“When you’re lost in those woods, it sometimes takes you a while to realize that you are lost. For the longest time, you can convince yourself that you’ve just wandered off the path, that you’ll find your way back to the trailhead any moment now. Then night falls again and again, and you still have no idea where you are, and it’s time to admit that you have bewildered yourself so far off the path that you don’t even know from which direction the sun rises anymore.”

— Elizabeth Gilbertg
INTRODUCTION
A welcome from the Pugh Center

ACADEMIC RESOURCES
Take a look at the academic resources that Colby has to offer you on campus.

HEALTH RESOURCES
Look into taking care of your mental and physical health.

SPOTLIGHTS
Getting to know other Bunche Scholars, Students of Color, First Generation to College Students, and Faculty Allies.

SUMMER OPPORTUNITIES
What are you doing this summer?

TRAVELING ON A BUDGET
Learn about how to get around Waterville and the surrounding area.

WHAT'S HAPPENING IN THE PUGH CENTER?
Current, Past, and Upcoming Events

We want your feedback! Please leave us your comments, suggestions, and feedback by e-mailing:
pughcenter@gmail.com

*Be patient with your transition, your environment, others, and especially with yourself. It is easy to feel frustrated with slow progress, change, or adaptation, but it is important to recognize that these things take time. Try to look at the big picture. Although how you feel in the moment and what is happening right now does matter, remember that many things are not permanent. Take a step back and be patient.*

Sonita Hav, ‘17, Bunche Scholar
A Welcome from the Pugh Center

Hello Pugh Community,

This year we are celebrating the 20th anniversary of the Pugh Center, a space that facilitates opportunities for campus engagement, exploration, and education of social justice. In addition to being a space that provides programming and support for issues of diversity, the Pugh Center is also home for many students on campus.

This year has been full of transitions, from saying goodbye to one of the most influential figures on this campus and Director of the Pugh Center, Dr. Tashia Bradley, to introducing a handful of new staff including the new Dean of the College, Karlene - Burrell - McRae ’94, Interim Director of the Pugh Center, Betty Sasaki, and Program Coordinator Fellow for the Pugh Center, Thalia Giraldo ’15.

Transitions bring new and exciting things, and the Pugh Center would like to continue celebrating and supporting its students by introducing the first ever Pugh Center Newsletter! This newsletter will provide resources and guidance to successfully navigate the Colby experience for the some of most underrepresented and most richly vibrant groups on campus.

A big thank you to Christina Cobb ’17, Ant-quanique Dancy ’17, Sonita Hav ’17, and Nancy Mateo ’19 for your help making this newsletter dream a reality. Your dedication and support makes this a success.

Sincerely,
Betty Sasaki and Thalia Giraldo
"The worst thing a person can say to you is “no,” so don’t be afraid to ask questions. If someone says no to you, move on and ask the next person. Need academic help? ASK. Need financial support? ASK. Need life advice? ASK. Need someone to watch your favorite TV show with? ASK."

-ANT-GUANIQUE DANCY, ’17, FIRST GENERATION TO COLLEGE

ACADEMIC RESOURCES AT COLBY

By: Nancy Mateo ’19

Major/Minor

The majority of Colby students begin their college experience with a set major in mind. However, more often than not, students change their minds on their major. This is the beauty of a liberal arts education, you can take courses in various subject areas and gain exposure to different subjects that incite your passions.

Colby offers 36 majors (there are concentrations within some) and 14 minors.

Does Colby not offer a major you are interested in? Colby students have the opportunity to declare an independent major. Talk to your academic advisor to create a plan for your independent study!

Colby requires all students to declare a major after their first semester of sophomore year, but you can declare before this deadline if you already have an idea about what you want. However, once you declare you are not married to your major/minor. Even though you declared a major/minor, it does not mean you can’t change it. You can talk to your advisors and depending on your course standing, you can declare another major. If you realize a major/minor you declared no longer interests you or you won’t be able to complete the course requirements, you can also drop the major/minor after discussing this decision with your advisor.

Off-Campus Study

Are you thinking about going abroad? Most Colby students go abroad during their junior year, either their fall or spring semester. There are various steps in the study abroad process, but one of the most important things to keep in mind is the language requirement. Depending on the location of your program and the program you choose, you might have language requirements. For example, the Dijon program in France is language intensive.

*If you are involved in sports, you might have to go abroad a specific semester or might not be able to go abroad during the school year. Talk to your coach early in your sophomore year.

*There are study abroad opportunities during JanPlan and there is limited funding for students who need it. So if you do not want to go for a full semester, this can be an option.
"Being alone is okay. Now, I’m not saying to not make friends or keep yourself isolated, but sometimes taking a break from people and focusing on yourself is necessary. Self-care is important! Take care of yourself, your body, your physical and mental health. Take a break, breathe, and continue when you’re ready."

Nancy Mateo, ’19, FGtCS

GET YOUR FREE FLU-SHOT

“If you missed the campus wide flu shot clinics, you can still get a flu shot at no charge. Simply book an appointment with the nurses. Remember, the nurse is available until 8 p.m., so you can come by after hours."

The Centers for Disease Control and Prevention (CDC) recommends that all adults get the annual seasonal flu vaccine. This is especially important for those who are at higher risk with chronic health concerns such as asthma or diabetes and individuals with compromised immune systems.”

*Available while supplies last.

TAKING CARE OF YOURSELF AT COLBY

By: Sonita Hav ’17 & Nancy Mateo ’19
Garrison-Foster Health Center
2nd Floor,
Phone: (207) 859-4460
Email: healthservices@colby.edu
You can also access your student health portal through MyColby.

COLBY COUNSELING SERVICES

Colby College Counseling Services
Office Hours: M-F 8:30am-12pm, 1pm-5pm
Address: Garrison-Foster Room 205
(Upstairs, to the left after you enter the Financial Aid Office)
Phone: 207-859-4490

Scheduling Initial Intake & Ongoing Counseling Appointments:

By Phone: Call the number above to schedule an appointment.

In Person: Stop by the office at the address above to make an appointment.

Counseling accommodates requests for initial appointments as soon as possible, usually within 5-7 days depending on staff and student schedules. Whenever possible, counseling services will try to honor requests for specific counselors, including gender preferences.

Cancelling & Rescheduling Appointments:

Cancellations and reschedules can be made by phone or in person as indicated above. It is appreciated that cancellations and reschedules be made 24 hours in advance, if at all possible. This allows those appointment times to be utilized by other students.

Referring a Student for an Appointment:

While counseling services is happy to assist concerned others (parents, faculty/staff, peers) with referring a student to counseling, students must contact the office directly to make an appointment.

This text is taken from the Colby Health Center website
**FIRST GENERATION TO COLLEGE**

**WHAT DOES BEING FIRST IN YOUR FAMILY TO ATTEND COLLEGE (FIRST GENERATION) MEAN TO YOU?**

At Colby, we define first generation as neither parent completing four years of college and/or being low-income. My mom went to college and got her Associate’s degree, and my dad went to college for part of one year. For me, being first generation means that I may have a few extra hurdles to overcome, particularly financially, but it also means that I get a richer experience out of Colby because I truly appreciate every opportunity that I get to have, as I know that I may not have them if it weren’t for Colby. With that, it also means that I take full advantage of all of the resources here to ensure that I am living up to my full potential and gaining access to everything Colby has to offer.

**WAS THERE ANYTHING THAT YOU WERE CONFUSED BY DURING YOUR TRANSITION TO COLLEGE?**

I think it was less confusion and more shock. I grew up in a small town where everyone seemed to be of a very similar socioeconomic status. At Colby, this is obviously not true, but for a while it felt like everyone had many more resource that me. It took some getting used to to accept that where I come from doesn’t have to limit me, but once I did, I felt amazing.

**WHAT HAS BEEN YOUR BIGGEST SUCCESS?**

My biggest success has been finding ways to get involved at Colby. It has been finding things I love, and putting my whole heart into things I am passionate about. One tangible thing that has been a success has been the Emergency Book Fund, which came out of a conversation I had with President Greene in my sophomore year when I found it frustrating that we didn’t have a way to help students pay for their books. Now, there is a fund that students can take advantage of one semester per year by talking to an advising dean thanks to President Greene being open to hearing what I had to say!
To me, my transition into college means acknowledging that I am the beginning of change in my family. As the first person to ever leave home for college, I have to face the overwhelming pressure of doing well and not disappointing my parents, but also serving as a role model for my younger sibling, cousins, and greater community. There is less room for error, and a greater pressure to succeed. And although I am still transitioning into college, I find it difficult to not have a conventional support system like many of the students here do. Nonetheless, some of my greatest successes thus far include being privileged enough to be here and knowing that I have the ability to serve as a support system for other college students going through a similar experience as me.
"Don’t feel pressured to do anything you don’t want to do. Don’t feel as if you have to throw yourself into a situation you’re uncomfortable with. Although there may not be overt social pressure to drink or party, there’s a certain amount of self-inflicted covert pressure to participate. You need to be comfortable with where you are and what you’re doing and don’t be afraid to take a break."

Fen Bowen, ‘17, Bunche

THE ULTIMATE LIST OF SUMMER OPPORTUNITIES

By Ant-quanique Dancy ’17

WHAT ARE YOU DOING THIS SUMMER?

If you are unsure at the moment, check out these summer programs to see if they would be of any interest to you. It may seem early to be thinking about your summer plans when you have not even finished your first semester. However, most programs with great benefits (stipends, free housing, and transportation) have early deadlines! Many of these programs require letters of recommendation, so don’t forget to reach out to your professors in a timely manner to determine whether or not they would be willing to write you a letter of recommendation. Also, the following programs require personal statements; a good tip for personal statements is to tailor your essay to the mission of the program. Figure out how your past jobs, volunteer activities, clubs, athletic activities and other life experiences relate to the program that you are applying for. Some programs require a resume, so head over to the Colby Career Center (located on the first floor of Eustis), so that they can review your resume to make sure it is free of grammatical errors and is appropriate for the summer program to which you are applying. Lastly, always pay attention to deadlines.

If you know of any summer programs, internships, and scholarships that you would like to share with other students, please email me at adancy@colby.edu.
1

UNITED STATES DEPARTMENT OF TRANSPORTATION SUMMER INTERNSHIP PROGRAM FOR DIVERSE GROUPS (STIPDG)

Program Dates: June 5th - August 11th, 2017  
Application Due Date: January 20, 2017  
Stipend: $4,000  
Housing Provided: Yes  
Transportation to the Internship Provided: Yes

The Summer Transportation Internship Program for Diverse Groups (STIPDG) provides a unique opportunity to gain valuable professional experience and skills that will complement your academic pursuits. This hands-on program is designed to mentor and cultivate tomorrow’s leaders, strengthen their understanding of the transportation industry and prepare them for future public service opportunities.

For more information visit: https://www.fhwa.dot.gov/education/stipdg.cfm

2

DEPARTMENT OF ENERGY (DOE) SCHOLARS PROGRAM

Program Dates: 10 weeks in the Summer  
Application Due Date: December 15, 2016  
Stipend: Stipends of up to $650 per week (depending on academic status)  
Housing Provided: No  
Transportation to the Internship Provided: Yes, Travel arrangements to and from appointment site (subject to program approval and travel policies; daily commuting costs are not included)

The DOE Scholars Program offers unique opportunities that introduce students or post-graduates to the agency’s mission and operations. Participants in the DOE Scholars Program gain a competitive edge as they apply their education, talent and skills in a variety of scientific research settings within the DOE complex. Appointments are available for a variety of disciplines at participating DOE facilities nationwide. The DOE Scholars Program presents you with the opportunity to explore a federal career with DOE at various stages in your education.

For more information visit: https://orise.orau.gov/doescholars/index.html
BIOSTATISTICS & COMPUTATIONAL BIOLOGY AT HARVARD UNIVERSITY

**Program Dates:** June 10 - July 22, 2017  
**Application Due Date:** February 1, 2017  
**Stipend:** Unknown  
**Housing Provided:** Yes, Travel to Boston and living expenses (including lodging and all meals)  
**Transportation to the Internship Provided:** Yes

The Summer Program is a relatively intensive 6-week program, during which qualified participants receive an interesting and enjoyable introduction to biostatistics, epidemiology, and public health research. This program is designed to expose undergraduates to the use of quantitative methods for biological, environmental, and medical research.

For more information visit:  
https://www.hsph.harvard.edu/biostatistics/diversity/summer-program/

SUMMER HEALTH PROFESSIONS EDUCATION PROGRAM (SHPEP): FRESHMEN AND SOPHOMORES ONLY!

**Program Dates:** Vary by program site (13 different sites)  
**Application Due Date:** February 1, 2017 – Early Admission Deadline  
March 1, 2017 – Regular Admission Deadline  
**Stipend:** $600  
**Housing Provided:** Yes  
**Transportation to the Internship Provided:** Yes

The Summer Health Professions Education Program (SHPEP) is a free summer enrichment program focused on improving access to information and resources for college students interested in the health professions. SHPEP’s goal is to strengthen the academic proficiency and career development of students underrepresented in the health professions and prepare them for a successful application and matriculation to health professions schools. These students include, but are not limited to, individuals who identify as African American/Black, American Indian and Alaska Native and Hispanic/Latino, and who are from communities of socioeconomic and educational disadvantage.

For more information visit: http://www.shpep.org
THE JON R. TUTTLE JOURNALISM AND PRODUCTION MINORITY INTERNSHIP

Program Dates: June 1-September 1
Application Due Date: March 1, 2017
Stipend: $10/hour
Housing Provided: Unknown
Transportation to the Internship Provided: Unknown

Jon R. Tuttle was one of Oregon's most respected broadcast journalists, who passed away in 1991. In honor of his memory OPB established the Jon R. Tuttle Minority Internship in 1994 to encourage future generations of compassionate broadcasters and journalists. The internship will enable an outstanding student to spend the summer studying the field, full-time, in a hands-on environment.

For more information see: http://www.opb.org/about/internships/tuttle/

SMITHSONIAN INTERNSHIPS: MENTOR-BASED LEARNING OPPORTUNITIES

Program Dates: Vary by museum
Application Due Date: Vary by museum
Housing Provided: Vary by museum
Transportation to the Internship Provided: Vary by museum

Since each unit of the Smithsonian (Natural History Museum, Smithsonian Libraries, American Art Museum, etc) understands the learning opportunities it can offer best, each unit manages their own internship application process directly. Smithsonian internships are learning experiences guided by a mentor, occurring during a specific time frame, which provide benefits relating to an intern's education, coursework, or career goals. With stated learning objectives and a mentor's commitment, interns may be appointed for a term of up to six months. As an intern's experiential education progresses, with revised learning objectives and a renewed commitment from a mentor, they may be reappointed.

For more information see: http://www.smithsonianofi.com
GETTING AROUND WATERVILLE

by Ant-quanique Dancy

1 GETTING AROUND WATERVILLE

Colby College offers a free service called the Jitney that takes students all over the town of Waterville. The Jitney leaves from outside of the Pugh Center.

There are cabs available for travel in and around Waterville and Augusta.

Colby has three ZipCars available to students during the academic year. For more information about ZipCars, go to www.zipcar.com.

There is the Colby Shuttle, which runs Thursday through Saturday on a 45-minute loop to (Walmart, Downtown Waterville, Gilman Street, and back to Colby College). See the schedule on the right.

TAXIS

Taxis are a way to get around the city for low cost. Most trips going downtown, or to Wal-Mart cost $5. Here are some taxi companies that are used frequently by Colby students.

* Elite Taxi: 207-872-2221
* Pine Tree Company (PT): 207-465-2304
* S&S Taxi: 207-692-4700

BUSES

Concord Coach Lines: Concord Coach Lines has buses that run from the Athletic Center to Augusta, Portland, Boston South Station and Boston Logan Airport. They usually run every day that school is in session. For more detailed schedules and routes check the website at: concordcoachlines.com Greyhound: Greyhound buses also run from the city of Waterville, although they don’t pick you up on campus, they do pick you up at the Waterville bus station, 320 Kennedy Memorial Dr. Waterville, ME 04901. Again for more detailed schedules and routes check the website at: www.greyhound.com/.
ARE YOU LOOKING FOR WAYS TO SAVE MONEY ON YOUR TRAVEL PLANS FOR BREAKS? LOOK NO FURTHER.

Do you usually travel from Colby College to Boston South Station or Boston South Station to Colby College? How much does this cost you? A one-way ticket through Concord Coach Lines is $36, and a round trip ticket is $66. If you are looking for a way to save money on your bus ticket, check out this tip.

1 **STEP 1**

First, book at ticket through concord coach lines from Colby College to Portland, Maine or. At the moment, this ticket will cost you $17.

2 **STEP 2**

Next, head over to [http://megabus.com](http://megabus.com) and book a bus ticket from Portland, Maine to Boston South Station or Boston South Station to Portland, Maine. This ticket can run as low as $1.00 plus a $2.00 if you book early enough. One month in advance is sufficient. The cost of the Megabus ticket raises as more people book the ticket and the closer it is to your travel date. For your information, Megabus uses Concord Buses for the Portland, Maine to Boston South Station route.

3 **STEP 3**

So, in total, you can pay as little as $20 for a one way ticket from Colby College to Boston South Station compared to a one-way $36 ticket through Concord Coach Lines.

4 **STEP 4**

If you took the time to read these steps, and you feel like it is too much work, then there is also a $5 discount from Concord Coach Lines on Round Trip tickets for college students. If you would like to save money, but you are having trouble figuring out coordinating your trip, email me at adancy@colby.edu. We can meet up on campus and figure it out.

**IF YOU HAVE AN EARLY FLIGHT,**

- Concord Coach Line’s first bus leaves from Augusta, Maine at 6:15 a.m.
- Greyhound’s first bus leaves from Waterville, Maine at 6:20 a.m. from J&S oil located at the Waterville bus station, 320 Kennedy Memorial Dr. Waterville, ME 04901.
- Ways to get to the aforementioned bus stations: ask another student for a ride or catch a cab.
- Concord Coach Line offer bus service at 7:30 a.m. from the Colby Athletic Center on select dates. [https://concordcoachlines.com/colby-college-full-notice-list-2016-17/](https://concordcoachlines.com/colby-college-full-notice-list-2016-17/)
- Thanksgiving Break: Additional Southbound service on Tuesday, November 22nd, 2016 – schedules #59 (7:30 am) & #71 (4:35 pm) and Wednesday, November 23rd, 2016 – schedule #59 (7:30 am). Additional Northbound service Monday, November 28th, 2016 – schedule #50. Daily service will operate as normal over the holiday weekend.
- Winter Break:Tuesday December 20th. Additional Southbound service on Monday, December 19th, and Tuesday, December 20th, 2016 – Schedule #59 (7:30 am). Last day of service is Tuesday, December 20th, 2016.

**WHAT IF I’M NOT GOING TO BOSTON SOUTH STATION, BUT INSTEAD BOSTON LOGAN AIRPORT?**

Saving money on your bus ticket will require more coordination on your part. However, The Massachusetts Bay Transportation Authority (MBTA), also known as “The T,” offers a free bus (the Silver Line) from Boston South Station to Boston Logan Airport Terminals daily (Figure 1). It takes about 15 minutes to get from Boston South Station to Boston’s Logan Airport by bus plus the time it takes to wait for the bus. So, carve in extra time into your travel plans. For more information see: [http://www.mbta.com/riding_the_t/logan/](http://www.mbta.com/riding_the_t/logan/).

*Figure 1: Bus Route from South Station to Logan Airport*
WHATS HAPPENING IN THE PUGH CENTER?

Past Events

• The Bridge Kicked off Trans November with a panel where two students and one faculty member shared their experiences of community, pain, and dreams. A shoutout to your bravery and your insightful panel!

• Four Winds and the Pugh Community Board kicked off Indigenous People’s month with a Diversity Dialogue Dinner. Students and faculty had great conversation on the (lack of) media representation of Native Americans while enjoying indigenous inspired food.

Future Events

• Nov. 20 - Students for Refugees and Displaced Persons is having their first official event in the Pugh Center: More Than A War Zone. A first year student from Syria will speak about the country he has lived in until coming to Colby, common perceptions of Syria and discuss Syria as a country and a cultural center.

• Nov. 28 - The Bridge & SHOC are collaborating on a Trans Mental Health Film & Discussion. This short, student made film has interviews of 6 trans people and/or their written responses. The film looks at their experiences with mental health, being trans, and the intersections between the two.

• Dec. 2 - Reverse Home Hospitality Shabbat - Members from the Beth Israel Congregation in Waterville join members of Colby Hillel for a Shabbat meal and service. This is a sequel event to Home Hospitality Shabbat, during which students attend Shabbat dinner at congregants' homes.

Deadlines

• Career Center Internship Funding for Summer = Mid March
• Off Campus Study Deadline for Campus Approval = Feb. 20 Submit (online)
• NOTE: A Petition of ANY kind requires a prior meeting with an OCS staff member by appointment – call (207) 859-4500