



*Friends of the International Center,
at UC San Diego*

Newsletter

Volume XLV, No.6

February 2018



Friendship

I have written before about friendship and yet its significance for the Friends of the International Center community, its February thematic presence (Valentine's Day), and its power to combat xenophobia warrant its feature in this month's column.

For many of our international visitors, and even for some of our locals, the most compelling reason to participate in Friends activities and events is because of the friendships that form as the result of these gatherings. The friendships born of Friends reflect bonds that mimic and, in some cases, surmount the closeness shared with family members. For our international participants, volunteers very often become surrogate parents providing sage wisdom and emotional support; their peers become siblings providing companionship and guidance; and the broader Friends community provides a safe haven to expand their comfort zone while trying new things in an encouraging and supportive environment. And, of course, many of our volunteers also form life-long friendships leading to shared non-Friends activities and even shared travel adventures.

Friends activities provide an opportunity for people from all over the world to gather and share without fear of judgment or, worse yet, reprisals. At a recent Wednesday Coffee, one of our Indian participants introduced me to her new Pakistani friend, thanking me for giving them this opportunity to become friends, because this would not be possible in their home countries. Through their friendship, they have discovered that they have no grounds for fear as they were taught growing up, but instead have so much in common—can you think of a better antidote to xenophobia?

At our December Friends Dinner Social, my family spoke at some length with a well-traveled scholar from the United Arab Emirates, who expressed his surprise upon learning how closely knit our family is, since this was so incongruous with the depictions of American families shared in his home country. This led to deeper discussions and our agreement that we varied remarkably little in our values, aspirations, etc. Our meeting concluded with his parting pledge to carry this newfound knowledge with him and to share it with his friends. Score another round for anti-xenophobia.

Friends volunteers are thanked repeatedly for providing our participants with opportunities and friendships that carry them through what might otherwise be lonely holidays and depressing transitions. Our participants share that their families, too, are grateful to Friends for providing their children friendships—a life spared of too much loneliness—and while we cannot take credit for the bonds that emerge, we can be proud of providing the venues where these friendships can grow.

Thus, while it is impossible to escape the xenophobic headlines from around the globe, I hold fast to my optimism that this insidious fear will be ameliorated by the inescapable power of multi-cultural friendships of the very sort that abound in our Friends community. I hope very much that you will bring your spirit of friendship to either or both of our Friends dinner events this month or to any of our other daytime activities.

Wishing everyone a
Happy Valentine's Day!

Katya

Katya Newmark, President
Friends of the International Center
presFIC@ucsd.edu

Korean-Themed Friends Dinner Social

—by *Katya Newmark*

I hope that you will continue to explore the world with us, as we gather for a South Korean-themed Friends Dinner Social on Saturday, February 24, 2018, at 6:00 p.m., at the Village 15 meeting room. As we know from past experience, these dinners sell out quickly and bring together an always interesting mix of graduate students, post-docs, staff, faculty, Friends, and local community members, so please make your reservations at your earliest convenience at: <https://ficKorea2018.eventbrite.com> before February 16, 2018.

For many, Korean food entered the American food scene, at least on the West Coast, in 2008, with the introduction of the Korean short rib (aka *bulgogi*) taco, an admittedly delicious fusion dish, by Chef **Roy Choi** (acknowledged as the father of the food truck movement). Since this time, Korean food has enjoyed an increasingly popular culinary presence, most recently spurred on by scientific research touting the health benefits of fermented foods: think Korea's national dish of *kimchi* (fermented vegetables, usually Napa cabbage). Side note: a 2017 documentary film called *Fermented*, featuring Chef **Edward Lee**, is well worth watching, as it explores a wide variety of foods including kimchi, cheese, beer, and other fermented foods.

For our culinary exploration, our *bapsang* (meal) will include the ever-present *bap* (steamed rice) accompanied by *banchan*: what we call side



Bulgogi



Dakgangjeong



Katya bathed in a beautiful sunset as seen from the 15th floor of The Village

dishes, what Spain calls *tapas*, and which are hearty enough in their own right to be considered a main course, but then who does not want to try them all? Our *banchan* offerings will include iconic Korean dishes: *bulgogi*—marinated thin slices of barbecued beef; *japchae*—stir-fried glass noodles with vegetables; *dakgangjeong*—sweet and spicy deep-fried Korean-style chicken; *mandu*—Korean dumplings; and *oi muchim*—spicy cucumber salad. Additionally, each table will be set with *yangnyeom*—an assortment of traditional Korean condiments. To end our meal, we will have *hoppang*—a sesame bun filled with red bean paste.

We will not ask guests to observe any of the Korean din-

Friends Dinner Social
Saturday, February 24,
6:00 p.m.
Village 15

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RSVP by February 16
[https://ficKorea2018.](https://ficKorea2018.eventbrite.com)
eventbrite.com

ing etiquette practices: little to no talking during the meal; never pouring your own drink and women never pouring for another woman; or passing dishes using your right hand supported by your left hand. However, we encourage you to feel free to talk about these customs and to share your own cultural dining etiquette with those at your table.



Georgina Sham checks in Marie Perroud and Dorothy & David Parker at the December 2, 2017, Filipino Dinner

With *Katya* not only chairing the Friends Dinner Socials, but also taking numerous pictures of these events—pictures she shares with guests, caterers, servers, and the Friends Newsletter editor—both *Katya* and I often receive appreciative notes in response. In reference to the Filipino dinner, an Austrian guest, **Hannes Pessentheiner**, wrote: “I’m so glad that you’ve selected a picture featuring **Josh, Nelly, Ariane**, and me on page 5 of the January Newsletter. I really like it, since I associate it with gorgeous people and a lovely dinner.”—Editor

Because the Friends Newsletter deadline falls early in the month prior to publication—in the month of January this may well be before some of the programs have met in the New Year—a number of the following articles will relate to December. All programs are looking to a bright 2018!—Ed.

Friday Chat

—by *Cindy Tozer*

On the last Friday before the university closed for holiday, Chatters had great fun with a “White Elephant” or “Dirty Santa” gift exchange. Each participant brought a wrapped present (not to exceed \$5, but I believe some were worth much more). There were squeals and oohs when a present was stolen. The most popular gift was something one put on one’s head to hold the hair back, out of the way when washing one’s face or putting on or taking off makeup. When we all (well, the women that is) wanted one and asked where we could buy it, the answer was that it was purchased in Japan!

In December, I hosted the Friday tennis players and their families at my home. We first caravanned to Rancho Penasquitos’s Christmas Card Lane, where the displays and lights were blazing. We walked from dusk to darkness to see and hear the sights and sounds of Christmas. Most of the internationals were amazed that Americans decorated their homes so elaborately. Then we had twenty-two scholars, spouses, and children eating traditional Christmas delights.

Hoping the year 2018 will bring new fun experiences with new internationals joining both our tennis and our Chat on Fridays.

Family Orientation

—by *Nancy Homeyer*

You may be able to take the Center out of the Friends of the International Center, but you can’t take out the International. The statistics from Family Orientation provide ample testimony to the resilience of the Friends and their programs. Family Orientation is frequently the entry point into the programs. Those who attend are usually the spouses of the faculty and scholars from other countries. They are most often wives, but can be husbands.

In 2017, we had 108 people attend. They came from five of the seven continents. No one from Africa or Antarctica. The majority (eighty-two) were from Asia—just across the Pacific. South Korea led with twenty-five; China came in second with twenty-two. Nineteen were from Europe. Four from South America. Two from North America and one from Australia. In all twenty-eight countries were represented among those attending Family Orientation in 2017.

The volunteers in the program in 2017 are also international. **Emma** is from France. **Junko**, **Mariko**, and **Yuuka** are Japanese. **Macarena** is from Chile. **Mayra** is Mexican. **Tuktuki**, **Manisha**, and **Yamuna** are from India. **Diana** is English. **Joan**, **Barbara**, and I are local. Altogether it is a wonderful mix of people from different lands and cultures making friends and helping each other. 2018 will bring new people and new friendships. Internationalism is alive and well at UC San Diego.



Sharon Sun, Jei Yoon Park, Maki Sukai, Gladys Wong, and Mayra Nevárez hold up the handsome backpacks they made



The craft group sports headbands they made in a project led by Mayra Nevárez

Craft Circle

—by *Jennie Chín*

Under **Lynn Jahn**’s masterful guidance and with support from **Mary Woo**, all in the Craft Circle who participated in creating and sewing their own backpack completed this project in December. Working on such an ambitious project required us to be more creative in teaching the participants: from helping them understand how to piece sections together, cutting out the pieces, to sewing all the pieces correctly. In the end, all who did it learned a lot and all were happy with the finished results.

Campus space being scarce, the Craft Circle will share the dance hall, from January to March, with about 50 students from OASIS (Office of Academic Support and Instructional Services), with the room separated by dividers.

Gus' Table

—by *Jeí Yoon Park*

In December, Gus' Table featured fun activities full of holiday spirit. We learned a traditional English carol, *The 12 Days of Christmas*, then divided the group and song into 12 parts, with each group singing a verse. It was such a hilarious and memorable experience!

And we made gingerbread houses. Three different teams designed and decorated their gingerbread house using cookies, candies, and chocolates. After that, **Susan Graceman** devised a quiz about San Diego, making it a battle with the persons answering the most questions correctly getting to take a gingerbread house home.

Even though the fall quarter was already over, our group met on December 19 to practice our English and celebrate Christmas. We played games like *Taboo*, *Would you Rather?* and *Never Have I Ever*, and looked back on our happiest moment in 2017.

Wednesday Morning Coffee

—by *Georgina Sham*

Wednesday Coffee is quite excited at this month's offerings.

- We end the previous month (January 31) with **Katya Newmark** teaching us to make greeting cards—she is an expert paper crafter.
- On the first Wednesday of February, we will weave hearts from paper and felt with **Lynn Jahn**.
- The second Wednesday is Valentine's Day, so we will decorate cookies baked by **Lynn**—this is always a fun project with everyone's artistic abilities flowering. Then, of course, we get to take home cookies to eat or share with friends and family.
- The third Wednesday, we will have **Junko Takemasa** and **Maki Sakai** teach us origami—the art of paper folding. They will demonstrate not just how to make cranes, but we will tackle some more complicated paper folding.
- The final Wednesday of the month, **Marie Perroud** will show us how to make beautiful crocheted flowers using colorful yarns.

Everyday English

—by *Irma and Pat Canan*

Everyday English continues to be an invigorating conversation group with a core of approximately nine participants that balloons to as many as seventeen some weeks. Thus far, ten nations have been represented and that mix has deepened the quality of the conversations. The round table configuration is working well, and the weekly "prompts" have produced increasingly complex topics. Each week, we notice improvement among the group (which we attribute, in part, to the exceptional range of opportunities offered by the Friends of the International Center and to which many of our group avail themselves). With each passing week, they become noticeably more courageous, and successful, in their efforts to communicate. It is a dedicated, bright, fun group and there is a lively spirit in the class!

We are delighted to have a new colleague, **Lynn Green**, a former ESL teacher, originally from Ecuador, who brings additional enthusiasm to the table.

February Calendar

Feb. 1, 8, 15, 22: **Everyday English**, 10:00-11:30

Feb. 2, 9, 16, 23: **Friday Chat**, 10:00-Noon

Feb. 6, 13, 20, 27: **Gus' Table, English Conversation**, 10:00-Noon

Feb. 6, 13, 20, 27: **FIC Craft Circle**, 1:00-3:00

Feb. 7, 21.: **Family Orientation**, 9:15

Feb. 7, 14, 21, 28: **Wednesday Coffee**, 10:00-Noon

Feb. 7, 14, 21, 28: **Mommy/Daddy & Me**, 1:45-2:45

Feb. 8: **Cooking Class**, 9:00-Noon

Feb. 10: **Ethnic Dinner**, 6:30, Great Hall, I-House

Feb. 13: **Friends Board** meeting, 10:00

Feb. 19: **Presidents' Day Holiday**

Feb. 24: **Friends Dinner Social**, 6:00, Village 15

**Friends
Volunteer Hours
for December 2017
627 = 3.56 FTEs**

Life in San Diego

—by Jeí Yoon Park



Hello, friends!

Some of you might be curious to find my name in the *Friends Newsletter*. I'm **Jeí Yoon Park** from South Korea. (Most people just call me Jeí.) I have been here for almost 2.5 years. I came to San Diego with my lovely husband right after marriage, because he is pursuing a Ph.D. degree in the NanoEngineering Department at UCSD.

As for me: I double majored in statistics and management, because I had an interest in finance. And because I wanted to devote myself to society, I tried to choose a company at which I could do financial work and help the weak. Right after graduating, I began working as an institutional investor in a government-based company and did so for the next five years.

Then, my husband and I decided to go to America together. Being together would make our lives much easier, especially at the beginning of our American life when everything would be new and awkward.

When we first got to the United States, we stayed at my cousin's home in Los Angeles for two weeks. During that short period, we had to do lots of things. Although my husband is a U.S. citizen, nothing came easy: from opening a bank account to buying a car, and finding a place to live. Finally, we drove down from Los Angeles to San Diego. Since then, we have worked very hard to make the most out of our lives in San Diego.

I heard about the International Center soon after coming to San Diego, but thought I needed a document for verification of my status in the U.S. So I just worked on obtaining the document and waited until I got my green card. The process was long and boring.

In early 2016, I started joining Friends programs and meeting many internationals like me. Ever since, I haven't been lonely anymore, thanks to the many volunteers and friends at the International Center. I have been trying to join as many classes as possible to make my life busy and bright. I really appreciate all the beloved volunteers who are supporting all the international visitors and making a

strong bond with them.

And from early 2017, I too started volunteering, especially in the Tuesday conversation group, known as Gus' Table. Initially, **Nori Faer** suggested that I help facilitate the class from time to time. Since then, I have been choosing interesting topics to discuss and preparing materials for the class. Every time I choose an article, I list vocabularies along with it, so that participants can focus on speaking rather than rushing to look up unfamiliar words on their cell phone. Everyone seems to enjoy my topics, whether they be silly or profound.

I really appreciate this opportunity and am so happy to meet and greet others who also might have been lonely. I have made it my mission to make everyone feel comfortable and happy in San Diego, even though it may not be exactly like their hometown.

This has been my life in San Diego so far, and I'm still exploring. I hope you are enjoying San Diego as much as I am. Let's stay strong and live happily together. I look forward to meeting you all at the International Center.



Jeí in Anza Borrego



MOMMY/DADDY & ME

—by *Mariko Usui*

The Mommy/Daddy & Me class meets every Wednesday afternoon, from 1:45 to 2:45, in McGill Hall's IFSO Programming Room. The class consists of a thirty-minute circle time (when we sing and dance with the little ones), a season-themed craft project for little hands, and concludes with story time. We usually start with the popular nursery rhyme "Charley over the Water," with one verse being sung for each child using his/her first name. We have sung this song over and over, ever since Mrs. **Keiko Bott-Suzuki** chaired Mommy/Daddy & Me (2009-2011).

Currently, both instruction and preparation are carried out by six international volunteer moms: **Aki Arimoto, Cathy Lin, Chia-Ying Lin, Mayo Kodera, Wenjing Deng**, and me (**Mariko Usui**), and by **Alice Blake-Stalker**, American grandma to all our class kids.

Most of our participants first learned about the program at Family Orientation, and joined us soon after they moved here from their home country. The program's main purpose is to offer a safe, enjoyable, and nurturing place for young kids to mingle with each other, while their parents socialize and bond.

We, the volunteers, generally

are mothers to one or two kids, and a common topic of conversation with new participants is how hard the first months away from our home country can be. We understand that they are likely to feel cooped up at home with little ones, not knowing where to take them to play and have them make new friends. As newcomers, they will need information about where to buy good quality and inexpensive baby gear, what doctor to go to when their kids get sick, or how to choose a school when the education system might well be totally different from that in their own country. English too can be a stumbling block, and newcomers may find it especially challenging to learn the language while taking care of kids 2-7.

We volunteers remember how much we appreciated finding the Friends Mommy/Daddy & Me class. Regular participation not only provided purpose and structure to each Wednesday, but also energized us and facilitated the forming of lasting friendships. We hope that Mommy/Daddy & Me continues to be a nice gateway for our new families.

Ayaka Kokubu, who joined us in March 2017, often sends sweet



The Kokubu family with Santa (Roark Miller) and Mrs. Claus (Alice Blake-Stalker)

feedbacks. I share part of her letter sent after our classroom Holiday Party held on December 13, 2017:

"I and my two daughters had so much fun today. I think you put so much into your preparation, especially those three Holiday crafts, the healthy snack party, and the Santa Claus visit. I would like to extend my thanks to all the volunteers who engaged in planning, executed or sponsored the party. My second daughter had been so much looking forward to meeting Santa Claus. When she finally saw him come into the classroom, she looked very surprised (actually she was crying!); however, the meet made her confident that Santa Claus is there and gives kids presents. My older daughter especially liked the reindeer crown craft embellished with gemstones. Thank

you again for the beautiful party and the fun classes throughout 2017!" Ayaka and her family are moving back to Japan soon. We will miss them very much.

This Spring, we are going to add a few new components to our standard program. We will introduce short outdoor excursions to nearby locations, pot-lucks, and story time in different

languages. And we will incorporate eco-friendly craft sessions—something we already started in 2017—by using more recyclable items. This will be a good way to comply with university-wide efforts towards environmental sustainability.

Since our February 14 class falls on Valentine's Day, we are going to throw a classroom party

that will incorporate lots of heart shapes.

My colleagues and I are so grateful to the Friends for offering us the opportunity to volunteer for this program. Mommy/Daddy & Me is a place where international spouses can share their passion and creativity. It is a place filled with a lot of life enriching experiences.

Cooking Classes

We are excited to announce the continuation of our monthly cooking class open to fourteen lucky participants. Classes are held in the beautiful Revelle College 64 Degree Demo Kitchen and are taught by UCSD's Executive Chef **Vaughn Vargus** and/or by Chef **Bert Shedd**. The January session was entitled "All Things Vegetarian," while the upcoming February session will feature "Soups and Comfort Food."

Coordinated by **Katya Newmark** and **Cindy Tozer**, the Friends cooking program is designed to help internationals in the kitchen during their time in the United States and to encourage them to introduce their friends and family to new foods and recipes, be it in San Diego or upon their return to their home country.

Participants learn new techniques, such as how to use a pastry bag, as illustrated in the attached photo. They learn about different ingredients; for example about varieties of cucumbers, such as the seedless English hothouse, the smaller Persian, and the common American garden cucumber that is best when peeled. They learn how to use certain tools, such as a meat thermometer, as demonstrated here by Chef Vargus, and oh so much more.

Everyone gets a turn at helping to prepare the food and later on to taste it. Classes fill up quickly and it is clear that participants enjoy learning new things and meeting fellow internationals, all while having fun and consuming delicious dishes.



Correct way to hold a pastry bag



Participants practice making salmon topped cucumber canapés



Students in the January class watch the chef's demonstration attentively



Chef Vargus shows a simple meat thermometer

Donations

—by Ruth Newmark

End-of-the-year donations to Friends of the International Center came in a flurry, most in response to a thoughtful letter written by President **Katya Newmark** and addressed to our membership and supporters. In her letter, titled: “The Time for Good Will Is Now,” Katya stressed that the Friends scholarship program continues as strong as ever, stating: “thanks to YOU, our supporters can help us to a better world for all! Because of YOUR donation last year, YOU were able to help a record 64 students achieve their academic and personal goals of gaining a meaningful international education experience.”

Katya’s solicitation resonated with many, but especially with **Jo Ann & David Wirth** (now retired from UCSD and living in South Lake Tahoe), who wrote: “We received your thoughtful letter and are happy to respond. When our granddaughters, **Bianca** and **Xenia**, began their university adventure, we contributed to the Friends Scholarship Fund for each of them. Now our youngest, **Zephyr**, has begun her university studies at Georgia Tech and the enclosed check reflects our contribution in her honor. All three girls have had the opportunity to study abroad, an enlightening and rewarding experience for each of them. We wish you all joyous Holidays!”

We thank the **Wirths**, **Janine** and **Asoka Mendis**, **Joan & Lou Adamo**, and **Horst Hoffmann**, who also made donations specifically to the Friends Scholarship Fund, with Horst making his in memory of his onetime International Center colleague, **Tec Kidane-Mariam**, while **Katya Newmark & Matthew Costello** designated their donation towards the *Ruth Newmark Scholarship*. **Louise Kauffman** and **Stephen Engleman** made a scholarship donation to the Friends UCSD Foundation account earmarked for undergraduate study-abroad.

Other recent donations came from **Jean & Jeff Selzer**, **Dorothy & David Parker**, **Donna & Thomas**

Thank You

Golich, Barbara Beahr, Elisabeth & Kurt Marti, Fran & Russell Doolittle, Louise Keeling, Nicola & Ronald Ranson, Mariette Kobrak, Maryruth Cox, Carole & Michael Ziegler, Barbara & Jerry Fitzsimmons, Faye Girsh, Claudia Lowenstein, and Tazuko Usami (the latter’s all the way from New Jersey).

Thank you all for your support of our varied programs, not the least our scholarship program.

Wrote one of our 2017 scholarship recipients, **Theo Widjaja**, on Christmas Eve: “Let me begin this letter by expressing my deep gratitude for your generosity. Without your kind help, I would not have been able to experience all that I have while studying abroad in Germany. Studying abroad has been even better than I could have ever imagined. Thanks to generous donors like you, I am truly living my dream. To be able to live and study in a foreign country, totally immersed in the language, while enrolled in one of the top universities in the world is an enviable opportunity and one for which I am eternally grateful.”

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CELEBRATE AUSTRALIA DAY

SATURDAY, FEBRUARY 10, 2018

GREAT HALL, INTERNATIONAL HOUSE

A FUNDRAISER FOR FRIENDS SCHOLARSHIPS

To MAKE RESERVATIONS:

<http://FICAustralia2018.eventbrite.com>

RESERVATION DEADLINE,

WEDNESDAY, JANUARY 31, 2018

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Bylaws

In compliance with our campus support group requirements and Friends Bylaws, the Friends of the International Center’s bylaws have been revised to reflect the University’s new policy on nondiscrimination. The by-law change was approved by our Board at our September 2017 Board meeting and then by our membership, as certified by our Parliamentarian, **Michelle Grandin Brown**, at our November Board meeting. The revision has now been posted on our website and a copy of our bylaws can be found at <http://icenter.ucsd.edu/friends/organization/bylaws.html> .

Katya Newmark, President

SCHOLARSHIP LETTERS

To the Friends of the International Center,
This past summer I had the privilege of attending the Gordon Research Conference at the Hong Kong University of Science and Technology, whose campus sprawls out over the sloping hills above Clear Water Bay. HKUST is the youngest of Hong Kong's non-specialist universities, and it was built to impress, with its crisp architecture and scenic views.

The theme of the conference was "Particle physics in the LHC Run II era," the title referring to the latest data-taking run of CERN's Large Hadron Collider. I presented a poster and gave a talk, both on neutrino physics in the early cosmological epoch of Big Bang nucleosynthesis, the period when the lightest stable elements—hydrogen, helium, lithium—were first produced.

This was my first international conference, and I found it as rewarding as I did daunting. Gordon Research Conferences are prestigious affairs. This one, as expected, had its share of physics superstars: one, from King's College London, who was a pioneer of the theory of supersymmetry; another, with co-appointments in Tokyo and Berkeley, who has worked on just about every topic across particle physics and cosmology. And besides the old stalwarts, there were many younger scientists, people whose names I'd seen on paper but hadn't met before, many of them from universities in China, Japan, South Korea, and Australia.

This, I found, was the greatest reward of attending the conference: getting to meet and exchange ideas with people whom I otherwise might not have crossed paths with. I came back to San Diego full of ideas, not just about the things that I'd been working on before I left, but also about topics that I was exposed to for the first time through the week's many posters and talks.

In closing, I want to emphasize the unique value of financial support from the Friends of the International Center. When I travel for work, I save my receipts and get reimbursed for my expenses. But even so, there are almost always out-of-pocket expenses. For me this proved to be especially true of international travel, where sundry little details like currency exchange made everything that much more complicated. The cash-in-hand support given by the Friends group alleviates this problem and allows students—who often don't have much financial leeway—to spend less time worrying about all the little details and more time focusing on getting the most out of their travel.

Sincerely,

Luke Johns

Ph. D. candidate, Department of Physics

Friends of the International Center Fellowship Report

Infectious diseases from pathogenic bacteria are rapidly growing resistance to antibiotics, which cause people to be sick for longer and increases the risk of death. Foreseeing the urgent need for new tools against bacterial infection, my research has been focusing on developing novel nanoparticle platforms for the treatment of bacterial infection. Within this article, I'm excited to share two milestone research articles that I have just published this year.

The use of naturally derived cell membranes to fabricate nanocarriers has increasingly gained popularity in nanomedicine as researchers equipped the particles with biomimetic interface, which led to enhanced performance and biocompatibility. My colleagues and I reported on a strategy enabling highly efficient encapsulation of drugs into membrane vesicles derived from red blood cells (RBC) utilizing transmembrane pH gradient as the driving force. Typically, vesicles from RBC membrane could not retain the difference in pH between their inner cavity and the outer solution. However, by adding cholesterol to the RBC membrane vesicles, the physical stability of the nanovesicles was enhanced. This facilitates the retention of pH gradient and allows for high drug loading into the cholesterol-enriched RBC membrane vesicles. Using antibiotic vancomycin as a drug model, drug-loaded nanof ormulation was able to outperform the corresponding drugs in the free form using methicillin-resistant *Staphylococcus aureus* (MRSA) skin infection models. Looking forward, this approach could be used to design new biomimetic nanof ormulations with higher efficacy. In addition, fewer concerns regarding safety and immunogenicity are expected since the constituents of the nanovesicles are naturally native to the body.

From pioneer RBC-membrane based nanoparticles, researchers have expanded the platform to many other cell types and found suitable applications for those particles. Recently, we reported macrophage-like nanoparticles, named as MΦ-NPs, for the management of sepsis. The MΦ-NPs were prepared by cloaking polymeric nanoparticle cores with macrophage cell membranes. With the exterior surface identical to the source cells, the nanoparticles inherited macrophage ability to bind to bacterial endotoxins and proinflammatory cytokines, the two key elements that are clinically evident to initiate sepsis. In a mouse model with bacterial sepsis, MΦ-NPs were employed as the decoys to bind and neutralize bacteria-secreted endotoxins in bloodstream that would

otherwise trigger inflammatory responses throughout the body. Furthermore, the nanoparticles also deactivated proinflammatory cytokines and obstructed their ability to launch the sepsis cascade. Ultimately, the MΦ-NPs treatment resulted in a significant improved survival outcome of the infected mice. Since no effective sepsis treatment are currently available in clinic and care remains primarily supportive, this MΦ-NPs detoxification approach may provide a first-in-class treatment option for sepsis and benefit the clinical outcome of patients.

Apart from the two publications aforementioned, this year several of the projects that I collaborated with other research laboratories also led to impactful scientific publications.

All and all, I owe my accomplishments in this passing year to the financial support from Friends of the International Center. Thank you for granting me the scholarship. It has considerably improved my financial burden from the cost of living in La Jolla and dramatic rent increase. More importantly, it helped me focus on my research to develop cutting-edge nanotechnology and continue on improving treatments for infectious diseases and other pressing illnesses.

Pavimol Angsantikul
Ph.D. Candidate from Thailand
Department of NanoEngineering

December 16, 2017

I have now been in Germany for three months. The first few weeks I was here were primarily dedicated to settling in and learning German. The classes at Bauhaus University did not begin until early October. Learning German has been very difficult, but the students here are very friendly and willing to speak in English and help me out when I need it. The older people and grocery store workers have a harder time with English, so it was helpful to get some formal training in German from the start.

Before my urban studies and architecture courses started, I had the opportunity to travel to Munich and attend Oktoberfest with my flat mates, which was a lovely time. That was the first trip I took, but the rest of the time I stayed in Weimar and explored the little city I live in. I've tried a multitude of little cafes and bars here and have thoroughly enjoyed all the bakeries.

The university took quite good care of me from the start by organizing city tours and game nights with other international students. As a student, I get the privilege of a free bus and rail card that works everywhere in this particular state of Germany. The facilities on campus are also very nice. They have great computer labs and a very nice library, which I use to study in often. They have two student cafe's that serve great, cheap coffee and beer. Lastly they have a dining hall, which serves three meals a day at a very reasonable and subsidized cost for students. I like to cook, so I rarely end up going.

It has been nice living off-campus and being part of the city with other fellow students. I live on the same street as many of my class mates, and the rest are all within walking distance away, and we all get to really enjoy the city on a daily basis.

The classes have been interesting. It is a much more hands off approach to teaching and there is significantly less time spent in classes and lectures. The teachers in some way let you learn what you want, and you meet up once a week to give or hear a presentation from other students. Definitely something I have had to adjust to.

Now that the term is coming to an end and winter is here, I have been enjoying drinking hot wine at the Christmas market set up in town, and have even been able to play in the snow on the few days that it has fallen. Over all a lovely experience and I am incredibly thankful for the scholarships that I received which made this all possible.

Mark Anderberg
OAP, Fall 2017 – Winter 2018
Eleanor Roosevelt College, Urban Studies and Planning major

UCEAP Report

I am a senior student majoring in Communication study with a focus on digital media and advertising. Although I am able to gain valuable knowledge from the lectures at UCSD, as a student who wishes to hit the ground working in media and advertising industry upon graduation, I've always wanted to gain more practical skills and hands-on experience that I could apply to the industry right away and develop a portfolio for my résumé.

I decided to study abroad in London, because living in England would be the best way to experience the process of media development and to learn the history of media formation. Among the institutions, I was most attracted to was the program at University of the Arts' London Col-

lege of Communication because UAL is a prestigious university known for the study of arts and media, and LCC's programs are especially known for practical learning and hands-on projects.

I am currently enrolled in the second year of the media communication program at LCC, and taking three classes and engaged in a collaborative project that requires students to create either a 1-minute TV commercial or a series of three visual campaigns. All of the classes are related to digital media and the advertising/marketing industry, but taught from different perspectives. The teaching methods at LCC are very different from UCSD's.

At LCC, almost every student has a specialty. Some are trained in photography, some in filmmaking, others

in editing, designing, or drawing, and their skills are far beyond what I expected. All are highly professional and very talented in their focused field. Unlike communication students at UCSD, students here at LCC already have established skills that can be used right after graduation.

There also are plenty of free workshops provided for the students to enhance their skills and to find partners to collaborate with. Most of the students are already working on their professional portfolios or doing a practical internship to build up their knowledge in the industry.

By contrast, UCSD students have much greater theoretical understanding and academic knowledge. UCSD students also have a better critical thinking ability, including analysis skills when it comes to reading academic articles or other readings. I believe this difference is due to the different focus of each university.

Studying at LCC and living in London helped me to clarify which industry I want to get involved with and what skills I am lacking at this moment. It was an amazing opportunity for me to obtain a deeper understanding of the industry and to gain professional skills. Interacting with students from all over the world has given me a chance

to get to know how media and advertising differs from culture to culture and in different countries.

Again, thank you very much for the scholarship. It means a lot to me and it has definitely made a difference in my study abroad experience.

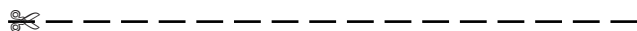
Harumi Togo

Eleanor Roosevelt College

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Our Resale Shop continues to create an inviting atmosphere for customers and volunteers alike. Be sure to check out this month's Valentine's Day displays.

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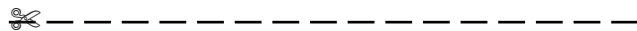
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