Empowering our Roots: What Makes You Happy?
By: Valerie Calabaza

Happiness is defined as being in a mental state of well-being. Consider the question, “what makes you happy?” and “what do you want to do once you’ve graduated?”

These are frequent questions I get asked. In most cases, I get asked the second one and never the first.

I have never thought of anything that makes me happy, I always thought of it as a feeling. Everything in life will be difficult before it gets easy. School for me is a gateway out of my community.

Finishing up my last two semesters at the Fort, I realized I would prefer to be closer to home and my community. I’d be happy making jewelry where I find my peace and feel grounded with my upbringings.

My grandparents were able to teach me their beautiful ways of jewelry-making that made them happy and gave them a living. While I am currently allowing myself to learn and grow by continuing my education, I also realize I could be happy for the rest of my life by just continuing to make jewelry like I learned from my grandparents.

Valerie Calabaza was co-chair of the 11th Annual Real History of the Americas event held Oct. 8, on campus. The event helped her reconnect with her roots and Pueblo heritage.

How I Got Here
By: Armando Martinez-Barnes

Some things you can’t prepare for. You must live to experience and with that experience you gain the ability to move through your monotony at a greater speed. This was my experience over the last few years of my life. Coming from Texas to Colorado had been a jarring event, but I wouldn’t be here if it never happened. The biggest comparison would be the environment. The northern air was less humid so there was a sense of free breathing once I was across the state line. It was a new and exciting world in a sense, though there are still many of the same fauna and flora.

The most impactful difference had to be the academics. I came here in the middle of my 8th grade year and the change in schooling was quite stupendous. If anything, it changed my entire course of a schooling career. I can only imagine what I would be doing now if I had not gone to the high school in Cortez and now here at the Fort. There were several instances in my high school career where I struggled due to the differing academic levels between central and mountain regional schools. In all honesty, I probably would have done better back in Texas. But if I never came here, then I wouldn’t have the experience I’ve gained and for that I can be grateful.
Are You Undecided on a Major? Here’s My Advice
By: Anita Briody-Pavlik

According to Google about 20-50% of college age students enter college as undecided and about 75% of students change their major at least once. I am one of those students who is deciding whether or not to change my major. Until I decide, I am self-classified as “undecided.” I put together this piece to not only help myself in the process of deciding a major, but to help others who are in the same boat as me.

According to today.cofc.edu there are a few things you should consider when choosing a major. Picking a major is a big deal because it helps to determine what you are going to do later in life. One thing to know is it is perfectly OK to change your major a few times. The first important thing to keep in mind is to “Consider your strengths and weaknesses.” One thing I did in high school was take the Asvab and other aptitude tests. If, or after, you take an aptitude test you should talk to an advisor so they can help you figure out what majors relate to your interests and your goals. The second thing to keep in mind is to “consider classes you’ve done well in.” Since you will be taking many general education classes you’ll have plenty of experience in different subject areas. When you’re done with your classes I think you should reflect on the experience you had and the grades you got. If any of those classes caught your attention, go forward a few more steps and take another course in the subject just to see if it is in fact the subject you want to pursue. “Consider what alumni say about the major.” I think it’s safe to say that the alumni know best when it comes to the college program.

When looking at a program, alumni usually know who the best professors are and possibly what courses to take in order to get the most out of the program of study. Although I said earlier that a program of study helps to determine what you are doing later in life, that isn’t always necessarily true.

Another website, studybreaks.com, also has some pretty good advice. Their first piece of advice is the question, “What are you passionate about?” This is a very important question because you don’t want to go into a major that you find boring. This would affect your day to day performance and just make you really unhappy and less likely to succeed in both your schooling and career. Another important question to ask is, “Have you explored your options?” This can be very helpful when you have absolutely no idea on what you want to study. During my first year of college and now into my second, I am exploring different majors and the classes within the majors. “Do you have a job oriented goal?” Is there a dream job you want to pursue? For example, if you want to be a pre-med student you have a little freedom in the major area on what you can major in to become pre-med as long as it fits the criteria for the school you want to go to. “Why do you want to be in this major” Is there a certain position you want to have within your dream job? An example is Chemistry. Do you want to do research or do you want to teach students chemistry? This decision will help you realize what area of chemistry you want to take.

These are only a few pieces of advice that I could find. I hope that all of you will be able to use this piece as a way to help decide what major you want to be in.

Grandma Romero’s Carrot Cake
By: Victoria Ibarra

This can be very helpful when you have absolutely no idea on what you want to study. During my first year of college and now into my second, I am exploring different majors and the classes within the majors. “Do you have a job oriented goal?” Is there a dream job you want to pursue? For example, if you want to be a pre-med student you have a little freedom in the major area on what you can major in to become pre-med as long as it fits the criteria for the school you want to go to. “Why do you want to be in this major” Is there a certain position you want to have within your dream job? An example is Chemistry. Do you want to do research or do you want to teach students chemistry? This decision will help you realize what area of chemistry you want to take.

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An Epidemic
By: Daniela Fallas-Slentz

As I wait for the doctor, white walls all around me; the smell of chlorine fills my nostrils. I wanted to run, as soon as I began to get up to bolt, he called me into his office. Asking me questions I answer mindlessly, as I retreated further and further into my thoughts. Then the worst words I've ever heard in my life came, “You have severe anxiety and depression.” I was thirteen.

“Even though I walk through the valley of the shadow of death, I will fear no evil,” they said to me. But anxiety and depression are my valley. To walk through it everyday is to walk on hot coals. While the walls begin to close all around me, Trapping me, never letting me go. Sleep evades me.

To get out of bed every morning is a fight.
Depression is like trying to swim,
When you’re drowning.
Depression is like trying to walk,
When you’re chained to the ground.
Depression is like trying to smile,
When your lips are sewn shut.

As I think of every possibility for tomorrow to go wrong
My freshman year of high school, I attempted suicide twice.
My best friend has attempted suicide five times.
And has been institutionalized.

My sister, who is fourteen, attempted to overdose.
My father goes through his days trying to fight the feeling of death.

This is an epidemic,
That runs in your blood stream no antibody can save you.
A disease with no cure.
So we quarantine ourselves to save others from our inevitable pain.

Anxiety is talking to people,
Without a tongue.
I had one of my worst anxiety attacks when I was asked to speak aloud to the whole school my sophomore year.
Having to speak aloud, while your lungs are being crushed, is like having an oxygen mask with no air.

Since when does having depression and anxiety mean that I am just an emotional teenager?
Since when does having depression and anxiety mean that I am lazy and simultaneously a perfectionist?
Since when does having depression and anxiety mean that I am not sick?

Do not tell me to get over it, to shake it off.
As if I can turn it off.
As if man can take it all away.
As if pills can make it go away.
To tell me to get over it is to watch me drown, as my lungs fill with water.
To help me would mean you would have to be me.
As I drown and watch my world cave in, I ask, am I still not sick enough for you to see?

For further reading about suicide prevention efforts in La Plata County, check out the link below from the Durango Herald and FLC’s KDUR!
https://durangoherald.com/

FLC Counseling Center
(970) 247-7212
Personal Experience of Peru in a Pinch

By: Sonja Mantey

When I was 15 years old, my passion for people, places, and empowerment could no longer be contained by the city I had grown up in almost all my life. I was drawn to Peru for its vibrant culture, community and history that it possesses. For the whole year, I begged my mom to allow me to venture with my best friend at the time, her father, and a team of missionaries to experience a different culture while developing resources for desperate places. Eventually, the Holy Spirit convinced her to allow me to go.

When I arrived in Lima, the climate itself was completely different. Our drive to the hotel could be accurately described as terrifying and nearly life threatening. I had been used to the straight lines, singular order and regulated speed limit that did not apply to these streets. No matter how high the speedometer had reached, how loud all the car horns were, or how close we had reared to other cars, no one seemed to be perturbed except our team whom were screaming in the back of the car, clutching onto each other for dear life. When we arrived at the hotel room, we were on the roof of the building. The rooms were individually arranged with their own roofs, yet had one common ceiling in the hall. The night sky served as our ceiling. We could hear the buzzing coming off the hotel sign pointing over the city. There were shacks and shanty towns strewn across the tops of buildings and streets with families weaving in and out of them. From the 13th floor, I could clearly hear the bands playing in the ballroom of the lobby floor in celebration of two young couples weddings, as if it was right next to me. I looked over the city scape and almost felt like I was on a foreign planet. I didn't look like anyone around me, nor did I speak the same language, for the first time in my life. Exhilarated and a tad nervous I leaned over the railing and let out a whoop that rose from my chest like a firework. My three friends followed suit; we all collapsed on the cold ground and laughed until our ribs ached.

Over the next couple of days, we traveled to several different schools and interacted with many different areas that were purged in poverty. We prayed with plenty of different people over a plethora of different pains and burdens in so many different languages. We traveled the Incan Trail in Cusco and visited Machu Picchu, ate guinea pig, herded alpaca and llamas, played lots of soccer or "futbol" on mountainsides with kids and learned more pieces of Spanish than I expected. More than anything, I deepened my roots in connecting with people from all around the world and my need to learn Spanish. One of the most important lessons I took was, no matter who someone is, where they are from, their language, their story and passions, we are all human. We all have the deep concepts of love, play, emotions and thoughts that connect us all.

My Experience as a Domestic Violence Advocate

By: Dominic Whitesinger

I have been volunteering with a domestic violence advocate hotline where I talk to victims right after a traumatic event with their partner for 30 minutes to one hour. I was honestly very nervous about my first call, and still worried and have high anxiety before every phone call I receive. I started volunteering at the domestic violence advocate hotline last year, and since then I have made more than 300+ volunteer hours. It was at the beginning of February 2017, when I signed up to be trained as a Domestic Violence Advocate. I took a three-day training course from 8am- 5pm; I remember after DV training I would be exhausted because Domestic Violence is not an easy topic to talk about all day. The last day of training was the best day ever, despite the feeling of anxiety every new advocate felt about their first shift, I was no different. I did not want to say the wrong words or sound unconcerned.

After a few months, I did not think that helping DV victims would help heal my soul from the feelings of helplessness and dependency on others but so to seek help when it is needed. I remember one night, I received a call that changed my perception about how I live my life, and I thought about it all night all. I remember crying for and with, the victim that night. I felt like I was a little kid, but this time I was armed with support, knowledge, and resources to help the person on the other line to feel safer and it worked! Or so I would like to believe. But, I will always wonder in my head how did that person's life change since we spoke, did she leave her partner? Did she finally move? Did my resources help her? A week later, I asked around the office and received word that she was doing fine.

I learned that I was not a helpless person and that I should not take my freedom for granted because it can quickly be stolen. From the DV training and talking to DV victims, I built myself to be resilient in the face of adversity and relationship traumas. Although I gained tremendous skills, I still remain calm, caring, forgiving, and continuing my search for inner peace.
Death Metal and Me
By: Zane Goodell

I’m not the type of person you’d expect would like something like death metal. I’m optimistic, friendly, jovial and frequently have a smile on my face. The only inclination that I would like metal music is my long, blond hair. I didn’t always listen to metal, but I came to love the genre through a long, drawn out series of events starting in my childhood that resulted with my current passion of metal music.

When I was a child, my mother would regularly play AC/DC and ZZ Top for me and my brother. We absolutely adored hard rock music. Back in Black and Eliminator were a few of the albums that defined my childhood. This love of rock music continued as we listened to all the greatest hits albums from The Beatles, Queen and Led Zeppelin. These bands inspired me to become a rock star.

When I was about 9 years old, I convinced my parents to let me try to become a rock star, so I took up guitar lessons. Most of the songs I played were a variety of classic rock songs until my parents bought me a Beatles guitar book. After that I would play nothing but Beatles songs. Regrettably, I was easily dissuaded as a child and eventually stopped playing the guitar because I felt I was not progressing as fast as I would have liked. Fortunately, another musical interest would soon take its place.

When I was 12 or 13 years old I was introduced to dubstep. I had never heard anything like it before. It was fast, aggressive, dark, loud and trendy, it was perfect for any middle school aged boy. This led to an interest in dubstep artists such as Skrillex, Savant, Feed Me, Zomboy and Knife Party.

Knife Party, specifically, led me onto the metal scene in a profound way. Knife Party is an Australian dubstep duo that rose from the ashes of their former drum and bass/rock fusion group, Pendulum. While I did not like Pendulum’s music at first, it eventually grew on me and now they’re one of my favorite bands. One of my favorite tracks is a song called “Self vs Self” featuring In Flames off the album Immersion. This was one of the few songs with unclean vocals in it that I truly loved. As a result, I decided to check out In Flames’ most popular music on Spotify.

I was immediately disgusted. The low fidelity, harsh vocals and overall structure was repulsive. I was still interested in the band, but that interest had mostly subsided. That all changed when one of my favorite Youtubers, Kate LovelyMomo, had a guest on her channel, Michael Al Fox. He off-handedly mentioned that he used to listen to In Flames regularly. I decided to give it another chance. After a brief Twitter conversation with Michael, I started listening to In Flames’ Clayman album and I slowly fell in love.

This lead to a cascade of similar bands, particularly Soilwork and later Arch Enemy, which are both Swedish melodic death metal bands. This cascade lead to many discussions with many friends about Nordic metal bands such as Opeth, Insomnium, Children of Bodom, At the Gates, Norther, The Haunted and Amon Amarth. Following this, I became much more comfortable with trying out more brutal death metal bands like Cannibal Corpse and Deicide.

I believe that this kind of aggressive, masculine music is energizing and stress relieving. Whether I’m coming back from a hard day at school or pumping myself up for an exam, I’ve found that violence and chaos has allowed me to find a form of Dark Tranquility.
When I was six years old, I went to Mexico for the first time but I have not been back ever since. If you asked me about Mexico, I would only be able to tell you about the time when I was in Acapulco on a boat tour, watching the fish through the window they had on the floor of the boat. As a child, I never really asked about our family traditions or why we did them or why we didn’t. That has changed now; I want to know about my family traditions and what they mean, now more than ever because I want to pass the meaning of these traditions down to my brothers so they don’t lose touch of their culture.

The tradition that stuck with me most was Días de los Reyes y La Rosca de Reyes. We typically do this on January 6th and I always thought, and still think, it’s my favorite tradition. On this day, we all get together and order this huge oval-shaped sweet bread with candied fruits on top and drink hot chocolate with it. I also thought this was so fun because when we start cutting into the bread you never know who is going to get a baby. You can feel the tension in the room because no one wants to get the babies, well except the kids. It’s another toy to add to their collection, so why wouldn’t you want one? We continue cutting pieces of bread until all three babies are found. Just like any other Mexican tradition, it revolves around religion, specifically Catholicism. My family and I do not practice, but we still practice these traditions that bring everyone together. So, this tradition deals with little tiny baby Jesus toys hidden inside of the rosca (the bread), there are typically three babies hidden and they symbolize the journey to find a safe place.

On the 2nd of February, we all get together again and those three people who got a baby during the rosca bring meals they have prepared. During this time, we are supposed to be celebrating the purification of the blessed virgin, though half of my family doesn’t know why.

Días de los Reyes on the night of the 6th of January, all the children are supposed to place a pair of shoes at the end of their bed and the Three Kings leave gifts for them. Even though I couldn’t tell you why we need to put shoes in front of our bed or why they leave gifts, little details like these are important because it’s part of our history.

If I am being completely honest, I didn’t care about my traditions until the movie Coco came out this past year. After the movie, I really got to thinking and wondering about las ofrendas for our loved ones. Sure, I knew that we put food out and that our family would come visit and eat the food we put out for them, but I have never seen an ofrenda or made one. I always wondered why not. Why don’t we follow these traditions? I always got the same answer from my parents, “I don’t know, we just don’t.” But I still wonder why? I have family that I never knew and I wish I could at least keep their memory alive by placing them on an ofrenda and really sharing their life with family and friends.

In my opinion, Día de los Muertos is such a huge day and maybe that’s why it is celebrated in two days. November 2nd is the Day of the Dead and most people know that, but not a lot of people know about November 1st, All Saints Day. I think that placing an emphasis on the 1st of November is so important because we should be remembering those children that have passed, especially so young. The idea of honoring those that have passed, is such a beautiful celebration because it’s the one day that everyone is able to feel their loved ones around with the support of an entire community. This tradition is one that has been adopted here in the United States and let me tell you, I wouldn’t have picked a better one.

Traditions are so important, and they don’t need to be well known to mean something. For instance, Días de los Reyes and La Rosca de Reyes, isn’t well known, yet it’s one of my favorite traditions. I feel very proud to practice these traditions, that mean so much to my family and I feel that way about known and unknown traditions. Traditions have formed the person I am today, and I hope they continue to form me into someone filled with cultural knowledge.

A traditional ofrenda on Día de los Muertos

Don’t miss El Centro’s screening of the movie Coco!
When: Friday, November 2nd. 5-7 PM
Where: The Vallecito Room
Sierra, what are you?

By: Sierra Padilla

“What are you?” Such a simple question, right? For me, not so much. My whole life, whenever I have been asked this question my answer was always, “Hispanic.” I never thought much about my answer until I studied abroad in San Ramon, Costa Rica.

Everybody in my program came from different areas of the country and we would chat about who and what we were. Everyone had these elaborate stories about their family, where they came from, how their great-great grandma met their great-great grandfather and travelled from one side of the world to where they’re from today. They all knew their make-up: white, Italian, or Portuguese with a little bit of Greek, for example.

I was so in awe because in my family, there are no stories like this. We don’t know the exact make-up of the Padilla or the Ortiz families. I had no story about my last name or its significance. When it was my turn to tell my story, I had nothing. “I am from New Mexico and so is the rest of my family.” No one seemed to believe me.

“No way Sierra, you have to be more than just New Mexican!”

“I think you look Polynesian!”

“Wait, why do you speak Spanish if you’re from New Mexico?”

“Well, if your family speaks Spanish, I bet you came from Mexico.”

These were some of the responses and questions I received. I felt so embarrassed that I didn’t know what I was or where my roots were. Even my host family would ask me about it. They told me that I looked a little Costa Rican, and that there were a lot of people there who were named Padilla. This only added to my confusion.

Once I returned to the states, I knew that I had to find out.

My father and I got ancestry DNA and let me tell you, three weeks never felt so long. I checked my email everyday anxiously waiting for my results. When they finally came, I was completely shocked. I was more Native American than I was Spanish! It turned out that my ancestors were from the Southwest, especially in the New Mexico area. I also had roots in Spain from my grandma. It felt so good to learn this about myself, it flooded me with pride that I have such a mix in me. This information not only helped me identify myself, but it gave me the drive to learn more. I want to find out more about my culture because it is such an important part of who we are. I want to celebrate my diversity, not hide it or be ashamed! I encourage all to learn more about who they are, and even if you already do, learn more! Explore more! You never know what you can find!

My Trip to Mexico

By: Cristal Revilla Serrano

This summer my sister, niece and I visited my family in Veracruz, Mexico. After a very long airplane ride, we arrived at the airport in Veracruz, to high humidity and very high temperatures. My tio Luis who has a bus and taxi business, came to pick us up. My mom being the very high temperatures. My tio Luis who has a bus and taxi business, came to pick us up. My mom being the

My family is my identity and personality. It gives me spiritual, intellectual and Emotional distinction from others, and I am proud of it.

M. F. Moorzeer

If you want to learn more about your own ancestry here’s a link for the test I used:

https://www.ancestry.com/dna/

Average cost is $99 but keep an eye out because they always have special offers!

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This summer my sister, niece and I visited my family in Veracruz, Mexico. After a very long airplane ride, we arrived at the airport in Veracruz, to high humidity and very high temperatures. My tio Luis who has a bus and taxi business, came to pick us up. My mom being the generous woman, she is loaded us up with two extra big suitcases with gifts for the entire family. So that made it a tight four hour taxi trip to the Tuxtlas. We got there around ten at night, to find my uncle’s family and my grandmother waiting for us at the gate surrounding the house. I had not seen my Mexico family for two years and it was much needed. My tio Luis did not let us stop, the first morning we woke up at 6 in the morning to go to a nacimiento, a birthplace of water, or a spring. We hiked off our jet lag and went up the la laguna encantada, only a couple kilometers from my Grandfather’s house. We arrived to pristine light blue water with a cliff a little ways to the side that oversaw our little town. You could see the church where my parents got married 25 years ago, and the top of my grandfather’s banana trees. From what I’ve learned from my trips to Mexico,, is that you can make sandwiches or tortas anywhere. My Grandfather, is 74 years old and runs three kilometers every morning before work, he is masonry worker and works very hard. I love going to his house because he lives in el barrio de los mangitos, the neighborhood of mangos. It’s going into the outskirts of town, and my parents also own a piece of land there. My grandfather likes to walk around his neighborhood, and climb mango trees to get us the best ones. I love going to Mexico, not because of the resorts or the beaches, but because of my family and culture.
Stop Thinking & Just Do It

By: Deandra “Dee” Reederster

Hey ya’ll, right now you’re probably wondering, pondering, thinking, and maybe even analyzing something. Well...My advice to you is STOP! Don’t overthink the issue. Just take a couple seconds, have a back-up plan and Go For it! I myself have learned this, and I want to share it with you by giving you tips and spewing motivation to your overwhelmed mind. Looking back, when I was an inexperienced girl trying to figure things out, I always over analyzed simple issues. I would then build up stress and soon I didn’t want to put any effort into it. This relates to life situations such as paying debts, organizing your desk or vehicle, and making a decision; my favorite. I learned that the only way to get things done is by doing it the exact moment on that day. I have learned to stop rationalizing to look in between the cracks and to start looking at choices with integrity. I realize why many people can’t even decide because they get frustrated, lazy, give up trying or it’s their only choice. No matter what the situation is, YOU must make a choice! And...have a back-up plan.

Let me share some advice with you that has helped me make decisions easier so that I can get tasks done:

- **Ask for Help/ Community** - Go to the people you trust, who have more knowledge than you. Don’t always think you can do everything by yourself. Even successful people like Bill Gates and Dwayne Johnson had mentors throughout their life.

- **Make it Simple** - Look at the situation with a Pro and a Con perspective. Will this benefit me? Now or later? What good can I get out of this? (i.e. Test tomorrow, I must learn the material, say you are getting behind in your class and then you don’t do anything to get your grade back up.

- **Communicate** - I cannot say more about this than to say, we live in a world of communication. There should be No Excuse to not do anything unless you’re dying. Years of enhancing communication has brought us new and easy ways to talk to people. If something is not working with your schedule to meet a need or want, tell the person, group, project, etc. to reschedule or that you’ll come later. Work out something, plan ahead, and don’t think everything is going to work out by itself! “If you fail to plan, you are planning to fail” -Benjamin Franklin.

- **Just Do it!** - If you think you are going to do it later, think again. You may forget, or other things will get in the way. So, if it’s very important or you’re really passionate about it, do it at that moment. Each day holds opportunities and it’s your choices that decide for the future. Yeah, you might brush it off, say you’ll do it later, but soon life and our dismissals get in the way. **Just Do it! Start a little at a time and rise from there.**

Now, I am going to share some jam-packed motivation to wake you, maybe convince you and help you appreciate if someone has checked in on you. If you’re reading this, I truly care about you because I have faced tough, confused, and hopeless moments where I thought I could not do anything. So please use the following tips that resonate with you and share them with your loved ones.

- **Prioritize** - Know what tasks are important. If the deadline is soon or will irritate you if you don’t do it. You should probably do crucial tasks first then do the easier/unimportant tasks later. (i.e. “Need” headphones but must pay for utility phone bills; you probably should pay the bills first).

- **Strive Early** - This might be upsetting but, Wake up early! Each morning or 90% of your mornings, to get ahead on class, work, or preparing for the day. Also have your “Me” time; self-care is very important! Then grind the day with pure intention.

- “**On the days you Don’t want to, Are the Days you Should**” - This motto was a smack in the face for me and maybe even for you right now. Habit starts when you push your ignorance aside and train yourself to do what you’re not normally used to. For example, I didn’t play volley ball consecutively for eight years or have a 4.0 GPA throughout high school by doing it when I wanted to. I had to learn how to use my time wisely and practice self-discipline.

- **Take Initiative** - I learned this the hard way, but don’t be a floof mat. Don’t let materials, people, or society control you. Stand your ground; if something is not going the way you planned (your event, babysitting or study group), then be the leader to tackle those issues. Keep the people accountable or share your thoughts about what has happened. Make a difference with your opinions.

- **Compare = Doubt** - Do not compare yourself to others; you either set your standards too low or too high. Go at your pace, get help and if you want to try more advanced goals, then start small and build from there.

- “**Faith is not by Feeling, Faith is by Believing**” - In any circumstance, believe and know that you can do it. Even repeating to yourself “I can do it” can remind you who is in control. I truly believe you can accomplish whatever you desire. Do you start your day saying “What do my feelings want me to do today? NO, it’s what do I want to do today?” You’re in control, control yourself.

- **Let Go & Let Flow** - If you feel regret or frustrated about falling short of your goal, please; Let...it...go. Breath. There is tomorrow and if you didn’t finish that task, ask yourself, “What can I do better next time?” Or, “What can I learn from this?”. This always helps me and it’s good to fail, sounds crazy, but believe me, Failure teaches you to become better!

God Bless You and Go do what you have to do with all great intentions and passions!

- Check out this video: “Famous people talk about the law of attraction” - YouTube
  https://www.youtube.com/watch?v=AjpyuOSIfAA&t=15s
- Nick Vujicic
- Kid President for Fun! https://www.youtube.com/watch?v=I-gQL4qyqgo Show this to your kid(s) for a change.
Hi! My name is Zane Goodell. I’m a junior here at Fort Lewis College and I live in Mancos, Colorado. I was born in Albuquerque New Mexico. I was an orientation leader for Fall 2017 and Fall 2018 and I am involved with Dance Co-Motion and Young Americans for Liberty. I chose to work at El Centro to regain the Hispanic culture of New Mexico that influenced my childhood and to represent Hispanic people with lighter skin and more European features. I love skiing, watching anime, practicing judo and dancing!

Hola! I’m Deandra Redsteer and this is my second year working at El Centro de Muchos Colores and I am so excited to be back! I am currently working for Centrovision, the El Centro’s radio station, and assisting with events, here, in El Centro. I really enjoy working here because the environment is so colorful, metaphorically and physically, the people are outgoing, interactive, and most of all, I always feel welcome. I’m a Christian and I love Jesus more than anything! I really enjoy being around people. Well-being and physical fitness are my passion since I am proactively trying to find new ways to improve my health. I want to be an advocate for people to pursue an active lifestyle and guide them towards understanding their health journey. I enjoy cooking…Anything! I am attentive to budgeting, food choices, meal planning, and where I get my food. This is who I am, although, I am still discovering myself anytime and anywhere.

My name is Sonja Jean Mantey-Swadener and I am from Fort Collins, Colorado. I am a freshman here at the Fort. I am undecided in my major but am leaning towards Educational Studies or Sociology with a minor in Spanish. I really appreciate my work here at El Centro de Muchos Colores. The environment here is very family centered expanding past biology. I feel very fortunate to have this opportunity to meet, and work with, wonderful people with broad backgrounds in a welcoming and comfortable place. I struck gold when Shirena hired me on to the team. I am learning to expand my language skills in Spanish in order to be fluent by the end of my sophomore year here. One of my greatest passions in communications and building relationships with others. One day I want to travel the world and absorb how others teach and how different students around the world learn. I want to begin to change education to have a higher understanding of other cultures and perspectives while tightening community bonds. I am also an artist. My three major medias are photography, drawing and sculpture. I like to listen to music, pretty-much anything but country or heavy metal. I love to bake and spend time with friends.

Hello, my name is Dominic Whitesinger, but I like to be called Dom. I am 24 years non-tradition transfer student from Chinle, Az. I am a senior in college, majoring in psychology and minoring in Environmental science. I am also a common ground facilitator and volunteer for a Domestic Violence hotline. Before I declared psychology as my major, I was studied information technology and then I went into studying nursing. I like to think I am friendly and helpful person, who is willing to be shoulder to lean on. I like to go hiking in the mountains and walk along the animas river here in Durango. I also like watching movies and reading books. My hobbies include cooking, baking, wilderness exploration, playing pokemon and meditating. I like learning about other cultures as well as my own. I look forward to meeting new people to socialize with and lend a helping hand to whoever needs help.
**Armando Martinez-Barnes.** A Freshman Biology Major, a Texas native, and a travelling anomaly. After coming to Colorado five years ago, I have travelled and lived in a range of homes from the southeast of New Mexico to the far countryside in Ignacio. Soon, I was stuck here at the Fort and one of the many open opportunities was El Centro de Muchos Colores, and soon enough I was working here as Shirena offered a work study position to me. Since joining the team here, I’ve received a great amount of experience.

Spanish fluently with friends, and family, eating a variety of foods, and growing up between the best of all cultures. This has made me who I am as a Latina woman in this world. This is the reason I wanted to work at El Centro because I needed a little haven to be able to share my culture in a safe space.

**Daniela Nicole Fallas-Slentz** from Santa Fe, NM. I am a freshman here at Fort Lewis studying environmental science. Latino culture has always been a part of my life. Growing up half Costarricense and half American in a predominantly Mexican state has made my life anything but boring. Speaking both English and Spanish fluently with friends, and family, eating a variety of foods, and growing up between the best of all cultures. This has made me who I am as a Latina woman in this world. This is the reason I wanted to work at El Centro because I needed a little haven to be able to share my culture in a safe space.

**Tom Wilhoit** and I am originally from Woodstock, IL, a suburb of Chicago. I am a Spanish major and music minor in my senior year at FLC. I have a wife, Ariane, and a daughter, Elizabeth, who attend FLC and the Campbell Center respectively. I will also be holding events in cumbia and cooking, so be sure to check El Centro’s coming events!

**Anita Briody-Pavlik.** I am from Farmington, New Mexico and I am a sophomore in College. I like to play soccer and tennis, rock climb, read and cook. My current major is undecided but will probably either be History or Sociology. I came to work at El Centro for the community and to learn about my Hispanic culture.

**Cristal Revilla Serrano,** I am 20 years old and from Colorado. I am a sophomore and a Biology major with hopes of finding a career the medical field. I have one sister and an awesome 5-year-old niece. My parents are both undocumented and immigrated from Mexico, and work extremely hard to help me through my education. I was a part of a professional Mexican Folklorico dance group for twelve years. I love dancing, skiing, hiking, painting, and watching movies. I joined El Centro because I needed a space to share and express my Mexican heritage with others.

**Sophie Snyder** and I am currently in my first semester as a Spanish major here at Fort Lewis College. I work at El Centro de Muchos Colores as a tutor, where I get to share my passion for the language and help others understand it. I am from San Antonio, Texas, and I practically spent my whole life there. Being so far south, the world I lived in was extremely influenced by the Latin culture. Whether it be the Spanish language, traditions and customs, or most times even just the tacos, my childhood was very heavily influenced by Mexican culture. After high school, I had the opportunity to live in Mexico for a year or so, which allowed me to be fully immersed in the culture like never before. I fell completely in love with the vibrant and life-filled atmosphere and the level of passion that I saw in the Mexican people. Their passion definitely rubbed off on me, and I can say that I have a huge passion for the Spanish language and many Latin American cultures!

Hello! My name is Victoria Ibarra! I am from Denver, Colorado and I have lived here my entire life. I love the mountains and it wasn’t until recently that it weirds me out when I can’t see them. This is my first year as a student here at Fort Lewis. It’s only been a few weeks, but I’m really enjoying working here at El Centro and meeting all new people! Being here allows me to be a much more open person and has also taught me how to better initiate conversations with people. I am looking forward to new friendships and learning many different things from different cultures!
Hello Hello! My name is Jailence Rabadan. I also go by JJ. I am a junior here at the Fort and I am in the Teacher Education program hoping to become an elementary teacher in the years to come. I am majoring in Elementary Education, with a minor in TESOL (being able to teach English to students of other languages). I am also in the progress of getting a bilingual endorsement which means I will be able to teach in bilingual classrooms. Anyways, I am from California originally but I moved to Golden, Co when I was two years old. I have lived there my entire life and I love it. Durango isn’t too different from Golden so I still feel at home. I have been playing soccer since I was 4 and I play soccer on the intramural team for outdoor and indoor. I also enjoy playing volleyball even though I am not good. I really like art, such as drawing, coloring and painting. Lastly, I love food. I miss my mom’s Mexican cooking and trying to recreate authentic Mexican food is so hard, oh well. I do enjoy cooking and trying new recipes, even though I have little patience with cooking. On a serious note, I love working at El Centro. I feel like I am at home and Shirena is such a huge help and is essentially my work mom. It is such a great work environment and everyone is always welcome and we have so many awesome events going on year around. I can say I am proud to work at El Centro.

Hola! My name is Sierra Padilla and I am from Santa Fe, New Mexico. I was born and raised in the desert, but I LOVE the ocean. I love to cook and try all kinds of different foods. I enjoy anything that gets me active whether it’s going to gym or hiking. This is my first semester at El Centro de Muchos Colores, but my last year at the Fort. I love the family vibes that I get from El Centro and the fact that it is a place to celebrate your diversity! I am a cellular molecular biology major and I hope to be a nurse in the future. I love to travel and plan to travel the world one day!

My name is Jacob Jonas and I am from Denver, Colorado. I am a senior at Fort Lewis College and I am majoring in Sociology and Spanish. I enjoy snowboarding, drawing and video editing. I chose El Centro for my Sociology internship because I wanted to continue to practice my Spanish and involve myself in the Spanish speaking community on the FLC campus and within Durango. When I started working with El Centro I discovered that it was a very welcoming, close knit community that is very active on campus. I’m very glad that I chose to work with El Centro because of the activities that I’ve helped facilitate and the awesome people that I’ve met.

Hi everyone! My name is Jen Tarwater and I’m from Monument, CO. I’m a senior here at the Fort studying Elementary Education, minoring in Spanish and TESOL (Teaching English to Students of Other Languages), and getting a Bilingual Endorsement (meaning I can teach in bilingual schools). This is my second year working at El Centro and I love it! Since I’ve completed my Spanish credits, I’m grateful that I have a fun and relaxed place to continue practicing my Spanish here at El Centro. Now, when I do my student teaching next year in Costa Rica I am still able to understand what is going on! I love traveling and hiking and anything that gets me moving.

Hello, my name is Valerie Jade Calabaza, I come from the Pueblo of Santo Domingo and the Navajo Nation. I grew up in the state of New Mexico, on the Santo Domingo Pueblo reservation where I learned the importance of tradition and culture. I am a senior at Fort Lewis College studying exercise science physiology. When I have free time I like to run, be with my family and dog. 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.
La Movida means “The Movement”
Student Newsletter
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A Fort Lewis College Student Publication

Editor………………………………………Jen Tarwater
Copy Editor……………………………Valerie Calabaza
Writers……………………………………Valerie Calabaza
…………………………………………Zane Goodell
…………………………………………Anita Briody-Pavlik
………………………………………Cristal Revilla Serrano
…………………………………………Armando Martinez-Barnes
…………………………………………Victoria Ibarra
…………………………………………Daniela Fallas-Slentz
…………………………………………Dominic Whitesinger
…………………………………………Jailenee Rabadon
…………………………………………Sierra Padilla
…………………………………………Sonja Mantey
…………………………………………Deandra Redsteer
…………………………………………Jen Tarwater

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

Calendar of Events

Ballet Folklorico de Durango dance classes
Every Monday 5:30-6:30 p.m.

Cooking Matter Classes
Thursdays, Sept. 20-Oct. 25, 5-7 p.m., Shared Kitchen
To register, e-mail: ebsalazar@fortlewis.edu

Jarabe Mexicano Live Performance
Saturday, Oct. 20, 7:30 p.m. Community Concert Hall

Immigration Panel
Co-hosted with Political Science Club
Tuesday, Oct. 23, 5 p.m.

Burrito Sale
Wed., Oct. 24, 8 a.m.-12 p.m., Student Union

Festival de Dia de Los Muertos 5-10 p.m.
Durango Arts Center
$5 Adults, Free for Children

Dia de los Muertos Luncheon
Friday, November 2, 11 a.m.-1 p.m.

Coco movie screening & discussion
Friday, Nov. 2, 5-7 p.m., Vallecito Room

Cultural Awareness Night, Club del Centro
Friday, Nov. 9, 5:30-7:30 p.m.

Baila the Noche Away Night, Club del Centro
Friday, Nov. 30, 6-8 p.m.

Cumbia and Other Latino Beats/Spanish Conversation Hour w/Intern Thomas Wilhoit
Friday, Dec. 7th 1-2 p.m.

Las Posadas
TBD

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 Hispano 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 here are not necessarily those of El Centro de Muchos Colores nor 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.