

CELAC Student Voice

Spring 2022 Issue 3

The Student Voice publishes creative work in a variety of multimedia made by and for other CELAC students. As we say Goodbye to Spring 2022, our final issue focuses on places to go and things to do to feed your body and soul.

Fresh Works



Angela Paterno

Refresh and rejuvenate yourself at Fenton Lake, a quiet gem in the Jemez Mountains, north and west of Albuquerque. Angela writes about her recent experience there.

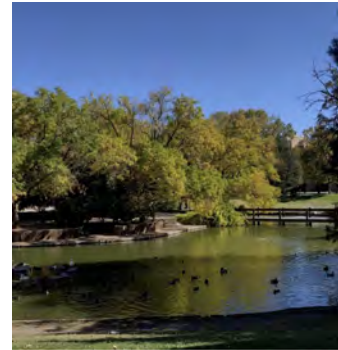
Scroll down to read Angela's review of Fenton Lake State Park.



Ferda Didar Unal

Modernist painter Georgia O'Keefe fell in love with New Mexico, returning to live here and paint the things she saw in the landscapes and her imagination. Didar leads us through the museum dedicated to O'Keefe's life and work.

Scroll down to read Didar's impressions of her visit to Santa Fe's Georgia O'Keefe Museum.



Gabriela Estrada

Not far from CELAC classrooms, a peaceful oasis awaits in the center of the University of New Mexico. Gaby explains why the UNM Duck Pond is one her favorite places to relax.

Scroll down to read Gaby's reasons to return to the Duck Pond at any time of day.



Axel Velazquez Retif

Right across from the University of New Mexico is one of Albuquerque's most iconic restaurants. Axel visits it on the regular because of its great food and affordable prices.

Scroll down to read Axel's review of the Frontier Restaurant.



Hai My Duong

Chronic diseases like Type 2 Diabetes and unhealthy conditions like obesity are on the rise due to our modern lifestyle choices. Hai My presents a compelling alternative for weight management and overall metabolic health.

Scroll down to read Hai My's argument that Intermittent Fasting can be part of a healthy lifestyle.



Xinyu Zhang

Probiotic drinks abound in grocery and convenience stores, food kiosks, and even gyms. But did you know that you can easily DIY (do-it-yourself) one at home?

Scroll down to watch the video of Xinyu's process.

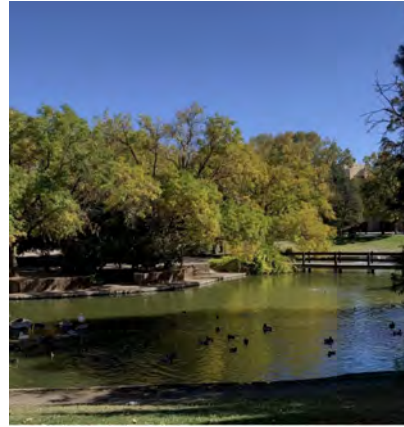


Nature & Peace of Mind

By Angela Paterno

A little bit north of Santa Fe, between the incredible green forests of New Mexico, there is Fenton Lake. Located in a basin surrounded by mountains rich in woods, Fenton Lake offers a landscape with the most varied aspects. I find myself in a green field with lake view. The landscape instills in me a feeling of great serenity, a book in my hand of my favorite author and my goal from the beginning was just to spend a particularly relaxing day away from the chaotic everyday routine of the big city. The choice therefore fell on spending a hot April day in full harmony with nature, reading a good book. It is morning. I decided to bring something to eat to spend a relaxing day immersed in the stories and teachings of Buddhism in the book I chose. The day is beautiful. Around me there are trees so tall that they seem to touch the sky. I enjoy the fresh, pure scents of nature. They act as a medicine for my lungs. I feel Spring all around me and in my soul.

In front of me is the immense lake, whose waters are very calm as a testimony of the beautiful spring day. Every morning the sun rises and reflects itself on the crystal clear and calm waters, since the wind is blocked by the tall trees. I was there with a friend early in the morning, and I remember noticing this little log cabin illuminated by the light reflected from the lake. During the first hours of the day, the air is fresh and the chirping of birds is kind of a serene, light, and relaxing alarm clock. Around the cabin primarily made of wood reigns peace and the background noise of nature, of the rustle of the



A Wonderful Paradise on Earth

By Gaby Estrada

I can say that everyone has somewhere to call their favorite place. It can be an imaginary place that they created in their mind, or it can be a place in real life. I can say that I don't have much time here and that I haven't really had many opportunities to go out and explore the city to have varieties of places to choose from. And I can say that I have spent a lot of time on campus, the University of New Mexico, since it's the place where I live and where I spend all my days. So I'm going to say that my favorite place here is the Duck Pond.

The first place I noticed when I came here to Albuquerque to see the university was the Duck Pond. That place is surrounded by nature. There are many trees, there is the water in the pond, the fountain, the small waterfall, and the animals, especially the ducks. From that first moment I saw the place, I knew it was going to be my favorite place of all.

The Duck Pond was filled for the first time in February of 1976. Trout and other wild fish were original introduced into the water, but people also released ducks and goldfish. Goldfish thrived and ducks quickly became overpopulated, the wild fish however struggled, because they weren't acclimated to the warm water. Now you can see ducks, turtles, and sometimes some frogs swimming in the pond.

For me, this is a perfect place where you can go with friends, family, your partner, or by yourself. Personally, I like to go alone. Every time I go, I carefully choose the perfect place to sit. I

trees, of the sounds of some little animal that comes and goes. My pupils absorb all the stunning green light from the Ponderosa pines and the blue light from the lake, which during the late morning becomes even more shiny, since the sun is almost at the centre of the sky. What I see is a play of astonishing lights and colours, which together with the relaxing sounds that I hear all day and night long, my mind and body are calmed.

From what my friend told me, at this lake there are luckily always few people. There is never such a crowd of people that makes it impossible to enjoy the grace of this enchanted place. In the early afternoon, the temperature rises and makes it pleasurable to stay short-sleeved and appreciate a light cool breeze while absorbing the light of the sun through your skin. I remember watching the awesome view of the illuminated mountains, still slightly snow capped at the top. The shores of this lake have the potential to instill in you stillness and serenity. I felt myself in communion with the whole, as if my feet had roots going through the ground and my arms could reach the sky. In that place, I realised how tightly and deeply connected human beings are to the Earth. I lay down on the grass and while laying on Nature all my existential void, loneliness, inability to grasp the meaning of life, crisis of values disappeared. It had been a long time since the last time I enjoyed such a tranquility. It is a kind of peace you cannot have in a town or in a big city, packed with thundering noise and inanimate cars.

After having read for a while, I decide to take a little walk along the lake. There is practically no one, where I take a slow walk in harmony with the surrounding nature. I take a few photos here and there, focusing in particular on the beauty of the trees. When the sun goes down you can see the orange sphere, which had been glowing white all day, set right between two peaks opposite to those of which it had arisen. The feelings felt during this moment of the day is slightly melancholic because it reminds me about how the view was during the day that is leaving. During the night, there is an interchange of roles between the two celestial bodies that we observe in amazement. The moon now shines in the black

almost always sit on the grass under the shade of a tree. When I'm there, I like to close my eyes and feel the scorching rays of the sun that filter through the small and thin branches of the trees. I can hear and feel the wind that makes the leaves flutter and that makes my hair ruffle, the water of the fountain touching the emerald green water of the pond, the water of the waterfall sliding between the rocks, and the ducks quacking and fluttering their wings in the water.

I go to that place for different reasons. I go to clear my head and breathe fresh air, to do my homework and work, to write, or just to observe my surroundings and the people around me. What I like to do the most is to observe and get involved in everything that surrounds me. I love seeing how people go there for different reasons too. There are people lying on the grass, with their eyes closed to feel the strong and immense heat of the sun; there are other people sitting lost in the world of a great book; there are people feeding the ducks and laughing with their friends; there are all kinds of people you can imagine. It's one of the many reasons the Duck Pond is my favorite place. Another good thing about this place is that you can go at any time of the day to do anything you want, and you will always enjoy the experience of being in that magical place.

If you go to the Duck Pond in the early hours of the day, you will have the opportunity to breathe in the fresh air of the morning, the sun waking up and little by little stretching its arms of light to illuminate the day, the fresh breeze of the air combined with the spray of water from the fountain, and the quacking of the ducks when they just wake up.

In the afternoons, you can feel the powerful heat of the sun, you can see more people filling the space of this place and their voices when they meet their friends, the contagious laughter of the children playing and feeding the ducks, and the barking of the different dogs that their owners took for a walk.

Later in the day, you can sit back and enjoy the last rays of the sun, the changing colors of the sky from bright yellow with orange and pink to a deep blue blanket home to thousands of stars. The Duck Pond is a place with infinite possibilities of things to do there that I would

sky and reflects its light on the waters teeming with fish. The charm of the lake in the mountains always amazes me.

My name is Angela and I come from Trento, north of Italy. I am studying at CELAC at the Academic Bridge level because I want to speak English as I speak Italian, in order to be able to understand different sources of information coming from all around the world. I graduated in Psychology, and soon I will start my master degree program in Transpersonal Wilderness Therapy.

recommend anyone, to visit and enjoy this wonderful paradise on Earth, well, specifically located within the University of New Mexico.

Hi, I am Gabriela Estrada, and I am an Academic Bridge student. I am from Mexico. I have a technical degree in Mechanicrics from CBTis122, and I put my engineering studies on hold to attend CELAC. I came to this program to reinforce my knowledge of the American language and culture, as this will help me to continue with my engineering career.

An Extraordinary Museum on An Extraordinary Woman, Georgia O'Keeffe

By Ferda Didar Unal

One never imagines living a life half a year in New Mexico, half a year in New York, especially back in 1900's, and if you are a woman. Imagine life in New York back in the 1900s. The jazz, parties, being a talented painter in that time. It is hard to believe living in a city like that. New York: the city never sleeps. However, when Georgia O'Keeffe saw New Mexico, she fell in love with the beauty of New Mexico, and since then she could not live anywhere else. How could she live after seeing multiple red, pink, and orange colors at the sunset? The Georgia O'Keeffe Museum is an extraordinary museum in Santa Fe and is dedicated to the life and art of Georgia O'Keeffe (November 15, 1887 – March 6, 1986). The paintings, drawings, pastels, and watercolors in the museum offer an unparalleled window into O'Keeffe's practice as an artist.

Early Life

O'Keeffe was a modernist painter, best known for her large-format paintings of natural subjects, especially flowers and bones, and for her depictions of New York City skyscrapers and architectural and landscape forms unique to northern New Mexico. She attended the Art Institute of Chicago, then she went to New York



City to study at the Art Students League. She won the league's William Merritt Chase still life prize. O'Keeffe was known as one of the America's most important and successful artists by the mid 20's, especially for her paintings of New York skyscrapers, American symbol of modernity, and equally radical depictions of flowers

Life in Santa Fe

O'Keeffe first visited New Mexico in the summer of 1929. She was inspired by the stark landscape and Native American and Hispanic cultures of the region. She spent the summers of twenty years living and working in Santa Fe.

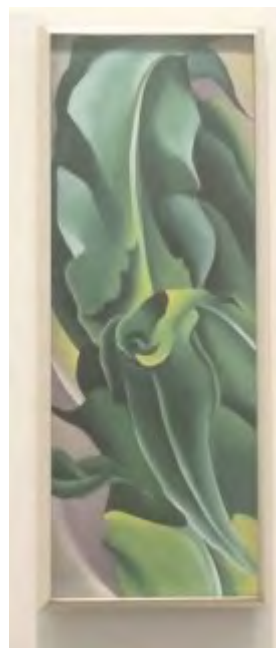
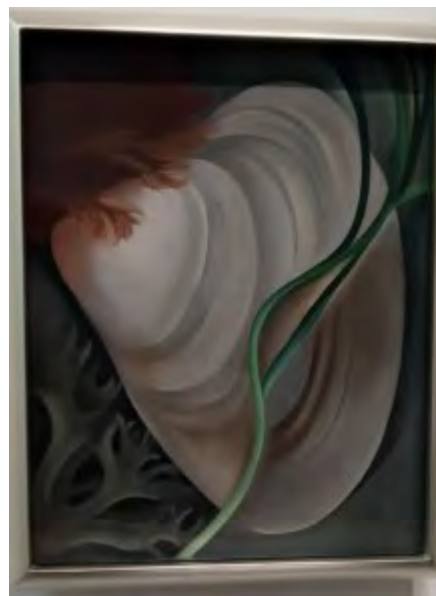
The Museum

The amazing side of this museum is that it is beyond your expectations. First, this museum is not only exhibiting O'Keeffe's painting, but also exhibiting the exact artifacts in the painting itself. You can see the bones in her painting next to her painting. After seeing that three-dimensional object next to her painting, you cannot stop yourself going back in time, imagining yourself touching and examining the bones, or the flowers like O'Keeffe herself, as a painter, painting them. Seeing the artifacts gives the essence of artistic perspective. It is impossible not to be pulled into her bold choice of colors.

Secondly, not only the titillating colors, but also audacity and confidence can be easily found, especially in her flower canvases. The flowers represent femininity as being flowers of women. Every stigma, sepal, and ovary tell a different story of hers or even other women. Even a hundred years later, seeing such a beautiful act of courage fills the veins with excitement and joy.

Black Cross with Stars and Blue, 1929

The color of blue, blues, sadness. Only a brilliant artist can use the colors in their purpose. This painting is a captivating piece as soon as it catches the eye. Blue mountains and sky are giving the loneliness and sadness. This Black Cross, imagine yourself in front of this painting. Observing it and deciding to paint it is an extraordinary idea. After seeing that piece, it is hard to go back to the reality of the museum.



There are so many things happening in that painting, so many lonely thoughts, days, and nights. But especially nights and thoughts, lots of thoughts.

Georgia O'Keeffe's life story, her talent, and decision of living in Santa Fe is extraordinary. Her modernist, bold, confident, touches can be seen and observed at the Georgia O'Keeffe Museum. The museum guarantees time travel for those who can see and have the power of it. It is an amazing experience to see the beauty of New Mexico's sky and the sunsets through this artist's eye. Every ton of red, orange and pink there waiting for the new eyes and the souls to be seen.



Hi, I am Ferda Didar Unal, and I am an Advanced level student at CELAC. I am from Turkey, where I graduated with an associate degree in restoration and a bachelor's in architecture. I study at CELAC to develop my English, as I have been accepted for the Master of Architecture at UNM. I am also a choral singer and tango dancer.

Fresh Eats



Enjoy The Frontier

By Axel Retif

There I was the night that I arrived at Albuquerque, eating a Burrito at Frontier Restaurant UNM with a friend that picked me up at the airport. I remembered that night I was so tired, hungry, and eating that burrito gave me the courage to look forward to the next day in my new life in Albuquerque. Also, the day after, I went there with the CELAC's staff as well as other students as a welcome for the first week of classes. Since that night, I used to eat my frontier burrito every Thursday before my composition lesson.

It is a tradition to eat at Frontier if you are a UNM student. As I mentioned, it is a tradition because since 1971 this restaurant has happily served the Albuquerque area and the University of New Mexico community. Nevertheless, Frontier has a different cafeteria style, as you order your food at the cash register to then pick it up in a different area when your number comes up on the screen. But don't worry, this process moves very quickly because you will have your food in 5-10 minutes. I think this way it's very efficient and keeps costs down and that is why their prices are excellent for university students. Also, I recommend you to buy their amazing package of wheat tortillas. They are very good to prepare your own quesadilla or tacos at home.

Lastly, it is very important to mention that their food is more like American-Mexican food, but they don't serve authentic typical Mexican dishes. Of course, we can find dishes like huevos rancheros or guacamole in their menu, but these dishes are more common in the U.S. Also, the Frontier Burrito, my favorite dish there, is not an authentic Mexican burrito, which is always something handheld. The Frontier's is more like a strange combination with similarities with American food.

That being said, they have a huge menu to choose from, with very reasonable prices for the amount of food you get because that last point it is very important to me, to have enough food for the amount that I am paying. Their services are genuinely special but only the services are pretty well.

Every time that I go there, I appreciate the atmosphere of the dining areas with their art gallery.

Somebody told me that those artworks on the walls were created by talented artists both local and national. Moreover, this person also said that sometimes we can find the owners working there and doing things as a normal employee. I think I already have a favorite spot that is next to the window. In this area, you can appreciate the art works and also have a nice view to the street and to the Fine Arts Library.

To conclude this review, I would like to tell you that if you travel to Albuquerque, you should eat one day at The Frontier. Eating there is a great option to have a great experience and taste some strange American-Mexican burritos. You really should follow my advice because I have visited other places around the university and the Frontier Restaurant is the best option in terms of price and quality.

I am Axel Velazquez Retif, from Puebla, Mexico. And this Fall I'm going to pursue my Master's degree in Music and Composition and Theory at the University of New Mexico. I am in the Advanced CELAC level.

Intermittent Fasting – A Healthy Lifestyle or A Futile Strategy?

By Hai My Duong

In modern society, a sedentary lifestyle is not a strange thing anymore when people are too hasty in life. More and more people are looking for different ways to lose weight without going to the gym. That is why Intermittent Fasting (or IF) is one of the most popular methods over the last decade. There are many studies that have shown that IF is an effective way to help control weight and prevent a number of diseases. Intermittent Fasting is not only a diet but also a healthy lifestyle.

What Is Intermittent Fasting? How Does It Work?

Intermittent Fasting is an eating plan that switches among fasting and eating on an ordinary timetable. People who do IF typically don't allow to consume calorie-containing foods for a certain amount of time every day. There are many ways to do it, and one of them is fasting in the 16:8 time frame, which means fasting for 16 hours and no calorie counting eating for 8 hours. Some other time frames are less common such as 18:6, 20:4 or 23:1. Moreover, there are other ways to do this like fasting for 2 days a week. According to Jayne Leonard, a qualified counselor and psychotherapist, "People following the 5:2 diet eat standard amounts of healthful



Intermittent Fasting Precautions

Nevertheless, some people are doing IF might suffer fatigue, insomnia or headache. These are just some common side effects. They usually go away after a few weeks. Even though IF is safe for many people, it's not for everyone. Skipping meals may not be the best way to manage your weight if you're pregnant or breast-feeding (Mundi, 2020). Before trying this method, people should see a doctor or nutritionist first to see if they are ok to do so. Some people should steer clear of trying intermittent fasting: children and teens under age 18, women who are pregnant or breastfeeding, people with diabetes or blood sugar problems, those with a history of eating disorders (Williams).

In conclusion, IF has been proven to provide

food for 5 days and reduce calorie intake on the other 2 days. During the 2 fasting days, men generally consume 600 calories and women 500 calories” (Leonard, 2020).

Our bodies have evolved to be able to go without food for many hours, or even several days or longer. In prehistoric times, before humans learned to farm, they were hunters and gatherers who evolved to survive — and thrive — for long periods without eating. It took a lot of time and energy to hunt game and gather nuts and berries (Mattson, n.d). When we eat, calories are converted into energy to help the body function. When the body is in a fasting state, the body will burn fat tissue to create energy for it. That is why we can lose weight while doing IF. However, not controlling calorie intake does not mean eating and drinking like crazy. Almost no one can lose weight by consuming high-calorie fast foods.

Benefits of Intermittent Fasting

The main reason of any eating method is the way it works on improving our health. Intermittent Fasting has been shown in many studies that it brings a lot of health benefits such as reducing the risk of Type 2 Diabetes, obesity, and increasing metabolism. It does more than just burn fat. When changes occur with this metabolic switch, it affects the body and brain (Mattson, n.d). Mattson also said in one of his studies, published in the *New England Journal of Medicine*, “Many things happen during intermittent fasting that can protect organs against chronic diseases like Type 2 Diabetes, heart disease, age-related neurodegenerative disorders, even inflammatory bowel disease and many cancers.” It improves heart health by reducing blood pressure and heart rate as well as cholesterol levels. Also, IF enhances memory in animals and verbal memory in humans.

health benefits by many studies. It isn't just an eating routine yet a solid style of living. It is best to check with the doctor or nutrition expert before trying this diet. If anyone intends to break their eating habits or is worried about their weight or wants to improve their health, still does not have much time to go to the gym or prepare food, IF would be a very smart choice.

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- Hello, I'm Hai My. In case you're confused, my name is pronounced as Hi-Me. Currently, I am an Academic Bridge student at CELAC. I choose to attend CELAC because I want to improve my English in order to get a degree at UNM.***
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Watch and learn how to make a healthful and refreshing probiotic enzyme drink as Xinyu steps us through the process.

Hello, I am Xinyu Zhang, who is studying in the Academic Bridge courses in CELAC. I graduated from Xi'an Conservatory of Music in China with a bachelor's degree in Fine Arts. My goal is to pursue my Master Degree in music vocal performance at UNM.

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