

THE MANY CIRCLES OF IDENTITY

Edwina Welch

Cross-Cultural Center Director

The theme for this edition of the Common Ground centers on identity in its many forms and facets. As I write I think about how identity is personal and ever forming. I am also struck by how identity can involve people, places, and things. To make sure I stay on track I will start from the inside and work outward. I am a Black, heterosexual women who grew up in the Bay Area. As the youngest of 6 children I got to see my brothers and sisters break barriers (yes even in this day and age). My brother was one the first Black students at our high school... my sister the first black head cheerleader...my other sister the first Black homecoming queen, all of us attending one high school. I give you this background because recently I participated in our last homecoming game. The high school we all attended a casualty of city and state funding... still Waiting for Superman.

These early experiences of leadership and community work set the stage for later work in college, graduate school, and eventually to UC San Diego where over the years I have tried to understand and better the underlying identity many say they feel at the University. The Cross Cultural Center as an organization was founded specifically to address these and other questions. Last year the Center celebrated 15 years on campus. The irony and possibility is that the CCC celebration came on the heels of arguably one of the most tension filled winter and spring quarters I have witnessed on campus. Students who maybe don't think about identity very much caused much hurt, pain, and action. The campus was confronted with how some of its identities and structures did not work for all students. The lid was off (though many have been sounding the warning of campus climate problems for years). So match, timing, and flame....individuals, the campus and the community asking questions about what our identity would be and what kind of community we want to live in.

And we now begin Fall 2010 with many of the vestiges of last year lingering and in process (for updates and information search Campus Climate on UCSD website). Students involved last year continue to push and work to help the campus re-shape and re-image a new campus identity. Committee's are hard at work examining diversity courses, faculty hiring, and many other areas that could lead to new ways of working and being. But will this be enough? Will the campus slide back into our "episodic" way of handling tension...making a few changes... hope the conflict and tension goes away?

As the campus celebrates 50 years of development how will it look back on the highs and lows of campus growth? What will be its identity going forward? How are we all implicated and empowered to play a role in this development? Going forward there is still a lot of work to do. Right now the CCC is involved in re-imaging, both inside the Center and Campus wide, new possibilities. One notable project is a campus conversation, co-sponsored with Muir College, of the impact of diversity course on student academic and post graduation experiences. What will our individual and collective identity be around diversity and social justice? The answer is up to us individually, collectively, and structurally... we can't afford to...

Wait for Superman.

What's Inside...



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Welcome Back Everyone!

Hola! Hello, I'm Genesis Gomez and I'm the Common Ground Newsletter and Marketing Intern for the Cross-Cultural Center this year. I consider myself a reflective person open to exploring and learning, which is probably why I chose the theme for this newsletter to be *Identity*. It was not until I came to college that I began to explore and reflect on the many facets of identity and how the intersectionality of our identities are prevalent in our everyday lives. Throughout the newsletter, my fellow staff members and student interns have been gracious enough to share their stories and perspectives in relation to their own identities. I am excited to take the journey with all of you in analyzing our own identities but also those we do not identify with in this new edition of the Common Ground. Thank you and Enjoy!

Staff Introductions

Writing about identity is very difficult for me. I have been described as reserved and am constantly being asked to tell others about who I am. There are parts of my identity that are visible and parts that you wouldn't know about unless we (after I have gotten to know you) had a conversation. Identity is such an ambiguous word. My identity is constantly evolving and changing, sometimes within a week's time. Because of this I don't talk much about it because how I perceive myself and identify with changes too quickly. Describing my identity makes me feel like I have to conform and fit into others' perception of a word that I use to define myself with. What's worse for me is being held to my feelings about my identity on another day, month, or period of time. What I can tell you are some of the many things I love...bunnies, dancing, blankets, new wave music, Danny Elfman, 40s dresses, swing shoes with suede soles, pastries, Netflix, strawberry jam, inside jokes, smell of new carpet...

ASSISTANT DIRECTOR/ PROGRAM COORDINATOR

Violeta Gonzales



Hi. When folks ask me what I love about the work I do, my answer is motivated in love; love for community; love for equitable access...love for correcting or making better, social conditions. My intersecting roles as a mother of two young children AND identifying as a 2nd generation able-bodied Pinay (Pilipina American), for examples, have informed me where I stand in relation to privileges, representation, access, and challenging practices, including master stories. When I hear those around me share their everyday experiences in relation to their layered identities including age, abilities, sexual orientation, gender, social status, or appearance in ways I may not have thought about, I feel empowered and it reminds me that I am a work in progress...social progress, too.

Fun Facts: Love to camp, big Michael Jackson fan...the universe fascinates me

EDUCATIONAL PROGRAMS

Nancy Magpusao



I'm not an open book, so I'll tell you right off the bat that I am an apprehensive observer that seeks tranquility and balance while constantly trying to stay composed and collected in a turbulent and unpredictable world. Through my personal experiences, I have become careful, vigilant, and deliberative when it comes to assessing aspects of my daily life. This probably also explains why my Myers-Briggs temperament is ISTJ and that I must identify the dangers and weigh in the impact of everything when it comes to certain issues. I love to think and stretching my brain in all sorts of directions, which might come off on the outside as reserved and very serious. I just simply enjoy my own company and view solitude as relaxation, where as others may despise just the thought of it. Because I like to think, I like to learn and because I like to learn, I like to collect information. This is how I find so many things interesting in this world.

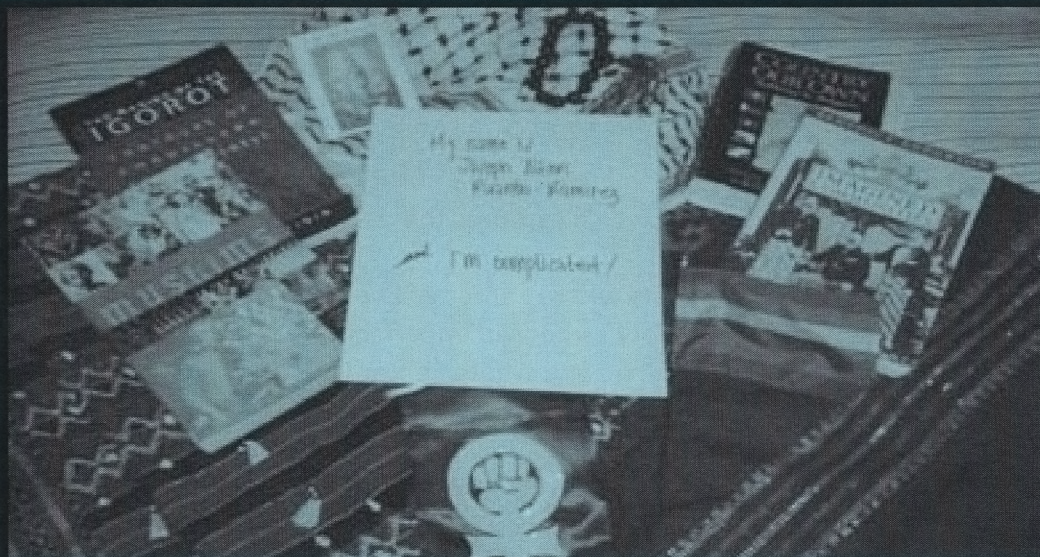
OPERATIONS & MARKETING COORDINATOR

Victor Betts





Joseph Ramirez



OFFICE MANAGER



Rebekah Harrold

I am Rebekah Harrold, the Business Officer in the Chancellor's Business Office and the Campus Community Centers. I am a UCSD alumni. I graduated from Warren College in 2000. I am a woman, accountant, sister, daughter, adoptee, aunt, cousin, and niece. I am a Korean-American and I lived abroad in South Korea for a year with a host family teaching English, studying Korean language, and travelling. I enjoy working with others in Business and Fiscal Affairs. I admire staff who turn in their original receipts, timesheets, and documents on time. I remember being in the same Tai Chi class through UCSD Recreation with Edwina back in the day when I was an undergraduate.

Fun Facts:

- Favorite Food: chocolate
- Favorite Book: Eat, Pray, Love
- Favorite Movie: Macho Like Me

BUSINESS & FISCAL AFFAIRS SPECIALIST



Dr. Cat Thompson

Dr. Cat Thompson is the Counseling and Psychological Services (CAPS) liaison to the Campus Community Centers.

She is housed at the Women's Center and spends five hours per week at each Community Center to facilitate seeing students and being in community. She will be at the Women's Center on Mondays from 10am to 1pm, the LGBT Resource Center on Wednesdays from 12pm to 5pm and the Cross-Cultural Center on Thursdays from 1pm to 6pm. Please speak to community center staff if you are interested in setting up an individual counseling appointment with her. Otherwise, feel free to stop by and say "hi" as she is here to be of service to our community and would love to connect with you. For more information about her training and areas of clinical interest, please see the staff section at <http://caps.ucsd.edu>.

CAPS LIASON TO THE CAMPUS COMMUNITY CENTERS

We Are Ready

by Bianca Harlow
Joy de la Cruz Art & Activism

After coming across author and Professor Paula Gidding's work, *When and Where I Enter*, I was inspired to create a piece that spoke to the challenges and triumphs that have and continue to shape my identity as well as those who share aspects of identity. The following is a piece that I believe serves as a positive reminder and reinforcement that as people of color, and specifically women of color, we should embrace walking the road paved for us by our courageous predecessors and continue to carve out a path for future generations. The poem culminates with a portion of a famous quote by Anna Julia Cooper, prominent African American scholar, which captures the essence behind what prompted me to devise this piece.

When and where I enter will be defined by me, you see I am ready.
Ready to shed society's imposed imperfections and embrace my own, slow and steadily.
When and where I enter will be cause for celebration.
Why? Cause it will have been a long time comin'.
When and where I enter will be an emergence of a soul comfortable in its skin,
No more late nights wondering "if only I was just a tad less thin."
When and where I enter will be for all my brothers and sisters, who lost their way.
Caught up in a world of destruction others would rather they stay.
When and where I enter will be for you as much as it is me,
To open the world's doors so we can be whatever it is we dream to be.
Please understand that when and where I enter will be a beautiful statement,
In public defiance to all the hate and resentment
My people have endured and that's why I say when and where I enter, you better beware.
Beware because I might just be everything you thought I might be.
Beware because I might just do everything you thought I might do.
Beware because when and where I enter, "then and there the whole...race enters with me".

ARTIVIST

by Jennifer Romero
Diversity Peer Educator

I am... I am... I am...
It's very difficult to identify everything you are.
But check it...
I am the statistic that came this far,
The homie that set the bar.
I am the hand that reaches down as I climb up,
The strength when it gets tough.
The love, anger, and unity when we've had enough.
I am the color of nuestra tierra
The communities that have fought foreva,
And the heart that keeps everything togetha
I am the strokes of a paint brush
that puts color where it doesn't belong,
The joy and pain you experience from your favorite song.
The frustration built up when society does us wrong.
I am the words you read as you try to identify me.
I am more than what you see
I am everything I can be.
I am... I am... I am...
I am the people that work this land.



My spoken word piece is about how
 an intersectional analysis is sometimes
 not conducted within activist spaces thus
 reproducing subordination of certain persons
 within a supposed unifying, inclusive space.

Contradictory Revolutionary

It makes it easier for u to be the big brother to some girl
 denying the fact that u are "that guy" u warn her about
 I question my worth when I should be questioning yours
 Activist on the outside, male chauvinist on the inside hidden to you
 by your assertion that you are different

You want change, you want to make the difference, you are against all oppression
 News flash: when you start so many sentences with yourself I can obviously see the
 problematic investment in patriarchy and male domination running through your
 every pour beyond your grasp of reality

Go beyond the expectations of subservience, commodification, and degradation experienced everyday

My life seen as banal but the pain is spectacular
 Don't belittle my struggle for our struggles are intertwined

This isn't a you and I conversation

We work for a combination

Seeing ourselves as one then our investment in oppression is done

But we have two visions of the truth

I've tried to guide you, giving you excuses, blaming society and constructions but I am tired of you
 asking me for your solutions expecting for me to do the reproductive labor of shaping a process you
 should work to discover

You are inherently expecting me to understand you while you aren't even close to
 understanding me

The subordinate class always knows more about the dominant than the dominant knows about them
 It's a survival mechanism but I'm tired of just surviving, put actions behind your words and lets thrive
 together not a push and shove relationship believing the idea that resources are scarce, someone has
 to be on top, someone has to be the leader

Have you seen the photographs of whose leadership is validated, its yours not mine
 Your privileges not mine, please recognize

I want a co-chairship, mutual understanding, equal value and worth

I have been the backbone to all things great but the burden is hard to bear alone

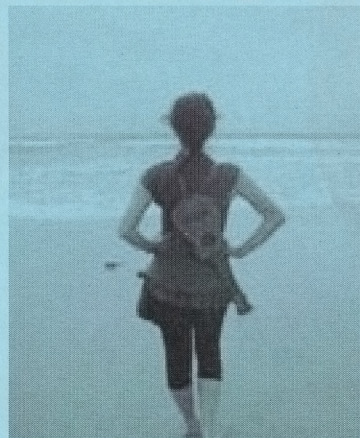
So next time when you sit comfortably on your throne remember what bodies you are stepping on

Son Jarocho Presente! Estamos en la Lucha: Creating Cultural Awareness through Political **ARTIVISM**.

Son Jarocho at UCSD represents:

- ☐ Cultural awareness through the arts
- ☐ Political awareness
- ☐ Activism through a form of music that was born from a culture of oppression and resistance
- ☐ A tool against oppression
- ☐ The lack of diversity at UCSD
- ☐ Need for safe spaces on campus

Coming Soon Winter 2011...





Diversity Peer Educator

I whistle Christmas songs (Deck the Halls to be exact) throughout the year and without noticing!



Diversity Peer Educator

I read magazines backwards



Joy de la Cruz Art & Activism

My favorite/lucky number is 6. My first, middle, and last name all have 6 letters. I was born during the 6th month on the 6th day (June 6th) and I weighed 6 pounds and 6 ounces



Programming

I love to drink milk late at night but hate it in the morning.



Affiliates & Outreach

I love banana flavored taffy but would die if I had to eat a banana

Jennifer Romero



Diversity Peer Educator

When I laugh ridiculously hard my nose wiggles, but it has not happened in a long time

Jerel Boyd Vega



Diversity Peer Educator

I don't eat fish, unless it's raw and in sushi



INTERNS



Genesis Gomez



Common Ground & Marketing

After stressful days I like to take walks inside Ralphs. I don't buy anything. I just walk :)

Hardeep Jandu



Programming

My hobbies include watching children's television, vacuuming, and eating frozen grapes

Graduate Student Intern
&
Preuss Intern



Introducing Jeff Green! He is the CCC Graduate Student Intern for 2010-2011 and is a part of the Community Based Block Program at San Diego State University. His favorite ice cream is Mocha Almond Fudge or peanut butter & chocolate. Jeff loves to cook as a stress reliever and his favorite things to cook are adobo, pancit, and spaghetti.



Say Hi to Aniston Clark who is the CCC High School Intern from Preuss. As a self proclaimed Ice Cream Queen, she loves all types of ice cream with the exception of vanilla and bubble gum flavors. Here's a random fact about Aniston: She loves flat soda!

HURRAY

by Hardeep Jandu
Programming Intern

A large part of my identity still is the little brown girl who used to hide underneath the covers of the blanket after a nightmare of volcanoes and the skeleton underworld and my family. There's a large part of my identity that still forgets about reality, wants to read Matilda with a flashlight, and then sing Yeh Jo Halka Halka Suroor Hai to the scaffoldings and skylines of my dreams.

There's a large part of who I am that gets so overwhelmed by it all. That this universe is too much for me. No one knows it but all the books in my bedroom that sleep next to me, as I try to count the stars at night and I trace the lines in my palms with cold fingertips and the window across the street keeps blinking in the middle of the night my hypothesis being either porno or halo. And every night, when I close my eyes, I say my thank yous I look out at my bedside tree and I think- This is it. This is it. This is it. And it's at that very moment that I become overwhelmed. Because I think of the silence that I am blanketed in, and how across the world, across the street, across the universe, there is life and existence and shopping malls and me and screams and our water and breakfasts and my cell phone and there is too much for me to digest in one thought. So there's the overwhelmed.

Yet a large part of me sighs with relief because of my fluffy hair, my constant usage of run-on sentences, my random panic attacks, and the poetry I see everywhere. Because it's real. It's me. I'm so glad that I've seen so much, because now I know what goodness can become, because every laugh is a laugh of gratitude of thanks thank you I am alive, thank you I didn't mold myself into that place between the walls and the wallpaper where girls like me should have disappeared into. Existing, not living. Respiration without the om. The shadows of family picture frames against painted walls and the smell of the tomato sauce boiling downstairs one boiling summer afternoon when I was brave.

There is a large part of me that says hurray for entropy.

Hurray for the ugly, for the people who sunburn smiley faces and don't look sexy in swim wear. Hurray for the nail polish that chips, and hurray for the bread that burns, hurray for the crooked teeth, crooked smiles but not crooked people, hurray for the buses I (always) miss, the breezes across stems of lavender, the butterflies that are pretend moths.

(Hurray hurray hurray) I say, speaking from a place that can only be felt. A large part of me feels it so strongly, it surprises me. I fall in love with it over and over. Or, as Nusrat Fateh Ali Khan would sing, Teraa pyaar hai bus meri zindagi.

CREATING SAFE SPACES

by Bree Marquez, Diversity Peer Educator



As I started thinking about my identities, I realized that I couldn't choose just one to write about and decided to share my story about the organization Queer Womyn of Color. It is difficult for me to choose a single issue to focus on since I, myself, live on the intersection of identities and struggle. I identify as a queer Latina and I've endured many struggles as I have attempted to acknowledge each of these identities. It has been through this experience that I have grown a passion for activism and social justice geared towards queer people of color. Racism within the queer community is a prevalent issue that must be addressed and challenged to achieve critical liberation. In addition, I have experienced the need for a safe space for queer womyn of color as I consistently deal with the intersection of oppressions within each space I occupy. It caused me to create this very space for UCSD, so that queer womyn of color could feel the safety of acceptance and empowerment.

LGBT CHRISTIAN GROUP

by James Small, Diversity Peer Educator

I've found myself in a slightly odd situation this quarter. I helped start up an LGBT Christian group, despite being Jewish, and not identifying as Christian. Some other people who aren't queer Christians have found it odd that I would do this, so I thought I'd explain how I came to see the need for this space. What I've been told by many of my queer Christian friends is that it's very difficult to find a church, or a Christian group on campus, similar to what they grew up in where they can comfortably be out. Many churches view homosexuality as a sinful choice, and don't accept queer people as they are. And I've actually seen, with my own eyes, the negative reactions people get when they identify as Christian within the queer community, which prevents most people from telling anyone they're Christian. Some of the most virulent homophobia I've seen comes from Christian sources, and there's a lot of pain in the queer community because of that. It can be incredibly triggering just to hear that someone would be willing to come out as queer and still identify as Christian. I don't mean to defend religious intolerance within the queer community; I just want to explain some of the emotions behind it. Before this group, there was no space I knew of where it was safe to be queer and Christian at the same time, and thus I did what I could to address it when the opportunity presented itself.

This experience has raised questions for me about privilege, intersectionality, and allyship, like whether there's anywhere else in American society that Christians could benefit from Jewish, or any other non-Christian, allyship, whether a Jewish identity counts as privileged and Christian as oppressed within the queer community, and whether addressing Christian privilege should be part of this new group. Being Christian is really the only social identity I can think of that's dominant and privileged in mainstream American society, and, if not oppressed, doesn't carry benefits within the queer community. All the "specialized" queer groups at UCSD serve identities that are oppressed, or non-dominant, both outside and within the queer community, like Chingusai, for queer Koreans, Fluid Sexuality, for people who aren't attracted to just one gender, and Queer People of Color (QPOC), Queer Womyn of Color (QWOC), and the Trans Intersex Alliance (TIA), which are pretty self-explanatory. The only exception is Men's Group, which doesn't exist because it's difficult to be male within the queer community, but because establishing one's identity as a queer man is important but looks very different from establishing one's identity as a queer woman, for example. Other queer groups for identities that are privileged outside and within the queer community, like for able-bodied, cisgendered, monosexual, upper middle class, or white people, have existed at UCSD or other places, but for the purposes of cultivating allyship (for learning anti-ableist practice, for example). The simple formula that has worked for me so far: privileged identity + oppressed identity = privileged within oppressed community (and thus requires allyship) and oppressed within privileged community, doesn't work for Christian and queer. Hopefully I'll be able to answer some of these questions as I continue working with this new group.

KNOW HISTORY, KNOW SELF

by Jerel Boyd Vega, Diversity Peer Educator

What does it mean to be Filipin@ American? Filipin@ Americans are one of the only ethnic groups to constantly shift in identifying themselves as Asian, Pacific Islander, or Hispanic, therefore lacking an exclusive identity and culture. What causes Filipin@ Americans to choose to pass as something other than Filipin@ American? And what are the consequences of abandoning their own Filipin@ American identity? As a first generation Filipino American, I attribute the absence of an exclusive identity and culture to the loss of our language and history here in the United States.

Usually, the first step to connecting with one's cultural roots is through the learning of his or her cultural language. But because of colonization, the Philippines has adopted a sense of internalized racism that is still apparent in the Filipin@ American community: people begin to detach from their culture because they are ridiculed for speaking with an accent. Thus for most Pilipin@ immigrants coming to America, the foremost important ideal they instill in their children is the importance of assimilating into American society primarily through the language. In addition, because families focus more on acculturating into American society, the history and struggles of our ancestors are institutionally made invisible or taught from a different perspective, in which Pilipin@ historical framework in America is manipulated to portray that colonization and imperialism has helped "civilize" the Philippines. Unfortunately, these colonial mentalities still persist within the Filipin@ American community.

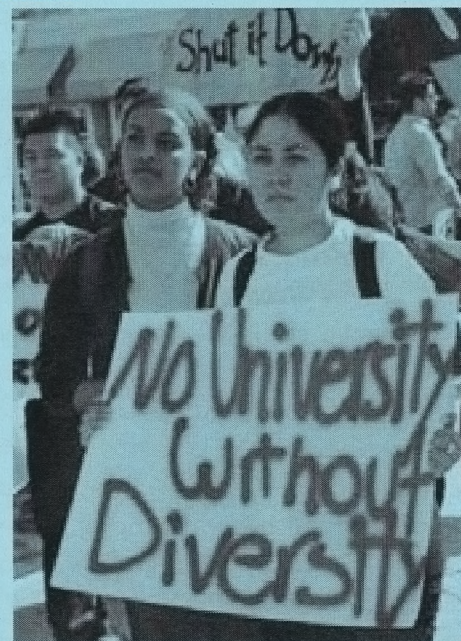
The struggle of the Pilipin@ people is inherently political, but most Filipin@ Americans grow up without learning our language or struggles. The lack of knowing our history deeply attributes to the apolitical-ness present in the community. For example, I wore a Pilipin@ pride shirt to work one day with a flag depicting the words 'KKK' on it. KKK represents the Katipunan, the society that led the Philippine Revolution against Spanish imperialism. A few community members, including Filipin@ Americans, felt triggered by my shirt, initially associating it with the Ku Klux Klan. As a result, I felt obligated to explain the symbolism and importance of the Katipunan. In the United States being "Pilipin@" is not inherent. Passing as "American" is seen as more important than developing and participating in a Filipin@ American culture and identity.

Because Filipin@ Americans find it difficult to connect to an exclusive identity, it is much easier to identify with a broader ethnic identity. What is problematic about ignoring the identity crisis within the Filipin@ American community is the issue of permanently losing the language and historical knowledge; of just being American instead of Filipin@ American. In order to ameliorate the situation, we must wake up and recognize that as an oppressed group, we must not continue to conform to American societal norms. We must also be grounded in our history in order to develop an identity and culture as Filipin@ Americans.

PEOPLE LIKE US

The Cross-Cultural Center and the Student Affirmative Action Committee is hosting a photo exhibit called "People Like Us" at the Cross-Cultural Center Art Space. "People Like Us" looks at 50 years of struggle and activism at UCSD, and how it intertwines with the multitudes of indentities in our community. It counters a flyer that what sent out over the summer, marketed towards potential UCSD students. The flyer declared that the school is full of "People Like You". We questioned who this "you" was addressed to, and so in reply to that reply, we showcase the real people of UCSD -- people like us.

On November 18, 2010, we will have a reception for "People Like Us" at 5 pm, in the CCC Art Space. Jorge Mariscal will be speaking, and light refreshments will be served.



past events

Block Party



Intro to Swing



Yoga



Dia De los Muertos



Film screening: Real Injun



Reclaiming Alcatraz

upcoming events

Transfer Break & Eggs



**November 19 | 10-11:30am
Cross-Cultural Center Library**



**December 5-8 | 24 hours
Campus Community Centers**

Hey transfer students, are you feeling overwhelmed and hungry? Do you need an outlet to talk about how your quarter has gone so far? Well, come out to the Cross Cultural Center to grab some breakfast and participate in our transfer student forum. This is a great opportunity for you to meet new people and provide input for what you need to help you feel more at home here at UCSD. Don't miss out! Contact Jeff at green16@rohan.sdsu.edu for more information

Need a place to study for finals? Each day, from the evening of Sunday, December 5 to the morning of Thursday, December 8 - one of the Campus Community Centers or SPACES will be open 24 hours. The schedule is as follows:

- LGBT Resource Center: Sunday, 12/5 - Monday 12/6
- Cross-Cultural Center: Monday, 12/6 - Tuesday 12/7
- Women's Center: Tuesday, 12/7 - Wednesday 12/8
- SPACES: Wednesday, 12/8 - Thursday 12/9

We'll have study space games, fun, and a ridiculous amount of coffee. Get your study on! For more information, please visit a Campus Community Center web page



ucsd cross-cultural center
business hours: M-Th 9:00-9:00 PM
F 9:00-4:00 PM

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FALL 2010

ABREAST



UCSD WOMEN'S CENTER NEWSLETTER

Special Self-Care Issue

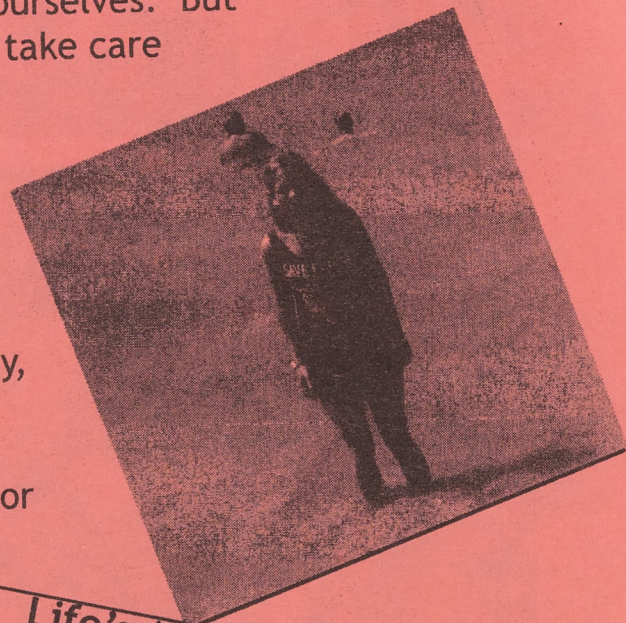


Letter From the Editor

Hello readers!

Let me introduce myself, my name is Lindsay Gooze and I am the Women's Center Newsletter and Marketing Intern. I am thrilled to put out my first issue of *ABREAST*.

One of the best parts about this whole experience is getting to know my fellow interns here, at the Women's Center. They are such strong, intelligent, and inspirational women with stories to tell and opinions to make known. In fact, they inspired the theme of this issue—self-care. During midterms, all of the interns were swamped with writing papers and stressed from studying, and self-care fell to the bottom of the to-do list. As a result, our discussions were less dynamic, our check-ins with one another were more rushed, and our caffeine consumption skyrocketed. With all this “stuff” were overwhelming ourselves with, we lose sight of our most important and obvious priority—ourselves. But we cannot be our best selves if we do not take care of ourselves. If we sacrifice our mental or physical health to succeed, all of our accomplishments are done to no avail. After all, most of us neglect self-care, because we want to succeed. However, the best way to succeed is to practice self-care and treat yourself kindly, like you would a good friend. Would you force your friend to chug energy drinks, deprive them of sleep, and berate them for going to the concert instead of studying? Let's take care of ourselves!



Life's A Beach! Sure, it may be relaxing to lie on the beach, but my idea of self-care is embracing my inner child by playing, whether it be splashing around in the water or jet skiing.

L. Gooze ♀

Lindsay Gooze

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Plastic surgery or female genital mutilation?

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"Am I a bad feminist?"

Owning my reflection

Ongoing Events and Opportunities

Facebook

Want to stay updated on our events and announcements? Add our Facebook group: UCSD Women's Center.

Newsletter

Submit to the newsletter! Send poems, articles, stories, or pictures to the women's center email, women@ucsd.edu ATTN newsletter! The deadline will be announced at the beginning of each quarter, but is generally about 4th week. The next issue will be Winter 2010.

Volunteer Program

Want to volunteer at our space? Send us an email at women@ucsd.edu ATTN Volunteer for more information, or stop by any time to pick up an application! Volunteers are accepted all year long, and trainings go throughout the year!

Yarn Factory

Yarn Factory is an opportunity for you to head down to the Women's Center for some socializing through knitting, dialogue, and fun. All are welcome.

WHEN? The first Wednesday of every month, 12-1:30 p.m. WHERE? The Women's Center--small meeting room
Questions? email women@ucsd.edu ATTN Yarn Factory

Gender Buffet

Fridays 12pm-1:30 pm @ the UCSD Women's Center

Everyone is welcome! We'll provide the space, the host, and the snacks. Just bring your interest to explore various topics on gender and social justice as they relate to everyday life on and off campus. Join us and bring a friend!

Week 8: America's Exportation of Beauty Standards

...What's the link of (post)colonialism and beauty pageants?

Week 9: No Gender Buffet! Thanksgiving.

Week 10: 16 Days of Activism against Gender Violence

.... Violence against women is a human right violation

Mother's Support Group

Meets monthly at the Wome's Center. Dates TBD.

Book Club

Second Tuesday of every month from 12-1 p.m. in the Women's Center small meeting room.

Finals Study Break

Need a place to study for finals? The Campus Community Centers will be open for 24 hours! Come grab some free snacks and blue books and study in our comfortable space. Take breaks and play games! Bring your friends!

LGBT Resource Center:

Open 24 hours: Sun. (12/5) - Mon. (12/6)

Cross-Cultural Center:

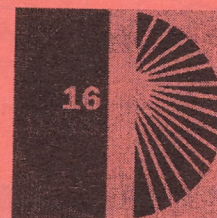
Open 24 hours: Mon. (12/6) - Tues. 12/7)

Women's Center:

Open 24 hours: Tues. (12/7) - Wed.(12/8)

SPACES:

Open 24 hours: Wed. (12/8) - Thurs.(12/9)



16 Days of Activism

Join the Women's Center as we participate in the 16 Days of Activism Against Gender Violence. The 16 Days between the International Day for the Elimination of Violence Against Women on November 25 and International Human Rights Day on December 10 will reinforce that eliminating all forms of violence against women is a human rights issue and that the act of perpetuating violence against women is a human rights violation. This year, the 16 Days Campaign's theme is Militarism and Violence Against Women.

This global call of action seeks to challenge militarism and end violence against women, strengthen women's leadership to promote peace, realize human rights for all to achieve genuine security, and recognize and prevent gender violence in our own communities. In solidarity, the UCSD Women's Center will be participating in this international effort. Join us in the 16 Days of Activism Against Gender violence. Look out for our 16 Days Calendar, and visit our fan page on Facebook to find out how to get involved!

Transgender Day of Remembrance

All day at the LGBT Resource Center Conference Room

Friday, November 19, 2010

The UCSD LGBT Resource Center honors Transgender Day of Remembrance to memorialize those who are killed due to anti-transgender hatred or prejudice. Throughout the day, the conference room will be reserved as a reverent space for reflection and learning. At 12:00pm in the conference room, there will be a viewing of *Still Black: A portrait of Black Transmen*. This film is an "alternative feature-length documentary that explores the lives of six black transgender men living in the United States. Through the intimate stories of their lives as artists, students, husbands, fathers, lawyers, and teachers, the film offers viewers a complex and multi-faceted image of race, sexuality and trans identity."

At 6:00pm on November 20, 2010 please join the San Diego community for a march and ceremony at The Center in Hillcrest. For more information, please contact Vanidy Bailey (vbailey@ucsd.edu).

The event is held in November to honor Rita Hester, whose murder in 1998 kicked off the "Remembering Our Dead" web project and a San Francisco candlelight vigil in 1999. Since then, the event has grown to encompass memorials in dozens of cities across the world. For more information on the Transgender Day of Remembrance, please go to <http://www.gender.org/remember/day>.

Jewish Women's Circle

Jewish Women's Circle is a social network put on through the Hillel of UCSD, one of the establishments committed to creating a Jewish atmosphere for students on campuses across the country and for Jewish Women from all walks of life to get to hang out and meet new people in a fun and relaxed atmosphere. The Jewish Women get to together biweekly in a setting adorned with yummy foods, decorations and lively chatter. With laid-back events like fro-yo and tips on life in UCSD to the more serious ones highlighting the roles and achievements of strong Jewish women in history, a study break is most definitely a welcome invite. For more information on the Jewish Women's Circle, and how you can get involved contact TiffanyRezvani@yahoo.com.

Meet the Interns



Neda Said
Social Justice Peer Educator

“As an intern this year, I look forward the most to get to know everyone that frequents the Women’s Center so we can continue to meet the needs of our campus.”



Bridget Guiza
Special Projects

“I look forward to getting to know all the interns, professional staff, volunteers and allies, including the community of UCSD and abroad. It’s really a beautiful thing when people unite and use that synergy in creating dialogue and thus forming a healthy community. I know feminism can be applied to many issues and I want to let all communities know that.”



Hazel Claros
Social Justice Peer Educator

“Ernesto “Che” Guevara once said, “At the risk of sounding ridiculous, let me say that the true revolutionary is guided by feelings of love.” It is through this philosophy that I hope to do a lot of great things here at the Women’s Center, through educating others and outreaching to those in our community. I love the work I do here and I want to invite you all to come check out the space, because it might become a place you love as well.”



Jasmine Herrera
Gender Buffet & Programs

"I am excited and honored to be working with you here at the UCSD Women's Center. I walk into the UCSD Women's Center with the vision that begins with to continuing cohesive community solidarity while enriching self-love, and the conscious acknowledgment that every lived experience is, and needs, to be valued in the Women's Center space. As an intern, I hope to continue the safe space of open dialogue at the center, where lived experience hold key insights to our approaches to gender, sexuality and social justice."



Julie Trinh
Social Justice Peer Educator

"This year, I'm really looking forward to community-building with student organizations. There are so many passionate students doing great work at our university, and I feel that it's important to illuminate the areas in which our interests and ideas intersect."



Lindsay Gooze
Newsletter & Marketing

"This year, I most look forward to learning more about feminism and social justice, and how I can help make them a reality in my community. It is so inspiring to work with such intelligent and passionate people. I can't help but feel empowered!"



Jessica Yi
Online & Social Media

"Hello everyone! I'm so excited to be working at the Women's Center this year, and I hope you all come by and check out our events, our space, or just stop by and meet us!"

Meditation.

Does it work?

Dealing with stress the healthy way

By Bridget Guiza

Let's face it. College is stressful and more so when there are problems or several tasks tied in . We get overwhelmed with all those papers we have to write, midterms and finals we must study for (cram the night before, perhaps?), and organizations we must run or help run. We have obligations that seem to be never ending and there are not enough hours in which we can complete them all.

We must learn to slow down in this fast-paced university, society, and world, and take care of ourselves on a daily basis. Once we get in the groove of self-care it will become second nature.

Meditation is an excellent strategy to coping with our busy lives! It has been scientifically proven to benefit everyone, including college students

by lowering blood pressure, reducing anxiety, and helping with depression. In addition, the Transcendental

to external stresses, and allowing us to feel rested by enhancing sleep. According to re-

cent research of TM with just 20-minute periods twice a day, students reported the previously mentioned results over a 10-week period.

There are also other specific techniques that focus on concentration, sleep, headaches, pain, allergies, and many other per-

tinent issues. Don't forget that yoga is also a form of meditation where the mind and body are engaged in a series of postures and controlled breathing exercises that calm the mind and increase flexibility. Yoga requires a mature level of concen-



Meditation technique, or TM, has proven to work wonders for college students by increasing brain function, enhancing the immune system, managing time, achieving academic success, maintaining balance in the sympathetic nervous system, meaning having more control over our responses

tration and allows us to focus on the moment.

Some tips for practicing meditation on your own include finding a comfortable place, be it a park or your room, and deciding on whether you want to sit, stand, or engage in other activities, such as yoga or counting. Focus on something such as your breathing, an object, an image, a sound, and if your mind begins to wander, bring it back into focus.

There are many ways to meditate and not all may work for you. Keep an open mind and search for which style or technique you thrive in.



Meditation Techniques for College Students:

- Transcendental Meditation
- Qi gong
- Tai Chi
- Yoga
- Mindfulness Meditation
- Mantra Meditation

Meditation Books and Electronic Resources :

- *A Women's Book of Meditation: Discovering the Power of a Peaceful Mind* by Hari Kaur Khalsa
- *Transcendental Meditation : Discovering Inner Energy and Overcoming Stress* by Dr. Harold Bloomfield
- *Meditation and Movement: Structured Therapeutic Activity Sessions* By Garry Rosser

"Meditation, in essence, is a scientific technique that will change your brain chemistry, emotions and interactions with people and your environment over time."

- Chad Dupuis, Ying Yang House

What I consider self-care

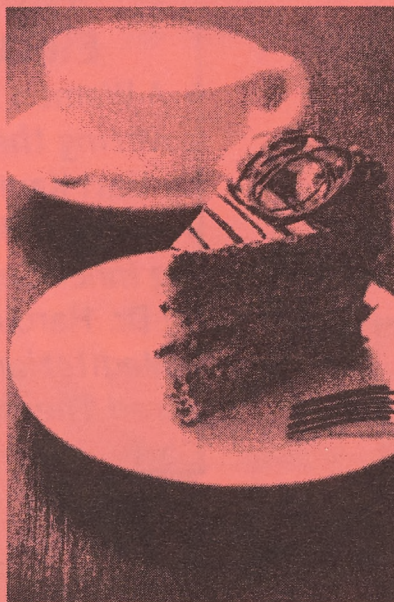
By Hazel Claros

I have constantly been told that the best way to care of yourself is to not do certain things. Do not eat too many sugary treats, do not become a couch potato, do not stress out too much, and the list goes on. But what I have learned in my last two years of college is that you first need to find out what your body desires before you go on eliminating all the options just because people say you should not do it.

I have found that for me, self-care has a lot to do with reminding myself to actually do it. I cover my room with post-its, reminders of going to bed before midnight and to take a break from all the work I have left. Without this I have learned I actually forget to take care of myself, and in the crazy lives we all live, you probably forget sometimes too. So to begin

with, self-care just means find what works best for you.

Also, maintaining good mental health is vital to your self-care. This sometimes involves doing all those



things people tell you not to do. Indulge in a guilty pleasure here and there, promise yourself an hour of television for every two hours of studying, or eat that bowl of ice cream you've been craving and buy yourself that new outfit. Reward yourself for your accomplish-

ments at school and at work. Even though it seems pointless, a bit of selfish indulgence can go a long way once things start to get hectic and stressful.

Now, what I always find very important as it pertains to self-care is sleep. This is probably because I rarely get any, and to all those who say you can go through your day on less than eight hours of sleep, you are lying. So always try to get enough sleep. This means a lot of planning and organizing in order to find the time to sleep. Stop procrastinating when you know there is a paper due because all-nighters do not help. What is the best advice I have gotten when it comes to sleeping? Force yourself into a routine. Go to bed at the same hour every night and wake up at the same hour every morning, even on

the weekends. It will regulate your sleeping cycle and after a few weeks, you'll start feeling sleepy around the same time every night. The only issue with this is that it is difficult because for the first few weeks before you get used to it, this routine will feel strange and almost useless. But believe me, it works, and if you stick to it, the routine definitely helps. It definitely helped me during the school year, too bad summer broke that routine. Yet, I am trying to

adjust myself again because sleep is such an important aspect of self-care. Without it, your mood, your attention span, and your actions are all negatively effected.

In the end, self-care is all about self-analysis, not about what others think is right for you. Pay attention to your body and realize what it needs.



What do *you* consider Self-care?



“The way I practice self-care is to disconnect from everything electronic and head to the forest with the ones I love. Here I am relaxed and happy standing beside my shepherd pup Günter surrounded by pine trees next to the Kern River. I can’t wait to go back!”

-Jessica Geipel
Special Projects
Coordinator

ONLY A PERSON WHO RISKS IS FREE

by Author unknown

To laugh is to risk appearing the fool.
To weep is to risk appearing sentimental.
To reach for another is to risk involvement.
To expose your ideas, your dreams,
before a crowd is to risk their loss.
To love is to risk not being loved in return.
To live is to risk dying.
To believe is to risk despair.
To try is to risk failure.

But risks must be taken, because the
greatest hazard in life is to risk nothing.
The people who risk nothing, do nothing,
have nothing, are nothing.
They may avoid suffering and sorrow,
but they cannot learn, feel, change,
grow, love, live.

Chained by their attitudes they are slaves;
they have forfeited their freedom.
Only a person who risks is free.

10 Things To Keep Your Body (and Mind!) Happy and Healthy...

1. Stretch! Take a few minutes to feel get some of the tension out of your muscles.
2. Check your posture. Slouchy posture can add to neck and back pain. Who needs that?
3. Watch your favorite T.V. show. A short period of relaxing your mind's focus will let you jump back in and get things done later.
4. Instead of going out to eat, cook an awesome meal at home.
5. Eat fruit. The best way to give in to that sugar craving.
6. Or just get the chocolate bar!
7. Go for a stroll, hike, or run. Take in the sights and self-reflect.
8. Laugh, because it feels good. If you need more incentive, it uses less muscles than frowning.
9. Make a to-do list. When you have too many things to do in too little time, getting it all on paper takes the stress off your mind.
10. Come de-stress at the Women's Center during the Finals Study Break!

when it needs it. Give your mind and body the best treatment you can, because after all you deserve the best.

Self-love:

The love story with the ultimate happy ending

By Lindsay Gooze

I have had many friends tell me, "I'll be happy once, I get _____." They believe that once they complete this statement, they will be satisfied with themselves. They may fill this blank with "a boyfriend," "a perfect body," "my dream job," or whatever external factor they believe will solve their internal problems.

For many years, I thought that once I got to a certain weight, my life would be perfect. The problem was that after I achieved my "goal," I still was never satisfied with the amount of weight I lost, and I thought I could be a better person by losing more and more weight. I judged the success of my life by this unhealthy external factor, until I became recovered from anorexia after several years of introspection and therapy.

Although others may not be as extreme in the importance they place on external factors, they still suffer from low self-esteem because they do not feel like they measure up to society's ideals. According to dosomething.org, "Seven in ten

girls believe they are not good enough or do not measure up in some way, including their looks, performance in school and relationships with friends and family members."

It is difficult, if not impossible, for people to accept and love themselves, if they think they are flawed or defective in some tangible way. They may strive to attain external "perfection," but they ignore the importance of their internal selves. With all this significance placed on a person's exterior image by our culture, people forget what is really important—the inside.

Our soul and spirits make us whole, not brand named jeans and flowing hair. We are each beautifully unique and one of a kind, and therefore, we are already our perfect selves. We should not waste time trying to attain meaningless objects to be happy, because we are born with all we need to be happy with ourselves. Instead of wasting years of our short lives searching for happiness, we must love ourselves now and the most genuine happiness will come.

RECONSIDERING OUR SILENCES

“People call me a feminist whenever I express sentiments that distinguish me from a doormat”

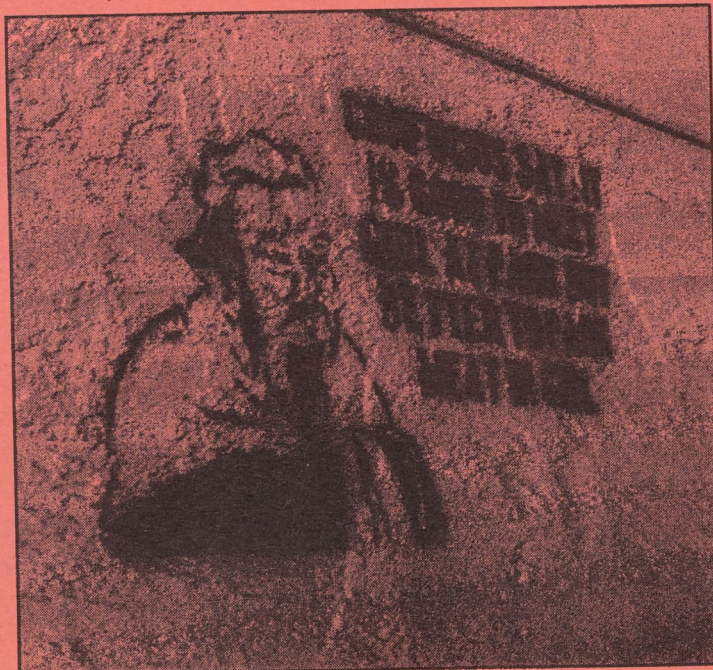
-Rebecca West, 1913

By Jasmine Herrera

Anonymous images emerged on campus at the end of September. This article addresses their intentions as hate crimes. Even though these images have context in Jay-Z lyrics or Dave Chappelle skits, no doubt, they are images intended to shock. The intention is unmistakable, and the sexist and racist tropes scream loud and clear. They

were recently painted over and disregarded by the police and the general student body, who dismissed the discussion of these images as hate crimes. In response to these images, many students asked “What’s the big deal?” or “What about freedom of speech?” This response is similar to that of the sexist, racist, and misogynistic

invitation and party “Compton Cookout” (along with the KKK hood that appeared on the Dr. Seuss statue and the noose on the 6th floor of Geisel) last year. Surely, freedom of speech is a right to protect. However, the ease to use “freedom of speech” as a safe label rather than a starting point to re-evaluate, for example, the lack of awareness about



sexual assault among students on campus, is the problem of covert (not explicit) violence. On campus, silence condones violence.

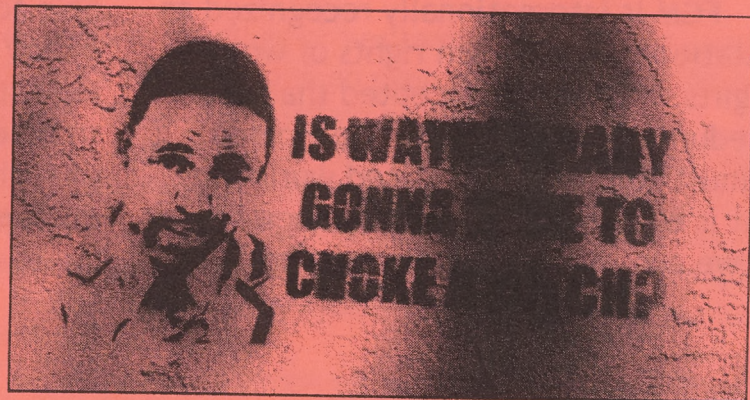
Students who walk by these images feeling unsafe, offended, and/or triggered in some way, may internalize these stressors in silence because they fear being told "What's the big deal?" and not having their feelings heard. Most importantly, several students live daily on campus enduring psychological and emotional triggers, because images like these assault their lived identities. The apathetic response

and lack of discussion about the recent hate crimes, perpetuates a cycle of shame about one's race, sexuality, and/or sexual orientation.

I encourage you to raise your voice about this issue. Please join us for continued discussion centered on class, race, and gender issues or social justice issues at the next Gender Buffet.

I encourage the reader to utilize their own freedom of speech and to speak up because these demeaning messages should not be ignored.

*"As a Latina, I grew up with the constant reminder in my socialization to just be quiet and look pretty. Quiet and look pretty implied to not have an opinion, because when you have one you become more of a
"problem"
- Hazel Claros, 2010*

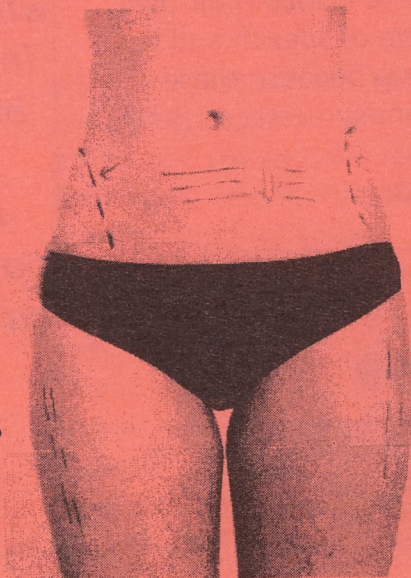


PLASTIC SURGERY OR FEMALE GENITAL MUTILATION?

By Neda Said

I was recently watching a documentary about body image when the discussion turned to plastic surgery. The scene showed a woman in a surgeon's office who took out an edition of *Playboy*, flipped open to a page, and asked if her vagina could look like that. I was aghast. This request drew frightening parallels to another process women often go through: female genital mutilation. FGM is a practice performed in many North African and Middle Eastern countries that cuts, removes, and otherwise surgically alters the female sexual organs for non-medical reasons. Procedures can cause severe bleeding and problems urinating, as well as potential childbirth complications, newborn deaths, infertility, and infections that can lead to death.

FGM is internationally recognized as a violation of the human rights of women and girls. It is widely accepted that the procedure of FGM is harmful to women and must stop being practiced worldwide, but it is equally important to remember that we are viewing this from an entirely



Western point of view. In many parts of the world, FGM is deeply rooted in communities and is a part of cultural tradition. It is not required by any religious text, but in many areas has religious support. As a result of these societal factors, it is impossible to quickly eradicate this harmful practice. One must understand that in some places, FGM is considered an honor, and a ritual for all girls entered womanhood, much like male circumcision here in the Western world.

However, one point quickly makes the situation clear: men don't routinely die from circumcision, and women often do. The physical side effects are severely detrimental to women's health. Even when they are lucky enough to survive, the physical side effects and mental trauma continues for the rest of their lives. In the end, I think people should be able to make their own decisions independent of any bias, including possibly coercive social expectations. Women everywhere deserve to be educated about the possible outcomes of such actions, and especially the right to choose what to do with their own bodies.

“Am I a *bad* Feminist?”

By Jessica Yi

One question that's always been in the back of my mind as I think about women's issues, activism, and feminist work is, “Am I a bad feminist?” By that I mean, do I find myself reinforcing patriarchy or gender roles, unable to stop myself? Because I enjoy cooking for others, am I condemning my daughter to live in a world where she's expected to have dinner on the table every night? And am I the only one?

Feminism, according to bell hooks, is “a movement to end sexism and sexist oppression”. As feminists, this definition requires that we recognize the ways that gender inequality manifests itself in our daily lives. We must acknowledge the ways that society is imperfect and question how it is that we have all been socialized to accept certain aspects of life as natural or right.

The very nature of that task, however, implies that these inequalities are already ingrained in us, and we are fighting against them. Although we may recognize the ways in which certain behaviors are problematic, the old saying of “easier said than done” certainly applies here. Sexism and sexist thinking is engrained in our actions in ways that are incredibly subtle and can often be difficult to shake, and even harder to identify.

It was not until I started working at the Women's Center that I realized how problematic it is to address a group of mixed gender with the ubiquitous and seemingly natural designation, “you guys”. Now that I've brought it to your attention (or perhaps you've realized this before), the reasons why may seem obvious. No matter how often we may use it, the term simply isn't gender-neutral, and addressing a mixed gender group with “you ladies” would not meet the same response. Because I realize this, though, doesn't mean that I no longer say it. The phrase has become such an innate part of my vocabulary that I may not even realize when I've said it.

This is where much of the work of the movement lies; in recognizing the problematic parts of our lives that we consider “natural” and exposing and removing them. I still use “you guys”, albeit unintentionally, and if that makes me a bad feminist, then I'm OK with that. Removing ourselves from years and years of socialization is a difficult process, and one that we shouldn't expect to come easily or, dare I say it, naturally.

And what of the problematic behaviors that I'm unwilling or hesitant to give up? If I really do enjoy cooking or looking after young children, does that make me an even worse feminist? Where do I draw the line between doing something that I enjoy and resisting gender norms?

I would argue that restricting oneself in this way would simply reinforce the ideas that men are confined to certain behaviors, and women are confined to different behaviors. Rather than feeling guilty for doing something that one loves, we should celebrate that that individual has found something they truly enjoy and continues to partake in those behaviors regardless of societal pressure or gender norms. Just as feminists celebrate the career woman, female pilot, or police-woman, we should also celebrate the stay-at-home-mom.

If we examine ourselves closely, we'll all find ways in which we are “bad” feminists. The truth is, we're all “bad” feminists in one way or another. While we should strive to eliminate our socialization, it's also important to remember that the problem lies in large social forces, and not with us as individuals.

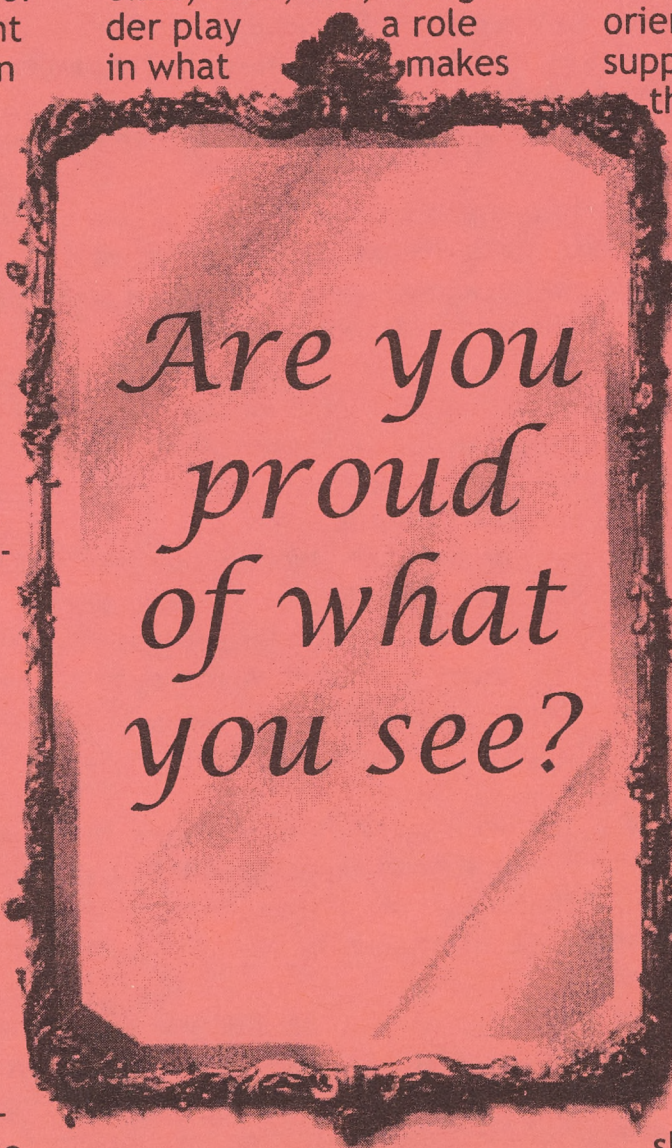
Owning my reflection

By Kathy Suarez

Even while I think of myself as an independent and strong-willed woman who is determined to break the boundaries of traditional Mexican gender-based expectations, I would never call myself a feminist. The word "feminism" has many negative connotations, ranging from its perceived exclusion of non-white, uneducated, and/or lower class women to its association with lesbianism. Also, it's lack of a universal definition has made it particularly vulnerable to groups of men and women who use feminism as a platform for their own agendas, further polarizing the movement.

Through volunteering at the Women's Center I have found myself empowered with the knowledge of what the goal of the feminist movement really is—the end of oppression for all. Feminism isn't just about women's "equality to men," it's about acknowledging how

class, race, sex, and gender play a role in what makes



us (both men and women) so unequal in society's eyes. What's the point of having the same rights as men when we would still be discriminated against because of our ethnicity,

our class, or our sexual orientation? Are we supposed to rejoice in the fact that we are being discriminated against equally to the men in our shared ethnicity and class? Feminism is about being unwilling to accept a world where there are tiers of "equality," and actively doing something to change it.

But what can be done to bring about this change? I myself am struggling with this. I know that I can join rallies, sign petitions, and make posters, but the real problem comes from dealing with my own prejudice. I have just realized recently that my

shame and embarrassment at my own ethnicity has a name: internalized racism. It has been something I have carried with me my entire life, and something that will take me years to reverse.

This has been building up steadily, from back in junior high when I was confused and upset over my ASB advisor telling me I had no race, to being in mostly-white honors classes with students who said I wasn't really Mexican because my father was a doctor (read: there was a "discrepancy" between my ethnicity and my family's socioeconomic status). It was further exacerbated by ridicule from my classmates when I was given an award by the National Hispanics Recognition Program. The prevalent view of my Hispanic peers that getting good grades made me "white-washed" and embarrassed over my academic accomplishments. It was as if I was ashamed of myself for my successful assimilation and the abandonment of my culture, while at the same time being afraid to embrace the fact that I am Mexican.

Racism isn't something we are born with, it is something that is taught to us. Within my own family, children who are

lighter skinned, who have reddish or blond hair, and light eyes are considered more beautiful. We are discouraged from having black partners, because our children would be discriminated against and feel confused, but there is no such warning for having white partners. For women, we are encouraged to wear sunblock to avoid skin damage but there are deeper connotations to our aversion to darkened skin, which is considered ugly. For a long time, I was careful to avoid overexposure to sunlight because I was often complimented on my light complexion, and I thought that was what made me pretty.

Over the past few weeks, I have had some time to reflect, and it has been painful. I am striving to change my hurtful and self-discriminatory thinking that has held me back from being comfortable in my own skin, but I know

it's going to be a difficult journey. And yet, during this time I have had a few triumphs concerning how I identify myself. I'm not just my ethnicity, but my ethnicity is a part of me. I've come to terms with the fact that my hair is dark and curly, and I like it that way. I'm a full-blooded Mexican, a first-generation American-born U.S. citizen (on my mother's side). I'm middle class, and not ashamed of my father's hard work that helped him go from being a agricultural foreman field worker's son to a family physician, or the fact that my mother is an immigrant. I'm a second generation UCSD student. I like telenovelas, anime, and the color of my skin, however light or dark San Diego makes it. I'm not embarrassed that my mother has an accent. I'm a woman who is pursuing an education in the sciences, who will one day be a successful doctor, mother, and wife. Oh, and I'm a Feminist.

Visit us! Located within the Original Student Center, West Building 290. For more information on the Women's Center, visit women.ucsd.edu, find us on Facebook! **UCSD Women's Center**, email women@ucsd.edu or call us at (858)822-0074.

University of California, San Diego
The Women's Center
9500 Gilman Drive, 0096
La Jolla, CA 92093-0096



Yes, I'd like to join the Women's Center Circle of Friends
I'd like to make a tax-deductible donation to the UCSD Women's Center.



Please check one:

I'd like to make a one time donation of \$ _____

Please choose method

Enclosed is my check made payable to "UC San Diego Foundation"

Please write on the Memo Line Women's Center Fund #4649

Charge my Visa, MasterCard, American Express or Discover Card:

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| | <input type="checkbox"/> \$25.00 (\$300.00 total annual) |

Please fill out to receive a UCSD Payroll Deduction Authorization form or in case we have questions about your contribution, and return completed form to The Womens Center, 9500 Gilman Drive 0096, La Jolla, CA 92093-0096:

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