

HUMBOLDT STATE
UNIVERSITY
MULTICULTURAL CENTER
SPRING 2014
ISSUE #55

THE INCREDIBLE CULTURAL TIMES!



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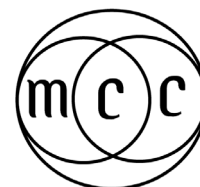
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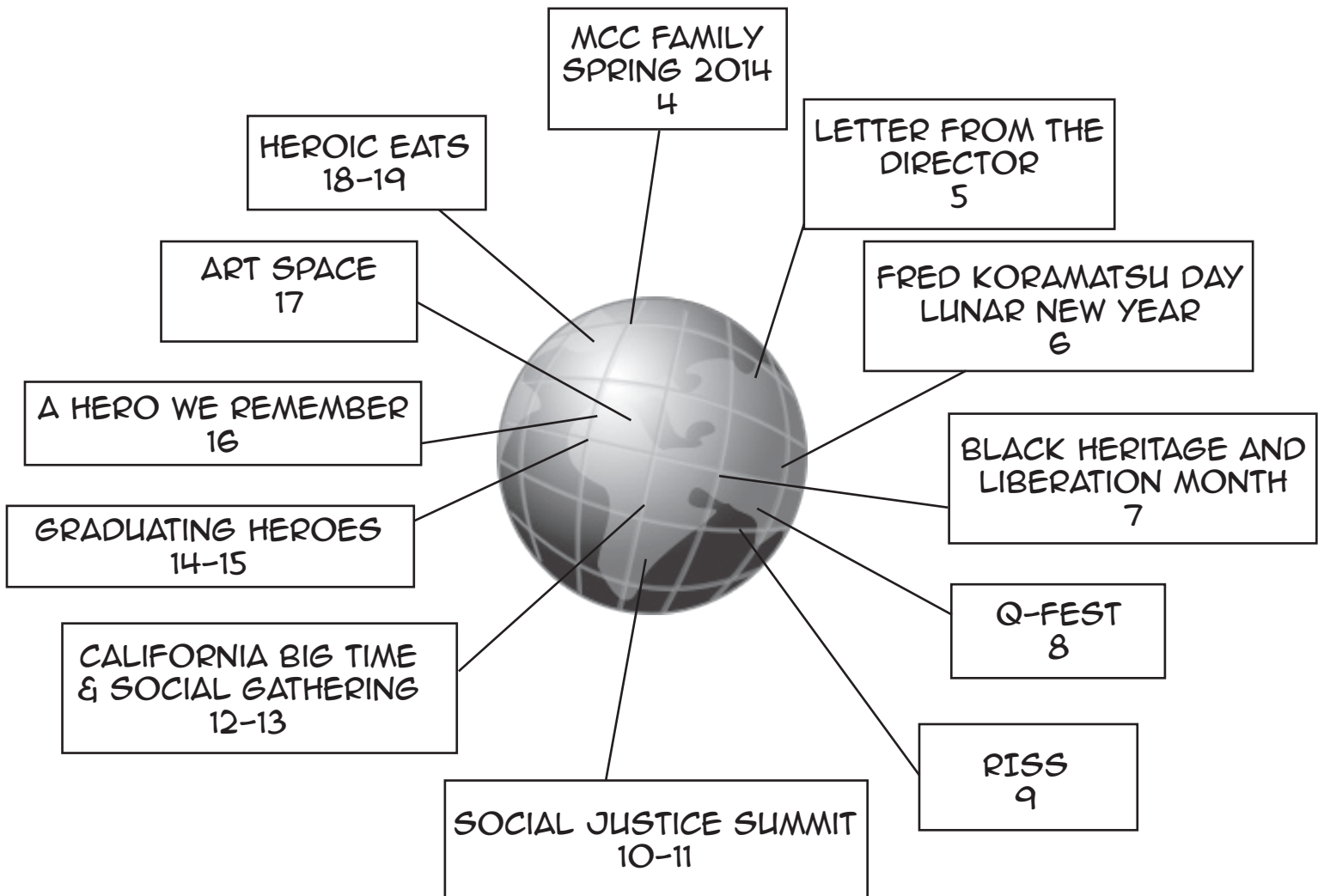
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ON THE COVER (CLOCKWISE): DIANE HUMATEWA, ANGELA DAVIS, MARTIN LUTHER KING, JR., CESAR CHAVEZ, FRED KOREMATSU, JOHN TRUDELL, GUERRILLA GIRLS



LETTER FROM THE SIDEKICK

Wow! What a crazy semester this has been!

I am, once again, deeply honored and blessed to be apart of this amazing place on campus and to be working with such a unique group of individuals that I have gotten to know so well in just my first year. Throughout this academic year, I have been able to see some of the hard work, countless hours of planning, and the exuberent passion each MCC staff member possesses in some of the semester's biggest events—the 2014 Social Justice Summit and the HSU California Big Time & Social Gathering, just to name a few. Congratulations to those who put on great events, and many thanks to those who participated.

In the midst of Spring Preview a tragedy took place this semester. I wish to dedicate this issue to those who lost their lives, to those who still hurt, and to those who are looking for comfort. May we all support each other in this time of need.

Much Love,
Banning Ramirez, *Cultural Times* Editor

SPRING 2014 TEAM-MCC

Jennifer Alejo, *Social Justice Summit Coordinator*

Rashod Berkley, *Office & Events Staff*

Ruby Buentello, *Student Staff Office Manager/Graduación Latin@ Planning Team*

Kelly Cave, *Office & Events Staff*

Jasmine Cooper, *Office & Events Staff/Black Heritage Grad Planning Team*

Jamaeca Dedrick, *Office & Events Staff*

Lamont Douglas, *Queer Community Building Coordinator/Q-Grad Planning Team*

Bryan Fiallos, *Queer Community Building Coordinator/Q-Grad Planning Team*

Ankush Ganapathy, *Social Justice Summit Coordinator*

Erin Harris, *African American Community Building Coordinator/Black Heritage Grad Planning Team*

Dylan Inskip, *Events Staff*

Kala Joao, *Events Staff/Asian & Pacific Islander Lei Ceremony Planning Team*

Alaisha Johnson, *Events Staff*

Clarissa King, *Graphic Artist/Events Staff*

Marissa Lopez, *Office & Events Staff/Q-Grad & Graduación Latin@ Planning Team*

Angelica Lua, *Office & Events Staff/Graduación Latin@ Planning Team*

Shuhei Makiyama, *International Community Building Coordinator*

Stephen McAuliffe, *Office Staff*

Devina Miller, *Native American Community Building Coordinator*

Lucina Morelos Gonzalez, *Latino Community Building Coordinator*

Christanne Myers, *Events Staff/Graduación Latin@ Planning Team*

Graciela Padilla, *Office & Events Staff*

Susi Padilla, *Office & Events Staff*

Armando Peña, *Office & Events Staff*

Helen Pineda, *Office & Events Staff*

Gema Quiroz-Torres, *Latino Community Building Coordinator*

Banning Ramirez, *Cultural Times Editor/Events Staff*

Samuel Romero, *Office & Events Staff*

Tyrus Rouse, *Events Staff*

Victoria Sacramento, *Social Media Coordinator*

Terreivia Shirley, *African American Community Building Coordinator*

Alana Souza, *Asian & Pacific Islander Community Building Coordinator/Asian & Pacific Islander Lei Ceremony Planning Team*

Diana Tran, *Office & Events Staff*

Kyla Winthers-Barcelona, *Office & Events Staff*

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Marylyn Paik-Nicely, *Director*

Amanda Staack, *Office Manager*

Mona Mazzotti, *Outreach & Social Justice Programs Coordinator*

LETTER FROM LEAD SUPERHERO

Aloha and mahalo for reading the 2014 Spring edition of the Cultural Times, HSU MultiCultural Center (MCC) newsletter. A big Mahalo (thank you) to our Publications Team—Banning, Clarissa, and Mona—who have once again created an outstanding Cultural Times, the collective voices of the MCC and the many communities we support and serve.

We dedicate this issue of the Cultural Times to Michael Myvett, HSU graduate (2007 & 2009) and MCC staff alum. Michael worked at the MCC from the Fall of 2004 to Spring of 2009. When I think about Michael, I immediately see that wonderful smile of his and that twinkle in his eyes. He made me laugh with his funny stories and sense of humor. He was a caring person and so supportive of the MCC. Michael spent a lot of time at the MCC—talking to staff, hanging out, working on projects, feeling at home. He was MCC *ohana* (family); his legacy lives on with us. Michael died in the April 10th bus accident.



What has risen above this tragic loss is what is so precious and dear to me. All you students who have been a part of our MCC family are so very precious to me. Wherever your life journey takes you, I hope you will always think back on your time at the MCC, your home-away-from-home, and know that you are and will always be MCC *ohana* (family).

Congratulations to the Class of 2014, with extra special acknowledgement and congrats to Team-MCC grads: Alana Souza, Gema Quiroz-Torres, Jennifer Alejo, Shuhei Makiyama, Rashod Berkely, Hanakekua Joao, Samuel Romero, and Cherrish Robinson! May your journey be filled with new adventures, laughter, activism, good food, and good people. Thank you for all your great work, ideas, creativity and positive energy you have given to the MCC. A *Hui Hou*...until we meet again!

President Rollin Richmond will be retiring at the end of this academic year. On behalf of the MCC staff and students, thank you President Richmond for your support of the MCC, the Big Time, our community-based graduation celebrations, and many more events that you attended and funded. We wish you the very best, and to you we also say A *Hui Hou*...until we meet again!

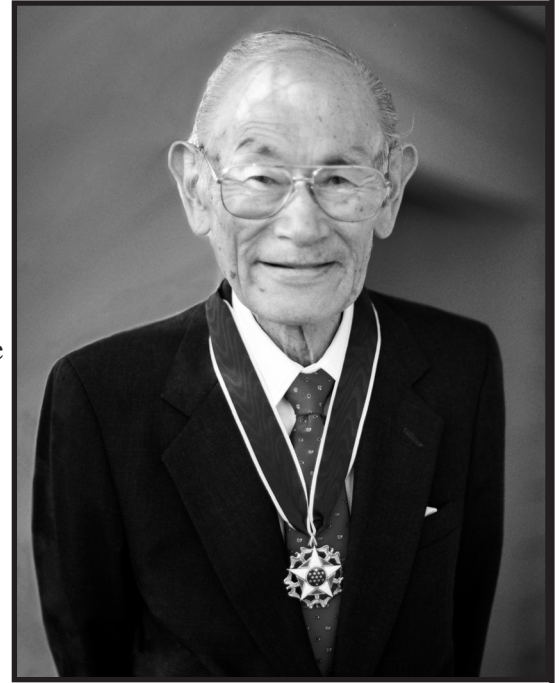
Good luck on finals and have a fabulous summer. Remember, the MCC is open until 10:00 PM during finals week, AND we will have coffee, tea, hot chocolate, and snacks all week. Stop by for a study break, to use our computer station, have a snack, and rejuvenate.

Me ke Aloha,
Marylyn

Fred Korematsu Day of Civil Liberties and the Constitution

In 2010, the state of California designated January 30 as **Fred Korematsu Day of Civil Liberties and the Constitution**, honoring Fred Korematsu for his lifelong fight for civil rights and justice. After the Japanese bombed Pearl Harbor and the United States entered WWII, President Franklin Roosevelt issued Executive Order 9066, authorizing the military incarceration of Japanese Americans in concentration camps. Korematsu was convicted of violating Executive Order Number 34 when he refused to leave his home in San Leandro in 1942. He challenged the constitutionality of Executive Order 9066, and after many years and several court appeals, the US Supreme Court ruled in Korematsu's favor. Fred Korematsu received the Presidential Medal of Freedom in 1998 after winning this landmark federal court case.

On January 29, HSU observed our second annual **Fred Korematsu Day of Civil Liberties and the Constitution**. This commemoration was sponsored by the MCC, HSU Library, and Associated Students. The documentary "Unfinished Business: The Japanese American Internment Cases," directed by Steven Okazaki, and "Pilgrimage," directed by Tadashi Nakamura were screened followed by a question and answer session with former internees Aiko and Edwin Uyeki and their family members.

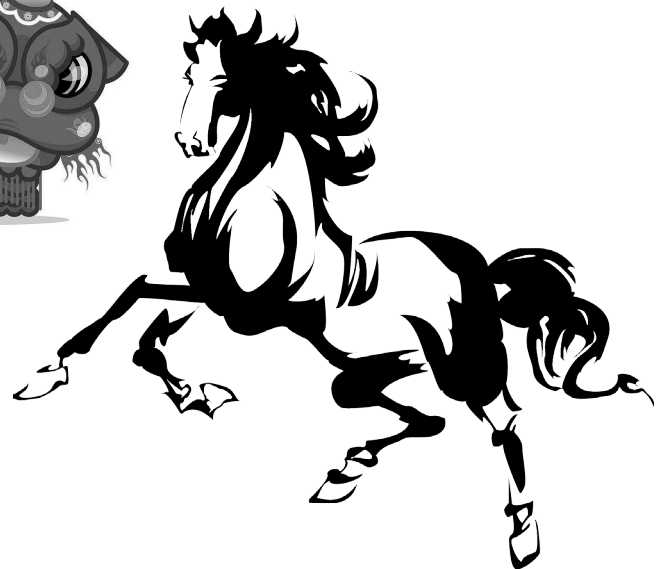


Lunar New Year Celebration: Year of the Horse

馬



Students and community members gathered in the Kate Buchanan Room on January 31 to celebrate the Lunar New Year, also known as the Spring Festival. There were many performances including a traditional Chinese dance by the Chinese Student Scholar Association (CSSA) and a traditional dress show. Traditional foods from Szechuan Garden Restaurant was shared. This event is organized annually by the MultiCultural Center, College of Professional Studies, and the Chinese Student Scholar Association.



1918 | 1930 | 1942 | 1954 | 1966
1978 | 1990 | 2002 | 2014 | 2026

Your capacity for hard work is amazing. Intelligent and friendly, you have a strong guard against being egotistical.

BLACK HERITAGE AND LIBERATION MONTH

By: Erin Harris,
African American Community Building Coordinator

“The Revolution will not be televised...”

It will not be issued through leaflets and Page likes on Facebook. It will not preach to you behind the podiums of household churches or midnight arguments about the economy. It will not lead you streams of immortality built on the backs and with the blood of ancestors you have forgotten or only know because of a Dream...It will not ask you to sign a petition or walk in a march because the Revolution begins, first within the self. The Revolution rises out of the liberated consciousness of the people too tired of asking “when”. “When is it our time to shine?” “When will we no longer be submitted to the systematic destruction of our past and future?”

If not now, when?

The change from “Black History Month” to “Black Heritage and Liberation Month” stems from the need to reclaim the self. To reclaim the human experience from the history taught by the conqueror and reiterated through mass media with images of the Black body shackled and bound to this idea of America the Free. Whether these chains are seen on the scars of our ancestors, faces of inmates, victims of violent crimes, or the ones hanging so vividly on our necks as an underrepresented nation of people, now is the time to take control of our history, thus our destiny. Black Heritage and Liberation Month was and is dedicated to honoring the strength of the ancestors, the power of our present and the hope for our future.

This month was dedicated to breaking down stereotypes and creating space for conversation and connection on the difficult subjects of race, gender, and inequality not only in America but in the Black and African American Community. Showing films such as *Tough Guise II* and *Dark Girls* sought to speak on the dangers of masculinity and concepts of beauty that effects everyone. Understanding that unity is important, the 2nd annual Soulfull Sunday Potluck invited the community to a night of conversation, fun and food for both the body and the soul with special guest Ise Lyfe, who also created a space for discussion on the troubles facing the Black and African American community and providing solutions. I look forward to the future of the Black and African American community at Humboldt State University because now is the time for change by bridging the gaps between intersectionalities, encouraging education in all aspects, and inspiring action to create not only a campus but a world that provides and respects all cultures and heritages within it.



Keynote Speaker: Ise Lyfe
(Photo Courtesy of Lyfe Productives)



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My name is Bryan Fiallos, and I had the pleasure of being this year's Cross Cultural Queer Film Festival (Q-Fest) Coordinator. This year we screened *Brother Outsider: The Life of Bayard Rustin*, *Gun Hill Road*, *Audre Lorde: The Berlin Years*, and *How to Survive a Plague*. It is always a difficult task trying to figure out what message as an organizer I wanted participants to walk away with. So I decided on screening one feature film and three documentaries.

Brother Outsider: The Life of Bayard Rustin gave historical documentation of what it was like living as a Black gay male during the Civil Rights movement and how Rustin was able to navigate his identities while not trying to compromise his values and beliefs. *Gun Hill Road* for me was the most challenging of all films as I am not well versed as a Trans Ally. I knew that a feature film would be a great starting point on breaking folks

comfort barriers and allowing fruitful conversations about gender and sex. *Audre Lorde: The Berlin Years* gives some insight on how Lorde helped build a transatlantic Women of Color movement in Berlin and how one is able to build bridges even when language can be a barrier. *How to Survive a Plague* documents the resistance of HIV/AIDS activists during the '90s and highlights how a community can come together to change something as complicated as the Medical Industrial Complex. With each film screened, my hope was that each participant takes the conversation out of the classroom and into their circles to help spark ideas and hopefully their own research on such topics as each one, in one way or another, are intrinsically tied together.

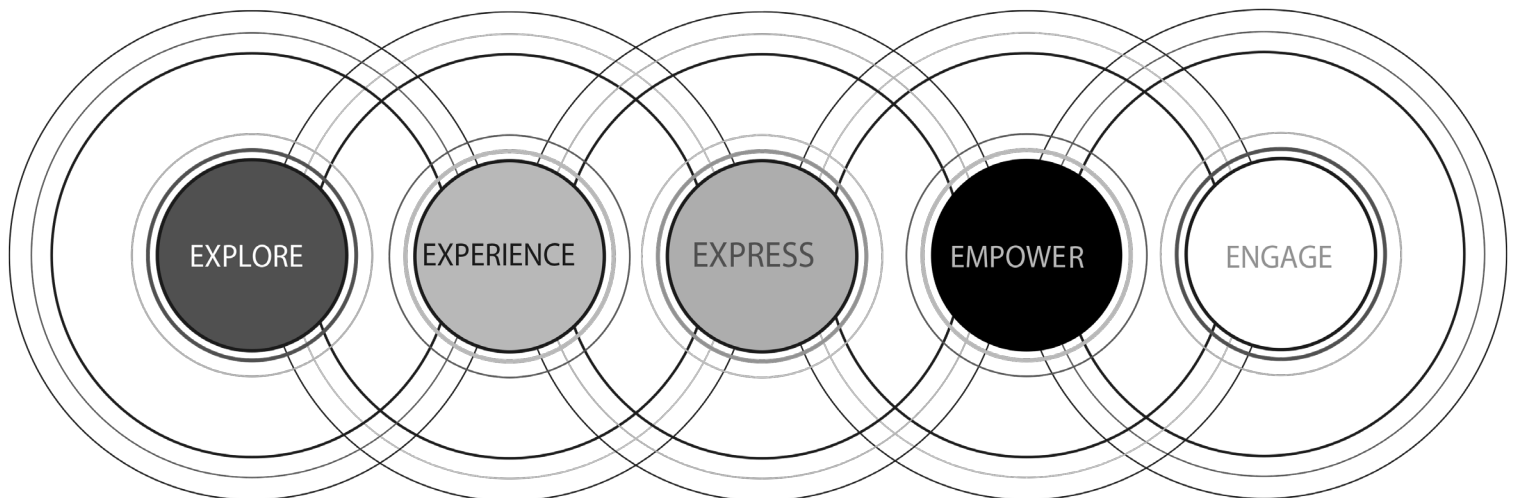


Feb. 5th

Feb. 12th

Feb. 19th

Mar. 8th



HSU MultiCultural Center's Outstanding Student Award Nominees 2013–2014

Outstanding Contribution to a Campus Club, Program or Organization

Banning Ramirez
Cherrish Robinson
Alana Souza
Gema Quiroz-Torres

Outstanding Student of the Year Recipient

Cherrish Robinson

Al Elpusan Award for Student Activism

Cherrish Robinson
Terrevia Shirley, *Recipient of Award*
Jennifer Alejo

Outstanding Contribution to an Associated Student Program

Jennifer Alejo, *Recipient of Award*
Rashod Berkely
Erin Harris

Reorganization + Redefining + Re-visioning = Retention and Inclusive Student Success (RISS)

At the beginning of the 2013–14 academic year, the MultiCultural Center (MCC) moved to a new home, the Division of Retention and Inclusive Student Success (RISS). This has been an exciting move for the MCC, as the mission and vision of RISS is student success with a TLC focus on students from underrepresented communities. This first year in our RISS home, the MCC has focused on redefining our role within RISS and building relationships with other programs such as RAMP, the Native American Center for Academic Excellence, INRSEP, and others. In this process of redefining and re-creating, the MCC has a new mission statement, which we would like to share with you:

The MultiCultural Center (MCC) is a dynamic and inclusive learning community that supports students in their academic and personal journeys at HSU. We do this by creating community, a home away from home and a safe place to Explore, Experience, Express, Empower and Engage. The MCC is committed to retention and student success by providing co-curricular opportunities for leadership development, social justice advocacy, identity exploration and cross-cultural learning experiences. We are a student centered program that fosters acceptance and respect of all people.

MCC E-Values:

*Explore identity and history
Experience cultures and traditions
Express feelings, ideas and observations
Empower each other to advocate for social justice
Engage to build and sustain community*

The MCC staff looks forward to 2014–15 as we evolve, collaborate and grow. It's a process, and we must trust the process!



Cherrish Courtney-Lynn Robinson, is earning her Bachelor of Arts degree from the Department of Critical Race, Gender & Sexuality Studies. Robinson has been a lead mentor since the founding of the Retention through Academic Mentoring Program in 2012, where she manages a caseload of

25 freshmen while simultaneously monitoring and supporting the work of 15 mentors. Robinson also serves as a research intern with the MultiCultural Center, where she investigated best practices and models of African American academic centers. At the 2013 Campus Dialogue on Race, Robinson co-presented “(De)constructing HSU as a Post-racial Campus: A Discussion of White Privilege and Racism.” In addition to her leadership role with RAMP, Robinson has served as vice president of the Black Student Union and worked with the Office of Diversity and Inclusion.

2014 SOCIAL



A message from the 2014 Social Justice Summit Coordinators:

Greetings!

The title and focus of the 20th Annual Social Justice Summit was “Diversity of Resistance.” Although we acknowledge the importance of diversity among communities that collaboratively resist oppressive systems, we are referring to the different ideas and tactics that can be used in the struggle for social justice, equity, and inclusion.

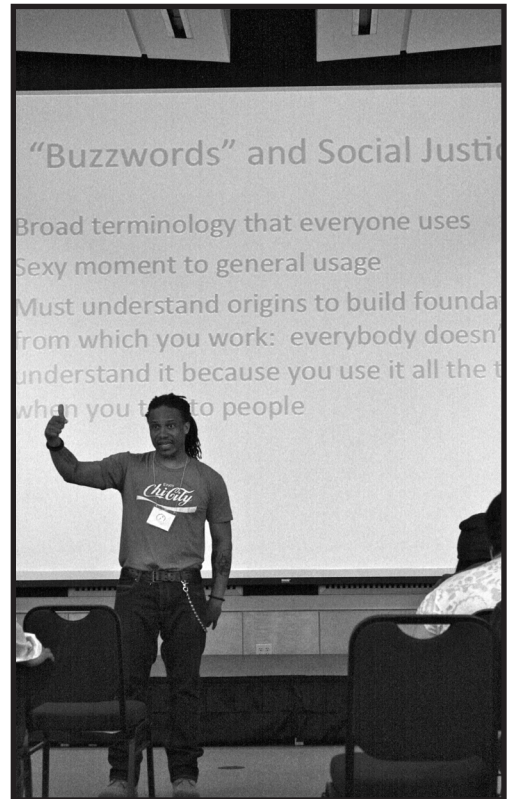
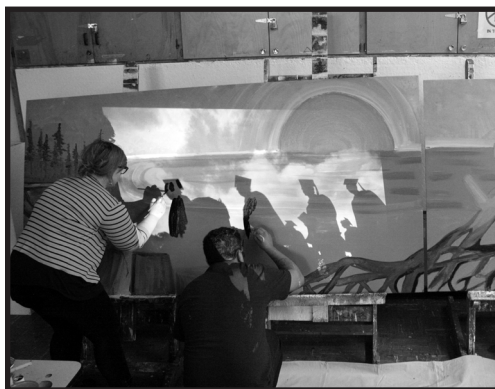
Our goal was to create a space where we could examine various ways of resisting oppressive systems, covering ideologies ranging from reformist to revolutionary, as well as methods of organizing from the grassroots level to a more institutional level. It was also important to explore the potency of resistance through art and how we could use creative outlets to disseminate ideas of social change.

As individuals, we all have unique experiences, and we come from contrasting backgrounds, and therefore, we approach issues in countless ways; it was vital to recognize this in order to sustain our collective movement. We realized that all struggles to empower marginalized communities are interconnected and share a common oppressor. However, it is unrealistic for each person to be significantly involved in deconstructing every one of these mutually sustaining systems of oppression, and we were faced with the task of “choosing our battle.” We hope that this year’s Social Justice Summit exposed participants to a movement that they were inspired to join by providing an overview of current struggles for empowerment.

In Solidarity,
Jennifer Alejo & Ankush Ganapathy

JUSTICE SUMMIT

DIVERSITY OF RESISTANCE



"Buzzwords" and Social Justice

Broad terminology that everyone uses

Sexy moment to general usage

Must understand origins to build foundation from which you work: everybody doesn't understand it because you use it all the time when you talk to people

7th Annual Humboldt State University California Big Time & Social Gathering



Special thanks to Devina Miller for the concept of this year's logo and Clarissa King for the artwork!

By: Devina Miller
Native American Community Building Coordinator

On Saturday, April 5, Humboldt State University celebrated our 7th annual HSU California Big Time & Social Gathering. The Big Time event is one that truly brings cultural sharing to our campus. There were many themes and activities included in this year's Big Time such as a youth basketball tournament, sharing of traditional dances and songs, arts and crafts, The Amazing Race for youth, Indian card game tournament, as well as knowledge sharing components.

The day started early with the sun shining, and the West Gym began filling up with vendors and performers eager for the arrival of the hundreds who attend each year's gathering. An opening prayer and song was held in a big circle centered in the gym followed with words by President Richmond and our team leaders preparing us with words of encouragement for the big day. The beats of the drum began and led in community members and families sharing smiles and greetings in passing while looking at art, jewelry, and beautiful regalia of many colors and designs.

Many dancers such as the Miwuks, Flower Dancers, Wiyot Brush Dancers, Danza Azteca and drummers from the HSU Intertribal Drum and Red Cedar Drum created a day filled with excitement and cultural representation. Dancers represented local and out of state Native Americans. This brings to Humboldt cultural diversity and celebration of our indigenous peoples.

It has become the tradition of the Big Time to acknowledge and honor an Elder in our community who has contributed to education. This year we honored Laura Lee George who has been a huge part of the lives of many students, alumni, and the local community. Sharing the work of Laura Lee and the traditional dances are ways in which the Big Time provides connection of culture and its relation to education. As this year's Big Time came to an end, we shared another day of social gathering, and as a growing community we continue to make the California Big Time a successful event on campus.



Red Cedar Drum (photo courtesy of Kalalaniamakali'i Joao)



The famous Potato Dance! Participants dance to the drumming of Red Cedar Drum and try hard not to drop that potato. A tradition at the HSU California Big Time is the social dance and Pow Wow style dance demonstration. This part of the Big Time honors the HSU Pow Wow that was held for years and the Native people in our community whose tradition is Pow Wow dancing. HSU's new president, Dr. Lisa Rossbacher and her husband, Dr. Dallas Rhodes, visited the Big Time during the social dancing. Welcome to the Big Time, Dr. Rossbacher! We look forward to your participation at future HSU California Big Times.



Agnes Baker Pilgrim (Takelma Siletz), center, is a member of the International Council of Thirteen Grandmothers. She opened the 2014 Big Time with a blessing and words of wisdom for all. HSU was honored to have this world-traveling Elder at the Big Time. Pictured with Grandmother Aggie are Marylyn Paik-Nicely (left) and Tim Paik-Nicely (right), her "adopted" kids. In Dr. Nicely's arm is baby Alo Mai Janisse, one of many babies Dr. Nicely has helped to bring into the world!

Honoring an Elder at the Big Time has become tradition.

This year we are pleased to honor:

Laura Lee George (Karuk)



Laura Lee is an enrolled member of the Karuk Tribe of California. Her mother was the late Kathryn Jackson and her father is Frank Grant I. She is married to Merv George Sr., and together they have three children and numerous grandchildren. Laura Lee grew up on the Hoopa Reservation and attended Hoopa schools.

After raising her children, Laura Lee attended and graduated from Humboldt State where she was a member of ITEPP. Laura Lee was hired as ITEPP Director where she worked until she retired in 2000.

Laura Lee then worked for the Klamath-Trinity Joint Unified School District as the Assistant Superintendent of Business Services from 2000 until 2006. During the 2005-06 school year, she also served as Acting Superintendent. Laura Lee is the Chair of the California American Indian Education Oversight Committee. In 2012 she came back to HSU as the Interim Director of ITEPP for a year. Laura Lee is now retired and enjoying her time with her family.

We thank Laura Lee George for her many contributions to Indian Education and her years of service and support to our Native students at Humboldt State University.

CULTURAL TIMES

GRADUATING

HANAKEKUA-KEKAULIKE CARON ABERO JOAO

Major: Recreation Administration with an emphasis in Holistic Wellness

Minor: Studio Art

Hometown: Ho'olehua, Moloka'i, HI

The MCC offered me an integral outlet to discover the true meaning of community. The lessons I have learned through the MCC empowered the piece I am in this world of a puzzle to shine. Words cannot express the gratitude I have for Marylyn, Mona, Amanda, and the MCC team. I am honored to call House 55 home and you all 'ohana.

I now own a small business in the area, *Hoopdance of Humboldt*. Our mission is to utilize self-empowerment through the vehicle of hoopdance to create community. As a teacher, I see the therapeutic qualities of movement and am pursuing a pilates teaching training this spring. In the future, I hope to continue my education by pursuing a Masters in Kinesiology with Adaptive Physical Education. In the business of play, I hope to live a life lead by shared happiness.



SAMUEL ROMERO

Major: Social Science/History

Hometown: Los Angeles, CA

Club: Finding Resources and Empowerment through Education (FREE)

"No one is going to give you the education you need to overthrow them. Nobody is going to teach you your true history, teach you your true heroes, if they know that knowledge will help set you free."~Assata Shakur

SHUHEI MAKIYAMA

Major: Geography

Minor: Communication

Hometown: Gunma, Japan

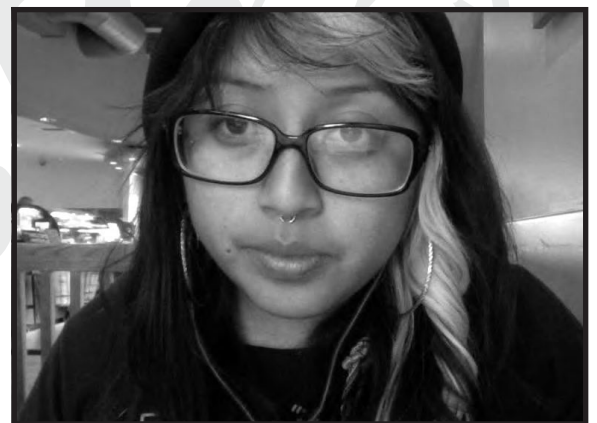


JENNIFER ALEJO

Major: Political Science & International Studies

Minor: Communication

Hometown: Los Angeles, CA



HEROES



RASHOD BERKLEY

Major: Anthropology
Minor: Communications
Hometown: Berkeley, CA

The MCC is a wonderful institution and has been very dear to me. Not only has it provided an environment where I can find other students who identify with the same cultural background as me, but it has also presented me with a host of other identities and backgrounds that I have learned so much from. I think that the future of this world is one that is highly diversified and it seems as if the MCC is ahead of the game. All of the events and programs run through the MCC are great resources to creating

a positive and multidimensional community and I am glad to have been a part of it. I'd like to thank everyone involved in the MCC for contributing to the establishment and making it what it has become today.

I plan on getting my Masters in Business Administration here at HSU.

GEMA CRYSTAL QUIROZ-TORRES

Major: CRGS—Ethnic Studies
Minor: Ethnic American Literature
Hometown: Los Banos, CA

MCC has provided the space for me to grow not only as a scholar but as a student leader. It has built a community where I found a sense of belonging. Thank you Marylyn, Mona, and Amanda for all your support and encouragement. You are some of the most amazing, loving, powerful women in my life. Thank you for everything you do for the MCC and the campus. We could never thank you enough. I plan on finishing up my degree in the Fall, and after that...well we will see where life takes me. I don't plan on confining myself to one plan. I know the goals I wish to accomplish in life and my journey to those goals will be shaped as I continue living and loving my life. I know I want to teach for some time and eventually go into research and educational policy (or so I say). For the time being, I'm keeping my mind and my heart open.



Somewhere along the fault line lays the preposterous idea that I forgive myself.—Tara Hardy

ALANA SOUZA

Major: Film
Minor: Creative Writing
Hometown: Kailua, O'ahu, HI

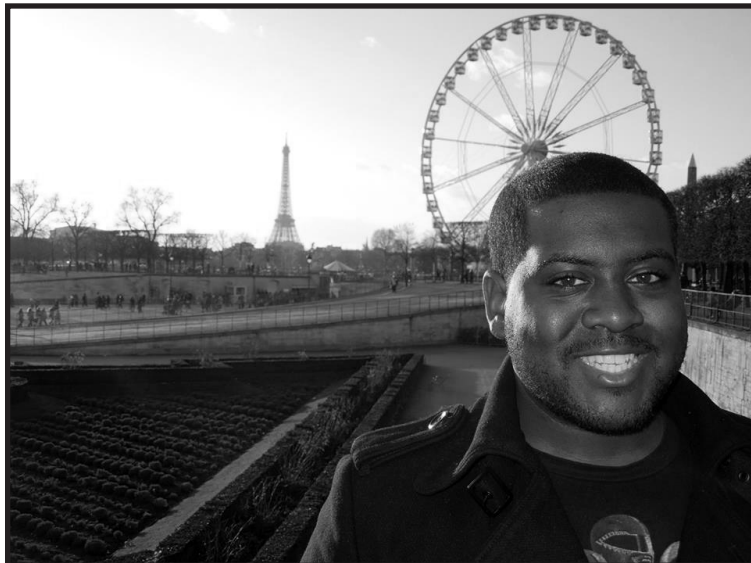


The MCC is my other family. Over 2,000 miles away from home, I have found another support system of amazing people that have become my other brothers and sisters. The MCC has helped me grow as a person. I've learned how I can help make our school community a more pleasant one, and how to use my gifts and talents to make others feel welcome. If I can plan an event that will help people feel more connected to each other, then I've done my job. I'd like to thank all of my brothers and sisters for helping me grow into a more understanding, hard-working, collaborative person, and for giving me every reason to smile when I head to work. After I graduate I would like to gain experience in my field of study before perhaps attending graduate school.

If you are struggling with being far away from home, consider joining our team; we have a lot of fun, we work hard, and we help others.

A HERO WE REMEMBER

Note from the Publications Advisor: In this section of the *Cultural Times* we remember Michael Lee Myvett, Jr. He worked at the MCC as our Graphic Artist ('08-'09). I worked closely with Michael, and we remained in contact after he graduated. Sadly Michael and his fiancé Mattison (a former HSU student) passed in that tragic bus accident on Interstate-5 on April 10. They were chaperones for Spring Preview Plus headed to Humboldt State. We shared a lot of memories: Malibu, Blue Steel, and his famously delicious mac and cheese. Thank you, Michael, for sharing your smile with me and all who had the pleasure to meet you. The text below was Michael's graduation statement, Spring 2007.



MICHAEL MYVETT

Major: Psychology ('07)

Major: Studio Art ('09)

Hometown: Los Angeles, CA

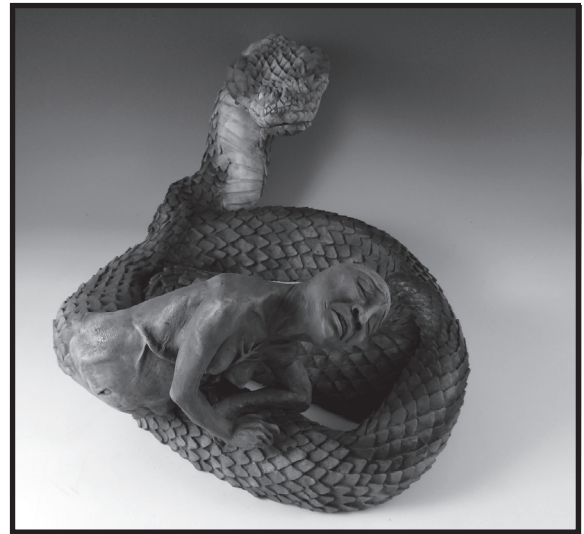
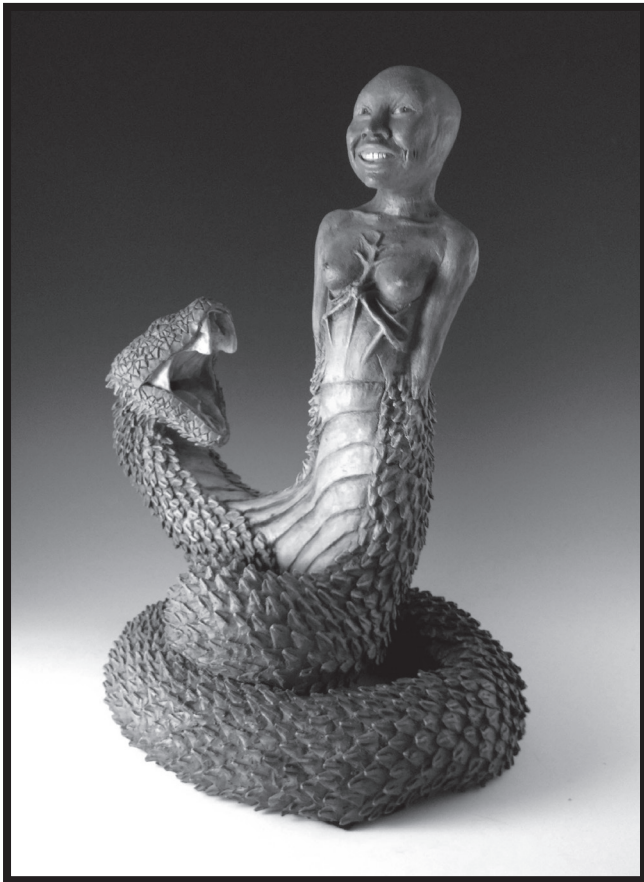
After graduation, I plan on getting a second Bachelor's degree in Studio Art with an emphasis in graphic design at HSU. After HSU I plan to attend University of California, San Diego and get a Masters in Fine Arts. This degree will help me in my dream in becoming a video game producer. I hope to get a producing job at Activision.

The only thing I will really miss are my fellow employees. They were one of the many reasons that I kept coming back to this enlightening job.

My fondest memory at the MCC was when Hazel gave me the stripper nickname "Midnight". My fondest memory of working at the MCC would be talking to Jerri.



Art Space



Repression, 2014
Earthenware

Denial

We all have different voices in our heads that influence the decisions we make. They criticize us and comment on our moment to moment actions. My sculptures are meant to reflect this internal battle of protecting our self-esteem. When external influences threaten us, these voices help us cope. Sometimes we are conscious of the backlash, other times it's easier to be in denial. Either way, threats can create anxiety and impulsive behavior, so we use different techniques to maintain an optimal balance within ourselves. We use devices such as denial, repression, projection and reaction formation to disconnect ourselves from the emotional drawbacks of threats.

This piece is titled "Denial." Denial is a very common method of protection and generally very effective. It allows us to temporarily block out threats that are initially too overwhelming to cope with. Denial is only beneficial in short term use, otherwise it will eventually lead to disconnect from reality.

Thank you,
Jasmine Cooper



Projection, 2014
Earthenware

FINALS WEEK	
Open For Study	
Sessions & Snacks	
May 11 th	6-10PM
May 12 th -15 th	10AM-10PM
MAY 16 th	10AM-4PM

HEROIC EATS

Ever curious as to what some superheroes have been whipping up in the kitchen before fighting for social justice? Check out some of these recipes from all over the world!

Feijoada (National dish of Brazil)

By: Ewerton Vecchiatti Gonçalves, Brazil

Ingredients:

- 1kg black beans
- 100g dried beef
- 70g pork ear
- 70g pork tail
- 70g pig's foot
- 100g pork ribs
- 50g pork loin
- 100g sausage
- 150g Portuguese sausage
- 2 large onions, finely chopped
- 1 bunch chopped green onions
- 3 bay leaves
- 6 cloves of garlic
- Black pepper to taste
- 2 oranges
- Salt if you need
- 1 stalk celery
- 40ml pinga (typical Brazilian drink made with sugarcane)



Subscriptions:

Cabbage, white rice, orange, pork chops, farofa, quibebe, bacon, pork rinds, lingüicinha and seasoned cups of broth

Preparing:

Let the meat soak for 36 hours or more, check, changing the water several times, or if it is a hot summer environment, place ice over or cold layers. Cook step by step: the tough meat, then the meat soft. Remove the meat and when the beans are soft place in the broth. Finally spice the beans.

Chocolate Mochi

By: Alana Souza, Hawaii'

- 2 cups mochiko flour
- 1 ¾ sugar
- 1 lg can evaporated milk
- 1 can coconut milk
- 1 tbsp baking powder
- 1 tsp vanilla extract
- 2 eggs
- 3 tbsp Ghirardelli cocoa

Mix all ingredients together. Pour into 9x13 pan. Bake at 350° for 1 hour 10 minutes.



Besos Lentils

By: Ahmed Alsaqofy, Saudi Arabia

Ingredients:

- 1 chopped onion
- 3 chopped garlic cloves
- 1 eggplant (cubed)
- 2 cups of green lentils (soaked over night in water)
- 1 tbsp cumin
- 1 tbsp curry powder
- 1 tbsp turmeric
- salt & pepper

Cook and stir in a large pan with some oil starting out with onion and garlic for 3 minutes. Then add the eggplant with the spices. Stir for a few minutes until golden. Add the lentils, stir for a little then add just enough water to cover the top. Wait until boiling then turn the heat to low. Cook until all the ingredient get mashed together.



Chocolate Macarons (makes ~19)

By: homecookingadventure.com, France

Directions:

1. Preheat oven to 350°F (180°C).
2. Line two baking sheets with parchment paper and have a pastry bag with a plain tip (about ½-inch, 2 cm) ready.
3. Grind together the powdered sugar with the almond powder and cocoa so there are no lumps; use a blender or food processor.
4. Using a mixer beat the egg whites until they begin to rise and hold their shape. While whipping, beat in the granulated sugar until very stiff and firm, about 2 minutes.
5. Fold the dry ingredients, in two batches, into the beaten egg whites with a rubber spatula. When the mixture is smooth and there are no streaks of egg white, stop folding and scrape the batter into the pastry bag (standing the bag in a tall glass helps if you're alone).
6. Pipe the batter on the parchment-lined baking sheets in 1-inch (3 cm) circles (about 1 tablespoon each of batter), evenly spaced 1-inch (3 cm) apart.
7. Tap the baking sheet a few times firmly on the counter top to flatten the macarons, then bake for 15-18 minutes. Let cool completely; remove from baking sheet.
8. To make the chocolate filling: Heat the cream in a small saucepan. When the cream just begins to boil at the edges, remove from heat and add the chopped chocolate. Let sit one minute, then stir until smooth. Stir in the pieces of butter. Let cool completely before using.
9. Spread a bit of batter on the inside of the macarons then sandwich them together.
10. Let them stand at least one day before serving, to meld the flavors.

Ingredients:

Macaron Batter

- 1 cup powdered sugar
- ½ cup powdered almonds
- 3 tbsp unsweetened cocoa powder
- 2 large egg whites, at room temperature
- 5 tbsp granulated sugar

Chocolate Filling

- ½ cup heavy cream
- 4 ounces (120 g) bittersweet chocolate finely chopped
- 2 tbsp unsalted butter



Three Bean and Beef Chili

By: Mona Mazzotti, America

Ingredients:

- 1 tbsp Olive Oil
- 1 Onion, diced (~1 cup)
- 1 Red Bell Pepper, diced (~1 cup)
- 2 Carrots, Diced (~½ cup)
- 2 tsp Ground Cumin
- 1 lb Ground Beef (or Turkey)
- 1-28 oz Can Crushed Tomatoes
- 16 oz Dark Beer (or water)
- 1 Chipotle Chili in Adobo Sauce, seeded and minced
- 2 tsp Adobo Sauce from the can of Chipotles
- ½ tsp Dried Oregano
- Salt & freshly ground Black Pepper
- 1-15.25 oz Can Corn, rinsed & drained
- 1-15.5 oz Can Black Beans, rinsed & drained
- 1-15.5 oz Can Kidney Beans, rinsed & drained
- 1-15.5 oz Can Pinto Beans, rinsed & drained



Directions:

Heat the oil in large pot or Dutch oven over moderate heat. Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes. Add the cumin and cook, stirring, for 1 minute. Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink. Stir in the tomatoes, beer, chipotle and adobo sauce, oregano and salt and pepper. Simmer, partially covered, stirring from time to time, for 30 minutes. Stir in the beans and cook, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.

SOCIAL JUSTICE EVENTS CALENDER

EVENTS LISTED BELOW ARE SUBJECT TO CHANGE. FOR MORE INFORMATION ABOUT THE MCC AND MOST UP TO DATE INFORMATION ABOUT OUR EVENTS, PLEASE VISIT US AT: WWW.HUMBOLDT.EDU/MULTICULTURAL

SAT, MAY 10 TH	Q-GRAD CELEBRATION	4-6PM	KATE BUCHANAN ROOM
MAY 11 TH -16 TH	FINALS WEEK	MCC OPEN FOR STUDY SESSIONS & SNACKS!	
		MAY 11 TH	6PM-10PM
		MAY 12 TH -15 TH	10AM-10PM
		MAY 16 TH	10AM-4PM
THURS, MAY 15 TH	ALL NATIVE GRADUATION	6-8PM	KATE BUCHANAN ROOM
FRI, MAY 16 TH	CULTURAL GRAD CELEBRATIONS		
	•ASIAN & PACIFIC ISLANDER LEI CEREMONY	4-6PM	GOODWIN FORLUM
	•GRADUACIÓN LATIN@	5-8PM	JOHN VAN DUZER THEATER
	•BLACK HERITAGE GRADUATION	6-8PM	KATE BUCHANAN ROOM
FRI, MAY 16 TH	ELITE SCHOLARS GRADUATION	7-9PM	GREEN & GOLD ROOM
SAT, MAY 17 TH	HSU COMMENCEMENT	8:30AM	REDWOOD BOWL

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HELP US COORDINATE AND PARTICIPATE IN GREAT EVENTS AND ACTIVITIES, SUCH AS:

- MULTICULTURAL CONVOCATION
 - LATIN INDEPENDENCE CELEBRATION
 - MOON FESTIVAL
 - INDIGENOUS PEOPLES WEEK
 - NATIONAL COMING OUT DAY
 - GROSS CULTURAL QUEER FILM FESTIVAL (Q-FEST)
 - CAMPUS DIALOGUE ON RACE
 - LUNAR NEW YEAR
 - BLACK HERTIAGE & LIBERATION MONTH
 - SOCIAL JUSTICE SUMMIT
 - CALIFORNIA BIG TIME & SOCIAL GATHERING
- ...AND SO MUCH MORE!

PAID POSITIONS AVAILABLE IN FALL

- COMMUNITY BUILDING COORDINATORS:
 - AFRICAN AMERICAN
 - ASIAN PACIFIC ISLANDER
 - LATINO
 - QUEER
 - INTERNATIONAL
 - NATIVE AMERICAN
- CA BIG TIME VOLUNTEER COORDINATOR
 - OFFICE ASSISTANTS
 - CULTURAL TIMES EDITOR (FILLED)
 - GRAPHICS COORDINATOR (FILLED)
 - Q-FEST COORDINATOR (1 SEMESTER)
- SOCIAL JUSTICE SUMMIT COORDINATORS
 - SOCIAL MEDIA COORDINATOR

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MULTICULTURAL CENTER
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