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



Newsletter

Volume XLI, No. 1

September 2013

President's Message

Who would have thought that the little girl who, I'm told, danced with abandon at the Friends of the International Center's cooperative nursery school (then housed at the University Lutheran Church on La Jolla Shores Drive) back in 1963, would now be President of the very organization her mother, **Ruth Newmark**, helped found? Certainly not me, especially given my humble beginnings as a dishwasher at the Friends Ethnic Dinners, but I am delighted to be in a position to help steward the organization for future generations to enjoy. Happily with my Presidency, yet another generation of Newmark volunteers, even if their surname is Costello, will follow (as evidenced by their participation at the 2013 Annual Scholarship Awards Dinner).

The members have placed their faith in a number of new-to-the-board Friends members: **Karen Davis, Elisabeth Marti, Judith Muñoz**, and me. We will work alongside our veteran Executive Committee members (**Joan Adamo, Nori Faer, Renate Schmid-Schoenbein, Carol Smith, and Eleanor tum Suden**) with a shared commitment to

upholding and building upon the strong reputation built by the Friends, expanding membership, and keeping the donations flowing to fund scholarships.

In my opinion, the Friends has not only survived, but thrived because long before **Maya Angelou's** observation, the Friends has put into practice Angelou's words: "I've learned that people forget what you said, but people will never forget how you made them feel." The Friends provides a gathering spot where people from all over the world feel welcome, respected, and involved in the common endeavor of international education, friendship, understanding, respect, and cooperation. As the world becomes ever smaller and globalization is a word in everyone's vocabulary, the time to be a Friends member is now.

The Friends has benefitted from the loyal and long-standing participation of people like **Alma Coles, Barbara Fitzsimmons, Candace Kohl, Ruth Newmark, Georgina Sham, and Liz Fong Wills** and we so very much want to allow these women an opportunity to mentor new



Three generations: Justin Costello, Katya Newmark, Danya Costello, and Ruth Newmark with Alma Coles (second from right) at Annual Dinner

volunteers, so please do your best to promote Friends membership to all those you know.

My admiration of the Friends' accomplishments continues to grow by leaps and bounds as my familiarity with its 50+-year-old history and programs improves. I have tremendous respect and appreciation for every person who, at one time or another, has been an active participant in one or more of the Friends' sponsored activities, events, or programs. As the new kid on the block, I hope very much to provide you reasons to stay involved and/or to become more involved with the Friends. Please introduce yourselves to the newcomers and share your ideas about how we might work together to a bright future.

Katya Newmark

Visit the High Andes Without Breathing Hard

—story by Liz and Chris Wills with photos by Chris Wills



Wild vicuñas

The next Ethnic Dinner will take place at 6:30 pm on Saturday, October 19, at the International Center. As always, the profit from the dinner will go towards funding Friends of the International Center scholarships. Peruvian Friend of the IC **Alicia Flores Meneses** and **Liz Fong Wills** (mother-in-law of a Peruvian) and many friends will cook a dinner with dishes from the High Andes: *anticuchos* (skewers with beef heart and chicken breast), *papas a la huancaína* (potatoes with cheese sauce), sweet potato, corn on the cob, *aji de gallina* (chicken in a mild yellow pepper sauce), rice, quinoa salad, and flan. Plentiful pisco sours will help the evening run smoothly. *Chicha morada* (a non-alcoholic blue corn drink), white wine, and sparkling water will also be part of the traditional dinner.

After dinner, **Chris Wills** (a retired UCSD evolutionary biologist) and **Henri Migala**, the new director of our UCSD International House, will take you on a tour of the Andes, the world's second highest mountain range. No supplemental oxygen will be needed for this event.

The high lakes and valleys of the Andes have given birth to the Incas and to many other civiliza-

tions, and these mountains are now home to many different cultures. We will visit only a small part of this mighty range, but its variety will astonish you.

We begin in the Colca Canyon on the western slopes of the Peruvian Andes. This canyon, in places more than twice as deep as the Grand Canyon, is the home of Andean Condors. These birds are larger than the California Condor, with a wingspan of up to ten and a half feet. They swoop down the canyon and range far afield, sometimes travelling down to the Pacific coast far below and dining on dead sea lions. We will explore villages in the area, and visit pre-Inca ruins that give a glimpse of how people have cultivated the slopes of this precipitous land for millennia.

We then move south to the landlocked country of Bolivia. Dr. Mi-



Andean Condor

gala, a cultural anthropologist, spent a year living and doing research in a remote Bolivian village inhabited by a small and disappearing indigenous group called the Chipaya in the state of Oruro, just north of the Salar de Coipasa. The Chipaya have a culture considered by some scholars as being “pre-Incaic” and that is dramatically different from either the Quechua or Aymara peoples. Dr. Migala will show his photos and discuss some fascinating cultural characteristics that make the Chipaya uniquely Andean.

We will also glimpse the islands of the Bolivian part of Lake Titicaca, where the Incas began their sweep to power. And we will travel through the Bolivian highlands, visiting the medieval town of Potosí. For centuries the nearby mountain of Cerro Rico supplied most of Europe's silver at an unimaginable human cost. We will penetrate the mountain's crumbling mine tunnels, where miners still toil and risk their lives. Then we will venture out onto the vast nearby salt flats where newer mineral riches are being discovered.

Next we will cross the high plateau of southern Bolivia towards the Chilean border, and visit the colorful high lakes that are home to three species of flamingo. In Chile we will plunge down to the moon-like Atacama Desert, once the driest desert in the world but now subject to sudden rainfalls that may have been triggered by global warming. Lying hidden in the Atacama are the bodies of many of the “disappeared,” political prisoners who lost their lives during the **Pinochet** regime.

At the end of our trip we will climb the Andes again to 19,000 feet. On the way we will visit a radio telescope where UCSD physics professor **Hans Paar**'s experiments

Make Your Reservation



A FUNDRAISER FOR
SCHOLARSHIPS

**Ethnic Dinner:
The High Andes
Saturday, October 19
6:30 pm**

are providing clues to the origin of the universe itself. And we will visit some of the planet's highest lakes, home to algae that are so tough and radiation-resistant that they may serve as models for life on other planets.

From the ancient pre-Incas to the edge of the universe itself, the high Andes are a world well worth visiting. Be sure to come, and to contribute to the scholarships that let our students explore such amazing places.

For your convenience, you will find a reservation coupon on p. 11.

July 3, 2013

Eleanor L. Tum Suden
Financial Advisor
Friends of the International Center

Dear Ms. Tum Suden,

I am pleased to acknowledge the Friends of the International Center as an official support group of the University of California, San Diego. I would also like to take this opportunity to thank you and the Friends members for their significant support of the International Center, and student scholarships, as well as their contributions to the international experiences of our students both here and abroad. For 50 years, the Friends of the International Center have provided an integral part of the university experience for our international students and helped to share the diverse cultural landscape of San Diego.

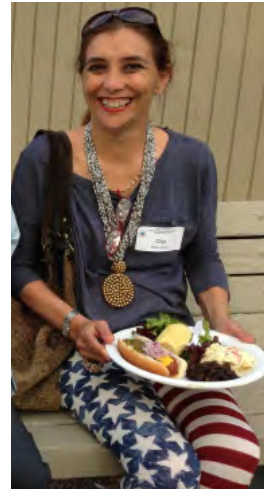
It is a pleasure to recognize you and the members of your group for your continued efforts and commitment. The Friends of the International Center are an invaluable resource to UC San Diego's international community. I wish you every success with this and your future endeavors.

With kind regards,
Pradeep K. Khosla
Chancellor

Independence Day Celebration

Once more held at the International Center, our Fourth of July party attracted a nice mix of UCSD internationals and newcomers, along with their hosts from the two sponsoring organizations: **Oceanids** and **Friends of the International Center**.

Upon sending out pictures of the celebration, **Jennie Chin** received a number of grateful responses. Wrote **Tomoko Yamamoto**, one of the attendees who also participates in other Friends activities (Wednesday Coffee, the Tuesday afternoon Knit-Alongs, and the Thursday morning cooking class): "We had a great time yesterday and thank you—all of you—who organized this event. I could talk with many people from different countries and **Kana** played a lot with other kids. My husband is not a sociable person but he said he enjoyed meeting new people." **Chiaki Fujimura**, who attended the festivities with her husband, also had a good time: "Thank you for the e-mail and photo. That will be a nice memory for the celebration date! Thanks to you, we enjoyed the delicious food and fireworks. I hope you had a good time, too."



Olga Pérez Arroyo from Spain in stars and stripes

June 20, 2013

Corinne A. Cramer
Manager, Donor and Fund Stewardship
External Relations and Business Affairs
Support Group Operations

Dear Ms. Cramer,

I am delighted to enthusiastically endorse the Friends of the International Center for their renewal of their official support recognition. Their continuing contributions to international education and international programs at UCSD are immeasurable. Each month they contribute an average equivalent of seven full-time-equivalents in volunteer hours. Their commitment crosses all populations of our international community from degree-seeking international undergraduate students to visiting international faculty members and their families. The Friends is a unique and valuable organization, which has deep, historical roots in the community and is one-of-kind when compared to similar organizations at peer institutions.

I encourage you to readily approve their reapplication for official group support status

Kirk Simmons, Ph.D.
Dean, International Center



Eleanor tum Suden holding certificate



2013 Annual Membership Dinner

—by Ruth Newmark

Much of the work for the Friends Annual Membership Dinner and Scholarship Awards Ceremony goes on behind the scenes. Planning starts in earnest in April, when the Scholarship Committee meets to make student selections and when scholarship recipients and distinguished guests receive invitations. The Dinner Chair decides on a menu and a crew gets selected to help with preparations of all kinds. Inventory is taken to make sure that there are sufficient tables, tablecloths, and tableware for the expected guests. In some years, some of the food may be brought in from the outside, but when Friends do all the cooking, as was the case this year, things require even closer attention. Cooking tasks are divided, taking into consideration that some dishes can be prepared ahead of time. This year's dinner chair was more ambitious than ever, for not only did **Alma Coles** select an elaborate menu, but she decided to make everything from scratch, including the dinner rolls whose dough needed time to rise before being shaped individually by hand! Surely daunting, but when you consider that Alma and

her helpers were preparing dinner for 165 (150 guests plus crew), you can imagine how much labor was involved.

The meal had an international flavor, beginning with Middle Eastern appetizers, leading up to a main course that featured chicken in a French mustard sauce encased in pastry dough (for vegetarians there was a spinach version), fruited quinoa, and a summer bean salad made aromatic by the addition of freshly grated lime zest. Dessert consisted of slices of almond cake (whose recipe Alma brought back from Sweden) and chocolate torte (for as our head chef explained: "some people are allergic to nuts").

It would take too long to describe all efforts in minutia, but I want to single out a few. When I visited the kitchen on Monday, the day before the actual dinner, I found Alma in full swing: slapping down yeast dough and overseeing the work of **Arline Paa**, **Katya Newmark** and her two children, **Danya** and **Justin Costello**. Katya was dicing red onions; Justin was slicing chicken breasts; Arline was scraping large pans in which the chicken had baked, collecting



Alma Coles hard at work in the International Center kitchen



Jeri Abernathy, Alma Coles, Arline Paa, Danya Costello, and Justin Costello overlooking sketch of patio table setup



Alma Coles, Danya Costello, Liz Fong Wills, Kristine Kneib, Mary Woo, Arline Paa, Jennie Chin, Justin Costello every bit of dripping, not wanting to waste a morsel of goodness that would help season the mustard sauce; and Danya was making almond cakes, carefully topping each with slivers of almonds (by the time I left, she had made 12—I never found out how many were made in total, since Alma finished the task that night, in addition to baking the chocolate tortes).

Jeri Abernathy was not merely dealing with her job as treasurer, but also preparing quinoa and testing a new software program that may be better suited to making address labels and nametags than our present one. **Eleanor tum Suden** was working on seat assignments, and **Joan Adamo** was signing the scholarship certificates made by **Gail Fliesbach**. I was busy assembling packets for our scholarship recipients, including in each a Friends brochure and dinner program.



Jeri Abernathy making name tags



These were just some of the things going on before May 21, the date of the actual event. Much thanks is due to all who helped plan, cook, set tables, make the flower arrangements, assist with serving the food and libations, contact students, welcome guests, take photos, and participate in a myriad of other ways that made this a memorable evening.

Special thanks go to the International Center staff who helped serve the meal: **Kim Burton, Kevin DelMastro, Dulce Dorado, James Galvin, Charmagne Herlien, Roark Miller, Kelly O'Sullivan, Tonia Pizer, Rachel Rigoli, Carol Robertson**, and above all **Kirk Simmons**, Dean of the International Center, who also addressed the guests, lauding the work of the Friends and extolling the importance of an international education with a personal reference to his own study in Taiwan.

Friends delight in hosting campus faculty and administrators who engage in promoting international exchange with the same enthusiasm that we do. We hope that **Sharon Rose** (Linguistics) and **Paula Levin** (Education Studies), who serve as faculty advisers to the Programs Abroad Office, but especially Dr. **Carolyn Kelly** (School of Medicine) and **Kathryn Murphy** (Office of Graduate Studies), whose offices partner with our scholarship program, enjoyed meeting some of



President Joan Adamo



Dean Kirk Simmons



Vice Chancellor Penny Rue

the Friends Scholarship recipients.

We were pleased that Vice Chancellor **Penny Rue** was able to spend some time with us before heading to another dinner engagement. She graciously offered words

of support and spoke about the value of study abroad, going in some detail about her own study of literature as an undergraduate in England. We will miss working with Dr. Rue, who has left our campus to become Vice President for Campus Life and a member of the faculty at Wake Forest University in Winston-Salem, North Carolina.

The Friends annual dinner is a joyful occasion. It brings together Friends, faculty, staff, and students. It serves as an awards ceremony for our scholarship recipients, but also offers an opportunity for Friends to elect new officers.

After warmly welcoming our guests, President **Joan Adamo** conducted a brief business meeting that included the election of new officers. In the absence of Nominating Committee Chair **Alice Blake-Stalker**, Committee member **Kristine Kneib** presented the proposed slate of officers for the year 2013-14. Parliamentarian **Carol Smith** vouched for the fact that there was a due quorum of Friends present. There being no further nominations from the floor, a vote was called for and the proposed slate was unanimously elected to resounding applause.

The evening concluded with the highlight of our Dinner: the presentation of our scholarship recipients, about which you will be able to read in the next issues of the *Newsletter*.

THANK YOU!

Our thanks go to all who made this event a reality. In alphabetical order they are: **Jeri Abernathy, Joan Adamo, Lou Adamo, Jennie Chin, Alma Coles, Bill Coles, Danya Costello, Justin Costello, Gail Fliesbach, Josie Foulks, Keiko Hirai, Bill Homeyer, Nancy Homeyer, Kristine Kneib, Candace Kohl, Elisabeth Marti, Katya Newmark, Ruth Newmark, Arline Paa, David Paa, Renate Schmid-Schoenbein, Carol Smith, Stuart Smith, Eleanor tum Suden, Liz Fong Wills, Mary Woo, and Ginny Young.**

Slate of Officers for the Year 2013-14

President:	Katya Newmark
1 st Vice President, Programs:	Judith Muñoz
2 nd Vice President, Membership:	Renate Schmid-Schoenbein
Recording Secretary:	Nori Faer
Treasurer:	Karen Davis
Corresponding Secretary:	Elisabeth Marti
Nominating Committee:	Kristine Kneib, Barbara Fitzsimmons, and Alma Coles



Nori Faer, Barbara Fitzsimmons, Alma Coles, Judith Muñoz, Elisabeth Marti, Karen Davis, Katya Newmark, and Kristine Kneib
Absent: Renate Schmid-Schoenbein

Already that evening, newly elected President **Katya Newmark** wrote a long thank-you note. I quote in part:

Dear Alma and Most Able Annual Scholarship Awards Dinner Crew,
What a wonderful way to be introduced officially, and behind-the-scenes during kitchen detail, to the many wonderful Friends!

No doubt everyone working on tonight's dinner has thoughts/pointers for next year, but I hope that you will allow yourselves some time to bask in the success of the evening.

I heard only glowing compliments on the food and the speed of service. I heard from many how amazed they were that the entire evening's program, including meal, was produced by our own Friends volunteers—there is no end to the Friends' industriousness! I heard many who were surprised and delighted to hear that the Friends awarded \$75,000 in scholarships! The recipients I spoke with were grateful to have been selected and were largely as curious about the Friends as our members are about them. Quite a few scholarship recipients expressed an interest in volunteering, though acknowledged that their ability to do so may not present itself immediately. The atmosphere was festive, congenial, and lively.

Thank you each and every one of you for your dedication to the Friends and to making the evening such an enjoyable one for all who attended.

And, a final thank you for making me feel so welcome.



Kim Burton, Stuart Smith, and scholarship recipient dip into the appetizers



The entrée: chicken in phyllo dough, fruited quinoa, and summer bean salad

**Photos by:
Kristine Kneib,
Katya Newmark,
Eduard Schwan,
and Stuart Smith**

Praise came from many. Wrote **Andromeda Bradley**, a Sixth College music major who received a Friends Scholarship to participate in a five-week Global Seminar in Spain: “Thank you Ruth! I had a wonderful time last night. It was good meeting you and fellow scholarship awardees. A few words of encouragement go a long way! Please pass along my gratitude towards the Friends of the International Center.”

Joan Adamo addressed her sentiments to our entire membership:

Dear Friends,

I want to share with all our members, whether you were able to attend our Scholarship Awards Dinner, or not, my gratitude to all who made it such a memorable event.

Tuesday evening was truly a celebration—a delicious celebration—of the efforts of so many Friends who work hard throughout the year on our various projects and programs. Celebration was in the air—the evening was beautiful. The best part was the buzz of animated conversations among our unique and talented student honorees, Friends members, and guests from campus and community, as they shared their ideas and aspirations.

This year we honored 57 students—undergrads and grads, U.S. and international—awarding a total of \$75,000. This money came from generous donors, from matching funds from several campus offices, and from the hard work of many volunteers in our Resale Shop and our Ethnic Dinners. The proceeds from these two longstanding Friends programs provide most of the funds.

To all who contributed to this wonderful culmination of so many efforts, my sincere and heartfelt “thank you”!

Because we hosted many more students than in previous years, we were spread out beyond the confines of what can be strictly described as the central patio, causing some unhappiness. One or two guests expressed dissatisfaction with being seated so far from the stage that they could neither see nor hear. Such feedback is important, and became part of a discussion on how to streamline and improve next year’s dinner.

However, what is truly needed—for this and similar events—is a new International Center that is better equipped to handle the varied activities of a growing institution that currently hosts 2,350 international scholars, has an enrollment of 3,200 international students, and sends 1,200 of our UCSD undergraduates on studies abroad. Architectural plans exist. All that’s needed is money!

Donations

We are pleased to acknowledge a flurry of scholarship donations. As part of her final duties as Friends Treasurer, **Jeri Abernathy** reported gifts from **Joe & Mary Watson**, **David & Dorothy Parker**, **Maxine White** (now living in Cibolo, Texas), **Ollie & Nadine Wilson**, **Phyllis Epstein**, and **Raymond & Deborah Park**. **Barbara Saltman** contributed to the *Ruth Newmark Scholarship*; **Ronald, Jr. & Nicola Ranson** contributed to the *Nan Kehoe Fitzsimmons Scholarship*, as did **Ellen Warner Scott** (in honor of **Barbara** and **Jerry Fitzsimmons** 50th wedding anniversary); and **Fran & Russ Doolittle** sent a thoughtful donation in memory of Prof. **David Crowne**, who died in May 2013.

In July, our new Treasurer, **Karen Davis**, reported that we received a donation from **Terry Hayes** for the *Nan Kehoe Fitzsimmons* Fund. We also received a most welcome contribution to our Community Relations Fund from **Nori & Stanley Faer**.

Our heartfelt thanks to all!

Membership

Renate Schmid-Schoenbein reports that current Friends membership stands at 220: 130 regular members, 86 life members, 2 corporate members, and 2 complimentary ones. Our newest members are **Jennifer Karp**, **Alice Buck**, and **Sue & Cary Freistoffer**. Each received a welcome package, and we look forward to seeing them at one of our events.



From the Editor:

On May 16, 2013, the *La Jolla Light* ran a feature article: "Is fashion lovelier the second time around? Yes! Say La Jolla's seven resale shop proprietors (and their customers)." Although the article focused on more upscale enterprises than ours, the Friends Resale Shop was included among a list of the seven La Jolla stores that sell secondhand merchandise. (With the June opening of a Goodwill store on Girard Avenue the list has now grown to eight.)

There were several quotes from **Patti Alksne**, owner of the consignment shop Second Act West, who faithfully contributes to our Resale Shop fashionable clothes that do not move in her store on Fay Avenue.

Reading the article, we learned some interesting things. For instance, we learned that secondhand stores may be referred to as resale shops, consignment shops, or thrift shops. A *consignment shop* "accepts merchandise paying the owners a percentage when and if the items accepted are sold." A *thrift shop* is run for charitable purposes, and may receive merchandise outright or on consignment. And either a consignment or a thrift shop may be referred to as a *resale shop*, although *resale shop* generally denotes a store that purchases its merchandise outright.

None of this will be news to the former coordinator of the Friends Resale Shop, **Gayle Barsamian**, who suggested that our shop might draw more customers if called Friends Thrift Shop. This sounded a bit déclassé to some, but more impor-

tantly, Friends Resale Shop had been in use too long to change readily, and the attempt fizzled. Not entirely though, for if you look closely at the Shop's logo, you will see the word "Thrift" in the center.

Thanks to **Kristine Kneib**, a follow-up article on the Friends appeared in the *La Jolla Light* June 20, 2013 issue. More about this in October.

In May, undoubtedly prompted by Mother's Day, **Louise Keeling** sent me her thoughts about a particular item to be found in the Resale Shop. As a grandmother, I could share her feelings, but I wondered how to incorporate her ruminations. in our *Newsletter*. A bit of searching told me that there is such a holiday as Grandparents Day, celebrated in the U.S. in September, on the first Sunday after Labor Day. It falls on September 8, 2013, so the timing for this piece is ideal.

MIXED EMOTIONS

—by *Louise Keeling*

I have to share a special sentiment I have about an item for sale in our Resale Shop. This is a smallish plaque, inscribed and nicely framed. It reads: "Grandchildren are a gift from God."

This item was donated many years ago and has languished in the Shop all this time. I've often wondered about the circumstances that brought about this donation. Was it done after a rather wild and noisy visit from the grandkids? Was it given after there was no thank-you note for a grandchild's birthday gift? Was it donated after being asked to babysit too often for a rambunctious, bouncy child who just broke grandma's favorite lamp? At any rate, the donor may have had second thoughts about the "Gift from God" part.

Then again, I thought, why isn't

anyone buying this tidy plaque? Should we who work at the Shop put a half-price sign on it? We all love our grandchildren, of course, but we do have a twinge of relief after they've left the house following a long visit. Maybe someone would buy it if it read: "Grandmothers are a gift from God."

Come visit the Shop and see what else can be found on the shelves, but be sure to introduce yourself to the friendly volunteer staff. Volunteer opportunities abound; if you can spare three hours a week, please contact either **Alma Coles** (almacoles@gmail.com) or **Josie Foulks** (jfoulks@ucsd.edu).

The Resale Shop has remained open throughout the summer, albeit with limited shopping hours. We will resume regular Shop hours on September 23 to coincide with the start of the new academic quarter: Monday through Friday, 10:00-3:30. To accommodate early shoppers, Josie Foulks opens the door on Thursdays at 9:00 a.m.

September Calendar

Please consult the Friends website and our bulletin board in the International Center's dining room for a detailed schedule of our September activities.

Sept. 4, 18: **Family Orientation**, 9:15

Sept. 4, 11, 18, 25: **Wednesday Morning Coffee**, 10:00-Noon

Sept. 10: **Board Meeting**, 10:00

Sept. 23: **Fall Quarter begins. Resale Shop** resumes regular hours: Monday-Friday, 10:00-3:30

Sept. 25: **International Kitchen Potluck**, Noon.

SCHOLARSHIP LETTERS

Healthcare in Costa Rica

It's raining out and I'm on the bus from Neilly to San Vito, about a 20 mile distance, returning from a weekend at the beach. The barely two-lane road seems to weave through dense rainforest up the mountain. People are packed in the aisle hanging onto the rails overhead, swaying with the weaving of the bus. A man is trying to sell fried plantains with hot sauce in the jam-packed aisle, and nobody is bothered in the least by his efforts. I've been on the bus for an hour now and am almost halfway, but the bus is in no hurry. The bus stops for anyone and everyone along the road. I found the bus to represent many of the most remarkable values of Costa Rica: its patience, its understanding, its generosity yet simplicity, and its respect for the environment. The values permeated the medical environment as well, and manifested in practices from which I learned a great deal.

I spent a month in San Vito, Coto Brus, Costa Rica, working in various medical settings thanks to the *Joyce C. Rapaport Scholarship* from Friends of the International Center. I learned a great deal about myself, the world, other healthcare systems, and how we can all heal together.

Costa Rica is committed to providing basic medical services for all of its citizens, and I saw this firsthand in Coto Brus. I stayed with the Director of the Health Region of Coto Brus, and worked with many of the 16 physicians serving the Coto Brus region. Thus, I got to see this discourse first hand.

The healthcare workforce systematically ponders how to make the population for which they are responsible healthier. There is daily concern about the greater problems facing a population that gives

context to the issues of an individual patient, and even the younger, newer doctors are actively involved in this discourse. There are weekly classes for pregnant women in an effort to reduce infant mortality; there are weekly back pain classes in an effort to get those with chronic back pain help, so that they can get back to work; there are efforts driven by physicians about how to get safe drinking water to indigenous populations, and promote hand washing to reduce the parasite load within the population. Interns are required to work in the community for two months before graduating, primarily teaching and approaching medicine from a public health perspective.

I worked in various clinics in the Coto Brus region during my stay in Costa Rica. This region is in the southern-most part of the country, and serves a diverse population, including many indigenous people as well as Panamanian immigrants. The region was very interesting because there are many remote populations that are only accessible by dirt road with a sturdy four-wheel-drive truck. The region has set up primary care clinics, called EBAISs, in many of these remote areas. An EBAIS consists of a physician, nurse, pharmacist, and a clerk. This team is responsible for the health of the population and serves it daily.

The healthcare culture in Costa Rica is very different from the American healthcare culture. The healthcare workforce in Costa Rica sees it as its responsibility to seek out people in need of healthcare, and is held responsible by the government for serving its entire population. I worked with a doctor who was staffing an EBAIS in Santa Elena, a small town that is about an hour drive from San Vito on a dirt road.

Every day, he would drive to this remote town ready to work; however, his schedule was never full, not even half full. Despite all his efforts, his population was not coming to the EBAIS. His remedy to this situation was to provide house-to-house medical surveys assessing the needs of the population.

I also had the unique opportunity to work with the indigenous population living in Coto Brus—the Ngäbe (or Guaymí). Here I encountered a population with medical needs very distinct from the rest of the region. While chronic diseases make up the majority of medical problems in Costa Rica, there is more acute infectious illness in the Casona, where the indigenous population lives. Here there is more poverty, and much of the population does not have access to clean water. In the Casona, I saw more insect-borne illnesses, more parasitic diseases, more rashes, and more sick children. The community is not integrated into normal Costa Rican society, and does not have a desire to integrate. The population has a unique culture and unique needs, which the EBAIS tries to serve.

Everyone has access to basic medical services, including preventative diagnostic screenings, most generic medications available in the United States, and effective treatment if they are unfortunate to be diagnosed with a more serious disease. Costa Rica has made the difficult decisions that the United States has been unable to make. While the system is far from perfect and plagued with many of the same problems that cripple the United States, Costa Rica has made a commitment to which it sticks. It has decided what medical care is within the country's means to provide to the entire popu-

lation. And while this commitment neglects many of the medical advances that we have in the United States, few dwell excessively on this point. There is a vibrant and unyielding enjoyment of life that does not recognize the daily hassles or annoyances. There is a positivity and wonder that always seems to see the beach, sun, jungle, and animals through the clinic door.

The Costa Rican clinics are open and full of life. Mothers breast-feed in the waiting rooms, whole families come to appointments, patients drop by throughout the day to ask questions, patients worry about their doctor sitting alone in the office all day, there are no malpractice lawsuits, interns sleep at night, and the office is permitted an hour-and-a-half for lunch. Costa Rica has determined how to happily get everyone who needs to go from San Vito to Neilly on one bus, without leaving a soul behind in the rain, in a harmony that I am grateful to have witnessed.

Thank you so much Friends of the International Center for this amazing experience. I worked with so many interesting people, and made so many new friends. I was privileged to see a part of the world in a more intimate way than I could have by merely traveling through. I learned a great many things about medicine, healthcare, culture, and respect. Plus I got to see the most spectacular natural wonders and coolest animals!

Rachel Hogen

Lyon

I studied abroad in Lyon, France on an EAP immersion program, at the Institut d'Etudes Politiques. My host parents were very welcoming, perhaps especially so because I was their first host student. So, we were both learning together and doing things by trial and error. Because they both use English for work purposes, they were excited to practice their English with me, and I found my French getting stronger and stronger.

Although I traveled a lot in my last month, I really enjoyed being in Lyon, one of the largest cities in France. While not the capital, Lyon is sufficiently multicultural yet remains welcoming in its smaller-than-Paris size. The city is beautiful. It is built on two rivers, the Rhône and the Saône, running North to South, eventually converging, with this idea of "confluence" being part of the city's identity.

Traveling abroad has opened my eyes and widened my vision of what I can accomplish. I thank the Friends of the International Center for all of the work you do to support students going abroad. For me, it really was an amazing experience that would not have been possible without financial accessibility.—*Sarah Yang*

Anti-Immigration Sentiment

I am writing to express my gratitude to the Friends of the International Center for supporting my research. I recently spent three weeks in Denmark and Sweden conducting preliminary fieldwork related to my dissertation. My time in Scandinavia provided me with a much deeper understanding of Nordic societies and their experiences with immigration—knowledge that will prove invaluable as I move forward with my research.

My dissertation concerns the covariates of anti-immigrant sentiment and behaviors. Specifically, I am interested in identifying those characteristics of local communities—economic, demographic, or social—that incubate xenophobia. Policies implemented in Denmark and Sweden in the 1980s and 1990s will enable me to quantitatively analyze the origins of immigrant exclusion in a manner free of many biases that permeate extant empirical work. During this time period, these countries launched refugee resettlement initiatives that randomly assigned refugees to live in small- and medium-sized municipalities—many of these rural and hitherto ethnically homogeneous. Exploiting data from this period will enable me to gauge the covariates of immigration exclusion while minimizing bias that may have arisen had immigrants been able to self-select into friendlier, more welcoming communities.

While in Denmark and Sweden, I interviewed approximately 12 individuals spread out across five cities, asking questions both about the mechanics of Denmark's refugee resettlement program and available data from the period. I was also interested in gaining a sense of the national climate pertaining to immigration in the 1980s and 1990s. In Sweden, I also interviewed a former Minister of Integration and a current employee of the Ministry of Justice that heads Sweden's current refugee resettlement programs.

These interviews proved invaluable to my research progress. I discovered a 1998 dataset on immigrants' self-reported experiences of discrimination in Denmark that I hope to leverage in my research. I gained a sense of how refugee dispersion programs worked, and what I will have to do to secure additional data from this period. Furthermore, I gained insight into the broader immigration "climate" in Denmark and Sweden that will help me frame my research and will surely inspire new questions as I move forward with data collection.

Through casework, I hope to look "beyond the numbers" and gain insight into how local social and economic dynamics shape natives' reactions to immigrant inflows. In particular, I have grown interested in how patterns of residential segregation affect community-level responses to immigration.

Many thanks again for granting me this opportunity and I will be sure to keep the Friends informed as my research progresses.

Mike Nicholson

SCHOLARSHIP BENEFIT: HIGH ANDEAN DINNER **Saturday, October 19, 2013, 6:30 PM**

Please complete this form and enclose a check, made payable to the Friends of the International Center. Send to Ethnic Dinner Chair, Friends of the International Center, UCSD International Center 0018, 9500 Gilman Drive, La Jolla, CA 92093-0018.

Reservations must be received by Friday, October 11, and will be accepted in the order in which they are received.

Name(s): _____

(If you spell out the names of everyone in your party, all will receive nametags at the door.)

Address: _____

Number of Friends (@ \$35.00): _____

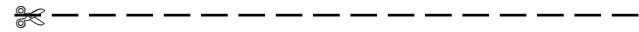
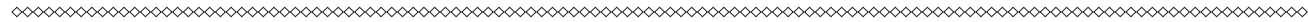
E-Mail: _____

Number of Friends Guests (@ \$40.00): _____

Number of Students (@ \$20.00) _____

I need handicap parking and have a placard: _____

Total Enclosed: _____



**GIVE THE GIFT OF LEARNING:
HONOR SOMEONE SPECIAL with a gift to the
Friends of the International Center Scholarship Fund**

Birthday ----- In Honor
In Celebration of ----- Anniversary
Congratulations ----- Other ----- In Memory

Name of Honoree _____

Address _____

City _____ State _____ Zip _____

Message _____

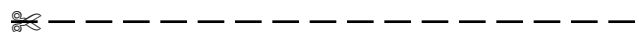
Name of Donor _____

Address _____

City _____ State _____ Zip _____

Amount of Gift Enclosed: \$ _____
No donation is too small.

Please make your gift payable to Friends of the International Center Scholarship Fund and mail to: Friends of the International Center, UCSD International Center 0018, 9500 Gilman Drive, La Jolla, CA 92093-0018. Your gift is tax deductible.



IC TELEPHONE NUMBERS

The Friends Office (858) 534-0731
The Friends Resale Shop (858) 534-1124
International Center Main Office (858) 534-3730

*Friends of the International Center,
UC San Diego*
<http://icenter.ucsd.edu/friends>
icfriends@ucsd.edu

The Friends of the International Center *Newsletter* is published monthly, September through June. All material submitted must be received in writing by the editor no later than the 10th of the month prior to publication.

Editor: **Ruth Newmark** (rnewmark@san.rr.com)

Contributors: **Joan Adamo, Barbara Baehr, Alice Blake-Stalker, Jennie Chin, Karen Davis, Nori Faer, Barbara Fitzsimmons, Nancy Homeyer, Judith Muñoz, Katya Newmark, Joe Nichols, Renate Schmid-Schoenbein, Georgina Sham, Carol Smith, Eleanor tum Suden, Liz Fong Wills**

Contributing Photographers: **Jennie Chin, Kristine Kneib, Katya Newmark, Carol Smith, Stuart Smith, Christopher Wills**

Circulation: **Renate Schmid-Schoenbein**

Please report all address changes to the Friends of the International Center; the U.S. Postal Service will not forward the *Newsletter*.

FRIENDS OF THE INTERNATIONAL CENTER
University of California, San Diego
International Center
9500 Gilman Drive, #0018
La Jolla, California 92093-0018

NON-PROFIT ORG.
U.S. POSTAGE
PAID
SAN DIEGO, CA
PERMIT #1909



Nancy Homeyer, Carol Smith, Renate Schmid-Schoenbein,
and Kirk Simmons at June Friends board meeting in the
home of Carol and Stuart Smith

RETURN SERVICE REQUESTED

September 2013



Friends of the International Center
Hospitality • Scholarships • International Community
**Supporting international education at UC San Diego and
the International Center for more than 50 years**

MEMBERSHIP FORM

I/We wish to join the Friends of the International Center:

- | | |
|-----------------------------------------------|-----------|
| <input type="checkbox"/> Regular Membership* | \$ 35.00 |
| <input type="checkbox"/> Life Membership* | \$ 500.00 |
| <input type="checkbox"/> Corporate Membership | \$ 500.00 |

**Includes spouse/partner*

Membership and donations are tax-deductible. Make checks payable to:

Friends of the International Center
University of California, San Diego
9500 Gilman Drive #0018
La Jolla, CA 92093-0018

Friends of the International Center is incorporated as a non-profit educational charitable trust by the State of California and is registered with the Internal Revenue Service as a tax-exempt 501(c)(3) organization. Thus all donations, including resale items, are tax-deductible to the extent provided by law for those donors who itemize their donations.

(Please print)

Name _____
Last First

Spouse/Partner _____
Last First

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

I wish to make a donation to Friends Scholarships \$ _____

I would like to receive the *Newsletter* in electronic form.

I am interested in these volunteer opportunities: _____

Friends E-mail: icfriends@ucsd.edu Telephone: (858) 534-0731