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Cal Poly Humboldt's Student-Run Bilingual Newspaper

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WOMEN'S EDITION EDICIÓN DE MUJERES

Humboldt Houseplants | p. 18

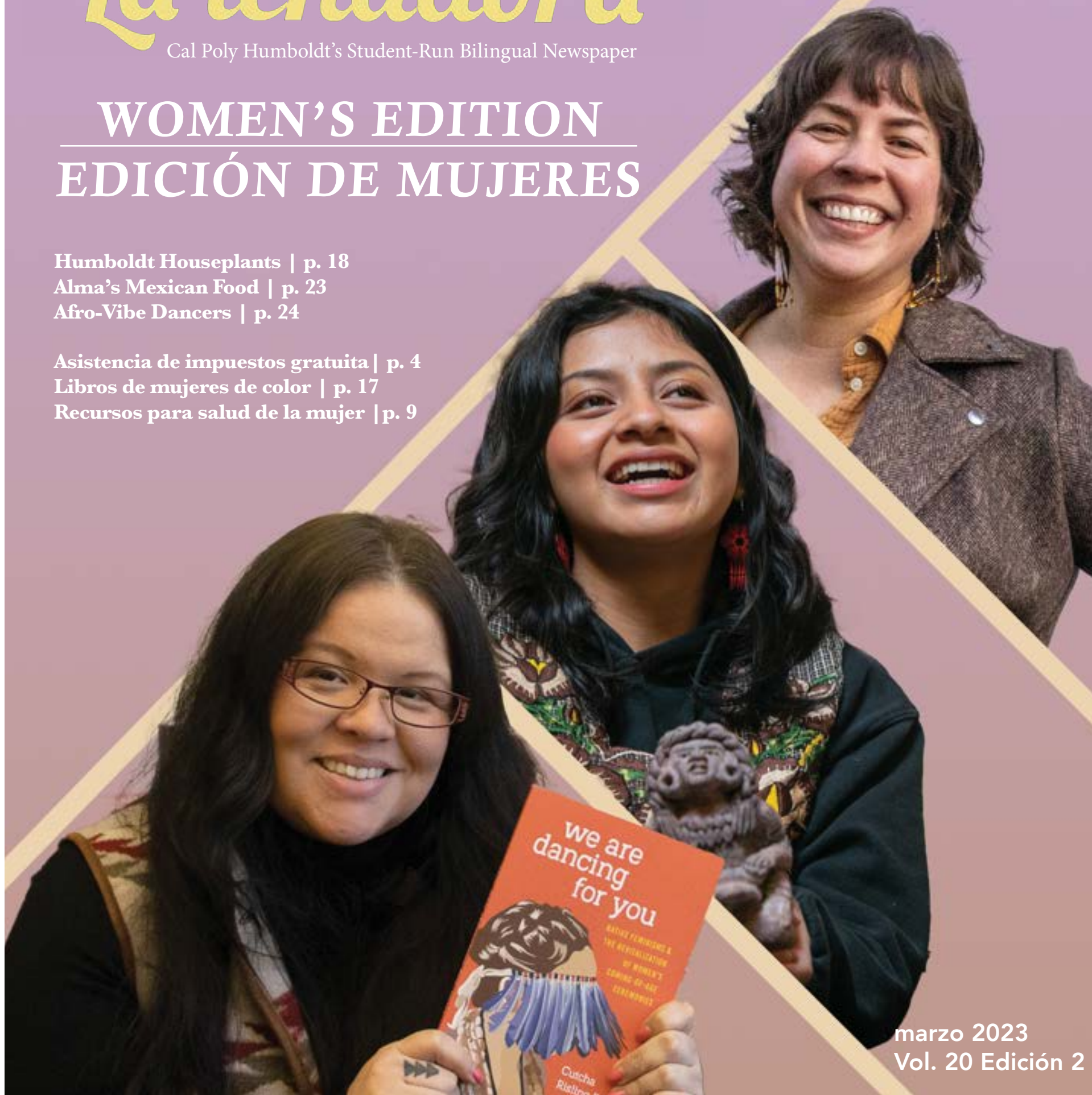
Alma's Mexican Food | p. 23

Afro-Vibe Dancers | p. 24

Asistencia de impuestos gratuita | p. 4

Libros de mujeres de color | p. 17

Recursos para salud de la mujer | p. 9



marzo 2023
Vol. 20 Edición 2



News

- 03 Cultural housing continues for re-turning students
- 04 Free tax assistance at CPH
- 06 CAPS lacks representation
- 07 Free Abortion Pills at CPH
- 09 Women's resources in Humboldt
- 10 Natalie Arroyo: Latina politician
- 13 First year BIPOC students

February 2023 issue corrections:
In the February 2023 print edition, in "Free citizenship classes in Humboldt" instructor's name was incorrect on photo caption correct name is Elizabeth Niemeyer, In "The power of healing with Kemeti yoga" the instructor's name was incorrect, the correct name is Abram Alonzo Ross Jr.

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, política y cultural en los medios locales.

Life & Arts

- 14 Soy Artista: Karina Juarez
- 18 Humboldt Houseplant
- 20 Feature Story: Cutcha Risling-Baldy
- 23 Almas Food Truck
- 24 AfroVibe Dance

Opinion

- 2 Choosing to love my armpit hair
- 25 Housing editorial

Espanol

- 03 Continúa la vivienda cultural para los estudiantes que regresan
- 04 Asistencia fiscal gratuita en CPH
- 5 Estudiantes de primer año BIPOC
- 09 Recursos para mujeres en Humboldt
- 11 Natalie Arroyo: política latina
- 15 Soy Artista: Karina Juarez
- 17 Libros de mujeres de color
- 19 Humboldt Houseplant
- 21 Reportaje: Cutcha Risling-Baldy
- 23 Camión de comida Almas
- 27 AfroVibe Dance

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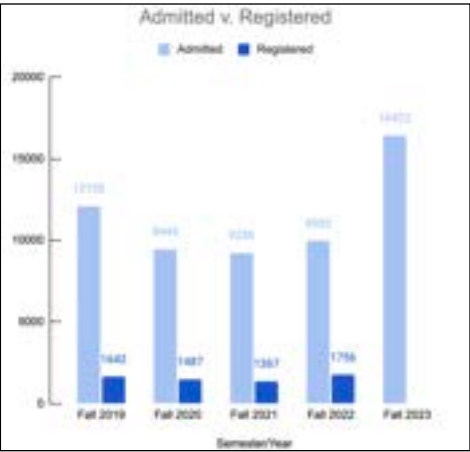
Cultural housing for returning students continues

by Peyton Leone

Cal Poly Humboldt Housing has confirmed that they will preserve the cultural placed based housing program for all grade levels in fall 2023. Cultural placed based housing at CPH is a program for students to room with others from similar backgrounds as themselves. "Housing has opened up additional areas for Cultural communities; Sankofa, La Comunidad, and Native Living," said Grant M. Scott-Goforth, communications specialist at CPH Marketing and Communications. "These commu-

nities will exist for students at all grade levels. The Rainbow/Gender Inclusive area will remain an option open to all students and continue to be located in the Creekview area." This all comes after current students found out that they would not be allowed to live on campus due to an influx of new freshman and transfer students. Continuing students would be limited to applying to "bridge housing." These locations are the Super 8, Motel 6 and Comfort Inn. After student protests, Creekview and College Creek Apart-

ments on campus became available for returning students in addition to the off-campus sites. Chrissy Holiday, vice president for Enrollment Management and Student Success, wrote in a Feb. 10 letter titled 'Update on Housing Options for Returning Students,' "Even with this update, University housing is still limited, and while we'll do our best to accommodate all those who want housing, you may be placed on a waitlist." According to the Fall Admissions Profile data for fall 2022, 9,236 students were admitted and 1,756 students enrolled in. 16,422 students have been admitted for fall 2023. The full number of those students who choose to enroll in classes won't be known until registration ends on Sept. 4, according to the Office of the Registrars website.



Statistics sourced from Fall Admissions Profile. Estadísticas obtenidas del perfil de admisiones de otoño. | Graphic by/por Ruby Cayenne

Students are allowed to break their current leases in order to search for off-campus housing free of penalty through a housing license agreement appeal. But must give 30-day notice to receive a prorated refund.

Dormitorios cultural continua para estudiantes regresando

por Peyton Leone traducido por Alondra Cardona

Cal Poly Humboldt Housing ha confirmado que mantendrá el programa de alojamiento cultural para todos los niveles de grado en el otoño de 2023. El alojamiento cultural en CPH es un programa para que los estudiantes compartan habitaciones con otros de orígenes similares a los suyos. "Housing ha abierto áreas adicionales para las comunidades culturales; Sankofa, La Comunidad, y Native Living," dijo Grant M. Scott-Goforth, especialista en comunicaciones en CPH Comercialización y Comunicaciones. "Estas comunidades existirán para los estudiantes de todos los niveles de grado. El área de Arco Iris/Inclusivo de Género seguirá siendo una opción abierta a todos los estudiantes y continuará estando ubicada en el área de Creekview." Todo esto viene después de que los estudiantes actuales se enteraron de que no se les permitiría vivir en el campus debido a la afluencia de nuevos estudiantes de primer año y estudiantes de transferencia. Los estudiantes que continúan estarían limitados a solicitar "alojamiento puente." Estos lugares son el Super 8, Motel 6 y Comfort Inn. Tras las protestas de los estudiantes, los apartamentos Creekview y College Creek del campus se pusieron a

disposición de los estudiantes que regresan, además de los alojamientos fuera del campus. Chrissy Holiday, vicepresidenta de Administración de Inscripciones y Éxito Estudiantil, escribió en una carta del 10 de febrero titulada 'Actualización sobre las opciones de vivienda para los estudiantes que regresan': "Incluso con esta actualización, la vivienda de la Universidad sigue siendo limitada, y aunque haremos todo lo posible para acomodar a todos aquellos que quieran vivienda, es posible que se le coloque en una lista de espera." Según los datos del Perfil de admisión de Otoño para el otoño de 2022, 9,236 estudiantes fueron admitidos y 1,756 estudiantes se inscribieron. Para el otoño de 2023 se han admitido 16,422 estudiantes. El número total de los estudiantes que decidan inscribirse en las clases no se conocerá hasta que finalice la inscripción el 4 de septiembre, según el sitio web de la Oficina de Registradores. A los estudiantes se les permite romper sus contratos de alquiler actuales con el objetivo de buscar una vivienda fuera del campus libre de penalización a través de un recurso de acuerdo de licencia de vivienda. Pero deben avisar con 30 días de anticipación para recibir un reembolso prorrateado.

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El leñador

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PUBLIC RECEPTION
APRIL 13, 4:00 PM - 6:30 PM

ALUMNI WORKSHOPS
APRIL 14, 9 AM - 1 PM



Free tax assistance for students and community

by Eddy Guzman

Free Income Tax Assistance is being offered at Cal Poly Humboldt every Wednesday from 5:30-8:30 p.m. in Siemens Hall room 119. These services are offered free for students and community members. Services can be translated into Spanish, French, German, Vietnamese and Ukrainian.

Student interns are instructed by CPH Associate Professor, Joshua Zender Ph.D.

"We're right here on campus so if you happen to be a resident in one of the residential halls, you can walk down to Siemens Hall and get your tax returns prepared," Zender said. "If you happen to be a resident of Arcata we're probably one of the closest tax preparation sites."

During the workshop, business students will assist anyone from students to members of the community who meet the requirements which are listed on their website: sites.google.com/humboldt.edu/vita/home. Appointments can also be made through the website.

This assistance is available over the phone or Zoom so long as documents are collected beforehand. Requirements will be important to note before relying

on this workshop since there are various limitations in place. People who meet the requirements can rely on this service each year.

"We assist people who make under \$60,000 and who need help because they're not proficient in technology, or they have disabilities," said student intern, Vova Sherman.

This workshop serves as an opportunity for students to put their knowledge to work. Student interns get experience through the internship helping local community members and other students on campus.

"We may not be able to help everybody but if people are unsure, we can guide them to places that can help them," said student intern, Benjamin Arroyo.

This internship is available for students who are interested in applying for next year's workshop.

There are other locations for Volunteer Income Tax Assistance and Tax Counseling for the Elderly in Humboldt County which can be located on irs.gov.

For more information about this workshop can be found at sites.google.com/humboldt.edu/vita/home.

Asistencia de impuestos gratuita para estudiantes y la comunidad

por Eddy Guzman traducido por Tanya Gonzalez

En Cal Poly Humboldt se estará ofreciendo asistencia de impuestos gratuita cada miércoles de las 5:30-8:30 p.m. en Siemens Hall cuarto 119. Estos servicios serán gratis para los estudiantes y miembros de la comunidad. Los servicios ofrecidos podrán ser traducidos a Español, Francés, Alemán, Vietnamita, Y Ucranio.

Los estudiantes en prácticas son instruidos por el Profesor Asociado de CPH, Joshua Zender Ph.D.

"Nosotros estamos aquí en el campus así que si usted es un residente de la universidad y vive en los dormitorios puedes caminar a Siemens Hall y preparar tus declaraciones de impuestos," Zender dijo. "Al igual que si usted es un residente de Arcata, es probable que nosotros seamos uno de los sitios de preparación de impuestos más cercanos."

Durante el taller, los estudiantes de negocios ayudarán a cualquier persona desde estudiantes hasta miembros de la comunidad que cumplen con los requisitos enumerados en su sitio web: sites.google.com/humboldt.edu/vita/home. También se pueden hacer citas a través del sitio web.

Esta asistencia también será disponible por teléfono o a través de zoom, siempre y cuando se recojan los documentos de antemano. Es importante que tengan en mente los requisitos requeri-

dos antes de confiar en este taller ya que existen varias limitaciones. Las personas que cumplan los requisitos podrán contar con este servicio cada año.

"Ayudamos a las personas que ganan menos de \$60,000 y que necesitan ayuda debido a sus discapacidades o por que no tienen experiencia usando la tecnología," dijo la estudiante en prácticas Vova Sherman.

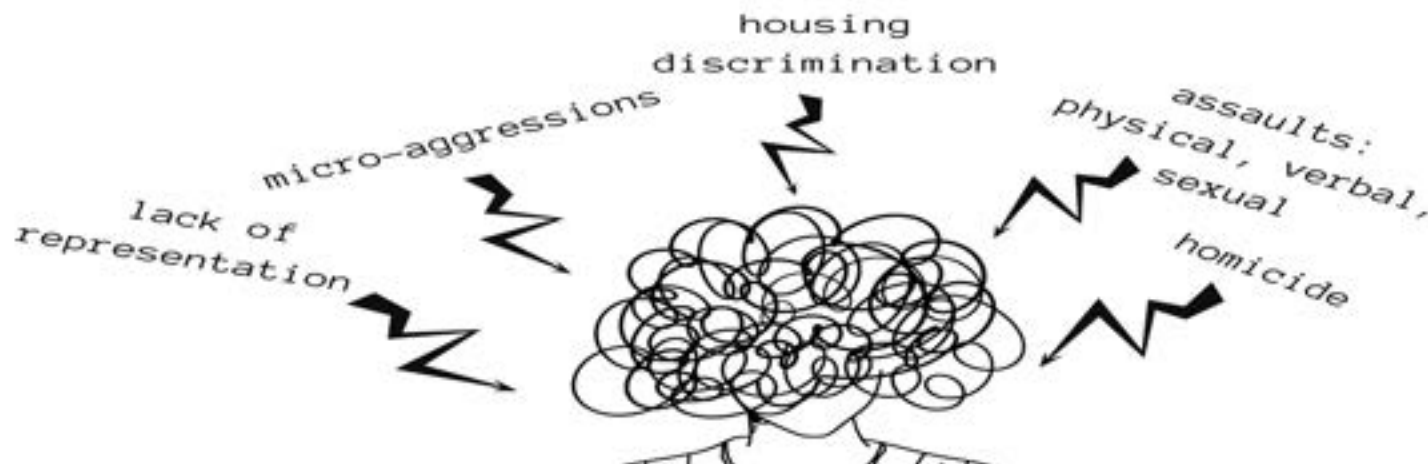
Este taller sirve como una oportunidad para que los estudiantes pongan sus conocimientos a trabajar. Los estudiantes en prácticas adquieren experiencia a través de la pasantía ayudando a los miembros de la comunidad local y a los estudiantes en el campus.

"Hay la posibilidad que no podamos ayudarles a todos, pero si las personas no están seguras, entonces podemos guiarlos a lugares que les puedan ofrecer la ayuda adecuada," dijo el estudiante en prácticas, Benjamin Arroyo.

Estas prácticas están disponibles para los estudiantes que estén interesados en presentarse al taller del próximo año. Hay otros lugares para asistencia voluntaria en impuestos sobre la renta y asesoramiento fiscal para personas mayores en el condado de Humboldt que pueden ser ubicados en irs.gov.

Para más información sobre este taller pueden visitar sites.google.com/humboldt.edu/vita/home.

Photo caption: Left, Vova Sherman, Nicolas Ayala and Fernando Mendez are student interns discussing tax documents on Feb. 15 in Siemens Hall room 119. | A la izquierda, Vova Sherman, Nicolás Ayala y Fernando Méndez son estudiantes internos discutiendo documentos fiscales el 15 de febrero en la sala 119 de Siemens Hall. | Photo by/por Eddy Guzman



Graphic by Ruby Cayenne

Study shows why BIPOC first-year students leave CPH

by Abraham Navarro

A study of Cal Poly Humboldt found that lack of representation, microaggressions, housing discrimination and assault were cited as traumas students of color experienced during their first year at CPH according to research presented by Angela Rich at the Feb. 7 University senate meeting.

These findings come from Latinx, Black and Native students who were contacted through The Indian Tribal & Educational Personnel Program (ITEPP), Umoja Center for Pan African Student Excellence, El Centro Académico Cultural and the Social Justice, Equity and Inclusion Center from 2013 to 2017.

Abran Neri, a mentor/training specialist with the Diverse Male Scholar Initiative (DMSI) at CPH feels like this lack of representation adds a barrier of communication.

"When I'm speaking to a white peer or staff, there's almost a threat factor, if I say something too ghetto, too unscripted my professional points go down," Neri said. "I don't have to watch how I express myself around men of color as opposed to when I'm around white audiences."

Neri explained that the staff of color who do work at CPH have to carry the weight and the responsibility of representing their demographic on their own.

"Even though there's a lack of representation there's also a lack of support," Neri said. "We have amazing staff of color that are given this burden but not given enough support to execute what

they would like to."

Joseph Pang, 26, is a graduate student in academic research psychology who transferred from Sacramento. He is disappointed that there aren't many male role models of color at CPH.

"Of the handful of Asian staff, one of them is sexually assaulting other faculty," Pang said. "What the hell is going on here?"

Pang is referring to John Lee, the former dean of professional studies who was let go from his position following sexual assault allegations but returned to work as a professor using retreat rights in 2016.

Benicio Benavides, an international studies major with DMSI feels that more consistent funding for cultural centers would help students of color feel more comfortable.

"Ideally we should have a full time position dedicated to the efforts of DMSI, and a greater incentive to the development of these programs," Benavides said.

Neri explained that if the school would put effort into getting to know the initiative and why it's important, programs like DMSI or ADPIC wouldn't need to depend on volunteers to stay open.

"We have to etch out our own space and step into a room and be proud of who we are. It's tiring at times," Neri said. "Are they taking us seriously? Maybe when we're in their faces but after that I don't really know what they think of us."

Estudio muestra estudiantes de color dejados el primer año de CPH

por Abraham Navarro traducido por Jennifer Reyes

Un estudio de Cal Poly Humboldt encontró que la falta de representación, las microagresiones, la discriminación en la vivienda y las agresiones se mencionaron como traumas que aquejaron a los estudiantes de color durante su primer año en CPH, según una investigación presentada por Angela Rich en la reunión del senado universitario del 7 de febrero.

Estos hallazgos provienen de estudiantes latinos, negros e indígenas que fueron contactados a través de The Indian Tribal & Educational Personnel Program (ITEPP), Umoja Center for Pan African Student Excellence, El Centro Académico Cultural y Social Justice, Equity and Inclusion Center de 2013 a 2017.

Abran Neri, mentor/especialista con Diverse Male Scholar Initiative (DMSI) en CPH, siente que esta falta de representación agrega una barrera de comunicación.

"Cuando hablo con un compañero o personal blanco, hay casi un factor de amenaza, si digo algo demasiado gueto, demasiado sin guión, mis puntos profesionales caen," dijo Neri. "No tengo que ver cómo me expreso con hombres de color a diferencia de cuando estoy con audiencias blancas."

Neri explicó que el personal de color que trabaja en CPH tienen que cargar el peso y la responsabilidad de representar a su grupo demográfico por sí mismos.

"Aunque hay una falta de representación, también hay una falta de apoyo," dijo Neri. "Tenemos un increíble personal de color al que se les da esta carga, pero no se les brinda suficiente

apoyo para ejecutar lo que les gustaría."

Joseph Pang, de 26 años, es un estudiante graduado en psicología de investigación académica que se transfirió de Sacramento. Está decepcionado de que no haya muchos modelos masculinos de color en CPH.

"Del puñado de personal asiático, uno de ellos está agrediendo sexualmente a otros profesores," dijo Pang. "¿Qué diablos está pasando aquí?"

Pang se refiere a John Lee, el exdecano de estudios profesionales que fue despedido de su cargo luego de acusaciones de agresión sexual, pero volvió a trabajar como profesor con derechos de retiro en 2016.

Benicio Benavides, un estudiante de estudios internacionales con DMSI siente que una financiación más consistente para los centros culturales ayudaría a los estudiantes de color a sentirse más cómodos.

"Idealmente, deberíamos tener un puesto de tiempo completo dedicado a los esfuerzos de DMSI y un mayor incentivo para el desarrollo de estos programas," dijo Benavides.

Neri explicó que si la escuela se esforzará por conocer la iniciativa y por qué es importante, los programas como DMSI o ADPIC no necesitan depender de voluntarios para permanecer abiertos. "Tenemos que grabar nuestro propio espacio y entrar en una habitación y estar orgullosos de quienes somos. A veces es agotador," dijo Neri. "¿Nos están tomando en serio? Tal vez cuando estamos en sus caras, pero después de eso, realmente no sé qué piensan de nosotros."

No BIPOC focused CAPS counselors

by Victoria Olsen

Cal Poly Humboldt Counseling and Psychological Services lacks in BIPOC representation for students of color since the departure of Latinx and Multicultural focused counselors.

CAPS is located on the second floor of the Health Center on the CPH campus. They offer support for individual, group, workshops and crisis counseling services for students in person. CAPS is also partnered with TimelyCare to provide students support from counselors of more diverse backgrounds, over the phone.

CAPS has one person of color identifying faculty member, Nassie Danesh who is an LCSW, staff psychotherapist and suicide prevention Coordinator. They also have 10 trainee counselors who identify as POC who are in the Psychology Department's Masters in Counseling graduate program and are supervised by licensed clinicians.

Ginette Walker was hired at CAPS as a staff psychotherapist in January 2022 to focus on the Latinx community of students. Cedric Aaron was hired at CAPS in fall 2018 as the multicultural specialist and staff psychotherapist. Both have since left, leaving these positions vacant. El Leñador reached out and was unable to get interviews with Walker and Aaron. According to CAPS, they have plans to fill both of these positions in fall 2023.

José Juan Rodríguez Gutierrez is a senior at CPH and the Center Liaison at El Centro Académico Cultural de Humboldt.

"Gina was an incredible person, she put in so much effort into being present, to going out of her way and doing more than what her job description was," Gutierrez said.

Gutierrez explained that his support system at CPH comes from "the big 5" as he called the cultural centers: El Centro, Umoja Center for Pan African Excellence, Asian, Desi, Pacific Islander Collective (ADPIC), Indian Tribal & Educational Personnel Program (ITEPP), Indian Natural Resources, Science and Engineering Program

(INRSEP) as well as the Educational Opportunity Program (EOP).

"I think all of the smaller entities on campus that don't really receive a lot of the credit, are the ones doing the heavy lifting. Not CAPS, not the school wellness center, but it's the cultural centers," Gutierrez said.

CAPS Interim Associate Director and licensed Clinical Psychologist, Elizabeth McCallion stated that "48% of the students who sought services at CAPS last semester identify as a student of color."

McCallion explained that CAPS works closely with the Cultural Centers to offer support to students of color, "our staff is engaged in ongoing training on decolonizing mental health & DEI [Diversity, Equity and Inclusion]."

"One of my primary goals as a leader at CAPS is to continue to diversify our staff and provide increased support to underserved groups," McCallion said. "One way I do this is by welcoming student voices and feedback about how CAPS can best support their mental health. All voices matter."

Interim Dean of Students, Adrienne Colegrove-Raymond, explained that the DOS works closely with CAPS.

"They [Dean of students] provide campus resources to support students with health and wellbeing services and resources, one of which is referral to CAPS," Colegrove-Raymond said.

CAPS' response when asked about support for students of color they mentioned that CPH funds Cultural centers that provide culturally responsive advising, co-curricular programming, safe spaces and trusted connections to the local community. As well CPH provides an Off-campus Housing Coordinator to students who wish to move out of campus housing.

"I feel like Cal Poly Humboldt talks a big game but they ain't really about it. I believe that representation isn't something you can just go ahead and say 'oh you know, we're working on it,' it's either there or it's not," Gutierrez said.

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Abortion pills offered by campus health center

by Ione Dellos

Senate Bill 24 by California State Senator Connie Levya (D-Chino) requiring University Of California and California State University systems to offer students medical abortions went into effect on Jan. 1, 2023.

After the Supreme Court overturned Roe v. Wade in June 2022, California’s state legislature sped to protect abortion rights. The new abortion laws aim to shore up protections for those seeking abortions and to expand access to the procedure.

As stated in Section 1 of SB 24, the California State Legislature declared that “Abortion care is a constitutional right and an integral part of comprehensive sexual and reproductive health care.”

Before SB 24 was passed, university healthcare centers would refer students to off-campus healthcare facilities for abortion services. Students without cars or a reliable source of transporta-

tion can have a difficult time getting to off-campus healthcare facilities. They may also have a hard time covering the cost of the medication, so offering the process on campus is another way to remove these barriers.

Melissa Tores, mental health educator at the Peer Health Center, talks about the importance of this new law.

“It would for sure make students feel safer, and would eliminate the harassment students seeking an abortion might face in the Student Health Center,” Tores said.

Elizabeth McCallion, interim associate director for Counseling and Psychological Services (CAPS), is glad to hear that students are sharing this important service within their community.

According to McCallion, CAPS does offer counseling for students after the abortion pill procedure. “CAPS offers counseling for any student before and/or after medication-assisted abortion,”



The Student Health and Counseling building now has the abortion pill available. | Photo by Abraham Navarro

McCallion said.

CHECK IT, which works to empower the campus community, works closely with the Student Health Center. When students come to the CHECK IT office asking for advice, they point them to the Health Center for “solid advice.”

CHECK IT has informational pamphlets about the abortion pill and they are also there to listen to the concerns of those anxious about the procedure.

“The accessibility of having it on campus is important, because there’s a lot of stigma around abortion,” said Patricia Marquez, presentation coordinator for CHECK IT. “Being able to have that in a close community is really cool, and just having it available to college students who might be a little bit afraid to go out and ask for help from other resources is a great thing for the campus.”

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Women's Resources in Humboldt County

by Carlina Grillo

Women's Resource Center (WRC)

Nelson Hall West, Room 204, Cal Poly Humboldt, Arcata
Email: hsuwomen@humboldt.edu
Instagram @humboldt.wrc

The WRC offers women's circles, book clubs, events, workshops, free menstrual products, including reusable products like menstrual cups, and stock the CPH bathrooms with organic cotton menstrual products. All people are welcome to drop in during office hours.

Planned Parenthood

3225 Timber Fall Court Suite B, Eureka.
(707) 442-5700

Planned Parenthood is known for their inclusive and comprehensive sexual and reproductive health care.

The Eureka Health Center offers: checkups when you have a reproductive/sexual health problems, breast exams, cervical cancer screening, colposcopy, mammogram referrals, menopause and midlife education and treatment, Pap tests, routine physicals for women ages 13 and older, UTI testing and treatment, as well as vaginal infection testing and treatment. Other services they provide include help with irregular or no periods, painful periods, painful sex, bleeding between periods, menstrual problems (premenstrual syndrome).

Another important resource Planned Parenthood offers for men is vasectomies.

North Coast Rape Crisis Team

www.ncrct.org
24 Hour Hotline: (707) 445-2881
Business line (available Monday-Friday 8:30 a.m. - 5:00 p.m.) - (707) 443-2737

The North Coast Rape Crisis Team is a huge resource for survivors of sexual assault. Some of the services they offer include: individual counseling,

support groups, prevention education, outreach, information, referrals, and advocacy as well as accompaniment with law enforcement, court personnel, medical providers, etc.

If a Spanish speaker calls the hotline and the counselor they connect with is not bilingual, during business hours, they will be directed to call the business line to connect with an advocate who is. If they call after hours, the counselor will get the caller's phone number and a bilingual advocate will call them back during business hours.

Humboldt Domestic Violence Services (HDVS)

www.hdvs.org
24 hour Crisis and Support Line: (707) 443-6042
Business Office: (707) 444- 9255

For survivors of domestic violence or intimate partner violence, Humboldt Domestic Violence Services is a non-profit organization you can reach out to for help.

HDVS provide a multitude of services in Humboldt County. Those services include: One on one peer counseling, support groups, restraining order assistance, emergency food & clothing, sheltering options, court & social service accompaniment and child services.



Graphic by Karina Ramos Villalobos

Recursos para mujeres en el condado de Humboldt

por Carlina Grillo traducido por Desiree Osornio

Women's Resource Center (WRC) (Centro de Recursos para Mujeres)

Nelson Hall West, Sala 204, Cal Poly Humboldt, Arcata
Correo electrónico: hsuwomen@humboldt.edu
Instagram @humboldt.wrc

El WRC ofrece círculos de mujeres, clubes de lectura, eventos, talleres, productos menstruales gratuitos, incluidos productos reutilizables como copas menstruales, y repone en los baños del CPH productos menstruales de algodón orgánico. Todas las personas son bienvenidas en horario de oficina.

Planned Parenthood

3225 Timber Fall Court Suite B, Eureka
(707) 442-5700.

Planned Parenthood es conocida por su atención sanitaria sexual y reproductiva inclusiva y completa.

El Centro de Salud de Eureka ofrece: revisiones cuando tienes problemas de salud reproductiva/sexual, exámenes de pecho, detección del cáncer de cuello de útero, colposcopia, derivaciones para mamografías, educación y tratamiento de la menopausia y la mediana edad, pruebas de Papanicolaou, exámenes físicos rutinarios para mujeres a partir de 13 años, pruebas y tratamiento de infecciones urinarias, así como pruebas y tratamiento de infecciones vaginales. Otros servicios que prestan incluyen ayuda en caso de periodos irregulares o ausencia de periodos, periodos dolorosos, relaciones sexuales dolorosas, hemorragias entre periodos, problemas menstruales (síndrome premenstrual).

Otro recurso importante que Planned Parenthood ofrece a los hombres es la vasectomía.

North Coast Rape Crisis Team (Equipo de Crisis por Violación de la Costa Norte)

www.ncrct.org
Línea directa 24 horas: (707) 445-2881
Línea comercial (disponible de lunes a viernes de 8:30 a.m. a 5:00 p.m.) - (707) 443-2737

El North Coast Rape Crisis Team es un gran recurso para las supervivientes de agresiones sexuales. Algunos de los servicios que ofrecen son: terapia individual, grupos de apoyo, educación preventiva, referencias, información, derivaciones y defensa, así como acompañamiento con las autoridades policiales y judiciales, médicos, etc.

Si un hispanohablante llama a la línea directa y el asesor con el que conecta no es bilingüe, durante el horario laboral, se le indicará que llame a la línea comercial para conectar con un defensor que sí lo sea. Si llaman fuera del horario laboral, el asesor obtendrá el número de teléfono de la persona que llama y un defensor bilingüe le devolverá la llamada en horario laboral.

Humboldt Domestic Violence Services (Servicios contra la Violencia Doméstica de Humboldt) (HDVS)

www.hdvs.org
Línea de crisis y apoyo 24 horas: (707) 443-6042
Oficina comercial: (707) 444- 9255

Sobrevivientes de la violencia doméstica o de pareja, Humboldt Domestic Violence Services es una organización sin fines de lucro a la que puedes solicitar ayuda.

HDVS proporciona multitud de servicios en el condado de Humboldt. Esos servicios incluyen: Consejería individualizada, grupos de apoyo, asistencia para órdenes de alejamiento, alimentos y ropa de emergencia, opciones de alojamiento, acompañamiento a tribunales y servicios sociales, y servicios para niños.

First Latina on the Board of Supervisors in Humboldt

by Ruby Cayenne

Natalie Arroyo started off 2023 as Humboldt County's first Latina to be elected to office on the Board of Supervisors to represent District 4.

Arroyo was introduced to the Watershed Stewards Project through AmeriCorps and started working in this area doing fisheries conservation in Petrolia, California. Coming from a Puerto Rican background and growing up in Miami, Florida, she first came to Humboldt in 2006 from New Orleans. Arroyo stayed in Humboldt largely due to the natural and architectural beauty of the area. Having grown up primarily on military bases, these features intrigued her.

The small and rural characteristics of most towns in Humboldt County reminded her of her family's Puerto Rican culture, where people are very welcoming and embrace one another. Food and culture are ways that Arroyo remains connected to her heritage.

"Growing up Puerto Rican and eating all the flavors, and the family experiences that come with food, are some of the warmest experiences in my personal life," Arroyo said.

To Arroyo, Puerto Rican tradition values warmth and kindness towards all people, as well as a connection to other Latinx cultures. "That's something I grew up with that I have to pull back in our culture here," Arroyo said. "I feel I'm very warm and familiar with people in a way that they're not expecting. Sometimes that can seem confusing to them when I'm just bringing what's normal for my family into the space."

Arroyo began her political path in her early twenties by volunteering to serve on nonprofit boards of directors. She served two terms on the Eureka City Council before advancing in her career to now serve on the Humboldt County Board of Supervisors.

"I think a lot about language and policymaking and whether information is accessible to people in their language. There's also a lot of need for more housing," Arroyo said. "Just as much as it's important to house students and house people who are currently houseless it's



Natalie Arroyo, Fourth District Supervisor of Humboldt County. | Photo by Ruby Cayenne

also important to welcome people in from outside the community including people who have immigrated here from other countries."

As a politician, Arroyo is a vocal advocate for women's rights, in favor of abortions-rights and is passionate about supporting organizations that provide reproductive healthcare. She wants people to have the right to make their own bodily decisions. Arroyo acknowledges that the right to choose has been pivotal

to where many people are in life today.

When it comes to her work, she is excited to be an example for other Latinx people to see that they can potentially serve their community as government officials in ways that are meaningful to them. Also teaching a class at Cal Poly Humboldt on Environmental Conflict Resolution, she expressed that Latinx students had taken her class because they felt that familiarity and inspiration from her being a Latina.

"It's interesting to me how people sometimes don't want to talk about racial, cultural, or ethnic diversity. There are times when I've been in a room to make a decision and if I hadn't been there, the decision would not have gone that way," Arroyo said. "I'm very proud to be Latina and to be in a leadership role. It's groundbreaking for this place and this moment in time."

Primera Latina en la Junta de Supervisores en Humboldt

por Ruby Cayenne traducido por Desiree Osornio

En 2023, Natalie Arroyo empezó como la primera latina del condado de Humboldt elegida para un cargo en la Junta de Supervisores en representación del Distrito 4.

Arroyo conoció el Watershed Stewards Project a través de AmeriCorps y empezó a trabajar en este área realizando conservaciones pesqueras en Petrolia, California. De origen puertorriqueño y criada en Miami, Florida, vino a Humboldt en 2006 desde Nueva Orleans. Arroyo se quedó en Humboldt principalmente por la belleza natural y arquitectónica de la zona. Al haber crecido principalmente en bases militares, estas características la cautivaron.

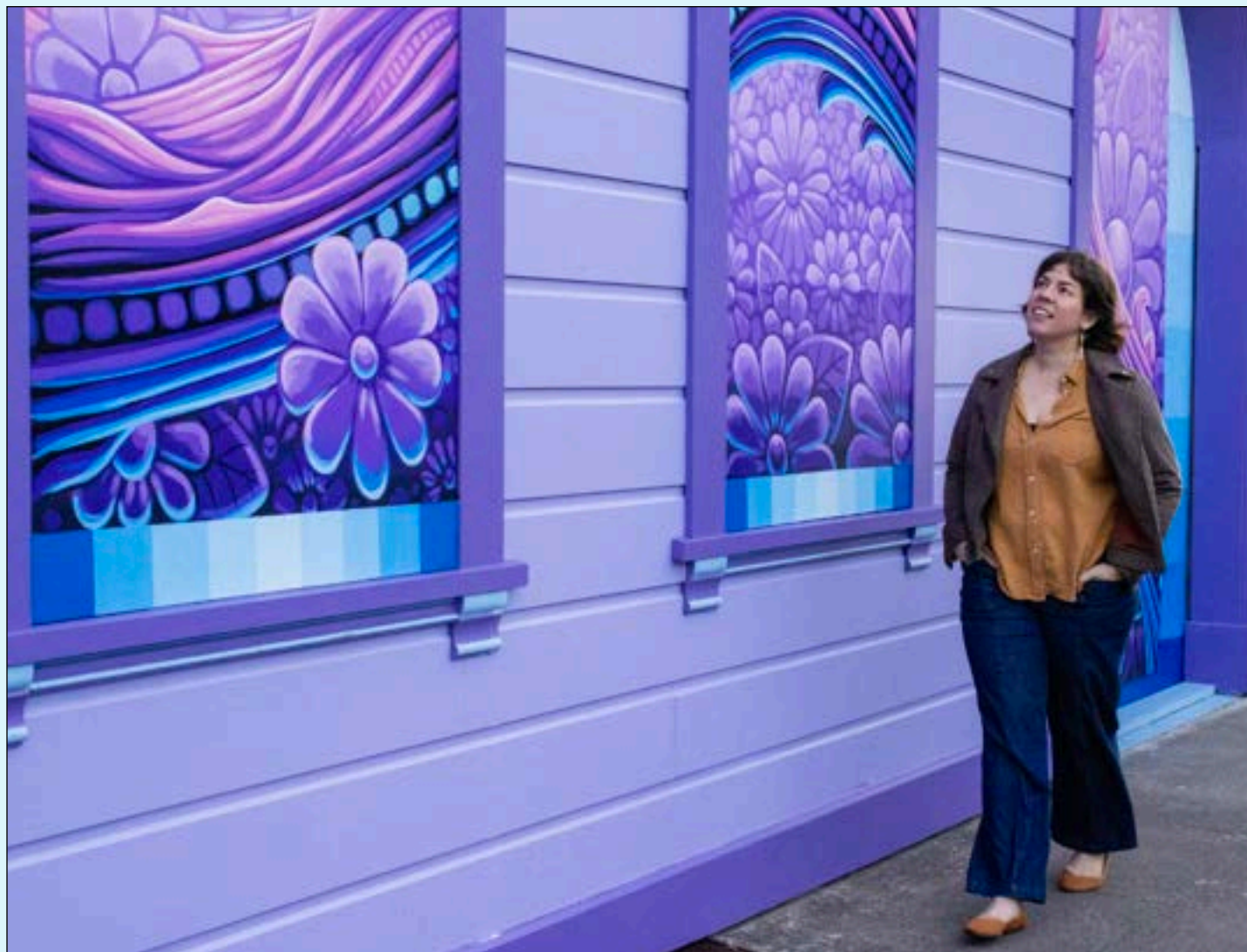
Las características rurales y pequeñas que tienen la mayoría de los pueblos del condado de Humboldt le recordaron a la cultura puertorriqueña de su familia, donde la gente es muy amable y se recibe con los brazos abiertos. La comida y la cultura son formas en las que Arroyo permanece unida a su cultura.

"Criarme como puertorriqueña y probar todos los sabores, y las experiencias familiares que vienen con la comida, son algunas de las experiencias más agradables de mi vida personal," dijo Arroyo.

Para Arroyo, la tradición puertorriqueña valora la amabilidad y la ternura hacia todas las personas, así como la conexión con otras culturas latinas.

"Eso es algo con lo que crecí y que tengo que retomar en nuestra cultura aquí," dijo Arroyo. "Siento que soy muy cariñosa y familiar con la gente de una forma que no esperan. A veces eso puede parecerles confuso cuando sólo estoy trayendo al espacio lo que es normal para mi familia."

Arroyo comenzó su carrera política a comienzos de los veinte años, trabajando como voluntaria en juntas directivas de organizaciones sin ánimo de lucro. Sirvió dos términos en Eureka City Council antes de avanzar en su carrera para servir ahora en la Junta de Supervisores del Condado de Humboldt.



Natalie Arroyo, Supervisora del Cuarto Distrito del Condado de Humboldt. | Foto por Ruby Cayenne

"Pienso mucho en el lenguaje y la formulación de políticas y en si la información es accesible a la gente en su idioma. También hay mucha necesidad de más vivienda," dijo Arroyo. "Tanto como es importante alojar a los estudiantes y a las personas que no tienen vivienda ahora, también es importante recibir a personas de fuera de la comunidad, incluyendo a personas que han emigrado aquí desde otros países."

Como política, Arroyo es una firme defensora de los derechos de la mujer, está a favor del derecho al aborto y le apasiona apoyar a las organi-

zaciones que proporcionan atención sanitaria reproductiva. Quiere que la gente tenga derecho a tomar sus propias decisiones con respecto a su cuerpo. Arroyo reconoce que el derecho a decidir ha sido fundamental para que muchas personas se encuentren hoy en día en la vida.

En lo que respecta a su trabajo, le entusiasma ser un ejemplo para que otras personas latinas vean que potencialmente pueden servir a su comunidad como funcionarios del gobierno de formas que sean significativas para ellas. También enseña una clase en Cal Poly Humboldt sobre

Resolución de Conflictos Medioambientales, y expresó que los estudiantes Latinx han tomado su clase porque sintieron esa familiaridad e inspiración por ella ser latina.

"Me resulta interesante cómo a veces la gente no quiere hablar de diversidad racial, cultural o étnica. Hay veces en las que he estado en una sala para tomar una decisión y, si yo no hubiera estado allí, la decisión no habría salido así," dijo Arroyo. "Estoy muy orgullosa de ser latina y de asumir un papel de liderazgo. Es innovador para este lugar y este momento."

Bilingual News

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1 Harpst St., Arcata, Gist Hall 227
(707) 826-3259
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. Provides childbirth education, breastfeeding support and parenting classes. **It’s FREE.** Call for an appointment.
2200 Harrison Ave, Eureka
(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.
2200 Harrison Ave, Eureka
(707) 441-4477

Food for People
Offers food assistance programs.
307 W. 14th St., Eureka
(707) 445-3166
www.foodforpeople.org

Church

Sacred Heart Church
English: Catholic mass in Spanish
2085 Myrtle Ave, Eureka
(707) 443-8429
Sacred Heart Church - católica
Español: Misa - miércoles 7 p.m., domingo 12:15 p.m.
2085 Myrtle Avenue, Eureka
(707) 442-6151
St. Joseph Parish
English: Catholic mass in Spanish Sunday at 12:30 p.m.
14th and N St., Fortuna
(707) 725-1148
St. Joseph Parish - católica
Español: Misa - jueves 7:15 p.m., y domingo en español a las 12:30 p.m.
14th and N St., Fortuna
(707) 725-1148

Chabad of Humboldt - Jewish
413 Bayside Ct., Arcata
(707) 633-8770

Education

College of the Redwoods (CR)
English: Offers ESL courses at Eureka, Fortuna and Del Norte sites. All Adult Education classes are free.
(707) 476-4520
adult-ed@redwoods.edu

Español: Ofrece cursos de ESL en sus sitios de Eureka, Fortuna y Del Norte. Todas las clases de educacion para adultos son gratuitas.
(707) 476-4520
adult-ed@redwoods.edu

English Express
Catalyzes personal and social change for local immigrants through English language education and connections to community resources.
-Jefferson Community Center
1000 B St., Eureka
-Gene Lucas Community Center
3000 Newburg Rd, Fortuna
-McKinleyville Family Resource Center
1615 Heartwood Dr., McKinleyville
-Sun Valley Floral Farm
For employees only
(707) 443-5021

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

Cultural Centers
Umoja Center for Pan African Student Excellence
Nelson Hall East 206
(707) 826-4588
umoja@humboldt.edu

El Centro Académico Cultural
Nelson Hall East 205
707.826.4590

Native American Center (ITEPP)
1 Harpst Street, Brero House #93
Arcata, California 95521
707.826.3672

ADPIC
Nelson Hall East 215/216
Arcata, Ca 95521
adpic@humboldt.edu

Entertainment/Arts

Arcata Playhouse
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
(707)200-3332

North Coast Repertory Theatre
300 5th St., Eureka, CA 95501
NCRT.net

Ethnic Markets

Little Japan
2848 F St., Eureka
(707) 798-6003

Oriental Food & Spice
306 W Harris St., Eureka
Phone: (707) 445-3398

Asia’s Best
2085 Myrtle Avenue #8, Eureka
(707) 497-6386

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

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

La Chaparrita Market
520 Summer St., Fortuna
(707) 617-2570

El Buen Gusto
802 Broadway St., Eureka
Mon-Fri from 10 a.m.-9 p.m.
(707) 798-6290
1640 Main St., Fortuna
Mon-Fri from 9 a.m.-9 p.m.
(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, (707) 445-7256

Legal Services of Northern California
Serving clients with health related legal issues in acquiring and keeping health-care services
123 3rd St., Eureka
(707) 445-0866

California Indian Legal Services
324 F St., Eureka
(707) 443-8397

Scholars Without Borders
Club at HSU to support AB540 students located on the 2nd floor of the MCC
(707) 826-3368

HSU Student Legal Lounge
Center for peer mentoring and legal resources for academic, activism, discrimination, housing, Title IX and DACA
studentlegallounge.humboldt.edu

Social Services

True North Organizing Network
Supporting individuals from diverse backgrounds and work together for influential change
517 3rd St., Suite 16, Eureka
(707) 572-5530

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

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

Black Humboldt
Black people enlightening, empowering, and entertaining other Black people. Investing in Black businesses, art, and culture.
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(707)-840-4641
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Karina Juarez uses Medicine Woman, a small clay figure she bought in Mexico, and other traditional Indigenous ceramics as inspiration for many of her sculptures. | Photos by Abraham Navarro and Oscar Uribe Mancillas | Karina Juarez usa Mujer de la medicina, una pequeña figura de arcilla que compró en México, y otras cerámicas indígenas tradicionales como inspiración para muchas de sus esculturas. | Fotos de Abraham Navarro y Oscar Uribe Mancillas



Scan QR code to watch video. | Video by Oscar Uribe Mancillas



Soy Artista: Reconnecting through ceramics

by Oscar Uribe Mancillas

The smell of tierra mojada and paint fill her work space. Her hands are covered in gray clay. Karina Juarez, student at Cal Poly Humboldt and a ceramist, molds a variety of figures and shapes that express her experience as an Indigenous woman. She took a ceramics class at her community college and her passion for pottery grew quickly.

"I basically got addicted to the clay," Juarez said. "It was just love at first touch, I felt connected to it."

Juarez explains how her father at a young age was said to have been creative and would find pieces of clay where he lived and would mold them into toys to play with. She now creates cups, pots, mugs and figures inspired by the Zapotec culture that is connected to her family's history.

"I'm representing a really large group of people. We're still here, we're still alive, we're still making art," Juarez said. "I have to make this art because I want to see it exist. This is art that our ancestors used to make."

The Zapotec are an Indigenous group from Oaxaca, Mexico that Juarez said are famous for their food and art, specifically for their ceramics.

Juarez is a transfer student and a senior double majoring in art education and fine arts. She moved here from Orange County in 2021, eager to demonstrate her creativity. But Juarez, being Zapoteca, has experienced imposter syndrome and how isolating these spaces can be for women of color especially here at Humboldt.

"A lot of us aren't supported in the arts. It's like, why are you majoring in art," Juarez said. "I just feel like there is an underrepresentation of our culture in the ceramics world in general but thankfully that's changing now."

One of Juarez's art pieces named "Mi Existencia es Mi Resistencia" is inspired by a stone figure she found in Oaxaca that depicts a medicine woman at work.

"It's not like a skinny little girl, you know, it's a strong looking woman. So I decided to make my own version of it. I wanted to really tap into the Mexi-

can American experience," Juarez said. "There's a lot of messed up values in our culture like machismo and misogyny and I've seen it all, especially going back home. I wanted to dedicate this piece to all the women that are having to grow up in this world."

Juarez plans to apply to artist residency programs and continue her education with a masters in ceramics with ambitions to teach at the college level one day.

CPH Art Education Professor James Woglom is a huge supporter of her work because of its incorporation of socially engaged art practices. He believes Juarez thinks through her artform as a representation of her place in history.

"She's making art that illustrates her own autobiographical story," Woglom said.

Juarez advocates for reconnection and education. She believes there is a lack of diversity in art and it can be unmotivating especially when multiple identities and labels alienate artists interested in their roots. "Sometimes you don't feel like you can. It feels a little scary, especially because there's things that were burned and destroyed, so we don't even know what the meaning of them are," Juarez said. "I would definitely encourage students to tap into that and figure out why you're being called to work with or be inspired by ancestral work."





Soy Artista: Reconectando a través de la cerámica

por Oscar Uribe Mancillas traducido por Sandy Ceja

El olor de tierra mojada y pintura llenan su espacio de trabajo. Sus manos están cubiertas de barro gris. Karina Juárez, estudiante de Cal Poly Humboldt y ceramista, moldea una variedad de figuras y formas que expresan su experiencia como mujer indígena.

Tomó una clase de cerámica en su colegio comunitario y su pasión por la cerámica creció rápidamente.

“Básicamente me volví adicta a la cerámica,” dijo Juárez. “Fue amor al primer contacto, me sentí conectado con eso.”

Juárez explica que su padre, de muy joven, era muy creativo y encontraba trozos de barro donde vivía y los moldeaba para convertirlos en juguetes con los que jugar. Ahora crea tazas, ollas, tazones y figuras inspiradas en la cultura zapoteca que está conectada con la historia de su familia.

“Estoy representando a un gran grupo de personas. Todavía estamos aquí, todavía estamos vivos, todavía estamos haciendo arte,” dijo Juárez. “Tengo que hacer este arte porque lo quiero ver existir. Este es el arte que nuestros antepasados

solían hacer,”

Los zapotecos son un grupo indígena de Oaxaca, México. Juárez dijo que son famosos por su comida y arte, específicamente por su cerámica.

Juárez es una estudiante de intercambio de último año que está estudiando dos carreras en educación artística y artes visuales. Ella se mudó aquí desde Orange County en 2021, ansiosa por demostrar su creatividad. Pero Juárez, siendo zapoteca, ha experimentado el síndrome del impostor y lo aislado que pueden ser estos espacios para las mujeres de color, especialmente aquí en Humboldt.

“Muchas de nosotras no tenemos apoyo en las artes. Nos preguntan, por qué te especializas en arte,” dijo Juárez. “Siento que hay una falta de representación de nuestra cultura en el mundo de la cerámica en general, pero afortunadamente eso está cambiando ahora.”

Una de las obras de arte de Juárez llamada “Mi Existencia es Mi Resistencia” está inspirada en una figura de piedra que encontró en Oaxaca que representa a una curandera trabajando.

“No es como una niña delgada, ya sabes, es una mujer de aspecto fuerte. Así que decidí hacer mi propia versión.

Realmente quería aprovechar la experiencia mexicana-estadounidense,” dijo Juárez. “Hay muchos valores desordenados en nuestra cultura, como el machismo y la misoginia,

y lo he visto todo, especialmente en mi regreso a casa. Quería dedicar esta pieza a todas las mujeres que están creciendo en este mundo.”

Juárez planea aplicar a programas de residencia de artistas y continuar su educación con una maestría en cerámica con la ambición de enseñar a nivel universitario

algún día.

El profesor de educación artística de CPH, James Woglom, es un gran partidario de su trabajo debido a su incorporación de prácticas artísticas socialmente comprometidas. Él cree que Juárez piensa a través de su forma de arte como una representación de su lugar en la historia.

“Ella está haciendo arte que ilustra su propia historia autobiográfica,” dijo Woglom.

Juárez lucha por la reconexión y la educación. Ella cree que hay una falta de diversidad en el arte y puede ser desmotivador, especialmente cuando las muchas identidades y etiquetas alejan a los artistas interesados en sus raíces.

“A veces sientes que no puedes. Da un poco de miedo, especialmente porque hay cosas que fueron quemadas y destruidas, por lo que ni siquiera sabemos cuál es su significado,” dijo Juárez. “Definitivamente animaría a los estudiantes a aprovechar eso y descubrir por qué son llamados a participar o inspirarse en el trabajo ancestral.”



A.S. 2023 Elections

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Libros poderosos a mujeres de color

por Celeste Sadler traducido por Karina Ramos Villalobos

Título: Yo soy Malala: La joven que defendió el derecho a la educación y fue tiroteada por los talibanes (2013)

Autor: Malala Yousafzai con Christina Lamb

Género: memorias

Descripción del libro: Este libro cuenta la historia de Malala. Cómo se puso de pie contra los talibanes cuando tomaron el control del valle de Swat en Pakistán. Luchando por su derecho a la educación. Cómo esa elección casi le costó la vida cuando le dispararon en la cabeza en un punto en blanco mientras viajaba en el autobús a casa desde la escuela. Su recuperación milagrosa y su viaje para convertirse en la nominada más joven para el Premio Nobel de la Paz.

Descripción del autor: Alice Walker es una autora y activista paquistaní en favor de la educación femenina y la galardonada con el Premio Nobel más joven de la historia.

Título: El color púrpura (1982)

Autor: Alice Walker

Género: ficción histórica

Descripción del libro: Originalmente escrito en español pero traducido al inglés, narra la vida de una joven que se enfrenta a un trauma sexual y supera sus luchas por ser una mujer de color en el sur durante la década de 1900. Aunque este libro trata temas pesados como el incesto, la agresión sexual y el racismo, en última estancia trata de las amistades que las mujeres hacen entre ellas y de cómo afrontan sus traumas. **Descripción del autor:** Alice Walker es una autora y activista galardonada. Fue la primera afroamericana en ganar un Premio Pulitzer de ficción con "The Color Purple," que también ganó el premio nacional del libro.

Título: Un Sueño Llamado Hogar (2018)

Autor: Reyna Grande

Género: memorias

Descripción del libro: Esta historia detalla el viaje de Reyna Grande para con-

vertirse en la primera en su familia en obtener un título universitario y encontrar su lugar y hogar en su país adoptivo. Sus luchas de sentirse alienada de su familia, nueva comunidad, y tratando de convertir su título en una carrera. Sigue su viaje de inmigrante indocumentada a autora galardonada.

Descripción del autor: Reyna Grande es una autora mexico-americana de gran éxito de ventas que llegó a los Estados Unidos como niña inmigrante indocumentada.

Título: Todo sobre el amor (1999)

Autor: bell hooks

Género: ensayo, filosofía

Descripción del libro: bell hooks presenta nuevas formas de pensar sobre el amor y su interconexión en nuestras vidas privadas y públicas. Ofrece nuevas formas de pensar sobre el amor propio que aportarán paz y compasión a la vida personal y profesional. Desafía la idea de que el amor romántico es el amor más importante de todos.

Descripción del autor: bell hooks fue una autora, feminista y activista social afroamericana.

Título: Eva Luna (1987)

Autor: Isabel Allende

Género: realismo mágico

Descripción del libro: Escrito originalmente en español pero traducido al inglés, este libro sigue la vida de Eva Luna, hija del ayudante de un profesor y de un jardinero mordido por una serpiente. A pesar de nacer pobre, quedar huérfana de joven y trabajar como sirvienta, Eva es una narradora de historias talentosa que conoce a personas únicas de ámbitos vitales muy diferentes.

Descripción del autor: Como novelista chilena-estadounidense, Isabel Allende es considerada una de las primeras novelistas exitosas en América Latina.

Título: Vibra Más Alto Todos los Días: Vive tu poder (2019)

Autor: Lalah Delia

Género: autoayuda

Descripción del libro: Un libro de autoayuda sobre cómo tomar decisiones intencionales del día a día que nos alejan de las mentalidades, hábitos y estilos de vida que ya no funcionan para nosotros y nos convierten en los que sí lo hacen. Es una invitación a comprometerse con todo lo que alimenta nuestra alma mientras simultáneamente suelta todo lo que baja nuestra energía.

Descripción del autor: Lalah Delia es una autora afroamericana de bestsellers, educadora de bienestar, escritora espiritual, practicante espiritual certificada y fundadora de Vibrate Higher Daily School.

Título: Una trenza de hierba sagrada (2013)

Autor: Robin Wall Kimmerer

Género: ensayo, ciencia

Descripción del libro: En este libro, Kimmer combina su formación como botánica con su herencia Potawatomi para argumentar que "el despertar de una conciencia ecológica más amplia requiere el reconocimiento y la celebración de nuestra relación recíproca con el resto del mundo viviente. Porque solo cuando podamos escuchar las len-

guas de otros seres seremos capaces de comprender la generosidad de la tierra, y aprender a dar nuestros propios dones a cambio."

Descripción del autor: Dra. Robin Wall Kimmerer es madre, científica, profesora condecorada y miembro inscrita de la Nación Ciudadana Potawatomi.

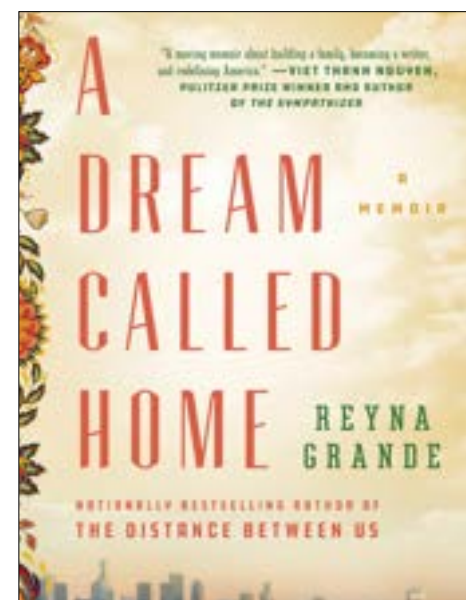


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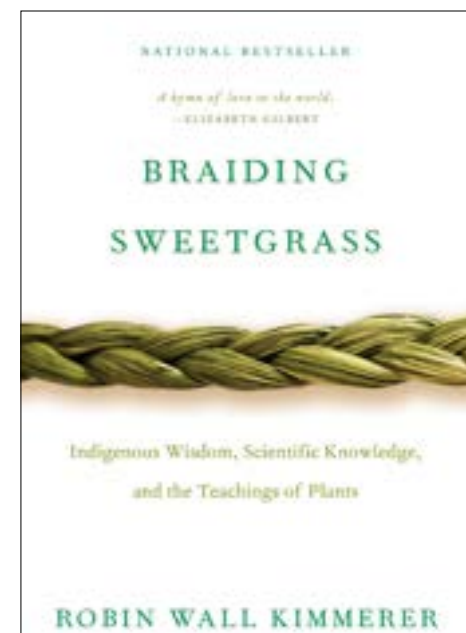


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Fill your indoor space with houseplants

by Karina Ramos Villalobos

Luscious plants hang on the walls and ceilings of Humboldt Houseplants in Arcata co-owned by Shelise and Jeff Ensworth. What started as a form of therapy, grew into a passion for houseplants.

“It really started probably about five years ago when I started taking care of some plants and enjoying them a lot,” Shelise said. “It was a sense of peace, happiness in my life, in my day-to-day time.”

The shop has a selection of shades of green tropical plants, such as Anthurium, Chinese Evergreen, air plants and more. Something unique about houseplants is that they can’t fully grow outside, they are specific to the indoors.

“We’re really knowledgeable team between the two of us and our employee Bree,” Shelise said. “We all have a passion for plants and can answer any question you have or troubleshoot any problems you have with your own plants at home.”

Shelise began branding Humboldt Houseplants on Instagram in April 2022. She built her platform by resharing plants and creating an online community and began selling a few.

In the same year in May, Shelise and Jeff attended pop-up maker market events in Humboldt and sold houseplants. They had an overwhelming amount of support from the local community and in Jan. 2023 they opened their storefront.

“I find myself looking at a plant and it sprouts creativity, it brings you more energy,” Jeff said.

“It brightens the space and also it sparks ingenuity in yourself.” Houseplants can bring joy by observing their growth. According to Shelise, they are “the best therapy you can have.”

Shelise, 26, was born and raised in Humboldt County. She grew up admiring her grandmother’s garden in Trinidad. Jeff,

33, is from Orange County, and in 2013, he moved to attend Cal Poly Humboldt. In 2017, he graduated with a bachelor’s degree in environmental science. The couple bonded over their shared experiences about their grandmother’s relationship with their garden. Their love for plants and gardening bonds them together.



“We really want to nurture the plant community here and also educate people and children,” Shelise said. “That’s another thing we notice is the kids that come into this space are so into plants and it’s one of the most special things for us to see.”

In the future, a short-term goal for the couple is to host classes to teach people how to take care of their houseplants and pot them along with having paint-and-sip events and activities for children.

“By having a plant for about a month you see growth and that is a joy we share,” Shelise said. “By growing plants together

we’re like oh my gosh look at how good this one is doing or look at this new leaf, or look at how cool or weird this is. It’s really interactive to have a plant.”

For more information check out Humboldt Houseplants on 1075 St in Arcata or their website at humboltdhouseplants.com



Scan QR code to watch video about Humboldt Houseplants. | Video by Karina Ramos Villalobos

Escanee QR código para ver videos sobre las plantas de Humboldt House. | Video por Karina Ramos Villalobos



Llena tu espacio con plantas de interior

traducido por Karina Ramos Villalobos

Plantas deliciosas cuelgan en las paredes y techos de Humboldt Houseplants en Arcata copropiedad de Shelise y Jeff Ensworth. Lo que comenzó como una forma de terapia, se convirtió en una pasión por las plantas de interior.

“Realmente comenzó hace unos cinco años cuando empecé a cuidar algunas plantas y disfrutarlas mucho,” dijo Shelise. “Era una sensación de paz, felicidad en mi vida, en mi día a día.”

La tienda cuenta con una selección de tonos de plantas tropicales verdes, como Anthurium, Chinese Evergreen, Air Plants y más. Algo único acerca de las plantas de interior es que no pueden crecer completamente afuera, son específicas para tener en un hogar adentro.

“Somos un equipo muy bien informado entre nosotros dos y nuestro empleado Bree,” dijo Shelise. “Todos tenemos una pasión por las plantas y podemos responder cualquier pregunta que tenga o solucionar cualquier problema que tenga con sus propias plantas en casa.”

Shelise comenzó a marcar su negocio Humboldt Houseplants en Instagram en abril de 2022. Ella construyó su plataforma recompartiendo plantas y creando una comunidad en línea y comenzó a vender algunas.

En el mismo año en mayo, Shelise y Jeff asistieron a muchos eventos en Humboldt y vendieron plantas de interior. Tuvieron una cantidad abrumadora de apoyo de la comunidad local y en enero de 2023 abrieron su tienda.

“Me encuentro mirando una planta y produce creatividad, te trae más energía,”

dijo Jeff. “Ilumina el espacio y también despierta ingenio en ti mismo.” Las plantas de interior pueden traer alegría al observar su crecimiento. Según Shelise, son “la mejor terapia que puedes tener.”

Shelise, (26), creció en el condado de Humboldt. Creció admirando el jardín de su abuela en Trinidad. Jeff, (33), es de Orange County, y en 2013, se mudó para ir a la universidad en Cal Poly Humboldt. En 2017, se graduó con una licenciatura en ciencias ambientales. La pareja se vinculó por sus experiencias compartidas sobre la relación de su abuela con su jardín. Su amor por las plantas y la jardinería los une.

“Queremos cultivar aquí la comunidad vegetal y también educar a la gente y a los niños,” dijo Shelise. “Otra cosa que nos llama la atención es que los niños que vienen a este espacio están tan interesados en las plantas y para nosotros es una de las cosas más especiales que podemos ver.”

En el futuro, un objetivo a corto plazo para la pareja es organizar clases para enseñar a las personas cómo cuidar sus plantas de interior y macetas. También queremos tener eventos de pintura y actividades para los niños.

“Al tener una planta durante aproximadamente un mes se ve el crecimiento y eso es una alegría que compartimos,” dijo Shelise. “Al cultivar plantas juntas, somos como oh, mi Dios mío, miren lo bueno que está haciendo esta hoja, miren esta nueva hoja, o miren lo fresco o extraño que es esto. Es realmente interactivo tener una planta.”

Para obtener más información, visite Humboldt Houseplants en 1075 St en Arcata o su sitio web en humbolthouseplants.com.

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Photo caption: Shelise Ensworth cares for hundreds of houseplants at her shop on K street in Arcata. | Shelise Ensworth cuida cientos de plantas de interior en su tienda en la calle K en Arcata. | Left photo by Abraham Navarro and right photo by Karina Ramos Villalobos

Cutchá Risling Baldy empowers next generation and Indigenous communities

by Jordan Pangelinan



Professor Cutchá Risling Baldy is pictured in her office on campus holding her first book, "We Are Dancing for You: Native Feminisms and The Revitalization of Women's Coming-of-Age Ceremonies," published in 2019. | Photo by Jordan Pangelinan

Cutchá Risling Baldy Ph.D began working at Cal Poly Humboldt in Spring of 2016; she is currently an Associate Professor of Native American studies, the department chair of Native American Studies and the interim graduate program coordinator for the Environmental and Community Masters program.

Risling Baldy is pushing for future changes in her community and surrounding communities. As she continues to teach here at CPH, her goal is to have "Indigeneity".

"I have all these examples in my life of the impossible being made possible within my own lifetime. Like being told that when we were younger when the Wiyot were saying, 'we're gonna get Tuluwat back' and then being told that, 'it's impossible that'll never happen, why are you even bringing it up?'" Risling Baldy said.

She remembers when Tuluwat Island was returned in October 2019. "...I was there when they gave it back and I was like, 'look at this impossible thing being possible in my lifetime,'" Risling Baldy

said.

She graduated from Stanford with an undergraduate in Psychology and then received a masters of fine arts from San Diego State University where she studied creative writing and literary research. To achieve her Ph.D, Risling Baldy proceeded to attend UC Davis where she studied Native American Studies with a concentration in feminist theory and research.

"I really wanted to work with the next generation of people and I really wanted to work and to understand what are the things that we can do to tell the stories of our communities," she said.

Risling Baldy grew up in Humboldt County and is enrolled in the Hoopa Valley Tribe and often went back and forth from McKinleyville and the Hoopa Valley. She went to college to focus on being involved within her community. Risling Baldy went to Stanford with the intention of going to medical school, until an advisor of hers encouraged her to study a subject that would interest her.

"She kept saying you can major in anything you want and still be able to do really good things with your community... She said, 'major in whatever you want, find the things you're interested in and make your own path,'" she said.

That advice and the encouragement of others made Risling Baldy consider being a writer. Towards the end of her first quarter as a psychology major she gave a speech to incoming freshmen. Afterwards a woman came up to her and said 'she was a writer.'

"I took this detour toward writing school because I had a number of people that were like you need to write, you need to find your voice and I think it helped me a lot to feel comfortable saying on top of everything I write and then I came back to Native American studies after all that because I was figuring I really wanted to work in higher education" said Risling Baldy.

She has always been passionate about being of service to her community and how she can help those in her

community. Risling Baldy wrote a book named "We Are Dancing for You: Native Feminisms and The Revitalization of Women's Coming-of-Age Ceremonies" and in this book she talks about the voices of people who were transformed by cultural revitalization and also addresses gender inequality and gender violence with Native communities.

"I didn't want it to be an academic book, I wanted it to be a book that people felt like they could read and really invest in and that it could be accessible to multiple people," she said.

A year after the book's release it won an international award as the Best First Book in Native American and Indigenous Studies at the Native American and Indigenous Studies Association conference in Aotearoa, New Zealand.

"I'm glad I got to finish that book and it meant something for people in my community and the people I work with," Risling Baldy said.

Cutchá Risling Baldy empodera a la próxima generación y a las comunidades Indígenas

por Jordan Pangelinan traducido por Desiree Osornio

La doctora Cutchá Risling Baldy empezó a trabajar en Cal Poly Humboldt en la primavera del 2016; actualmente es profesora asociada de Associate Professor of Native American studies, jefa del departamento de Native American Studies y coordinadora interina del programa de graduados del programa Environmental and Community Masters.

Risling Baldy está promoviendo cambios futuros en su comunidad y en las comunidades de los alrededores. Mientras sigue enseñando aquí en CPH, su objetivo es tener "Indigeneidad."

"Tengo todos estos ejemplos en mi vida de lo imposible que se hace posible dentro de mi propia vida. Como cuando era joven, cuando los wiyot decían: 'vamos a recuperar Tuluwat', y luego me decían: 'es imposible que eso ocurra pronto, ¿por qué lo mencionas?'" dijo Risling Baldy.

Ella recuerda cuando se devolvió la isla de Tuluwat en octubre de 2019. "... Yo estaba allí cuando la devolvieron y me quedé como, 'mira esto imposible es posible en mi vida,'" dijo Risling Baldy.

Se licenció en Psicología en Stanford y luego obtuvo un máster en Artes de San Diego State University, donde estudió escritura creativa e investigación literaria. Para conseguir su doctorado, Risling Baldy fue a la Universidad de California Davis, donde estudió Native American Studies con especialización en teoría e investigación feminista.

"Realmente quería trabajar con la próxima generación de personas y realmente quería trabajar y comprender cuáles son las cosas que podemos hacer para contar las historias de nuestras comunidades," ella dijo.

Risling Baldy creció en el condado de Humboldt y está inscrita en la Tribu del Valle Hoopa, y a menudo iba y venía de McKinleyville al Valle Hoopa. Fue a la universidad para centrarse en participar en su comunidad. Risling Baldy fue a Stanford con la intención de estudiar medicina, hasta que una asesora suya la animó a estudiar un tema que le interesara.

"No paraba de decir que puedes es-



La profesora Cutchá Risling Baldy se muestra en su oficina en el campus con su primer libro, "Estamos bailando para ti: Feminismos nativos y la revitalización de las ceremonias de la mayoría de edad de las mujeres", publicado en 2019. | Foto cortesía de Kellie Brown

pecializarte en lo que quieras y aun así ser capaz de hacer cosas realmente buenas con tu comunidad... Me dijo: 'especialízate en lo que quieras, encuentra las cosas que te interesan y sigue tu propio camino,'" ella dijo.

Ese consejo y los ánimos de los demás hicieron que Risling Baldy se planteara ser escritora. Hacia el final de su primer trimestre como estudiante de psicología, dio un discurso a los estudiantes de primer año. Después, una mujer se le acercó y le dijo: "Era escritora."

"Tomé este desvío hacia la escuela de escritura porque varias personas me decían que tenía que escribir, que tenía que encontrar su voz, y creo que me ayudó mucho

a sentirme cómoda diciendo que,

“Realmente quería trabajar con la próxima generación de personas y realmente quería trabajar y comprender cuáles son las cosas que podemos hacer para contar las historias de nuestras comunidades

Cutchá Risling Baldy

además de todo lo que escribo, después volví a los estudios sobre los nativos americanos porque me di cuenta de que realmente quería trabajar en la educación superior," dijo Risling Baldy.

Siempre le ha apasionado estar al servicio de su comunidad y cómo puede ayudar a los de su comunidad. Risling Baldy escribió un libro titulado "We Are Dancing for You: Native Feminisms and The Revitalization of Women's Coming-of-Age Ceremonies" y en este libro habla de las voces de personas que

fueron transformadas por la revitalización cultural y también aborda la desigualdad de género y la violencia de género con las comunidades nativas.

"No quería que fuera un libro académico, quería que fuera un libro que la gente sintiera que podía leer e invertir realmente en él y que pudiera ser accesible a múltiples personas," ella dijo.

Un año después de su publicación, el libro ganó un premio internacional como "Best First Book in Native American and Indigenous Studies" en la conferencia de Native American and Indigenous Studies Association celebrada en Aotearoa, Nueva Zelanda.

"Estoy contenta de haber podido terminar ese libro y de que haya significado algo para la gente de mi comunidad y para las personas con las que trabajo," dijo Risling Baldy.

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Alma and her daughter work together to complete orders. | Photo by Lana Murillo

Alma's Mexican Food: A generational taste

by Lana Murillo

Passing down family recipes have kept tradition alive and thriving throughout many generations. Alma's Mexican Food is an amazing example of preservation of culture through unwritten recipes and unspoken influence between women of Latinx families.

In the 1970's a young Concha Lopez traveled from Culiacán in Sinaloa, Mexico to Humboldt County. Her influence in the kitchen is beyond words and inserting the value of cooking through showing instead of telling passed down her culture to her daughter Alma Vega-Lopez. Her flour tortillas were among the food passed down.

"All I saw was her cooking. She never taught me, I only watched her cook," Vega-Lopez said.

Alma's Flour tortilla recipe has been passed down three generations to granddaughter Brenda Martinez who learned from her mother.

"My grandma taught my mom, and my mom would just make them at home," Martinez said. "People would tell her they were so good that she should sell them. After that they started selling them by the dozen."

Throughout time it only seemed right to open their own food truck and showcase the food being made. Turning home cooking into a full functioning business is not easy.

"Well, Keep pushing forward, keep fighting, and put in hard work to become the owner of your own business, because it's better that way," Vega-Lopez said.

About 25 years ago, Alma's Food Truck made its debut in Arcata and since then they have thrived through keeping ancestral roots as its main priority. Learn-

ing how to cook from your elders is rarely straightforward.

"She won't be able to sit down and write a recipe. It's a little bit of this, and a little bit of that," Martinez said of her experience learning how to cook from her mom.

Cooking is a feeling and full body experience. Connecting with your culture through traditional and modern dishes is something every Latinx family knows. As for the future of Alma's Food Truck, it is in Martinez's hands.

"I have to keep the roots or it's going to go to shit," Martinez said.

People are constantly astonished with the capability that women have to run their own businesses. Martinez and the women in her family are not strangers to the comments and backlash that women face in the business world.

Martinez explains from her experience as a woman in business, "You're judged more. You're criticized more. You are not taken seriously."

Throughout the 25 years that Alma's has been open, the bond between the family has only grown stronger.

"What I love about cooking with my family is that my daughters love my food. And I love to see her face happy," Vega-Lopez said.

They serve an array of burritos, tacos and quesadillas. Including having options for breakfast, lunch and early dinner. Vegan and vegetarian options are available.

Alma's Mexican Food can be found next to the Riptide Cafe on Giuntoli Lane, Arcata, CA. Hours open 10:30 a.m. to 4 p.m. Monday through Friday.



Alma y su hija trabajan juntas para completar los pedidos. | Foto por Lana Murillo

Alma's Mexican Food: Recetas transmitidas de generaciones

por Lana Murillo traducido por Alondra Cardona

La transmisión de las recetas familiares ha mantenido viva y próspera la tradición a lo largo de muchas generaciones. Alma's Mexican Food es un ejemplo asombroso de preservación de la cultura a través de recetas no escritas y de la influencia tácita entre mujeres de familias latinas.

En los años 1970, una joven Concha López viajó de Culiacán, Sinaloa, México, al condado de Humboldt. Su influencia en la cocina está más allá de las palabras y la inserción del valor de la cocina a través de mostrar en lugar de contar transmitió su cultura a su hija Alma Vega-López. Sus tortillas de harina fueron uno de los alimentos heredados.

"Pues yo nomás la miraba cocinar, pero ella no me enseñó, yo solo mirando cocinar," dijo Vega-López.

La receta de la tortilla de harina de Alma's ha pasado de generación en generación hasta llegar a su nieta Brenda Martínez, que aprendió de su madre.

"Mi abuela enseñó a mi madre, y mi madre los hacía en casa," dice Martínez. "La gente le decía que estaban tan buenas que debería venderlas. Después empezaron a venderlas por docenas."

Con el tiempo, les pareció justo abrir su propio camión de comida y mostrar la comida que hacían. Convertir la cocina casera en un negocio en funcionamiento no es fácil.

"Bueno no más. Que le sigan adelante, Que luchen, y echale ganas para hacerse, para ser dueño del propio, de su propio negocio, porque es mejor," dijo Vega-López.

Hace unos 25 años, Alma's Food Truck hizo su debut en Arcata y desde entonces han prosperado manteniendo las

raíces ancestrales como su principal prioridad. Aprender a cocinar de los mayores no siempre es sencillo.

"No puede sentarse y escribir una receta. Es un poco de esto y un poco de aquello," dice Martínez sobre su experiencia aprendiendo a cocinar de su madre.

Cocinar es un sentimiento y una experiencia corporal plena. Conectarse con su cultura a través de platos tradicionales y modernos es algo que toda familia latina conoce. En cuanto el futuro de Alma's Food Truck, está en manos de Martínez.

"Tengo que mantener las raíces o se irá a la mierda," afirma Martínez.

La gente no deja de asombrarse de la capacidad que tienen las mujeres para dirigir sus propios negocios. Martínez y las mujeres de su familia no son extrañas a los comentarios y reacciones negativas a los que se enfrentan las mujeres en el mundo empresarial.

Martínez explica su experiencia como mujer empresaria: "Te juzgan más. Te critican más. No te toman en serio."

A lo largo de los 25 años que Alma's lleva abierta, la relación entre la familia no ha hecho más que fortalecerse.

"De cocina con mi familia? y a mis hijas les encanta mi comida y me gusta ver su cara feliz," dice Vega-López.

Sirven una gran variedad de burritos, tacos y quesadillas. Incluyen opciones para el desayuno, el almuerzo y la cena temprana. Hay opciones veganas y vegetarianas disponibles.

Alma Mexican Food se puede encontrar al lado del Riptide Café en Giuntoli Lane, Arcata, CA. El horario es de 10:30 a.m. a 4 p.m. de lunes a viernes.

Dance duo BrattyB and Queen Dee

by Celeste Sadler

BrattyB and Queen Dee are two local dancers who express themselves through afro-centric dance styles and teach a variety of dance styles from contemporary to hip hop. Together they are known as AfroVibe Dance Tribe.

“We both are descendants of a first generation Nigerian so like a lot of it is tradition,” Queen Dee said. “Some stuff is straight-up tradition and some stuff is ritual—You can’t separate dance from the culture. That’s something that comes together.”

Queen Dee had invited BrattyB to be a guest teacher for a class she had been teaching. They then started a dance series in 2020 but unfortunately, that was the year that the pandemic hit so the dance series ended up dissipating pretty quickly. When they got word that people would be allowed to start dancing indoors again, Queen Dee approached BrattyB with the idea of creating AfroVibe Dance Tribe.

“We’re like ah let’s create the thing from back home and we both agreed, we were gonna be consistent,” Queen Dee said. “That was really important to us to be consistent in our dance practice because this isn’t just a hobby.”

After experiencing tokenization and seeing their cultural dances being appropriated and taught by white people, BrattyB and Queen Dee decided to start teaching dance workshops. They wanted to create a safe space where people could be themselves while celebrating their culture.

“It’s more like a beautiful way to connect with people while holding on to our culture,” BrattyB said.

BrattyB is from Perris, California. She spent a lot of time between the Los Angeles area and the Inland Empire. BrattyB began dancing in middle school but it was in highschool, that BrattyB realized that dance was something she wished to continue into adulthood. If not as her main profession, then as something on the side. BrattyB is an alum of Cal Poly Humboldt and graduated with a degree in French and Francophone studies and a dance minor.

Queen Dee was born and raised in Yonkers, New York. Her dad lived in the Bronx and she spent a lot of time there. In her early teens, Queen Dee moved to Delaware with her mother; from there Queen Dee moved to Baltimore where she



BrattyB (left) and Queen Dee (right) sitting on a couch. | Photo courtesy of the AfroVibe Dance Instagram



spent the majority of her adult years. At the age of five, Queen Dee’s mother put her into West African dance classes. Dancing has been a part of her life since she was very young. From grades 6 through 12, Queen Dee went to Cab Calloway School of the Arts and graduated in 2007. She then went to Morgan State University and graduated in 2013 with a bachelors in Theater Arts. Queen Dee moved here to Humboldt in order to participate in the grad program at Dell’Arte International. She graduated with a Post Bac Certificate in physical theatre in 2018. In 2020, Queen Dee got her masters in Instruction-

al Design from Full Sail University.

“Having a space where I can authentically be myself is really important to me,” BrattyB said. “So that’s why I jumped on it as soon as she was like, Yeah, well, why don’t we just, you know, kind of create something that’s gonna be reflective of where we came from.”

AfroVibe Dance Tribe has partnered with Redwood Raks World Dance Collective in Arcata under Julie Hayes’s leadership. BrattyB and Queen Dee are happy to have found a safe space in the community with Redwood Raks.

“When we see people of color we’re

like ‘you family.’ It’s really important to us and so it’s not just like we come in and we make up a few moves, boom you out, record it and we out. It’s like we would have had conversations. We would have laughed sometimes. We would have cried either just us or other people,” Queen Dee said. “People really come and pour their hearts out to us about their experience as non-white people in the area. So it’s really about community too and supporting each other.”

For more information on AfroVibe Dance Tribe and their workshops, check out their Instagram @afrovibe.dance.



Scan QR code to watch video. | Video by Elysia Manzanares

Choosing to love my armpit hair

by Kianna Znika

The moment I realized I was only shaving my armpits for men was the moment I chose to stop doing things to my body for their “approval.”

I noticed that when it came to hanging out with my other female and gender non-conforming friends, I didn't think about my armpits and whether there was hair on them or not. It didn't bother me and, in my natural state, I don't have the urge to shave. In fact, shaving felt like a chore to me. I only ever thought about shaving when it was time to go out in public, around more people. Around men.

First I'd like to make it clear that there are people who genuinely do enjoy shaving and I fully support anyone choosing anything that makes them feel good in their own skin. That's the important factor: the choice.

If it is truly your choice to do something to your body without external influence, then go for it! In my case, I realized it wasn't truly for me. It felt like

an obligation. It was labor rooted in people-pleasing, internalized misogyny and upholding the patriarchy.

This mindset goes beyond just armpit hair; it's about everything.

"It's about the way we speak, the way we dress and so many more of the choices we make in our life. How many of it is truly about honoring yourself and who you are, and how much of it is just for a cis man?"

It's about the way we speak, the way we dress and so many more of the choices we make in our life. How many of it is truly about honoring yourself and who you are, and how much of it is just for a cis man?

One of my favorite trends on social

media has been when people came together to share pictures of themselves before and after dressing for the male gaze. I loved seeing how drastic the change was and how their new style really told me

more about their personality and brought out their confidence.

When people free themselves from the desire for male approval, their true self begins to shine. It genuinely shows.

Even if you are attracted to cis men and want to pursue them romantically,

the right man will accept you as you are. If they make you feel like you have to change yourself, they are too immature to realize we are all human. In addition, that is not the start to a healthy relationship. Objectively. There are mature human beings out there that won't judge you for things like having armpit hair when they themselves have armpit hair.

There is still this misbelief that having armpit hair somehow makes you unhygienic, but why is that not applied to men who don't shave? Why are we shaming everyone else for something that is natural?

Just because someone quit shaving doesn't mean they also quit soap.

I have not shaved in half a year and I no longer even think about the hair on my armpits. Achieving body neutrality and freeing myself from this almost-subconscious need for male approval has helped me grow and feel more confident. I'm no longer worried about what other people think of me. I care more about what I think of myself.

Housing is a student and community issue

by El Leñador staff

El Leñador shares frustration with the student body over Cal Poly Humboldt's (CPH) lack of transparency and empathy in its new on-campus housing policies which will prioritize a large amount of incoming freshman and new transfers. The institution should, instead, be prioritizing the students who have already invested time and resources into their education here.

The housing issues directly impact students of color, first-generation college students, students with disabilities and students from working-class backgrounds, especially those who have no credit history or background experience with renting.

Students of color do not feel safe leaving the campus and entering a white-dominated community. They feel like they do not have a support system off campus to help guide them through experiences of microaggressions, racism and predatory behavior from landlords.

The community should not be punished because of administrative



Graphic by Abraham Navarro

oversight and the for-profit education system. Many students leave their families and support systems to be here and enter a housing market that can discriminate against them.

Instead of focusing on academics,

the sole purpose for coming to CPH, returning students are now forced to stress about their living conditions. If CPH had been more transparent about these policies sooner, students would have had the opportunity to choose a differ-

ent school to attend. What is more frustrating is the fact that the new housing policy, prioritizing incoming students and pushing returning students to find housing off-campus, was posted after the CSU application window closed.

Students are now challenged with the ultimate decision between dropping out, moving back home, or being homeless for the sake of continuing their education at Humboldt.

CPH needs to start valuing students as its future instead of using them to boost its numbers. Systematic change is necessary for the overcrowding and houseless situations that the school is causing, especially when these issues have been present for decades.

The university and its students should be able to work together to make conditions more livable, but instead the trust is down the drain because of how poorly the university is handling the situation. If CPH doesn't take active steps to repair this trust, the school will continue to have a bad reputation.



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Dúo de baile BrattyB y Queen Dee

por Celeste Sadler traducido por Karina Ramos Vil-

BrattyB y Queen Dee son dos bailarinas locales que se expresan a través de estilos de baile afrocéntricos y enseñan una variedad de estilos de baile desde el contemporáneo hasta el hip hop. Juntas son conocidas como AfroVibe Dance Tribe.

“Ambas somos descendientes de una primera generación nigeriana, así que mucho de ella es tradición,” dijo Queen Dee. “Algunas cosas son tradición y otras son rituales, no se puede separar la danza de la cultura. Eso es algo que se une.”

Queen Dee había invitado a BrattyB como maestra para una clase que había estado enseñando. Luego comenzaron una serie de baile en 2020, pero desafortunadamente, ese fue el año en que llegó la pandemia, por lo que la serie de baile terminó disiparse bastante rápido. Cuando se enteraron de que se les permitiría a la gente empezar a bailar en el interior de nuevo, Queen Dee se acercó a BrattyB con la idea de crear la Tribu Danza AfroVibe.

“Somos como ah, vamos a crear la cosa de vuelta a casa y los dos estuvimos de acuerdo, íbamos a ser consistentes,” dijo la Queen Dee. “Eso fue muy importante para nosotros ser consistentes en nuestra práctica de baile porque esto no es solo un pasatiempo.”

Después de experimentar la tokenización y ver cómo sus danzas culturales eran apropiadas y enseñadas por personas blancas, BrattyB y Queen Dee decidieron comenzar a enseñar talleres de danza. Querían crear un espacio seguro donde las personas pudieran ser ellas mismas mientras celebraban su cultura.

“Es más bien una forma bonita de conectar con la gente sin perder de vista nuestra cultura,” dijo BrattyB.

BrattyB es de Perris, California. Pasó mucho tiempo entre Los Ángeles y Inland Empire. BrattyB comenzó a bailar en la escuela intermedia, pero fue en la escuela secundaria, que BrattyB se dio cuenta de que la danza era algo que deseaba continuar en la edad adulta. Si no como su profesión principal, entonces como algo a lado. BrattyB es alumna de Cal Poly Humboldt y se licenció en Estudios

Franceses y Francófonos con una especialización en danza.

Queen Dee nació y creció en Yonkers, Nueva York. Su padre vivía en el Bronx y ella pasó mucho tiempo allí. En su adolescencia, Queen Dee se mudó a Delaware con su madre; de allí Queen Dee se mudó a Baltimore, donde pasó la mayor parte de sus años de adulto. A la edad de cinco años, la madre de Queen Dee la puso en clases de danza de África Occidental. El baile ha sido parte de su vida desde que era muy joven. Desde los grados 6 a 12, Queen Dee fue a Cab Calloway School of the Arts y se graduó en 2007. Luego fue a Morgan State University se graduó en 2013 con una licenciatura en Artes Teatrales La reina Dee se mudó aquí a Humboldt para participar en el programa de posgrado en Dell'Arte International. Se graduó con un Certificado Post Bac en teatro físico en 2018. En 2020, Queen Dee obtuvo su maestría en Instructional Design from Full Sail University.

“Tener un espacio donde pueda ser auténticamente yo mismo es realmente importante para mí,” dijo BrattyB. “Así que es por eso que salté en él tan pronto como ella dijo, Sí, bueno, ¿por qué no solo, ya sabes, creamos algo que va a reflejar de dónde venimos.”

AfroVibe Dance Tribe se ha asociado con Redwood Raks World Dance Collective en Arcata bajo el liderazgo de Julie Hayes. BrattyB y Queen Dee están felices de haber encontrado un espacio seguro en la comunidad con Redwood Raks.

“Cuando vemos gente de color somos como “eres familia.” Es realmente importante para nosotros y así que no es solo que entramos y hacemos algunos movimientos, te sacamos el boom, lo grabamos y nosotros salimos. Es como si hubiéramos tenido conversaciones. Nos hubiéramos reído a veces. Habríamos llorado solo nosotros o a otras personas”, dijo Queen Dee. “Las personas realmente vienen y derraman sus corazones sobre su experiencia como personas no blancas en el área. Así que realmente se trata de la comunidad también y apoyarse mutuamente.”

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