

THE CELAC STUDENT VOICE

Wonderful Island that I Live on

by Ying Nian (Tina) Chen

Traveling abroad is becoming popular nowadays. I am going to introduce you guys to travel to the beautiful place of my country, Kenting, Pingtung County. Kenting is one of the best famous places in Taiwan. There are three points that you should experience if you plan to have a trip to Taiwan. First of all, the Kenting National Park has lots of awesome landscapes that you can see. South Bay Beach is the most popular beach in south of Taiwan, and you can play at many water activities there. Eluanbi Lighthouse is on a flat and huge ground, and you can feel the sunshine and the sea wind during a hot summer.

Then, when the time comes to night, you should go to Kenting Night Market. It is the biggest night market in Pingtung County, so there are many foreigners visiting there. You can try special food that is only seen in Taiwan and you can buy some souvenirs like a T-shirt showing the words Kenting with a picture of Taiwan on it, or a beautiful item made by hand. Last but not least, Spring Scream is an outdoor music festival held in early April since 1995. It is very famous among not only Taiwanese but also foreigners. You can see lots of performances by many musicians and dancers who perform on the stage, and you can try the Taiwan beer and dance with people in a pub in front of the stage. In my words, everyone who knows Taiwan and plans to travel to Taiwan should consider to join these activities that I recommend.



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Timber Lake,, Rocky Mountains, Colorado

Connections to the Rocky Mountains

by Nami Tominaga

I'm Nami, I come from Japan. I have been in Albuquerque since this spring. I have a new hobby living in the U.S.: it's camping and mountain hiking. Do you know that the U.S. has many beautiful natural places?

This summer, I went on a camping trip about around the U.S. West with my husband. This trip didn't have an airline, so we must use a car. Our plan was as follows. We went to Colorado, Wyoming, Utah and back to my home in New Mexico. The trip's total mileage was almost 4,700 kilometers (2,900 miles); it was far beyond my imagination.

One dark early morning, we departed to Colorado. It was our first step of a long trip. On the border of New Mexico and Colorado, there is a sign that welcomes you to colorful Colorado. Literally, the Colorado view was so colorful because there were many sunflowers and some kind of pretty flowers. The contrast of the summer blue sky and the colorful flowers impressed me. After that, we visited Great Sand Dunes National Park, Rocky Mountain National Park, Yellow Stone National Park, Arches National Park, and Mesa Verde National Park. Everything was almost equally great, but if I have to choose my best place, I would answer Rocky Mountain National Park because the experience of the Rocky Mountains was most exciting to me.



Flowers,, Rocky Mountains, Colorado

The Rocky Mountains stretch some 4,828 kilometers (3,000 miles) from British Columbia and Alberta in Canada through Idaho, Montana, Wyoming, Colorado, and down to New Mexico in the U.S. The top of the mountains' elevation is 4,401 meters (14,439 feet). There are also many springs along the mountain range. The Rocky Mountain National Park protects spectacular mountain environments, and we can enjoy Trail Ridge Road which crests at over 3,657 meters (12,000-feet) including many peaks that over-look the subalpine and alpine. Then there are almost over 300 miles of hiking trails, so we can easily connect to wildlife. When I arrived at the park, after a moment, we decided go to hiking to Timber Lake.

The Timber Lake is situated at a high elevation of a mountain that is 3,364 meters (11,040 feet). We had to hike the trail about around 15.4 kilometers (9.6 mile) to get to the lake. The Rocky Mountain's nature was breathtakingly beautiful, like the world of Alice in Wonderland. I could touch the pink, red, yellow, blue and white wild flowers, many kinds of mushrooms, and trees. Then I also saw many species of wild animals such as squirrel, coyote, elk, mousse, thunder bird and rare colorful birds. Everything was attractive to me.

We enjoyed hiking about four hours until we came to the lake with a wonderful view. When we arrived at the lake, there was nobody. There was just huge nature and quietness. I noticed the strength of nature again through this experience. I guess if I stayed in Japan and passed my typical life, I never would have an experience like this. Also, the experience changed my action. Now, I request more adventure. I already have same plans to further connect to the amazing American nature. I want to enjoy the nature of America as long as time allows.



Think Before You Drink

by Belkis Garcia

You pop the top, hear the fizz, pour your favorite soft drink over ice, and enjoy! But, beware! drinking just one soda a day can be hazardous to your health. Research published this year (2019) in *The Journal of the American Medical Association* shows that regular consumption of both sugar and non-sweetened soft drinks are associated with a greater risk of all causes of death.

A major problem in the United States is childhood and adult obesity. According to Laura Reily's article, Study links all soda to an early death, "The percentage of obesity in children and adolescents has more than tripled since the 1970s (Center of Disease Control and Prevention)." The medical problems that are linked to obesity include diabetes, asthma, chronic obstructive pulmonary disease (COPD), high blood pressure, heart disease, and depression. In addition, soft drinks are often made with high fructose corn syrup which doesn't metabolize in the body like natural sugars. Diet drinks are made with artificial sweeteners, some of which have been linked to cancer in the past.

The good news, however, is that currently no link can be found between naturally sweetened soft drink consumption and cancer or Alzheimer's. Also, studies are showing that today's consumer is growing slowly away from sugary soft drinks to healthier alternatives. Today's supermarket and convenience store shelves are lined with sports drinks, teas flavored and flavored water and fruit smoothies.

In short, perhaps we have reached the point where companies should be required to put warning labels on their soft drinks. Maybe, if when you look at the can with all the diseases linked to over consumption listed on the label, you might think twice. You just might have a glass of water and save your life.

A Few Suggestions for Chinese Restaurants in Albuquerque

by Xinghui (Pam) Pan

My country has cultivated my "Chinese Stomach", so I always go to Chinese restaurants to have dinner. There are many kinds of restaurants in Albuquerque, but I found these restaurant's dishes not delicious, when I first went to the Chinese Restaurants here. Many of my Chinese friends didn't like them either. I would like to give some advice to these Chinese restaurants.

First, the menu can be divided into two kinds of dishes. One should be a dish that suits the taste of the local people because it needs to cater to the market of the general population of Albuquerque. The other should be an authentic dish suitable for Chinese tastes because at a Chinese restaurant, the signature must be Chinese food. In addition, as a customer, I hope to see the spicy and sweetness levels of the dishes on the menu, and then I expect the restaurant to execute this level accurately. In short, if these local Chinese restaurants can take my advice, I would appreciate it very much!





The Lungs of the World Are Burning

by Alexandra Crespo

The biggest rain forest in the world, the Amazon, has been burning since August. It's been more than 50 days that the lungs of the world have been burning down and people around the world are only focused on the fires in Brazil. What few people know is that Bolivia, located on the west side of Brazil, shares the Amazon forest with this big country and that the fires are spreading throughout the country faster than the fires in Brazil. The lungs of the world, the Amazon forest, is being destroyed at a fast pace.

What people don't know is that the fires in Bolivia started because of a Supreme Decree that president Evo Morales signed to gain more followers and voters for the upcoming elections in Bolivia. Activists, volunteers and citizens in Santa Cruz, the main department where the fires are burning, have gathered together to fight the fires and ask for the president to declare a National Disaster so international help can arrive to Bolivia, but the government is not paying any attention to the request, and they are telling everyone that the fires are being contained.

When attending the United Nations Climate Change Summit in New York, Bolivia's president, Evo Morales assured everyone that the fires were being contained—then again, this was a big lie. More than 3 million hectares have been burned down and three lives have been lost. The most affected by the fires are animals; more than 2 million animals were not able to escape the fires and have burned alive. There's a lot of suffering, and the ecosystem where endangered species live is gone. Bolivia's government needs to declare a National Disaster Emergency otherwise the fires will keep destroying the lungs of the world.

Anxiety Disorder

by Alejandra Trillo

Do you remember how you felt when you were about to come to study in the US? I do. I remembered feeling very happy, but at the same time, I was very nervous and worried because I didn't speak the language. My worries and nerves started to get so big that they didn't allow me to feel happy as at the beginning. Maybe some of you have felt this way before. It's called anxiety, and it's a very normal reaction of the body to a new situation or a situation where we aren't comfortable at all. But can you imagine feeling anxious in almost every situation of your life? Around 1 out of 14 people in the world live with anxiety disorder. In this article, I will tell you two of the most common types of anxiety disorder.

The first type is social anxiety disorder. Usually, people with this kind of anxiety disorder have trouble socializing because they feel an irrational fear around people. They worry about their actions and gestures too much, so they start to feel nervous and get sweaty, etc. They don't believe they can be good at making friends or creating conversations without being judged. Because of all this fear, they prefer to be away from friends, social events, and situations of daily life, although they would like to be included in them.

The second type is a generalized anxiety disorder, which causes excessive worry. For example, the concerns may be family, money, or work, but also simple things like homework or situations of daily life. They overthink every situation or mistake they did or think they can do. Two important aspects to identify this disorder are that all their thoughts are negative; moreover, for this type of anxiety to be diagnosed, it must last at least six months to control worry.

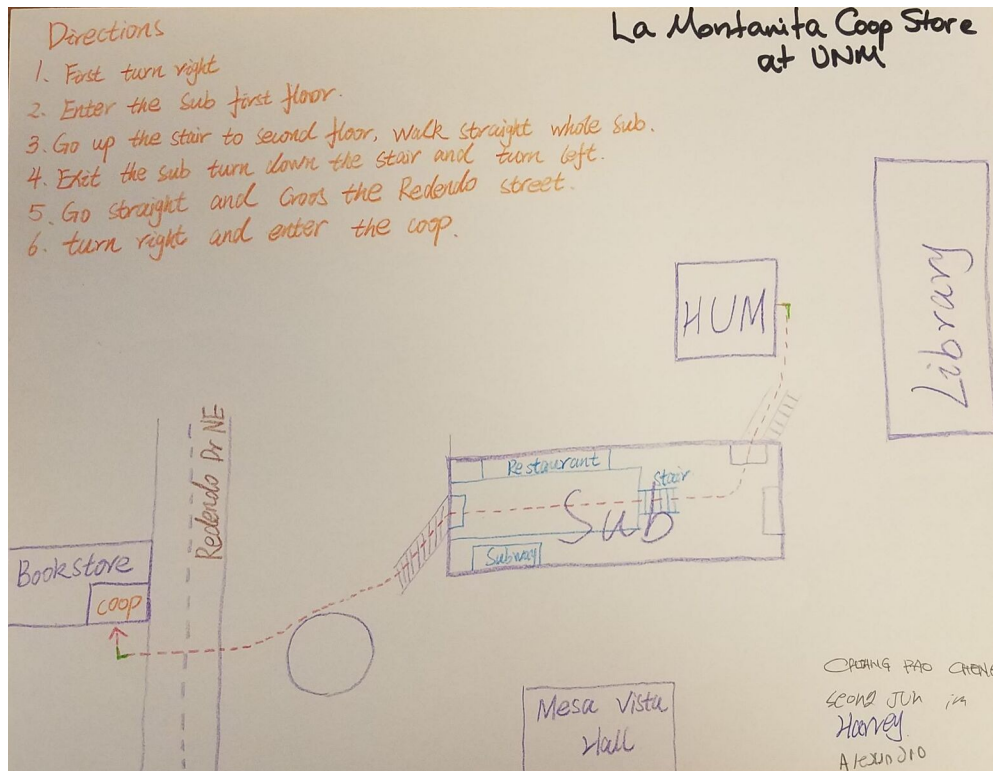
In short, the irrational fear to be judged for your actions and the excessive worry in daily life is a disease called anxiety disorder. It must be something very difficult to overcome but learning more about this common disorder will help me to understand more the people around me, and I hope it helps you.



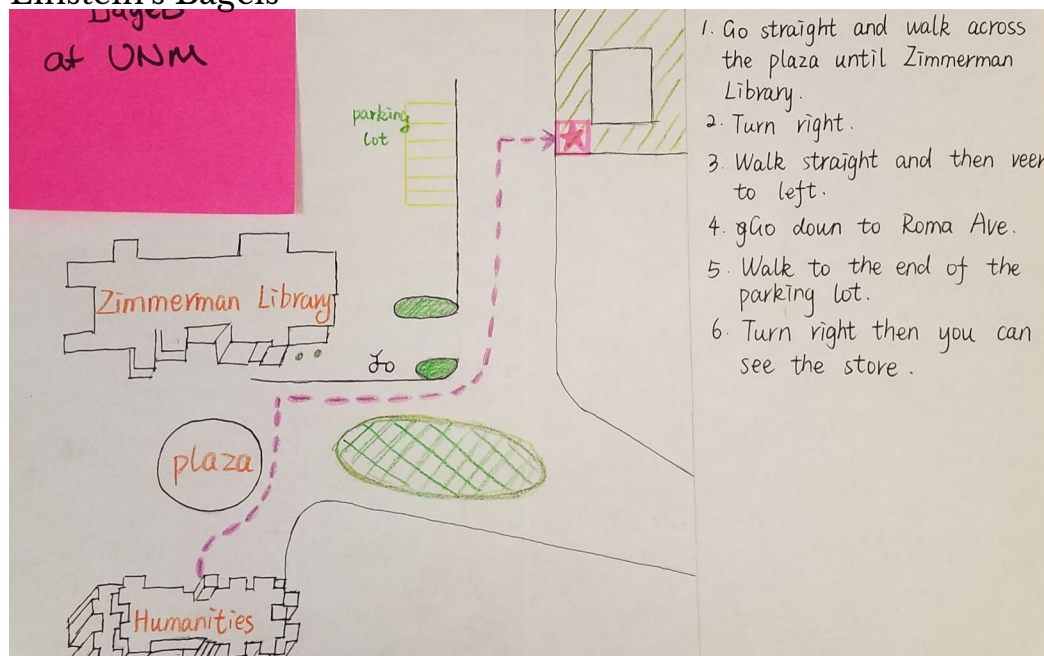
Can you tell me how to get to...

This month, the Intermediate/Low Intermediate Grammar class created maps to campus locations using the imperative mood.

La Montanita Co-op Store

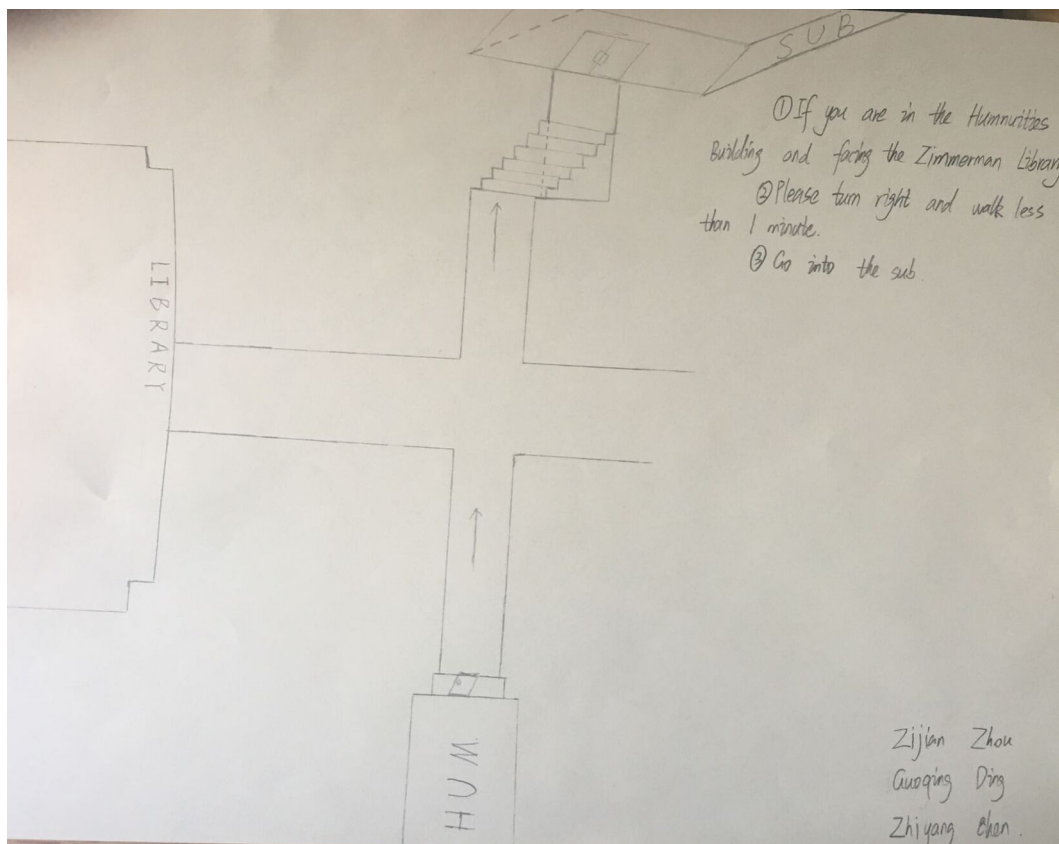
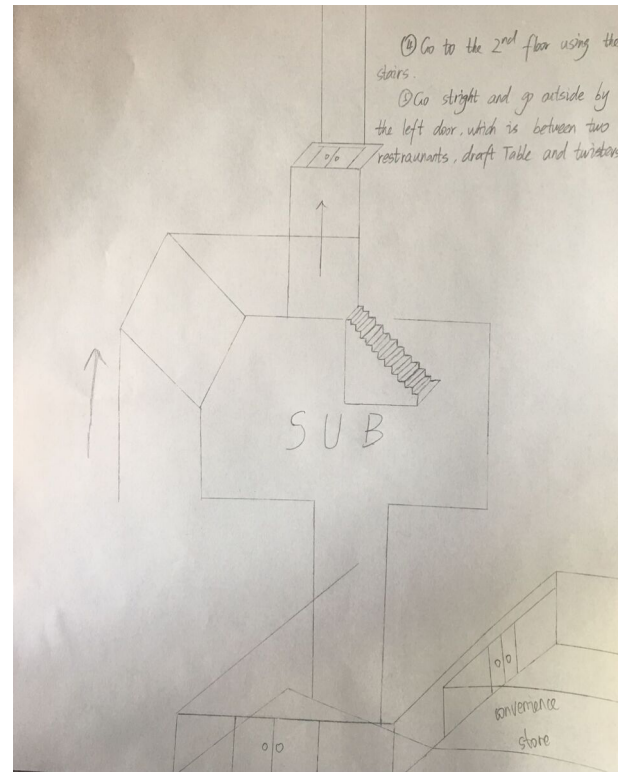
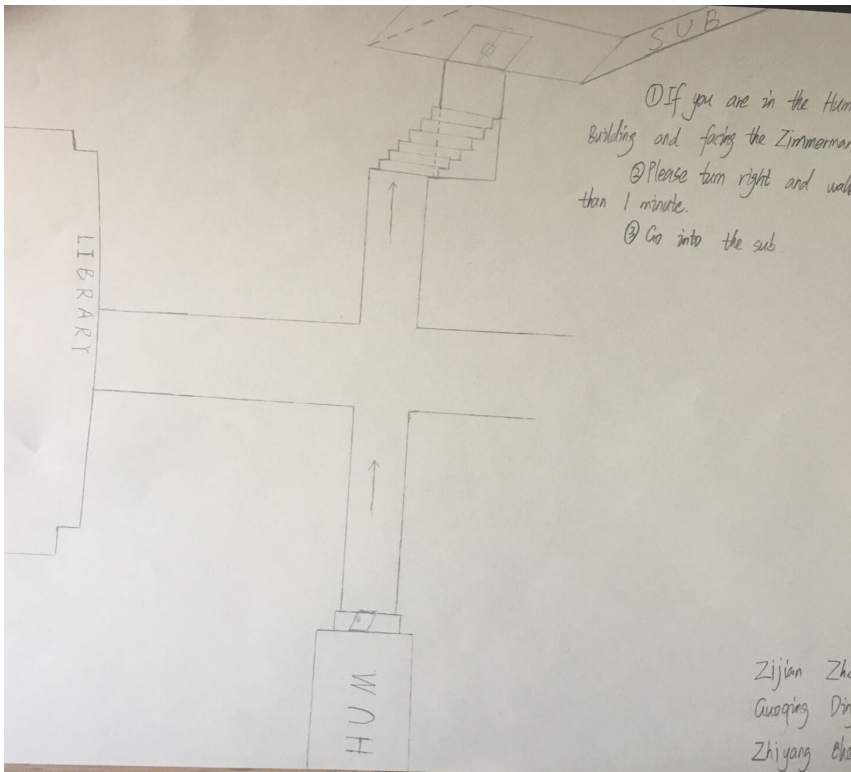


Einstein's Bagels



Can you tell me how to get to...

The Art Museum





What Are the Effects of Having a Passion for Photographs?

by Yanxu (Apple) Chen

When taking pictures is not just your hobby or your job, it will change your life. Photographs will change the way you remember people, places, and things.

A picture gives us the different way to remember. In 1900, the camera was not very popular in the world. Some photographers at that time took some interesting pictures for us. Those interesting pictures show us history, family, and every aspect of those days. Right now, we use a camera to remember some moments. You maybe know some interesting pictures about history, such as we can easily know the appearance of Abraham Lincoln.

The reason we can use a camera to remember every moment is because of the increasing technology, so our camera is more and more portable. The portable camera offers us a chance to take pictures everywhere we can. We can take pictures under the water, and we also can take pictures in the sky, even at the top of Mount Everest. Furthermore, it is easy to take pictures because of social media, where we like to post different pictures.

What's more, Steve Jobs is the person who promoted the photography technology revolution. He and his team created iPhone. Right now we can use our Phone to check the pictures, and when we see the picture, we can easily remember what happened that day. Therefore, because of these developments, more and more people like to take pictures of friends, families and landscapes, so they won't never forget.

Taking pictures as your passion will let you be an artist in your daily life. For example, some techniques of photography make you favor symmetrical or unsymmetrical things. In addition, the composition line skill is one of most important things that helps you to get a nice photograph. After that, you can easily use those skills to make your life and your house prettier.

Maybe you will even spend time and money to go to a photography class. It will help you improve your photos, and you will meet more friends who have the same passion in photographs as you.

Taking pictures will not only help you be a better human and love your life very much, but also let you meet more friends.

Taking pictures lets me know more about my subject. If you read this, you must be surprised by my words and wonder the reasons. I will give you an example of what I mean. I love taking pictures of flowers. After I take a picture of a flower, I will check some information about the flower, such as the name of the flower and where it is from.

What's more, my friend Jesse told me if one day I am interested in taking pictures of people, I will find the different beauties in every human. Besides, if you are interested in taking pictures of landscapes, you will also become interested in traveling the world and finding the magnificent landscapes in the world. Taking pictures gives you a different way to find more knowledge about what you focus on.

In my words, photography is good for everyone to get more ways to remember, to love the life, and to love everything in the world.





My Travels

by Huda Safhi

My husband and I traveled to United Kingdom one year ago. It was a very good experience, and we enjoyed the trip.

We went to many cities in the UK. I love London and Manchester. We are spent a long time together in those cities, and the positive routine made us feel relaxed.

When I went to the UK, I visited many good places and I saw many interesting buildings. I also visited some historical buildings and a museum. We also saw a lot of people playing piano and guitar in the street (public musicians) and took pictures of them.

During the trip, my husband and I learned the journey of patience and self reliance.

Tourism is a golden opportunity to relax one's life and devote yourself to see the beauty of the world. The advantages of tourism are that it allows people to move through time, see different civilizations, enjoy different terrain. It allows tourists to travel from one country to another in a short time, and when the tourist returns to his country, he is loaded with a lot of positive energy and information and experiences that are about people, weather, and nature. Out travel to the UK was best journey in our life. I wish to visit it again with friends.





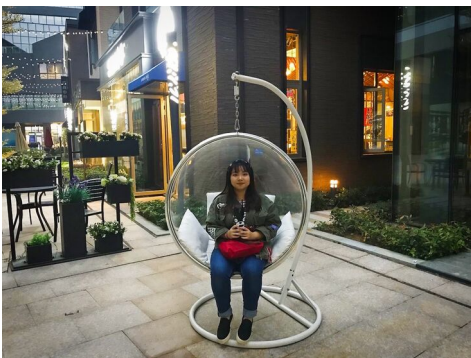
Alejandra

My name is Alejandra Trillo. I'm 19 years old, and I'm from Chihuahua Mexico. I like picnics and hiking in the woods. Have a nice day :)



Alexandra

I come from Bolivia the heart of South America. I have a degree in Marketing & Logistics and I am planning on obtaining an MBA with a concentration in Operations Management. My hobbies are watching futbol and football games, watching movies and dance Flamenco.



Apple

My name is Yanxu, you also can call me Apple. Before I became a Lobo, I studied Financial Management in BITZH. My hobby is being a photographer and traveling the world. If you want to know more about taking pictures and you want to be a photographer in the future, or you like taking pictures, please read my essay and have a contact with me.



Belkis

My name is Belkis Garcia. I'm from a famous coffee growing area in Honduras. I study English at the Center for English Language and American Culture. I like snorkeling and looking for seashells on the beach.



Huda

My name is Huda, and I am from Saudi Arabia. I like to take photographs, but I am not a professional. I love to travel alot.



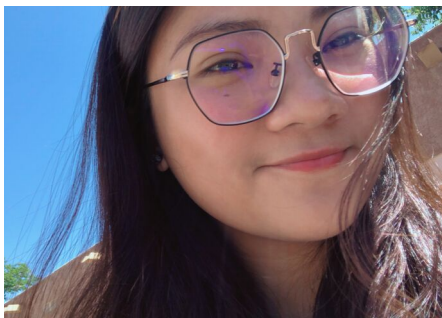
Nami

Nami is from Japan. She enjoys travel and being in nature.



Pam

My name is Pam. I come from China. My hobby is painting.



Tina

I'm from Taiwan. My major was Food Nutrition when I was in the university in mt hometown. I like to watch videos, especially Korean dramas.