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## Interview with MaryLou Rocha

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## Interview

1. What is your name?
  - MaryLou Rocha
  
2. What community do you live and work in?
  - I live in El Paso, Texas and work at the El Paso Holocaust Museum.
  
3. What inspired you to become an activist was it a personal or global issue, and what keeps you inspired to keep engaging in activism?
  - To be honest I think it is a little bit of both that has made me become the activist I am today. As mentioned, I believe my actions arise from trying to teach the past, enlighten today, and better the future. When creating programs, I always have my family, siblings, loved ones, and acquaintances in the forefront of my mind.
  
4. What social justice issue are you the most passionate about and what issues would you like to learn more about?
  - There are several issues that make me passionate, which are: refugee crisis, racial injustice, and equality. I believe my interest in these social issues stems from personal experiences and direct tie to my current work position. Some issues in which I would like to learn more about are: hunger & food insecurity, climate justice, and healthcare.
  
5. What values and principles have stayed constant throughout your activism, and what if any have changed or evolved?
  - ☐ Some values that have remained present through my active role are being humble, compassionate, kind, generosity, empathetic. Other principles which are always at the forefront when doing a program or personally assisting are spreading love, practicing mindfulness, and being of service to others. I think my values have grown even stronger than before and as for my principles I have become more aware that my past self did not practice mindfulness as well as I thought. I now also worry less about what others think or perceive when trying to help others. One key factor in growing and bettering yourself is to surround yourself with people who have the same values and principles and are seeking the best for everyone.

6. What forms of support do you have to encourage you to keep going?
  - Thankfully I have a lot of forms of support and they are all very close to me. My biggest support comes from my direct family, specifically my mother, they have been a strong support in pushing me and inspiring me with my personal and career life. My other support group is my Executive Director, Jamie Flores, and committee members. Jamie has truly helped me grow and better myself every day when it comes to my position, confidence, courage, and strength.
  
7. In what ways do you think you've been successful as a change maker in our community?
  - I do not know how many people I have successfully impacted or changed one's mentality, but I believe and have tried to impact as many people as I can. Every program that is created is with the intent of being self-aware of one's actions and how to help others. After every event we have received wonderful feedback regarding our program along with people reaching out to see how they can become an ally to the community as a whole.