The Dakota Access Pipeline:
A Human Rights Issue

By: Stacy John

The Dakota Access Pipeline (DAPL) is projected to run 1,172 miles long crossing through four states (North Dakota, South Dakota, Iowa, and Illinois) and, if it breaks could spill thousands of gallons of oil into the Missouri river. The Army Corps of Engineers (ACE) have legal trust responsibilities to comply by which include: protecting tribal lands, conducting meaningful consultations with tribes, and doing complete environmental impact statements. Under the Clean Water Act the ACE must protect our nation’s waters from contamination by conducting accurate environmental assessments to determine whether construction permits should be granted for pipelines such as DAPL. The ACE inappropriately worked off of flawed and uncompleted assessments as the ACE claims to have contacted tribes to discuss this pipeline, but the DAPL acknowledges that they did not contact the tribes and did not feel obligated to contact the tribes. The ACE allowed construction permits despite legal and non-compliance warnings by federal law. Davis Archambault, chairman of the Standing Rock tribe, had no knowledge of these assessments until they were publicly announced.

Serious concerns stemming from this pipeline include the potential of an

(Continued on page 2)

Marriage: The Musical Kind

By: Alex Blocker

Many musicians who have been in the Four Corners for a while can recount a time when country, metal, and acoustic guitar were king. “Pickin’ n Grinnin” ruled the land. When I arrived in the area about five years ago, it was flourishing into a hub for funk, bluegrass, jazz, and growing centers for electronic and hip-hop influences. I would argue that the growing popularity of electronic music has led to more genre fusion, which can be seen mirrored in the music culture of the Four Corners area, as well as Durango.

Over the last decade, electronic music has seen a rapid increase in development in places like, California, Denver, New Jersey, Chicago and all over the world. It has managed to stay in the forefront by incorporating sound selections and rhythmic patterns com-
oil spill that would devastate water sources, the lack of emergency response plans, non-compliance with federal policy and laws and the definite desecration of sacred ancestral sites along the path of the pipeline. As the Dakota Access pipeline would carry crude oil along the projected pipeline’s path through the Missouri River, an oil leak would devastate this critical source of water which sustains over 10 million people. Fossil fuel technologies are the core elements behind war, political unrest, human rights abuse, extreme and permanent environmental degradation and human disease. This is no exception to that rule.

The 500-year crime against Native Peoples has been a history that has been put out of view for the majority to see. In 2007, the United Nations passed a resolution on the Rights of Indigenous Peoples saying they “had the collective right to live in freedom, peace, and security as distinct peoples and shall not be subjected to any act of genocide or any other act of violence”. One hundred and forty four voted in favor of the resolution and four voted against it. Among the four who voted against this resolution was the United States. Under the Obama administration in 2010, that vote was reversed. This country was built off the genocide, assimilation and degradation of Native peoples and a trail of broken treaties; the US government has broken every single treaty they have made with Native peoples, which make up more than 500. In the 500-years of crimes against Native peoples this was a huge milestone as it allows rights for Native Peoples by the United Nations.

The bigger issue when it comes to this pipeline is that it is a reflection of all of the unresolved issues Native peoples have had to deal with over hundreds of years with the US government, all of which are interdependent and have to do with one central issue: a lack of respect for Native peoples. A prominent concern is the complete disregard of sacred ancestral burial grounds of Native tribes that the pipeline would run through. The Native American Graves Protection and Repatriation Act (NAGPRA) is meant to protect these sacred burial sites and the AEC is obligated to protect those sacred lands under federal law. However, no actions have been taken to do so.

Today there are more than 7,000 people representing over 300 tribes at the Sacred Stone Camp in Cannon Ball, North Dakota where protesting is being held against the production of the pipeline. History is being made in Native Country, as it is the first time this many tribes have stood in solidarity for clean drinking water and to protect sacred ancestral grounds. History is being made but there is no media coverage because of a “conflict of interest”. What people need to realize is that news outlets are owned by banks who have stakes in the DAPL so it comes at no surprise they will create reasons as to why they are not covering it. But if they were to be truthful in this Capitalistic society, the news stations would tell you that there is a lack of coverage on this pressing and historic issue simply because they would lose funding, which is not an option in a society where money takes priority over injustice. The banks who are supporting the DAPL include: Wells Fargo, Bank of America, Goldman Sachs, JP Morgan Chase, BNP Paribas, Sun Trust, Royal Bank of Scotland, HSBC, Bank of Tokyo-Mitsubishi, Mizuho Bank, TD Securities, ABN AMRO Capital, DNB First Bank (based in Philly), ICBC, SMCB Nikko Securities, and Société Générale.

Everyone has the right to fight for clean drinking water and that is exactly what Native peoples are doing. This is not solely an Indigenous issue; it is a Human Rights issue. As far as I’m concerned this is the real “all lives matter” movement because the human race cannot survive without water, and there is no alternative to water and no alternative to Mother Earth. On September 9th construction of the pipeline was halted to review their compliance with federal policies.

In the meantime there have been numerous proactive initiatives to support the NoDAPL movement, including the resolution Fort Lewis College passed in the fall of 2016 supporting Standing Rock and taking a stance with the No Dakota Access Pipeline movement. The Protectors of Land & Water Committee is currently taking donations and meets every Tuesday from 5:30 to 7 pm in the NAC Conference Room, or you can find them on their Facebook page. They are also holding a march and NoDAPL rally leading into the Real Histories of the Americas on Monday, October 10th at 8:15.

Vermicomposting: What It Is and Why You Should Try It

By: Kelly Ann Maes

Maybe you want to do something with your food scraps besides adding to landfills. Maybe you love to care for a pet but the place you live in doesn’t allow them. Maybe you are a big fan of gardening and appreciate how valuable good compost is to beautiful plants and crops. Maybe you are an

(Continued from page 1: “DAPL”)
monly found in hip-hop, reggae, jazz and more. There has also been a large increase in composers combining timbers from purely computerized noise with acoustic and instrumental styles. Many producers of electronic music have turned to manipulating not only instrumental sounds, but sounds found in nature, in cities, in offices and more.

Music is a great jumping off point for cultures to combine in a healthy and organic way. I know of nothing more American than the marriage between he African soul and rhythm that went into European instruments and techniques. This resulted in jazz, bebop, and a whole host of other fusion-based genres that we cherish as our country’s music today.

Fort Lewis College is a huge catalyst in the cultural development of Durango and the Four Corners area in general. Local Bands like Liver Down the River (LDTR), Cactopus and HelloDoORS face are great examples of the way genres in the Four Corners bend into something all new. LDTR for example, takes melodies and forms standard to bluegrass and folk, puts them through a machine of synthesizers, electric bass, a variety of pedals, and funk sensibilities, (not commonly found in bluegrass) to transform themselves into a new genre barely fit for a name. Slam-grass-psyche-funk-hop.

I threw hip-hop into the mix as I feel that hip-hop is currently influencing almost every New-American genre. Classic bands like String Cheese Incident, Phish, Umphreys' Magee, and more have all incorporated drum breakdowns and rhyming rap verses into their sets. Singers of R&B, pop, and DJ's of all genres are no longer strangers to booming 808s and rattling triplet hi-hats. Whether or not the listeners acknowledge what they hear as hip-hop or jazz, the sensory overload of sounds we hear daily drives our own sonic concept ever deeper into the future. The rapid development of the music culture of Durango is very representative of the way music in America continues to grow and change daily. New Genres are recognized every year. Durango’s new age sensibilities allow that change in music culture to happen organically.

A Tribe Called Red, a stunning example of electronic fusion, will be gracing Fort Lewis College with a performance at the Community Concert Hall on October 10th. They manipulate indigenous sounds into an electronic genre all their own. Some call it Powwow Step. Others consider it Indigenous Moombahton (a fusion of house and reggae-hop). A Tribe called Red has been active since 2007, and hails from the Ontario, Canada area. I would recommend any music lover in the area attend this show! I would describe further, but I don’t want to risk putting such a unique act into a box, so I will simply say, you need to see this for yourself.

Genre fusion is one of the oldest and most adopted American ideas, whether it be film, literature, food, or visual art. Through music production software and the increase in social media, music has become one of our most rapidly growing and changing fields. This progression of music in America can be seen mirrored in the culture of Durango and the Four Corners area. The liberal and inclusionary culture of music I have witnessed in the area no doubt assists this process. The next time someone tells you there is no hip-hop in Durango, or no reggae in Farmington, I challenge you to take that personally. You live in a place that is highly culturally advanced. Challenge others and yourself to really analyze and embrace the music around you for what it is, and not what it is stereotyped to be.

5 Steps to Becoming a Better Listener
By: Kate Suazo

Being a good listener is a skill that not only improves your friendships, but also your work life, family life, and many other aspects of the real world. Unfortunately, this is not a skill we are born with, like breathing.

It is actually a skill that we need to practice in order to be the best listener you can be. As a psychology major listening comes with the territory. Being a good listener is not only part of my field, but also part of being a better person. Below are a few tips that, in my experience, have really helped me to become a better listener.

#1) Listen to hear, not to respond: How many times have you been talking to a friend and instead of responding to what you said, they respond with a problem of their own? This can happen to anyone, but especially to the listeners. This is when the listeners acknowledge what they hear as hip-hop or jazz, the sensory overload of sounds we hear daily drives our own sonic concept ever deeper into the future. The rapid development of the music culture of Durango is very representative of the way music in America continues to grow and change daily. New Genres are recognized every year. Durango’s new age sensibilities allow that change in music culture to happen organically.

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#1) Listen to hear, not to respond: How many times have you been talking to a friend and instead of responding to what you said, they respond with a problem of their own? This can make people feel unheard and unimportant. Responding with "How" or "why" you are eliciting a deeper and more thoughtful response. When we use close-ended questions such as "Yes" or "no" we do not give them the space to fully explain how they are feeling.

#2) Use open ended questions: By using questions that begin with "How" or "why" you are eliciting a deeper and more thoughtful response. When we use close-ended questions that allow our friend to respond with "Yes" or "no" we do not give them the space to fully explain how they are feeling.

#3) Put the phone down: Be present in the moment with your
avid fisher and love to use live bait. Maybe it’s something else, whatever the reason, you should try vermicomposting. Say what?!?!

Most people aren’t familiar with the term ‘vermicomposting’ but they might know the concept. Composting is the breakdown of living matter that harnesses its energy in a way that is usable for the plants in it.

This means more nutrients that the plant needs and that leads to healthier plants. If you are growing food crops in compost it leads to healthier, better tasting fruits and vegetables. The compost used on crops contains broken down organic matter from plant sources that are being broken down by microbes. In the case of vermicomposting, this process is made faster and more efficient by the addition of earthworms. Earthworms are very efficient in breaking down organic materials very quickly and making soil healthy.

I decided to try vermicomposting a couple of years ago and I ended up loving it for several reasons. These included feeling good about using my food scraps for something positive, instead of going straight to the landfill. I did a little research on the internet and attended a workshop on how to start vermicomposting and got started. Here are the highlights if you are thinking of trying vermicomposting at home:

You will need:

- 5 gallon plastic container that you can poke holes in and dedicate to your composting project. Power drill with smaller than 1/4 inch bit or a small screwdriver
- Fruit and vegetable scraps, previously frozen if possible
- Shredded, damp newspapers or other paper scraps such as toilet paper roll
- Earthworms (night crawlers or red wigglers - available at plant nurseries)
- Small bag commercial compost

Start by poking about 10-20 holes in the bottom of the plastic container to help with drainage and air ventilation. Then add the shredded paper products and compost in equal parts. Add about 2 cups of frozen fruit and vegetable scraps. You want your container less than 1/2 full when everything has been put in. It is best to moisten these slightly before adding worms. You can either purchase worms, where live bait is sold or plant nurseries. Also you can go hunting on the ground for them after a good rain storm. Add them to the initial compost mixture and make sure they are covered up completely, they like to stay underground.

After that, all you have to do is turn the soil every few days, and continue feed scraps at least weekly, about 1 cup at a time. Earthworms are very fast at reproducing especially when they are in favorable conditions. If your worms are happy and eating well you will start to notice more worms within a couple of weeks. You will know when they are finished with the scraps you give them because you will not be able to see pieces of food anymore.

That’s all that is required to create quality compost that you can use yourself, or give to the gardener in your life, or to harvest and sell worms as bait for fishing. So I encourage you to give it a try, maybe you will find it to be as fun, interesting and rewarding as I did.

(Continued from page 3, “Better Listener”)
Jewelry Artisanship: A Santo Domingo Family Tradition

By: Valarie Calabaza

Since I was a little girl, I’ve always spent my free time with my grandparents in Santo Domingo Pueblo, New Mexico. During the time I spent with them I learned how to take care of the farm animals such as the horses, cows and pigs, along with learning how to care for a field of crops. I found it very fun to be a part of the daily chores. Anything to help my grandparents from overloaded themselves with work. Alongside these daily chores, they taught me how to make jewelry. Santo Domingo Pueblo artisans are well-known across the country for their extraordinary jewelry pieces.

At the age of five, I was learning how to make turquoise bracelets. It wasn’t only making bracelets, it was also a learning process for me to learn patterns and how to add beads to fit onto a bracelet. Soon, making bracelets became very easy for me to complete. Once I learned the basics, my grandparents knew I could help them with their process of jewelery making. I helped make the heavier pieces working with big nuggets and beads. My grandparents specialize with the super fine heishi necklaces, which are very fine handmade natural stone beads.

At the age eleven, I found an interest with inlay work. I admire the tradition of Thunderbird pieces done by my people during the Great Depression era. During this era, the Santo Domingo Pueblo people were struggling to get materials, instead they used battery castings, plastic forks, and animal bones. Using these “everyday” materials, they created extraordinary necklaces.

I learned to cut the small squares from my grandfather, who cut the small turquoise pieces for the super fine heishi. I took the initiative to learn inlay from my grandmother. During the process of inlay, I would have to cut and grind down the spines from the oyster shell to make it smooth. Then, I would glue the stones onto the shell filling it with black epoxy. Over the years I have gained more experience, and become quicker with the process.

I entered my first inlay necklace into the Santa Fe Indian Market, one of the biggest market selling Native American jewelry in the Southwest. It was nerve-racking because I was competing with other youth artisans with talent not only with jewelry but pottery, paintings, sculptures, and photography. The day of judging, I received a call from the organization notifying me that I had won a special award and I was invited to a special lunch the following day. I was allowed to bring two guests along with me, so I chose my grandparents. They were my teachers and had never had the experience of a special lunch throughout the years they had been with the Indian Market.

When we attended the lunch it was a surprise to find my necklace in the center table, where all the big awards were given. My Grandfather read the ribbons and award stating, “Best of Youth Classification, Best of Division, and First Place”. I couldn’t believe it! The long process of inlaying, long hours put into the necklace, grinded, and polished finger nails all paid off.

The following year I entered a similar piece. Instead of the whole spiney oyster shell, I tried something new. Honoring my pueblo’s Thunderbird necklaces, I made a Thunderbird out of the spiney oyster shell as seen at the beginning of the story. The shell is like any other shell expect with rough spines coming out of it. I received the same awards as the year before. I started to take more interest with the jewelry work, learning to silversmith at the Santa Fe Indian School, where I attended high school. From there, I incorporated my inlay skills with silversmith. Throughout the years, I have continued to grow my jewelry skills with my grandparent’s guidance.
How to Have a Civil Political Conversation with Family and Loved Ones

By: Samantha Garcia

Election time is just around the corner and that means conversations with friends and family are possibly starting to become more of a dining room debate. Having a debate can truly be a beautiful learning experience, but not all individuals in the discussion may see it that way.

In my family, we always begin dinner stating that we will not talk about politics because we don’t want to get upset at one another. This is becoming more of an unlikely goal considering how near we are to the election and these conversations are virtually unavoidable. So instead of throwing conditions and yelling across the dining room table, let’s expand our knowledge and have a conversation about politics. There are going to be big changes coming up, and they need to be talked about.

Know your facts and what you believe

It is important to be knowledgeable about the candidates, especially the candidate you plan to vote for. It is important to recognize what your choice candidate has done in the past and what they plan to do once they are in office. This is helpful because then you can validate your choice with real factual information. It is likely that the facts you provide will always be somewhat biased, but if you have facts to back up your opinions people are more likely to listen and understand what you have to say.

Put yourself in your opponent’s shoes

With most of the information we acquire, we tend to seek out material that we like and agree with. This often creates a confirmation bias which means that you find information that usually fits into your own biases. This can be difficult in political arguments or discussions because while you have a strong understanding of your side, you often will fail to see eye to eye with anyone who opposes your opinion.

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People like to find information that validates their opinion rather than searching for unbiased facts. You may not enjoy researching the candidate which you oppose, but whether you like it or not, this person could be our next president. You might as well find out the facts now so you can develop a robust knowledge base and therefore be able to engage in a rational conversation that takes into consideration all views.

Try and find a Common Ground

There are some arguments you just can’t win, and that is okay. However, it is important to find some common ground with that individual so you do not have to burn all of those bridges. Once you find that understanding in the conversation, hone in on it! This is a great opportunity to motivate each other and somewhat boost each other’s egos. Finding common ground creates more understanding of one another’s opinions and reduces potential hostility, making these conversations much more manageable and also more fun.

Know when you are wrong

It is very easy to get defensive when someone proves you wrong and often that will end with anger and stress about the topic, which can be later misdirected onto that individual. If you are starting to feel that your opinions and viewpoints are off or you’re starting to understand a bit more about the opposing side, it is okay to consider the other viewpoint. Understand that in politics you will not always be right about what you are talking about so it is important to recognize those moments and accept them. Allow yourself to be open to the many different opinions out there so that you may be receptive to growth and continue to evolve your opinions.

(Continued from page 6, “Civil Political Conversations"

Looking for a Lover (of Music)

By: Bryan Dalla-Cundiff

Hola mi amigos y amigas, me llamo Bryan DC y yo soy un DJ de El Centro de Muchos Colores. Well, if we’re being honest, I’m more a producer of El Centro’s radio show “Centrovision.” Centrovision is an eight-minute radio show that runs every Thursday and Saturday on KDUR after Latino USA. For the few of you that have missed the show, I will give a breakdown of what the musical sensation is all about: We profile upcoming events, a few Spanish words for the week, special PSAs, and a Latino musical artist/group/band of the week with one of their songs. And the best part is, I get paid for it! It doesn’t usually take more than a couple of hours a week and has resulted in many positive outcomes. It allows me to develop a deeper knowledge and appreciation of music, grow my understandings of cultures, evolve my tastes of styles and rhythms by pushing myself to continually find new artists every week, work with the awesome team at KDUR, and other perks that come with it.

To the thinkers out there reading this, you are probably saying to yourself, “If it’s so great, why would you want to tell everyone about it? Just to rub it in our faces? Don’t you know that by blabbing about it, you risk losing it to others that can do it better than you?” I hear you, and my response is “BRING IT!” because that is exactly what I’m looking for. This is my final year at Fort Lewis and I need to show someone the ropes so that they can take over the throne once I’m gone. Open hours, cushy chairs, solo work environment, but there is a catch... You need to be open minded, self-determined, and ready to rumba! Knowing some Spanish is a plus, but if you don’t it won’t keep you from this once in a lifetime opportunity.

For those ready for the test to be the best: come by El Centro de Muchos Colores (room 40 on the ground floor of the Student Union Building), ask for Shirena and tell her, “I’m here to takeover.” But word to the wise – “heavy lies the crown.” All I’ve got left to say is, “Dónde está tu cabeza en?”
The Importance of Moving Forward

By: Nathan Armenta

It is important to remember where you come from. I often look around and have to pinch myself because it is as though I am living in a dream. I wake up in the middle of the night and have to remember that I am in Durango, CO going to school at Fort Lewis. It never ceases to amaze me that the life I am living is real.

Before my journey began as a student, I never thought about going back to school. After being expelled from high school, I was happy to put that part of my life behind me. My high school principal told me I would be nothing, I would die nothing, and I was trash. I spent the next years of my life proving him right, living like a wild man and making very poor life choices, to say the least. By the time I was 27, I found myself a single father, living in a homeless shelter with my son who at the time was only months old. The lowest I have ever felt was looking down at my son that first night in the shelter and being at a total loss for what the future held for us. I had nothing to my name other than what I brought into that place of refuge. My whole life could fit in a backpack. My realization at the time was this: The best foundation to build upon is rock bottom.

I was alive and my son was healthy. There were no excuses anymore. I decided not to let myself get rolled by life. It was empowering to make the commitment and start creating a life worth living. I lived hour to hour, day to day, then week to week. For the first time in my life, I made progress in a direction that mattered. Being the sole care giver to my son made my life mean something. I felt that I was valuable and I mattered. You could say love saved me.

Flash forward three years and I had earned an associates of applied science for instrumentation at San Juan College. Flash forward to the present and I am starting my second year at Fort Lewis College as an RA and student assistant at El Centro. The beauty here is absolutely amazing. I am loving life, I have amazing jobs on campus, my son and I want for nothing. My son started kindergarten at Park Elementary School, and loves living on campus especially in Colorado. He makes me proud every day. It is my hope that I can only do the same.

There is no magic formula to becoming the person you want to be. It takes a lot of work every day. My advice to readers is to learn from your mistakes and don't repeat patterns that lead to destruction. My past is far from pretty, and my story is not complete. I hope this finds you in a way that brings light in a dark hour.

Transitioning from Homeschool to College

By: Zane Goodell

I was born in Albuquerque, New Mexico. For four years I lived there and attended preschool. Every Friday my dad would take me to the Natural History Museum where I was amazed by the dinosaurs that layed before my eyes. Due to the less than mediocre performance of the public schools in New Mexico, my parents decided to move to Mancos, Colorado and homeschool me and my brother.

Being homeschooled is a very different experience than what a lot of people make it out to be. A lot of homeschoolers like me are not in fact socially inept, but rather our parents would take us to homeschooling groups where we were encouraged to get along with one another and build teamwork skills. Another major bonus that homeschooling has given me is the ability to talk to adults with confidence. Adults were not necessarily authority figures as much as individuals that have amassed great amounts of knowledge. I brought it upon myself to try to interact and learn from the mothers and fathers of other homeschooled children, and they were always more than willing to bestow their knowledge upon me.

My fondest memories of homeschooling were when I got Highlights magazines in the mail and when I received a new edition of Top Secret Adventure, a geography-based spy adventure puzzle series that taught me about various major countries from around the globe. This and the interactive globe that I received from my grandparents for my birthday when I was 6 spurred my love for geography. Other key moments came from watching Nova Science NOW on PBS. From this I learned about various scientific concepts that inspired me to pursue my major of geology.

Being raised homeschooled has also given me a great relationship with my younger brother. We were encouraged to work together and play to each other’s strengths when doing a project. For example, my brother is dyslexic so I’d try to manage the majority of the spelling and language based parts of projects whereas I’d let him handle the more artistically inclined pieces of the project. This relationship has persisted until this very day and I try to call my brother as often as possible to talk about anime and video games.

During middle school and high school, my mother became unable to handle some of the learning I was doing due to the small business our family recently established. She gave me a choice: take a few classes at the public school, or do online

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schooling. I chose a mixture of both. I took science and judo classes at the public school, while doing math homework on Khan Academy.

The hardest part about transitioning to college was the expectations that professors have of you to hand back papers when you’re given a stack. It was completely foreign to me that I was expected to hand back paper if I sit in the front row, which I tend to do. There have been so many times this year where I’ve caught myself completely embarrassed with a stack of papers in my arms and a row of annoyed students behind me. Other than that minor hiccup.

(Continued from page 8, “Homeschool”)

Academic Probation: Fighting, Not Failing

By: Josephine Bachelder

My name is Josephine. I am a Sophomore here at Fort Lewis and I am on my second semester of academic probation. I am not dumb, or lazy, or any other combination of excuses that people can make to create a feeling that this could never happen to them.

I am a Biochemistry major who was a hardworking high school student that ran into some misfortune upon my first semester here at Fort Lewis. I got a concussion the Thursday before finals week. I was alone with almost no support system, concussed, and was expected to figure out how to deal with finals and classes on my own. I sometimes found I couldn’t remember the past 10 minutes to an hour, or couldn’t figure out all those things that had names and how to tell other people what I wanted to say. It was terrifying and frustrating. In the end, it was too late for me to withdraw, and the classes I was enrolled in were all prerequisites that required me to take a final. If I couldn’t prove that I understood the material I couldn’t move on, so that semester I received a D- in every single class- receiving credit but not enough that I could move on. That semester dropped my GPA down to a 1.61. I was devastated, and once I returned from winter break and recovering I had to go to my work study at El Centro and explain what happened and appeal to still receive work study.

I honestly could complain and moan about this for the rest of my college career, or I can move on. I can persevere and learn from my experiences; good and bad. I learned you need to have a support system, and even if you don’t have one, the Fort has one in place to help. I got my diagnosis in the Health Center where I could take it directly to the disability center to email my professors. I now am taking an easier load to raise my GPA. I’m stepping back and making sure that even if it’s not the fastest track, I’m in classes I can handle for now until I feel ready to tackle my more intimidating classes. If you are having a hard time, just stop, breathe, and think it through. Don’t be afraid to take the scenic route and use the help we have on campus like free tutoring in the Algebra Alcove, or help with writing papers in the Writing Center. It’s not embarrassing, it’s just life, and life happens even to the best of us. So head up, we got this. And for those of you who have dodged this bullet, feel happy, and don’t judge. The person you found out is on probation isn’t failing, they’re fighting. You don’t know what happened, so be kind and try to be the support that they need but may not ask for.

For a complete list of the academic success resources we have here on campus, visit https://www.fortlewis.edu/Home/Academics/SuccessCenters.aspx

Josephine before and after her concussion during finals week at her 1st semester at FLC

Ballet wins parade award & more

El Centro Staff Report

Club Ballet Folklórico de Durango (pictured at left) won the best Youth Entry at the Cowboy Gathering Parade held Oct. 1. The trophy will be displayed in the El Centro gallery.

The dance group welcomed Denise Carlos from East L.A. to campus for their first week-long artist in residence experience. Carlos offered public dance workshops, specialized trainings for instructors and dancers, and more.
Growing up Catholic in a non-Catholic community

By: Raelee Medina

In elementary school, most kids don’t understand the concept of difference in race, gender, or faith. I was baptized a catholic at 2 years old and grew up with a very strong faith in the church. My kindergarten teacher was my aunt, so naturally I believed I could speak about God and Jesus. I did not see it as wrong. I was able to recite prayers by memory by the time

(Continued on page 11)

Going Back to my Roots

By: Amanda Riddick

My roots consist of Scottish and Irish heritage, and in the summer of 2015 I had the opportunity to travel to Scotland and Ireland. I was in Scotland for about 6 days, and between Northern Ireland and the Republic of Ireland I was in there for about a week. It felt like an honor to go back to where my ancestor originally came from. During this trip I found out that my last name "Riddick" came from Scotland.

When I went to Edinburgh Castle, it was truly a sight to see, so grand and beautiful in architecture. Even though I felt sick from the long plane ride, I took in all that I could touring the whole castle, seeing the different types or art work, getting to sit upon the throne as they once did it was a true honor. Another day in Scotland I got to be on Loch Ness, it was cold because of we were on the water. The water was so dark almost like it was hiding something... It was a very deep blue color, but shined in the sun like no other. One of the coolest places/things I got to go/do while I was in Scotland was St. Andrews. We got to learn how to golf. My group and I even got to meet the First Minister of Scotland! Which, if you don’t know, is the same as meeting the president of the United States of America! While we were there I had some of the best soup I’ve ever had in my life. On our last day in Scotland when got to explore the city of Stirling. Which seemed like a huge hill, everything was up hill. Though it was a cute little town, with a lot of friendly people. Stirling Castle was really pretty too and had a cemetery on the property, the castle was small like the town, but tall. The town was quiet and had a peaceful wave surrounding it.

One of the prettiest things I saw while I was in Ireland, was the sun setting while I was at the Gap of Dunloe. It was the most stunning view I had and something I will never forget. I remember it was raining so crazy. Everyone was completely soaked we had to have a tarp cover our stuff so that wouldn’t get soaked as well. That day was one of the best days I had on that trip. The way the clouds were touching the mountain, I felt like I could just forget everything and just lay there. We went through the mountains, sometimes our buggy driver would tell us stories about the surrounding areas. On the same day, we boated across Lakes of Killarney. That day was misty and gray, but still overwhelmingly beautiful. The next day was a light hearted, fun day. We did community service, which was cutting peat in a huge mud pit pretty much. Peat is a type of wood that has been buried for a long time, it makes really good firewood in the winter time. Our tour director jumped in the pit and got waist deep in mud and had to be pulled out, it was a great way to start the day. Then we went to learn how to play Gaelic Football, which was incredibly difficult. Gaelic Football has the rules of many different sports combined, though easy when you get the hang of it.

I would encourage anyone and everyone to travel, whether it is back to where they came from or somewhere that interest them. Traveling personally opened my eyes to a whole new addiction and world. It gave me such an appreciation for life.
I was in 2nd grade. When I was asked what I did for the weekend, I automatically said church. As a child, church was my safe haven, I believed that being in the view of God would then help me as I progressed through school. I would recite the apostles’ creed because that prayer put my beliefs into words that an 8-year-old couldn’t explain herself. Elementary school came and went, nobody judged me and I judged no one. Middle school was a turning point for how I chose to voice my religion. Race became a factor since I became a minority (Mexican American) and my religion tied into that according to my peers.

It was an accurate statement, but now I was unable to say how I really felt. I was reprimanded by the administration on multiple occasions for blessing and thanking God before I ate my food at lunch. I didn’t understand how it was not okay for me to pray but during sports or special celebrations other people could pray... it didn’t seem fair. I later learned that it wasn’t. I began to retrace my faith and question whether I was right to believe in something that I was told so often wasn’t right. Sundays were still my safe haven, church and catholic school were a big part of my life. As high school came around, I realized that people were always going to judge me and I had no reason to be ashamed. When my history teacher began touching on religious aspects in history, she was wrong about certain parts of catholic history. I corrected her and was soon thrown into the spotlight anytime there was a question about Catholicism.

Towards the end of high school, I applied for a catholic girl scholarship that was chosen by the diocese that I was a part of. I won the award! Three days before graduation, the administration of my school informed me that they would announce my scholarships at graduation...but not this particular one. It didn’t fall in line with the beliefs of the community. I was upset, and I prayed for guidance. I did not tell anyone that my religion was being disregarded, because it had become a norm. In turn, I asked the administration that if they could not announce that scholarship, I would rather them not announce any of my achievements at all. Being the student with the most awards and achievements, their tune changed completely. As I moved into the real world, I know not to be afraid of what I believe; in the end it is about my relationship with God and not anyone else.

(Continued from page 10, “StrengthsQuest”)

Fiesta on the Mesa’s 12th annual event earns community-wide healthy event “Seal of Approval” award

El Centro staff Report

El Centro de Muchos Colores along with Club del Centro, and other campus partners celebrated Hispanic Heritage month with a huge kick-off event called Fiesta on the Mesa.

In its 12th year on campus, Fiesta on the Mesa is a community and campus celebration of pride in the Hispanic culture. Usually featuring live music, dance, children’s piñata, storytelling by FLC students and much more.

This year, Fiesta on the Mesa was awarded the healthy event “Seal of Approval” by the San Juan Basin Healthy Department and Celebrating Healthy Communities of La Plata county.

This award, the Seal of Approval for Safe and Healthy Community event for La Plata County Children, Youth and Families is given to an event in the area which is alcohol free and family friendly. Fiesta on the Mesa was awarded this Seal of Approval due to the events lack of alcohol and the family friendly attitude. A piñata and children’s craft table was available as well as dancing and live music. Officials from the community presented Club del Centro student leaders with the award on Oct. 6 at El Centro. It will remain on display in the gallery throughout this year.
Meet Our Student Staff  
Fall 2016

Compiled by Allie Wolfe

My name is Kate Suazo and I am the Student Staff Manager here at El Centro. Not only am I involved with El Centro but I am also the Vice President of WellPAC, a TA for two psychology classes, and a Peer educator. This will be my last year at FLC as I am graduating in April. I am so thankful for everything El Centro and Shirena have done for me. Coming from Bernallillo New Mexico this transition was not easy, but El Centro has been my home away from home. I am honored to work here at El Centro and I want to make the best out of my last year here. El Centro will always have a place in my heart. Muchas Gracias.

Hello my name is Stacy John; I am a returning staff member to El Centro de Muchos Colores. I am currently a senior, double majoring in Sociology and Spanish. I am originally from Arizona but have resided in Colorado for about seven years. I identify as Diné and Dakota. On my free time I like to hike, enjoy the outdoors and spend time with the people I love.

My name is Samantha Garcia and I am a senior Psychology major pursuing a focus in counseling here at Fort Lewis. I am originally from Albuquerque, New Mexico but Durango has really become a second home for me. I am a senior team leader for El Centro while also being a Student Ambassador and an active member of WellPAC, a group who strives for holistic health on our campus. I am very active in many different areas on this campus so always feel free to ask me any questions you may have! FLC has really taught me a great deal, much of which I didn't find in a textbook. So take a hike with friends, read a book you really love, and adopt a cat. Always have a cat.

My name is Bryan Dalla Cundiff and I’m a senior at FLC. I am pursuing a major in Anthropology, and happen to be a native of Durango. I’m president of the Anthropology Club and sit on the Real History of the Americas committee as a student liaison to El Centro de Muchos Colores. Some of my favorite activities are camping at the top of mountains, white water rafting, walking my pit-bull, hanging out with friends, writing poetry, and traveling (when possible). I enjoy learning from different cultures and self-identify as human. I’m a lover of music, science, real history, philosophy, and the world. I see things for what they are, regardless of the consensus, and have the bravery and imagination to dream of what could be. I am a participant of TRIO, as well as a student employee at El Centro, and an all-around good guy to know.

My name is Alex Blocker. I am a 5th year senior at FLC, and couldn’t be more excited about being a Skyhawk. I began my student teaching this semester and have cherished the opportunity to see how the education process works from the other side. In my personal life I plan to continue my focus on music videos, short films, and a Free EP of about 8 songs this year titled “The Unexamined Life EP.” El Centro is a headquarters for me. Being in El Centro has been a great way for me to stay in the loop both academically and socially. At El Centro I have had the refreshing experience of sharing my ideas with a group and actually getting to watch them become a reality through the collaboration of my peers. Upon graduating I hope to move to a major city like Albuquerque, Denver, Phoenix, Seattle, or possibly back home to Chicago.

Hi! My name is Deryk Trujillo. I am a Sophomore here at Fort Lewis. I enjoy making art whenever I can and snowboarding in the winter. My favorite activity to do here in the beautiful city of Durango is longboard. It is my second year working here at El Centro and more often than not you can catch me making the event posters for El Centro sponsored events around campus and Durango.
Hello! My name is Amanda Riddick. I am a second year student here at the Fort. My major was just changed to Anthropology, and I absolutely love it. I enjoy traveling the world and learning about new cultures. If you have any stories, please stop on by! I would love to hear them!

Hi my name is Sofia Campos and I am from California. I am majoring in Public Health and I enjoy playing sports and doing outdoor activities. In high school I was named athlete of the year with ten varsity letters overall. I was also active in many clubs and the president of our HOSA (Health Occupations Students of America) chapter as well as the co-president of an Interact Club (service club). I was an intern at John Muir Hospital as well as an intern for my high school’s sports medicine program. I am part Native American (Cherokee, Mexican and Peruvian) and I love to learn more about my culture. I am an adventurous person who loves to try new things!

Hola! Mi nombre es Kelly Ann Maes. I am a non-traditional student in my junior year studying Environmental Studies and Biology. I am very interested in public education and elementary education regarding more sustainable environmental practices. I am also looking to work in alternative energies and textiles after graduation. The best part of my life is my 11 year old daughter. I enjoy many types of outdoor activities, travel, dance, gardening, cooking, and working with children. I really love my job at El Centro because I love the diversity of the students I meet at the center and the food and events are awesome!

My name is RaeLee Airiel Medina! I am 19 years young and currently a junior. This is my second year here at the Fort though! I began working at El Centro this year, and it has already been a blast! I was originally born in Tucson, Arizona but grew up in a tiny little town called Las Animas, Colorado. Fun fact: Las Animas was named this due to Native American burial grounds being located relatively close to the town, which is also known as the City of Lost Souls. I was adopted/taken in by my grandparents and grew to love animals and sports with a passion. I currently have a 2-year-old terrier named Stitch, after my favorite Disney movie, and he definitely lives up to the name! I also adopted a puppy last valentine’s day for my little sister from the Farmington Humane Society. Her name is Brownie and she is currently a 9-month-old fur ball who LOVES to swim. I also wish to be in the FBI as a K9-unit handler and trainer. Secretly, I’m hoping for a puppy to name Lilo just so I can complete the duo. I have had a passion for swimming, Fort Lewis College doesn’t have a swim team, so I could not continue to pursue it. In that time, I was taught social skills and being a part of a team has helped me in the long run!

Hello! My name is Josephine Bachelder and I’m in my second year of some unknown combo of Biology and Chemistry as well as my second year working at El Centro. Hopefully this combo will lead into getting a doctorate and then becoming a surgeon. I love sciences, if you can’t guess by my studies, and all kinds of art forms. I think that they’re far to separated. I also am passionate about the outdoors, which sometimes is a hardship on its own because of my incurable klutzy nature. I have a grocery lists of injuries from my adventures that I’m sure could fill a novel, but it’s worth it to live in Durango. Because it has a great school, with a great community, and plenty of nature to fumble around in.

Hello, my name is Valerie Jade Calabaza. I come from the Pueblo of Santo Domingo and the Navajo Nation. I am currently a sophomore at Fort Lewis College, studying exercise science physiology. I graduated from the Santa Fe Indian School. I enjoy being an active person by participating in sports such as running, playing basketball, and softball. I am first generation college student. I have one younger sibling, and we are about ten years apart. I have a passion for making Native American jewelry, which I learned from my grandparents.

My name is Ruth Hessler. I am from Denver, Colorado, and I am a freshman at Fort Lewis College. I am very excited for what my future in Durango holds.
Hi! My name is Zane Goodell. I'm a freshman here at Fort Lewis College and I live in Mancos, Colorado. I was born in Albuquerque New Mexico. I developed my love for the prehistoric world at the Albuquerque Museum of Natural History that I visited every Friday with my dad. My passion for the prehistoric further deepened when I watched Jurassic Park for the first time. I moved to Mancos when I was 4 and I was homeschooled up until the day I started college at Fort Lewis. I am majoring in geology and I love skiing, judo, and anime.

I am Andrea Dalla, a 5th generation Durango native. I am now a senior at FLC and am a dual major in Sociology and Psychology. I hope to be able to counsel juveniles and/or people re-integrating into society after being in prison. I am a single mother of two grown children who are both amazing individuals. I very much enjoy my internship with Judge Martha Minot at La Plata County Court.

My name is Nathaniel Armenta. I am from Bloomfield NM. I am pursuing a bachelor's degree in engineering. I have transferred to Fort Lewis with an associate's degree in Instrumentation Controls Technology. I have been attending the Fort for one full year now. I have a 5 year old son who just started Kindergarten. I am an RA for the apartments here at the Fort. I did not always know that I wanted to go to college. I didn't graduate from my original high school. I was expelled my senior year. I spent the better part of my young adult hood as I like to put it, chasing the wind. After I found out I was going to be after I changed the way I lived my life. It was hard but I knew that it was time to start living a life that had a future. Life was not about me anymore it is about my son Ezekiel. I enjoy listening to lots a different types of music but I really enjoy black metal and death metal. I like spicy foods and trying new foods. I would like to go to Japan one day. I love learning about new cultures. I like paranormal activity, ghosts, things to do exorcisms and the super natural. Aliens are also of interest to me.
Calendar of Events

Ballet Folklorico de Durango Dance Classes
Mondays, 5:30-6:30 pm., all levels are welcome

Mural Installation Ceremony (I.P.D)
Monday, October 10 from 4:30-5:30 p.m.
Mears apartment building

Club Del Centro Burrito Sale
October 11, 8-11 a.m. In El Centro.

Charla luncheon with Spanish Musical Artists: Las Migis
Tuesday, Oct. 18, 11 a.m.-noon, with the group’s live performance happening at 7:30 p.m. at Community Concert Hall

Friday Night Movie: The Hunting Ground
Friday, Oct. 21, 5-8 p.m.

Mancos School District Dia De Los Muertos Parade
Tuesday Nov. 1st 5:30-7:30 p.m. with a Ballet Folklorico performance at 6 p.m. This event will take place in downtown Mancos

Dia de Los Muertos Event with Club del Centro
Wednesday, Nov. 2, 11 a.m. to 1 p.m.

Club Del Centro Burrito Sale
November 15, 8-11 a.m. In El Centro.

Dia de La Virgin de Guadalupe
Monday, Dec. 12. If interested in learning a Matachines dance for this holiday, please contact long_s@fortlewis.edu

Charla luncheon with Mexican rock band: TROKER
Wednesday, March 29 from 11 a.m.-noon with the group performing live at 7:30 p.m. at Community Concert Hall.

All events take place at El Centro unless noted, Student Union 40 www.fortlewis.edu/elcentro for details & updates

“La Movida”
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Schedule is subject to change, updates at: www.fortlewis.edu/elcentro

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.