

Issue 7 / November 2019

LINCOLN CHRONICLE

By Students, For Students

FOR
HOW
LONG?

Picture : Benjamin Lizarzo, Unsplash

www.chronicle.lincolnuca.edu



100 Years

1919 - 2019



Editor's Letter

Dear Readers,

Welcome to the 7th issue of *Lincoln Chronicle*. Learn how the newly launched College Central Network platform can help you build your skills and knowledge to improve your online presence, and best connect with employers. Read about the Commonwealth event with successful businessman, Charles Schwab. Our Wellness Series shines light on Assem, who finds positivity and happiness in Zumba. Learn real-life self defense moves of Krav Maga with Narunpak to protect yourself and your loved ones. Do you know how students will benefit from WSCUC Accreditation? Enjoy our Humans of Lincoln feature with Animist Uplaksh Kumar. We hear about climate change all the time, but do you know that it's only 1 of the 17 United Nation's Sustainable Development Goals?

We hope you enjoy this issue.

Yours Sincerely,
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On the Cover

Wildfire by Benjamin Lizardo

In a University where people come from at least 50 nations all around the world, imagine the magnitude of cultural experiences and ideas they bring. Add to that, an institution that has held its ground for 100 years. We deserve a publication like ***Lincoln Chronicle***, that not only shares news and information, but is a voice to all the ideas and opinions simmering beneath this diversity and talent. Take this opportunity to engage and build your community and share your work.

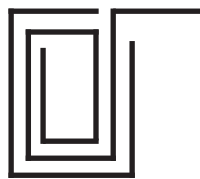
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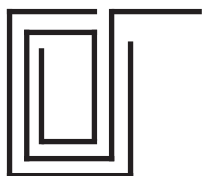
Lincoln Chronicle

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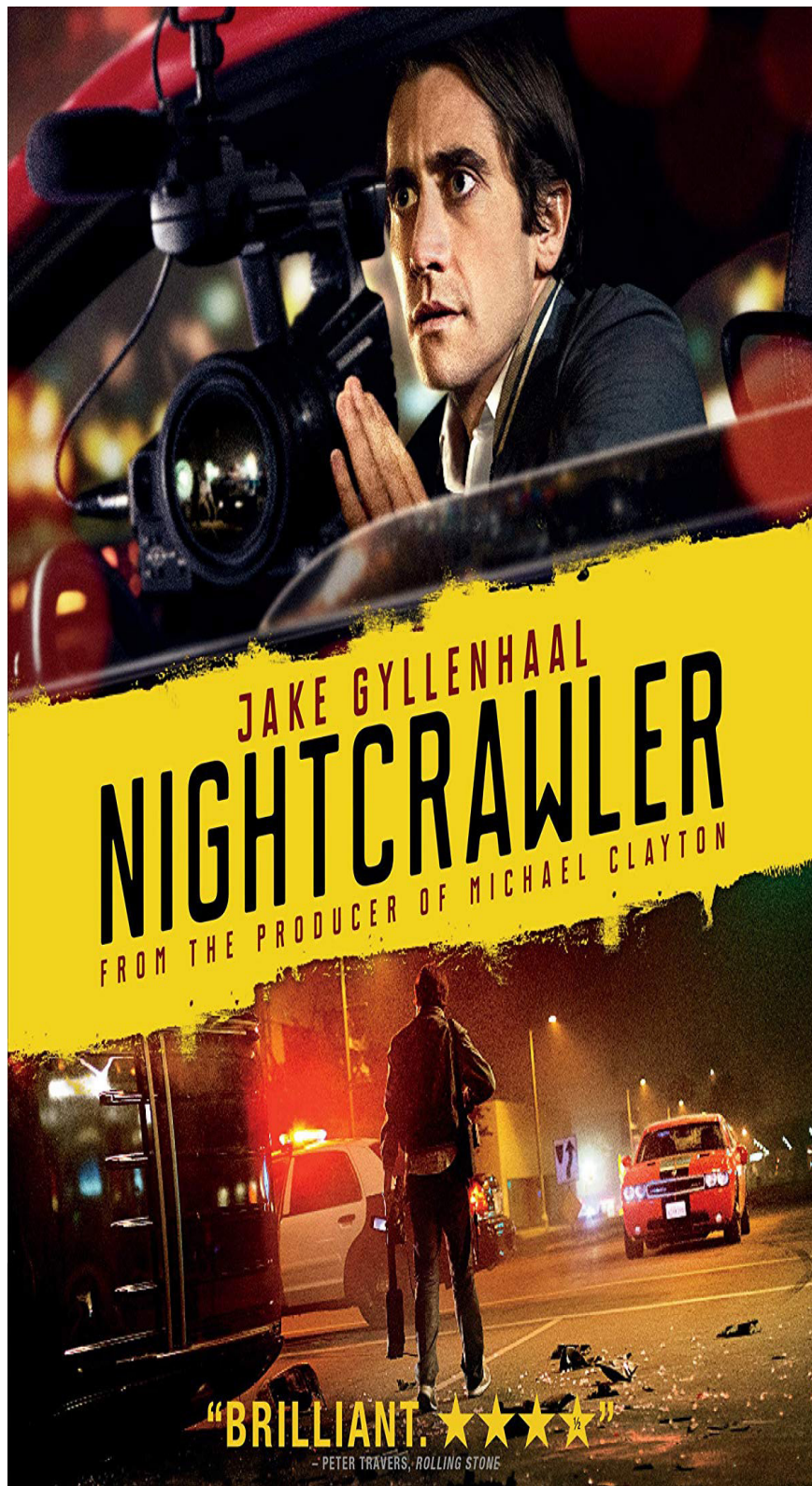
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MOVIE REVIEW : NIGHTCRAWLER



Ashi M. Idicula
Author

My brother usually watches a movie in the evening, and I just happened to join him for *Nightcrawler*, starring Jake Gyllenhaal. This is, so far, the best performance by Gyllenhaal. He plays a young and dynamic ethical entrepreneur in his pursuit to be a legendary news exclusive video producer.

I have always admired his performances in *Donnie Darko* and *Prince of Persia*, but this one truly showed what he is capable of as an actor. It also struck a chord in me at a time of joblessness. The movie starts with him playing the role of an unemployed youngster, Louis Bloom, who reaches a point in his life where he realizes, in order to gain something you need to give something up. He is looking for jobs, trying to impress employers as much as possible, however, he still ends up without work. During one job interview, Bloom said something that ignited a dormant feeling within me. He said that if you want to win the lottery, first, you must make the money to buy a lottery ticket. Bloom follows this rule at all costs, until he comes across a group of stringers filming a crime scene. Stringers are newspaper correspondents not on the regular newspaper staff, who work on a part-time basis reporting on particular events. He's intrigued by stringers, who often reach a crime scene before the cops. He discovers that this is his calling and pursues a career as a freelance video producer. His pursuit is inhumane and unpredictable, albeit he remains professional from the beginning to the end.

A TWINKLY SURPRISE

It was a weekend night. I hopped into his truck. He said he was going to cover my eyes for a special surprise. I loved the idea and played along. I began to bug him with questions. He decided to keep the suspense. I rolled down my windows and a really cold breeze rushed onto my face. That was strange, as it was the middle of summer. I was caught off guard when he started driving off-road, where I could feel stones poking the tires. That excited me a lot. The truck came to a stop with a screeching noise on rubbly stones. He took hold of my hands and got me out of the truck. The air was even cooler than the breeze that rushed on my face previously. I held his hand tightly as we walked for a couple of minutes on a rough and elevated path. We came to a halt and he had asked me to lie down. I sat down with him and laid my curious head on the ground. He took off the scarf that covered my eyes, which by then had adapted to darkness. As my eyes adjusted, I saw stars. I could literally see thousands of them, clear and glimmering, each one more brilliant than the next. It was a rejuvenating sight for my sore eyes. Back in the city, the stars aren't visible at all because of the lights, or maybe we never take the time to pause and ponder the sky. I kissed him thank you, cherishing him and the amazing scene in my heart.

Ashi M. Idicula
Author



WELLNESS SERIES

In today's age, where health problems are at an all-time high, taking care of your overall health has never been more important. That's why the university hosted a [three-part](#) Wellness Series last month.

Zumba

Created in the 1990's by Colombian dancer and choreographer Alberto "Beto" Perez, Zumba is an exercise fitness program founded in Colombia. Originally, it was supposed to be named "Rumbacize", a combination of rumba (party in Spanish and various dances) and Jazzercize. Zumba is a fitness regime which makes you feel like you are dancing at a party with upbeat music while performing a fitness routine.

Tip: Make sure you wear proper sports attire and do not forget to warm up, even if you just jog in place.



"To be honest, I was never into sports or physical activities. I tried to skip physical education classes when I was little. Many times I tried to force myself to go to the gym, even sign up for classes with a personal trainer, but it never worked out for me. I used to have a gym membership without going. Last March, one of my close friends came up with the idea of trying Zumba together, so we got a Groupon and gave it a try. We got so lucky with the instructor. I found her energy so beautiful, attractive, and inspiring, and I fell in love with Zumba. Since then, I've been going to Zumba classes and find myself leaving each class happy, positive, and full of energy. Zumba is my happy place. "

Assemgul Nurakhmetova
LU Student

Self Defense Techniques

This workshop was hosted by **Narunpak Rajavejphisal (Dear)**. Dear has a green belt in Krav Maga, the official defense system of the Israeli Defense Forces. It was only made available to the world in 1981, when the Krav Maga Association of Israel and the Israeli Ministry of Education hosted the first international instructor course for Krav Maga.

My prior understanding about self defense was that you should make a move as soon as a person in front of you makes an aggressive move. But the first step in Krav Maga is to tell the "aggressor" with words and hand gestures that you aren't looking for trouble and do not want to fight. If you can avoid the fight, then why not. If you can't, however, Dear taught us several techniques, like:

- 1) Fight stance
- 2) Straight punch
- 3) Palm heel strike
- 4) Hammer fist
- 5) Wrist grab



"Are you asking me why I love Krav Maga? Because Krav Maga teaches you real life scenarios. We don't have fancy moves like other Martial Arts, but Krav Maga has moves to save your life and the lives of your loved ones. Since I took my first Krav Maga class, they don't just train you physically, but mentally as well."

Narunpak Rajavejphisal (Dear)
Students Services Coordinator

Introductory session of CPR and First Aid Training

According to the **American Heart Association**, **88%** of people who suffer from a cardiac arrest outside of a hospital die. Learning how to perform CPR may drastically improve the chance of saving a person's life.

Sandra Sengdara Siharath, the founder of Seachampa, came to our university to give us an introductory training on medical procedures to administer before help arrives. She exposed us to some realistic emergencies, and shared the knowledge and skills needed to respond safely and effectively. She demonstrated the following:

- Basic CPR for adults, children and infants with the help of mannequins
- Using a first aid kit
- Pressure dressing for broken arms
- Legal issues
- Automated External Defibrillator (AED) stimulation



LINCOLN UNIVERSITY PARTNERS WITH COLLEGE CENTRAL NETWORK® TO HELP STUDENTS AND EMPLOYERS CONNECT!

We're pleased to announce that Lincoln University Career Services has joined College Central Network (CCN) to connect employers to students!

CCN is a modern platform that provides cutting-edge technology to best connect employers with qualified candidates, quickly and intuitively. The Network app alone features opportunities for part-time jobs, internships, and full-time employment, making the job search experience easier for students.

"College Central's app connects students to exclusive jobs at Lincoln University. It also connects students to national jobs and internships via JobsCentral® and InternCentral®," said Ana Maria Gower, Director of Student Services. "For students, the process is simple: they register for free at CollegeCentral.com/lincolnuca. After completing their profile, each receives a Welcome to College Central Network confirmation and can immediately install and use the College Central app. All registrants can then interact with career services, as well as search for and apply to jobs!"

The College Central app also provides the quickest way to sign up for career fairs, workshops, and résumé reviews, and to schedule appointments with Career Services staff. Users can explore and find amazing job and internship opportunities geared toward Lincoln University students. The Network also pushes out customized, relevant content for our school. Plus, all students have access to Job Agent, which automatically matches jobs to an individual student's profile. With CCN, Lincoln University students and alumni can apply for part- or full-time jobs and internships; schedule appointments with our career advisors; sign up for workshops, job fairs, and events, including those that feature employers visiting Lincoln University for on-campus interviewing and information sessions; and access extensive job search and career advice resources. For example, highly ranked College Central Podcasts feature over 100 short but concise 6-minute dives into specific career topics and are perfect to listen to between classes or while commuting.

To date, over 6 million jobs have been posted on College Central Network, and more than one million employers have registered and actively recruit students through the Network! Over 100,000 California-based employers are registered with CCN.

Job Seekers:

Find out fast who's hiring today! Add the College Central® App to your home screen.



Get It Now!



©2019 College Central Network, Inc. All rights reserved.
Search our school's exclusive jobs database, Jobs Central® and Intern Central®

CollegeCentral.com/lincolnuca



Lincoln University invites employers to register at CollegeCentral.com/ and post job opportunities for **FREE** to our students as part of this new partnership.

SCHWAB'S SUCCESS STORY

“The best place to succeed is where you are with what you have.”

- Charles Schwab



Picture : schwab.com

- Ashi M. Idicula
Author

Choose something you're passionate about. When Chuck was a kid, he wanted to be able to buy anything he wanted. He's now able to do that while conducting an innovative business that helps thousands of people.

Advice on **INVESTING**

Educate yourself about investing. Our educational system is still behind on sound financial literacy. Index funds are great but they are dull to young people. Think about Microsoft, Netflix, Amazon etc

Advice on **CAREER CHOICES**

On October 22nd, the Commonwealth Club hosted an insightful conversation with Charles Schwab in San Francisco. Charles “Chuck” Schwab is one of the world’s most influential financial executives. As of 2019, nearly \$3.6 trillion worth of assets are managed by the eponymous Charles Schwab and Company. Mr. Schwab founded his brokerage firm in 1971 with a loan of \$100,000 and four employees in San Francisco. In conversation with Adam Lashinsky, Executive Editor of Fortune magazine, Chuck explained that during the firm’s cradle days, Wall Street venture capitalists were reluctant to fund his company, cognizant of the threat posed by a customer-service centered financial services firm. A customer-service oriented firm was counterintuitive to the predominantly commission-focused brokerages in New York. Out in the West Coast, however, Chuck’s vision had advantages. He benefited from being in the technologically savvy Bay Area and found the attitudes of people less commission-focused. He attributes his success to putting customer needs first and letting customers make buying decisions, rather than focusing on selling products. The outrage of established firms didn’t help Chuck obtain enough capital for his vision. To get the support he needed for his innovative financial firm, he personally went to radio stations around the country to give interviews about his company. Even though he had limited resources and support, he succeeded by taking advantage of the opportunities that were available to him.

WSCUC Accreditation Review

Image Source : Hatch

Dr. Walter Kruz
Chairman, MIS Department
Lincoln University

WHAT WSCUC ACCREDITATION MEANS TO OUR STUDENTS?

After a great deal of preparation, Lincoln University has been recommended for initial accreditation by the WSCUC accreditation reviewers following their October 2-4, 2019 site visit. The final decision on accreditation is expected in February 2020.

WSCUC stands for WASC Senior College and University Commission and is a regional accrediting agency serving public and private institutions in California, Hawaii and the Pacific. WSCUC encourages continuous institutional improvement and assures the membership and its constituencies (students and teachers) that the accredited institutions are fulfilling their mission in service to their students and the public good.



How will Lincoln students benefit from this upcoming new accreditation? Let's see:

- School commitment to continuously improving quality education.
- Students will become part of a prestigious group of schools, including the UCs, Stanford, and other major universities. Employers will note this.
- Lincoln credits will more easily transfer to other WSCUC schools.
- Foreign students will have an easier time getting their student visa.
- Domestic students will be more motivated to enroll.

But not only do students benefit, the Oakland community will gain value by welcoming a renewed 100-year-old institution into its downtown area. And, as a teacher, I will benefit by having my students' hard work be recognized as WSCUC quality.

HUMANS OF LINCOLN



UPLAKSH KUMAR



WE ALL HAVE OUR PURPOSE AND

People often ask me what I believe in, if I am spiritual or religious. They are intrigued when I tell them that I am an **Animist**, someone who believes that living beings other than humans also possess souls and spirits. I have always been an animal lover, but throughout the years, especially after coming to the U.S., my desire to do something for the voiceless has intensified. I found purpose and meaning in helping them. Joining different organizations helped me meet many people who believe and are fighting for the same cause, and to know that I am not the only one.



ANIMISM IS MINE

THE 3 VALUES THAT CAN SAVE THE PLANET

Ayotunde Fasanmi
(United People Global Sustainability Leader)

My first lobstering experience was on Hurricane Island, off the coast of Maine, in the summer of 2019. It was an intriguing experience for me and the rest of my team. On that bright and beautiful morning, we sailed from the island, a little way off the shores of the Atlantic Ocean, and began lobster hunting. Some traps were pre-set, we only needed to pull them up, one after the other. We pulled up our first trap and it was filled up with a variety of lobsters, crabs and cockerels. We were so excited. But, therein lies one of the most amazing lessons about environmental sustainability, that I would love to share with you.



UNITED PEOPLE GLOBAL

MAKING THE WORLD A BETTER PLACE

Our Instructor was not as excited as we were. He said, "The fact that your trap caught them doesn't make them yours." But, why? It's called **responsibility and integrity**, and he explained, "If it's too small, a very big male, or a female with eggs, it's not a catch. We have to throw them back." Really? Yes, which simply implies **knowing your boundaries**. Without these values, we endanger not just lobsters but other species which in turn has an affect on our ecosystem. We're all connected. But nobody was there with us, we could have just taken them all. That is the point about sustainable practices. Most actions that are degrading our precious planet occur where no one is at risk of being arrested or fined. Of course, nobody would throw trash into the ocean or mix compost with recyclables in their home if the police were watching. So, then, it comes down to personal **R**esponsibility, **I**ntegrity and **K**nowing our boundaries. I tag it operation '**RIK our resources**'.

Our planet has been generous to us, providing all that we require for life, but in return we are meant to take care of it in order to sustain it. The planet has been treated as a limitless reservoir of resources for our enjoyment, but it's far from it. It's a give and take to keep it going smoothly. And, our actions go a long way.

This brings us to sustainability, i.e. to meet our needs and the needs of the present without compromising the ability of future generations to meet their own needs. It's no news that the global population keeps growing, this simply means more demands on our planet's resources. Depletion of resources without replenishing equals to loss of resources. Think about the law of demand and supply. Hence, you and I need to take ownership and be more responsible in sustaining these resources. Remember the lesson from our instructor, that is just one of many actions we can take to help restore our planet. We need to make it a lifestyle, and teach it to our children and the people around us.



What are these resources?

The Earth's natural assets are made up of plants, animals, land, water, the atmosphere and humans, all interdependent on each other to sustain the ecosystem. Hence, if there is an environmental crisis, our health and livelihoods are at risk too. The fallout from climate change is a good example of this.

The natural environment affects everybody. It influences our wellbeing, and our ability to supply adequate food, clean water and energy. For instance, the impact of agriculture on the environment has to do with the agricultural practices employed, e.g. use of pesticides, fertilization methods, irrigation problems, pollution, deforestation, etc. And this, in turn, has adverse effects on the water, climate, air, plants, animals, people and the food itself.

You may say, "But agriculture is important for humans to survive." Then the question would be, "How can we meet human needs in a way that preserves nature and biodiversity?" Solutions are possible when the Challenges have been identified, and challenges are solved when everybody takes responsibility to act.

Below are a few practical ways we can 'RIK' our resources for sustainability.

- **If you cut a tree, you must plant another one.** That's sustainable, and helps to continue the supply of oxygen the old tree was giving to the environment. If we reuse or recycle old items, we reduce the consumption of resources for producing that item. Not only that, the amount of carbon released into the environment during production drops, leading to better air quality, more ozone layer, and improved climate. Since climate change affects the world, then the planet is better off. Look at that! We can see how little actions can turn into a global action, and little solutions became a global solution. So, [we can be part of the solution](#).
- **Farmers should adopt organic farming**, which is a multifaceted sustainable agriculture practice that can have a lower impact on the environment. Also, innovative production practices are coming

up with ways to produce more and better crops with less resources.

- **Don't waste** food, water and energy. We need to learn to manage resources.
- **Avoid** purchasing products made from the skin, fur, bone, shell, beak or hooves of an animal in danger of extinction. This will discourage those perpetrating illegal killings.
- Only buy products that you need. This will reduce the demand for that product and eventually reduce its manufacturing thus saving numerous species of plants and animals.
- Go for locally made products, because transportation can increase air pollution.
- Go for organic fruits and vegetables.
- Go for clean and renewable energy.
- Avoid bush burning.
- Go for products from companies that are eco-friendly (check labels, internet).
- Educate others.



THE WORLD NEEDS TO ACT, BUT IF YOU AND I DO NOT ACT, **WHO WILL?**



REMEMBER TO **RIK** OUR RESOURCES!!

THE THREAT OF WILDFIRES TO LOCAL COMMUNITIES



FIRE RELATED COSTS REACHED NEARLY **\$1 BILLION** IN 2018 (FAR EXCEEDING THE BUDGETED \$450 MILLION.)



BY 2100 WILDFIRE BURN AREA COULD INCREASE BY **77%**

NEARLY **3 MILLION** ACRES BURNED SINCE 2017 EQUAL TO EMISSIONS FROM **30 MILLION CARS**

SOURCE:

<https://focus.senate.ca.gov/wildfires/governors-report> & <https://www.ncbi.nlm.nih.gov/pubmed/28405539>



IT'S HIGH TIME TO

THE THREAT OF WILDFIRES TO UTILITY CUSTOMERS



STEEP RATE **INCREASES** TO YOUR MONTHLY BILL



EXTENDED BLACKOUTS AND SERVICE INTERRUPTIONS

LOSS OF LIFE, PROPERTY OR VITAL PUBLIC SERVICES



THE COSTS OF INACTION ON WILDFIRES IS TOO HIGH

10 MOST OF THE **20** destructive fires have happened SINCE 2015 


1 in **4** CALIFORNIANS live in a high-risk fire area

OVER **14,000** HOMES AND BUSINESSES DESTROYED DURING 2018 

In 2018 **\$12 BILLION** INSURED LOSSES



SOURCE: <https://focus.senate.ca.gov/wildfires/governors-report>
<http://www.insurance.ca.gov/0400-news/0100-press-releases/2019/upload/nr14-2019Insured-Losses-2018-Wildfires.pdf>

SAVE THE PLANET

THE THREAT OF WILDFIRES TO HOMEOWNERS


1 in **4** CALIFORNIANS live in a high-risk fire area


OVER **13,000** HOMES DESTROYED DURING 2018

\$12 Billion INSURED LOSSES IN 2018



SOURCE: <https://focus.senate.ca.gov/wildfires/governors-report> & <http://www.insurance.ca.gov/0400-news/0100-press-releases/2019/upload/nr14-2019Insured-Losses-2018-Wildfires.pdf>

**WRITE
YOUR
THOUGHTS**

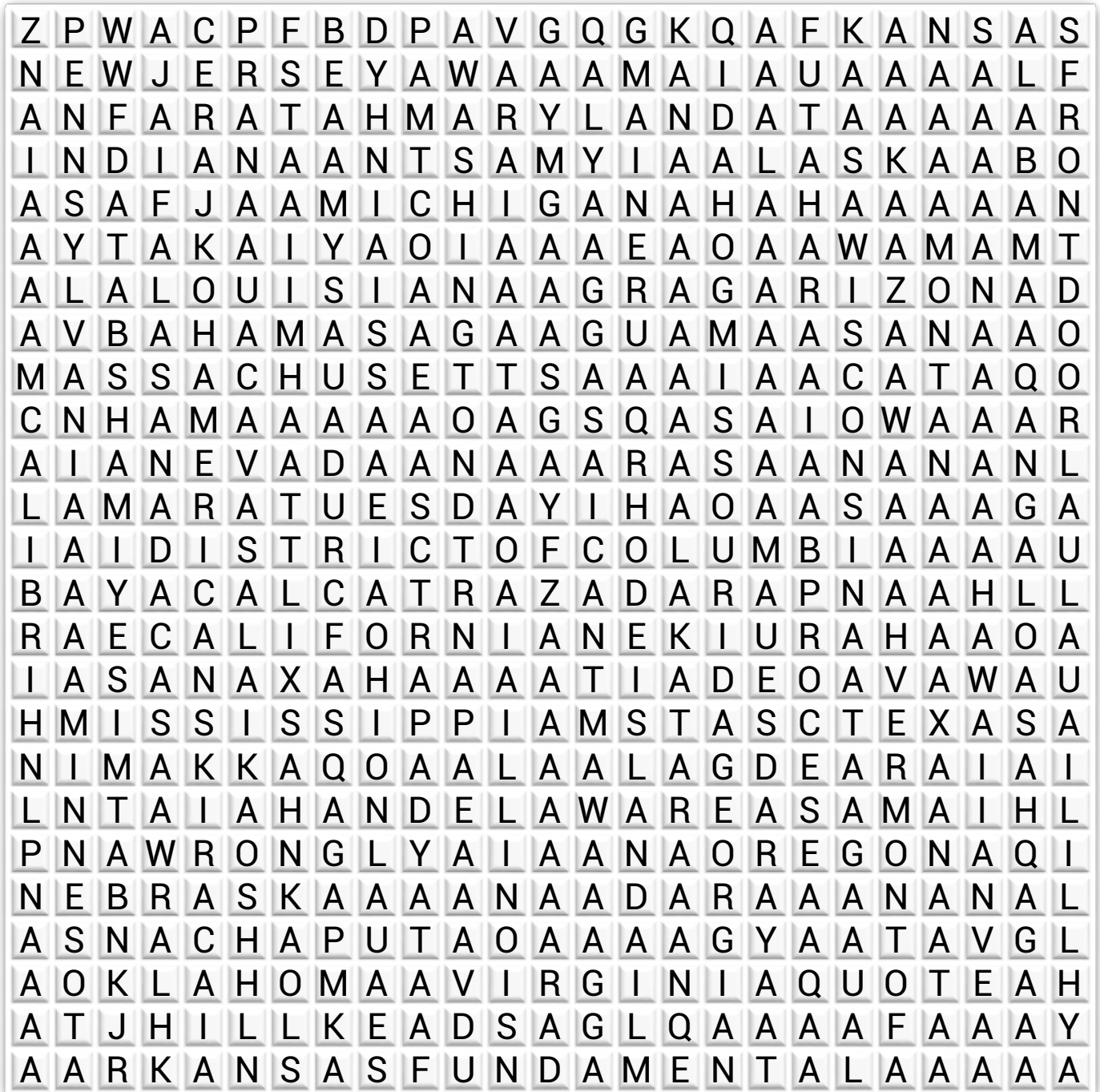


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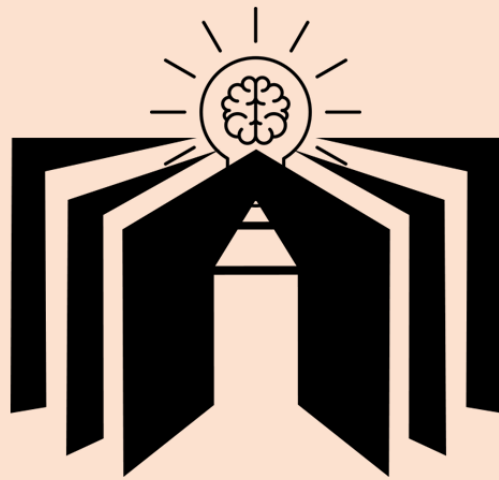
INSPIRE

LINCOLN CROSSWORD

STATES EDITION



FIND 24 OF THE U.S. STATES



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