Ayúdame
By Nicole Diaz
battered limbs
black eyes
busted lips
bluish-yellow bodies
concealer cannot hide

“Don’t make me hurt you!”
“NO---not our baby!
Hit me instead.”
thud…BLACK-OUT
silence…BLOOD

no, no more
breaking heart
fighting spirit
must get out
alright, safe

I have never been a victim of domestic violence in my home or in a relationship. I have heard my parents disagree and yell, but never, ever get physical. Unfortunately, many children have memories of their parent’s disagreements turning physical. Domestic violence is a serious global issue that doesn’t have racial, economic, geographical, or educational borders. Children exposed to domestic violence are more likely to have depression, anxiety, and violence towards peers. They are also more likely to attempt suicide, abuse drugs and alcohol, engage in teenage prostitution, and commit sexual assault crimes. The fact that these children are the future of this country should add to the efforts of ending the domestic violence that affects 31% of American women. A recent visit from a Safe Passage member revealed that young women ages 16 - 25 are at a higher risk of partner violence in comparison to any other group; as well as the reality relationships because of the nature of immigration laws, financial resources, and language barriers.

What can we as college students do? We can volunteer or donate to Safe Passage, a local grassroots organization committed to aiding victims of domestic violence. The funding for many violence prevention and assistance organizations was recently cut. The Hampshire county Safe Passage is in need of resources and the proceeds from the Hot Chocolate Run on Saturday December 2nd will benefit the work they do. Get a group of your friends or from your house to walk or run with you. It doesn’t take a survivor of domestic violence to recognize the need for change, all it takes is understanding and the motivation to do what we can, while we can.
Changes in the Citizenship Test

Emilio Gonzalez, the director of the US government's Citizenship and Immigration Services announced that the citizenship test is undergoing changes. Gonzalez believes this will ensure loyalty to the United States since immigrants will have to educate themselves on democratic theories, rather than memorize historical facts. These changes will only make it much more difficult for immigrants to become citizens. It is unfair for those who do not have the privilege of an education in their own countries and who have not mastered the English language.

Ecuador Goes Left

For the past ten years, Ecuador has gone through seven presidents. The last three were overthrown, so it was important that the citizens would democratically vote in a new president. Rafael Correa won the presidential election. He is seeking to implement new policies that will combat poverty, which is a major concern in Ecuador. Correa has also stated that he will encourage the representation of women and the indigenous communities, which are two overlooked groups. Additionally, he has declared that he will not sign a free-trade agreement with the United States and will in fact try to close U.S. military bases on Ecuadorian soil. Many people believe that he is following in the steps of President Hugo Chavez.

Do You Know What’s Going on With Hugo Chavez?

Venezuelan President Hugo Chavez has definitely been making airwaves for some time now. He has been accusing the United States for trying to oust him in 2002. He has struck much controversy by publicly calling President Bush the “devil”. He is publicly taking a stand against the Bush administration.

At any rate, Venezuela is the world’s fifth largest oil producer. Despite the wealth from the oil, there is a huge gap between the rich and poor. Chavez, who is seeking reelection, is hoping to form more social programs. He has taken some measures since his ascent to power, but poverty is still a prominent issue in Venezuela.

Voces Unidas Committee

Voces Unidas will be forming a committee for the spring semester. We will need responsible staff writers that can report and contribute to the newsletter. If you have ideas for a column that you would like to execute that would be great. Anyone and everyone is welcomed to be a part of it. Please contact the Nosotras email if you would like to get more involved.

Nosotras@email.smith.edu
Karina Vasquez

Los recuerdos de Guatemala en la Navidad son como ningunos. Como muchos de los países en Centro América el árbol y la familia nunca falta. El árbol bellamente decorado con lucecitas y bollitas de colores nos recuerda que al fin ha llegado el día más esperada en la región. El nacimiento de bajo del árbol, que demuestra el nacimiento del niño Jesús en el corral se a construido con mucha paciencia y amor. Los olores de la cocina decoran la casa. La comida es única, el tamal guatemalteco y el ponche caliente de fruta es central para celebrar la Navidad. En Guatemala no son las tradiciones que se destaca durante la Navidad si no su comida. En las calles se puede oler la fragancia de los buñuelos (un pastelito de dulce), y los dulces típicos de el país. La navidad de Guatemala a veces no se puede ver muy diferente como la del Salvador o México pero si se puede oler.

Maria J. Rendón

Crecí en un ambiente católico, donde abuelitas rezaban las novenas a la virgen María. En Navidad, especialmente, la familia se reunía frente a un altar (portátil, jeje) de la virgen de Schoenstatt para este propósito… y qué largas eran las letanías: diez Ave Marías, un padre nuestro, un gloria al Padre, al Hijo y al Espíritu Santo; una y otra vez, “Dios te Salve María, llena eres de gracia, el Señor está contigo…”. La verdad es que parecía más penitencia que acto de devoción este asunto de la novena. Pero en fin, otra costumbre típica es tener la “misa de gallo”, donde el barrio se congregaba en la capilla parroquial a eso de las once de la noche para celebrar misa. No sé si todavía sea así, pero recuerdo en mi niñez estar rodeada de más de cien personas en esa pequeña iglesia, mucha gente ni siquiera pudiéndose sentar en las bancas, y trayendo banquitos de sus propias casas para sentarse en las afueras del templo. Al menos no hacía frío ya que los inviernos ecuatorianos son cálidos. Compara eso a una navidad en Massachussets!

Finalmente, la tradición más tierna era aquella del Nacimiento, que es un grupo de figuritas representando el Nacimiento del Niño Jesús en el portal de Belén, la adoración de los pastores y la presentación de regalos de los Tres Reyes Magos. En mi casa era costumbre poner el árbol y el Nacimiento al mismo tiempo, usualmente la primera semana de diciembre. Sin embargo, era costumbre dejar el pesebre vacío hasta la víspera (diciembre 24). Solamente después de oír las doce campanadas iniciando el nuevo día mi abuela me dejaba poner al Niño Jesús en su cunita.

**Vocabulary:**

**Novenas:** in the Roman Catholic Church, primarily a series of public or private prayers extending over nine consecutive days, especially nine days preceding a feast.

**Misterio:** Literarily, mystery; in context, a Novena has five Mysteries

**Letanía:** litany

**Misa de gallo:** Midnight mass with the particular purpose of celebrating the birth of Jesus.

**Nacimiento:** Nativity scene

**Pesebre:** crib, in the nativity scene is usually made out of hay.
A very popular Mexican Christmas tradition is *Las Posadas*, which last for nine days. At dusk starting on December 16th, participants gather to reenact the search for lodging and shelter that *La Virgen María* and *San José* took. A group of children dressed as angels, a young boy portraying San José, three men depicting los Santos Reyes, and a young girl portraying La Virgen María, who carries a plastic doll representing Jesus Christ, leads the procession. Depending on the neighborhood or *pueblo* where the procession is taking place, the young girl might be placed on top of a donkey and the other participants might carry either staffs or paper lanterns.

The procession then walks to a previously selected house and once they arrive, the procession begs for shelter through a traditional song. In accordance with tradition, members living in the house reject *La Virgen María* and *San José* twice. Upon their third attempt, the doors to the house are open and participants are provided with food and refreshments. Once the festivities are over, the doll depicting Jesus Christ is left behind. The next day the procession gathers once again in front of the house, picks up Jesus Christ, and continues the journey to another previously selected house. On the final day at the last house, a large celebration is held for the birth of Jesus Christ through a large community dinner, a party, and a *piñata* for all the kids.

As my mother and I walked up and down aisles looking for gifts for her 12 grandchildren, I asked her how she used to celebrate Christmas in Puerto Rico. Her eyes lit up and she told me that in her *campo* Three Kings Day was much more coveted by the children.

On the eve of January 5, the children would go outside and collect grass in a box that would be placed underneath their beds. The Three Kings would then come and exchange gifts for the food that would feed their camels. Every morning my uncles, aunts, and mother would immediately look underneath their beds or *macas* and find small cars, a hairbrush, or plastic doll. They would then go outside to follow the tracks left behind by the camels, which were actually tracks purposely done by the local neighbor who owned a horse or cow.
Poetry Corner

Mujer
Karina Vasquez

Me haz sellado, y me has amado.
Me convertí en una muñeca de papel,
Frágil e inútil.

Pero mi ventana lentamente se abrió.
Mis lagrimas agrias se secaron, y por fin
son de azúcar. Mis brazos decaídos se
cargaron de valor. Te doy la selva,
mar, y tierra en mis ojos. Mi piel morena y
blanca son las mismas.

Me escondo detrás de mi antifaz,
de niña bonita de sociedad. Grito, pataleo,
Y tu todavía te haces que me ignoras!
Abre tus ojos que tu amada es igual que tú.
Que sin mi tu vida seria un torbellino. Te traigo
mi pecho pequeño pero fuerte.

mírame, soy yo, la que suspira por ti. La que
le murmuras en su oído de amor, la haces llorar y reír.
Soy hija, madre, abuela pero especialmente soy mujer.

¡Hola!
The semester is almost over, but those of you who still have not contributed to the newsletter, you still can next semester. An issue will be coming out as soon as we come back in the spring, so please take time over J-term to write anything and everything. A committee is being formed so that you can get more involved with Nosotras and the Latino/a community here at Smith. Take advantage!

Well I wish everyone the best of luck with finals, happy holidays, and have a great break.

Con mucho amor,
Ashley Zurc, Editor

Recipe

Cheese Enchiladas
Submitted by Tabitha Palencia

Ingredients:
Corn tortillas, Oil, Shredded Cheese-Mexican Blend,
2 cans of Enchilada Sauce, 2 cans of Chili without beans (optional)

About 18 enchiladas should fit on each pan

Directions:
Pre-heat stove at 350 degrees
Put at least one cup of oil in a pan and let heat up (low heat).
Have a plate with napkins by your side to dab off oil with….Cheese ready in a bowl.
Warm up enchilada sauce one can at a time (low heat).
Put tortilla in oil…turn around … flip …take out and put on plate-dab some oil off if you would like.
Put handful of cheese in tortilla.
Roll towards other side.
Put in pan horizontally.
Do this until your pan is full.
Pour enchilada sauce over enchiladas.
Set pan to the side.
Heat other can of enchilada sauce in pan.
Repeat steps for other pan of enchiladas.
Then pour enchilada sauce over second pan of enchiladas.
Now open a can of chili.
Heat up in sauce pan used for sauce
Stir up good.
Pour over pan of enchiladas w/ big spoon (chili on every enchilada).
Open other can and do same thing to other pan.
Handfuls of cheese and spread all over the top of the enchiladas.
Put piece of foil over each pan.
Lower heat to 325 degrees and put in oven on top rack.
Cook for 45 minutes to an hour…Check them at 40 minutes…when done let sit to cool off-Don’t take out until cheese on top is melted