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### El Leñador, October 2021

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# El leñador

Humboldt State's Student-Run Bilingual Newspaper

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Charmaine Lawson y otros líderes  
comienzan nueva organización | p. 8

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REPRODUCTIVE  
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octubre 2021  
Vol. 17 Edición 2





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### 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.

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, politica y cultural en los medios locales.

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**CORRECTION:** In the September 2021 issue the Spanish COVID story should have reported the death toll as of Aug. 31 as 80 deaths.

**CORRECCIÓN:** En la edición de septiembre de 2021, la historia en español de COVID debería haber informado el número de muertos al 31 de agosto como 80 muertes

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# From Patrick's Point to Sue-meg, an emotional victory for the Yurok Tribe

by Angelina Ramírez Peirano

The State Parks and Recreation Commission has approved the name change for what was formerly known as Patrick's Point State Park to Sue-meg State Park on Sept. 30. This historic change was set in motion by a formal request submitted by the Yurok Tribe.

Sue-meg State Park is the first park to officially change its name back to the culturally significant name given by the Yurok Tribe. This monumental change is part of the Reexamining Our Past Initiative ordered by Governor Gavin Newsom.

Rosie Clayburn, the Tribal Heritage Preservation Officer for the Yurok Tribe, stated that we can expect sign changes, new brochures, as well as potentially hosting a community covid safe event to celebrate. According to parks.ca.gov, the Reexamining Our Past Initiative also aims to build more upon the interpretive educational programs and exhibits.

"We don't often get victories," Clayburn said. "It's having a place name that has always been there, restored."

The approval of the place name has left a huge impact on the Yurok Tribe. Clayburn shared that it was an emotional victory. This change also set a new standard for the ways in which the State Parks and the Yurok Tribe work together moving forward.

"We had the state park hire its first full-time interpreter for Sue-meg," Clayburn said.

Clayburn said the process to make this place name change was long, however the State Parks officials listened to their requests and then took action to make them a reality. The conversation for this change first came about during the construction of Sue-meg village.

According to a handout from the State Park visitor center, Sue-meg village was built in 1990 as a replica of the many Yurok villages that spanned from Crescent City southward near McKinleyville in the 1800s. Sue-meg village includes family houses, changing houses, sweat house, dance pit, redwood canoe, and a native herb garden.

Aside from being used as an educational tool through the park system, the Yurok Tribe and other neighboring Indigenous communities use these structures for cultural practices.

"Although it's a long process, the formal process was pretty short," Clayburn explained. "We actually have decision making power, and you know we're actually like heard."

Sue-meg State Park is open to the public everyday of the week from 8 a.m. to 9 p.m. It offers educational signs, structures, and interpretive programs as well as various hiking, camping, and day use recreation. There is an \$8 entrance fee that grants you one day access to the 640 acres of Yurok tribal land.



Family houses are the first structures seen walking into the Sue-Meg Village. | Photo by Angelina Ramírez Peirano



Left is the dance pit that's used for spiritual healing and social event called brush dance. Right, is the Redwood canoe that took seven years to carve out of natrually fallen trees. | Photos by Angelina Ramirez Peirano

# De Patrick's Point a Sue-meg, una emotiva victoria para la tribu Yurok

por Angelina Ramírez Peirano traducido por Desiree Osornio

La Comisión Estatal de Parques y Recreación ha aprobado el 30 de septiembre el cambio de nombre de lo que antes se conocía como Parque Estatal Patrick's Point por el de Parque Estatal Sue-meg. Este cambio histórico se puso en marcha gracias a una solicitud formal presentada por la tribu Yurok.

El Parque Estatal de Sue-meg es el primer parque en California que vuelve a cambiar oficialmente su nombre al nombre culturalmente significativo dado por la tribu Yurok. Este cambio monumental forma parte de la Iniciativa Reexaminando Nuestro Pasado ordenada por el gobernador Gavin Newsom.

Rosie Clayburn, la responsable de la preservación del patrimonio tribal de la tribu Yurok, declaró que podemos esperar cambios en la señalización, nuevos folletos, así como la posibilidad de organizar un evento comunitario seguro de COVID-19 para celebrar. Según parks.ca.gov, la "Iniciativa Reexaminando Nuestro Pasado" también pretende ampliar los programas educativos interpretativos y las exposiciones.

"No solemos conseguir victorias," dijo Clayburn. "Es tener un nombre de lugar que siempre ha estado ahí, restaurado".

La aprobación del nombre del lugar ha dejado un gran impacto en la tribu Yurok. Clayburn compartió que fue una victoria emotiva. Este cambio también marcó una nueva pauta para la forma en que los Parques Estatales y la tribu Yurok trabajarán juntos en el futuro.

"Hicimos que el parque estatal contratará a su primer intérprete a tiempo completo para Sue-meg," dijo Clayburn.

Clayburn dijo que el proceso para hacer este cambio de nombre del lugar fue largo, sin embargo los funcionarios de los Parques Estatales escucharon sus peticiones y luego tomaron medidas para hacerlas realidad. La conversación para este cambio surgió por primera vez durante la construcción de la aldea Sue-meg.

Según un folleto del centro de visitantes del Parque Estatal, la aldea Sue-meg se construyó en 1990 como una réplica de las numerosas aldeas Yurok que se extendían desde Crescent City hacia el sur, cerca de McKinleyville, en el siglo XIX. La aldea Sue-meg incluye casas familiares, casas de cambio, casa de sudor, foso de baile, canoa de madera roja y un jardín de hierbas nativas.

Además de utilizarse como herramienta educativa a través del sistema de parques, la tribu Yurok y otras comunidades indígenas vecinas utilizan estas estructuras para sus prácticas culturales.

"Aunque es un proceso largo, el proceso formal fue bastante corto," dijo Clayburn. "En realidad tenemos poder de decisión, y saben que se nos escucha."

El Parque Estatal de Sue-meg está abierto al público todos los días de la semana de 8 a.m. a 9 p.m. Ofrece señales educativas, estructuras y programas interpretativos, así como diversas actividades de senderismo, acampada y recreo de día. Hay que pagar una tarifa de entrada de 8 dólares que le permite acceder durante un día a los 640 acres de tierra tribal Yurok.





# HSU Reported Six On-Campus Rapes in 2021 Security Report

by Alexis Valtenbergs

In September, Humboldt State University published its 2021 security report in compliance with the Clery Act. It covers various crimes that are perpetrated on college campuses. By law, HSU is required to provide its campus crime statistics to the general public.

Rape is one of the crimes that falls under the Clery Act. The Clery Act is a consumer transparency law that mandates HSU and other universities that offer financial aid to disclose their campus crime statistics. In 2020, six on-campus rapes were reported to HSU, an increase from four in 2019.

One of the six rapes was reported to the University Police Department, according to UPD Chief of Police Anthony Morgan.

“We want survivors to report incidents to us, however we understand they don’t have to,” Morgan said. “Clery allows them to report information in whatever manner best makes the survivor comfortable.”

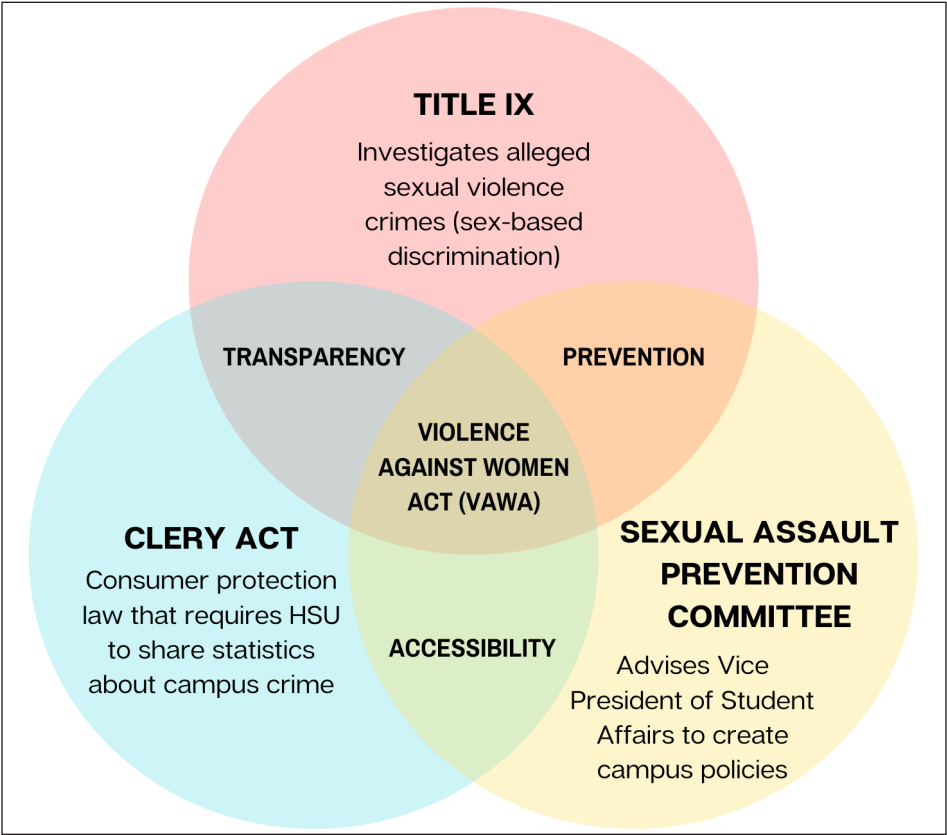
Title IX follows guidelines under the Clery Act to foster transparency in regards to sexual assault at HSU and to provide legal options and supportive measures to survivors. The Title IX office is located in Siemens Hall 213.

“Now of course we’re interested in the truth,” said Allan Ford, Interim Title IX Coordinator. “And we’re interested in measures that exist on our campus and in certain situations off campus that we can use to create an atmosphere and environment where students and our campus community can thrive.”

The ultimate goal of Title IX is to prevent discrimination and to make higher education safe and accessible for its students, staff and faculty members. Sexual violence, including but not limited to rape, is considered a form of sex-based discrimination and falls under the scope of Title IX policies.

“We are arbitrators of the process of Title IX, that’s our focus,” said Nicki Visio, Title IX Program Analyst and Clery Coordinator. “It’s getting people back to their educational experiences.”

There are other entities on campus that are dedicated to preventing and outright ending sexual violence at HSU. The Sexual Assault Prevention Committee works to create campus policies that prevent sexual violence and provide treatment and support for survivors.



Breaks down key-terms used in article with brief definitions. | Infographic by Alexis Valtenbergs

- Resources**
- **Title IX**
    - Contact Allan Ford
    - Email: af281@humboldt.edu
    - Offers legal support during Title IX investigations
    - Supportive measures, such as filing a no contact order, moving class sections or residence halls and offers the Employee Assistance Program for HSU staff members who are survivors of sexual violence
    - Title IX employees are required by law to report crimes that fall under the Clery Act
  - **Campus Advocate Team**
    - Call the 24/7 confidential hotline at (707) 445-2881 to talk to a trained counselor
    - Call the NCRCT office at (707) 443-2737 to set up weekly or monthly counseling phone appointments
    - CAT works with the NCRCT and HSU to offer individualized counseling, legal support and resources for survivors
    - The volunteers at CAT are not required to report any crimes that they hear about
  - **Check It**
    - Student-led movement that focuses on preventing sexual violence and creating a consent-centered culture at HSU

## What is a Campus Security Authority?

A Campus Security Authority (CSA) is an HSU staff member that is required by law to report crimes that fall under the Clery Act. After that, they are included in the annual Security Report that HSU publishes in accordance with the Clery Act. The identifying information about each reported crime is completely confidential.

Reports are not crimes. Reports are alleged and have not been investigated or confirmed. Also, just because a crime has been reported doesn’t mean it happened recently or even in the year that it was reported to HSU.



# HSU informó seis violaciones en el campus en el Reporte de Seguridad

por Alexis Valteneberg traducido por Fernanda Delgado

En septiembre la Universidad Estatal de Humboldt publicó el Informe de Seguridad de 2021 en conformidad con la Ley Clery que cubre varios delitos que se cometieron en los campos universitarios. Por ley, HSU está obligada a proveer las estadísticas de delitos al público en general.

La violación es uno de los delitos comprendidos bajo la Ley Clery. La Ley Clery es una ley de transparencia del consumidor que obliga a HSU y a otras universidades que ofrecen ayuda financiera a divulgar las estadísticas de delitos en sus campus. En 2020, seis violaciones fueron reportadas en HSU, un aumento de cuatro con respecto a 2019.

Según el jefe de la policía de UPD Anthony Morgan, una de las seis violaciones fue informada al Departamento de Policía de la Universidad.

“Queremos que los sobrevivientes nos informen de los incidentes, sin embargo, entendemos que no tienen que hacerlo,” dijo Morgan. “La Ley Clery les permite reportar información de cualquier manera que el sobreviviente se sienta cómodo.”

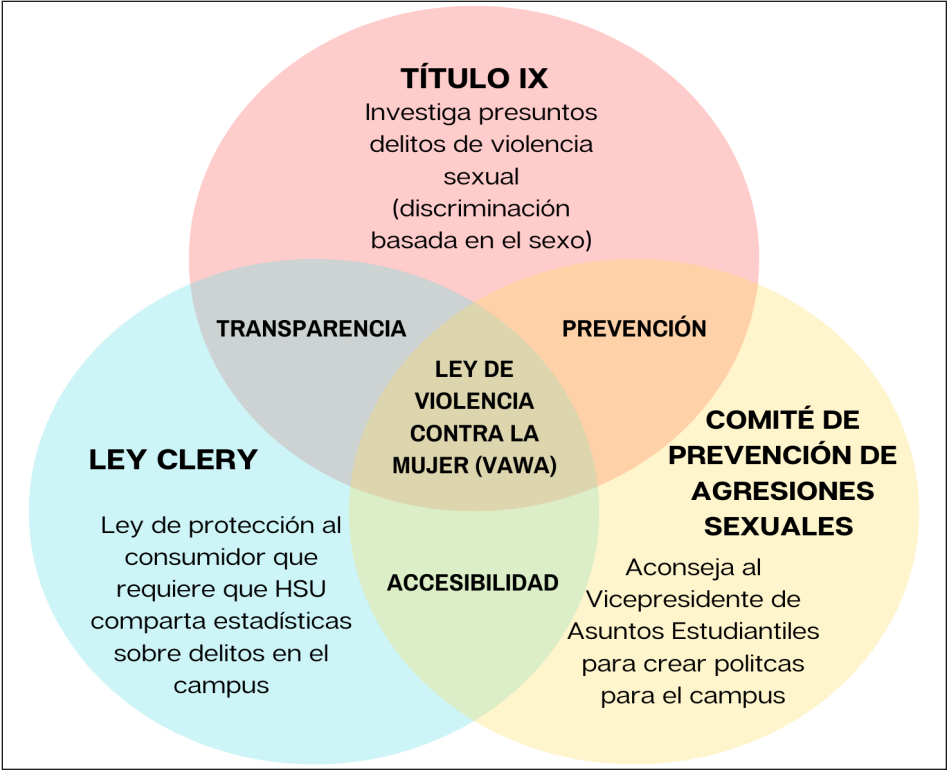
Título IX trabaja juntamente con la Ley Clery para fomentar la transparencia con respecto a la agresión sexual en HSU y a brindar opciones legales y de apoyo a los sobrevivientes. La oficina de Título IX está ubicada en Siemens Hall 213.

“Ahora, por supuesto, estamos interesados en la verdad,” dijo Allan Ford, el coordinador interino de Título IX. “Y estamos interesados en las medidas que existen en nuestro campus y en ciertas situaciones fuera del campus que podemos usar para crear una atmósfera y un ambiente en donde los estudiantes y nuestra comunidad puedan prosperar.”

El objetivo final de Título IX es prevenir la discriminación y hacer que la educación superior sea segura y accesible para los estudiantes, personal y docentes. La violencia sexual, que incluye, pero no se limita a la violación, es considerada una forma de discriminación basada en el sexo y cae dentro del alcance de las políticas de Título IX.

“Somos árbitros del proceso de Título IX, ese es nuestro enfoque” dijo Nicki Viso, analista del programa de Título IX y coordinadora de Clery. “Es hacer que la gente vuelva a sus experiencias educativas.”

Hay otras entidades en el campus que están dedicadas a prevenir y a terminar di-



Desglosa los términos clave utilizados en el artículo con definiciones breves. | Infografía por Alexis Valteneberg

rectamente con la violencia sexual en HSU. El Comité de Prevención de Agresión Sexual trabaja para crear políticas en el campus que prevengan la violencia sexual, y brinden tratamiento y apoyo a los sobrevivientes.

“Sabemos que la gran mayoría de la gente no inventa,” dijo Maxwell Schnurer, presidente de SAPC. “Sabemos que mucha gente se ven perjudicadas y no reciben ayuda.”

A menudo, los sobrevivientes de agresión sexual en HSU no saben a quién solicitar para obtener orientación y recursos después de haber vivido una experiencia traumática.

HSU trabaja con el Equipo de Crisis de Violación de la Costa Norte para honrar las experiencias y elecciones de los sobrevivientes. El Equipo de Defensores del Campus en HSU es el producto de la colaboración entre HSU y NCRCT. La línea directa (707) 445-2881 está disponible 24/7.

“El objetivo principal en HSU es centrarse en los sobrevivientes,” dijo Schnurer. “Poner en primer plano las necesidades de los sobrevivientes.”

- Recursos**
- **Título IX**
    - ° Contacte a Allan Ford
    - Email: [af281@humboldt.edu](mailto:af281@humboldt.edu)
    - ° Ofrece apoyo legal durante el proceso de investigación de Título IX
    - ° Medidas de apoyo, tales como presentar una orden de no contacto, cambiar de clases o de residencia. Además, ofrece el Programa de Asistencia al Empleado para el personal de HSU que sean sobrevivientes de violencia sexual.
    - ° Los empleados de Título IX están obligados por ley a informar delitos que caigan dentro de la Ley Clery.
  - **Equipo de Defensores del Campus**
    - ° Llame al (707) 445-2881 durante 24/7 para hablar con un consejero entrenado.
    - ° Llame a la oficina de NCRCT al (707) 443-2737 para programar una cita telefónica semanal o mensual con un consejero.
    - ° CAT trabaja con NCRCT en HSU para ofrecer consejería individual, apoyo legal y recursos para los sobrevivientes.
    - ° Los voluntarios del CAT no están obligados a informar ningún delito del cual se enteren.
  - **Check It**
    - ° Movimiento dirigido por estudiantes que se enfoca en prevenir la violencia sexual y a crear una cultura centrada en el consentimiento en HSU.

## ¿Qué es la Autoridad de Seguridad del Campus?

La Autoridad de Seguridad del Campus es un miembro de HSU que está obligado por ley a informar delitos que caen dentro de la Ley Clery. Luego, estos delitos se incluyen en el Reporte de Seguridad anual que HSU publica de acuerdo con la Ley Clery. La información de identificación acerca de cada delito denunciado es completamente confidencial.

Los informes no son delitos. Los informes son alegaciones y no han sido investigados o confirmados. Además, sólo porque un delito ha sido informado no significa que pasó recientemente o siquiera en el año que fue informado a HSU.



# 23rd Annual Campus & Community Dialogue on Race

Eureka Chinatown Project Tour kick-off event Oct. 23, virtual workshops Oct. 25 - 29

by Leslie Arjon-Rodriguez

Campus & Community Dialogue on Race, also known as CDOR, is an annual event at Humboldt State University. Students, staff, faculty, administrators, and community members are welcome to present and/or attend.

This year will be the 23rd annual event and the theme is Dismantle & Heal: Building Coalition Against Forced Division. It is a week-long event starting Oct. 23 and runs through Oct. 29 and it will be held virtually on Zoom.



Hari Kondabolu a keynote speaker for the CDOR Event. | Photo courtesy of CDOR

“The purpose of this year’s theme is to dismantle racism and have meaningful dialogues, building circles so we can address racism,” said Frank Herrera, CDOR committee member. “We want to create space, guidance, support and structure for reflections.”

The stated focus of CDOR is to achieve racial, social, and environmental justice, and to promote and facilitate social and environmental change by engaging a diverse range of individuals, communities, and viewpoints to explore the impact of racism and its intersections with all forms of oppression, according to the event website.

“The purpose of Campus and Community Dialogue on Race is to build spaces and structures for reflection, analysis, dialogue and positive strategies for change,” Herrera said.

Clinical psychologist, Lisa Nakamura, Psy.D., will be the featured speaker. Nakamura is active within the Japanese American community, including helping organize

pilgrimages to Tule Lake concentration camp. Nakamura will be presenting “Intergenerational Trauma to Racial Solidarity in the Japanese American Community” on Tuesday, Oct. 26 at 9 a.m.

American stand-up comic, actor, filmmaker and podcast host, Hari Kondabolu will be this year’s keynote speaker. His comedy covers subjects such as race, inequity, and Indian stereotypes. He was a writer for Totally Biased with W. Kamau Bell and the creator of the 2017 documentary film “The Problem with Apu.” Kondabolu will be speaking Thursday, Oct. 28 at 7 p.m.

“CDOR has many workshops and events taking place this year,” said Jasper Larkins, CDOR marketing team member. “Kicking us off on Oct. 23 is the in-person trip to Eureka Chinatown. This event will also be conducted virtually for those who may not be able to attend in-person.”

There will also be a film screening of “Bakla” about “Unspoken Conversations: Queerness within the Filipino Family Dynamic” on Friday Oct. 29 at noon.

For Zoom links, workshops and schedules visit <https://dialogue.humboldt.edu/>



Dr. Lisa Nakamura a featured speaker for the event. | Photo courtesy of CDOR

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# New HSU shuttle makes student shopping easier

By Leslie Arjon-Rodriguez

This semester, Humboldt State University Student Life has started offering free shuttle rides to students to different Eureka locations.

Shuttles pick up students from HSU at the College Creek Marketplace and the Jolly Giant Commons. They run every first and third Saturday of the month from 10 a.m.- 5 p.m, with the last pick up at 4 p.m.

“Right now we are focusing on the 5 main destinations: Target, Old Town Eureka, Bayshore Mall, Winco/Michaels, and Henderson Center. Between these locations, we feel that we hit most of the major shopping locations,” said Molly Kresl, the Student Life Coordinator at the Office of Student Life. “Our goal is to bring students to locations where they can stay at least an hour to ensure that students are not waiting around for extensive amounts of time.”

Kresl noticed that many students have been expressing their frustration about access to stores and affordable shopping.

“I sit on a campus committee called the institutional programming model which brings together campus staff and students who facilitate campus programming,” Kresl said. “One of the sub-committees brought this idea up as a way to address this need.”

The Office of Student Life agreed that this will be a great opportunity for incoming students, those without transportation, students living on campus, and others.

According to Kresl, the first shuttle of the semester on Sept. 19 was a success. It had over 30 students utilize the service and the two vans drove about 300 miles throughout the day.



A sign in front of the J building promotes the new free HSU shuttle to Eureka. | Photo by Ricardo Lara Nava

Students can access these shuttles by signing a release of liability, which needs to include their student ID number. Students must do a wellness check before boarding and must have submitted their vaccination verification or received a medical or religious exception through the HSU Health Center.

Kresl shares that if there are any requests, students can send a direct message on Instagram or email [osl@humboldt.edu](mailto:osl@humboldt.edu). You can find information about the shopping shuttles @hsu\_studentlife on Instagram or by calling (707) 702-1762.

## HSU's plan for spring semester classes

By Frank Rocha



A classroom that has been adapted to be Hyflex in the Gist Hall building at HSU. | Photo by Ricardo Lara Nava

As Spring semester approaches, class format has been on students' minds. Humboldt State University is planning for the 2022 Spring semester to continue offering online courses and doubling the amount of face-to-face courses at the institution.

“The Spring Schedule has not been drafted yet,” said Dr. Carmen Bustos-Works, Interim Associate Vice President of Academic Programs at HSU. “Chairs are in the process of making the Spring schedule, and we should know, probably in two weeks, what those offerings will look like in the Spring 2022.”

During Fall 2021, HSU offered hybrid and hyflex courses in both synchronous and asynchronous formats. Approximately 35% of courses were already face-to-face.

The difference between the hyflex and a hybrid course is that the hyflex course allows students to join in-person and/or remotely. In a hybrid course, students

are expected to be in an in-person but the course will have some remote elements. Synchronous courses mean the students meet for a live course at a set time. Asynchronous courses are not done live and students do not meet at a certain time.

“January we are anticipating to continue to see an increase in on-campus student life,” said Jenn Capps, Provost for HSU, and Eboni Ford Turnbow Dean of Students. “Therefore, as we start to assemble the spring 2022 schedule we want to let you know that HSU is planning to offer approximately 70% of courses in a face-to-face modality next semester and continue on our trajectory to safely and thoughtfully repopulate our campus.”

Capps and Turnbow shared that students will have the course schedule only two weeks prior to registering for Spring 2022 at HSU. This means students must take this into account before registering and deciding their future living situations.

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# New Organization Justice in Humboldt to help families with legal aid

By Alexandra Gonzalez

Charmaine Lawson, the mother of David Josiah Lawson, and other local leaders are initiating a new social justice organization, Justice in Humboldt, to work towards bringing change within the judicial system in Humboldt.

Justice in Humboldt has created the website justiceinhumboldt.com as a resource for families struggling with the Humboldt County justice system. JIH will also be purchasing a billboard space on the Northbound US-101, between Eureka and Arcata.

This organization is a collaboration with Justice for Josiah, Centro del Pueblo, Humboldt State Alumni, Buenlucha: Parent and Student Advocacy in Humboldt, and other members for social justice in Humboldt County.

“The goal is to achieve justice,” Lawson said. “We’re going to listen and help families, like mine, get the justice they deserve. If you were denied justice, this is going to help you achieve justice.”

The website will be officially launching on Oct. 15 at the monthly vigil held for Josiah Lawson at the Humboldt County Courthouse from 4 - 6 p.m. It will include legal resources, a place to file complaints directly to the state bar, spaces for community members to share their experiences with the judicial system in Humboldt, and a tab labeled “Behind the Redwood Curtain Alleged Corruption.”

“Behind the Redwood Curtain Alleged Corruption” will be a platform where information about mishandled cases in Humboldt and the alleged misconduct of judicial officials will be posted.

The JIH billboard will be up on Nov. 1. It will advertise three points: the website Justice In Humboldt, the unjust and unresolved death of HSU student David Josiah Lawson and the need for a Humboldt DA who fairly represents all people, according to JIH.

“Justice in Humboldt is here to help inform, hold our leaders responsible, and keep them honest and ethical,” said Christina Lastra, a JIH founding member.

The group hopes to include community members and students in the area. Jazmin Sandoval, HSU alum, is working to create more outreach with students at HSU. They are currently looking for volunteers interested in doing research on mishandled cases in Humboldt.

“We’re determined, inspired and driven. We’re going stronger with JIH,” said Lawson.

People can reach out to the organization through their Facebook and Instagram @

# Nueva Organización Justicia en Humboldt para ayudar a las familias con asistencia legal

por Alexanra Gonzalez traducido por Desiree Osornio

Charmaine Lawson, la madre de David Josiah Lawson, y otros líderes locales están iniciando una nueva organización de justicia social, Justice in Humboldt, para trabajar a lograr un cambio dentro del sistema judicial en Humboldt.

Justice in Humboldt, ha creado el sitio web justiceinhumboldt.com como un recurso para las familias que luchan con el

sistema de justicia del condado de Humboldt. JIH también comprará un espacio en una valla publicitaria en la US-101 entre Eureka y Arcata.

Esta organización es una colaboración con Justice for Josiah, Centro del Pueblo, Humboldt State Alumni, Buenlucha: Defensa de Padres y Estudiantes en Humboldt y otros miembros por la justicia social en el condado de Humboldt.

“El objetivo es conseguir justicia,” dijo Lawson. “Vamos a escuchar y ayudar a las familias, como la mía, a conseguir la justicia que merecen. Si se les negó la justicia, esto va a ayudar a conseguirla.”

El sitio web se lanzará oficialmente el 15 de octubre en la vigilia mensual de Josiah Lawson. Incluirá recursos legales, espacios para que los miembros de la comunidad compartan sus experiencias con el sistema judicial de Humboldt y una pestaña titulada ‘Detrás de la Cortina de Redwood Presunta Corrupción.’

‘Detrás de la Cortina de Redwood Presunta Corrupción’ será una plataforma en la que se publicará información sobre casos mal gestionados en Humboldt y sobre la presunta mala conducta de los funcionarios judiciales en Humboldt.

La valla publicitaria de JIH se colocará el 1 de noviembre. Anunciará tres puntos: el sitio web Justicia en Humboldt, la muerte injusta y caso sin resultado del estudiante de HSU David Josiah Lawson y la necesidad de un fiscal de Humboldt que represente con justicia a todas las personas, según JIH.

“Justicia en Humboldt está aquí para ayudar a informar, hacer responsables a nuestros líderes y mantenerlos honestos y éticos,” dijo Christina Lastra, miembro fundador de JIH.

JIH espera incluir a los miembros de la comunidad y a los estudiantes de la zona. Jazmin Sandoval, ex alumna de la HSU, está trabajando para crear más alcance con los estudiantes de HSU. Actualmente están buscando voluntarios que estén interesados en hacer investigaciones sobre casos maltratados en Humboldt.

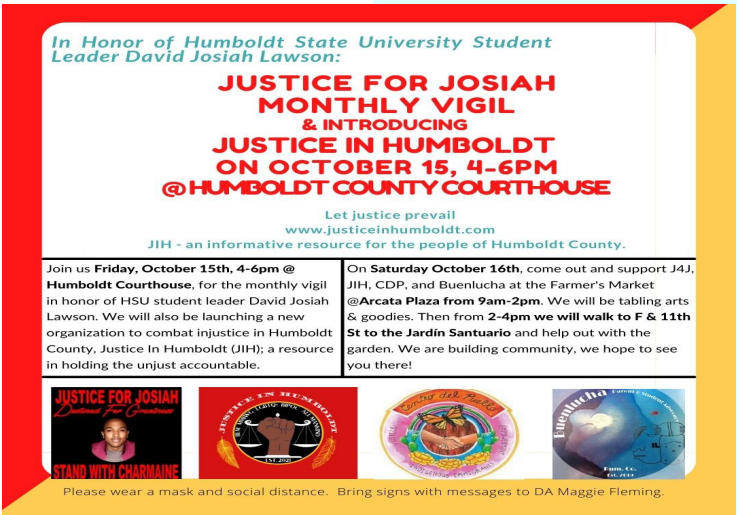
“Estamos decididos, inspirados y motivados. Vamos a ser más fuertes con la JIH,” dijo Lawson.

La gente puede ponerse en contacto con la organización JIH en Facebook e Instagram @Justiceinhumboldt. También pueden enviar un correo electrónico a justiceinhumboldt@gmail.com para participar en próximos eventos. Se aceptan donaciones en una cuenta de GoFundMe titulada: Justice In Humboldt Billboard. Hasta el 5 de octubre han recaudado 202 dólares.

Justiceinhumboldt. People can also email justiceinhumboldt@gmail.com to get involved with upcoming events. Donations are currently being accepted on a GoFundMe account titled, “Justice In Humboldt Billboard.” As of Oct. 5 they have raised \$202.



The offical logo for Justice in Humboldt organization. | Photo Courtesy of Justice in Humboldt







**855 8th Street  
Arcata, CA 95521  
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**Kinetic Koffee** specializes in super-premium, organic coffee and donates 10% of net proceeds to charities! How cool is that!



### Obento

**Maya and Shin** are putting together some crazy delish lunch items like their super popular **Chicken Katsu!** #superyummy #weloveobento!

**Hey Juan Burritos** and HSU are a perfect match! They have **Meaty, Veggie and Vegan Burritos** hot and ready to go! Why not grab one on your way to class?



### The Wildflower Cafe

We're excited to welcome this much-loved vegetarian restaurant to the Depot! **Wildflower Cafe** makes awesome salads, soups, baked goods, smoothies, and coming soon...fresh juices!

### Wild Blue Sushi

Wild Blue Sushi is rolling fresh sushi everyday in the Depot. Look for their freshly prepared packs of sushi in the cold island near the register.



*The Depot is being brought to you by **HSU Dining Services**.  
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Abierto 8am a 9pm Todos los días

**COMPRA Local.**  
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**GROCERY OUTLET**  
bargain market

**2 SOMOS LOCAL**

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- Somos una cadena de supermercados de precios de descuento extremo y nuestra misión es asombrar a los clientes que buscan ofertas con grandes ahorros en productos de marca de alta calidad.
- Ofrecemos una amplia selección de frutas y verduras frescas, carne fresca, productos de deli, lácteos, comestibles envasados, cerveza, vinos, productos congelados, productos para el cuidado de la salud y la belleza y productos generales.



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**\$3 DE DESCUENTO**  
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(no incluye compras de bebidas alcohólicas, productos lácteos, tarjetas de regalo, impuestos ni depósitos de botellas del estado)

Válido únicamente en la tienda Grocery Outlet de McKinleyville.  
Un cupón por persona. Sin valor monetario. No es válido con ninguna otra oferta. No se aceptarán cupones duplicados.  
Se vence el 20 de diciembre del 2021.



# Texas restricts abortions, California's laws unchanged

by Danielle Hendrickson



On Oct. 2 in Eureka a women's reproductive rights was held and many participants joined together sharing signs with messages. | Photo by Karina Ramos Villalobos

On Sept. 1, Texas Governor Greg Abbott signed S.B.8, one of the country's harshest abortion laws. It prohibits abortion procedures once there is a heartbeat. This occurs around six weeks into a pregnancy, a time before many know they are expecting.

What is known as the "Heartbeat Bill," comes 49 years after the landmark case *Roe v. Wade* which allowed women in the United States to legally and safely obtain abortions.

"All these old men are making the laws with their outdated views," said Isabela Acosta, body politics educator at Humboldt States Women's Resource Center. "Why is it anyone's business what I do with my body? We need to separate church and state."

The signing of this new legislation opens up the possibility of it happening in other states around the country. Florida, Arkansas, and South Dakota are already discussing similar bans like S.B.8, according to Planned Parenthood.

Cases where women were impregnated as a result of incest or rape are included in the new law. Although, some exceptions are made for medical emergencies according to the Texas Health and Safety Code.

This new law also allows for private citizens to be whistleblowers for those assisting

women in getting abortions. Whether the individuals are providing financial assistance to get the procedure done or driving them to a clinic, they are now in danger of getting sued for helping commit an abortion as stated in S.B.8.

Abortion ensures that people can control their own bodies, lives and futures. It is an essential health procedure that is critical for racial, gender and economic justice. These limitations disproportionately affect people of color, immigrants, people with disabilities and those with low income.

Kiara Silva is a Humboldt resident who has been a longtime proponent of abortion rights. She received one herself back in 2019. Silva plans on having children once she is mentally, emotionally and financially ready.

"I couldn't have given the child the best life possible," said Silva. "How would that have been fair for either of us?"

An analysis done by Guttmacher Institute, reports that the most abortion restrictions introduced in a single year were in 2021. They also report that by age 45 nearly a quarter of all women in the United States will have had an abortion.

Abortion laws come down to how the government is trying to police and patrol

women's bodies. California has yet to implement any new abortion laws and currently still provides resources for women who seek abortion resources.

Planned Parenthood is a trusted and safe space for many reproductive concerns. A widespread belief among many is that all Planned Parenthood does is perform abortions. When in reality that is just a small percentage of what they do. They offer STD checks, cancer screenings and LGBTQ+ services, just to name a few.

Bryan Fiallos has worked at Planned Parenthood in Eureka for over a year as a reproductive health specialist. Part of his duties include assisting with abortions.

"Regardless of politics and what people's beliefs are in abortion, it is the most beautiful thing to see a person with a cervix come in and have a safe and accessible procedure done without judgment," Fiallos said.

Fiallos tries to make his patients feel as safe as possible and always comes from a loving place and reminds them to never be afraid to ask for what they need.

These changes are bold efforts, especially while there is a global pandemic. Regardless if it is for health or personal reasons, the only one in charge of deciding is

the person who is pregnant.

"For some folks, it's a hard decision. For some it's a very simple decision," Fiallos said. "No matter what decision you make, that was your right decision the moment you decided that. Whatever feelings come up before, during and after are completely valid."

## Abortion Resources in Humboldt

Eureka Health Center offers the abortion pill and in-clinic abortions.

In-clinic abortion procedures are available up to 13 weeks and 6 days after the last menstrual cycle. After the procedure, one must follow up within 1-2 weeks to ensure the pregnancy was successfully terminated.

The pill is available up to 10 weeks after the last menstrual cycle. Both services are by appointment only. In circumstances where the pregnancy is past what can be treated in-clinic, Planned Parenthood can connect those with resources for other abortion services.

The center can be contacted at (707) 442-5700.



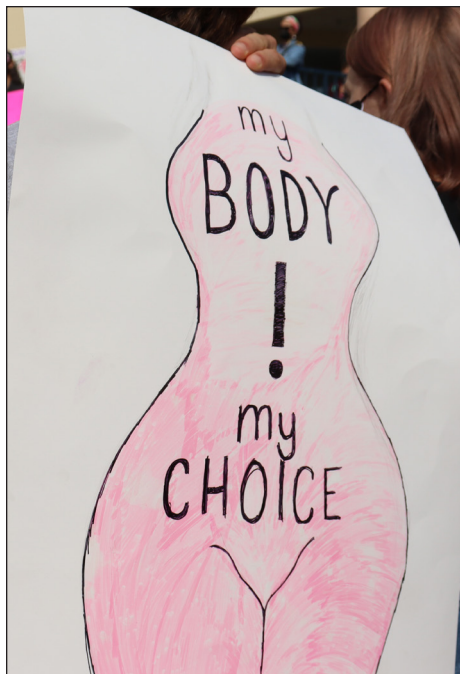
# Reproductive Rights Protest in Eureka

by Cash Rion

In the wake of Texas passing the Heartbeat Act, effectively outlawing all abortions in the state, women across the country have rallied together in protest of the new law. The law, which bans all abortions after a fetal heartbeat can be detected - as early as six weeks - flies in the face of the Roe v. Wade decision.

On Oct. 2, the organization Women's March coordinated marches across the country to call for the repeal of the Texas law.

In Eureka, Humboldt county residents gathered in front of the Eureka Courthouse with signs and guest speakers in a show of solidarity for women in Texas, calling for action by lawmakers to repeal the new law.





# Texas restringe abortos, las leyes de California no cambian

por Danielle Hendrickson traducido por Fernanda Delgado

El 1 de septiembre el gobernador de Texas, Greg Abbot, firmó el Proyecto de Ley S.B.8, una de las leyes de aborto más estrictas del país. Esta ley prohíbe el procedimiento de aborto una vez que haya latidos en el corazón. Esto ocurre alrededor de las seis semanas de embarazo, un tiempo antes de que muchas personas sepan que están esperando.

Lo que se conoce como “Proyecto de Ley Heartbeat” viene 49 años después del caso histórico Roe contra Wade el cual permite a las mujeres en los Estados Unidos obtener abortos legales y seguros.

“Todos estos hombres mayores están haciendo leyes con sus puntos de vista anticuados,” dijo Isabela Acosta, educadora de política corporal en el Centro de Recursos para Mujeres en la Universidad de Humboldt. “¿Por qué es asunto de alguien lo que hago con mi cuerpo? Necesitamos separar la Iglesia del Estado.”

La firma de esta nueva legislación abre la posibilidad de que pase en otros estados del país. De acuerdo con Planned Parenthood, Florida, Arkansas y Dakota del Sur están listos para discutir prohibiciones similares al S.B.8.

Los casos en los cuales las mujeres quedaron embarazadas como resultado de incesto o violación están incluidos en la nueva ley. Aunque algunas excepciones fueron hechas de acuerdo con el Código de Seguridad y Salud de Texas.

Esta nueva ley también permite a los ciudadanos privados denunciar a quienes ayudan a las mujeres a realizar un aborto. Ya sea que los individuos estén brindando apoyo financiero para hacer el procedimiento o llevándolas a la clínica, ahora están en peligro de ser demandados por ayudar a cometer un aborto como se establece en el S.B.8.

El aborto asegura que la gente pueda tener control de su propio cuerpo, vidas y futuros. Es un procedimiento de salud esencial que es crítico para la justicia racial, de género y económica. Estas limitaciones afectan desproporcionadamente a la gente de color, inmigrantes, gente con discapacidades y aquellos de bajos ingresos.

Kiera Silva es una residente de Humboldt quien ha sido una defensora del derecho al aborto por largo tiempo. Ella misma se hizo uno en 2019. Silva planea tener hijos una vez que esté preparada mentalmente, emocionalmente y financieramente.

“No podría haberle dado al niño la mejor vida posible,” dijo Silva. “¿Cómo hubiera sido justo para cualquiera de nosotros?”

Un análisis hecho por el Instituto Guttmacher, informa que la mayoría de las restricciones al aborto introducidas en un



Manifestante sosteniendo su cartel en la Protesta Reproductiva en Eureka el 2 de octubre. | Foto por Karina Ramos Villalobos

solo año fueron en 2021. También informaron que para los 45 años cerca de un cuarto de todas las mujeres en los Estados Unidos habrán tenido un aborto.

Las leyes de aborto se reducen a como el gobierno está tratando de vigilar y controlar los cuerpos de las mujeres. California aún tiene que implementar nuevas leyes para el aborto y actualmente brinda recursos para las mujeres.

Planned Parenthood es un lugar seguro y confiable para muchas inquietudes relacionadas con la reproducción. Una creencia generalizada es que lo único que hace Planned Parenthood es practicar abortos. Cuando en realidad eso es sólo un pequeño porcentaje de lo que hacen. Ofrecen chequeos de enfermedades de transmisión sexual, exámenes de detección de cáncer y servicios para la comunidad LGBTQ+, solo por nombrar algunos.

Bryan Fiallos ha trabajado en Planned Parenthood en Eureka por más de un año como especialista en salud reproductiva. Parte de sus deberes incluyen ayudar con

abortos.

“Independientemente de la política y de lo que la gente crea sobre el aborto, es la cosa más linda de ver a una persona con cuello uterino entrar y tener un procedimiento seguro y accesible hecho sin prejuicios,” dijo Fiallos.

Fiallos intenta que sus pacientes se sientan lo más seguras posible y siempre se acerca desde un lugar de cariño y les recuerda que nunca tengan miedo de pedir lo que necesitan.

Estos cambios son esfuerzos audaces, especialmente en tiempos de pandemia. Independientemente de que sea por motivos de salud o personales, el único encargado de decidir es la persona que está embarazada.

“Para algunas personas, es una decisión difícil. Para otros, es una decisión muy simple,” dijo Fiallos. “No importa la decisión que tomes, esa fue la decisión correcta en el momento que la tomaste. Cualquier sentimiento que surja antes, durante y después es completamente válido.”

## Recursos de aborto en Humboldt

El Centro de Salud de Eureka ofrece la píldora abortiva y abortos en la clínica.

Los procedimientos de abortos en la clínica están disponibles hasta la semana 13 y siete días después del último ciclo menstrual. Después de un procedimiento, debe realizarse un cita de seguimiento dentro de una a dos semanas para asegurarse que el embarazo fue terminado con éxito.

La píldora está disponible hasta 10 semanas después del último ciclo menstrual. Ambos servicios son solo con cita previa. En circunstancias en las que el embarazo ha pasado de lo que se puede tratar en la clínica, Planned Parenthood puede conectarlos con recursos para otros servicios de aborto. Puede comunicarse con el centro al (707) 442-5700.

HUMBOLDT STATE UNIVERSITY'S

# 23rd Annual CDOR

CAMPUS & COMMUNITY  
DIALOGUE ON RACE

presents

## DISMANTLE & HEAL:

Building Coalition Against Forced Division

OCTOBER 23 - 29, 2021 | Virtual Event

### FEATURED SPEAKER

Tuesday, Oct. 26, 9 a.m.

**Dr. Lisa Nakamura**

*Moving from Intergenerational Trauma to Racial Solidarity in the Japanese American Community*  
Clinical psychologist, Asian and Latinx immigrants rights worker, and organizer of pilgrimages to Tule Lake concentration camp.



### KEYNOTE SPEAKER

Thursday, Oct. 28, 7 p.m.

**Hari Kondabolu**

*A Conversation with Hari Kondabolu*

Comedian, actor, writer and podcaster. Kondabolu's comedy covers subjects such as race, inequity, and Indian stereotypes. NY Times described him as "one of the most exciting political comics in stand-up today" and he was named one of Variety's Top 10 Comics To Watch.



### + IN-PERSON TOUR

Saturday, Oct. 23, 4 - 5 p.m.

**Eureka Chinatown Project**

Take a tour of historical sights in Chinatown. COVID protocols: masks and social distancing. RSVP required.

### FILM SCREENING

Friday, Oct. 29, noon -1 p.m.

**"Bakla"**

Unspoken Conversations:  
Queerness within the Filipinx Family Dynamic



### + WORKSHOPS

The State of the Black College Student · Raising Black & Brown Bodies While White · Colorism Amongst BIPOC Communities · Black Liberation Through The Arts  
Anti-Racist Student & Faculty Organizing · History of TRiO · Whiteness Accountability Space · Why We Need Abolition · Being Dark as Praxis in Academia  
Systemic Racism and Education · Steps Between Our Political and Physical Bodies  
El Leñador Journalism & Social Justice · The Carceral System Destroys Bodies of Color Perpetually

See complete CDOR schedule and register for events at [dialogue.humboldt.edu](https://dialogue.humboldt.edu)



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El Centro  
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**ITEPP**  
Native American Center  
for Academic Excellence



**UC PASE**  
University Center for  
Pan African Student Excellence

**L<sup>4</sup> HSU**  
Humboldt State  
University Library



# Migrations: Exploring Humboldt County’s Ethnic communities

by Ricardo Lara Nava



On Sept. 25, a long line of about 100 people made a pilgrimage from the Arcata Playhouse to Carlson Park on foot as a part of the Migrations: Walking Together event. Event participants make their celebratory final stride heading towards Carlson Park in picture on the left. Dancers of Flor de Pena line up for a photo-op at Jardin Santuario part of Migrations: Walking Together El Centro del Pueblo section. Member of Pan-African Performing Arts dances at Westwood Manor. | Photos by Ricardo Lara Nava

## Racial Justice Protest in the Arcata Plaza

by Ricardo Lara Nava & Karina Ramos Villalobos

On Oct. 1 a Racial Justice Protest took place at the Arcata Plaza to raise awareness on what it means to be an ally to Black, Indigenous and people of color. Nikki Valencia, protest organizer and artist, created an open mic space for community members who are want to share their experiences or messages about the topic.

“We’re making this a monthly event seeing that it was a success and more people were present,” Valencia said.

The next protest will take place by the end of October. For more information follow Valencia’s Instagram @soulbunni.



Above is protest organizer Nikki Valencia giving her opening speech and opening the mic to who ever wants to share. The flyer next was created by organizer and you can see more of their art on their Instagram @soulbunni. | Top photos by Karina Ramos Villalobos Other photos by Cash Rion





# Album Review: “Donda” vs “Certified Lover Boy”

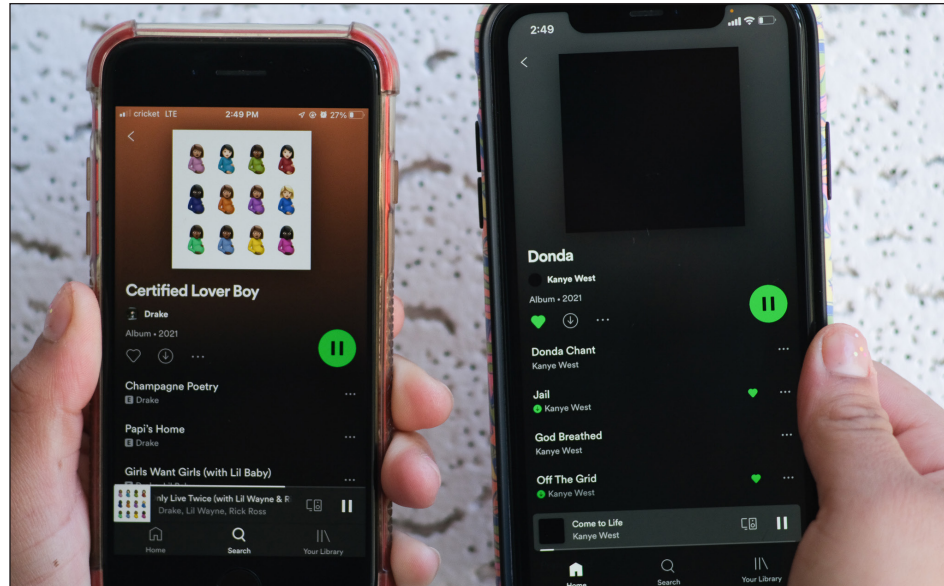
by Ahmiyah Crowder

Kanye West’s album “Donda” and Drake’s album “Certified Lover Boy” were different from the artists’ older albums. Personally, “Donda” has proven its place as number one.

West dropped “Donda” on Aug. 29 after delaying the release of the album three times. The album was written as a tribute to West’s mother and touched on many different topics like God, having faith, sinning over and over again and his marriage status with Kim Kardashian West.

The album is named after West’s mother, Donda West, who passed away in 2007. The album starts with the song “Donda Chant.” Donda was chanted 58 times in honor of West’s mother’s 58 years of life.

West’s and his beliefs have been a source of controversy over the last couple of years and this album put all of those thoughts and beliefs to rest. The album has 27 songs and it features: Kid Cudi, Roddy Rich, Vory, Lil Durk, Ty Dolla \$ign, Don Toliver, Baby Keem and more. “Donda” has an overall mixture of West’s last gospel album “Jesus Is King” with a more futuristic tone to it.



Side by side albums “Certified Lover Boy” and “Donda” are playing, which one is your favorite? | Photo by Ricardo Lara Nava

Soon after, Drake dropped “CLB” on Sept 3., being the first album Drake has released in the last three years it had many fans excited. Based on the title of the album

it is clear that Drake’s album is a compilation of his experience with women, love and his experience while being a “lover boy.”

The album has 21 songs and features the

following artists: Lil Baby, Lil Durk, Giveon, Jay Z, Travis Scott, Future, Young Thug, Yebba, 21 Savage, Project Pat, Tems and more. There are some reggae and dancehall vibes within the album and other songs like “Fountains” featuring Tems, that had a more pop/rock feel in it than ‘Champagne Poetry’ and ‘Love All’ featuring Jay-Z.

My personal favorite song on “CLB” was “No Friends in the Industry.” Not only did the song channel a more futuristic and upbeat side of Drake, it speaks on how people in the industry aren’t all that they seem to be. Drake shares in the song that he’s only close to those he calls his brothers and how he’s learned to rid himself of those who weren’t really good people to him.

Comparing both “CLB” and “Donda,” West’s album is a legendary album, artistically and aesthetically. Every song on the album was differentiated and channeled different parts of West, something Drake didn’t really do.

## Indigenous Peoples Week 2021

**Join us!**  
OCTOBER 7 - 15, 2021

**October 7th**  
4:00 - 6:00 Come meet CAIFS and share laughs with Indigenous Comedian Adrienne Chalepah

**October 8th**  
3:00 - 5:00 Food Sovereignty Lab Groundbreaking Facebook live.

**October 11th**  
1:00 - 2:00 IPW Kick-Off Virtual Frank Waln an Sicangu Lakota Hip Hop artist

**October 12th**  
4:00 - 6:00 HSU Women's Alumni Panel. Pennelys Droz, Carolyn Dunn, Heather Hostler & Maggie Steele

**October 13th**  
Noon-1:15 Decolonizing Sustainability Speaker Series Session #1 “We have always been Scientists” Contact NAS  
5:00-7:00 HSU Men's Alumni Panel: Cory Grey, Calvin Hedrick, Chag Lowry

**October 14th**  
2:00 - 3:00 STEM work in Indian Country - INRSEP Chris Villaruel, Zach Erickson, Kalani Ortiz  
4:00 pm virtual reception for BDT: A Retrospective  
6pm Danza Azteca Lecture

**October 15th - 16th**  
Noon - Performance on Quad Contact El Centro Académico

### BDT: A Retrospective

new exhibition  
presenting works by Brian Tripp  
Opening Oct 14th

### Goudi'ni Native American Arts Gallery

Located in Arcata at  
17th and Union St  
BSS first floor, open  
**Tues/Wed: 12-5**  
**Wed/Fri: 1-6**  
**Sat: 10-2**

For more information:  
[art.humboldt.edu/galleries](http://art.humboldt.edu/galleries)

## PLAYLIST

# LATINX HERITAGE MONTH

SCAN ME

corridos  
reggaeton  
cumbias  
hip-hop y más



Recipe: Spicy Cauliflower Ceviche

by Steffi Puerto

Cauliflower ceviche is a perfect recipe if you don't like fish, if you love cauliflower, and or if you just want to try something new.

Ceviche is the perfect meal to eat on a hot day because the fresh tomato, onion, cucumber, and lime that refresh you with every single bite. The dish has various renditions throughout Central America and Mexico. It's originally from Peru and considered Peru's national dish.

During my time in college I have really enjoyed experimenting with different ways to cook healthy. I take my mom's traditional Mexican recipes and substitute and add based on flavors and vegetables that I have grown to like. Spicy cauliflower ceviche is one of the recipes that I have created and have grown to love.

I love ceviche because it can be eaten in various different ways. By substituting, adding, or replacing various different ingredients you can always enjoy a bowl of fresh ceviche on any occasion. All you need is avocado, hot sauce, and tostada chips to fully enjoy ceviche.

Preparation:

1. Rinse all of the vegetables, and set them aside with a cutting board and knife at hand.
2. Add 5 tbs of salt into a pot of boiling water with your two cauliflower heads cut in half. Let cauliflower boil for up to 15 to 20 minutes or until soft.
3. While the cauliflower boils start by dicing up your vegetables. Cut cucumber into small 1-inch pieces and add to a giant bowl.
4. Continue by dicing tomato, onion, cilantro, limes, and jalapeños (leave seeds if you want it more spicy) into 1-inch pieces. Then add to the rest of the bowl with the diced cucumber.
5. After your cauliflower is soft, drain it in a colander and put it in a bowl of cold water with ice for 5-8 min. After it's cooled remove cauliflower from the bowl and drain it again, then place it on a cutting board. Dice all of the cauliflower into small 1-inch pieces.
6. Now we can drain the diced cauliflower by using a clean paper towel or dish towel to remove the extra moisture.
7. Add the cauliflower to the bowl with the other vegetables.
8. Squeeze the lime juice out of your cut limes into the cauliflower and other vegetables.
9. Then add the garlic powder, lemon pepper, and 1 tablespoon of salt into the mixture.
10. Mix everything together. Cover tightly and refrigerate for 30 minutes.
11. Serve with some sliced avocado and tostada chips. Enjoy!



This is how your bowl filled with spicy cauliflower ceviche should look like. Hacer es como tu bol de ceviche coliflor picante se debe mirarar. | Photo by Steffi Puerto

Spicy Cauliflower Ceviche

Serving Size: 5 people  
Cook Time + Preparation: 30 minutes

Ingredients:

- 2 cauliflower heads
- 8 cups of water (set aside to boil cauliflower)
- 2 roma tomatoes
- 1 red onion
- 2 cucumbers
- 8 limes
- 2 jalapeños
- 1 bunch cilantro
- 1 tablespoon of garlic powder
- 1 tablespoon of lemon pepper
- 6 tablespoon of salt (divided in boiling water and aside for seasoning purposes)
- 2 avocados
- 1 bag of tostadas or tostada chips

Receta: Ceviche de Coliflor Picante

por Steffi Puerto traducido por Desiree Osornio

El ceviche de coliflor es una receta perfecta si no le gusta el pescado, si le encanta la coliflor o si simplemente quiere probar algo nuevo que sea vegetariano y vegano.

El ceviche es la comida perfecta para comer en un día caluroso debido al tomate fresco, la cebolla, el pepino y la lima que se refresca con cada bocado. El plato tiene varias versiones en toda Centroamérica y México. La receta es originaria de Perú y se considera el plato nacional del país.

Durante mi estancia en la universidad he disfrutado mucho experimentar con diferentes formas de cocinar y de forma saludable. Tomé las recetas mexicanas tradicionales de mi madre y agregó los sabores y las verduras que me han gustado. El ceviche de coliflor picante es una de las recetas que he creado y que ha llegado a gustarme.

Me encanta el ceviche porque se puede comer de varias maneras diferentes. Sustituyendo, añadiendo o reemplazando varios ingredientes diferentes, siempre podrás disfrutar un plato de ceviche fresco en cualquier ocasión. Todo lo que necesitas es aguacate, salsa picante y tostadas para disfrutar el ceviche de coliflor.

Preparación:

1. Enjuague todas las verduras y apártelas con una tabla de cortar y un cuchillo a mano.
2. Necesitas 5 cucharadas de sal en una olla de agua hirviendo con dos cabezas de coliflor cortadas por la mitad.
3. Deje que el coliflor hierva por 15 a 20 minutos o hasta que esté blanda.
4. Mientras el coliflor hierve, empiece a cortar las verduras en dados. Corta el pepino en trozos pequeños de una pulgada y añádelo a un bol gigante.
5. Continúe cortando el tomate, la cebolla, el cilantro, las limas y los jalapeños (deje las semillas si lo quiere más picante) en trozos de 1 pulgada. A continuación, añada al resto del bol el pepino cortado en dados.
6. Cuando el coliflor esté blanda, escúrrala en un colador y póngalo en un bol con agua fría y hielo durante 5-8 minutos. Ya que se haya enfriado, retire el coliflor del bol y vuelva a escurrir, luego colóquela en una tabla de cortar. Pique toda la coliflor en pequeños trozos de 1 pulgada.
7. Ahora podemos escurrir la coliflor cortada en dados utilizando una toalla de papel limpia o un paño de cocina para eliminar la humedad extra.
8. Añada la coliflor al bol con las demás verduras.
9. Exprima el zumo de lima de sus limas cortadas en la coliflor y las demás verduras.
10. A continuación, añada a la mezcla el ajo en polvo, la pimienta de limón y una cucharada de sal.
11. Mézclelo todo. Cubra bien y refrigera durante 30 minutos.
12. Sirva con algunas rodajas de aguacate y chips de tostada. ¡Disfrute!



All the vegetables before prepped. Todo los vegetales antes de prepara. | Photo by Steffi Puerto



# HSU alum opens soul food truck

by Karina Ramos Villalobos

After years of selling soul food plates as a source of income while being a student and mother, Humboldt State University alum, LaToya Fields opened Razz Ma Tazz food truck in June 2021. Fields graduated in 2018 with a major in kinesiology and a minor in business.

Now, Fields has dedicated the food truck business to her daughter, Taziyah and has had multiple conversations with the future of it's purpose.

"I've always been a type of village person, my mom did foster care so it's always been the village," Fields said. "I am very big on the village and I have every intention of this being a village business. If you're willing to work I'm willing to work with you."

Originally from Compton, Fields grew up with her mother fostering many youths and she continues to care for those that are a part of her community. Cooking has always been a part of Fields' life. Her mother, fostering many youth growing up made them cook in big amounts and that's the only way Fields can cook.

"I got lots of kids coming up and lots of kids that I care about that I want to see and I'm hoping that this business can be something that helps them start off," Fields said. "If this is your high school job and you can come and do this, you'll have a job that will pay enough to pay for your car. You'll have a job that will help you go to school when it's time."

Her intention is to create something



Laytoa Fields standing in front of Razz Ma Tazz while selling food at the Heart of Humboldt event. | Photo by Karina Ramos Villalobos

sustainable that everyone working on staff can benefit from. Fields wants to make sure that she is creating a space where teenagers can have a reliable and flexible job so they can still participate in music, sports or other activities. It's supposed to create the opportunity for dreams to be achieved. When people first start working at Razz Ma Tazz Fields ask, "What is your goal?"

Fields wants to help them achieve that goal by mentoring staff as they work. As a mentor Fields plans gigs and talks about how much of them they need to do to achieve that goal for them.

"It's community. That's what makes me want to stay. That's what makes me want to keep my prices low," Fields said. "Because the community has taken care of me in such a way that I want to make sure I have returned that favor. It's not so much about being a billionaire or making all of the money as it's about providing good tasting food at a price people can afford."

Razz Ma Tazz can be found on their Facebook @razzmatazz.soulfood or their Instagram page @razz\_ma\_tazz\_soulfood with updates on where they will be parked next and what times they will be open for business.

## Here are some prices on some best sellers:

### Pork Chops:

- Fried \$4.50
- Smothered \$4.75
- Grilled \$4.50

### Chicken: (leg or thigh)

- Fired \$2.75
- Smothered \$3.25

### Sides:

- Mac & Cheese \$4.00
- Corn Bread \$2.00
- Pan Fried \$4.00

### Vegetables:

- With meat \$4.00
- Without meat \$3.00

### Desserts:

- Banana Pudding \$4.25
- Peach Cobbler with ice cream \$4.75
- without ice cream \$4.25
- Sweet Potatoe Pie \$3.75

According to Fields the best sellers are pork chops and if it's dessert banana pudding. Local customers have reacted to Razz Ma Tazz's food and have specified their favorites on the menu.

"It's amazing!," local customer Morgan Bryant said. "I'm actually taking my sister there this week for her birthday. The fried pork chop and mac and cheese is my go to."



Staff members Hakim Porter, Caci Fowler and Alice Coleman working the food truck during an event at the Heart of Humboldt. | Photo by Karina Ramos Villalobos



# Novelas: More than a late-night show

by Alexandra Gonzalez

It's after 7 p.m. on a weekday. It's been a long day, my mom has been out working since 4 a.m. and we only have a few hours left to be together before bedtime. We flip the TV to Univision or Telemundo for our daily novela.

Watching novelas and movies in Spanish with my mom and grandparents is still a vivid memory for me. I've always felt like they were a way for me to see things from my mother's homeland of Mexico that I never got to see here in the states.

When I was a little girl I never saw any representation of my Latinx heritage on TV except "Dora the Explorer" or "Maya and Miguel". Even a recent study done by The Annenberg Inclusion Initiative found that out of the 100 top-grossing films each year from 2007 to 2018, only 3% were Latino actors in lead or co-lead roles.

This is nothing new though. I saw that statistic play out at home and for a long time, I wondered about what life would be like if my grandparents didn't need to come in search of the American dream.

It's not really a compare or contrast between this culture or that one though. For me, these late-night novelas are one way to see beyond what I've experienced here in the U.S.

While watching I notice the language, the architecture, the rare plants, the customs and the people who look like me. I see a world that's different from the U.S.

They have romantic love stories, drama, family arguments, violence and wisdom I think we can all relate to. It's also fun to crush over the Latinx actores every now and then. My tias and cousins and I all love it when a novela with William Levy, a Cuban actor, comes on.

I have to admit though, some novelas are over the top. We get a lot of examples of rich families, and women like Teresa who are willing to do whatever they can to get a higher status, whether that be in money or relationships.

On the other hand, a major downfall of mainstream novelas is the lack of rep-

resentation of the indigenous people from Mexico and South America. That's a problem for me because indigenous roots are a part of the Latinx story and we need to know more about that.

They do have a way of connecting people through language though. In my opinion, sometimes things in other languages sound more meaningful than when they're in English. For example in the novela "Cafe con Aroma de Mujer,"

the protagonist's mother says "Si uno tiene un pendiente, organizalo. Eso le va dar tranquilidad en el corazon." In English that translates to "If

you have something pending, organize it. That will give you peace in the heart."

Novelas have even helped me keep my Spanish in check. Without them, I don't think I'd hear enough Spanish to even speak it clearly. My parents always spoke some, pero las novelas me ayudan poder tener una conversacion natural con mis abuelitos.

Sometimes I even catch myself getting hooked on the sayings and accents of other Latin cultures while watching novelas

For me, there are still a lot of missing pieces about my ancestors' lives, but seeing films and novelas in Spanish inspire me to learn more. Through them, I can imagine the luscious forests and wild-growing fruits, the clean rivers and herbal remedies and the long journeys and hardships of my ancestors.

# Novelas: More than a late-night show

by Alexandra Gonzalez traducido por Desiree Osornio

Son después de las 7 de la tarde. Ha sido un día largo, mi madre lleva trabajando desde las 4 de la mañana y sólo nos quedan unas horas para estar juntas antes de acostarnos. Ponemos la televisión en Univisión o Telemundo para ver nuestra novela diaria.

Ver novelas y películas en español con mi madre y mis abuelos sigue siendo un recuerdo vívido para mí. Siempre he sentido que eran una forma de ver cosas de la

tierra nativa de mi madre, México, que nunca podía ver aquí en los Estados Unidos.

Cuando era pequeña, nunca vi ninguna representación de mi herencia latina en la televisión, excepto "Dora la Ex-

ploradora" o "Maya y Miguel". Incluso un estudio reciente realizado por The Annenberg Inclusion Initiative descubrió que de las 100 películas más exitosas de cada año entre 2007 y 2018, sólo el 3% eran actores latinos en papeles principales o coprotagonistas.

Sin embargo, esto no es nada nuevo. Yo vi esa estadística en casa y, durante mucho tiempo, me pregunté cómo sería la vida si mis abuelos no tuvieran que venir en busca del sueño americano.

Esto no es realmente una comparación o contraste entre esta cultura o aquella. Para mí, estas novelas son una forma de ver más allá de lo que he vivido aquí en EEUU.

Mientras las veo, me fijo en el idioma, la arquitectura, las plantas que no son comunes, las costumbres y la gente que se parece a mí. Veo un mundo diferente al

de EEUU.

Tienen historias de amor romántico, drama, discusiones familiares, violencia y sabiduría con las que creo que todos podemos relacionarnos. También es divertido enamorarse de los actores latinos de vez en cuando. A mis tías, a mis primas y a mí nos encanta cuando sale una novela con William Levy, un actor cubano.

Sin embargo, tengo que admitir que algunas novelas son exageradas. Hay muchos ejemplos de familias ricas, y mujeres como Teresa que están dispuestas a hacer lo que sea para conseguir un estatus más alto, ya sea en dinero o en relaciones.

Por otro lado, una de las principales caídas de las novelas convencionales es la falta de representación de los pueblos indígenas de México y Sudamérica. Eso es un problema para mí, porque las raíces indígenas forman parte de la historia latina y necesitamos saber más sobre eso.

Tienen una forma de conectar a la gente a través del lenguaje. En mi opinión, a veces las cosas en otros idiomas suenan más significativas que cuando están en inglés. Por ejemplo, en la novela "Café con Aroma de Mujer", la madre de la protagonista dice "Si uno tiene un pendiente, organizalo. Eso le va dar tranquilidad en el corazón." En inglés eso se traduce a "If you have something pending, organize it. That will give you peace in the heart."

Las novelas me han ayudado incluso a mejorar mi español. Sin ellas, creo que no oiría suficiente español como para hablarlo con claridad. Mis padres siempre hablaban algo de español, pero las novelas me ayudan a poder tener una conversación natural con mis abuelitos.

A veces incluso me engancha a los dichos y acentos de otras culturas latinas mientras veo las novelas

Para mí, todavía faltan muchas piezas sobre la vida de mis antepasados, pero ver películas y novelas en español me inspira a aprender más. A través de ellas, puedo imaginar los frondosos bosques y las frutas silvestres, los ríos limpios, los remedios de hierbas y los largos viajes y dificultades de mis antepasados.



Do you remember what you would watch late at night with your family?  
| Infographic by Alexandra Gonzalez



## ¡Sé un maestro/a de OLLI!

OLLI en HSU reúne a profesionales interesantes con estudiantes y miembros de la comunidad de 50 años o más.

OLLI en HSU ahora está aceptando propuestas de cursos para el invierno de 2022. La fecha límite para la presentación es el 1 de noviembre. Las clases de invierno se llevarán a cabo entre el 24 de enero y 19 de febrero de 2022.

Encuentre el formulario de propuesta de curso y más información en

**[humboldt.edu/olli/teach](http://humboldt.edu/olli/teach)**

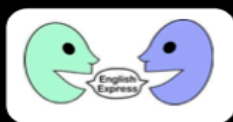
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**Clases en línea 14 de septiembre a 11 de diciembre**

English Express: ma/ju 7-8pm

English Express Beginners (principiantes): sab 11am-12pm

Pop Up Conversation (conversación espontánea): Síguenos para días y horarios

Enlace Zoom 707-443-5021

Contraseña 464816

[englishexpressempowered.com](http://englishexpressempowered.com)

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Mary Ann Hytken  
Directora y Maestra  
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## New!!



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Bilingual News

**El Leñador**  
Distributed in Fortuna, Eureka, Arcata, McKinleyville and Trinidad  
**Address:** 1 Harpst St., Arcata, Gist Hall 227  
**Phone:** (707) 826-3259  
**Website:** [www.ellenadornews.com](http://www.ellenadornews.com)  
**Email:** [el-lenador@humboldt.edu](mailto:el-lenador@humboldt.edu)

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.**  
**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](http://www.foodforpeople.org)

**Church- Iglesias**  
**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  
**Telefono:** (707) 725-1148  
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  
**Phone:** (707) 633-8770

Education

**College of the Redwoods (CR)**  
**English:** Offers ESL courses. All Adult Education classes are free.  
**Phone:** 707-476-4100  
**Email:** [adult-ed@redwoods.edu](mailto:adult-ed@redwoods.edu)  
**Website:** [www.redwoods.edu/adulted/ESL](http://www.redwoods.edu/adulted/ESL)

**Español:** Ofrece cursos de ESL. Todas las Las clases de educación para adultos son gratuitas.  
**Telefono:** 707-476-4100  
**Correo electrónico:** [adult-ed@redwoods.edu](mailto:adult-ed@redwoods.edu)  
**Página Web:** [www.redwoods.edu/adulted/ESL](http://www.redwoods.edu/adulted/ESL)

**English Express**  
Free English classes taught online. No registration necessary. Join any time.  
**Phone:** (707) 443-5021  
**Website:** [englishexpressempowered.com](http://englishexpressempowered.com)

**Español:** Clases de inglés gratuitas en línea. No es necesario registrarse.  
**Teléfono:** (707) 443-5021  
**Página Web:** [englishexpressempowered.com](http://englishexpressempowered.com)

**Bilingual K-12 Schools**  
Fuente Nueva Charter School  
1730 Janes Rd., Arcata  
**Phone:** (707) 822-3348

Entertainment/Arts

**Latino Outdoors**  
**Email:** [Humboldt@latinooutdoors.org](mailto:Humboldt@latinooutdoors.org)  
**El correo electrónico:** [Humboldt@latinooutdoors.org](mailto:Humboldt@latinooutdoors.org)

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  
**(707) 497-6386**

**La Pasadita Market**  
420 N St., Eureka  
**(707) 268-3902**

**El Pueblo Market**  
312 W. Washington St., Eureka  
**Phone:** (707) 444-0952

**La Chaparrita Market**  
461 S Fortuna Blvd, Fortuna, CA 95540  
**Phone:** (707) 617-2570

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

Legal Service- Servicio Legal

**The Superior Court of California | County of Humboldt “Self Help Center”**  
Legal rights information regardless of income  
**Address:** 825 Fifth Street Eureka, CA 95501  
**Phone:**(707) 445-7256

**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  
**Located:** Balabanis House 55 (MultiCultural Center) Room 203 Arcata, CA 95521  
**Phone:**707-826-3368

**HSU Student Legal Lounge**  
Center for peer mentoring and legal resources for academic, activism, discrimination, housing, Title IX and DACA  
**Location:** Student Legal Lounge 1 Harpst St Arcata, CA  
**Phone number:** 707-826-4221  
**Website:** [studentlegallounge@humboldt.edu](mailto:studentlegallounge@humboldt.edu)

Social Services-Servicios Sociales

**Seventh Generation Fund**  
Devoted to Indigenous peoples self-determination and the sovereignty,  
**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](mailto: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/](http://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.  
**Phone number:** (707) 502-2546  
**Website:** [www.eurekanaacp.org](http://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  
**Website:** [www.blackhumboldt.com](http://www.blackhumboldt.com)