

CELAC BUGLE

March 2015

PHOTO CREDIT: GENTLE BREEZE 1 BY JIAYI LIANG

ALBUQUERQUE, NM

My Experience in the U.S.

by Ata Ullah



An international visit is a wonderful experience. And a visit to advanced and developed countries like the U.K. and

U.S. is one of the dreams for everyone, especially students. I was one of those students who wanted to visit the U.S.

because I have a keen interest in new people, new cultures, and new values. My interest was increased when one of my friend visited the U.S. in 2013 and told me about American peoples and American culture.

Finally, my dream came into reality and I was selected for spring semester, 2015. It was an unforgettable moment of my life when I received the selection call from USEFP (United Education Foundation Pakistan). Special thanks to Global UGRAD Pakistan, the U.S. Department of State and IREX (International Research & Exchanges Board) for fulfilling my dream.

My visit to the U.S. started on December 15, 2014 by participation in pre-departure orientation at Islamabad. I arrived in Washington D.C. on Jan 2nd 2015. I was very excited along with my 120 colleagues at the National 4H Youth Conference Centre, where the Welcome Workshop was arranged by IREX.

IREX staff was very kind and helpful. We had different activities including cultural nights and a tour of Washington D.C. These were the most memorable days of my life.

I have experienced different things and situations. Life is totally independent here; people are busy in their own lives. People are really helpful, kind, and cooperative, and very sincere, punctual, and honest with their work. They might not be your good friends, but you will find them better than good friends in times of need. The idea of cooperation has been induced in their student life through community service. Every institution encourages their students to participate in community service. The most loving moment is when people meet you with smiling faces—I really like that.

Let me share my experience as well as a good story: After the 9/11 attacks and certain American foreign policies, Afghani and some Pakistani peoples thought that American government and civilians are anti-Islamic and want to remove Islam from the world.

So when I was coming to the U.S., everyone asks me, “Are you going to USA? Americans will consider you a terrorist because you have a large beard. At least you should remove your beard.” I was so confused and thought of withdrawing from the program and missing this opportunity. But one of my friends who lived in the U.S. convinced me

that no one asks about your religion and your beliefs. But when I started my journey and entered Islamabad International Airport, I met with a man who lived in the U.S. for forty years. After an introduction he asked me, “Where are you going?” I said, “To the U.S.” He looked amazed and said to me, “You and America?”

I said, “Yes, what is the reason? Please explain.” He said to me that I would be facing many problems. I asked why. He said, Shave your beard at least for five months because in the U.S., people consider every Pakistani, and especially those who have beards, terrorists. I became so sad and nervous, but I accepted the challenge because I love challenges.

After a sixteen hour flight, I arrived at Washington’s international airport. I was so tired and wondered who would first call me a terrorist. I thought the airport security will search me, and will ask about terrorists, my religion and beard, and say that people with beards are terrorists. “Are you a terrorist?”

But when I came out from the airport, no one asked the above question for which I was mentally ready.

I said, in my heart, I can face these questions in the next days. After four days in Washington and forty days in New Mexico, I have not faced these questions yet. No one has asked me about my

religion and terrorists. And I hope no one asks me in my remaining days.

Now I want to remove the misunderstanding of my local peoples which they have about America and American people—that they are anti-Islamic.

Secondly, I have been studying the Holy Bible every Sunday. I have come to understand the Christian concept of God, the genesis of the world, and all prophets. I was completely amazed and surprised that I found the concept of God extremely similar to Islam.

Before this, I thought that Christianity was totally different from my religion, but found much more similarity about God and the origination of the Universe.

This golden opportunity of being an exchange participant is a life changing experience for me so far.

There are cultural differences like food, and some culture shock adjusting to the new environment, with new people, new language; and new teachers. They are difficult but, at the same time, fun too.

Simply in conclusion, I can say even though there are both bad and good times in international visits, they are always joyful and full of experience.

Albuquerque Hospitals: A Mixed Experience

By Ali Al Kaabi

Like everything, hospitals in Albuquerque have their pros and cons. Some people agree with the way hospitals deal with people here and like the Obamacare



system which gives them rights and benefits and decreased insurance rates, while other groups of people don't like the hospitals and the whole health care system in the U.S. In this article we'll look at some different perspectives.

The team who agrees say that there are a lot

of advantages of Albuquerque hospitals such as, they choose the state's best doctors and they chose them carefully with good qualifications. They will not allow just average doctors to work in their hospital. As a result the quality of treatment will be good. Also, they have a good department—the emergency section that helps you in emergency cases. If anyone comes with a broken arm or leg, etc., he will be able to see the doctor as soon as possible. Therefore many issues will be solved in dangerous cases.

On the other hand, some people totally disagree with the hospital system in Albuquerque for many reasons. If you want to see a doctor, you will have to wait approximately two hours even if it is an emergency. Even if it is a kid with a high fever and he is under two years old, he will have to wait for a long time. That's why people here don't take their kids to hospitals normally. They will wait and wait unless they go see a doctor from the outside.

Furthermore, people think that the hospitals here are expensive. Even if you have insurance, it will not cover the cost. I had a Korean friend who said, "I'm young and healthy, I don't need insurance." He fell down and broke his tooth and had to pay \$1,300 from his own pocket for teeth surgery.

In conclusion, in my point of view, Albuquerque hospitals have many advantages. However they have a lot of disadvantages too. So they should work on their issues as soon as possible.



→NEWS

FAO Food Waste Seminar

By Antonio Ieno

On the occasion of the 41st World Environment Day dedicated to the relationship between food and natural resources, the FAO (Food and Agricultural Organization) organized the seminar, "Surplus and Waste in the Food Chain. What Strategies?" held February 12, 2015 in Albuquerque.

The FAO organization concerns the CELAC program of UNM because of CELAC's presence of international students. The FAO is a worldwide organization that speaks to an

→ TRAVEL

Niagara Falls

By Reyes Recuero



Niagara Falls are a group of waterfalls located on the Niagara River in eastern North American, on the border between the U.S. and Canada. Located about 236 meters above sea level, its fall is approximately 52 meters.

Niagara Falls is comprised of three waterfalls: the Canadian waterfall called The Horseshoe, the American waterfall, and Bridal Veil Waterfall, which is smaller. Although not a great height, they are very spacious and are the largest in North America because through them flows all the water from the Great Lakes.

Since they were discovered by European settlers, they have become very popular, not only for their beauty, but also as a source of energy and a challenging project for environmental preservation. They are a place of tourism shared by the cities of Niagara Falls (New York) and Niagara Falls (Ontario).

The name "Niagara" comes from an Iroquois word meaning "thunder of water." The original inhabitants of the region were the Ongiara, an Iroquois tribe considered neutral by French conquerors.

The best time of season to enjoy this beautiful place is May through June, when it is not too cold and the sun is shining in the sky. However, if you want to see lovely scenery, you can go December to January, to see the falls fully frozen



water, and energy--required in the various links of the chain ranging from the field to the table."

Smith went on to say that the question has so far been addressed mainly with regard to the large quantities of food products that are discarded, although still perfectly edible, especially in marketing and consumption.

international audience. The main subject of the meeting was the issue of food waste that occurs within the entire supply chain: production, post-harvest, marketing of products, processing, logistics, distribution and consumption of primary products and derivatives.

That waste (1.3 billion tons of food per year, still perfectly edible, of which 89 million tons come from the U.S.) is an issue at the center of the international debate for the social, political, economic and environmental aspects. This is especially an important issue in a period of crisis and contraction in household consumption.

"Better managing the issue of food waste," Dorothy Smith, Superintendent of the FAO stressed, "not only can produce an economic benefit for enterprises, but it also allows us to avoid the unnecessary consumption of natural resources--land,

Less analyzed is the phenomenon of food losses, which covers losses occurring at the production, harvest, processing, preservation, and storage due to climatic, organizational, technical and environmental factors. On these issues, FAO can make contributions in terms of analysis and identification of useful interventions for businesses and competent authorities.

During her speech, Smith also said that the FAO studies in depth the aspect of quality in production of food and groceries. It seems obvious: If food in many ways is cheaper, it is a result of bad production processes. And if people generate a lot of food waste, it is because the companies are able to produce and sell more than consumers can eat. Then the entire class of a product becomes cheaper and cheaper.

"The issue of food waste," said Vice-Minister of Agriculture, Food, and Forestry of New Mexico, John Silva de Riviera, "is an issue of fundamental importance for the ministry, as it is the ideal subject to take the concepts of nutritional responsibility and the guarantee of food quality, healthiness and competitiveness in the international market."

According to Silva de Riviera, the contrast of waste is an issue that has different implications not only environmentally, but also socially and ethically. Four million people today find it difficult to feed themselves adequately.

The food chain issue is so complex that it includes the entire cycle of energy production and the chain of waste disposal. It also demands nutrition education in developed countries. Food waste is the most obvious form of discrimination between advanced countries and countries still not developed.

"This last component requires us to find policies and solutions that allow the recovery and reuse of all that can be saved in the supply chain," said Silva de Riveira.

Speakers also included Mary O'Connor (UNM), Jack Kovalski (University of Kiev), and Charles Dogerty of Presbyterian Hospital's Center for Food Nutrition.

How To Be Successful in Your Studying

By Salim Al Tubi

Everyone in the world likes to be successful in his or her studies. But each of them has different levels of abilities. I want to say that sometimes success doesn't depend on your ability. Real success is not getting 100 percent, but it is the subjective feeling of achieving the aspiration of your goals, self-confidence, and self-

development capacity. So, I am going to give you some steps to being successful in your study.

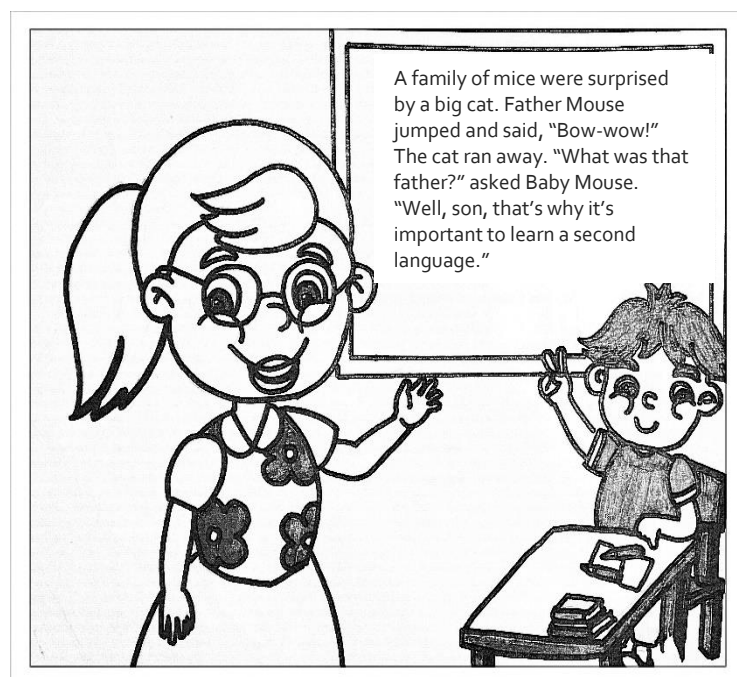
First, select your goal. You should know what you like and what you want to be in the future. Your goal gives you enthusiasm to study. That makes you work hard because you are working on what you love. Also, you will not feel bored or frustrated because you don't have the enthusiasm to continue. If you don't have a goal, you will face difficulties and won't continue. Thus, your goal is the key to success.

Second, work hard. Success does not come easily. All successful people work hard from morning until evening. They are morning persons. In addition, they believe in themselves. For example, Bill

Gates dropped out of school, but he believed in himself and he worked hard until he reached what he wanted. In sum, nothing will be achieved without working hard.

Finally, manage time. Managing time is very important in your studies. Don't procrastinate in your work. Always do your work on time. Moreover, you should moderate your time between studying and having fun. Having fun helps you reduce stress. Also, you should make time for sports. Time that is lost cannot be regained. So you should make the most of every second of your time.

In conclusion, these steps will help you to succeed in your study. These are my simple and humble steps that I want to share with you. I hope it will help you. I wish all of you great success.



Xiaoru Huang

→ AROUND CELAC

GEO Events

By Angie Cedeno

The Global Education Office (GEO) offers many activities to give us international students the opportunity to meet other students from around the world. These social events are varied, ranging from the chance to see the most colorful event, the Balloon Fiesta, to a walk through the zoo of Albuquerque, to the River of Lights, among others.

Sometimes they organize outdoor events on Johnson Field with games and tournaments like volleyball and soccer. They also offer free food and drinks several times.

Each semester, GEO organizes excursions where you can get to know and explore New Mexico and the Southwest of the United States. These trips are a great way to experience different cultures and landscapes of this country. The trips are usually to the following destinations: Taos Pueblo, the Sandia mountains, and a ski trip to Wolf Creek, Colorado. Fall break and spring break travel has been to Denver, Carlsbad Caverns, White Sands National Monument, Grand Canyon, among many others.

GEO also offers a variety of workshops throughout the semester, ranging from cultural debates and information sessions, to work practices and workshops related to immigration. During the spring semester, GEO offers tax workshops and manages a VITA (Volunteer Income Tax Assistance) site to help students fill out their tax forms.

Another activity carried out by GEO is the celebration of International Education Week every year. International Education Week began in 2000 and is sponsored by the U.S. Department of State and the U.S. Department of Education to celebrate the benefits of international education and global exchange. This celebration includes several events and competitions such as an International Cook Off, Lobo World Cup, and a photography competition.

The International Cook Off, a cooking competition in the style of "Iron Chef," is a highlight of International Education Week. Teams of international students prepare traditional dishes for judges and one is voted "Choice."

The soccer tournament, featuring integrated international student teams representing their countries of origin, is held at the University of New Mexico's Johnson Field. In 2013, eight teams competed against each other, with a team from Mexico winning the championship.

We interviewed Jorge Ramos, an international student from Venezuela, and asked his opinion about the activities organized by GEO.

CELAC Bugle: Have you ever participated in any of the activities organized by GEO? If so, which one?

Jorge: Yes, I have. I participated in the Wolf Creek trip, in the Santa Fe trip and many other social events in Albuquerque.

CELAC Bugle: What is your opinion about these events?

Jorge: I really like them. They helped me to know more people and overcome homesickness. When you're an international student, miles away from home, it's really good to know there are people in the same situation as you that are willing to have some fun.

The events organized by GEO are an excellent opportunity to travel and know the state of New Mexico and around. They also allow us to make new friends and learn a little more about other cultures of the world. The fun and entertainment of these events help us to clear our mind and relax from the stress that is generated by our studies. It is certainly an excellent opportunity that international students shouldn't pass up.



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UNM's Johnson Center

By Wenbo Chen

Johnson Center is a comprehensive gym. It includes swimming pools, basketball courts, and a fitness center. Here are the main features:

Main Gym: The gym is a basketball court. The court length is 94 ft. The court width is 40 ft. The rim height is 10 feet. There are a lot of seats around the basketball court. Sometimes there are basketball games that the audience can watch live.

Auxiliary Gym: The gym has three small basketball courts. Its main purpose is for players to exercise playing basketball.

Weight Room: You can use free weights or weight machines, including dumbbells, bar bells, medicine balls, sand bells and kettlebells on the first floor. You can do aerobic exercise on the second floor. There are treadmills and stationary bikes, but you should work out on the stationary bikes for under 25 minutes.

Johnson Pools: There is a full-size Olympic pool, a 25 yard, 7 lane lap pool and a therapy pool.

It's healthy for your body to do exercises every week to release pressure from your studies. Students should take advantage of Johnson Center and have fun.

Gentle Breeze 2, Jiayi Liang

