comes prepare yourself to
do great on finals.
As tired as we all may be we
must keep putting forth our
best efforts. Do not give up
on yourself because in the
end you will be thankful that
you did not. Nobody ever
said life was going to be
easy. On the contrary, it is a
struggle and it is up to you
to be tenacious to achieve
your goals because nothing
will be handed to you.

Just as our nerves are barely
hanging on by a thread, we
hang on just a little longer.
Stress that is brought on by
endless tests, quizzes, mid-
terms, and papers to name
a few are nearly over. This
semester is already two-
thirds of the way through.
No need to worry. Just be-
fore that thread bursts, just
before you think you can
take no more; stop, take a
deep breath, and you will
see the light at the end of
the tunnel.
What is this light you ask? It
is called Thanksgiving
Break. You can be sure we
will all be giving thanks for
this break.
On November 18th, the last
day of classes before break,
you will momentarily be able
to free your mind from think-
ing. Take advantage of this
time. Do not spend this time
stress yourself out about
finals. Why should you
stress yourself out about
something that is inevita-
able? Instead, let your mind
rest, hang out with loved
ones and when the time
comes prepare yourself to
do great on finals.

As tired as we all may be we
must keep putting forth our
best efforts. Do not give up
on yourself because in the
end you will be thankful that
you did not. Nobody ever
said life was going to be
easy. On the contrary, it is a
struggle and it is up to you
to be tenacious to achieve
your goals because nothing
will be handed to you.

Before you order that value
meal, have you thought
about how much money you
could save if you brought a
lunch from home instead of
buying lunch at a restaurant?
On average, the price of a
meal at the student center
can cost about $5. So if you
eat-out one meal every day
for five days a week, in one
month you would spend
$100. In eight months you
would spend a total of $800
on food alone! And that is
not including the weekends.
Limit yourself to the number
of times you will eat out per
week. Spending five bucks
here and there adds up in
the end. Bring a sandwich or
a snack from home and try
not to spend unnecessary
money.
Hello all,

On October 15th, 2005, I had the opportunity to attend the 19th Annual conference for the Hispanic Association for Colleges and Universities (HACU). The mission of HACU is:

To promote the development of member colleges and universities. 2. To improve access to and the quality of post-secondary educational opportunities for Hispanic. 3. To meet the needs of business, industry and government through the development and sharing of resources, information and expertise.

HACU provides many opportunities for students to utilize; however, many times students do not know of the resources available to them. For example, HACU provides scholarships, internships, and study abroad opportunities for Latinos and Latinas. El Centro and HACU collaborate in the spring and sponsor a workshop in order to recruit Latinos/ as for a summer internship in Washington D.C. Please contact the office of El Centro for further information on HACU and help us increase the participation of Latinos/as pursuing this support. If you are interested in attending this conference next year in San Antonio, please let me know. HACU has several scholarships available for students to attend the national conference; however, students must apply early. If you are interested, I am willing to assist with the application and a letter of recommendation. This year two of our Latino students attended and highly recommend this opportunity. HACU is an excellent conference to foster partnerships with students, faculty, universities, colleges, and businesses. Hope to hear from you soon!!!!!!!

Con abrazos,

Lupe

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**TOP 10 STRESS RELIEVERS**

10. Get in touch! Hug someone or hold hands. Physical contact is a great way to relieve stress.
9. Go for a walk.
8. Take a warm bath or shower.
7. Spend time each day with at least one relaxation technique—imagery, daydreaming, prayer, yoga or meditation.
6. Get at least 7 hours of sleep nightly.
5. Reduce alcohol and drug use. These substance may add to headaches and swelling, decrease coping mechanisms and add to depression.
4. Reduce refined sugars. Excess sugars cause frequent fluctuation in blood glucose levels, adding stress to the body’s physiological functioning.
3. Avoid caffeine. The substance may aggravate anxiety, insomnia, nervousness and trembling.
2. Eat well balanced meals, more whole grains, nuts, fruits, and vegetables. Substitute fruits for desserts.
1. Structure each day to include a minimum of 20 minutes of aerobic exercise.

Three things of life that once gone never come back: Time, Words, and Opportunity

Three things of life that must not be lost: Peace, Hope, and Honesty

Three things of life that are most valuable: Love, Self-confidence, and Friends
You are in the middle of your exam and after reading the next question you look up to ponder what the answer may be. As you look up, you notice the professor glaring at you. You try to ignore it and focus on the test. You studied so hard for this exam and you know that the answer is in the back of your mind, but because of nerves, your memory is lagging a little.

You look up again and the professor is still staring at you. The next thing you know the professor is standing in front of you and tells you out loud that if you can’t keep your wondering eyes on your own paper that you will be moved to the front. You look around and notice that your fellow peers who happen to be white (you are the only minority in the class) are also looking around but yet the professor failed to give those students the same embarrassment. How would you feel if your professor approached you in the middle of an exam and belittled you in front of the entire class?

Maybe there was no harm intended by this action but professors must be extra careful to be fair in cases like this.

Triunfo is an outreach program within the office of El Centro that tutors Poudre school district students ranging from elementary level to junior high. It is an excellent program. Its success is due to the hard work and dedication of the group coordinators. For the past few years the coordinator has been Rich Salas, Assistant Director of El Centro. Along his side has been Lyssa Zambrano, El Centro student staff, who has been assisting Hurricane Katrina victims. This group also collected the most pounds of food among all ethnic Greeks for Cans Around the Oval. Sigma Lambda Gamma Sorority, Inc. had their first Annual Breast Cancer panel. The event was to promote breast cancer awareness for students on campus.

Sigma Lambda Beta Fraternity, Inc. has been helpful with tutoring for Triunfo and at the Aztlan Center. Pi Lambda Chi Sorority, Inc. has a workshop coming up this spring called “Domestic Violence Against Women and Relationship Abuse.” They will also participate in La Raza’s annual conference.

Triunfo runs every Thursday from 4:00p.m. to 7:00p.m. You can choose to be committed or just show up when you can. The tutorial session may not run for the entire three hours. You can do one, two, or three hours, which ever best fits your needs.

If you are interested in volunteering for this program please come in to our office we would love to have you.

UP COMING EVENTS 2006:
- Annual Latina Youth Leadership Conference
- Jan. 31-Women’s Seminar
- Asthma Foundation
- Los Manos
- Hispanic Latino Leadership Institute Conference
Tony Macias

My name is Tony Macias and I am a sophomore business finance major. I eventually want to be a financial advisor or a real estate agent. It is my hopes to direct my business towards the up and coming Latino population of Colorado. In preparation for this, I am taking Spanish and business classes. I am proud to be a Latino here at Colorado State University and El Centro has helped me in discovering my place here at Colorado State University. It is my goal to defy stereotypes, innovate and create new ones. I am a member of the traditional fraternity Pi Kappa Phi. It is my hope to create a new, successful idea on how my brothers see Latinos. The Pi Kappa Phi organization has had a tremendous affect on my college experience and has shaped the way I live. Another great influence on my life has been my parents. They have shaped my core values and beliefs. I believe I have strong values and strive to treat others well and hopefully make their day in the process. In leaving the nest of home and coming to Fort Collins for school, I have learned to appreciate my parents. I have never loved my parents more than I do now. I am so thankful for what they have done for me and it is my hopes to give them and my own children what they have given me.

Having a strong family structure is one of the many things that make us great as Latinos. I am proud to be Latino. I am proud to be a Ram at Colorado State University. And I am proud to be a staff at El Centro Student Services.

Tania Yun Vijarro

Coming to CSU was a big transition for me. I am the first in my family to have the privilege of going to college. I relied on my fellow peers and those that have influenced my life in many different areas to be where I am today. My grandfather is my motivation and inspiration to keep me going when life and its challenges confront me. I am Korean and Mexican and these two cultures are very extreme from one another so trying to find my identity within myself can be hard at times and also on campus. Working at El Centro Student Services and being able to work with different Advocacy offices has helped my transition here at CSU. I was able to network with many individuals and in the process made many good friends. My major is Political Science with a minor in Criminology. I am also involved with the ROTC Air Force program here at CSU. Being a cadet has given me discipline and more responsibility to take my actions and endeavors in life with a new perspective to strive for excellence in all that I do. While managing the demands of academics, work, community service, and ROTC I also take time to compose my own music which helps balance my life from work and my passion. I think trying to find a balance is key to life.