

¡VIVA! NEWSLETTER



LATINA LEADER NETWORK OF CUESTA COLLEGE | FALL 2020 EDITION

LLN 2020 - 2021 New Board Members



Alicia Paniagua
LLN Title:
President
Cuesta Title:
**Continuing Education
Coordinator & Adult
Basic Education
Faculty**



Jannet Rios
LLN Title:
Vice-President
Cuesta Title:
**Bilingual Academic
Success Coach for
the Teacher
Pathways**



Anna M. Paez
LLN Title:
Treasurer
Cuesta Title:
**Division Assistant
Languages &
Communications and
Social Sciences**



Monica Contreras
LLN Title:
Secretary
Cuesta Title:
**Noncredit
Counselor**



Andrea Echeverri
LLN Title:
Historian
Cuesta Title:
**Health Program
Specialist**



Christina Sholars
LLN Title:
Historian
Cuesta Title:
**Financial Aid
Specialist**



Upcoming Events & Important Dates

- **Joy of Serving**
December 15, 2020
- **Virtual Multicultural Graduation Ceremony**
December 18, 2020
- **MEChA Loteria Navideña**
December 22, 2020
- **1st LLN Spring Meeting**
January 29, 2020

In This Issue:

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- Student Spotlight
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Supporting our LatinX students during 2020, has been one of our main goals as a Latina Leadership Network and as College community active members. It's not even over yet and this year already feels like the longest on record. Between the COVID-19 pandemic and rising consciousness of police brutality and systemic racism, there are a lot of reasons to be stressed out: fear of the virus, isolation caused by social distancing, bearing witness to senseless acts of violence, and having difficult but necessary conversations about race. The reality is, our sense of "normal" has changed completely—classes have moved online, internships have been postponed, and social activities look much different than they did a year ago. Everyone is dealing with a serious strain on their mental health.



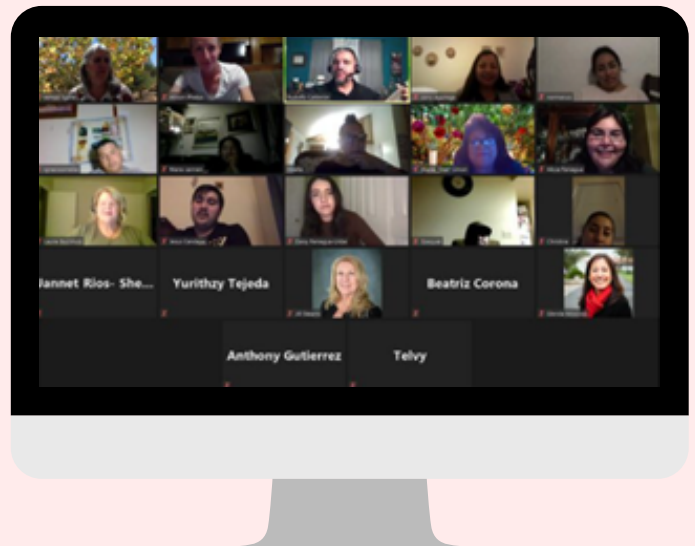
Connecting our students with their roots, their culture, their language through art and other forms of communication has been one of our main strategies to support and guide them through these challenging times. The Hispanic Heritage Month in October was an opportunity to exchange feelings and experiences through poetry, music, dance, and conversation. These are some of our highlighted events and workshops that we had the pleasure of enjoying with our students, teachers, employees, and community partners.



Hispanic Heritage Month

Spoken Word with Rudy Calderon

It was a fun night with Rudy Calderon, a dedicated Latino poet, bilingual song writer, author of 19 books, and high school teacher. After sharing his stories and song, attendees were invited to read poems by Hispanic authors and share their feelings.



[Click HERE to Watch Event](#)



Spoken Word with Yosimar Reyes

Yosimar Reyes, a nationally acclaimed Poet and Public Speaker, is well-known for exploring themes of migration and sexuality in his work.

Did you miss it? Watch a recording of these events here:

[English Session](#)

[Spanish Session](#)

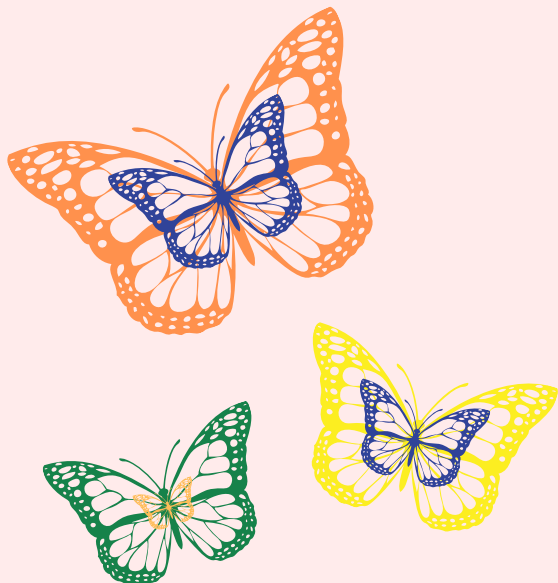


Latinx Heritage Month

Undocumented and Unafraid Panel

Cuesta College Monarch Dream Center offered their second annual Undocumented and Unafraid Panel in recognition of National Undocumented Student Week of Action.

The panel included 3 Cuesta Dreamers/DACA/Mixed status students and 2 Cal Poly Students sharing their educational journeys, struggles and successes as undocumented students.





Rumba Class & Healthy Lifestyle Workshop

At Cuesta we believe in the importance of promoting health and well-being as part of our students' lifestyles. This was a great opportunity to connect our people with a latin-inspired cardio dance exercise that uses music, movement, and culture to create a multicultural party atmosphere, while burning a few calories. Also, we had a "conversatorio" to exchange nutritional tips and strategies to achieve a healthy lifestyle. a recording of these events here:

[Visit the Health Center for more Wellness Events](#)



MOVE YOUR BODY AND BREAK OUT OF YOUR ROUTINE!

RUMBA CLASS
RUMBA CLASS

WEDNESDAY
OCTOBER 28TH | 6PM
INSTAGRAM LIVE:
@CUESTAHEALTHCENTER

HISPANIC HERITAGE MONTH



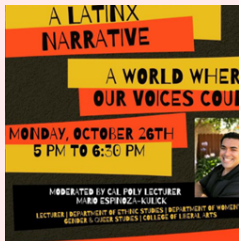

CONVERSATORIO PARA LA COMUNIDAD HISPANA

ESTILO DE VIDA SALUDABLE
¿Cómo lograrlo?

JUEVES | OCTUBRE 29 | 6 PM
INSTAGRAM LIVE: @CUESTAHEALTHCENTER



Latinx Heritage Month



A LATINX NARRATIVE

A WORLD WHERE OUR VOICES COUNT

MONDAY, OCTOBER 26TH
5 PM TO 6:30 PM

MODERATED BY CAL FLOREZ & OCTUBRE MARIO ESPINOZA-KULICK
LECTURES SUPPORTED BY CUESTA COLLEGE DEPARTMENT OF HUMANITIES
BORIS L. GARCIA STUDIOS COLLEGE OF ARTS & LETS

Latinx Narrative

Moderated by Janet Florez and Cuesta College Alumni and now Professor Mario Espinoza-Kulick. This was a space for LatinX students, staff, faculty and members in the community to come together in a conversation about their lived experiences, reflections on racial justice and their life on the central coast.



Cuesta College Latinx List...

Watch on  YouTube

[Click HERE to Watch Narrative](#)



Día de los Muertos

Social distance was not an impediment to celebrate. We created a virtual altar and included a cultural appropriation discussion facilitated by MEChA Advisor Janet Flores. After the discussion we played Lotería, made tissue marigolds and created a sugar skull art. All the materials were provided prior to the event at the Día de Muertos kit distributions on both the SLO and North County Campuses.



[Visit the Virtual Altar HERE](#)

Latinx Heritage Month

Racial Equity and Social Justice in the Classroom

Future Teacher Students engaged with current teachers in virtual breakout sessions designed to provide students an opportunity to connect with passionate educators who discussed

- Special Education: Intentional Inclusion
- Today's Bilingual Education: Breaking Down Language bBarriers
- Trauma Informed Care



RACIAL EQUITY AND SOCIAL JUSTICE IN THE CLASSROOM



LLN Special



Budgets may be a little tighter this year, but that doesn't mean you have to skip the gift exchange with your loved ones—these affordable DIY holiday gifts work for any budget.

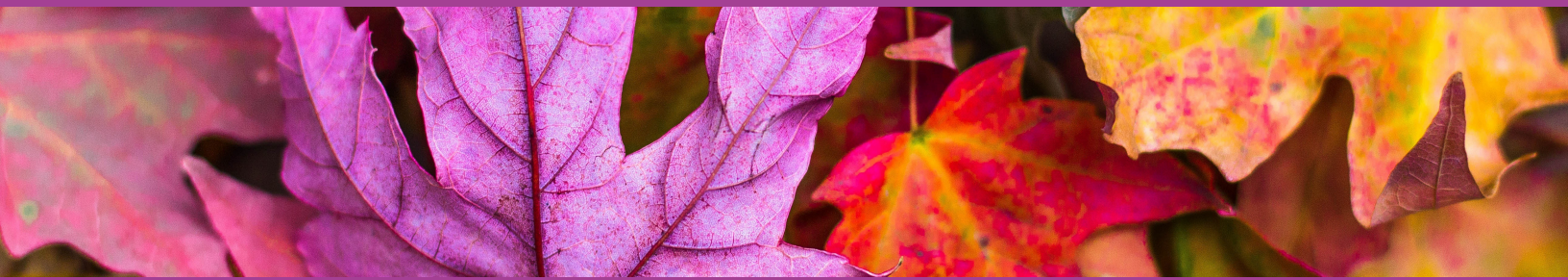
[Click HERE to Read More.](#)



The holidays aren't called "feast days" for nothing: Gathering around the table with family, friends, and community is a traditional way to celebrate in cultures all over the world. Try these healthier twists on seasonal classics, or branch out with new holiday recipes and start a tradition of your own. Happy feasting!



[Click HERE for Recipes.](#)



The COVID-19 pandemic has been stressful and isolating for many people. Gatherings during the upcoming holidays can be an opportunity to reconnect with family and friends. This holiday season, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

[Click HERE to Learn more about CDC Recommendations.](#)



LLN Madrina Estella Vazquez



"It is an honor to serve as a mentor for a team of passionate and committed women who have made the difference for many Latinx students. I am proud of all our accomplishments, let's keep moving forward with our vision and mission. Viva LLN!"

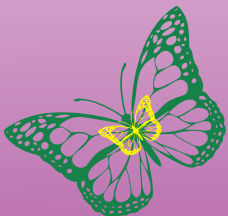


As an educator you have the power to make an impact on the lives of our undocumented students.

Estella is the 2020 Madrina for Latina Leadership Network Chapter, the club advisor for Dreamers United, and an activist for pushing for change within the campus and the community. As the Monarch Dream Center Coordinator, She is creating a more inclusive, safe and welcoming environment for Undocumented students and their families. Estella believes that education is the most powerful tool to succeed therefore, it should be accessible for all.

What has motivated you to keep pushing through 2020?

"2020 was very challenging but I maintained a positive attitude. I kept reminding myself of the importance of staying strong to keep serving my students, my family and friends."





Ana Rodriguez

Major: Child Development



What has motivated you to keep pushing through 2020?

My kids, the first person in my family to graduate college, I want to break the cycle for my kids and encourage them to go to college.



What goals do you have next year?

I want to graduate; my dream is to walk across the stage, and I have never experienced a graduation. It's my goal.

What have you enjoyed the most about Dreamers United Club?

I felt disconnected, I feel old, when you start classes most are teenagers, white and I felt like the only brown student and it made me wonder why I was there. The club helped me realize that this is my place and I've tried promoting to let students know that if I could do it so can they.

Is there anyone at Cuesta who has supported you along your journey?

Estella Vasquez: "When my ESL teacher told me my English was terrible, I thought I would give up. Estella, told me no one should talk to you like that. Estella kept supporting me and pushing me to keep going. I'm here because of Estella."

Bailey Drechsler: I feel like she's my sister. When I finished my ESL course, it's hard only to speak Spanish, and when you go to a class and, everyone speaks English. I started to get anxious, we had to do an English exam out loud, and I struggled and began to cry. I told Bailey I studied and knew the answers, and Bailey told me it would be okay. Bailey helped me have my exams done in Spanish and helped me get involved in more classes. I felt the words she said were for my life, that everything she said was for me.



Araceli Rivalcaba

Major: Early Childhood Education



What has motivated you to keep pushing through 2020?

To learn English because it was hard for me to understand people while living here, and without speaking English, I felt frustrated, so I started with the ESL program and decided to continue my education because I wanted something different and a better life for me.

What goals do you have next year?

Goals for 2021 I want to get my teaching credential through the ECE program, so I need to do 50 hours to earn my credential.

Is there anyone at Cuesta that has supported you along your journey?

April in CAFÉ, is awesome and was always there for us. DSPS helped me a lot because my second language is English. It was hard to catch everything in class. DSPS gave me more time on exams, and they help students. I'm thankful for everyone at Cuesta College. All of the staff is awesome.

What have you enjoyed the most about Dreamer's United club?

I think they help us, but the club is for students to do it, even if they are not legal in this country.

Jesus Cendejas



Major: Social Justice & Human Development

What has motivated you to keep pushing through 2020?

Being a first-generation college student and son of field workers, it's a duty and an obligation for my mom, dad, and family. What motivated me was having difficulty in some of my courses, feeling low in myself but wanting to keep pushing to feel engaged.

What goals do you have next year?

I will conclude as the ASCC President, Student Trustee, and Member of Cuesta Foundation. I will be applying to a few colleges to earn a degree in International Relations at Bellevue University, Arkansas State, and Crieghton University.

M.E.Ch.A.

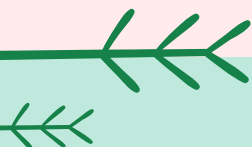
Is there anyone at Cuesta that has supported you along your journey?

Janet Florez, MEChA club advisor. Helped reintroduce me into my heritage and introduce roots in a academic way and my femme mentor Academic Success Coach Jannet Rios, who kept me accountable and organized. LIC. Christina Sholars pushed me to do Leadership and better understand my financial aid options in an equitable and heartwarming way.



What have you enjoyed the most about M.E.Ch.A club?

I am validated in my community college campus. It has made me feel strong and proud to be Chicano in every sense of the word. My culture, language, and stories of other people look like my Abuela and Abuelo. It allowed me to become a Chicano student activist and to seek social and racial justice in my community.



Mayra Bautista



Teacher Pathways

Major: Elementary Education

What has motivated you to keep pushing through 2020?

During the beginning of the year, I was enrolled in 5 classes. It was hard for me to focus, and I dropped my classes. As soon as I dropped my classes, I regretted it. What kept me motivated was the end goal of what I wanted to accomplish.

What goals do you have next year?

To keep trying my best in all of my classes and not stress too much, take it to step by step and put my mental health first.

TEACHERS PATHWAYS

Is there anyone at Cuesta that has supported you along your journey?

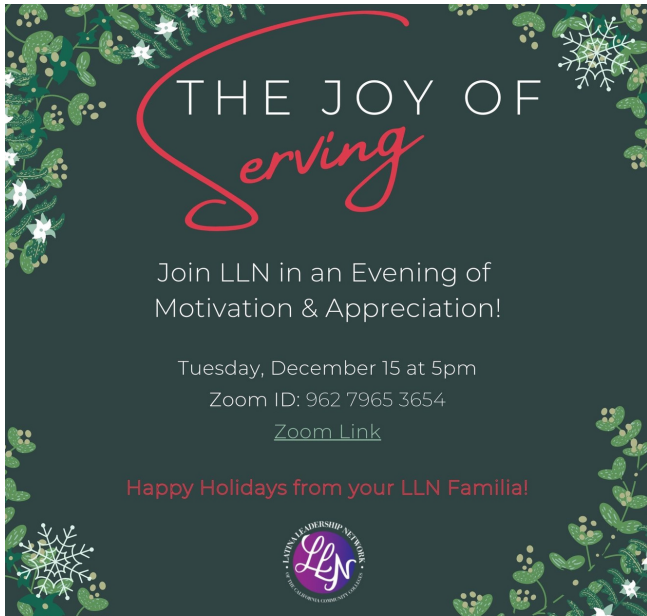
Janet Rios has supported me through it all. She connected me to Financial aid to help with my FAFSA and pushed me to try new things, get out of my comfort zone, and help with resources I have needed.

What have you enjoyed the most about the future teacher's club?

I have enjoyed meeting new people who have the same career path as me and other students able to relate to my goals and share ideas and keep each other motivated through it all.



Upcoming Events



Join LLN in an Evening of
Motivation & Appreciation!
December 15th from 5 pm to 6pm
Zoom ID: 962 7965 3654



Loteria Navidena

Before heading into winter break join M.E.Ch.A club for a fun night of Loteria and a moment to celebrate one another.

December 22nd from 6 pm to 7pm

[Click Here to Sign Up](#)

Save the Date!

Virtual

Multicultural Graduation Celebration

LLN is joins forces with BSU!
December 18, 2020 | 5 PM
[Zoom link here](#)

ALL are WELCOMED!

If you have any questions, please contact:
Christina Scholars at

christina_scholars@cuستا.edu

or Andrea Echeverri at

andrea_echeverribeta@cuستا.edu





Words of Encouragement

As we wrap up this semester, I just wanted to say – **YOUR WORK MATTERS!**
At times, this year I felt I could only give my students very little and then other times in the semester I was able to give a little more. I tried. This semester was tough. I hope soon, all of you as staff, faculty, and administrators are able to put this year into whatever perspective serves you and allows you to better serve students moving forward.

Thank you LLN for all of your work and dedication!

GRACIAS for showing up daily for the next generation. Thank you for going above and beyond to provide a space for students to experience safety and consistency in the midst of chaos.



just for you!

LLN Cuesta College Chapter 2020

Remember:

*Chin up. Dig your roots deeper. Keep growing.
Each day you glow a little more. Eres **CHINGONA**.
Every bone in your body is badass.
Good and bad days, your light will keep shining.
You are generations of sun soaked, brown skin,
melanated mujeres that went before you
so you can be standing here today.
@brownbadassbonita*



Alicia



Words of Encouragement



just for you!



[Continue to Live. Watch the video here](#)



[The Beautiful Black Man. Watch the video here.](#)

Happy Holidays!