

Issue 8 / April 2020

LINCOLN CHRONICLE

By Students, For Students



Image : <https://www.washingtonpost.com/technology/2020/03/16/schools-ir-equality-coronavirus/>

THANK YOU

ESSENTIAL WORKERS



Healthcare



Gas Stations



Pharmacies



Transportation



Delivery Service



Post Offices



Food Outlets

**Grocery Stores, Farmers Markets, Food Banks,
Convenience Stores, Take-out and Delivery
Restaurants**

Editor's Letter

Fellow Students, welcome to our first publication in 2020. We are only in the 1st quarter of the year, but we already have enough to chew on. The COVID-19 pandemic has taken us back to the drawing board in terms of what we had planned for the year 2020. From financial health to physical and mental health, some of us are already experiencing the effects. I encourage you to be brave and resilient in the coming months as it will not be business as usual anywhere in the world. In response to the pandemic, we have in this issue some ideas on how you can boost your immune system to resist and fight the virus.

It is a tax month and even though the deadline has been moved, we have a guide for you on how to go about filing your tax return when you are ready. For those curious about cryptocurrencies, you are covered.

Despite the current anxieties, we must fight for a clean environment, see the little things you can do in your daily life to help the planet.

In this issue, we are also introducing the new LUSA president, Mr. Saman Sichani. Read about his visions for students' well-being during his term.

If you've ever found the various Lincoln University departments confusing, we feature two key departments and give you some highlights of their roles.

In December 2019, Lincoln University celebrated 100 years of existence. To mark the occasion, there was a befitting party attended by faculty members, students, and the university staff members. For those who didn't attend, we captured the memorable moments in pictures. Enjoy!

Finally, we welcome your contribution, feedback, and suggestions. If you have a piece you wish to be published in the coming issues, please feel free to reach out.

In the meantime, stay at home and wash your hands.

Yours Sincerely
Editor-in-Chief

Editor-in-Chief

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On the Cover

Illustration by Ryan Johnson

Imagine in a University where people come from at least 50 nations all around the world, the magnitude of cultural experience 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.

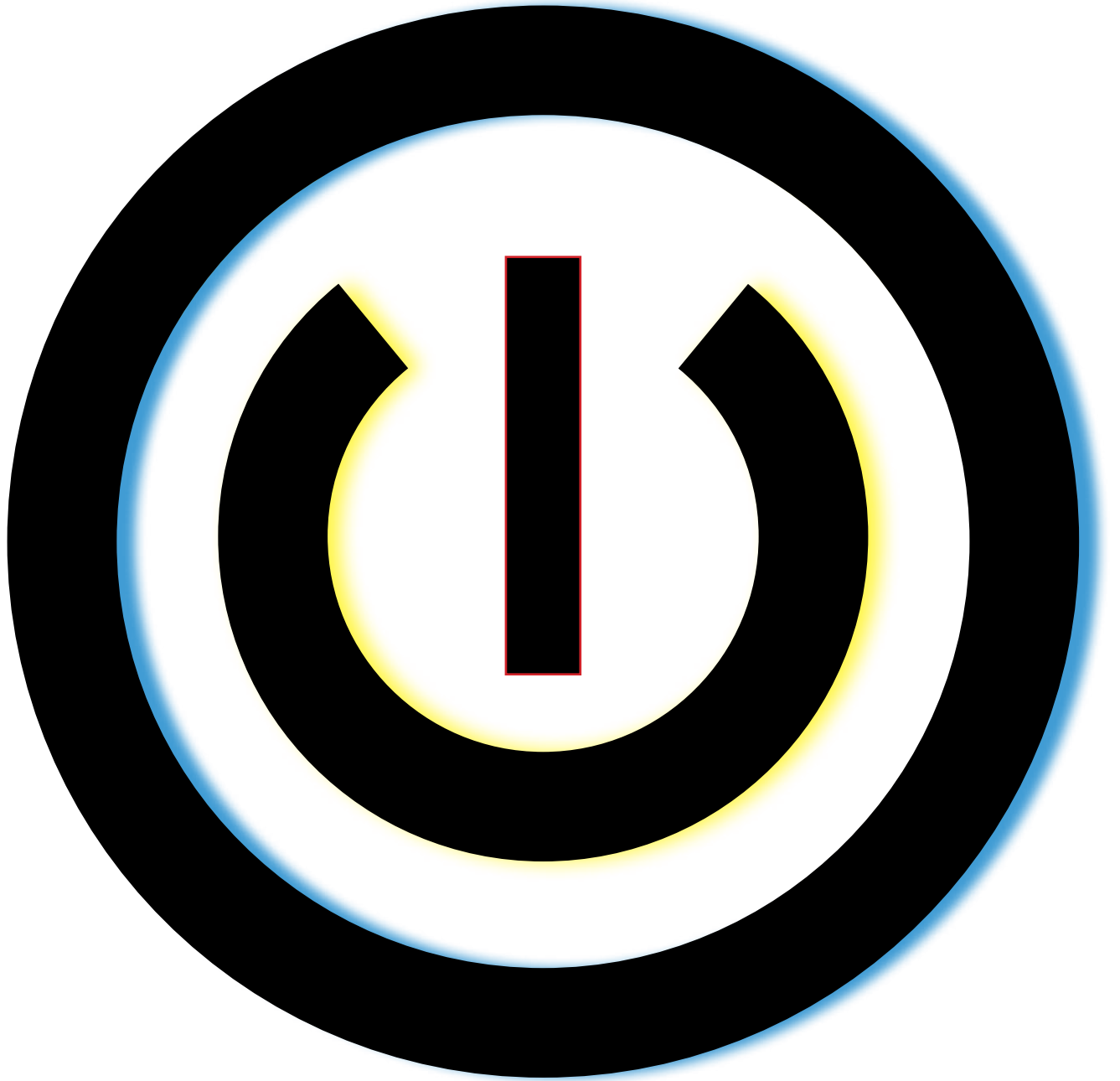
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TAX OBLIGATIONS FOR INTERNATIONAL STUDENTS / F1 VISA HOLDERS

Did you know that the United States law requires you to file your tax return as an international student to be in good legal standing for your F1 visa status? You are required to file your tax return whether you earned an income or not. And, contrary to popular belief, you do not need to have a social security number to do this. Besides the obvious benefit of being eligible for a tax refund, filing your tax return will also make it easier for those who are interested in working in the US after finishing their studies to transition from an F1 visa to an H1B visa.

Here is the list of documents you need to file your tax return, whether you are employed or not:

- Passport
- Form I-20
- Form I-94
- Social Security /ITIN Numbers (for those who have)
- Income Documents (For those who earn income from a business or trade inside the United States)

Tax Obligations for Non-residents who did not earn any income

If you are a non-resident and you are not earning any income from the United States, at the bare minimum, you are required to fill out Form 8843. Form 8843 is a simple and straightforward form to be used by foreign nationals to document the number of days spent outside the US to determine your tax responsibility. Those on F1, F2, J1, J2 or Q visas **MUST** fill out this form unless you have lived in the US for more than five years. The completed form must be mailed to the Internal Revenue Service (IRS) before the tax return deadline which is on April 15th every year. To obtain this form, please visit www.irs.org.

Tax Obligations for Non-residents who have earned or are earning income in the United States

Non-residents who earn an income in the United States must at least fill out Form 1040-NR. This is the IRS income tax return for non-resident aliens who have engaged in or earned income from a trade or business inside the United States. To have earned income in the United States means that you received any amount of money above \$ 0 from a business/ company or an institution within the United States in the form of wages, taxable stipend, grant, scholarship, awards, interest, rentals, royalty, or other income. For an exhaustive list, please visit www.irs.org.

Income that does not require filing Form [1040-NR](#) include:

scholarship for tuition and related expenses, scholarship received from outside the United States, money transferred from parents/relatives overseas, income 'earned' in your home country (investment income, rent, job before moving to the US, etc.), interest on a regular savings account. Again, visit the IRS website for a full list of exemptions.

Next Steps

For those who have failed to file their tax return for previous years, you can still file them along with 2019. If you are eligible for a tax refund, it will take between 6 weeks to 6 months after filing the return to get your refund.

Caution!

Please note that taxes are filed individually. You are not allowed to file for your spouse, partner, friends or roommates. Do not get scammed. The IRS will rarely call individual taxpayers to follow up on taxes owed. The IRS will also never call you to ask for gift cards or cash to make your tax obligations go away.

Please note, this article cannot be used as legal advice or as a guide to tax requirements and obligations. If you need legal advice, please call a lawyer or visit your nearest IRS office for help.



Image Source: <https://www.floridataylorlaw.com/tax-law/tax-obligation-changes-due-to-coronavirus/>

CORONAVIRUS IS HERE, NOW WHAT? (COVID-19)

CCOVID-19, aka Coronavirus, is here and based on the current trend more people are likely to be infected. That could be you or me, not just strangers on social media. According to the [Center for Disease Control](#), existing data shows that COVID-19 is most fatal to those over the age of 85 with their fatality rate ranging between 10-27%, followed by 3-11% for those between the age of 65-84, 1-3% for those between the age of 55-64 years old, and finally under 1% for those between 20-54 years old. The good news is COVID-19 is not a death sentence, and we can help prevent the rise of infections.

If you are following formal sources of news and even informal sources of information like social media, by now you are aware of what precautions you are supposed to take to safeguard against the infection both for yourself and your community. If you are a hoarder, you have probably already stocked up for the coming months. However, COVID-19 is highly contagious and in as much as we take precautions, we must also mentally and physically prepare to handle its effect on us either directly or indirectly.

[New polls](#) by the American Psychiatric Association (APA) indicate that the coronavirus pandemic is greatly impacting the mental well-being of Americans, with the majority feeling anxious about themselves or loved ones. Despite this, little is being highlighted about mental and physical preparation in terms of emotional well-being, physical well-being, as well as food and nutrition either before, during or after the infection. It might be advisable to reasonably stock up on items that can help boost your immune system and shield you further from catching the disease or help fight the infection if you happen to catch it. Some mental and light physical exercises have been known to put people in a better position to fight diseases generally or boost mental strength when dealing with difficult situations.

Here are some essential items we might want in the coming months:



Stay in a Clean Environment - wash and disinfect your surroundings.

Build Your Immune Muscles

Try and eat food that boosts your immune system, rich in [Vitamins C, D, and Zinc](#). The following foods should feature in your diet: [oranges, bell peppers, broccoli, kale, kiwis, tomatoes, strawberries](#), etc. Remember to add [tuna, salmon, sardines, egg yolk and mushrooms](#). If you can't find these foods then consider supplements instead.



Image Source: Raya Soderberg on Unsplash

Drink Up!

Increase your liquid intake, whether its pure water or juices or concoctions made at home. [Lemon, Ginger, Honey](#) is highly recommended as your first drink in the morning before breakfast.



Image Source: Claudia Crespo on Unsplash

Nourish Your Respiratory System

Practice deep abdominal breathing in open-air at least once a day for about 5 minutes. Do a light exercise at least once a day for 10 -15 minutes. The idea here is not to lose weight, it's just to avoid immobility.



Image Source: Photo by Jared Rice on Unsplash

STOP THE SPREAD

WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

MAINTAIN PHYSICAL DISTANCING

Maintain at least 2 metres (6 feet) distance between yourself and others.

AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.

WHEN TO SEEK MEDICAL CARE

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention early but call in advance.

Source: World Health Organization

Sources: Older Adults (2020, March 21). Retrieved from https://www.cdc.gov/coronavirus/2019-nCoV/older-adults.html



Let go
of things
that don't
matter.

Asad Meah

THE PROPER WAY TO WASH YOUR HANDS

- 1** Wet hands.
- 2** Use soap.
- 3** Wash hands while counting to 20.
- 4** Rinse completely.
- 5** Dry hands with paper towel.
- 6** Use paper towel to turn off faucet.
- 7** Put paper towel in trash.



DEVELOPING A LIFESTYLE OF SUSTAINABLE PRACTICES

Sustainable action does not necessarily have to come as a big innovation in science, automobiles, or engineering. Even little actions count when everybody does something. Sustainable actions can form part of our daily goals, values and lifestyles as individuals, organizations and governments. However, it's not limited to governments or international organizations like we always think. Everyone needs to be involved, and it starts with you.

Now, you might say it's impossible or unrealistic for one person to bring an end to environmental issues or stop climate change, but our collective action can result in significant impact. Below are some of the actions we can incorporate into our lifestyle to facilitate environmental sustainability.



- Reuse water bottles, grocery bags and plates.
- Use handkerchiefs instead of paper towels.
- Create a food garden in your backyard.
- Conserve water, energy and food.
- Use renewable energy such as rechargeable batteries, solar and LED lights and inverters.
- Reduce water wastage when you wash and bathe.
- Vote for the right policies, and sentiments.
- Do not keep water running when brushing or washing; turn off the tap and only turn it back on when needed.
- Go for environmental-friendly brands.
- Gift out your used items rather than trashing them.
- Inform others about sustainable practices.

All these simple acts can go a long way in facilitating environmental sustainability. We cannot overemphasize the need for educating the global population on sustainable practices. A good way to make this knowledge widespread is to include environmental sustainability in academic curriculum for schools. By doing this students begin to internalize these practices, thereby promoting a strong culture of sustainable practices.

-Ayotunde Fasanmi
(United People Global Sustainable Leader)

THE PUZZLE OF BITCOINS AND CRYPTOCURRENCIES

All of us are aware of bitcoins and other types of cryptocurrency. It may sound extremely strange that something stored on the internet gives you buying power. This something is not information about your bank account, and this something looks quite irrelevant to actual money. Even more confusing is the fact that anyone can generate bitcoins for his/her own use just by running a computer program. This all makes us feel like Alice in Lewis Carroll's *Adventures in Wonderland*.

People use cryptocurrency to buy real things including cars and other expensive items. People can exchange bitcoins into actual American dollars, and the exchange rate is actually quite high in favor of the bitcoins. As of the beginning of March 2020, one bitcoin can be exchanged for eight and a half thousand dollars. This means that you would pay eight and a half thousand actual real dollars and get one bitcoin, which does not physically exist. There are no physical bitcoins in our real world. Bitcoins exist in the virtual world of computers and the internet. Thus, what is this? Is it a scam? Or maybe, a computer game?

Let's try to understand what cryptocurrency actually is. We start with the history of money. Money was first introduced as a universal media for exchange in contrast to the barter, when people closed the exchange chain by finding matching goods or services. The universal media made exchanges a much easier action. Note that money didn't always have a high commodity value. Some tribes used seashells or other physical objects as money, not always gold or silver. Other roles of money such as a store of wealth, unit of an account, and liquidity, appeared almost automatically with money. Note that money is only a good media for exchange if all participants want the money. As soon as the participants of the exchange no longer want the money, the money loses its ability to be a media for exchange.

Thus, money of the real goods everybody wants but for the purpose of exchange. Paper money as another level of commodity money. was introduced as an abstraction over commodity money. Paper money is easier to produce and for this reason paper money has a strong tendency for inflation.

Most Americans no longer use cash for all transactions, but prefer credit cards or electronic methods of payment. When you use a plastic card, for some reason the seller hands you real goods or renders real services. Just for showing a plastic card, it is your possession. Are you following the allegory? Plastic cards and electronic transactions are a medium to exchange money. It is another level of abstraction.

Cryptocurrency is yet another level of abstraction in the monetary system. The first cryptocurrency, Bitcoin, was introduced on January 3, 2009 on the internet in the form of an open source software by Satoshi Nakamoto. Nobody knows whether this is a real person or a fictitious name of a person or a group of people. The idea of Bitcoins is to make transactions trackable. A new block of information is created for any new transaction. The block contains all information current and past about this transaction. All blocks form a blockchain. Generating a new block requires running a computer algorithm. The Bitcoin software



performs such a task, and for their efforts the users who run those algorithms are granted a certain amount of bitcoins. The number of potentially generated bitcoins is limited and the size of blocks are growing with the number of transactions. This is one reason, but not the only reason, why the cost of one bitcoin is so high.

Thus, cryptocurrency in general and Bitcoins in particular are not a scam but the next level of abstraction in the world of money. It is hard to say what will happen to Bitcoins or any other cryptocurrency in the near future. However, it is clear that cryptocurrencies occupy their own space in the monetary system.



Image Source : Pete Linforth from Pixabay

-Professor Sergey Aityan



**It may sound
extremely strange
that something
stored on the
internet gives you
buying power**



WHO CAN ANSWER YOUR QUESTIONS?

Most of us are busy, and we don't take the time to understand which department is responsible for what and who to speak with when you have a question. Most of us end up at the Student Services office. And, even though the Student Services Director, [Ana Maria Gower](#), never turns away students without guiding us in a helpful direction, we thought we should bring your attention to another department whose role is vital to international student's legal status in the United States: the Designated School Official (DSO) Department. According to the Department of Homeland Security, this office is meant to officially guide you or answer your questions regarding your legal status as well as your eligibility for various activities, including working while in the United States. The DSO director for Lincoln University is [Ms. Peggy Au](#) and her office is located inside the Admissions Office. Please feel free to book an appointment with her anytime between Monday and Friday by calling [\(510\) 628-8038](#) or sending her an email. (Note: During Shelter-in-Place appointments will be virtual.)



Image: "Designed by pikisuperstar / Freepik"

The table below lists some of the roles of the [Student Services Department](#) and the [DSO](#) department to give you a brief guide on who to ask in each situation. Please note, this list is not in any way exhaustive and it does not prevent you from walking into or calling any department of your choice and asking any questions you might have. You will still get help or be guided in the right direction no matter which department you call or talk to.

| DSO (DESIGNATED SCHOOL OFFICIAL) | STUDENT SERVICES |
|---|-------------------------------------|
| Eligibility for work in the United States | Academic counseling |
| Applying for a Social Security Card | Personal support/counseling |
| Changing your major, program or degree level | Career Services and Internships |
| Changing your education level (to start a new program) | Health Insurance |
| Transferring to a new school or taking a leave of absence | Housing and accommodation |
| Traveling outside the United States | Joining clubs or workshops |
| Requesting a program extension | Volunteering and community services |
| Changing your name/s | Student activities and tours |
| Moving to a new address | Student government (LUSA) |
| | General inquiries |

LUSA PRESIDENT : FULL INTERVIEW

In February, Lincoln University students voted for their new 2020 LUSA President, [Saman Mohammadi Sichani](#). In a recent interview with Sam, we learned more about him, the LUSA Team, and their vision for its future.



Tell us a little bit about yourself.

I'm a diagnostic imaging student in my second year of study. I moved to the USA to change my life and I am very pleased with the way things are turning out. I'm experiencing new things, meeting new people and making lots of connections. I know it's not going to be smooth sailing all the way, but nothing is easy in this world, so I am determined to meet my goals and make a better future.

I'm currently single and not looking for a serious relationship because I'm very immersed in my studies and meeting my short term goals and not in a position to handle a relationship at the moment.

Why are you interested in being LUSA President?

I am interested in this position because it's a step forward toward some of my goals which are to take on new challenges, interact outside of my culture, get an opportunity to help people, and learn from them. I thought being the president would open doors to these kinds of interactions.

Who are your team members?

We have LUSA Vice President [Ms. Sahar Masjouni](#), Treasurer, [Mr. Suliman Kohistani](#) and our Secretary is [Ms. Belyne Miruka](#).

SAMMAN



I am here to help students in any way possible both for academic and non-academic issues.

Could you tell us briefly about the duties and responsibilities of your position?

Well, I am here to help students in any way possible both for academic and non-academic issues. My team, together with the student services office, is here to make this on-campus life a bit more enjoyable for both domestic and international students. We want to give students better services and provide fun activities so that they can have an unforgettable and fun college life despite everything else.



What are your expectations from your constituents? How can we help you as students to make things run smoothly?

I would like them to be active, to join clubs and workshops provided. Money and time have been put into running these activities by Lincoln University staff, and the student services office and I would like to see students making use of them and hopefully to learn something or be able to give us feedback on what areas we can improve on and what activities we should add or remove.

We have a challenge with students not participating in the activities/events happening around campus. What can the student body do to get them more interested and involved?

I have received lots of feedback in regards to the kind of activities that students would prefer and would make them participate

more, so we plan to add more non-academic activities beyond what exists right now, for example, music workshops, gym, competitions like pool, table tennis, and basketball. We plan to add or remove activities if necessary as we keep getting feedback from students. Of course, all this now depends on how things go as far as the Coronavirus Pandemic is concerned.

What about the fun stuff? What activities can we expect this year? Free lunches perhaps?

Yes, we have a lot of things in the pipeline if the situation with COVID-19 improves and we go back to life as usual. We have planned for book reading sessions, which involve choosing a book and assigning a chapter to each member and then meeting and discussing lessons from the books. We also plan to have music classes where students can teach each other how to play different types of musical instruments. There's also a plan to re-introduce language classes like Spanish and maybe even English classes because some of our students are still learning and mastering the English language. We had planned our yearly cultural day but unfortunately, due to this Coronavirus confusion, we could not have it this time.

Tell us two things we don't know about you.

I guess a lot of students don't know that I am a music enthusiast and I am a guitar player. Lots of them also always seem surprised when they see me in my scrubs which means they don't know that I am a diagnostic imaging student, so I would like to take this opportunity to invite them to come to the DI Lab for an ultrasound.

Unfortunately, I don't have anything exotic or extraordinary about me but I will surely call you when I think of one.

BUSINESS FACTS AROUND THE WORLD

If you have \$10 in your pocket and no debts, you are wealthier than 25% of Americans.

Wal-Mart averages a profit of \$1.8 million every hour.

Dasani water is just purified tap water; it doesn't come from a natural spring.

Adding /4 to the end of Facebook's URL will take you to Mark Zuckerberg's profile.

Sixty-four percent of consumers have made a purchase decision based on social media content.

More people in the world have mobile phones than toilets.

The Rubik's cube is the best-selling product of all time. The iPhone is second.



In 2000, Coca-Cola launched a stealth campaign against water called "Just say no to H₂O."

Smoking near an Apple computer voids the warranty.

It is not common knowledge but Google was originally named BackRub.

In iPhone ads, the time is always 9:42 a.m. or 9:41 a.m., because Apple events start at 9 a.m. and big product reveals generally happen 40 minutes into the presentation.

Source: <https://www.buzzfeednews.com/article/jessicamissner/57-fascinating-business-facts-that-will-blow-your-mind>
Image Source: https://www.pngitem.com/pimgs/m/537-5377468_fun-facts-png-did-you-know-transparent-png-prigour-mind

1919 - 2019

CELEBRATING 100 YEARS

On November 16, 2019, Lincoln University celebrated its 100 Year Anniversary. To commemorate the day, we were joined by over 200 local and international guests including local dignitaries, business representatives, board, faculty, staff, alumni, and their family members. The centennial party was held at the California Ballroom in Downtown Oakland. We were also joined by some of our donors including Lincoln University Alumni, AC Transit, and Canventa Life Sciences.

Following a welcome speech by President Mikhail Brodsky, Mayor Ally Medina from the City of Emeryville congratulated Lincoln University on its impressive 100-year history. The speakers included our alumni Silicon Valley Engineer and Entrepreneur, Lauri Viitas, Lincoln University Registrar, Maggie Hua, and President and CEO of Western University College, Ethiopia, Abetu Melaku. The Chairman of the Board, Allan Samson, also told nostalgic stories about Lincoln University's history.

Entertainment weaved throughout the evening, all performed and led by Lincoln University students or alumni, and owing to the diverse background of the LU community, the performances were as varied as they were impressive.

The highlight of the evening was an award from Oakland District 3 Councilwoman Lynette Gibson McElhaney presented to President Mikhail Brodsky on behalf of Lincoln University. McElhaney commanded the room with her charisma as she declared November 16 "Lincoln University Day" and expressed gratitude for Lincoln University's contribution to the City of Oakland and beyond.





CLICK, **K**LICK & CLICK PHOTOS SECTION





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