

# REVELLATIONS

fall quarter | Volume 39 Issue 1

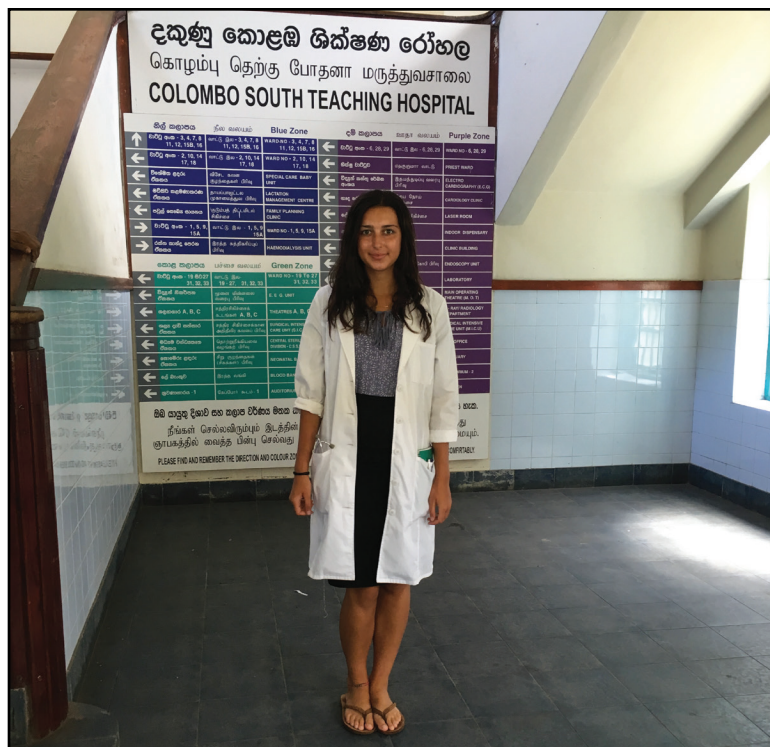
## Jazmin Nijjar, From Revelle to Sri Lanka

By Colin Feeney

Instead of taking a break from the stress of finals at the end of last year, Jazmin Nijjar traveled across the globe the day after exams to Sri Lanka to begin an eight-week undertaking to train and assist in medicine. Through her trip, she worked in a teaching hospital in Colombo and had the chance to visit various parts of the island-nation.

Upon stepping off the plane, she said, "I had several thoughts: I'm on the opposite side of the world. I don't know the people. I don't know the language. But I was excited to start my journey." She soon found a person she had never met before in her life who drove her to a house two hours away, as there is only one main airport in the country. She stayed with a host family, a mother and father along with extended family who were neighbors. "They called me their daughter since I was there for so long." In the two months she spent in Sri Lanka, Jazmin interned at Kalubowila Hospital, a teaching hospital in Colombo. There she worked in several wards, including general medicine, orthopedics, accident service, and the surgical ward.

Although the program was an internship, she was able to do actual medical work instead of



Jazmin Nijjar works at a teaching hospital in Colombo, Sri Lanka.

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### Revelle Athletes: Fall Highlights

For the first issue of Revelations of the year, we honor  
Revelle's Fall Quarter Athletes

Manav Vats:	Cross Country
Kristin Semancsin:	Cross Country
Joey Benrubi:	Cross Country
Alexandra Hernandez:	Cross Country
Lindsey Chun:	Women's Volleyball
Rachel Linden:	Women's Volleyball
Maxia Espino:	Women's Soccer
Megumi Barber:	Women's Soccer
Nolan Baoan Mac:	Men's Soccer
Cameron McElfresh	Men's Soccer
Jack Turner:	Men's Water Polo
Thomas Higginson:	Men's Water Polo

### Join the Staff!

If you are interested in joining Revelations this year or have something you want to contribute, email us at [revellations@ucsd.edu](mailto:revellations@ucsd.edu) or come to any of the weekly meetings!

**Meeting Time:** Thursdays, 3-4pm

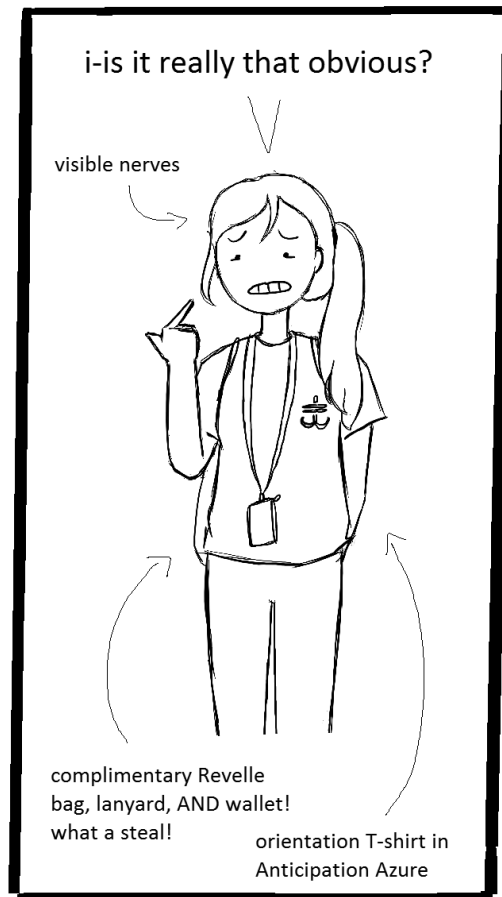
**Location:** Conference Room C,  
Next to Roger's Market

# Freshmen Follies

By Lilyanne Kurth-Yontz



AUTHOR'S NOTE: as a freshman, I was guilty of this.



## Our Staff

**Chair:** Colin Feeney

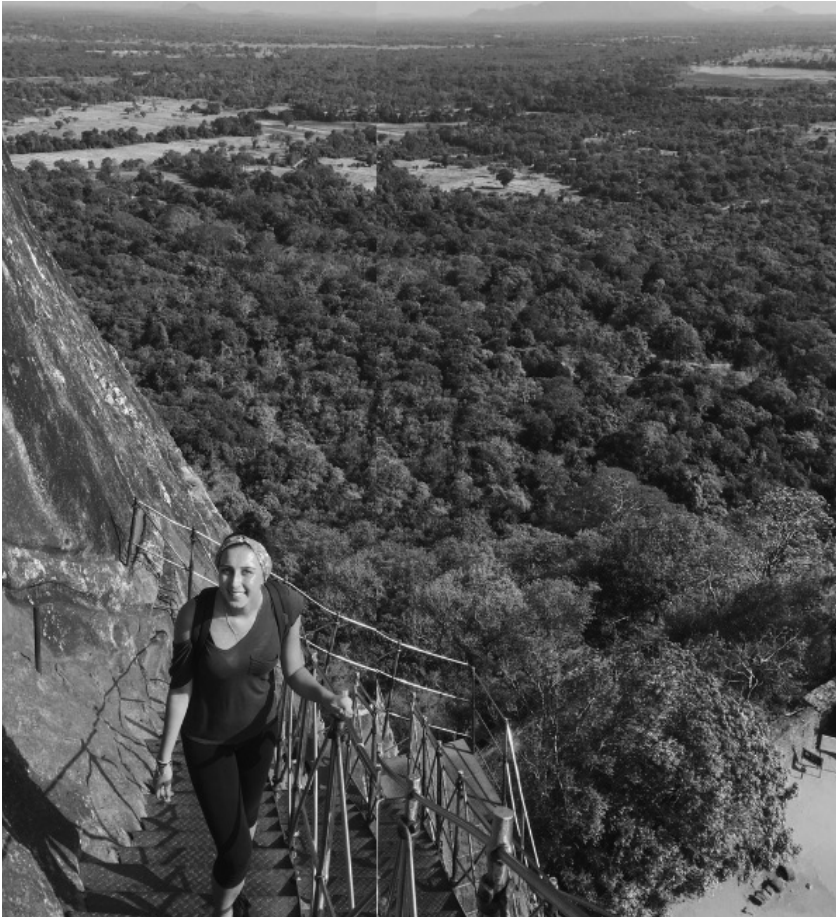
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# Jazmin Nijjar, Revelle to Sri Lanka cont.



Jazmin Nijjar climbing Sigiriya (Lion's Rock) in Sri Lanka.

just observe in general medicine. "I learned to suture there, which was a big deal for me" she said on her work in general medicine. Over time, she would see patients to help diagnose different illnesses and prescribe treatments. On the differences in medical problems between here and the United States, she said some diseases and complications were similar, but many were related to the tropical environments along with "lots of dengue." In the general medicine ward, she saw many people with diabetes, dengue, and common illnesses found in any hospital. Even with all the ill people, she said the saddest part of the hospital were the conditions. "The hospital was in the jungle, and mosquitos were everywhere, going through tiny holes in the walls of the hospital." As dengue infects people through mosquitos, the illness often affected doctors and nurses who were infected through the patients and mosquitos in the hospital itself. "It's hard to wear protective clothing in the heat."

In accident service, a division for accidental and self-inflicted wounds, she said, "I saw a weird number of sword wounds. People still fight hand to hand in Sri Lanka." On top of the sword wounds, many people in the ward had injuries from suicide attempts. With one of the highest suicide rates in the world, these types of injuries were unfortunately common.

Continuing her work there, Jazmin learned to

remove lumps and help with hernia surgeries along with removal of varicose veins, lacking the technology to treat them instead. Assisting the doctors at the hospital, she would often close the incisions after a procedure. She described a particularly hard situation in which "a lady at three weeks into my trip came to the point where her leg would have to be removed or she would die. She would scream 'Don't take my leg!' all day long, yelling and crying. For weeks this went on. One day, I left early and came back to see they had done a below-the-knee amputation. They then realized the infection was still there. She had to get an above-the-knee the day after she got the below-the-knee. She had no idea what was going on. The doctors just have to lose their sympathy to a certain extent." It comes as no surprise that the surgery ward came up when asked about the hardest period of the trip.

Occasionally getting away from the stress of the teaching hospital, Jazmin travelled via crowded bus across the country. In her favorite moment of the trip, she "got on the bus at 8pm and travelled to the opposite corner of the country. Got there at 5 with no plan, no hotel, nothing. I got off the bus and started walking around, still dark outside. I just wandered around and found a Hindu temple on the edge of a cliff and watched the sunrise. I found a random hotel on the beach

that was cheap and got a room and hung out at the beach all day. Then I rented a kayak and paddle board and went on a four kilometer trip in the ocean. It was the perfect day."

When asked if she ever had any doubts about her time there, she said "there were times when I felt really helpless. Not for myself but other people. Watching someone be in so much pain and watching someone die in front of you, but you can't do anything but think 'What am I doing?' when there is nothing to do." Even so, she believed her work did have true impact on the people she met and treated. As she worked, she grew herself saying, "I think I became really grateful for basic things...the airplane back was insane. I felt like a billionaire. It was just a plane, but it was so nice compared to where I had been."

Throughout her entire time, Jazmin had been bitten by mosquitos possibly infested with Dengue fever, and had no hot water, air conditioning, peanut butter, or a plan. Each day would come with a new surprise, a new problem that would derail the entire day. She believes the lack of organization added to her experience and her ability to cope with rapidly changing situations. Her advice for anyone who wants to do something similar: "You gotta learn to embrace confusion and your plans not working out. That can make or break your trip."



# 9 Places to Study in Revelle

By Nicole Sowers

Is your dorm room too distracting with Netflix and food and your bed? Maybe getting out to put in those study hours will help! And you don't have to go that far.

## #1 64 Degrees

Feed your stomach and your mind by taking some work with you while you eat.

## #2 On the Lawn

The grassy areas around Revelle make a very comfortable place to do some reading. You can even try to sit on top of the T if you're not into being comfortable.

## #3 Galbraith Hall

Galbraith is full of study areas for any kind of student. There is the lobby area with a table for collaboration, the Think Tank for individual or group work, and the Quiet Study room for you to chose from.

## #4 Old Student Center

While not technically in Revelle, the Old Student Center can still be a great place to study for those pesky midterms. You can even check out the resource centers, like the Women's Center, the LGBT Resource Center, and the Black Resource Center, where some students go to study. You can also swing by Hi Thai or the new Taco Villa if you get hungry.

## #5 Commuter Lounge

With a kitchenette, couches for napping, and a computer section for you to set up your laptop, the Commuter Lounge is a great place for people not staying on campus to work on essays.

## #6 In Front of Fairbanks

If you want to get some sun and maybe a caffeine boost, try taking out your books in front of the coffee stand in front of York.

## #7 The Middle of Argo

Argo's common areas feature some a bar with chairs and lots of couches that would make great nap spots or study spaces.

## #8 Empty Classrooms in York

If you notice a room in York that's empty, you can grab a desk in there to get some work done. These can be a great place to get a study group together in time for midterms and finals.

## #9 Lounges in the Fleets

If you're looking for a more private place to study or meet with a group, the Fleet lounges are usually empty and a great change of scenery that isn't too far away from your room.



Galbraith Hall has space for both quiet and active study.

# And Again

By Nora Yagolnitsner

My breakfast pounds against the inner lining of my stomach as my eyelids beg to drop down onto my cheeks. I force my eyes open, refocusing the swirled lines in front of me into a mathematical equation. Deep breath- in, out. I cannot afford to be sick during this class. I need to hear what the teacher will say next. The boring monotone floods into my ears, begging me to sine squared of just take a minute to c times the reciprocal of the square root of take a quick nap. I need to rest my head. I lower the left side of my face onto my arm, turning my head so that my gaze is angled toward the board. Again, my vision blurs as the teacher's face blends with the whiteboard, slowly fading into a nice, comfortable... No! I pull my head up with every ounce of willpower, considering whether it would be worth the stares to just physically hold my eyes open with my fingers. The lockers slamming in the hall build a cacophonous din in my brain, the volume turned too high on a radio station for buzz. Static obliterates all coherent thought, and class drags on.

When we're finally let out, I drag my feet toward the commons. I have a 30-minute lunch break and no idea how I am going to stay awake. I make the dreadful decision to sit in the cafeteria, where the noise of Evan and Graham, two senior guys known to be notoriously good for stirring up a racket, will grind into my skull for a half hour straight. If I try to save myself in the library, I know I am going to fall asleep and miss my next class entirely. I enter the cafeteria, and a half-eaten bag of chips narrowly misses my face as it flies by. I whip my head around, instinctively seeking the swaggering baller-wannabe who just took a shot at the trash bin. With the brisk movement, my brain churns the cafeteria into a Pablo Picasso masterpiece, colors morphing into strange shapes, carouseling around the scene before me. I hear Evan's voice call out, "My bad!" without a hint of apology, or maybe it's Graham's raucous laughter. In any case, I am beyond trying to figure this out. As soon as the flashing colors dim, I squint, find my lunch table through spots of clear vision, and head over. This time, I move slowly.

The slush of my brain sloshes around in my head, leaving vague outlines of homework assignments scribbled on the edges of my consciousness. I have to read 20 pages on Andrew Jackson by Friday, right? Or is the project due on Friday? No, wait, the reading is for the project, but that's been pushed off to Monday because instead we're taking Friday to.... I have no idea. The information slides out of my grasp as I rack (what is left of) my brains, desperately searching for the answer to this question. If only my head were a jack-o-lantern so I could carve out holes, reach in, and pull out the goopy, sticky slop inside to find the answers. I wish my head was a jack-o-lantern. I wish I had slept more than three hours last night. I wish I wasn't about to throw up breakfast over lunch.

JJ and Lanie, my friends since the sixth grade, wave hi as I approach our table, and I produce a weak smile to go with my weaker excuse for a wave. A mumbled "Didn't sleep last night" immediately sets off a passionate debate about whether Ms. Coltor is the devil, works for the devil, or owns the devil's



Lockers, an irremovable part of school

soul. Regardless, her projects are evil incarnate. JJ claims for sure she is the one and only, but Lanie argues that JJ just hasn't had Scharfman yet, and you ain't seen nothin' yet if you haven't done a Scharfman group project. The very thought of Scharfman releases that static buzz again, the unrelenting bang of locker doors closing in the distance as sound completely submerges my sanity. More teachers. More classes. More work. How many periods left? Uggh.... I could go beg the nurse to pardon my sins and send me home.... Sadly, there is no way I can miss the Chemistry lab. I need, and I mean need, that A. Trust me--you haven't met my parents. Thank the Science gods JJ is my lab partner. She's guaranteed to know what we're doing, which is only another of the long list of facts I've lost amid the locker-induced drone.

I pull out my phone to text my mom, typing, Not going to stay for math help. I need slep. I send it in the same instant that I realize that slep is not a word, and then I am too tired to care enough to actually send her the correction. She'll figure it out. Visions of my bed start dancing through the haze in my skull. Soft pillows, warm blankets, the sweet relief of the snooze button on my alarm clock. Behind me, the principal calls out that lunch is over, and everyone around me rises in a tidal wave of sound and movement that knocks me back in my chair. I fight the tsunami of reverberation. Standing slowly, I make eye contact with Lanie, who gives me a sympathetic smile before she rushes off to her own science class. I possibly attempt to smile back, forego my usual half-hearted shoulder shrug to avoid unnecessarily complicated thought processes, and start to shuffle my Uggs toward fifth period US History. Technically, it's AP US History, or APUSH for short. Uggh, I could really use a push right now. The slamming of the lockers carries me on a current of humming hubbub, and as the commotion clamors for control of my jack-o-lantern mind, I finally give in to its cry. Inside my head, brain waves allow themselves to be engulfed by static roar.

# Dear Ellen...

By Nicole Sowers

Dear Ellen,

I'm having some problems with my roommate. For the past few weeks, everything was going great! We got along so well, she never kept me up late at night or woke me up early in the morning, we kept the room super clean, and there were no problems with sharing food.

But two weeks ago something changed. One night she didn't come home at all, and that's when it happened. She came back that morning sick as a dog, and didn't go to class all day. She wouldn't talk to me, wouldn't take any medicine, and wouldn't go to Student Health Services. After a few days she got better, but now she acts totally differently.

She's always eating my food, like she's going through puberty again. It's crazy! Whenever I see her, she's either going to the dining hall, coming back from the dining hall, or making something in our room. She says it's because she started working out and needs to eat more, but I think something else is going on.

Her bed has turned into a mess! It's like she's making a nest. And every night she paces in a circle before lying down. She also is staying out super late and coming back really early in the morning covered in dirt, sweat, and what looks like chocolate syrup. I asked her where she was once, and I'm sure she said "hunting," but when I reacted, she said 'running.'

We have an agreement to wake each other up if we're going to be late for class, but one day she slept in past her alarm and when I went to wake her up, she growled at me! I honestly thought she might bite me.

At first I was worried about her, but now I'm getting annoyed. What should I do?

Sincerely,  
In a Ruff Situation

Dear Ruff Situation,

That sure sounds unpleasant! And it seems like you have a lot of reasonable complaints. Here's some tips for dealing with your roommate when you have issues:

#1 Talk to her about it. Ask your roommate to sit down and talk to her about how you're feeling. You don't have to tackle everything in one sitting, but start with one thing and build from there.

#2 Make a roommate agreement. Many students decide to write out some ground rules for happy living. Let her put things on the list too because your relationship with your college roommate needs to be mutual.

#3 If she doesn't want to talk to you about it, you can talk to your RA and get some advice. Your RA can be a great resource for disputes between roommates.

#4 As far as sharing food, start labeling things that you don't want her eating. Encourage her to do the same so you know what's off limits in the fridge.

#5 And for her running late at night, you could ask her to please shower after working out. That should help with the issue of dirt and sweat.

#6 If you still can't work things out, you can talk to ResLife about switching roommates. That's for worst case scenario, but it's important to keep it in mind if none of the other strategies work.

My sincere wishes of good luck to you, my dear. I hope you and your roommate can work things out, because college roommates can become friends for a lifetime.

Sincerely,  
*Ellen Revelle*

Dear Ellen,

Last week I was hanging out at a party at SDSU and found a little cake that had "Eat Me" written on it in icing and a bottle that had "Drink Me" written on it.

Curious, I tried a sip of the drink, and shrank! I must have stopped at three feet because I only had a little.

Thinking it might fix it, I took a bite of the cake, and grew to almost fill the entire room!

I kept trying to get back to my right size using a combination of the drink and cake, but now I'm stuck at 4'11" and I've run out of both.

I don't want to have to change my Tinder profile to that!

Help!

Sincerely,  
Too Little



Dear Too Little,

You should never eat or drink something at a party if you don't know what it is! There could be drugs in it, and trying things without knowing their contents can be very dangerous to your health. Practicing caution at parties is an important lesson for college students, because for many, this is their first time going to a party.

Just because something says "Eat Me" or "Drink Me," doesn't mean you should do it. You should ask the host of the party what it is before trying it. And only take food and drink from people you trust, because someone you don't know might add something to it.

As far as your change in height, you could try visiting Student Health Services. They might have some advice for you, or they may be able to connect you with a specialist who can help you get back to your normal height.

Sincerely,  
*Ellen Revelle*

Drawing of Ellen Revelle by Lauren Bryant



# Astronomically Improbable Astrology

By Jenny Robertson

Global Star Cluster M4  
Image courtesy NASA Hubble Space Telescope  
and STScI

## Aries

March 21-April 19

Look to the moon and be afraid. The Mothership has found you and knows what you have done.

## Taurus

April 20-May 20

Be on the lookout for someone new in the next few weeks. You will soon meet someone who will become a good friend; you only need to reach out a friendly hand.

## Gemini

May 21-June 20

The words the words the words don't stop they don't stop they run run run run never stopping never quitting always in my my my my my head my head my head I just want them to stop stop stop NO STOP-STOPSTOP!

## Cancer

June 21-July 22

The stars are in your favor today. Do something nice for yourself. You have worked so hard recently. You deserve it.

## Leo

July 23-August 22

Young love often does not last, but sometimes it does. Now is the time to be decisive in what you want, instead of toeing the line between friendship and something more. Both are acceptable options, but you must decide which is best.

## Virgo

August 23-September 22

The ghosts of the past are not always so figurative. Check if any phantoms have been haunting or following you lately. They might just be lost, but it never hurts to check.

## Libra

September 23-October 22

A fateful encounter will occur at Goody's. Don't go to Goody's. Don't get their breakfast burrito. You have been warned.

## Scorpio

October 23-November 21

Take time to think your decisions through. You have a habit of rushing into things too quickly and this is one of those times. Stop and decide whether buying that item online is really worth it or if going to that party instead of writing your paper is the right choice.

## Sagittarius

November 22-December 21

The train approaches. The train arrives. A mysterious stranger exits with a large box wrapped in newspaper. You do not know what's inside, nor does he want you to. Do not let him know you have seen him.

## Capricorn

December 22-January 19

Your hair looks really nice today. Everyone really admires what you've done with it. Good job!

## Aquarius

January 20-February 18

What you need is not where you think it is. Try something new. Start a new routine. Change things up. Look inside you for what you think is missing.

## Pisces

February 19-March 20

The winds of fortune have been blowing strong against you lately. Although things may sometimes feel like they will never get better, you must remember that you can power through it. All your troubles will come of something in the near future.

# More than Pink

Everyone has a color  
Not something of their skin  
But of their aura

And for as long as I can recall  
I have been brown  
Brown- calm and warm  
The very closest a color can be  
To hugging a tree  
And that is me

But no one sees my brown  
Only purples, yellows, pinks, and silvers  
An erratic array of people  
Though none are me

And I'm trying to be them  
Though Brown at my core  
The overwhelming avalanche of cries,  
"Aren't you Pink?!"  
And I say "Sure"

Why shatter their perception  
For the sake of my own  
Still  
It's hard enough  
To be yourself  
And harder still to be the you that nobody else sees



By Natalie Lydick

# Wave of Red

I don't know what I did  
I disappeared for a moment  
And she must have realized  
She's better off  
Without me

Or maybe it's for me  
Because the Red Girl knows  
Each second with her is  
Another second she engulfs me  
So she's letting me go  
Like  
A child with a balloon

But Red is wrong  
Because each second gone feels like ice  
All that's left is to miss her  
Her mannerisms  
The curl in her smile  
And the long stride in her gait

And she's wrong  
Because  
Each second she's gone  
She engulfs me still

So all that's left is  
Longing  
So all that's left is  
Me

