

Cesar Chavez

By Nicole Lewis, Librarian, Instructor, Platt College San Diego

Cesar Chavez was born near Yuma, Arizona, on March 31, 1927. He was the founder of the National Farm Workers Association, which later evolved into the United Farm Workers. Chavez devoted his life to improving the treatment of migrant farm workers. When he was young, he worked in the fields with his family and knew the plight that migrant farm workers faced. Pesticides were sometimes sprayed on crops while migrant workers were in the field and Chavez recognized that this was unjust. In 1965, the National Farm Workers Association paired with the Agricultural Workers Organizing Committee to strike against grape growers in California. By 1968, Chavez led a national boycott against the table grape growers and as a result, improved the compensation and labor conditions for the farm workers.

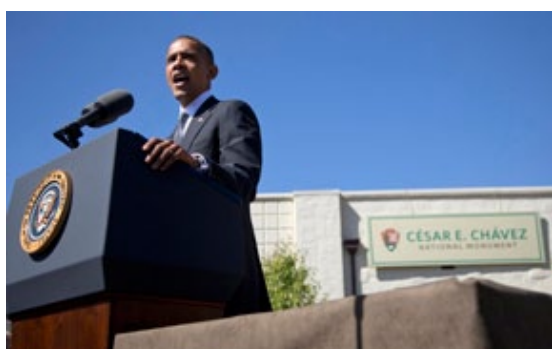


Chavez believed in a nonviolent approach to protesting. He was so dedicated to this belief that he went on several hunger strikes to stop the violence and eventually his tactics worked. His devotion earned him the respect and support of political leader Robert Kennedy and Jesse Jackson.

President Barack Obama's campaign slogan "Yes We Can!" originated from the rally chance of the Farmers Workers movement led by Chavez. On April 1st 2008, Barack Obama endorsed a national holiday in honor of the late, legendary activist, and humanitarian Cesar Chavez to be honored on Chavez's birthday, March 31st.



Speech by Barack Obama Honoring Cesar Chavez



"Throughout his lifelong struggle, Cesar Chavez never forgot who he was fighting for. "What [the growers] don't know," he said, "is that it's not bananas or grapes or lettuce. It's people." Today, let us honor Cesar Chavez and those who

marched with him by meeting our obligations to one another. I encourage Americans to make this a national day of service and education by speaking out, organizing, and participating in service projects to improve lives in their communities. Let us remember that when we lift each other up, when we speak with one voice, we have the power to build a better world.

"NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States do hereby proclaim March 31, 2014, as Cesar Chavez Day. I call upon all Americans to observe this day with appropriate service, community, and education programs to honor Cesar Chavez's enduring legacy."-Barack Obama

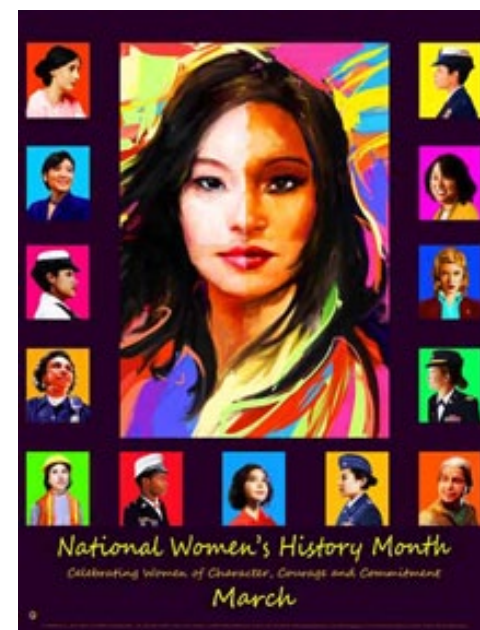
"IN WITNESS WHEREOF, I have hereunto set my hand this twenty-eighth day of March, in the year of our Lord two thousand fourteen, and of the Independence of the United States of America the two hundred and thirty-eighth" -BARACK OBAMA

Women's History Month

By Dave Downes, SYSAdmin/VA Liason, Platt College San Diego

A friend of mine was recently surprised to learn that there was indeed a Women's History Month and I had to wonder why this was such a surprise to him. He asked why a Woman's History Month at all? This seems like an absurd question to me, there are plenty of reasons that we would want to have a month to pay tribute to women who have made important and profound differences in society. It's important to understand that we have had the internet LONGER than the United States has observed Women's History Month.

The reality is that women have been key members in the fight for civil rights, helping all citizens not just women. Likewise, women have made pioneering discoveries in science that benefit all of humanity, not just them. You might hear from someone that men have made similar contributions to society, and this is true, but men didn't have the institutional obstacles in place that all or a majority of women faced in our not so distant past. Furthermore, I could list a number of these women from our collective



past to illustrate the importance and significance of these contributions. Women's History Month isn't about the discoveries, battles, and contributions.

Women's History Month is not about equality, it's not here to raise women to the standard of men. Women's History Month is a reflection on the obstacles, the barriers, and the hurdles our society places on women. Without these barriers, women wouldn't feel the need to rise up to the challenge or feel the need to kick down walls and shatter glass ceilings. I suspect the only reason a woman hasn't discovered the cure for cancer is because no one has told her that she can't yet.

To read more see link below

<http://platt.edu/blog/platt-reflects-on-womens-history-month/>

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 Beautifying the Community



By Nicole Lewis, Librarian, Instructor, Platt College San Diego

Natasha Englehardt, Platt College San Diego's social media coordinator has partnered up with Emily Paddock in an attempt to beautify the College Area

community, the neighborhood where our school has resided for over 30 years! Emily Paddock aims to establish more of an art presence in the College Area. Emily explains, " Art creates community and it forms a connection between people."

Emily Paddock is the assistant director of the College Area Business District and she encompasses a community-minded way of thinking. A handful of Platt College San Diego students will lend a hand to vision of the College Area Business district . Under the direction of Jason Gould owner of Visual: Urban Contemporary Art, the students will paint utility boxes that will enliven the neighborhood and move closer to the goal of making the area a destination spot. The boxes will be done by the end of April, early May! We will keep you posted!

Health & Wellness

The Art of Food!

Spring is a time for rejuvenation and the bursting of colorful flowers, fruits and vegetables! Artists have trained their eyes to find the beauty in the mundane and to share it with those around them. As an artist, art connoisseur and delectable cook, I seek out ways to fuse my passions; Art and Food.

Cooking is an art and when presenting dishes, what allures and stimulates the taste buds is smell and yes, the aesthetics! I have minor in art history and enjoy the colorful paintings that blossomed out of the Expressionism, Bauhaus and Der Blaue Reiter movements. Wassily Kandinsky's paintings are vibrant and lively, just how I like my food. The following recipe is dedicated to Kandinsky's "Composition VIII."

Kandinsky Kabobs: Composition VIII

Recipe submitted by Nicole Lewis
Written and Edited by Nicole Lewis
Prep Time: 15-25 minutes
Serves: 10-12 people

Ingredients:

- 1 small cantaloupe
- 1-2 pints of organic strawberries
- 1-2 pints of blackberries
- 2-3 cups of purple grapes
- 1 pineapple
- 10-12 shish kabob skewers



Directions:

Wash and cut up the fruit. Half the strawberries; keep the blackberries whole. Thread the fruit alternately onto the skewers. Arrange the fruit on a white serving platter so that the colors will pop! Enjoy your masterpiece!



Nutritional Tips

Cantaloupe



- Helps to prevent arthritis
- Boosts the immune system
- Helps prevent kidney-related diseases
- Helps reduce the risk of cancer
- Relieves symptoms of anxiety and stress

Blackberries

- Prevent growth and spread of cancer
- Slows the aging process
- Promotes bone development
- Prevent heart attack and stroke
- Improves brain health and memory

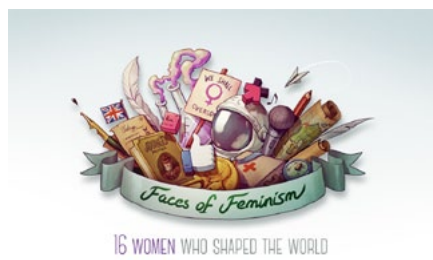


Inspiration in the Industry

Marija Tiurina

By Bianca Reyes, Librarian Assistant, Marija Tiurina is a multi-media Design Artist currently working for Mediatonic LTD.

Her hand-drawn coloring skills are definitely worth viewing. One of her most recent projects "Faces of Feminism: 16 Women Who Shaped The World" is inspired by March's Women's History Month to honor the contributions of women events throughout the history.

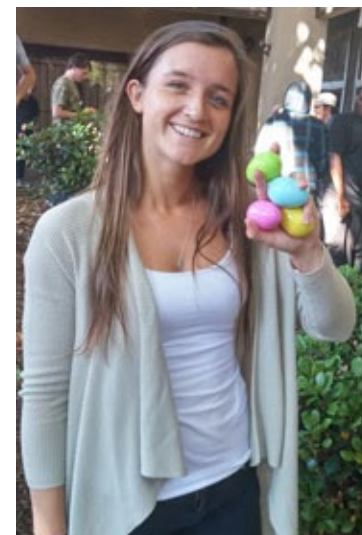


Check out her full project at: <http://bit.ly/1QLy7Hd>

Plattivities Easter Egg Hunt!

By Fernando Serrano, Teaching Assistant, Platt College San Diego

I began working here at Platt College about a year ago as a work-study employee. Attending Platt College San Diego has been a rewarding experience and I am proud to call myself an Alumni of Platt College. One of my favorite things about working here at Platt is the Plattivities. Plattivities are events held in the courtyards during the breaks. Plattivities celebrate various themes such as Veteran's Day, Halloween Costume Contest, Valentine's Day, Cinco De Mayo, fundraisers for Breast Cancer, and the Nepal Earthquake. Being able to enjoy them as a student and then being able to plan them and set them up is exhilarating.



I love being a part of activities that help students forget and release some stress from the projects they have to do. Plattivities are fun, educating and creative!



On Wednesday, March 23, I helped set up for the Easter event for the night students by hiding the eggs. For the night for the night students we put out glow in the dark eggs and they had so much fun!

They also had a Easter Egg hunt for the day students on Thursday, March 24, I heard that was a blast. **Hurray for Plattivities!**



Arts and Literature

Poet Laureate

By Nicole Lewis, Librarian, Instructor, Platt College San Diego

Juan Felipe Herrera has been the United States Poet Laureate since 2015. He was named Poet Laureate for his acclaimed project *La Casa De Colores*, an epic poem in which he invited citizens to contribute to the poem.



He was born on December 27, 1968 in Fowler, California. He attended schools in small towns from San Francisco to our very own San Diego. He graduated from San Diego High School in 1967. Son of migrant parents, Juan Felipe Herrera's passion for indigenous cultures inspired him to lead a formal Chicano trek to the rainforest of Chiapas, through the mountains of Nayarit and all throughout Mexican Indian Villages. His journey inspired him and influenced his poetry, theater projects, photography and prose. Herrera is the author of many collections of poetry as well as prose for children, books include: *Calling The Doves* (children's book, 2001), *Upside Down Boy* (2006) which was also brought to into theater script. Today, Herrera is revered as one of the prominent voices on the Mexican American and indigenous experience. Below you can read one of his most famous poems.

Half-Mexican

By Juan Felipe Herrera

Odd to be a half-Mexican, let me put it this way
I am Mexican + Mexican, then there's the question of the half
To say Mexican without the half, well it means another thing
One could say only Mexican
Then think of pyramids – obsidian flaw, flame etchings,
goddesses with
Flayed visages claw feet & skulls as belts – these are not
Mexican

They are existences, that is to say
Slavery, sinew, hearts shredded sacrifices for the continuum
Quarks & galaxies, the cosmic milk that flows into trees

Then darkness
What is the other – yes
It is Mexican too, yet it is formless, it is speckled with
particles
European pieces? To say colony or power is incorrect
Better to think of Kant in his tiny room
Shuffling in his black socks seeking out the notion of time
Or Einstein re-working the erroneous equation
Concerning the way light bends – all this has to do with

The half, the half-thing when you are a half-being
Time
Light
How they stalk you & how you beseech them
All this becomes your life-long project, that is
You are Mexican. One half Mexican the other half
Mexican, then the half against itself.

Poet of the Month

By Bianca Reyes, Librarian, Graphic Designer, Platt College San Diego

EDNA ST. MILLAY

Edna St. Millay, poet and playwright was born on February 22, 1892, in Rockland Maine. Edna's claim to success was the moment she read her poem "Renascence," one of her most well-known poems, in front of an audience at Whitehall Inn in Camden. She was acclaimed for the passionate nature in which she recited her poetry along with the content of her poetry such as political and women's issues.



The poet Robert Frost was her main inspiration who heavily influenced her sonnets. In 1923, she won the Pulitzer Prize for her poetry book, *The Ballad of the Harp Weaver*. Her accomplishments have transformed her into one of America's greatest poets of the 20th century.

Excerpt from *Renascence* by Edna St. Millay

A fragrance such as never clings
To aught save happy living things;
A sound as of some joyous elf
Singing sweet songs to please himself,
And, through and over everything,

A sense of glad awakening.
The grass, a-tiptoe at my ear,
Whispering to me I could hear;
I felt the rain's cool finger-tips
Brushed tenderly across my lips,

Laid gently on my sealed sight,
And all at once the heavy night
Fell from my eyes and I could see,—
A drenched and dripping apple-tree,
A last long line of silver rain,

A sky grown clear and blue again.
And as I looked a quickening gust
Of wind blew up to me and thrust
Into my face a miracle
Of orchard-breath, and with the
smell,—
I know not how such things can be!—
I breathed my soul back into me.

Student Prose of the Month

Rule Book

by Shairi Engle

"Oh, here's your problem."
The woman snatched the worn and
well-studied book from the girl's hands.

"That's outdated. It's rule no longer apply.
Here, use this rule book instead."

The girl eagerly took her new book, quickly examined it
and with a look of confusion, remarked, "But..it's blank."
Handing her a pen, the woman replied, "Exactly."

As she walked away, the woman smiled as she heard
the sharp click of the pen.

Art in the City



Balboa Park Museums

- 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

- 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
- Veterans Museum at Balboa Park
- World Beat Center



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

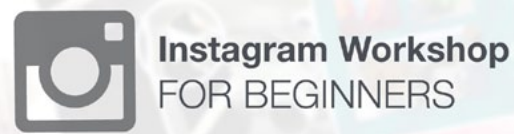


- Art Produce Gallery
- Expressive Arts Studio
- Protea Gallery
- The Studio Door



Click on the locations to be redirected to their websites!

MARCH / APRIL 2016



Thursday, March 31st
12:30 PM to 2:00 PM

Platt College San Diego
Term 1 Classroom

Learn how to gain a following and promote your art, designs, or small business through the fastest growing social media platform. With over 300 million active users. It's easy to see why Instagram is the place to be for creatives!



Join Platt's Social Media Coordinator and Media Arts Alumni Natasha Englehardt for an informative workshop on Instagram for beginners.

Examples of Topics that Will Be Covered:

- *Setting Up Your Profile
- *Writing A Great Bio
- *Analytics
- *Instagram Video
- *Common Mistakes & How To Avoid Them
- *The Importance Of Carefully Crafted Content
- *Hashtag Strategies & Why You Should Have One
- *How To Manage Multiple Accounts
- *Helpful Apps & Tools

****This is a FREE Workshop Open to the Public****

Bring your cell phone fully charged and ready to go so you can follow along on your own account, or get help setting a new one up. We will have free Wifi for our guests!

*Please arrive early and RSVP since seating will be limited. This is not a webinar and will not be streamed live, you need to attend in person.

RSVP Here: http://bit.ly/instaplatt_16

Sexual Assault Awareness Month



April is Sexual Assault Awareness Month. (SAAM) is yearly campaign to raise awareness about sexual assault and educate communities on how to prevent sexual violence.

Sexual violence is a very serious problem that affects millions of women and men. In the United States, 1 in 5 women and 1 in 59 men have been sexual assaulted in their lifetime. In 2009, President Obama was the first United States president to declare April as Sexual Assault Awareness Month. Below we have provided the following links for more information.

Stalking Awareness Month: January
<http://stalkingawarenessmonth.org/about>

Teen Domestic Violence Awareness Month: February
<http://www.loveisrespect.org/>

Sexual Assault Awareness Month: APRIL
<http://www.nsvrc.org/saam/sexual-assault-awareness-month>

Domestic Violence Awareness Month: October
<http://nnev.org/getinvolved/dvam.html>