

OMSA NEWSLETTER

OFFICE OF MULTICULTURAL STUDENT AFFAIRS

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April 2007

UW-PARKSIDE

Make your life count . . . and the world will be a better place because you tried.

— Ellison Onizuka, a former Astronaut

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OMSA CELEBRATES: ASIAN HERITAGE MONTH IN APRIL

Asian Heritage Month, which is nationally celebrated in the month of May, is being honored in April at UW-Parkside. Due to the school semester ending in early May, the Office of Multicultural Student Affairs and Parkside's Asian Organization sponsored a few programs around campus in April to commemorate and educate students about

this unique culture. America celebrates the diverse culture and achievements of Asian Americans who play a vital role in the unique and multicultural communities of America. The reason for a month of celebration is for Americans to learn about Asian Americans' traditions and influences that have impacted our way of living. In 1978, President Carter

appointed May 4-10 as Asian/Pacific American Heritage Week, but the Asian Heritage Celebration first became a national Month in 1990. Join the Office of Multicultural Student Affairs, and celebrate Asian American culture not only in April of May but 365 days a year.

Asian Heritage Month Kick Off

On April 4th, Parkside's Asian Organization and the Office of Multicultural Student Affairs, began the Asian Heritage Month Celebration in Main Place. "The Asian Heritage Month Kick Off was a great time to celebrate Asian heritage. It was a time to share different cultures not only within the Asian community, but with the whole school." Marfina Peralta, Vice President of PAO, stated. The definition of "Asian" is actually extensive. The word applies to

many different people who come from or whose ancestors come from: East Asia - Country such as China, Hong Kong S.A.R., and Japan, South Asia - such as Bangladesh, Bhutan, and India, Central Asia - Afghanistan, and Kazakhstan, Southeast Asia - Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, and Philippines. "The music was interesting, very fun, upbeat and mesmerizing. I couldn't control myself, I had to dance!" Comments Derek Ewing, a

theater major who stopped by the program to make a Chinese fan and ended up staying for the entire program. During the Asian Heritage celebration, Indian dancers from the Natyarpana dance company, from Madison, performed a southeastern Indian dance. There were also exciting Hmong dancers, and the Chinese dragon performed as well. For more information on upcoming PAO events, join PAO Wednesdays at noon in Molinaro D137.

MULTICULTURAL PROFESSIONAL DAY

On March 30th, University Relations, the Office of Equity and Diversity and the Office of Multicultural Student Affairs sponsored a full day of alumni guided seminars that were geared towards aiding UW- Parkside students with career preparation. The day filled agenda included sessions that focused on financial debt to interview training. The day began at 10:15 in Molnar D128 with Damian Evans, Director of the Office of Multicultural Student Affairs, welcoming former students and continuing. The UW- Parkside graduates who lead the morning in an alumni panel discussion were, Alfredo Sandoval, an advisor in Student Support Services here at UW- Parkside, Jessica Diaz, in Admissions, Rita Altmeyer, Senior Equal Opportunities Specialist, Tania Rodriguez, an academic advisor at DePaul University, Sheila Egerson, a mortgage loan officer of Johnson Bank

and Yolanda Jackson-Lewis, principal of Wilson Elementary.

Next, Tania Rodriguez educated the students about money management, the importance of credit, and



the value of financial planning. She stressed that "credit is like a statement of a person's character." Rodriguez discussed the facts and myths of money management and gave the undergrads some vital tips to remember when handling credit cards and budgeting. During the luncheon, keynote speaker, Maria Camp-

bell from SC Johnson inspired those who were present with stories of her past as well as her accomplishments and goals for the future. Her motivational phrase "it's not knowing who you are but knowing whose you are" expressed the importance of a healthy spiritual foundation during your career journey.

In the afternoon, four mini sessions of various topics took place, ranging from job searching and Graduate School to Resumes, Cover Letters and Interviewing. Just before closing remarks, Angela Jensen, Director of food services gave a few lessons on networking etiquette.

If you've missed this very inspirational and informational program, be sure to attend the next Multicultural Professional Day and get on the path of getting your career started.

“. . . Know your job well, do it well and be better than anyone else at doing it. . . Make sure nobody knows how hard you have to work to do it so well . . . The important thing is to look calm and efficient, on top of everything and totally in control. You glide through your daily work with ease and confidence. You are unflappable and unstoppable.”



-Excerpts quoted from Richard Templar's "The rules of work", by Dr. Renee Kirby when describing MPD's Luncheon guest speaker

OMSA SPEAK OUT

OMSA's most recent SPEAK OUT, on April 18, in Main Place at noon, was a part of Asian Heritage Month. The SPEAK OUT which was titled, *Asian Americans in the Media*, is about educating the public about the truth behind media portrayals of Asian American Americans. Guest panelist included, Faye

“. . . how do you separate what is peculiar to childhood, to poverty, insanities, one family, your mother who marked your growing with stories, from what is Chinese? What is Chinese tradition and what is the movies?" Many Chinese—not just Chinese Americans—would do well to ask themselves the same questions these days.

- Maxine Hong Kingston, Writer

Akides, Professor of Communication, Terry Flores from Kenosha News, Pheng Vang, UW- Parkside Student Athlete and Chris Thao, a local Hip Hop Artist. (Story continues in May Issue.)

OMSA SPOTLIGHT OF THE MONTH

NAME: KONG YANG

NICKNAME: Dee J, 32

FROM: Milwaukee, WI

YEAR: Senior

MAJOR(S): Communication

ORGANIZATION(S) INVOLVED IN: PAO, ARU, CA

3 THINGS I LIKE ABOUT PARKSIDE: OMSA, small classes and the wooded area.

3 THINGS THAT NEED IMPROVEMENT: New Computers in OMSA, Better food in cafeteria (Prices too), and more graduate programs.



ARU UPDATES

CONGRATULATIONS !!!

To the new ARU mentors for the 2007-2008 school year:

Shou Yang

Sandi Love

Alesha Goss

Diane Davis

Temeka Kennedy



And Lead Mentors:

Anita Robertson

Curtis Jackson

and Shavon Flowers

POETRY MONTH

Did you know, since 1996, the Month of April is National Poetry Month? Publishers, booksellers, literary organizations, libraries, schools and poets around the united States all commemorate it's history in America Culture. According to the Academy

of American Poets, Some of the Goals of National Poetry Month are to highlight the extraordinary and ongoing achievements of American Poets, to introduce more people to the pleasure of reading, and to increase publication, distribution, and sales of

poetry books. Whether your style in poetry is Ghazal, Haiku, or Hip Hop, don't forget to grab your favorite poetry collection, or even write a masterpiece of your own, and grab your favorite corner in your nearest library and enjoy.

STRESSED???

From classes, roommates, dating, to finances, family issues, and career searching, college life can be stressful. With less than a month left in the semester, finals are right around the corner which can add more stress. Stress overloads during this time in the semester are very common on college campuses which causes the body to shut down. Some signs of too much stress include headaches, stomach cramps, racing heart and/or sweaty palms, irregular sleep patterns, and feeling angry, irritable, or tense.

Listed below are 10 positive ways to relieve stress and re-energize as alternatives to eating junk food, smoking, and other poor stress habits to de-stress. These ideas won't change your situation, but they will give you a chance to relax and regroup.

1. Exercise
2. Read a book for pleasure
3. Take a shower
4. Call a friend
5. Go to a park
6. Go to a ballgame and scream
7. Take a nap
8. Release upper body tension by rolling your shoulders forward, up, backward, and do wnt. Repeat several times, and then reverse the roll.
9. Go to a batting cage.
10. Make chocolate chip cookies (or just eat the cookie dough).

OMSA's MISSION STATEMENT

THE OFFICE of MULTICULTURAL STUDENT AFFAIRS is committed to:

- **Connecting** students, staffs, faculty and alumni to the university community
- **Empowering** targeted student populations (African Americans, Latinos/Latinas, Native Americans, and Southeast Asians) with the necessary skills and liberties to explore academic, social, and cultural opportunities to enhance their educational growth and professional advancement
- **Developing** students through challenging experiences that will contribute to academic success and competence in a global society
- The **SUCCESS** of the UWV campus community including students, staff, faculty, alumni, and the neighboring communities

We're on the Web!!!

http://www.uwp.edu/departments/multicultural_affairs

FAMOUS QUOTES OF THE MONTH

"I think that it's always possible to have a great company if you have great ideas . . . but as I always say, you have to have the idea first." -Jerry Yang, Co-creator of *YAHOO!*

"I wanted to be scared again... I wanted to feel unsure again. That's the only way I learn, the only way I feel challenged." -Onnie Chung, the first Asian American to be a nightly news anchor for a major network (CBS).

"You see what power is- holding someone else's fear in your hand and showing it to them!" -Amy Tan, author of *Joy Luck Club*

"Be the change you want to see in the world."

-Mahatma Gandhi

MARK YOUR CALENDAR!

• April 20-

Taking Care of Business (TCB) Banquet

• APRIL 27-

ARU old/new mentor gathering

• May 4-

Last day of School

• MAY 13-

Spring Commencement

• July-23-27

OMSA's Summer Scholars