PRESENTING
OUR NEW DIRECTOR

Suzanne B. Spring
Dear OUS family,

It’s a quiet morning here, the first day of April, dawn just breaking, snow strangely lining all the branches after a week of rain … you know, a typical central New York spring day. I am remembering last evening’s family dinner at the OUS house: how full the house was with music, with plates piled high, with so many of your bright faces. How lucky we were to have alums Nikita Watson ’02 and Tayumika Zurita ’02 with us.

And how lucky I am to be following in Frank Frey and Hélène Julien’s footsteps as the next Director of OUS.

I’ve been at Colgate since the summer of 2006, teaching in the Department of Writing and Rhetoric and working closely with multilingual writers. My research is in 19 th century feminist rhetorical history, and I study networks of abolitionist women who used pen and voice at great risk to change the public mind. They lived in an unpredictable and politically dangerous time, much like our own.

I think a lot about the legacies of those who have come before us and of the work left to do—on our own campus, in our community, our nation, our world. I am grateful for the honor to have walked alongside such stunning groups of OUS scholars, who have long been doing that work of resistance and of building a new world. I am looking forward to the chance to walk alongside many more of you in both OUS and First Gen, whom I have heard so much about, but have yet to meet. And with your help, I am looking forward to welcoming our next amazing group of OUS and First Gen scholars this coming summer and fall.

Over the next three years, I hope to continue to build on the sure foundation laid by Frank and Hélène, created through the vision and commitment of Frank Kuan, Drea Finley, Salote Tenisi, Dayna Campbell, Fareeza Islam Hanif, Christelle Boursiquot, Natasha Torres, Melissa Melendez, and Shaterra Redd, which itself was secured through the work of past OUS leaders, including Dean Aurelius Henderson, Jaime Nolan, and Ernest Daily, and the many that came before them. OUS has been as true a team as any I have ever witnessed, and I know we will continue to work hard to foster that tradition and that spirit.

Lastly, next year—2017-2018—is our 50 th Anniversary Year, and we will have a chance to look back and look forward, to celebrate who we have been and who we are becoming. I will listen closely to the vision you all hold for that present and future, and will work closely with Frank, Drea, and our new program fellow to achieve some of the hopes you’ve already expressed: seeking opportunities to connect more often with our alums; with the help of our wonderful faculty, continuing to expand our reach not only in STEM fields, but also in the Arts; and securing further endowment funds with the aim that each scholar in our program can pursue their own research/creative interests in their later years at Colgate. And I am sure your visions will point us in many other directions as well.

Our program is strong because of all of you, because of all that you give to each other, to those back home, and to us, because of all that you pursue and dream and make real.

B.

(Professor Spring)
Congratulations to the following OUS and FIRST Scholars who have earned the Dean’s Award with Distinction and the Dean’s Award for Academic Excellence in the 2016 fall term.

To be eligible for the Dean’s Award with Distinction, recipients must achieve a 3.60 or higher term average while enrolled in 3.75 or more course hours. To be eligible for the Dean’s Award, recipients must achieve a 3.30 or higher term average while enrolled in 3.75 or more course hours.

Morgan Beatty ’20 • John Russel Bermudez ’20 • Claudia Buszta ’19 • Yesu Carter ’19 • Tiana Coles ’20 • Nina Cook ’18 • Angie Diaz ’20 • Allana Edwards ’17 • Diana Flores ’20 • Josh Gaitan ’19 • Austino Garcia ’17 • Bennie Guzman ’17 • Virgina Irby ’20 • Keyra Jimenez ’19 • Christain Johns ’20 • Harpreet Kaur ’18 • Carmen Kong ’19 • Roxanne Maduro ’17 • Shemuel Malave ’18 • Cynthia Melendez ’19 • Victor Nino ’20 • Brianna (Bri) Nugent ’20 • Marisa Olavarria ’19 • Jessica Pearce ’18 • Samantha Rodriguez ’17 • Zoila Rodriguez ’18 • Juan Saenz ’20 • Felix Sanchez ’20 • Hong (Cindy) Vuong ’19 • John Wilkins ’17

~With Distinction~

Mary Bryce ’19 • D’Jonita Cottrell ’19 • Shamarcus Doty ’20 • Savannah England ’20 • Ricky Fernandez ’18 • Ada Gao ’19 • Tabitha Gomez ’19 • Emelei Klein ’19 • Manuel (Manny) Medina ’17 • Cassandra (Cassie) Miller ’19 • Martha Montufar ’17 • Kemarni Munroe ’17 • Humberto Ochoa ’17 • Miranda Robles ’20 • Alexander Valdez ’19 • Maria Vorobyeva ’18 • Sahara-Yvette Zamudio ’17
Congratulations to Professor Frank Frey for receiving the 2017 Jerome Balmuth Award for Teaching. This award is named for Jerry Balmuth, Harry Emerson Fosdick Professor of Philosophy and Religion, Emeritus, and it was established through an endowment from Mark Siegel ’73 in 2009. “The prize will be awarded to a faculty member whose teaching is distinctively successful and transformative, recognizing that such distinction can be achieved through a broad spectrum of methodologies ranging from traditional to innovative.”

Quoting from the campuswide email announcing Professor Frey as the recipient of this prestigious award:

“Since his arrival at Colgate in 2003, Professor Frank Frey has taught a wide range of biology and environmental studies courses, as well as a popular Core Scientific Perspectives course on ethnobotany, and he has mentored scores of students in field and lab research. He has led off-campus study groups to Wales and Australia, and his dedication to engaging students in global scholarship is also evident in his extensive and ongoing travels with students to Uganda. Since 2013, he has served as the Director of the Office of Undergraduate Studies, unstintingly giving of himself to support OUS students in and out of the classroom. In all of his work as a teacher Frank demonstrates a selfless dedication to the education of Colgate students.”

“Frank is a master in the art of teaching and he is selfless in his dedication to students…Frank has demonstrated excellence in teaching throughout his time at Colgate, and his energy and passion for guiding students in learning show no signs of waning. His great clarity, enthusiasm, and ability to bring students to learn a great deal about topics they might not originally be very interested in combine to make him an excellent teacher…In his busy lab group, Frank fosters a lively and productive learning community that pursues an eclectic suite of research projects, with great success.”

“In the classroom, Frank is a superstar. He begins with a phenomenal mastery of the material that he teaches, prepares for class meetings relentlessly and creatively, and develops a strong empathetic connection with his students during class.”

Professor Frey’s outstanding teaching and commitment to his students is unparallel. During his tenure, he has won the 2013 Phi Eta Sigma Professor of the Year award and the 2015 Alumni Distinguished Teaching Award.
Anthony Wright
From: Harlem, NYC
Intended Major: Educational Studies
Involved in: Melanated, Kos (step group), Alana Ambassador, Club Volleyball, Brothers

How has your Colgate experience been so far?
It's been an interesting transition coming from high school because there is a lot asked of us, like time management is key. Figuring out how to get things done. For me it's been a little difficult.

What made you choose Colgate?
I came here for the money because I didn't visit until I got into the school.

How was your visit here?
When I was accepted I came to visit in April and was ambushed by the amount of hills that were around. I had a cane and a knee brace. I got injured during spring break last year. It is a beautiful campus, I don't remember if there was snow, it was cold. All in all, it's a very nice campus; the people that I met during the tour were nice, they were very welcoming.

What does OUS mean to you?
OUS is a big support system coming in, not only did it allow for two extra credits before the school year, it let me get to know 30 other people that would be in my class year and help me create my closest friendships that I have here. When I go back to the support system, if I need anything, I know that I can go to any of the Franks for help.

What are your first thoughts on being accepted?
I was excited that I got in. When I talked to my guidance counselor, she told me that I would have to come over the summer for two classes. Obviously I wasn't excited to come, but the two credits help in the long run.

What is your favorite thing about Colgate?
So far, I would have to say Dancefest. Because personally, since I'm in it, it's nice to show off the groups that I've been working on. We put a lot of effort into it, to give it all you got. To have people cheer you on is a nice feeling.

What advice would you give to incoming first years at Colgate?
Definitely go to office hours, which I'm not doing for myself; people might think it's an inconvenience to ask for help.

What advice would you give to current high school juniors/seniors considering Colgate?
For people of color, make sure you realize when you're applying that this is a predominantly white institution and that will affect your social situation and how that will come about. But definitely apply because the academics are great and professors are amazing. I think it's worth coming.

Shamarcus Doty
From: Lexington Mississippi
Intended major: Computer Science
Involved in: Melanated, Alana Ambassador, Athletics

How is your Colgate experience?
Colgate has been bittersweet type of thing. On the one side I understand the privilege of being here. It's an institution that is setup to help students progress in their careers. Academics are excellent. Career services are pretty great. I'm taking advantage of the opportunities offered here. As an institution I think it's great but on a social level, it needs work. I came from an all black community. I come from Mississippi, poorest state, last in everything, from the delta. Poverty is a culture that I'm used to. I'm used to overly friendly people, very friendly, very loud, community built without even having to be built in that community having that. Common things like dancing. If I start dancing, then everyone starts dancing 'cuz that energy in the community. But here they just stand back and judge you. Oh he's just another black kid. A complete opposite. The opposite side of a coin. And just being a minority separates you from everybody else.

What advice do you have for high school juniors & seniors?
Reach out of your comfort zone, Colgate was different. I knew I wouldn't grow as an individual if I couldn't stay in a community I knew. So I applied far away from home, be open minded. Apply to a lot of schools, also apply to other options that you think will work with you, even if you think it's a slim chance, 'cuz you never know.

Don't expect to have everything planned out. You probably won't figure out what you want to do while you're in school. But just continue to build those skills through your high school & undergrad.

How is your transition?
It was only a difference in culture that was a shock. It's to find yourself in an environment that's different from your own.

What is your favorite thing about Colgate?
Money. It's everywhere. You can have an idea and you can use Colgate funds. You can develop your ideas to grow yourself and your skills.

What does OUS mean to you?
Community. It's that family away from home. The summer here was really good, I don't know what I would've done. It really would have been a culture shock then. But having a community helped the transition much easier.

Stay strong. Stay colored.
Hey everyone @Abril Cardenes and I are writing for the OUS newsletter and we wanted to write a piece on tips from seniors to first years do you all have any suggestions?

Kevin Iglesias

Things you wished you knew as a first year. Things you would tell people who are in your positions (race, class, educational background, etc)

Nina Cook
Join TINAPAS

Join VM

Bennie
Join dancefest

Romelia Loaiza
Sometimes you really aren’t okay and you shouldn’t be afraid to accept outside help.

Bennie
Make friends with your OUS class because they’re the realest

Humberto
Don’t be afraid to branch outside of your OUS family. But also never forget you’re part of this family.

Allana Edwards
Go to the gym

Bennie
Never forget your roots

Brittany R
Focus on one thing at a time so you don’t get overwhelmed. You don’t need to drag yourself when you have friends.

Martha Gabriela
This just became a very supportive GroupMe

Y’all talking to me right now. Senior=still faking it

Allana Edwards
Also: do whatever works for you. Don’t follow the crowd because it’s easy. If you honestly don’t like it, then don’t do it. Don’t worry about losing friends because new and better ones will come.

Bennie
Come to each other’s events... Especially with free food

Alexis Beaamon
Tell them to invite an upperclassman to lunch. We have a lot of good advice to give

Allana Edwards
It’s very very okay to say no to people. Whether it’s friends or social commitments, it’s fine to just say “or nah” and do something else you really wanted to do. Don’t let anyone make you feel bad for that

Brittany R
Saying of the day: every day is leg day when you’re running from your problems

Sahara
Sometimes love looks like you and your friends dragging each other on Facebook during finals week

Allana Edwards
Honestly, if your friends can’t drag you, then who can?

Ashleandra
You should actually major in what you actually like because it will be fun and less stress.

Providence Ryan
I know I graduated but I feel like what I wish I knew is that it’s okay to say no to commitments or activities when you’re busy or need to take time to take care of yourself

Humberto
1. You can be a biology major and not be a premed.
2. MD positions are romanticized by medical students and demonstrate highest levels of job-based depression tied with second highest divorce rate and intimidating suicide rates.
3. PhD is not only free, it often comes with a ~$30k living stipend while med schools cost upwards of $40,000 dollars a year.
Once it dawned on me that I would be leaving Brazil at the end of my semester abroad, I immediately knew that I needed to find a way back to Brazil some day. Coincidentally, the director of the SIT program (the study abroad program) told me he had received a research Fulbright to Brazil and suggested I do the same. It was the perfect opportunity to not only live in Brazil for an extended period of time, but to continue my ISP (independent research project for SIT) that has inspired my potential career path.

When applying for the Fulbright, you can apply to be either a English Teaching Assistant (ETA) and helps teach English, or you can propose a research grant. I applied for the research position which is divided into three parts: the written essays, the letters of recommendation, and the general application. The written essays is where you distinguish yourself. I worked on this piece for many months and produced multiple drafts. I went to professors, the Writing Center, and friends to edit my writing which helped improve my application tremendously.

One of the most helpful resources in writing my application has been Dean Kimberly Germain in the Office of National Fellowships and Scholarships. Dean Germain is personally committed to helping you produce both the tedious general application and the written piece. With Dean Germain's meticulous attention to detail and vast experience with working with students applying for fellowships, and through multiple meetings with her, she helped me express my ideas best and to strengthen my application.

My research topic looks to understand how being black and LGBTQ in Brazil affects access to healthcare and how Afro-Brazilian religions use holistic approach to healthcare. I have about a year in Salvador, Brazil, to do my field work where I will be conducting interviews. I will also be taking some courses in the public university (UFBA).

In regards to my career aspirations for the future, I always want to enact change towards social justice. Particularly, I have a strong interest in health justice as a human right so I hope to gain insight in the world of public health and make a more informed decision on graduate school programs that would fit my interests. I hope to work in public policy in order to increase access to health care for marginalized populations.
Does Art

WE ASKED OUR TALENTED OUS STUDENTS TO SUBMIT THEIR WORKS OF ART.

OUS

Bennie Guzman '17
We are pulse: in praise of Latin night at the queer club

OUS

Word

MOmentous

Moh-men-uh's

Adjective

Of great or far-reaching importance or consequence

REMEmber when you remembered to remember to forget. The mess you always remember the promise. The compromise you made. To be better. To be loving. To be kind. To forget. Why did you let a serpent back into the garden. From the dirt it seemed he emerged unscathed. Some things are worth saving. Some are not. Everything that falls in the middle of ruin and artifact is your marriage. Remember when you remembered to remember to say fuck him. There are women with dignity and the women I know who are married. I remember when I promise that my pride was worth being alone for. This is what I think of when I push. When I fight you. When I scream. When I leave. Even in all of the love I remember the women that forget themselves. Kings turned mad for men that didn’t know their own social security number. That couldn’t cook a meal for themselves. That didn’t know the meaning of sacrifice. That only got married to feel the thrill of cheating men that don’t remember anything. Don’t know your favorite color. Don’t know you’ve never orgasmed. Don’t know you were once raped. Don’t seem to care. All they know is the sound of your crying. You do that a lot. Making puddles and swamps from the water within. Your empty. Dried out. Not all of the time. Mad most of the time. Still married. Sort of. Still alone. Of course. Still a woman. Still a woman. Still a woman. Steal a woman with a ring. When my little cousin could not walk at the age of 11 I assumed he learned stillness from his father. Why walk when the women around will do it for you. There he was on the kitchen floor finding no reason to move. On hands and knees crawling away from action. My cousin soon to be the son of a father who also never felt the need to move. When it’s over he will still be strong, a man to the world, the serpent to the family. He will leave with the power and the stillness and your fruit. Evening will come and you won’t be a woman. Evening will come and you won’t be able to remember. Why you remembered to forget. Steal the ring. Not a still a woman. I still love you please don’t steal me.

Ashleandra Opoku '17
What would you tell an incoming Colgate student?
I am 23 years old and I still don't know what I want to do for a career. As a child, I wanted to be an archaeologist, but that was looked down upon by my father so when I got to Colgate University, I told everyone I was an International Relations intended major because I thought that sounded better. A year into my Colgate career, I went abroad to China where I learned about modernization and displacement of native peoples from their land. When I got back from my trip abroad, I decided to take classes within the Africana & Latin American department. In the end, I majored in both Asian Studies and Africana & Latin American Studies. After graduation, I went on to work in higher education as a Program Coordinator for OUS. Six years ago, I never would have expected myself to travel abroad to China, Taiwan, Hong Kong, Thailand, and South Africa. I never expected to have internships in at large tech companies, a global non-profit or even in education. Life isn't a clear-cut path – and that's okay.

What were some of your most meaningful moments at Colgate?
Whether it was going on nighttime adventures together, hosting our own movie screenings in Love Auditorium, crying while reciting the lines to ‘34 reasons why we failed at love’ by warsan shire at 2am, or just eating dinner together, my friends have always been the most meaningful part of my time at Colgate. All of my most meaningful memories are with them. I want to thank them all for being there for me. I would not have gotten through Colgate without you. I love you.

How did OUS help you through Colgate?
I am a very proud person and asking for help is something that I still struggle with. OUS was the support system I didn't think I needed, but extremely grateful for having. The people who made up OUS worked so hard to ensure that I was successful and supported at Colgate. OUS provided me with a community of individuals who I felt I could connect with because of similar experiences we shared. Without this community, I would not have felt like a member of the Colgate community.

How is the transition between becoming a student to alumni and then a staff member at Colgate?
When I was a student, I was surrounded by people who loved and cared about me. I had immediate access to my friends who I did everything with: we ate meals together, attended brownbags, struggled through classes together, everything. When I graduated, I didn't realize how difficult it would be to keep in contact with my friends who all live in different parts of the country.

Being in a college environment, I was able to be a more authentic version of myself than I was at home. I was able to explore my different identities in a more privileged setting, where I had a support group who validated my experiences.
Research has shown that under symptoms of stress, the diets of individuals change and they over consume foods that are typically unhealthy for the body – foods they would not generally eat on a regular day.

- **Spinach** – rich in folate which helps to produce dopamine in the brain [the reward ‘drug’]. A decrease in folate in the brain is linked to depression; research found that individuals who consume diets high in folate had a lower risk of depression.

- **Asparagus** – also rich in folate.

- **Turkey Breast** – has tryptophan which is converted to serotonin in the brain. Low levels of serotonin is linked to depression.

- **Salmon** – rich in omega-3 fats. Reduces anxiety and works effectively as an antidepressant.

- **Blueberries** – helps the brain to produce dopamine. Antioxidants helps to boost immune response to symptoms of stress.

- **Orange** – vitamin C helps to boost immune system [chronic stress can weaken the body’s immune response to diseases/viruses] and helps to lower stress hormone, cortisol. High levels of cortisol is linked to chronic stress.

In general, a combination of high-fiber, carbohydrate rich foods and fruits aid in the body’s response to stress by helping the brain produce serotonin and boosting the immune system. Some foods to avoid while feeling stressed are those high in fat (meats and cheeses), caffeine, and foods with high sugar contents. In many ways, these foods may increase your stress and anxiety levels. Next time you are heading to Frank or to Coop, keep some of these suggestions in mind and try out these superfoods – and know that you don’t have to feel stressed to eat these foods. Make them part of your daily diet, and eat your stress away!