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



Newsletter

Volume XLI, No. 8

April 2014

President's Message

I am happy to report that the Friends Scholarship Program continues to beat strong and that our organization was included in the University's recent *Hearts and Scholars Dinner* bringing together donors and scholarship recipients. As you may have read elsewhere, Chancellor **Pradeep Khosla** has made undergraduate scholarships one of his top priorities, and former Chancellor (and former UC President) **Robert Dynes** has returned to UCSD to help lead the cause.

The Friends Scholarship Program awards scholarships to both undergraduate and graduate students enrolled in a UCSD degree program and remains committed to helping deserving students, especially those with high merit and "middle class" finances. As you may not know, the Friends enjoy a unique position on campus in its ability to select its own scholarship recipients. Not only does the Friends select its own recipients, but, thanks to the incredible stewardship of Chair **Ruth Newmark**, the Scholarship Committee has been entrusted for a number of years to review applications from students applying to non-Friends scholarships. While this creates an increase in workload for the Committee, it is validating to experience the trust and high esteem held for the Friends abilities. I thank all those who have served and who will serve on the Scholarship Committee and look forward to next month's Annual Scholarship Awards Dinner when we have an opportunity to meet this year's deserving students.

Again and again students assure us that our Friends scholarships are life transformative. In my opinion the transformations that occur extend far beyond any individual scholarship recipient. I believe that the impact of scholarships is far-reaching and extends to those the scholarship recipient meets (pay it forward with acts and gifts of kindness), to those who

read the scholarship applications, to those who meet the scholarship recipients, and to all of you who read the *Newsletter* filled with the incredible letters and reports from scholarship recipients that open up windows to the world through a fresh new set of eyes.

The Friends has been encouraged by the University to continue its efforts to secure donations for scholarships, and thus, I remind you that donations and gifts are gratefully accepted year-round. I also hope that you will show your support of our scholarship program by attending our annual dinner on May 20, 2014 where you are provided an opportunity to discover the amazing talents of UCSD's students.

Katya Newmark

•Thank you again so much for contributing to making study abroad in India a reality for me. You literally change people for the better by assisting them financially and making these kinds of life-changing experiences possible.

—**Sarah Forbes**

Study of Religion major, ERC, 2013

•I am very grateful for the Friends of the International Center for your scholarship that helps support me in my research. I am also grateful to the International Center for providing such a unique and inspiring atmosphere and a place to learn and make friends with people from all over the world.

—**Sascha Duttke**

Germany, Ph.D. candidate in Biological Sciences

•As I said at the *Hearts and Scholars* dinner, when you talk to these students, they can melt you with their drive and charm. It is such a small investment with such a huge payoff for society to support these bright young students. It makes me proud of UCSD. Thank you and your Friends for this support.

—**Robert C. Dynes**

President Emeritus University of California

Dear Friends of the International Center,

It is a pleasure to have this opportunity to communicate with the full membership of the Friends. At UC San Diego, being the best is the norm, not the exception. No other campus support group better reflects the best of the best than the Friends of the International Center. This special marriage between the campus and the local community has long provided a unique nexus for bringing a world community together.

Over the past year, the Friends have undergone a remarkable revitalization in spirit and in substance. This is reflected in many ways. The growth in the participation of international spouses in various social and learning activities has been visible; whether it is Mommy/Daddy & Me, Gus' Table, the Knit-Along, Resale Shop, or the International Lunches. At every turn, the International Center lounge and dining room are full of lively conversation, good cheer, and an occasional crying child.

The recent launch of the Friends Dinner Socials has been

a huge success—an excellent example of where the application of simple concept can have a profound impact. The Friends Scholarship Program continues to address a growing need for financial assistance to a next generation of international leaders. To date, the Friends fundraising efforts are on track to exceed all previous benchmarks for support to some of our most meritorious and deserving students.

Joan Adamo, the Friends' immediate past President, and **Katya Newmark**, the Friends' current President, are to be applauded for their leadership. Joan navigated the organization through a transitional year with steadfast determination and unbridled commitment. Katya has offered a new generation of leadership. She is respecting the past, but, at the same time, creating a path forward that will ensure the relevancy of the organization far into the future.

It is an exciting time to be at UC San Diego. As a campus, we are in the midst of change: some

subtle, others rather dramatic. It is all about the future of one of the very best universities in the world. I was delighted to learn that the Chancellor is appointing a faculty committee to develop an internationalization strategy for the University as part of the overall strategic plan. I encourage members of the Friends to continue to be engaged in discussions around the Chancellor's strategic planning process, particularly as they relate to our future engagements in global education and research.

In closing, I want to once again express my very sincere thanks for your continuing dedication to the support of our international community at UC San Diego.

Sincerely,
Kirk

Kirk Simmons
Dean,
International
Center



Membership

At the Friends February meeting, the Board voted to slightly alter our membership fee structure. While regular membership fee remains at the same level, several new membership opportunities have been added: Supporting Member @ \$60 per year, and Sustaining Member @ \$100 a year. Life Memberships, as well as annual Corporate Memberships, have been increased to \$1,000, although Corporate Membership for Non-profits remains at \$500 per year.

It is hoped that by retaining the regular membership level at \$35 per annum, we will not deter anyone from joining our organization, but that the above mentioned changes will help cover the steadily increasing cost of providing meaningful service to our international community.

Undeterred, **Elisabeth & Kurt Marti** upgraded their annual membership to life membership. (For more on Elisabeth see pp. 4-5.)

Please welcome new members **David Friedenberg** and **Claire Harootunian**. David is a friend of **Letty Ponomareff**. Like Letty, he participates and helps at Gus' Conversation Table on Wednesdays. Claire lives in Syracuse, N.Y. and likes to spend the winter in San Diego. She connected with the Friends through **Georgina Sham** at the Balboa Park folk dancing group.

We Are Doing Something Right!

To quote one of our international visitors active in several Friends programs, most notably as a volunteer in our Resale Shop and participant in Wednesday Coffee where, among other things, she has provided a valued PowerPoint presentation on her native country, India:

"The International Center is a wonderful place and it really provides a platform for people from various countries to interact, share, learn, and exchange their culture, traditions, food, etc. It also provides such wonderful support that it becomes much easier to settle in a new atmosphere." —**Arti Sharma**

International Cooking Experience

That the Friends' series of cooking classes, called International Cooking Experience, is truly international in nature was made evident when on February 13, an international visitor from Iran taught the Thursday class showcasing food from her native country.

Shohreh Karimaghaei chose to prepare a typical meal from her home region of Shiraz. The lunch featured a three-course menu with *Salad Oliviyeh* (potatoes, shredded chicken, peas, carrots, and Persian pickles) as appetizer; an entrée of *Kalam Polow Shirazi* (a pilaf consisting of basmati rice mixed with cabbage, tiny meatballs, and herbs), accompanied by another famous local dish, *Salad Shirazi*, a fresh salad of tomatoes, Persian cucumbers, onion, and mint; and *Ranginak* (dates stuffed with walnuts) for dessert.

Shohreh is a relative newcomer to San Diego, coming to UC San Diego about half a year ago with her husband, currently a first-year Ph.D. student in the Department of Electrical and Computer Engineering. Shohreh holds a bachelor's degree in Computer Engineering from Iran, and upon graduation worked in the airline industry for five years; however, like many of the spouses of our international students and scholars, she is unable to work in the United States. Shohreh is a serious photographer, sufficiently accomplished to have had one of her photographs chosen for publication by the editors of *National Geographic* ("Daily Dozen," December 27, 2011).

Asked how she came to offer one of the cooking classes, Shohreh explained: "Participating in the English conversation table held on Wednesdays, I got to know about the Friends of the International Center cooking class. After that I participated in several cooking classes and



Gosia Bigaj dishes up the pilaf



Seated: Alejandra Orbelas, Cindy Serriere
Standing: Mary Woo, Shohreh Karimaghaei, and Jennie Chin

enjoyed all of them. I have always had a great passion for cooking, and I love to make people familiar with Persian (Iranian) culture through our food. I am looking forward to having more opportunities to share my knowledge and experience in cooking with those interested."

The Iranian cooking class was oversubscribed and participants, including several new ones, clearly learned a lot and had a good time. Wrote Friends President, **Katya Newmark**, "Shohreh, I cannot begin to thank you for your kindness, from the personal invitation to your willingness to teach a cooking class in English! I am so grateful to have been introduced to new ingredients (immature grape powder and juice) to new ways of preparation of food—the layering of rice, spices, herbs, vegetables, and meats. Your husband is correct that you are a natural and intuitive cook. The food was fantastic, and I feel so fortunate that I was able to be part of today's team. Thank you!" As some of you know, Katya is rarely seen without her camera and took many pictures, a few of which are seen here.

International Cooking Experience classes continue to be very popular with the spouses of visiting scholars, so much so that the coordinators, **Jennie Chin, Mary Woo, and Keiko Hirai**, are forced to keep a waiting list for people who want to participate.



Shohreh mixes *Salad Oliviyeh*



Some of the special ingredients



The class is hands-on and everyone pitches in; those seen in front are busy shaping miniature meatballs

Meet Corresponding Secretary

ELISABETH MARTI

I was born and raised in Switzerland into a family of teachers (parents, a brother, a sister, uncles, an aunt, and cousins). I became a teacher, too, and was in charge of third and fourth graders in the small town of Gerzensee, where I met my future husband **Kurt Marti**. At that time, the citizens elected teachers, and Kurt knew my brother from the Gymnasium and actually cast his vote for me. A few weeks after I had moved into town, Kurt knocked on my door and invited me to a spring hike, followed by dinner and a dance. That was the beginning of our life journey together.

We came to San Diego in the fall of 1965, when Kurt joined the UC San Diego lab of Nobel Laureate **Harold Urey** as a postdoc. Both Harold and **Frieda Urey** were at the airport, drove us to a motel, then picked us up for dinner. There was quite a stellar gathering of people: the **Revelles**, **Suesses**, and the **Mayers**. It wasn't until the following day that we found out the reason for this special dinner. Opening up the *La Jolla Light* to look for rentals, there was **Roger Revelle** on the front page! It had been the dedication of Revelle College and the paper covered the event.

The Ureys were very welcoming people; old timers will remember them. Newcomers to the campus just know that one building is named for both Harold and Frieda Urey. We were impressed that we had been invited the night before. My English was very poor at that time and I could not say much more than that my baby boy was six months old.

Of course, Frieda roped me immediately into Oceanids with its interest groups and social events. The monthly meetings were in private homes and I enjoyed these visits to get to know other people and see the different local houses.

A teaching job was out of the question for me, as I did not speak the language, my degree did not count here, and I did not even have a work permit as the spouse of a scientist with just an exchange visa.

Our plan had been to stay in La Jolla a year or two. 1967 was the year when NASA's lunar science program was accepted. In 1969, the first lunar landing took place and samples were returned to earth. Harold Urey asked my husband to stay to work with this unknown material. Analyzing lunar rocks! These were exciting times, and he accepted. The same year, Kurt joined the UCSD faculty as an Assistant Professor of Chemistry.

An important part of my life was, and is, music, especially vocal music. I sang in choirs and took vocal lessons, both in my home country and here. It was great timing when the Early Music Ensemble of San Diego was founded in 1972 and was looking for a soprano. Today, I am still a member of this solo ensemble. The tenor and I are original members, and the present members have sung together for over thirty years. We started concert tours to Europe in 1973 and had wonderful touring experiences, singing in castles, small and large churches, with receptions following most of the time. We also toured in the Pacific Northwest and had one tour to the



East Coast.

In addition to my singing in the ensemble, I gave duet and solo recitals with Baroque groups or performed with guitarists, presented concerts at the San Diego Museum of Art, the Lyceum Theatre, and other interesting places. I also sang in professional choirs. As a board member of the San Diego Early Music Society, I organized for many years the weekend workshop at the Palomar school camp.

When our boys finished college, I considered joining the work force again. Bringing up three sons, taking care of a house, doing volunteer work had kept me busy. I took the necessary classes to become a travel agent. Since 1981, I have worked as an outside agent for **Barbara Jenkins-Lee** at Rancho Del Mar Travel. As this is not a salaried position, I had the freedom to travel to see family in Switzerland and to join my husband on trips to conferences in many parts of the world.

I have been a member of the Friends of the International Center as long as I can remember, but did not participate much. With the new option of making travel arrangements on the Internet,

there is now less work at the agency. Besides, the empty nest at home gave me more free time, so I decided to get involved in additional activities. I strongly believe in volunteerism, and the International Center seemed to be a good place to start. I was a tutor for English in Action a couple of times, and helped with the cooking for the Friends Wednesday lunches. This fall, I accepted the job of Corresponding Secretary and am now enjoying my involvement with the Friends of the International Center and my work with **Katya Newmark**, our dynamic President. I have volunteered in the Resale Shop as a substitute, rolled out cookie dough, cleaned pots, and am available to do odd jobs. Because

I need to have some flexibility and also be available for our family, I prefer not to be tied down every week at the Resale Shop.

At the moment, all three sons live in the Bay Area, and with five grandchildren, ages 3 months to 17 years, there often are situations when I am needed for a few days or a week. Holiday times are busy too with the whole family coming home or going on a vacation abroad. I am fortunate that all family members are enthusiastic about participating. We ski and hike, or find a house for a long weekend. When our youngest son taught overseas at an international school, we visited him at Christmas, and have unforgettable memories of our time in Curaçao four years ago and in Bali in 2012.

Wednesday Morning Coffee

—by *Georgina Sham*

Mommy/Daddy & Me classes and the English Conversation Table will meet as usual. Please consult our bulletin board for further details.

- April 2: **Decoupage**. Using decoupage techniques, **Dagmar Bocakova** will teach us how to make hanging spring decorations.
- April 9: **All About Eggs**: silk dyed eggs with **Gayle Barsamian**, plain dyed eggs for the following week's Easter Egg Hunt.

We will also make egg salad and deviled eggs, so that you can see what can be done with hard-boiled eggs. We need to meet at 9:30 and be out of the kitchen by 10:45. We'll finish tinting the eggs on the patio or somewhere!



April 16: **Easter Egg Hunt and Easter Lunch** (ham, scalloped potatoes, green beans, and strawberry shortcake).

Children will hunt for Easter eggs on the back garden at 10:45. Each child will be given an Easter basket (if you do not have any use for the baskets afterward, please return them to us and we will use them for May flower baskets).

The grownups will prepare the Easter Lunch starting at 9:30 a.m. Lunch will be served at noon for \$5/person. Note: *The lunch will happen only if there were enough people to help clean up during the March lunch.* It is unfair to expect the cooks also to do all the clean-up, so if there are no cleaner-uppers, we will no longer offer our monthly lunches.

- April 23: **Hand Sewing Projects** with **Mary Woo**.
- April 30: **Vegan Cooking**. In a hands-on demonstration, **Tashu Milka** will show us how to incorporate different spices in creating delicious vegan dishes.

Help from YELP

—by *Joe Nichols*

At the Friends Resale Shop, we see visitors and sometimes students who have been around campus a long time, possibly even several years, who exclaim: "I didn't know this neat place was here."

Recently we had a customer come in and I took the liberty to inquire how she had found us. I am not tech savvy, so she was kind enough to explain that there is an online site called YELP that has information about nearby places of interest, and that she had found the Shop through YELP.

This young woman was a first time visitor from Cambridge, Massachusetts and had just finished giving a talk at our medical school. She works for a scientific institute in Cambridge and was cordial, but didn't want to mention her name. She will remain our mystery guest from Cambridge, MA.

Keep YELP in mind!

April Calendar

April 1, 8, 15, 22, 29: **Knit-Along**, 12:00-4:00

April 2, 16: **Family Orientation**, 9:15

April 2, 9, 16, 23, 30: **Wednesday Morning Coffee**, 10:00-Noon

April 8: **Board Meeting**, 10:00

April 10: **International Cooking Experience**, 9:30-1:00

April 16: **International Kitchen**, Noon

April 20: **Easter**



It's best not to be too squeamish when mixing ingredients for meat loaf, certainly not when dealing with 14 pounds of meat alone. Mira Vendler and Richard Chim at work.



Red drinks are said to taste twice as good as those of any other color; thus, we served both cran-raspberry juice and tomato soup. Susan Burke and Nori Faer carefully measure the tomato soup.



Red table cloths set the right mood.

An incREDible Friendship Celebration

—by Audrey Leriche

with photos by Katya Newmark and Elisa Postila

For our February Friends Dinner Social, our desire was to celebrate friendship, an important value that becomes even more crucial for people living abroad, far from their families and roots. The key is to have the opportunity to meet people. “Strangers are just friends waiting to happen.” The Friends Social Dinner enables everyone to welcome newcomers, to share expat experiences, to discover new cultures, to come with friends to share an extraordinary moment, and to make new friends.

Friendship is love, love symbolized by the color RED—that’s how **Katya Newmark, Dagmar Bocakova** and I, **Audrey Leriche**, decided to create an incREDible monochromatic menu. Our 57 guests were welcomed with a RED tomato soup served with delicious celeriac and garlic toast. Then, a buffet was set with a flavorful turkey meatloaf, stuffed with Italian sausage and RED pepper strips. More than 14 pounds of ground turkey were used in the process, not to mention all the onions that our wonderful volunteers peeled and chopped for this occasion! (For the vegetarians, we offered a RED pepper *tarte tartin*.) A mix of white rice and RED quinoa and a RED salad composed of beets, carrots, and apples completed the main course. And to finish, as “there is nothing better than a friend, unless it is a friend with chocolate,” the dessert was a lovely brownie topped with whipped cream and a RED berry.



Many masked and costumed guests

The atmosphere of the dining room was warm and welcoming, thanks to Dagmar’s decorative talents. Every detail was thought through, from the RED napkins and tablecloth to the menu printed with quotes related to friendship and the color RED. The centerpieces were also handmade with fresh greens and handcrafted birds and hearts.



Kim Burton with heaping plates of food



Audrey Leriche (with the reddest of red lips), Sascha Duttke, and cameraman Elisa Postila.

Every great party not only has a theme, but also an activity, as did our dinner. Our talented photographer, **Elisa Postila**, was in charge of a photo corner. Accessories were provided, so that everyone could be costumed. It was such good fun for all of us, in

front of the camera as well as backstage.

The party was a delight for all, and an example of great teamwork. The amazing crew of volunteers deserves to be thanked for their commitment to making this party a great event, but also for their contagious energy and joy: **Richard Chim, Nori Faer, Susan Burke, Ginny Young, Nadine Weydenhammer, Eriko Saragai, Mary Woo, Miho Himura**, as well as **Elisa Postila, Sascha Duttke, Becky Wright, Danya Costello, Ruth Newmark, Liz Fong Wills, Lanna Cheng, Bill Homeyer**, and my fellow event co-leaders: **Katya Newmark** and **Dagmar Bocakova**.



The many cooks at the February Friends Dinner Social take a moment to pose for a picture

Such was our gorgeous, colorful party. Photos will speak more than words; I'll let you appreciate the result.

While the program's emphasis is on providing social opportunities, most importantly for our international scholars and their families, we even made a \$300 profit. Enriched by this third success, we are proud to announce that the Friends Dinner Social will be a quarterly event. So, join us very soon, bring your friends, and come to make new friends.



Tomasz Bigaj from Poland and Gerti Csapo from Austria ham it up before the camera



Bill and Nancy Homeyer and their guests join in the fun

Donations

Treasurer **Karen Davis** reports that she received several more donations to the Friends scholarship program that relate back to our Ethnic Dinners. Wrote a guest of **Lanna Cheng, Keith (Shaggy) Voegelé**: "I enjoyed attending the Year of the Horse dinner." Along with their check, **Sallye & Larry Krause** thanked us for reserving space for them at the Chinese New Year's banquet, whereas the donation of **Yutaka & Eugene Kunitake**, friends of **Liz & Chris Wills**, dates back to the High Andean Dinner in the fall of 2013.

Further contributions to the Friends scholarship fund came from **Nikki & Larry Waters**, who only recently joined our organization as a Life Member; from former First Lady **Sybil York** (to whom we send belated 90th birthday greetings); from **Nicola & Ronald Ranson, Jr.**; and from **Debby Park**, who made her donation in honor of **Eleanor tum Suden**.

Jeri Abernathy sent a gift in memory of **Betty Shor** and earmarked it for the *Ruth Newmark Scholarship*, thereby acknowledging Betty's concern for scholarships and the work that she and Ruth did together on the Friends anniversary book: *Celebrating 50 Years of the International Center at UC San Diego: 1961-2011*. The book is given free to each Friends member and is available for purchase at \$10.

Many thanks to all for your valuable contributions!

Basketball 101

—by *Karen Davis*

In anticipation of a trip to Los Angeles to experience an NBA basketball game, Friends will offer Basketball 101 at the International Center on April 10. While the details are still being worked out, we are expecting an enthusiastic group, as the Lakers game tickets sold out the first day they were available. The group will be led by **Tom Davis** who played college basketball, has coached at the high school level—as well as his kids—and is an enthusiastic sports fan. Reservations for the event are being handled through the International Center's International Faculty & Scholar Office.

Save the Date

**Tuesday, May 20, 2014
6:00 p.m.**

**Friends Annual Dinner
Meeting and Scholarship
Awards Ceremony**

SCHOLARSHIP LETTERS

January 21, 2014

Dear Friends Scholarship Committee:

Thank you again from the bottom of my heart for the organization's generous \$1,000 Friends Scholarship for my EAP program in Japan during the 2013 fall quarter. As a recipient for this scholarship award, I am very humbled to have been able to represent UC San Diego and the Friends of the International Center in Japan at the International Christian University. The financial assistance has truly been a blessing, because it allowed me to fully immerse myself and enjoy my period abroad. This was the very first time that I was able to spend money freely without having to worry about my bank account balance afterwards. With that being said, I was still responsible for budgeting my spending and making sure that I had enough funds to last me through the three months.

I cannot believe that my quarter in Japan passed by so fast! I get withdrawal symptoms from time to time when I think about all the bright lights, friendly people, and delicious food that Tokyo had to offer. I feel extremely blessed that I had the opportunity to study abroad, not only for my academic progress but also for my personal growth as an individual and global citizen. I have learned so much about myself, the world outside of America, and how everybody has their own stories and struggles, even all the way on the other side of the world.

I tried to maintain a travel blog during my time abroad, and I want to share this excerpt with the Friends as a reflection of my experience in Japan.

"Where do I even start? I remember when I first got here to ICU [International Christian University], there were times when I would ask myself, 'Why am I here?' There were so many people studying here for a purpose,

whether it was for Japan's pop culture (anime, manga, JPOP), improving their Japanese language skills, or interest in Japanese history. I felt that they had a specific reason for their stay here. And for me ... honestly I kinda just randomly chose to come to Japan, not knowing the language or anything. Maybe ramen and food was a big part of it, but it got me thinking for a quick minute.

"Then as time went on, I realized that it didn't matter that I wasn't into any of the things that I described above. I was in another country, other than the United States, learning the language and using it at the same time, and seeing life in a different perspective in one of the safest places in the world with extremely friendly people.

"As short as this trip was, ICU will always have a special place in my heart. I will miss the beauty of the campus, and the refreshing bike ride back from the main gate to the dorms. As for the people, I must say I met the most interesting people here on this trip, and it made me realize how big differences can be even between people WITHIN California and the same country. Definitely got me out of my comfort zone for the very first time in my life, but there's no doubt each and every one of these people made my trip as memorable as it was."

Additionally, I was able to continue my passion for mentoring high school students through an internship with the ESM Group, a company that focuses on strategic college counseling. It was rewarding to create meaningful mentor-mentee relationships on a personal level and beyond academics. I would love to serve as a resource for other prospective study-abroad students, and am looking forward to possible volunteer opportunities at the International Center!

Thank you once again to the Friends of the International Center for

turning my three years of hard work, self-motivation, and perseverance into reality. Keep up the amazing work that you all are doing. It really does help change young lives for the better.

Juliana K. Wong

Communication major,
Muir College

Here follows a significant portion of a rather technical report. By leaving out some of the qualifiers, we do not mean to suggest that all work on this problem has now been done, but results look very promising.—Ed.

Ongoing Research Abstract:

"Antimicrobial Nanotherapeutics for the Treatment of *Helicobacter pylori* Infection"

Helicobacter pylori (*H. pylori*) infection with its vast prevalence is responsible for numerous gastric diseases, including gastric cancer. The current therapies are challenged because the increasing emergence of *H. pylori* strains resistant to all major antibiotics has resulted in a progressive decline to unacceptable low eradication rates. Therefore, there is an urgent need to develop novel antimicrobial strategies against *H. pylori*.

We (Prof. **Liangfang Zhang's** research group in the Moores Cancer Center) recently disclosed that the liposomal formulation of linolenic acid (LipoLLA) could effectively kill both replicating and dormant forms of *H. pylori* bacteria as well as clinically isolated *H. pylori* strains that are normally resistant to existing antibiotics. As linolenic acid is a natural compound found in many common vegetable oils, it has great potential to be applied as a natural bactericide to treat *H. pylori* infection without inducing adverse side effects. Fur-

thermore, *H. pylori* did not develop noticeable drug resistance when cultured with LipoLLA at various sub-bactericidal concentrations, whereas they acquired resistance to both metronidazole and LLA.

Our findings suggest that LipoLLA holds great potential to become an effective antimicrobial agent for the treatment of *H. pylori* infections.

Soracha Thamphiwatan

Ph.D. candidate, NanoEngineering
M.E. Biomedical Engineering,
Colorado State University
B.Pharm., Prince of Songkla
University, Thailand



This picture was taken last week [in early January 2014], when the Misak people finally regained a piece of land that they have been fighting for since the 1970s. To be accurate: they bought the 150 hectares, and the photo shows some of the group at the moment they received the keys to the gate.

Dear Friends of the International Center,
Greetings from the municipality of Silvia, in the Colombian province of Cauca. I have been here since last November, and am currently doing my fieldwork with the Misak community. My dissertation is about the role of community media in the political processes of the indigenous people of this area. I am focusing on two indigenous communities, the Misak and the Nasa.

Since the 1990s, the Colombian State, international agencies, such as UNICEF, and indigenous organizations themselves have invested lots of resources (money, time, infrastructure, etc.) in the establishment of indigenous media—mainly radio, internet, video, and printing media. Such media is projected to be an instrument for helping indigenous people with their self-governance, preserving their languages and traditions, and democratizing the media system itself. Well, this sounds very nice, but there are not many studies, certainly not many with strong empirical evidence, that show the effect of this media on the different indigenous communities.

The Misak and the Nasa are two of the most militant and well-organized indigenous groups of Colombia. In fact, they were the founders of the first indigenous organizations in

Colombia back in the 1970s. Since then, they have become one of the most militant political forces against the Colombian government, but also they have been performing lots of peaceful acts against illegal armed organizations in Colombia, such as the mobilization and destruction of their weaponry, among others. So, my basic question is: what has been the role of indigenous media in all these things?

Well, so far, I am working as a volunteer for the Misak people. I have made some interviews, am reading a lot about the community, am talking to lots of people, am going to various internal meetings, and am helping—redacting documents, mostly—with negotiations with the State on communication law reform. Because they just elected a new group of authorities, the communication team (they have an internal communication program) for this year is not organized as yet. As soon as there is a team in place, (maybe next week), we (three people from the community and I) will start to write the history of the Misak

communication program.

Besides pursuing my fieldwork, I still find time to have some fun. I signed up with the local club of mountain bikers. We organize trips (from 2 to 8 hours), 3 to 4 days of the week, to explore the beautiful mountains around here. Also, I am learning to cook delicious food, dishes made with white beans, garbanzos, and *ullucos*, as well as how to prepare such traditional specialties as *sancocho* and *ajiaco* soups. Life in Silvia is not bad at all! It is such a great place: peaceful, beautiful scenery, and great food! I absolutely recommend it if you guys want to come. It would be great to meet any of you here. I will be around all year (assuming I can get some more funding).

Again, thank you very much for your support. My fieldwork would be impossible without your help. I am yearning to present my findings and further thoughts as soon as I return to San Diego.

Diego Cortes

Ph.D. candidate, Communication

Study Abroad Reflections

Korea feels like it was just a midsummer night's dream. Although I learned a great deal in the classroom by taking an intensive Korean language course and a few science and Korean culture classes at Yonsei University, the lessons and experiences that I will forever remember happened outside the classroom.

My first big trip inside Korea was in September, during *Chuseok*, the Korean Thanksgiving. I went to Busan with a huge group of international students, and enjoyed the beach, the clubs, and the seafood at Haeundae. I visited temples by the seashore, and I prayed in a room filled with relaxing calm and sweet incense, while the surf crashed on the rocks outside. For once, I felt truly independent, with no one taking care of me in this land I had never been to before. My ability to speak Korean made me feel competent, as well as proud of my heritage.

On a UCEAP field trip, I went to Yeongwol, where I river rafted, explored a cave, and rail biked. River rafting while it was raining was such an unbelievable experience. The rain on the water was beautiful. The air was crisp, and I was shivering in my life jacket, straining my arms to row. Our guide was funny and made us laugh; thunder was booming; and I just felt really happy and never felt more alive.

Near the beginning of my trip, I went on a short vacation to Japan. I enjoyed using my limited Japanese to get around Tokyo with my aunt.

Near the end of that trip, I went to Jeju Island, known as the prime honeymoon spot in Korea. It was there that my friend and I climbed Halla Mountain. It took us seven hours to get to the snowy peak. Every hour was grueling, but when you reach the top, with the clouds spread out below you in all directions, you feel invincible. It is said that if you climb up Halla Mountain and are able to see the crater of the volcanic mountain, which apparently only happens a cou-

ple times a year, any wish you make comes true. Amazingly, we saw the crater and though we thought little of it, I did make a wish. And now that I've had an indescribable six-month sabbatical, I feel ready to make that wish come true.

Seoul is inexpressible. I normally dislike big cities, because of the bad air quality, the number of people, and the noise, but the very feeling of Seoul is different. It has an infectious energy that makes you want to roam around the city. With its clubs, chicken and beer restaurants, bars, Korean liquor and food places, and *noraebangs* (what we call karaoke), the nightlife is never boring. But daytime is also exciting; you can go shopping in Myungdong, Insadong, or really just about anywhere. You can go to the royal Gyeongbok Palace, see plays, and look through museums. The subway goes everywhere, there are cafés, restaurants, convenience and makeup stores, and really everything you might need within a ten or fifteen-minute walking distance.

At first, I was wary of trying food from the street vendors, but once I tried it, I never hesitated again. Because they were absolutely delicious and so very cheap, I ate dumplings and rice cakes all the time, I especially miss the spicy rice cakes, or *ddukbokki*, the tofu stew, but also the all-you-can-eat Korean BBQ for \$10. The kimchi pancakes eaten with Korean rice wine mixed with honey, called *gul makgeolli*, was heaven to my taste buds. There is such variety of food to try in Korea that you never get tired



Sample of the food

of it. The only weird thing was that all the foreign food was sweet, but I wasn't there to eat pizza and Indian food anyway.

While in Korea, I was able to organize my thoughts about the things that I value most and what I want for my future. I learned to be a bit more at peace with my Korean side. I can now understand Koreans, specifically my mom and grandma, more than I ever could have, had I not visited Korea, if only for a short period of time. Even though I am more influenced by American culture and societal values, small things, like my deference to adults or my love of rice, all stem from my Korean roots. I'm neither fully one nor the other, and just the fact that I now accept that makes this study-abroad trip one of the most fulfilling events of my life. I'm so grateful to everyone who made this trip possible, because if it hadn't happened, I wouldn't be able to move toward the future as confidently and self-assuredly as I do now.

Eun A Kim

Biology major, Muir College

From the Scholarship Committee Chair:

The former Dean of Students at Revelle College, Ernest Mort, and I periodically share letters from mutual scholarship recipients. Most recently he was kind enough to share this note from one of our favorite students, Anshu Abhat, who received an Ernest Mort Scholarship for Revelle for study in England in 2005, a Friends Scholarship in 2006 for an Opportunity Abroad Program in Argentina, and in 2011, as a UCSD medical student, yet another Friends Scholarship for a clinical rotation in India.

Here follows an excerpt from a longer letter to Ernest Mort, Dean Emeritus. Apologizing for not answering his note quicker, Anshu wrote:

I was actually completing a clinical rotation at the University of Washington site in Naivasha, Kenya and just returned to the U.S. I'm currently in my second year of internal medicine residency at the University of Washington in Seattle, WA. It has been a challenging and rewarding residency program; I've really enjoyed it thus far. We have a partnership with Naivasha District Hospital, where we spend one month focused on teaching the Kenyan intern physicians/mid-level providers about evidence-based medicine and best practices given resource constraints. I was paired with a University of Nairobi/Kenyatta Hospital Internal Medicine Resident Physician as well. It was a



great experience to work as a team to teach and mentor the interns.

Career wise, I'm hoping to continue building a research background in health policy/health services research. While in medical school, I completed an MPH from the Harvard School of Public Health in Health Policy and Management and am looking to continue forward with that background education.

In a separate note to me, she wrote: "So nice to hear from you! Of course you can use my letter to Ernie and picture in the upcoming Friends of the International Center Newsletter. Would you mind sending me a pdf/online version of the Newsletter if you have one?"



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