Office of Multicultural Student Services and Programs

MSSP Newsletter

Edition: Fall 2010

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Quotes

"A man may die, nations may rise and fall, but an idea lives on."

-John F. Kennedy

"Once you wake up thought in a man, you can never put it to sleep again."

-Nora Zeale Hurston

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."

-Dr. Seuss

Western Says Goodbye to Andrea Arce

In September, Andrea Arce the Multicultural Recruitment Coordinator for the Admissions Office said goodbye to WOU to pursue graduate studies at Lewis and Clark University this fall. The former Diversity Scholar graduated from WOU in 2008 with a Bachelor of Arts in Social Science and minor in Spanish. She worked in the Admissions Office for two years recruiting many of WOU's amazing student leaders, coordinating the MCR program, serving on the Cesar E. Chavez Leadership Conference Committee, and on the Diversity Commitment Scholarship Committee. She has been an invaluable member of the WOU campus as both a student and professional, her work ethic and spunky personality will be greatly missed. The MSSP office wishes her the best in her future endeavors!

Welcome New On-Track Students!

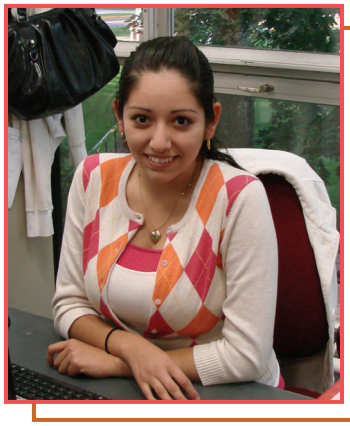
Alejandra Guerrero
Alicia Jabin
Angelica Elias-Magadan
Ashis Bhakta
Ashlie Milner
Ashton Murdock
Aystin Moore
Berenice Camacho
Blanca Reyes Alcantar
Brianda Reyes
Brittany Shields
Chelsea Scott
Chris Burnett
Demebra Sims
Dominique May
Elmer Gomez
Emily Nascimento
Esther Herrera
Gloria Ochoa
Gricelda Hernandez
Jaime Romero Garcia
Jasmine Etchevers
Jawan Mullen
Jennifer Benjamin
Jonathan Jones
Jose Ocampo
Karen Zamudio
Karina Vera
Kayreen Tulumwar
Kevin Lopez Caamal
Latasha Kellogg
Laura Gutierrez
Lexington Martin
Lindsey Kelsey
Maria Mendez
Maria Penaloza
Mariela Quevedo
Marilyn Moreno
Marlen Gutierrez
Michael Davidson
Nancy Vazquez
Reymundo Benavidez
Rocio Vargas
Shanai Campbell
Shelby Furtado
Sofia Marisol Ortiz Soto
Sonia Lopez
Steven Grauer
Tracy Lopez Mendoza
Tracy Romero
Vanessa Gutierrez

Mandatory On-Track Welcome and Orientation

On-Track will be having a mandatory event for all of the new students. On October 27th from 12:00-2:00 in the WUC Willamette Room, or October 28th from 5:00-6:30pm in the WUC Calapooia Room. This will be a great chance to meet your fellow On-Track peers, learn more about the program, set up your first appointment and enjoy a complimentary meal. Don't miss this great opportunity to learn more about what services the MSSP Office and On-Track program can provide for you! ***Seating is limited to 26 per session, save your spot today! Please call (503) 838-8737 or email mssp@wou.edu.***

OUR NEWSLETTERS ARE NOW ONLINE!
www.wou.edu/mssp

Multicultural Student Services & Programs



Admissions Welcomes Norma Sanchez

In September the Admissions Office welcomed Norma Sanchez as the new Multicultural Recruitment Coordinator. Originally from Eugene, Oregon; Norma graduated in 2009 from Willamette University with a Bachelors Degree in Latin American studies and Spanish with a minor in History.

She's loves being active whether its enjoying the great outdoors, hiking, family gatherings, or giving back to her community. She is an active Volunteer with Causa Oregon and immigrant rights organization and Latinos Unidos Siempre or L.U.S. a local community group that advocates for Latino youth.

As a first generation college grad, Norma is excited to be here at WOU. She is passionate about working with underrepresented students, and believes that everyone should have the opportunity to an amazing education.

Norma's office is located in Admissions APSC 408, to contact Norma call (503) 838-8193 or email sanchezn@wou.edu.

Welcome 2010 Diversity Scholars!

Michele-Angell Aggrey	*Monserrat Chavez*	*Hellevi Johnson*	*Jacqueline Quiroz*
Monserrat Alegria	*Bertin Cortes*	*Ethan Keen*	*Nancy Ramos*
Marina Alvarez	*Javier Cortes*	*Sonia Iachino-Ramirez*	*Mirang Reklai*
Perla Arreguin	*Esteban Cortez*	*Ivan Lopez-Garcia*	*Fabiola Rivera*
Reinaldo Ayala	*Lorena De La Torre*	*Ruben Manzo*	*Edgar Rojas*
Erika Azua	*Luky De Leon*	*Anthony Medina*	*Yanira Rosales*
Tahnae Baker	*Jessica De Los Santos*	*Ismari Melchor*	*Jessica Salazar*
Jessica Bennett-Evans	*Sofia Dominiguez*	*Gabriel Mendenhall*	*Selina Sanchez-Rojas*
Victoria Boyd	*Jose Garcia*	*Rafael Meza-Johnson*	*Xavier Suarez*
Rudy Camarena	*Maria Gonzalez*	*Antonio Mora*	*Jessica Travenia*
Azusena Carrillo-Garcia	*Iris Gunkel*	*Karla Ochoa-Reyes*	*Mary Uribes*
Andrew Carter	*Francisca Hernandez*	*Pascual Oropeza Jr.*	
Pedro Castaneda Jr.	*Avigain Hernandez-Cruz*	*Selena Orozco*	

Congratulations!

ON TRACK at WOU

The On Track program aims to provide culturally diverse students, from historically underserved populations, a support program to assist in ensuring academic and personal success at WOU.

What can ON TRACK do for you?

ACADEMIC SUPPORT

MSSP will provide one-on-one advisement and track your academic progress each term to make sure you are successfully working towards completing your degree.

LIST SERVE

Get the latest info on scholarships, job, and volunteer opportunities, cultural events, and much more!

PERSONAL SUPPORT & GUIDANCE

MSSP will work with other Student Services offices on campus to provide you with workshops and info sessions designed for your personal and professional development.

Apply to ON TRACK today! It's easy!

Download an application at

www.wou.edu/mssp

On-Track will be having two welcome sessions for new students. October 27th at 12:00 in the WUC Willamette Room and October 28th at 5:00 in the WUC Rogue room.

RSVP today call (503) 838.8737 or email mssp@wou.edu

Club Corner

Welcome 2010-2011 Exec. Board!

- ⇒ Activities Director: Paola Sumoza
- ⇒ Social Membership Director: Logan Blouin
- ⇒ Secretary: Luanne Carillo
- ⇒ Historian: Rosibel Perez
- ⇒ Historian Apprentice: Maria Del Carmen Gonzalez
- ⇒ Freshmen Advocate: Paola Ramirez Del Valle
- ⇒ Campus Advocate: Mayra Perez
- ⇒ Public Relations: Louie Arce
- ⇒ Fundraising Coordinator: Lupe Jeronimo

Meetings on Wednesdays at 6pm in the WUC Columbia Room

Just for Fun...

Random Facts:

If you have 3 quarters, 4 dimes, and 4 pennies, you have $1.19. You also have the largest amount of money in coins without being able to make change for a dollar.

The most common name in the world is Mohammed

On the new hundred dollar bill the time on the clock tower of Independence Hall is 4:10.

Matching Game

Match the culture/heritage with it's awareness month.

1) Black History Month	A) September 15th-October 15th
2) Asian Pacific Islander Month	B) February
3) Hispanic/Latino Heritage Month	C) June
4) Native American Awareness Month	D) May
5) LGBTQ Pride Month	E) November

Answers: 1) B 2)D 3)A 4)E 5) C

Cultural Cooking Corner: Mexican Stuffed Tomatoes

Ingredients

- 5 Yellow vine-ripe tomatoes
- Salt and Pepper
- 2 Jarred pimentos, drained and chopped
- 1/4 red onion, chopped
- 1/2 small zucchini, 1/4 inch dice
- 1 jalapeno pepper, seeded and finely chopped
- 1/2 lemon, juiced
- 1/2 tsp. dried oregano, crushed
- 2 tbs. fresh cilantro or flat leaf parsley leaves chopped
- 2 tbs. dried bread crumbs
- 2 tbs. extra virgin olive oil

Directions

Cut the tops off 4 tomatoes and trim a tin slice off the bottoms to that they will sit upright easily. Hollow out the tomatoes with a spoon over the garbage bowl or sink. Season tomatoes with salt and pepper. Remove stem of remaining tomato. Seed and chop tomato.

In a bowl, combine chopped tomato, pimentos, onions, zucchini, jalapeno, lemon juice oregano and cilantro. Sprinkle bread crumbs evenly over the bowl. Add extra-virgin olive oil, toss mixture to combine and season, to taste, with salt and pepper. Fill the empty tomatoes with stuffing and serve.

A Look Ahead

OCTOBER

21-Diversity Scholar Recognition Dinner 6:00-8:00 pm WUC Pacific Room

25-MSU Trip to Nightmare Factory

27-On-Track Orientation/Welcome, 12:00-2:00pm WUC Willamette Room

27-Out of Sight Dinner, 6:00pm WUC, Pacific Room

28- On-Track Orientation/Welcome, 5:00-6:30pm , WUC Calapooia Room

NOVEMBER

2-Dia De Los Muertos Activities, WUC East Foyer

25-Campus closed for Thanksgiving Holiday

26-Campus Closed for Thanksgiving Holiday

DECEMBER

1-Tree Lighting

6-Finals Week begins

Health & Wellness Corner

October is National Breast Cancer Awareness Month

Quick Facts

- Breast cancer is one of the most common cancers among women in the United States
- It is the most frequently diagnosed cancer among every racial and ethnic group
- Oregon has the second highest rate of invasive breast cancer in the U.S.
- Some risk factors include aging, drinking alcohol, family history, and high bone density.

Prevention Tips

Early Screening is key!

- Do monthly self exams, clinical exams every three years after age 20, and annual mammograms beginning at age 40.

Make Healthy Choices!

- Eat a balanced, healthy diet
- Be physically Active
- Maintain a healthy weight
- Limit alcohol consumption to one drink per day

Information courtesy of the Susan G. Komen Foundation. For more information go to **http://cms.komen.org**

MSSP

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OUR MISSION: The Office of Multicultural Student Service and programs is committed to providing educational opportunities and outstanding programming for ethnic and culturally diverse students. MSSP strives to foster a supportive environment for students of color to live, learn and grow as active members of the Western Oregon University community and as individuals.

OUR SERVICES:

- ⇒ Diversity Scholars program
- ⇒ On Track program
- ⇒ Advising the Multicultural Student Union
- ⇒ General academic and career advisement
- ⇒ Personal support and guidance to currently enrolled students
- ⇒ And much more!