



IME Newsletter Volume 26



Wishing everyone a joyful and refreshing spring break! May this season bring you warmth, growth, and moments of peace. Take time to rest, soak in the sunshine, and do what makes you happy—whether that's spending time with loved ones, enjoying nature, or simply recharging. Self-care isn't just a luxury; it's essential. So be kind to yourself, embrace the beauty of spring, and return feeling renewed!

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
- 2025 IME Banquet
- ADPI Night Market

More Events and News

- Volunteer for a Meal Service at Blanchet House
- Film Screening & Dialogue with the Filmmaker: Big Mountain Legacy, Last Stories of

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- Sign Up to be a Quincenera/o!!!
- 4th Annual Transformative Action and Abolition Symposium
- Immigration Illustrated Interest Form
- ADHD Peer Connection Group
- 2025 LSAT Scholarship Application
- Student Counseling Center Group for Survivors of Unwanted Sexual Experiences

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!

2025 IME Banquet

You are all invited to join IME in celebrating our peers, honoring 2025 graduates, and presenting our inclusive, diverse, equitable, and accessible (I.D.E.A) Catalyst award recipients!

Date of the Event: April 10th, 2025

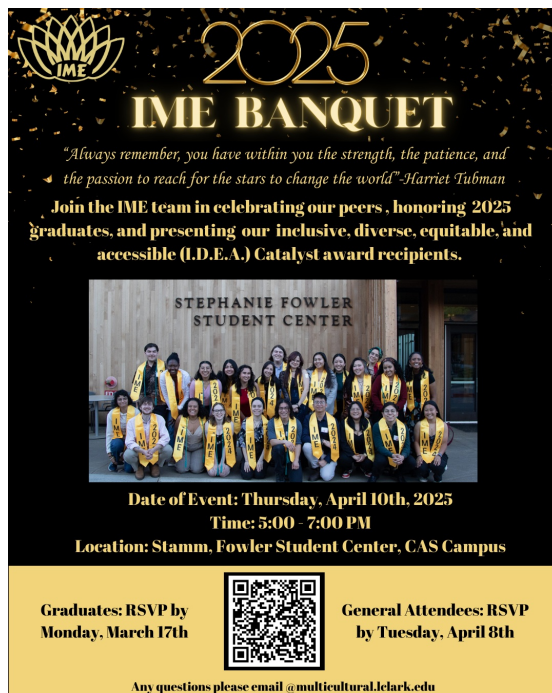
Time: 5-7PM

Where: STAMM, CAS Campus

Graduates: RSVP by March 17th

General Attendees: RSVP by Tuesday, April 8th

We currently ordered a select amount of individual pho bowls for people to eat at the Banquet. *Please make sure that you RSVP to secure a spot to receive a Pho bowl.*





ADPI Night Market In honor of ADPI month everyone please come join participating clubs (Asian Student Union, South Asian Student Association, Kapamilya, Hawaii Club, Vietnamese Student Association, Japan Club, Chinese Club) in a night market to celebrate ADPI Heritage Month. We will have multiple tables, a ton of different foods, games, karaoke, and fun! Stop by for a short or long time!

Date: April 2, 2025

Time: 6:00 pm -9:00 pm

Where: Roberts 112, Maggie's Plaza, The Nest

More Events and News

Volunteer for a Meal Service at Blanchet House

Come join the Housing and Food insecurity Cohort to volunteer at Blanchet House's dinner service. Blanchet House is a wonderful organization that provides food for anyone who walks through their door and supports the unhoused community. We will serve dinner together (no service experience necessary) and then we will eat together before being back at campus around 7pm.

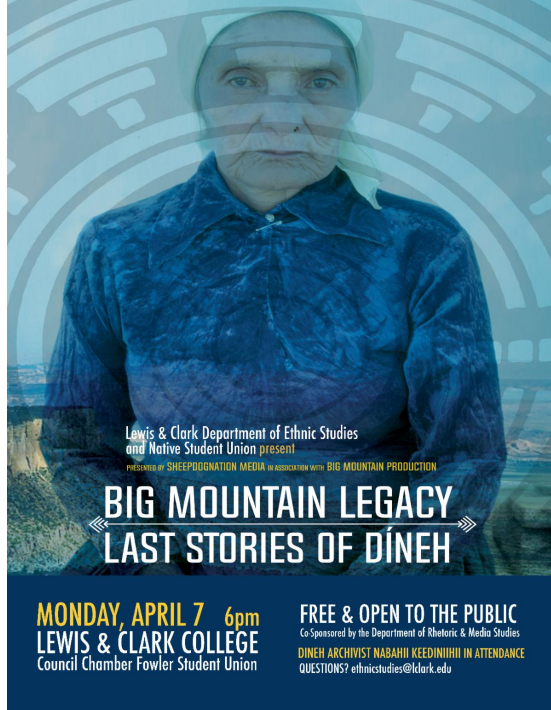
Date: April 4, 8, 17, and 22

Time: 7pm, Leaving from front of Fowler (outside Bon)

Where: Blanchet House



Register Here!



Filmmaker: Big Mountain Legacy, Last Stories of Dineh.

A documentary 20 years in the making tells traditional Dineh (Navajo) elders' stories about living with forced relocation. Filmmaker NaBahe Katenay-Kéédínihií will be in attendance, and there will be a post-screening Q&A.

Date: April 6th

Time: 6pm

Where: Council Chambers

Co-sponsored by Ethnic Studies, Native Student Union, and RHMS

Sign Up to be a Quincenera/o!!!

Gente Latina Unida is hosting our annual Quinceñeara this year and are gathering interest for Quinceñera/os. Fill out the attached form if you're interested in being one. If getting appropriate attire is an obstacle keeping you from signing up, we can help you! We strongly encourage Latine students to sign up. We'd love to have you!!!



[Sign Up Here!](#)

Immigration Illustrated Interest Form

Immigration Illustrated is a project created for the TH 285 - Playing at the Border class.

We aim to collect stories of refugees and immigrants on the Lewis & Clark campus and turn them into a comic book collective. We value the importance of art as a tool for social change, and we hope that with your willingness to tell your stories of immigration, we can increase awareness of immigrants in our community and their unique experiences.




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 for more info.

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 or call 503-768-7160. No cost. **Student Counseling Center, Lower Odell**



Spring Semester
2025

Healing from Unwanted Sexual Experiences

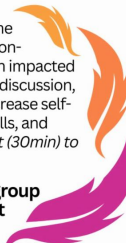
What: Weekly therapeutic and educational group for people who have experienced sexual trauma

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



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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