TAMIU Hosts 2014 Latino Leadership Initiative

On June 8-13, 2014, Texas A&M International University hosted the Latino Leadership Initiative (LLI) for the first time since its launch in 2010. The LLI program is designed to help rising undergraduate juniors and seniors enhance their leadership skills and form strong bonds with other leaders in the Latino community.

This year, an elite group of 36 students from across the nation were selected by the LLI interviewing committee to participate in the weeklong event. These individuals represented the following schools; Loyola Marymount University, Monterrey Institute of Technology & Higher Education (Monterrey, Nuevo León, México), Texas A&M International University, University of California-Merced, the University of Houston, the University of Massachusetts-Boston, the University of Texas-Pan American and West Texas A&M University.

The students chosen to represent TAMIU were Kazandra Aleman, senior majoring in Business Administration with a concentration in Marketing, Jackelyne Briseño, junior double-majoring in Political Science and English, Melba Gómez-Salinas,

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Save the Date! SOLE Leadership Summit to be Held August 30, 2014

The Office of Student Orientation, Leadership & Engagement (SOLE) will be hosting a Leadership Summit for student organizations on Saturday, August 30th. This event will provide student organizations with the opportunity to receive leadership, team and officer training as well as help them build on their individual leadership skills. The summit is an all-day, voluntary program open to all student organizations that are eager to learn more about the student organization process at TAMIU. Interested in RSVP’ing your organization for the event? Contact SOLE at (956) 326-2280.
Junior majoring in Biology, Laura Gonzalez, senior majoring in English Literature, Rebeca Palacios, senior majoring in Business Administration with a concentration in Marketing and Miguel San Miguel, junior majoring in Psychology.

During the initiative, students attended classes on community organizing, public narrative, networking skills, public speaking and more. In addition to these lessons, participants also had the opportunity to attend guest lectures and build relationships with mentors, speakers, faculty, school representatives and other individuals who have substantial experience in the government, non-profit, education and business sectors of the Latino community. Some of these professionals included Marshall Ganz, senior lecturer in Public Policy at Harvard Kennedy School; Mark Menaldo, assistant professor in the Department of Public Affairs and Social Research at TAMIU; Allison Shapira, adjunct faculty member at Georgetown University’s McDonough School of Business and founder of Global Public Speaking LLC; Judith Zaffirini, State Senator, Texas; George P. Bush, successful philanthropist and nephew of former President George W. Bush and Andy Zelleke, LLI faculty chair and senior lecturer of Business Administration at Harvard Business School.

TAMIU would like to extend a special thanks to the LLI participants, mentors, faculty members, guest speakers and school representatives for making this program a true Latino leadership experience.

Meet the TAMIU School Liaisons

Coordinating the LLI program this year were TAMIU school liaisons Miguel Angel Treviño (left), Director of Student Orientation, Leadership & Engagement (SOLE), Gerardo Alva (middle), Associate Vice President for Student Affairs, and Gina De La Miyar González (right), Associate Vice President of Student Success. These three individuals share a passion in higher education and are committed to making the student experience at TAMIU an unforgettable one.
Study Abroad Q&A with Carlos Irizarry

What is your classification, major and/or minor?
Carlos: I am a junior working on my Bachelor’s degree in Multidisciplinary Studies of Pre-Law.

What or who influenced you to study abroad? What study abroad program did you choose to participate in?
Carlos: After attending multiple study abroad orientations and receiving advice from Triana (Associate Director of International Engagement), my interest in studying abroad grew. I chose the Forensic Psychology in London, England program because the course I took abroad fell under my criminal justice concentration.

What was the length of the Forensic Psychology in London, England program?
Carlos: The program started on May 19th and ended on June 6th.

What course(s) did you take abroad?
Carlos: I took CRIJ 4335: Death Penalty taught by Dr. James Norris.

Did you receive any type of financial aid to help fund your study abroad program? If so, what type of aid?
Carlos: I received the Guadalupe & Lilia Martinez International Fellows Scholarship (G&LM-IFS) in the amount of $1,075.

Did you participate in any excursions while abroad? If so, explain the excursions.
Carlos: I participated in many guided tours all around London. I went to the city of Oxford where Christ Church College, one of the 34 Oxford universities, is located. I visited the Tower of London, one of the last standing forts in London that stores the jewels of Queen Elizabeth II. I also had the opportunity to visit the Supreme Court and took a tour of the surrounding Royal Courts of Justice. The last excursion that was part of the London program was the play of Billy Elliot. This play was an accurate example of a family that was financially sustained by a parent working in the coal mining facilities that were on strike during the late 1980s.

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What differences in crime rates did you find between the U.S. & U.K.?
Carlos: After attending a guest lecture from a former police officer in London, I learned that the majority of crimes committed in the U.S. (particularly New York City) and the U.K. (particularly London) were the traditional murder, rape, robbery, assault and arson. Overall, London has higher crime rates than N.Y.C. However, the majority of these crimes occur in small locations called “hot spots” that are far from tourist routes and other popular locations in London.

What advice would you give to students who are unsure about studying abroad?
Carlos: For those who are unsure of making a decision to study abroad, I would remind them that it’s a once-in-a-lifetime opportunity to travel to another country and learn about its culture and history.

Overall, how would you rate your experience abroad?
Carlos: On a scale of 1 to 10, I would say a 10!

*Questions provided by Sarah Herrera, answers provided by Carlos Irizarry.

Keep Laredo Beautiful Earns Community Engagement Partner Award

Founded in 2004, Keep Laredo Beautiful is a nonprofit organization dedicated to engaging the Laredo community in making their home city a more beautiful place to live.

KLB focuses on improving the environment in Laredo by advocating litter prevention through highway, park and neighborhood clean ups. The Office of Student Conduct and Community Engagement, as well as other offices at the University, have taken great pride in partnering with KLB for numerous community service initiatives that TAMIU students enjoy participating in. Some of these events have included Annual Earth Day Festivals, Historic Neighborhood Clean-Up, Student Government Association’s (SGA) 2011 Big Event Slaughter Park Clean-Up, numerous highway beautification events and more. TAMIU students have expressed their sincere appreciation for and newly found passion in serving the community thanks to KLB and other nonprofit organizations in the area.

Congratulations to Keep Laredo Beautiful for striving to make Laredo a cleaner, more beautiful environment.
SCCE Announces David Canseco as May’s Outstanding Service Leader

Nominated on behalf of Entrepreneurial, Action, Us (ENACTUS), May’s Outstanding Service Leader has been awarded to David Canseco.

Canseco is a junior at TAMIU majoring in Business Administration with a concentration in International Economics. He takes great pride in giving back to his community as a third-year member of ENACTUS, a nationally recognized student organization dedicated to “creating a better, more sustainable world through the positive power of entrepreneurial action.” ENACTUS helps small businesses and non-profits from local and surrounding areas thrive by aiding them in improving business practices such as inventory recording, social media networking, repairing establishments, hosting fundraisers and more.

Canseco has taken on the role of project leader, treasurer, vice president and most recently, President (2014-2015), of ENACTUS throughout his years as a member. Additionally, he has received numerous nominations and awards for his leadership skills as a student and officer of ENACTUS. Some of these nominations and awards include: 2011-2012 Freshman Excellence Award nominee, 2013-2014 Leader of the Year nominee, ENACTUS USA Service Leadership Award and ENACTUS USA Platinum Service Leadership Award. Canseco has competed as a presenter both at the regional and national levels for three years in a row. He and the rest of his team have received countless awards and recognitions, leaving ENACTUS TAMIU on the University map.

Congratulations to our Outstanding Service Leader for his continued passion and effort in helping others and making the world an environmentally better place.
Healthy Breakfast, Lunch & Dinner Recipes in 30 Minutes or Less

As much as we love Giada De Laurentiis, Paula Deen and the countless other TV chef wonders that have graced America with their fine cuisines, we don’t always have the time or patience to slave away in the kitchen all day long. If you work full-time and have children, you’re probably nodding your head in agreement right now. Typically, we stop by the local breakfast bakery or Starbucks for a sugary pastry in the morning before work and then head to McDonald’s or other fast-food chain on the way home from work, even though we know it’s not the healthiest option. It is, however, what we may think is “most convenient.” Spending money every day, three times a day, on food is probably not convenient for your wallet though. I know it’s not for mine. Truth is, you are what you eat and I am a firm believer that living a long, healthy life stems from what your daily diet consists of. With that said, I have included an example of one breakfast, lunch and dinner recipe that I whipped up in my very own kitchen in less than 30 minutes. **Note:** Recipes are measured to feed a family of three. Ingredient amounts may vary depending on the number of individuals you’re cooking for.

**Breakfast: Whole Wheat French Toast w/ Veggie Sausage & Fruit**

(~300 calories per serving)
Prep Time – 10 minutes
Cook Time – 15 minutes

**Ingredients:**
- 6 slices of 100% whole wheat bread
- 2 cage-free brown eggs
- 2/3-cup low-fat milk
- 1/4-teaspoon ground cinnamon (optional)
- 1/4-teaspoon ground nutmeg (optional)
- 1-teaspoon vanilla extract (optional)
- 1 box of Morning Star all-natural veggie sausage (found in freezer section of your local supermarket)
- Desired amount of your favorite fruit

**Directions:**
1. Whisk together eggs, milk, vanilla extract and desired spices in a medium-sized bowl.
2. Heat a lightly buttered (optional) skillet over medium heat.
3. Dip each slice of bread in egg mixture, thoroughly soaking both sides of bread. Once soaked, place bread slices (as many as your skillet will allow) in the skillet and cook on both sides until bread is golden in color.
4. Meanwhile, while the French toast is cooking, cut your desired choice of fruit and place in a separate bowl for easy grabbing.
5. Pop desired amount of Morning Star veggie sausages in the microwave (microwave times may vary) or heat on skillet until fully cooked.
6. Serve hot and enjoy!

**Shrimp Avocado Salad**

(~180 calories per serving)
Prep Time – 5 minutes
Cook Time – 3 minutes

**Ingredients:**
- 3 cups of spinach
- 1 medium-sized carrot
- 1 medium-sized cucumber
- 1/2 avocado
- 1/4-cup shaved almonds
- 1/2-cup small, peeled & tailless shrimp
- 1-teaspoon salt-free organic butter
- Dash of salt, pepper and garlic powder
**Orange Lemon Chicken w/ Zucchini, Carrots & Red Bell Peppers**

(~300 calories per serving)
Prep Time – 10 minutes
Cook Time – 20 minutes

**Ingredients:**
- 1 package (four chicken breasts) of lean vegetarian-fed chicken breasts
- 1 medium-sized zucchini
- 1 large carrot
- 1 red bell pepper
- 1/2-cup shredded low-fat mozzarella cheese
- 1 medium-sized lemon
- 1-teaspoon garlic powder
- 1-teaspoon orange pepper

**Directions:**
1. Line a 13” baking pan with foil and preheat oven to 400°.
2. Chop zucchini, carrot(s) and red bell pepper into desired sizes and set aside.
3. Cut and discard any excess fat off of the chicken breasts.
4. Season chicken breasts with garlic powder and orange pepper.
5. Place chicken breasts in baking pan, surrounding the chicken with the chopped vegetables.
6. Cut lemon in half and marinade chicken and vegetables, squeezing the entire lemon.
7. Cover the pan with foil and place in the oven, allowing the chicken and vegetables to fully absorb the spices and lemon.
8. Set timer for 20 minutes (time may vary depending on type of oven).
9. After time is up, remove baking pan from the oven and remove foil cover. Make small cuts in the chicken to see if fully cooked. If fully cooked, drizzle chicken breasts with shredded low-fat mozzarella cheese and place back in oven for two minutes.
10. Once cheese is melted, serve hot and enjoy!

**Shopping for the Best Produce & Meat:**
The most important thing to remember when shopping for produce and meat are the ingredients these foods are actually made of and the portions you serve on your plate every day. At each meal (breakfast, lunch & dinner), it’s important to remember that half of your plate should consist of fruits and vegetables, while only a small 12-20% should come from protein (meat, beans, etc.). The amount of grains you need depends on your age, sex and level of physical activity. It’s recommended that half of your daily grain intake come from whole grains. When shopping for fruits and vegetables with a thin skin/peel (apples, carrots, berries, etc.), always buy organic! Fruits and veggies are covered with harmful pesticides and herbicides that seep through the skin of the fruit. The harmful side effects of these chemicals when ingested are endless. If you can’t afford organic (as it’s a bit pricier), visit the link below to find out how you can make a simple solution in your kitchen that will cleanse your inorganic fruit from these pesticides. http://www.fitnessmagazine.com/recipes/healthy-eating/nutrition/when-to-buy-organic/. When buying meat, stick to lean, vegetarian-fed chicken, beef & pork. It’s simple folks; if we’re going to eat animals, remember we’re also eating what they were once fed.
Summer Recreational Sports Camp Session II

TAMIU Rec Sports is pleased to announce their 2014: Summer Recreational Sports Camp (Session II) beginning July 7-24. If you did not have the chance to register your child for Session I, no worries! You can register online at http://www.tamiu.edu/recsports/youthact.shtml.

Your child will participate in numerous camp activities (guided by camp counselors) including word of the day activity and discussions, Planetarium visits, recreational games, and for those that love to dance, Zumba Fitness! Camp will begin bright and early at 8:00 am and conclude at 12:00 pm Monday-Thursday. Parents/guardians, please make sure your little one comes to camp in proper footwear (sneakers/tennis shoes) and sports attire. Snacks will be provided daily during camp.

For more information on pricing, discounts and/or prorated amount for late arrivals, please contact Sylvia Barrera, Director of Recreational Sports, at (956) 326-3016.