

Summer 2007

# The Capital Connection

August 10, 2007

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A publication for University of California students studying in the nation's capital.



## Final UC Washington Center Activity for the Summer Term



### Philadelphia Trip Saturday, August 11, 2007 6:30 a.m. to 8:00 p.m.

Students who signed up will take a bus to Philadelphia to visit the Liberty Bell, Congress Hall, Independence Hall, Franklin Court and other historical sites. Once you arrive in Philly, a tour guide will accompany you on a 3-hour walking tour. Afterwards, you will have a couple of hours to do more exploring on your own. Make sure you visit South Street and grab a greasy Philly cheese steak!

Don't forget, you **MUST** turn in a waiver of liability form before boarding the bus! If you did not turn one in to Alverta, please turn it in to Michelle when you check in. Michelle will have extra copies if you need one.

6:30 a.m. — Meet Michelle Bush (CA) in the UC Center lobby. Please check in when you arrive.

6:45 a.m. — Begin boarding bus.

7:00 a.m. — Depart for Philadelphia.

8:00 a.m. — Stop for coffee break at the Maryland House.  
(Time permitting)

8:30 a.m. — Depart from Maryland House.

10:45 a.m.— Meet tour guide at Independence Transportation Center, Race Street between 5th & 6th Street

11:00 a.m. — Begin 3-hour walking tour of historic Philadelphia. Tour will be on the bus if it's raining.

2:00 p.m. — Individual time to do more exploring.

4:45 p.m.—Meet bus at Independence Transportation Center (drop off location)

5:00 p.m.— Bus depart for UC Washington Center.

8:00 p.m.—Arrive at UC Washington Center.

Questions? Contact Alverta @Alverta.scott@ucdc.edu or (202) 974-6208

## Understanding Hot Weather and Its Dangers

The past few days have been extremely hot, humid, uncomfortable and almost unbearable. Heat and humidity can add up to danger, not only for the elderly and ill, but for healthy young people as well.

Many of you exercise daily to stay fit for health reasons. When heat and humidity combine to slow evaporation of sweat from the body, outdoor exercise becomes dangerous. Key rules for coping with heat are to drink plenty of water to avoid dehydration and to slow down and cool off when feeling fatigued. Other symptoms include a headache, a high pulse rate or shallow breathing. Overheating can cause serious, even life-threatening conditions such as heat stroke.

Some dangers of heat include:

**Heat cramps**—exercising in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes acclimated to the heat.

**Heat syncope or fainting**—anyone not used to exercising in the heat can experience a quick drop in blood pressure that can lead to fainting. **Heat exhaustion**—losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but not above 102 degrees. In some cases, victims

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*Understanding Hot Weather  
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are hospitalized. **Heatstroke**-extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion and unconsciousness.

If you have any suspicion that you might be suffering from any of the above, get immediate medical aid.

## Donate Your Old Denim Jeans

**Barneys and Barneys CO-OP** stores are accepting donations of wearable jeans that they will donate to the local Big Brothers and Sisters organization. For your donation, Barneys and Barneys will give you twenty percent off on your next pair. For locations, visit [www.barneys.com](http://www.barneys.com).

**Cotton.From Blue to Green. denim drive:** Cotton collects used jeans on college campuses across the U.S. and then recycles the denim into natural cotton fiber insulation to be used as insulation in houses built for families in need. Find out more at [www.accesscotton.com](http://www.accesscotton.com).

As your time in Washington comes to an end, here are a couple of places you might want to visit....

The International spy Museum, located at 800 F Street, NW, offers lectures, courses, and symposiums about people involved in espionage and those who study and write about them; screenings and film festivals that addresses how espionage has been portrayed in film and television; workshops and demonstrations that brings visitors beyond the walls of the museum and into the streets of Washington, DC .



Discover the city's notorious spy history, and much, much more.

General admission is \$16. Advance tickets are recommended to avoid waiting in line and to ensure tickets are available for the date and time you plan to visit. The museum complex includes the Museum Store, featuring a wide range of spy gear and books, Spy City Café, for a quick, casual meal, and Zola, a restaurant with full table service and private dining spaces.

No photography or video cameras are allowed in the museum. Metro: Gallery Place/Chinatown. For more information, visit [www.spymuseum.org](http://www.spymuseum.org).



Washington National Cathedral, a National House of Prayer for all people, is located at Massachusetts and Wisconsin Avenues, NW. The Cathedral, a place of national focus, is the site of President George W. Bush's Inaugural Prayer Service. The Reverend Dr. Martin Luther King, Jr. preached his last Sunday sermon from the Canterbury Pulpit in 1968. Thousands gathered for President Dwight D. Eisenhower's funeral in 1969....The Cathedral offers a variety of tours which includes a behind the scenes tour where you get to see the "other side" of the vaulting, where you can view gargoyles and stained glass windows up close and find new views of the city from on high. For a listing of special events call (202) 537-5596. If you are looking for the quieter, more reflective face of the cathedral, on weekdays you can enjoy the extended summer hours. Guided tours are not offered during the extended hours, however, you can stroll through the nave level (main floor) and view the building and extensive grounds on your own. Volunteers are present to answer any questions. For more information, visit [www.cathedral.org](http://www.cathedral.org).

Metro: Tenleytown/AU) exit on the west side of Wisconsin Avenue, and take any "30" series bus going south on Wisconsin.

In the mood for a few laughs?  
Then you'll have to check out the following show....

## The Capitol Steps



The only group in America that attempts to be funnier than the Congress, is a troupe of current and former congressional staffers who monitor events and personalities on Capitol Hill, in the Oval Office, and in other centers of power and prestige around the world and then take a humorous look at serious issues while providing a nationwide laugh for millions. The Capitol Steps are now performing at the Ronald Reagan building, 1300 Pennsylvania Avenue, NW, in the Amphitheater every Friday and Saturday, at 7:30 p.m. Tickets are \$34 each. For more information on The Capitol Steps, visit [www.capsteps.org](http://www.capsteps.org). For ticket info call (703) 683-8330.



# Around Town

## Carter Barron Amphitheatre



Come and sit under the stars, grab a picnic basket and see a varied menu of performers on Saturday evening, August 11 at 7:30 p.m. The event which features CityDanceEnsemble,

Tappers With Attitude, VTDance, Maida Withers Dance Construction Company and Daniel Burkholder/The Playground, is a precursor to the Metro DC Dance Awards. A schedule of free event for the month of August are:

**August 12 7:30 pm**

**Blues Alley Youth Orchestra & The U.S. Army Blues**

**August 24 7:30 pm**

**3rd Annual DC Poetry Festival**

The POEM\_CEES

Music by Steven B & Friends

For concerts that are free and require tickets, tickets are distributed on the Day-of-Show Carter Barron Box Office, 12:00 noon – 8:00 pm and at The Washington Post, 1150 15<sup>th</sup> Street, NW, beginning at 8:30 am (weekdays only). There is a limit of 4 tickets per adult. For more details, call 202-778-1190. Metro: Take the S2 or S4 Metrobus labeled Silver Spring from 16th and M or N Streets.

## Fort Reno

Fans of local punk and indie rock music often make an evening of Fort Reno, the long-running concert series that presents local indie, alternative and punk bands on Monday and Thursday nights in the shadow of Civil War-era fortifications. All shows begins promptly at 7:15 p.m. and are over by 9:30 p.m. For more information visit their website at <http://www.fortreno.com/index.html>.

## Washington Walks

**Taste of DC Tour “Movable Feast”**

Saturdays at 1:30 p.m.

Cost: \$15 per person; cost of snacks not included in walk fee. Pay for your walk when you arrive in cash, or purchase online in advance with a credit card

Come along on this three-hour nibble-and-nosh fest and hear tales of gastronomic history along the way -- from the inaugural party turned food fight to Mrs. Terrell’s quiet milestone in civil rights. Bring along a subway fare

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## CRIME REPORT

*These listings are taken from the Washington Post, Weekly Section. We have reprinted them here to make you aware of trends in areas you might frequent. Use caution and good judgment when you are out and about.*

### NW, DC

**M Street**, 1900 block, 2 a.m. July 21. A pedestrian was choked by someone from behind and became unconscious. When he awoke, he discovered that he’d been robbed of a wallet, credit cards, cash and a cellphone.

**M Street**, 3200 block, 1:30 to 1:32 p.m. July 26. A man approached two pedestrians from behind and snatched money from their hands.

**Massachusetts Avenue**, 1500 block, 2:43 p.m. July 24. Three men entered a convenience store and approached a cash register. One showed a knife and demanded cash. Another grabbed a drawer from the register and removed property. A clerk was ordered to disconnect the phone line. The men fled with beer and cigarettes.

**18 Street**, 2400 block, (Adams Morgan) 1:50 a.m. July 21. A man approached a pedestrian and punched his face, knocking him to the ground. A wallet containing cash, a driver’s permit and a debit card was stolen.

## A Year in the Life Project

Announcing the “Year in the Life of the UC Washington Center Project”! Starting this past January and lasting through December 2007, the University of California, Washington Center is sponsoring a contest for the best digital imagery and art highlighting the UC Washington Center experience. This contest is open to all students, faculty, staff and UC alumni located in the Washington DC area. Each academic quarter a prize will be awarded to the digital image or art best exemplifying the Washington Center and the UC in Washington experience. A special grand prize will be awarded in January 2008 to the best of the best.

To enter, please submit your digital imagery or art via e-mail to [photos@ucdc.edu](mailto:photos@ucdc.edu) or on CD or DVD to:

A Year in the Life  
UC Washington Center  
1608 Rhode Island Avenue, NW  
3<sup>rd</sup> Floor  
Washington, DC 20036

When submitting, please include your name, campus affiliation or association with UC, permanent address, e-mail, telephone and a description of your image or artwork.

Only images and digital art submitted in .jpg, .gif, .tif, .mp3, .mov, .wma or .rm format can be accepted.

This contest is open to all students, faculty, staff and UC alumni located in the Washington DC area. Determination of the winners will be made quarterly by a panel of judges drawn from the UC Washington Center community. This contest is open to all students, faculty, staff and UC alumni located in the Washington DC area. Contest judges are ineligible to participate.

Images or artwork must be original creations of the contestant. All images or artwork become the property of the Regents of the University of California and may be used and distributed in various formats by the University of California for educational purposes, including, but not limited to the classroom, television (including UCTV, broadcast, cable, and satellite), the Internet, and any other communications medium currently existing or later created. Additionally, by submitting digital imagery or artwork, the contestant agrees to indemnify and hold harmless the Regents of the University of California, the University of California, Washington Center, their employees and representatives against any and all claims including, but not limited to, claims of copyright infringement, invasion of privacy, defamation, and misrepresentation.

## Coming Attractions on Screen Opening August 17

**“Death at a Funeral”** - a British family comedy, starring Andy Nyman, Peter Dinklage and Jane Asher.

**“The Invasion”** - Nicole Kidman and Daniel Craig investigate an alien epidemic.

**“The Last Legion”** - Colin Firth and Ben Kingsley play soldiers in the Excalibur tale.

**“Rocket Science”** - is a story about a teenager with a stutter and family problems who joins a debate team.

**“This is England”** - is a story about a young boy in Northern England who joins a group of local skinheads.

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card because you will be taking the Metro to catch two of DC’s most famous drop-in eateries. The tour embarks from outside the Archives-Navy Memorial station. For more information visit <http://www.washingtonwalks.com> or call 202-484-1565.



**Capital Connection**  
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