Matthew Sanford

On April 18 and 19 Matthew Sanford, a visionary, philosopher, yoga teacher, speaker, author of *Waking*, and expert of mind-body integration, will be on campus speaking and participating in a variety of activities that promote the need for a healthier, more sound life.

Sanford’s life work began at age 13 when he survived an automobile accident that took the lives of his father and sister and left him paralyzed from the chest down. For the last 28 years, he has been on a practical exploration of the mind-body relationship.

Matthew graduated with a B.A. in philosophy from the University of Minnesota, including Phi Beta Kappa and summa cum laude distinctions. He went on to receive a Master of Arts from the University of Santa Barbara in philosophy, then shifted his primary focus to explore how the principles of lyengar yoga travel through a paralyzed body. After years of trying to overcome his paralysis, he instead began to embrace it by re-establishing connection with his dramatically altered body. He believes that lack of mind-body integration is one of the critical problems facing our long-term survival.

Sanford is committed to helping individuals, and our society, realize the practical notion that minds and bodies work better together.

---

Events on April 18, 2007

7 p.m.  Yoga Session in Alumni Hall
8:30 p.m. Talk “Healing and the Mind Body Relationship” in Alumni Hall
Diversity Week is a series of programs sponsored by the Diversity Committee of Student Senate. This year’s activities include:

- April 16: Wok-n-Roll Guitar Hero Tournament
- April 17: Pizza and Politics with the college Democrats and Republicans
  Topic: Affirmative Action, 6 p.m.
- April 18: Stomp the Yard, 9 p.m.
- April 19: Asian Festival, 5–8 p.m.
- April 20: Freedom Writes in Wallenberg, 7 p.m. and 10 p.m.
- April 21: International Dive Night with Food, 11 p.m.
  Freedom Writers in Wallenberg, 7 p.m. and 10 p.m.
- April 22: Vesak Day, 9 a.m.

The Diversity Awards Banquet will be held Friday, April 27 at the Shoreland Country Club. This celebration is the end-of-the-year gathering to recognize an outstanding faculty/staff member and outstanding student for their efforts and accomplishments that exemplify the values of diversity at Gustavus. If you would like to nominate a faculty/staff member or student, forms are available in the Diversity Center.

The Diversity Leadership Council and the Diversity Center would like to encourage students, staff and faculty to attend. Tickets are $10 per person, or $15 per couple, and are available at the SAO desk beginning April 11, 2007.

---

Luis Valle

I am a fifth-year senior currently finishing my biochemistry major. I transferred to Gustavus three years ago, after finishing my A.A. degree at a community college in Minnesota.

Transferring to Gustavus was one of the best decisions I have made. Choosing a college that fit my needs was very important for my biochemistry major. I was looking for a school that had a strong science program and Gustavus was it. My first year here was a difficult transition: I soon found out that my study skills, academic preparation, and time management were not up to par with other successful science students. I made it through that year with perseverance and self-determination. Now, I realize that seeking help right away would have made it a lot easier.

As a gay, immigrant Hispanic student, I have always had the passion to fight for equality and diversity. Consequently, I have been involved with groups at Gustavus that focus on these issues. I was president of OLAS (Orgullo Latino Association) for two years, I have been a member and leader of Queers and Allies for three years. I am also a Peer Assistant. And, I have been a member of the Crossroads Program for the past two years. Each one of these groups has allowed me to not only fight for issues that I deem important, but has also allowed me to grow as a person.

As graduation approaches, I am getting ready to go out into the real world. My plan is to go to medical school, but I am taking a year off to work for a nonprofit organization that works with immigrants; I am very excited about this opportunity. One of my life goals is to be part of Doctors Without Borders because it encompasses my two passions, helping people and traveling.

I would like to thank everyone that has made my Gustavus experience a great one, especially the Diversity Center staff for always providing a place of comfort, my professors who encouraged me to keep going, and my friends who support me and keep challenging me. I will miss Gustavus.

---

"It is unwise to be too sure of one’s own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err."
– Mahatma Gandhi
**Lens Adjustment**

Seven faculty and staff members of the Education Department spent Touring Week thinking deeply about this “network of mutuality” described by Martin Luther King, Jr. in his 1963 Letter from Birmingham Jail (at right). Our group traveled to El Paso to participate in the Latino Academy and Border Immersion. We spent seven days learning about the immigrant experience and the history of the border between Mexico and the United States, meeting with individuals and social service organizations on both sides of the border, and talking about how this knowledge can help us in our work at Gustavus.

Minnesota demographics have changed rapidly in the last 20 years and almost every school district in the state has seen a rapid increase in the number of second-language learners. Many communities in our region have experienced growth in their Latino population as workers come for jobs in local canneries, poultry and meat packing industries and then choose to settle here rather than work seasonally. It has been difficult for some longtime white residents to see positive implications of this trend, even though in many cases these new residents have brought renewed vigor to dying communities.

One goal of the Education Department is to prepare our students to be effective teachers of all children in their future classrooms. But none of the faculty in our program has a background in teaching English Language Learners and, despite our efforts to read extensively about best practices in ELL theory and pedagogy, it was clear we needed a more intensive opportunity to engage with this topic. With support from the Faculty Development Program, we set out to literally immerse ourselves in the world many of our Latino students come from: Texas and Mexico.

We began in Phoenix, where we read and discussed common texts and viewed cultural presentations and videos to expand our base knowledge. We discussed racism, the Chicano experience, and the history of immigration. We were reminded that what we now call “Texas” was originally Mexico (as was much of what we call California, all of Arizona, and points north). The slogan of the immigrant rights movement, “We didn’t cross the border, the border crossed us” is historically accurate. The U.S. seized this land in the Mexican-American War of 1846–48 under the principle of “Manifest Destiny.” Suddenly, millions of Mexicans were told they were no longer living in Mexico and their land no longer belonged to them. This first phase, our “lens adjustment,” was intended to ready our minds for the border experience in El Paso and Ciudad Juarez.

---

**PASO**

The members of the Pan Afrikan Student Organization (PASO) of Gustavus Adolphus College, in an effort to foster amiable relationships between ourselves and the campus-at-large, promote cultures of the African Homeland and Diaspora. We support each other to the utmost of our ability, and uphold, cherish, and embrace African culture. We welcome non-African members while still holding true to the practice and belief of unity of the Black heart, the Black mind, the Black body and the Black soul.

As an organization, we provide programs that reflect our diverse culture such as African Night, Hip Hop Festival, Our Story Conference, Kwanzaa, and Ramadan.

We meet weekly on Tuesday at 6 p.m. in the Board Room.
Student Organization Meeting Schedules

Diversity Leadership Council
MONDAY : 9:30 p.m. : Leadholm

Pan Afrikan Student Organization
TUESDAY : 6 p.m. : Board Room

Meditation with Buddhist Monk
TUESDAY : 7 p.m. : St. Peter Room

Crossroads Executive Board
THURSDAY : 8 p.m. : Carlson International Center Lounge

Asian Cultures Club
WEDNESDAY : 5 p.m. : Walker House

Queers & Allies
WEDNESDAY : 9:15 p.m. : Womyn’s Awareness Center

Orgulla Lationo Association
THURSDAY : 7 p.m. : Office by the Dive

Womyn’s Awareness
THURSDAY : 8 p.m. : Womyn’s Awareness Center

Indigenous Student Association
THURSDAY : 8:30 p.m. : Gustie Den

Students of Fostercare and Adoption
THURSDAY : 9:15 p.m. : Diversity Center

I Am We Are
THURSDAY : 10 p.m. : Black Box

Actions Supporting All People (ASAP)
SUNDAY : 8 p.m. : Diversity Center

World Watch

Uganda, Afrika: Peace talks stall—Uganda’s northern rebels want Khartoum to join stalled peace talks which started in south Sudan last year. Some two million people have fled their homes and thousands of children have been abducted by the Lord Resistance Army during the civil conflict. A truce signed last August has expired and now the issue is back on the negotiating table.

The World: Corporate Human Right Violations—Efforts to hold multinational businesses accountable for human rights violations are meeting stiff resistance. The UN secretary-general’s special representative has just presented his long-awaited report to the UN’s human rights council, the report stating that the international business community has argued that corporations should not face binding human rights obligations. Instead, business has spoken out in favor of weak voluntary principles.

Cultural Connections

April 15—Yom Ha-Shoah (Jewish):
Holocaust Memorial Day commemorates the death of six million Jews by the Nazi regime.

April 22—Earth Day (International): Many communities celebrate Earth Month by organizing environmental activities throughout April. Earth Day celebrates the earth and renews our commitment to building a safer, healthier, and cleaner world for all of us.

April 27–28—Gathering of Nations Pow Wow (Aboriginal/Native American): Albuquerque, N.M. hosts more than 700 tribes and nations participating in a three-day event where more than 3,000 participants share, teach and exchange traditions with each other.