The Hieroglyph

The hieroglyph (glyph) artwork was created by Michael Tjoelker, a student at Humboldt State University in 2016.

The glyph is inspired by Nahuatl hieroglyphs used by the Aztecs in Mesoamerica. The single glyph, tlatoa, denotes speech, important speech, speech spoken by individuals who held social, political, or religious positions of power and thus justified the writing of their speech.

This Journal reclaims the glyph to foreground the power of speech, the assertion that students already possess important knowledge, and the primacy of telling their cuentos—of telling their stories.

By orienting four glyphs towards a center we intend it to mean that the CouRaGeouS Cuentos in this journal are a form of liberatory dialogue worthy of writing and publishing. Importantly, it is a conversation within community.
Volume 6 Poster
Strawberry Mango Paletas
Recipe by Brianna R. Juarez

Ingredients:
- 12 strawberries
- 2 mangoes
- 1 ½ lemons
- 2 cups of ice
- Chirris rebanaditas (Watermelon chile candies)
- Chamoy
- Tajin
- Mango nectar

Prep:
- Wash and chop strawberries & set aside
- Wash, peel, and chop mangoes & set aside
- Squeeze the juice of 1 ½ lemons or limes & set aside
- Roughly blend approximately 7 candies & set aside

Instructions:
- To a blender: add ice, mangoes, half of the squeezed lemon juice, mango nectar & blend to a puree & set aside.
- To a clean blender: add ice, strawberries, remainder of lemon juice, chamoy & blend to a puree & set aside.
- To your popsicle molds: add some tajin, blended candy, chamoy & swish it around to spread the mixture.
- Next, add some strawberry puree then mango puree on each mold and repeat until all the molds are filled.
- Add some more blended candies, chamoy, & tajin.
- Lastly, allow to freeze for 6 hours to overnight. Enjoy!

Find a step-by-step tutorial on our Instagram page: @courageouscuentos
Author Bios

ADRIAN VIELMA GARCIA (he/him), author of “Sueños/Dreams” is from Escondido, CA and is 17 years old. He is interested in majoring in psychology because of the impact it can have on a community. Disfruto salir con mis amigos y tocar la guitarra en mi tiempo libre.

ALICIA LOPEZ (she/her) author of “Our Need for Space” is from Los Angeles, California. She is majoring in Liberal Studies Child Development Elementary Education (LSCE). She loves dogs, cats and all furry creatures. She enjoys doing arts and crafts on her free time and spending quality time with her family and friends.

ANAYKA FLORES (she/her), autor de “Cambios en 1...2 por 3” es de Lima, Perú. Para Anayka, no fue fácil llegar a este país ni tampoco aprender el idioma, pero al final logro aprender los dos idiomas a la perfección.

ANDREA ITZEL VELAZCO QUIROZ (her/she), autor de “Dejar Todo Sin Dejar Nada” es de Morelia Michoacán, México. Nació en Los Banos, California, y se mudó de 3 años a México. Tiene 17 años y regreso a los 16 a los EE.UU. Lo que más disfruta y cree que es parte de ella es la música—escucharla, y crearla.

ANILU RODRIGUEZ (she/her), autor de “Mi Lugar Favorito” nació en Los Angeles y creció en México. Le gusta intentar cosas nuevas y disfrutar de los placeres de la vida.

ANITZA MONARREZ (she/her/ella) is author of “Necesidad y Sacrificio: San Ysidro, Su Frontera, y Su Gente.” She was born in Tijuana, moved to the USA in 2011 at the age of 10 and has lived in San Ysidro, CA ever since. She enjoys art and storytelling. Mi nombre es Anitza Rocio Monarrez Valdez, soy nacida en Tijuana, criada Sinaloense. Emigre a los Estados Unidos a la edad de 10 años y he vivido en San Ysidro, CA desde entonces. Me gusta el arte y compartir historias.
ANONYMOUS (they/them), is the artist of the portrait “Walnuts.” They are from the Santa Cruz Mountains and is a studio art major at Humboldt. They enjoy ceramics, dancing, and being in nature. Most of their time is spent creating by themselves or with their friends.

ARIANNA BUCIO (she/her), author of “Ama” is a critical race, gender, & sexuality studies major. She is passionate about supporting Black & Brown communities to encourage the overall physical, mental, and spiritual well-being of one another. She tries to make constant efforts to decolonize my life and education to help create avenues of growth within my own community.

AUDRIANA PEÑALOZA (she/her), author of “Four-Leafed Clovers” is from the Central Valley; originally grew up in Arvin, CA. She is expected to graduate with her Bachelor’s degree in English in the spring of 2023. She plans to attend grad school shortly after where she will continue to learn more about English and Ethnic Studies and how they can work together.

BELLA FIGUEROA (she/her), author of “Rosa Parks” is from Healdsburg, California. She is currently a freshman majoring in Kinesiology with hopes of becoming a physical therapist. She enjoys spending time outdoors or with animals.

BENJAMIN CROSS (he/him) is author of “The Maidu and Miwok People in the Wake of California’s “Growth”.” He is from Auburn, California and is majoring in Political Science with a focus on the environment and sustainability, and is expected to graduate spring of 2023. In learning, he is always at his happiest when he can interact with different perspectives than his own. Similarly, any time he can spend in nature is far from wasted time in his mind.

BRENDA SANTOS (she/her/hers), author of “No Effect on Me” is majoring in early elementary education.

BRIANNA R. JUAREZ (she/her), author of “Understanding My New Normal” is a senior philosophy major with a minor in comparative ethnic studies. She is also a part of the Courageous Cuentos 2023 social media team and loves it.
BRITTANY “BROT” ARZOLA (They/Them), author of “Remembering my Home” is from Yokut territory located in the Central Valley. They are majoring in CRGS - Ethnic Studies and minoring in American Indian Education. They enjoy karaoking with friends, cooking, and crocheting.

CARMEN BENAVIDES-GARB (She/Her), is author of “Gracias a Dios.” She is from Humboldt County and currently studying abroad in Spain. She is a double major in CRGS and Political Science with a minor in Spanish. She really enjoys traveling and hopes her readers enjoy/resonate with her piece.

CARMEN SAHAGUN (she/her), author of “enough” is from Hollister, California. She will be graduating in 2023 with a BS in Environmental Science & Management with a concentration in Education and Interpretation. She enjoys connecting with nature and helping others (particularly children) to do the same, especially in historically underrepresented BIPOC communities with less opportunity and equitable access to nature recreation.

CAYELE AMEYALLI ESTEVA (he/they), is the artist of the self-portrait “Nopayele.” He is from Oakland, majoring in Tribal Forestry. With this piece he wanted to show his thoughts on growing up in a Mexican family and not being able to fluently speak Spanish to communicate with all of his family.

CHELSEA RIOS GOMEZ (they/them/elle), co-author of “Here We Stand” and author of “Ode to the One That Raised Me” is from the occupied, unceded indigenous land of the Yokuts. They are a psychology major, who enjoys learning and questioning the systems in which we exist.

CHRISTO SANTIAGO (He/Him), author of “Nuestros Pasos en algo Diferente” is from Bakersfield, CA. He is a history major and enjoys the way in which it encourages him to explore and understand new events and occurrences. He is always eager to spend time with his family describing this as “a place that keeps me happy and motivates me to keep on going.
CLAUDIA LOPEZ-HERNANDEZ (she/her), author of “I Am Who I am” is from Bakersfield, CA. She is a high school student at Eureka High School. She enjoys spending time with her family.

COVIN SIGALA (they/them) artist of the self-portrait “Basil & Rose” is from Salinas, California. They are double majoring in Environmental Science and Wildlife with a minor in Indigenous Peoples, Natural Resource Use, and the Environment. They drew themselves with basil to represent their mom’s mother and a rose to represent their dad’s mother.

DAVIS BOONE (he/him), co-author of “Somos Musicos” is from Eureka, California. He hopes to major in a science or medical subject, while continuing to play the violin.

DESTINY RODRIGUEZ (she/her), author of “Por Mi” is from Eureka, CA. She plans on going to a CSU or UC and she plans on studying and pursuing a career in the medical field.

DIEGO VEGA (him/he), co-autor de “Viva México” es de la Ciudad de México. Tiene 17 años. Le gusta mucho la música y transmitir con ella todo lo que siente. Le gusta dibujar y le gustan los deportes en especial el basketball.

DILLON AVERY HARP (he/him) is author of “Our People.” He is a CRGS/Ethnic Studies major and is working on his Master’s degree in Environment and Community concurrently. He was born in Galveston, TX (Home of Juneteenth) and is unapologetically Black and proud. He is also a Musician/Producer/Composer and Poet/MC/Writer. He loves traveling, cooking and eating spicy food.

EDUARDO A. MORENO-ORTIZ (he/him), author of “Mis Motivadores” was born and raised in Los Angeles. He is majoring in Kinesiology with a concentration in pre-med.

EMMANUEL CARO MONTOYA (he/him), author of “Aprender a Vivir” is from Sinaloa, Mexico. He is currently a student at Eureka High School. He enjoys watching soccer (fútbol).
ERICK ESPARZA (He/Him), author of “What is your name” resides in Eureka, California. He is of Mexican background and enjoys 1v1ing.

GENEVIVE CERDA (she/her), author of “Being Part of the LGBTQ+ Community” is from San Diego, California and majoring in liberal studies. She enjoys reading in her free time and hanging out with friends.

GEORGINA “GINA” CERDA SAVARREY (she/her), Mexicana de este lado, es autora de “Querida Nina”, “Unlearn”, y “Miedo” y co-autor de “Viva México” es de Monterrey. Le gusta leer, escribir, trabajar en solidaridad y pasar mucho tiempo en la naturaleza.

GERBER CAMPOS, autor de “La Madrugada Amarga” nació en Guatemala. Le gusta jugar soccer y ir al gimnasio y lo que más disfruta es jugar y hacer ejercicio.

GREGORIO MUNIZ (he/him), author of “Gregorio Muniz (x3)” is from Orange County, CA. He is a Critical Race, Gender & Sexuality Studies major with a pathway in Ethnic Studies and a minor in Ethnic American Literature. He enjoys cooking, spending time with his dog, and going on adventures.

GRISELDA VALDEZ (she/her), co-author of “Miedo” is a first-generation college student and is majoring in Environmental Science and Management. She loves going on nature walks and living in Humboldt County.

HALEY FEDALIZO (they/them/elle), co-author of “The Aftermath of Absence” is on the path to be a Life Science Educator that advocates for equitable and inclusive curriculum. They are focused on empowering BIPOC & LGBTQ+ youth.

HANSELL VÁSQUEZ (el), es autor de “Deseo Poder Conocerte.” Su nombre completo es Hansell Yohaly Vasquez Moran y es de Guatemala. Le gusta escuchar música y en sus tiempos libres le gusta estar solo.

HUNTER CIRCE (he/him) is author of “My Mother the Spider.” He grew up in Humboldt County and is majoring in Environmental
Studies. You can find him in the darkness of a movie theater, corner of a bar, or out eating oysters somewhere.

ISABELA ESCOBEDO (she/they), author of “Radical Futures” is from Seattle, WA, majoring in Critical Race, Gender, and Sexuality Studies. She loves taking her dog for long walks and painting with her outside.

JESSE MORALES (they/them) is the artist of the self-portrait “Untitled (Mess No. 1).” They are from the greater Sacramento area, majoring in Fine Arts. Their focus is ceramics and using majolica and Talavera art to inspire their forms, but they enjoy creation in all forms.

JESSICA AGUIRRE (she/her) author of “agua bendita” is from Tulare, California. She is majoring in Critical Race, Gender & Sexuality Studies, specifically Ethnic Studies. Le dedicó este pasaje a mi mamá y papa y a todos mis hermano/as. Los quiero mucho <3

JOAHNNA TOOL (she/her/they), author of “Descubriendo” and they are a social work major and a Spanish minor. She enjoys listening to music, photography, and spending time in nature.

JORDAN LAVANT (she/her), co-author of “The Aftermath of Absence” is a mixed-race student (black and white) originally from Virginia, but moved to California when she was 13. She is 17 at the time of writing this, and finishing her senior year at Eureka High School. She plans to attend San José State University to major in psychology to hopefully become a criminal profiler.

JOSE MACEDA, autor de “Mi Recuerdo Inolvidable” tiene 18 años, y es de México. Le gusta estudiar y le gusta jugar basketball.

KACIE E. FIGUEROA (she/they), author of “Chicana, Para El Norte” is from Riverbank, CA. She is majoring in Critical Race, Gender, and Sexuality Studies with a pathway in Ethnic Studies. She enjoys being around loved ones and drawing her small creatures.

KAREN ZURITA (they/she) is author of “I am Not Afraid.” They grew up in the San Fernando Valley and is currently working on finishing their masters in Literary and Cultural studies at Cal Poly Humboldt.
They want to dedicate their poem to first-generation Xicanx students that sometimes feel lost when writing. They hope this poem reminds you that our writing is sacred and alive.

KATHRYN LOZANO (she/her) is the artist of the self-portrait “Mejillas Rosadas.” She is studying political science here at Cal Poly Humboldt. She has learned new things about herself and others in this magical place among the trees and ocean, much different than her hometown of Fullerton, CA.

KATHY ZAMORA (she/her/ella), author of “Kathy Pero Like Kati” es hija de Revocata Escamilla Mendez y Modesto Zamora Vasquez. Está estudiando trabajo social, y en mayo 2023 se graduará. Va a continuar con su maestría este año en trabajo social. Está manifestando que un día obtendrá su doctorado/PhD en estudios étnicos o estudios de chicano/x.

KENA ARNOLD-MALUFAU (they/them), author of “A Testimony Denouncing Religion” is an English Education major. Writing is one of their forms of self-expression, specifically poetry. They always hope that their writing is relatable to others to keep everyone connected.

KIMBERLI PACHECO (she/her), author of “Where am I from?” is from Eureka, Ca. In the future, she hopes to be a lawyer and help those in need. She enjoys rainy days and swimming in the river with her family.

KIMBERLY PIÑON (she/her), author of “This is Me” is a Kinesiology major with an emphasis in Exercise Science. She enjoys playing tennis, hiking, swimming, and spending time with her six dogs. También me encanta escribir y hablar español, aunque no lo haga enfrente de mis compañeros. Pero I really enjoyed writing my testimonio for my Creando Raíces class this semester.

KIMBERLYN RAMIREZ MORENO (she/her), author of “Agradecida” is 17 years old. She is from Eureka, CA.

KYRA ALWAY (she/her), co-author of “Summer: An Accordion Poem” and author of “I Am” is from Arcata High School in Humboldt
County, a small town in Northern California. She is a junior in high school and she was super excited for the chance to work with Cal Poly Humboldt students to create this poem. She enjoys listening to music and hanging out with her family, and she is super grateful for this opportunity!

**Leslie Burkhart** (she/her) is the artist of the self-portrait “Leslie & Poppy.” She is majoring in Environmental Ed and Interpretation, with minors in German and Botany this summer. Poppy flowers symbolize my state and are a delightful mass of color on roadsides and spring hillsides. Her family, the Papaveraceae, also have delighted and surprised me; they appear bright red in Tasmania’s neatly fenced fields of opium, and incomprehensively blue in the midnight light in Iceland’s Botanic Garden.

**Logan Roselli** (he/him) author of “How Riverside County Celebrates Historical Indigenous Oppression” is from Riverside, CA. He is a business major at Cal Poly Humboldt with a concentration in New Venture Management. He looks forward to using my degree to create and support environmentally-focused businesses.

**Luis Camacho García** (El), autor de “Dejar a mis Padres” es nacido en Eureka, California y criado en Ciudad Obregón, Sonora. Le gusta asistir su escuela secundaria para convivir con sus amigos. En su tiempo libre disfruta de la playa.

**Luis Eduardo Rodríguez** (he/him), author of “Una Vida Sin Mamá Ni Hermanos” is from Nayarit, Mexico. He enjoys playing soccer and baseball.

**Luis Francisco Martínez**, autor de “Dejando Todo” es de un pueblito que se llama San Martin Itunyoso. Le gustaría estudiar para ser doctor y poder ayudar a las personas de su pueblo. Disfruta tocar la guitarra y le gustaría tocar con su ídolo algún día.

**Marco Antonio Cruz Hernandez** (he/him), author of “Medicina” is from Eureka, California. He enjoys playing football and playing videogames and spending time with his family.
MARIA CITLALLI RODRIGUEZ (she/they), is author of “Our Connection.” She moved around quite a bit as a kid, but she always felt at home as long as she was with my family. They offer protection and love which is something she wants to share with others. She loves being creative whether that be making art or writing. She spent the majority of her educational journey in San Bernardino, but currently resides in the vast landscape of the High Desert. Humboldt is a wonderful opposite with cool breezes highlighted with sunny days.

MARISOL RUIZ (she/ her) is a professor in the School of Education at Cal Poly Humboldt where she teaches courses to prepare future social justice-oriented teachers in the K-12 classroom. She grew up in the San Francisco Mission District but with gentrification she was pushed to North Oakland. She is the proud daughter of a refugee mother from Chile. She grew up in an all women household with abuelita, mom, and two younger sisters. When she thinks of paletas she is reminded of the best palaeteria ever which was located in the heart of 24th street Mission District. There, paletas were made by hand with fresh fruits. She was devastated when the family business closed their doors. She has yet to taste a paleta as good as theirs. Today her favorite paletas are coco rallado, sandia, and pepino con chile.

MATT AUNG (he/him), author of “The Puzzle of Me” and “Naypyidaw” and co-author of “Places We’re From” is a triple major studying Art History, Art Education, and Art Studio. He is also studying for his gallery and museum certificate and he hopes to be an art educator in the future.

MAYRA MEZA (them/they), co-author of “Somos Musicos” and “Miedo” is from East Los Angeles majoring in Music Education. They have been learning the violin for the last 7 years training with top notch violinists in Los Angeles. On their free time, they like to bike ride, fish, disc golfing and hiking.

MELISSA TORRES ESCALANTE (she/they), author of “Para Mi Papa, Que Sigue Viviendo en el Mar” is from Orange County, and is majoring in Psychology. What she enjoys in her free time is listening to music, going on drives through Humboldt County, and for whatever reason signing up for presentations in her other classes. She is a Latine,
first-gen student and her goal is to uplift her community by entering academia and doing work that focuses on highlighting the unique experiences that the Latine community goes through.

MIA ROSE RIOS (she/they) author of “My Garden” is from Tulare, CA. This is her second year here at Cal Poly Humboldt as a Liberal Studies Elementary Education major. Her writing is about the struggle and growth she experienced when she first moved to Humboldt out of high school as a Mexican American and how much of a positive impact people she has made connections with motivate her.

MINERVA TORRES (they/them) is the artist of the self-portrait “Body is Soil, Hair is Flower.” Minerva has lived in too many places to “be” from any of them, but is trying to one day find a place to call home. They enjoy history, fashion and storytelling. They hope to do something with those in the future.

MIRIAM RODRIGUEZ, autor de “Una Vida Sin Mi Mamá en Otro País” nació en los estados unidos pero mis padres son de México. Le gusta estudiar geometry y disfruta mucho la clase de spanish.

NAMIXTU’LÚ’ ESTEVA (she/they) is the artist of the self-portrait “Xelfi.” She is a first-year student majoring in Environmental Studies. She enjoys being creative and one thing that’s important to her is implementing the knowledge of her ancestors and teachings of her elders into all of her projects and work that she does.

NANCY PÉREZ (she/her) is an assistant professor in the Critical Race, Gender & Sexuality Studies Department at Cal Poly Humboldt where she teaches courses in Ethnic Studies. She grew up in Boyle Heights, CA and is a proud daughter of immigrant parents from Zacatecas, Mexico. She enjoys watching art and music documentaries, going to punk rock shows, drinking coffee, and spending time with her furry companion Chimichanga.

NAYALI ABARCA-RUIZ (she/her) is a Studio Arts major at San Diego State University. She graduated from Six Rivers High School in 2017. After graduating from Six Rivers, she went to Skyline Community College where she graduated with her Cosmetology Degree and an
Associate Degree in Studio Art. After receiving her Associate Degree, she transferred to San Diego State University where she is pursuing a Bachelor’s Degree in Studio Art. Her hobbies include ceramics, jewelry making, painting and photography.

NELSY RAMIREZ PACHECO (she/her), co-author of “Here We Stand” was born and raised in Eureka, California. She is a junior at Eureka High School. She enjoyed writing along with Chelsea Rios Gomez because they got to express their Mexican culture through writings which was very delightful. They are working hard in school to make their parents proud.

NOEMI GONZALEZ MALDONADO (she/her/ella), author of “Silencio” is a first-generation high school and college graduate. For Noemi, home is 5 hrs. away in an agricultural town by the name of Watsonville. The Killer Klowns from Outer space was filmed there. She is on her second year of graduate school under the Applied English Master program. Her focus and interest lay in the preservation of native languages, as well as stepping away from colonial languages like Spanish and English. She aims to dismantle the notion that being able to speak Spanish correctly makes you more or less Mexican.

OLIE M. ESPINOZA (they/he), is the artist of the self-portrait “Rooted Home.” They are from Colton, CA and majoring in environmental science with an eco resto concentration. They enjoy eating fruits, adventures, music, and writing.

PAOLO BOSQUES-PAULET (he/him), co-author of “Summer: An Accordion Poem” is a Junior at Arcata High School. He likes cashews, wrestling, and going to the beach. They had fun and enriching experience being a part of the Promotorx Transformative Educators Workshop.

RIVER JUDE RUIZ (he/him) is the artist of the self-portrait “Principe de Aloe.” He is a Poli-Sci Major with a concentration in Law & Policy. He is from East L.A and grew up in Yuba City, CA. He loves to ride horses and play video games and is working to become a Lawyer.
SASHA ORTIZ BAZAN (her/she), author of “The Language of English” is from Eureka, but her parents are from Michigan. What she wants to major in is Bachelor of Science in Nursing. She enjoys hanging out with friends and watching anime/manga, especially One Piece and Eyeshield 21 which both define her childhood memories.

SKY KILI (they/them), is from PA and they are majoring in Environmental Studies. They love to rock climb and surf with their friends and backpack with their dog.

SYDNEY LELAND (she/they), author of “Be Proud and Loud” is from upstate New York. She is a transfer student majoring in Psychology. She enjoys people pleasing and making others happy.

TIM OLSON (his/him/he), author of “Mis Placas Tectonicas” is a teacher of Spanish for the past 27 years. He enjoys his job, especially working with heritage speakers. He feels like he can make a positive difference in their lives.

YAMI E.P.M (she/her), autor de “Locked” es de Eureka, CA. Le gusta comer y dormir y disfruta mirar películas Korean.
Courageous Cuentos represents a revolutionary platform that offers Cal Poly Humboldt’s diverse student body a safe and supportive space to express their unique voices in languages that uplift their ancestral truths. As an annual publication led exclusively by students, the journal, its associated class, and book launch party has become a cultural staple on our campus that fosters student’s exploration of their personal ethno-cultural narratives.