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Humboldt State University's MultiCultural Center Cultural Times

Fall 2015



Think Green



CULTURAL TIMES

TEAM MCC

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Patricia Sanchez
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Amy Salinas Westmoreland, *M. Ed., Coordinator*

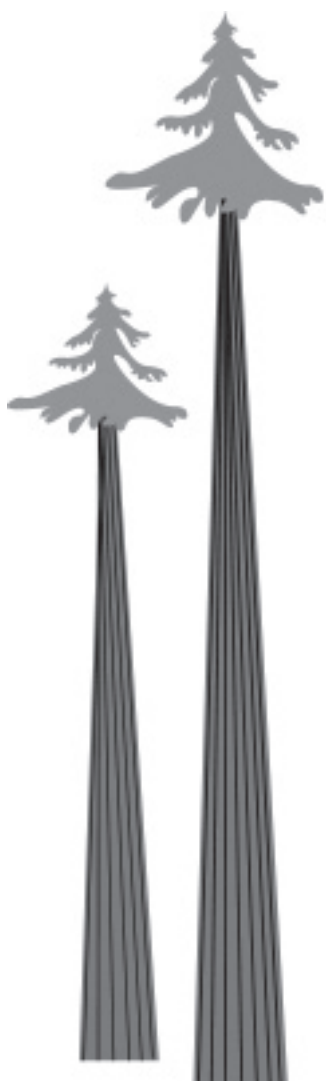
Amanda Staack, *Office Coordinator*

Mona Mazzotti, *Publicity, Promotion & Outreach Specialist*



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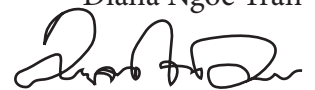


LETTER FROM THE EDITOR

Fall semester is already coming to an end. How unbelievable it is that we are soon starting another year. Life is a beautiful and fleeting thing; say what you mean, and do the things that feed your soul. Writing and designing allows me to mirror my raw emotions and visions without interruption. That is why I enjoy this space. The MultiCultural Center has been a safe haven for me as well as many student staff. It's empowering to hear underrepresented students working towards sustainability, equality, and justice and having the courage to do so. In these moments of activism and discourse, I can feel strength in each student's voice. Passionate speakers spark something in others. This spark leads to discourse and this discourse leads us to finding solutions to these problems and injustices. The most beautiful things in life cannot be seen, only felt. Courage, strength, and beauty in the truest form.

And to our amazingly talented Graphic Artist, Clarissa King, thank you for creating the beautiful cover dedicated to sustainability, and our campus community creating change here and beyond. It is a blessing to be able to design in this work space environment and for a thoughtful community. Humboldt State has a big commitment to sustainability, and it is evident through our campus culture and throughout our students' dialogue. I love HSU's energy. It shines bright and beautiful!

Your girl,
Diana Ngoc Tran




Mona Mazzotti

Publicity, Promotion & Outreach Specialist



Diana Ngoc Tran

Cultural Times Editor



Clarissa King

Graphic Artist



Amy & Rosalinda (her Mom)

Greetings Friends of the MultiCultural Center!

It's hard to believe that I have been the MultiCultural Center Coordinator for a semester! Some days it feels like I've been here for years, and other times it feels like my first day. But that is one of my favorite things about working at the MultiCultural Center. There is constant activity, and opportunities to learn are behind every corner. It has been a whirlwind of activity this semester with programs, trainings, workshops, meetings, and time spent with students, staff, faculty, and the community. I wouldn't change a thing! I am incredibly grateful to be a part of the MultiCultural Center team, and to have a role in creating a better environment for underrepresented students on this campus. One of the questions I've received the most in my first few months is "what do you like most about your position?". I've found that question easy to answer; the students. I have always held the opinion that students are our biggest resource. The students at Humboldt State University, specifically the students I've interacted with and supervised in the MultiCultural Center, have surpassed my expectations. Our students hold a wealth of knowledge, creativity, passion, and courage. The students that I have worked with are invested

in their education but are also passionate about leaving better spaces for those that follow in their footsteps. When I wake up in the morning, I know I am going to learn something new or get to have a conversation that will expand my knowledge, and I'm invigorated by that thought.

Along with learning from students, my journey as the MultiCultural Center Coordinator has also included developing friendships with colleagues and creating opportunities to collaborate between programs and departments. I have found many staff and faculty that have been inspirational as I move forward and develop as a professional. I am fortunate to be surrounded by colleagues that share a desire to develop programming that encourages learning from our differences and finding strength in each other.

While this academic year is half way through, we plan to pack next semester full of thoughtful programming and developing even more collaboration between the MultiCultural Center and other departments, offices, and student organizations.

Moving forward, I hope to continue to utilize the students' voice, creativity, and knowledge to develop programming that engages our HSU community and creates a positive change in the community. I look forward to carrying on the rich history the MultiCultural Center has developed, while furthering our reach and impact.

Thank you for accepting me as part of the team. Here's to our bright future!

Cheers!

Amy Salinas Westmoreland, M. Ed.



Amy & her family



Amy & Nicki Viso at NASPA Western Regional 2015



Sammy Salinas Westmoreland (Amy's cat)

Misrepresentation of Asian Americans

by Cindy Fong

Arthur Dong's documentary *Hollywood Chinese*, successfully summarizes both Chinese and Asian Americans brief appearances in mainstream Hollywood by including many short film clips from previous decades and interviews. This documentary would have been beneficial to me if only I had watched this sooner (2008). I would have found this extremely informative and life changing, as I had already commonly thought about the discussed issues last year. As an Asian American that dealt with an identity crisis before, this would have explained a lot to both me and lost souls, like the previous me.

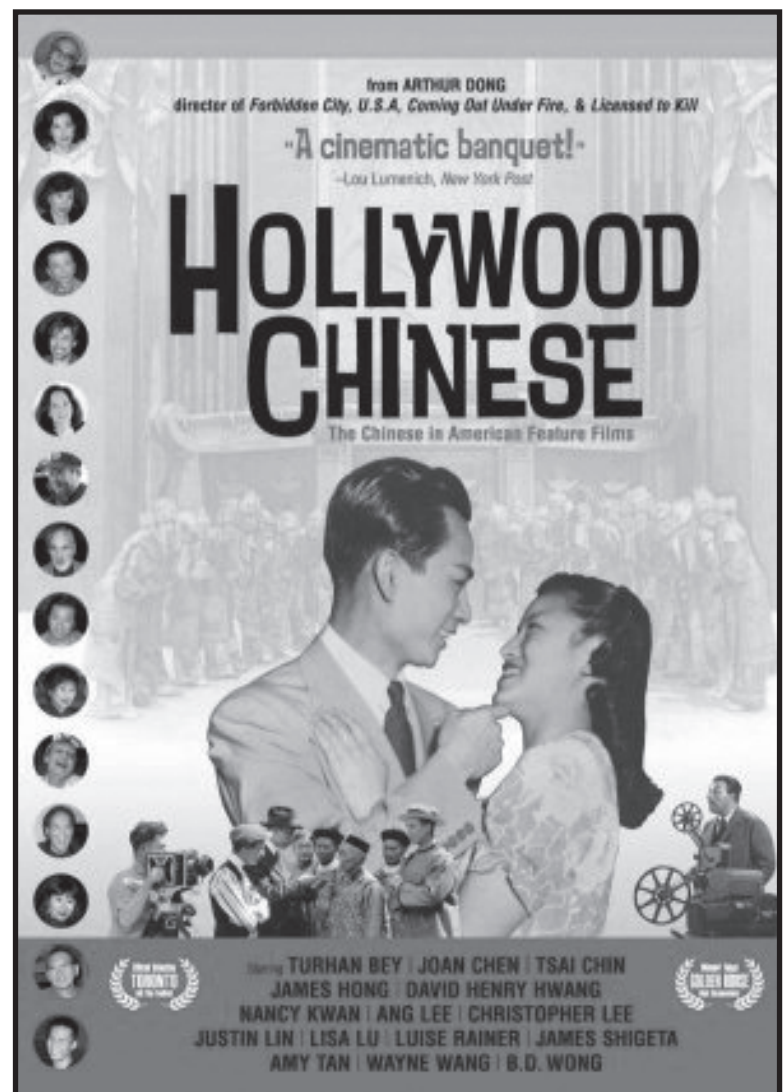
This film introduces us to the Westerners/Caucasian/White America's fascination with China. Early 1900's films had the consistent story of how a heroic Caucasian American protagonist visited undeveloped China to help save the Chinese from their sufferings. This simple story line sets up the portrayal of highly imbalanced and unequal power dynamics between Whites and Asians. As this fascination continues more characters in Hollywood were Chinese but actresses and actors were not. Even if a non-Asian actor does an excellent job acting a non-stereotypical role, it is still disturbing because the representation is by far inaccurate. Chinese people in Hollywood films progressed slowly, and the Chinese were usually cast as the villain. This speaks volumes about Americans at the time (and now). They automatically label and fear what is unknown to them. It's understandable how manipulative Hollywood has to be to appeal to the majority of people (which are not Chinese/people of color). Most white people (not the niche of HSU) intrinsically eat that shit (unoriginal and cheap jokes) right up.

Charlie Chan and Fu Manchu are both fictional characters that were introduced in book series both written by uninformed Caucasians. And the many actors that played these roles were not Chinese and would imitate an unauthentic accent. That pathetic attempt already is very problematic and painful to watch. However, it is relieving to know that they are both not villains and film culture is positively advancing away from enforcing uncreative and unwell thought out stereotypes.

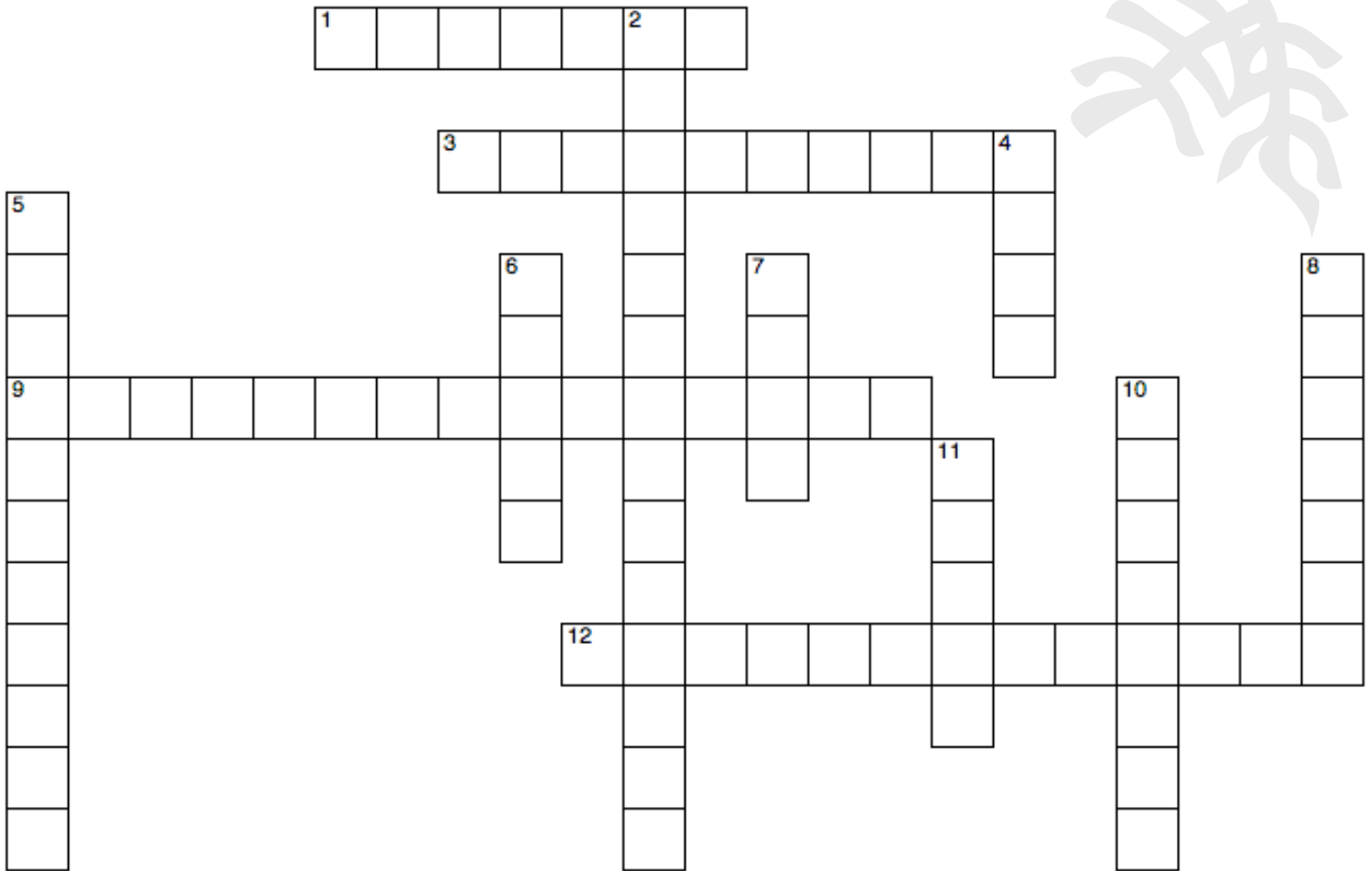
In one part of the interview with a former actor that played Charlie Chan, he mentioned how he had to tape his eyes in order to make them appear "Oriental." It is extremely offensive because everyone involved in the film crew did not stop this atrocity from happening. It is obvious that not all Chinese people have small eyes. This shows how everyone involved in the film at the time had not been exposed to non-White, colorful, worldly, beautiful people outside their small bubbles of America. Films that include Asians have changed, it's still

pretty stereotypical, but in a less obnoxious way. The trend and fascination with martial arts is a great example - Kung Fu. Since the majority of action movies are from China or Hong Kong with the two very influential Chinese actors Bruce Lee and Jackie Chan.

Towards the end of the film, B. D. Wong shares his personal experience with self-hatred at a young age mainly because of how Asians were portrayed in the media. I think he is very inspirational because he is an alumni of the same high school I attended in SFUSD, and now he is a successful person. I understand what he was mentioning because I felt almost the same way for a very long time. In the very end of the documentary many short movies clips, which included Asian American, helped suggest to the audience that there is a brighter future and things are getting better for the Asian/Chinese community. And how more minority/racial groups are being involved and welcomed into Hollywood.



Crossword Puzzle



Across

- 1 organic material in a pile, used as fertilizer
- 3 various species in a common location
- 9 energy from a source not depleted when used
- 12 melting glaciers

Down

- 2 three pillars together: social, environmental, economical
- 4 another word dirt
- 5 break down, deteriorate
- 6 think _____
- 7 what's on the cover
- 8 reduce, reuse _____
- 10 e.g. bamboo utensils
- 11 2 hydrogen + 1 oxygen

HINTS

ACROSS 1. green waste 3. biological communities 9. e.g. solar panels 12. rising global temperatures

DOWN 2. environmentally sound 4. planting material 5. demoralized state 6. secondary cool color 7. canyon 8. ♻️ 10. water bottle 11. elixer of life

Transitioning to a New Campus, A Story of a Transfer Student

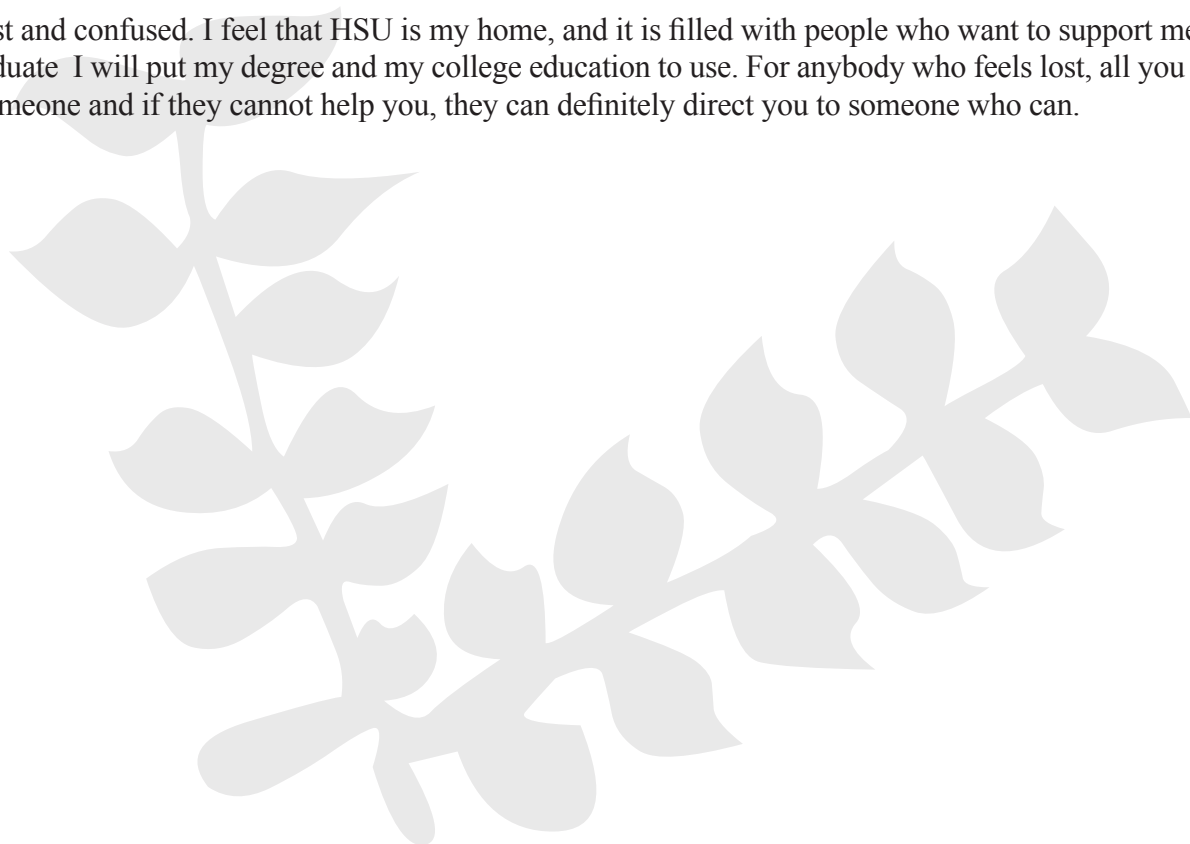
By Milly (Mildred) J. Correa

Moving from sunny Southern California to shady Northern California has been a dramatic change for me. I am sure that I am not alone in this feeling and hope some of you can relate, whether you transferred from a different campus or came as a freshman. I spent three treasurable years at Pasadena City College (PCC), the first two years of which I was determined to transfer to a private art school in Pasadena. However, while a student at PCC, I worked for the TRiO Math/Science Upward Bound Program where I became a Residential Assistant and went on several college tours monitoring the students. I am sure many of you transfer students understand that in college, we change our minds and for freshmen, trust me you will probably change your mind as well; whether it's your major, minor, or what exactly you want to do when you graduate. Life is filled with many choices and the challenge is picking which ones are best for us.

Passing through the enchanting Redwood forest on the way up to Humboldt State University, I already knew my life would change. I fell in love, in love with the idea of transferring to Humboldt State. Upon stepping foot on campus, my desire only grew. The Admissions Presentation and the tour guides opened my eyes to a whole new realm of possibilities for me. Although, the thought of moving away from my close-knit family seemed scary and far-fetched during my last semester at PCC, it was also exciting. I knew I loved the campus and the weather.

As a Junior level student, I felt that I was expected to already know everything about the campus and not feel lost. However, being a transfer student, I was COMPLETELY lost! This is a new campus to me with new ideals and new customs. How was I supposed to know where I could print stuff for free? Where to go to pick up my Financial Aid check? How to contact my major advisor? Or any of my many advisors for that matter. It was not just the university I had to adjust to, but the city as well. Luckily, thanks to being a part of the EOP/SSS program on campus and while searching for a campus job, I quickly made valuable connections with student support services on campus such as the Learning Center, the Academic and Career Advising Center, the Latino Center for Academic Excellence, the African American Center for Academic Excellence, the MultiCultural Center, Counseling and Psychological Services, and so much more. Learning about all of these resources and meeting all of the helpful and welcoming staff and faculty who help run them made the adjustment smoother for me.

I am now no longer lost and confused. I feel that HSU is my home, and it is filled with people who want to support me and ensure that when I graduate I will put my degree and my college education to use. For anybody who feels lost, all you have to do is reach out to someone and if they cannot help you, they can definitely direct you to someone who can.





Indigenous Peoples Week - Into the Current
Photo Courtesy of HSU Lumberjack



Dia de Los Muertos



Asian & Pacific Islander Reception/Moon Cake Festival

MultiCultural Center Volunteer

by Maria Cruz Vazquez

My journey at Humboldt State University began this semester as a transfer student from East Los Angeles College. For the first time in my life I was away from home, away from my parents and living on my own, which can be really scary. Initially, I had a friend that came up here with me and things seemed to go smoothly. That quickly changed as my friend was not able to make the transition to the new lifestyle. Being away from home and getting home sick really affected both of us because living six hundred and something miles away from home can be really difficult, especially when going home is not accessible. Although my friend decided to head back home, it was difficult for me to grasp onto the idea that I was going to be on my own, but going home was not an option. I was determined to stay and work towards my B.A., even when I felt alone and without friends to rely on or knowing anyone at HSU. My only connection in HSU left within the first week of classes, and I had to figure things out on my own without any emotional support or guidance. That was soon to change due to my need to have good grades and a good academic standing. I invested all my energy into class work, studying for tests and working on assignments. One of my assignments was going to change my school environment completely, and I was not expecting it. Soon my journey began in the hopes to get my project done and turn in a paper to get a good grade in the class.

As a part of a Women's Studies class, I was required to volunteer eight hours a week with a group of my choice. After long hours of looking through groups that interested me, I decided to call the MultiCultural Center and get in contact with the coordinator. I met with Amy and we talked about the events that I would be dedicating my time and effort for the following weeks. Although my involvement was initially to meet the requirements for my women's studies project, my perspective of the MCC quickly changed. I began meeting new people, participating with students just like me, and learning new information which led me to be more involved and wanting to be a part of the MCC outside of my volunteer work. The MultiCultural Center gave me the opportunity to participate in events such as tabling, passing out flyers with information, and through this process is where I learned the importance of community. The support and sense of community that the MCC has towards the student body is what made me want to be a part of their community. Initially, as a stranger I started my work with the student community, and the student workers or anyone in particular that worked with the MCC made me feel welcome. As I started my hours of volunteer work, I adapted quickly to the environment and felt more at home. Everyone around me was nice and willing to assist me

with their help and knowledge. Being a transfer student that literally did not know a single soul on this campus quickly changed. I went from being a lonely girl to having a sense of belonging. I suddenly had a purpose, to engage other students and talk to them, while providing them information about different topics. All the while making them feel welcomed as well. It might not be to people's surprise that being new to a new school, and new environment, students might feel lonely and not make it through the semester.

I am aware that there are many students out there just like me, that made the transition from possibly a different school, different environment, to Humboldt which is overall a dramatic change for anyone. Adding to that change, there is also not knowing people and figuring out how to pay for school, where to live, trying to find a job and a lot of other things running on our mind. I know a few students that actually ended up going back home because the transition was a bit rough and they did not know how to adjust because it is not easy and people react differently to these situations. Just because some students end up going home does not mean they are not as strong or willing to suck it up to accomplish their goals. Each individual is different and as students we all share some commonalities. For example, being new to this can be really hard trying to make it out here, keep our head in the game when trying to adjust. The truth is changing from living with family and having a sense of community to not knowing anyone can really affect the state of the students. For anyone that might feel this way and feels like they cannot get through it on their own, believe me there are many resources out there. The sense of community and belonging can be achieved by finding your own interests and the things that you like, maybe try something new, something that attracts you and gets your attention. I know we might feel lonely and that we do not have some kind of support but we do, it is out there, all we have to do is find it. Talking to people can be a resource and an excellent way to make connections.

Was it easy? Of course it was not easy; it was hard especially because missing my family and my friends really affected my state and lead to being homesick but I found something that made me have the same feeling as when I was back home. In a way I can say that I found my calling, my sense of purpose with HSU. I remember in one of the events where I participated I met Luna, a student worker that approached me, made me feel welcomed, and suggested that if I had any ideas about programs that the MCC can put on for students will be greatly considered. Just knowing students like her are dedicated to setting up programs that students are interested in shows the dedication and the determination to provide for students. After all we are the new community, we are the new generation that will set in place new ideals, and changes we

MultiCultural Center Volunteer, continued

want to see. Any student can participate and be a part of something. It does not have to be necessarily the MCC. There are so many groups and clubs that are provided to students for support. As for me it was exactly the MCC that helped me get out there and participate. If it wasn't for their support I probably would have been one of the many students that did not adjust to the new environment, and I probably would have headed home, just like my friend did.

Human(ity)

By Marissa A. Lopez

That empty...feeling when you're not in my sphere.

Just hold me.

Help uplift me...

All I ask is for is that support,

no "strings attached"...yet connected.

Be a part of my experience. My time...Time.

Lengthen my life through laughter as we lay

and cry...try...Do.

If it wasn't for you...

Necessary part of existence.

Engaging in my being as we grow and thrive

...struggle.

These prime times would not have stayed

...living in a memory.

Heroine of my existence, universe-

I hope I have given you what you gave me.

Life.

...experience.

...knowledge.

and,

Hope.

The hope brought by love.

Feelings of humanity.

Feelings of lust, pain, heartache, hunger.

Feelings which affect my motions of action and reaction.

Enacting exciting experiences which develop my being-
our beings.

Beings.

Communicate your being,

enlighten me.

Share what affects that complex sort.

Provide me with knowledge in which I can utilize to aid your
plight.

I will stand by you, even if...I,

"cannot help you".

Allow me into your sphere and I will engage to understand...

Uplift...

Provide a platform in order to allow, You-

to revolutionize and divest into your existence.

We walk similar roads through

existence.

Incubate.

Wrap your arms around me

Envelop me in your existence.

Warm my skin...

Let me reciprocate.

Wrap my arms around you

envelop you in my existence- allow you to.

Warm your skin...

As I lay, here...I am awake.

Thoughts focused on your being

Not entirely sure whats going on.

Allowing you to Be.

Your existence,

Warming me to the Core.

Filling me with love/ terror/empowerment

adjectives and concepts so human it hurts.

Unlearning the pain. Rethinking my existence.

Acknowledging your existence.

Two bodies morphing into a hybrid.

A hybrid which develops- evolves...

into the next state of be in g.

Warm my skin.

MCC Recipes

Thai Cucumber Salad Recipe

Ingredients

1 cup white vinegar
 1/2 cup sugar
 1 tsp salt
 2 cups sliced cucumbers
 1/2 cup sliced red onion
 3 or 4 colorful sweet peppers
 1/2 cup sliced red bell peppers

Instructions

In a pan add sugar, vinegar, and salt. Cook over low heat until sugar is dissolved. Turn off the heat and let sauce cool to room temperature. In a bowl, mix the sliced cucumbers, red onions, sweet peppers, and bell peppers together. Pour cooled sauce over the salad and mix well. Enjoy.



Chilaquiles

Ingredients

olive or canola oil
 3 or 4 white corn tortillas (for 1 serving)
 1 can tomato sauce
 1 can el pato salsa fresca (yellow can, find at Safeway)
 1 bag shredded mozzarella cheese
 salt
 sour cream (optional)
 queso fresco (optional)

Instructions

1. Put oil in bottom of a medium-sized pot, enough to just cover the bottom. Heat until oil is bubbling a little bit.
2. Cut tortillas into triangles by folding them in half, folding those halves, folding those, and folding them again. They should now be in chip-sized portions. Drop these into the pot, letting each side fry for about a minute or two. They should be rising and crispy golden when you take them out and put them on a paper towel to soak up the oil. Sprinkle salt onto tortilla triangles while still hot.
3. Empty oil out of pot (or save for later use). Put the de-oiled chips into the pot again, then empty 1/2 of can tomato sauce into pot. Add a little bit of water to thin the sauce. Add as much of the el pato sauce as you want to make the chilaquiles spicy.
4. Add cheese as desired. (I like to put enough to cover the top of the tortilla chips.) Add queso fresco and sour cream to taste. Mix well and shove in mouth!



Cranberry Orange Relish

Ingredients

- 3 cups fresh cranberries
- 1 cup sugar
- zest & juice of 1 lemon
- zest of 1 orange
- $\frac{3}{4}$ cup fresh OJ
- $\frac{1}{4}$ cup crystallized ginger, finely chopped

Instructions

1. In a food processor, pulse 2 cups cranberries until chopped.
2. In a sauce pan over medium heat combine sugar, lemon & orange zests, OJ, & ginger. Bring to a simmer; cook for 10 minutes.
3. Add chopped cranberries; cook, stirring until thickened ~15 minutes.
4. Remove from heat. Stir in remaining cranberries & lemon juice.
5. Transfer to a bowl to cool ~20 minutes. Cover; refrigerate.



Roast Chicken with Potatoes and Butternut Squash

Ingredients

- 2 Tbsp minced garlic, divided
- 1 tsp salt, divided
- $\frac{3}{4}$ tsp freshly ground black pepper, divided
- $\frac{1}{2}$ tsp dried rubbed sage
- 1 (3½ Lb) roasting chicken
- Cooking spray
- 12 oz red potatoes, cut into wedges
- 1½ cups cubed peeled butternut squash (about 8 oz)
- 2 tablespoons butter, melted

Instructions

1. Preheat oven to 400°.
2. Combine 1½ Tbsp garlic, ½ tsp salt, ½ tsp pepper, and sage in a small bowl. Remove and discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under chicken. Rub garlic mixture under loosened skin. Place chicken, breast side up, on rack of a broiler pan coated with cooking spray. Place rack in broiler pan.
3. Combine potatoes, squash, butter, ½ tsp garlic, ½ tsp salt, and ¼ tsp pepper. Arrange vegetable mixture around chicken. Bake at 400° for 1 hour or until a thermometer inserted into meaty part of thigh registers 165°. Let stand 10 minutes. Discard skin.



SJS

2016

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Do You Want To PUBLISH YOUR WORK?

The MultiCultural Center's *Cultural Times* is looking for writers
and contributors. We are looking for:

Artwork

Poems

Stories

Photos



Please submit work to mcc@humboldt.edu subject line: *Cultural Times* by Friday, April 8, 2016

The *Cultural Times* is the official newsletter of the MultiCultural Center which is funded by the Associated Students of Humboldt State University. The views and content of the *Cultural Times* are not censored or reviewed by the Associated Students. All correspondence regarding this publication should be addressed to:

MultiCultural Center
Cultural Times Editor
Humboldt State University
Arcata, CA 95521
or call
707.826.3369
Email us at mcc@humboldt.edu

All responses from readers or letters to the editor of the *Cultural Times* will be published, unedited, if requested. Copies of all correspondence should also be sent in writing to:

Associated Students
Humboldt State University
Arcata, CA 95521



Think Green



SPRING 2016

EVENTS CALENDAR

January

- 18th Martin Luther King, Jr. Day
- 19th Classes Begin

February

- 1st Register for the Social Justice Summit
- 8th Lunar New Year: Year of the Monkey
- 15th International Recipe Night

March

- 4th & 5th Social Justice Summit
- 14th-18th Spring Break
- 31st Cesar Chavez Day

April

- 2nd California Big Time & Social Gathering
- 15th National Day of Silence

May

- 7th Q-Grad
- 9th-13th Finals Week
- 13th Cultural Graduation Celebrations
- 14th Commencement

Save the Date!

9th Annual

2nd
APRIL
2016

California Big Time
&
Social Gathering

West Gym, Forbes Complex



Want to be a vendor at the Big Time?
\$100 Per Booth (6' table provided)
Non-Profits/Student Groups FREE

Vendor Application Deadline is Monday, March 28th by 5 PM.
For more information contact Leo Cañez at
707.834.2727 (cell), 707.826.3571 (fax), or
cañez@humboldt.edu

www.humboldt.edu/itepp
HUMBOLDT STATE UNIVERSITY

Events listed are subject to change. For more information about the MCC and the most up-to-date information about our events check us out: www2.humboldt.edu/multicultural