

MSSP Newsletter

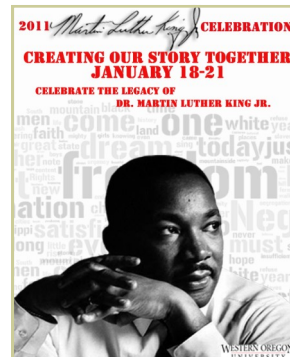
Edition: Winter 2011

Inside this issue:

On-Track	2
Cesar E. Chavez Conference	2
Fall 2010 Honor Roll	2
MSU Club Corner	3
Just for Fun	3
Cultural Cooking Corner	3
A Look Ahead	4
Health & Wellness	4

2011 Dr Martin Luther King Jr. Celebration

Beginning January 18th, WOU will be celebrating it's 4th Annual Dr. Martin Luther King Jr. Celebration. Each year WOU celebrates the legacy of Dr. King and the civil rights movement by hosting a week long celebration. This year's celebration will include a Kick Off, a Film showing, Service Project, Commemorative Dinner, a Fire Side Chat, Poetry Slam and Dance. The theme for the week is "Creating Our Story Together." This event is sponsored by offices across the WOU campus, and is designed to engage our community and to continue honor Dr. King. Come be a part of this wonderful week! For more information please go to www.wou.edu/mssp.



Focus on Leadership

On Saturday, January 29th Student Leadership and Activities will be holding the Focus on Leadership (FOL) Conference. FOL is an opportunity for WOU students to gain leadership experience whether you are a beginning or advanced leader. This year's conference will feature keynote speaker Tracy Knofla who is highly motivating and engaging speaker. There will also be break out sessions and workshops designed to increase leadership skills. FOL will be happening from 9:00am-5:00pm in the WUC, Pacific Room with lunch provided. FOL is a free event open to all students, there will also be a t-shirt for all participants! To register or for more information go to

www.wou.edu/student/sla



Quotes

"Do not be afraid of the past. If people tell you that it is irrevocable, do not believe them."

-Oscar Wilde

"Believe in Life! Always human beings will live an progress to greater, broader and fuller life."

-W.E.B. DuBois

"Non-violence is not inaction. It is not discussion. It is not for the timid or weak...Non-violence is hard work. It is the willingness to sacrifice. It is the patience to win. "

-Cesar Chavez

Out and Proud

During the week of February 14 - February 19th the Multicultural Student Union will be hosting the second annual Out and Proud event. Out and Proud recognizes People of Color who identify as Lesbian, Gay, Bisexual, Transgendered, Queer (LGBTQ). This event is aimed to help create awareness, and highlight the ongoing process of being LGBTQ and how Queer People of Color are faced with different challenges and experiences because of their multicultural backgrounds.

This year's celebration will include a Safe Zone training, an Ally of Queer People of Color Panel, a Dinner featuring performer Nicole Sangsuree and the Black and Red Ball. For times and locations of the events please go to www.wou.edu/mssp.

The Multicultural Student Union of Western Oregon University presents...

Out & Proud: Transformation

MONDAY FEB 14TH Safe Zone Training 9pm Time TBA Santiam Room, WUC	WEDNESDAY FEB 16TH Semi-Formal Dinner Key note Performance Nicole Sangsuree 5:30-8:30pm Columbia Room, WUC Ticket \$5
TUESDAY FEB 15TH Allies Panel of Queer People of Color (QPOC) 2-3:30pm Oregon Room, WUC	THURSDAY FEB 17TH Black and Red Ball Time TBA Hosted by Triangle Alliance Pacific Room, WUC

If you have a disability that may require some accommodations in order to participate in a service, please notify the Multicultural Student Union at (503) 325-6200 at least 21 hours in advance.

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

MULTICULTURAL STUDENT SERVICES & PROGRAMS

Fall 2010 Honor Roll

Michele-Angella Aggrey	Wendy Lopez
Monserrat Alegria	Leslie Martinez
Jacqueline Arrezola	Mariah Martinez
Reinaldo Ayala	Anthony Medina
Logan Blouin	LaShawonna Miles
Andrew Carter	Ashley Motley
Vivian Estrada	Nawwal Moustafa
Virgina Falcon-Vazquez	Sofia Ortiz-Soto
Jose Figueroa	Jacqueline Quiroz
Shelby Furtado	Ana Ramirez-Falcon
Jose Garcia	Antonio Ramos
Nayelly Garcia-Flores	Nancy Ramos
Steven Grauer	Yanira Rosales
Shannon Grosse	Eric Sabin
Iris Gunkel	Selina Sanchez-Rojas
Mary Haviland	Courtney Shimabuku
Autumn Hughes	Paola Sumoza
Yasmin Ibarra	Rocio Vargas
Hillevi Johnson	Ezequiel Vasquez
Russell Jones	Nancy Vazquez
Sonia Lochino-Ramirez	Brenda Victorio
	Stefanie Zavala

Congratulations on your academic success!

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



2011 Cesar Chavez Leadership Conference.



On March 11th, Western Oregon University will be hosting the 21st Annual Cesar E. Chavez Leadership Conference (CECLC). This conference brings about 1,500 Latino(a) high school students from across Oregon to participate in a day long event

that is focused on the legacy of Cesar Chavez, the value of education, social justice and leadership. The CECLC mission is "To instill in our Latino(a) youth the value of education, which nurtures the mind, body and spirit in order to develop a social consciousness that empowers

them as leaders for social justice and responsibility in the greater community. "



If you are interested in helping with this event we will be looking for WOU students to volunteer the day of the conference, please contact the MSSP office for more information at (503) 838-8737.

MSU Corner

Congratulations Rosibel! MSU Welcomes Carmen



Rosibel Perez graduated from WOU, with a Bachelor of Arts degree in Spanish, and minor in humanities. Rosibel served on the MSU Executive Board as Historian for fall term and her hard work and dedication was instrumental in the success of the Dia de los Muertos activities She will be greatly missed. Congratulations Rosibel!

This January MSU brought in Carmen Gonzalez as the historian apprentice for the executive board. She will serve as the Historian for the remainder of the 2010-2011 year. Carmen is a 2010 Diversity scholar and MSSP Office student employee. MSU is excited to welcome Carmen to the team!



Want to help MSU? Be a volunteer!
For those of you who may need volunteer hours, the Out & Proud Planning Committee is looking for volunteers! This weeklong event will need people throughout the week to help make the event as successful as possible. If you are interested contact Louie Arce in the MSU office at (503)838-8403 or email at msu@wou.edu.

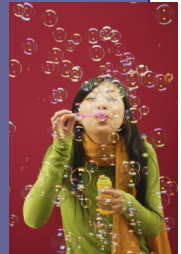
MSU Meetings on Wednesdays at 6pm in the Columbia Room

Just for Fun...



Random facts

- Canada has the longest coastline of any country in the world at 151,600 miles.
- It is against Michigan state law to tie a crocodile to a fire hydrant.
- The Ancient Greeks believed that redheads would turn into vampires after they died.
- Almost 80% of food commercials aired on Saturday morning children shows
- More than 2.5 billion pictures are uploaded to Facebook each month.
- You cannot snore and dream at the same time.



Cultural Cooking Corner: Japanese Miso Soup with Vegetable Stock and Tofu

Ingredients

- 1/3 ounce Konbu (kelp) 2-3 squares
- 4 Cups Vegetable Stock
- 3 Large Dry Wood Ear mushrooms
- 3 Table Spoons of White or Yellow Miso Paste
- 1 Table Spoon Brown Miso Paste
- 1/4 cup Finely Sliced Scallions
- 4 Ounces Tofu, cut into 1/2" Cubes



To make the "dashi" soup stock, in a large saucepan, combine the konbu and vegetable stock and heat over medium-low heat almost to the boiling point. Remove the konbu just before the mixture comes to a boil and discard. Remove from the heat and skim any foam that rises to the surface. Let stand for 2 minutes. Strain through a fine mesh strainer into a saucepan. Keep warm over low heat.

Add the mushrooms and soy sauce to the dashi and steep until mushrooms are tender, about 10 minutes. Remove with a slotted spoon, and when cool enough to handle, slice thinly. Return to the liquid. Add the miso pastes and cook over low heat, stirring to dissolve. Add the scallions and tofu and cook until warmed through, about 3 minutes. Serve immediately.

Directions

A LOOK AHEAD

JANUARY

- 18-MLK Celebration Kick Off 12:00 WUC Oregon Room
- 18-Film "The Untold Story of Emmett Louis Till" 4:00pm ITC 107
- 19-Fire Side Interfaith Dialogue 12:00 WUC Oregon Room
- 19-Film "The Untold Story of Emmett Louis Till" 6:00pm WUC Columbia Room
- 20-MLK Commemorative Dinner 6-8pm WUC Pacific Room
- 21-MLK Poetry Slam/Dance 7:00pm WUC Oregon Room

FEBRUARY

- 14-Out and Proud Safe Zone Training
- 15-Out and Proud QPOC Allies Panel
- 16-Out and Proud Dinner
- 17-Black and Red Ball

MARCH

- 11-Cesar E. Chavez Leadership Conference



HEALTH & WELLNESS CORNER

Stress Management

QUICK FACTS ABOUT STRESS

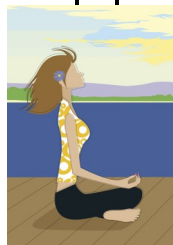


Stress that continues without relief can lead to distress or a negative stress reaction

Stress linked to six of the leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide

Research suggests that stress can also bring on or worsen certain symptoms or diseases

Signs of stress include: headaches, grinding teeth, clenched jaw
Muscle tension in neck, face or shoulders, trouble sleeping
Racing heart, Dizziness or feeling "out of it"



TIPS TO REDUCE STRESS

- Get regular exercise, your body can fight stress easier when it's fit.
- Eat healthy, well balanced meals
- Get enough rest and sleep, your body needs to recover from stressful events
- Seek out social support, make time for your hobbies or interests
- Learn how to manage your time efficiently
- Try relaxation techniques like yoga, meditation or tai-chi
- Don't rely on alcohol, drugs or compulsive behaviors to reduce stress



For more information go to www.webmd.com

MSSSP

Anna Hernandez-Hunter, Director
hernana@wou.edu (503) 838-8195

Yokiko Swain, On Track Advisor
swainy@wou.edu (503) 838-8834

Contact Information:

345 N. Monmouth Ave.
Monmouth, Oregon 97361

Phone: 503.838.8737 Fax:503.838.8435

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. MSSSP 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!