

Forwarding the Dream

Excerpts from
"I Have A Dream"
speech by Martin
Luther King, Jr.



We cannot walk alone.
And as we walk, we must
make the pledge that we shall
always march ahead.

We cannot turn back. Let us
not wallow in the valley of
despair, I say to you today,
my friends.

And so even though we face the difficulties of today and tomorrow, I still
have a dream. It is a dream deeply rooted in the American dream.

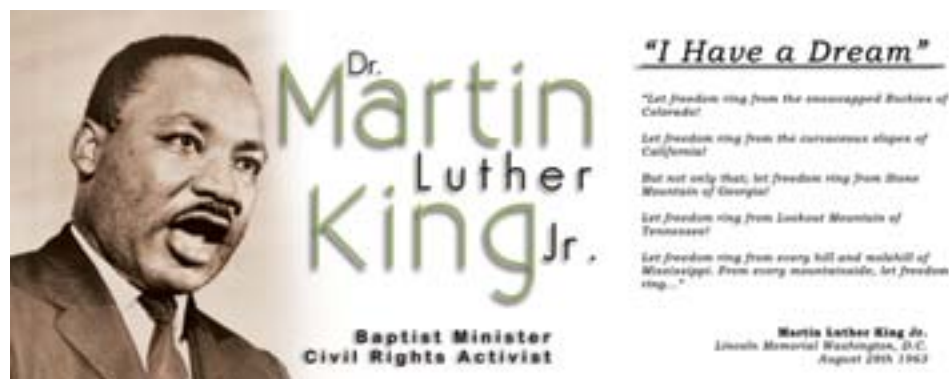
I have a dream that one day this nation will rise up and live out the true
meaning of its creed: "We hold these truths to be self-evident, that all men
are created equal."

I have a dream that one day on the red hills of Georgia, the sons of former
slaves and the sons of former slave owners will be able to sit down together
at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering
with the heat of injustice, sweltering with the heat of oppression, will be
transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where
they will not be judged by the color of their skin but by the content of their
character.

I Have A Dream Today!



New Year / New Books!

By Fernando Serrano, Teaching Assistant, Platt College San Diego

January and February is time of the year to make a fresh start. The staff at Platt College San Diego Library wanted to jump start the new year with a few new books to welcome in 2016. We value diversity, literacy and cross-genre books. We also support small bookstores such as Bluestocking books in Hillcrest. Nicole, our Head Librarian wanted to broaden the book selection in our library so she headed over to Bluestocking books and chose a few new books for the students to enjoy.

We added a new section; 'multicultural literature' and will soon add cookbooks and arts & crafts to our selection. Every month, we have a display of staff picks and books that we like to highlight according to the theme of the month. We welcome all students to come in to the library and learn about Martin Luther King, Jr; the man who changed America's history with his words, courage and humanitarian spirit! We want to hear from you! Please come to the library to suggest books, movies and other literary gems that you would like to enjoy in our quaint reading nook. The staff is enthusiastic and willing to assist you. Happy Reading!



Greetings.....

The Platt College-San Diego Library is dedicated to promoting an inspiring atmosphere that meets our student's informational needs and promotes cultural awareness. The library contains appropriate learning and research materials, as well as books and magazines on many subjects and interests. We engage our community with art shows at local libraries and art spaces; monthly-themed exhibitions around campus; and our newsletter as your muse and your news!

By Nicole Lewis, Platt College San Diego,
Editor in Chief | Head Librarian | Instructor

If you want to be part of Calliope please feel free to submit articles, recipes, poems or anything that may be useful to our newsletter, please contact nlewis@platt.edu

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Platt in the Community



Changing Times: Changing Tones Honoring African American History Month

Platt College San Diego presents a selection of graphic design techniques, digital photography, and fine art modus operandi by students who lend to the public an esoteric viewpoint of America from their experiences as African Americans. The artists encompass various themes and rouse conversations about the essence of African American art

and culture and their roles in political change, empowerment and contribution to a multinational society. The student artists merely of African descent designed this exhibition with intentions to educate and inspire the San Diego Community by way of displaying collective forms of art.

Changing Times: Changing Tones is on display at the Spring Valley Library.

Health & Wellness

Healthy Juice & Smoothie Recipes

Every year, millions of people create New Year's resolutions that consist of being fit and eating healthier. Fresh juices and smoothies are the perfect remedies! It's a New Year, time to reboot!

"New Year, New You Smoothie"

Recipe Submitted by Natasha Englehardt

Written and edited by Nicole Lewis

Prep Time: 5-10 minutes **Serves** 1-2 People

Ingredients:

- 2-3 cups of Spring Mix & Spinach
- Half A Banana
- 1 cup of fresh peeled and chopped Mango OR 1 cup of frozen mangos
- 1 cup of fresh chopped pineapple OR 1 cup of frozen pineapples
- ½ cup of fresh blueberries OR frozen blueberries
- ½ cup of Vanilla Protein Powder or one scoop according to the container
- A splash of orange Juice
- 2 cups of unsweetened Vanilla Almond Milk
- Topped with chia seeds



Directions: Combine all the ingredients in a blender or vitamix (except for the chia seeds) blend to desired consistency. Top with chia seeds and rejuvenate!

"Blossoming Renewal Coconut Water"

No Juicer Required

Recipe and picture submitted by Nicole Lewis * The recipes is taken from *Goddess Juices: 30 Divine Juices, Affirmations and Mantras* also written by Nicole Antoinette Lewis.

Prep Time: 10-15 minutes **Serves** 1-2 people

Ingredients:

- Brown Coconut
- Edible Flowers (Sprouts sells them)

Materials:

- Screwdriver and Corkscrew
- Hammer
- Long handled mesh strainer
- A Mason jar



Directions: Find the three (3) eyes on the coconut. Take your screwdriver and puncture the softest one of the 3 "eyes" by pounding the hammer into the screwdriver into the coconut eye to make a hole. Take a corkscrew and drill out a better hole. Collect the water that drains from the opening through the mesh strainer into the Mason jar. Rinse the edible flowers and place into the Mason jar. Chill in the refrigerator for 2 hours. Pour the fresh juice into a glass using the mesh strainer again. Drink up the blossoming juice and RENEW!

Inspiration in the Industry



Leticia Reinaldo

By Bianca Reyes, Librarian Assistant, Platt College San Diego

Originally from Brazil, Leticia Reinaldo is now living as a 3D freelancer in Los Angeles. She works as a modeler for Gnomon Studios on their upcoming project titled, *The Ningyo* and contributed to several successful movie franchises such as *Frozen* and *How to Train your Dragon 2*.

You can check out her work: bit.ly/1ngWhy0

Nutritional Tips

Coconut



- Reduces the risk of heart disease
- Lowers your cholesterol
- Improves conditions in those with diabetes and chronic fatigue
- Boost your daily energy
- Rejuvenates your skin and prevent wrinkles

Mango



- Fights cancer against colon, breast, leukemia and prostate
- Skin cleanser and freshness to the face
- Regulates diabetes
- Helps in digestion
- Reduces kidney stones

Strawberry



- Helps burn stored fat
- Eases Inflammation
- Anti-aging properties
- Lowers cardiovascular disease
- Prevents oesophageal cancer

Pineapple



- Protects against heart disease
- Asthma Prevention
- Helps in digestion
- Blood clot reduction
- Immune system support

Our Staff Is Very Culinary!



For more juice recipes, check out Nicole's book on Amazon *Goddess Juices: Awaken the Goddess with Divine Juices* by Nicole Antoinette Lewis.

Tantalize your Taste buds! Follow Our Savory Chefs: Nicole Lewis and Natasha Englehardt on Instagram @NatashasFoodAdventures @NicoleBellaRecipes



Arts and Literature

The Visual Arts Narrative

By Nicole Lewis, Librarian, Platt College San Diego

As visual artists it is important to explore many avenues to represent one's work, unique style and design eye. For graphic designers who also enjoy writing, Ekphrasis poetry is a genre that could be explored. Ekphrasis poetry simply stated- is an intense description of a scene and/or a work of art. When presenting portfolios to potential clients or employers, visual artists could benefit by possessing the talent of creative speech.

Effective writing skills is a career advancer. Although a person's work speaks for itself, strong communication skills infused with passion and zest for one's work is a selling bonus, not to mention fun! Why not explore the craft of writing?

"In the Musée des Beaux Arts" by WH Auden's is famous example of ekphrasis. It explores Pieter Brueghel's mythological themed painting *Landscape With the Fall of Icarus*.



The poem "Landscape with the Fall of Icarus" by William Carlos Williams is also inspired by the same painting.

Student Poems of the Month

The Kiss

Collage/Ephrasis Poem

By Nicole Lewis' Literature Class

(Keelie Occhino, Caitlin Brewer, Edna Cartas and Rueben Rios)

The sky belongs to two lovers
Each star representing pieces of heart

They kiss surrounded by constellations
The world around transforms into mirage of color

Covered in confetti, glitter, and stickers shaped like eggs
Whispers fill her hair kisses in the air



"The Kiss" by Gustav Klimt

Poet of the Month

Poet and novelist Claude McKay was born in Jamaica on September 15, 1889. At a young age he was exposed to novels and poetry by his older brother. In 1918, he published *Songs of Jamaica* which highlighted his experiences of Jamaica's "black life." He went on to study at Tuskegee Institute but soon switched schools and attended Kansas State University to study agriculture. He published two sonnets in 1917 entitled, "The Harlem Dancer" and "Invocation." His poetry is woven with themes of passion and romantic love along with recollections of his Jamaican homeland.



In the early twenties, McKay explored Communism and traveled to Russia and France. While living in France he met writers Edna St. Vincent Millay and Lewis Sinclair. He moved back to America in 1934 where he gained respect among black poets such as Langston Hughes. His poetry helped set the climate for of the Harlem Renaissance. Claude McKay died in 1948, but his legacy lives on as a poet, novelist and one of the innovators of the Harlem Renaissance Movement!

Romance

by Claude McKay

To clasp you now and feel your head close-pressed,
Scented and warm against my beating breast;

To whisper soft and quivering your name,
And drink the passion burning in your frame;

To lie at full length, taut, with cheek to cheek,
And tease your mouth with kisses till you speak

Love words, mad words, dream words, sweet senseless words,
Melodious like notes of mating birds;

To hear you ask if I shall love always,
And myself answer: Till the end of days;

To feel your easeful sigh of happiness
When on your trembling lips I murmur: Yes;

It is so sweet. We know it is not true.
What matters it? The night must shed her dew.

We know it is not true, but it is sweet --
The poem with this music is complete.

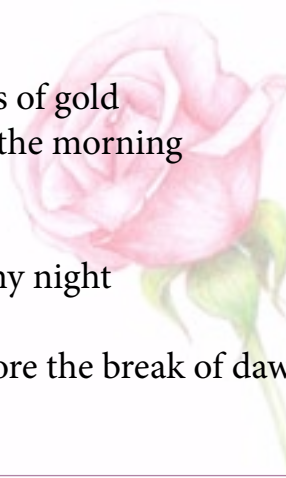
The Color Blue

by Caitlin Brewer

Midnight blue with specks of gold
Velvet and satin sheets in the morning

Coffee when you're tired
Clean, crisp air after a rainy night

A city with dim lights before the break of dawn
Whispers of a better time



Yellow in Blue

by Edna Cartas

Smooth and cool to the touch
The faint warmth of sun rays from a window

Refreshing, yet comforting
Fresh scent like the down pour of rain

The bustle of a coffee shop
Clean and clear sounds blended with white noise

Art in the City



- San Diego History Center
- San Diego Model Railroad Museum
- San Diego Museum of Man
- San Diego Natural History Museum
- The San Diego Museum of Art
- Timken Museum of Art

Balboa Park Museums

Veterans Museum at Balboa Park

World Beat Center

Centro Cultural de la Raza

Marston House

Mingei International Museum

Museum of Photographic Arts

Reuben H Fleet Science Center

San Diego Air & Space Museum

San Diego Art Institute (SDAI)

San Diego Automotive Museum

San Diego Hall of Champions



Barrio Logan Art District

Bread & Salt Factory and Not an Exit Gallery

Chicano Park

Chicano Art Gallery

Glashaus

Low Gallery

La Bodega Gallery

Nebular Incubator

Union Barrio Logan

North Park and Surrounding Areas



Art Produce Gallery

Expressive Arts Studio

Protea Gallery

The Studio Door



Click on the locations to be redirected to their websites!

JANUARY/FEBRUARY 2016

As Featured on KPBS Calendar of Art Events

Changing Times: Changing Tones Art Exhibition

When: Ongoing until Monday, February 29, 2016

Age Limit: All ages

Cost: Free | (619) 463-3006

Location: Spring Valley Branch Library | Website
836 Kempton Street, Spring Valley, CA

About: Changing Times: Changing Tones is a multimedia art exhibition honoring African American History Month. The exhibit is put on by 10 African-American student artists from Platt College and will feature photography, painting and graphic design. The show runs at the Spring Valley Public Library through February, Black History Month.

Curator Nicole Lewis, a teacher and head librarian at the college explains: "There are many ways we need to work toward equality in our country and one is to create opportunities for emerging black artists to showcase their work and develop more award winning artists in the future. This is one part of a bigger picture in solving a systemic issue in our country."

Our Current Student Art Exhibition!

Changing Times: Changing Tones is currently on display at the **Spring Valley Library**. The show runs from January 30th to February 28th. **Curated by Nicole Lewis**

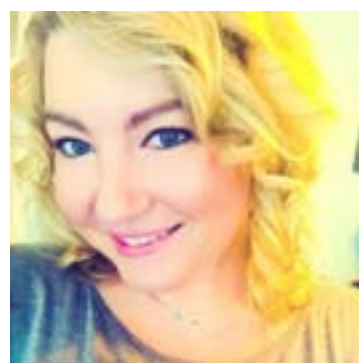
For more information on local libraries please click on the link below

www.sandiego.gov/public-library/



"The Radiant One" by Karlton Roberts

Join our Social Media Goddess Natasha Englehardt for another one of her sensational workshops.



What: LinkedIn for Beginners
When: February 25, 2016
Time: 12:30-2pm
Where: Platt College San Diego, Term 1 Classroom
For more information contact nenglehardt@platt.edu

