Introducing the Spring 2013 El Centro Staff

El Centro Presents

Cinco de Mayo Celebration

Thursday May 2nd
11am-1:30pm
Lory Student Center Plaza

Refreshments:
Salsa and Chips,
Mexican Candy,
Horchata, $2 Paletas

Piñatas for kids & adults!!!

Live performances by:
Latin American Students & Scholars Organization,
Harris Bilingual Elementary School,
Student Speakers,
Quetzaltzali Aztec Dance Group

Please stop by and say hi when you have the chance!

Traveling Spain

Take the opportunity to study abroad! Ask your advisor if you can plan your classes for 2-3 days in a row, so you can travel the other 4-5 days! Make sure to ask about youth discounts (under 25 years), when taking the train, plane, or booking hostels. Visit CSU’s Study Abroad website to learn more:

http://www.studyabroad.colostate.edu/

Bosque de Hayas, Gorbeia Natural Park (Basque Country, Spain)
This conference was a collaboration that allowed students to gain a deeper appreciation of each other’s culture and learn more about themselves as leaders. The L.E.A.D Conference focused on enhancing student’s academic and professional achievements at Colorado State University. This conference facilitated workshops surrounding various arenas of collegiate life, from budget management and maximizing time, to diversity education and internship opportunities. With this conference students developed a strong sense of belonging at Colorado State University and were taught the ability to pursue all future endeavors with optimism and confidence. Some of the workshops that were held focused on things such as professionalism in the workplace, grad school prep, mentoring, marketing yourself, living off campus, budget management, working in education, and reducing stress. The Conference was co-hosted by El Centro and the B/AACC office.

If you missed out on the conference this year, keep an eye out for the next one!

Student Input

“The most useful tool I got from conference was how we talked a lot about mentoring, and how important it is to have someone there to help you through the good and bad.

[Outside of the actual event] what I liked the most was that we had time to walk around town and since it was right next to the 16th street mall it was very nice and also the Embassy Hotel was a very nice stay. “ ~Edith Gonzalez

Coordinating a Conference

My name is Brandy Salazar and I am the Program Coordinator in El Centro. This is my first official position after my graduation from CSU in May 2012. I knew the Program Coordinator position was very different than the Office Coordinator position I held for the previous 5 years as an undergrad. I was kind of nervous when the Director of my office informed me that I would be helping to CREATE a conference. I was lucky enough that I was planning this conference with three other very competent colleagues, my Director as well as the professional staff in the Black/African American Cultural Center. I was astonished with how much work it took to plan the entire conference, detail by detail. Although it was extremely time consuming, the end product was amazing and the students seemed to really love it.
Tell Me More About Cesar Chavez

As many of you know, César Chávez was one of the many activists and heroic figures in American History. He was a civil rights leader, a migrant farm worker, a labor leader, and a crusader for non-violent social change, always serving his community and working to create equal opportunity for all people.

Did you know?

- On December 6, 2006, California governor Arnold Schwarzenegger and First Lady Maria Shriver inducted Chávez into the California Hall of Fame located at The California Museum for History, Women, and the Arts.
- Chávez was referenced by Stevie Wonder in the song "Black Man" from the album Songs in the Key of Life and by Tom Morello in the song "Union Song" from the album One Man Revolution.
- On May 18, 2011, Navy Secretary Ray Mabus announced the Navy would be naming the last of 14 Lewis and Clark-class cargo ships after César E. Chávez. The USNS César Chávez was launched on May 5, 2012.
- One of Chávez’s grandchildren is the professional golfer Sam Chavez.
- Chávez is honored with a building named the “César E. Chávez Building” located on the University of Arizona campus. The building was built in 1952 and houses the Department of Agricultural and Resource Economics, the Mexican-American Studies and Research Center and Hispanic Student Affairs.
- On October 8, 2012, President Barack Obama designated the César E. Chávez National Monument within the National Park system.

What About Next Year? How Do I Get Involved?

Next year, the César Chávez events are set to take place 03/24-03/31. Planning for said events will begin in October of 2013. Please contact Brandy.Salazar@colostate.edu for more information on how to get involved.

What is Social Justice?

A socially just society is defined by its advocates and practitioners as being based on the principles of equality and solidarity; this pedagogy also maintains that the socially just society both understands and values human rights, as well as recognizing the dignity of every human being.

Contact Kebrina at: lsc_djsp_elcentro@Mail.Colostate.edu

El Centro is Moving?

Yes, all of the diversity offices will be relocating to the Recreation Center this summer, while a new, larger diversity office is being built. Let’s hear from the Coordinator’s of El Centro and B/AACC on how they feel about the move, shall we?

Brandy Salazar—Coordinator, El Centro

I am both nervous and excited about the move. I am nervous because our office is so focused on the actual space in which we provide a “home away from home” to our students. However, I am excited of the collaborations and partnerships we will create in the next 14 months to find away to create a “home away from home” in other locations on campus. At the end of the day, we want to make sure that we are providing the necessary resources to all of our students.

Danielle McConnell—B/AACC and Residence Life Coordinator

The move is one that creates a lot of chaos and in some cases a lot of struggles for the staff and students within SDPS offices. Students are leaving their second homes, leaving their comfort zones, and the professional staff is trying to figure out every arena possible for students to remain connected and for the home-like feeling of the offices to be continued into the new space. Our efforts towards keeping our students surrounded by home are to continue our office programs. We have been establishing locations across campus to make the availability of our office more present regardless of our new location. We want to make sure that students know we are here for them and that we will work hard to handle the needs of the students.
Recipe of the Month–
Salsa Verde on a College Kid Budget

Directions:
1. Collect all ingredients and a food processor / blender
2. Rinse and peel all ingredients
3. In a food processor, place tomatillos, shallots, garlic, green chile peppers, cilantro, jalapeno pepper. Use the pulse setting: Coarsely chop.
4. Taste, and add salt as needed.
5. Store in refrigerator until serving. (Serve with chips or other food items requiring Salsa)

The Freshman/Sophomore/Junior/Senior “15”

4 Tips for Getting in Shape by Summer: NO WORKOUT REQUIRED

1. Enjoy your summer (go swimming, hiking, camping, white-water rafting with friends... it’s not a workout, it’s just fun)
2. Drink an 8oz glass of water AS SOON AS YOU WAKE UP each morning (fill it at night and set it by your bed)
   - try to drink a glass of water every hour to two hours throughout the day (You will have to pee a lot in the beginning, but once your body realizes that you are continuing to adequately hydrate yourself, all the pit stops will become less often-true story!)
3. Buy the snack sized Ziploc bags! When you make a large amount of food, freeze them in individual servings, so that you won’t over-indulge on leftovers later!
4. Greek Yogurt. Chocolate/espresso, chocolate/raspberry, honey/banana. Freeze them like yogurt, bring them to class, throw them in your backpack/purse in the morning before you leave. Sugar is the leading cause of weight-gain. Satisfy your craving and get some protein! Oh...and switch to SKIM MILK (at least in your coffee/tea/cereal).

You will be surprised at the changes you see after making these 4 small a part of your daily life...We would be interested to know your results, if you would be willing to participate in a study! Please contact Corinne for more details: Corinne.fenster@colostate.edu