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CELAC STUDENT VOICE

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

The Best Classical Music for a Hot Summer

by Rachel Chang

How about listening to classical music which will put you out of the heat in this hot weather? Here is the summer classical music that I recommend for you. It is “Summer” of *Four Seasons*, which is the most famous work of Antonio Vivaldi. This piece expresses each season of the year. Vivaldi describes the four seasons of spring, summer, autumn and winter in details, and it is composed of three movements each. Among them, I would like to introduce to you Concerto No. 2 in G minor, Op. 8, RV 315, "Summer", because it's summer! This concerto consists of three movements, which are *Allegro non molto*, *Adagio e piano - Presto e forte*, and *Presto*.

The first movement expresses the cuckoo's sound through the solo violin part, and the birds of the mountain and the water birds sing and the breeze blows gently. However, a violent storm suddenly strikes. Like this, the first movement of summer describes the changeable summer weather.

The second movement realistically describes a fly disturbing someone's sleep. While a solo violin plays a faint melody of a person dozing off on a summer day, other accompanying violins play the annoying sound of a fly in a light rhythm. After a while, violas, cellos, and double basses make a sound that depicts a roar of thunder.

Finally, the third movement is the most intense and wonderful music. You can hear the penetrating sound of the storm's thunder, wind, and hail. When you listen to this music, your body will be not only cool but also cold.

Through this music, you might hear a passionate thunderstorm in Summer, with the balmy music representing a warm summer evening.



Listen to Vivaldi's Summer Suite on [Youtube](#).

SUMMER COLORS

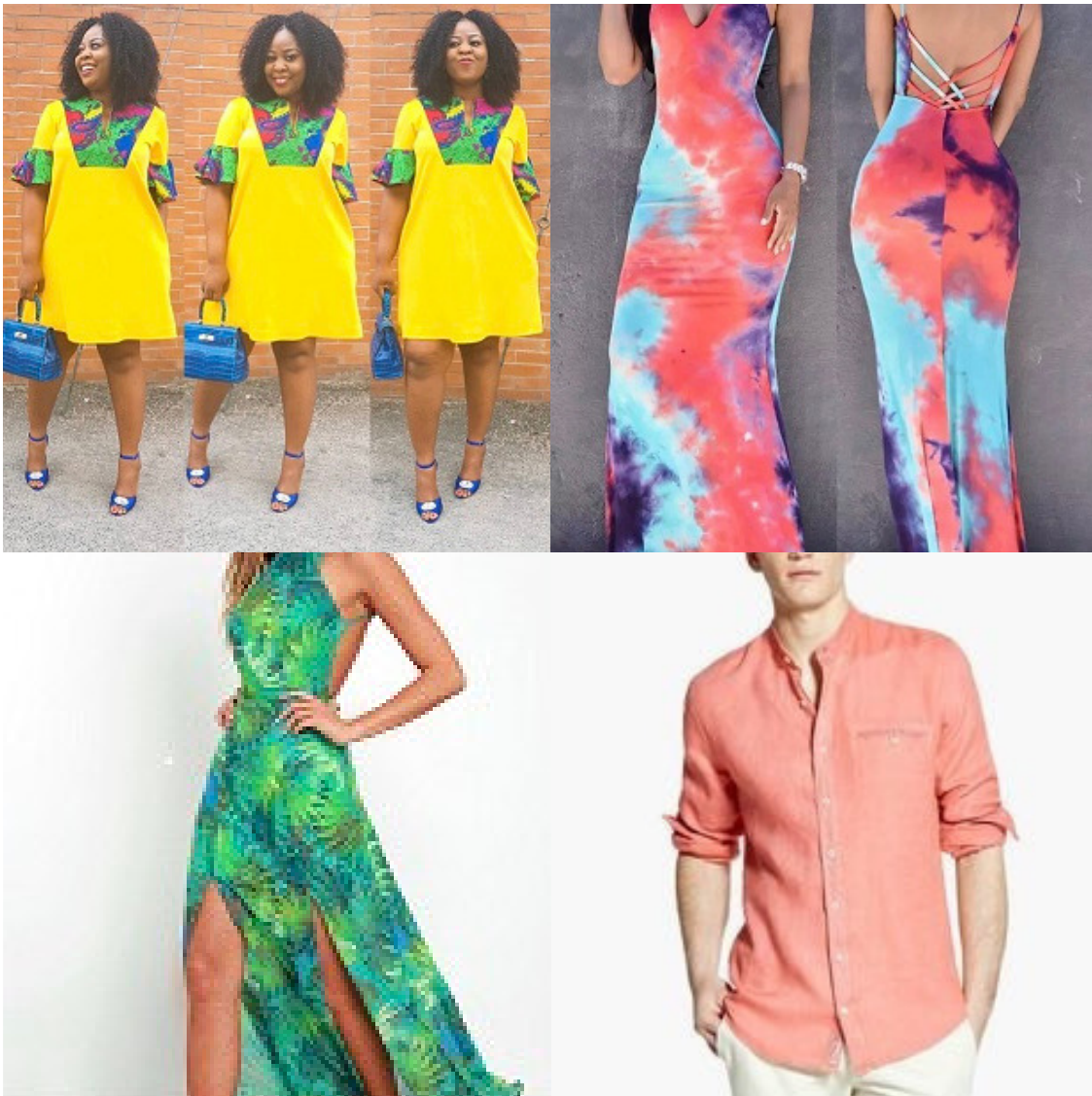
by Shannon Atangana

It's the summer,
It is sunny, it is shining.

So New Mexico, let's say "welcome to the sun" with an innovation this year. Let's try lovely, happy and bubbly colors on our outfits. For example, we can try yellow. This sweet color represents sunshine, hope, joy, and optimism. There are also awesome colors like pink. This color will just be perfect on your tanning skin. You can also go for a fun pattern with light or explosive colors to show your joy and shine like a rainbow! Or, you can also decide to be in harmony with nature and wear green. I recommend you to wear more lightweight material rather than heavy material, like cotton, which will make you hotter.

And of course, I don't forget about men's fashion. Let's rock this summer, guys. And the most important: don't forget to wear your most beautiful smile.

Happy summer!



Frog Images in Chinese Ethnic Minorities

by Yancui Zhang

The frog's rich images can be found in different cultures, so to in many ethnic minorities of China in both old and modern times. The frog's primary symbolic meaning deals with fertility due to the enormous quantities of eggs it can lay, therefore making it a fertility symbol as well as a symbol of abundance. Besides, the frog is an emblem of Yin energy and thought of as good luck. Feng Shui practices recommend putting an image of a frog in the east window of your home to encourage child birth or a happy family life.

The Frog God is the patronus and spirit animal in the eyes of the ancient Qiang people. The ancestors of the ancient Qiang people noticed that the cry of the frog had a great connection with the arrival of the wind and rain. The frogs were the gods of praying for rain and fighting the flood, and the frogs were worshiped as a totem.

Ancestors of the Zhuang ethnic group also had a frog as a totem. Many things of the Zhuang people are closely related to frogs, such as frogs on the bronze drums, the frogs in the murals, the frog dances in the sacrifices, and so on, which undoubtedly reflect people's attention to frogs, and also show that Zhuang's worship of frog culture is deeply rooted in the hearts of the people.



The frogs on the bronze drum of Zhuang Ethnic Minority

Zhuang, Li, Dong and other ethnic minorities still retain the ancient custom of frog worship. Many places still have the temple of the frog, which is used for praying for rain and for seeking children. Another evidence of the influence of the frog image is the Naxi woman's dress, the special cape on their back in modern times.



"Seven-Star Sheepskin Cape" from Naxi People

This cape is made of black sheepskin and has seven round designs embroidered on it, which represent the stars. Hence, it is named the "Seven-Star Sheepskin Cape". The cape consists of two main colors, white and black, the former symbolizing the sky while the latter representing the earth. Together, the sky, earth and stars that are sewn onto the Naxi woman's cape symbolize the hard labor of the Naxi woman.

A legend regarding the origin of the seven round designs on the Naxi cape belongs to the historical worship of the frog totem. According to this legend, the Naxi admire the frog as the god of intelligence who can help people out of danger, and therefore the seven round designs on the Naxi cape depict frog eyes.

The Tujia ethnic minority who believe in spirits and ghosts inherited the ancient ornamentation of the frog pattern, the “forty-eight hook” of the brocade.



Brocade of “forty-eight hook” from Tujia ethnic group

On the bronze wares unearthed from all over Hunan province, China, frogs as a common ornamentation are the most representative of the frogs in Liuyang, which are different from most frogs with abstract patterns. The frogs’ images are more specific. The frogs are carved on one side of the eye, and the frogs are decorated with dark lines. The frog folding his head and his eyes were prominent. Early Bronze and late Bronze drums of the bronze ware, these ritual instruments, mostly with frogs as ornamentation, have given people good wishes, praying for wind and rain and prosperity.



The bronze unearthed from Hunan province

Reflections on Travel

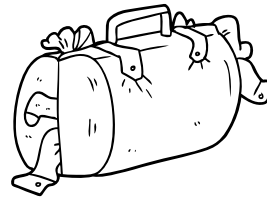


By Luciane Maria Jacques Zanetti

Nowadays, my favorite hobby is travel. I think that when I'm traveling, I can know new cultures, interesting people, and I can see the world in a different way. It does not matter if I am traveling to a place on the other side of the world or to my hometown because for me, it is always a new and challenging experience. On each trip, I do things that I'm not used to doing, and it gives me more trust to adventure more and more in new and challenging ways. I always try local foods, and I frequent restaurants and bars where the main customers are the locals, because this is the way that I know the culture better and develop social skills that will be positive in my daily life. The important aspects of travel are challenging your fears and searching for new experiences.

Jet Lag

By Hyemin Kim



Many international students at UNM may suffer from a jet lag as they come from distant countries. I also had a hard time overcoming jet lag when I traveled from Korea to the US, so I completely understand how tiresome it is. It makes me exhausted even though I didn't do anything actively. It makes me sleepy in the daytime. It even causes insomnia and a headache. If you have a busy schedule like class, homework or appointments with friends, it is crucial to overcome jet lag as soon as possible because jet lag makes people work inefficiently. If you have a lot of work to do but cannot perform it well because of the tiredness which stems from jet lag, it might be a huge stress.

It is told that we need approximately one week to get used to the time difference. Many of you might experience this. We find ourselves fine when a week passes. However, if you want to adjust to the time difference more quickly, you need to make an effort to be active in the daytime regardless of your tiredness. And you need to sleep at night unless you are not sleepy. I drank some beer to sleep at night, but it turned out to be harmful. It made me more tired and extended a time for adaptation. Drinking a sufficient amount of water may help you. I prefer water than beer. The most important thing is don't get too stressed for jet lag. It may get solved eventually.



The Beautiful City

By Ana Paula Duffles Andrade



I live in Rio de Janeiro, Brazil, one of the most beautiful cities in the world. Rio de Janeiro has many wonderful beaches and mountains around it. The people who live there are very friendly. The women beautify the beaches wearing their small bikinis, the costume which we use to go to the beach. Our favorite drink is the "caipirinha", which is made with vodka and lemon. Our favorite food is the "feijoada", which is made with beans. We love the "Carnival", the most popular celebration to the "carioca", the name that we give to the person who born in Rio. The Carnival begins on the first Thursday of February and finishes on Sunday. During this celebration, we have a big parade with music and beautiful women. We are a very affectionate people. Come to Know Rio!

How to make delicious salmon sandwiches

By Hyo Jeong Ji and Claire Kim

First, prepare the ingredients you need to make salmon sandwiches: 2 bagel halves, 5 pieces of smoked salmon, 1 pepper jack sliced cheese (you can substitute it with any sliced cheese you want), basil pesto, 1 half of avocado, 1 half of lemon or lime, pepper



Comments from Tasters:

Coco: "It's really tasty. I am looking forward to your recipe."

Natalie: "Flavorful and rich!"

Douglas: "Little bit spicy."

Kroos: "It's good but little bit salty."

Rachel: "Bread, basil, pesto, and salmon taste harmonious and fantastic. I can't stop eating."

INSTRUCTIONS

1. Cut in half the avocado. Remove the seed, peel and mash it.
2. Squeeze juice of the half of lemon or lime and add pepper in the mashed avocado.
3. Cut in half the bagel. If you bake the bagel in the oven, it will taste better.
4. Spread basil pesto on one half of the bagel.
5. Put both cheese and salmon pieces on the bagel. It can be a little salty, so you'll be better adjust to your liking.
6. Coat the mashed avocado on the bagel. It's not necessary, but it will taste better and it weakens the salty taste of the sandwich if you put avocado on it.
7. Cover with half of the remaining bagel.

It will be better if you eat the salmon sandwiches with beverages or soup!

Women's Rights in Paraguay

By Yamily Villalba (Intermediate)

In Paraguay, we don't have equal rights between woman and men. Some people say that it's not a good idea to change the traditional gender roles. Others think it's a great idea to have equal rights. I strongly believe that we deserve equality.

First, equality is a right that should be given to each person regardless of their gender. For example, now in Paraguay, women are not paid the same as men and often do not receive the minimum wage. Also, equal opportunities are lacking in Paraguay. For instance, women cannot hold certain jobs such as a bus driver, even though they are capable. And careers that are available to both men and women are prioritized to men. In addition, when women do obtain jobs, they are subjected to sexism in the workplace. It is common that women are hired based on their physical appearance and are often subject to sexual harassment.

Second, women's liberties are repressed. There are two kinds of cultural rules, the family and the men's rules. First, the woman is coerced by the family to be with a man of their choosing and is taught her role in the relationship. Once in the relationship, the man uses sexism to keep the woman powerless and keep himself in charge. Another form of repression is character assassination, which is used to control women that are exhibiting self-determination. For example, when a woman takes a position outside the cultural norms, she is made to feel guilty for breaking traditions.

Third, women have less authority. Recently, there are new laws allowing women more rights. They are now allowed to get divorced and own property. However, those laws are not taught in learning institutions. To illustrate, the Ministry of Education in Paraguay recently banned public schools from using materials on "gender ideology," which will promote discrimination toward women. Also, it is extremely difficult for a woman to obtain a loan even if she is employed, thereby limiting her access to land ownership.

Finally, domestic abuse is prevalent in Paraguay. The patrimonial structure allows for various forms of abuse. First, physical abuse is one of the most common forms in the culture. However, psychological abuse is also used to remove personal boundaries and keep the woman subjected. This is done by belittling their accomplishments and, thereby, removing their self-esteem until they are completely dependent on the male. Also, the laws for domestic abuse are weak and only result in a small fine.

From my point of view, these are the reasons that we deserve equality. We should have the same rights for each person. There should be equal pay, liberty, authority, and less domestic abuse. Resources should be offered to women to education them on their rights. Education is the key to show that we are all equal and no one has more power than the other.



Do Women Have the Right to Drive in Saudi Arabia?

By Abdulrahman Bahri (High Intermediate)

Almost every country has given women the right to drive, but the government, in Saudi Arabia, just has given women the right to drive. Although some people argue that women do have the right to drive, others argue that women do not have the right to drive. In my opinion, women have the right to drive.

People who do not agree say this right can lead to sexual harassment. They determine that in a huge, wide country, like Saudi Arabia, where each city is located far away from the other and what is in between is only desert, turns into a dark dangerous place at night. How is it possible for a woman to drive by herself when she might get a flat tire, broken engine or any other problems that may cause that lady to be in the middle of nowhere? At the moment, any kind of stranger may come over and offer help. Now, this stranger is an unknown person, could be good or bad. The concern is that in such a case, this woman is subject to be harmed, in danger, or raped. In addition, just the image of her being close to a stranger will cause her reputation to be damaged. In Saudi Arabia, a woman's reputation is more important than anything else.

Firstly, the people in Saudi Arabia, as Muslim people, must do what the *Holy Quran* says: "Tell the believing men to reduce [some] of their vision and guard their private parts. That is purer for them." (Chapter 24 line 30). That means a Muslim should not harass women. Thus, people should stop harassing women and let them alone. Secondly, the government in Saudi Arabia must introduce strict harassment laws to reduce sexual harassment. A study conducted by the Institute for International Research said "... sexual harassment in Saudi Arabia has increased 11.4% in 2016, compared to 2014..." ("Sexual Harassment in Saudi Arabia Up by 11.4% in 2016") This study is little bit old but probably this number has increased. The Government should make strict punishments to reduce sexual harassment of women drivers. They should defame the guilty people in front of others and fine the harassers because people are always scared to lose money.

Also, other people say that women should not be allowed to drive because women have important responsibilities that are more important than driving cars. Allah says in His Book, "And abide in your houses and do not display yourselves as [was] the display of the former times of ignorance" (Chapter 33 line 33). A woman's first priority is to look after their children and raise them. In addition, they should not depend on the baby-sitter. In addition, they have to take care of the house and themselves. In the end, a woman should be treated as a queen, so she does not have to be a driver. She should get her own driver.

However, once women are able to drive, we could stop recruiting drivers from India and the Philippines which would not only save us millions of dollars, but the criminal activities would also decrease. Women would not have to rely on foreign drivers whenever they wanted to go somewhere and that way, they would be safer.

If the government allows women to drive, they must introduce new and strict traffic laws, similar to that in the US, to reduce the rate of accidents. According to the head of Friends of the Red Crescent Committee, Ahmad Al-Shaikha, "A total of SR21 billion is spent annually on road accidents. Saudi Arabia is ranked 23rd on the list of countries witnessing the highest death rates in road accidents in the world. It is second among Arab countries in terms of road deaths" (qtd. "Saudi Arabia Records 526,000 Road Accidents Annually"). This statistic tells us that there too many car accidents that happen in Saudi Arabia. Furthermore, most of the car accidents are caused by speeding and the government must increase the fines. If they do increase fines, the driver would respect the law and drive politely.

In addition to sexual harassment and the idea that women should stay at home, other people say women should not be allowed to drive because women are too emotional. As the *Holy Quran* says, “...and the male is not like the female...” (Chapter 3 line 36). Some people believe that a woman’s feelings are connected with their reactions and that they have different reactions from men that are considered as "weak" reactions compared with men’s reactions. For example, some people think that if a woman has a car accident, she will not be able to cope with this sudden situation and therefore cause more car accidents. Even if it were true that women have different reactions from men, after practicing how to handle car accidents or a flat tire, women will surely master and act the same as men or maybe better than men.

All in all, the debate over whether women should drive or not in Saudi Arabia has made people take sides. For example, if you choose to support the campaign, people may call you liberal. If you choose the other side, they may call you extremist. However, people should think outside the box here. You can still support the right of women to drive and still have your values and traditions. In my opinion, I strongly support the campaign but only if the government also changes laws concerning sexual harassment and traffic problems mentioned above.



<https://medium.com/@o.saadfahim/social-media-a-tool-for-a-change-and-to-empower-women-821ef64d158b>

Let's try a new exercise: Crossfit

By Taeyeon Hong

Do you want to make a good body shape? Or just experience a special exercise program? If you do, I recommend the "Crossfit". *Crossfit* is a type of workout incorporating elements from high-intensity interval training, Olympic weightlifting, plyometrics, powerlifting, gymnastics, and other exercises. I think there are three advantages to training with crossfit.

First, you can have a big workout effect in a short time. *The Crossfit Box*, where I work out in Albuquerque, offers WODs (workouts of the day). These WODs consist of high-strength functional programs within one hour. So, *Crossfit* is both highly effective and time-efficient .

Second, Crossfit gives you specialized instruction.

Through the *Crossfit*, you can receive a variety of new exercise programs every day and set your own record. This system makes you feel like you have a specialized workout, just for you.

Last, *Crossfit* forms personal connections and communication. When I came to Albuquerque, I didn't know the local people, but after I started to work out at *Sandia Crossfit*, I started to meet and talk with different people and get local information. Moreover, my friend, Jane, who I met at *Sandia Crossfit* introduced and invited me to a party where I could meet international friends. So, if you want to make a good body shape, get the experience of a specialized exercise program, or make good local friends, try *Crossfit*.

Tip: if you want to know where the *Crossfit Box* is, you can search easily by using this website (Link: <https://map.crossfit.com/>)



Meet the Staff of The CELAC Student Voice



Shannon Atangana

Hey,

I am Shannon, a student in the CELAC Program of UNM. I like to try new things, like new food. My hobbies are reading, writing, talking, make up, and creating new things. I hope you will enjoy reading our articles.

Happy summer to you.



Rachel Chang

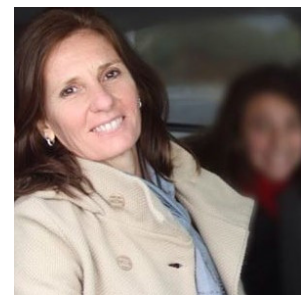
Hi everyone! My name is Rachel, and my korean name is YeonJo. I am 21 years old, and I am a senior at Ewha Womans University College of music

I am majoring in Viola for 12 years. I wrote an article based on my major and experience. It is an honor to participate in *CELAC Student Voice*. I like to travel all over the world. After traveling, I make a travel video and upload it on my YouTube channel, Facebook, and Instagram. facebook.com/yyeonjo Instagram: @yyeonjo YouTube: Chang Yeon Jo



Ana Paula Duffles Andrade

I am Ana Paula from Rio de Janeiro. I am married with two daughters and a son, but I have decided to study English because my children are grown. I have been studying English since 2016.

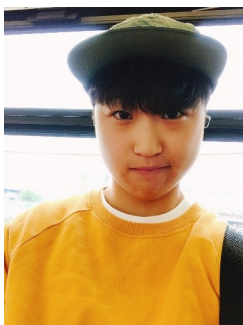


Luicane Maria Jacques Zanetti

My name is Luciane, I'm from Brazil.

I was born in Florianopolis, but currently I live in São Paulo.

I'm majored in business.



Taeyeon Hong

Hi-My name is Taeyeon Hong. I am 21 years old and I am from South Korea. My hobby is exercise such as crossfit, volleyball, basketball. In Korea, my major is exercise science and business. I have lived in Albuquerque just 1month, but I'll never forget the memory and people, who I have met in here.

Meet the Staff of The CELAC Student Voice



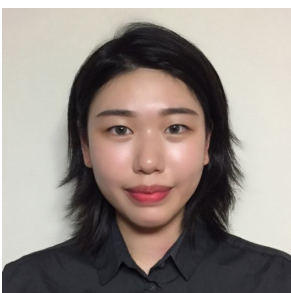
Hyo Jeong Ji

Hello! My name is Hyo Jeong.
I am 20 years old and I came from South Korea.
When I have nothing to do with,
I like to go to the duck pond in UNM.



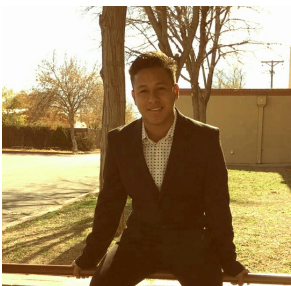
Hyemin Kim

Hello! My name is Hyemin Kim and I'm from
Korea. I study science education in my university.
I like cats, plants, swimming and traveling.



Claire Kim

I'm Claire from South Korea. I'm interested in
art because it helps me experience the world
and it makes me to think creatively. I love
music and play so that is now my major :)



Douglas Montano Ferrufino

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



Yancui Zhang

Yancui (Coco) is from Macao, China. She is
a doctoral student
in applied psychology. Her hobbies include
traveling and swimming.