

April 2018

CELAC STUDENT VOICE

Issue II

*CELAC's Monthly Student
Publication*

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The Staff would like to
thank Abdul, Andrea,
Ilham and Yamily for
submitting their
academic
writing!

Interested in submitting
your writing or art to the
CELAC Student Voice?

Email Natalie Kubasek:
nkubasek@unm.edu



photo by Arely Vazquez Perez

New Mexico Chinese Lantern Festival

by Arely Vazquez Perez

I am always looking for things to do around ABQ, and definitely this Festival was one of my favorites!

The New Mexico Chinese Lantern Festival is made up of more than 30 large illuminated features and displays crafted by Chinese artisans from Zigong, Sichuan, China's cultural capital for the ancient art of lantern-making, and from a spectacular Chinese performance team. Some traditional Chinese acts featured include: contortion, face changing, plate spinning, Uygur dance, Mongolian dance, and Tibetan dance. In addition to lanterns, nightly performances, and handicrafts, the event also offers food and beverages.

One fact I can talk about is that this festival is not really popular in Albuquerque, but believe me, you have to go to the next one. The next Chinese Lantern Festival will take place in Expo New Mexico, located in 300 San Pedro Dr. N.E., Albuquerque, NM 87108 from October 5 through November 11, 2018. My first and only time at this festival was last year. I was really amazed by the Chinese performance show.

Besides an incredible show, the festival has an excellent staff. After the show, I walked around to the illuminated features and displays and they were stunning! I was really surprised and excited for the bright colors and wonderful designs. You cannot lose out on experiencing this festival!

Dates: October 5, 2018 - November 11, 2018

Location:
Expo New Mexico
300 San Pedro Dr. N.E.
Albuquerque, NM 87108

Phone: 505-222-9700
Time: 5:30-10pm, Daily
Price: \$10-\$40

Website:
abqchineselanternfest.com



Photo by Arely Vazquez Perez

THE EFFECTS OF PROCRASTINATION

by Ilham Babajanov (Advanced Writing)

Human beings all have bad habits, but one is the worst of all, procrastination. Why? Because procrastination is a waste of time. Procrastination is putting off the tasks that need to be done. In other words, when one is watching TV or hanging out with friends instead of doing the tasks they are supposed to do, they are procrastinating. Even though it seems like a modern habit of human beings, procrastination is thousands of years old (Knaus, 2011). It has been of great concern to humanity for centuries. According to Steel's (2012) study, even some of the masters, such as Leonardo Da Vinci, regardless of his contributions to science, anatomy, architecture, art, etc., procrastinated a lot. One example is his famous work *Mona Lisa*, which took him 15 years to complete because of his bad habit. There lie several serious negative effects behind procrastination such as effects on academic progress and health.

A majority of college students have a tendency to procrastinate compared to adults. In a research study done by StudyMode (2014), 1300 high school and college students were asked about their study habits. According to that study, 87 percent of the students said that they procrastinated and 45 percent stated that it negatively affected their grades on a fairly regular basis.

To be specific, 53 percent of high school students and 69 percent of college students said that writing papers was the biggest time-management challenge for them. Similarly, 79 percent college students and 66 percent high school students said that they had pulled at least one all-nighter to finish a project during the school year the survey was done. An all-nighter is a time when one spends all night without sleep, especially studying for an exam, which causes sleep deprivation. And sleep deprivation is not good for health at all (Texas A&M University, 2016).

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Procrastination does not only affect people's academic and/or professional work, but also it has negative impacts on their health. Findings in Sirois's (2015) study suggest that delaying important tasks leads to stress. Stress then in turn can lead to more serious health problems like hypertension and cardiovascular disease (HT/CVD) which are very high blood pressure and heart and blood vessel disease, respectively. In this study, a group of 182 self-reported individuals with hypertension and cardiovascular disease were recruited. Also, 564 healthy participants were included in the study as a control group. All the participants were asked questions through online surveys about procrastination traits, coping, stress, and health outcomes. The study found that procrastination was more strongly connected with those with HT/CVD than the healthy controls.

Procrastination is a very common habit among college students. With the help of research studies on procrastination, we now know that it is bad for academic progress as well as health. While putting off important tasks for a later time has negative effects on our academic or/and professional work, it can also trigger some illnesses in our bodies. Mason Cooley, who was an American aphorist, once said "Procrastination makes easy things hard, hard things harder."

StudyMode. (May 27, 2014). *Eighty-seven percent of high school and college students are self-proclaimed procrastinators*. Retrieved from: <https://www.prnewswire.com/news-releases/eighty-seven-percent-of-high-school-and-college-students-are-self-proclaimed-procrastinators-260750441.html>

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HOW CAN WE TRAVEL WITHOUT SPENDING TOO MUCH MONEY IN THE U.S.?

by Maria Cardenas Garcia

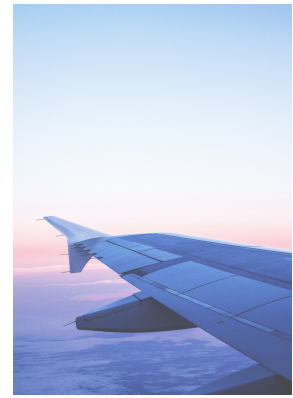
Summer is coming and it is one of the most expensive times of the year to travel because of the enjoyable weather and school break. However, many of us start looking for ways to travel and have fun while saving money. In this article, I will give you four tips that will help you travel to many places of the United States without spending a lot of money.

Usually when you buy tickets at the last minute, the cost can be very high and for that reason, the first advice is to buy tickets early, which allows you to find cheap flights. Visit the website *Google Flights* or *Southwest* as they are one of the most attractive options to find cheap tickets, discounts or promotions to save money.

The second advice is to save money on lodging, so it is important to know about other alternatives like camping, staying in a hostel or finding a cheap hotel. For this option, I suggest you to visit the website <https://Airbnb>. This is a company dedicated to offering accommodation options at a very low price. Another option is the website <https://bedandbreakfast.com>, this is an accommodation characterized by families renting a room in their room home. Another choice could be *Couchsurfing*, which is another type of accommodation without paying money. It is like a cultural exchange. Visit the website <https://couchsurfing.com>

If flights are definitely too expensive, the third advice is to look for another option other than flying, such as renting a car or carpooling with other people. This option allows you to save money because you share travel expenses with other people. This option allows you to make stops, organize your time and route wherever you want. I recommend visiting this link <https://www.cabq.gov/transit/modes-of-transportation/carpooling>.

The last advice is look for destinations that allows you to experience the culture without spending money, such as museums, historical centers, or art exhibitions. For example, if you decide to travel to Orlando, Florida, you can visit Harry P. Leu Gardens. This is a beautiful place where a visitor can enjoy nature and landscapes, plus the admission is free on the first Monday of each month from 5 a.m. to 9 p.m.



Another option could be to visit Lake Eola park, where the tourists and local can enjoy and have fun at free concerts. The last option could be to visit Wekiva Spring State Park; in this place people can appreciate the museum of natural history and tickets are free in September.

In conclusion, summer is one of the most expensive times of the year to travel because of its wonderful warm weather and the break from school. For that reason, flights and hotels, especially for popular destinations, are very costly. However, people can find better options, discounts and bargains if they plan their trip ahead of time and with patience, they can save money.



Get to Know: Margaret Guida Leicester, CELAC Fellow

Interview by Douglas Montano Ferrufino

Douglas: Who are you? What do you do at CELAC?

Guida: My name is Guida Leicester. I am a UNM instructor and LLSS graduate student.

Douglas: How long have you been working in CELAC?

Guida: This year I am a CELAC fellows, and I help with tutoring and lead a conversation group for CELAC students.

Douglas: How are your experiences in CELAC?!

Guida: Fine. I really enjoy working with all the CELAC students from various countries.

Douglas: What are some of your goals that you want to achieve in CELAC?

Guida: I hope I am learning how to be a better teacher. My goals are to learn how to teach ESL very well, so I can teach students around the world.



Guida Leicester & Douglas Montano Ferrufino

My Parents Are Unique

*By Yamily Villalba
(Low Intermediate Writing)*

My parents have different outlooks on life. On one hand, one of them is serious and the other is funny. For example, my mother is always thinking about how to do something in a form that is difficult but is correct. Instead, my father thinks about how to do something good in a fun way.

On the other hand, they solve their problems differently.

They both work for a solution, but my mother works to find a solution and my father thinks a lot about how to solve it.

Next, they achieve goals in contrasting ways. For instance, my mother is determined; When she wants something, she goes for it, and my father first plans and then executes it.

Finally, they show that they are proud of me in different ways.

For example, my mother doesn't show her emotions in public, instead my father is more expressive with me.

I think their differences make them unique persons and that makes me admire them.



TRAIN YOUR MIND: YOUR BEST INVESTMENT

by *Andrea Romero Coronado (Academic Bridge Writing)*

Do you know that more than 300 millions of people in the world suffer from stress and depression? According to the World Health Organization (WHO), depression is the most common illness in the world and is increasing at a very alarming pace. Sometimes a person feels sad, lonely or without enough energy to do most of the common activities; most of the times, that person doesn't even know that the main reason of feeling that way could be a sign that she or he is depressed. If a person with depression would know that with only 15 minutes of meditation every day, he or she would feel better again, I can assure you that there would be more people meditating, than taking antidepressants.

We call depression the state of mood that can affect a person's thoughts, behavior or feelings. People with a depressed mood might be sad, anxious, hopeless, feel rejected or worthless. This illness can also be identified in people who have lost interest in activities that they usually liked to do, or in people who prefer to be sleeping all day long. Although depression is considered a physiological disease, sometimes the reason of having depression is because the person has a biochemical imbalance. The temporal lobe is the part of our brain that has the function to define behavior, retain memory, respond to senses and also, is an important part in charge of controlling feelings and emotions.

It has been proven that meditation has the ability to work with this specific part of the brain and produce enough liquids to balance it in order to stop suffering and transform your feelings, into positive ones.

Meditation is a practice where a person trains her or his mind, with the objective of being aware of everything that happens internally and externally. Some meditation practices require a specific technique designed to promote relaxation and develop compassion, love, patience, and generosity. Meditation can give us the sensibility to identify more easily the way we think and feel towards any experience. This way, our mind would be calmest and clearest, allowing us to choose the best way to respond to any situation. There are many types of meditation practices: one can be staying static, another one can be meditating in movement, or they can be mixed.

Train Your Mind, cont. from pg. 6

The processes can be different but all of them have the objective of focusing on a specific object (breath, object, sound, etc.) and to maintain a focused attention during the meditation.

There are a lot of researchers around the world working on trying to understand the links between traditional contemplative practices and science which have proved the effects produced in the brain, body, mind and behavior. Researchers have discovered that the brain has the ability to change in response to experience and training, a term called “neuroplasticity”, which is why researchers suggest that meditation practice is something you can learn, like learning to play an instrument or riding a bike; it’s just a matter of practice. The Center for Healthy Minds at the University of Wisconsin, founded by Dr. Richard J. Davidson, is one of the most important laboratories in the world working with contemplative practices and the effects of these in the Neuroscience area. His studies focus on people around the world, from babies to elderly people; from healthy people to people with some diseases like asthma, autism or diabetes. Believe it or not, expert meditation practitioners with thousands of hours of practice, have been studied in his laboratory, as well. The Center’s research uses different methods such as field experiments with people, tomography, measuring movements and changes with an electroencephalograph. Most of the specialists have concluded that meditation actually improves the mind’s structure, transforms feelings and emotions, and cultivates gratitude, compassion and kindness. Therefore, it is proven scientifically that depression can be treated with meditation.

Although there are a lot of kinds of meditation practices, there is one simple method to do and it takes you only 15 minutes. First, try to find a quiet place with less distractions as possible, and take a comfortable position. Close your eyes and just focus your attention on the sensations produced by the process of breathing.

You can focus on the movements produced by breathing, or the way it feels when the air comes into your nose and goes out. It has to be a natural process; don’t try to force your breathing. When thoughts arise, which they will, just notice them without judgment and let them pass away gently, and then go back to focusing on your breath. Do this as many times until you notice that you are thinking about other things. When the time is up, open your eyes slowly and take a deep inhalation, and with the exhalation, expel all the tension in your body. As you do all your activities, it can be helpful to remember that we are breathing all the time; we can stop for a moment, and focus on our breathing, in order to find calm and concentration.

Sometimes we can feel the world upon our shoulders, feel like we are the only ones suffering or having a bad experience. Most of the time we just have to take a step back in order to change the perspective with which we see things. Meditation has the power to change the structure of our minds and turn the worst situation into a positive one; it gives us enough tools to use in our daily lives to stop suffering. Meditation is a contemplative art that is available to anyone, no matter their age, their religion or race. It requires only 15 minutes every day to actually see and feel the benefits of it. You have nothing to lose, so try it and you will see the result. For me, it is something that has changed my life.

Mexican Huichol Art

Photos and Artifacts by Arely Vazquez Perez

Huichol art is indigenous to the Huichol people of Mexico. It is characterized by symbolic images fashioned from yarn and beads. In the following photo series, High Intermediate student and *Voice* staff writer, Arely Vazquez Perez, showcases some of her intricate designs.



Travel Review: Disneyland's Magic Kingdom and the Kennedy Space Center

By Catalina Rodriguez Guerra



Catalina at Disneyland's Magic Kingdom
in Orlando, Florida, USA

If you have the opportunity to visit Florida State you should go to Orlando and enjoy these two magical and historical places.

Walt Disney's Magic Kingdom: is a park where you can explore lands of endless enchantment. Moreover, you will relive the childhood as a fantasy becomes reality. The highlight of this site is the Cinderella Castle. This iconic fairy tale palace is a worldwide symbol. Therefore, it is well known due to its gold ornaments and it measures more than 51 meters. There are 42 attractions characterized by their theme. The more famous attractions are the slow rides such as the Big Thunder Mountain, Dumbo the Flying Elephant, Seven Dwarf's Mine Train and Splash Mountain.

Also, there are interactive attractions where you can live the magic of Disney's stories and see different performances such as the Haunted Mansion, Monsters, Inc. Laugh Floor and Under the Sea.

These attractions allow you to feel a kind of journey and interact with several characters like Mickey Mouse, Minnie and the Little Mermaid. Furthermore, at the end of the day, there is a show of laser lights and fireworks called "Happily Ever After". Without a doubt, it is the most important moment of the park because when night falls, more than 16.7 million lights are reflected in the castle; you live the magic of the movies. It is a dream come true.

Magic Kingdom opens the doors to the public from 8 a.m. to 11 p.m. Finally, the day ticket cost varies from 114 USD to 132 USD. It depends on the time that you need to wait in a line.



Catalina at the Kennedy Space Center in Orlando,
Florida, USA

Kennedy Space Center: This is an educational place inspired by NASA, where you can observe a launch complex, the astronaut hall of fame or see a rocket launch. In this place you will join a space journey as fiction becomes reality. The highlight of the Kennedy Space Center is the OV-104 "Atlantis", an important space shuttle due to its numerous successful missions. Furthermore, there are 5 attractions defined by eras reflecting specific periods of time and achievements. The more prominent attractions are the Close-up view of Atlantis, and the largest collection of original astronaut objects.

Cont. from pg. 9

Also, there is a cinema where they show films in IMAX-3D, sensational footage from actual missions taking you on an awe inspiring journey across the universe and mysterious stars. In addition, you will have a unique opportunity to meet and talk with NASA veteran astronauts.

These attractions allow you to learn about the story of what happens in the universe and the background to the thrilling American Space Program. This place opens the doors to the public from 9 a.m. to 7 p.m. As a final point, the day ticket cost varies from 54 USD to 100 USD. It depends on the time that you need to wait in a line.

In conclusion, both places are worthwhile despite their differences regarding the theme of attractions, schedule and cost. I recommend Magic Kingdom Park to everyone who wants to be part of a fairy tale for a day. On the other hand, Kennedy Space Center is magnificent for people who want the greatest space adventure on Earth.

Eid Al Fitr

by Abdulrahman Bahri (Intermediate Writing)

Of all the days in the year, the most significant day for Muslims is Eid Al Fitr. Eid Al Fitr is an important religious holiday celebrated by Muslims worldwide that marks the end of Ramadan, the Islamic holy month of fasting. People celebrate it with their family and relatives. They feel excited when the holiday comes because they have a lot of curiosity about Eid Al Fitr.

Eid Al Fitr cont.

First of all, Eid Al Fitr has an interesting history. In fact, Eid Al Fitr was originated from the Prophet Mohammed. It is on the first day of the month Shawwal. According to certain traditions, it was started in Medina after the migration of the Prophet from Mecca to Medina. When the Prophet arrived in Medina, he found people celebrating on that day. He asked them about the nature of the celebration. They informed him that that day was an occasion for fun and entertainment. As a result, the Prophet reinforced that celebration as a way of being grateful to Allah by remembering Him on that day, as well as giving alms to the poor.

According to the traditions of Eid Al Fitr, people have to do several things. First, people prepare for the celebration. For example, some people customize their houses with lanterns and some symbols that show their excitement. Another example is that some people go to buy new nice clothes to wear on that day. Second, on Eid Al Fitr Eve, people show their worship to Allah. They give alms to poor people so that the poor celebrate that day with all Muslims. On that day, poor people feel a part of the celebration and Muslim society.

Next, on the day of Eid Al Fitr, they celebrate the holiday with their family and relatives. First of all, during the morning, they get together to pray. Also, during the night, they have a party where there are fireworks. The fireworks look beautiful and colorful in the sky. Then, they do some activities and games for adults and children, such as puzzles and cards. You can hear everyone giggle in the party. Finally, they eat a delicious dinner.

All in all, this holiday gathers everyone, and it has a wonderful history. This holiday passes in the blink of an eye. Everyone feels sad when this holiday is over. As a result, everyone awaits for the next Eid Al Fitr, impatiently.

New Mexico Camping and Outdoor Activities

By Vanessa Escobar



Photo by Vanessa Escobar

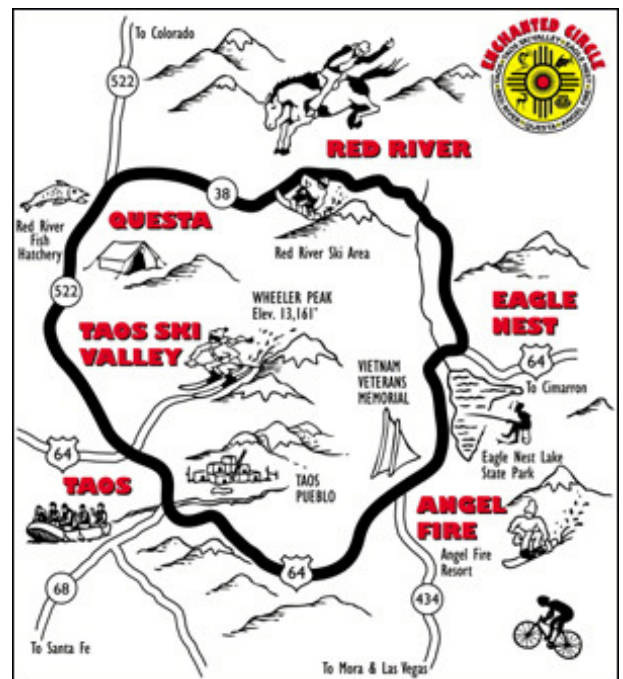
New Mexico is a beautiful state for the outdoors because there are a lot of outdoor activities you can do. You can hike, mountain bike, camp, ski/snowboard, fish and more. Lots of people spend their summers enjoying the beautiful landscapes. Whether it's backcountry exploration or family friendly campsites, everyone has the opportunity to enjoy this amazing state. Out of all those things, I enjoy hiking and camping. I enjoy waking up in the mornings to a place where it feels fresh and calm. I like to see the trees, birds and breath the fresh air.

A beautiful campsite is Jack's Creek located north of Pecos, NM. Jack's Creek Campground is really close to Santa Fe National Forest. You have to drive up north from Pecos NM on highway 63. There are many more campsites along the way, like Holy Ghost Campground and Cowles Campground.

If you continue all the way up the mountain, you will come to Jack's Creek Campground. There you will find a lot of people camping out in tents or in RVs. Also, lots of people who ride horses can take their horses up there. There are fenced areas for the horses. Hiking in that area is very beautiful. If you decide to do some backcountry hiking there, you can go all the way to Baldy Lake. This lake is high up in the mountains. It takes some effort to get there, and you definitely need plenty of food and water. Always go with people and never by yourself.

There are also many campsites around the enchanted circle area. This is located around Taos, NM, Angel Fire, NM, Cimarron, NM, Eagle Nest, NM, Red River, NM and Questa, NM. The highway in Taos is 64, then you take the highway 38 at Eagle Nest all the way to Red River, and then eventually you take the highway 552 south at Questa, NM.

I am excited to keep exploring the outdoors of New Mexico. If you are looking for places for the outdoors this is definitely the place to be. I hope to soon be able to participate in other activities like mountain biking and fishing.



Map of Enchanted Circle

Meet the Staff of The CELAC Student Voice



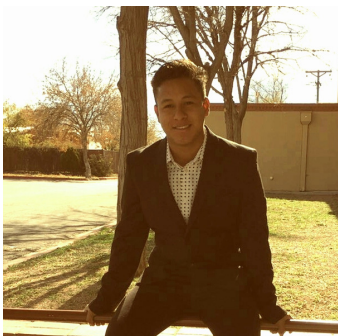
Maria Cardenas Garcia

My name is Maria Catalina Cardenas Garcia. I am from Colombia. I was born in Bogota. I studied Finance and Business Administration at the Sergio Arboleda University. I am so happy living in Albuquerque and enjoying this new experience in my life. I prefer outdoors activities, so that I like hiking and playing volleyball. I love comedy movies.



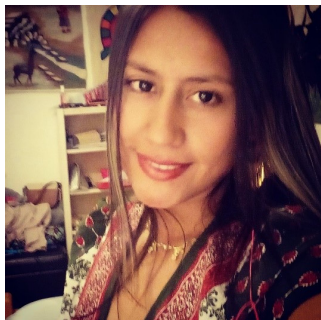
Vanessa Escobar

I'm Vanessa Escobar, and I'm from Venezuela. I'm a dentist and I like outdoors, hiking and dance. My favorite food is Italian food.



Douglas Montano Ferrufino

My name is Douglas. I am 19 years old and I am from Nicaragua.



Catalina Rodriguez Guerra

Hello, my name is Catalina Rodriguez Guerra, and my nickname is "Canelita". I am from Ibague, Colombia. I am currently studying English at CELAC because I want to do a Master's degree in biology at The University of New Mexico. I really like to dance, especially Latin music like Merengue and Salsa. My favorite food is Chop Suey and Colombian arepas.



Arely Vazquez Perez

My name is Arely Vazquez. I was born and raised in San Luis Potosi, S.L.P, Mexico. I enjoy outdoor activities; I love to travel and make Mexican crafts, such as Huichol Art. I studied Engineering in Global Commercial Logistics and I am currently studying in the CELAC program. I hope you enjoy my publications, just as I enjoy writing them!

Follow me on Instagram for backpacker travel tips.
@arely_vazquez51