

MSSP Newsletter

Edition: Fall 2011

Inside this issue:

The MCR's	2
On Track	2
2011 Diversity Scholars	2
MSU Club Corner	3
Dia de los Muertos	3
Cultural Cooking Corner	3
A Look Ahead	4
Health & Wellness	4

The MSSP Office Has Moved!

The Multicultural Student Services and Programs Office has moved from the fifth floor of the Academic Programs and Support Center (APSC) to the Werner University Center (WUC). **Our new office location is WUC 212.**

The diagram to the right shows our office in teal. We are on the second floor of the WUC, past the information desk, and right next door to the Wolf Express.

Our office contact information has not changed, please contact us if you have questions or need specific directions to find our new office location please call (503) 838-8767 or email us at mssp@wou.edu.



The MSSP Office Welcomes Ruby Martinez!



In August the MSSP office welcomed Ruby Martinez as our new Office Specialist. She was raised in the city of Gervais, Oregon, Ruby now lives in Salem with her three boys Angel, Alex and Sammy.

Ruby is an avid earring collector and loves the color purple. In her spare time she loves to spend time with her boys, going to family gatherings, and volunteering at her church.

When asked why she wanted to work at Western Ruby replied "I came to Western because I wanted to learn more about the college experience. Whether its understanding how students juggle multiple roles and responsibilities, how they earn scholarships, or what resources they utilize to achieve their degrees. I wanted to experience working in a college setting and gain knowledge and perspective of the students, faculty and staff." We are happy and excited to have Ruby as our newest office member! To contact Ruby please call (503) 838-8767 or martiner@wou.edu

Need Help With Homework? Maybe You Could Use a Tutor!

At Western Oregon University there are multiple tutoring options for students to take advantage of; the Academic Advising and Learning Center has tutoring available in most LACC classes and the Writing Center to help you write your papers.

To schedule an appointment with a tutor in the Learning Center just log into your WOU Portal. The Learning Center is located in the APSC Building Room 401 they are open Monday and Friday from 8:00am-5:00pm and Tuesday through Thursday 8:00am- 7:00pm. There are also drop in math tutoring sessions Monday through Friday. To learn more about times and locations please go to the website: http://wou.edu/las/natsci_math/math/tutor/

If you need help writing a paper, creating an outline, brainstorming, and citation assistance the Writing Center is where you need to go! They have drop in hours Sunday-Thursday from 7:00pm-10:00pm in Hamersly Library Room 116 and Tuesdays and Thursdays from 7:00pm-9:00pm Ackermann Hall Room 132. You can also schedule an appointment by going to their website: www.wou.edu/writingcenter Their office is located in the APSC Building, room 301 they are open Monday-Friday 8:00am-5:00pm.

Quotes

My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging.

-Hank Aaron

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything - all external expectations, all pride, all fear of embarrassment or failure - these things just fall away in the face of death, leaving only what is truly important.

-Steve Jobs

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

Multicultural Student Services & Programs

The Multicultural Representatives



This fall the MSSP Office started the Multicultural Representatives or MCR's program. The MCR's are a group of students who are committed in assisting the Multicultural Student Services and Programs Office retain ethnically and culturally diverse freshman during their first year at WOU.

The MCR's will promote and strengthen WOU by providing a personal perspective and guidance to new students from first generation, low income, and underrepresented backgrounds. In turn, the MCR's will have the opportunity to grow and develop leadership skills as active members of the Western Oregon University community and as individuals.

There are twenty MCR's who will be working with On-Track and Diversity Scholar freshman, to help them transition from high school to college life.

If you would like to learn more about the MCR Program please contact our office at (503) 838-8737 to talk with one of our MCR Coordinators or please go to our website at:

www.wou.edu/mssp

Welcome 2011 Diversity Scholars

<i>Adaleni Lopez</i>	<i>Eduardo Diaz-Salazar</i>	<i>Leonardo Reyes-Muñoz</i>
<i>Alejandra Martinez</i>	<i>Elizabeth Perez-Hernandez</i>	<i>Lisandra Mesa-Falcon</i>
<i>Anne Maney</i>	<i>Fabian Argueta</i>	<i>Lorena Garcia</i>
<i>Araceli Ambrosio</i>	<i>Gabriela Garibay</i>	<i>Lucero Alvarez</i>
<i>Arely Sanchez</i>	<i>Gina Hoefler</i>	<i>Lyubov Belobrovchuk</i>
<i>Armando Hernandez</i>	<i>Jennifer Baltazar</i>	<i>Maria Vargas</i>
<i>Audriana VanDeWalle</i>	<i>Jocelyn Montano</i>	<i>Mayleen Engichy</i>
<i>Avelino Villeda-Torralba</i>	<i>JoEllen DeLeon</i>	<i>Michelle Garibay</i>
<i>Ayat Haidar</i>	<i>Joselyn Cruz</i>	<i>Mykinnon Harwood</i>
<i>Betsy Paniagua</i>	<i>Joseph Hahn</i>	<i>Noor Ismael</i>
<i>Carolina Reyes-Ayala</i>	<i>Kahealani Taniguchi</i>	<i>Pedro Garcia</i>
<i>Casey Raghianti</i>	<i>Karla Diaz</i>	<i>Reina Figueroa-Bravo</i>
<i>Cheyenne Standing-Elk</i>	<i>Katrina Henderson</i>	<i>Silvia Ochoa</i>
<i>Delia Trujillo</i>	<i>Kevin Gutierrez</i>	<i>Stephanie Garibay</i>
<i>Dorian Barragan</i>	<i>Kiniya Davis</i>	<i>Tajzamoree Waters</i>
<i>Echo Rink</i>	<i>LaBorrah Sims</i>	<i>Thalia Marquez</i>
		<i>Victor Zavala Jr.</i>

Congratulations Scholars!

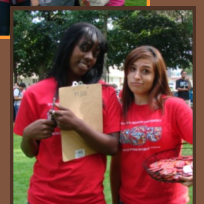
ON TRACK at WOU

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.

APPLY TODAY! APPLICATIONS ARE AVAILABLE AT:

WWW.WOU.EDU/MSSP OR AT THE MSSP OFFICE

REMINDER TO ON-TRACK STUDENTS, YOU MUST MEET WITH THE ON-TRACK ADVISOR BY NOVEMBER 11TH. CALL (503)838-8767 TO SCHEDULE YOUR APPOINTMENT.



MSU Club Corner

2011-2012 MSU Exec. Board!



- ⇒ Activities Director: Mayra Perez
- ⇒ Social Membership Director: Louie Arce
- ⇒ Secretary: Luanne Carillo
- ⇒ Historian: Adriana Carrillo Garcia
- ⇒ Freshmen Advocate: Susie Carrillo Garcia
- ⇒ Campus Advocate: Martae' Neal
- ⇒ Public Relations: Lito Oropeza
- ⇒ Co-Public Relations: Luna Tesfagiorghis
- ⇒ Fundraising Coordinator: Mary Uribes

Meetings Wednesday's at 6pm in Columbia Room

Celebrate Dia de los Muertos

Translating to "day of the dead" in English, Dia de los Muertos is celebrated on November 1st and 2nd in Mexico to remember those who have passed. Private alters are designed to honor those lost with sugar skulls, marigolds as well as food.

Join MSU and MECh@ in Celebrating Dia de los Muertos On November 2nd, 2011. There will be Face painting, sugar skull decorating, with Pan Dulce and hot chocolate from 12-3pm in the WUC Plaza and a session called: Why Do We Celebrate Day of the Dead? At 6pm Willamette Room

Afterwards there will be entertainment at the WUC Plaza at 6:30

Questions? Contact Adriana Carrillo Garcia at (503) 838-8403



Cultural Cooking Corner: Thai Green Curry

Ingredients

- 1 pound skinless, boneless chicken breast halves, cut into 1 inch pieces
- 2 Tbs. dark soy sauce
- 1 Tbs. all purpose flour
- 2 Tbs. green curry paste
- 2 Green onions with tops, chopped
- 3 Cloves garlic, peeled and chopped
- 1 Tbs. fresh ginger, peeled finely chopped
- 2 Cups coconut milk
- 1 Tbs. fish sauce
- 2 Tbs. white sugar
- 1/2 Cup cilantro leaves, for garnish

Directions

1. Toss chicken first in 1 tablespoon dark soy sauce, then in the flour, coating pieces evenly. Heat the oil in a large skillet over medium high heat. Place chicken in the skillet, cook and stir chicken until browned, about 5 minutes. Remove chicken.

2. Reduce heat to medium and stir in curry paste. Cook for 1 minute until fragrant, then stir in green onions, garlic, and ginger; cook an additional 2 minutes. Return chicken to the skillet, stirring to coat with the curry mixture. Stir the coconut milk, fish sauce, 1 tablespoon soy sauce, and sugar into the chicken-curry mixture. Allow to simmer over medium heat for 20 minutes until the chicken is tender. Serve garnished with cilantro leaves.



A LOOK AHEAD

OCTOBER

- 14-Diversity Scholar Recognition Dinner 6:00-8:00 pm WUC Pacific Room
- 26-MSU Trip to Nightmare Factory



NOVEMBER

- 2-Dia De Los Muertos Activities, WUC East Foyer
- 14-18 Registration Week
- 24-Campus closed for Thanksgiving Holiday
- 25-Campus Closed for Thanksgiving Holiday

DECEMBER

- 2-Tree Lighting
- 5-Finals Week begins



HEALTH & WELLNESS CORNER

Protect Yourself From The Common Cold



Quick Facts

- While getting chilled or wet is not a cause of common colds, there are factors that make you more susceptible to catching a cold virus. For example, you are more likely to catch a common cold if you are excessively fatigued, have emotional distress, or have allergies with nose and throat symptoms.
- Although the common cold is usually mild, it is a leading cause of doctor visits and missed days from school and work. According to the CDC, 22 million school days are lost annually in the U.S. because of the common cold. Some estimates state that Americans suffer 1 billion colds annually.

Prevention Tips

- Wash your hands (or use hand sanitizer)
- Get enough rest
- Cover your cough and sneezes
- Disinfect your cellphone, keyboard, doorknobs, tabletops, remote controls
- Stay hydrated



For more information go to: www.webmd.com

MSSSP

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