

REVELLATIONS

THE OFFICIAL NEWSLETTER OF REVELLE COLLEGE, UC SAN DIEGO

FALL 2010 ISSUE



"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."

- Elizabeth Lawrence

Important Dates

11/3 — Over the Rainbow

11/6 — Laser Tag

11/8 — Food for Thought

11/8 — Where the Wild Things Are

11/20 — Ice Skating

11/28 — A Cup of Culture

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Uninvited Guests

By: Parthu Kalva

That morning the air was calm.

A slight ocean breeze tickled the cheeks of students rushing to their classes, their hearts beating profusely in an effort to compensate for a lack of breakfast and an onset of mental and physical tension.

Yet the air kept its placidity.

The leaves of a eucalyptus danced with the wind, and the morning sun shone brightly against the dew that had collected on the grass.

And then to the table arrived an uninvited guest.

The guest had intruded on the grounds of attending to a serious matter. The details of this matter were known to the guest and the guest alone, but the atmospheric tension that ensued spoke for itself.

The air began to churn.

The eucalyptus trees were the first to detect a change in mood. No longer a breeze, the wind retained a domineering disposition, victimizing rather than complementing the movement of the leaves.

But it was more than just a wind chill.

By now the sun had disappeared and so had any calmness in the wind. The notes of surprise and discomfort that echoed across Revelle Plaza did nothing to ease the turbulence.

The guest presented the bad news: San Die-

go climatic attitudes were slowly becoming redefined.

A brilliant display of lightening illuminated the sky, defining the dark contours of the clouds that now stretched as far as the eye could see. The droplets began to come down like falling seeds, each one a figment of the disturbance that had ruptured the perfection of San Diego weather.

Anxiety, however, had just begun to kick in.

Looking up towards the heavens while shielding their eyes from the droplets that now cascaded onto the earth, UCSD students wondered if such weather would hold. Would the downpour heighten its tumultuous disposition? Would the wind go from tick-

ling the leaves to uprooting the trees? Would lightening stray from its aligned path in the darkness above and strike Blake Hall with unparalleled accuracy? Would the currents of the Pacific alter their movement and gain enough momentum as to bring the entire university under water?

And then there appeared a light.

A single beam of light had found an opening in the vaporous blockade and soon enough, all of Plaza was bathed in a gratifying warmth. The wind slowed down, and the trees all across campus took a huge breath of relief.

As before, the weather had spoken for itself.



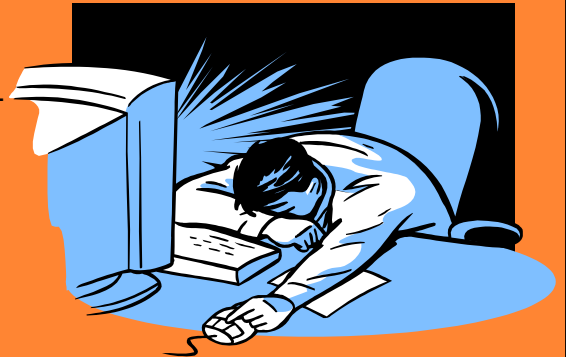
Sleep: Every Student's Dream

By: Konto Southisombath

Sleep. For some, this simple eight-hour act can be a daily routine activity; for others, namely college students; it can be a rare occurrence. Even though the benefits of sleep are clearly acknowledged when you notice that the dark circles around your eyes that you once thought was an unfortunate physical trait of birth, miraculously disappear. Sleep can be a hard thing to come by with all-nighters and a renewable source of coffee. So, why you ask, am I currently writing about sleep? The answer to that is because I am genuinely concerned with the well being of my fellow classmates---that or some underlying undergraduate bitterness regarding the never-ending amount of assignments given so far. As a student, I feel that we must advocate for sleep, because we all know that a good night's sleep at this school is nearly impossible.

Serotonin, a neurotransmitter released by neurons, is made from an amino acid called tryptophan. High levels of tryptophan signal the brain to make serotonin, which then affects activities like happiness, relaxation, but most importantly, the ability to sleep—and its legal! So, from one sleep deprived undergraduate student to another, here are some things that will help with a good night's sleep.

For those who have looked up long enough away from the tiny text of the 'recommended' readings, i.e. TEXTBOOKS, you will notice that a certain holiday is coming up. For the purposes of this article, I will bypass Halloween, which is not a legitimate holiday and will most definitely be a counteractive activity in my current sleep movement, and shine the light on Thanksgiving. After a long day of nagging relatives, face stuffing, and football, sleep seems to be the only remedy for the emotional scars brought on by aunt Penunia. As discussed above, when we hear the word Serotonin, we might as well slip on our Bugs Bunny jammies and prepare for a desperately needed eight hour-nap.



In addition to stuffing your face with turkey, have a glass of milk while you're at it. Like turkey meat, milk has protein that contains tryptophan and ultimately helps with a good night's rest. The best part about this is that you don't have to wait for the holidays, a cup of milk every night before sleeping, will result in a deep slumber.

Not only will serotonin help with sleep, but it is also known as the 'happy' neurotransmitter. Studies have shown that scarcities in the molecule can lead to things like depression, anxiety and fear. Increased amounts of serotonin can promote the feeling of comfort, happiness, and well-being. So, if you suffer from slight spurts of student life depression as well as sleep deprivation, maybe a nice glass of milk and a turkey sandwich will help, if not, professional help would be a wise choice.

Long story short take advantage of the upcoming turkey day holiday (if you can't wait that long, eat a turkey sandwich) and eat your heart out! Also, drink lots of milk and prepare for a long and peaceful good night's sleep; I guarantee that you will wake up with a smile on your face and notice the dark circles around your eyes are in fact, not a genetic trait.

“S.O.S!”

(The pressure of being Social or Studious at UCSD)

By Bobby Tavafifard

To all the UCSD students out there, reading this right now, I would like to say that I'm in major distress. If I could say it in Morse code, I would say “S.O.S.”

You may ask what the matter is and I will tell you that it's frustration. As a Revelle student (supposedly the college where the nerdiest of UCSD nerds go) I've constantly felt the pressure that a student in college needs to choose between being social or studious. Supposedly there is no way you can be both and UCSD students are typically only studious.

I'm sure you know what I'm talking about. As a university we have managed to gain the reputation of having one of the best biology programs around, amazing literature courses, unbelievable study abroad percentages, serious structural engineering programs, and coincidentally the reputation of being known as the MOST anti-social school on the face of the planet.

Now this is really frustrating for someone like me because I'm REALLY, REALLY social. I like to go out ALL the time (my apartment is only there because I have to sleep somewhere). That being said, I'm not a slacker – I'm a pretty solid student and I'm involved at UCSD too. The point of this explanation is not to brag about myself, but rather to point why I'm so frustrated. Every time I tell someone that I go to UCSD they slightly cringe. Not because UCSD isn't amazing educationally but because they think that anybody social could never fit in with the UCSD environment. Ladies and gentlemen that is simply not true!

First of all, UCSD does take education very seriously, but we have a lot of social events to offer. Just to test this theory out, I decided to embark on a one week adventure to see exactly how much there was to do (mind you, it was at the beginning of the quarter so I could still stay on top of my classes). Within one week, I managed to go to the beach to surf and tan, attend a BSU sponsored event at Porter's Pub, and a frat event sponsored by the Gamma frat in downtown San Diego. I also discovered the very popular, social hangout the “Living Room” in downtown La Jolla (which has great iced coffee for all you coffee drinkers). These were only some of the opportunities available and it made me realize that there really is a lot to do at UCSD and around La Jolla, as long as you make an effort to be social and find out what's happening.

So with this said, take some pride in UCSD (especially you Revelle students because I think we get the worst stereotype). It is possible to be a social student while rocking a steady GPA. In fact by going to these events, I found many students who do actually do both. Another thing to keep in mind is to realize that a lot of the social stereotypes UCSD has, come from its own students. The truth is that where you go to school is a reflection of yourself so if you think highly of yourself you should think highly of UCSD.

Before you make up your mind about UCSD's social status, try experiencing it first. As students who represent this university we should all make an effort to both study and mingle with the social scene so that we can break all the untrue misconceptions about our school. And the next time someone cracks another joke about UCSD's socially dead scene combat it with an explanation of how the last UCSD party/event/ social you went to was incredible! With that said, I encourage everyone to seriously try to get in the UCSD social mix- you might actually realize that UCSD isn't so lame after all. No more S.O.S for us, we're all about S.A.S (that's right we're sassy!): the social AND studious students of the magnificent UCSD!



THE GIANT CHAIR, MISSING IN ACTION

By Ryann Vasquez

It's gone! Our chair is gone! If you've walked near the Marshall Administration Building then you have surely noticed a new addition to the front lawn. Perhaps you've asked yourself, "Why is the Revelle Giant Chair on the lawn, is this a prank?" Actually, it's far from it. Thurgood Marshall College, UCSD's 3rd undergraduate college, is currently in the midst of celebrating its 40th year anniversary and is commemorating the special event with a Public Arts Celebration. The festivities essentially include displaying public outdoor works for the Marshall campus vicinity. According to Allan Havis, Marshall College Provost and member of the Theatre and Dance Department faculty, "The Public Arts Ad Hoc Committee liked the look of the Giant Chair and endorsed the selection of the Chair for the first piece to be exhibited."

It is a common misconception that the Giant Chair belongs to Revelle College but in fact the chair rightfully belongs to the Theatre and Dance Department and is merely housed in Revelle. The Giant Chair, an artwork by Caleb Levengood, is a prop that was used in the February 2007 play *Good Breeding* and is currently on loan to Marshall College. It is projected to be returned to its previous location near Galbraith Hall sometime in early 2011. In addition to its new temporary location Thurgood Marshall's famous quote "None of us got where we are solely by pulling ourselves up by our bootstraps..." has been added to the artwork.

It was quite the commotion after Unolympics when several Revelle students, under the impression that the chair belonged to Revelle, tried to carry it back to its previous location. While it's honorable that students would take effectual steps to secure what was thought to be Revelle's property, "our" chair is in fact not "our" chair. Although its movement has left an empty space in our backyard, it's only right that our fellow UCSD peers get to enjoy and appreciate such an impressive piece of art. Hopefully, Thurgood Marshall College has an anniversary as grand as the chair.



The Zone

By Victoria Walton

It was Virgil who said, “The greatest wealth is health,” to inspire a greater awareness about physical and mental well-being. For college undergraduates, this dogma is often sacrificed for the sake of money or convenience. Then one day, a man named Jerry Phelps got the initiative to create a program that brings “snack-sized wellness” to students, and hence the birth of The Zone.

Sitting outside of The Zone next to Jamba Juice and the Price Center Theater, I interviewed with Ryan Potter, who helped me discover what a treasure this new facility is for students. Some of the various programs offered that The Zone include Happy Hour with crafts and music from 12-1 pm every day, Laughter Yoga Fridays at 3 pm, and the stress-relieving and adorable Therapy Fluffies on Thursdays from 1-2 pm. This is only just scratching the surface; The Zone

hosts events every day, typically from 11 am to 5 pm, which offers students the opportunity to try new things in much shorter periods of time, so that students can gain interest and become aware of the campus resources available. When asked why the University decided to open up this new place, Ryan passionately stated how important it is for students to have a place they can explore

“...how important it is for students to have a place they can explore and fulfill the 8



and fulfill the 8 Dimensions of Wellness, which are: Social, Emotional, Physical, Spiritual, Environmental, Financial, Occupational, and Intellectual (Wellness). The great thing about The Zone is not only do all their standard events cover these dimensions, but they also have additional events planned, which are updated on the website calendar. Upcoming programs include

organic food, composting, and working with their brand new portable kitchen.

Students are also encouraged to come to The Zone at any time for a quiet space to chill or nap or perhaps an opportunity to play their Wii-Fit game. As Ryan pointed out, The Zone staff encourages students to utilize this space and try something new. After all, it is completely free and just a snack sized portion. Go check out The Zone now at: zone.ucsd.edu!

The Cliffs

Photographs by Sam J. Park



Located only 15 minutes away from campus, the Cliffs are the perfect place to watch a breathtaking sunset, have a picnic, or simply get away from it all.

To get there, start at Pacific Hall and cross North Torrey Pines. At the first small road, turn right and follow along until you come across gates on the left hand side. Climb through the gates and follow the dirt path until you arrive at the cliffs.



The best time to go is about an hour before sunset. Make sure to bring your own camera too!

Good Times, Good Eats

By: Megan Ouyang

The sun is shining brightly, making the day warm and comfortable. Lively yet gentle music plays in the background, weaving in and out of rows of white canopied booths. And everywhere, there are splashes of color—purple, orange, yellow, red—a sharp contrast to the monotony of black and white text that dominates a textbook. Enticing scents mingle among the slowly browsing people, beckoning them to investigate the sources of the scents. The place is a farmer's market, full of fresh greenery, local products, and culture. Farmer's markets are wonderful places to enjoy a few simple hours of eating, browsing, and live music. In the booths, there is produce picked from the field just hours ago, as well as food of the best home-cooked quality. Local artists, friendly and amiable, often set up in between the food stands too, selling handmade wares.

Perhaps the best part of this all is that there are multiple farmer's markets accessible to UCSD students. The La Jolla Open Air Market takes place every Sunday from 9am-1pm on the upper playground of La Jolla Elementary. It is easily accessible by car or via the Route 30 bus, which can be caught on campus. After shopping, spend some time exploring the downtown La Jolla area, which is full of bou-

tiques, bakeries, and coffee shops. Or make a stop by the La Jolla Children's Pool, a peaceful park and beach. It is good place to sleep off a tasty meal from the farmer's market, have a picnic, or study in the warm sun and refreshing breeze.

If getting off campus is not an option, UCSD also has a weekly farmer's market students can take advantage of. It is held every Tuesday, from 10am-2pm in the Town Square in front of Student Services Center. A full service farmer's market, you can pick up fresh seasonal fruits and vegetables, or stop for a bite to eat. Soak up the San Diego sun by sitting outside at a table, rather than retreating inside Price Center. Best of all, everything is offered at a very reasonable price for students! Get to the farmer's market early though, because the food lines get long quickly, especially around lunch time.

Even if you find yourself a bit short on cash, you can still enjoy your fruits and vegetables by way of something other than a dining hall. At a new weekly event called Farm2U, you can use Dining Dollars to purchase fresh, locally grown produce. Stop by Muir Quad every Wednesday from 3:30-6:30pm for a healthy treat or two.

By supporting your local farmer's market you're not only supporting your personal health, but also the health of your local community. When you buy at a farmer's market, you are buying produce grown organically, not grown with pesticides or other harmful chemicals. Additionally, you support local farmers, rather than huge plantations halfway across the world. Farmer's markets are both the healthy, and easy choice. Make sure to check one out!



The Jacobs School of Engineering Becomes a Family of Six – Nanoengineering at UCSD

By: Joyce Huang

As of July 1, 2007, the Nanoengineering field at UCSD was formally approved by the officials, but it was only this year that a new freshman class (the class of 2014) was admitted. The graduate program, with both the MS and PhD in Nanoengineering, was also approved for fall 2010.

Nanoscience is the study of materials and systems whose nanoscale size ranges between 1 nm and 100 nm. To put the size of a nanometer into perspective, consider this: The head of a pin is about 2 mm. A strand of human hair varies anywhere from 20 to 200 micrometers (μm), which is 10^{-6} m—a millionth of a meter. One nanometer is 10^{-9} m, the size of a few ATOMS. Nanometers are situated in the world of viruses, DNA, and RNA strands. We're talking about the thickness of cell membranes here.

Materials on such a tiny scale display unique biological, chemical, and physical structures and components and processes, which can be harnessed for significant uses. Nanoengineering is thus engineering on the nano level, where the unique aspects of a nanoscale material are utilized to create a machine or system that is designed to interact with synthetic inorganic materials. The science entails controlling materials on the molecular scale and manipulating processes on the scale of nanometers. Basically, engineering on a miniscule level. The ongoing research at UCSD is based on biomedical nanotechnology and technologies for the environment using energy-efficient methods.

Nanoengineering was first instituted at the University of Toronto in Canada. Although by all means a young field, it is a rapidly expanding engineering region of study, and as of now the future looks bright. Many countries, including the U.S., Japan, Korea, China, Italy, Germany, Denmark, and other

European nations, hold the research field in top priority. Nanoengineering centers are opening up in many countries around the globe, such as Spain and Singapore (the country).

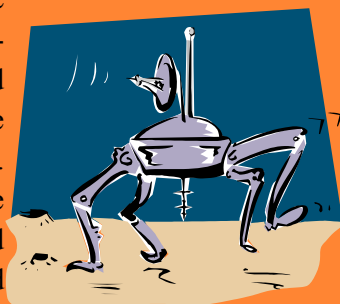
When I first came to UCSD, I had a heck of a time choosing my field of study. While browsing through the engineering fields, I stumbled upon the Nanoengineering link; having frequented nanotechnology museums in the recent years, my curiosity was instantly stirred. It was a pity the field wasn't slated to open for students until 2010. By that time it would be too late for me, but the freshman class of 2014 would

definitely have the opportunity to give it a try. In the realm of college, switching majors is like sampling the many foods and drinks at a festival. I would know; I must've changed my major at least five times (sometimes bouncing back and forth between the same two) before settling on one, and even then I wasn't quite certain of what I was doing.

I won't go into detail on the UCSD nanoengineering undergrad curriculum, but it looks as rigorous a field as any of the other engineering fields at UCSD. So far the department consists of 17 faculty members, with 9 professors, 1 associate professor, and 6 assistant professors. Fall 2010, the first admitted freshman class, reports a population of approximately 75 students. The student body population is expected to rise exponentially in the next few years, with more and more students applying in the field as it continually grows to reflect the budding research.

The Nanoengineering department is so up-to-date, it even has a Twitter (<http://twitter.com/ucsdnano>). I took a peek at it the other day and they haven't posted anything special as of late, but as the department grows, undoubtedly, so will their Twitter.

(cont on next page)



As of now, the departments at the UCSD Jacobs School of Engineering are as follows: Bioengineering, Structural Engineering, Computer Science and Engineering, Electrical Engineering, Mechanical and Aerospace Engineering, and Nanoengineering. Like all other engineering classes, most nanoengineering classes are only taught once a year, which makes the field competitive and challenging. The Jacobs School of Engineering will definitely benefit with the addition of nanoengineering for it will be expanding its engineering field to incorporate the most modern regions of study and up-to-date research “hot topics”.

The Costs Of Parking

By Victoria Walton

Coming back to school this year, I decided to bring my car, even though I knew parking was going to be a problem. Why? The cost of a parking permit is ridiculously high, there is a low probability of even finding a parking spot, and I have to convince my parents who think I should just take the bus or train. Nevertheless, I managed. At least until I read not only did the Parking and Transportation Dept. (P&T) raise the prices for parking permits at the end of last year, but now they are additionally raising the prices by taking away free weekend parking (which has been effect for how long?), raising the night pass fee and occasional-use permit, and finding all other way of goading the students into paying more money. The P&T needs 3 million dollars and the burden is falling completely on the students and staff.

Where is this money going? To rebuild a parking structure in Hillcrest which is supposedly going to collapse in 5 or 10 years. Why am I paying for a Hillcrest parking structure, which I will never use, never see, and never park in? So now a standard pass to park for a year: \$549, a month pass: \$61, and a day pass: \$9. Having my car down here to navigate stress-free through the city and actually get out and explore: priceless. But it still aggravates me to know this is only the beginning. Supposedly, the P&T office delayed putting these measures into effect until Fall Quarter to give stu-

dents a chance to react to the shock induced. Well...no one did react. As everybody knows, UCSD students are notoriously bad in reacting to anything. All the same, these funding deficits are not going to go away or get any less than they are now, and we all have to either get used to the idea the burden will be laid onto our shoulders. Or we actually stand up and say “no more.” I have enough student loans already, thank you. But what can we do against administration? After all, we are all too busy worrying about our GPA and secretly believing the whole campus is somehow censored that if we associate ourselves with something radical or reactionary the administration will find out whom we are and put a black mark next to our names.

What am I doing to ameliorate this dilemma? I am rebelling, in my own small way. I park off campus. I paid for a parking pass this month because, rationally speaking, I will be here to use it. I refuse to buy into this scam completely though. I encourage all of you, to follow my semi-illegal example. Maybe if enough of us complain and gripe about this issue, the campus will overhear and someone equipped with leadership skills will unite us and lead the way to free parking, which should be a reality. Our tuition is expensive enough and parking should be incorporated.

The Case of Kolontár

By Mallika Padmanabhan

The town of Kolontár is located in Western Hungary, a forty-five minute drive from Lake Balaton and less than three hours to the bustling capital city of Budapest. So? On October 5th, a chemical factory reservoir located outside the town cracked, releasing 800,000 cubic meters (roughly 180 million gallons) of caustic red sludge into the surrounding area. Hungarian authorities rushed to evacuate the residents of Kolontár, who were stunned to see waves of mud the color of rust surging over fields, fences, walls, swallowing whole houses. Already there have been several deaths reported, and many more injuries caused by both the panicked fleeing of many people and the sludge itself.

But the leak isn't limited to Kolontár, a town with a population of roughly five thousand. One of Hungary's most famous and exquisite natural features is the Danube River. It ambles across the landlocked country and several others for 1,771 miles and is now also playing an active role in spreading the toxic flood far and wide. National borders are well-guarded in this area of the world where one can drive and get breakfast in Prague, lunch in Vienna, and then tea in Budapest, but no kind of border patrol can keep out water.

This catastrophic leak is only the latest in a series of disasters of varying sizes that have led the Hungarian Disaster Management Agency to seriously reconsider their previous standards of quality and maintenance that they had been using with factories like this one. It is important to look back on all of the minor shortcomings, a lax inspection here, a section of piping that went unrepaired there, and wonder what went wrong. But only for the goal of finding the original problem, not to simply throw around accusations, as the MAL Hungarian Aluminum Production and Trade Company has found itself the target of over the past week.

How can we continue to progress industrially while still being prepared for possible environmental emergencies like the disaster unfolding in Western Hungary? Hungarian PM Victor Orban has already issued several official calls for financial and medical aid, and as the days go by, more players are joining the rush to mop up the mess. Kolontár is across the world from UCSD, certainly, and the chemical mush still spewing out from that unrepaired reservoir crack has about as much chance of affecting La Jolla as you have of learning Hungarian (incidentally, Hungarian has been ranked the 2nd most difficult language to learn in the world, closely behind the Basque dialect originating in Spain). But at the very least, shouldn't we be aware and actively sympathetic of this catastrophe? As the rain in Hungary fades to bring in drier and warmer weather, more of the toxic mud is vaporizing into heavily contaminated dust. Add wind to dust, and again the radius of the problem increases tenfold – a tidbit of information that shouldn't spur panic but rather consciousness of the potential reach of something like this.

It has been estimated by several environmental groups that it will take about a year to completely clean up the flood of toxic chemicals from this leak – which continue to surge farther along the Danube River as you read this – and by then, who's to say that there won't be another similar event? This article does not aim to point out a simple solution, or even suggest a list of possibilities; that would be too easy, too quick, too tempting to just wrap it up and ratchet the case of Kolontar as another tragedy in some far-off pocket of the world.

Instead, think of it like this: if there was a toxic leak at one of the chemical factories in the LA area, how would people here react? Beyond the immediate worry or the instant surge of panic, that is. For most of Southern California certainly, a feeling of community, of solidarity, would spring up. There needs to be that same sense of basic collectivity in the case of Hungary, but on a global scale.

Because really, what happens in Kolontar somehow affects us all.



What's YOUR Revellation?

*“Every new beginning comes from some other
beginning’s end.” –Seneca*

Along with a new school year comes many firsts. Beginnings abound with new classes, new friends, new experiences. What is your new beginning? Submit a piece of work (drawing, photo, prose, poetry, short fiction, etc.) demonstrating what a “new beginning” is to you.

Email revellations.revelle@gmail.com by **Thursday, November 18** with your submissions. Winners will be published in the next issue of Revellations!



Are you interested in writing for Revellations? Join now! Email Revellations at revellations.revelle@gmail.com if you have any questions.



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