Ballet Folklorico originally started in Mexico in the mid 1900's and was founded by Amalia Hernandez. The name of Ballet Folklorico came about because the founder was a ballet dancer and instructor which formed the first half of the named. Hernandez also wanted to incorporate traditional Mexican dances and that’s when Folklorico arose which means traditions of the people. Any spectator can see these two different aspects joined together to form a unique dance for all to enjoy. The manner in which the dancer moves his/her arms displays those of a ballet dancer, and the costumes, music and foot movement display that of traditional hispanic heritage.

Today Ballet Folklorico de Mexico is a very prestigious institution in that country. Ballet Folklorico at Weber State University (WSU) began as Mexican Ballet at Ogden High School seven years ago with just only 6 students. The original name was Mexican Ballet but the advisor thought that name excluded other ethnic groups and it eventually evolved to Ballet Folklorico.

Now the program has nineteen active members which are all females, and included WSU students and students from Ogden High School, Bonneville High School, Ogden Academy Preparatory, and Highland Jr. High. Students practice every Tuesday from 4:00 to 5:30 pm in one of the rooms that is available in the Shepherd Union Building at WSU. There is no cost to join Ballet Folklorico the program is founded by the Multicultural Student Center at WSU.

Ballet Folklorico, as mentioned by advisor Monica Rodriguez, is an, “Academic Leadership Mentorship Program.” Students involved in the program are empowered and given the necessary tools, such as scholarships, study skills, etc., to become a successful college student. These tools also help students improve...
Weber State University Stress Relief Center

"The Successful manager of stress is willing to do that which the unsuccessful manager of stress is not willing to do."

–Dr. Michael Olpin

by Timmy Phomsouvanh
Peer Mentor | timmyphomsouvanh@weber.edu

Believe it or not, stress affects almost every one of us and negatively impacts nearly every disease of our culture to the point where it has been reported that 60-85% of visits to physicians have a stress component. Weber State University has a Stress Relief Center that has been designed to give you a large number of effective tools that work to reduce your stress and help you feel a lot better. The employee will take your blood pressure before and after.

You may choose one of their tools which include the following:

• Massage Chairs
• Chi Machine
• Hydrotherapy Massage
• Recliner Chairs
• Vitamin D Lamp
• Light Sound Machine
• Biofeedback Machine
• Other Miscellaneous Tools

They also offer book rentals for up to 3 weeks that deal with relationships, self-help, spirituality, motivation, business, etc. Tea, hot chocolate, essential oils, and different types of stress relief lotions are also available.

The Stress Relief Center is located on the WSU Ogden Campus in the Swenson Complex on the second floor in room 223 and is open Monday-Friday from 9:00am-5:00pm and is closed on Mondays at 4:30.

Ndaba Mandela visits WSU

by Chelsea Bybee | Peer Mentor | chelseabybee@weber.edu

On February 10th, 2015, Ndaba Mandela, grandson of Nelson Mandela, visited the campus of Weber State University. The campus provided an event open and free to the public for Mandela to speak and share his life experiences as well as provide inspiration.

Ndaba started living with his grandfather at the age of 11 and grew continuously close with him. He is striving to continue the legacy of his grandfather by providing inspiration and unity amongst modern day youth from around the world.

In his speech, Ndaba started off by citing a segment from the famous "I Have a Dream" speech given by Martin Luther King Jr. in 1963. The segment from MLK's speech stated, "100 years later, the Negro is still not free" and is "still sadly crippled by the manacles of segregation and the chains of discrimination." Ndaba believes that it only takes one person to make a difference in the world. He strongly wants the world, especially Africa, to believe that we are all one and should not be separated.

A passion of Ndaba is to fight against the crippling disease of Acquired Immunodeficiency Syndrome (AIDS). He noted that most people in Africa are either directly or indirectly affected by AIDS. Unfortunately, Ndaba became one of those statistics with the disease taking the lives of both his parents. He is now spreading awareness of safe practices to reduce the cases of AIDS within the continent of Africa as well as worldwide.

Ndaba Mandela stressed the want and need for us to help defeat the negative perception that the media displays of Africa. People are skeptical to visit Africa because of the negative perception. He joked by saying that people should visit South Africa instead of going to China. He noted how there is so much unknown that the world is unaware of and wants us youth to do our best at speaking only about the event good in Africa and not indulge in the stereotypical views. Though Ndaba Mandela's speech was short, there certainly was no shortcoming of what the event attendees took away. His visit to WSU will be cherished for years to come.
Free Application for Federal Student Aid

by Amber Fast
Peer Assistant | amberfast@weber.edu

FAFSA
Weber State University Education Access and Outreach is hosting an event called FASFA Frenzy. It will be held at WSU Ogden Union Building Computer Lab and WSU Davis Building D3 Room 230 on February 28th and March 28th. This is FREE from 9am to 4pm at both locations for any high school seniors or any college students requiring assistance. No appointment is needed, it’s first come first served. If you would like more information about the FASFA Frenzy please contact Amy Huntington at amyhuntington@weber.edu.

Taxes
If you need help doing you taxes the Business Building or Cottage of Hope is here to help you. You will need an appointment for both of these, but they are willing to help you for free or a small fee. To contact the Business Building the number is (801) 626-6072 and there email is actg@weber.edu. To contact the Cottage of Hope number is (801) 393-4011 and their email is www.cottagesofhope.org.

I cannot stress enough the importance to get you taxes done so you can fill out your FASFA. The longer you wait the less money you may be able to receive. Also, by filling out your FASFA on time you may qualify for other opportunities like Dream Weber. Dream Weber is a program for students who have a low household income. To learn more about Dream Weber you can go online to: www.weber.edu/dreamweber, or come meet one of our Advisors at the Multicultural Student Center.

continued from Ballet Folklorico
and maintain an excellent GPA and graduate college. Students involved have to match the program’s philosophy to be able to mentor high school students, as well as act as a role model to encourage them to go to college. These students are expected to act like a leader at home, in the community and at school, but also to strengthen and embrace their culture. Anyone is welcome to join Ballet Folklorico all that is required from them is to be committed.

If you have not yet seen these wonderful student sperform don’t panic they will be performing in various events within the next couple of months. They were invited by Latinos in Action (LIA) to open their annual LIA Conference that will be held on March 12th at WSU. The next to come is the Cinco de Mayo Telemundo Festival that will happen on May 10th in Taylorville. Ballet Folklorico will also perform at the Living Traditions Festival in Salt Lake City. Finally they will be performing at the Jose Maria Velasco Art Exhibit during the open house. Everyone is invited to all of these event to have a good time with family or friends.

Ballet Folklorico also had the great opportunity to be interviewed by the well known Spanish Speaking Television station, Telemundo. Students wanted to empower those out in the community letting them know that anyone’s dreams can come true and that they are not alone in the struggle to get a higher education. Ballet Folklorico would like to expand, outside from the Ogden area, their cultural pride as well as their empowerment to get other to get a higher education.

Academic resources
by Sujely Mendoza
Peer Assistant | sujelymendoza@weber.edu

Ever wonder where you can get help with your homework? Weber State houses many different options that are available for students. In the Student Services building there is a tutoring center that offers assistance on subjects that range from math to anatomy.

Student Support Services, located in the Student Services building, has a variety of free services to help you complete your bachelors degree. However, you must meet certain qualifications in order to be eligible to receive these services. A few of the services they offer include academic tutoring, book loans, and a computer lab.

However, if you’re looking for help in developmental math, Ember Hollinger is a new math mentor who can provide you with helpful study skills, tips, and tutoring referrals.

A common resource offered by classes nowadays is Supplemental Instruction(SI). These SI sessions are taught outside of class in a group setting by a high achieving student who recently took that class. You can talk to your professor or department chair to see if Supplemental Instruction is offered.

The Writing Center at Elizabeth Hall is another campus area where students can get academic help. The center’s services are offered to all Weber State students and are not just selective to English majors. Actually, upper division English majors are commonly seen tutoring the students who come in looking for help on their paper or writing assignment. The service is free to all students as they sit down with their homework? Weber State houses many different options that are available for students. In the Student Services building there is a tutoring center that offers assistance on subjects that range from math to anatomy.

The services listed above are just a few of the resources offered at Weber State. We highly encourage you to take advantage of these options to improve your academic performance and campus involvement.
Upcoming Events on Campus

by Ivan Negreros | Peer Assistant | ivannegreros@weber.edu

**Barbara Jones: Motivational Speaker**

This event will be held at Davis Campus on March 4, from 7:00-8:30 PM. Refreshments will be served and will be free to students, faculty and the community.

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**Winter Leadership Academy**

March 4-5, 2015. Registration is due by March 1, 2015, with a $20.00 fee. Forms can be found in Shepherd Union 326. Time TBA.

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**Latinos in Action Conference**

Education Access & Outreach, in cooperation with Latinos in Action, will be hosting the Latinos in Action Conference on March 12, 2015 from 7:30 AM–3:30 PM. This is an opportunity for you to lend your time and talent toward a great outreach event by volunteering. Approximately, 1,600 high school and middle school students will be on campus for this event, so the volunteer needs are tremendous!

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**MLK Chair: Women Matter.**

March 18, 2015 from 1:30– 2:30 PM at the Center for Diversity and Unity

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**Stop the Hate: Social Blindness: Understanding Welfare Realities**

March 25, 2015 from 11:30 AM –12:20 PM at the Center for Diversity and Unity.

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**continued from the desk of our director**

is serving as a STEPS Coach. I am impressed with the professionalism, expertise, and commitment of MSC staff. We WELCOME them as they join our Multicultural family and "Wildcat Ways"!

We have much to do as we celebrate and prepare for the end of the academic year. Please keep a look out for our 70+ scholarship recipients who will be wearing their "Scholar" t-shirts and congratulate them for doing an outstanding job in their academics and leadership activities.

If you have any questions, please contact or email me or the Multicultural Student Center (multicultural@weber.edu). From all of us at the Multicultural Student Center, we hope you enjoy our newsletter! With St. Patrick’s Day (March 17th) and the Big Sky Tournament around the corner, "may the luck of the Irish enfold you" in your endeavors.

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Multicultural Student Center | Student Service Building, Suite 150 | Monday-Friday | 7:30am - 4:30pm | 801-626-7330 | multicultural@weber.edu

www.weber.edu/multicultural | Newsletter Layout: Ana Reyes

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**Tasty Thursday**

**EUROPE**

3/26/2015

11am - 2pm

Student Services
Suite 150

Come get a free delicious sample of European & Australian cuisine & embrace a cultural enrichment activity.

**AUSTRALIA**

4/23/2015

11am - 2pm

Student Services
Suite 150

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**EUROPE**

3/26/2015

11am - 2pm

Student Services
Suite 150

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**AUSTRALIA**

4/23/2015

11am - 2pm

Student Services
Suite 150

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