



the ups Insider

Brought to you by the University Park South Residential Life Staff

March 2012



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Garden Zen: Hidden Treasure in the Park

Golden Gate Park is known for its little treasures. Strolling through the park, you can find a free botanical garden, museums, memorials, beautiful trees, and other foliage scattered through the massive oasis in the city. One particular treasure is the Japanese Tea Garden, which brings a wonderful uniqueness to Golden Gate Park with a balance of beauty and tranquil stillness. Japanese culture is reflected in the elements featured with pagodas, Hindu and Buddhist temples, an arched drum bridge, and a Zen garden. As you enter the large wooden gates, the Japanese Tea Garden is a place that takes you into peace and serenity.



In addition to exploring the garden, a teahouse is open daily and serves a variety of Japanese green teas, sweet rice cakes, sushi and *udon noodles*. The teahouse, found in the center of the garden, has a custom-designed *irori*, or farmhouse-style family table, used to host Japanese tea ceremony demonstrations. Every Wednesday, by appointment, visitors can experience the Japanese Tea Garden Ceremony. The ceremony demonstrates how to make

green tea in the traditional manner and other ancient Japanese customs.

As Spring approaches, the Japanese Tea Garden is a beautiful place to visit, evidenced by the thousands of tourists who visit the gardens annually. Be a tourist in your own city, and enjoy the beautiful and personal “Zen” tranquility for yourself.

While there is a cost to enter into the Tea Garden, a special discount is given to local residents, so UPS residents can bring proof of their residency and only pay \$5 (or \$3 for seniors). In addition, all visitors can enter at no cost if you enter before 10:00am on Monday, Wednesday, and Fridays.

Located at 75 Hagiwara Tea Garden Drive, the garden is a relaxing escape from the hustle and bustle of San Francisco. For more information about the Japanese Tea Garden, please visit <http://japaneseteagardensf.com/>, or to make reservations for the teahouse, please call (415) 752-1171.

By Ashley Paul

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Community Spotlight

The University Park South (UPS) community is diverse in many ways. One aspect of our community's diversity can be seen in the variety of residents that live within it. A large portion of University Park South's residents are current students at SF State, but that is only a portion of the residents we serve. UPS is a unique University-owned residential community, in that, we not only house students, but families, seniors, young working professionals, professors, and staff of the university.

For the next few months, the *UPS Insider* will profile different residents from our community. This month will focus on two students living in our community, named Stephanie and Amy. Here is what they had to say about themselves:

Name: Stephanie M.
Major (minor, if one): Sociology
Year: Graduating Senior (My last year!)
Hometown: Valencia, CA

Why did you choose SF State? Coming from a suburb of Los Angeles, I chose SF State to get a change of pace, culture, and people. When I first visited the campus, I absolutely fell in love and knew right away I wanted to come here.

Career aspiration: I hope to someday work either as a family and relationship counselor, or with a non-profit anti-violence agency.

Favorite place to go in the city: I love Dolores Park on a sunny day, El Toreador (a Mexican restaurant in West Portal), and shopping in the Haight.

Favorite class you've taken at SF State and why: *Sociology of Brazil* because it was fascinating to learn about a country I have visited from a different perspective.

Something interesting or quirky about you: I have been fortunate enough to travel to over 40 countries throughout the world. Next up is Austria, Hungary, and the Czech Republic over Spring Break!

Name: Amy M.
Major (minor, if one): Business Administration (With a minor in Management)
Year: Graduating Senior
Hometown: Bakersfield, CA

Career aspiration: I would eventually like to work in a career that assists with either autistic children or the elderly. Both my sister and brother-in-law are special education teachers. I have worked in a retirement home for two years, so I have a special place in my heart for children and the elderly.

Favorite place to go in the city: Dolores Park on a sunny day is amazing. Just sitting with an Ike's sandwich and reading is the best feeling. The park gets busy, but that is part of the atmosphere of SF. Everyone is so friendly in this city and everyone is there just to have a good time and relax.

What do you like to do on the weekends: I hang out with friends, explore the city, and relax after a long week of classes.

Something interesting or quirky about you: I sometimes feel like I was born in the wrong era. I am a dancer so I love watching musicals and learning about actors/actresses from the 1930s-1950s.

If you are interested in being profiled in our newsletter, we would love to hear from you! Please email me at the contact information listed below.

By Whitley Duckworth
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Real Scones for St. Patrick's Day

I grew up listening to my Grammy's stories about her life in Ireland. She grew up on a farm in a town called Virginia, located in County Cavan, Ireland. The picture above shows the farm she lived on and the lake next to it. In order to get to town she would have to take a ferry to cross the lake, and to get to school she had to walk two "Irish miles" which were up hill, both ways!

In addition to her stories, my Grammy also brought Irish recipes with her to California. My favorite is her scones. Irish scones are different from what you may think a scone should be; it is more of a biscuit. Also, rather than the triangular shape you would find in many bakeries, Irish scones tend to be round. My favorite variation is to add currants and raisins. Served hot right out of the oven and with a cup of tea, makes for a wonderful afternoon snack on a cloudy San Francisco day.

You can make your own scones using my Grammy's recipe, or look out for our St. Patrick's day program where we will be serving scones and tea.

<p><i>Makes about 8-10 small scones</i></p> <p>2 cups unbleached all-purpose flour</p> <p>1 tablespoon baking powder</p> <p>2 teaspoons granulated sugar</p> <p>1 teaspoon fine salt</p> <p>3 tablespoons unsalted butter, softened to room temperature</p> <p>1/2 - 3/4 cup milk, cream, or a combination of both</p> <p>1 cup currants and/or raisins</p>	<ul style="list-style-type: none"> • Preheat the oven to 350°F and line a baking sheet with parchment paper • Mix together the dry ingredients together in a bowl • Using a fork, work the butter into the dry ingredients • Add ½ cup milk/cream and mix together • Add the currants and raisins • Place dough on a floured surface and pat down the dough into a flat 1 inch thick slab • Use a floured opening of a glass to cut the dough • Arrange the scones on the baking sheet and bake for 12 minutes or until the tops of the scones are golden brown.
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By Lauren Waters
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Come celebrate Women's History Month with a fun interactive game where you can win prizes with your knowledge about women in history!

Location:

**Corner of
Holloway and Arellano**

Date and Time

**March 14th
3:00 pm–4:00 pm**



For more information or special accommodation, please email Ashley at abstract@mail.sfsu.edu.

Online Learning for Everyone

As we all know, learning goes beyond the classroom. Here are some cool websites that may help stimulate your learning beyond traditional methods of using textbooks and listening to lectures.

Want to learn a new language? How about brushing up on that Spanish or French you took in high school? freelanguage.org offers 10 minute videos on Spanish or French that cover all the basics for you. You can click on their podcast section and learn anything from Russian to Thai, all for free!



Now that you have practiced another language, try quizlet.com. This website is similar to using flashcards... only better! You copy and paste phrases, definitions, or quotes to create your own quick and easy electronic “flashcards” for anything you want to study. Not only does

this site offer e-flash cards that you can view from your smart phone, but you have the option of printing them as well. Another feature with Quizlet is the ability to shuffle your cards or to make games that will quiz you for a fun and different way of studying.

Blogs are also rapidly becoming a popular new way of learning. There are many sites that offer blogs dedicated to a plethora of interests. Check out blogspot.com or tumblr.com for blogs on anything from baking to fashion.

One of my favorite blogs is called Camelsandchocolate.com, which is a blog written by travel writer Kristin Luna. Kristin shares her experiences through articles, photos, and journal entries on countries she visits all around the world. Viewing pictures and reading travel blogs, like Kristin Luna's, is a great way to see countries through the first-hand experience of a blogger. Travel blogs are perfect if you are planning on visiting a country and would like to read about the culture and what to expect during your travel.



Now that you have read a few of the ways that you can learn something new, have fun exploring!

By Michelle Lopez
lopezm@mail.sfsu.edu

The Home Stretch

One of the many meanings for the term “home stretch” refers to the last stretch of a race when the end is near. Visualize a runner coming around the last corner of a race, where the once distant finish line becomes closer with every stride. Once reaching the “home stretch,” the runner begins to exert his or herself to finish strong.

It is hard to believe, but many of us living in University Park South are coming around the corner to our own personal “home stretch.” For students in their last semester at SF State, the finish line of graduation is coming closer every day. Others may be looking at a promotion at their jobs, or perhaps a career change altogether. Whatever your situation may be, we all feel the pressure to finish our “home stretch” strong so that we can be rewarded for the hard work that got us to our current point.

Working hard to achieve a particular goal is important, however I feel that at times we are solely focused on the end result and pay little attention to the little accomplishments along the journey that got us to the point we are currently in. The journey is oftentimes where integrity is developed and where we grow as individuals. We learn so much about ourselves as we encounter challenges and realize our potential for further growth. By having a positive attitude and persevering through the challenges and pressing forward, it is important to notice how that personal growth contributes to all aspects of our lives, not just the immediate goal at hand.

In my own life, I am trying to graduate and begin a new journey towards a Master of Science degree at SF State. I have had many ups and downs that have taught me one thing: Enjoy the academic pursuit now because it may never be the same again. It is easy to be caught up in the stress of moving on to the next goal even before the current challenges reach completion. However, by focusing on enjoying the process, I have noticed that I have greatly reduced the amount of stress in my life, and have actually become more productive.

As we find ourselves already in the third month of 2012, many of us are turning the last corner and the “home stretch” is becoming clearer in view. Whatever your goal, try to stop and take a look back at the distance you have already gone. Remember the hurdles you’ve jumped, the positive and negative lessons you learned along the way, and use them to finish strong. You can do it!

By Joseph Beyene
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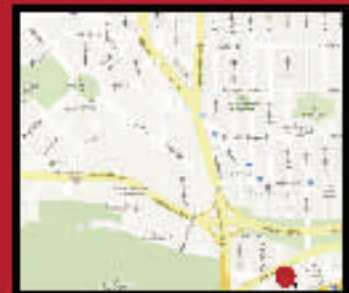
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An Irish Morning

Come enjoy delicious homemade Irish scones and tea in preparation for St. Patrick's Day!

*Friday, March 16th
11:00 pm to 12:30 pm*



Located on the Corner of Font and Holloway in the UPS Community

For more information, email Lauren at lewaters@mail.sfsu.edu.

Recognize your Full Potential:

Oftentimes people go through life bored, not knowing what to do about it. But, what many people seem to forget, is that you don't have to be stuck that way. Below are a few ideas to help make your life more enjoyable, and assist you in getting out of a personal "rut". Whatever the situation may be, the solution is in your hands:

Focus #1: Be Proactive: Go and get what you want. Don't let life just "happen" to you, make sure you are doing everything in your power to get the results that you want!

Focus #2: Prioritize: Make sure you focus on the things that are most important to you first. Often we get stuck focusing on the small stuff. "Don't stress the small stuff," is a true saying that perhaps we need to remind ourselves of on a more regular basis.

Focus #3: Good Posture: The way you present yourself to the world says a lot about what you think about yourself. Shoulders back, chin up, and think "length," but not stiff. You will be sure to command the attention of any room in any social environment.

Focus #4: Compliment other people: Make someone's day by giving them a great compliment. By taking time to compliment those around you, you take the focus off yourself. Complimenting others can help in projecting positive thoughts that will help you look positively at yourself as well. On the contrary, if you are constantly negative about yourself, and project your negative thoughts on other people through gossip and complaining, you are saying to the world that you are a negative person.

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Recognize your Full Potential
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Focus #5: Balanced Diet: What you put in your body is what your body will look like. If you eat garbage, you will feel like garbage. Strive to eat a balanced diet daily, so you can become the best you! Prepare healthy meals for the week and cut out the temptation and ease of eating unhealthily.

Focus #6: Exercise: A balanced diet and exercise are the best ways to produce a great outward appearance. But it's more than just your outward appearance that improves. Exercise releases endorphins that make you feel happier and better about yourself. Exercise just 30 minutes a day and in no time you will begin seeing changes in your body and your mind.

Focus #7: Laugh: Try to find a way to laugh daily. Laughter has been proven to release stress. People who laugh the most tend to be less sick and have a longer, more enjoyable life.

Focus #8: Sleep: If you followed the first 2 steps of this article then you should have time to get to sleep at a reasonable hour each night. For most, healthy sleep consists of eight hours of uninterrupted sleep each night. When you are well rested it is easier to take the world by storm and make your dreams a reality.

Focus #9: Appreciate Art: I'm not saying you need to go out and paint the Mona Lisa, but I am saying that you should find a way to stimulate the "artistic intelligence" portion of your brain. It could give you a new perspective on problem solving in your life.

Focus #10: Love: Whether you love a puppy, a significant other in a relationship, a family member, or a friend, find a way to love another being in your life. By putting love out in the world, you are sure to receive love in return.

Hopefully by focusing on these ten aspects of your life, you can begin seeing positive results. Because these are lifestyle changes to your day-to-day routine, you should see a more productive, fun, and energized you! By no means is this the be-all and end-all of ways to improve yourself, but for me, I can honestly say it has worked, and I have seen noticeable results in all areas of my life.

ArVejon Jones
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TACOS ON TAPIA!!!

March 13, 2012

7:30pm to 10:00pm

LOCATED AT 100 TAPIA DRIVE



Please email Joseph at balloo02@mail.sfsu.edu for special accommodations or questions.

Local Organization in the Spotlight: San Francisco Organization Leads International Aid Efforts

On a recent trip to Cambodia, volunteers from Mira Scholars Foundation worked with over 200 students, all of whom have benefit from Mira's commitment to their education and well-being.

Mira's founder, Sara Ortega said, "We were there soon after the New Year, a time when people in the Bay Area brush the holiday dust off their sweaters and come into work with fresh new ideas; companies start ramping up for their new campaigns; and the overall sentiment is new beginnings. On our annual trip out there, we were simply jumping more deeply into what Mira has always set out to do but make it better and more meaningful. Mira is here really just to provide a solid, decent, and healthy learning environment so that any student, all students, get the chance to be normal kids and grow up in a safe environment."

Ms. Ortega started this non-profit organization at the end of 2009 after working in other countries with students of all ages from preschool through graduate school. She notes, "The global need for help in education is massive, and once anyone becomes a witness to how most of the world lives -- that is, outside the U.S. -- I think we have a responsibility to stand up and do something. Mira Scholars Foundation was at first my small way of doing something that I had the capacity to do as one person. But over time, because of devoted volunteers and Board members, it's growing and growing and growing."

Over 150 million children in the developing world start school each year but drop out within four years. The lack of education, especially for girls, contributes to long term problems in nutrition, general health, job prospects, family safety, and socio-economic stability.

Ms. Ortega noted, "There is struggle everywhere, it's impossible from what I've seen to compare one country against another. So, what does someone do when you don't know where to start? Just start. I started with Mira, and our growing community of donors and supporters lets us know they're ready to start too."

For more information about Mira, please visit
www.mirascholars.org or email contact@mirascholars.org



Picture of Sara Ortega (back right) with three volunteers from California with the children in a wooden, one-room schoolhouse located in rural Cambodia.

March Madness!

It may come as a surprise that the term “March Madness” has been around to describe basketball tournaments every March as far back as 1939. However, it started off as the Illinois State High School tournament, not the National Collegiate Athletic Association (NCAA), college basketball tournament that most people are familiar with. The men’s NCAA basketball tournament, occurring in March, is a single-elimination tournament held each spring in the United States that features 68 different college teams. By the end of the tournament, a national champion is determined among the top tier college basketball teams across the country. (The scramble to become the national college basketball champion is truly worthy of being called “March Madness,” even as it has come to completely overshadow its original roots.



March Madness was born in Illinois. The tournament originally consisted of high school boys basketball teams that were sponsored by the Illinois High School Association. A group of teams, known as the “Sweet Sixteen” (a name also used to call the remaining sixteen teams of today’s college March Madness tournament), had routinely drawn sellout crowds to the University of Illinois Huff Gymnasium where the high school tournament was held. The popularity across Illinois cannot be understated, and it should be noted that this occurred during a time prior to television, before college games became popular, and even before professional leagues (like the NBA) had been established.

The State of Illinois can thank H.V. Porter for coining the term. In 1928, Porter was hired as an assistant manager of the Illinois High School Association when his career as a sports writer began to blossom. Porter went on to write essays and books about March Madness, making the term popular not only in Illinois, but, through the entire country. Today, the term March Madness is jointly trademarked by the NCAA and the Illinois High School Association, and though the rest of the country may have forgotten March Madness’s Illinois roots, the high school tournament is still a major part of the Illinois sports culture.

March Madness has remained very successful, and last year, over 700,000 people attended the NCAA championship tournament games, and over 130 million TV viewers cheered for their favorite college teams.

Now that March is upon us, and you know a little history behind the celebration of March Madness, it’s time to go out in the city and watch the games. Below are two places fans may go to enjoy watching the exciting struggle to become the NCAA basketball champions of 2012! (There is a women’s NCAA tournament in the beginning of April, but this article focuses on the men’s tournament which receives the most media coverage. For more information regarding the women’s NCAA tournament, visit <http://www.ncaa.com/championships/basketball-women/d1>.

Ted’s Sports Bar & Grill
312 Harriet St SF, CA 94103

Take Muni M-Line towards Downtown, get off at Powell Street.
Walk to Cyril Magnin Street & Market Street
Take the 27 bus toward Mission District
Get off at Harrison St. & 6th St., Walk to 312 Harriet St.

The Taco Shop at Underdog’s
1824 Irving St SF, CA 94112

Take the 28 bus towards Fort Mason,
Get off at 19th Avenue & Irving Street
Walk to 1824 Irving Street

By Breana Walker
bnw@mail.sfsu.edu