

THE CELAC STUDENT VOICE

Is it dangerous to help the homeless?

by Willan Jandir Armas Suqui

Children playing in the garbage while parents are taking a nap on the street is a common view in the residents' daily life in Albuquerque. The roasting sun of the summer burn their bodies as much as the sharp cold of the winter; however, some residents act as though they adopted this social problem as part of their culture and their lives. I am afraid to say that homelessness is already another attraction in the city.

As soon as I arrived to the city, I got some advice about beggars and how to handle them if beggars walk up to me, surprisingly not a single advice aims for helping or giving them any assistance. Apparently, the solution to cope with the homelessness is to turn these people down and keep on walking without any remorse.

The crisis Albuquerque is dealing with seems to be out of control because of the alarming growth of homeless reported in the area. A survey conducted by PIT Point-In-Time Count Results (2017) shows, "...an increase of 269 homeless each year since 2015". This has stirred up a huge backlash from residents who consider these problems as the wake-up call for the authorities to carry out an emerging plan so as to clean up the area.

According to *The Albuquerque Journal* (2018) "The Greater Albuquerque Business alliance is planning to locate the homeless in a single large campus." Notwithstanding, this seems more a strategy than a real solution due to the fact that businesses are designing this plan for the sake of their money, but not for the well-being of people who need aid immediately.

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<https://www.facebook.com/ajiacobistro/>

Restaurant Review: Ajiaco Colombian Bistro Restaurant

By Maria Catalina Cardenas

Many people have recommended that I visit Ajiaco Colombian Bistro. This is a Colombian restaurant where you can find different dishes of Colombian cuisine. It is located just a few minutes away from the University of New Mexico at 3216 Silver Ave SE, in Albuquerque NM.

This is the only Colombian cuisine restaurant in Albuquerque.

The dishes are made with a variety of ingredients such as legumes, and meats. In my opinion, every dish you order will be tasty. If you decide to visit this place, there are some dishes you should not leave without trying, such as "Empanadas" and "Ropa Vieja".

Empanadas are made with chicken, meat or beans.

"Ropa vieja" is a dish that contains meat, plantains and avocado. I definitely would recommend these dishes.

Also, you can enjoy desserts. The ones I like the most are "Cafe Flan" and "Arepa"; the last is made with sweet corn and cheese and it is particularly delicious.

"Homeless" cont. from pg. 1

Homeless wandering and begging for money on the street is pitifully another distinctive trait of Albuquerque. The alarming situation will exacerbate if the unique advice or solution is to disregard them. The commitment to helping the homeless can be the first step to change their precarious situation; nevertheless, if we go on disregarding them, our carelessness will be the main factors of their slow decease.



Even though the food is delicious, I do not recommend to visit this restaurant because in my personal experience the service is awful. As a Colombian, I had many expectations about visiting the place, but when I arrived there, I noticed that the waiter was really rude to Spanish speakers as he was not to English speakers. That issue made me really disappointed because as a Colombian living in this country, I thought I had found a place where I could feel as if I was at home. I was expecting a friendly service, but I found a rude and discriminative environment. Furthermore, the restaurant is quite small and the food is a little expensive. Despite the delicious food, I do not want to go back there because of the poor service and discrimination.



Counting My Blessings

By Seungyeon Kang Nava

Is there anybody who loves to go to the dentist? Anyone? Me neither! Recently, however, I had a severe toothache and had to visit my dentist to learn that I have five cavities and a root canal infection despite my religious brushing and flossing! It must be all the stresses from adjusting to my new life in America and studying that played havoc with my immune system. Since I got the ominous verdict, I have no choice but to lie on the reclining chair, opening my mouth as big as I can so that the Dentist can get rid of all the bad guys as nicely and quickly as humanely possible. But every cell in my body is already on alert mode preparing to scream at looming pain. So, I try to shift my focus from the menacing drilling sound to others; I overhear the small talks between another patient and his assistant as well as the conversations my dentist has with his assistant. All of a sudden, I realize again that I'm in America, not in my home country, speaking and listening to a foreign language; it's so foreign to me that sometimes I feel like I'm acting on a stage when I'm speaking the language.

Featured Essay: Chavismo in Venezuela Changed My Life

By José María Garayburu (Advanced)

The most important changes in my life, which also marked a deep wound in my family's life, began in December 1998, when Hugo Chavez won the presidency of Venezuela. Chavez was an uneducated individual with radical ideas who was resentful of the elite, and he commanded a group of assassins that was formed in 1992. He commanded a coup d'etat against Carlos Andres Perez, the legitimate president of the Republic. After Chavez was elected president, he began an ordeal for Venezuelans called Chavismo.

Hugo Chavez changed my life forever. The first changes occurred when Chavez took control of the public powers, to have the total control over all of the legislation, dissolving the Congress and accommodating the laws for the Chavez regimen's own benefit. When Chavez began expropriating private food companies because the government was bankrupt, then my nervousness began. It was more difficult to get food for my family, as I had to resort to the black market to acquire it, of course at exorbitant prices.

Then, a wistful thought slips into my mind. I miss the time when I spoke my mother language as effortlessly as I breathe, and I could understand others even though they said something with their mouth full of food, let alone being covered with a thin surgical mask. In that evening, I walk around the golf course nearby my house, and two or three people say "hi" to me with smiles on their faces. I feel warmth spreading throughout my body, and I start to count all the blessings given to me: my dentist and assistant who did their best to make me comfortable, people who are kind enough to smile at a stranger, the opportunity to grow as a person, and most of all, the one and only Lorenzo, my husband and my best friend.

"Chavismo" cont.

However, I worked 12 hours a day as a doctor and earned a lot of money to buy food and other necessities for my family.

Then, Chavez began to expropriate the companies that produce medicines, and that gave me great stress because it was more complicated to acquire the drugs. I had to resort to using my friends abroad, and I had to buy medicine or drugs using my savings in dollars because Bolivars were worthless.

As all these events began to affect our lives in a negative way, fear and concern overwhelmed us. My wife and I, along with many other Venezuelans, thought that things were getting out-of-hand.

The situation worsened when people went to the streets to protest the shortage of food and medicine. The government sent hooded, armed groups to shoot at people, killing more than 200 innocent people. This increased our paranoia, fear, and feeling of helplessness. My family and I stopped having a social life; we only work or went to school.

At that time, my daughter earned a scholarship at the university for student exchange and came to the United States for a year. It was then that my daughter worked hard and gained the opportunity to do her master's degree at UNM, and at the same time, they paid her for doing research investigation. We only had to wait for my son to finish high school to get him out of Venezuela.

In America, winter became spring while in Venezuela, my son finished high school. He started his own new beginning and followed his sister to New Mexico so that he could begin to study mechanical engineering. He was only 16 years old, and to us was still a child. At the same time, we were glad to have saved our children from the debacle, chaos and famine of Venezuela, but separating from them was very hard. My wife cried every day, and I was very depressed not knowing what to do.

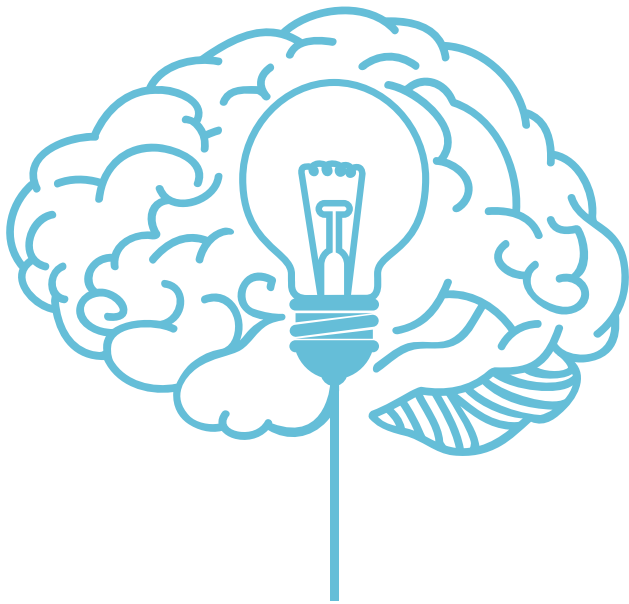
I felt helpless to the destruction of a rich, abundant country, but more than that, I was sad that I was separated from my children.

After being separated from my children for about a year, we were finally able to leave Venezuela to meet with our children in New Mexico and be all together and saved. However, things for my wife and me have not been easy; first, because of the language and we are professionals, my wife is a dentist and I am a radiologist. Second, we arrived in a strange country, and to start again when one is not a boy is not easy.

After having a life full of luxuries in my country--with a well-paid profession, a house paid, car, house on the beach--starting from scratch is not easy, but materiality is not important. I thank God that we are all together and saved.

In conclusion, the arrival of Chavez and the 21st century socialist framework created a profound change in our lives. After having relative physical and economic security, with all my needs covered, an excellent profession, and work that offered me high status in society, I realized from one day to the next I suddenly had nothing. I was separated from my children, and I had to leave everything because I could not do anything. One of the biggest changes was my ultimate immigration from Venezuela into a country with a different language and culture, where you are nobody and you feel that you no longer have the strength to start over.





Experimental Psychology

By Johanna Desiree Tsala Ebode

Many people can feel uncomfortable in their work offices, in their classrooms, even in the streets because of aggressive or controlling behaviors. The real problem is that they just don't know how to deal with this type of behavior. So, how to negotiate with aggressive and controlling people? You just have to play with their psychology. But how?

- 1- Meet in private : when controlling people are in front of others, they are really inflexible. Meeting in private make them more flexible.
- 2- Neutralize their home court advantage : meet them at neutral locations such as coffee shops, conference rooms instead of their offices reduces their sense of home court dominance.
- 3- Be assertive and professional in communication as most of them prefer to be respected any time.
- 4- Bring solutions : prove them that you can also solve problems by yourself. Go and present the problem to them. Make sure that you have ideas to solve this problem in your mind.
- 5- Try to attract their attention, if possible earn their trust.

After all of these, you can say, "I have aggressive and controlling people between my hands."

Featured Essay: Traditional Music Styles That Represent Ecuador

By Carlos Santiago Torres Inga
(High Intermediate)

South America's countries share a same language, and sometimes they share a same culture. However, they have specific characteristics that could help to differentiate between them, such as their music. Even though many styles in those countries have been developed from European and African rhythms, there are brief examples that allow to recognize traditional Ecuadorian music. Some Ecuador's traditional music styles are the "Albazo", the "San Juanito", and the "Pasillo", and they represent native culture as well as a deep insight of it.

The "Albazo", the first recognized style is also one of the most popular in Ecuador, and it could represent its cultural traits. For example, in the country it is common to listen to "folk bands" playing the "Albazo" songs in important religious commemorations such as "Paso del Niño Viajero" in December, and it is well-known in many countries around South America and the world. Although the "Albazo" music is always played in religious commemorations, it is played and danced by lots of people in folk Ecuadorian celebrations like "Mama Negra" in September and November as well as "Carnival" festival in February. However, there are other music styles more connected with native cultures inside the country.

The "San Juanito" style is one of the most intensively related with Ecuadorian rural areas, and it always represents their cultural liveliness. Indeed, it shows clearly the indigenous cultural traits like its clothes. For example, "SANAI", a typical Ecuadorian band is one of the most connected with indigenous cultures inside Ecuador because it always plays music with typical clothes from the "Otavalo" indigenous community.

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A Healthy Taco

By Liliana Alva Regalado

"Let's eat Mexican food!"

"Oh! I love it, but no thanks, I'm trying to eat less calories, and the Mexican food is delicious but has too many calories."

This may be the idea about Mexican food because it is fried or oily, but that is not always true. Mexican food can be low in calories, if you know some tricks, so I want talk to you about the healthy and delicious Mexican food, and believe me, the test is the same.

The first trick is to change frying by baking; it can even be easier to bake food in the oven because you can put in this place more food than a pan. For example, you can make corn chips or tortilla chips in the oven and have a perfect appetizer with guacamole (avocado, tomato, onion, cilantro and some lemon juice and salt), or make a simple Gazpacho of Morelia (the name of my city). This chopped fruit in tiny cubes: mango, jicama, pineapple, orange juice, a dash of lemon juice, a little dry cheese and salt. In both dishes, you can add fresh green chile or spicy salsa on the top.



"Ecuador" cont.

Also, "Albazo" music is related with typical Ecuadorian beverages. In traditional celebrations, both a recognized hot beverage called the "canelazo" and a cold beverage made of fermented corn is the "chicha" are provided for all assistants. Although "San Juanito" is less popular than the "Albazo" music style, it allows us to see more clearly Ecuadorian culture traits. Both traditional clothes used by music bands, and beverages provided during songs are clear representations of what Ecuadorian culture is.

Although some music styles are more connected with commemorations and native cultures, the most important Ecuador's music style recognized by several countries in South America is the "Pasillo" Ecuadorian music. For instance, an icon singer through South America was "Julio Jaramillo", who recorded several hits around Latin America. His death reminds us his glory: over 250,000 people went out to his funeral in 1978, and much more people went to his sepulture. Ecuadorian singers have immortalized several international "pasillo" songs. Julio Jaramillo successfully interpreted "Sombras", a Mexican poetry, and later artists like Raphael or Julio Iglesias, Spanish singers who interpreted this "pasillo" song. No other Ecuadorian traditional music style is internationally recognized like the "pasillo" music, and its major singer Julio Jaramillo is a popular icon throughout South America.

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"Taco" cont.

The second healthy option is using lean meat (fish, chicken, pork, beef, etc.); you can even eat three (ok, four) tacos or tostadas (remember these need to be baked). For example, you can have a big dinner with carne asada (grilled steak without oil) and a side: roasted onion, some salad (lettuce, tomato, peppers, carrots or any fresh vegetable) with vinaigrette, and some beans stewed without oil, so you can make tacos with a bean base, lean grilled steak, vegetable toppings and fresh salsa.

Another option for dinner (or lunch if you are on vacation) is fish; the name of the dish is Ceviche and is very famous in each seafood restaurant in Mexico. You need to chop these ingredients in small cubes: white fresh fish (previously poached), tomato, cilantro, onion and a good amount of lemon juice, salt, avocado and salsa on the top. Wait 15 minutes so that it marinates and eat. There are many kinds of ceviche; you can put cucumber or carrots, or red onion in the dish, but the principal ingredients are the fish and lemon juice. This dish is usually accompanied with tostadas or corn chips and salsa, always on the top.

In conclusion, Mexican food is also fresh, healthy and its dishes have a lot flavor thanks to different kinds of chiles, herbs, condiments, textures and presentations of the corn; you only need to know some tips and how to make the salsas, but the tricks for the salsas is something for the next time.

"Ecuador" cont.

Summarizing, Ecuador's traditional music styles always have represented their local culture, and they show the country itself through different traits. The "Albazo" always is related with folk bands and commemorations, the "San Juanito" is more connected with native culture, and the "Pasillo" has its maximum icon of traditional Ecuadorian music style. Although traditional music is just a side of culture, it is one of the most exciting ways to know about a country or a society.



Meet the Staff of the CELAC Student Voice

Liliana Alva Regalado



I'm from Morelia, Michoacán, México. My interest are dogs, movies, cooking and traveling. I was a journalist and teacher in Mexico, and now I'm a lobo.

Willan Jandir Armas Suqui



Willan Armas is an Ecuadorian student who is passionate about writing. His field of study is Languages. He speaks Spanish, English and French. Willan Armas lives in Albuquerque, New Mexico.

Maria Catalina Cardenas



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.

Johanna Ebode



Hi, I'm Johanna Ebode. I came from Cameroon. All about science are my interests. Thank you.

Seungyeon Kang Nava



I'm from South Korea, and I enjoy playing the piano in my free time. Also, I love to help learn Korean and talk to people. So, don't be shy to say hi if you see me around the campus!