



LOTUS LINK

Your Monthly Measure of
Character, Compassion, and Community





"It does not matter how slowly you go, as long as you do not stop."
-Confucius



UNIVERSITY OF THE WEST CLASS OF 2019

*Students who participated in the commencement ceremony
may not be listed below if their degrees had not conferred by time of publication.*

Buddhist Chaplaincy

Scott Gabel (MDiv)
R. August Peterson (MDiv)
Conor Smith (MDiv)

Ethkandawaka Saddhajeewa (DBMin)

Business Administration

Jun Hong Chai (BA, Marketing concentration; Nanhua University 2+2)
Yilun Lu (BA, Accounting concentration; Nanhua University 2+2)
Bryan Osorio (BA, International Business concentration)

Saroj Bhandari (MBA, Computer Information Systems concentration)
Luis Cabrera (MBA, Computer Information Systems concentration)
Yanxuan Chen (MBA, International Business concentration)
Yingbin Chen (MBA, International Business concentration)
Song Gao (MBA)

Wei He (MBA, Computer Information Systems concentration)
Wennan Jiang (MBA)
Kaushal Kadel (MBA, Computer Information Systems concentration)
Shin-I Kuo (MBA, International Business concentration)

Ran Li (MBA, International Business concentration)
Pauline Lim (MBA, International Business concentration)
Divya Peiris (MBA, Computer Information Systems concentration)
Binaya Rijal (MBA, Computer Information Systems concentration)
Shibo Sun (MBA, Computer Information Systems concentration)
Jie Tao (MBA, Finance concentration)
Shao-Ying Wang (MBA, International Business concentration)
Lei Zhang (MBA, Computer Information Systems concentration)
Xuanjing Zhao (MBA, International Business concentration)

Shuai Zhang (Post-MBA Certificate)

English

Benjamin Chung (BA, Literature concentration)
Yu-Yun Cheng (BA, Literature concentration; Nanhua University 2+2)
Ern Yie Lee (BA, TESOL concentration; Fo Guang University 2+2)

General Studies/Liberal Arts

Mengzhe Liu (BA, General Studies, minors: Psychology, TESOL)
Chih-Hsien Chou (BA, Liberal Arts, Business concentration; Fo Guang University 2+2)
Yu-Hsuan Chen (BA, Liberal Arts, minor: TESOL; Fo Guang University 2+2)
Chih-Shan Chuang (BA, Liberal Arts, Literature concentration; Fo Guang University 2+2)
Kuan-Yi Teng (BA, Liberal Arts, minor: TESOL; Fo Guang University 2+2)
Yu-Chen Lee (BA, Liberal Arts, Literature concentration; Nanhua University 2+2)

Psychology

Shiau-Fan Yu (BA; Fo Guang University 2+2)

Jon Century (MA, Marriage & Family Therapy)
Veronica Rocha (MA, Marriage & Family Therapy)
Amanda Roman (MA, Marriage & Family Therapy)
Jason Stringer (MA, Marriage & Family Therapy)

Religious Studies

Yingnian Zhou (MA)

Margaret Meloni (PhD, Buddhist Studies)
Laura Loan Thuy Nguyen (PhD, Buddhist Studies)
Karuna Thompson (PhD, Buddhist Studies)

EXchange + ESL Program

Fo Guang University Exchange	ESL Certificate
Chi-Yuan Chang	Han Na Lee
Ying Hua Chen	Nanhua University Exchange
Tsz Ting Cheng	Hao-Chun Chang
Rou-Yu Chiang	Guan-Ming Chen
Yi-Jie Chiang	Hsuan-Yu Chen
Ju Chun Chiu	Yung-Hsin Chuang
Yun-Chen Hsieh	Chia-Chen Hsu
Chu-Han Hsu	Chia-Ling Hsu
Hung Ju	Yun-Hsuan Huang
Szu-Tsen Lee	Chia-Chun Lai
Chen-Chieh Liao	Hou-Jen Su
Yi-Ting Lin	Nanjing Xiaozhuang University Exchange
Yun-Chin Lin	Ziling Wang
Chih-Han Shih	National Pingtung Univ. of Science Exchange
Yueh-Lin Yang	Te-Jung Chen
Honam University Exchange ESL	National Taitung University Exchange
Hyein Jeong	Liang-Ying Chen
Jiyong Oh	Hsin Lin
Jaehee Park	Wenzao Ursuline Universit Exchange
Timode Shin	Szu-Chun Yeh

TRINITY BUSTRIA UNDERGRADUATE VALEDICTORIAN

Thank you very much. Before I proceed, may we please bestow a round of applause to my fellow graduates? They deserve it; I should know, for I have taken classes with most of them! Furthermore, may we also give a round of applause to the families and friends of our honored graduates, for raising upstanding, diligent human beings and for supporting the graduates? Please, let's, as host and comedian Arsenio Hall was wont to say, "show them some love!"



President Chang, respectable Deans and staff, honored parents, esteemed colleagues and fellow graduates, ladies and gentlemen: After some contemplation concerning what I would say on such a momentous and august occasion such as this, I elected to state what follows, being true to myself. I am known on this campus for stressing the importance of beliefs and worldviews. Following the format of the 1950s version of the United States radio program, entitled This I Believe and hosted by Edward R. Murrow, I will share a little as to what I believe.

I believe that life is inherently rough and not intended to be easy. I believe that a person should be informed of life's inherently vexing, sore nature as early as when he/she begins to read. Being informed that life is patently fraught with "suffering", "pain", "unsatisfactoriness" or "stress" at a young age might make living life easier throughout the rest of one's duration on this earth. Most of what I know is from books, and I certainly wish I read at the ages of six and seven that life is permeated with "suffering", "pain", "unsatisfactoriness" or "stress."

Notwithstanding, I believe that life can also be joyous, abounding with a delight capable of transcending dukkha—the Sanskrit and Pali word for "suffering", "pain", "unsatisfactoriness" or "stress"—if an individual so elects to be happy. Happiness is a choice. However, it is all too often a choice not made by people, and I base this on a vast array of experiences of my own from the past seven years.

I have come to learn in the last few months of this year that one's happiness is chiefly dependent on having the correct outlook on life. Essentially, if a person is aware that life is not always pleasant and accepts that truth, he/she can sincerely, seriously, sagaciously, and serenely engage the worse of situations. At the very least, one may meaningfully grow from experiencing chaotic upheavals, nasty words, financial loss, family drama, etc. if he/she embraces the basic, fundamental truth that life is rough. An individual should never adopt a pessimistic posture, pondering and predicting every possible or probable peril or problem that can occur under the sun. Nor should an individual don an attitude that assumes that all is well or that all things always end well. THEY DON'T. He/she must instead embrace life for what is (i.e., an existence characterized by dukkha - "suffering", "pain", "unsatisfactoriness" or "stress") and make his/her decision to be happy,

regardless of what transpires, is transpiring, and will transpire. Then, he/she will be able to engage the circumstances of life and the people around him/her for the sake of his/her own good and that of others.

Without sermonizing, you owe it to yourself and others to decide on being happy. I believe that the choice to be happy necessitates the application of Ralph Waldo Emerson's self-reliance. Emerson's self-reliance maintains that people should be trailblazers, carving out their own path rather than blindly following that of others.

If you are to be happy, do not bother to conform to others' wishes or views. As Polonius said in Shakespeare's Hamlet, "This above all: to thine own self be true..." About 400 years later, rapper Funkmaster Flex added:

"Do you - Cuz what it boils down to it's true
Do you - Cuz you are held accountable for you...
Do you - Cuz I'mma do me, truly"

Nobody else apart from you will decide your happiness; therefore, do you.

You are bound to encounter a vast array of future misunderstandings, conflicts, disputes, and the like in your career, academic endeavors, relationships, family, etc. from this day forward, proceeding into the world—after graduation. The celebrated and rightfully controversial President of the United States Bill Clinton once remarked, "If you live long enough, you'll make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit."

Your mission, should you choose to accept it—my hope is that you do—is to always bear in mind that life is rough. Your mission also—should you choose to accept it (once more, I hope you accept it)—is to constantly inform yourself that you can meaningfully overcome or grow from life's difficulties. This would be the case IF you commit to being the most studious, applied, diligent, sincere, upright, ethical individual you are capable of being and becoming.

I believe you will discover a joy or delight that will enable you to encounter life's hardships, IF you do what you can to make the best of your circumstances. This joy or delight, let it be stressed, is something that has to be cultivated repeatedly throughout the duration of your lifetime because it—like changeling circumstances or individuals—comes and goes. To be happy, you need not to do any other thing than to be true to yourself and do you—as Hamlet and Funkmaster Flex have said—every day, all the day. Thank you!





unwillingly, sliding towards the Pratyeka path. However, just like the Buddha's death was really his pari-nirvana and marked the beginning of the blossoming and spreading of the Buddha's teachings world-wide, so too is our ending here not our dissolution into isoated Pratyekas, but the beginning of our true engagement and integration into community.

In the Mahayana tradition, this emphasis on community is reflected in the very first of our Four Great Vows – “Sentient Beings are infinite, I vow to serve them all.” Today, as we go forth, we all carry with us special gifts which no one else shares. These gifts allow us access to different and diverse communities which no one else has the opportunity to reach. Some of us have access to hospitals, to the military, to those struggling with addiction, or to different business communities. Many of us have access by virtue of our culture, heritage, or language skills to people who live around us that the rest of us would struggle to fully integrate with, but you have that access right now. We will spread forth from here, touching those who only you can touch, bringing about both a deeper and wider community than we have now. Thich Nhat Hahn has said that “the Buddha of the future will be the Sangha.” Our spreading out now is the first step to the fulfillment of this prediction, especially in this country where Buddhist teachings are not yet widely known. We each carry with us a unique ability to reach those who have never encounter the hope of our practice and as we serve others so too do we make our own lives richer through our mutual support. Through upholding our Sangha, upholding our community, and serving others do we truly manifest what it means to be Buddhists, and it is a path that I am excited to see each of you begin today. Thank you and congratulations on all that you have achieved and all that is waiting for you in your future.



Good morning. I'd like to thank everyone here today for making our graduation possible – not only the ceremony today, but the journey we have all been traveling together over these past many years. I would like to express my congratulations to all the graduating seniors, and my deepest gratitude to the faculty and staff here at the University of the West for making our success here today possible.

I just arrived back from the 2019 United Nations International Vasek Celebration. When Buddhists think about Vasek, we usually think about the Buddha's birth, making this a time to celebrate new beginnings in the Buddhist world. The UN, however, recognizes this time as a celebration not only of the Buddha's birth, but his enlightenment and death, his pari-nirvana, all at the same time. This seems very apropos to our own situation here, as we celebrate a three-fold combination of our own momentous occasions – this is our own “death” as this stage of our journey comes to an end, but it is not grievous since this is also a culmination of our studies and our practice, our own small piece of the universal Enlightenment of the Buddha that we have found together. It is also a celebration of our new beginnings, the birth of our future careers and work as we journey out into our communities and begin the true work for which we have been training for so long.

While the theme of the UN celebration this year was mindfulness, on a deeper level, everyone who attended was focused on a deeper theme of community and service. Everyone in our Buddhist family, regardless of tradition, take refuge in the Triple Gem - the Buddha, the Dharma, and the Sangha - as their first step along the path of Buddhism. No matter what other differences in style or practice we might have, we all begin with this universal tradition.

Buddhism sometimes refers to shadowy figures called Pratyekas, who seem to match what we mean when we talk about what it means to be a Buddhist. Pratyekas are buddhas themselves, and so match the first facet of the Triple Gem. They are fully enlightened beings, and enlightenment only comes about through complete and total unity with the Dharma, the teachings, which they fully understand and embody, meeting the second facet of the Triple Gem. Surprisingly, however, we don't actually know who these people are. We do not know where they live, what they do, how they practice, or who they are. We do not venerate them in the same way that we venerate Shakyamuni Buddha. Why not? Pratyekas have not Sangha, no community. They never chose to share their understanding with others or work for the betterment of other people. They uncovered and accessed the truth of reality and the end of suffering and never told anyone else about it. In my mind, this shows the overarching importance of the third facet of the Triple Gem – the Sangha, or our community. It is only through our interactions and mutual support of each other that we truly become Buddhists. There is no such thing as a “Lone Wolf Buddhist;” if we lack a community, even with complete and total understanding, enlightenment can only make us become Pratyekas.

Our commencement, in some ways, marks the end of community. It is an end of our time together here and for all of us to be together again in the same place at the same time is unlikely. This seems to imply that we are now, however



"It is absolutely
still possible
to make
a difference."
-Michelle Obama



STUDENTS REVIEW IT

Need something to do this weekend? ESL students have you covered! All students, staff, and faculty are welcome to submit reviews of movies, books, restaurants, local attractions, etc. Please contact newsletter@uwest.edu

SHOPAHOLICS' KINGDOM HERE IN LOS ANGELES

Contributors: Amy Huang, Alice Jiang & Alice Hsu



LA is a paradise for shopping and for people who like to find a lot of discounts in malls. When international students come to LA, the first thing for most of them is to shop. We want to recommend two malls for UWest international students. The first mall is the Shops at Montebello, but people call it the **Montebello Mall**. The other one is Westfield Santa Anita, but people call it the **Arcadia Mall**. There are many differences between these malls, with both advantages and dis-advantages.

The first difference between Montebello Mall and Arcadia Mall is convenience. Montebello Mall is so nearby school that you can walk there, especially if you live on campus, while the other one is a little far (1-2 people can take Uber for around \$9).

Although Montebello Mall has fewer stores than Arcadia Mall, there are a lot of discounts that you can find. In contrast, the Arcadia Mall has more shops for people to choose from, with more luxury stores such as Nordstrom or Michael Kors, but the prices can be expensive. In addition, Arcadia Mall has more activities, such as a bowling alley, KTV for entertainment and an outside area where you can sit, relax and people-watch.

The other difference is food. In the Arcadia Mall, both Asian and Western food can be found. If you want to enjoy traditional American food, you can go to BJ's Restaurant and Brewhouse or Applebee's. If you like Chinese food, you can try Din Tai Fung or Hai Di Lao Hot Pot. However, the prices are more expensive than at Montebello Mall. Although you can have a lot of choices, you need to wait for a long time in line. One of the ESL students, Bella, recommends Hikari Sushi Bar in the Montebello Mall. She thinks it's really delicious. Another recommendation is from Bridge90 student Bright Chen. He recommends Sansei Japanese Cuisine because it's cheap, fast and the servings are large. In other words, in either mall, you can find different kinds of food you will want to try.



The Shops at Montebello

Westfield Santa Anita



In conclusion, we think that these two malls can fit different demands for different people. If you don't want to pay for gas or worry with parking, you can just walk to Montebello Mall; if you want to eat something different or have more brands to choose from, Arcadia Mall may be your first choice. Nevertheless, you should go to these malls to experience American culture. You won't be disappointed!

HAVEN'T VISITED 'EM?

Contributor: Bright Chen

Wondering what to do this weekend? If you like immersing yourself in art, visiting a museum is definitely a good choice for how to spend your time. The **Norton Simon Museum** and the **Getty Center** are the two museums you should check out in LA.



If you are a fan of Vincent van Gogh, you won't want to miss the best chance to check his masterpieces out in the both museums. In The Getty, you can see Vincent van Gogh's "Irises", which is one of the most famous paintings of van Gogh from 1889; on the other hand, you can view van Gogh's self-portrait - the highlight of his career - at the Norton Simon. Even if you are not a van Gogh fan, you can't miss these masterpieces when you're in LA. Besides Vincent van Gogh's masterpieces, it is really easy to immerse yourself in both

museums; you may don't know art, but you can feel style and expression is everywhere in both museums, even with the architecture. For example, at the Getty Center, you can see fashionable architecture made of marble and in different shapes, such as curved, round, and square, and you can find impressive views from different angles of the building. Although the Norton Simon Museum doesn't have such modern architecture, you can still enjoy an outside art garden with sculptures, countless flowers, swimming geese, and foraging squirrels.

As a bonus, I would gladly tell you that if you are a student, congratulations, you don't have to spend any living expenses visiting both museums. It is free to visit The Getty Center in west LA and The Norton Simon Museum in Pasadena. Now, you know a little bit about these two famous museums.

Having difficulty to decide which museum you should check out? No worries. Just visit both because they are so different from each other. In fact, I would truly recommend you to spend a weekend at both The Getty Center and The Norton Simon Museum.

Aerial view of the Getty Center



The Norton Simon



WHAT'S UP AT UWEST?



Mon., June 3 Summer Session I classes begin
 Mon., June 24 Summer Session II classes begin

WHAT'S UP AROUND LA?



Events in green font are FREE!

LA PRIDE is the second week in June!

- Friday, June 7 2019 Youth Pride Dance (7:10pm), free w/RSVP, ages 24 and under, LA LGBT Center, LA
 LA Pride Opening Ceremony (6pm), West Hollywood Park, LA
- Sat., June 8 LA Pride Parade (11am), Santa Monica Blvd. between Fairfax & Doheny, West Hollywood
- June 8-June 9 LA Pride Festival & LA Pride on the Boulevard, West Hollywood, LA
- Sat., June 15 Juneteenth Celebration (1pm), California African American Museum, LA
- Tues., June 18 The Good Immigrant: An Evening of Storytelling (6pm), Grand Park, LA
- Sat., June 22 Mass Meditation Initiative: Yoga, Music, Arts & Vegan Festival (9:30am), LA State Historic Park
- Mon., June 24 Santana at the Hollywood Bowl, LA
- Sat., June 29 CatCon2019 at the Pasadena Convention Center in Pasadena

June	
Daily Holidays & Special/Wacky Days	
June 1	Flip a Coin Day
June 2	National Rocky Road Day
June 3	Repeat Day (I said "Repeat Day")
June 4	Hug Your Cat Day
June 5	Hot Air Balloon Day
June 6	D-Day, WWII
June 7	National Doughnut Day
June 8	Best Friends Day
June 9	Donald Duck Day
June 10	Iced Tea Day
June 11	National Corn on the Cob Day
June 12	Red Rose Day
June 13	National Weed Your Garden Day
June 14	Flag Day
June 15	Global Wing Day
June 16	Father's Day
June 17	Eat Your Veggies Day
June 18	International Sushi Day
June 19	Juneteenth
June 20	National Bald Eagle Day
June 21	International Yoga Day
June 22	National Chocolate Eclair Day
June 23	National Pink Day
June 24	Swim a Lap Day
June 25	National Catfish Day
June 26	Forgiveness Day
June 27	Sun Glasses Day
June 28	International Body Piercing Day
June 29	Hug Holiday
June 30	Meteor Day

YOU SAY GOODBYE, I SAY HELLO

UWest is happy to welcome our new Financial Aid Officer, **Yanela Morgan**, to the UWest family! If you're around during the summer, stop by AD 118 and introduce yourself. Look for Nely to be profiled in the Faces of UWest when it returns in the September issue of Lotus Link.



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 Wenwen Zhou, Printing Coordinator
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 the UWest Enrollment/Marketing department

All comments, questions,
 feedback, and submissions
 may be sent directly to newsletter@uwest.edu

Unfortunately, in May, we bid a fond yet bittersweet farewell to one of our most valued team members - **Juan Tinoco** has accepted a position as Director of Student Services at the American Academy of Dramatic Arts in Hollywood. His last day was May 31, 2019, and to celebrate his many wonderful qualities and contributions to UWest, we held a goodbye potluck party. A video with messages from staff, faculty, students, and alumni was shown, and everyone had the chance to say a personal thank you to Juan for his amazing spirit, work ethic, good humor, kind nature, and all the other qualities, skills, and competencies that make Juan a phenomenal co-worker, colleague, boss, employee, husband, father, and friend. We are going to miss you, Juan - don't be a stranger! Ohana means family, and you're a part of ours! We are so happy for you and proud of you for reaching the next step in your career.

