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El Leñador

Humboldt State's Student Run Bilingual Newspaper

Love Over Hate Vigil

abril 2021
Vol. 16 Edición 3

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El Leñador

Editors-in-Chief

Sergio Berrueta
Nancy Garcia
Lupita Rivera

Staff Writers

Claudia Alfaro Hernandez
Jasmine Martinez
Raul Mendoza
Emily McCollum
Steffi Puerto
Jonathan Silva
Karina Yamileth Ramos Villalobos

Contributors
Alexandra Gonzalez

Layout/Design

Sergio Berrueta
Nancy Garcia
Jasmine Martinez
Steffi Puerto
Karina Yamileth Ramos Villalobos

Translators

Nancy Garcia
Alexandra Gonzalez
Monica Jarquin Marcial
Lupita Rivera
Karina Yamileth Ramos Villalobos

Faculty Advisor

Andrea Juarez

MISSION STATEMENT

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

NUESTROS OBJETIVOS Y VA-

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



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El Leñador staff can be reached at el-lenador@humboldt.edu.

HSU mergers approved, CAHSS goes from 21 chairs to 11

by Lupita Rivera

To meet target budget reductions, the College of Arts Humanities and Social Sciences (CAHSS) at Humboldt State University has reduced administrative units going from 21 chairs to 11. All but three departments have merged effective fall 2021. The only exceptions are Native American Studies, Critical Race, Gender and Sexuality Studies and Sociology.

Three semesters ago, the CAHSS administration began discussing ways to meet budget reductions to address HSU's overall budget shortfall. Rosamel Benavides-Garb, interim dean of the college, explained how CAHSS planned to reorganize and merge some departments to reduce the college's expenses.

On March 16 he sent a memorandum to CAHSS chairs detailing the approved mergers.

"Departments have merged but the new reorganization plan does not change existing academic programs, actually and intentionally, it preserves the academic integrity of

every single program in our college," wrote Benavides-Garb in the memorandum.

This semester Environmental Studies and Environment and Community (MA) merged into one administration, and Anthropology, Geography, Environment & Spatial Analysis, and World Languages and Cultures into another. The rest of the reorganization was just approved and will be effective fall 2021.

"Departments have merged but the new reorganization plan does not change existing academic programs, actually and intentionally, it preserves the academic integrity of every single program in our college"

Rosamel Benavides-Garb,
Interim Dean of HSU

Though these mergers don't fully resolve budget predicaments, they do help the college meet budget target reductions.

Benavides-Garb closes the memorandum hopeful that these mergers will lead to more synergy within the college.

"I am already excited to see chairs, program leaders, and faculty discussing and developing new programs and opportunities for our students with the support of our capable staff," Benavides-Garb wrote in the memorandum. "I remain hopeful in the collective power of our college and institution."

Departments Merging	Department Chairs
<ul style="list-style-type: none">• Anthropology• Geography, Environment & Spatial Analysis• World Languages and Cultures	Professor Mary Scoggin
<ul style="list-style-type: none">• Art• Film	Professor Heather Madar
Critical Race, Gender & Sexuality Studies	Professor Kim Berry
<ul style="list-style-type: none">• History• Religious Studies	TBA
<ul style="list-style-type: none">• English• Philosophy	Professor Lisa Tremain
<ul style="list-style-type: none">• Environmental Studies• Environment & Community (MA)	Professor Sarah Ray
<ul style="list-style-type: none">• Journalism & Mass Communication• Communications	Professor Vicky Sama
<ul style="list-style-type: none">• Dance• Music• Theatre	Professor Cindy Moyer
Native American Studies	Professor Cutcha Risling Baldy
<ul style="list-style-type: none">• Politics• International Studies	Professor Stephanie Burkhalter
Sociology	Professor Renee Bryd

| Graphic by Sergio Berrueta

❖ *El leñador* ❖

2021

California College Media
Association
Award Winners

FIRST PLACE

Best COVID-19 Coverage

Nancy Garcia, Lupita Rivera,
Karina Ramos Villalobos, Alexandra Gonzalez

SECOND PLACE

Editorial: Brenda Sanchez - "Body Positivity"
Overall Newspaper Design - Jasmine Martinez,
Sergio Berrueta, Cara Peters and Vanessa Flores
Special Issue: COVID-19 Mail Out Edition -
Carlos Holguin, Silvia Alfonso, Nancy Garcia,
Sam Ramirez, Diego Linares, Jasmine Martinez

FIRST PLACE

Best Website

Silvia Alfonso, Nancy Garcia,
Sergio Berrueta, Karina Ramos Villalobos

THIRD PLACE

Photo Illustration: Raven Marshall, "Breaking
Barriers: Native Women Faculty"
Multimedia Package: Diana Renoj and Silvia
Alfonso - "Soy Artista Series: B1G \$UAV"
Non-news Video: Diana Renoj - "Soy Artista
Series: HSU Folklorico Club"

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Esteban's Mexican Restaurant reopens under wife's management

by Karina Yamileth Ramos Villalobos

Esteban's Mexican Restaurant reopened on March 1 after owner Esteban Gonzalez passed from COVID-19 earlier this year in January. The restaurant is now under wife Francisca Bazan Gonzalez's management.

Bazan Gonzalez had no doubt of re-opening the business; she couldn't imagine walking by the location of the restaurant to see it shut down. She knew she had to continue Esteban's legacy.

"Esteban would have not liked it if we never opened the business, he'd like us to get ahead," Bazan Gonzalez said.

As Bazan Gonzalez is back at the restaurant working again she remembers the times when her husband would play "La Chona" after a long day of serving customers and it would uplift her mood and she immediately would start dancing as they cleaned the restaurant for hours. These types of mo-

"I want to follow the legacy of the restaurant until I can no longer work myself or until I'm fully tired,"

- Francisca Bazan Gonzalez



Francisca Bazan Gonzalez in front of a tribute to the late Esteban Gonzalez, who passed away from COVID-19 in January | Photo by Karina Yamileth Ramos Villalobos

ments are the ones Bazan Gonzalez misses the most.

"I want to get strong but sometimes I have thoughts in my mind about Esteban and I just continue remembering Esteban because every day we were here together," Bazan Gonzalez said.

When Bazan Gonzalez thinks about the moments they shared, she misses Esteban deeply, she wants to think he's just on vacation in Mexico.

Though times have been difficult for Bazan Gonzalez, she was shocked by the community responses on the GoFundMe

page started by Arcata Main Street for the family. They have raised \$28,436. The love and support from the community has motivated Gonzalez to keep moving forward.

"I thank God today for what they donated to me," Gonzalez said. "It helped me with my bills, it helped me to continue the business."

It was after this support that Bazan Gonzalez realized how much of an impact Esteban made on people. To keep pushing, to move forward positively, she has the support of her nephew and new employee, Luis Calderon that will eventually take on the food truck.

Calderon said that they spent a lot of time together going on trips to Washington, going to concerts in casinos. He knew he had to step down from his former cooking position at a Chinese restaurant to help his aunt. They have both stepped into new roles and are finding success through this new experience.

Esteban's Mexican Restaurant was awarded the Arcata Business of the Year award by the Arcata Chamber of Commerce in 2021. Esteban's is open for business Mondays - Saturdays from 11 a.m. - 6 p.m. at 1021 I St, Arcata, CA 95521.

"I want to continue the legacy of the restaurant until I can no longer work myself or until I'm fully tired," Bazan Gonzalez said.

Esteban's Mexican Restaurant reabre bajo la dirección de su esposa

por Karina Yamileth Ramos Villalobos

El restaurante mexicano de Esteban reabrió el 1 de marzo después de que el propietario Esteban González falleció de COVID-19 a principios de este año en enero. El restaurante está ahora bajo la dirección de su esposa Francisca Bazan Gonzalez.

Bazan Gonzalez no tenía ninguna duda de reabrir el negocio; no podía imaginarse pasar por el restaurante y verlo cerrado. Sabía que tenía que continuar con el legado de Esteban.

"A Esteban nunca le gustaría que no abriéramos el negocio, le gustaría que saliéramos adelante," dijo Bazan Gonzalez.

Al estar de vuelta en el restaurante, Bazan Gonzalez recuerda los tiempos en que su marido tocaba "La Chona" después

de un largo día de servir a los clientes. La canción elevaba su estado de ánimo y Bazan Gonzalez inmediatamente comenzaba a bailar mientras limpiaban el restaurante entre los dos. Estos tipos de momentos son los que más extraña Bazan Gonzalez.

"Quiero ser fuerte pero a veces tengo pensamientos en la mente de Esteban y simplemente sigo recordando a Esteban porque todos los días estamos aquí juntos," dijo Bazan Gonzalez.

Cuando Bazan Gonzalez piensa en los momentos que compartieron, extraña profundamente a Esteban, quiere pensar que está de vacaciones en México.

Aunque los tiempos han sido difíciles para Bazan Gonzalez, se sorprendió por

el apoyo de la comunidad en la página de GoFundMe iniciada por Arcata Main Street para la familia. Han recaudado \$28,436. El amor y el apoyo de la comunidad han motivado a Bazan Gonzalez a seguir adelante.

"Doy gracias a Dios por lo que me donaron," dijo Bazan Gonzalez. "Me ayudó con mis cuentas, me ayudó a continuar el negocio."

Fue después de este apoyo que Bazan Gonzalez se dio cuenta del impacto que Esteban tuvo con la gente. Para seguir continuando, para avanzar positivamente, Bazan Gonzalez tiene el apoyo de su sobrino y nuevo empleado, Luis Calderón, que eventualmente se hará cargo del camión de comida.

Calderón dijo que pasaron mucho tiempo juntos en viajes a Washington, y hasta yendo a conciertos en los casinos. Se salió de su antigua posición de cocina en un restaurante chino para ayudar a su tía. Los dos han entrado a nuevas posiciones y están teniendo éxito a través de esta nueva experiencia.

El restaurante mexicano de Esteban fue presentado con el premio 'Arcata Business of the Year' por la Cámara de Comercio de Arcata en 2021. Esteban's está abierto de lunes a sábado de 11 a.m. a 6 p.m. en 1021 I St, Arcata, CA 95521.

"Yo quiero seguir el legado de él, seguir con el restaurante hasta que ya no pueda trabajar yo, o hasta que ya me canse," dijo Bazan Gonzalez.

SPRING INTO ACTION

Associated Students Elections Sample Ballot

Section 1

Vote for Executive Officers and At-Large Representatives

President

Jeremiah Finley

Lizbeth Cano Sanchez

Administrative VP

David Lopez

Legislative VP

Environmental Sustainability Officer

Zeen Vincent

Student Affairs VP

Social Justice and Equity Officer

At-Large Representatives (2)

Giovanni Guerrero

Graduate Student Representative

Josefina Barantes

Section 2

Vote for representatives of your respective college

College of Arts, Humanities, and Social Sciences Representative (2)

College of Natural Resources and Sciences Representative (2)

College of Professional Studies Representative (2)

VOTE APRIL 12TH - 16TH

Find a list of Write-In Candidates on the A.S. Website at
associatedstudents.humboldt.edu

Latinx Vaccine Disparity in Humboldt

by Lupita Rivera

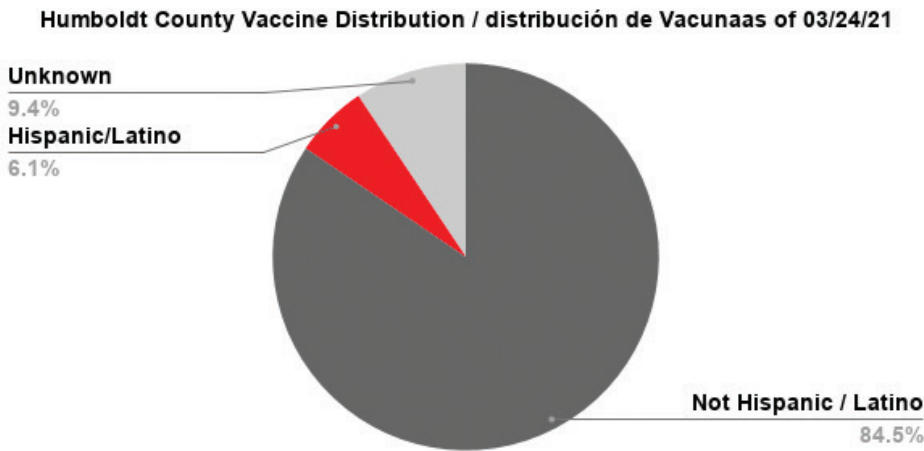
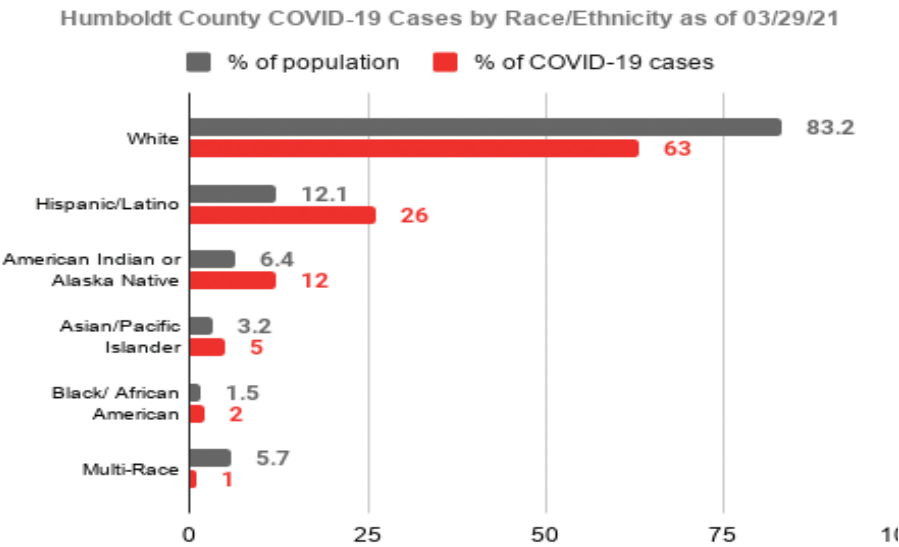
The Department of Health and Human Services (DHHS) vaccine distribution statistics show that Hispanics/Latinos make up about 16 percent of the population covid vaccinated in Humboldt County as of March 24. Hispanics/Latinos make up 12 percent of the overall population in Humboldt as of 2019.

Out of about 32,000 people partially or fully vaccinated, about 2,000 of the population are Hispanic/Latino.

Members from local community organizations voiced concerns about disproportionate vaccine distribution at a Promotores meeting hosted by LatinoNet. DHHS Mental Health official, Cathy Rigby, was present and expressed her concern.

Community organization representatives present noted that this could be due to the lack of outreach in Spanish, stigmas against the vaccine and several other factors. Rigby invited the community organizations present to email any ideas they might have as far as Latinx vaccine outreach goes.

El Leñador has reached out to DHHS for comment and the story will be updated.



From top to bottom: Humboldt County's COVID-19 cases by race/ethnicity and vaccine distribution | Illustration by Lupita Rivera

Disparidad de vacuna en la comunidad Latinx

por Lupita Rivera

Estadísticas de distribución de vacuna realizadas por el Departamento de Salud y Servicios Humanos Público (DHHS) reflejan que los Hispanos/ Latinos proporcionan 16% de la población vacunada contra el COVID-19 en el condado de Humboldt desde marzo 24. Hispanos/ Latinos proporcionan 12% de la población total en Humboldt desde 2019.

De los 32,000 parcialmente y completamente vacunados, alrededor de 2,000 son Hispano/ Latino.

Miembros de organizaciones comunitarias expresaron preocupación por esta desproporcionalidad en la junta de los Promotores organizada por LatinoNet. La Oficial de Salud Mental de DHHS, Cathy Rigby, estuvo presente y compartió su preocupación.

Representantes de las organizaciones comunitarias presentes mencionaron que la desproporción puede ser debido a la falta de información en español, estigmas contra la vacuna y varias otras razones. Rigby invitó a que los representantes de las organizaciones comunitarias enviaran ideas por correo electrónico para apoyo a la comunidad Latinx.

El Leñador está esperando comentario de el DHHS, y cuando se realice será actualizado en el sitio web ellenadornews.com

Family speaks out about harassment from Fortuna Police officers

by Lupita Rivera

The Herrera family had a press conference in Fortuna outside their home on March 24 where mother Angelica Herrera, son Lisandro Herrera and neighbors gathered to recount the family's encounters and subsequent arrests by the Fortuna Police Department.

Lisandro and Angelica were arrested in front of their home on Feb. 6 by Fortuna police. Lisandro said he was arrested on suspicion of not having a license, then because of a supposed warrant, both of which Lisandro denies. Angelica was arrested for intervening with the arrest.

While being detained, Lisandro said the officer used excessive force after the officer told him to stop resisting.

"He's like 'stop resisting', I was like, I

can't breathe, and I yelled that like five more times this time," Lisandro said. "I was really thinking today was the day, and I was like, I really don't want to be on a T-shirt. I really don't."

His younger brother, Jesse Herrera, had been recording the incident on his phone, as this wasn't the first altercation the family had with the Fortuna police.

Last year on Oct. 29, both Herrera brothers were arrested for multiple offenses. Lisandro, 23, said he and Jesse, 19, were approached by a police officer while seated in their driveway with the car turned off.

Lisandro recalls being pulled out of his car and the officer throwing him up against the car detaining him. Lisandro said he was hurt in the process and the officer took this

as resisting. Lisandro said the situation then escalated when Jesse tried to pull the officer off of him.

Because of this first encounter, Jesse began to record when police tried to detain Lisandro on Feb. 6. Fearing things would take a turn for the worst, Jesse called his mother.

Angelica ran out of her house to her Lisandro's defense. She noticed his face was turning purple because the arresting officer had his knee on Lisandro's neck and was screaming at the officer to let go of her son. Lisandro and neighbors recall multiple officers coming after Angelica and arresting her.

"What they did was uncalled for," Lisandro said. "My mom was protecting me the way they were supposed to."

The Fortuna Police Department is limited on the details they could comment on because both cases have been filed by the Humboldt County District Attorney's Office, Fortuna Chief of Police, Casey Day said.

"We practice, and believe wholeheartedly in observing the rights of all people," Day said. "Police officers at the same time, have to be able to take action in a reasonable and

lawful impartial manner, without fear of allegations or reprisal."

Neighbors of the Herrera family have spoken out about Fortuna PD profiling the family. One of the neighbors, Gabriella Cervantes, recalls an instance in which she was followed home by a police car. She doesn't think this is a coincidence as she drives a similar car to Herrera's. Latinx people make up 21% of Fortuna's population, and neighbors assure Angelica is not the only one who's had negative experiences.

Today, the Herrera family has spent almost \$12,000 on bail and legal fees for events they think should not have happened in the first place. The family is hesitant to go about their day in fear of another altercation with the officers.

Centro del Pueblo (CDP), is in close contact with the Herrera family. Brenda Pérez, executive director of CDP, sent a letter to Michelle Bushnell, supervisor of the Second District of Humboldt County, requesting a Zoom meeting to listen to the complaints of the community.

This is a developing story.

Familia habla sobre acoso de oficiales de la Policía de Fortuna

por Lupita Rivera
traducido por Lupita Rivera

La familia Herrera tuvo una junta de prensa afuera de su casa en Fortuna el 24 de marzo en la cual la mamá Angelica Herrera, su hijo Lisandro Herrera y vecinos recountaron los encuentros, y arrestos posteriores, de la familia con el Departamento de Policía de Fortuna.

Lisandro y Angelica fueron arrestados por la policía de Fortuna en frente de su casa el 6 de febrero. Lisandro dice que lo arrestaron por sospecha de no tener licencia, y luego por una orden de arresto, las cuales Lisandro niega. Angelica fue arrestada por intervenir en el arresto.

Mientras lo estaban deteniendo, Lisandro dice que el policía usó fuerza excesiva después de que el policía le dijo que no resistiera.

“Me dijo ‘no resistas’, y pues yo le dije que no podía respirar, y se lo grité como cinco veces esta vez”, dijo Lisandro. “De verdad pensé que ya era mi hora, y dije, yo no quiero que me pongan en una blusa. De verdad que no”.

Su hermano menor, Jesse Herrera, comenzó a grabar el arresto ya que esta no era la primera vez que la familia había tenido un encuentro como este con la policía de Fortuna.

El año pasado, el 29 de octubre, los hermanos Herrera fueron arrestados con varios cargos. Lisandro de 23, dijo que él y Jesse, de 19, estaban estacionados fuera de su casa, con el carro apagado cuando un policía de Fortuna se les acercó. Lisandro dijo que el policía lo sacó y lo aventó contra el carro deteniendolo. Lisandro dice que fue lastimado en el proceso y el policía lo tomó como resistencia. Lisandro dijo que luego se agitó la situación cuando Jesse trató de jalar al policía.

Fue a razón de este encuentro que Jesse comenzó a grabar cuando la policía trató de detener a Lisandro el 6 de febrero. Con miedo de que empeorara la situación, Jesse llamó a su mamá.

Angelica salió corriendo de su casa en defensa de Lisandro. Ella notó que su cara se estaba poniendo morada ya que el policía arrestado tenía su rodilla en el cuello de Lisandro. Angelica le empezó a gritar al policía para que soltara a su hijo. Lisandro y vecinos recuerdan que varios policías vinieron tras Angelica para ser arrestada.

“Lo que hicieron fue innecesario”, Lisandro dijo. “Mi mama solo me protegía de la manera que ellos tenían que haber hecho”.

El Jefe de Policía de Fortuna, Casey Day,



Angelica Herrera habla sobre la policía de Fortuna acosando a sus hijos desde octubre de 2020. Esto ocurrió en una demostración para el aniversario de un año del asesinato de Breonna Taylor en el Eureka Gazebo en el 13 de marzo del 2021. | Foto por Lupita Rivera

Angelica Herrera reveals that Fortuna Police have harassed her sons since October of 2020. She said Fortuna Police have targeted her sons on more than one occasion. She is currently looking for a lawyer and is in need of community support to bring justice to her sons. | Photo by Lupita Rivera

dijo que su departamento está limitado en los comentarios que pueden hacer sobre los casos de la familia Herrera ya que fueron presentados a la Oficina del Fiscal de Distrito del Condado de Humboldt.

“Nosotros practicamos, y creemos con todo el corazón en observar los derechos de todos”, dijo Day. “Los oficiales de policía, a la vez, deben tomar acción de manera razonable y legalmente imparcial, sin miedo de alegaciones o represalias”.

Vecinos de la familia Herrera han notado que la policía de Fortuna persigue a la familia. Una de las vecinas, Gabriella Cervantes, recuerda la vez que una patrulla la siguió a su casa. Ella dice que no cree que haya sido coincidencia ya que maneja un carro parecido

a el de la familia Herrera.

Hoy, la familia Herrera ha gastado casi \$12,000 en fianzas y cargos legales por eventos que ellos creen no debían haber pasado. La familia teme otro de acoso de los policías. La comunidad Latinx proporcióna 21% de la población de Fortuna, y los vecinos de la familia Herrera aseguran que no son los únicos que piensan igual.

Centro del Pueblo (CDP) está en contacto con la familia Herrera. Brenda Pérez, directora ejecutiva de CDP, mandó una carta a Michelle Bushnell, supervisora del Segundo Distrito del Condado de Humboldt pidiendo una junta sobre Zoom para escuchar las quejas de la comunidad.

Esta es una historia en desarrollo.

“ Lo que hicieron fue innecesario. Mi mama solo me protegía de la manera que ellos tenían que haber hecho.”

-Lisandro Herrera

HAPI hosts vigil for those murdered in Atlanta

Love over hate: solidarity with the Asian community

by Lupita Rivera

The Humboldt Asians & Pacific Islanders in Solidarity (HAPI) and the Humboldt Unitarian Universalist Fellowship organized a walking meditation vigil on Sunday March 21 for the 8 people murdered in Atlanta on March 16. Six of the eight people murdered were of Asian descent.

Gathered in the parking lot of the fellowship, Marylyn Pike-Nicely, one of the vigil organizers and a member of HAPI, explains the hesitation to have the vigil somewhere more public like the plaza.

“When then President Trump, blamed China, was calling it the ‘China flu virus’, that really sparked a lot of anti Asian hate and crime,” said Pike-Nicely. “We kind of had to live with that, and we talked about it, and we were here for a lot of people if they needed to have a safe place to talk about that.”

The vigil took place just outside of Arcata at the Humboldt Unitarian Universalist Fellowship in Jacoby Creek. For Pike-Nicely, being able to unpack her feelings in a safe, controlled environment was a priority. The walking vigil was organized to do exactly that while still heeding to social distancing guidelines.

People had the opportunity to walk

through the fellowship’s courtyard commemorating those murdered in Atlanta. A Japanese torii stood in the courtyard while the rhythmic beating of Taiko accompanied by the distant smell of burning incense grounded those looking to unpack their feelings. The events in Atlanta are brute reminders of the hate that festers within community relationships, and HAPI’s intent was to have a space for people to reflect and really dissect those feelings.

Terri Uyeki, a member of the fellowship and one of the HAPI members who helped organize the vigil, explains the significance of the space provided at the vigil.

“It’s important for us to do this not only to come together to mourn the lives of these innocent people, but also as a reminder that we are together, we have each other,” Uyeki said.

Along with the walking vigil, a table with sticky notes sat just in front of a “Love Over Hate” board. The board serves as a physical representation of the love and solidarity towards the Asian community. Origami cranes adorned these messages as a symbol of hope.

A hope that love will prevail over hate.

“I think we’ve really, really focused on love over hate, and that’s what it’s been all about today,” said Pike-Nicely.



The torii stands in the courtyard of the Humboldt Unitarian Universalist Fellowship. The origami cranes hang in hope. | Photo by Lupita Rivera



Community member places incense and a drawing at the torii, a traditional Japanese gateway of the Shinto shrine. | Photo by Lupita Rivera

Atlanta Shooting Victims

Soon Chung Park, 74

Hyun Jung Grant, 51

Suncha Kim, 69

Yong Yue, 63

Delaina Ashley Yaun, 33

Paul Andre Michels, 54

Xiaojie Tan, 49

Daoyou Feng, 44



Humboldt Asian Pacific Islanders in Solidarity (HAPI) lost in the Atlanta shootings on March 16. Here on



ing from the center have become a symbol of



Gary Ronne's Taiko rhythms echo in the garden of the Humboldt Unitarian Universalist fellowship as community members walk to pay their respects to those murdered in the Atlanta shootings. | Photo by Nancy Garcia

Love not hate



l) hosted a vigil on Sunday, March 21 at the Humboldt Unitarian Universalist Fellowship to mourn the lives community members gathered to pay tribute in a walking vigil. | Photo by Lupita Rivera

HAPI organiza ceremonia para los asesinados de Atlanta

por Lupita Rivera traducio por Nancy Garcia

El Humboldt Asians & Pacific Islanders in Solidarity (HAPI) y el Humboldt Unitarian Universalist Fellowship organizaron una ceremonia de requerimiento al aire libre en domingo, en el 21 de marzo para las ocho personas que fueron asesinadas en Atlanta en el 16 de marzo. Seis de las ocho personas asesinadas eran de ascendencia asiática. Reunidos en el estacionamiento de la asociación, Marilyn Pike-Nicely, una de las organizadoras de la ceremonia y miembro de HAPI, explica su hesitación en tener la ceremonia en un lugar más público como la plaza.

“Cuando, en ese tiempo, presidente Trump, culpó a China, llamándolo el ‘virus de la gripe de China’, eso realmente provocó mucho odio y crimen contra los asiáticos,” dijo Pike-Nicely. “Tuvimos que vivir con eso y hablamos sobre eso, y estuvimos disponibles para muchas personas si necesitaban tener un espacio seguro para hablar sobre eso.”

La ceremonia se llevó a cabo fuera de Arcata en el Humboldt Unitarian Universalist Fellowship en Jacoby Creek. Para Pike-Nicely, era una prioridad poder hablar sobre sus sentimientos en un ambiente seguro y controlado. La ceremonia al aire libre fue organizada para hacer justamente eso mientras siguiendo las pautas de distanciamiento social.

La gente tuvo oportunidad de caminar por el patio de la asociación conmemorando

a los que fueron asesinados en Atlanta. Un Torii japonés estaba de pie en el patio mientras el ritmo de los tambores Taiko acompañado por el olor distante de incienso quemado consoló a quienes buscaban entender sus sentimientos. El evento en Atlanta es un recordatorio bruto del odio que penetra la relaciones comunitarias, y la intención era tener un espacio en donde la gente pudiera verdaderamente reflejar y analizar esos sentimientos.

Terri Uyeki, una miembro de la asociación y una de las miembros de HAPI quien ayudó organizar la ceremonia, explica la importancia del espacio que la ceremonia proporcionado.

“Es importante que nosotros hagamos esto, no solo para unirnos en luto para conmemorar las vida de la gente inocente, pero también como recuerdo de que estamos juntos, nos tenemos el uno al otro,” dijo Uyeki.

Junto con la ceremonia al aire libre, una mesa con notas adhesivas estaba frente a un tablero con el mensaje “El Amor Vence al Odio”. El tablero sirve como representación física del amor y la solidaridad hacia la comunidad asiática. Grullas de origami adornaban estos mensajes como símbolo de esperanza.

La esperanza que el amor vencerá al odio.

“Pienso que nos hemos verdaderamente enfocado en el amor sobre el odio, y de eso se trataba hoy,” dijo Pike-Nicely.

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andrea.juarez@humboldt.edu

Register

Fall 2021 Semester
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JMC 160 or 360
prereq. can be waived

Kofe To Go opens in Eureka



Owner Primavera Kahn greets customers to her new buisness Kofe To Go, located on Highway 101 in Eureka, CA | Photo by by Steffi Puerto

By Steffi Puerto

Cruise south on Highway 101 in Eureka and you'll find a new drive through coffee shop called Kofe To Go. Pulling up to the new coffee shop, you're greeted by Venezuelan owner Primavera Kahn as she welcomes you to her new business.

Kofe To Go opened to the public March 8. The location is growing everyday with new customers visiting the location for coffee, smoothies, croissant sandwiches, and pastries. One of their most popular drinks according to Kahn is mocha coffee.

Kahn noticed that drive throughs were business hot spots able to survive changing regulations during the pandemic. She notes how Humboldt residents are great lovers of coffee and saw the opportunity to create a business.

"In reality it was a business that was surviving but I am also doing all of this work with a lot of love, as well as an act of service to other people that might need jobs in the future here in the community," Kahn said.

Determination and aspiration of creating a business for herself here in the states is what pushed Kahn forward. She had owned a previous business in Venezuela, and found similarities between how things operated there and in the United States.

"I have always been a business woman my entire life, the steps that I knew I took, and the ones I didn't I figured out," Kahn said.

Language was a barrier that wasn't going to hold Kahn back from her dream. Spanish is her first language, which made it difficult and frustrating for her to communicate by phone because her accent was a "challenge-for others."

"Normally I need to explain one or two or three times and speak slower. It's challenging obviously when you are confronted with a tongue of language you dominate and the person isn't understanding what the heck you want, it's a little embarrassing," Kahn said.

Bringing customers to Kofe To Go has had its struggle as the previous location was Bikini Brews. Khan wants community members to know there's a new owner and they're not in bikinis but they are sweet friendly chicas ready to give good service.

Khan loves customer interactions especially when there's a dog tagging along. That is why 5% of their profits from cold brew sales helps animals.

"I want our service to be personalized, remembering faces. Not only making money like crazy, I want to remember everyone," Khan said. "This place is perfect for me, when you ask me what brought me to the business I don't know, I don't have the slightest idea — it was a gift from the universe."

Kofe To Go is located at 71 W 4th St, Eureka, CA 95501

Latinx couple starts a new pumpkin patch



Eric Gallegos and Xochitl Cabrera-Sanchez at a pumpkin patch in 2018. | Photo courtesy of Granja de los Enamorados

by Nancy Garcia

Granja de los Enamorados is a Latinx farm based in Ferndale, CA, it was started by couple Xochitl Cabrera-Sanchez, 24, and Eric Gallegos, 27. They're just getting started and are currently raising funds for this new venture and preparing for their Harvest Festival.

Cabrera-Sanchez is a Fortuna native and current HSU student and Gallegos, an HSU graduate, is from down south in San Pedro but he moved up here to attend HSU.

Both Cabrera-Sanchez and Gallegos were introduced to gardening at a young age. Gallegos has been into gardening since he was around 5 or 6 years old.

"I spilled some carrot seeds in between some bricks, and they grew all flat, between the bricks and I was totally amazed and pretty much just fell in love with gardening at that point," Gallegos said.

Cabrera-Sanchez comes from a family of farmers so it wasn't something that she was initially interested in but as she got older, she appreciated growing her own food and she started helping her mom out in the garden.

When Cabrera-Sanchez met Gallegos, she became even more interested in gardening because he really enjoyed it. After they moved in together, they started a garden in their backyard.

Now they've decided to make the leap to farming. Their friend, Jacob Ferdman, owner of Five Finger Farms, has let them use a quarter acre of his land to start a pumpkin and squash patch. Gallegos hopes that one day, the farm can become a full-time job for him.

One of the things that they want to make

a priority is crop diversity. Cabrera-Sanchez talked about how corn is a culturally significant crop in the Latinx community but we're only used to seeing yellow and white corn in grocery stores.

"I feel like we have stranded away from what our people used to grow," Cabrera-Sanchez said. "The green corns, the blue corns, red corns, corns with all kinds of different colors and it's beautiful and I think that that's something that we want to bring back."

While learning about how crops can be diverse and still work in harmony, Gallegos hopes that those who visit the farm will be able to see how this concept can spill over to animals and people.

The couple also hopes to create a community space where POC folks can feel comfortable visiting and learning since the farming industry is predominantly white. They also want to make it a space for family and friends to share cultural values and understandings, speak different languages and try new foods.

"We want to provide a piece of our home and our heart...", Gallegos said. "We hope that people will see this part of our heart and what we feel is home and find some inspiration."

The farm is currently preparing for their Harvest Festival, which they hope to have at the end of September or the beginning of October. If you'd like to make a donation to help with their starting expenses, you can visit their GoFundMe.

Pareja latinx empiezan nuevo huerto de calabazas



La granja ha comenzado a plantar cempasúchil, corona del gallo, y chiles. | Foto cortesía de Granja de los Enamorados



Diferentes tipos de granos de maíz. | Foto cortesía de Granja de los Enamorados

escrito y traducido por Nancy Garcia

Granja de los Enamorados es una granja Latinx con sede en Ferndale, CA, fundada por pareja Xochitl Cabrera-Sanchez, 24 y Eric Gallegos, 27. Apenas están empezando y actualmente están recaudando fondos y preparándose para su Festival de la Cosecha.

Cabrera-Sanchez es nativa de Fortuna y estudiante actual de HSU y Gallegos, un graduado de HSU, es del sur en San Pedro pero se mudó aquí para asistir a HSU.

Tanto Cabrera-Sanchez como Gallegos fueron introducidos a la jardinería cuando eran jóvenes. Gallegos ha estado interesado en jardinería desde que tenía 5 o 6 años.

"Se me cayeron semillas de zanahoria entre algunos ladrillos, y crecieron todos planos, entre los ladrillos y estaba totalmente asombrado y me enamoré de la jardinería desde ese punto," dijo Gallegos.

Cabrera-Sanchez viene de una familia de agricultores entonces inicialmente, no era algo que le llamaba la atención pero a medida que crecía, apreció crecer su propia comida y empezó a ayudarle a su mamá en el jardín.

Cuando Cabrera-Sanchez conoció a Gallegos, se volvió más interesada en la jardinería porque él lo disfrutaba mucho. Después de empezar a vivir juntos, empezaron un jardín en su patio de atrás.

Ahora han decidido tratar la agricultura. Su amigo, Jacob Ferdman, dueño de Five Finger Farms, los ha dejado usar un cuarto de acre de su tierra para sembrar un huerto de calabazas y calabacines. Gallegos espera que un día, atendiendo a la granja podría ser un trabajo de tiempo completo para él.

Una de las cosas que quieren hacer prioridad es diversidad de cultivos. Cabre-

ra-Sanchez habla sobre cómo el maíz es un cultivo de importancia significativa cultural en la comunidad Latinx pero solo estamos acostumbrados a ver maíz amarillo y blanco en los mercados.

"Siento que nos hemos alejado de lo que solía crecer nuestra gente," dijo Cabrera-Sanchez. "El maíz verde, el maíz azul, maíz rojo, maíz de todos diferentes colores son hermosos y pienso que eso es algo que queremos traer de vuelta."

Mientras aprenden sobre cómo los cultivos pueden ser diversos y a la vez trabajar en armonía, Gallegos espera que aquellos que visitan la granja podrán ver cómo este concepto se puede aplicar a otros animales y los humanos.

La pareja también espera crear un espacio comunitario en donde las personas de color puedan sentirse cómodas visitando y aprendiendo porque la industria agrícola es predominantemente blanca. También quieren hacer lo un espacio en donde familia y amigos pueden compartir valores y conocimientos culturales, hablar diferentes idiomas y probar nuevas comidas.

"Queremos brindar un pedazo de nuestro hogar y nuestro corazón...", dijo Gallegos. "Esperamos que las gente vea esta parte de nuestro corazón y lo que nosotros sentimos que es nuestro hogar y encuentre inspiración."

La granja se está preparando actualmente para su Festival de la Cosecha, que esperan tener a finales de septiembre o principios de octubre. Si gusta hacer una donación para ayudar con sus gastos iniciales, puede visitar su GoFundMe.

Comfort food of the month: Nicaraguan Sopa de Semana Santa con Rosquillas

by Jonathan Silva

Semana Santa, Holy Week, usually takes place during the last week of March and first week of April. Semana Santa is celebrated by Catholic and Christian countries. Nicaragua, is one of the many Latin American countries to not only recognize Semana Santa, but have world renown celebrations as well.

This month I have the pleasure of showcasing a Nicaraguan staple: Sopa de Semana Santa (Holy Week Soup). The dish is a national specialty, named after the celebrations because of its popularity. The dish combines creamy tomato soup, with delicious handmade savory cookies, rosquillas. Coming from a Nicaraguan background I would enjoy this dish occasionally. My mother would love to serve Holy Week Soup especially on a rainy Spring day. As a soup enthusiast and in the spirit of the holidays, I felt compelled to share this amazing recipe with you. This meal is not only a staple during the Holy Week Celebrations, but a go-to meal on a brisk or cold day.



Photos by Jonathan Silva

Sopa de Semana Santa

Servings: Makes approximately 2-4 servings

Ingredients:

1 liter of water
2 tomatoes
2 red bell peppers
2 yellow onions
1 red onion
Butter or olive oil
2 tablespoons of chicken bouillon
Salt and pepper to taste
1 bundle of cilantro
2 cups of orange juice
1 ½ cups of corn flour (masa harina)
2 cups of shredded cotija cheese
2 cups of shredded cotija cheese
1 tablespoons of achiote (Latin American Paprika Paste)
1 cup of cream (sour, heavy whipping, or milk, etc.)
5 cloves of garlic
Mint for garnish
Cilantro for garnish

Instructions:

1. In a large pot bring one liter of water to a boil.
2. In a separate pot, add garlic, tomatoes, bell peppers and onions whole and cook thoroughly using olive oil or butter for 20 minutes or until soft or a paste-like consistency.
3. When water comes to a boil, add chicken bouillon, salt and pepper, and cilantro.
4. When vegetables are well cooked, mash up using a mallet, wooden spoon or blender, then add to the large pot.
5. Add orange juice to vegetable salsa, mix well.
6. Next, mix corn flour, cotija cheese and achiote in a separate bowl, add water to make it a thick consistency.
7. Add corn flour mix to the soup.
8. Next, add heavy or sour cream to the soup for a creamy taste.
9. Allow soup to come to a boil, turn off the heat and allow to rest for 10 minutes to let flavors meld thoroughly.
10. Serve with rosquillas, garnish with mint and chopped cilantro and enjoy!

Rosquillas

Servings: Makes approximately 15-20

2 eggs
1 tablespoon salt (or to taste)
2 tablespoons sugar
1 tablespoon of baking soda
2 ½ cups of corn flour (masa harina)
1-2 cups of cotija cheese, shredded
1 cup of water

Instructions:

1. Combine eggs, salt, sugar and baking soda in a bowl.
2. Add the corn flour, shredded cotija cheese and water. Combine to form a dough.
3. Knead until a dough like texture forms (if too soggy add more flour, if too hard add water accordingly)
4. Form the dough into a ball and portion into small pieces for 15-20 individual cookies, roll into small balls, and then into small sticks/rolls.
5. Loop one end and stick to the other end, thus creating the rosquilla look. See photo for reference.
6. Heat vegetable oil in a shallow pan and fry until a light golden brown. Or bake in an oven at 350 degrees fahrenheit for 35-40 minutes. Flip halfway through for an even bake.
7. Serve atop or dip in sopa de semana santa.

The science behind feeling good in nature

by Claudia Alfaro Hernandez



The Arcata Marsh & Wild Life Sanctuary looking on March 15. |Photo by Lupita Rivera

The pandemic is taking a toll on the health of people. Americans sit and remain stationary for up to six hours on average, according to an article by Healthline. That’s four hours more than what the average was prior to the COVID-19 pandemic.

With such a sedentary lifestyle occurring at a crucial point during this pandemic, cardiovascular health conditions such as Type 2 diabetes, heart disease, and weight gain are health risks that can affect one’s immune response in the case they contract COVID-19.

However, there is a solution to this dilemma, and it addresses both mental and physical health.

Publications from the Harvard Health Letter state that just being within nature induces positive impacts within your body’s biochemistry, even if you may not see or feel it immediately.

Natural sunlight provides physical and psychological biochemical reactions to the human body. Natural rays of sunlight admit vitamin D, which is absorbed through our skin, helps strengthen the immune system and bone structures. Vitamin D intake also triggers the production of serotonin, the happiness hormone in the brain.

Some people go outside to get away from their screens.

“It helps to relieve stress from our daily lives on the computer for me,” said environmental science & management major Christian Trujillo.

Natural areas such as forests tend to have better air qualities than most cities due to vegetation. Neuroscience News explains how higher quality of air is beneficial for overall respiratory health. Fresh air triggers a release of destressing hormones. These biochemical reactions combat the production of cortisol, a stress hormone known to have a strenuous effect on the cardiovascular system and one’s psychological health.

Overall, being within the natural environment allows people to become a part of the natural ecosystem, similar to when humans were nomadic. The combination of physical and mental sensory factors allows individuals a newer, more proactive set of stimuli, all of which can improve health during this pandemic.

‘Hot Girl’ Pandemic

by Karina Yamileth Ramos Villalobos



The hot girl herself. That’s me in my room behind the closet that has all of the materials to create the hot girl fit of the day. | Photo by Kathy Zamora

Even in the midst of a pandemic getting ready and looking cute is definitely worth it. Putting on mascara, styling my hair, or wearing my favorite blue butterfly long sleeve gives me the strength to feel productive even though quarantine has created limitations to our abilities to show off our fashion.

When the pandemic shut the world down I felt unmotivated to get ready and put on a good fit because it felt easier to lounge around the house in my PJs and oversized t-shirts. Since COVID-19 made the future so unpredictable, my experience through online education made me a bit hopeless to do anything. I knew something had to change.

I decided to spend more time focusing on my style during the pandemic to feel good about myself and not lose my confidence, something that I didn’t have for a long time until I began to wear the fashion that made me feel beautiful.

I noticed through this pandemic that

I decided to spend more time focusing on my *style* during the pandemic to feel good about *myself* and not lose my *confidence*.

-Karina Yamileth Ramos Villalobos

beautiful dress with dangly big hoop earrings makes me feel beautiful and confident. I’m legit strutting down Target aisles shopping for essentials like toilet paper.

Caring about my physical appearance and style has been keeping me grounded as we continue to live under a mask.

waking up early to shower and get ready before any Zoom lecture I am more interactive with all my online classes. It’s the little things like having eyeliner and my eyebrows drawn in that make me motivated to do laundry, clean my house or do homework.

Getting into my hot girl fit to go to any store excites my mind and I immediately get into diva mode to prepare myself for my fierce look. Putting on my Dr. Martens and stepping outside with a cool crop top or a

Even though I have to do college through my laptop while lying in bed or sitting on the living room couch, it feels a lot better when I have my hair done, my lashes popping, and my Dr. Martens on. Putting on the perfect outfit for the day makes me feel like I can take on anything that comes my way.

So, you have an affliction with screen addiction

Tips and tricks to help anyone minimize the scroll and maximize the focus.

by Emily McCollum

Now that the world fits in our pockets, it's harder than ever to address our own addictive tendencies. These unconscious habits have developed since the world is now, literally, at our fingertips.

Our phones are an interactive window through which we can wave and talk to others while lockdown ordinances keep doors closed and people physically distant.

So, what is your relationship with your phone? Is your black mirror a diary? An archive of memories? A nuisance?

A sense of connection and information? A place to escape to? How does this technology benefit you and how does it hold you back? Is that black mirror sucking up your attention into oblivion and selling it to the highest bidder?

If you would like to decrease your screen time here are some baby steps towards ways that you can minimize the distraction and the attention you give to your device.

- Buy an alarm clock so that you don't look at a screen first thing in the morning.
- Place a magnet on the back of your case so you can leave it stuck to

things, where you can see it but can't touch it.

- Place a magnetic strip somewhere you would normally keep a house phone, if you have memories of that.
- Leave your ringer on. Knowing this will help keep you from thinking your phone is going off or "checking the time"
- Start wearing a watch.

If you feel that something needs to change in order to better organize your time and be more productive, do it. Progress often consists of acknowledging and taking action towards those things that no longer serve you. These steps are simple changes in the way that we interact with our phones physically.

The next step, if you want to take it further, is to address these distractions digitally.

This could consist of deactivating social media, deleting the apps all together, or even placing parental restrictions on yourself in order to forcefully minimize screen time. Be present, pay attention and realize where you give your attention.



Using a magnetic strip to make your cell phone a house phone and simply wearing a watch can curb the need to check your phone | Photo by Emily McCollum

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Distributed in Fortuna, Eureka, Arcata, McKinleyville and Trinidad
Address: 1 Harpst St., Arcata, Gist Hall 227
Phone: (707) 826-3259
Website: www.ellenadornews.com

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
Phone: (707) 441-4477

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.
Dirección: 2200 Harrison Ave, Eureka
Telefono: (707) 441-4477

Food for People

Offers food assistance programs including food pantries, produce markets and food programs for children
Address: 307 W. 14th St., Eureka
Phone: (707) 445-3166
Website: www.foodforpeople.org

Church

Sacred Heart Church

English: Catholic mass in Spanish
Address: Myrtle Ave, Eureka
Phone: (707) 443-6009
Sacred Heart Church - católica
Español: Misa - miércoles 7 p.m., domingo 12:15 p.m.
Dirección: 2085 Myrtle Avenue, Eureka
(707) 442-6151

St. Joseph Parish

English: Catholic mass in Spanish Sunday at 12:30 p.m.
Address: 14th and N St., Fortuna
Phone: (707) 725-1148
St. Joseph Parish - católica
Español: Misa - jueves 7:15 p.m., domingo

mediodía
14th and N St., Fortuna
(707) 725-1148

domingo en español domingo a las 12:30 p.m.
Chabad of Humboldt - Jewish
Address: 413 Bayside Ct., Arcata
Phone: (707) 633-8770

Education

College of the Redwoods (CR)

English: Offers ESL courses at its Eureka, Fortuna and Del Norte sites. Complete the online application and contact Adult Education to schedule an appointment. If you are a student with a disability, an English Language Learner, or need assistance completing the application, contact Adult Education to schedule an appointment. All Adult Education classes are free.
Phone: (707) 476-4520
Email: adult-ed@redwoods.edu

Español: Ofrece cursos de ESL en sus sitios de Eureka, Fortuna y Del Norte. Complete la solicitud en línea y comuníquese con Educación para Adultos para programar una cita. Si usted es un estudiante con una discapacidad, un estudiante del idioma inglés o necesita ayuda para completar la solicitud, comuníquese con Educación para Adultos para programar una cita. Todas las clases de educación para adultos son gratuitas.
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Entertainment/Arts

People of Color Group

A space for people of color to gather, reflect, create and support one another. First and third Saturday’s in the month from 3-5 p.m.
Corner of 11th and M St., Arcata

Latino Outdoors

Email: Humboldt@latinooutdoors.org
El correo electrónico: Humboldt@latinooutdoors.org

North Coast Repertory Theatre

300 5th St., Eureka, CA 95501
Phone: (707) 422-NCRT

Ethnic Markets

Lao Oriental Market

2908 E St., Eureka
Phone: (707) 445-1513

Little Japan

2848 F St., Eureka
Phone: (707) 798-6003

Vang Chang Market

110 W Wabash Ave., Eureka
Phone: (707) 445-8397

Oriental Food & Spice

306 W Harris St., Eureka
Phone: (707) 445-3398

Asia’s Best

2085 Myrtle Avenue #8, Eureka
Phone: (707) 497-6386

La Pasadita Market

420 N St., Eureka
Phone: (707) 268-3902

El Pueblo Market

312 W. Washington St., Eureka
Phone: (707) 444-0952

La Chaparrita Market

520 Summer St., Fortuna
Phone: (707) 617-2570

El Buen Gusto

802 Broadway St., Eureka
Phone: (707) 798-6290
& 1640 Main St., Fortuna
Phone: (707) 725-8880

Legal Services

The Superior Court of California | County of Humboldt “Self Help Center”

Legal rights information regardless of income
421 I St., Eureka, **Phone:**(707) 445-7256

California Indian Legal Services

Address:324 F St., Eureka
Phone:(707) 443-3559

Legal Services of Northern California

Serving clients with health related legal issues in acquiring and keeping health-care services
Address:123 3rd St., Eureka
Phone:(707) 445-0866

Scholars Without Borders

Club at HSU to support AB540 students located on the 2nd floor of the MCC
Phone:(707) 826-3368

HSU Student Legal Lounge

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

Social Services

True North Organizing Network

Supporting individuals from diverse backgrounds and work together for influential change
Address: 517 3rd St., Suite 16, Eureka
Phone:(707) 572-5530

Seventh Generation Fund

Devoted to Indigenous peoples self-determination and the sovereignty of Native Nations
Address: 2355 Central Ave., Suite C, McKinleyville
Phone:(707) 825-7640

Centro Del Pueblo

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

Two Feathers

1560 Betty Ct, McKinleyville, CA 95519
Provides services to all eligible Native American families in Humboldt County
Phone: (707) 839-1933
Website: twofeathers-nafs.org/

Eureka NAACP

Local branch of the National Association for the Advancement for Colored People which is the nation’s oldest civil rights organization.
Email: contact@eurekanaacp.org
Website: www.eurekanaacp.org

Black Humboldt

The group networks, builds relationships and community with the black population residing and visiting Humboldt County
Phone: (707)-840-4641
Email: BlackHumboldt@gmail.com
Website: www.blackhumboldt.com