

NEWSLTR

Mar 20 21



Dear M.O.C.I Supporters,

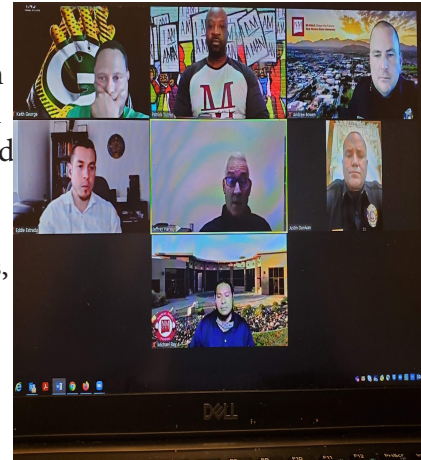
We are in the midst of a pandemic, and we are aware of the mental health and psychosocial consequences of living through this era. We stand together, to support each other in these difficult times- M.O.C.I

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

- Maya Angelou

Protect & Serve Highlight

Thank you to interim Police Chief Andy Bowen and his team who dropped by on February 25th to talk about strengthening partnerships to build a stronger and safer campus for students, staff, and faculty. We look forward to further discussion around police training (i.e., anti-bias, de-escalation, and culture awareness), educational opportunities and collaborative efforts between the police and campus departments.



LATINO WEEK 2021

Care Package Goodie bag First 100 people March 1st (contact us for registration details.)	Mariachi Viva Mexico (live) March 2 @ 5pm-8pm Corbett Outdoor Stage Limit 50 ppl. at a time
Poetry Charla with Yosimar Reyes March 4th @ 6:30pm-8pm http://bit.ly/3oo427o	
Virtual Millennial Loteria March 10th @ 1 pm Zoom Meeting: 922 8195 0356	Virtual Cooking Class March 11 @ 6pm-8pm Zoom Registration: bit.ly/3TGFIpG

Sponsored by: **NMSU**

Hosted By Hispanic Council: MAES, SHPE, SACNAS, & GSSWA
For more info contact Chicano Programs (575)646-4206
ALL NMSU community is welcome!



Impostor Syndrome

Studies have shown that impostor syndrome is associated with mental health issues especially amongst black collegians. It is a phenomenon that express the self-perception of dismissing accomplishments and thinking that one is not as capable as others or one is a fraud. Know the signs of impostor syndrome. It is important to focus on activities that improve pyscho-social well-being, such ask speaking out, asking questions, being aware of your self diminishing language, practice receiving compliments, and learn to own your achievements. Teach others what you know!

Colon Cancer?

STAGES OF COLON CANCER

POLYP
Most colon cancers develop from these noncancerous growths.

IN SITU
Cancer has formed, but it is not yet growing inside the colon or rectum walls.

LOCAL
Cancer is now growing in the colon or rectum walls; nearby tissue unaffected.

REGIONAL
Growth beyond the colon or rectum walls and into tissue or lymph nodes.

DISTANT
Cancer has spread to other parts of the body such as liver or lungs.

#COLORECTALCANCER

Colon cancer is among the leading causes of cancer related deaths in both men and women. Colon cancer is also on the increase among individuals under 50. Studies have shown that survival rates are good if diagnose early. Be aware, seek medical advice and get screened today!

Contact Us: M.O.C. Initiative
moci@nmsu.edu



Find us on Instagram:
NMSUmenofcolor

Upcoming Events:

- **03/11:** "Keep it Moving" Dance Fitness
- **03/27:** Hiking w/ American Indian Program (AIP)