

# Revellations

OFFICIAL REVELLE COLLEGE NEWSLETTER, UC SAN DIEGO

## Events

### *Roger Revelle's Birthday:*

Come out to the plaza on Friday March 3rd at 11AM to celebrate Roger Revelle's 102<sup>nd</sup> birthday! It's a great way to distress on Friday of week 10, right before finals! There will be free cake, other snacks, and fun games to celebrate our founder. At the same time and place Revelle College Council will hold its 10<sup>th</sup> week barbeque, so it will be double the fun. We hope to see you there!

### *JASANSU Matsuri Festival:*

### Theme: *Natural Beauty*

Submit your printable media (photography, words, drawings, etc) by **Friday, April 15th** to [revellations.revelle@gmail.com](mailto:revellations.revelle@gmail.com). Winners will receive a prize as well as have their work featured in Revellations!

**To check out the full version of Revellations go to**

**<http://revellations.ucsd.edu>**

## **Caffeine: Alert and Aware**

By: Ryann Vasquez

Ah yes, caffeine, the sleep-restricting, energy-providing chemical many college students have grown to hold dear. Caffeine has become one of those “things” that just creep out of nowhere; one day you have a cup of coffee because you had to stay up all night studying for that 8am midterm, the next day you have another cup but only to finish writing that paper you forgot was due, and the next day, well, you just have a cup because you can’t even muster up enough energy to drag yourself into the shower and get to class. Soon you find yourself in a caffeine cycle, half-loving its effects and half-hating the fact that you are indeed addicted.

Whether to consume caffeine or not has undoubtedly become a decision, as subtle as it may be, that we as students have to make in our college career. If we choose to consume caffeine regularly we run the risk of addiction and possible withdrawal symptoms when we try to desert it. But if we choose not to, we run the risk of not being able to complete everything we need to in one day.

What have we decided? It seems that not just college students but Americans in general have overwhelmingly chosen option number one as it is estimated that 90% of individuals in the United States consume caffeine on a daily basis, with a large portion of it coming in the form of coffee. The National Coffee Association claims that the percentage of Americans over the age of 18 that consume coffee every day is over 50%, which sums up to over 150 million people.

While caffeinism, the over consumption of caffeine, can lead to undesirable side effects including anxiety, diarrhea, and increased heart rate, moderate levels of caffeine are known to speed up metabolism and increase the breakdown of fat. In addition, caffeine’s blocking of adenosine reception, its injection of adrenaline, and manipulation of dopamine production produces a sensation of alertness and makes the consumer “feel good.”

College and the ever increasing busy lifestyle that coincides has led caffeine to become a near “quick fix” for many students facing the battle of fatigue and the limited amount of time in a day. I for one have discovered that my own caffeine consumption drastically increases during what I term “midterms season” to often several cups a day. While constant increased amounts of caffeine consumption has been imperative on my health and wallet the positive results have been noticeable as I find that I am able to complete a lot more tasks within the day. As March sets in we toast and celebrate National Caffeine Awareness Month. While it is easy to turn to caffeine as a needed booster it is important that we remain aware of its both negative and positive side effects.

### **10 Caffeine Free Ways to Stay Awake**

|   |                                   |
|---|-----------------------------------|
| 1. Turn up the AC   | 6. Music                          |
| 2. Splash some water on your face and the pulse area of your wrists | 7. Chew sugar-free peppermint gum |
| 3. Tickle the top of your mouth cavity                              | 8. Light exercise breaks          |
| 4. Pull down on your earlobes                                       | 9. Eat an apple                   |
| 5. Turn on all the lights   | 10. Power naps                    |

# Matsuri Festival

By: Miyuki Tanabe

Matsuri means “festival” in Japanese. The third annual JSA/NSU Matsuri Festival of 2011 is anticipated to be the largest yet, with an expected turnout of around 1250 attendees. The concept of the Matsuri Festival was born in fall of 2008 with the hopes of celebrating and sharing the traditional Japanese and Japanese-American cultures through the collaboration of the two Japanese student organizations on campus: JSA and NSU. Even with only two years of history, the Matsuri Festival has become one of the most widely known and highly discussed events on campus.

The first Matsuri was held on April 9, 2009. In addition to starting the event from scratch, JSA and NSU had to begin with meeting each other, since the two had never combined efforts before in the past. Although it had a rough start, the planning committee members from both organizations brainstormed and worked hard together in order to replicate a traditional Japanese festival. The final product clearly exceeded the expectations of everyone: a long line of attendees formed in front of the ticket booth at 5 p.m. sharp. The night went on, drawing students to the crowd as well as bringing a vast audience from the San Diego community: from children to elders. The first Matsuri was a reflection of everyone’s effort: an estimate of 600 attendees and 1000 walk-throughs.

The second Matsuri, held on April 1, 2010, was a new and improved product. The festival increased in size in terms of the variety of booths and attendance, estimating a total of 1000 attendees. The increased collaboration between the organizations, help from student volunteers, and support from sponsors, other student organizations, community groups, and



schools throughout San Diego, the Matsuri Festival made a huge impact in the greater San Diego community. Authentic Japanese festival foods include yakitori, yakisoba, takoyaki, and crepes will be available to purchase. Festival games include ring-toss, fish-pong, and basketball. Also performances lasting throughout the night, include hip-hop dance by NSU’s [N] Motion and the traditional Japanese fishermen’s dance by JSA’s SoulRun group. As the only authentic Japanese festival in the San Diego county of this scale, this event is guaranteed to entertain all people of different ethnicities and age groups. So mark your calendars: Thursday, March 31st, Library Walk, 5:00pm-10:00pm. Save the date, bring your friends and family, and come experience the traditional Japanese festival right here at UC San Diego.



## St. Patrick's Day

By: Joyce Huang



Are you wearing green? You're not? PINCH. I'm sure many people can relate back to their childhood days when a friend would deliver that painful pinch to their arm. "But wait! I'm wearing green socks!" Too late. How did this holiday come about? Obviously the purpose of the holiday is not just an excuse to pinch everybody non-green in sight.

St. Patrick's Day is named after a man called St. Patrick (387—461 AD), one of the most well-known saints of Ireland. He spent six years of slavery in Ireland before escaping the country and undergoing religious training in secret. Upon his return to Ireland, he utilized the shamrock to explain the Holy Trinity (the unity of the Father, the Son, and the Holy Spirit as one divine Being) to the nonbeliever Irish population. St. Patrick's Day marks the anniversary of his death. Although the Irish have been celebrating St. Patrick's Day religiously for at least a thousand years, in recent times it has become more of a secular celebration of Irish culture in general.

How did the color green come to be associated with this holiday? Because St. Patrick used the shamrock to portray the Holy Trinity, his followers began to wear shamrocks as a symbol and homage to him. Seeing as how shamrocks are green, the color green became increasingly associated with the saint, and followers would display shamrocks on the anniversary of his death.

In the early days of America, Irish immigrants underwent extreme racial prejudice and had to fight for acceptance in America. During times of political and social hardship, Irish people organized as a massive group for protection and became known as "the green machine". They became extremely important in the political sphere due to their sheer numbers. The first St. Patrick's Day parade occurred in the United States on March 17, 1762; Irish soldiers in the American army marched through New York City, wearing green uniforms for solidarity. In a 1798 revolution in Ireland, soldiers wore green uniforms on March 17, successfully gaining substantial public attention. Over the years, St. Patrick's Day celebrations and parades have evolved into displays

of strength and patriotism for Irish all over the world. This is a day for them to connect back to their Irish roots and celebrate their heritage.

Because this is a patriotic holiday, St. Patrick's Day is widely celebrated in the Irish populations in many countries. This holiday is known for massive consumption of alcohol, spectacular parades, "wearing of the green" (originally referring to the wearing of shamrocks), music and songs, traditional Irish food, and games. Because St. Patrick's Day usually occurs during the Christian time of "Lent", Irish people typically go to church in the morning of the holiday and celebrate in the afternoon and evening. Lent restrictions forbidding meat consumption are temporarily postponed, and people feast copiously on the traditional meal of bacon and cabbage.

Some cities go as far as to paint road markings green for their parades. Other cities dye their streams and fountains green. Chicago is known for dyeing the Chicago River green for a day. In 1962, the first year this took place, 100 pounds of green dye was poured into the river, and the river stayed green for a week! Because of environmental issues, they now use only forty pounds.

As for the tradition of pinching the non-green-wearers? It is rumored that this tradition started in American classrooms, where children would punish each other for not wearing green with a (sometimes) gentle pinch. The Irish do not do this. (They must think we Americans are a strange group). Nonetheless, it is a fun tradition. So think it over—will you be wearing green this year?



## TO PLEDGE OR NOT TO PLEDGE?—THAT IS THE QUESTION

By: Bobby Tavafifard

Within UCSD about ten percent of students choose to get involved in Greek life. Compared to the massive number of UCSD students, it is safe to say that a very small amount of our students join either a fraternity or sorority.

It's interesting that so little of us choose to participate in the Greek scene; so I became set on figuring out why so many UCSD students choose to avoid Greek life. Long story short, I came to the conclusion that for many UCSD students, Greek life embodies a set of stereotypes that many would rather avoid. I can't deny that I initially felt the same way. I mean the very mention of the word Fraternity or Sorority conjures up thoughts of rowdy parties and aimless



Ruben Torres, a 2nd year RA and member of Lambda Chi Alpha embraces his "little brother" Nick Paladino, a 1st year from ERC.

students who choose to channel their energy in a less than admirable way. But what got me questioning my train of thought was the 10 percent of students who *are* involved within Greek life. I started realizing that there has to be some benefit in being involved with the system and I'm pleased to report that Greek life actually does have a lot to offer.

It is important to tackle some of the stereotypes that individuals have of both fraternities and sororities. As a UCSD student Leticia Sanchez neatly summed up that, "Fraternities and sororities fulfill three basic stereotypes: members of these Greek Organizations don't focus on academics, the entire system of brotherhood and sisterhood is based on a shallow basis, there is nothing positive one can acquire from the Greek system aside from social benefits. After interviewing multiple individuals who are actually involved within the Greek system though, the perspective changes.

The most important thing is to realize that there are pros and cons for both being involved as well as not being involved within the Greek system. The Greek system allows for a variety of interests; you can join a fraternity or sorority on a purely social basis, a cultural basis, or even a professional basis. What students need to realize is that there are many options within the Greek system and one of these options just may be the perfect fit. After conducting various interviews I found that students join their respective categories within the Greek world in accordance to their interests and personal goals. The best thing to do is just to keep an open mind.

One of my first interviews was with the president of Sigma Phi Epsilon (mainly a social fraternity). According to President Juan Alejandro Arellano, the fraternity "made him the person he is today." We all know that college is a transforming experience (UCSD has immense-

ly transformed my life) but becoming part of a fraternity can really enhance one's personal experience. As Juan indicates becoming president "taught him leadership, discipline, and the concept that determination alongside hard work always pays off." In his view a social fraternity is a good way "to meet people and to strengthen oneself" and his example shows that going Greek allows the opportunity to create a presence on campus.

Another interview that I conducted (one of my personal favorites) was with a member of another fraternity who chose to remain completely anonymous. For Daniel\* (name has been substituted) who "already had a lot of close friends" joining a fraternity was a way to simply "meet more people and have a good time". This member of the Greek system "joined [his fraternity] at the end of sophomore year", once he became comfortable with UCSD and its rigorous scholastic demands. What I really admired about Daniel was that he completely defied the set academic stereotype in regards to fraternity members. Daniel who maintains a 3.5 GPA, majors in cell biology and hopes to become a veterinarian some day, drilled the message across to me that "school comes first." In his words "anyone interested in joining a



Lambda Chi Alpha and Sigma Kappa join forces to clean up Scripps beach

fraternity needs to assess their personal goals and make sure they can handle school first before taking on the load of a fraternity". What was equally impressive was the basis of leadership his fraternity instilled within him. He hopes to become the Vice President of Communications within his fraternity soon and his personal goals made me realize that the Greek system allows for an outlet of leadership.

What's even greater about the Greek system is that although at first glance it seems to be primarily social, many in the Greek world focus on community service and the betterment of society. Liz, a member of Kappa Kappa Gamma, tells me that she joined for two reasons- to meet other girls who were like her (since she claims that she suffers from being shy) and also to help out the community. She claims that Kappa Kappa Gamma hosts a variety of charity events alongside helping needy organizations. What's interesting about Liz is that she says she would have never seen herself in a sorority during her high school years; she gave Kappa Kappa Gamma a chance and now thinks she made the "perfect decision for herself." In my opinion Liz's scenario is a perfect example of something unexpected turning out to be amazing. Who knows, maybe giving something a chance you normally wouldn't could turn out to be one of your best college experiences yet.

Going off of the community service component, we see that a host of other fraternities and sororities raise money for charity through creative means. For example, I'm sure many of you have seen the blood drive on Library Walk which serves as a yearly tradition for the NAK fraternity. It's commendable that many fraternities and sororities choose to collectively assist those in need.

Like I stated before, it is important to realize that the Greek system allows for more interests than just a social aspect. Many fraternities and sororities focus on a cultural component. Lilly, a member of Phi Lambda Rho, tells me that her sorority allowed her to connect to her Latina roots and understand her culture better. Lilly claims that she has found life-long friends who share her ethnicity, and now is more educated about what it means to be a young Latina woman.

Finally we see that the Greek system also allows for a professional realm. Golsa Honarfar, a member of the professional pre-law fraternity Phi Alpha Delta, tells me that she gets a lot out of her fraternity as it offers both a “social scene alongside a professional realm focused on her career.” I think professional fraternities are great for many UCSD students (since many of us are very serious about our careers) as they offer the best of both worlds. What’s interesting to note for Revelle students (who are specifically very much science inclined) is that there is a Pre-Med fraternity that offers both a social environment alongside much needed information and connections in regards to medical school. For students who are seriously thinking about going Greek but fear straying away from emphasis on academics, professional fraternities just might be the answer.

In all, the Greek system has a lot to offer and it is worth taking it into consideration when contemplating the ways you can get involved within our campus. I would just like to take this moment to clear up that I am not a member of the Greek system, but as an outsider, I can say that there is a lot to gain from this system as long as you take the time to find something that aligns with your personal interests. What shocked me the most in all these interviews was that a member of a fraternity stated “that he rarely wears his letters” as he fears that other UCSD students “will get the wrong impression” of who he is based on the set stigma of being associated with a fraternity. I just want to let all the readers of Revelations know that the most imperative thing to do, when encountering anything new, is to cast aside all stereotypes and judgments we have, so that we can approach whatever it is with an unbiased perspective. There are amazing people within the Greek system, some whom I’ve been fortunate enough to meet personally. And on a final note there is a lot that one could learn from being a part of Greek life, so go check it out!

## What Am I Doing in College?

By: Megan Ouyang

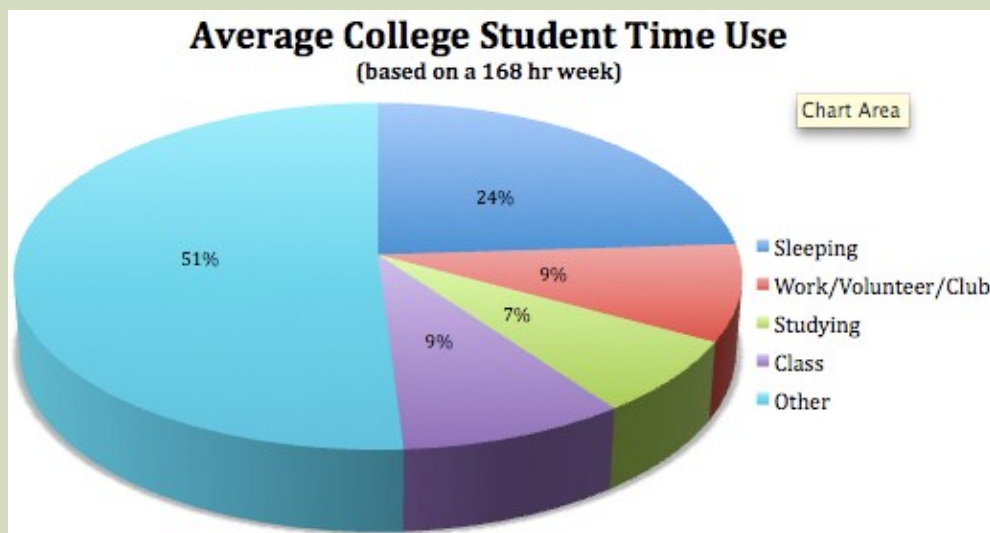
Recently, a startling report based on the book *Academically Adrift: Limited Learning on College Campuses* was released. The results were shockingly depressing. According to the study, which gathered information from 3,000 students across 29 campuses nationwide (the schools were not identified), 45 percent of students show no significant learning growth in critical thinking, complex reasoning, or writing in their first two years of college. Even after four years, 36 percent of seniors still exhibit little to no change. If this is true, then what are we doing in college? Ten years ago college students studied twice as much as we do now. What has changed?

Personally, I think my two years at UC San Diego have served me exceptionally well. Understanding chemical mechanisms in organic chemistry has helped me develop complex reasoning skills. The Humanities sequence taught me how to critically analyze literature and write effective, convincing essays. That is just the beginning; all the courses I have taken so far have contributed to my learning in some way. It is not just academic knowledge I have accrued either—being in college has also given me the chance to develop leadership, time management, and interpersonal skills. On the other hand, the study asserted that 75 percent of the time in the first two years of college is spent socializing and sleeping. Of the remaining 25 percent of time, only 7 percent is used for studying.

Contrast this with the fact that in China, even elementary school students spend double the amount of time doing homework as American children do. Instead, the average American child watches more hours of TV than they spend studying. Considering all the time I spend on academics and involved in clubs, even as a child, I found it hard to believe the study. In order to see if these numbers were true, I set out on an experiment, and logged exactly how I spend my time in a given week.

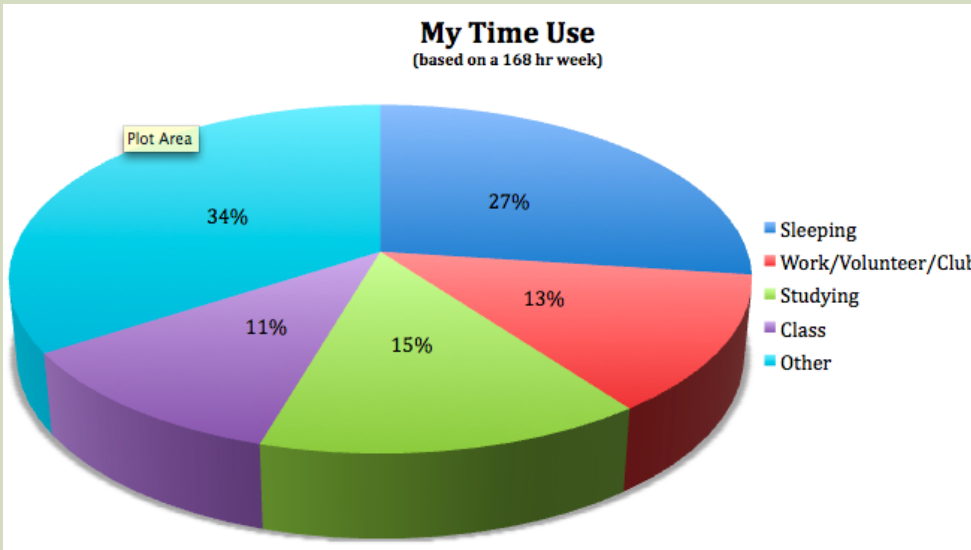
Based on the results of the study, a typical college student spends less than 2 hours a day studying. Although I logged several hours studying some days (over 6 hours), on other days, especially

the weekends, I only studied for an hour. This averaged out to around 3.5 hours a day. Keeping in mind that for each unit I should spend 2 to 3 hours outside of





class studying, I could not believe how badly I measured up. For a student taking 15 credits, 30-45 hours should be spent studying a week, and I only spent around 25 hours studying. But what struck me even more was my sleeping statistic. Averaging about 6.5 hours



of sleep a night, I don't sleep nearly close enough to the recommended 9 hours a night. I know sleep deprivation affects me negatively too, making me irritable and my productivity

low. But the study found American freshman and sophomores spend only 24 percent of their week sleeping, or less than 6 hours a night. If 51 percent of the average college student's time is spent doing "other" things, I hope at least some more of it can be delegated to sleep.

This is not to say that American students are completely wasting their time. The "other" category includes socializing, and college is an important time for networking in the business world and forming lifelong friendships. We could not expect a student to cut out all their socializing either—maintaining relationships is an integral part of a healthy lifestyle. The key is to find a balance that allows students the freedom to have fun while also absorbing as much as possible from their higher education. College is a privilege, not a right, and we should remember to treat it as such.

All in all, my time experiment was quite eye-opening. While I am glad I do not fit into the sobering findings of *Academically Adrift*, I also realize there are many areas I can improve upon, namely, the amount of time I spend studying. My sleeping percentage also leaves something to be desired, but that is something that all college students have to contend with. Now that I know exactly what I am doing with my time though, I can begin to improve. I encourage you all to log your hours in a week and see how you spend your time. You may be surprised.

# Contest Winner

## Theme: Excess



**“Kick-off to Hell Week”**  
By: Jason Chou

A trash can behind CLICS after day two of dance practice in preparation for a kick-off Performance.

# Up-Close and Personal

A closer look at the Revelations staff

## Joyce Huang



Joyce is a third year Revelle student majoring in Molecular Biology and minoring in Psychology. She is not much of a talker and prefers to express herself through art and writing. She likes mochi, science fiction, and taking spontaneous pictures, and dislikes rainy days, chemistry, and waking up early. No matter how many hours there are in a day, it will never be enough for her.

### Joyce Huang's *Did you know that Roger Revelle...?*



*Did you know that Roger Revelle* fought against the UC Board of Regents for the establishment of a UC San Diego (they were intending to expand UCLA and not create a new UC for the city of San Die-

## CGIU 2011: Promoting Global Initiatives at UCSD

By: Parthu Kalva



CLINTON GLOBAL INITIATIVE

|          |              |            |             |                   |
|----------|--------------|------------|-------------|-------------------|
| ABOUT US | OUR MEETINGS | MEMBERSHIP | COMMITMENTS | NEWS & MULTIMEDIA |
|----------|--------------|------------|-------------|-------------------|



*"I started CGI in 2005 to help turn good intentions into real action and results."*  
*William J. Clinton, 42nd President of the United States*

Image from <http://www.clintonglobalinitiative.org>

The most effective philanthropy is not always a contribution to a particular region or a specific culture, but rather an effort to unite other philanthropists, educators, human rights activists, public health workers, and environmental activists. The Clinton Global Initiative was founded by Bill Clinton in 2005 to unite leaders across the globe in forming innovative solutions to many of the world's problems stemming from freedom and peace struggles, poverty, and lack of healthcare. In 2007, he officially expanded the efforts of CGI to include the youth by founding the Clinton Global Initiative University.

On April 1<sup>st</sup> through 3<sup>rd</sup>, Bill Clinton, along with several hundred students, educators, and a handful of powerful societal figures will be coming to UCSD to hold the 3<sup>rd</sup> annual CGIU conference. The main goal of CGIU is to bring together leaders of student organizations and individuals with great influence to help promote a stronger infra-

structure and channel more resources towards each cause. These causes can include anything, from addressing sanitation by making toilets accessible in rural Indian villages to installing a bike checkout system on the campus of a university. In a series of workshops and lectures, students and professionals will share their experiences and work to promote innovative approaches to strengthen the impact of each of their efforts.

CGIU stresses not only getting involved in constructing innovative solutions to solve the world's problems, but also highlights the idea of a concentrated, yet collective effort. The conference proves how important strong connections are to reaching any goal. In addition, the vision behind CGIU highlights the importance of collaborative effort in the 21<sup>st</sup> century, especially in humanitarian pursuits.

You can learn more about the Clinton Global Initiative University, and how you can get involved by visiting <http://cgiu.org>

## Wallflowers

By: Konto Southisombath

I just wanted to start out by saying that I am, by no means, a photographer. I do, however, happen to own a camera. In an attempt to de-stress myself from the endless papers being thrust onto me by the Humanities sequence, I decided to compile a portfolio consisting of photos of what I believe, fit under the concept of "UCSD: The Wallflowers". Below are pictures of beautiful places and simple things that I feel that we, as UCSD students, have the options of seeing on a regular basis, but never really doing so due to the whirlwind of that thing we call college.

### "Seashells at the Cove"



...because let's be honest. Do we ever really collect seashells anymore?

## "Sunset at Glider Port"



This is my favorite place to go to whenever I feel like watching the sunset. I was just sitting there with my camera when I spotted a person standing on the edge looking out at the ocean. For some reason, a wave of questions started to wash over me. Who is this person? What are they doing here? What are they thinking about? Staring out at this mysterious individual (I'm not a creeper, I promise) prompted me to think about everyone and everything in my life. It was at this exact moment that realized how lucky and blessed I was to be where I was at; not in terms of location, but in life. As corny as this may sound, I knew that something inside of me had changed. I felt the need to capture the moment, so I did.

## "Love Each Other, Folks"



As a commuter, it can be quite the hassle waking up early to catch the shuttle in order to get to school. However, this may just be a blessing in disguise. While walking from the shuttle stop, on my way into Revelle, something on a tree caught my eye. There was a sign stapled to the tree that said 'Love each other'. I just stopped and stood there for a while. For some reason, I was completely enamored by this piece of cardboard. It just seems that as college students (in a quarter system, no less!), everyone is just so caught up in their own work (myself included) that they overlook some of the most basic things a person can do. To me, this sign was a tangible reminder for us not to get so caught up in the whirlwind of our lives that we forget to do the simplest of tasks. After staring at it for a couple of seconds more, I realized that I was going to be late for class. So, I did what any person would do; I whipped out my phone, and took a picture.



Bobby



Joyce



Sam



Megan



Konto

# MEET THE STAFF!

ZZ



Mallika



Parthu



Ryann



Victoria



Revelations is advised by Liora Kian-Gutierrez, Assistant Dean of Student Affairs, Sponsored by RCC

Revelations is published twice quarterly by Revelle College, at the University of California, San Diego. 9500 Gilman Drive, La Jolla, CA 92093. None of the statements contained in this publication necessarily reflect the views of the University administration.