

OMSA NEWSLETTER

UW-PARKSIDE

MAY

Volume 3 Issue 3

OMSA Takes Care Of Business

On May 20th, the Office of Multicultural Student Affairs sponsored their 19th Annual *Taking Care of Business* (TCB) Banquet. During the program, OMSA acknowledged many students of color who are graduating; as well as those who are performing well academically and are student leaders. The keynote speaker for the night was UW-Parkside alumni Brian



Lyday who reminded the audience "to ride (life) until the wheels fall off!" (Enjoy life experiences and make the best of them.) Felipe Rodriguez, from UW-Milwaukee, entertained those present with songs accompanied by his guitar and Shayla Malone, UW-Parkside alumni, inspired the audience with her rendition of praise dance. One of the

memorable moments of the night came when Damian Evans, Director of OMSA, presented Kong (Lee) Yang and Valentine Garcia with gifts. Both students, who were recognized and honored during the program as graduating seniors this coming May, have worked for OMSA during the 2006-2007 school year. "OMSA has always been like a second home to me." Garcia told the crowd as he reflected back on his years at UW-Parkside. Congratulations to OMSA for a job well done, and for continuing

to empower students to obtain collegiate academic success.



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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 UWP campus community including students, staff, faculty, alumni, and the neighboring communities

We're on the Web!!!

<http://www.uwp.edu/departments/multiculturalaffairs>

Words from OMSA's Director

Congratulations Class of 2007!!! Completing a Bachelor's degree is a major accomplishment. As you have completed the final chapter of your undergraduate experience, the Office of Multicultural Student Affairs would like to applaud your success. As you continue to travel through the many opportunities of life, completing one chapter of your education affords you the opportunity to encounter many other endeavors and accomplishments. However, before you depart OMSA would like to remind you that your role in your respective communities has grown tremendously. There is a great need for social change in society and the necessary changes can only occur with the constant participation of you and your efforts to change our communities one day at a time. As you begin your journey through your professional experience, OMSA encourages you to:

To **connect** yourself and others to opportunities to enhance your quality of life. To constantly **develop** yourself as a professional and as a member of society by pulling someone else forward remembering that if it were not for the pioneers before you this opportunity could have just been a dream. To **empower** yourself and those around you to take on the challenges and contribute to their respective communities. To remember that you are **successful** in completing your goal of attaining a bachelor's degree. Understand that your education is the fruit of your labor and no one can take that from you. you on your accomplishments. We are all looking forward to working with you in the future as a UW-Parkside Alum.

Lastly, OMSA offers sincere THANKS for your countless contributions to the culture and climate of the University of Wisconsin Parkside's campus community and congratulates you on your accomplishments. We are all looking forward to working with you in the future as a UW-Parkside Alum.



Sincerely,
Director of the Office of Multicultural Student Affairs
Damian Evans



ARU

UPDATES

I am looking forward to being able to lead other mentors as they help guide freshman with making the transition from high school to college!! This is the most important thing because once incoming freshman make that transition they can soon take the responsibility of being STUDENT LEADERS!!!
Curtis Jackson, Junior



An ARU lead mentor from the 2006-2007 school year talks about what she experienced while, upcoming lead mentors for the 2007-2008 school year, state some of their goals and aspirations for the program they are looking forward to doing.



One thing that I have enjoyed as being a lead peer mentor, was working with first year freshmen students and helping them to stay focused in their studies.

Anita Robertson, Senior

As lead mentor, I am looking forward to developing some fun and educational programs for my cohort.
Shavon Flowers, Junior



OMSA SpeakOUT

(cont.)

"What are your first perceptions of Asian Images in the Media?" was one of the first questions directed to the Asian American panelist in Main Place, last month. The panelist was part of OMSA's latest SPEAKOUT that OMSA sponsors monthly. The SPEAKOUT was also part of the Asian Heritage Month celebration the Parkside Asian Organization and the Office of Multicultural Student Affairs Sponsored throughout the month. On April 18th, Faye Akindes, Professor of Communications here at Parkside, Terry Flores from Kenosha News, Pheng Vang, UW-

"I grew up with three major stereotypes of Asian Women in the media: The dragon lady, the hyper sexual Geisha, and Connie Chung."
-Professor Faye Akindes

Parkside Student Athlete and Chris Thao, a local Hip Hop artist, expressed their views and opinions of the perceptions of Asian history in the media,

where the Asian Image is and hopes to where it may lead to in the future. "War, and enemies of war was the first major images of Asian Characters in the media. It wasn't until the 1960's that Kung Fu came around. But it wasn't until the 1980's that portrayals of Asian's became more well rounded."



Flores Stated, "There's many different cultures and differences that make up the Asian group, but the media lumps everyone into one frame." The panelist agreed about the significant progress and development of the Asian Image in the media but had different opinions of whether or not the current image was more negative or positive. "There are a lot of positive and various Asian images right now." Thao Stated. "In order to

see a positive or much more well rounded Asian character, you would have to watch Asian Independent films, because they are mostly written and directed by Asian Americans and not the majority." Akindes and Flores discussed the expanding independent films and how their presence in the filming industry has made a positive impact on the Asian portrayal. The panelist also agreed and suggested the crowd to help mold and develop the Asian identity by studying the history and by asking questions.



SPOTLIGHT OF THE MONTH

Name: Anthony DuBose
Nickname: Tony
Where I'm From: Milwaukee
Major: Criminal Justice/Sociology
Organizations: BSU, PSGA, Phi Beta Sigma Fraternity, Inc
Something that I am Proud of this year: becoming PSGA President
3 things I like about parkside: It's Diversity, Leadership, and Organizations
3 things need improvement: Retention of People of color, Bringing Pride to Parkside, Unity among organizations
A favorite quote: "Don't expect more when you put in less work than all of them" - Nas



*It's so Hard to say GoodBye,
It's so Hard to say GoodBye.*

A graduating senior's reflection of the Office of Multicultural Student Affairs

I Would Like To Say:

OMSA Has Been a Second Home To Me Here @ UW-Parkside, Everyone's Leadership In The Office Has Gotten Me Where I Am Today, From Bridgette Johnson Who Gave Me The Opportunity To Become a College Graduate, Carmen Who Guided Me Through College and Always Stayed On Me, DJ Who Has Been Like A Mentor To Me, Mary's Encouraging Words, To April's Welcoming Smile. With All That Said It Was Greatly Appreciated and I Will Never Forget OMSA in My Future Endeavors .

Humbly Written,

Edward Griffin



Final Exams Crams

How to study for exams and still have fun!

Is it just me or does cramming for final exams suck the fun out of college? Even though it is not suggested 73% of students will cram for a final during their college experience. Online Health and Fitness Network says a few healthy habits can maximize your studying efficiency and help you to get better grades. Below are some ideas to try for a stress-free finals week.

1. Stay away from high-fat foods. They can make you sluggish. High-protein foods, such as fish and chicken, promote alertness. High-carbohydrate foods (such as pasta, bread, and potatoes) will soothe you right to sleep.
2. Consume foods that are high in antioxidants (vitamins C and E, and beta-carotene), which increases the blood flow to the brain. Antioxidant-rich snacks include Baked Lays and salsa, whole-grain cereals (such as Cheerios), peanut butter on whole-grain crackers, baby carrots with low-fat salad dressing, and frozen fruit bars.
3. Avoid candy and sugar-sweetened sodas. They provide a temporary boost but don't be deceived-every super sugar rush is followed by a nasty sugar crash!
4. Go easy on the caffeine, especially if your body isn't used to it. Too much caffeine will make your heart race and your body sweat, and can make you jittery you become sick to your stomach.
5. Take an exercise break and go for a run or to the gym. If you don't have a lot of time, take a 10-minute break every hour. Getting the oxygen flowing will help your body fight fatigue and put your mind at ease.
6. Don't buy big bags of food. When you are studying you can easily eat the entire bag without even noticing and when your body is busy digesting enormous quantities of food, your brain won't work efficiently.