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“Remember that no one succeeds alone. Never walk alone in your future paths.”
-Sonia Sotomayor
September is National Suicide Prevention Month

September is National Suicide Prevention Month and International Suicide Prevention Awareness Week are both recognized in September. This year SIUE is launching a new event series to raise awareness about what we can do to work towards preventing suicide in our community. Events include film screenings, information booths, and an installation titled Send Silence Packing. Send Silence Packing is a nationally recognized traveling exhibition of 1,100 donated backpacks, representing the number of college students lost to suicide each year. It will be on display in the Quad and west lawn of the MUC.
National Hispanic Heritage Month is observed from September 15 to October 15. This month celebrates the histories, cultures and contributions of individuals from or trace their ancestry to Spain, Mexico, the and areas of the Caribbean and Central and South America.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico celebrates their independence on September 16, while Chile celebrates independence on September 18.

In celebrating Hispanic Heritage month, it is important to raise awareness of the diversity that exists among this group. It is also vital that an inclusive community understand the meaning of terms, such as Latino and Hispanic. The terms Hispanic and Latino don’t refer to race. Similar to the United States, there are many races in Latin America.

Hispanic is a term that refers to people who share Spanish as a common language. According to Associate Director of Latino Studies Mintzi Martinez-Rivera from Indiana University, Bloomington, the term Hispanic was actually a word adopted by the U.S. government in the 1970s to give people from Latin America a common identity.

According to Martinez-Rivera being a Latino is defined as "any person of Latin American descent residing in the United States." Latinos can be of any "color, shape or background." At SIUE we hope to celebrate this diversity, as we come together to form one unified university community.

Learn more at: http://www.npr.org/sections/parallels/2015/08/27/434584260/hispanic-or-latino-a-guide-for-the-u-s.
César Chávez was an activist, union leader and labor organizer who brought attention to the plight of farmworkers when he formed the National Farm Workers Association in 1962, which later became United Farm Workers. Chávez employed nonviolent means such as leading marches, calling for boycotts and going on hunger strikes. In 1968, Chávez called for a national boycott of California table grape growers, to fight for improved compensation and working conditions. He brought national attention to the harmful effects pesticides had on workers’ health. Through signing of union contracts, Chávez made several victories on behalf of farm workers in the United States. Learn more at: [http://www.biography.com/people/cesar-chavez-9245781#labor-leader](http://www.biography.com/people/cesar-chavez-9245781#labor-leader)

“Once social change begins, it cannot be reversed. You cannot uneducate a person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore. We have seen the future, and the future is ours.”

- César Chávez

Want to learn more? There will be a film showing of “Viva La Causa: The Story of César Chávez” on October 13 from 11 a.m. — 12 p.m. in the MUC Goshen Lounge.
**Arroz con Leche**
*(Rice Pudding)*

1/2 cup whole rice (Jasmine is best)
1-1/2 cups water
1 small piece of lemon peel or zest
1 small cinnamon stick
4 cups whole milk
1 cup sugar
1/4 tsp salt
1 tsp pure vanilla extract

Cinnamon powder garnish with cinnamon stick

1. Cook the rice in the water, lemon peel and cinnamon stick until rice is soft, about 10 minutes or so.
2. Add the milk, salt, vanilla and sugar. Bring to just under a boil and turn down heat.
3. Cook at medium-low heat, uncovered, until it gets thick and rice has absorbed most of the milk.
4. Stir once in a while so it will not stick.

Remove the cinnamon stick and pour into a bowl or several individual bowls and sprinkle with powdered cinnamon before you serve. Serve cold.

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**Flan**

1 cup white sugar
3 eggs
1 (14 oz.) can sweetened condensed milk
1 (12 fl. Oz.) can evaporated milk
1 tablespoon vanilla extract

1. Preheat oven to 350 degrees F
2. In a medium saucepan over medium-low heat, melt sugar until liquified and golden in color. Carefully pour hot syrup into a 9 inch round glass baking dish, turning the dish to evenly coat the bottom and sides. Set aside.
4. Bake in preheated oven 60 minutes. Let cool completely.
5. To serve, carefully invert on serving plate with edges when completely cool.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location &amp; Time</th>
<th>University Units and/or Organizations contacted for collaborations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, September 8</td>
<td>Counseling Services Event: Film: The S Word</td>
<td>5:30pm-8:30 pm MUC Meridian Ballroom</td>
<td>Office of Institutional Diversity &amp; Inclusion</td>
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<tr>
<td>Monday, September 12</td>
<td>National Day of Encouragement</td>
<td>11 a.m.-1 p.m. Educational Table MUC Goshen Slates</td>
<td>Entire University Community</td>
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<tr>
<td>Monday, September 12</td>
<td>Counseling Services Event: Send Silence Packing Exhibit</td>
<td>7:30 a.m.-6:00 p.m. Stratton Quadrangle and MUC Goshen Slates</td>
<td>Office of Institutional Diversity &amp; Inclusion</td>
</tr>
<tr>
<td>Monday, September 12</td>
<td>Eid al-Adha (Islamic Feast of Sacrifice)</td>
<td>Featured on Social Media and in the Embracing Diversity and Inclusion Newsletter</td>
<td>Office of International Student &amp; Scholar Services</td>
</tr>
<tr>
<td>Thursday, September 15</td>
<td>Campus Activities Board Event: Hispanic Heritage Month</td>
<td>10 a.m.-1 p.m. MUC Goshen Lounge</td>
<td>Entire University Community</td>
</tr>
<tr>
<td>Friday, September 16</td>
<td>Mexican Independence Day</td>
<td>Featured on Social Media and in the Embracing Diversity and Inclusion Newsletter</td>
<td>Hispanic Student Union, Alpha Psi Lambda, Gamma Phi Omega, Office of International Student &amp; Scholar Services, Foreign Language &amp; Literature</td>
</tr>
<tr>
<td>Monday, September 19</td>
<td>Celebrating Hispanic Heritage at SIUE</td>
<td>11 a.m.-1 p.m. Goshen Lounge</td>
<td>Hispanic Student Union, Alpha Psi Lambda, Gamma Phi Omega, Office of International Student &amp; Scholar Services, Foreign Language &amp; Literature</td>
</tr>
<tr>
<td>Wednesday, September 21</td>
<td>International Day of Peace</td>
<td>Featured on Social Media and in the Embracing Diversity and Inclusion Newsletter</td>
<td>Office of International Student &amp; Scholar Services</td>
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The Multicultural Center is now open!

Come see us Monday – Friday
from 8:30 a.m. – 4:30 p.m.

Located on the 2nd floor of the Morris University Center (MUC), this space is a multi-use, professional, academic, and social space that supports positive engagement and constructive dialogue related to diversity and inclusion, and welcomes students, staff, and faculty who share those principles.

Have you liked us on Facebook? Keep in touch with the Multicultural Center!
Remember to check out news & events on our: Facebook, Twitter, & Instagram pages.

#siue #siuemcc
The Office of Institutional Diversity & Inclusion is happy to announce that SIUE has been selected as a 2016 HEED Award Recipient!

HEED Award institutions were selected based on their exemplary diversity and inclusion initiatives that focus on all aspects of diversity, including gender, race, ethnicity, veterans, people with disabilities, and members of the LGBTQ community. Award recipients for 2016 include community colleges, public and private schools, baccalaureate-granting institutions, graduate schools, and one

On Friday, September 16, 2016 The Center for Faculty Development and Innovation is hosting Interactive Theatre workshops titled, Can I Be of Any Help? and Cultivation.

For more information contact Dr. Lynn Bartels at lbartel@siue.edu

OnlineSchools.org has recently created two new guides to further support LGBTQ students: the LGBTQ Student Guide and a Guide to Bullying and Cyberbullying.

The SIUE Black Lives Matter conference will be held on October 3 from 8 a.m. – 11:30 a.m. at the MUC
Latin American Countries Word Search

- Argentina
- Belize
- Bolivia
- Brazil
- Chile
- Colombia
- Costa Rica
- Cuba
- Dominican Republic
- Ecuador
- El Salvador
- Guatemala
- Honduras
- Mexico
- Nicaragua
- Panama
- Paraguay
- Puerto Rico
- Peru
- Uruguay
- Venezuela