

Message from the Director

—*Javier Cervantes*

The Nuances and Complexities of "Ghosting," "Cancelling" and "Self-Care"

Language in the United States evolves. American lexicon moves fast, and I am glad I work on a college campus because it offers me the opportunity to keep up. Take the following words that have recently gained traction in society but are not universally understood, such as "ghosting" someone, "cancelling" someone, or exercising "self-care." Twenty years ago, these three terms did not necessarily exist in the context we use today. There is some intersectionality to these words, yet they can stand on their own with their own definitions. They do have a relationship with one another, however.

To ghost someone is defined as the practice of ending a personal relationship with someone by suddenly and without explanation withdrawing from all communication, according to Oxford Languages.

Cancelling someone is a slang term to dismiss something or somebody--to reject an individual or an idea, according to the Urban Dictionary. Essentially, this practice encourages a community to isolate and shun an individual from society.

Oxford Languages describe self-care as the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.



There is no doubt that 2020 has been an incredibly stressful year. We are experiencing a global pandemic, government-imposed social distancing, isolation, racial strife and the stoking of racial animus, protests of systemic injustice, a hyper-divisive body politic, a contentious national election, and the death of a Supreme Court justice--not to mention the loss of iconic

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What does White privilege look like?

—Heather Morijah

What's the difference between White privilege and essential work?

Well, for starters, essential work looks like this:



White privilege looks like this:



White privilege is volunteering to harvest grapes for your winery owner friends, once a year on a Saturday morning, on your terms. You have the option not to go if it's too cold, too hot, too wet, too COVID-y, or too smoky. White privilege is performing this work as a recreational activity, and being provided lunch and wine after only three hours of picking.

By contrast, essential agricultural workers--the vast majority of whom are Brown folks--do this work all day, every day, regardless of how they feel, what the weather's like or the fire burning a mile or two away that's not only endangering their lives, but making it extremely difficult to see and breathe. They plant, weed, prune, harvest and clear for the next crop: they can't opt out--not if they want to pay their bills and support their families. Their hardship results in my being able to drink wine (and eat fruits and vegetables) whenever I want. Doesn't seem fair, does it?

Harvest time can be hot or cold, wet or dry. Comfort-wise, this translates into the potential for heat exhaustion, dehydration and sunburn or ending the day soaking wet and muddy up to your knees. Either way, harvesting grapes full-time is exhausting.

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What does White privilege look like? (contd.)

According to Emerson Vineyards Assistant Winemaker Nina Cassidy, many field workers carry two 20-25 lb. buckets of grapes in each hand. They don't stop to take selfies or arty photos.



They barely stop to hydrate, eat lunch or use the toilet.

According to [United Farm Workers](#), Samuel, wearing a plaid shirt in the photo on page 5, earns \$2.10 per bucket of grapes at a vineyard in Dayton, Oregon. Other winery owners pay contractors by the ton and have no way of knowing what each individual field worker is paid. They may also pay contractors a per-worker hourly rate for pruning or other jobs, but again have no knowledge about how much of that trickles down to individual workers. Sebastian, the vineyard manager at Airlie Winery, is Latino, as is his right-hand man, Guadalupe; Sebastian, in turn, works with winery owner Mary Olson to hire field workers and choose contractors. They're among the lucky ones: they work for a winery owner committed to workers' rights and social justice.

While I was picking grapes, eating lunch and enjoying my wine that day, I thought a lot about the glaring contrast between our enjoyment and the experience most essential workers have, compounded this summer by a pandemic and the worst fire season in Oregon's history. I thought about the 2014 movie [Cesar Chavez](#) and how much of that history I still know nothing about. I thought about the hundreds of bottles of Oregon wine we've consumed with family and friends since we moved here eight years ago, and how much time and effort went into those bottles.

Even if you take no further action, at the very least, be mindful when you eat and drink, and know what effort went into making it possible for you to do so.

Visit our [online programming web page](#) to see the activities we're offering students this term!

Where are they now?

—*Tania Mendez*

Every term I meet new students and I work with them in various capacities. It's nice getting to know them from start to finish, and I enjoy seeing them grow professionally. During these difficult times, we would like to shed some light on our IEDI alumni. Check out the stories below to read what they are currently up to.



Brian Ixtlahuac, Class of 2018

Since transferring from Linn Benton Community College, I have been attending Willamette University. During my first year at Willamette, I have been working within the Office of Admission as a Student Ambassador. I used my first year at Willamette to familiarize myself with the campus and get to know others within and outside the community. During my second year, I was promoted to a Special Visit Coordinator and connected with traditional and non-traditional students, which was amazing because I got to work with transfer students. Now, during my last year, I have been hired on to work within different Offices: The

Center of Equity and Empowerment, Peer Academic Coach: Academic Support, the Housing Department, and Office of Admission. I will be graduating in May and heading towards Graduate School. As of now, I am living in Salem and I plan to leave Salem after this year to work on a Master's Degree and to further my goal of working within a University or applying for a Doctoral Program.

Leena Mohammed, Class of 2020

I'm excited to have completed my degree at LB. I am currently taking care of my child, and at the moment I am not planning on transferring to another institution. However, I plan to find a job within the Computer Science field to continue to support my family.



Catherine Stevens, Class of 2020

I am moving to Germany, to begin a bachelor's program in Information Engineering! The location is in Hamburg, which is the second largest city in Germany, in the north. I'm really excited to learn German with my studies, plus get to see family that I haven't been able to see in many years. The program is 3.5 years and Germany does winter/summer semester. Plus with COVID-19, the first semester got pushed back, so it doesn't start until November.

October events

NATIONAL HISPANIC HERITAGE MONTH
 SEPTEMBER 25 — OCTOBER 25 25 SEPTIEMBRE — 25 OCTUBRE
Originals From Frida Kahlo, Diego Rivera, Wilfredo Lam, Annalee Fuentes & more



A collection of original artwork from LatinX artists.
 Una colección de obras de arte originales producidas por artistas Latinas/os/x

Brought to you with support from the LBCC Visual Arts & the LBCC Institutional Equity, Diversity & Inclusion (IEDCI)

DIA DE LOS MUERTOS
 31 OCTUBRE — 2 NOVIEMBRE


South Santiam Hall Gallery
 Linn-Benton Albany Campus
 6500 Pacific Blvd SW
 October 5th - November 5th
 Virtual Tour link

Direct questions about or requests for special needs or accommodations to the LBCC Disability Coordinator, RCH-105, 6500 Pacific Blvd SW, Albany, Oregon 97321. Phone (541) 947-4789 or via Oregon Telecommunications Relay TTY at (800) 735-2900 or (800) 735-1232. Make sign language interpreting or real-time transcription requests 2-4 weeks in advance. Make all other requests at least 72 hours prior to the event. LBCC will make every effort to honor requests. LBCC is an equal opportunity employer and educator.

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender identity, marital status, disability, veteran status, age, or any other status prohibited under applicable federal, state, or local laws.

South Santiam Hall Gallery display opens Tuesday, October 6

Watch the film.
 Contact [Bryan Miyagishima](#) for the link, and watch before October 15.



Join the discussion.
 2 PM, Thursday, October 15
 Hosted by LBCC Library and Institutional Equity, Diversity & Inclusion
 Facilitated by Javier Cervantes
<https://linnbenton.zoom.us/j/92310615060>




Health Care Practices to Benefit Cultural Fluency and Competency
 with Trainer, Consultant, Educator
Octaviano Mercias

- ✓ Understand how implicit bias impacts medical care
- ✓ Gain tools for awareness and mitigation of racial microaggressions
- ✓ Learn the benefits of Cultural Fluency in Health Care Practice

You're invited to engage with multilingual educator, L&D Professional and Lead Diversity and Inclusion Trainer at OHSU, Octaviano Mercias. Learn practices for cross-cultural and interpersonal collaborations as a healthcare practitioner.

FREE WEBINAR: Zoom Meeting ID: 979 2764 5130; Passcode: 158141
 WHEN: October 19, 5-6:30 PM

Sponsored by:
 LBCC Institutional Equity, Diversity & Inclusion
 LBCC Healthcare, Occupations
 COMP Northwest




Fall Term offerings (and more) from IEDI

After a successful online Spring Term, we're back and ready to offer even more equity-, diversity- and inclusion-focused engagement activities for faculty, staff, students and community members. Below are scheduled programs as well as some of our proposed topics.

Is there a particular topic you'd like to see covered? A discussion you'd like us to host? Want to co-sponsor a program? Please let us know!

- (September 25-October 25) National Hispanic Heritage Month
(October 6) LatinX South Santiam Hall gallery display opens, in collaboration with Graphic Arts
- (October 12 TBA) People's Indigenous Day vs. Columbus Day
- (October 15, 2 PM) Revisiting and discussing the classic Spike Lee joint *Do the Right Thing*. Co-sponsored by the LBCC Library and the EDI, Join EDI Director Javier Cervantes for a discussion and revisit the film's enduring legacy. Topics include the film's relevance to current events, 31 years after its release.
- (October 19, 5:00 PM-6:30 PM) Health Care Practices to Benefit Cultural Fluency and Competency with Trainer, Consultant, Educator Octaviano Merecias. Zoom Meeting ID: 979 2764 5130; Passcode: 158141
- (late October) Día de los Muertos: Director Javier Cervantes shares his home ofrenda (altar) and talks about the significance of la ofrenda in the context of the holiday
- 2020 National Student Leadership Diversity Convention: reporting back by EDI student leader Nathali Coyazo, scheduled to attend
- (November 17, 11:30 AM) EDI student leaders' topical presentation to AAUW - Albany Branch members; program TBD
- The Pros and Cons of Cancel Culture: Defining Cancel Culture
- What is self-care and what is canceling out a person? What is the difference?
- The Significance of Place Names - renaming schools in Corvallis school district
- How Not to Be a Karen, presented by Sharece Bunn
- Cultural Appropriation: What is a "Culture Vulture?"
- Immigration conversations
- "Recall Kate Brown" conversation
- Language circles: are you fluent in a language? Would you like to lead a conversation circle this year? Let Heather know!

Especially for students:

- Decompression Space: Black Lives Matter, Blue Lives Matter, proliferation of gun sales, political climate, racial incidents in Albany, national election--balancing all of this while going to school!
- Professional development/training
- Resume writing
- Interviewing



Pledge Allegiance

I tap-tap-tap the window, while my mother smiles and mouths,
Tranquila. I tap-tap the glass, my mother a fish I'm trying to summon.

I tap until a border agent says: *Stop*. Until a border agent
shows me the gun on her belt. My childhood was caught

on video border agents deleted every three months.
I thought myself a movie star blowing kisses at the children

selling chiclets on the bridge. My cruelty from the backseat window
caught on video—proof I am an American. The drug sniffing

dogs snap their teeth at my mother detained for her thick accent,
a warp in her green card. My mother who mouths, *Tranquila*.

My mother's fingers dark towers on a screen for the Bioten scan.
Isn't it fun? says the border agent. The state takes a picture

of my mother's left ear. *Isn't it fun?* I tap-tap-tap the glass
and imagine it shatters into shiny marbles. A marble like the one

I have in my pocket, the one I squeeze so hard I hope to reach
its blue swirls. Blue swirls I wish were water I could bring to my mother

in a glass to be near her. Friends, Americans, countrymen lend me your ears!
But only the border agent replies, *Do you know the pledge of allegiance?*

She points to a flag pinned on a wall. I do, so I stand and pledge to the country
that says it loves me so much, it loves me so much it wants to take

my mother far away from me. Far away, to the place they keep
all the other mothers to sleep on rubber mats and drink from rubber hoses.

Don't worry, says the border agent, *we will take good care of your mommy*.
My mother mouths, *Tranquila*. Her teeth, two rows of gold I could pawn

for something shiny, something shiny like the border agent's gun.
Friends, Americans, countrymen lend me your ears, so I can hear

my mother through bulletproof glass, so I can hear her over the roar
of American cars crossing this dead river by the wave of an agent's pale hand.

© 2020 by Natalie Scenters-Zapico. Originally published in Poem-a-Day on October 1, 2020, by the Academy of American Poets.

About this poem:

"I grew up in El Paso-Cd. Juárez post 9/11 when the U.S.-Mexico border became a place of heightened security and scrutiny. Suddenly, we needed passports to cross into what was essentially just another part of our city. The violence of border security became completely normalized over-night under the guise of 'protection from foreign terrorists.' My mother was and is regularly stopped by border patrol, though she has the luxury of an American green card she obtained through marriage. I grew up waiting for her in the car and in lobbies, always afraid that despite her legal status, something would go wrong and they would take her from me. In Texas they say, 'El Paso ain't Texas, it's Mexico' and that's why the state had permission to treat our mothers this way. Now all of the United States has become El Paso, and they are taking more than just our mothers away from us."

—Natalie Scenters-Zapico

Natalie Scenters-Zapico is the author of *Lima :: Limón* (Copper Canyon Press, 2019). She is an Assistant Professor of poetry at the University of South Florida in Tampa.

Message From the Director (contd.)

pop culture figures like L.A. Laker Kobe Bryant or Chadwick Boseman, the actor who portrayed the superhero Black Panther. It is no wonder people are quick to want to ghost or cancel others all in the name of self-care.

I've heard folks talk about having to exercise self-care by limiting their exposure to toxic people or situations. With all that is going on in our community, our state and our country, who can blame anyone for wanting to avoid additional drama? Some have resorted to ghosting or cancelling people to maintain some semblance of equilibrium. Again, I cannot blame a person for wanting to limit their intake of toxic behavior or toxic people in general, but I would caution folks against this being the first and default reaction any time we are engaged with cantankerous people. Ghosting or cancelling ought to be utilized as an ultimate last resort measure, if at all. Try to engage in a good faith effort, if at all possible. Air your grievances with ground rules and boundaries, but try to communicate mutually.

I say this because the easy solution is to ignore, shun and dismiss people. The harder work is to engage people we disagree with. I can say this with confidence because many minoritized individ-

uals know what it is to survive and overcome historic marginalization, being shunned or dismissed all together. People of color overcome this systemic ghosting and cancellation every day. Don't believe me? Do as Dr. Robin Di Angelo suggests, and take a loop and examine closely the composition of leadership at every level of government (local, statewide and national), business, media and education. Ask yourself who is included in decision-making and who isn't. Ask who gets to decide where resources get directed.

No, the hard work is engagement, rather than ghosting or cancellation--and by no means am I perfect at practicing this, but I modestly try. Sometimes I'm successful and other times, not so much. My thought is that in order to combat the tactics of ghosting or cancellation, we have to bring back the art of negotiation, the art of give and take, even consider compromise as a palatable alternative to straight up disparagement or passive-aggressive behavior.

The danger is if we don't, we run the risk of not only isolating the other, but we may very well find ourselves ghosted or cancelled. And no amount of self-care will help if we find ourselves to be all alone.



The need for **affinity spaces** has never been greater than today. Educators of color statewide have been clamoring to find more comfortable and safe environments to connect since COVID-19 severely upended how people engage with one another interpersonally at work and in the community. LBCC and the Greater Albany Public School District (GAPS) invite employees of color to an affinity space that centers on our experiences while honoring our contributions, our humanity and our story.

This space is designed to:

- **Recognize our uniqueness and assets** as Educators of Color and what we bring to mid-Willamette Valley educational spaces.
- **Uplift and be a motivation to one another** as we evolve in the time of a global pandemic at the local level.
- **Be a place of refuge** where vulnerability and empowerment coexist to find resilience.



Biweekly meetings will begin on Tuesday, October 13 at 7 PM.

Javier Cervantes, Director
Tania Mendez,
Latino Outreach &
Retention Specialist
Heather Morijah,
Program Assistant

Student Staff:
Vanessa Cisneros
Nathali Coyazo
Yanci Hernandez

**Institutional Equity,
Diversity & Inclusion**



View east from Mary's Peak at sunset, October 4



Linn-Benton Community College **Foundation**

LBCC Foundation Scholarships

The Fall Scholarship cycle opens on Wednesday, September 23rd accepting applications for 4 weeks and closing on Wednesday, October 21st. Opportunities during this cycle will pay out Winter and Spring term of 2021.

The scholarship system will only be open during the active scholarship cycle!

Students log in www.linnbenton.edu/scholarships Use student e-mail. Complete application. Submit!

Tips:

- Take time to fill out the educational and career goals section. Don't hold back! Reviewers like to know the story about the student and it influences their ratings! Higher rating, higher chance to be selected for an award.
- Financial Need is one of the common requirement donors want to support. They want to help students who need it the most. Take the time to answer why there is a financial need. Whereas tuition may be covered with loans, there could be a story to why the need is great due a student's financial situation.
- Get good references! Please refrain from using family.
- Emphasize community service work and/or volunteering.

Any issues? Call Linnea Everts at (415) 601-9670 or e-mail at evertsl@linnbenton.edu