

UPN CONNECTIONS

University Park North at San Francisco State University

May 2012



Creating a living/learning environment where all people are valued

▪ Residential Life



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- Maintenance/Facilities: 415.405.0579
- UPN Area Coordinator: 415.682.2196
- UPN Graduate Assistant & Senior Resident Assistant : 415.682.2122
- Leasing Office : 415.564.4000
21 Buckingham Way
- Housing Business Office : 415.338.1067

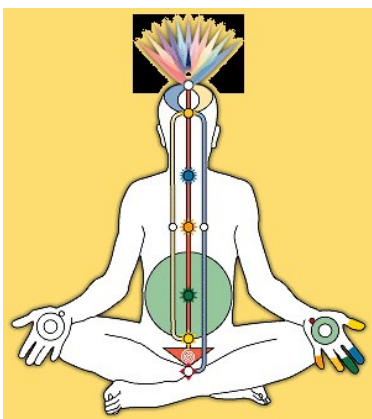
BETTER LIFE, BETTER YOU

Pose Your Way To Better Health

By: Mikaela Medina

While yoga has been practiced for thousands of years, it has only recently become popular in modern culture. For those who want to exercise both the mind and body, yoga is definitely the route to take. But before you dive into the world of yoga, it is important to figure out which type works best for you.

The most popular style of yoga in America is Vinyasa yoga, using swift movements where the poses flow into one another. Hatha yoga, on the other hand, focuses on slow, gentle movements. One of the hardest types of yoga is Kundalini, with many poses focusing on the “core”

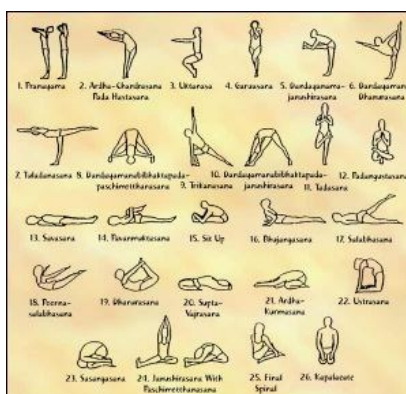


area of the body.

Bikram yoga is yet another challenging type of yoga, taking place in a hot, humid room that is heated to around 105 degrees. Many students who go to Bikram yoga classes wear one-piece bathing suits because it is so hot. While there are only 26 poses used in Bikram yoga, many people have difficulty standing the heat for extended periods of time and forget to drink plenty of water to replenish that which is

lost during the class. Forgetting to do so can cause serious dehydration, and can lead to complications down the road. So if you choose to do Bikram, remember to drink plenty of water.

Yoga has many health benefits, such as increased concentration, better depth perception, and lower blood pressure, among other things.



Source: <http://www.mindbodygreen.com/0-68/Different-Types-of-Yoga.html>

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PLEASE NOTE

The **Service Desk** can help you report and resolve facilities concerns. They can be reached by calling (415) 405-0579 then dialing “0”, or via email at rpm@sfsu.edu. Their hours of operation are:

Mon-Thurs 8am—8:30pm

Friday 8am—6:30pm

Sat-Sun 9am—6pm

The University Park North

Duty Phone

(415) 271-7383

is a 24 Hour line to access the Resident Assistants. You may call this number at any time for help or support from our staff.

BETTER LIFE, BETTER YOU

Local Farmers' Markets

By: Erin Kelsaw

San Francisco is home to many farmers' markets, and provides access to eating healthy, fresh produce. I prefer to buy fruits and vegetables from farmers' markets because it encourages me to eat healthier. Buying local produce is great for the farmers who produce it and supports your community.

Eating healthy is not the only incentive for supporting local farmers' markets. Many times, you can get more produce for cheaper prices than you would pay at the grocery store. I have been to a few farmers' markets here in San Francisco and I am always impressed with the variety and quality of the produce. Since most farmers' markets take place only one or two days of the week, it is advised to buy what you need for the entire week. This way, you will not end up over-buying food, ultimately save you money.

Check out these local farmer's markets:

Heart of the City Farmers' Market

When: Wednesday and Sunday from 7am-5pm

Location: San Francisco's United Nations Plaza
(In the heart of San Francisco's Civic Center)

<http://www.hocfarmersmarket.org/>

Stonestown Farmers' Market

When: Every Sunday from 9am-1pm

Location: Stonestown Lakeside
3251 20th Ave.

<http://www.stonestowngalleria.com/events/farmers-market>

Alemanya Farmers' Market

When: Every Saturday from 6am-2pm

Location: 100 Alemany Boulevard
San Francisco
(415) 647-9423

Ferry Plaza Farmers' Market

When: Tuesday: 10am -2pm

Thursday: 10 am -2pm

Saturday: 8am-2pm

Location: The Ferry Building
1 Ferry Building
(415) 291-3276

<http://www.ferrybuildingmarketplace.com>



ABOUT THE CITY

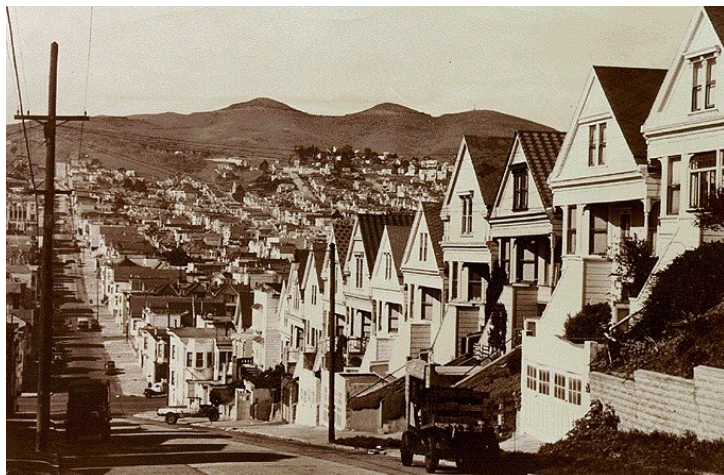
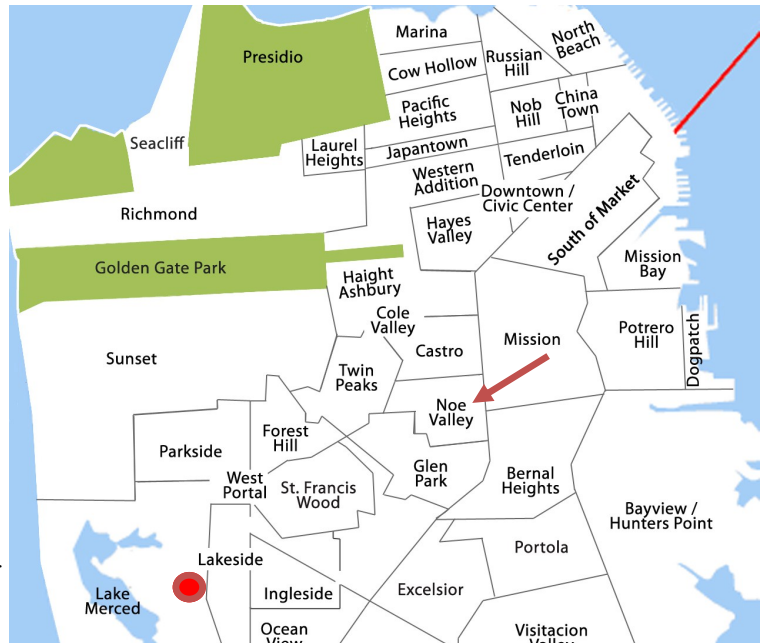
Noe Valley

By: Chayse Goda

Just when you think you've seen all there is to see about San Francisco, you continue to discover its hidden gems. I had never heard of Noe Valley until visiting the area for a birthday celebration. Once there, the first thing that caught my attention was the neighborhood's lively nightlife. The sun had set, yet there were still many people walking the streets. The next thing I noticed were the little boutique shops. Every shop seemed to serve it's own unique purpose, specific for its niche audience. While walking around the area it became apparent how committed to its residents the community is. Every boutique was not only a shop, but also a community resource as a result of their friendly service and their willingness to answer questions about the community.

As far as food goes, Noe Valley has a wide variety of different food spots to choose from. I would recommend The Beast and Hare, San Francisco's version of a London gastropub. It is a friendly, informal neighborhood place that specializes in rich, meat-centric dishes. From the outside it reminds me of a small crowded pub and the inside is actually a nice restaurant. The restaurant specializes in unique dishes, like lamb neck over fries, kale with cheese, rabbit stew and fried chicken over a pancake (my personal favorite). The Beast and Hare also has a bar for those old enough to enjoy a drink while waiting for their food. While The Beast and Hare does run a little high on prices, the atmosphere and food provided is definitely unique.

To get there from UPN: Take the M line to West Portal, then take the 48 bus line into Noe Valley at 24th Street.



Source: <http://www.noevalley.com/>

ABOUT THE CITY

San Francisco Eats

By: Neal Honda

San Francisco is one of the most diverse cities in the country. It offers countless activities and outings that you and your friends can take advantage of on a daily basis. One of the best parts of living in a city rich with culture is all the different food we can indulge in. If you are looking for restaurants, cafés, or other eateries to try, I suggest taking a trip to West Portal. Not only is the street buzzing with delicious places to try, it is also located near the SFSU campus and getting there is relatively easy.



French Pizza Special

One of my favorite places to eat in West Portal is a pizzeria called Mozzarella Di Bufala. The thin-crust pizza (New York style) is especially good, and if you split a pizza with one or more of your friends, the price is very reasonable. If you are not an avid pizza fan, the pizzeria also has pastas, sandwiches, and other specialties for you to try. You don't want to miss out on this place! On your next trip to West Portal, don't forget to stop by and check it out.

Mozzarella di Bufala Pizzeria

69 West Portal Ave
San Francisco, CA 94127
(415) 661-8900



ABOUT THE CITY

City Living

By: Leyla Ghaffari

Here are some **free** events you can attend with friends and family in the month of May.

Sail Boat Rides - Cal Sailing Club | 124 University Ave, Berkeley, CA 94710

Come out and learn first-hand how to sail in the bay. Sign up in front of the clubhouse between 1pm and 4pm. Open house days are: Sunday, May 6; Sunday, May 20; Sunday, June 17; and Sunday, July 22. Bring sunglasses and a change of clothes in case you get soaked.

Bagel Mondays - La Victoria Bakery | 2937 24th St San Francisco, CA 94110

Every Monday at 10am, Danny Gabriner of Sour Flour bakes and gives away hundreds of bagels for free. Hurry though - it's first-come, first-served.



Salsa & Bachata Dance Class - Mission Dolores Park | 19th Street & Dolores Street, San Francisco, CA 94114

This event is scheduled to happen every Saturday from 1pm to 2:30pm as an ongoing effort to bring people from the community together. You will be given an introductory class on Cuban Salsa as well as the romantic Bachata from the Dominican Republic. In case of rain the event may be cancelled.

Golden Gate Bridge: 75th Anniversary Festival - Golden Gate Bridge & Northern Waterfront

The two-day Golden Gate Festival is the pinnacle of the Bridge's year-long 75th anniversary program. There will be music, dance, entertainment, films, and art/historical exhibits, capped off by a 75th anniversary fireworks display and grand finale on Sunday, May 27th. The event will span the waterfront, from Fort Point to Pier 39. Check out <http://goldengatebridge75.org/> for a list of events.



For more information about these events, as well as other events taking place in the city, log on to: [www.http://sf.funcheap.com](http://sf.funcheap.com)

THIS MONTH

It's Festival Time!!

By: Brittney Venter

With the weather starting to get nicer and nights being longer, it's a good time to try to get out and do something new. This month, whether you need a break from the everyday grind of work or school just ended for summer vacation, take advantage of the weather and find some fun activities in the city. Some of the best stress relief comes from stepping out of the hustle and bustle of life and finding new ways to express yourself. What better way to start than going to one of San Francisco's popular festivals? Some of the most well-known festivals to the city are happening this May, such as:

How W3eird Street Faire

Description: The How Weird Street Faire prides itself on being a bit left of center. It's not quite a music festival and is too wild to be a standard street fair. It's a full day of mayhem taking place over 9 stages (and multiple clubs) right in the heart of downtown/SOMA. 2012 will mark the 13th year of the festival.

Date: Sunday, May 13th

Neighborhood/Location/Address: Howard St. & 2nd Street, Downtown

Highlights: 108 artists on 9 different stages, arts and craft vendors and thousands of "weirdos"

Bay to Breakers

Description: Legendary by name, the annual Bay to Breakers is a rite of passage that every true San Franciscan undergoes...and then eagerly anticipates every year henceforth. A 12k trek in celebration of liberal excess, this beloved local tradition is completely debauchorous in spirit and execution. Less a race and more a rowdy street parade, "B2B" winds from the Embarcadero (bay) up to Ocean Beach (breakers).

Date: Sunday, May 20th

Neighborhood/Location/Address:
Embarcadero to Ocean Beach

Highlights: Thousands of participants get decked out in detailed costumes according to prearranged themes.



THIS MONTH

It's Festival Time!! Cont...

I LOVE THIS CITY

SAN FRANCISCO
FRIDAY MAY 25th & SATURDAY MAY 26th
18 & OVER // THE LOT AT AT&T PARK

SAN DIEGO
SATURDAY MAY 26th & SUNDAY MAY 27th
PETCO PARK // ALL AGES

TIËSTO SAN FRANCISCO | **SKRILLEX** SAN DIEGO

SPECIAL GUEST **Special Guest** **Special Guest**

Laidback Luke **STEVE AOKI** **EXCISION**

PHASE 2 LINE-UP & SPECIAL GUEST HEADLINERS TO BE ANNOUNCED ON 4/23/12... think about it

CHUCKIE	A-TRAK
THE CRYSTAL METHOD	THE CRYSTAL METHOD
R3HAB // KILL THE NOISE	BRODINSKI // 12TH PLANET
BRODINSKI // FELIX CARTAL	MIMOSA // SOFI // JAGUAR SKILLS
DIRTYPHONICS LIVE // HOLY FUCK	ADVENTURE CLUB
CUT CHEMIST // HOLY GHOST!	AC SLATER // THE M MACHINE
HELICOPTER SHOWDOWN	TJR // NO BODY // DETH HERTZ
NIT GRIT // SHIT ROBOT // FAREOH	
PICTURE PLANE // OLIVER // SOFI	

TICKET AND ON SALE INFORMATION TO BE REVEALED ON FRIDAY, 3/16

PRODUCED BY **LIVE NATION** **LED**
IN ASSOCIATION WITH **SMILLS**

I LOVE THIS CITY Festival

Description: I LOVE THIS CITY —a new Electronic Music festival event produced by Live Nation—will make its debut in San Francisco this Memorial Day Weekend. I LOVE THIS CITY will take place May 25th and 26th at The Lot at AT&T Park in San Francisco with over 40 of the biggest names in electronic music on multiple stages. I LOVE THIS CITY is shaping up to be a great time!

Date: Friday, May 25th and Saturday, May 26th

Neighborhood/Location/Address: The Lot at AT&T Park

I LOVE THIS CITY SF 2012 Lineup: Duck Sauce, TIËSTO, Steve Aoki, Sebastian Ingrosso, Laidback Luke, Chuckie, Ex-cision, Crystal Method (DJ Set), R3HAB, Kill The Noise, Brodinski

San Francisco Cinco de Maya Festival

Description: San Francisco's annual Cinco de Mayo celebration showcases the very best of Mexican and Latin American cultures with a diverse array of music, dance and artistry for the entire family to enjoy. This will be the eighth annual festival being held in San Francisco and draws crowds of thousands to come celebrate. Live entertainment, plenty of food from numerous different vendors and also 50 booths of fine art and crafts.

Date: Saturday, May 5th from 10:00am to 6:00pm

Neighborhood/Location/Address: Dolores Park on the corner of Dolores St. and 18th St., San Francisco



Source: http://www.sfcincodemayo.com/index.php?option=com_content&view=frontpage&Itemid=1

HEALTH & WELLNESS

National Stroke Awareness Month

By: Veta Irby-Ware

National Stroke Awareness Month is an annual event held within the United States. The aim of the event is to make Americans aware that they may be able to save the life of a person experiencing a stroke. National Stroke Awareness Month is run by the National Stroke Association, who help individuals save lives by educating them about stroke risk

May is National Stroke Awareness Month



Stop Stroke-Act FAST-Spread HOPE

factors, symptoms, and preventative measures. It is also a reminder of how organizations, such as the National Stroke Association, support stroke survivors through their lifelong journey of recovery.

The National Stroke Awareness Month

places an emphasis on making the public aware of acting **FAST**. According to the National Stroke Association, a person experiencing a stroke can be treated if people have acted **FAST**.

FAST is an acronym for things we can check for in a suspected stroke victim:

- **F - Face** / Does the face droop on one side when the person smiles?
- **A - Arm** / After raising both arms, does one of the arms drift downwards?
- **S - Speech** / After repeating a simple phrase, does the person's speech sound slurred or strange?
- **T - Time** / If any or all of the above are observed call for 9-1-1 and ask for medical assistance.

Source: (www.whathealth.com)



Challenge Your Brain With A Little Sudoku

								3
	3	8				2		9
			6		9		4	7
		9		4	5	1		
8								2
		3	9	2		5		
3	8		1		7			
2		5				9	6	
4								

Source: <http://www.websudoku.com/>

SPOTLIGHT

To All The Mothers

By: Mario Xuereb



Contrary to popular belief, Mother's Day was not conceived by Hallmark. The earliest tributes to mothers date back to the Annual Spring Festival the Greeks dedicated to Rhea, the mother of many deities, and to the offerings ancient Romans made to their Great Mother of Gods, Cybele. Christians celebrated this festival on the fourth Sunday of Lent in honor of Mary, mother of Christ. In England, this holiday was expanded to include all mothers and was called Mothering Sunday.

In the United States, Mother's Day started nearly 150 years ago when Anna Jarvis, an Appalachian homemaker, organized a day to raise awareness of poor health conditions in her community. This was a cause she believed would be best advocated by mothers. She called it "Mother's Work Day." When Anna Jarvis died in 1905, her daughter, also named Anna, began a campaign to memorialize the work of her mother. Legend has it that young Anna remembered a Sunday school lesson that her mother gave in which she said, "I hope and pray that someone, sometime, will found a memorial mother's day. There are many days for men, but none for mothers." Fifteen years later, Julia Ward Howe, a Boston poet, pacifist, suffragist, and author of the lyrics to the "Battle Hymn of the Republic," organized a day encouraging mothers to rally for peace, since she believed they bore the loss of human life more harshly than anyone else.

At first, people observed Mother's Day by attending church, writing letters to their mothers, and eventually by sending cards, presents, and flowers. With the increasing gift-giving activity associated with Mother's Day, Anna Jarvis became enraged. She believed that the day's sentiment was being sacrificed at the expense of greed and profit. In 1923 she filed a lawsuit to stop a Mother's Day festival, and was even arrested for disturbing the peace at a convention selling carnations for a war mother's group. Before her death in 1948, Jarvis is said to have confessed that she regretted ever starting the Mother's Day tradition.

Mother's Day has flourished in the United States. In fact, the second Sunday of May has become the most popular day of the year to dine out, and telephone lines record their highest traffic, as sons and daughters everywhere take advantage of this day to honor and express appreciation of their mothers.

Source: <http://www.mothersdaycentral.com/about-mothersday/history/>

End Of The Year Information and Dates:

May 8th: Donation Barrels for Goodwill located at 17 Buckingham Way.

May 10th: 24 hour Quiet Hours Begin.

May 14th: Dumpsters throughout the community. Also Moonlight Breakfast in the DC from 10pm to 12 pm which is free to all students with an ID card. (no meal plan required)