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El Leñador

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Cal Poly Humboldt's Student Run Bilingual Newspaper

Rosa Granados Nationally Ranked

Actualización de COVID-19 | p. 20

Reseña de la película: Volviéndose rojo | p. 16

Corredora ocupa puesto nivel nacional | p. 10

Soy Artista: Odalys Ramirez | p. 20

Ukraine touches people locally | p. 16

Justice for Josiah continues five years later | p. 10

abril 2022
Vol. 18 Edición 3



El Leñador

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News

- 03 El Leñador wins awards
- 04 Update on Associated students
- 05 Graduation update
- 05 Free summer classes for students
- 06 Ukraine touches poeple locally
- 09 COVID-19 vaccine update
- 10 Justice for Josiah continues
- 12 Profile on Rosa Granados student athelete
- 14 Food sovereignty lab
- 17 One student runs for two major roles

MISSION STATEMENT

El Leñador is an English and Spanish newspaper produced by Cal Poly Humboldt 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 Cal Poly 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.

Español

- 03 El Leñador gana premios
- 07 Ucrania toca a la gente localmente
- 09 Actualización de COVID-19
- 11 Justicia para Josiah continúa
- 13 Corredora ocupa nivel nacional
- 15 Laboratorio de soberanía alimentaria
- 19 DACA Dreamer assume ser presidenta
- 21 Serie de Soy Artista
- 22 Reseña de la película: Ponerse rojo en Disney+

Life & Arts

- 19 Profile story on new A.S. president
- 20 Soy Artista series
- 22 Movie review on 'Turning Red'

CORRECTION: Jennifer Diaz translated last issues' COVID-19 update article on March 2, 2022.

Front Cover/Primera Página:

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Design by Peyton Leone

Ilustración de la portada por Victoria Olsen
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El Leñador wins the People's Choice Award and eight additional awards

El Leñador gana el Premio del Público y ocho galardones más

by Steffi Puerto

El Leñador, the student-run bilingual newspaper at Cal Poly Humboldt, won the first-place "People's Choice" award in Best of Show at the Associated Collegiate Press national conference in Long Beach on March 5. The newspaper also won three first-place awards in the 2022 California College Media Association statewide competition and these awards were presented at the same conference.

The English and Spanish newspaper, which focuses on covering Latinx and diverse communities, took first-place awards for Best Special Issue/Section, Best Arts and Entertainment Story, and Best Illustration. Staff also won five additional awards.

"El Leñador was rewarded for all of our passion and hard work. It filled my journalist soul with happiness and excitement to do more," said co-editor in chief Karina Ramos Villalobos, who also won the first-place award for Best Arts and Entertainment story.

El Leñador staff, Ramos Villalobos, reporter Ricardo Lara Nava, and public relations manager Steffi Puerto also held a workshop at the ACP conference about how they produce a bilingual college news publication.

"El Leñador strives to publish local Spanish news because of the lack of information to local Spanish speakers in Humboldt County," Lara Nava said. "We are a small team who wear many hats to get the newspaper out."

About El Leñador

El Leñador is an award-winning monthly bilingual news publication. You can find El Leñador online at ellenadornews.com or the print editions distributed on campus and in Arcata, Eureka, Fortuna, McKinleyville, and Trinidad. In 2016, El Leñador was named Best Non-weekly Newspaper by the California College Media Association and the "Best All-Around Student Newspaper" in Region 11 by the Society of Professional Journalists' 2020 Mark of Excellence competition.

2022 Associated Collegiate Press Spring National College Media Conference First Place

People's Choice: Newspaper

Best of Show Award Competition

Third Place

por Steffi Puerto traducido por Julian Pelayo Bracamontes



El Leñador receiving People's Choice Awards at the Associated Collegiate Press awards in Long Beach March 5, 2022. | Photo by Abraham Navarro

Newspaper / Four-year campus, 10,000 students or fewer

Best of Show Award Competition

2022 CCMA awards

First Place Awards

Best Special Issue/Section - **El Leñador Staff** - La Leñadora: Women's Issue
Best Arts and Entertainment Story - **Karina Ramos Villalobos** - Local Nigerian reggae musician Ju Drum uses his platform for social justice message

Best Illustration - **Raven Marshall** - May 2021 Cover: COVID-19: What you need to know right now

Second Place Awards

Infographic - **Sergio Berrueta, Nancy García, Alexandra González** - What you need to know about COVID-19 now
Feature Photograph - **Ricardo Lara Nava** - BIPOC Surfer

News Photograph - **Lupita Rivera** - Justice for Josiah: Four years later, the fight continues

Third Place Awards

Feature Story - **Ricardo Lara Nava** - Eureka Chinatown Project

El Leñador, que es el periódico estudiantil bilingüe de Cal Poly Humboldt, gana el premio de primer lugar "People's Choice" en Best of Show en la conferencia de colegiado asociado nacional en Long Beach el 5 de marzo. El periódico también ganó tres premios de primer lugar en la competición estatal de la Asociación de Medios Universitarios de California de 2022 y estos premios se presentaron en la misma conferencia.

El periódico bilingüe con cual el enfoque es reportaje en comunidades latinas y diversas, se llevó el premio de primer lugar en la categoría de Mejor / Sección Especial, Mejor Historia de Arte y Entretenimiento y Mejor Ilustración. El personal del periódico también ganó cinco premios adicionales.

"El Leñador llevó reconocimientos por todo el esfuerzo y pasión. Me llenó el alma de reportera con felicidad y emoción para seguir haciendo más", dijo la coeditora en jefe Karina Ramos Villalobos, quien también ganó el premio de primer lugar a la mejor historia de arte y entretenimiento.

El personal del periódico, Ramos Villalobos, reportero Ricardo Lara Nava, y la directora de relaciones públicas, Steffi Puerto también realizó un entrenamiento en la conferencia de la ACP sobre cómo

se produce una publicación bilingüe de noticias universitarias.

"El Leñador se esfuerza por publicar noticias locales en español debido a la falta de información para los hispanohablantes locales en el condado de Humboldt", dijo Lara Nava. "Somos un equipo pequeño que usamos muchos sombreros para sacar el periódico".

Información Sobre El Leñador

El Leñador es una publicación de noticias bilingüe mensual galardonada. Puede encontrar El Leñador en línea en ellenadornews.com o las ediciones impresas distribuidas en la ciudad universitaria y en Arcata, Eureka, Fortuna, McKinleyville y Trinidad. En el 2016, El Leñador fue nombrado Mejor Periódico No Semanal por la Asociación de Medios Universitarios de California y el "Mejor Periódico Estudiantil Integral" en la Región 11 por la competencia Marca de Excelencia 2020 de la Sociedad de Periodistas Profesionales.

Conferencia de prensa universitaria nacional de primavera de colegiado asociado 2022

Primer lugar

Elección de la gente: Periódico
Concurso de premios Best of Show
Tercer lugar

Periódico / Campus de cuatro años, 10,000 estudiantes o menos

Concurso de premios Best of Show

Premios CCMA 2022

Premios de primer lugar

Mejor Sección Especial - personal El Leñador - La Leñadora: Tema Mujer
Mejor historia de arte y entretenimiento - **Karina Ramos Villalobos** - El músico local de reggae nigeriano Ju Drum usa su plataforma para el mensaje de justicia social

Mejor ilustración - **Raven Marshall** - Portada de mayo de 2021: COVID-19: lo que necesita saber ahora

Premios de segundo lugar

Infografía - **Sergio Berrueta, Nancy García, Alexandra González** - Lo que debes saber ahora sobre el COVID-19
Fotografía destacada - **Ricardo Lara Nava** - BIPOC Surfer

Fotografía de Noticias - **Lupita Rivera** - Justicia para Josías: Cuatro años después, la lucha continúa

Premios de tercer lugar

Reportaje - **Ricardo Lara Nava** - Proyecto barrio china en Eureka

Associated Students continues to change after President is impeached

by Gerardo Hernandez



Lizbeth Cáno Sanchez takes on the Interim Associated Students President's role. She leads one of her first meetings as chair. Cáno Sanchez sits between fellow board members at a March 4, 2022 Associated Students meeting. | Photos by Emma Sjostrom

It has been nearly two months since the Associated Students' impeached the former student body president Jeremiah Finley. Since then, A.S. has been regrouping with new leadership and preparing for upcoming elections.

A.S. members elected Lizbeth Cáno Sanchez Feb. 22, a senior in business marketing, to become the next A.S. president for Cal Poly Humboldt for the rest of the spring semester. Recently, Cáno Sanchez shared her thoughts on what her leadership will look like during the spring semester.

"My vision is to expand services, especially the services that were provided by scholars without borders for undocumented students," Cáno Sanchez said. "I really think the CSU needs to expand its mentality and create a path where students can become citizens and as well get their bachelor's degree."

Cáno Sanchez mentioned that during her presidency she would like to focus on a better and more sustainable budget for core A.S. programs, along with addressing other issues.

A.S. is composed of 15 elected representatives. Each representative is elected to perform certain duties that advocate and serve the students at Cal Poly Humboldt. Cáno Sanchez also shared her

experience about the transition into leadership after the impeachment of former A.S. president.

"The transition has been honestly very difficult, it was due to the culture of A.S.," Cáno Sanchez said. "This moment A.S. has just a lot of hurt about tension and things that happened in the past."

During a meeting on March 25, A.S. Executive Director, Jenessa Lund, recently gave her resignation to the A.S. Board of Directors and talked directly to the members of A.S.

"Unfortunately I won't be able to continue on with you guys, just too much harm has been done," Lund said.

Lund gave advice to A.S. about accountability, "I ask you to really look at your personal codes and you either need to change the E.D. job description or you have to hold people on campus accountable, either your President or the Dean of Students or the V.P. of enrollment management," Lund said.

Lund went on to explain her duties as described in the personnel codes of an A.S. Executive Director were being violated.

Cáno Sanchez mentioned that she would like to review the internal systems of A.S. during her presidency.

"There is a lot of policies that were

established that compromised how we currently run in our codes and they contradicted some previous codes," Cáno Sanchez said.

Upcoming Election

The A.S. elections are held each year during the spring semester. Students are elected to their positions in the A.S. board and serve the following academic year as the student body government for Cal Poly Humboldt.

The spring 2022 election will be happening on April 18 - 22. The hours of voting begin from midnight on the first day of voting until 11:59 p.m. on the final day of voting. A.S. will be sending ballots to all Cal Poly Humboldt students through their university email.

At the moment there are only four students running for a position. Here are the candidates running as of April 4:

A.S. President - Chase Marcum and Juan Guerrero

Social Justice & Equity Officer - Payton Belle

At-Large Representative - Gerardo Hernandez

Did you know?

by Ricardo Lara Nava

The month of April is considered a month of many awarenesses and facts.

The **National Sexual Assault Awareness and Prevention** brings awareness to people who have been sexually assaulted and to educate the public on how to prevent it.

The **National Autism Awareness**, educating the public with understanding and supporting people with Autism.

The **National Poetry Month**, recognizes the works of past and living poets.

April is also the month that has many celebrations such as:

- 12:** National grilled cheese day, nationally recognizing this sandwich for its cheesy savory goodness
- 14:** New Years' day for South Asian countries, marking it the end of the harvest season
- 16:** National Stress Awareness Day, a day commemorating the recognition of stress management
- 17:** Easter, a day that commemorates the rebirth of Jesus Christ
- 20:** 4/20 day, a day for the celebration of marijuana and to recognize the history of the plant
- 22:** Earth day, a day of celebration for the earth as well as to acknowledge achievements in the environmental movement.
- 28:** Laylat al-Qadr (Night of Power), an Islamic festival commemorating the night God revealed the Quran to Gabriel.

History Facts:

April 15, 1912, the Titanic struck an iceberg and sank. Over 1,500 passengers drowned and 700 were rescued.

April 17, 1961, the Bay of Pigs invasion occurred, in which the United States aided anti-Castro exiles to overthrow the Cuban government but failed.

April 26, will mark the 36th anniversary of the Chernobyl Nuclear disaster. A nuclear disaster occurred in the early morning of 1986. It is now being occupied by Russian forces in Ukraine, the nation where it took place.

Information on spring graduation

by Angelina Ramirez Peirano

Cal Poly Humboldt is hosting its first in person commencement ceremony since the beginning of the COVID-19 pandemic. Anyone interested in participating in the spring 2022 commencement, or cultural graduation ceremonies must register online by Friday, April 8.

The main commencement ceremony will take place Saturday, May 14 at Redwood Bowl. Graduates who are double majoring and would like to attend both colleges' ceremonies will need to register for both. Graduation schedule:

College of Arts, Humanities & Social Sciences: 8:30 a.m., **College of Natural Resources & Sciences:** Noon, **College of Professional Studies:** 3:30 p.m.

Cultural graduation ceremonies will take place on the following dates and times, at the corresponding locations:

Queer Graduation Celebration: May 5, 5 - 7 p.m., Goodwin Forum Room 102 in Nelson Hall East

Native Graduation Celebration: May 12, 6 - 8 p.m., Van Duzer Theater & Balabanis Art Quad

Black Graduation Celebration: May 13, 1 - 3 p.m., Founders Hall Courtyard

Latinx Graduation Celebration: May 13, 3 - 5 p.m., Lumberjack Arena in Kinesiology & Athletics Building

Asian, Desi, Pacific Islander, Middle Eastern, and North African (ADPI+MENA) Graduation

Celebration: May 13, 5:30 - 7 p.m., Goodwin Forum Room 102 in Nelson Hall East

Students registering for commencement ceremonies will need to request tickets for their invited attendees. Tickets are specific to each ceremony, if students are planning to attend the main com-



Latinx graduation in 2019. | Photo courtesy El Centro De Académico Cultural

mencement ceremony as well as a cultural graduation ceremony, they will need to get tickets for both ceremonies.

Tickets can be requested at the time of registration. At each ceremony attendees will be asked to present a QR code that is linked to their ticket. It can be printed or on an electronic device. If graduates need more tickets than the maximum amount allowed, they can request more by emailing grad@humboldt.edu.

All attendees will be asked to show proof of full COVID-19 vaccination status with a booster vaccine upon arrival at the main commencement ceremony and at all cultural graduation ceremonies. If someone is not vaccinated, or has not received their COVID-19 booster vaccine, they will need to show a negative test result from within the past 72 hours. This can be a lab test or an at-home test.

Alumni who have already graduated from Cal Poly Humboldt are still eligible to register for the spring 2022 commencement ceremony. To sign up for commencement, email grad@humboldt.edu.

For more information and commencement registration visit website at commencement.humboldt.edu.

Free summer classes for Cal Poly Humboldt students

by Ricardo Lara Nava

Cal Poly Humboldt will be offering free summer courses up to eight units to currently enrolled and degree-seeking individuals with the goal of pursuing coursework leading to a certificate, two-year degree, or eventual transfer students as part of California State University (CSU) Graduation Initiative (GI) 2025.

The GI 2025 is a plan by CSU to increase graduations and close equity gaps in degree completion.

"This is a one-time offer for the summer, however extended education often has some kind of fee waiver that they do give," said Deserie Donae, Registrar at College of Extended Education and Global Engagement. "It is nothing to the amount that is this summer, that is a special occurrence. But there is often funding available if students inquire in the summer sessions."

Who qualifies for the Summer Tuition Waiver Fee?

All Cal Poly Humboldt students who are currently enrolled are eligible for the free summer classes. The fee waiver only qualifies for classes at Cal Poly Humboldt, not any other CSU universities.

Elizabeth Lujan, Assistant Registrar at College of Extended Education and Global Engagement, said "Programs that are not eligible for the summer waiver include: Study abroad, master's programs, books, class materials, etc."

If you go beyond the eight units you will be charged \$289 per unit, the regular summer rate.



Free summer classes for current Cal Poly Humboldt students. Enrollment opens on April 11. | Photo by Ricardo Lara Nava

How to Enroll?

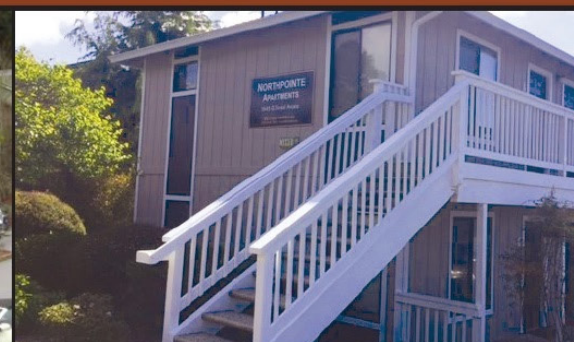
Students can enroll for summer classes through their student center as they would for the fall and spring semesters. The student center is located on myhumboldt homepage.

"If for some reason there's a block there is a manual process that will go directly to our extended ed summer session registration page and register through the form," Donae said. "We don't recommend this way unless it is urgent."

Enrollment opens on April 11. To learn more about the Summer Session Tuition Fee Waiver visit <https://extended.humboldt.edu/extended-education/summer-session>

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Locals take action to help Ukraine

by Ricardo Lara Nava

The Russian invasion of Ukraine is still an ongoing conflict and has impacted people from around the world. Even in Humboldt County there are people who have connections in Ukraine. Local residents wonder how their loved ones are doing since communications have been cut since the second week of Russia’s invasion of Ukraine. There are also other residents who are doing what they can to help the people of Ukraine.

Artists for Ukraine

Lynn Niekrasz, board member of the Redwood Art Association and artist, has been running a project called “Artists for Ukraine.” The project auctions artwork done by artists locally and abroad to help relief efforts for Ukraine. The project began on March 15 and has since sold more than 10 works of art and as of now has exceeded its \$5000 donation goal.

“I saw a lot of posts from my group of artist friends on Facebook of sunflowers and wishing best for Ukraine and praying for Ukraine,” said Niekrasz. “I just wanted to figure out a way to turn that art into donations for Ukrainian refugee relief.”

The artwork around the gallery varies in styles including oil paintings, photographs,



Donated art works from local and global artists on display for auction at the Redwood Art Association in Eureka. | Photo by Ricardo Lara Nava

pastels, and more. Most of them include Ukraine’s national flower the sunflower which is also a flower of peace.

“My hope is that other artists anywhere in the world could do this, they really could,” Niekrasz said. “hey just have to. I have figured out the four easy steps and I can help them if they wanted to.”

Chernihiv

Susan Parson is a librarian at the City of Arcata Library whose ties to Ukraine began with her study abroad program in the United Socialist Soviet Republic during the 1980s.

Since the Russian invasion began her friends and family members in Chernihiv, Ukraine have been living in bomb shelters.

“My dear friends have their mothers, their brothers, nieces, and nephews, living in Chernihiv right now in basements,” Parson said.

Parson’s last time communicating with her family was on March 9.

“That has to do with the cutting off of Facebook, messenger, texting, and phones and they went silent,” said Parson. “But the word did reach my friend that my mother-in-

law had died of the shelling.”

Chernihiv has been a battleground since the beginning of the conflict. Russian forces have been unable to capture the city. Ukraine’s President, Volodymyr Zelenskyy, has called the city ‘heroic’ for fighting off Russian soldiers and not being taken over by them. Chernihiv is an example of Ukraine’s resistance to Russian forces.

“Ukraine has through extraordinary odds have chosen democracy time and again,” Parson said. “What we see unfolding is Russia’s refusal to honor Ukraine’s right of self-determination.”

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Gente en Humboldt toman acción para ayudar a Ucrania

por Ricardo Lara Nava traducido por Desiree Osornio

La invasión rusa de Ucrania sigue siendo un conflicto en desarrollo y ha afectado a personas de todo el mundo. Incluso en el condado de Humboldt hay personas que tienen conexiones en Ucrania. Los residentes locales se preguntan cómo están sus seres queridos, ya que la comunicación está cortada desde la segunda semana de la invasión rusa.

También hay otros residentes que están haciendo lo que pueden para ayudar al pueblo de Ucrania.

Artistas para Ucrania

Lynn Niekrasz, miembro de la junta de la Asociación de Arte de Redwood y artista, ha estado dirigiendo un proyecto llamado "Artistas para Ucrania". El proyecto subasta obras de arte realizadas por artistas locales y del extranjero para ayudar a los esfuerzos de ayuda a Ucrania. El proyecto comenzó el 15 de marzo y desde entonces ha vendido más de 10 obras de arte y hasta ahora ha superado su objetivo de donación de 5,000 dólares.

"Vi muchas publicaciones de mi grupo de amigos artistas de Facebook de gira-



Obras de arte donadas de artistas locales y globales en exhibición para subasta en Redwood Art Association en Eureka el 1 de abril. Foto por Ricardo Lara Nava.

soles y deseando lo mejor para Ucrania y rezando por Ucrania", dijo Niekrasz, "Sólo quería encontrar una manera de convertir ese arte en donaciones para la ayuda a los refugiados ucranianos".

Las obras de arte de la galería varían en estilos, incluyendo pintura de aceite, fotografías, pasteles y más. La mayoría de ellas incluyen la flor nacional de Ucrania, el girasol, que también es una flor de la paz.

"Mi esperanza es que otros artistas de cualquier parte del mundo puedan hacer

esto, de verdad", dijo Niekrasz. "He descubierto los cuatro pasos sencillos y puedo ayudarles si lo desean".

Chernihiv

Susan Parson es una bibliotecaria de la Biblioteca de la Ciudad de Arcata que tiene relaciones con Ucrania desde su programa de estudios en el extranjero en la República Socialista Soviética Unida durante la década de 1980. Desde que comenzó la invasión rusa, sus amigos y familiares de Chernihiv, Ucrania, viven en refugios antibombas.

"Mis queridos amigos tienen a sus madres, sus hermanos, sobrinas y sobrinos, viviendo en Chernihiv ahora mismo en sótanos", dijo Parson.

La última vez que Parson se comunicó con su familia fue el 9 de marzo.

"Eso tiene que ver con el corte de Facebook, messenger, mensajes de texto y teléfonos y se quedaron en silencio", dijo Parson. "Pero a mi amiga le llegó la noticia de que mi suegra había muerto por el bombardeo".

Chernihiv ha sido un campo de batalla desde el comienzo del conflicto. Las fuerzas rusas no han podido tomar la ciudad. El presidente de Ucrania, Volodymyr Zelenskyy, ha calificado a la ciudad como "heroica" por luchar contra los soldados rusos y no ser tomada por ellos. Chernihiv es un ejemplo de la resistencia de Ucrania a las fuerzas rusas.

"Ucrania ha optado por la democracia una y otra vez a pesar de las extraordinarias dificultades", dijo Parson. "Lo que vemos desarrollarse es la denegación de Rusia a honrar el derecho de autodeterminación de Ucrania".

• El leñador •

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COVID-19 vaccinations and booster updates

by Angelina Ramirez Peirano

The U.S. Food and Drug Administration approved a second COVID-19 booster vaccination to select groups on March 29. Immunocompromised individuals are being encouraged to get an extra primary dose. The current vaccination updates are focused on immunocompromised individuals and those older than 50. COVID-19 testing is still being offered for free at select locations in Humboldt County.

Booster update

The Center for Disease Control and Prevention released the latest COVID-19 booster vaccine recommendations on April 1. Individuals 50 years of age and older are encouraged to receive a second COVID-19 booster vaccine at least five months after the primary series if they received the Moderna or Pfizer vaccine.

For individuals 50 years of age vaccinated with Johnson & Johnson in their primary series, it is recommended to get one booster two months after the last primary dose. A second booster should be administered four months after the first booster.

The primary series includes all COVID-19 vaccinations prior to a booster. A second booster vaccine is also being recommended to individuals who are immunocompromised and 12 years or older.

According to the U.S. FDA people who are immunocompromised are those, "who have undergone solid organ transplantation, or who are living with conditions that are considered to have an equivalent level of immunocompromise."

Additional vaccines for immunocompromised

The CDC is now recommending people who are immunocompromised to receive an additional COVID-19 vaccination as part of their primary series. Vaccinations vary depending on age and the brand of vaccine an individual received during their initial primary doses. According to the CDC, additional vaccinations should be followed as listed below:

To read the rest of the article, visit ellenadornews.com

Recomendaciones nuevas de vacunas y refuerzos

por Angelina Ramirez Peirano traducido por Desiree Osornio

La Administración de Alimentos y Medicamentos de EE.UU. aprobó el 29 de marzo una segunda vacuna de refuerzo de COVID-19 para grupos selectos. Se recomienda a las personas inmunodeprimidas que reciban una dosis primaria

se han sometido a un trasplante de órgano sólido, o que viven con condiciones que se consideran de un nivel equivalente de inmunocompromiso".

Para más información sobre la última vacuna de refuerzo COVID-19 y sus



Photo courtesy Department of Human Health Services

adicional. Las actualizaciones actuales de la vacunación se centran en los individuos inmunodeprimidos y en los mayores de 50 años. La prueba de COVID-19 sigue ofreciéndose gratis en determinados lugares del condado de Humboldt.

Actualización de refuerzo

El Centro de Control y Prevención de Enfermedades publicó el 1 de abril las últimas recomendaciones de refuerzo de la vacuna COVID-19. Se recomienda a las personas de 50 años o más que reciban una segunda vacuna de refuerzo de COVID-19 al menos cinco meses después de la serie primaria si recibieron la vacuna Moderna o Pfizer.

Para las personas de 50 años vacunadas con Johnson & Johnson en su serie primaria, se recomienda un refuerzo dos meses después de la última dosis primaria. Una segunda dosis de refuerzo debe administrarse cuatro meses después de la primera.

La serie primaria incluye todas las vacunas de COVID-19 antes de un refuerzo. También se recomienda una segunda vacuna de refuerzo a las personas inmunodeprimidas y mayores de 12 años.

Según la FDA de EE.UU. las personas inmunocomprometidas son aquellas "que

recomendaciones, visita www.bit.ly/3K-fb47m.

Vacunas adicionales para inmunodeprimidos:

Los CDC recomiendan ahora que las personas inmunodeprimidas reciban una vacuna adicional contra la COVID-19 como parte de su serie primaria. Las vacunas varían en función de la edad y de la marca de la vacuna que el individuo recibió durante sus dosis primarias iniciales. Según los CDC, las vacunas adicionales deben seguirse como se indica a continuación:

Niños de 5 a 11 años vacunados con Pfizer:

Deben administrarse un total de tres dosis para completar la serie primaria de vacunas. La segunda dosis se administra 21 días después de la primera dosis. La tercera se administra 28 días después de la segunda dosis. No se recomienda una vacuna de refuerzo para este grupo de edad.

Personas mayores de 12 años vacunadas con Pfizer:

Deben administrarse un total de tres dosis para completar la serie primaria de vacunaciones. Segunda dosis administrada 21 días después de la primera dosis. Tercera dosis administrada 28 días

después de la segunda dosis

Los CDC recomiendan recibir una vacuna de refuerzo cinco meses después de la administración de las tres dosis iniciales. Si es elegible para un segundo refuerzo, recibirlo al menos cuatro meses después del primer refuerzo.

Adultos mayores de 18 años vacunados con Pfizer o Moderna:

Deben administrarse un total de tres dosis para completar la serie primaria de vacunaciones. La segunda dosis se administra 21 días después de la primera dosis. La tercera se administra 28 días después de la segunda dosis.

Los CDC recomiendan recibir una vacuna de refuerzo cinco meses después de la administración de las dosis iniciales. Si puedes recibir una segunda dosis de refuerzo, hazlo al menos cinco meses después de la primera.

Adultos mayores de 18 años vacunados con Johnson & Johnson:

Para los adultos que fueron vacunados inicialmente con J&J, se recomienda que reciban una vacuna adicional de Pfizer o Moderna. La segunda dosis de Pfizer o Moderna debe administrarse 28 días después de la primera dosis.

Los CDC recomiendan recibir una vacuna de refuerzo de Pfizer o Moderna dos meses después de la serie de vacunación primaria. Si es elegible para un segundo refuerzo, se recomienda recibirlo al menos cuatro meses después del primer refuerzo.

Personas que se vacunaron fuera de Estados Unidos: Según los CDC, se recomienda que las personas inmunodeprimidas que hayan recibido vacunas contra la COVID-19 no disponibles en Estados Unidos reinicien la serie de vacunación contra la COVID-19.

Pruebas gratuitas en el condado de Humboldt:

Actualmente las pruebas son limitadas en el condado de Humboldt. Las pruebas gratuitas de COVID-19 se siguen administrando a través del Departamento de Servicios de Salud Humana del Condado de Humboldt en determinados lugares. Para más información sobre el registro de la prueba COVID-19, lugares y horarios, visita www.humboldt.gov.org/2787/Test-Registration.

Cal Poly Humboldt también ofrece pruebas COVID-19 gratuitas a todos los estudiantes y empleados. Las pruebas se administran sin cita previa, no se requiere inscripción previa.

Justice for Josiah continues five years later

by Alexandra Gonzalez



Left photo, Josiah and his family pose for a family photo. Foto de la izquierda, Josías y su familia posan para una foto de familia. Right photo is from 2019 Lawson's family received his Criminology degree in his honor. La foto de la derecha es de 2019 La familia de Lawson recibió su título de Criminología en su honor. | Photo courtesy/Foto cortesía of Charmine Lawson and El Leñador archives

It's been five years since David Josiah "DJ" Lawson, a then Humboldt State student, was stabbed to death at an off-campus party in 2017. On Friday, April 15 at 4 p.m. there will be a rally for Lawson at the Eureka Courthouse. Community members and Cal Poly Humboldt students are invited to join.

"It's just frustrating that five years later this is such an open and shut case and my family is still suffering," said Charmaine Lawson, DJ's mother. "My son cannot rest because you have a DA's office that is incompetant and you have a police department that claims that they're doing stuff that, I mean, if they were doing anything, I would see it. You would see it. But, I'm not seeing anything that they're doing."

DJ's journey for justice has gone through many ups and downs, but his mother has yet to give up. Her current goals include having the case prosecuted outside of Humboldt County by Attorney General Rob Bonta. She shares that she has been in contact with his office and is trying to schedule a meeting.

When asked what it would take to get an indictment in this case, Lawson's mother says Arcata police have told her they

are waiting for more witnesses to come forward. El Leñador contacted the Arcata Police Department and no comment was received.

History of the case

Lawson was a 19 year old Humboldt State student studying criminology and had hopes of getting into politics. On the night of April 15, 2017 at an off-campus party on Spear Avenue in Arcata, California, Lawson's life was cut short. According to statements from eyewitnesses that night, Lawson and a man named Kyle Zoellner were in an altercation that ended in the deadly stabbing of Lawson. A knife was later found at the crime scene.

The investigation has been described as "botched" by Lawson's mother. The case was dismissed in 2017 at a preliminary hearing because of a lack of evidence and contradictory statements from witnesses. Two years later it was brought to the Humboldt County Criminal Grand Jury. On Feb. 28 2019, Zoellner was found not guilty because of a lack of evidence.

Thadeus Greenson, a reporter for the North Coast Journal, interviewed former Arcata Police Department Interim police chief Rick Ehle in 2019. According to

Greenson, during his interview, Ehle told him that there was DNA and fingerprint evidence that could now be coupled with the suspect's "motive, opportunity and means" to commit the crime.

Despite over 30 witnesses coming forward, the investigation remains open. District Attorney Maggie Fleming has decided not to charge anyone after the Humboldt Criminal Grand Jury decided there wasn't enough evidence to indict Zoellner. Fleming will not seek a third term as District Attorney in the 2022 election.

Lawson's mother shares that her experience with the District Attorney Maggie Fleming's office has not been easy and wants the case prosecuted outside of Humboldt County. This is partly due to there only being one more chance to retry the case in court and get an indictment. Lawson's mother wants it done right.

Hope for the future

Lawson's mother remains hopeful that justice will be served. She continues to keep her son's memory alive through organizations like Justice for Josiah and Justice in Humboldt. Motivated by the support she's received, Lawson and her team continue to contact the Attorney

General's office every few weeks to schedule a meeting and hopefully retry the case under a new investigative team.

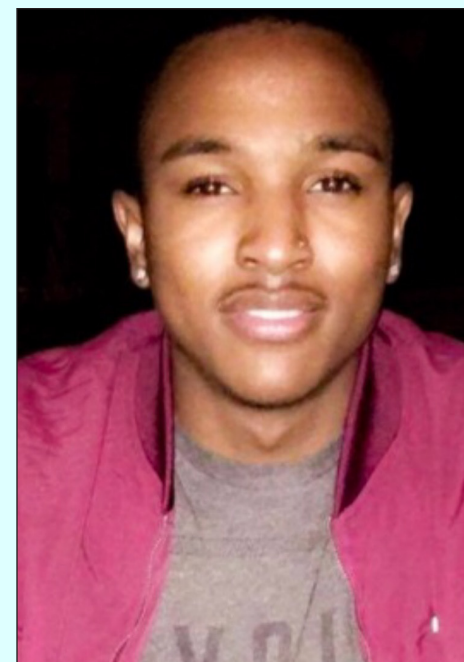
She is also in the process of getting a billboard in Humboldt County. Lawson's mother says getting the billboard is harder than she anticipated. The billboard was meant to advertise three points: the website Justice In Humboldt, the unjust and unresolved death of HSU student David Josiah Lawson and the need for a Humboldt DA who fairly represents all people, according to JIH.

"I've been catching hell over this billboard, when I tell you catching hell, I mean catching hell," Lawson's mother said.

She shares that previous owners of the billboard space tried censoring what goes on the billboard and asked for personal information about donors. Lawson's mother didn't feel comfortable sharing that information and later decided to return donations to those who wanted them back. However, a billboard is still in the works and Lawson's mother is currently looking for a land owner along the 101 freeway who would be willing to rent a parcel of land.

Justicia para Josiah continúa cinco años después

por Alexandra Gonzalez traducido por Alexandra Gonzalez



Left photo is Charmaine Lawson pictured with David Josiah "DJ" Lawson as a young boy, DJ was her first-born son. La foto de la izquierda es Charmaine Lawson fotografiada con David Josiah "DJ" Lawson cuando era niño, DJ era su hijo primogénito. Charmaine shares a message at the two year vigil. Charmaine comparte un mensaje en la vigilia de dos años. Right photo picture of DJ. Foto derecha es foto de DJ. | Photo courtesy/Foto cortesía of Charmaine Lawson and Jose Herrera

Han pasado cinco años desde que David Josiah "DJ" Lawson, ex estudiante de la Universidad Estatal de Humboldt, fue asesinado a puñaladas en una fiesta fuera del campus en 2017. El viernes 15 de abril a las 4 p.m. habrá un mitin para Lawson en el Palacio de Justicia de Eureka. Los miembros de la comunidad y los estudiantes de Cal Poly Humboldt están invitados a unirse.

"Es simplemente frustrante, que 5 años después, este caso que es tan abierto y cerrado, y mi familia sigue sufriendo, mi hijo no puede descansar, solo porque tienes una oficina del fiscal que es incompetente, y tienes un departamento de policía que afirma que esta haciendo cosas que, quiero decir, si estuvieran haciendo algo, yo lo vería, tú lo verías," dijo Charmaine Lawson, la madre de DJ. "Pero no veo nada de lo que están haciendo".

El viaje de DJ hacia la justicia ha pasado por muchos altibajos, pero su madre aún no se da por vencida. Hoy, sus objetivos incluyen que el fiscal general Rob Bonta procese el caso fuera del condado de Humboldt. Ella comparte que ha estado en contacto con su oficina y está en conversaciones para programar una reunión.

Cuando se le preguntó qué se necesitaría para obtener una acusación formal en este caso, la madre de Lawson dice que

la policía de Arcata le ha dicho que están esperando que se presenten más testigos. El Leñador contactó al Departamento de Policía de Arcata, pero no se recibió ningún comentario.

Historia del caso

Lawson era un ex alumno de la Universidad Estatal de Humboldt de 19 años quien estudiaba criminología y tenía esperanzas de ingresar a la política. La noche del 15 de abril de 2017 en una fiesta fuera del campus en Spear Avenue en Arcata, California, la vida de Lawson se vio truncada. Según declaraciones de testigos presenciales esa noche, Lawson y un hombre llamado Kyle Zoellner estaban en un altercado que terminó con el apuñalamiento mortal de Lawson. Más tarde se encontró un cuchillo en la escena del crimen.

La madre de Lawson describió la investigación como "estropeada". El caso fue sobreesido en 2017 durante una audiencia judicial preliminar por falta de pruebas y declaraciones contradictorias de los testigos. Dos años después, se llevó al Gran Jurado Penal del Condado de Humboldt, pero el 28 de febrero de 2019, Zoellner fue declarado inocente por falta de pruebas.

Thadeus Greenon, reportero del North Coast Journal, entrevistó al exjefe de policía interino del Departamento de

Policía de Arcata, Rick Ehle, en 2019. Según Greenon, durante su entrevista, Ehle le dijo que había pruebas de ADN y huellas dactilares que ahora podrían combinarse con el "móvil, oportunidad y medio" para que el sospechoso cometiera el delito.

A pesar de que se presentaron más de 30 testigos, la investigación sigue abierta. La fiscal de distrito Maggie Fleming ha decidido no acusar a nadie después de que el Gran Jurado Penal de Humboldt decidió que no había pruebas suficientes para acusar a Zoellner. Fleming no buscará un tercer mandato como fiscal de distrito en las elecciones de 2022.

La madre de Lawson comparte que su experiencia con la oficina de la fiscal de distrito Maggie Fleming no ha sido fácil y quiere que el caso se procese fuera del condado de Humboldt. Esto se debe en parte a que solo hay una oportunidad más de volver a intentar el caso en la corte y obtener una acusación, por lo que la madre de Lawson quiere que se haga bien.

Esperanza para el futuro

Aún así, la madre de Lawson mantiene la esperanza de que se haga justicia. Ella continúa manteniendo viva la memoria de su hijo a través de organizaciones como Justice for Josiah y Justice in Humboldt. Motivados por el apoyo que ha recibido, Lawson y su equipo continúan comu-

nicándose con la oficina del Fiscal General cada pocas semanas para programar una reunión y, con suerte, volver a intentar el caso con un nuevo equipo de investigación.

Ella también está en proceso de obtener una valla publicitaria en el condado de Humboldt. La madre de Lawson dice que conseguir el cartel es más difícil de lo que esperaba. El cartel iba anunciar tres puntos: el sitio web Justice In Humboldt, la muerte injusta del estudiante de HSU David Josiah Lawson y la necesidad de un fiscal de distrito de Humboldt que represente de manera justa a todas las personas, según JIH.

"Me he estado yendo al infierno con esta valla publicitaria, cuando digo que te estás yendo al infierno, me refiero a yendo al infierno", dijo la madre de Lawson.

Ella comparte que los propietarios anteriores del espacio de la cartelera intentaron censurar lo que aparece en la cartelera y pidieron información personal sobre los donantes. La madre de Lawson no se sentía cómoda compartiendo esa información y luego decidió devolver las donaciones a quienes las querían. Sin embargo, todavía se está trabajando en una valla publicitaria y la madre de Lawson actualmente está buscando un propietario de terreno a lo largo de la autopista 101 que esté dispuesto a alquilar una parcela de terreno para un cartelera.

Student leaves tracks on Humboldt community

by Victoria Olsen

Sweat drips off Rosa Granados forehead as she glides through the air finishing her race. It's like Granados is in an empty stadium with just her and the track.

Granados ran a 10,000 meter race with a 36:27:66 time March 31 at the Mike Fanelli Classic meet in San Francisco. She currently ranks 18 place nationally and number six all time in Cal Poly Humboldt's top ten list for 10k races. If she qualifies for a provisional mark, meaning she would have to maintain her place and one of the best times of this race to meet the standards of excellence, she could be considered by the National Collegiate Athletic Association Division II for a place in the national meet.

"I feel as if I am me because I was able to go through all of what I went through and I think I've been a leader in a different way — where I've been a leader within my spirit and the things that I want in my life and how I can make that better," Granados said. "That might have been different, you know when I was like a third grader. Or 12 years old or 13 years old trying to get out of the foster care system. I was a different leader then. I kind of had to get it together and survive and move on and do something different."

Granados began her journey at Cal Poly Humboldt in 2017 as a first-generation student athlete. She received her bachelor's degree in social work in spring 2021 and is now in her first year pursuing her masters of social work degree.

Granados was brought to the United States at just a few months old and grew up in San Luis Obispo. She had a challenging childhood growing up in the foster care system. Granados struggled through homelessness just before college. When she found running as a teenager, it ignited a fire within her.

"... I have a skill of running that helps me more than I help the sport I'd say," Granados said.

She was recruited to cross country and track her freshman year at Arroyo Grande High School. There she held a spot on the varsity teams all four years of high school.

Running competitively has been a huge outlet for Granados to channel her energy and emotions into something healing.

She started running for the university in 2017 and got a scholarship to continue running through her master's program. Granados competes in a variety of long distance events for track including 4 x 4, 800, 1500, 5k and 10k. For cross country



Rosa Granados at the Redwood Bowl on March 26. | Photo by Ricardo Lara Nava

she runs 5k and 6k.

"She's made tremendous progress as an athlete, but as a person, as a leader, as a member of the team and a member of the community, that's where she's made incredible progress and just become a tremendous leader for our program," said Jamey Harris, head cross country coach at Cal Poly Humboldt.

Commitment to Community

Beyond running, Granados shows commitment to helping people get access to resources they need to be healthy and successful.

She was a member of the sorority Delta Phi Epsilon all through her undergrad where she moved her way up to President in spring of 2021.

Granados is vice president of the Student Athlete Advisory Committee where she has helped the athletic department host events like canned food drives after campus closed due to COVID-19. She is also currently working to provide mental health resources for athletes by implementing "Dam Worth It," on campus.

While working at the McKinleyville Family Resource Center Granados also helps about 30 clients from all different



Rosa Granados competing in a race at an invitational track and field meet March 26 hosted by Cal Poly Humboldt at the Redwood Bowl. | Photo by Ricardo Lara Nava

backgrounds. She guides them in finding agencies that can provide housing, food and other resources they need.

"It's interesting to see the different communities and the hope that they hold of just calling, and finding the courage to ask for help and it's cool for me to be there," Granados said. "I feel like when I meet these people it definitely feels like my community too and it feels like I make an impact, but most importantly I make a connection in the world."

Geneva Shaw is a master of social work faculty member here at Cal Poly Humboldt, who has worked closely with Granados both as an undergrad and graduate student.

"Rosa's work ethic is absolutely admirable. Rosa juggles her academics, athletics, professional development and service with grace and a smile, always," Shaw said. "And to back up that smile and positivity is a toughness and fire that makes Rosa someone you want on your team."

Granados is the president of the Student Social Work Association. She helped start and grow the club to about 18 members. The SWSA provides resources and opportunities for students to learn

and practice social work with a focus in Indigenous and rural communities.

In Associated Students, Granados is the External Affairs Representative. While the university is receiving funding as it transitions to a polytechnic, Granados wants to make sure leaders of student government use their voice to ensure that students' needs are prioritized.

"First let's take care of the three things that students need: housing, food and mental health," Granados said about the university becoming a Cal Poly. "We have to take care of that first, and then we can take care of everything else."

After graduating with her masters in social work degree spring 2023, Granados plans to continue being a leader and helping the community through policy work.

With such a busy schedule Granados says self-care and making time for herself is the thing that helps her balance it all. Her advice to students on campus is to take care of yourself and seize opportunity.

"Get involved. Get connected. Share your truth. Be a warrior. Do some good work. Get good grades, make good choices," Granados said. "And just have fun, be light with yourself."

Estudiante deja huellas en Humboldt

por Victoria Olsen traducido por Jennifer Diaz



Rosa Granados competes in the 5K race at invitational track and field meet hosted by Cal Poly Humboldt at the Redwood Bowl. Granados compite en la carrera de 5K en la reunión de atletismo por invitación el organizada por Cal Poly Humboldt. | Photo by/Foto por Victoria Olsen

El sudor gotea de la frente de Rosa Granados, se desliza por el aire mientras termina su carrera. Es como si Granados estuviera en un estadio vacío con solo ella y la pista.

En un poco más de 36 minutos Granados corre 10,000 metros. Clasificándose en el 11 lugar a nivel nacional y en el número seis de todos los tiempos en la lista de los diez mejores de Cal Poly Humboldts para carreras de 10k. Si califica para una marca provisional, lo que significa que tendría que mantener su lugar y uno de los mejores tiempos de esta carrera para cumplir con los estándares de excelencia, podría ser considerada por la División II de la Asociación Nacional de Atletismo Colegiado para un lugar en la competencia nacional.

“Me siento como si yo fuera yo porque pude pasar por todo lo que he pasado y creo que he sido un líder de una manera diferente- he sido líder dentro de mi espíritu y las cosas que quiero en mi vida y cómo puedo hacerlo mejor”, dijo Granados. “Eso pudo haber sido diferente, sabe como cuando uno era como un tercer grado y tenía 12 o 13 años tratando de salir del sistema de cuidado de crianza temporal. En ese tiempo era un líder diferente. Tuve que reunirme para sobrevivir y seguir adelante y hacer algo diferente.”

Granados comenzó su carrera en Cal Poly Humboldt en el 2017 como una estudiante atleta de primera generación.

Ella recibió su licenciatura en trabajo social en la primavera de 2021 y ahora es su primer año que continúa en su maestría de trabajo social.

Granados llegó a los Estados Unidos cuando tenía unos añitos y creció en San Luis Obispo. Granados tuvo una infancia retadora en el sistema de acogida. Granados batalló por la falta de vivienda antes del colegio. Cuando se encontró corriendo cuando era adolescente, encendió un fuego dentro de ella.

“... tengo una habilidad que me ayuda a mi misma mas que le ayuda al deporte, diría yo,” Granados dijo.

Ella fue reclutada para la carrera a campo traviesa y la pista en su primer año en Arroyo Grande High School. Allí ocupó un lugar en los equipos universitarios los cuatro años de la escuela secundaria.

Corriendo competitivamente ha sido una gran herramienta para que Granados canalice su energía y emociones en algo curativo.

Ella comenzó a correr para la universidad en el 2017 y recibió una beca para continuar corriendo mientras continúa con su maestría. Granados compite en una variedad de eventos de larga distancia para pista que incluyen 4 x 4, 800, 1500, 5k y 10k. Para campo traviesa corre 5k y 6k.

“Ella ha hecho enormes progresos

como atleta, pero como persona, como líder, como miembro del equipo y miembro de la comunidad, Ahí es donde ha hecho un progreso increíble y acaba de convertirse en una tremenda líder de nuestro programa”, dijo Jamey Harris, entrenador de Cal Poly Humboldt.

Compromiso con la Comunidad

Más allá de correr, Granados muestra su compromiso de ayudar a las personas a obtener acceso a los recursos que necesitan para ser saludables y tener éxito.

Ella fue miembro de la hermandad Delta Phi Epsilon a través de su licenciatura, donde se trasladó a la presidencia en la primavera de 2021.

Granados es vicepresidenta del Comité Asesor de Atletas Estudiantiles, donde ha ayudado al departamento de atletismo a organizar eventos como las unidades de alimentos enlatados después de que el campus se cerró debido a COVID-19. Actualmente también trabaja para proporcionar recursos de salud mental a los atletas mediante la implementación de “Dam Worth It” en la universidad.

Granados trabaja en el McKinleyville Family Resource Center y también ayuda a cerca de 30 clientes de diferentes orígenes. Ella los guía en la búsqueda de agencias que puedan proporcionar vivienda, alimentos y otros recursos que necesitan.

“Es interesante ver a las diferentes

comunidades y la esperanza que tienen de llamar, y encontrar el valor para pedir ayuda y es genial para mí estar allí”, dijo Granados. “Cuando conozco a estas personas se sienten definitivamente me siento como mi comunidad y siento como si tuviera un impacto, pero lo más importante es que hago una conexión en el mundo”.

Geneva Shaw tiene una maestría y es parte de la facultad de trabajo social aquí en Cal Poly Humboldt, quien ha trabajado cerca con Granados como estudiante de licenciatura y posgrado.

“La ética de trabajo de Rosa es absolutamente admirable. Rosa tiene la habilidad de manejar sus académicos, atletismo, desarrollo profesional y servicio con gracia y una sonrisa, siempre”, dijo Shaw. “Y respaldar esa sonrisa y positividad es una tenacidad y fuego que hace que Rosa sea alguien que usted desea en su equipo”.

Granados es la presidente de la Asociación de estudiantes en Trabajo Social. Ella ayudó a comenzar y hacer crecer el club a cerca de 18 miembros. La asociación proporciona recursos y oportunidades para que los estudiantes aprendan y practiquen trabajo social con un enfoque en comunidades indígenas y rurales.

En Estudiantes Asociados, Granados es la Representante de Asuntos Externos. Mientras que la universidad está recibiendo financiamiento a medida que pasa a ser una politécnica, Granados quiere asegurarse de que los líderes del gobierno estudiantil usen su voz para asegurar que las necesidades de los estudiantes sean priorizadas.

“Lo primero es que cuidemos de tres cosas que los estudiantes necesitan: Vivienda, comida y salud mental”, dijo Granados acerca de que la universidad se convierta en Cal Poly. “Tenemos que cuidar de eso primero, y luego podemos cuidar de todo lo demás”.

Después de graduarse con su maestría en trabajo social en primavera de 2023, Granados planea continuar siendo líder y ayudando a la comunidad a través del trabajo político.

Con un horario tan ocupado, Granados dice que cuidar de sí misma y ganar tiempo para sí misma es lo que le ayuda a equilibrarlo todo. Su consejo a los estudiantes en el campus es cuidar de sí mismo y aprovechar la oportunidad.

“Involúcrate. Conéctate. Comparte tu verdad. Sé un guerrero. Haz un buen trabajo. Saca buenos grados, toma buenas decisiones”. Dijo Granados. “Diviértete y sé ligero contigo mismo”.

The Rou Dalagurr Food Sovereignty Lab to open this fall

by Frank Rocha

Starting fall 2022, the Rou Dalagurr Food Sovereignty Lab (FSL) at Cal Poly Humboldt will open its doors to the Arcata community with a vision of strengthening the bond between the local community, Indigenous Nations, and students at Cal Poly Humboldt through food.

The FSL will be located adjacent to the Native Forum and Goudin'i Gallery in the Behavioral and Social Science building on campus. It will give Native and non-Native students, faculty, staff and community members the opportunity to participate in conversations and hands-on learning activities about sustainable agriculture, Traditional Ecological Knowledge and food sovereignty.

"The FSL is a part of that self determination, support of tribal presence and governance, and leadership," said Evie Ferreira, a steering committee member and one of the students who originated it. "It supports the current and future dreams of intergenerational push tending to the land in the right way, uplifting native cultures, uplifting native governance, leadership, and knowledge. As well as furthering the return of land."

The FSL will be remodeled this spring to incorporate a learning and community space for Cal Poly Humboldt students to work directly with surrounding communities, tribal nations and national/international scholars alike.

It will include a commercial kitchen, tables, a few computers and equipment for the lab. Outside there will be a gathering area for food prep, including a fire and smoking pit. There will also be a Native plant and food garden with interpretive signs about Native plants. Basketry designs will be throughout the pathways and gardens.

The idea for the FSL began in fall 2019 during an Indigenous Natural Resources Management Practices course in the Native American Studies department at Cal Poly Humboldt.

"The Food Sovereignty Lab is the product of students," said Cutcha Risling-Baldy, NAS chair and professor for NAS 331. "It's students who led it, it's students who made sure that we're keeping up on it."

The students from NAS 331 submitted their request in Nov. 2019 to use the former hilltop marketplace space for the FSL to the University Space and Facilities



The Food Sovereignty Lab, located near the Native American Forum and Behavioral and Social Sciences building on the Cal Poly Humboldt campus. Photo by Elizabeth Lachman.

Advisory Committee (USFAC).

USFAC denied the request via email March 2020. According to Carrie Tully, steering committee member for the FSL and one of the students who originated it, they denied the request of the FSL because the space was looked at as "highly sought after." When the students of NAS 331 asked for more reasons, USFAC had a general consensus that the proposal for the FSL wouldn't be inclusive for all.

"Our proposal was directly counter to what that statement was," said Tully. "We were very clear that this was a space to be utilized by the community, by anybody, not just Native American Studies students, this was designed by Native American Studies students."

During spring 2020, students collected over a 100 letters from tribal leaders, department chairs, students and people across the community responding to the students' struggle to create the FSL. After stating their appeal at a University Senate meeting, the FSL was approved on May 28, 2020.

The first phase of the FSL goes to the remodel. The second phase will include an outdoor learning space where people can gather and share knowledge. The third phase is still being developed but it will try to incorporate the FSL, Goudin'i Gallery

and the Native Forum into an Indigenous homespace for people.

Upcoming Projects

The FSL will host an Indigenous Food Festival on April 16, 11 - 4 p.m. at the Wiyot Plaza, near the Native American Forum, Goudin'i Gallery and Behavioral and Social Sciences building.

The festival will include Indigenous organizations, food vendors, activities, music, discussion panels, and a showing of the new film "The Range."

Students and steering committee members raised money for this feature film. It was done by a professional film crew and focuses on food sovereignty in the region. The festival is funded by money raised by students and steering committee members.

During fall 2022, the FSL will accept at least five applicants to be interns for the FSL. The date for applications has not been determined. In the 2023 academic year at Cal Poly Humboldt, there are plans for a FSL lab course that students can take alongside either NAS 331 or NAS 325.

The FSL will also host an online film series. "Gather" will be shown on April 14 at 7 p.m. and "El Cacao: The Challenge of Fair Trade & No Place to Grow" will be shown on April 21 at 7 p.m. People can sign up on NAS Cal Poly Humboldt Instagram @hsu_nas.



The Food Sovereignty Lab, located near the Native American Forum and Behavioral and Social Sciences building on the Cal Poly Humboldt campus. Photo courtesy/Foto cortesía Food Sovereignty advisors

Terms

TEK - The ongoing accumulation of knowledge, practices and belief about relationships between living things being in a specific ecosystem that is acquired by Indigenous people over hundreds and thousands of years through direct contact with the environment, handed down through generations, and used for life-sustaining ways.

Sustainable agriculture - Farming in sustainable ways meeting society's present food and textile needs, without compromising the ability for current or future generations to meet their needs.

Food sovereignty - Is the right of the peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and the right to define their own food and agriculture systems.

Rou Dalagurr - A Wiyot phrase meaning: Everyone works or works together.

Laboratorio de Soberanía Alimentaria Rou Dalagurr abre este otoño

por Frank Rocha traducido por Desiree Osornio



can Forum and Behavioral and Social Sciences building on the Cal Poly Humboldt campus. El Laboratorio de Indígena y el edificio de Ciencias Sociales y del Comportamiento en el campus de Cal Poly Humboldt. I

Terms

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A partir del otoño de 2022, el Rou Dalagurr Food Sovereignty Lab de Cal Poly Humboldt (FSL) abrirá sus puertas a la comunidad de Arcata con la visión de fortalecer el vínculo entre la comunidad local, las Naciones Indígenas y los estudiantes de Cal Poly Humboldt a través de la comida.

El FSL estará localizado junto al Foro Nativo y la Galería Goudin'i en el edificio de Ciencias Sociales y del Comportamiento en Cal Poly Humboldt. Ofrecerá a los estudiantes nativos y no nativos, al profesorado, al personal y a los miembros de la comunidad la oportunidad de participar en conversaciones y actividades de aprendizaje práctico sobre agricultura sostenible, Conocimiento Ecológico Tradicional y soberanía alimentaria.

"El FSL forma parte de esa autodefinición, del apoyo a la presencia y el gobierno tribales y del liderazgo", dijo Evie Ferreira, miembro del comité directivo y una de las estudiantes que lo originó. "Apoya los sueños actuales y futuros de empuje intergeneracional cuidando la tier-

ra de forma correcta, elevando las culturas nativas, elevando el gobierno, el liderazgo y el conocimiento nativos. Así como fomentar la devolución de la tierra".

El FSL se remodelará esta primavera para incorporar un espacio de aprendizaje y comunitario para que los estudiantes de Cal Poly Humboldt trabajen directamente con las comunidades de los alrededores, las naciones tribales y los académicos nacionales e internacionales.

Incluirá una cocina comercial, mesas, algunos ordenadores y equipos para el laboratorio. En el exterior habrá una zona de reunión para la preparación de alimentos, que incluirá una fogata y un pozo para fumadores. También habrá un jardín de plantas y alimentos nativos con señales interpretativas sobre las plantas nativas/. Habrá diseños de cestería por todos los caminos y jardines.

La idea de FSL comenzó en otoño de 2019 durante un curso de Prácticas de Gestión de Recursos Naturales Indígenas en el departamento de Estudios Nativos Americanos de Cal Poly Humboldt.

"El Laboratorio de Soberanía Alimentaria es el producto de los estudiantes", dijo Cutcha Risling-Baldy, presidenta de NAS y profesora de NAS 331. "Son los estudiantes los que lo han dirigido, son los estudiantes los que se han asegurado de que nos mantengamos al día".

Los estudiantes de la NAS 331 presentaron su solicitud en noviembre de 2019 para utilizar el antiguo espacio del mercado de la colina para realizar el FSL al Comité Asesor de Espacios e Instalaciones de la Universidad (University Space Facilities Advisory Committee, USFAC).

El USFAC negó la solicitud por correo electrónico en marzo de 2020. Según Carrie Tully, miembro del comité directivo de el FSL y una de los estudiantes que lo originó, negaron la petición del FSL porque el espacio se consideraba "muy solicitado". Cuando los estudiantes de la NAS 331 pidieron más razones, la USFAC tuvo un consenso general de que la propuesta de el FSL no sería inclusiva para todos.

"Nuestra propuesta iba directamente en contra de esa declaración", dijo Tully. "Teníamos muy claro que se trataba de un espacio para ser utilizado por la comunidad, por cualquiera, no sólo por los estudiantes de Estudios Nativos America-

nos, esto fue diseñado por estudiantes de Estudios Nativos Americanos".

Durante la primavera de 2020, los estudiantes recolectaron más de 100 cartas de líderes tribales, jefes de departamento, estudiantes y personas de toda la comunidad que respondieron a la lucha de los estudiantes por crear el FSL. Después de exponer su apelación en una reunión del Senado Universitario, la FSL fue aprobada el 28 de mayo de 2020.

La primera fase de la FSL se destina a la remodelación. La segunda fase incluirá un espacio de aprendizaje al aire libre donde la gente pueda reunirse y compartir conocimientos. La tercera fase aún se está desarrollando, pero tratará de incorporar el FSL, la Galería Goudin'i y el Foro de los Nativos en un espacio doméstico indígena para la gente.

Próximos proyectos

El FSL organizará un Festival de Comida Indígena el 16 de abril, de 11 a 4 de la tarde, en la Plaza Wiyot, cerca del Foro Nativo Americano, la Galería Goudin'i y el edificio de Ciencias Sociales y del Comportamiento.

El festival incluirá organizaciones indígenas, vendedores de comida, actividades, música, paneles de debate y la proyección de la nueva película "The Range".

Los estudiantes y los miembros del comité directivo recaudaron dinero para este largometraje. Fue realizado por un equipo de filmación profesional y se centra en la soberanía alimentaria de la región. El festival se financia con el dinero recaudado por los estudiantes y los miembros del comité directivo.

Durante el otoño de 2022, el FSL aceptará al menos cinco candidatos para ser internos del FSL. Aún no se ha determinado la fecha de presentación de solicitudes. En el curso académico 2023 en Cal Poly Humboldt, hay planes para un curso de laboratorio del FSL que los estudiantes pueden tomar junto con NAS 331 o NAS 325.

El FSL también alojará un ciclo de cine en línea. "Gather" se proyectará el 14 de abril a las 7 de la tarde y "El Cacao: El Desafío del Comercio Justo y Sin Lugar para Cultivar" se proyectará el 21 de abril a las 7 p.m. La gente puede inscribirse a través Instagram de NAS Cal Poly Humboldt Instagram @hsu_nas.

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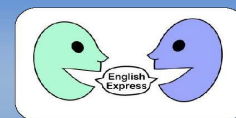
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Two elections, one Cal Poly Humboldt Student

Student runs for a seat for both Arcata City Council and Student President of Associated Students

by Elizabeth Lachman

Cal Poly Humboldt student Chase Marcum has made his bid for a seat on the Arcata City Council and as student president of Associated Students.

If elected to Arcata City Council on June 7, Marcum, age 40, would be tasked with the duties of policy making, budget decisions in the community and deciding strategic objectives, according to a Eureka City Council Member. As an Associated Student President, Marcum would be responsible for managing the A.S. organization and being the main advocate for student voices.

"I think we need more people like myself from non-traditional backgrounds that have experienced great diversities throughout life to step into these roles. The people that have never been given the opportunity to lift themselves to a certain level, we need more people such as that to enter into leadership, politics, governance like it does not always have to be a pure-bred politician that goes into these roles," Marcum said.

On March 28, El Leñador interviewed Marcum about running for city council and he did not disclose his decision to run for president of Associated Students.

Marcum is from Sonoma, California. He is double majoring in anthropology and international studies with a minor in scientific diving at Cal Poly Humboldt.

Currently he is the Administrative Affairs Vice President of Associated Students on campus and has served in the sub-committee of finance, sub-committee on funded programs, the Instructionally related activities committee and the student fee advisory. Additionally, he has also been a Cypress residential advisor and a peer mentor for the anthropology department.

"This semester in his role as V.P. on the A.S. board he has always been a cheerful face and very helpful. He is one of the friendliest people I've met on Board and I do have high hopes for his ability on the City Council should he win," Zeen Vincent, Environmental Sustainability Officer said.

According to City Clerk Bridget Dory, it is unknown if Marcum is the first Cal Poly Humboldt student to run for Arcata City Council as there are no records kept in previous years.



Chase Marcum current candidate for two positions of office on and off-campus. Marcum is running for Arcata City Council and Associated Students (A.S.) presidential elections. | Photo by Elizabeth Lachman

"For Arcata City Council I 110% stand behind him just because I think it is imperative to get the perspective of a Cal Poly Humboldt student onto the City Council as we have such a big presence and impact financially as well in the City of Arcata and I think it makes so much sense for Chase to be there,"

Juan Guerrero, legislative vice president said. "In terms of A.S. President that's a whole different route and I'm really interested in looking at his qualifications and I hope that the student body will be able to assess based on the campaigns happening soon."

Guerrero is also running for A.S. student president this election. After the interview in a follow up statement Guerrero emailed an additional statement.

"I wanted to clarify a statement I made earlier. I think you asked if I thought the AS President and City Council was too much for Chase. My response is that it's up for chase to decide but each job is a lot on their own."

Students equate to a large portion of

on from the beginning and I'm trying to continue, which is to develop something to give access to students locally like health care, dental, and vision. We should be connecting to the local professionals in the town that offer those services and we can do that if we collaborate together," Marcum said.

He believes if elected as both a member of the Arcata City Council and A.S. president, that the two positions will ultimately work hand in hand and is not worried about taking on the workload.

"I don't think I'll stress myself out, if anything I think it will help, not necessarily on the individual level, but on the community level," Marcum said. "It's extremely rewarding to help others and to help your community and if that's a little stressful and takes sacrifice then I feel like that's a worthy stress and a worthy sacrifice."

In the months leading up to both elections Marcum plans to keep a transparent campaign and hopes to continue engaging with students and community members.

“It's extremely rewarding to help others and to help your community and if that's a little stressful and takes sacrifices then I feel that's a worthy sacrifice.”

- Chase Marcum, Arcata City Council candidate and A.S. student president candidate.

Arcata's population and as the population of students increases, Marcum believes it is that much more important to uplift student voices and opportunities.

"More student services, that's one of the big things I have been working

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DACA Dreamer takes on role as Associated Students President

by Sabriyya Ghanizada

Associated Students Interim President, Lizbeth Cáno Sanchez is a bubbly and bright student who wears her heart on her sleeve and greets everyone warmly in Spanish.

Cáno Sanchez was born in Tlaxco Puebla, Mexico and moved to Los Angeles at the age of five. She attended Schurr High School in Montebello, California. At Schurr she found leadership opportunities while being captain of her cross country team but could not join student government due to social conflicts.

“When I was in high school, I felt limited, you know by the social hierarchy that high school tends to bring,” Cáno Sanchez said. “I told myself once I get to college I’m going to do it all, I’m going to give myself that opportunity.”

When it was time to attend University, she chose to attend Cal Poly Humboldt for the experience.

“I came to Cal Poly Humboldt to run and compete on the cross country and track teams,” Cáno Sanchez said. “To grow in a new environment to know who I am separate from my family, but also to learn how to heal many generational traumas to better the relationships in my family.”

Soon she found herself as president of the hill dorms from fall 2018 to spring 2019. Feeling confident about this position she ran in the A.S. spring election for Administrative Vice President. She was president from Dec. 7, 2019 - May 8, 2020 after Yadira Cruz resigned from the position.

After losing the elections for A.S. President in 2020 and 2021, she decided to take a break from A.S. to focus on her own personal development.

She stepped back into advocacy Nov. 19, 2021, when she was recommended by then President Finley as Social Justice and Equity Officer. After President Finley’s recent impeachment the A.S. board voted unanimously to appoint Cáno Sanchez as president during a special meeting following the impeachment.

Her tenure as A.S. the president will end in May at an A.S. Board of Directors transition meeting. In the meantime, Cáno Sanchez wants to create opportunities for other students like herself and create a more equitable environment on campus.

“I will be working on supporting the Student Legal Lounge organization with the appropriate funds to provide DACA filing services for students. I will be work-

ing to set the foundation and a transition plan to reactivate Scholars Without Borders and equip them with the right resources to provide services for students to obtain their citizenship. The goal being to align the path of obtaining a bachelors while obtaining citizenship status,” said Cáno Sanchez.

Emely Flores Sanchez, a psychology major at Cal Poly and the promotorx for El Centro Académico Cultural de Humboldt has worked with Cáno Sanchez to meetings and organize events since early last year.

“She does a lot for El Centro and the staff. She’s such a good leader. The marketing, the flyers whenever we need help she’s there to help us. She’s just very supportive,” Flores Sanchez said.

In the coming weeks she will begin preparing for A.S. next election season. Cáno Sanchez won’t be running as she looks forward to graduation this spring and attending Cal Poly Pomona to get her masters in Public Administration.

“I am proud to be graduating from Cal Poly Humboldt because it has pushed me to grow... This role has the ability to remind you constantly of why it is so important to do the work we do, to be devoted to the process of change... I have had to address issues with work environment performance and also acknowledge that we are all human and deserve the opportunity of professional development,” Cáno Sanchez said. “I am a young professional learning and at the same time applying the same lessons.”



Lizbeth Cáno Sanchez at an Associated Students meeting, March 25 2022. Photo by Emma Sjostrom

DACA Dreamer asume presidencia de la asociación de estudiantes

by Sabriyya Ghanizada traducido por Jennifer Diaz

La presidenta interina de la asociación de estudiantes, Lizbeth Cáno Sanchez, es una estudiante alegre y brillante, que lleva su corazón en la mano y saluda a todos calurosamente en español.

Cáno Sanchez nació en Tlaxco Puebla, México y se mudó a Los Ángeles a la edad de cinco años. Asistió a la secundaria Schurr, en Montebello, California. En Schurr encontró oportunidades de liderazgo mientras era capitán de su equipo de cross country, pero no pudo unirse al gobierno estudiantil debido a conflictos sociales.

“Cuando yo estaba en la secundaria, me sentí limitado, sabes por la jerarquía social que la secundaria tiende a traer,” dijo Cáno Sanchez. “Me dije a mi mis-

ma cuando llegue a la universidad lo voy a hacer todo, me daré esa oportunidad.”

Cuando llegó la hora de asistir a la Universidad, eligió asistir a Cal Poly Humboldt por la experiencia.

“Llegue a Cal Poly Humboldt para correr y competir en los equipos de campo traviesa y la pista,” dijo Cáno Sanchez. “Crecer en un nuevo entorno para saber quién soy independiente de mi familia, pero también para aprender a sanar muchos traumas generacionales para mejorar las relaciones en mi familia.”

Pronto se encontró como presidenta de los dormitorios de “The Hill” desde el otoño de 2018 hasta la primavera de 2019. Sintiendo confianza sobre esta posición ella se inscribió en las elecciones de primavera de la asociación de estudiantes para la vicepresidencia administrativa. Fue presidenta desde el 7 de diciembre de 2019 al 8 de mayo de 2020 después de que Yadira Cruz dimitiera de su cargo.

Después de perder la elección de 2020-2021 para A.S. decidió tomar un descanso de A.S. para concentrarse en su propio desarrollo personal.

Ella volvió a la abogacía el 19 de noviembre de 2021, cuando fue recomendada por el entonces presidente Finley como Oficial de Justicia Social y Equidad.

Después del reciente juicio político del presidente Finley, la junta directiva de A.S. votó unánimemente para nombrar a Cáno Sanchez como presidente durante una reunión especial después del juicio político.

Su mandato como presidente de A.S. terminará en mayo en una reunión de transición de la Junta Directiva de la asociación de Estudiantes. Mientras tanto, Cáno Sanchez quiere crear oportunidades para otros estudiantes como ella y crear un ambiente más equitativo en el campus.

“Yo trabajaré en apoyar a la organización del Legal Estudiantil con los fondos apropiados para proveer servicios de DACA para los estudiantes. Trabajaré para establecer la fundación y un plan de transición para reactivar “Scholars Without Borders” y equiparlos con los recursos adecuados para proporcionar servicios a los estudiantes para obtener su ciudadanía. El objetivo es alinear el camino para obtener una licenciatura mientras se obtiene el estatus de ciudadanía,” dijo Cáno Sanchez.

Emely Flores Sánchez, una de las estudiantes de psicología de Cal Poly y la promotorx de El Centro Académico Cultural de Humboldt ha trabajado con Liz facilitando reuniones y organizando eventos desde principios del año pasado.

“Ella hace mucho por El Centro y el personal. Es una buena líder. El marketing, los folletos, siempre que necesitamos ayuda ella está allí para ayudarnos. Ella es muy comprensiva,” dijo Flores Sanchez.

En las próximas semanas comenzará a prepararse para la próxima temporada electoral de la asociación de estudiantes. Cáno Sanchez no correrá ya que espera graduarse esta primavera y asistir a Cal Poly Pomona para obtener su maestría en Administración Pública.

“Estoy orgulloso de graduarme de Cal Poly Humboldt porque me ha empujado a crecer... Este papel tiene la capacidad de recordar constantemente por qué es tan importante hacer el trabajo que hacemos y dedicarse al proceso de cambio... He tenido que abordar cuestiones relacionadas con el rendimiento del entorno de trabajo y también reconocer que todos somos humanos y merecemos la oportunidad de desarrollo profesional”, dijo Cáno Sanchez. “Soy una joven profesional que aprende y al mismo tiempo aplica las mismas lecciones.”

Soy Artista: Drums are the foundation of the band

by Karina Ramos Villalobos



Odalys Ramirez performing on Decemeber 17, 2021. Odalys Ramirez en un concierto el 17 de diciembre de 2021. | Photo Courtesy/ Foto cortesía Odalys Ramirez



Odalys Ramirez at one of her many band practices on March 22. Odalys Ramírez en una de sus muchas prácticas de bandas el 22 de marzo. | Photo by/ Foto por Karina Ramos Villalobos

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Odalys Ramirez got her hands on a pair of drum sticks for the first time in sixth grade. Since then, she's been playing, performing and feeling connected to music. It's the foundation of who she is.

Ramirez is a senior at Cal Poly Humboldt majoring in music performance with an emphasis in percussion. Now she plays the congas, snare drums, marimbas, calypsos, drum sets and more.

"It feels amazing," Ramirez said. "It feels really good. Percussion or drums are really like the metronome to the band so it's really fun to be the foundation of the band."

When Ramirez first came to Cal Poly Humboldt from Los Angeles and was settling in her dorm in the Cypress building, she heard music coming from the lawn. She walked towards the music and found the Marching Lumberjacks. They immediately asked Ramirez to join and handed her a tambourine. She marched with them all the way back to the band room and her musical journey here began.

Ramirez is currently in several musical groups and plays a variety of instruments with different rhythms and sounds. She

has been a part of the Marching Lumberjacks since 2017 and plays the snare. She is also a part of a calypso band and in the Eureka Symphony. In 2020 she joined the Tropiqueño salsa band where she plays the congas and also joined a samba group.

"When you play with a group of people it's super cool to feel like everyone is on the same page, locked in," Ramirez said. "It's like a feeling of you don't even have to look at them, you don't have to do anything, you just feel it, locked in."

Balancing practice for each group can be difficult but Ramirez doesn't view it as a bad thing. She sees college and the past years she's been in Arcata as an opportunity to get as much knowledge as she can.

"For example, salsa and samba are very physically exhausting," Ramirez said. "I do get lost into the music in a good way like it feels good. I don't really have to think much, I kinda just feel it."

Some musical groups require more concentration to count the beats of the music and the thinking can take a toll on how mentally tired Ramirez can feel. The other bands that are of the salsa and samba genre, for example, can be physically

exhausting on Ramirez's hands.

Ramirez's inspirations for music are her grandfather who played guitar, her father and his love for salsa music and rhythm, Selena and a Canadian rock band called Metrics.

"Selena is a big inspiration but as I developed my music taste I like everything," Ramirez said. "I like to appreciate everything because every art form is meaningful. I like that music has some sort of meaning to the artist or to the audience."

As a musician, Ramirez doesn't get nervous before a performance, she gets nervous while performing. All the emotions she should feel before performing come to her in a rush during the performance.

"You're in the moment and it's nice to not be able to think and just kinda feel," Ramirez said. "So definitely the reward of performing is making friends and family proud."

Graduating in May 2023, Ramirez hopes to move back to southern California to apply for symphony positions, look out for studio musician opportunities or get a gig with Walt Disney to play music.

"I do in the future want to teach, not necessarily like I'm going to work at a school as a music teacher. I want to lead," Ramirez said. "For example, in the samba group we have an HSU alumni Neil and he leads and teaches at the same time. It's really cool because we don't really use music. It's like I show you how to play, you play it over. It's a good way to teach because you're memorizing."

Ramirez would like to teach future generations world drums. There are rhythms people may have not heard, felt, or know the history and origins of the percussion instruments.

"I would like to show future generations where all of their music comes from," Ramirez said. "It comes from old rhythms from West Africa. It all comes from a place and I would like to teach where they come from."

Want to see Ramirez perform?

You can watch the calypso band on April 23 at the Van Duzer Theatre at 8 p.m. Ramirez will also be performing her Senior Recital at Fulkerson Recital Hall on May 12 at 8 p.m. It will be live-streamed on Youtube @Calpolyhumboldt-musicprogram.

Soy Artista: La batería es la base de la banda

por Karina Ramos Villalobos traducido por Desiree Osornio



Escanee con cámara
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Left photo is Odalys Ramirez performing with Marching Lumberjacks on Dec. 31, 2021. Right photo is Ramirez playing snare drum on Oct. 12, 2018. La foto de la izquierda es Odalys Ramirez tocando con Marching Lumberjacks en Dec. 31, 2021. La imagen a la derecha es Ramirez tocando el tambor con bordón en Oct. 12, 2018. | Photo courtesy/ Foto cortesía Odalys Ramirez

Odalys Ramírez tuvo en sus manos un par de baquetas por primera vez en sexto grado. Desde entonces, ha estado tocando, actuando y sintiéndose conectada a la música. Es la base de lo que ella es.

Ramírez está en el último año de Cal Poly Humboldt y se especializa en interpretación musical con especialización en percusión. Ahora toca las congas, los tambores, las marimbas, los calipsos, las baterías y mucho más.

"Se siente increíble", dijo Ramírez. "Se siente muy bien. La percusión o los tambores son realmente como el metrónomo de la banda, así que es muy divertido ser la base de la banda".

Cuando Ramírez llegó por primera vez a Cal Poly Humboldt desde Los Ángeles y se estaba instalando en su dormitorio en el edificio Cypress, oyó música que venía del césped. Caminó hacia la música y encontró a los Marching Lumberjacks. Inmediatamente le pidieron a Ramírez que se uniera y le entregaron una pandereta. Marchó con ellos hasta la sala de la banda y comenzó su viaje musical.

En la actualidad, Ramírez forma parte de varios grupos musicales y toca una variedad de instrumentos con diferentes ritmos y sonidos. Forma parte de los Marching Lumberjacks desde 2017 y

toca el tambor. También forma parte de una banda de calipso y de la Sinfónica de Eureka. En 2020 se unió a la banda de salsa Tropiqueño donde toca las congas y también se unió a un grupo de samba.

"Cuando tocas con un grupo de gente es súper bonito sentir que todo el mundo está en la misma página, enganchados", dijo Ramírez. "Es como una sensación de que ni siquiera tienes que mirarlos, no tienes que hacer nada, simplemente lo sientes, encerrado".

Equilibrar la práctica de cada grupo puede ser difícil, pero Ramírez no lo ve como algo malo. Considera que la universidad y los últimos años que lleva en Arcata son una oportunidad para adquirir todos los conocimientos que pueda.

"Por ejemplo, la salsa y la samba son muy agotadoras físicamente", dijo Ramírez. "Me pierdo en la música en el buen sentido, como si me sintiera bien. Realmente no tengo que pensar mucho, simplemente lo siento".

Algunos grupos musicales requieren más concentración para contar los ritmos de la música y el pensamiento puede hacer que Ramirez se sienta mentalmente cansada. Los otros grupos que son del género de la salsa y la samba, por ejemplo, pueden ser físicamente agotadores para las

manos de Ramírez.

Las inspiraciones musicales de Ramírez son su abuelo, que tocaba la guitarra, su padre y su amor por la música y el ritmo de la salsa, Selenia y un grupo de rock de Canadá llamado Metrics.

"Selenia es una gran inspiración, pero al desarrollar mi gusto musical me gusta todo", dijo Ramírez. "Me gusta apreciar todo porque cada forma de arte tiene un significado. Me gusta que la música tenga algún tipo de significado para el artista o para el público".

Como música, Ramírez no se pone nerviosa antes de una actuación, se pone nerviosa mientras actúa. Todas las emociones que debería sentir antes de actuar le vienen de golpe durante la actuación.

"Estás en el momento y es agradable no poder pensar y sólo sentir", dijo Ramírez. "Así que definitivamente la recompensa de actuar es hacer que mis amigos y mi familia se sientan orgullosos".

Al graduarse en mayo de 2023, Ramírez espera volver al sur de California para solicitar puestos en la sinfónica, buscar oportunidades como música de estudio o conseguir un trabajo con Walt Disney para tocar música.

"En el futuro quiero enseñar, no necesariamente como si fuera a trabajar en una

escuela como profesora de música. Quiero dirigir", dijo Ramírez. "Por ejemplo, en el grupo de samba tenemos a un ex alumno de la HSU, Neil, que dirige y enseña al mismo tiempo. Es realmente genial porque no usamos realmente la música. Es como si yo te enseñara a tocar y tú lo hicieras. Es una buena forma de enseñar porque estás memorizando".

A Ramírez le gustaría enseñar a las futuras generaciones los tambores del mundo porque hay ritmos que la gente puede no haber oído, sentido o conocer la historia y los orígenes de los instrumentos de percusión.

"Me gustaría mostrar a las futuras generaciones de dónde viene toda su música", dijo Ramírez. "Viene de antiguos ritmos de África Occidental. Todo viene de un lugar y me gustaría enseñar de dónde vienen".

¿Quieres ver la actuación de Ramírez?

Puedes ver a la banda de calipso el 23 de abril en el Edificio de Artes Teatrales/ Teatro Van Duzer a las 8 p.m. Ramírez también ofrecerá su Concierto de Fin de Carrera en el Salón de Conciertos Fulkerson el jueves 12 de mayo a las 8 p.m. También se transmitirá en directo en Youtube @Calpolyhumboldtmusicprogram.

Movie Review: 'Turning Red'

by Josie de la Torre

Pixar's newest film "Turning Red" was released on March 11 on Disney+ and directed by Domee Shi who previously directed the short film "Bao." Voiced by Rosalie Chang as Meilin "Mei" Lee and Sandra Oh as Ming Lee, the animated film explores the pains of growing up, generational trauma and boy bands.

"People have all kinds of sides to them," said Meilin's father Jin. "And some sides are messy. The point isn't to push the bad stuff away. It's to make room for it, live with it."

The movie is set in Toronto, Canada in 2002 following Mei, a 13 year old Chinese Canadian girl. She helps with her family's temple and is a straight-A student. Experiencing a crush on Devon, a 17 year old store clerk, leads to an incident with her mother confronting the boy and making a scene. Mei soon discovers she can turn into a red panda when undergoing high intense emotions. For what is mistaken by her parents to be experiencing her first period, they soon realize that Mei was turning into a red panda due to the generational blessing from her ancestor, Sun Lee.

The film felt like a love letter to preteen girls and to our middle school selves. While this film has cultural aspects and relations that appeal to the Asian community, as a whole it is a coming of age story that I believe all people can relate to. This is the first animated film I have ever seen that brings up menstruation, which I am

glad is addressed because it can be a scary part of growing up and entering a new stage in a young person's life.

While the movie was set in the early 2000s, I found it quite interesting to think about what it could have been like being a preteen when technology and social media were not quite as prominent as it is today. As for the boy bands, CDs, and Mei and her friends going through a boy band phase, the movie brought me much nostalgia and cringes.

The red panda aspect and Mei feeling pressure from her family felt realistic with an added sense of magic realism in it. Throughout the movie, magic elements are a natural part of the realistic environment. This is of course a Pixar movie, but I was touched by the part where Mei is guiding her mother through the bamboo forest in the different stages of her life. In a way, this scene of the movie was overcoming the generational trauma of perfection together and in my hopes for them to heal too. For those who do not know, people of Asian descent undergo the pressure of making their family proud, pressures on getting good grades and schooling, and showing no signs of struggling which in a sense is being perfect.

I can understand why many people probably could not relate to this film as it seems the target audience was those of Asian descent and young preteen girls. But I hope you find the movie quite funny and enjoyable as I found it.



"Turning Red" will debut exclusively on Disney+ (where Disney+ is available) on March 11, 2022. © 2022 Disney/Pixar. All Rights Reserved. | Photo courtesy Walt Disney Studios



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Crítica de la película: 'Turning Red'

por Josie de la Torre traducido por Desiree Osornio

La nueva película de Pixar "Turning Red" se estrenó el 11 de marzo en Disney+ y está dirigida por Domee Shi, que anteriormente dirigió el cortometraje "Bao". Interpretada por Rosalie Chang como Meilin "Mei" Lee y Sandra Oh como Ming Lee, la película de animación explora los dolores del crecimiento, el trauma generacional y las bandas de chicos.

"La gente tiene todo tipo de lados", dice Jin, el padre de Meilin. "Y algunos lados son desordenados. No se trata de apartar lo malo. Se trata de darle cabida, de vivir con ello".

La película está ambientada en Toronto, Canadá, en 2002, siguiendo a Mei, una niña china-canadiense de 13 años. Ayuda en el templo de su familia y es una estudiante de sobresaliente. El enamoramiento de Devon, un vendedor de 17 años, provoca un incidente en el que su madre se enfrenta al chico y hace una escena. Mei pronto descubre que puede convertirse en un panda roja cuando experimenta emociones muy intensas. Sus padres la confunden con su primera menstruación, pero pronto se dan cuenta de que Mei se estaba convirtiendo en un panda roja debido a la bendición generacional de su antepasado, Sun Lee.

La película se sintió como una carta de amor a las niñas preadolescentes y nuestras propias experiencias de la secundaria. Aunque esta película tiene aspectos y relaciones culturales que interesan a la comunidad asiática, en su conjunto es una historia de madurez con la que creo que todas las personas pueden identificarse. Es la primera película de animación que he visto en la que se habla de la menstruación, lo que me alegra que se mencione porque puede ser una parte aterradora del

crecimiento y de la llegada a una nueva etapa en la vida de una persona joven.

Aunque la película está ambientada en los primeros años de la década de 2000, me pareció bastante interesante pensar en cómo podría haber sido ser un preadolescente cuando la tecnología y las redes sociales no eran tan prominentes como ahora. En lo que respecta a las bandas de chicos, los CD y el hecho de que Mei y sus amigos pasarán por una fase de banda de chicos, la película me trajo mucha nostalgia y vergüenza.

El aspecto del panda rojo y el hecho de que Mei se sintiera presionada por su familia me pareció realista, con una sensación de realismo mágico añadida. A lo largo de la película, los elementos mágicos son una parte natural del ambiente realista. Por supuesto, se trata de una película de Pixar, pero me conmovió la parte en la que Mei guía a su madre por el bosque de bambú en las diferentes etapas de su vida. En cierto modo, esta escena de la película era la superación del trauma generacional de la perfección juntos y mi esperanza es que ellas también se curen. Para quienes no lo sepan, las personas de ascendencia asiática sufren la presión de hacer que su familia se sienta orgullosa, la presión de sacar buenas calificaciones y de ir a la escuela, y de no mostrar ningún indicio de dificultad, lo que en cierto sentido es ser perfecto.

Puedo entender que mucha gente probablemente no se sienta identificada con esta película, ya que parece que el público al que iba dirigida era el de los descendientes asiáticos y las jóvenes preadolescentes. Pero espero que encuentren la película bastante divertida y agradable como la encontré yo.

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Have Questions?
Contact: Fernando Paz
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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

Dirección: 14th and N St., Fortuna
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.
Telefono: (707) 476-4520
El correo electrónico: adult-ed@redwoods.edu

English Express
Community taught English Learning Classes in various locations aught online. Catalyzes personal and social change for local immigrants through English language education and connections to community resources.
Location: Jefferson Community Center 1000 B St., Eureka on Tues. from 6-7:30 p.m.
Location: Multi-Generational Center 2280 Newburg Rd., Fortuna on Tues. and Thurs. from 12:30-2 p.m.
Location: Coast Seafoods on Wed. from 11:30-12:30 p.m. for employees only.
Phone: (707) 443-5021
No registration necessary. Free classes. Free child care. Join any time.

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

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

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

El Buen Gusto
802 Broadway St., Eureka
Open: Mon-Fri from 10 a.m.-9 p.m.
Phone: (707) 798-6290
& 1640 Main St., Fortuna
Open: Mon-Fri from 9 a.m.-9 p.m.
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

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
California Indian Legal Services
Address:324 F St., Eureka
Phone:(707) 443-3559

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