



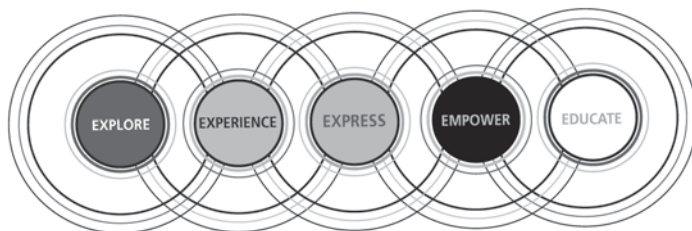
**HEALTHCARE
TOUCHDOWN?**

**HOW WILL HSU STUDENTS
BE AFFECTED**

**THE CULTURAL TIMES
SPRING 2010**

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Mission Statement

The MultiCultural Center (MCC) is a student-centered program that honors and celebrates the diversity of people. It is a dynamic learning community where students, faculty, staff, and community members are empowered to cross boundaries, challenge the status quo, break through stereotypes, and work for social justice.

The Cultural Times is the official newsletter of the HSU MultiCultural Center. It is funded by the Associated Students of Humboldt State University. The views expressed in the content of the Cultural Times are not censored or reviewed by the Associated Students. The Cultural Times invites students, staff, faculty, and community members to contribute work and to share experiences and points of view. All correspondence regarding this publication should be sent to:



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EDITOR'S CORNER

It was a pleasure to have the opportunity to contribute to the Cultural Times. It was a fun and challenging time that made me appreciate what the MCC does for the community.

I wanna thank all my friends who help me with this publication, even though they keep me distracted from completing this publications most of the time their presence gave me the energy to enjoy my time doing all my tasks. They know who they are, especially the one with the pretty green eyes.

Tampoco me he olvidado de mis padres.

Hola MAMA y PAPA, les agradezco mucho su apoyo y espero que continuen dandolo por muchas decadas mas.

Thank you for everything!

Octavio Lopez Raygoza



Aloha!

Wow! What a busy spring semester for the MultiCultural Center! On top of the Social Justice Summit, the California Big Time, and everything else that happens every spring semester, we added a concert with Hawaiian Roots Reggae band, Natural Vibrations, and the Taste of Aloha fundraising dinner on April 22. It was a lot of work, but so much fun. For this Island Girl, it was great to bring together our students from Hawaii, community members from Hawaii, MCC staff, my family, and all the “ono” flavors of home. A big “Mahalo” to all the students who came to help, to the MCC staff, my Hawaii ohana in the community, and of course to Natural Vibrations who rocked the KBR!

This time of year is always bittersweet for me. Graduation is a time of celebration, joy, freedom, change, and excitement! But it is also a time of many alohas—saying farewell to students who have worked at the MCC; students who have worked on MCC projects such as the Social Justice Summit, Q-Fest, Indigenous Peoples Week, Big Time; students who have become our MCC ohana (family). Each of you has carved a special place in my heart, and I am sad to see you leave HSU.

To Norman, Vynessa, Brianna, Donshekea, Etana, Shango, Octavio, Kor, Johanna, Stephanie, Leah, Priscella, Daniel, Dusty, Novie, Raja, Phi, Cristy, Sarah, Valerie, and all graduates of the Class of 1020—wherever life’s journey takes you, please keep in touch with us at the MCC. We want to hear about travels, careers, families, celebrations, and all the news about you. Remember we are on FaceBook and we have our website. Stay connected! May your lives be filled with adventure, laughter, discoveries, and hope. As we say in Hawaii... A Hui Hou...until we meet again!

Enjoy the words of the Cultural Times. Octavio Lopez Raygoza, our Publications Editor, has done an outstanding job with the photos, articles, and layout. Thank you, Octavio and all who contributed to the 2010 Spring Cultural Times.

Me ke aloha,
Marylyn Paik-Nicely



Aloha Kevin Simmons!

We recently learned that our dear friend Kevin Simmons will be leaving HSU at the end of May. Kevin received an amazing scholarship to graduate school at the University of Oregon. He is going home.

Kevin, there are no words to describe how much we will miss you and your presence on our campus. You have been a mentor, teacher, colleague and friend. Thank you for sharing with all of us your songs, your culture, your family, your jokes, your stories! We will miss your great laugh, your telephone messages, and your wisdom. A hui hou... until we meet again!

Your HSU Ohana



6



Healthcare Touchdown!

By
Octavio Lopez Raygoza



On March 23, 2010, President Obama signed into law a new Healthcare bill that took months of debate and no Republican support to pass. With no doubt the healthcare law was a landmark for the Obama Administration, as it will affect millions of Americans. However, how will it affect us remains unclear, especially since very few people are willing to read the 2000-page bill. For that reason the Cultural Times took time to find out how HSU students and young adults in the community will be affected by it.

It is relevant to note that the vast majority of students at HSU are under the age of 30, and fortunately this demographic will benefit the most from this new law. Firstly, there is a need to explain what the new bill changes and the best way to do that is by offering a glimpse on how an HSU student dealt with the previous healthcare system.

It was the norm that young adults over 21 were dropped from their parents' coverage. Only those lucky enough to be enrolled in college were allowed on the parents plan. This arrangement covered many students until graduation arrived, at which time they were dropped from that important coverage left to fend for themselves. Furthermore, only 1 in every 3 students at HSU had such an insurance, which left thousands of students uninsured.

Hundreds of students at HSU think the cost of insurance outweighs the risk. Only 4% of the people who used medical services in the United States in 2008 were between the ages of 20 and 30. Most young adults think they are invincible, making them the largest uninsured group in the nation as well as Humboldt County. Because many students refuse to buy hardly affordable insurance many students rely on the Student Health Center, which is underfunded, subject to furloughs, and cannot handle emergency services.

So how bad was it exactly for an HSU student to deal with healthcare? Take for example an exchange student, Andrea Adam, who needed antibiotics on a Friday morning when the Student Health Center was closed due to furloughs. Unaware of the furlough, Adam went to the center only to be meet by a locked door and a sign directing her to Mad River Hospital. Unaware of the American Healthcare System, she proceeded to the hospital in order to get antibiotics to fight a bacterial infection. Adam knew what antibiotics she needed; she went there only to request a prescription for the antibiotics. After an hour of paperwork and waiting she finally got to see a doctor for five minutes who analyzed the test, performed by a nurse, and signed a prescription. Adam finally got her prescription, which she knew all along she needed, but could not get without being signed by a doctor. A few weeks later she received the bill in the mail for those services.

In case you're wondering, the grand total of a 5-minute visit to the doctor was \$961. This is made more outrageous by the fact that Adam knew the antibiotics she needed, but the hospital asked her to go through the simple test just to

“make sure she had nothing more serious.” She was never informed of the pricing and was completely unaware they would charge so much for a procedure she could have done herself with products one can buy at the pharmacy Also there is to note that according to Adam, the doctor just read the results administered by a nurse.

For seven months Adam was frequently called by debt collectors, the hospital and bombarded by mail that requested her to pay. The hospital definitely spent more time in trying to collect the money than taking care of her. The biggest chunk of the bill was to pay for a doctor's evaluation, which amounted to \$450. However, this specific evaluation can easily be performed by a nurse. Now that HSU is thinking about chopping the Nursing program more students will have to rely on doctors expensive “evaluations” those days the Student Health Center is closed.

5 minutes with a Doctor Price Breakdown

HCG Qual Urine-Serum
\$94

Urinalysis
\$28

Urinalysis AUT/MIC
\$40

ER Express Level II
\$275

Culture Urine
\$102

Emergency Evaluation
and MGMT
\$450

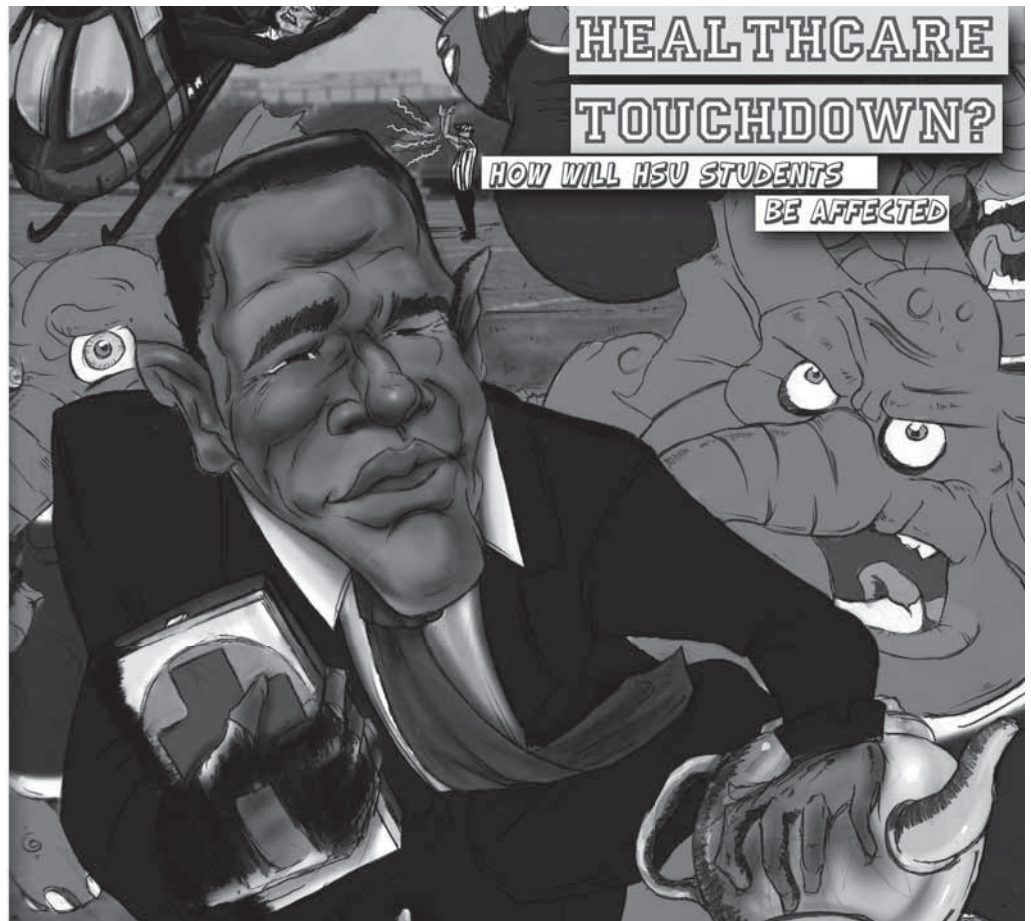
*Based on Actual receipts from
Arcata Mad River Hospital

What is about to change for students? One of the most beneficial items in the bill is that it will mandate young adults to stay under their parents' insurance plan until they turn 26. Now, the new bill allow young people to stay insured after graduation, leaving time to breathe in this uncertain economy. Those students under their parents insurance will not have to worry about being uninsured while looking for a Job. This will benefit over 30 percent of the graduating class of 2010 immediately. More over, those graduates under the age of 26 who recently graduated and whose parents have coverage will be allowed to return to that plan.

Now let's talk about those two thirds of students whose parents are not insure as well as those who will soon turn or have turned 26 already.

The biggest criticism of the New Healthcare bill is the fact that people will be fined if they have no insurance. This can have a burden to young people who think the price of insurance is not worth paying because the risk of young people needing health services in minimal. However, the government will offer a public option for those under the age of 30. The plan was nicknamed "The Young Invincible Coverage Option," which will be available to those people not insured under their parents insurance and who are not 30-years-old. This will cover over 50 percent of the population of Arcata and two-thirds of the students at HSU. Moreover, tax credits will be available to buy insurance once one turns 30. But even without a job, a hardship waiver is available for those going through hard times, which will qualify many for an insurance policy free of charge while actively seeking a job.

Now students who are not yet 30-years-old are about to have insurance no matter their background and financial status. As tuition prices rise and classes are cut there is relief to know that someone still cares and students should not be scared of opening their health care receipt or



having to go to the hospital any longer. Cases such as the Andrea Adam will not be as common, and students will be able to focus on being students rather than figuring out how to stitch their own wound the day the Student Health Center is furloughed.

Something important to point out (although irrelevant to healthcare) is that the healthcare bill included a new modification in how student loans are implemented. Now, the primary lenders to students will automatically be their school even for those without financial aid. This will help mitigate the rising interest and out-of-control loans that many of us face as private lenders will be left out of the picture. And yes, someone threw that item into the health care bill randomly, and I thank that person for it.

Now, for those skeptical about this information a 2000-page-long bill is waiting to be read to clarify any doubts one might have.



International Students in Arcata

They enrich campus life at HSU!







Oaxaca
Annie Bolick-Floss
visiting a former
exchange student
and her family in
the State of
Oaxaca, Mexico
on March 15,
2010. Photo
by James Floss

PARTNERS ACROSS THE PARKING LOT

Michael S. Bruner, Ph.D.
Department of
Communication

My office window in House 54 looks out on the MultiCultural Center in House 55. I was reflecting the other day—what does the Balabanis House have in common with the Telonicher House, beyond similar architecture and a shared parking lot? A crystal clear image formed in my mind. The MultiCultural Center and the Department of Communication are partners. We are two of the university's most active centers for teaching and learning about intercultural communication, diversity, inclusion, marginalization, and empowerment.

Over the past year, I had the privilege of visiting two sections of Intercultural Communication (COMM 322). I was impressed each time with the significance and relevance of the issues, the depth of the discussions, and the students' level of engagement. Both instructors work with the International English Language Institute in finding conversational partners for the students in COMM 322. At the

second class, a student announced the "Women of Color" event, sponsored by Gamma Alpha Omega, a Latina sorority. A visitor from the Office of Diversity and Inclusion invited students to participate in focus groups on diversity and inclusion at HSU. Partnerships!

As we think about the future of our partnership, let me share some news and ideas. First, everyone at HSU should know that in our major and GE classes our faculty attempt to infuse multicultural perspectives both in the course content and the opportunities for student to choose subjects that appeal to them for their assignments. Second, for five years our department has worked to foster a closer personal and professional relationship with the Universidad Autonoma Benito Juarez de Oaxaca. For example, James Floss has hosted two students from Oaxaca and plans to visit their families in March. In addition, the department has enrolled over twenty HSU students in an e-mail, intercultural dialogue with students in Oaxaca.

While thinking about Latin America, I should mention that we are following with great interest Armada Reitzel's work with multi-racial and multi-ethnic faculty and students in Bluefields, Nicaragua, as part of her Fulbright appointment. Third, women of color and students from other, often underrepresented, identity groups are actively participating on the HSU Speech and Debate Team. Please join in!

Maxwell Schnurer continues his creative work, including lecturing on hip-hop and teaching Gender and Communication (COMM 309b). Both Maxwell and Allen Amundsen have contributed articles on popular culture, graffiti, and music, to The Times Standard, and The North Coast Journal. The department is reaching out to the Art Department, as we explore how to incorporate artistic expression into our teaching and learning about diversity and inclusion.

Last year the university recognized the Department of Communication for its achievements in recruiting and retaining Communication majors from diverse backgrounds. In our 2010 Program Review we, again, identified diversity and inclusion as a major focus. Please help us.

Our partnership across the parking lot takes many different forms. But it is reassuring to me to know that, in these difficult budget times, House 54 and House 55 are keeping our eyes on teaching and learning about diversity and inclusion to make HSU even more strong and vibrant.



Oaxaca is one of the poorest regions in Mexico, as well as the State with the largest indigenous populations

Drink

MCC

delicious and



refreshing

5¢

Enjoy.



14 MOVE forward

By
Octavio Lopez Raygoza

As part of the Social Justice Summit, members of the MOVE Organization provided a keynote presentation on Friday, March 5th. MOVE is an organization which has fought for social justice since 1972, recently advocating for the release of political prisoners.

HSU's Social Justice Summit is an event that promotes social change through learning, sharing, and celebrating different backgrounds, cultures, and experiences. Pam Africa and Ramona Africa They spoke about their experiences as MOVE members, offered tools for social changes, and keynote presentations.

MOVE has a history of advocating for a green revolution as they believe that the current capitalist system is not only destroying the environment but society as well. MOVE acts as community organizers, campaigning for the release of political prisoners, and fighting for social justice.

These prisoners include nine members of their organization who were arrested in 1978 for the fatal shooting of one police officer. They are referred as the MOVE 9 members. All nine members were tried and sentenced to serve life in prison after a shootout that occurred when police tried to evict MOVE members from their home. MOVE maintains that the raid, as well as the apprehensions, was motivated by political reasons. The raid was fueled by a neighbor



Pam Africa
Pam Africa as a guest speaker at HSU's 2010 Social Justice Summit

who complained about MOVE's composting.

MOVE is also highly involved in advocating the release of Mumia Abu-Jamal, an inmate on death row since 1981. Abu-Jamal is known for being the most famous death row inmate in the world. He was arrested and sentenced to death after the fatal shooting of a Philadelphia police officer and has remained on death row for almost 30 years.

His case is famous for being flawed and having many witnesses backtrack their testimonies that put him behind bars. Many foreign nations have since idolized Abu-Jamal for being an outspoken political prisoner and whose various publications were completed from death row. Various streets throughout the world bear his name, including one street in Paris, France.

Pam Africa and Ramona Africa are the spokespersons of MOVE. Pam offered a presentation of the case of Abu-Jamal and the flaws of his trial. One of the key witnesses was forced into a false declaration by police, to which she later backtracked.

Ramona Africa herself is one of the two lone survivors of the police bombing of the MOVE headquarters in 1985.

Back then police officers were called to the MOVE headquarters after neighbors complained about their compost again in MOVE's backyard. According to police, officers were met with gun shots coming from inside the facility. Officers decided to use plastic explosives to clear the structure for the police to enter the facility. The subsequent explosion ignited a fire that devastated the entire block killing eleven people, including John Africa (the organization's founder) and five children. Ramona Africa and a child survived the fire. Ramona Africa has since advocated for social justice and social change as the spokesperson of MOVE.



The MultiCultural Center
Anna, Yvette, and Roberto handle registration for the 2010 Social Justice Summit proudly wearing their staff t-shirts.

Most members take John Africa's last name as a show of brotherhood and as a connection not only to each other but to the African continent as well.

The Social Justice Summit at HSU offered a chance for the community to learn more about the efforts of these 2 women as well as to allow a debate of their ideas as a method for social change.



Thank you Wells Fargo for contributing to this important community event.



3rd Annual California Big Time & Social Gathering

By S. Leah May

On April 10th Humboldt State University hosted the 3rd Annual California Big Time and Social Gathering. This was a free public event open to all members of the community. It was a culmination of many months of collaboration and organizing from the Native community both on and off campus.

The purpose of this social gathering is to allow the opportunity for the Native community of this area to share their culture and heritage with the rest of the community. We live in Indian Country and there are many local tribes in this area as well as many people representing other tribes from different parts of the country. All with their own unique heritage, dance, song, and story.

At the Big Time there were local dance demonstrations from various tribes of this area including the Tuolumne, Mewuk, Point Arena Manchester Pomo, and local Brush Dancers. There was also an inter-tribal Pow-Wow demonstration, and we did the Potato Dance and Round Dance—it was good fun! We had two drum groups come sing for the occasion: Red Cedar and Maza Duta (Red Iron). Red Cedar is a local drum from this area, and Red Iron representing the Nakota nation, came all the way from Saskatchewan, Canada. Thanks guys! Also in the arena there were lots of traditional arts, crafts, supplies, and food that was being sold in order to keep all who attended happy and busy.

To sum it up, the Big Time was a hit and a success! We look forward to next year's event and the opportunity to support and assist in representing our Native Community.



Photo Courtesy of Native Cultures Fund by Brandi Easter.

**Please join the MultiCultural Center and HSU's American Indian Alumni Association
for our annual Grad Bash!**

Saturday, May 15th at 5:00PM

MCC Parking Lot

food, karaoke, live band, jumpy house

Please bring your family for post-commencement fun!!

A Liberal Handshake¹⁷

By Tilton Aliikoa Fifield

College life is like a sunny day: when the opportunity presents its self, we take advantage of it. But the opportunity is often sporadic and unexpected. And unfortunately, every day must come to a close; such is college life. The end of the semester is fast approaching and for some of us it means the end of college life.

The last 4 years have been eventful. Like many students I entered the college scene fairly oblivious and unassuming. As an East coaster, I was drawn to Humboldt because of the unique setting and the Northern California experience. What I found was a nice juxtaposition to the hustle and bustle of rat race America. For a while, the redwood curtain provided a nice island of insulation. But even then, we witnessed increasing student fees and proposals for university expansion. The student population was getting bigger with every freshman class. The university was changing and students were beginning to feel frustrated and disenfranchised. Students were beginning to feel rained on.

A little over a year ago, we witnessed that students could make the impossible possible. Many of us found a break in the clouds with the election of a new President. His campaign brought hope to many people and we overwhelmingly backed him. As an intern for Obama's Presidential Campaign, I was proud to see what fellow young people were capable of. It affirmed not only my belief in democracy, but also the dedication and promise that we as college students have. It is with this in mind that I returned to Humboldt after my time off.

When I returned to Humboldt this past semester, I found that the university looked quite different. New buildings and apartments had gone up and furloughs were being implemented. Despite the disappointment and budget failures, students have not forgotten how to have fun and rebel in spite of it all. The student body remains as interesting and vibrant as before. There are many new faces but still plenty of familiar and friendly faces. It is a reassuring sentiment that new and old friends have reinforced in me. Whether it's late night runs to Toni's, crazy night bike rides to CCAAT, excursions to College Cove, or a sketchy climb up tree 17: we remain very skilled at being

spontaneous and enjoying the moment. It's what college life is all about: the moment.

For many of the graduating class, some of you will inevitably be saying goodbye to your friends and Humboldt. The moment is fast approaching where you will inevitably shake President Richmond's hand like all those before you have. But I see the moment as an opportunity to reflect on the accomplishments of our fellow students. Our student body is a unique one, so the merry prankster in me asks, "Why not make our own tradition? Why not do something unique and spontaneous?" It seems to me that the class of 2010 should defy convention and put your own stamp of approval on the graduation ceremony. ***In solidarity and spontaneity, Rollin Richmond should be asked to shake hands with his left hand as opposed to his right. Force him to meet you on the left. Defy conformity and embrace your collective spontaneity. We have a choice and it is important that we recognize this.*** Fellow students voted and worked for change, so why compromise? The class of 2010 has an opportunity to create a moment and turn it into a movement. Be proud of what you have accomplished. Your college life at Humboldt may be coming to a close, but your memories will stay with you. There's room for at least one more.



18

APASA - WE HAVE A VOICE!



20 CUPS
OF
RICE!!!



Chef Villy's Cooking Corner 4 Life



(for Mo-mo)

THANK YOU:
MS. MONA MAZZOZZIZLE
JERRI JONEZZZZ!!!
MARYLYN
MCC CREW
APASA
REDWOOD TREES
OCEAN
SRIRACHA
RAIN

Love, Stephanie Andaya!

MCC Graduates

19



What you should know and what you should learn:

You should know how to write a good essay.

You should learn how to enjoy the sweeter things in life.

~Kor Yang

I will have survived almost 6 years here in Humboldt County by the time I receive that bachelor's diploma in December. I've shed many tears, laughs, frustration, fear, and growth. Having no family here, like most students, I relied on the love from friends to keep me grounded through my studies. The MCC has most definitely been my 2nd home, a place to gain organizational skills, create family, sleep, and EAT!!! After I complete the Wildlife program, I hope to put some conservation skills to use in the PeaceCorps, eventually I will come back to the United States & aim towards a masters or PhD in further wildlife animal studies. I love the MCC and WRC!! STOP THE BUDGET CUTS!!!

Johanna "Banana" Barahona
Major: Wildlife Conservation & Management
Minors: Multicultural Queer Studies
& Women Studies
Hometown: South Central Los Angeles



Artistic Space



Artistic Expression

21

*Laying naked and exposed
listening to the frantic pounding of our hearts
in a chaos of
different rhythms and tempos
and messed up lyrics
that dont make sense
and as we remain
pondering of the beautiful
music we have just made
you hold on onto my hand
ever so tightly
So afraid to let me go
both of us so afraid
of what may lay ahead of us
always guessing what is next
but like this music we make
life is chaos
but when your lips touch mine
for the ONE moment
everything...*

STOPS

*and I can hear our beautiful music
and even if it is moving too quickly
I know that our hearts can keep up
so lets keep playing the different rhythms and tempos
and lets get lost in the messed up lyrics
that just dont make sense
because it is just too beautiful to
STOP*

By Wendy Gonzalez

Mango Pudding

Ingredients:

2 envelopes (1 TBLS) unflavored gelatin
 3/4 cup (175 mL) sugar
 1 cup (250 mL) hot water
 3 cups (750 mL) pureed mangoes
 1 cup (250 mL) 2% evaporated milk
 8 ice cubes
 lime wedges (optional)
 fresh mango slice for garnish (optional)

Preparation:

Add gelatin and sugar to hot water and mix until dissolved and smooth. In large bowl, mix mango puree, evaporated milk and ice cubes. Pour gelatin mixture into mango mixture and stir until ice cubes melt. Pour mixture into jelly mould and chill until set, at least 3 hours. To serve, dip jelly mould briefly in hot water then turn pudding out onto a platter. Squeeze on some lime juice if desired and serve. Serves 8



Spanish Tortilla

Ingredients:

6 medium potatoes, diced
 2 small onions, coarsely chopped
 1/2 tsp salt, + 1/2 tsp
 2 TBLS sunflower oil, + 2 TBLS
 7 eggs
 1/4 cup milk
 serving suggestion:
 tomato salad drizzled with olive oil

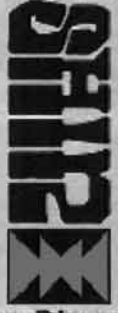
Preparation:

In a medium bowl, mix potatoes, onions, and 1/2 tsp salt by hand. Heat 2 TBLS oil in a large non-stick skillet. Fry the potatoes and onions on low, heat, and cover with a lid for 5 minutes to let them soften. Turn up the heat for another 5 minutes until golden brown.

Meanwhile, break eggs into a medium bowl. Add the remaining salt and milk and whisk vigorously until frothy. Add the potatoes and onion to the egg mixture until fully integrated.

Clean the skillet and return to stove. Heat the remaining 2 TBLS oil on a high heat and pour in the mixture, moving it around in the pan to help the tortilla rise. Fry until golden brown, stirring occasionally until it has set. Then turn down the heat to allow the inside to cook. After a few minutes turn up the heat in order to brown the tortilla. After cooking, place a large plate over the skillet and flip the tortilla onto it. Return to the pan fry the other side until golden brown.





UNITED INDIAN HEALTH SERVICES, INC.

The Friends Are Good Medicine Award

Presented to
Humboldt State University

Multi-Cultural Center

Presented this 31st day of March 2010

*for their many years of support and numerous partnerships
which have assisted UIHS in its journey to renewing
health and wellness for the American Indian Community*

Bonnie Green

Bonnie Green, Chairperson of the Board of Directors

Jerome J. Simone

Jerome J. Simone, Chief Executive Officer

MultiCultural Center Event Calendar

Events listed below are subject to change. For more information about the MCC and the most up to date information about our events, please visit us at www.humboldt.edu/multicultural/

Friday, May 1	May Day Lei Day		
May 10–14	Finals Week	Good Luck!	Snacks @ MCC
Thursday, May 13	American Indian Sash Ceremony	5:30PM	Arrington Apples
Friday, May 14	Black Graduation	4:00PM	Kate Buchanan Room
	Asian Pacific Islander Lei Ceremony	5:00PM	Goodwin Forum
	Graduación Latina	6:00PM	Arcata Community Center
Saturday, May 15	MCC/American Indian Alum Grad Bash!	5:00PM	MCC Parking Lot



Humboldt State University

MultiCultural Center

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