The New Freshman 15

KATE SUAZO

This list is a survival list for freshman who could use a little help! Use these tips and I promise your freshman year will kick butt!

1. Make new friends, but keep the old
2. Be kind to the cafeteria workers, a “Good morning!” goes a long way
3. Be yourself
4. It’s OK to eat alone
5. Enjoy the outdoors
6. Try something new
7. It’s OK to not remember all the names of the people you meet
8. Say “Hi” to everyone
9. Smile- show off your beautiful teeth
10. Take a study day/weekend
11. Do not go climbing instead of writing essays
12. Get good walking/hiking shoes
13. If you are from out of town, prepare to be cold, buy a good winter jacket!
14. It is OK if you don’t snowboard or ski, but you should try something new! (See number 6)
15. Stay true to you, always
Marijuana—
The Unexpected Truth
MANUEL CHAVARRIA

Here in the United States, marijuana is becoming more acceptable by society, unfolding the positive effects of marijuana more than the negative effects.

Around 15 million Americans smoke marijuana and there are around 20 states in which marijuana has been legalized. However, even though marijuana has become legal in some states, some of the product consumed is brought from other countries such as Mexico, Canada, and Jamaica.

It is estimated that two thirds of the marijuana consumed by Americans comes from Mexican cartels. Even though numerous marijuana consumers claim that the product being consumed is domestically produced inside the USA. In California, police officers state that some of the domestically produced marijuana grown in the state is grown by Mexican Nationals most likely working for Mexican cartels on this side of the border. Unless the product is being bought from a medical marijuana dispensary, it is not surely known where the product came from.

Mexico is the number one marijuana and methamphetamine supplier to the United States and a main transit point for other drugs coming into the United States. All of the drugs coming into the United States from Mexico are moved and transported by Mexican cartels. There are a total of seven cartels in Mexico that consumed is brought from other countries such as Mexico, Canada, and Jamaica.

This first meeting that I knew our relationship could not and would not end there.

The next day I approached him and expressed my desire to be his assistant. The reaction I got was much unexpected. He excitedly engaged me and put his arm around me, patting my back lovingly. I didn’t need to understand his quick Spanish to know what he was saying. So began my job as his assistant. I would walk up the rudimentary concrete path to his green painted shed cluttered with all the tools one might need to garden and landscape, but these were his tools for healing the earth. He showed me how to plant the tiny plants in their respective containers which would eventually be trees. His gentle earthen hands handled the tiny sprout with the most beautiful care. I watched in wonder and could never quite plant them as perfectly as he did. I lacked the intense patience that came to him so easily. He showed me how to turn the soil so that the trees would take to the earth and grow straight and strong. The shovel was an extension of his body as he worked the soft soil. As I worked alongside him I could feel his connection with the plants and the earth, in silent meditation we labored in true peace.

The more I worked with Milton, the more I wished to learn from him. He taught me about the process of caring for reforested trees, about the connections and responsibilities humans have with the earth, about patience and about being the best person I could possibly be. What Milton really did for me goes beyond everything he could ever have shown me. Through the many lessons and trials he put me through, he taught me that people can make a difference in their lives and in the lives of others. He helped change my life and after the year I spent as his apprentice in Costa Rica, I have never looked at the world in the same way. Now I see the world as a place that I can have a truly beautiful relationship with, through the people I share it with, through the life it sustains, and through the experiences and opportunities it provides us so that we can change and grow like the trees Milton spends his life cultivating.

I had slipped off the rain soaked road but instead of falling to the depths of the jungle I soared over the trees and felt their energy surge through me. They gave me power, power that I would carry back with me to the land I had left so long ago. As we flew over New Mexico the plain brown color shocked my eyes, but now I couldn’t see the sparse flecks of green growing there and the beautiful figure of the winding Rio Grande without feeling a sweet sensation of hope.
fight each other for territory and power. The cartels control and have power over certain regions of Mexico where they are free to traffic drugs without disturbances. Allowing them to traffic drugs into the US and obtain a complete profit. The war in Mexico between cartels is a war for territory, to obtain power over well-paid trafficking routes by killing thousands.

Most consumers’ state that they don’t smoke Mexican marijuana, that it is not high quality, but the truth is that when buying marijuana on the black market, there is no real way of tracking where it comes from. An estimated 40 to 60 percent of all marijuana in the United States comes from Mexico. The growing acceptance of medical marijuana will improve domestic production. Therefore, before smoking marijuana, think to yourself, am I supporting Mexican cartels and the drug war on the other side of the border or am I supporting domestic production?

Manuel Chavarria is a junior at FLC originally from Cuauhtémoc, Chihuahua, Mexico. The reason why he decided to write about marijuana and where most of it comes from is because in Mexico there has been a war between drug cartels and police enforcement. The cartels are fighting for territory where they can smuggle drugs into the United States, but along the way killing civilians that are in the wrong place at the wrong time. Marijuana being the most consumed drug in the United States, he decided to write about the consumption of illegal marijuana and its influence on violence in his home and country.

Hardest Goodbye
SANDRA CHIHUAHUA

Her surroundings were different from what she was used to. Her freshman experience was terrifying especially with the fact that she came from so far away. She was this sweet loving girl who came from a small town in search of something bigger. Her life was never based on "what if." She was always so optimistic about everything. Her goals in life were to become someone that would inspire many to go out into this world and want to become somebody. She wanted people to look at her and say she was a fighter, that she wanted the taste of success, and that she wanted to know the feeling of achievement.

As she approached her dorm with her parents by her side she began realizing that this was the beginning of her journey. She encountered her roommate right before she entered the room where they would both be living in. Her roommate greeted her with a smile and an embrace that warmed her heart and assured her that they would get along just fine. As they opened the door she saw the bright light shining from outside greeting her to her new home. She smiled and made her way inside the room and gently let down the bags on the ground which she had been holding on her shoulders. She didn’t waste any time to get started on the decorations that would reflect her personality.

After settling in, that’s where it all began. She was left there alone to figure out the ‘orientation’ part of the college experience. Her parents decided to go out to eat; they thought it would be a great way for her to taste the feeling of being alone for a little while. She walked through the doors that directed her to the gym where an abundance of people were gathered around. She remembers smiling at strange faces and not one of them approached her. Nervous and sad, she decided to head back to her room. She remembers finishing up her bed and decorations, and then her phone rings. Her mother lets her know that her family was making its way through this family quite frequently. She lies down to her mother’s lap. Her mother gently starts playing with her hair. Her mother has always looked at her as her greatest achievement, her light and joy, her beautiful gift from God, and her prized possession. Her eyes began to water, and she lets her know that distance was only miles away but that her heart would always be with her. From this outburst, she knew that saying goodbye to her parents was probably going to be one of the hardest things to do in life. She decided to avoid the subject because she wanted to treasure the remaining time she had with them and her siblings.

She decided to spend the night at the hotel with her parents and siblings. She slept close to her baby brother because he asked her to. She hugged him tight not ever wanting to let go. He whispered in her ears securing her that he loved her with all his heart. She let a tear slip out and whispered back “I love you too bro.” She gently closed her eyes dreading the next day.

The light shining from the curtains woke her letting her know that it was already August 30, 2013. Although her dream has always been to attend Fort Lewis College, she was having second thoughts. How could she possibly say goodbye to her family? How was it possible for her life to have moved so fast so soon? To her, it seemed as if yesterday she had started high school. How was it possible for those four years to have flown by so fast, leaving memories that she could not ever forget? Everything was going to be different now, and being alone was going to be a major challenge in her new life. She refused to look at her phone because once that clock stroked 2:30 p.m. her parents were sure to depart from Durango.

Soon enough she got up putting on a blue t-shirt that recognized her love for sports. She quickly got ready and made her way to her car with her little sister by her side. Her parents in their vehicle followed her. Time was ticking, time was scarce, and goodbye was just not in her nature quite yet. As she packed her
car, she looked back and saw her parents pulling over on the side of the campus. Nervous, she knew it was time.

Tears began building up. She refused to cry in front of her siblings, she refused to show them that it was hurting her; she refused to let them know that she craved for more time, and she refused to be the reason for any of them to shed tears. They all stepped out of the vehicle, her dad being there first. She had never seen her father so still before. He was speechless, he just stared at her. Then there it was; the water works. She couldn’t help it. She gripped to her father’s waist. She kissed him on the cheek and just held him there while he held her back. She felt a drop from her father’s eyes land on her shoulder. Her father never cried over anything. He was the kind of man that seemed too proudful to ever cry; and there he was—vulnerable and crying in front of her. Her little brother made his way to her legs. He wasn’t tall enough to reach her waist. His sweet voice kept echoing in her head “I’m gonna miss you. You’re the best big sister in this world.” She quickly made her way to him and squeezed him and assured him that she wouldn’t be gone forever. Her little sister hugged her as well and she gave her a ‘sister bracelet’ that she made for her. She quickly took it from her and tied it on her hand. She then pulled her into the embrace that she was sharing with her little brother. As she looked up with tears in her eyes, she saw her other younger brother speechless as well.

She let go of the embrace that she had gotten lost in and pulled him in. While they hugged she whispered to him, “You’re the oldest in that house now. I want you to promise me that you’ll be the best example for our little sister and brother.” He responded with a head nod. They hugged for what seemed for hours. Then she looked over; yeah, there she was—standing in silence. She approached her mom; looked at her in the face and kissed her warm cheek. “So I guess this is it huh?” She forcefully spoke out. “Yes, are you ready to make your dreams come true?” her mother spoke in a serious tone. “You know me, mom; I don’t plan to disappoint my family.” She replied in a crackly voice. She then gripped onto her mother as if there was no tomorrow. This was really it, goodbye was there. Distance was about to split her family apart. In her mind she was thinking ‘How are you supposed to say goodbye to people you are so attached to?’ Finally, she stepped back and she knew it was time; time for them to be on the road so they couldn’t arrive home late.

The car was making its way to the stop sign ready to turn right. The blinker of the Suburban turned on and she saw the Suburban disappear. She walked to her dorm and approached her bed. Tears pouring down her eyes told her that she was alone. No more mom, no more dad, no more brothers, and no more sister. She was about to start a different chapter in her life. After sitting in silence she remembered what her mother had told her “Distance is only miles away, but our hearts will always be with each other.” She smiled and seized onto this saying. There will always be a place back home, but it was time for her to start thinking about herself; about her future.

Sandra Chihuahua is a sophomore at Fort Lewis College from Southern New Mexico who wrote the above story about leaving her family. While she wrote the story in third person, Sandra herself has experienced a hard time saying goodbye to her home and family this semester and has decided to transfer to a community college in Hobbs, New Mexico and live with her family.

The culture section of the mural represents Hispanic influence on each other and the world. Mariachi band members, flamenco dancers and La Virgin de Guadalupe represent influences of religion, art, and community. The morning sky and mountains turn into Guadalupe represent influences of religion, art, and community. The morning sky and mountains turn into the Colorado flag symbol, showing that the mix of culture adds tremendously to Hispanic heritage.

The future section of Albo’s mural represents the accomplishments and dreams of Hispanics today. This section includes a painting of Leo Archuleta, Albo’s grandfather who was in the United States Army. Albo felt this was an important aspect of the mural because it shows positive future avenues for Hispanics. Students buried in books and the FLC clock tower can also be found in this section of La Cultura Hispanica.

Albo recognizes himself as a Spanish-Italian American. He was born and raised in Durango, Colo. and graduated with a degree in business administration in the international option in spring of 2013. Albo was also a student worker at El Centro de Muchos Colores, and has left his mural, La Cultura Hispanica, for all to enjoy when they visit El Centro de Muchos Colores (The Center of Many Colors). Charline Gonzales is a freshman at FLC from Santa Fe & San Ildefonso Pueblo, New Mexico. When she first saw the mural, she was immediately drawn to the Zia symbol which is also on the New Mexico state flag. Having grown-up in a culture primarily based around Native Americans and Latino’s, Gonzales finds La Cultura Hispanica a great expression of history and heritage.

The history section of the mural represents Hispanic culture in the Americas and Latino’s, Gonzales finds La Cultura Hispanica a great expression of history and heritage.

as many aspects of Hispanic culture as possible, though he knew that covering all elements of all the Global Hispanic culture would be a challenge.

In the mural, Albo painted symbols including a Dia de Los Muertos skull, conquistadores, ballet folklorico dancers, students studying, the Durango/Silverton train, Aztec temple, the farm workers logo, a Zia symbol etc. Together, all of Albo’s images unite to create a story of those who came before us, those in the present, and looks up to a bright future for people of Hispanic culture, including graduates of FLC.

The history section of La Cultura Hispanica represents times of struggle and exploration. Albo includes famous figures in his mural such as Poncho Villa, Emiliano Zapata and Buckskin Charlie. These figures are complemented by winds that transition into clouds that lead into smoke puffed by the local train.
Not Perfect Enough for You
SANDRA LOERA

"A picture is worth a thousand words." This phrase is certainly implemented by the advertising industry. Through images, media portrays values, attitudes, and beliefs of a culture and/or a society. Through its advertising industry, the American society is projecting to the world the cult of the body, beauty and physical attractiveness. It is also promoting gender stereotypes that do not correspond to these modern times.

Even though the days when society was governed by the cult of domesticity and the idea of separate spheres for men and women are long gone, the images of women in advertising campaigns are still portraying some of those ideas. Women are no longer secondary characters in advertising but they are still shown in stereotypical roles. Infanger, Bosak and Sczesny (2012) argue that communal roles for women are common in advertising. Women are portrayed in domestic settings, mainly as housewives, mothers, and caregivers. Depictions of women in these roles are characterized by stereotypical feminine attitudes and behaviors such as, gentleness, shyness, submissiveness, dependency, helplessness and subservience (Infanger, et al., 2012). In agreement with this, Mager and Helgeson (2011) say that "Old, ritualistic ways of 'keeping women in their place' still are prevalent, even increasing, in magazine advertising." Although advertisements are currently portraying educated women who are not passive at all, women are still being depicted as dependent and needing the protection of men.

The article, "The portrayal of men and women in television advertisements: An updated review of 30 studies published since 2000," by Furnham and Paltzer (2010) exposed that in most advertisements, females are presented as the "happy, grateful and contented users" of the products rather than as authorities. Additionally, they are most likely to be present in advertising that is related to the body, home and food products. Furnham and Paltzer (2010) also found that women are presented visually more often than men. Physical attractiveness and youth are essential in advertising. The typical woman in ads is very thin and very attractive. They have perfect bodies and perfect faces. However, images of feminine perfection are not real. These artificial images are constructed, so they do not show how women really are (Furnham & Paltzer, 2010; Lont, 1995). Females are often presented with childlike features and/or attitudes. Feminine childlike portrayals send the message that acting as a little girl is sexy (Lont, 1995).

According to research, sex appeal has increased in advertising. Lin and Yeh (2009) assert that "sexual connotation in magazine advertising changed from words to pictures and that women tend to be posed as seductive and with nudity." Women are depicted as sex objects in submissive, sexually exploited and victim positions. In addition to this, some ads do not portray women as a whole. Advertisers take bodies apart and only focus on certain body parts. They also turn bodies and body parts into objects. Some argue that this is the most dehumanizing thing that can be done to a person (Mager & Helgeson, 2011).

The portrayal of men in advertising tends to be different to that of females. According to Furnham and Paltzer (2010), men are by far more likely to provide voices. In advertisements, men typically get autonomous and professional roles which reflect masculinity values such as achievement, heroism, assertiveness, and success in careers (Lin & Yeh, 2009). In contrast with women, men are not likely to be shown in private residences and they are the central characters in advertisements related to sports, cars and alcohol products (Furnham & Paltzer, 2010). Men are not exempt from being portrayed in the same way women are but they are not depicted in these ways as often as females. Mager and Helgeson (2011) explain that "the technique of role reversal has also been used to depict men as vulnerable objects of sexual desire." Males in suggestive ways is a trend that is also increasing, but at a much slower pace than the trend of females in suggestive poses.

Just like females, males’ physical attractiveness is important in advertising. Research done by Fanjul (2010) explains that in ad campaigns, males are bigger, stronger and more powerful. Stereotypical values such as courage, success and power are communicated through the image of a vigorous and pleasing male body. Physical attractiveness as well as other strategies do not randomly appear in advertisements. There are important reasons for why these advertising strategies are used.

Negative emotional reactions in consumers had been linked to the images portrayed in advertisements. Fanjul (2010) affirms that advertising’s emphasis on physical attractiveness, beauty and perfection creates an ideal that is fictional. Even though this ideal is unrealistic, consumers believe that it represents reality. When their bodies do not match the ideal presented by ads, feelings of uncertainty and worry are experienced by people. In an attempt to reach the perfection imposed by the media and in order to avoid these negative feelings, consumers engage in consumerist behaviors.

The "ideal" physical appearance has an influence on the establishment of social relations and the judgments about our own and/or others’ physical appearance. The negative influence that the representation of a perfect body has on consumers’ personal perception has been demonstrated. Fanjul (2010) asserts that comparing ourselves and our bodies to the established standards of beauty may result in low self-esteem and loss of respect for our body. Additionally, a
constant comparison between an aesthetic ideal and the consumers' physical image can lead consumers to become dissatisfied with their bodies.

For the advertising industry, it is highly profitable to play with our insecurities and make us feel terrible about ourselves. The best way to stop this is by becoming aware of advertising's powerful influence on consumers. Changing the advertisements would not change the whole problem. We also need to change our attitudes toward advertising.

Edward Gonzales—A History of Hispano Culture

DEVIN MUÑOZ

Within El Centro there are many different beautiful pieces of artwork. Three pieces of artwork including one signed by Edward Gonzales can be seen around the TV in the El Centro, but who exactly is Edward Gonzales and what does his paintings tell about Hispanic heritage and culture? Let us start with the artist himself, Edward is a native to New Mexico born in Albuquerque and graduated from UNM with a degree in fine arts. However, before his career in art could begin he was drafted into the Vietnam War during his senior year of college. After he was finished serving in the military he returned to New Mexico where he married and started his artistic career. He has been awarded a multitude of awards and has been recognized all over the southwest for his talents in expressing the Hispanic culture and heritage. Much of Gonzales’ work focuses on representing his cultural Hispanic heritage. In a statement about previous representation in art he tells a journalist. 

“For years artists have been skirting the issue of representing Hispanics in art, then when Hispanics are depicted they either look like ghosts or they're old and wrinkled. They are frightening images that denigrate and give little sense of dignity to the Hispanic people. My art is a reaction to that. My art give concrete visibility to the Chicano experience in New Mexico and the Southwest.”

One piece displayed in El Centro is named “Siempre Estas en mi Corazon” or “You will always be in my heart.” This piece shows a young girl remembering her recently deceased abuelo by placing luminarias around his grave during Christmas. Historically these luminarias were used by Spaniard merchants in Mexico that were impressed with Chinese lanterns and made their own variation. These lanterns were adopted by the Roman Catholic Church, mostly in Latin America, and used during Christmas as a way to remember Christ and those who have passed. The tradition of luminarias has been passed down through generations and has become a Hispanic tradition in many places. This piece shows this young girl named Luz, or light in English, placing luminarias around her abuelo grave demonstrating this beautiful Hispanic tradition that still lives on.

In the next art piece “Su Primer Libro,” or “Her First Book” Edward Gonzales depicts a grandfather or abuelo showing his nieta or granddaughter something in a book. In the description of this piece he describes the grandfather expressing his love for his granddaughter by giving her this book as a present and teaching her its contents. This can be seen in a traditional light where it shows a passing on of knowledge from one generation to another. It can also be seen as demonstrating family ties within Hispanic families by showing designs from the blanket on the couch to the dress of the grandfather and granddaughter. This shows another beautiful aspect of Hispanic culture by demonstrating the love of books and knowledge that can be passed down from one generation to another.

The last art piece we can see an older man and a young boy out in the fields looking over their crop and harvesting it. This piece is called “El Circulo de la Vida,” or “The Circle of Life.” Alongside of the original painting there are Dichos, or folk wisdom describing what the piece means and the connection between the grandfather and grandson in the circle of life. These popular dichos of the Southwest are translated below:

-Se cosecha lo que se siembra. You reap what you sow.
Quien sabe de abuelo sabe de Bueno. To know a grandparent is to know good.
Bien aprende quien buen maestro tiene. He who has a good teacher learns well.
La fruta no cae lejos del árbol. Fruit doesn’t fall far from the tree.
No está en que se haga pronto, sino en que se haga bien. It’s more important to do it right than to do it fast.
Amor con amor se paga. Love is repaid with love.

This is a very deep painting showing the love for family and the passing on of traditions and the abuelitos to the nietos. This piece, along with both pieces described earlier, shows the great family traditions and of Hispanic culture and shows different scenes where they are passed on and will live on in the next generation.

Sandra Loera is a senior at Fort Lewis College studying psychology. She is especially interested in pursuing a career in positive psychology. Sandra has taken a wide variety of classes, including psychology of gender where she focused on women and men’s experience of gender as well as the ways that gender influences how people are perceived by others. The topic of advertising and its effects on body image was part of a research project for the class.
Men Who Grill: Community Fun in the Sun

ANDREA DALLA

How would you like to spend a summer Saturday socializing, eating a variety of the most spectacular grilled foods and supporting your local community at the same time? I am going to tell you about a super event held annually in June, the awesome food and fun, the crazy themes/twists and costumes and how all of this silliness actually benefits the community and the a little bit about the main beneficiary: The Women’s Resource Center.

They pull out their spatulas, forks and tongs; don their aprons (manly aprons, of course); and pop open a brew or two as they regress to the caveman era and prepare their specialties over fire. Some popular foods have included: bacon-wrapped shrimp; gourmet, grilled bruschetta with pesto, provolone and tomato; spit-roasted whole pig with a special sauce; rum and fruit kabobs and intricately speared shrimp; red-chile-marinated pork loin with pineapple-orange salsa; juicy, delightful lamb sliders with home-made garlic sauce; lettuce wraps of roast pig, roasted fresh pineapple, pineapple salsa and sliced and diced zucchini, eggplant & mushrooms served with hoisin sauce spiked with Vietnamese plum sauce.

In recent years, some notable team costumes included: Team Nacho Libre (members of the WRC Fatherhood Program) for their Worldwide Wrestling costumes; Durango Mountain Resort’s Men in Pink team showing its commitment to the color & breast cancer awareness for which it stands with Pink balloons and custom pink aprons & hats; New Country Auto’s Grillin’ Fer the Girls Gang for its creative, redneck approach to menu and costumes; The Jamaican Jerks who were still serving jerk chicken long after some other tents had folded. In addition to all the costumes and themes, there’s live music and a beer station.

Voting categories change from year to year. Teams were awarded for best presentation, friendliest teams, most creative entrée, as well as best food. Attendance at this growing community event has grown over the years from approx 500 to over 2,000 attendees. Tickets are a set price (most recently, $15 for advance adult tickets and $20 at the door; $10 for kids under 12 and kids under 5 were free) and this entitles you to ALL you can eat.

In 2013, Rent-A-Man led the way in a group of cooks who experimented with the not-your-usual-suspects annually to the delight of the adventurous and the thrill of the non-meat-eaters in the crowd. Yet the happy hordes who turned out for the Women’s Resource Center’s annual fundraiser could also sample everything from barbecued chicken to carne asada.

Sixteen teams of cooks arrived by 9 a.m. to cook and prepare 400 servings for the public. Many of the teams were sponsored by local businesses, which donated the costly proteins. Some chefs stayed up all night smoking and marinating meat, chopping vegetables and perfecting sauces.

Dr. Jordan Loftis of La Plata Family Medicine wiped sweat from his face as he basted two huge tenderloins of beef over a screaming hot fire. He brought 20 pounds of beef, 30 pounds of pork, 30 pounds of shrimp and 60 more of chicken to be sure he had enough. Why go to such lengths for a community cookout? “The Women’s Resource Center has helped a lot of my patients,” he said of the nonprofit that serves needy and abused women. “It’s a tremendous resource.”

For the non-meat eaters, the men at Directory Plus served up grilled jerk chicken pizza in aluminum baking pans. Everything was homemade, even the contraption used to fire the pizza, a black propane tank bigger than a bull elk attached to a smaller tank that burned charcoal to give it that authentic smoky flavor.

As for seafood, a number of cooks recognized what a crowd-pleaser a simple grilled shrimp can be. They came prepared with the bacon-swaddled version, a chipotle-tamarind marinated morsel, a honey-ahi steeped rendition and my absolute-to-die-for favorite, jumbo grilled shrimp in butter-soaked Cajun sauce over equally decadent grits. This taste-treat of shellfish, butter and cornmeal was prepared by the professional team of chefs from T’s Smokehouse Grill and J. Bo’s. J. Bo’s owner Bo Maloney, who has cooked at the event for five years, wracked his brain to come up with dishes that would wow the judges and be the envy of his fellow cooks. In addition to the shrimp, they served pork belly and beef tenderloin with two different sauces and an amazing dessert of balsamic-macerated fruit over grilled bread. It paid off, winning them the $250 Judges’ Choice award and lines of fans at their stall. “People appreciate the quality here,” he said. “They really dig the food.”

But beyond the delicious food, the goofy competition and the surreptitious beer drinking, Men Who Grill has a serious point, and the cooks who volunteered never lost sight of it. In 2013, they raised $16,000 for the Women’s Resource Center to help the women in our community who have nowhere else to turn.

In general, The Women’s Resource Center helps women, men and families build better lives so they can thrive. The Women’s Resource Center in Durango, Colorado, advocates for the personal empowerment and economic self-sufficiency of women and girls in La Plata County. Since opening in 1987, the Center has grown from helping 200 women in the first year to expanding the scope of services and programs to assist more than 2,000 women, men, and children annually. They not only help women but many aspects of the community. For women and families in crisis or transition, they provide a road map of resources to help them reach a place of emotional and financial stability.

(Continued on page 8)
For small business owners, they provide the supports necessary for those businesses to be successful. For girls, they provide the tools and resources necessary to make thoughtful decisions about their futures. For women of all ages, the Center is a place to make connections and life-long friends. The Women’s Resource Center advocates for the personal empowerment and economic self-sufficiency of women and girls in La Plata County.

All in all, this event is so entertaining, lively, and has the best of the best of foods Durango has to offer. There is no age limit to the fun times that can be had by coming out and supporting such an event. Whether you first become involved for fun or to provide community service, chances are you will become hooked and stay involved for many years to come.

So give some thought to this and other fun and incredibly beneficial community events you may not even be aware of, to get out, spread your wings and your mental horizons and feel wonderful about helping someone who may be in some kind of need and have a great time doing it.

Andrea has been a part of the Men Who Grill event since it started and is actually one of the only volunteers who has worked the gate every year. She is involved with the Women’s Resource Center and was on the Board when it first began—long before they had their own building. “Quite a few folks do community service hours there once and then continue to volunteer every year just because it’s so much fun” says Andrea.

Two Steps to Successful Relationships
QUINN BEGAY

The basic concept of positive relationships to help couples reunite and sustain a lasting relationship. In this article there are two steps that I think produce successful relationships based on Helen Fisher’s article, Lust. One way to begin a healthy relationship is to follow these two steps:

- Support
- Control lust

One step to a successful relationship is support because most couples lack this essential tool and most relationship are affected by a lack of support. Support creates a foundation that a spouse can rely on. One way is to just be there for one another even through hard times. With this tool, a couple can survive because they know each other much better then when they first entered into a relationship. It then makes it easier for couples to support each other because they know each other’s weaknesses and strengths that need improvement or support. With this tremendous step, couples can strengthen a relationship tremendously.

The main step that all couple needs to understand is that lust can demolish any relationship, especially in males; males tend to have a strong sexual lust. Males who have high lust tend to be drawn away from their spouse mainly because they lack the attention from their partner and this creates conflict in a relationship. When this happens males get more frustrated and testosterone rises. This is not good because when males have high testosterone they become more aggressive in a relationship, this eventually leads to domestic violence in some cases. To prevent this, couple’s need to understand that lust is not vital in a relationship and that lust will eventually decrease when couples have children. This is because couples began to focus more on their children and ways to better unite their family.

Traveling Abroad: Tips and Ideas for an Enlightening and Invigorating Experience
NEKAI EVERSOLE

It is easy to go to a simple travel website like www.travel.state.gov/travel/tips/tips_1232 as a great resource for those that haven’t traveled before. But there is more you can do to get the most out of your experience!

You’ve all already completed the first step in making it into college, but maybe it’s time to broaden your horizons even more and get a taste of a different culture in its entirety. Maybe it’s time to earn college credit while receiving a once in a lifetime experience.

First steps to achieving this dream start with speaking with your advisor, a representative from the International Programs Office of Study Abroad, and perhaps an individual who has traveled to the country you’d like to visit or really any country in general.

Now, to start the daunting search for funding, whether through scholarships (utilizing specific scholarships to your degree or ethnicity) or even snagging a job to obtain funding so you can have some fun while there. Fort Lewis College offers various options for many different countries, whether it be a switch with another exchange student from another country, or traveling with a FLC faculty member to conduct research. Some programs have you pay Fort Lewis tuition, whereas some universities in other countries have programs where you pay their tuition as well as a fee for Fort Lewis. Explore these options with the International Programs Office of Study Abroad.

Now if you’re signed up and all is flowing along, it’s time to get educated. It’s strongly advised to learn or at least get introduced to the language of the country you plan to visit. This might mean taking courses offered on campus, using Rosetta Stone, or even getting a How to Speak ____ for Dummies book. It’s also wise to learn about the country itself, such as the history and
Six Steps to Becoming Happier—Changing Your Negative Thinking
HOPE CRESPO

1. Identify the upsetting event: write down the event on a sheet of paper or in a journal whenever you are in a negative mood, record the situation that made you feel that way. Some examples may include getting a low grade, having a fight with a friend or family member, worrying about an upcoming situation, etc.

2. Record your negative feelings: what feeling are you having in this situation? For example sad, mad, anxious, nervous, etc. and rate these feelings on a scale of 1-100.

3. Record your automatic thoughts: What is going through your mind on a scale of 1-100 when you are in the negative mood? For example “I am a failure,” “no one likes me”, etc.

4. Identify any cognitive distortions: Cognitive distortions are common errors in our thinking which have to do with ourselves, others, or society.
- Personalization: we tend to think everything is about us, even if it is not. For example if someone acts unfriendly towards us, we assume that we must have done something wrong.
- All or nothing thinking: we commonly think on one end or the other. For example, we might think if I don’t get an A in this class, I am a failure. There is no middle ground.
- Selective abstraction: We have negative opinions of ourselves, so when someone gives a compliment all we can see even then is the negative things.
- Catastrophizing: What if’s and making a mountain out of a molehill.

5. Compose a rational response: Ask yourself and answer the following questions:
- What is the evidence that the thought is true?
- What is the evidence that the thought is not true?
- What is the worst that can happen even if it was true? How can I live with that?
- What is the most likely outcome?
- What strengths or positives in me or the situation am I ignoring?
- What would I tell a friend if they were having that same thought?
- How else could I view the situation?

6. Outcome: Rerate your automatic thoughts on a scale of 1-100 and record how you are feeling about yourself now.
The Art of Ballet Folklórico

IRNE PÉREZ

Ballet Folklórico embraces the Mexican and Hispanic culture through traditional Mexican Folklórico dance. From history, Amalia Hernández – dancer, dance instructor, and choreographer – had popularized this form of art in the 1950’s in Mexico by forming her own dance company to express her passion for Ballet Folklórico with the community and keep the culture of Mexico alive.

Ballet Folklórico was later introduced across the border into the U.S. and was spreading the culture of Mexico through the art of dance. Whether the dances of La Negra or Jara- be Tapatio are kept in its traditional ways with steps and choreography, or a twist has been put on to other dances of Folklórico, the culture is still represented well throughout the world.

Today, dancers from all over the globe contribute to practice and perform Ballet Folklórico dance. Dance members participate in dance and culture by wearing the bright colors of the costumes. Females contribute to the various dresses and hairpieces that are represented from the different states of Mexico. Each dress and/or hairpiece has its own history that goes along with it. For example, the state of Chiapas in Mexico is known for its tropical jungles so the dresses serve this new creation to the Americans. It became a sensation among Americans after that, though Mexicans didn’t like them until later.

As the dancers perform with glorious dresses of multiple colors and with shoes that create strong sounds along with the music, the audience receives the entertainment of the dancers and audience members are encouraged to do gritos and clap along to give energy back to the dancers.

The History of Nachos for Your Food Trivia

DEVIN MUÑOZ

Many of us have had or at least know about the food called nachos. We have enjoyed it and even made it during football games and parties. But what was the origin of this iconic food? Where did it come from and how was it thought of?

Here is the answer to these questions. As many of us can assume nachos originated from Mexico, it was during the mid-point in World War II. Nachos first came into existence in Piedras Negras, Coahuila. U.S. troops were stationed close and many of their wives and would shop around the area looking for good places to eat.

In 1943 some of these wives wandered around shopping and wanted a good place to eat. They found a small hotel; however, the restaurant was closed. The owner of the hotel, “Nacho” Anaya, wanted to make something edible for the women with what he had in the cocina. All he saw though was some cheese and tortillas. He cut the tortillas into triangles fried them, making chips. He then melted the cheese over the chips, topping them off with chopped jalapenos and he served this new creation to the Americans. It became a sensation among Americans after that, though Mexicans didn’t like them until later.

To this day nachos are most popular among Americans, and have become the favorite in bars and restaurants with many different variations. And that is your food trivia for now.

El Centro de Muchos Colores, also known as the Hispanic Resource Center, provides a dance group called Ballet Folklórico de Fort Lewis College. This dance group, instructed by Jennifer Cossey, has been a part of El Centro and Fort Lewis since 2009. This group is available to all students and community members at all skill levels. This group is to provide the culture of Mexico within the school and local community members and give history and background through dance.

The Durango community also provides a Ballet Folklórico group for all youth in grades K-12. Ballet Folklórico Del Alma has been a part of the community for multiple years dedicated to giving youth the chance to learn about the Mexican culture, exercise, and have fun. The beginner group is currently instructed by Sabyrina Lopez, and the Intermediate and Advanced groups are instructed by Irene Perez – both FLC students.

As the dancers perform with glorious dresses of multiple colors and with shoes that create strong sounds along with the music, the audience receives the entertainment of the dancers and audience members are encouraged to do gritos and clap along to give energy back to the dancers.

For questions or more information regarding Ballet Folklórico Del Alma, please contact Irene Perez at (970)769-5037 or perez.ii94@yahoo.com.
Mexican food is extremely delicious and brings the whole family together, but tends to be very unhealthy. With cheese and fatty ingredients your abuelas famous tacos and enchiladas may be something you enjoy on special occasions but you shouldn’t eat daily. Here’s a recipe that’s just as delicious and even more nutritious.

**Skillet Veggie Tacos ( Makes 12 Servings)**

**Ingredients:**
- 1 medium onion, chopped
- 1 cup sliced fresh mushrooms
- 1 to 2 jalapeño peppers, seeded and chopped
- 2 garlic cloves, minced
- 2 teaspoons olive oil
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 3/4 cup white grape juice (unsweetened) or rice vinegar
- 1 (15-ounce) can pinto beans, rinsed and drained
- 2 cups chopped fresh spinach
- 12 (8-inch) gluten free or wheat tortillas, warmed
- 1/2 cup crumbled reduced-fat feta cheese (optional)
- 2 limes, sliced (optional)

**Preparation:**
Sauté the first 5 ingredients in hot oil in a skillet over medium-high heat for 5 minutes or until vegetables are tender. Add cumin and oregano; sauté 2 more minutes. Stir in juice or vinegar; reduce heat, and simmer 10 minutes or until liquid is reduced by half. Add beans, and cook until thoroughly heated. Add spinach; cook 2 minutes or until spinach wilts. Serve in warm tortillas with cheese, if desired.

**Nutritional Information:** Per Serving
- Calories: 200
- Fat: 2.3g
- Protein: 8g
- Carbohydrate: 34g
- Fiber: 5g
- Cholesterol: 3mg

Recipe provided by www.myrecipes.com

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Word Bank:

- ESPAÑOL
- COMIDA
- FIESTA
- TRADICIÓN
- FAMILIA
- BAILAR
- DULCES
- IMPORTANTE
- NATURALEZA
- IDIOMA
- HISTORIA
- CULTURA
- FUTURO
- DIA DE LA AMISTAD
- BALLET FORKLORICO
- MARIACHI
- DIA DE LOS MUERTOS
I, Kate Suazo, am a freshman here at FLC and was born and raised in Bernalillo, New Mexico. I love meeting new people and trying new things. Frito pie is my favorite food and I love the color red. Durango is my home away from home and I am so glad to be here. I love music and I love to dance. If you see me around campus don’t hesitate to say “HI!”.

Hola! Me llamo Crissy Thurston. I am super excited to be a part of El Centro’s student staff team this year. I am a 5th year senior in the Teacher Education department; I will be graduating in May with a license to teach elementary, as well as an endorsement to work with English Language Learners. I am originally from Arvada, Colorado, but I have lived in several locations throughout the Denver-metro area and in Aztec, New Mexico, which is where my fiancé, Eli, is from. I am enthusiastic to be a part of El Centro and learn more about the Hispanic culture through our clubs, events, and celebrations. I hope to meet new people and learn more about their stories during my time here.

My name is Andrea Dalla, a sophomore in college. I am Hispanic and I come from a small town called Lovington, NM. (Fun Fact: Brian Urlacher, from the Chicago Bears is from my town). Being a part of the Land of Enchantment gave me an opportunity to come to Colorful Colorado, because of the reciprocal scholarship. My family and friends are my life. I love participating in sports. I was actually a cross country member, a track and field girl, and a basketball player in high school. I love making new friends, so approach me and say hi! My hobbies include: dancing, singing, reading, writing, drawing, and listening to people talk. I want to pursue a career in the criminal justice field. I also want to dual major in Math, and minor in Spanish. My life has never been based on “what ifs.”

I am Charine Gonzales, a freshman at FLC. My hometowns include San Ildefonso Pueblo & Santa Fe, New Mexico. Aside from working at El Centro, I like to go running, play bass guitar, and take photos. I also like to write and spend time with my family and friends.

I am Quinn Begay and I am from Northwestern Arizona. I am currently a sophomore at Fort Lewis College and my major is Business Management. My hobbies are riding horses, hiking, hunting, and making pico de gallo at El Centro de Muchos Colores.
My name is **Noah Garcia**. I was born and raised in northern New Mexico near the banks of the Rio Grande. I am currently studying engineering here at Fort Lewis and have been fortunate enough to be a part of Village Aid Project-Engineers without Borders with whom I had the opportunity to translate for an engineering project in Ecuador over the summer; the experience changed my life. I love travel, tradition and hearing people’s stories.

Hello my name is **Devin Muñoz**. I am a junior at Fort Lewis College and was born in Denver, Colorado and have lived there until I was 18 years old when I came down here for school. My father’s family originates from Mexico and my mother’s family originates from around the south of Colorado. I have no siblings and grew up not learning Spanish. I consider myself Hispanic because of my parents and family even though I have heard many people consider those who can’t speak Spanish, non-Hispanic. I am currently studying World History to become a teacher in high school. I have been to ten countries in my life and speak Japanese and a little Spanish. I was drawn to El Centro because I didn’t know much of my Hispanic heritage other than I knew I was considered one. I wanted to see and experience a culture that I had otherwise not known about.

My name is **Samantha Garcia** and I am a freshman at Fort Lewis. I am from Albuquerque, New Mexico but have always considered Colorado my second home. I love staying active and being in nature whether it be going on a hike or just lying in the grass reading a good book. I was drawn to El Centro de Muchos Colores because I love the multicultural environment that El Centro provides for all students!

My name is **Irene Ibeth Perez**, not a normal person nor will I ever be considered normal, but I am special. I do not believe in any human or dictionary definition of normal. I am weird in my own way, which I consider a good thing. Even when I am with any of my best friends, they are just as weird in their own way with me and it is amazing. There may be other 5’2” Hispanic or Latina females with brown eyes just like me, but no one can compare to me because I am me. I am happy and I like to be positive about things. It gives me the energy needed to dance and teach Ballet Folklorico (Mexican folkloric dancing), work two jobs and be a hard worker just like my parents raised me to be. I am proud of who I am and I am grateful and appreciative of every opportunity I have. I hope to inspire others through my hard work and dedication to work and dance and be happy to do it.

My name is **Hope Crespo**, I was born and raised in Durango. I am currently a sophomore at Fort Lewis College, studying Psychology and Art. I want to receive my PHD in psychology, although I am not sure what career I want to pursue yet. On campus, I am involved in STEM, Club del Centro, Ballet Folklorico de Fort Lewis College, and work study at El Centro.

My name is **Adam Betancourt**, an Arizona native and a senior at Fort Lewis, studying Business Administration. I have lived in Durango for three years. My interests vary widely from loving to run trails in the mountains and traveling to enjoying a night out. I am excited for winter this year, because after three years I have finally developed a love for skiing and the snow.

My name is **Magaly Torres**. I am a sophomore in the Athletic Training program. I am originally from the Chicagoland area (Illinois). I am a certified Zumba instructor teaching at the Student Life Center and at El Centro (Fridays from 12-1pm at the El Centro dance floor, room 40 in the Student Union Building – COME AND JOIN!). When I’m not busy working you can find me dancing, running, drawing, or cooking!
My name is Manuel Chavarria. I am a junior studying Exercise Science, exercise physiology option with a minor in Inquiry of Rhetoric. I grew up in Cuauhtemoc, Chihuahua, Mexico and moved to Leadville, CO when I was ten years old. I am a member of Club del Centro, National Society of Leadership and Success, and the John F. Reed Honors Program. My interests are soccer, baseball, fly fishing, snowboarding and fitness.

I am Nekai Eversole, a Navajo-Apache Native American through my mother and of Scottish-Swiss descent from my father. I’m interested in all forms of sciences and am always questioning how the world could be better. My major is Environmental Biology, but I’m also fond of Geology, as one of my favorite past-times is exploring mountains and natural wonders, viewing the flora and fauna of this beautiful region.

I am Chandra Reed, a non-traditional junior at Fort Lewis. When I am not studying biology I am making delicious Mexican food in the cultural kitchen of El Centro and the Native American Center, or playing guitar in a punk band.

I am Sandra Loera. I am a senior at Fort Lewis College pursuing a career in psychology, possibly with a focus on positive psychology. I am originally from Mexico. I came to the United States, specifically to Eagle, CO, eight years ago and last year I moved to Durango. El Centro has given me the opportunity to be exposed to other cultures, to teach others about my own culture and let them know how proud I am of being Mexican.

My name is Manuel Chavarria. I am a junior studying Exercise Science, exercise physiology option with a minor in Inquiry of Rhetoric. I grew up in Cuauhtemoc, Chihuahua, Mexico and moved to Leadville, CO when I was ten years old. I am a member of Club del Centro, National Society of Leadership and Success, and the John F. Reed Honors Program. My interests are soccer, baseball, fly fishing, snowboarding and fitness.
First Zumba class of the semester held at El Centro taught by Sara Elsley.

Ballet Folklórico live performance for Real History of the Americas event on October 14th.

Gallery updated at El Centro. Stop by to see the new profiles.

Zorita Chacon on Dia de los Muertos.

Women of the Baia Sinom Choir perform at the annual Real History of the Americas event.

Charla with Club del Centro members and guest speaker and artist Adrian Molina for Real History of the Americas.

Students join Chandra Reed for Hora de Espanol, held every Wednesday from 4-5 p.m.

Mariah Gachupin and Ruthie Edal, co-coordinators of Real History of the Americas, emcees of the event on October 14th.
Calendar of Events

Zumba with Magaly
Fridays, November 1st–December 13th
Location: El Centro 40
(Various times, visit El Centro for more information or www.fortlewis.edu/elcentro)

Club Ballet Fólklorico Bake Sale
November. 12-14 & 19-21 starting at 12 p.m.
Location: Student Union

International Day Parade
Thursday, November 14th starting at 4 p.m.
Location: El Centro

Learn to tell Family Stories with visiting Elder in Residence, Dr. Joseph Bruchac
Monday, November 18th starting at 4 p.m.
Location: El Centro 40

Movie Night with SUP, “Sin Nombre”
Wednesday, December 4th starting at 7 p.m.
Location: Vallecito Room

Ballet Fólklorico de FLC Performance– Black Tie Fundraiser
Saturday, December 7th starting at 7:30 p.m.
Location: Center of Southwest Studies

Holiday Party, December 12th, TBD at El Centro

Final Exam Week
December 16th–20th

Commencement
December 21st

Día de la Amistad
Friday, February 14th starting at 11 a.m.
Location: El Centro

Latino College Day
Saturday, February 15th starting at 8 a.m.
Location: El Centro

For more information contact
El Centro at (970) 247-7654 or visit us in the Student Union room 40 (Ground Floor)

"The Movement"
Established 1988
A Fort Lewis College Student Publication

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..............................................Samantha Garcia
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La Movida is a student-run publication for El Centro de Muchos Colores published each semester. El Centro is the Fort Lewis College Hispanic Center geared toward promoting Hispanic pride and awareness, increasing Hispanic student enrollment and retention rates. La Movida welcomes submissions at any time. All submissions should be sent to Shirena Trujillo Long at long_s@fortlewis.edu. The opinions expressed herein are not necessarily those of El Centro de Muchos Colores or of Fort Lewis College. For questions or comments please contact El Centro de Muchos Colores, located room 40 of the Student Union Building or can be reached at: (970) 247-7654.