

# Diversity and Intercultural Center

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## Hispanic Heritage Month

Hispanic Heritage Month is a celebration of Hispanic Americans' culture, history, and contributions.

Learn more at: <https://www.hispanicheritagemonth.gov/about/>



# Indigenous Peoples' Day

Indigenous Peoples are still here. Contemporary Native Americans have led numerous movements to advocate for their own rights. Native people continue to fight to maintain the integrity and viability of Indigenous societies. American Indian history is one of cultural persistence, creative adaptation, renewal, and resilience. Native Peoples, students, and allies are responsible for official celebrations of Indigenous Peoples' Day in such states as Maine, Oregon, Louisiana, New Mexico, Iowa, and Washington, DC. Indigenous Peoples' Day is celebrated on the second Monday of October and recognizes the resilience and diversity of Indigenous Peoples in the United States.

Source: <https://americanindian.si.edu/nk360/informational/columbus-day-myths>



## Senior Spotlight

Taneyya Garcia



Q1: What is your favorite moment at Lawrence University?  
Most definitely the installation of the Indigenize Education my freshman year. It was such a transformative experience to install this piece with THE Matika Wilbur and alongside my Indigenous peers, it really made me feel welcomed and seen on campus and it remained such a highlight of my time here at Lawrence.

Q2: What is your proudest moment at Lawrence University?  
This is not necessarily a specific moment, but I am proud that I am leaving this University with my voice being heard. Prior to my time at Lawrence (and big shout out to the Indigenous Scholars that paved the path for us to be in the space we are in today) the words of my people; the Keresan language was not spoken on the convocation stage, and every time I do a land acknowledgement in my language, I am so happy to be speaking the words of my people on a stage that was created to never hear Native languages.

Something about walking on stage with my biggest beaded or painted earrings and speaking my language saying that we are living on stolen Menominee land is so empowering, something I hope Lawrence continues doing for its students forever

Q3: Words of encouragement to your peers.

Fight for yourself, don't let them stretch you thin, and always remember that even if this space was not designed for us, we are here, we are doing it, we are fighting, constantly pushing past the things they didn't think we could. Sending you all so much love and light! Huschame Guumeh Hauba, Amuusrauma (Be strong Everyone, I care for you deeply)

## October Independence Days

	China	October 1 (National Day)
	Cyprus	October 1
	Nigeria	October 1
	Guinea	October 2
	Germany	October 3 (Day of German Unity)
	Croatia	October 8
	Spain	October 12 (National Day)
	Zambia	October 24
	Austria	October 26 (National Day)
	Turkmenistan	October 27

*POSSE*

Welcome to Lawrence Posse 15! To learn more about the Posse Program  
visit: <https://www.possefoundation.org/>

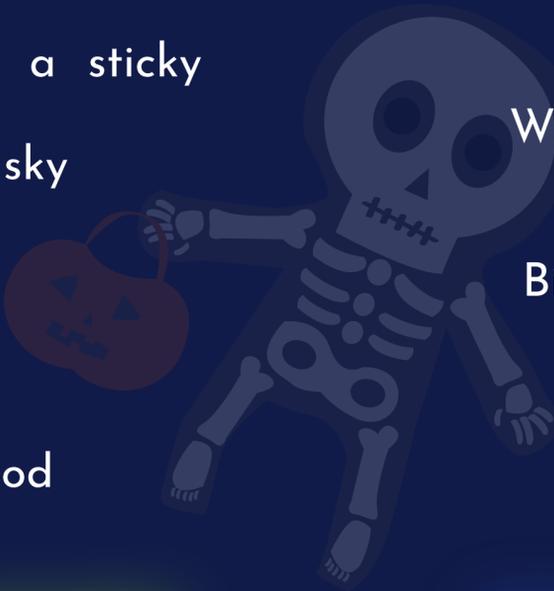
# National Coming Out Day

Every year on National Coming Out Day, we celebrate coming out as LGBTQ+. Thirty-three years ago, on the anniversary of the National March on Washington for Lesbian and Gay Rights, we first observed National Coming Out Day as a reminder that one of our most basic tools is the power of coming out.

Source: <https://www.hrc.org/resources/national-coming-out-day>

self-----cage  
By: Jo Dang

- Write yourself compliments on a sticky note and place them everywhere
- Lay out at night and take in the sky
- Meditate
- Turn your phone off for an hour
- Dance to your favorite songs
- 10 minutes of yoga/stretching
- Go for a walk/run
- Treat yourself to your favorite food



- Take a nap
- Laugh with friends
- Write your feelings in a journal
- Take yourself on a date
- Read a book
- Binge watch your favorite show
- Light a candle
- Sing at the top of your lungs
- Sleep in
- Take a mental health day

## MOTIVATIONAL QUOTE

"Effort makes you. You will regret someday if you don't do your best now. Don't think it's too late but keep working on it. It takes time, but there's nothing that gets worse due to practicing. So practice. You may get depressed, but it's evidence that you are doing good."

JEON JUNGKOOK OF BTS

YOU GOT THIS!

## TIME TO GAME

Relax a little with this crossword!

