



## IME Newsletter Volume 23



Goodbye February and hello March! We hope you've had an amazing weekend! Just as a little nudge, March is both Women's History Month and Multiracial Heritage Month! Many events to celebrate are coming your way so be sure to be on the lookout!

Check out our Podcast of the week!

Podcast Recommendation of the Week!

For PDF versions and archives, visit the [IME website](#) or click [this link](#).

## What's Happening

In this week's IME Newsletter:

## IME Events and News

- IME's Lending Library
- I.D.E.A Catalyst Nomination Form

## More Events and News

- Migration: Changes and Transformations with Cristina Morales
- Molecules & Mocktails
- 'Ashes to Go' on Ash Wednesday
- LC Ethnic Studies Presents: The Anti-Racist Education of an Ordinary White
- Becoming a Medical Interpreter!
- ADHD Peer Connection Group
- Gender Studies Symposium: Call for Volunteers!
- 2025 LSAT Scholarship Application
- Student Counseling Center Group for Survivors of Unwanted Sexual Experiences
- Gente Latina Unida: Graduation Celebration

## IME Events and News



### Introducing IME's Lending Library!

Need a book for class? Or a book to read for fun! Stop by IME to see our inventory of books to borrow! You can check them out for a weekend or for the entire semester. You can also use the link to check out our inventory online.

Suite Library!

### I.D.E.A Catalyst Nomination Form

The I.D.E.A. Catalyst Awards honors and celebrates undergraduate students, staff, and faculty who have demonstrated immense dedication to engaging and leading initiatives toward a more inclusive, diverse, equitable, and accessible (I.D.E.A.) L&C community. Those nominated have demonstrated their commitment through their actions, leadership pursuits, everyday conversations, and values.

**I.D.E.A Catalyst Awards**  
I.D.E.A catalyst is someone who enacts change using an  
Inclusive, Diverse, Equitable, Accessible framework



**The Emerging Leading Honor**

**The Excellence In Advocacy Leadership Honor**

**Ray Warren Outstanding Senior Honor**

**Kristi Williams Staff & Faculty Leadership Honor**



URL: <https://tinyurl.com/IMEIDEA25>  
Nominations are Due Monday,  
March 10th by 11:59 PM  
Questions and/or Concerns??  
Email: [multicultural@lclark.edu](mailto:multicultural@lclark.edu)

Nominate  
Here

## More Events and News

### Migration: Changes and Transformations with Cristina Morales

Change is a part of life, but changes brought about by migration are particularly deep and complex. This conversation centers the experience of immigrants, all are welcomed to join and learn. We offer space where we can share experiences and reflect on the changes we have made since we left our homes, what brought us to the place we live now, and the transformation we went through over this process.

**Date: Tuesday, March 4th**

**Time: 4:00-5:30pm**

**Where: Fowler Student Center**

Find Out  
More!

### Molecules & Mocktails

Student Alumni Association (SAA) invites you to our Molecules & Mixers event, where alum from Biology, Chemistry, and Biochemistry majors come to speak about career and education after college, research interests, and more!

# MOLECULES & Mocktails



BIOCHEMISTRY & MOLECULAR BIOLOGY  
BIOLOGY,  
CHEMISTRY ALUMNI.

Student Alumni Association



RSVP Here!

Where? Olin Lounge,  
March 11th 6-7pm

## 'Ashes to Go' on Ash Wednesday

Come receive ashes on your forehead or hand as a sign of your mortality and the beginning of the Christian liturgical season of Lent.

Come as an individual or with some friends to receive the mark of ashes.

Where? The lower floor of Agnes Chapel, 106

Time? 7:30am-9:30am

When? March 5, 2025



Ashes to Go  
Ash Wednesday  
March, 5th, 2025

DROP BY WINDOW

7:30AM - 9:30AM

HALLWAY OUTSIDE THE BON ENTRANCE  
FOWLER STUDENT CENTER

COME AS AN INDIVIDUAL OR SMALL GROUP TO RECEIVE  
ASHES ON YOUR FOREHEAD OR HAND AND SAY A PRAYER

All are Welcome!

Facilitated by Rev. Hilary Martin Himan. Questions? hmhiman@lclark.edu

## LC Ethnic Studies Program: The Anti-Racist Education of an Ordinary White

Join renowned historian of labor, race, and class, David Roediger, for a lecture and dialogue about his intellectual and political evolution and the stakes of movements in defense of education and for racial justice. **Thursday, March 13th at 7pm**, Council Chambers.

Where? Council Chambers

The LC Ethnic Studies Program Presents

## The Anti-Racist Education of an Ordinary White

### DAVID ROEDIGER

Join renowned historian of labor, race, and class, David Roediger, for a lecture and dialogue about his intellectual and political evolution and the stakes of movements in defense of education and for racial justice.

**THURSDAY MARCH 13 2025**

**7:00pm**

**Council Chamber  
Fowler Student Center  
Lewis & Clark College**

Co-sponsored by:

Ethnic Studies, History, Philosophy,  
General Education, Sociology/Anthropology,  
Center for Social Change & Community  
Involvement, Inclusion & Multicultural  
Engagement, Office of Equity & Inclusion,  
LC Endowment for the Humanities

INFO: [ETHNICSTUDIES@LCLARK.EDU](mailto:ETHNICSTUDIES@LCLARK.EDU)



When? March 13 Time? 7:00pm

## BECOMING A MEDICAL INTERPRETER


Medical Interpreting is a fantastic opportunity for students pursuing a career in health and for those who speak multiple languages. Join us learn more!

Where? JR Howard, room 115

When? March 4th

Time? 5:30pm-6:30pm

### BECOMING A MEDICAL INTERPRETER



**Who's Invited?**

- Current LC Students + Recent Grads
- Bilingual & multilingual individuals
- Future healthcare providers

**Join Us!**

- Explore the Path to Medical Interpreting!
- Earn while gaining valuable clinical experience!
- Use your language skills to support patients!


**Where and what time?**

March 4th, 5:30-6:30 PM  
JR Howard, room 115

**PRESENTED BY**

- Hernando (Nando) Magallanes
  - A medical Interpreter
  - BCMB Major | Health Studies Minor
  - Former Lewis & Clark Football Player

Organized by the Center for Community and Global Health  
[alexisr@clark.edu](mailto:alexisr@clark.edu)



Lewis & Clark College  
Case Management

### Virtual ADHD Peer Connection Group

Join L&C peers to  
connect on the  
ADHD experience

Case Management is hosting  
virtual meetings each week for  
students to talk about experiences  
of ADHD and to share strengths,  
challenges, and coping strategies.



ZOOM  
LINK



**TUESDAYS • SPRING 2025**  
4:30 PM TO 5:15 PM

EMAIL FOR MORE INFO:  
[AMBERBERGER@LCLARK.EDU](mailto:AMBERBERGER@LCLARK.EDU)

Lewis & Clark College  
Case Management

### Virtual ADHD Peer Connection Group

#### What:

This is a weekly group meeting for students to share experiences with attention deficit hyperactivity disorder (ADHD) and talk about strengths, challenges, or coping strategies. Each meeting will focus on a topic to help direct shares, but you are welcome to share anything you like. Anyone with an interest in the subject and an open mind is welcome to join.

#### Why:

These meetings will give people an opportunity to share and connect with each other, to learn from each other, and to feel supported.

#### Additional Info:

To keep everyone safe, each meeting will follow some ground rules:

- Keep an open mind when listening and avoid criticizing or judging
- What is shared in meetings stays in meetings (confidentiality)
- Share your own perspectives and experiences (speak from "I")

Each meeting will be facilitated by Amber Berger, Master of Social Work graduate student interning with Lewis & Clark Case Management.

ZOOM  
LINK



**TUESDAYS • SPRING 2025**  
4:30 PM TO 5:15 PM

ZOOM INFO  
[HTTPS://GEORGEFOX.ZOOM.  
US/j/3787064244805](https://georgefox.zoom.us/j/3787064244805)



## ADHD Peer Connection Group

Case Management is hosting virtual meetings each week for students to talk about experiences of ADHD and to share strengths, challenges, and coping strategies. **Meetings will take place on Zoom, Tuesdays from 4:30pm to 5:30pm.**

Contact Amber Berger at [amberberger@lclark.edu](mailto:amberberger@lclark.edu) for more info.

### Gender Studies Symposia: Call For Volunteers!

We are looking for volunteers for the 44th Annual Gender Studies Symposium. Please visit the link below to the Google Sheet to view and sign up for different opportunities!

You will not be able to edit this spreadsheet directly. Please leave a comment with your full name and any requested information (e.g. your phone # for tabling opportunities).



[Volunteer Here!](#)

### 2025 LSAT Scholarship Application!

The Multnomah Bar Association's Equity, Diversity & Inclusion Committee seeks to foster and expand diversity in the Multnomah County legal community and the state of Oregon. To achieve this goal, the committee awards scholarships for LSAT preparation courses to law school applicants whose future involvement in the law will enhance the diversity of our bench and bar. **Applications Due March 21!**

[Sign Up Here!](#)

### Student Counseling Center Group for Survivors of Unwanted Sexual

## Experiences

"Healing from Unwanted Sexual Experiences" group. Requires a pre-group appointment with group leader Melanie Langlois, LPC, during which you will meet 1:1 to review the structure & purpose of the group. The group starts early February so contact Melanie to schedule an appointment before the end of January! Email [melanie.langlois@lclark.edu](mailto:melanie.langlois@lclark.edu) or call 503-768-7160. No cost. **Student Counseling Center, Lower Odell**



Spring Semester  
2025

### Healing from Unwanted Sexual Experiences

**What:** Weekly therapeutic and educational group for people who have experienced sexual trauma

**When:** TBD (starting in early February 2025)

**Where:** Student Counseling Center, Lower Odell #012

This confidential, no-cost group is open to all LC students inclusive of gender identities, sexual orientations, races/ethnicities and abilities. Survivors will have the opportunity to connect with each other in a safe, non-judgmental space and explore ways they have been impacted by and are healing from sexual trauma. We will use discussion, information and activities to share experiences, increase self-awareness and self-compassion, expand coping skills, and build resilience. *Requires a pre-group appointment (30min) to discuss the structure and purpose of the group.*

For more information or to schedule a pre-group appointment, please contact Melanie at [melanie.langlois@lclark.edu](mailto:melanie.langlois@lclark.edu)



## Gente Latina Unida: Graduation Celebration

Calling all seniors! Gente Latina Unida is planning our annual graduation celebration and are collecting interest for customized sarapes to wear during graduation. We strongly encourage those part of the Latine community to sign up! If you are interested, please fill out the google form so we can include you! We are tentatively planning this celebration for **May 1, 2025 from 6-9pm** in Gregg Pavilion. Reach out to [glu@lclark.edu](mailto:glu@lclark.edu) with any questions!

Sign Up Here!

Visit the IME Suite on the 3rd floor of Fowler: 9-5pm Monday to Friday

### Interested in submitting something to be added to the IME Newsletter?

If you would like to submit something to be added to the IME newsletter, please fill out the form below. The IME newsletter goes out every Friday morning. All submissions to make it into the weekly newsletter must be done by Thursday at 8am or they will be put in the next week's newsletter.

Submit to the IME  
Newsletter

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