

# MSSP Newsletter

Edition: Summer 2009

## Alternative Break Opportunities

Article by Michael J. Hampton

Photo courtesy of Service Learning Career Development

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Alternative Break Trip Student Leaders are busy planning service trips for the 2009 – 10 school year. Alternative Breaks are one – two week trips during school breaks to locations around the world for students and faculty/staff advisers to engage in service with a community organizations or causes. Last year, five groups went to Seattle, Denver, Houston, San Diego, Costa Rica, and Cape Verde, Africa. Service activity included projects to help eliminate hunger and homelessness, connect with at-risk teens, restore areas damaged by hurricanes, protect wildlife, and develop healthy relation-



ships with orphans. Alternative Break information sessions for next year's trips will be hosted for interested students in early October. Please contact Service Learning & Career Development for additional information.

## Quotes

"Our greatest glory is not in never falling, but in getting up every time we do"

-Confucius

"In a world filled with hate, we must still dare to hope. In a world filled with anger, we must still dare to comfort. In a world filled with despair, we must still dare to dream. And in a world filled with distrust, we must still dare to believe."

-Michael Jackson

"A little axe can cut down a big tree"

-Jamaican Proverb

## Congratulations to the Hernandez-Hunter family!



Birth Info on the boys:

Birth date: July 6th (12:46, 12:47 & 12:49!)

Alex Robert Hunter - 4lbs 14oz (now about 6 lbs)

Adam Christopher Hunter - 4lbs 7 oz (now about 6 lbs)

Evan Michael Hunter - 5lbs 6oz (now about 7 lbs)

(Adam & Alex are the identical twins)

In the pictures:

Adam - is on the left side, wearing the outfit with the alligator on it.

Evan - is in the middle, wearing the outfit with the frog on it.

Alex - is on the right side, wearing the outfit with the monkey on it.

**OUR NEWSLETTERS ARE NOW ONLINE!**  
[www.wou.edu/mssp](http://www.wou.edu/mssp)

# MULTICULTURAL STUDENT SERVICES & PROGRAMS

## 2008-2009 Graduates

- Larry Bui
- Gabriel Ceja
- Mayra Colin-Carrillo
- Benjamin Diaz-Cruz
- Maria Garcia
- Samuel Garcia
- Rosa Grimaldo
- Omar Melchor-Ayala
- Jessica Marie Montes
- Erica Moreno
- James Orr
- Diana Pineda
- Vitaly Putintsev
- Ashley Rice
- Juan Rodriguez
- Pilar Torres-Barrera

*Congratulations  
on your academic  
success!*

## MSSP Welcomes Audrey Ramirez-Loudenback

As some of you may know, Lauren Smith recently left WOU to pursue a graduate degree in Nursing at Seattle University. To fill-in until the advisor position is filled, Audrey has joined the MSSP staff for the summer. Audrey worked for the Student Enrichment Program for 4 years as an Educational Advisor and recently completed her second Bachelor's degree in American Sign Lan-



guage/English Interpreting. Audrey has been at WOU for 10 years as a staff member and as a student. While working on her first degree at WOU Audrey was heavily involved with MSSP, as a Diversity Scholarship Recipient and a student leader for the Multicultural Student Union. Please feel free to contact her with any questions or concerns that may arise this summer. And be sure to stop by the office this fall and meet the new On-Track advisor.

# 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](http://www.wou.edu/mssp)



Join us during

New Student Week

at the ON TRACK Info

Session on Wednesday,

September 23rd 10:15am-

11:15am at the Werner

University Center, Calapooia

Room

**MSU**

## Welcome 2009-2010 Exec. Board!

- ⇒ Activities Director: Paola Sumoza
- ⇒ Social Membership Director: Veronica Ochoa
- ⇒ Secretary: Maricruz Gomez
- ⇒ Fundraising Coordinator: Jennifer Hernandez
- ⇒ Freshmen Advocate: Oswaldo Moreno

Meetings:  
Wednesdays at 6pm in the Werner University Center

## Club Corner

### New Student Week

# BBQ

**FREE FOOD, Volleyball,  
and Music!**

**Thursday, September  
24th**

**4-6pm**

**@ The Grove**



## Just for Fun...

### Random Facts:

- ⇒ No word in the English dictionary rhymes with the word "month".
- ⇒ Everyday more money is printed for monopoly than for the US Treasury.
- ⇒ Women blink nearly twice as much as men.
- ⇒ Apples are more effective at keeping people awake in the morning than caffeine.

[www.funnyfacts.com](http://www.funnyfacts.com)

## Matching Game

It's good to know some of today's rich and famous stars came from humble beginnings.

Match the job with the celebrity:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>A. Vince Vahn</li> <li>B. Ellen DeGeneres</li> <li>C. Ralph Lauren</li> <li>D. Denzel Washington</li> </ul> | <ul style="list-style-type: none"> <li>1. Salesclerk and Brook's Brothers</li> <li>2. Brushing collars at a Barbershop</li> <li>3. Driving cars out of carwash</li> <li>4. Telemarketer</li> </ul> |
|--|--|

Answers: A-4, B-3, C-1, D-2

## Cultural Cooking Corner: Simple Peruvian Ceviche

### Ingredients:

- 2 lbs of **tilapia fillets** or other white fish fillets
- 8-10 **garlic cloves**, chopped
- 1 teaspoon **salt**
- 1/2 teaspoon **black pepper**
- 2 teaspoons fresh **cilantro**, chopped
- 1 **habanero pepper**, seeded and chopped
- 8-12 **limes**, freshly squeezed & strained (to remove pulp, enough to cover fish)
- 1 **red onion**, thinly sliced and rinsed

### Directions:

1. Combine all ingredients except red onion and mix well.
2. Place red onion on top and let it marinate in the refrigerator for at least 2-3 hours before serving.
3. Before serving, mix well and serve with lettuce, corn, avocado or other cold salad vegetables on the side.
4. It is important to use a juicer that squeezes the juice out of the limes, not one that will tear the membrane of the lime sections since this will make the lime juice bitter.



[www.recipezaar.com](http://www.recipezaar.com)

# A LOOK AHEAD

JULY

10th, 11th & 25th—  
Summer Orientation  
& Registration

AUGUST



SEPTEMBER

21— MSU Interest Meeting 10:15 - 11:15  
in the Calapooia Room  
21— Cultural Connections 4:15-5:15pm in  
the Columbia Room  
23— On-Track Session 10:15-11:15am in  
the Calapooia Room  
24— Diversity Scholars Meeting 9am -  
10am, Santiam Room  
MSU BBQ & Volleyball 4:00-6:00pm @  
The Grove

## HEALTH & WELLNESS CORNER

Summer Fun: Enjoy the outdoors!

### Skin Care and Protection

Here are some tips from [www.skincancer.org](http://www.skincancer.org) on how to choose the right sunscreen for your needs.

Most sunscreens with an SPF of 15 or higher do an excellent job of protecting against UVB. SPF — or Sun Protection Factor — is a measure of a sunscreen's ability to prevent UVB from damaging the skin. Here's how it works: If it takes 20 minutes for your unprotected skin to start turning red, using an SPF 15 sunscreen theoretically prevents reddening 15 times longer — about five hours.

Another way to look at it is in terms of percentages: SPF 15 blocks approximately 93 percent of all incoming UVB rays. SPF 30 blocks 97 percent; and SPF 50 blocks 98 percent. They may seem like negligible differences, but if you are light-sensitive, or have a history of skin cancer, those extra percentages will make a difference. And as you can see, no sunscreen can block all UV rays.

### Fun Hiking Trip in Oregon:



**Wahclella Falls,  
near Bonneville  
Dam**

Highlights: An easy hike along a creek to a beautiful falls and a place to play in the water  
Near: Bridal Veil, Oregon  
Distance: 2 miles  
Intensity: Easy

[\\*www.localhikes.com](http://www.localhikes.com)

MSSP  
MSSP

*Anna Hernandez-Hunter, Director*

*Audrey Loudonback, On Track Advisor*

Contact Information:

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[www.wou.edu/mssp](http://www.wou.edu/mssp)

**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!