

# GRADUATE STUDENT SENATE Graduate Bulletin



January 20, 2006

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A publication of the Graduate Student Senate  
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<http://www.uiowa.edu/~gss>

# Graduate Bulletin January

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## GSS - Current Events & Issues

For more information about any event, please check out our website or email us.

<http://www.uiowa.edu/~gss>

[grad-senate@uiowa.edu](mailto:grad-senate@uiowa.edu)

## JAMES F. JAKOBSEN GRADUATE STUDENT CONFERENCE

A great chance to present your research here on campus. MATERIALS ARE DUE FEBRUARY 3, 2006. Our annual conference will be held this year on Saturday, March 25th. Check out our *BRAND NEW WEBSITE!*

<http://www.uiowa.edu/~gss/conference>

## REMAINING TRAVEL FUNDS DEADLINES 2005-2006

January 26, 2006

March 23, 2006

May 25, 2006

July 20, 2006

## GRADUATE STUDENT RECOGNITION WEEK (GSRW)

The week of March 20-25 has been designated GSRW. This week will feature a series of events recognizing the unique and vital role that graduate students play at the University of Iowa. Talk to your department administrators to find out if your department has organized an event. Visit our web site to find out more about some of the events that GSS has organized.

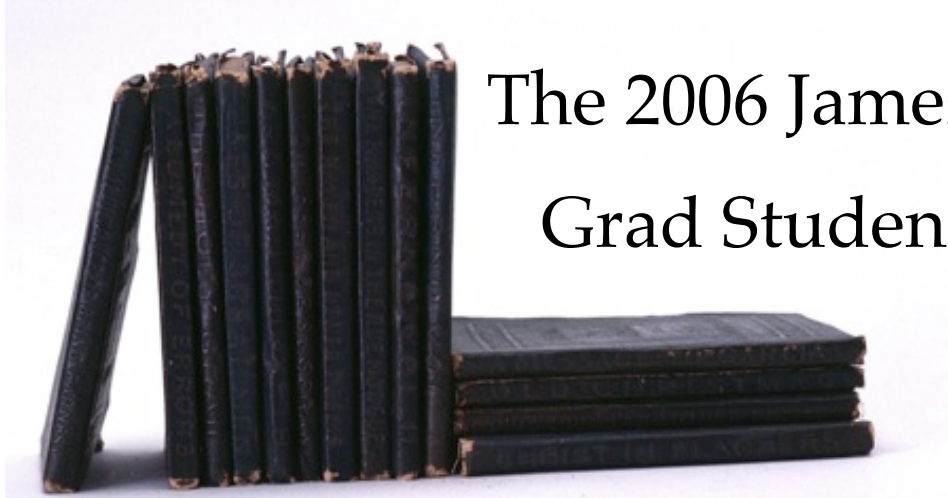
## PHD COMICS VISIT

Jorge Cham, the creator of Piled Higher and Deeper/Ph.D. Comics ([www.phdcomics.com](http://www.phdcomics.com)) will be on campus on March 23rd (as part of GSRW) to give a talk about life (or lack thereof) in grad school.

## CLAS GRADUATE STUDENT ADVISOR COUNCIL

GSS and the College of Liberal Arts and Sciences are forming a graduate student advisory council to improve communication between CLAS and grad students, and give graduate students a voice when important decisions are being considered.

*If you would like more information any of the issues we're currently focusing on, feel free to contact Sarah Vigmostad - [sarah-vigmostad@uiowa.edu](mailto:sarah-vigmostad@uiowa.edu)*

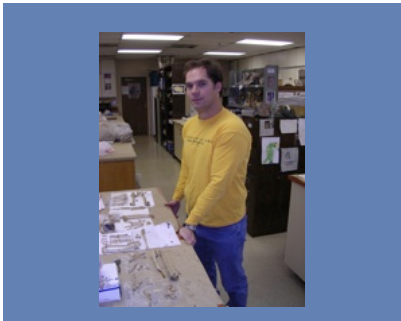


# The 2006 James F. Jakobsen Grad Student Conference

## Former Conference Winners - Student Spotlights

To see all the spotlights, visit <http://www.uiowa.edu/~gss/studentspotlights> & for Conference details and registration visit <http://www.uiowa.edu/~gss/conference> or email [darren-hoffmann@uiowa.edu](mailto:darren-hoffmann@uiowa.edu)

**Grant McCall**



### ANTHROPOLOGY

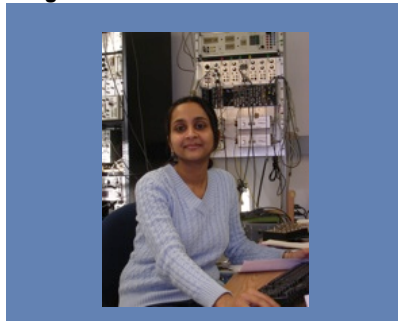
I am looking at Early Stone Age stone tool technology from southern Africa. It sounds clichéd, but learning about what it means to be human is my passion. Grad school in anthropology was the best way for me to go about this.

*This conference is a good chance to see what other talented scholars at Iowa are up to. I actually got to moderate a session in American literature and history, which was a lot of fun, even though it is not my own subject matter. Chances like that are really neat for me.*

### EVEN MORE SPOTLIGHTS ON THE GSS WEBSITE!

<http://www.uiowa.edu/~gss/studentspotlights>

**Sangeetha Madhavan**

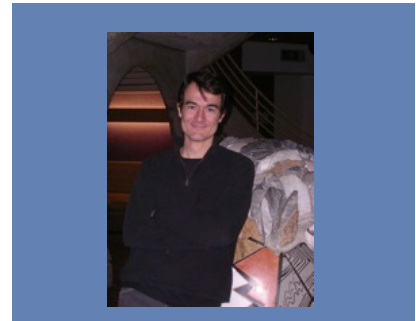


### PHYSICAL THERAPY AND REHABILITATION SCIENCE

I am studying neuromuscular control of movement, particularly at the knee joint. My focus is on understanding the causes and consequences of knee pathology, and injury and trying to formulate suitable rehabilitation interventions.

*The Jakobsen conference serves as a platform for students from various departments to come together and present their research. This unique aspect provides a fun opportunity to get to know the latest happenings in fields ranging from Math to Fine Arts. Also, questions from students unfamiliar with my field have helped me view my research in a broader context, which always fosters further refinement. The whole experience was fun and has helped me make new friends!*

**Andre Silva**

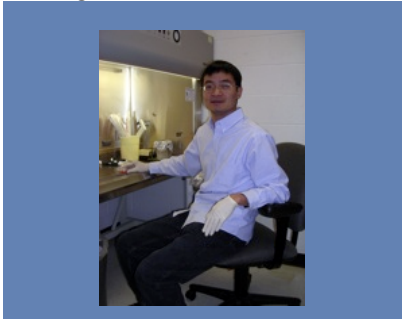


### FILM AND VIDEO PRODUCTION

*Ichthyopolis*, a 7-minute animated film, explores the concept of materiality, presenting the viewer with two distinct worlds: one grounded in logical, material existence

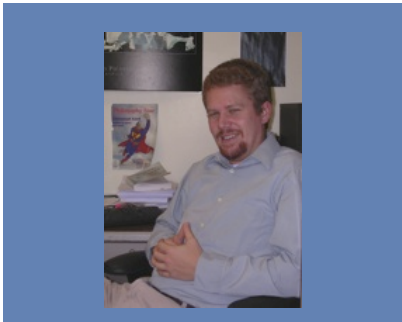
*I really liked the finger foods, especially the chocolate covered strawberries at the reception. It was a lot of fun to see everyone's work. My film was part of the Fine Arts presentation, which also included readings of creative essays, presentations of paintings and music performances. It was enjoyable to experience all these different types of media in one space. This type of mingling among so many different arts media forms isn't common.*

[MORE SPOTLIGHTS NEXT PAGE](#)

**Weidong Xu****PHYSIOLOGY AND BIOPHYSICS**

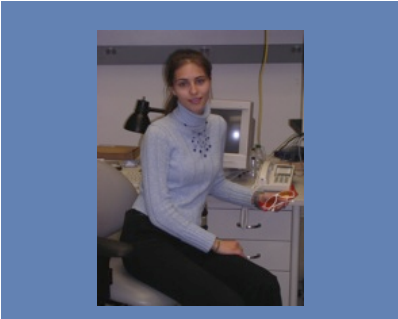
I am trying to answer that echoing question resonating from my previous research, "how do different cellular components (cytoskeleton and membrane in my current thesis) communicate to each other to maintain the dynamic cellular structures and proper functions?"

I very much enjoy the effective communication and engagement from both attenders and organizers. This is a really good chance for attendees to show their research to a group of colleagues which might not have been previously exposed to the subject but will definitely will be able to respond to the work and provide valuable input.

**Pete LeGrant****PHILOSOPHY**

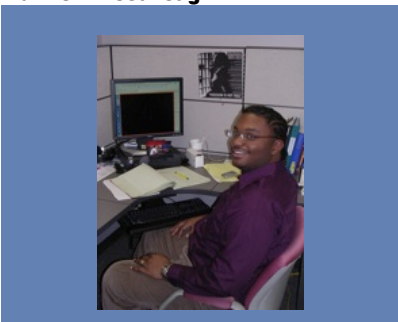
I'm examining Spinoza's view on imagination and how it relates to his metaphysics.

The Jakobsen Conference provides a great venue in which to carry a presentation to the next level. Audience members provide constructive criticism in a comfortable environment, which is important for graduate students as they prepare for top-level professional conferences and journals.

**Yulia Skvotsova****ANALYTICAL CHEMISTRY**

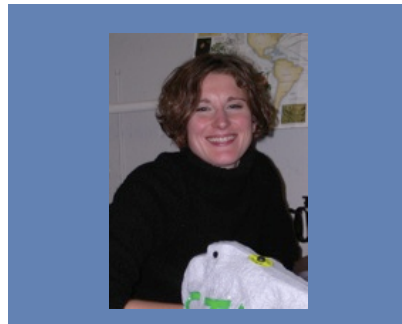
My advisor is Dr. Lei Geng. My project is focused on laser-induced autofluorescence of tissues for the purpose of non-invasive cancer diagnosis.

I believe the Jakobsen Conference has two major objectives that make it very attractive. First of all, it allows graduate students to practice presenting their work in public. Developing good presentation skills is extremely important for a researcher, and the more you practice the better your chances of becoming a good speaker. Secondly, participating in the Jakobsen Forum is a wonderful opportunity to get acquainted with graduate students from other departments and learn about their research. Occasionally even people in the same program do not know about each other's research. This on-campus conference creates a chance for graduate students to exchange their knowledge and ideas.

**Matthew McCullough****BIOMEDICAL ENGINEERING**

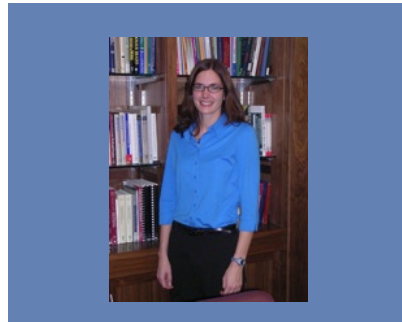
I am working on the design of a new total wrist arthroplasty device for rheumatoid arthritis patients, based on current implant behavior as well as patient kinematic patterns.

The thing I enjoyed the most about the Jakobsen Conference, was the ability to learn about other research being done at the University, both within the sciences and outside the sciences. As a graduate student, we are so focused on our particular specialty, it is nice to have a venue that allows students to share what we are working on.

**Elizabeth Sutton****ART HISTORY**

I study sixteenth-century Dutch travel accounts as they relate to other empirically derived information disseminated via print culture.

The best part? WINNING THE CASH AWARD! Besides that, I actually really appreciated the moderated Q&A after the presentation.

**Jana Peterson****COMMUNITY & BEHAVIOURAL HEALTH**

I am examining factors related to physical activity participation by adults with intellectual disabilities who live in community settings.

My work is very practical and can be understood by a wide audience. I enjoyed the opportunity to present my work to a varied group that does not necessarily think about health promotion on a daily basis.

## FITNESS AT UNIVERSITY OF IOWA

BY KRISTIN ERNST & ERIN BRANDT

*The old cliché for New Year's resolutions is to get in shape or lose weight in the upcoming year. Many graduate students may find themselves coming back from the holidays a bit more out of shape than they had anticipated or maybe years of hard work and stress sitting at the desk have taken their toll. Many may have finally found the time and determination to lose those few pounds or tone up. Luckily, there are many options at the University of Iowa to accomplish these goals*

### What Are the Benefits of Regular Exercise?

A good goal for many people is to work up to exercising 4 to 6 times a week for 30 to 60 minutes at a time. Remember, though, that exercise has so many benefits that any amount is better than none.



The following website <http://www.healthclubs.com/benefits/> lists just a few of the benefits from regular exercise.

- Reduces the risk of dying prematurely.
- Reduces the risk of dying from heart disease.
- Reduces the risk of developing diabetes.
- Reduces the risk of developing high blood pressure.
- Helps reduce blood pressure in people who already have high blood pressure.
- Reduces the risk of developing colon cancer.
- Reduces feelings of depression and anxiety.
- Helps control weight.
- Helps build and maintain healthy bones, muscles, and joints.
- Promotes psychological well-being.

### Fitness Facilities at Ulowa

The University of Iowa has three main recreational facilities to help you achieve your fitness goals. If you live on the Eastside of campus, then **Fitness East**, located in **Halsey Hall**, just east of the IMU, may be your best option. Fitness East offers a variety of cardiovascular equipment as well as an assortment of machine-assisted weight training devices. Fitness East makes use of EPX elliptical cross trainers, treadmills, stair climbers, upright and recumbent bikes, and rowing machines. A full line of selectorized weights, free weights, and a stretching area are also available. Another nice feature to stay motivated while working out hand is FE's Cardio Theater, which provides television and music selections. If you are looking for a change of scenery while studying, you can access the seasonal patio and study area and enjoy studying before breaking a sweat.

For those on the West Side of campus, you have two close fitness options. If you are mainly interested in running on an

indoor track and lifting weights, then the University of Iowa Recreation Building is your best bet. The **Recreation Building** is located **Northwest of Kinnick Football Stadium**. The Recreation Building offers unique equipment such as hammer strength equipment, pro-power equipment and free weights (3 lbs. – 150 lbs.). There is also a select few cardiovascular machines. One of the best features about this facility is its indoor track, which was redone in 2004. If you like tennis, this is the place to get in a set. on one of the five indoor courts. Make sure to make your reservations early in the morning, since the UI tennis teams have the courts reserved in the afternoon.

The more comprehensive fitness facility is located at The University of **Iowa Field House**, **next to UIHC, at the west end of Grand Avenue**. It is the main indoor facility and the home of the **Recreational Services Office**. The recreational facilities available in the building are the swimming pool, Fitness Loft, two mat rooms, a table tennis area, seven activity rooms, five badminton courts, 10 basketball/volleyball courts, three squash courts, a climbing wall, and a spinning room. Reservations for racquetball, handball, wallyball, and squash can be made by contacting 335-9293 or by stopping by the Recreational Services Main Office, E216. Equipment for the areas in the Field House can be checked out or rented at the Recreational Services Office during building hours and at the Information Booth on weekends, holidays and after 4:30 PM on weekdays.

The **Fitness Loft** is located on the **5th floor of the Field House, room S521**. This is the most inclusive fitness area on campus. The loft is home to EPX elliptical cross-trainers, treadmills, stair climbers, upright and recumbent bikes, rowing machines, a full line of selectorized weights, Cardio Theatre, free weights (3 lbs. – 120 lbs.), dumbbells, hammer strength equipment, and pro-power equipment.

Some facilities that you may have heard of but are unfamiliar with are the **climbing gym** and the new challenge course. The climbing gym is located in Court #1 at the Field House. Everyone using the gym must pass a safety check and obtain a Climbing Wall Approval Card. Safety checks are conducted weekdays and climbing seminars are also available. The new **High Adventure Challenge Course** is located in the West Campus area directly north of the Hawkeye Storage Lot. The new course has nine high and nine low elements including a long zip line. The course is designed for any group that would like to enhance their overall effectiveness. Courses can be as short as four hours or as long as two days. The average group size is between 12-16 people but groups of almost any size can be accommodated. Contact the Recreational Services Office for more information.

For more information on the above listed facilities, call 335-9293 or visit [www.recserv.uiowa.edu](http://www.recserv.uiowa.edu)

## Intramural Sports

There's more to fitness than just cardio and lifting weights. Maybe you are someone who enjoys more organized sports as a form of fitness. The Division of Recreational Services offers an extensive Intramural Program for The University of Iowa students, faculty, and staff. They offer 30 individual, dual, or team sports with a variety of leagues to choose from. Participation in the Intramural Program can provide many personal benefits and add to a successful university experience. It is a great opportunity to develop qualities of leadership, cooperation, and a sense of fair play. Intramurals are a great way to form lifelong friendships. Some of the most popular intramural sports are flag football, basketball, and volleyball. Just in time for the spring semester intramurals offered are indoor soccer, basketball, wrestling, racquetball, darts and billiards and whiffleball. Once it becomes nicer outside, students can participate in softball, outdoor soccer, ultimate Frisbee, disc golf, 3-3 basketball, and 4-4 sand volleyball. Registration for all sports takes place in the Recreational Services Office, E216 Field House. There is a bulletin board and listing of current sports and registration deadlines.

For more information regarding registering deadlines, eligibility, free agents, and manager's meetings, please access the website at [www.recserv.uiowa.edu](http://www.recserv.uiowa.edu) or call the Intramural Office at 335-9292.

## Martial Arts

The University of Iowa offers many lesson programs in aikido, hapkido, judo, tae kwon do, t'ai chi, jujutsu and shorin-ryu karate. Most programs meet 2-3 times a week for the semester. Aikido is the newest addition to the Japanese martial arts at UIOWA. It is a method of self defense, but is based on spiritual power rather than on strength. Hapkido has a reputation as the most valuable marital art for self defense that combines Tae

Kwon Do kicks, Judo throws and joint locks, emphasizing circular motion and non-resistance. Judo is a Japanese Martial Art which techniques include wrestling style throws, pins, chokes, and arm bars. There are no kicks or punches. Judo develops athleticism, mental toughness, and discipline. Tae Kwon Do is known as the most effective method of weaponless self defense, an intricate art form, an exciting sport, and an effective method of maintaining physical fitness. T'ai Chi is the Chinese art of movement, and is a form of exercise suitable for everyone. The emphasis in T'ai Chi is on slow breathing and balanced, relaxed postures. Jujutsu is a program offered 2-3 times a week and follows the method of "learning the way of the warrior." Shorin-Ryu Karate teaches students according to traditional Okinawan techniques involving the use of hands, feet, and elbows.

For information regarding lesson meeting times, please visit [www.recserv.uiowa.edu](http://www.recserv.uiowa.edu).

## Aerobics and Yoga

In addition to fitness facilities listed above, the Fitness and Wellness program offer many fitness classes, including cycling, yoga, cardio-kickboxing, strength training, and many more. Aerobic classes are held in the Field House in room 462 and room 101 and cycling is found on court 10. Please look at the schedule at <http://recserv.uiowa.edu/fitness/aerobics/>, classes change each semester. The Wellness classes have a variety of classes to fit all goals and abilities of participants. Whether you are new or have participated in yoga/pilates for many years, there is a class for you!

For information regarding lesson meeting times, please visit [www.recserv.uiowa.edu/fitness/aerobics/](http://www.recserv.uiowa.edu/fitness/aerobics/) or email Erin Brandt [erinlynnbrandt@yahoo.com](mailto:erinlynnbrandt@yahoo.com).

## NEW! Parent Wellness Class

The University of Iowa Division of Recreation a new addition for parents and expecting mothers.; Pre- and Post-natal Hatha Yoga under the instruction of Meredith Caskey. . Yoga not only has a aerobic benefit, but also can help prepare a woman's body for labor and delivery and promotes relaxation which is important during and after pregnancy. This class will be held from Jan 25 to Feb 15. Visit the recserv wesbsite for details, or register in person at the Field House or Fitness Easy.



## STRESS RELIEF

by Margaret Burchianti

Stress may be an unavoidable part of our lives as graduate students, but we can learn to manage that stress more effectively. At a recent GSS Brown-Bag Lunch, Tanya Villhauer, a Health Educator from Health Iowa/Student Health Service, helped graduate students assess their stress coping skills using the "stress pyramid." The "stress pyramid" presents a clear-cut reminder of the behavior components of a healthy, balanced lifestyle. You want your lifestyle to favor you during stressful times, and not make things worse!

**LEVEL 1:** First and foremost, you want to make sure that you have established a **solid base** in your physical and mental health. Are you eating healthy foods? Getting enough sleep? Engaging in enough physical activity? When you neglect your physical health, you are more prone to the negative effects of stress, including illness, and are less able to respond to stressful situations in constructive ways. When you take care of your physical body, you are better equipped to cope with stress when it arises.

**LEVEL 2:** Physical health is not the only component to a balanced lifestyle. Move up one level on the pyramid. The quality of your **relationships** and your "**grounding**" provide you with the emotional and mental resources you need to cope effectively with stress. Our relationships with family, friends, and colleagues provide us with emotional support as well as opportunities for socializing and communicating our feelings. By "grounding," the pyramid refers to your sense of connection and purpose in life.

Activities such as meditating, spending time outdoors with nature, participating in religious activities, and journaling are all ways to build a sense of grounding.

**LEVEL 3:** Further up the pyramid, we find hobbies and rewards. **Hobbies**- those regular, meaningful activities that you participate in for enjoyment and recreation- are great outlets to relieve stress. You should also treat yourself to the occasional **reward**. A reward should give you the sense that you are deliberately taking time out to do something enjoyable for yourself. Allow yourself some quiet time, watch a movie, or read for pure pleasure something unrelated to your graduate studies!

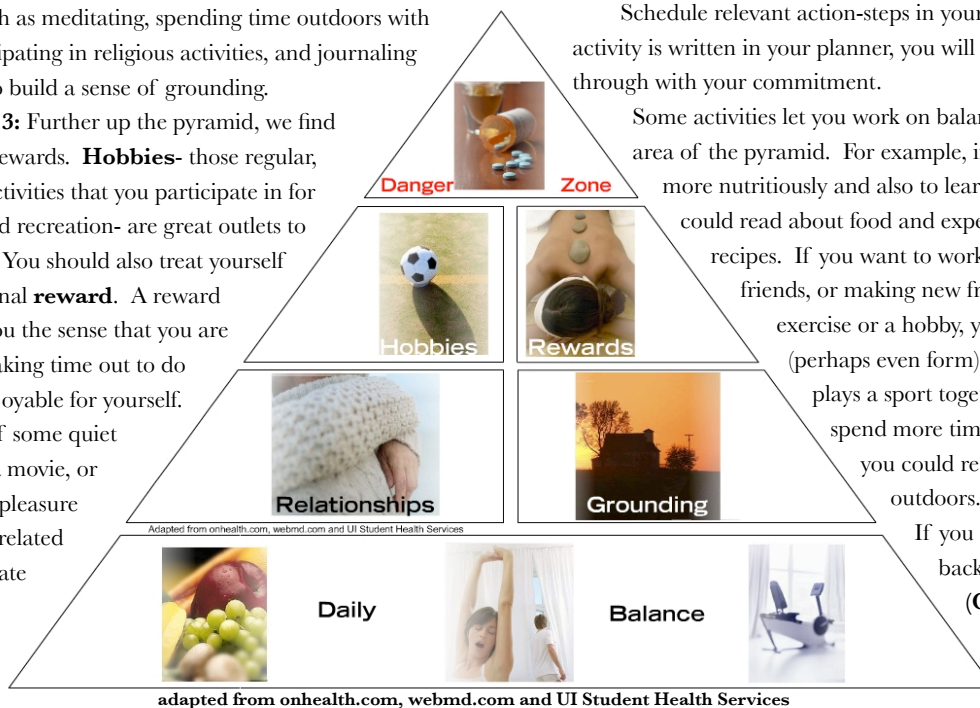
**DANGER ZONE:** The very top of the pyramid reminds us of the unhealthy behaviors that constitute a "danger zone," especially for people who are under stress. These unhealthy behaviors- which include alcohol and drug abuse, overeating, withdrawing from others, anger problems, and pessimism- provide only temporary and ineffective stress relief and may result in further complications.

Honestly assess your current behaviors for each area of the pyramid. Identify those areas that you feel are the most important for you to work on. Set two or three reasonable goals, like "Get more sleep." Then, make your goals explicit and attainable by writing down the action-steps you need to take to achieve your goals. For example, if your goal is to get more sleep, then your action-steps might include: go to bed six nights a week at 11pm, start getting ready for bed at 10:30pm every night, avoid television, and avoid caffeine after lunchtime. Or, if you feel a lack of meaningful relationships, make a list of people who you feel you could openly communicate positive and negative feelings with and make a commitment to connect with a couple of those people. Write down your goal and several specific action-steps such as: call Mom and Dad every Sunday evening at 6pm, schedule at least one lunch with a friend per month, write one email to far-off friend every Wednesday morning. Or, if you feel you would benefit from more time for grounding activities and hobbies, make a list of activities that you have engaged in and enjoyed, or that you would like to learn, and set action steps such as signing-up for a photography or computer class, or scheduling time each week for journaling or reading.

Schedule relevant action-steps in your planner; when the activity is written in your planner, you will be more likely to carry through with your commitment.

Some activities let you work on balance for more than one area of the pyramid. For example, if your goal is to eat more nutritiously and also to learn a new hobby, you could read about food and experiment with wholesome recipes. If you want to work on spending time with friends, or making new friends, and engage in exercise or a hobby, you could participate (perhaps even form) a group that knits or plays a sport together. If you want to spend more time outside with nature, you could read, journal, or exercise outdoors.

If you are working on cutting back or eliminating an  
(Continued Next Page)



adapted from onhealth.com, webmd.com and UI Student Health Services

**Stress Relief continued from previous page**

unhealthy behavior, make a commitment to substitute a more positive, healthy behavior for the unhealthy one. That way, instead of feeling like you are depriving yourself of something, you can focus on how you are replacing it with a more healthful behavior.

Stress may be unavoidable, but our ability to cope with stress is under our control to a large extent if we take good care of ourselves. The "stress pyramid" reminds us that there is no one formula for a balanced lifestyle. Each person's pyramid will be made up of different components. The key to being prepared for stressful situations is finding your own unique equation for physical and mental health and balance.



## College of Liberal Arts & Sciences TA Cuts:

### The GSS Response by Johnathan Gajdos

On November 17, 2005, the Daily Iowan published a front-page story reporting on plans within the College of Liberal Arts and Sciences (CLAS) to reduce the number of teaching assistant positions in the College. As CLAS is the largest of the University of Iowa's colleges and teaching assistantships are an important means of support for many graduate students, the Graduate Student Senate sought to determine what ramifications these reported cuts would have on the academic and financial needs of its constituents. The DI reported a 10 per cent reduction of TA positions; COGS, the graduate student employee union, estimated that such a reduction would eliminate 160 TA jobs.

The GSS Executive Council determined that, in order for the GSS to take a position on the matter or to advocate for graduate students, more information was needed. To that end, the GSS invited CLAS Dean Linda Maxson to a special meeting of the Senate, at which Dean Maxson could present the CLAS plans and senators could ask questions about these plans.

At this December 9, 2005, meeting, Dean Maxson, joined by Provost Michael Hogan, presented a plan involving more modest cuts than those reported by the DI. Dean Maxson, noting that final decisions had not yet been made, said that, of the approximately 1,000 TA position equivalents currently in CLAS, these reductions would result in a reduction of 30-40 positions over the span of about four years. There has been a series of budget cuts in CLAS and across the University since 2001; until now, Dean Maxson explained, TA positions had not been affected by these

cuts. Recognizing the work of CLAS Executive Associate Dean Raúl Curto to maintain TA lines and support the overall teaching mission, Dean Maxson explained that this commitment to the teaching mission will remain intact. Cuts that are made will be made with the needs of graduate students in mind. While some departments may need to make slight adjustments to the number of students they can admit in order to be able to offer support, Dean Maxson stated that the plan should have a minimal impact on currently enrolled graduate students. Reductions will be achieved, at least in part, through the use of what Dean Maxson termed "economies of scheduling", for example reducing the number of low-enrolled courses and not allowing under-enrolled classes.

Other TA position reductions may come from an increase in the use of Lecturer positions. Lecturers, because they can teach larger classes and a wider variety of courses, and can therefore meet departmental needs that teaching assistants cannot. Provost Hogan underscored that this proposal represents a modest reduction that is being made to accommodate for the limited increases in legislative support that the University has received recently. These cuts, he said, are within the annual fluctuation in assistantship numbers.

Recognizing the legitimate interest and concern in the planning and implementation of this CLAS proposal, Dean Maxson agreed to support the formation of a Graduate Student Advisory Committee that would advise her on issues of concern to graduate students from CLAS departments. The GSS has taken the responsibility for the implementation of this body and is developing a formal proposal and structural guidelines for such a committee. The committee would seek to foster a productive dialogue between the Dean's office and graduate students. As stakeholders, it is valuable for graduate students to be able to influence the decisions that may affect them.

#### CLAS TA Plan ...

- is in initial planning stages
- is motivated by the UI's fiscal constraints
- is relatively modest (a reduction of 30-40 TA positions out of about 1,000 over four 4 years)
- will be implemented in a deliberate manner to account for departmental and instructional needs
- should have minimal impact on TAs already enrolled at the UI

#### What is GSS doing?

- obtaining full information
- as stakeholders, engaging in an open dialogue
- working with CLAS to establish a Graduate Student Advisory Committee



## SENSE OF SECURITY

ARTICLE AND PHOTO  
BY SI-CHI CHIN

si-chi-chin@uiowa.edu

### **Those who don't have an SSN, please raise your hand.**

The Editorial Board of Daily Iowan has pointed out the visa problem for international students, and the decreasing number of international students in the U.S. ("Staying away" DI, Aug 31 2005) As an international student myself, I have to say: the truth is, even the lucky ones who get the ticket, cannot enjoy the show as much as they want.

The federal policy has changed since the end of last year. The U.S. government no longer assigns Social Security Numbers to international students unless they are working in this territory. Before coming to this country, I had never been informed of any issue concerning SSN. On orientation day, I was told that it was impossible to obtain an SSN unless I was employed on-campus. "We don't make the law," said the director of International Office on the Immigration Regulation, "there is nothing we can do." The OISS (Office of International Students and Scholars) did not focus much on the SSN issue at orientation. According to their presentation, being without an SSN was no problem.

However, when I started to go through my life on my own, I finally realized nothing runs smoothly without an SSN. First, I tried to buy a cellular phone, and got my first "sorry." A wireless company rejected my application immediately, "Sorry, you must have an SSN to apply for a cellular phone," said the sales clerk. Later I tried my luck with another company. Fortunately, they would take clients without an SSN. But guess what? I had to wait for more than a half hour, because they had to check my passport and visa with the headquarters. To my surprise, for some peculiar reason, it turned out that they couldn't confirm my identity, and I still was without a cell phone.

I stayed in off-campus efficiency apartment, and I had to start the energy service before I moved in. Most people can do that by a phone call, but not me. Here I got my second "Sorry": "You must have an SSN to start your service by phone," said the service clerk. Therefore, I had to ask someone to drive me to the service location, bringing with me the passport and visa for more paperwork, again. According to the OISS, it was supposed to be no problem at all to open a bank account. No! At the beginning, I tried to open an account with a Credit Union, which is the closest bank to my house. Then I got my third "sorry.": "You must have

an SSN to open an account,” said the banker. In desperation, I turned to the state bank. But it is not yet the end of the story. Eventually, I opened the account and got a bankcard, and the card has VISA written on it. However, it is not a real credit card, but merely a debit card. You may guess the reason now. It is all because I have no SSN.

“There shouldn’t be any discrimination for those without an SSN,” replied OISS when I reported those problems to them, “but they are private companies, they can ask for anything they want to. There is nothing we can do about it.” This is true, but shouldn’t I be better informed? Shouldn’t I have a note on my I-20 saying “Warning: you might encounter some problems if you plan to stay off-campus without an SSN”? Shouldn’t I know what I can or cannot do without SSN? Shouldn’t I know more about the policies? Shouldn’t I know who make this decision and under what grounds? In fact, the secretary of my department was totally ignorant of these policies and was stunned when I told her the whole story. Shouldn’t the department, at least, be better informed?

Let me give you another example, and then you will see how absurd it is. My brother was here at the university in 2003. He came only for 4 month language school lessons, and at that time he was assigned an SSN at once. In 2005, I am a graduate student paying costly tuition, and will stay for two years at least, but, I am not entitled to have an SSN automatically. My first week in Iowa made me feel like a frustrated “sorry” collector, and I kept asking myself what’s the benefit to depriving international students of an SSN.

In fact, I have consulted it with people working in OISS. They had no clue. Some were saying that SSN is not *necessary* for those who are not working in the country. However, SSN is necessary if I wish to carry on living smoothly. Some were saying that it might concern national security issues. However, it seems to have to be more secure if international students can be traced and monitored by SSN. The only explanation that is logical for me is the policy aims to always remind international students about their foreign identity, and repeat it to them through my daily life that a foreigner should not be entitled the same rights as natives.

In my home country of Taiwan, students are becoming more reluctant to pursue their studies in the U.S. Many of them are heading to European countries, such as U.K, Netherlands, Germany, France, etc., where they feel trusted and more comfortable. The most important, the tuition is less costly in Europe than in the U.S. “Why bother spending your money in a country that is hostile to foreigners in many ways?” said by a friend of mine who is planning to study in Europe.

## Finding Your Way without an SSN by Si-Chi Chin

If you are a new international student, and you are not offered any assistantship or job opportunity, then here is some bad news for you: you are NOT likely to obtain a Social Security Number. For those who are not familiar to the U.S., you will soon find out how much an SSN is concerned with your daily life. If you have already experienced lots of inconveniences of being without an SSN, you are not alone. This article is based upon the results of the last GSS survey on the SSN issue. People with similar situations have contributed their findings and advice about how to find your way without an SSN.

**Bad news:** As frustrating as it is, there is bad news for those without an SSN. Here is a list of obstacles which people without an SSN face:

1. You are not likely to be eligible to apply for credit cards.
2. You are not likely to be able to use any web or telephone service.
3. You are likely to have problems with renting cars.
4. You are not likely to be eligible to have a cell phone.
5. You are likely to have problems with using any service that requires credit check.

In terms of banking, most banks are willing to open accounts for students without an SSN. However, not every online banking service is available for people without an SSN. As for the cell phone application, most companies do not accept applicants without an SSN. Otherwise, you need to pay a deposit to apply for a cell phone number.

**Some Ways to Ease the Pain:** Consider the following remedies:

1. Find a job. On-campus jobs can be found at Jobnet:  
<http://www.uiowa.edu/financial-aid/jobnet/>

In addition, there are graduate assistant positions at Graduate Assistantship Bulletin Board:

[www.grad.uiowa.edu/Students/FinancialSupport/GradAssistBB/](http://www.grad.uiowa.edu/Students/FinancialSupport/GradAssistBB/)

2. Seek help from family and friends.

Families and reliable friends with an SSN will make your life easier. Take the application of the cell phone as an example. Either they can sign contracts for you, or you may join the family plan with them.

3. What you should do is ask.

Do not walk away immediately after you are turned down by any institution. Explain patiently to people in front of you about the new immigration policy, and ask for any possible alternatives. Here is an experience shared by a fellow international student:

*“When I had difficulties, especially with paperwork, I just asked for help from Americans. I told them that I just arrived in this country and am not sure what to do. Most people reacted in a very friendly and helpful way.”*

In addition, here is some advice related to the SSN issue from another international student:

*“If you apply for a driving license, your SSN name must match your name in passport. I had to apply for a new SSN card to have them match. And it seems to me that if I would try to get a license without SSN at all it wouldn't work!”*

The above information is gathered during the Fall 2005 semester, and any updated information is welcomed. Please feel free to provide us with your information or corrections at:

[http://www.uiowa.edu/~gss/intl/ssn\\_survey.html](http://www.uiowa.edu/~gss/intl/ssn_survey.html)

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## University of Iowa Student Government

by UISG President Mark Kresowik  
[mark-kresowik@uiowa.edu](mailto:mark-kresowik@uiowa.edu)

It's going to be a great New Year and semester, despite the initial disappointment in Tampa! It is also the start of our last two-and-a-half months in office (and we're ready to graduate). Despite the cold, it is going to be a hot legislative session in Des Moines. The session began with the governor's budget proposal, which includes the \$40 million for the Regents' Transformation Plan. Whether or not the legislature actually funds it will be a difficult road to travel. Debate related to stem-cell research, a potential increase in the tobacco tax, and biofuels should also affect the University this year. If you're interested in getting involved in lobbying, we'd love to have your help.

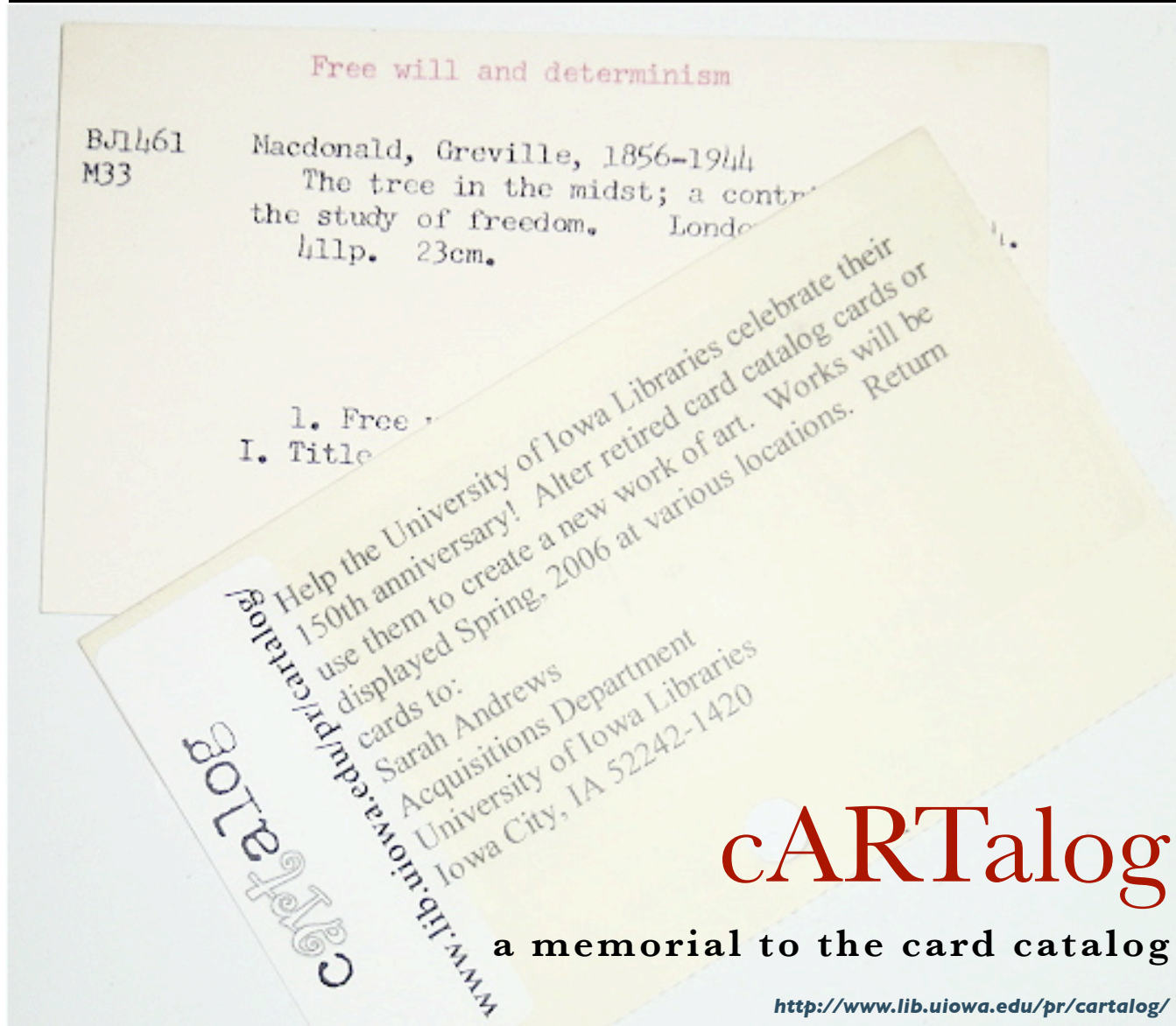


photo courtesy Scott Iverson

■ We're also just over halfway through the Year of Public Engagement, and opportunities to get involved outside the University abound. The UI Volunteer Fair will be on January 25th in the 2nd Floor Ballroom of the IMU from noon to 4 pm. On Feb. 18th UISG is partnering with United Way of Johnson County to educate students about the role of the board of directors in non-profit organizations, and we will work to place students on boards in the community. We're also hoping to get graduate and undergraduate students involved in the Center for Teaching's Service Learning Institute in May.

The annual UISG election is right around the corner. In addition to the various campaigns gearing up there will be a referendum issue regarding the separation of graduate and undergraduate representation. This is going to be a very big deal, so be sure to pay attention and vote in early March.

Finally, there are always more ways to get involved in UISG. Other than running for a position or lobbying with us there are open spots on the Student Elections Board, Student Traffic Court, Student Judicial Court, Campus Planning Committee, Diversity Committee (graduate or professional only), and the Financial Aid Committee (graduate or professional only). Contact [lauren-mccarthy@uiowa.edu](mailto:lauren-mccarthy@uiowa.edu) immediately if you're interested.



# cARTalog

a memorial to the card catalog

<http://www.lib.uiowa.edu/pr/cartalog/>

**cARTalog grows from the empty drawers of the University of Iowa Libraries' main card catalog**, which was retired in 2004. A small community of library staff—motivated by both nostalgia and library subculture—has come together to give the card catalog cards themselves a rebirth, in order to celebrate the role of this honorific icon within the world of libraries as well as the UI Libraries' sesquicentennial. Project organizers were able to salvage approximately only one quarter of the UI's card catalog for the cARTalog project; the remaining cards were hauled away to recycling. The UI Libraries is only one of several libraries that have sought to honor the waning card catalog with a lasting monument or ceremony.

**cARTalog hopes to find as many creative uses as possible** for the salvaged card catalog cards and generate a sense of community among those who love the card catalog. The card catalog

means different things to many people and the cARTalog project embraces this notion by encouraging anyone interested in working with our salvaged cards to do so.

**You can get involved by participating in one of the above projects**, or by creating your own. Projects could develop out of using a group of cards or simply one. You can respond to the cards format (size and material) or content (book title, subject words, author). You can submit and donate your piece to the cARTalog project for its growing collection OR, if you choose to keep your card catalog piece, we ask that you provide us with documentation (written and photographic if possible) so that we can document and credit your participation.

Visit the website for submission deadlines and art exhibits.  
<http://www.lib.uiowa.edu/pr/cartalog>

## CENTER FOR TEACHING SPRING 2006

### CALENDAR OF EVENTS

[www.uiowa.edu/~centeach](http://www.uiowa.edu/~centeach)  
335-6048  
[teaching@uiowa.edu](mailto:teaching@uiowa.edu)

(Faithfully reproduced) by J Caldwell

The Center for Teaching promotes and supports the enhancement of instruction at The University of Iowa. To join the **listserv**, send an email to [listserv@list.uiowa.edu](mailto:listserv@list.uiowa.edu) with the following in the BODY of the message: subscribe teaching-talk

**Registration** for workshops is required because space is limited. To register, call or visit the CfT website. Please feel free to bring a lunch to sessions over the noon hour

### Boosting Student's Reading Skills

Effective classroom discussion, acquisition of course content, and development of critical thinking skills all presuppose that students have carefully and conscientiously read assigned materials. But research and anecdote tell us students don't read as well or as much as their instructors would hope. This workshop will discuss instructors' assumptions about students' reading proficiency and provide techniques to reinforce good reading habits in your students.

**Friday January 20 • 11:00 - 12:00 • 2057 Main Library**

### Designing Cooperative Learning Assignments: Making Group Work, Work

Learning to work effectively and creatively in groups is vital in today's professional world. Creating assignment that encourage student learning through group work can be a challenging task. Come explore strategies and tools for designing effective group assignments and activities from impromptu in-class exercises to semester-long projects.

**Monday January 23 • 11:00 - 12:00 • 2057 Main Library**

### Assessing Course Goals and Outcomes: Scholarship of Teaching and Learning

This workshop will introduce instructors to qualitative and quantitative assessment tools and include a brief dis-

cussion of how and why to use them to find out more about what succeeds in your courses.

**Tuesday January 31 • 12:30 - 2:00 • 3026 Seamans Center**

### Cracking Up for Critical thinking: New Approaches to Classroom Humor

Most instructors think of humor as a means to enhance their accessibility and to relax the classroom atmosphere. Learn how humor also can cultivate students' creativity and ability to critically and independently engage with course material.

**Thursday February 2 • 1:00 - 2:00 • 2057 Main Library**

### Fostering Citizenship: Civic Engagement and Media in the Classroom

As civic engagement becomes increasingly important in higher education, instructors will be challenged to design courses that encourage their students to be better citizens by becoming more engaged in their communities. This workshop will explore how to help our students analyze and assess print, electronic and cyber media to develop their critical thinking skills, sense of citizenship and connection to the community

**Thursday February 7 • 1:00 - 2:00 • 3083 Main Library**

### Curbing Plagiarism: How to (avoid having to) build a better mousetrap

This interactive workshop will focus on strategies for curbing plagiarism, with emphasis on methods that prevent plagiarism without and undue increase in the instructors' workload. The main topics covered include: (1) how to educate students on plagiarism and encourage academic integrity. (2) How to design assignments that make plagiarism more difficult. (3) How to detect plagiarism and deal with consequences of plagiarism.

**Tuesday February 14 • 11:00 - 12:30 • 100 Main Library  
Information Arcade**

### Center for Teaching Open House Wednesday January 25 • 1:00 - 3:00

The Center for Teaching staff would like to welcome University of Iowa faculty members, teaching assistants, and staff to an **Open House**. Come meet our staff, browse our teaching-and-learning resources, and let us know how we can serve you better. We'll have refreshments galore, and several lucky guests will receive Prairie Lights gift certificates.

### Ethics Education Roundtable: Teaching Ethics in an Era of Globalization • Tuesday May 9 • 8:30 - 4:00

This popular annual event provides an “open forum” for faculty members and graduate students to gather for a day to talk about the challenges and rewards of incorporating ethics education in the University curriculum.

In years past, we’ve talked about whether to teach ethics and how to teach it. In addition to those issues, this year’s Roundtable will grapple with the question “Whose ethics”? Regardless of their career paths, students will face ethical challenges that arise when cultures meet, mix and even clash. It is our job to help them acquire the knowledge and skills to effectively meet those challenges.

*This event will take place on campus and lunch will be provided.* The Roundtable is open to all faculty and graduate students, but space is limited, *so please register early.*

### Service Learning Faculty Institute • May 22-26

The Center for Teaching is hosting the second University of Iowa Service Learning Faculty Institute. Service learning is a teaching method that connects academic coursework to community needs and concerns. It is a deliberate, adaptable, interdisciplinary pedagogy based on civic education, lifelong learning and intellectual rigor.

Students in service-learning courses develop community learning experiences based on course content and examine course content in light of their service. This approach helps students use scholarship, experience and reflection to foster critical thinking, problem solving and teamwork skills. Service learning also helps link The University of Iowa to the local community and the state.

The 2005 Institute brought together faculty members from seven UI colleges and two centers. The 2006 training will again be conducted by Edward Zlotkowski, Campus Compact Senior Faculty Fellow and Professor of English at Bentley College. Faculty participants will receive a stipend for the week-long workshop and their work designing and teaching a new service-learning course.

For more information and to apply, see our web site, [www.uiowa.edu/~centeach](http://www.uiowa.edu/~centeach); click on “Service Learning.”

## Service Events Around The University of Iowa & Iowa City by Kim Lamon

### 10,000 Hours Show/Spring Volunteer Fair

Here's a chance to get to know the 10,000 hours organization and what it offers on a first hand basis. The **Spring Volunteer Fair, January 25, 2006** from 12-4 in the 2nd floor ballroom of the IMU. The 10,000 Hours Show is a premier concert for which the only admission is volunteer service, but it is much more than that; it is a year-round effort to UIowa students volunteering at local nonprofit organizations. Previous 10K concerts have included Ben Folds and Guster, and this years performer will be announced soon! When you register with 10K & meet your volunteer requirement with a participating org, you'll get a free ticket to the show this Spring - you only need to do 10 hours or the organization's minimum requirement, whichever is higher, to earn your ticket. Most people do more than that because they enjoy volunteering. Whether you can make it to the Volunteer Fair or not, please visit the 10K website [www.10000hours.org](http://www.10000hours.org) to learn more. The website showcases over 150 nonprofits orgs looking for volunteers.

### Sack Drive for the IC Crisis Center

What are you going to do with all those plastic bags around your house? Why not donate them to the Crisis Center!? The GSS January Service project is a "sack" drive to aid the food distribution center at the Iowa City Crisis Center. Annually the Crisis Center spends thousands of dollars that could otherwise be spent on aiding families, purchasing bags to distribute food and donations to those in need. By donating your plastic grocery sacks you help to ensure that resources are utilized in the best possible way!

It's easy...if you don't already know your department's GSS representative...contact me, Kim Lamon, and I will put you in contact with your department's senator or someone else who will pick your plastic bags up from you on campus. Feel free to email me with questions: [kimberley-lamon@uiowa.edu](mailto:kimberley-lamon@uiowa.edu)

### Bowl. For Kid's Sake.

**Big Brothers Big Sisters of Johnson County, IA** invites YOU to participate in our 22nd annual Bowl For Kids' Sake, February 25th and 26th at Colonial Lanes in Iowa City.

Get together a group of five of your friends, neighbors, family, coworkers or members of your faith community and gather pledges to help kids in our own communities! This year's pledge goal is \$130,000 and we need your support. Big Brothers Big Sisters of Johnson County served over 800 youth and families in 2005. More kids are waiting and only your help can make the magic happen for them. Call **337-2145** or visit [www.bbbsjc.org](http://www.bbbsjc.org) for more information on forming or joining a team. Have Fun. Help Kids!

# DINING IN

## MIDDLE EASTERN PLATE

BY J CALDWELL & SARAH VIGMOSTAD

This is a tasty and unique little sampler platter to serve up at a group meeting, social gathering or dinner party as an appetizer. I like to dip wedges of pita into the hummus, but it's really involved to the bread so it's easiest just go buy some. I recommend THIS KIND; it's the same brand we used when I was slinging gyros back in Virginia to help pay the college bills. The other great thing about this month's recipes is that these dishes are *easy* to make and don't need to be served warm so they can be made well in advance. Let me know if you have any similar additions to the middle eastern plate and I'll post them on the website.

### Hummus

- 16 ounces chick peas
- 1/2 cup tahini
- 3 tablespoons lemon juice
- 1 clove garlic
- 1 teaspoon fresh oregano
- salt and pepper to taste

**Instructions:** throw all ingredients into a food processor. blend until smooth, yet somewhat grainy. Easy.

### Tabouleh

- 1 cup quinoa
- 2 cups cold water
- 1 ripe tomatoes, skinned, seeded, and chopped
- 1/2 cucumber, seeded and diced
- 1 clove garlic, minced
- 3 scallions, diced
- 1 cup chopped parsley
- 1/4 cup mint, minced
- 4 tablespoons lemon juice
- juice from a quarter of one lime
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste

**Instructions:** put quinoa and water in saucepan and cook on high until it boils. Turn heat down and simmer until water is absorbed. Chill in freezer for 20 minutes. Tomatoes can be skinned by boiling for 5-10 seconds or until skin starts to peel. Mix in chopped or minced items with quinoa, lemon and lime juice, olive oil, salt and pepper. Stir until mixture is even.

### Lentil Salad

- 1 cup French lentils
- 2 cups water
- 1/2 cup sliced almonds

- 1 cup whole green beans
- 1 tablespoon walnut oil
- 1/2 tablespoon lemon juice
- 1 clove crushed garlic

**Instructions:** put lentils into a small pot with water and bring to just boiling. Turn down and simmer 6-8 minutes until lentils are soft, but not mushy. Drain and rinse under cold water. Heat almonds and green beans in a pan on low to medium heat until almonds are very dark (not burned). Add lentils, walnut oil, lemon juice and garlic. Stir until completely mixed

### Hot Sauce

- 4 garlic cloves
- 1/3 cup parsley finely minced
- 1/3 cup cilantro, finely minced
- 1 jalapeno chili, seeded
- 1/3 cup extra virgin olive oil
- 3 tablespoons lemon juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/3 teaspoon cayenne
- salt to taste

**Instructions:** grind garlic into a paste with mortar in a pestle. Add parsley and cilantro; grind more. Add jalapeno and keep grinding. Add the rest of the ingredients and, guess what?, grind some more. Sauce should be thin, but semi-chunky. If you don't have a mortar/pestle, just use a blender, but don't puree, just grind/mix.

## RESTAURANT REVIEW: THE PIT BBQ

by Thomas Saul - thomas-saul@uiowa.edu

[Thomas Saul]: Hey, didn't we review a BBQ place last time?

[J Caldwell]: Yea, Jimmy Jack's, but the only other new place in Downtown is that Surf and Turf place where Mondo's used to be and it costs a month's salary to eat there; although I hear it rocks. I guess, we could stand outside and beg for leftovers.

[TS]: Um...OK, here's my review of The Pit.

**THE PIT SMOKEHOUSE AND BBQ** - With the typical southern BBQ items of beef brisket, ribs and BBQ beans, The Pit has a cozy atmosphere close to downtown Iowa City. Delicious entrées for a mere six dollars? A full rack of ribs for only 16? Make your own barbeque sauce? The Pit says 'Yes, yes, and yes'. Even the side dishes are moderately priced; especially the delectable cornbread - only a dollar. While the location itself does not provide adequate ambience (it looks like a converted gas station and has about the same charm), nothing says that you can't get that order to go. I recommend the brisket sandwich (\$6.50) to go with the cornbread or the pulled pork sandwich is a classic item on the menu and reminds me of BBQ joints in the South. The Pit also has delicious burgers and fries. You can check out the menu and get a coupon for The Pit Smokehouse at - [www.thepit-smokehouse.com](http://www.thepit-smokehouse.com).

## **Trials and Triumphs of Art Historical Research**

### **Heidi Kraus Recounts the Headaches and High Points off Conducting Research in a Foreign Country**

*by Ranelle Leuth*

*For art history students, traveling to see artworks is standard protocol and usually it is absolutely necessary for research. When I first learned about Heidi Kraus's dissertation topic, I was fascinated. More so, I was intrigued by her trip to Paris to conduct research for her project because she worked for almost an entire year planning her travels.*

*Kraus is a Ph.D. student in Art History, specifically 18th and 19th century European art with an emphasis in French art. Her minors include Asian art and the Italian Renaissance as well as extensive experience in Ancient art. She holds a BFA in Graphic Design and a BA in Art History from Drake University, and she completed her Master's degree in 2004 at the University of Iowa.*

**[Ranelle Leuth] Heidi, thank you for your time. Can you begin by explaining what you did last summer in Europe?**

[Heidi] I conducted pre-dissertation research in Paris, France. For the past three years, I have been studying the role of architecture in the paintings of the French Neo-classical painter, Jacques-Louis David. One of his paintings in particular was the subject of my MA thesis and I will continue to explore the importance of architecture throughout his oeuvre for my dissertation.

**Why was it essential that you went to France to do this research?**

My research was really at a stand still by the time I decided to go to France. I was in need of materials that I simply couldn't gain access to in the States and moreover, I needed to see works up close and first hand. It sounds odd, but images can look quite different in a printed reproduction versus viewing them in person. The colors can be off, you lose certain subtleties in the works, and you really have no concept of size until you stand before it.

**Did you experience any interesting encounters at any of the locations you visited?**

I had a dreadful experience at the Louvre, but I must say it all turned out well in the end. You have to remember that not everything is going to go your way. You'll experience bumps in the road, especially when conducting research by yourself in a foreign country. I had a magnificent experience, however, in the Louvre's Cabinet des Dessins (Drawing Room), where I got to examine drawings by famous masters including David, Michelangelo, Ingres, and Delacroix. My advisor arranged for me to meet with one of the curators, and for the better part of three days, I sat at a desk and continuously flipped through album after album of priceless drawings. It is a completely surreal experience when you come face-to-face with works you have only previously studied in printed material.

**Did someone, such as your advisor, suggest this trip to you, or was it something you developed on your own?**

While my advisor, Dr. Dorothy Johnson, has certainly always been an advocate of conducting primary research, beginning the process so early was really my idea. Since I knew I would be preparing for my comprehensive examinations this summer and I am already certain about my dissertation topic, I figured why not go ahead and proceed with my research?

**Well, how did you fund your travel?**

Thanks to very generous institutions, organizations and individuals, including the Stanley Foundation, the School of Art and Art History and the University of Iowa Student Government.

**Was this your first trip to France? Did you visit anything just for fun during this trip?**

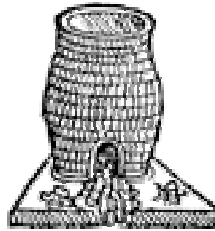
No. This was actually my third trip to France and my sixth to Europe. I have been very fortunate in my life to have experienced a good deal of foreign travel. As a bit of a break from my research, I took a four day trip to the south of France to visit some good family friends who live near Brive. It was delightful to experience a bit of the country life, free from the hustle and bustle of the city.

***Do you have any advice for other graduate students who are interested in doing research in a foreign country?***

Definitely do your homework. Check with others who have traveled to the places you're going and see what worked well for them. Make an itinerary of what museums and libraries you need to visit and try to contact them before you leave the States. Living in a foreign country is quite different than simply visiting. You become immersed in the culture, language and people—it can be a bit overwhelming perhaps for some. Enjoy your time there, experience a bit of solitude and realize how lucky you are to be in such a wonderful place.

# MC SWEENIFIED

LISTS THAT I ADD BECAUSE THEY  
AREN'T FUNNY ENOUGH  
FOR PUBLICATION



## QUERIES TO GOOGLE MAPS THAT I HAD TO REFINE BY J CALDWELL

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The desert I rode through on a horse whose name escapes me

Start Address: The Thunderdome; End Address: Beyond the Thunderdome

Lost & Found, San Francisco International Airport

Driving Directions: Highway to the dangerzone

742 Evergreen Terrace