



Fall 2023 Edition



As the leaves turn golden and the air turns crisp, many may find solace in the comforting embrace of pumpkin spice lattes or the buzz of classrooms renewed energy of 'back to school' season. It's amidst this symphony of autumnal transformation that we're elated to present the latest edition of our LNESc newsletter! This season is brimming with achievements and the spirit of continuous growth. It is reflexive to our mission of nurturing ambitious minds across our nation.

In this edition, we are excited to feature highlights from the 2023 Washington Youth Leadership Seminar. It was held in early October in the heart of our nation's capital and included students from across the country. We believe that today's young leaders are tomorrow's trailblazers and changemakers and this seminar encapsulates our vision of being lifelong learners. We are keen to share the transformative highlights of the seminar.

As we gaze towards the horizon, we will also be sharing how our P.U.E.N.T.E.S program offers a fresh array of opportunities for students and their parents seeking in gaining digital literacy skills. You will also find information on current programming at our Vancouver and Austin LNESc locations. We are thrilled to spotlight *Princesa Aguirre*, a dedicated student who graced our 50-Year Celebration and Youth Conference in Albuquerque, New Mexico.

In the spirit of the upcoming season, we want to emphasize that our gratitude is boundless towards our supporters, donors, and the dedication of our staff to make all our endeavors happen.

As you delve into this autumn edition, we hope you feel the warmth of our endeavors and the promise of brighter tomorrows. We hope to continue to build on and inspire our student and community's dreams and crafting futures - one day and one season at a time!

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## Que Pasa: Updates and Happenings at LNESc

### LULAC National Educational Service Centers hosts the 26th Annual Washington Youth Leadership Seminar Cultivating and Inspiring Youth Leadership



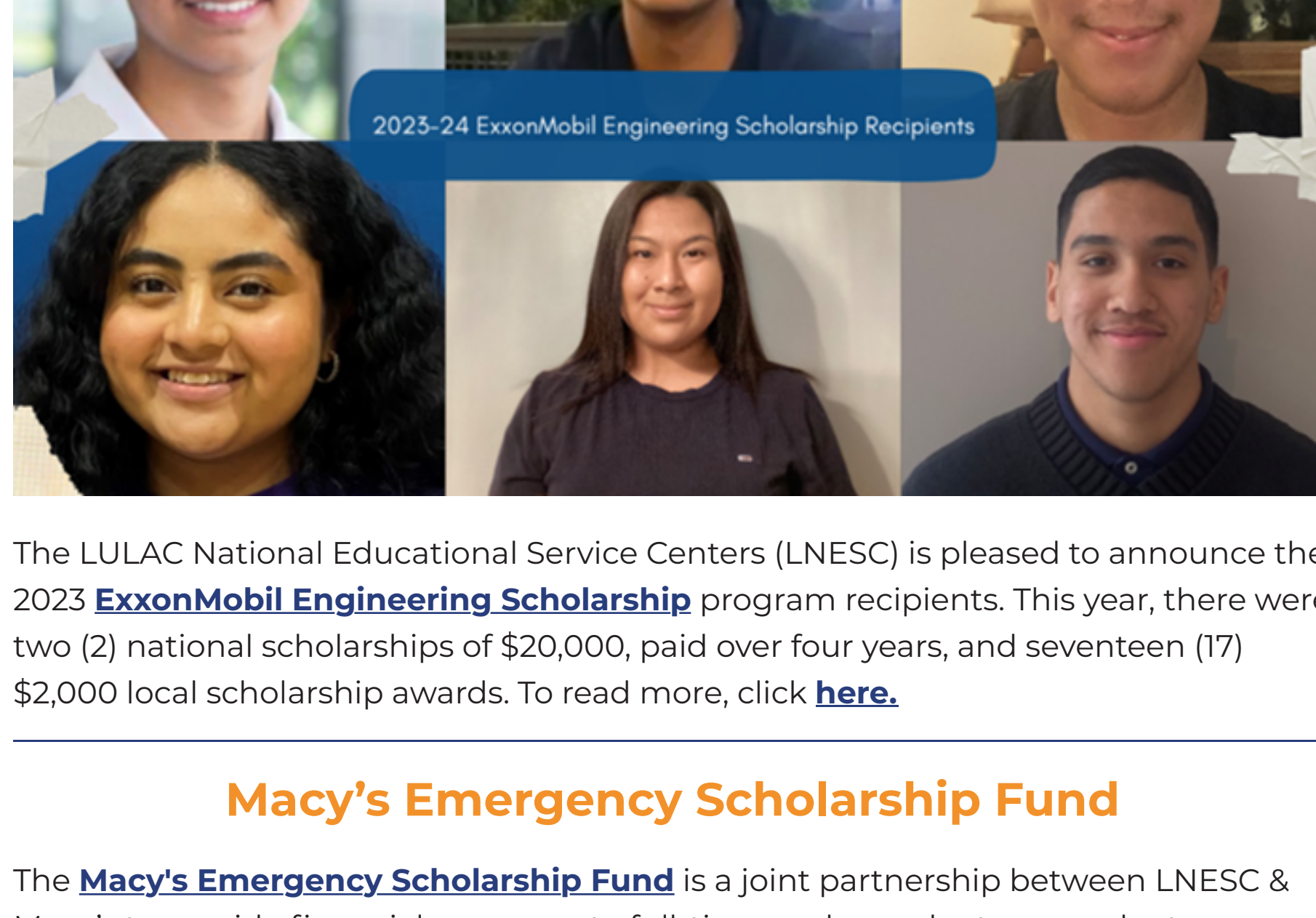
LNESC recently hosted the 26th Annual Washington Youth Leadership Seminar (WYLS), a four-day event that was a life-changing opportunity for junior and senior high school students from throughout the country. This year's seminar was held on October 4 - October 8 at the Omni Shoreham Hotel in Washington, DC. You can read more about it [here](#).

### LNESC P.U.E.N.T.E.S Continues in Six Locations



The LNESc program, Pathways to Uplift and Empower through Novel Technology and Education Services (P.U.E.N.T.E.S.) technology initiative, continues in 2023, with the program available for at-risk students and families. To read more, click [here](#).

### ExxonMobil Engineering Scholarship



The LULAC National Educational Service Centers (LNESC) is pleased to announce the 2023 **ExxonMobil Engineering Scholarship** program recipients. This year, there were two (2) national scholarships of \$20,000, paid over four years, and seventeen (17) \$2,000 local scholarship awards. To read more, click [here](#).

### Macy's Emergency Scholarship Fund

The **Macy's Emergency Scholarship Fund** is a joint partnership between LNESc & Macy's to provide financial resources to full-time undergraduate or graduate students in **California, Florida, Missouri, New Mexico, New York, Ohio, Puerto Rico, and Texas** facing economic hardship and immediate monetary need that, if not met, could result in an inability to complete classes or a degree program. Students who are interested in applying should visit the **Macy's Emergency Scholarship webpage**.



For additional non-LNESc scholarship resources, [click here](#).

### NBCUniversal Media Scholarship

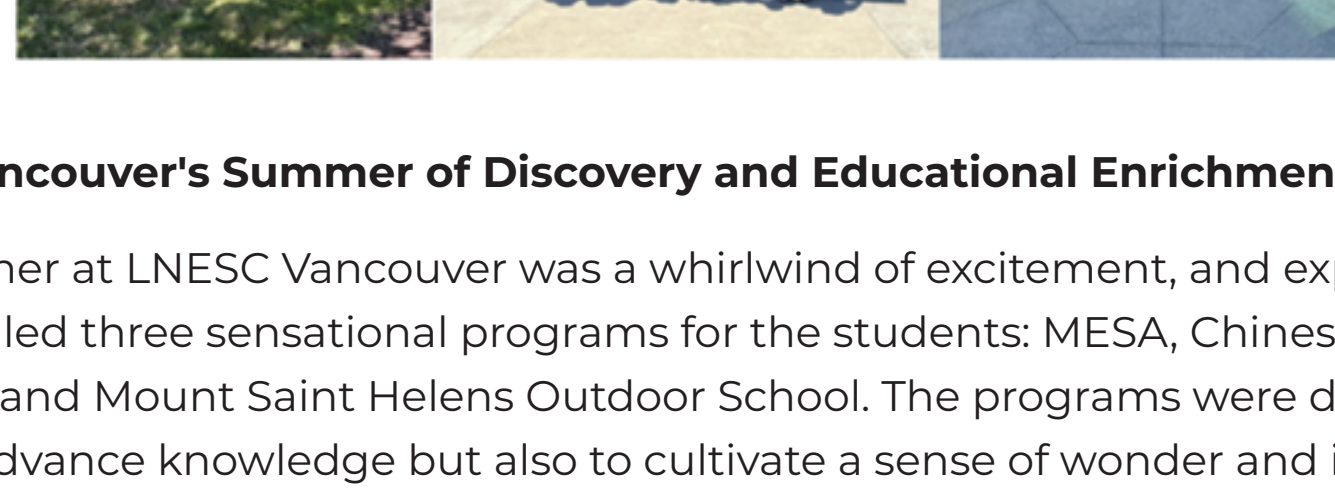


In partnership with **NBCUniversal**, LNESc awarded ten (10) \$5,000 scholarships to current college sophomores and Juniors with an interest in the media and entertainment industry for the 2023 -2024 academic school year. Recipients selected for the **NBCUniversal Media Scholarship** are pursuing a four-year degree from universities across Florida, Missouri, North Carolina, Ohio and Texas.

You can read more about it [here](#).

### Connecting Community to Education: LNESc in the Field

#### LNESC Vancouver

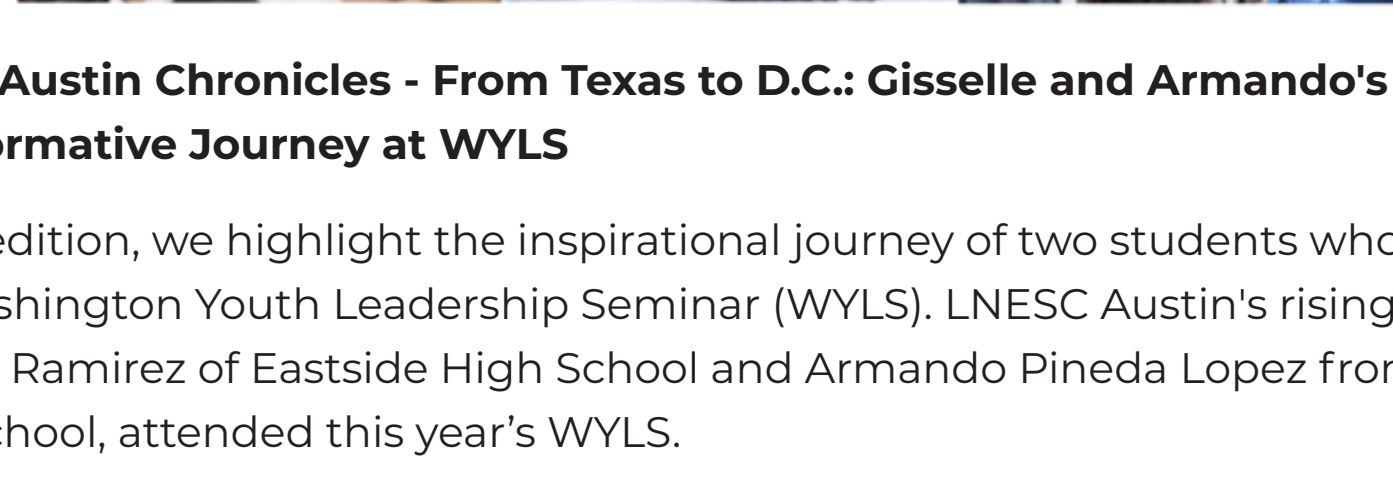


#### LNESC Vancouver's Summer of Discovery and Educational Enrichment

This summer at LNESc Vancouver was a whirlwind of excitement, and exploration as they unveiled three sensational programs for the students: MESA, Chinese Language & Culture, and Mount Saint Helens Outdoor School. The programs were designed to not only advance knowledge but also to cultivate a sense of wonder and innovation.

To continue reading, click [here](#).

#### LNESC Austin



#### LNESC Austin Chronicles - From Texas to D.C.: Gisselle and Armando's Transformative Journey at WYLS

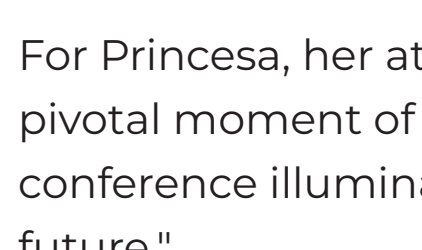
In this edition, we highlight the inspirational journey of two students who attended our Washington Youth Leadership Seminar (WYLS). LNESc Austin's rising stars, Gisselle Ramirez of Eastside High School and Armando Pineda Lopez from Akins High School, attended this year's WYLS.

To continue reading, click [here](#).

### Lideres in Action: Rising Stars of LNESc

In this fall edition of our newsletter, we are thrilled to spotlight an exceptional student who truly captures the essence of the "Lider in action" ethos. We are highlighting a student that participated in the 50-year Youth Conference at the National Hispanic Cultural Center in Albuquerque, New Mexico earlier this fall. This dedicated individual stands as a testament to the enduring legacy of LNESc's half-century of impactful service! Their story is not only a source of inspiration for us and our community but also a reaffirmation of the transformative potential of education.

#### Princesa Aguirre, Student and LNESc 50-Year Participant



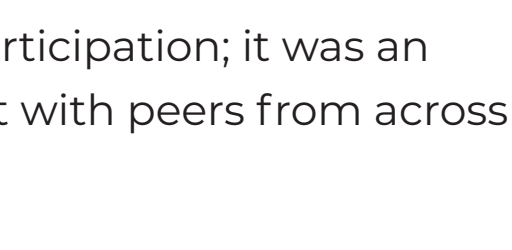
We now shift our gaze to our emerging beacon of potential and promise, a student who recently attended LNESc's transformative 50-Year conference at the National Hispanic Cultural Center in Albuquerque, New Mexico. This young individual's reflections and insights resonate with the spirit of a "Lider in action!"

For Princesa, her attendance at the conference was not just an event, but also a pivotal moment of clarity. *Princesa's* words vividly describe the transformation: "The conference illuminated paths I hadn't considered, offering me a holistic view of my future."

To continue reading, click [here](#).

#### Daniel McGee Marin, Washington Youth Leadership Seminar Participant

We are also excited to feature a rising star from Fort Thomas, Kentucky who exemplifies leadership and resilience: Daniel McGee Marin. As a participant in this year's Washington Youth Leadership Seminar, Daniel's journey echoes the promise of a young leader eager to leave a mark on his community.



Daniel's engagement in the seminar was more than just participation; it was an immersive learning experience that allowed him to connect with peers from across the nation as well as well-established professionals.

To continue reading, click [here](#).

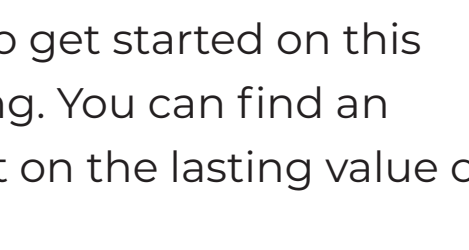
### College Cues: Tips for Student Readiness

#### Mindful Eating for Student Success

In our demanding academic era, students often find themselves juggling numerous responsibilities, from attending lectures and completing assignments to participating in extracurricular activities. In the hustle and bustle, it's essential to recognize the profound connection between nutrition and academic success. Students can adopt mindful eating habits and sharpen their concentration and memory. Ultimately, this can catalyze students onto greater heights in their educational journey. Here are some invaluable tips to help you embark on a path of mindful eating for student success.

##### 1. Stay Present during Meals

Mindful eating begins with being present. What does this mean? In fully engaging with your meal, you can better recognize the flavors, textures, and nourishment your meal provides. This connection with your food helps in appreciating what you consume, and it's an excellent opportunity to reflect upon the nutritional value of your meal. If you eat mindfully, you're more likely to recognize when you're full, which can prevent overeating and help in maintaining optimal health. To get started on this journey, watch this insightful video on the art of mindful eating. You can find an excellent talk by Stanford University's Healthcare Department on the lasting value of mindful eating by clicking [here](#).

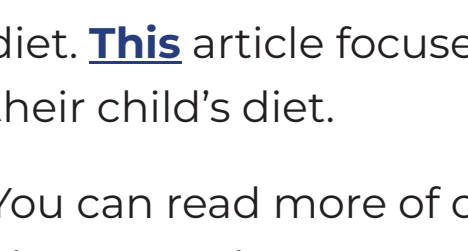


You can read more of our tips on mindful eating for student success [here](#).

### Parent Forum: Strategies for Student Success

As parents, you may understand that navigating the academic world can be challenging for your child, but you hold a vital key to their success: nutrition. The connection between what they eat and how they perform academically is profound. As parents, you can provide a foundation for success by guiding your child's mindful eating journey and ensure they're nourished for success. Here are a few ways to get started:

##### 1. Introduce Wholesome, Brain-Boosting Foods

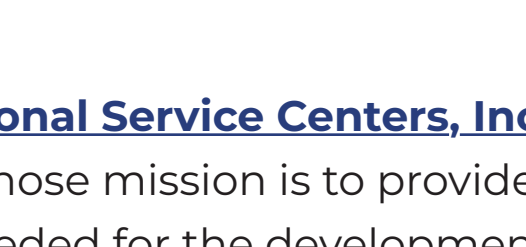


Your child's brain is ever-evolving and the right nutrition can significantly enhance their development. Parents can introduce foods rich in antioxidants, like blueberries, or omega-3 fatty acids, such as walnuts and flaxseeds to bolster cognitive functions. You can encourage a diet rich in these brain-boosting foods can lead to improved concentration and memory and innovate new ways to incorporate it into their daily diet. **This** article focuses on how to help parents navigate getting Omega-3s into their child's diet.

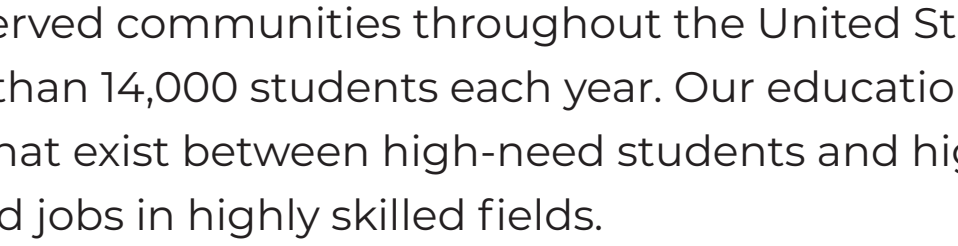
You can read more of our tips on how to help your child engage in mindful eating to elevate student success [here](#).

### Support LNESc

Your contributions are what helps us continue with our educational programs and provide scholarships to outstanding Latino/a leaders. Together we can continue making an impact on the Latino/a community. **Consider supporting LNESc by making a donation.**



### About LNESc



The **LULAC National Educational Service Centers, Inc. (LNESC)** is an independent 501(c)(3) non-profit agency whose mission is to provide the highest quality educational opportunities needed for the development of life-long learners and leaders.

As LULAC's education arm, since 1973 LNESc has provided direct educational services to under-served communities throughout the United States and Puerto Rico, serving more than 14,000 students each year. Our educational programs break down the barriers that exist between high-need students and high school diplomas, college degrees, and jobs in highly skilled fields.

Through its network of community-based education centers, LNESc provides educational counseling, scholarships, mentorship, leadership development, literacy, and technology programs.

For more information, visit our [website](#).

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