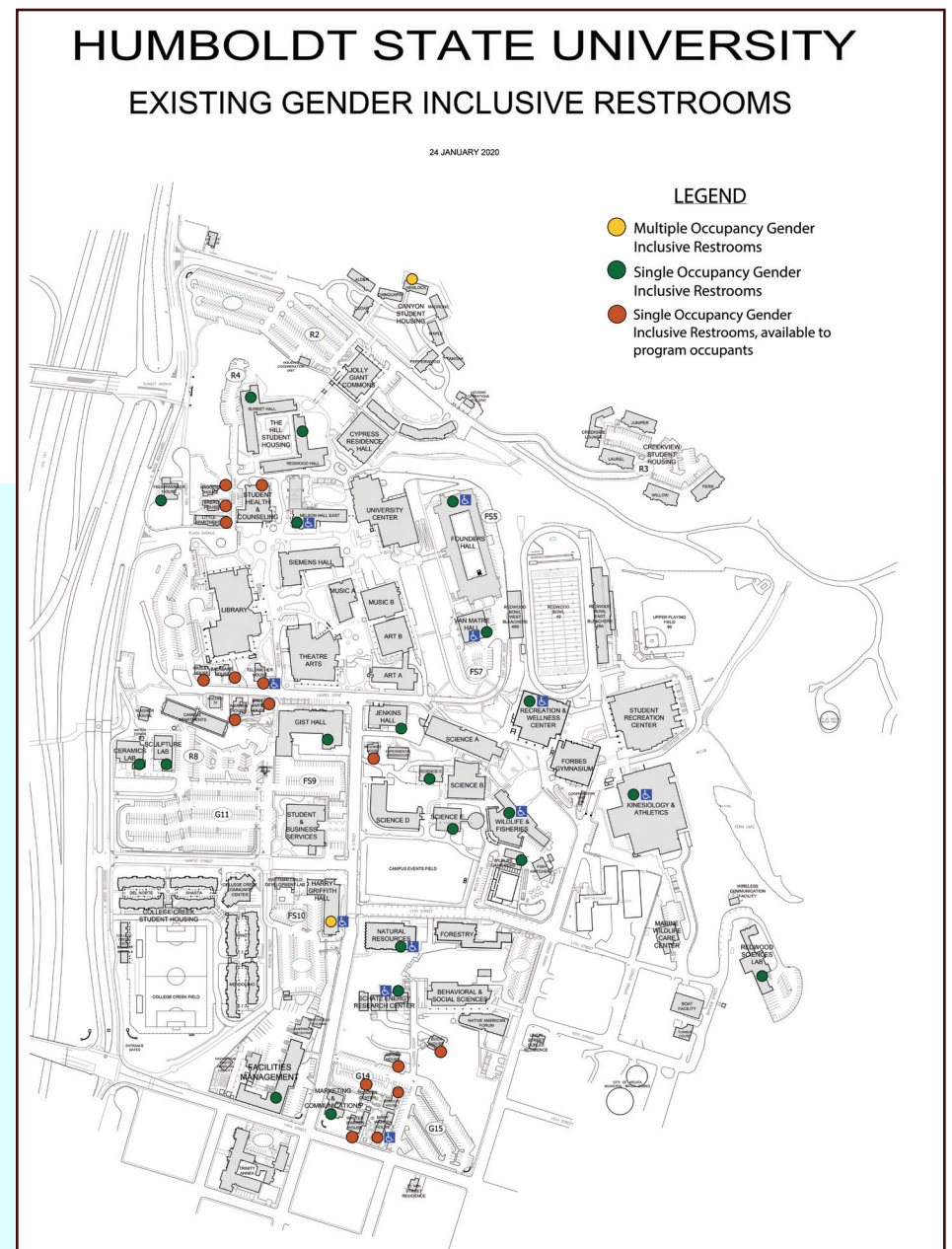
ocupación individual inclusivos de género es un paso en la dirección correcta, puede ser alienante para algunos estudiantes.

"No estamos haciendo la cosa de separados pero iguales," Strauss dijo. "Eso de 'si, puedes usar el baño pero tienes que usar este otro bano especial,' solo vamos a tener banos."

El primer baño multi-puesto inclusivo de género se encuentra en el segundo piso de Harry Griffith Hall. Un mapa de existiendo y futuras recomendaciones de instalaciones está disponible en la página de GBIG, <https://facilitymgmt.humboldt.edu/gender-inclusive-restroom-task-force>

Rynne explicó que el grupo va a mandar sus recomendaciones al Comité Asesor de Espacios e Instalaciones Universitarias y pedirles que la propuesta sea incorporada al plan maestro del campus.

Rynne también dijo que se investigó mucho para asegurarse de que los baños fueron dispersados equitativamente. El objetivo final del grupo es asegurarse de que, sin importar en qué edificio se encuentre



| Photo courtesy of the Gender Inclusive Restroom Task Force

alguien, el baño de su preferencia no está a más de un piso de distancia.

Presidente del Queer Student Union, estudiante senior de zoología, Jordan Kanemoto cree que estas instalaciones de todos géneros tendrán un impacto positivo y de aceptación en la comunidad del campus.

Kanemoto dijo, "Destigmatize la idea de que rompiendo, lo que yo personalmente creo que es, separación innecesaria y redundante, así como también provee un espacio más seguro para personas trans/no binarias para usar el baño."



# Brenda Perez: an unstoppable voice for the Latinx community

by Lupita Rivera

Spanish radio show “Radio Centro” has a new home at KZZH-FM in Eureka. The show airs on 96.7 and is hosted by Brenda Pérez, who was a former co-host to KHSU’s “Charlando con la Raza”.

On the show, Pérez talks about the struggles of the immigrant community and discusses other issues that plague the Latinx community in Humboldt County.

“Radio Centro” provides Spanish radio content for Humboldt County residents by a local resident. Pérez thinks radio space in Spanish is important for cultivating community connections and creating a space inclusive to Latinx individuals.

“All the struggles we face as a migrant community when you hear your voice amplified in this way it gives you courage,” said Pérez. “I do this so people who hear it at home feel identified and hopefully feel less alone.”

This isn’t the first time Pérez is involved in radio. Pérez was a co-host for the bilingual radio show “Charlando con la Raza” aired through KHSU’s “Radio Bilingüe.” She used her time on the air as a platform to empower and mobilize the Latinx community, specifically Latinx immigrants.

“I have the responsibility of advocating, of providing a voice,” said Pérez recognizing her legal status as a privilege. “We overcome fear because the threat of injustice is much greater.”

Pérez recognizes that without mobilizing populations against injustices, the injustices will just keep growing and destroying morale.

## Beyond the airwaves

In addition to her work on the radio, Pérez spends a great amount of time organizing community events with Centro del Pueblo. With their help, she has helped achieve historical measures to protect the immigrant community in Humboldt County.

Renee Saucedo was serving as the front for Centro del Pueblo until recently when she made the difficult decision to leave Humboldt County.

Saucedo is certain that Pérez’s leadership will inspire others.

“Brenda is one of those people that remain 100% unconditionally accountable to the base of our community,” said Saucedo.

In the three years she has been here, Pérez made it her mission to provide an inclusive space for Latinx individuals. With fire in her veins and promise in her eyes,

Pérez fights for a space in Humboldt County inclusive of Latinx culture.

Three years ago, Pérez left Mexico in pursuit of furthering her research on marijuana cultivation and its effects on politics of control. She is in the process of completing her Ph.D. at Universidad Nacional Autonoma de Mexico, specializing in Latin American Studies.

She quickly realized how ostracised the Latinx culture is in Humboldt. Pérez understands that people are hesitant to take up space because of the tense political climate and fear of retaliation. This didn’t settle well for Pérez. She comes from a culture of social protest and could not fathom living in the margins.

## Mobilizing the Community

In November of 2018, Pérez and Saucedo mobilized Centro del Pueblo to help pass Measure K in the ballots. This measure was the first of its kind successfully making Humboldt a sanctuary county. Octavio Acosta admires Pérez’s perseverance through this process.

“She has that attitude of ‘I’m gonna do it because I’m gonna do it god damn!’, and that’s exactly what’s needed,” he said.

Moving forward, Pérez hopes to continue providing radio content for Spanish speaking folk. She is also working with Centro del Pueblo to bring Latinx art into the spotlight.

“Elections are coming and instead of being displayed very badly in the newspapers, we want to be displayed because of the art we provide to the community,” said Pérez.

Kevin Martinez, also involved in the passing of Measure K, recalls Saucedo and Pérez encouraging and shaping leaders within the Latinx community.

“They set the examples themselves of what commitment looks like, what discipline looks like,” he said. “They set the example of what we aspire to be and what we can achieve.”

New “Radio Centro” episodes air Saturdays at 2 p.m. on KZZH’s radio station 96.7 F.M., while re-runs are aired throughout the week.



Perez talks with “Charlando de la Raza” from March 2018. | Photo by Jose Herrera



# Brenda Perez: Una voz irreprimible para la comunidad Latinx

por Lupita Rivera y traducido por Ulyses Dorantes



Brenda Perez is ready to prove that nothing can stop her. | Photo by Lupita Rivera

El programa de radio en Español “Radio Centro” tiene un nuevo hogar en KZZH-FM en Eureka. El programa transmite en 96.7 y es alojado por Brenda Pérez, quien anteriormente fue una de las dos presentadores de KHSU’s “Charlando Con La Raza”.

En su programa, Pérez platica sobre las luchas de la comunidad inmigrante y discute otras temas que preocupan a la comunidad Latinx en el condado de Humboldt.

“Radio Centro” dispone programación de radio para Hispanohablantes en el condado de Humboldt por un residente local. Pérez cree que programación en Español es importante para cultivar conexiones entre la comunidad y crear espacios más inclusivos para individuos de descendencia Latinx.

“Todas estas cosas que enfrentamos como comunidad migrante, cuando escuchas tu voz amplificada de esta manera te da valor,” dijo Pérez. “Es para que la gente que escuche de casa se sienta identificado y se sienta menos solo.”

Esta no es la primera vez Pérez ha estado involucrado en radio. Pérez también fue una de las presentadoras del programa “Charlando Con La Raza” que fue transmitido por “Radio Bilingüe” de KHSU. Ella usó su tiempo en el aire como una plataforma para empoderar y movilizar a la comunidad Latinx, específicamente inmigrantes Latinx.

“Tengo la responsabilidad de luchar, de ser portavoz,” dijo Pérez reconociendo su estatus legal como un privilegio. “Rebasamos las líneas del temor porque la injusticia es mayor.”

Pérez reconoce que sin movilizar a poblaciones contra la injusticia, que las injusticias seguirán creciendo y destruyendo al ánimo.

## Aparte de las Ondas:

Adicionalmente a su trabajo en el radio, Pérez toma mucho tiempo organizando eventos en la comunidad con Centro del Pueblo. Con su ayuda, ella ha asistido lograr propuestas históricas para proteger a la comunidad inmigrante del condado de Humboldt.

Renee Saucedo sirvió como el líder público de Centro del Pueblo hasta recién, cuando tomó la decisión difícil de mudarse del condado de Humboldt.

Saucedo está seguro que el liderazgo de Pérez va seguir inspirando a los demás.

“Brenda es una de las personas que permanece 100% incondicionalmente responsable a la base de nuestra comunidad,” dijo Saucedo.

En los tres años que ha estado aquí, Pérez lo hizo su misión personal de proveer un espacio inclusivo para individuos Latinx. Con fuego en sus venas y promesa en sus ojos, Pérez sigue luchando por un espacio en el condado de Humboldt que sea inclusivo de la cultura Latinx.

Tres años anterior, Pérez se mudó de México para perseguir su investigación sobre la cultivación de marihuana y sus efectos sobre la política del control. Ahorita ella está en medio de completar su Ph.D. en la Universidad Nacional Autónoma de México, especializándose en los estudios de Latinoamérica.

Con rapidez, ella se dio cuenta que tan aislado estaba la comunidad Latinx de Humboldt. Pérez entiende que la gente está vacilante de tomar espacio por el clima político tenso y el miedo sobre las venganzas. Esto no fue algo que Pérez pudo aceptar. Ella viene de una cultura de protesta social y no pudo imaginarse vivir sobre las orillas.

## Movilizando a la Comunidad:

En Noviembre del 2018, Pérez y Saucedo movilizaron Centro del Pueblo para ayudar pasar a Medida K en las papeletas. Esta medida fue la primera de su tipo, exitosamente estableciendo a el condado de Humboldt como condado santuario. Octavio Acosta admira a la perseverancia de Pérez entre este proceso largo.

“Ella tiene la actitud de que ‘yo lo voy a hacer porque yo lo voy a lograr carajo!’ y eso es exactamente lo que se ocupaba,” él dijo.

En seguida, Pérez quiere continuar a proveer programación de radio para los hispanohablantes de Humboldt. Ella también está trabajando con Centro del Pueblo para iluminar al arte de la gente Latinx.

“Las elecciones ya vienen, y en vez de ser presentados bien mal en los periódicos, queremos ser presentados por el arte que creamos por la comunidad,” dijo Pérez.

Kevin Martínez, quien también fue involucrado en pasar a la Medida K, recuerda que Saucedo y Pérez apoyaban y formaban a líderes entre la comunidad Latinx.

“Ellas mismas pusieron el ejemplo de cómo se mira la obligación y la disciplina,” el dijo. “Ellas pusieron el ejemplo a lo que aspiramos ser y lo que podemos lograr.”

Nuevos episodios de “Radio Centro” se transmiten los Sábados a las 2 p.m. en la estación de radio KZZH 96.7 FM, mientras episodios viejos son transmitidos durante el resto de la semana.



Perez with Brenda Ureta and Yojana Mirjana from March 2018. | Photo by Jose Herrera



# HSU welcomes first sex workers' club

By Cassandra Rice

The Sex Workers' Advocacy and Support Club (SWASC), one of the only chartered clubs of its kind to exist within the California State University System, was officially established at Humboldt State University on Feb. 12.

The club, which is open to all HSU students, faculty and staff, aims to create a supportive space for students who work in the sex industry and for others who support them.

### About the club

As stated on the club's Orgsync website, the club strives to support students who work in the sex industry.

The club also aims to educate students and others on sex workers' rights through a lens of empowerment.

Lasara Firefox Allen, club founder and president, said they have received great support from the social work department, the Student Health Center and the Clubs and Activities Office, on the creation of the club.

"The mission of the club is to create a safer space for folks who are engaged in sex work to come together and find support and offer support to each other," Allen said. "Also, to create an environment where people can feel empowered to learn more about sex work."

"By our definition, sex work is any work where the goal is the elicitation of sexual desire or the delivery of sexual satisfaction," Allen said. "Coercion is not sex work."

The club advisor, Assistant Professor Benjamin Graham, Ph.D, expressed why he believes the club is important to have on campus.

"I was excited to support SWASC because I felt that there are many untold stories and issues beneath the labels and policies society places on sex work. I thought this club could provide space and recognition of those perspectives," Graham said.

"It is joining Amnesty International, the World Health Organization, Human Rights Watch, and others in the call for a deeper conversation and action plan around sex work."

Rosa Granados, club co-secretary, shared her thoughts on the club as well.

"As a group, we all have a higher voice," Granados said. "I think, at the end of the day, having this knowledge [about



From left to right: Devin Havenstein, Rosa Granados, Lasara Allen and Annemarie Hurley gather outside of the Behavioral and Social Sciences Building for the Sex Workers Advocacy and Support Club | Photo by Diego Olivares

sex work] can really increase your ability to understand different things in the world that do happen."

### What is sex work?

According to Allen, imagination and consent from all parties involved are the only limits of sex work.

"Sex work is a wide umbrella," Allen said.

Allen shared that sex work ranges from, but is not limited to, foot or toe pictures, dancing, escorting, camming and sugaring.

"Many types of sex work are legal, and are protected under the category of free speech," Allen said.

"One of the things that I try to do around that is I try to explain the difference between trafficking and consensual sex work," Allen said. "I feel like as long as those two are being completed, it's impossible to have a real logical conversation about sex work."

### Destigmatizing and decriminalizing sex work

Allen and their club members have many goals that they want to accomplish, some being destigmatizing and decriminalizing sex work.

"Decriminalization is something that I would like to see happen in my lifetime, you know, and I am personally engaged in the process of destigmatizing sex work on

a regular basis," Allen said.

Allen explained some reasons why decriminalizing sex work is important.

"The short answer is that criminalization disproportionately affects folks who are already marginalized," Allen said. "It also leads to folks not seeking help when assaulted or robbed for fear of criminal charges."

According to jurist.org, California's Governor, Gavin Newsom, signed SB-233 that protects the rights of sex workers in certain situations.

Graham explained how the club can help destigmatize and decriminalize sex work.

"I think it can do a lot to raise awareness of the personal, social and policy-level nuances to sex work that are currently silenced," Graham said.

"It can help create a safer society, including one better positioned to combat the horrible injustice of human trafficking."

### The club's outreach

The Sex Workers' Advocacy and Support Club has already begun outreach within the campus community.

Cristian Rios, club co-secretary, also shared the club's plans on outreach and spreading awareness.

"We're in contact with the sexual assault prevention committee, and we're going to see how we can interlink our club and the committee," Rios said.

"Just to have support available, and as well as to communicate with them, of how we can expand our club to reach a bigger audience, just so more people are aware."

The Campus Advocacy Team and the North Coast Rape Crisis Team has reached out and offered support to the club.

Allen shared that they will be in collaboration with Peer Health Education in some of their upcoming events.

The SWASC meets Mondays at 7 p.m. in BSS 509, and more information about them, including their mission statement, can be found at [orgsync.com/183050/chapter](https://orgsync.com/183050/chapter)

## SEX WORK TERMS

This list contains some of the terminology that falls under sex work

### 1 CAMMING

Recording one self doing sexual and/or non-sexual acts.

### 2 PICTURES

Taking pictures of one's body. Examples: feet, hands, genitals, chest, breasts, etc.

### 3 SUGARING

A person who is gifted cash, material items, and other financial benefits for the exchange of company. This can include intimacy and sex.

### 4 DANCING

Dancing for someone for the exchange of money. Examples: stripping, nude dancing, exotic dancing, etc.

### 5 ESCORTING

Someone accompanying someone for a period of time while also getting paid. Escorts are paid for their time not whether they have sex.

### 6 PORN PRODUCTION

Portraying sexual matter for the purpose of making someone aroused. There are many forms of porn production such as: film, books, magazines, sculptures, phone calls, etc.



# HSU da la bienvenida al primer club de trabajadores del sexo



Sex work is a broad umbrella terms with multiple activities and types falling beneath it | Ilustración by Cassandra Rice

por Cassandra Rice traducido por Nancy Garcia

El Club de Defensa y Apoyo de Trabajadoras Sexuales (CDATS), uno de los únicos clubes autorizados de su tipo que existe en el Sistema Universitario del Estado de California, fue oficialmente establecido en la Universidad Estatal de Humboldt en feb. 12.

El club, que está abierto a todos los estudiante de HSU, facultad y empleados, tiene objetivo a crear en espacio de apoyo para estudiantes que trabajan en la industria del sexo y para las personas que los apoyan.

## Sobre el Club

Como dice en el sitio de Orgsync del club, el club se esfuerza por apoyar estudiantes quienes trabajan en la industria del sexo.

El club también quiere educar estudiantes y otras personas sobre los derechos de los trabajadores de sexo a través de un lente de empoderamiento.

Lasara Firefox Allen, fundadora y presidenta del club, dijo que han recibido gran apoyo del departamento de trabajo social, el Centro Estudiantil de Salud y de la Oficina de Clubes y Actividades, en la creación del club.

“La misión del club es crear un espacio seguro para personas que están participando en el trabajo sexual para reunirse y

encontrar apoyo y ofrecer apoyo a el uno al otro,” Allen dijo. “También para crear un ambiente en cual personas se puedan sentirse empoderado a aprender más sobre el trabajo sexual.”

“Por nuestra definición, trabajo sexual es cualquier trabajo donde el objetivo es obtención de deseo sexual o la entrega de satisfacción sexual,” Allen dijo. “Coerción no es trabajo sexual.”

El asesor del club, Profesor Asistente Benjamin Graham, Ph.D, expreso porque el cree que el club es importante tener en la escuela.

“Estaba emocionado por apoyar CDATS porque senti que hay muchas historias y problemas no contados debajo de las etiquetas y políticas que la sociedad pone en el trabajo sexual. Pensé que este club podría proveer un espacio y reconocimiento de esas perspectivas,” Graham dijo.

“Se esta uniendo con Amnistía Internacional, la Organización Mundial de la Salud, Human Rights Watch y otros en la convocatoria para una conversación más profunda y un plan de acción en torno al trabajo sexual.”

Rosa Granados, tesorero, también compartió sus pensamientos sobre el club.

“Como un grupo, tenemos una voz más alta,” Granados dijo. “Pienso que, al fin del día, teniendo este conocimien-

to [acerca del trabajo sexual] realmente puede aumentar tu habilidad de entender diferentes cosas en el mundo que si ocurren.”

## Que es el trabaja sexual?

Según Allen, imaginación y consentimiento de todas las personas involucradas son límites de trabajo sexual.

“Trabajo sexual es una categoría ancha,” Allen dijo.

Allen compartió que trabajo sexual se extiende, pero no es limitado a, fotos de pies o dedos de pie, bailando, acompañando, actuando en camera y sugaring.

“Muchos tipos de trabajo sexual son legales, y están protegidos bajo la categoría de libertad de expresión,” Allen dijo.

“Una de las cosas que trato de hacer es explicar la diferencia entre traficando y trabajo sexual consensual,” Allen dijo. “Siento que mientras esos dos se estan cumpliendo, es imposible tener una real conversacion lógica sobre trabajo sexual.”

## Desigmatizando y despenalizando el trabajo sexual

Allen sus miembros del club tienen muchas metas que quieren realizar, algunas siendo desigmatizando y despenalizando el trabajo sexual.

“Despenalización es algo que me gustaría ver suceder en mi vida, sabes, y yo personalmente estoy participando en el proceso de desigmatizando el trabajo sexual regularmente,” Allen dijo.

Allen explicó algunas de las razones por cual despenalizando trabajo sexual es importante.

“La respuesta corta es que la criminalización afecta desproporcionadamente a las personas quienes ya son marginalizadas,” Allen dijo. “También lleva a la gente a no buscar ayuda cuando son asaltados y robados por temor a cargos criminales.”

Segun jurist.org, el Gobernador de California, Gavin Newsom, firmó SB-233 que proteja los derechos de trabajadores sexuales en ciertas situaciones.

Graham explicó como el club puede ayudar a desestigmatizar y despenalizar el trabajo sexual.

“Pienso que puede hacer mucho para crear conciencia de los niveles personales, sociales y políticas de trabajo sexual que actualmente están silenciados,” Graham dijo. “Puede ayudar a crear una sociedad más segura, incluyendo una que está mejor posicionada para combatir la injusticia horrible del tráfico de personas.”

## El alcance del club

El Club de Defensa y Apoyo de Trabajadoras Sexuales ya ha comenzado el alcance dentro la comunidad del campus.

Cristian Rios, secretario conjunto, también compartió el plan del club acerca de alcance y propagación/difusión de conciencia.

“Estamos en contacto con la comité de prevención de asalto sexual, y vamos a ver cómo podemos entrela nuestro club con el comité,” Rios dijo.

“Es solo para tener apoyo disponible, y también para comunicar con ellos, de cómo podemos expandir nuestro club para alcanzar una audiencia más grande, para que más personas sean conscientes.”

El Equipo de Defensa del Campus y el Equipo de Crisis de Violación de la Costa Norte se han acercado y han ofrecido apoyo al club.

Allen compartió que estarán en colaboración con Educación de Salud de Compañeros en algunas de sus próximos eventos.

El CDATS se juntan los lunes a las 7 p.m. en BSS 509, y más información sobre ellos, incluyendo su estado de misión, puede ser encontrado en [orgsync.com/183050/chapter](https://orgsync.com/183050/chapter)

# There's a new bar in town: **ARCADA**

## Grab your loose quarters and check out the new local arcade bar

by Brenda Sanchez

Owners and founders of Slice of Humboldt Pie/ Bittersweet, Kirsten Thompson and Amber Saba, have put together their love for video games, amusement parks, and arcades.

Their love for adventures and fun things to do have driven them to open up their very own arcade bar here in Arcata. This new and retro themed arcade bar, known as ARCADEA, opened on Feb. 26.

The way ARCADEA converted from a dream to reality was after a location purchase for a kitchen that would help expand space and alleviate stress for Slice of Humboldt Pie.

Owners then saw how much leftover space they had aside from the kitchen, and the first thing that came to their mind was to create a place of their own where they could draw out their own passions.

"The arcade bars and amusement parks and all sorts of just fun games and things to do are Amber's and I passion when we go out of town anywhere," Thompson said. "We go find fun things to do. We get to forget all our stress and worries and just be in a fun space."

People can expect themselves to want to save their quarters for more than just their laundry from now on. The arcade bar provides a good amount of retro games with

a free playing station, various bar food options, and a variety of drinks to choose from, with the expense of the games ranging from a quarter to a dollar.

"An arcade bar sounds fun!" Rubie Gonzalez, 21-year-old senior at HSU, said. "I have to go just to see if they have Pac-Man so I can take my mom when she comes up to visit me for spring break."

Because of the various alcoholic beverage options, you must be 21 or older to enter. Thompson and Saba present ARCADEA with the hopes of bringing in more surprises in the near future.

For now, they hope the public enjoys the upbeat music, the good vibes and the great combination of arcade games and a good fun time.

"I'm excited for an arcade bar because it will be something to do in town and very different than what's currently available" Christopher Berumen, a 26-year-old senior at HSU, said. "I'm big on arcade games and if it's priced fairly I think I'll be there often."

ARCADEA can be found at 660 K St., Arcata, Ca, 95521 right at the intersection of K and 6th street, and is closed Mondays and Tuesdays.



Arcade machines glow at Arcada, a new bar/arcade. | Photo by Brenda Sanchez

## 'Harley Quinn: Birds of Prey' soars with fun mayhem

by Sergio Berrueta

"Harley Quinn: Birds of Prey" delights with manic chaotic energy and the role Margot Robbie's career.

Based upon characters from DC Comics, the film brings anti-heroes to the forefront in the wacky side of Gotham City.

Harley Quinn (Robbie) is recovering from a break-up with her ex-boyfriend, The Joker, and ready to make a name for herself. Quinn goes in search of Ronan Sionis/Black Mask's (Ewan McGregor) beloved diamond that is in the hands of a pickpocket.

However, Quinn is not the only one as a tough cop, Sionis' singer and a cross-bow-wielding assassin are in search of the diamond as well.

Director Cathy Yan brings a vibrancy and fantastic visual eye when it comes to the feel of the world and action set pieces.

Two standouts involve a slow motion laden jail cell fight and a madcap neon battle

in a funhouse that is the true centerpiece of the film.

Cinematographer Matthew Libatique combines his efforts with Yan's eye to create a candy-coated grit to the world of Gotham.

“Robbie is perfect as Quinn, evoking a demented heartbroken character with a heart of gold and penchant for killing.”

There is an impressive use of lighting and angles that allow the film to become a comic brought to life in front of the audience's eyes.

Robbie is perfect as Quinn, evoking a

demented heartbroken character with a heart of gold and penchant for killing.

McGregor also comes out of the gate in a villainous role smooth transitions from over the top ham moments to absolute men-

ace. Jurnee Smollet-Bell also has a fantastic take on the comic character Black Canary.

However, the tone of the film does feel scatterbrain.

It wants to be a campy cartoon that comes to life, but also retain its gritty violence established in 2017's "Suicide Squad". It wants to have its cake and eat it too which may be a detriment to some who want a film more grounded in reality.

Cassandra Cain, played by Ellen Jay Basco, also feels more like a walking plot device rather than an actual character of actual substance. Mary Elizabeth Winstead as Huntress is also underutilized despite playing a major part in the plot.

"Birds of Prey" is a great time at the movie despite the lack of box office returns, but it's a step in the right direction for the DC Extended Universe.

The film is rated R for its strong violence and language throughout, and some sexual and drug material.



# Ilyasah Shabazz: Activist, author, Malcolm X's daughter

Shabazz talks about her mother and family's legacy

By: Isabel Beer

On Feb 12, the African American Center for Academic Excellence invited esteemed community organizer, advocate and author, Ilyasah Shabazz to speak about her books, "Growing Up X: A Memoir By the Daughter of Malcolm X" and "Malcolm Little: The Boy Who Grew Up to Be Malcolm X". Humboldt State University invited many celebrated voices in communities of color to come and engage with students this month to celebrate Black Liberation Month.

Shabazz is the third of six children of prominent Black activist father, Malcolm X, and community organizer and educator, Betty Shabazz. Shabazz served for over 12 years in several capacities for the city of Mount Vernon; her duties and job included being Director of Public Relations, Director of Public Affairs and Director of Cultural Affairs.

Shabazz continues her family legacy by being an advocate for her community as well as for communities of color throughout the United States. El Leñador had the opportunity to speak with Shabazz during HSU's celebration of Black Liberation Month.

**What was it like growing up with Betty Shabazz as a mother and what would you like the public to know more about your mother and her own work as an activist?**

**Shabazz:** Oh my goodness. My mother had so much love. And she was just so amazing. She inspired me tremendously, simply because she gave me unconditional love. Direction. Guidance. Trust. And it's because of her, I am the woman I am today.

She was a woman in her twenties who saw her home had been fire-bombed on Valentine's Eve when she was just sleeping with her husband.

A bomb was thrown in the nursery of their house - I was just looking at a picture of what the house looked like after - she was a young woman, she was pregnant, she had [then] five little girls, and then a week later she saw her husband just blown up in front of her.

And in spite of that all, she was still very loving, very giving, very kind, very smart.

And when I got older I thought, gosh how did she do that? I don't even have one child! So she went on to raise six girls and was still kind and still loving and had a great sense of humor - she loved dancing, and she was such a socialite and social activist.

And I often would wonder "How was she able to do that?" She never accepted "I can't" or "no" as an answer for herself, and she would

often impart that unto young people - she was a college professor - and onto us, her kids.

**There is mounting interest in women of color and Black women to become engaged in social service and advocacy - do you have any advice for young female activists and organizers today?**

**Shabazz:** Yes. I think that, first, it is great that we are able to see beyond one's nationality, gender and embrace the beauty in the diversity of who we are as human beings. I think when we are marching and demonstrating and protesting, that we are not just out there physically, but that we have a goal at the end of our marching and demonstrating.

“... it is great that we are able to see beyond one's nationality, gender and embrace the beauty in the diversity of who we are as human beings.”

-Ilyasah Shabazz, author and activist

I think that it is really important that we align ourselves with like-minded people, to have a goal, to have your checklist, and to make sure that - when the march is over - that you check off some of the items on your list and if you haven't completed the checklist, then you continue until you are done. Otherwise you march and then the march is over, and then what have you accomplished?

**What do you think about [this] generation's relationship with activism and social media? Do you think those tools work well together?**



Ilyasah Shabazz answers questions and talks about her legacy while visiting Humboldt State. | Photo by Jasmine Martinez

**Shabazz:** Oh they definitely work well together. As long as you don't just, you know, create a hashtag and say 'Oh I'm an activist', that you utilize the internet by organizing across campus, across country, across state and that you are sharing and inspiring and sharing with others whatever it is that you are working on. That you are bringing attention to your issues.

**What do you think that [this] generation can do as consumers and citizens to actualize your family's legacy?**

**Shabazz:** Well, my family's legacy is much like many people's legacy. It is about recognizing the humanity in everyone. That we are all brothers and sisters under the fatherhood or family of God or the creator, that we are interconnected - just because we are human beings.

And just imagine how much better life would be if we didn't have to fight for someone to stop oppressing us, or committing these criminal acts on us. Sometimes we say,

'Oh it's this system. Oh it's this or that', instead of realizing that it's people who govern the policies and laws of our country and community and homes. So, just becoming more involved and saying 'This is enough'.

**This is an election year, what is one issue you wish any candidates across the board to discuss or focus on more?**

**Shabazz:** Well, education is really important. I think educational curriculum is not inclusive, and I think that it is extremely important that our children are properly educated based on historical facts of inclusion, about indigenous peoples and about criminal justice.

In 30 years we have seen young people - [primarily] young Black and Brown people - behind bars from 30,000 to 2.6 million. And a lot of these people behind bars; for petty crimes they didn't commit or had to cop a plea for. I think it [education] is all about truth and justice.





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- > A census taker may interview each resident in your building to complete the census form.
- > A representative from your dorm or building may complete the census form on behalf of all residents.

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# Gabrielle Carbajal, an athletic inspiration to many

NCAA recognized HSU basketball player speaks on her collegiate basketball journey

by Skye Kimya



Gabrielle Carbajal shoots a free throw during the last conference game of the season, at Lumberjack Arena on Feb. 27. | Photo by Skye Kimya

Believe it or not, Gabrielle Carbajal didn't want to play basketball as a six year old girl. She wanted to play soccer. But, 15 years later she is thankful her father pushed her to stay on the court because she has become a role model for her younger siblings and one of her communities, the Latinx community.

"My parents are my biggest supporters," Carbajal said. "They have always told me to focus on school and sports. In high school, they told me not to get a job because they wanted me to focus, and possibly get a scholarship for basketball."

After attending Rancho Alamitos High School, Carbajal played at Cypress College in Cypress, California. She was offered a few basketball scholarships before Humboldt State head coach Michelle-Bento Jackson did everything she could to prove to Carbajal that the HSU community was one she would excel in.

"I remember back to the recruiting process. It came down to her deciding between Humboldt State and a school in Texas," Bento-Jackson said. "It was just convincing her that this was the right place for her, and all I can say is I feel very blessed and honored that I had the opportunity to coach [Carbajal] for the last two years."

With two years of hard work and dedication to the HSU team, a huge accomplishment was announced just games before the end of Carbajal's collegiate basketball career.

During the week of February 17, 2020, Carbajal was the third player on her team to join the NCAA Division II Women's Basketball Statistical Leading Board. Carbajal was recognized as the 26th in the nation with her +2.16 assist/turnover ratio. More than 200 women are in competition for the NCAA nationally ranked spots.

"One primary reason for [Carbajal's] constant development and growth is her hard work," Bento-Jackson said. "She is an individual

who puts in extra time and she has given herself an opportunity to be successful and continue to improve."

Carbajal is admired by three younger sisters and one younger brother, who all play basketball too. The next sibling in line has followed in the footsteps of the HSU athlete as they started their collegiate basketball career at Cypress College as well. Carbajal shared that she currently wears the number 22 because her sister recently tore her ACL, so she represents her lost year on the court.

"I am very proud of her and all of her accomplishments so far," said Ester Carbajal, Gabrielle's mother. "[The bar] has been set really high. My second oldest really looks up to [Gabrielle], so I know she will continue to impress all of us."

Gabrielle Carbajal has not only represented her family, but her Latinx community as well. According to 2016 statistics, only 3.5 percent of Women's National Basketball Association (WNBA) players are Latina. Being a collegiate woman basketball player of Latinx descent is inspiring to many, and encouraging to younger generations.

"I think it is a great honor to just be able to represent that side of the community," Carbajal said. "If there's any words of encouragement I could give, I would say just to keep following your passion no matter what."

As Carbajal's mother said, she has set the bar very high and it is clear that her accomplishments and inspiration has not gone unrecognized.

"I think she is a great role model for the Latinx community and just in general," Bento-Jackson said.

"In our sport of women's basketball, how many Latina's are there playing collegiate basketball? Not only is she representing her culture and her family, but to be in the position she has worked so hard to be in, I think she just speaks volumes."



Gabrielle Carbajal walks across the Lumberjack Arena's court after collecting flowers for being one of the year's five seniors. | Photo by Skye Kimya



# Local family opens up coffee shop in Blue Lake

by Carlos Holguin

For Michihiro and Keiko Sugata, the idea of owning a cafe had been in their minds since moving to Blue Lake with their kids, but it wasn't until the spring of 2019 that the opportunity presented itself.

"As a couple, you like to dream up about what could be and how to establish yourself in the community," Assistant Professor of Criminology and Justice Studies, and co-owner of Honeycomb Coffee, Michihiro Sugata said.

"Keiko had her eye on this particular property, almost since the day we moved here, but there was another business here."

Then one day in the spring of 2019, co-owner Keiko Sugata said it was suddenly empty.

Immediately, the couple jumped on the chance to own the space and applied to the city to open up a cafe. Months later in December, the two had the soft opening for Honeycomb Coffee.

With no previous experience running coffee machines, Keiko Sugata worked tirelessly to learn how to operate the

machines. While there was trial and error, the couple also said they looked for help online.

"It was Youtube," Keiko Sugata said. "A lot of Youtube."

Another draw of the shop is the homemade baked goods that the store sells. Honeycomb Coffee offers a variety of snacks to eat with your drink, such as banana bread muffins, granola and gluten-free chocolate chip cookies.

"I come here about 6 a.m. and then start baking," Keiko Sugata said. "We open at 7 a.m. and by that time there is only one cookie or one muffin that is there, and I keep adding as the day goes."

The Sugata's made sure to provide a small variety of ice cream available for sale for the kids within the neighborhood, including their own.

"Kids aren't going to have a coffee, so we had to make sure to have something for kids," Keiko Sugata said. "And it's cute, kids walking around with their ice cream cones. I get quite the comments from people saying that it's cute."

A favorite amongst the community,

and on Instagram, are the orange cardamom cookies.

"The cardamoms are amazing," said Stephanie Dickinson on an Instagram post of a freshly baked tray of the cookies.

A large part of the desire to open the shop was the surrounding community of Blue Lake. The Sugata's moved from Gifu, Japan to Phoenix, Arizona so that Michihiro could complete his graduate and obtain his doctorate. After eight years there, they moved to Blue Lake for the slower pace and friendlier community.

While they were determined to create this coffee shop, the difficulty of retrofitting the space to an acceptable level for the city was a process that heavily challenged them.

According to both owners, the space had previously been used as office space, which meant getting plans for plumbing and additional electrical work was extensive.

"I can't tell you how many times people said to us no," Michihiro

Sugata said. "We kept resubmitting plans, redesigning things and just kind of refused to give up on it. We really believed that it could be something really neat."

The hope of both owners is to help the community grow, without growing too fast themselves. Michihiro Sugata said that while they enjoy running the business, their main goal is to give back to the community that supported them from the start, not to turn Honeycomb into an expansive franchise.

"If we were in the middle of [Los Angeles], and you don't know what you're doing on day one, I think you're probably out of business by day 30," Michihiro Sugata said. "Here we are kinda filling a real niche, which is that we are trying to make something that the community really wants."

"They want us to be successful."

Honeycomb Coffee is located at 431 1st Ave in Blue Lake. It is open Tuesday through Friday from 7 a.m. to 4 p.m. and Saturdays from 8 a.m. to 1 p.m.



Owners Michihiro and Keiko Sugata proudly pose in the Honeycomb Coffee shop, which opened in Blue lake in January of this year. | Photos by Carlos Holguin



A sampling of some of the snacks available for sale that Keiko Sugata makes herself. Labels help to ensure that customers know exactly what goes into their food.





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| Illustration by Cassandra Rice

# Self-embrace and body positivity can make us feel unstoppable

How looking at ourselves in the mirror can help us feel more empowered

By Brenda Sanchez

I'm 5 feet tall, weigh about 134 pounds, and the last time I went to the doctor's office they told me I was overweight. That statement never leaves my head.

Every morning as I get ready to go about my day, I look at my stomach pouch and laugh. I laugh for many reasons.

I laugh because I don't look like those instagram models on social media. I laugh because I am not a size 2 in jeans anymore and I don't think I ever will be.

I laugh because in some of my clothing I feel like I can take over the world, and in others I'd rather hide in a shell. I laugh because the more I have learned to love myself and be kinder to my body, the more happy I am.

I laugh because I realize that in order for me to truly be body positive I must always love myself for who I am regardless of what the whole damn world has to think.

2019 was definitely a year filled with body positivity all thanks to many inspirational figures and artists, one being singer and artist Lizzo.

Lizzo showed the world what she is made of and that her figure is no match for anyone's social standards and expectations.

Through it all, she remains bold and strongly driven continuing to empower women to love themselves regardless of the size of their bodies.

According to an interview with The Guardian, Lizzo speaks out about body positivity and how it has shaped her own strength to empower other women.

"I would watch things on television and look at magazines and I would not see

myself," she said. "When you don't see yourself, you think something is wrong with you."

**"Ever since I have learned to accept myself for who I am and embrace every part of me I feel unstoppable."**

I too thought something was wrong with me. I felt gross, I was unhappy, I was embarrassed of myself. How lame, right. I know now I was wrong.

Ever since I have learned to accept myself for who I am and embrace every part of me I feel unstoppable. I feel empowered. I'm finally in control of myself.

Being more open to the concept of accepting myself for who I am has also left me to ask many questions.

Why are we still blaming plus size women for loving themselves, enough to also blame them for promoting obesity? But when we see a thin person showing off their

goodies, we're there hyping them up.

As a society that is supposed to be focusing on uplifting one another and empowering one another we have taken a step back. Does body positivity truly exist, or are we just gathering words of language together to piece something that we as a society cannot agree on? The truth is we have created a division between body positivity and women empowerment.

How do we connect body image and women empowerment without shaming women based on their body sizes, you may ask? In order to focus on body positivity and women empowerment we must move away from everything that categorizes, divides, and places a stereotype on us.

So, I urge you all to love yourselves, love one another, and more importantly be kind to yourself and your bodies, because we are all unique and beautiful in our own way.



# Astros: From Champs To Chumps

Houston's MLB team feeling the heat for the 2017 World Series scandal

By Michael Estrada

I believe the 2017 World Series title should be vacated, the Houston Astros have no business calling themselves champions. The Houston Astros were found guilty in June of 2019 of cheating during the 2017 regular and preseason.

Since the guilty verdict was called, players around the league have expressed discontent with the punishment and prevention of cheating in the future by MLB commissioner Rob Manfred.

Manfred found that the Astros set up a private camera in the outfield at Minute Maid Park in Houston, Texas.

While the opposition was on defense, members of the organization would watch footage from the private camera on a laptop stationed between their dugout and clubhouse and bang on a trashcan to signal to the batter what type of pitch was coming.

The biggest violation of technology based rules was that this was happening live, and various compilations show batters at the plate in Minute Maid revealing the banging sounds mere seconds after the catcher relayed his signs.

The Astros had been suspected of cheating by multiple teams. Last November, Mike Fiers (who pitched for Houston from 2015-2017) spoke about them and how they set up a method of stealing signs and relaying them to batters.

While he never went public until November with "The Athletic," he said that while playing for Detroit and Oakland, he warned his teammates about what Houston was doing.

Sign stealing is one of baseball's oldest unwritten rules that everyone understands. If you have a man on second base paying attention to the signs the catcher is giving, or players and coaches in the dugout

trying to decipher the signs, that is an accepted part of the game.

Rules have been altered to limit technology's role, given that cameras and tablets have made their way into professional sports. In this case, one team was using technology only they had access to at their home park.

Astros owner Jim Crane said in an apology, and I'm using that word loosely, that he didn't think the sign stealing had an impact, which is a blatant lie. Some players gave a

weak, scripted apology that is adding to the resentment they're getting.

Manfred is getting heat because he promised the MLB Players Association that Houston's players would get full immunity in return for talking about the cheating, and because he has allowed them to keep their World Series title.

Cody Bellinger of the Dodgers went off, saying they've been cheating for three years, and that the ring was stolen was from them,

which I see as true seeing as they have been charged with cheating that whole year.

It is a huge deal to be called up to the big leagues, and even then there is no guarantee you stay there. The fact that guys got their chance to compete at that level after all their hard work, and never got back because they showed a poor outing against a team that cheated is so wrong.

Honestly, I feel that the worst part is that the Astros to this day act as if they did nothing wrong. Players like Carlos Correa saying things such as, they played the game right, or that they won game seven in Los Angeles so it is okay, just shows that they don't care that they cheated, they just care that they got caught.

Some players had inspiring stories too, Altuve was told at an Astros tryout in Maracay that he was too short to play, but he went back anyway finally making it to the majors. But now, all he showed is that they were right, he is only an MVP and champion because he cheated.

I saw a story on George Springer that made me tear up, about his challenges of growing up with a speech impediment.

He was so embarrassed as a kid because of the bullying he faced, and he would have his mom order for him at restaurants so he didn't have to speak. The video spoke about his character, and how he worked hard to overcome his problems.

It showed him working with children going through the same thing, and what he meant to them. But now, their idol is someone who only succeeded by cheating.

And worse, doesn't feel bad about it. Famous people, whether they be athletes, musicians, actors, etc. have an effect on kids, they look up to them, if not idolize them.

And it is sad to see that they don't seem to care about any of the people they have had an impact on.

The idea that the Astros will be targets of intentional beanings (balls thrown at opposing players) has been floating around, and only time will tell if Manfred can get a hold on the situation before the rest of the MLB takes justice into their own hands.



| Illustration courtesy of Jomboy Media



# In-N-Out: NOT what a hamburger's all about

by Silvia Alfonso

Growing up, it seemed as though all of Marin County was obsessed with In-N-Out. In my high school years, all the kids that could drive would zip away to the nearest In-N-Out location during lunch period.

Driving up and down the state of California, I constantly saw the familiar sign of In-N-Out off the side of a freeway.

It seemed as if the yellow, white and red logo was being engraved into my brain and I could never escape it.

If I went on roadtrips, I'd sit quietly in the back when pulling up to the drive through, and I'd eat my burger without a single complaint.

It felt like anytime the topic of In-N-Out was brought up, people would lose their minds and drool at the thought of those burgers.

I'll be the first to say it, In-N-Out doesn't deserve the hype it gets.

I'm a big fan of hamburgers, and one of my fondest memories as a child is eating a kid's burger out of a vintage folded up car from the Mel's Drive-In right off Lombard St. in San Francisco.

When I tried an In-N-Out burger for the first time, I was thoroughly unimpressed. Those burgers could hardly compare to the glorious burger I grew up eating from Mel's.

Maybe I psychologically didn't want to follow the crowd and eat at the same burger place that everyone else was eating at. Maybe I was rebelling as a child by saying the food at In-N-Out wasn't as good as everyone says.

Call me crazy for thinking the thousand island sauce is gross.

Frankly, I think there were several great local burger places back home, and there are several delicious local burger places here in Humboldt County.

I stand by my decision to choose Stars as my favorite burger place up here, and no construction of In-N-Out will make me say otherwise.

Nowadays, I'm a bit less picky and I'll be willing to try a new burger place wherever I am, despite having a list of favorites. But, it would be a rare sight to see me stop and eat a burger at In-N-Out.

That being said, El Leñador's staff compiled a list of top four burger restaurants to eat at.

I'll be the first to say it, In-N-Out doesn't deserve the hype it gets.

## El Leñador Staff Burger Picks

Our Staff pick their favorite Humboldt County Burger places

Fav Burgers:

Stars: Bleu Cheese Burger

Burger Joint: The Shroomy

Wildberries: Swiss & Mushroom

Humbrews: Wing Dinger

1st Place  
Stars Burgers



2nd Place  
Burger Joint



3rd Place  
Humbrews



4th Place  
Wildberries



El Lenador's top four burger restaurants | Graphic by Isabel Beer



Bilingual News

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Community Resources

**Paso a Paso**  
**English:** Bilingual organization that helps connect families with local and stage programs, including CalFresh and Healthy Kids Humboldt. They provide childbirth education, breastfeeding support and parenting classes. **It’s FREE.** Call for an appointment.  
**Address:** 2200 Harrison Ave, Eureka  
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**Español:** Una organización con personal bilingüe que ayuda a conectar a las familias con programas locales y estatales incluyendo CalFresh y Healthy Kids Humboldt. También ofrecen educación sobre el parto, apoyo a la lactancia materna y clases para paders. Es GRATIS.  
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**Website:** www.foodforpeople.org

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**Address:** Myrtle Ave, Eureka  
**Phone:** (707) 443-6009

**Español:** Misa de católica. Tienen misa de domingo en español sabado a las 7 p.m., domingo a las 12:30 p.m.  
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**English:** Catholic mass in Spanish Sunday at 12:30 p.m.  
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**Phone:** (707) 725-1148  
**Español:** Misa de católica. Tienen misa de domingo en español domingo a las 12:30 p.m.

**Dirección:** 14th and N St., Fortuna  
**Telefono:** (707) 725-1148

**Chabad of Humboldt - Jewish**  
**Address:** 413 Bayside Ct., Arcata  
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**El correo electrónico:** Humboldt@latinooutdoors.org

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**Little Japan**  
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**Vang Chang Market**  
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**Oriental Food & Spice**  
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**Phone:** (707) 825-8827

**La Pasadita Market**  
420 N St., Eureka  
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**El Pueblo Market**  
312 W. Washington St., Eureka  
**Open:** Everyday from 10 a.m.-9 p.m.  
**Phone:** (707) 444-0952

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

**El Buen Gusto**  
802 Broadway St., Eureka  
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**Phone:** (707) 798-6290  
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