



D I A N A V I V A R

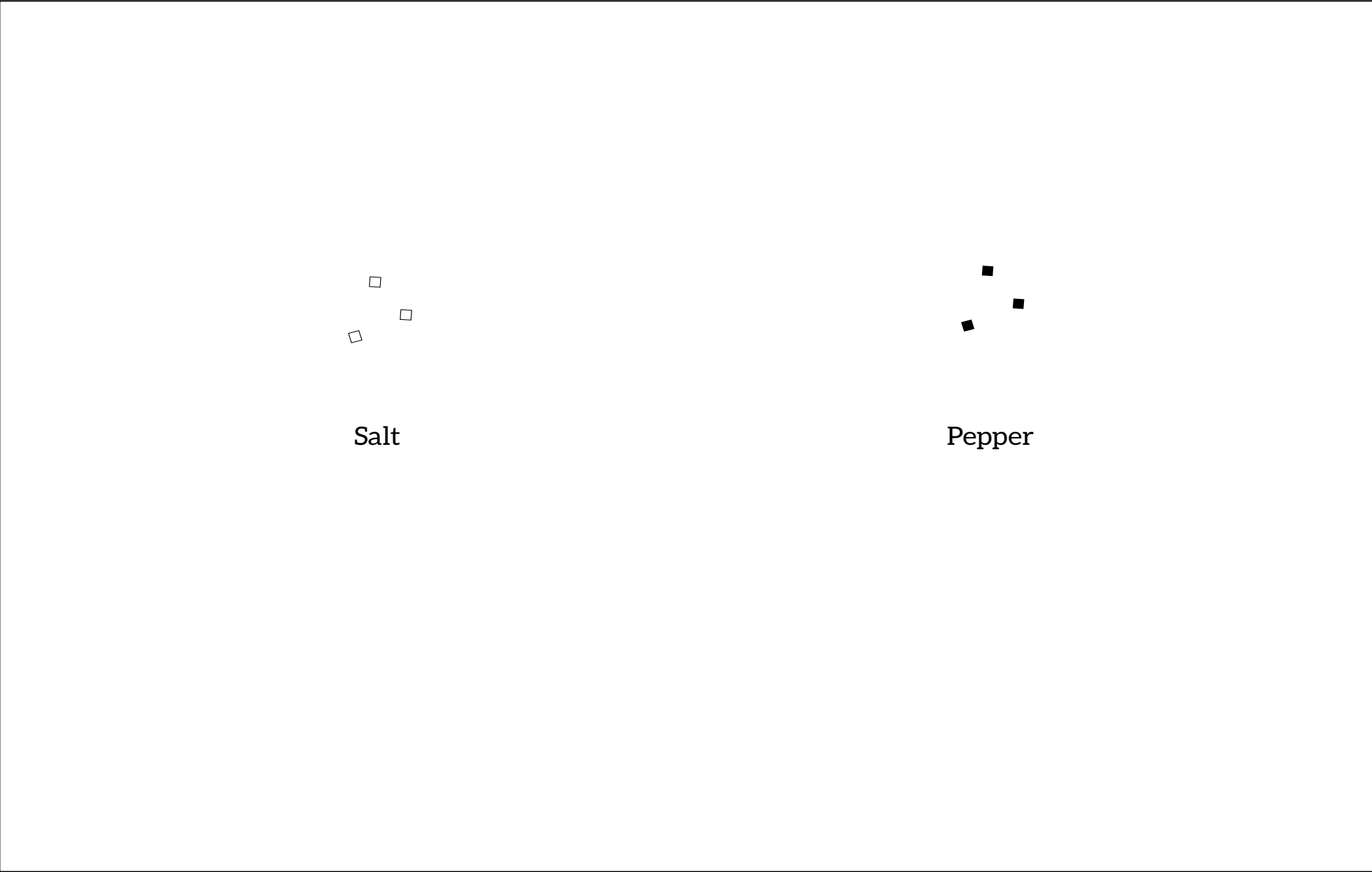
8009 35th Ave

Mole

The impossibility of happiness... and the poles de-
vote won the election. I'm am terrified at what he could
do to people that don't look like him. His whole
campaign is based on making the country better. He
wants to get rid of muslims, Mexicans, LGBT+ folks
and destroy womens lives. Since day one, I wanted
to cry but I just haven't been able to. I think it's an
internal thing that isn't letting me cry. I refuse to
let people tell me how I feel about it, but inside
I'm not happy. The world seems so cruel
and anything that the orange monster says is only
something that I can expect from an uneducated,
egotistic psychopath. But things that make me feel
better are small moments like when I see videos of
people coming together and protesting together. The
women's march was the most beautiful thing I've
see. All types of people were standing up together
and fighting for equality for everyone. I love it when
people that I know are being active and protesting.
I would love to protest, but it's kind of tricky.
Sometimes, I try to forget what's going on currently
going on by being with friends and having fun. There
are positive people around and I want to be. But
it only works for a little while. As long as political
issues, I have personal issues and financial issues
that will inevitable will follow me until the end of
time. But I have to enjoy life as much as I can. I am
having more fun than ever when I am dancing! I
don't let my anxiety consume me, but I could impact
others' life. I also get to make bonds and have fun
before the show. I just have to keep moving forward
and enjoy life.

1 lb Chile Ancho
 ½ lb Chile Negro
 1 lb Chile Guajillo
 4 slices of White Bread
 4 cups of hick-
 C en B_{roth}
 ½ cup of Sugar
 1 head of G_{ar-}
 lic
 8 Chic_{ken} legs
 Half an On-
 ion

$\frac{1}{2}$ cup of Almonds
 2 Sweet Plantain
 $\frac{1}{2}$ cup of Raisin
 1 tablet of Chocolate
 $\frac{1}{4}$ cup of Cinnamon
 1 cup of Sesame Seeds
 1 cup of Pork Lard
 Salt to taste
 5 $\frac{1}{2}$ cups of water



■ I wonder what was going though the nun's mind when she was making this.

● Sometimes I think of becoming vegetarian, and I have tried it several times. I think what makes it most hard is that meat is a huge part of Mexican food and I am extremely connected to my culture. I want to change my diet for humane and health reasons, but unfortunatly in this caplitalistic society, it is too expensive to be ethical.

1. Ground all of the chiles and add a cup and a half of water. Mix until a paste like texture ■.
2. Fry the white bread, raisins, the pantain in vegetable oil ■ until golden brown ●. Remove exess oil ▲ and ground until paste like.
3. Grill garlic ■ and sesame seeds on a comal ▲ until a brown color. Ground the garlic and half of the sesame seeds.
4. Boil the chicken ● with garlic, onion and salt.
5. Put the cazuela (cassrole ■ container) on the stove and add the lard ▲. Let it heat up with medium heat for five minutes.
6. Add chile paste ■ to the lard and mix contiuously for ten minutes ▲.
7. Add the pantain paste and mix contiuously for another ten minutes ■.
8. Add the garlic and sesame seeds ▲ and mix for another ten minutes.
9. At this moment, the chicken should be fully cooked ●. Take the broth from the chicken you boiled and add the chocolate tablet ■ to the mixture. Continue to mix for another fifteen minutes.
10. After the fifteen minutes turn the heat off.
11. Put pieces of chicken on a plate. Add the mole and sesame seed ■ on top of the chicken.

▲ A comal is a flat sheet of metal typically in the shape of a circle used to heat up tortillas, or roast vegatables like chiles.

■ Why does garlic need to be in everything? It's a vegatable made by humans, so why do we use it so often?

▲ Oil can clog your sink... and your arteries.

■ I always heard on tv and movie about cassroles, but I've never had one before. I don't really get what they are. It makes me think about a middle class suburban stay at home mom that made a cassrole for their new next door neighbor.

● I never realized how much frying goes into this recipe until now. Mole is just another wonder of the world.

■ I don't understand my body sometimes. I love to eat spicy chips like Takis and flaming hot Cheetos, but I can't eat spicy food. Sometimes my mom would make a spicy mole and I wouldn't be able to handle it. She makes it a equal balance of sweet and spicy.

▲ In Puebla, where Mole was originated from, the person mixing the Mole is concidered the most important person throughout the enitre process. Usually people help them with anything they need since the mixing is key to a good mole and a failed attempt of mole.

■ Am I the only one that thinks texture is a strange word, like moist?

● I saw a picture on instagram of someone cooking a chicken breast and the person that posted it said, "This is how real chicken is made, cooked on the outside, pink on the inside. I'm concerned as to how that person hasn't gotten food poisoning or salmonella.

▲ Sesame seed are mainly produced in India and China.

■ I remember during the winter my mom would make Mexican hot chocolate. You make the hot chocolate out of chocolate tables and she would always give is a piece of chocolate which tasted way better than any hersey's chocolate bar. I was more excited to get a piece of chocolate that the actual hot chocolate, but it was still good.

■ What makes certain foods decorative and others used as main ingredients? For example, why don't we decorate our tomato sause with pasta instead of the the other way around. Why are sesame seeds decorative? They add a great flavor; I just think sesame seeds are so under rated.

● I hope this recipe actually makes sense and this can be made at home, and if it is, who would make it? If they do how would they know if taste correct...

The Sex-E Collective Invites You to

Sexualitea

Join us every 1st and 3rd Wednesday of
the month at Student Health Services at 80
Fifth Avenue 3rd floor from
11 am to 12 pm.

Tea. Cookies. And everything your mother
never told you about sex. Got questions
about sexual health or want to discuss
sexuality in a judgement-free space? Come
sip tea and get Sex-E!

*The Sex-E Collective supports sex positivity, sex education
and sexual violence awareness and prevention.*



THE NEW SCHOOL
STUDENT HEALTH AND
SUPPORT SERVICES

newschool.edu/whp

wellness@newschool.edu



The New School Student Health Services



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SPRING 2017

Weekly Wellness Programs

Free & Confidential HIV testing* 3 - 4:30 pm
Begins 1/30, no testing on 2/20 & 3/20
Biofeedback afternoons by appointment

Embodied Body Positivity Group 12:30 - 2 pm
email wellness@newschool.edu to register

Meditation* 2:50 - 3:40 pm
Free & Confidential HIV testing* 5 - 6:30 pm
Begins 2/02, no testing on 3/23

Acupressure, Essential Oils and Herbal Teas*
weekly times and locations vary
email wellness@newschool.edu for details

weekly by appointment

Distribution is alternating
Tuesdays 4 - 7 pm and Fridays 1 - 4 pm;
6 E 16th St 12th floor café
For dates and information, please visit
newschool.edu/foodpantry

The counseling center offers a variety of weekly groups
newschool.edu/counseling-services

Acupuncture*
Tuesdays 10 am - 12 noon
1/31, 2/21, 3/14, 4/18, 5/16

Reiki Circle*
Tuesdays 3:15 - 4 pm
1/31, 2/28, 3/28, 4/25

Mondays 6 -7 pm
2/6, 3/6, 4/3

Safe Zone Workshop

February 10, 1 - 5 pm or
April 20, 9 am - 1 pm
to RSVP email safezone@newschool.edu
for more info newschool.edu/safezone

March 10, 1 - 5 pm

to RSVP email wellness@newschool.edu
for more info newschool.edu/yesmeansyes

Sexualitea* 1st and 3rd Wednesday, 11 am - 12 pm
Queer Collective
email queercollective@newschool.edu for more info
Struggling Artists Meetup* 1st and 3rd Thursday
6 - 7 pm, UC room 513, Social Justice Hub

All events are free and unless otherwise noted are located at Student Health Services (SHS), 80 Fifth Avenue, 3rd floor.

Events with an asterisk (*) are drop in.

For more info, other events, questions etc. contact
wellness@newschool.edu // 212.229.1671
newschool.edu/health

PEP & PrEP AT THE NEW SCHOOL

• WHAT IS PrEP?

PRE-EXPOSURE PROPHYLAXIS (PrEP) IS TO PREVENT HIV INFECTION FROM TAKING HOLD IF YOU ARE EXPOSED TO THE VIRUS. IT'S PRESCRIBED FOR PEOPLE WHO ARE AT HIGHER RISK OF COMING INTO CONTACT WITH HIV. HIGHER RISK ACTIVITIES INCLUDE HAVING REGULAR, UNPROTECTED SEX WITH PARTNERS OF UNKNOWN STATUS, AND SHARING NEEDLES.

• WHAT IS PEP?

POST-EXPOSURE PROPHYLAXIS (PEP) CAN PREVENT HIV IF YOU'VE BEEN EXPOSED TO IT. PEP IS THE USE OF ANTIRETROVIRAL DRUGS AFTER A SINGLE HIGH-RISK EVENT TO STOP HIV FROM SPREADING THROUGH YOUR BODY. PEP MUST BE STARTED AS SOON AS POSSIBLE TO BE EFFECTIVE, IDEALLY WITHIN HOURS, AND ALWAYS WITHIN THREE (3) DAYS OF A POSSIBLE EXPOSURE. TWO TO THREE DRUGS ARE USUALLY PRESCRIBED, AND THEY MUST BE TAKEN FOR 28 DAYS.

BOTH PEP & PrEP ARE AVAILABLE AT THE NEW SCHOOL

 /NEWSCHOOL.HEALTHSERVICES

 @NEWSCHOOLHEALTH

 NEWSCHOOLHEALTH.TUMBLR.COM

 @NEWSCHOOLHEALTH

TO MAKE AN APPOINTMENT CONTACT STUDENT HEALTH SERVICES
212.229.1671, OPTION 2

[HTTP://WWW.NEWSCHOOL.EDU/STUDENT-HEALTH-SERVICES/MEDICAL-CARE/](http://www.newschool.edu/student-health-services/medical-care/)

THE NEW SCHOOL
STUDENT HEALTH
SERVICES



SEWING SAFETY TIPS

-- FLOORS

// Slippery fabrics/materials or water from a leaking iron can cause slips and falls. Alert a technician or maintenance staff immediately

-- DRESS FORMS

// Use one hand below the torso/cage and the other at the neck to balance while moving forms around the classroom

// Pull, don't push forms especially if the wheels are tangled with thread to avoid toppling

// Move forms to the side/back of the room when not in use

// Clear forms of protruding pins when not in use

-- TABLES

// Food and drink are not permitted on work/cutting tables

// When not in use, clear tables of all pins, blades, and hazardous material

-- PINS

// Do not hold pins in your mouth - you could accidentally swallow or inhale!

// Use pin cushion or magnets to hold pins

// Use magnets to pick pins from floor



-- SEWING MACHINES



// Turn off sewing machine when not in use

// Always turn off the lamp using only the sewing machine's on/off switch. Do not use the switch on the lamp itself.

// Use presser feet with needle guards to prevent injury to fingers when sewing

// Remove pins from area being sewn to prevent needle from shattering should it strike a pin

-- SCISSORS

// Keep scissors closed and in its case or container when not in use

// Keep scissors and thread cutters away from the edge of the table where they can drop off and hit legs and feet

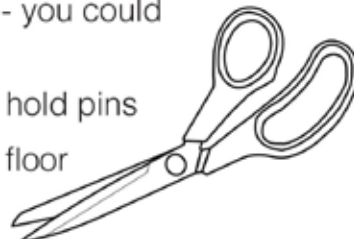
// Keep material that is being cut on table when cutting

// Use bent handle scissors when cutting fabric

// Keep scissors resting on table when cutting fabric

// Keep other hand clear of scissors when cutting

// Always walk with scissors-closed, hands covering blades and finger holes pointed down



-- NEEDLES

// Keep needles secure in packets, pin cushions, or containers

// Protect fine hand sewing needles from piercing skin by wearing a thimble or thimble pad

// Used machine needles must be discarded in designated containers

// Magnets to pick up the pins are located in the First Aid Kit in every sewing room.



-- IRONS

// Keep other hand clear of iron when pressing

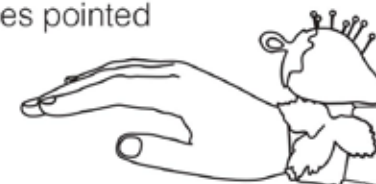
// Ironing board is at waist height – be properly clothed in the front of the body when ironing to avoid burns

// Gloves can be worn to protect fingers and hands from being burnt when pressing detailed areas

// Always return & lay flat the iron on its rest plate when not in use

// Never place iron on a surface edge where it might fall off

// Turn off the iron after use with the black switch on the handle, not the timer.



Please contact Katherine Perkins (perkinsk@newschool.edu), Environmental Health and Safety Office of Facilities Management, if you have any questions about the information on this poster. For more information on any health issue, contact Wellness and Health Promotion, Student Health Services, wellness@newschool.edu or 212.229.1671, option 4. Safety Tips are brought to you by The New School Occupational Safety Work Group.

