Dear Residents,

Here are the updates for the month of February:

1) UAS management have included the installation of cameras at the pedestrian gates in the upcoming budget and are coordinating with UCLA agencies on expedited installation. The process is time-consuming and will include installation of cameras on other premises owned by UCLA. We appreciate your patience and thank every resident for doing their part in keeping our community safe.

2) UASRA and Graduate Student Association (GSA) have worked tirelessly to make sure that public transportation is available to our residents. Both UCLA Transportation and GSA representatives attended the last General Assembly meeting, presented their views and answered residents’ questions. While we are still in discussion with Big Blue Bus and UCLA Transportation on keeping service in the Sepulveda corridor, we were successful in negotiating a new line to serve the Sawtelle corridor to UCLA. In the later pages of this newsletter, you will find a copy of an editorial to be published in Daily Bruin by GSA and UASRA on the current progress and difficulties we face. There will be a Santa Monica City Council meeting on March 24th, 2015 where the routes will be finalized and we would like to ask the council to increase the frequency of service on existing and new routes. UASRA and everyone else involved in this process would like to ask for residents’ help in contacting Santa Monica Council members to let your opinion be known. Information about Santa Monica Council meetings can be found in the link below and everyone is welcome to attend and make a public comment: http://www.smgov.net/departments/council

3) We are still experiencing a lot of problems with mail delivery, especially with USPS couriers. Residents, UASRA officers and UAS management have contacted USPS repeatedly and have strongly expressed concerns and frustration with the bad service.
the USPS Central Office in Los Angeles is provided in this newsletter and we are working to have a meeting with all local post office managers. In addition, we will consider circulating a petition and write to state and federal representatives should the situation remain unchanged.

4) Smoking near the entrances and residential windows has been another contentious point among residents. While UCLA is a smoke and tobacco-free environment, the City of Los Angeles does not have any restrictions on sidewalk smoking. We would ask our residents to be more considerate and move a little further away from entrances and windows. Management recently sent out a reminder and we included that article in this newsletter. If you experience any problems or want to discuss this further, please do not hesitate to contact UAS management and UASRA.

5) Several events are being planned by UASRA in March. UASRA carnival will be held on March 14th, 2015 from 2 pm to 5 pm. Every resident is invited to this event! There will be snacks, drinks and activities for kids and adults. We are planning an Adult, Child, and infant CPR class (certified by the American Heart Association) for residents by the end of March. It will be subsidized by UASRA and the cost for residents will be 10$ per class. The date for this class is March 28th, 2015, from 10 am to 1 pm. Upon completion of CPR training, each participant will receive certificate of completion. Please check your email and look for flyers in upcoming days for more information.

6) UCLA Recreation will continue to offer a variety of free and subsidized classes for UAS residents in the Spring Quarter. The registration for the classes is Thursday, March 12, 12pm at www.recreation.ucla.edu/uas. Our unit representatives distributed class schedule flyers door-to-door and it is available in the latter pages of this newsletter.

7) Interested in being part of UASRA? UASRA is an organization with officers being elected every year. Election for the 2015-2016 academic year will be held in May and we will start sending out information about positions and election dates sometime by late March. Please do not hesitate to contact us if you have any questions or concerns.

8) Important information to UAS residents: we do have a facebook group where residents can share and discuss any topics with regards to our community. While that digital group is an open forum, we would like to remind you to be civil and respectful to other people’s opinions and concerns. A few posts have stirred discussions and disagreements among residents and that is a part of healthy debate. However, it is not acceptable to demean or intimidate other residents just because they disagree with you. While we have never done this before, the UASRA board reserves the right to modify and delete any posts that it finds inflammatory and can ban residents from the UASRA facebook group. I sincerely hope it will not come to that, and that we will continue to grow and thrive as a community.

9) Reminder and update on UAS rules and regulations: no commercial shopping carts are allowed on our grounds. There is a complete ban on people going through the garbage and recycle bins, regardless of situation. If you have any questions or disagree with these policies, please contact UAS management.

10) As usual, our next General Assembly (GA) meeting will be held on the 3rd Wednesday of each month, this time on March 18th, 2015 at 7 pm at 3200 Sawtelle Community Center. Come meet other residents, our officers and management, learn about the current issues and share your opinion. Food and free childcare will be provided during the GA meeting.

Kind Regards,
Saken Sherkhanov
UASRA President
Minutes from UASRA Board Meeting

Wednesday February 4th, 2015 at 7:00 pm

Board Members

Saken Sherkhanov, President
Martin Flores Bjurström, Vice-President
Jihyun Yeo, Treasurer
Miria Biller Hendrickson, Secretary
Carmen Flores Bjurström, Newsletter Editor
Negar Omidakhsh, Event Coordinator
Community Center Coordinator (Vacant)
UASRA Officer(s): April Lin (absent)
ORL Advisor: Addae Jahdai-Brown
Guest Speaker(s): Susan Hagos, Well Baby Center

AGENDA

1. Public comments: none
2. Information Item: Susan Hagos from Well Baby Center (WBC), 12316 Venice Blvd. WBC is a non-profit parenting & counseling center. WBC has resources for children from pregnancy to 5 years of age. The outdoor play center is free; other resources are offered on a sliding scale. WBC will work with Students With Dependents program to offer focused Saturday workshops for our community.
3. Information Item: Green Coordinator Presentation - April Lin not present; a presentation will occur at a future date.
4. Information Item: Safety Coordinator will plan a CPR training event in the Spring Quarter.
5. Discussion Item: UCLA Rec Classes for Spring will see an increase in parent & children’s yoga and fit gym; the adults will see an increase in zumba.
6. Information Item: Meet Your Neighbor column author will receive an increased stipend.
7. Information Item: UCLA Transportation Update. They will come to our GA meeting in order to inform our community how to increase frequency of bus lines that serve our resident students.
8. Discussion Item: Election 2015-2016. A new election chair needs to be appointed beginning with an internal process. Please pass along candidates via email to President.
9. Discussion Item: Hyundai Weekend Event. Hyundai marketing department contacted UAS management, which passed along information where Hyundai will organize a test drive of their latest vehicles. Event will include pizza and coupons for test drivers. Possible event date in April.
10. Additional Reports: No additional officers´ reports.

Adjournment of Meeting
To view the monthly UASRA Newsletter: http://gsa.asucla.ucla.edu/uasra/

To receive the newsletter/other notices by email: http://lists.ucla.edu/cgi-bin/mailman/listinfo/uasra-

You can now join us on Facebook: http://www.facebook.com/groups/UASRA/
1. Call to Order
2. Public Comments (none)
3. Information Item: Public Transportation and UAS
   a. UCLA Transportation Presentation (Matthew Hisom) As construction on the EXPO line is continuing from Culver City through Palms/West LA and into Santa Monica, all public transportation systems are reviewing their service. Throughout 2014, Big Blue Bus (BBB) searched for info on how to update their services through surveys, community meetings. Through feedback, especially that provided by UASRA residents completion of online survey, a new line will be added to serve UV community. It is still not decided whether BBB or Culver City (CC) will take this new line. CC will be conducting townhall meetings and surveys this summer. Please participate. This community will best be served by CC as it will pick up at Sawtelle, switch over to Sepulveda with a few stops until campus. If BBB takes the Sawtelle corridor, there will be multiple stops on Sawtelle and at the Veterans Hospital area before getting to campus.
   b. Graduate Student Association Presentation (Abdallah Daboussi, Transportation Advisory Board) Please come to the March 24 Student Council Meeting on campus where CC representatives will be present. The more they hear from us, the more likely they are to increase bus frequency and take control of the Sawtelle corridor.
4. Information Item: Services of Well Baby Center, non-profit parenting and counseling center. (Susan Hagos, Outreach and Marketing) We are a nonprofit parenting and community center. We offer sliding pay scale services covering everything from developmental assessments, counseling sessions and mindful parenting groups. We also offer a free outdoor play area with staff. Any issue you have with your child(ren) you can bring to discuss or receive consultation. Your first visit is free. We are also developing a survey to be distributed to the community so that we can tailor workshops for this community.
5. Information Item: Clothing Swap Event, Students with Dependents Program (April Abercrombie) Students With Dependents (SWD) has plenty of resources for parenting students as well as those taking care of family members. Like us on UCLA SWD Facebook or our Bruin Resource Center SWD page and you will receive our newsletters which are full of information. On Sunday, March 1, we will be hosting a clothing swap event. Bring bags of clothes to exchange with other families. We also host a special graduation service where your children will walk with you. Furthermore, there is a summer camp hosted by SWD and scholarships are available for the full cost. Like our Facebook pages to learn more. We also have vetted services to help you find all kinds of childcare.
6. AC Report. New AC teams need to be hired for the next academic years. Look around your building for flyers to be posted with information. You can also go to the main office for information. Furthermore, ACs are now trained on how to reboot the laundry room systems. Please call us after hours and on weekends if you are having trouble with the laundry rooms.
7. UCPD Report Hide It, Lock It, Keep It. Theft is going down here, but increasing outside. It’s safer than other areas in LA County. The residents here have been calling UCPD and we have apprehended people due to those calls. People are delivering packages to others – the good neighboring is helping with the package problems.
8. UAS Management Report. USPS LA District has been notified about poor service. We are waiting for feedback and an investigation will be started. Bicycle Repair stands have been ordered and there will be one each installed on the Sawtelle and Sepulveda sides. If you are missing items, check in at the Lost & Found in the Sawtelle Main Office. Study lounge wireless internet is still an issue. A password posted in the study room has been requested. Lizca is our UASRA liaison; all issues for management will be communicated through her as maintenance will no longer be attending GA meetings.

9. General Officers’ Reports. Cameras will be installed and will be costly. Management and UASRA are working to solve USPS issues. Amazon has had 2 site visits. They have very specific requirements to install lockers such as being covered and hard wired. We’d like multiple locations; they’d only like to install one on each side. Amazon outsources delivery to USPS and is falsely reporting when packages are delivered.

10. Board Member Reports. Unit reps signed up for events, reported about dirty turf and a missing swing. Lizca will look into all issues. Venice Barry’s package system is working well. Renovations are causing problems. New Sepulveda garden space is set to be finished within 6 weeks. CPR class will be offered for $10. Raushan is the new community center coordinator. As for Rec Classes, there is no feedback loop. UASRA would like to start one to pass along the information to the rec center and weekend classes for adults. Glass cases will be updated soon with new contact information and while USPS is at the root of packaging problems, thefts are mostly internal.

Meeting adjourned.
3. Information Item: UAS Financial Update (Lizca Spalding)

4. Information Item: UAS Maintenance Update (Lizca Spalding)
   Maintenance requests should be working better. Laundry room lockers are on order and will be replaced. The request for playground shades has been submitted.

5. Information Items: UAS Services Update (Lizca Spalding)
   A 3% rent increase has been approved by vice chancellor; awaiting final approval by chancellor.

6. Discussion Item: Security Updates (UASRA and UA)
   a. Budget/Timeline on Camera Installation; reports for additional UCPD patrols. Funds for cameras are in the budget for next academic year – this will happen. UCPD patrol increase has been requested and management is waiting for an update.
   b. USPS mail problems – possibility of petition. UAS Office personnel also experienced the February 16 package dump and the non delivery of mail for five days. Residents and personnel called USPS and customer service was not helpful. Director Wong has alerted USPS with an official letter notifying local post office that if improvements do not occur, the Postmaster General will be notified. A townhall meeting open to residents to talk with USPS and management may be scheduled as a possibility to troubleshoot problems. Furthermore, UAS has made an agreement with Amazon to deliver on Sundays.

7. Discussion Item: Hyundai Event on UAS Grounds (Saken Sherkhanov and Addae Jahdai-Brown)
   a. Permits and space needed. Addae is seeking approval with the Risk Management Dept. As UASRA is organizing the logistics, this should not be considered a UCLA event and therefore we should avoid legal problems. Addae will communicate all permissions with Shirley.

8. Notes and Remarks by ORL Advisor (Addae Jahdai-Brown)
   In the future, it will be difficult to ensure that all residents will understand that an increase in services will result in an increased rent.

Meeting adjourned.

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Tivoli Rainbow Garden Preschool is starting enrollment for Fall 2015 NOW!

We are a Waldorf inspired, play based, developmental nursery school. Teaching to resolve conflict in a caring environment.

Fostering community through celebrating the rhythm of the year with festivals and gatherings with the whole family

Flexible days, weekly programs and a bilingual program.

A loving, home-like nursery school in your neighborhood, Mar Vista, West LA and Santa Monica.

We still have spaces for the Fall 2015 for the morning and afternoon program. We would love to have you join us for a tour.

For more information please visit our website www.TivoliKindergartenLA.com

To find out about tour dates please email us TivoliRainbowGarden@gmail.com
CPR training in March

What is CPR?

CPR stands for Cardiopulmonary resuscitation. It is a lifesaving technique useful in many emergencies, including heart attack or near drowning, in which someone's breathing or heartbeat has stopped. The American Heart Association recommends that everyone—untrained bystanders and medical personnel alike—begin CPR with chest compressions in such events.

About 92 percent of sudden cardiac arrest victims die before reaching the hospital, but statistics prove that if more people knew CPR, more lives could be saved. Immediate CPR can double, or even triple, a victim’s chance of survival. It is far better to do something than to do nothing at all, even if you are fearful that your knowledge or abilities aren't 100 percent complete. The difference between your doing something and doing nothing could be someone's life.

The American Heart Association recommends that in the event of an emergency in which someone’s breathing or heart rate has stopped:

- If you're not trained in CPR, then provide hands-only CPR. That means uninterrupted chest compressions of about 100 a minute until paramedics arrive. You don't need to try rescue breathing.
- If you're well-trained and confident in your ability, begin with chest compressions instead of first checking the airway and doing rescue breathing. Start CPR with 30 chest compressions before checking the airway and giving rescue breaths.
- If you've previously received CPR training but you're not confident in your abilities, then just do chest compressions at a rate of about 100 a minute.

The above advice applies to adults, children and infants needing CPR, but not newborns. CPR can keep oxygenated blood flowing to the brain and other vital organs until more definitive medical treatment can restore a normal heart rhythm. When the heart stops, the lack of oxygenated blood can cause brain damage in only a few minutes. A person may die within eight to 10 minutes.

To learn CPR properly, take an accredited first-aid training course, including CPR and how to use an automated external defibrillator (AED). If you are untrained and have immediate access to a phone, call 911 before beginning CPR. The dispatcher can instruct you on the proper procedures until help arrives.

Source: [http://www.mayoclinic.org/first-aid/first-aid-cpr/basics/art-20056600](http://www.mayoclinic.org/first-aid/first-aid-cpr/basics/art-20056600); and [http://www.heart.org/HEARTORG/CPRAndECC/CPR_UCM_001118_SubHomePage.jsp](http://www.heart.org/HEARTORG/CPRAndECC/CPR_UCM_001118_SubHomePage.jsp).

Read more about CPR at these websites:

UASRA together with the community safety network is bringing CPR training to your doorstep at a very subsidized price later in March (details to follow soon). Look out for more information on this training and RSVP to take advantage of it.

Patience Afulani
UASRA Health and Safety Delegate
Graduate Student Association Op-Ed to Daily Bruin

Let’s Catch the Bus-Before It’s Too Late

Our UCLA community prides itself on its commitment to environmental sustainability and inclusion. Both of these commitments are, however, being challenged by bus changes that will impact thousands of the university’s students, staff, and faculty. As Metro’s Expo Line moves west, bus lines on the Westside are being changed and we need to speak up to ensure that we are not overlooked in the process.

The most far-reaching of these proposed changes involves the Big Blue Bus (BBB) local 12 line, which is scheduled to change as early as this coming fall. This new plan would move the local 12 bus route about a 20-minute walk east of where the bus currently picks up passengers near University Apartments South. This alteration would seriously impact riders who live on the Sepulveda Boulevard corridor. Needless to say, such an alteration would have a major impact on the significant number of students living in the University Apartments and the surrounding areas if nothing is done to ameliorate this situation.

While we do understand that the Big Blue Bus and neighboring Culver City Transportation are not under the purview of UCLA, we know that the UCLA Community wields significant influence with local authorities. In fact, we have campus resources dedicated to advocating on issues eternal to the campus. That these individuals-together with the campus- are making the BBB 12 local a priority will help sway decisions made by these agencies. A large number of riders on this line are affiliated with UCLA, and we hope the university community and its officials will take firm action to ensure that these proposed changes do not undermine accessibility for many members of our campus.

We assert that the ideal option for UCLA would be to maintain the current route on the BBB 12 local. It would be simply unacceptable for UCLA to stand by while bus service declines for students, staff, and faculty, without finding a better solution.

These proposed changes should not be seen in isolation. Indeed, other bus routes may be revisited for potential modification or even cancellation in the future. As the Expo Line redraws the transportation grid on the Westside, bus routes will be re-routed to link up with it. Big Blue Bus recently carried out its own study among its ridership and has been discussing changes with the public. Culver City Transportation will be getting underway with a similar public process soon.

Here at UCLA, we take great pride in our sustainability efforts, Healthy Campus Initiative, and commitment to inclusion and accessibility. It would demonstrate preoccupying indifference were many more of our peers forced to drive to campus in a car, thus further isolating fellow students and their families. Such a result goes against the very essence of the community we are trying to create.

Failing to unite and take action on such a critical issue would signal a dangerous apathy from our fellow Bruins, demonstrating an overall campus-wide disinterest when it comes to working towards issues of general public benefit. We hope we can count on the support of the campus community in our campaign to make mobility to and from campus as sustainable and as equitable as possible.

Michael Hirshman

Graduate Student Association President

Abdallah Daboussi

Graduate Student Representative on the UCLA Transportation Services Advisory Board
USPS Letter of Complaint

February 13, 2015

Meesha Hope  
Business Service Network Representative  
USPS – LA District  
7001 S Central Avenue  
Los Angeles, CA 90052-9998

Re: Issues with Lack of Service Provided by Local Post Offices

Dear Ms. Hope:

I am writing on behalf of our graduate student community which is represented by their student association, University Apartments South Resident Association (UASRA). We are extremely dissatisfied and concerned with the level of service being provided by our local post offices which covers our student family housing in the Palms area. Therefore, I wanted to share their experience in hopes of getting some assistance in dealing with what can only be described as a complete lack of interest in better servicing this community. (Please note locations below):

• Mar Vista Post Office: 3826 Grand View Blvd, Los Angeles CA 90066
• Palms Post Office: 3751 Motor Avenue, Los Angeles CA 90034

We do, however, want to acknowledge the postal carrier from the Palms Post Office location who is more tuned with the needs of our residents and provides exceptional services. The supervisors for both areas have been contacted by way of phone and in person. The responses span from agreeing to work with the residents, yet not following through, to simply a more blatant interaction of not willing to properly assist the families residing in our complex. Some examples of the type of issues are:

• Delivering packages directly to the units especially for those who have requested to only with a recipient’s signature.
• The carriers claiming that they are being instructed by their supervisors to simply leave packages, whether it is at the kiosk/front entry or just leave by the unit without attempting to check if the residents are at home.

This has contributed to a huge dilemma with mail and/or package theft and has our entire community very upset as they are frustrated and tired of being victims. To date, no attempts have been made by the postal offices to make changes nor is there a sincere effort to willingly work with the community through the hard work a determination presented by UASRA. The lack of response, follow up and poor customer service must improve!

A step in the right direction is to establish one point of contact who will be timely in their response. Please that our immediate intent is to work with you on this matter, but if there are no steadfast changes, we may escalate to Congressman Ted Lieu. I thank you for taking the time to address our concerns, and look forward to seeing positive changes or some type of resolve. Your anticipated assistance is very much appreciated.

Sincerely,

Lizca Spalding  
Support Services Manager  
UCLA University Apartments

cc: Shirley Wong, Director, UCLA University Apartments
Message from Los Angeles Department of Water and Power

“Smart Grid study using Programmable Communicating Thermostats (PCT)”

As part of Smart Grid Regional Demonstration Project (SGRDP) sponsored by DoE, Los Angeles Department of Water and Power (LADWP) has been working with UCLA, USC and JPL to evaluate and demonstrate smart grid technologies in test bed environment.

UCLA University Village has been identified for investigating the PCTs. PCTs have been or are being installed in all apartments on the Sawtelle Blvd. side. The PCTs would be utilized to study 'Demand Response' for HVAC. Demand Response is clean, non-polluting energy demand manipulation schemes employed when the energy demand is more than the supply and involves curtailment of energy to mitigate the grid distress for short intervals of time instead of supplying more energy by expensive and polluting power plants.

The study would involve investigation of communications, network reliability, reliability of HVAC as a demand response resource, and customer participation.

LADWP team would be presenting the project details on Mar 18, 2015 during General Assembly Meeting. Food and drinks will be provided.
The Smart Machine on Your Wall

By April Lin - Green Coordinator

You may have noticed that the old AC controller on your wall has been replaced by a new fancy touch-panel machine. A user manual as well as an installation instruction was also attached by the new controller. If you take a glance at the manual, you may already know that this small machine is related to a project with LADWP (Los Angeles Department of Water & Power) called the SMART GRID Initiative. Despite all of the information on the internet, we’re going to give you a quick guide on WHAT, WHY and HOW on this new technology.

What’s the SMART GRID?

UCLA, USC and CalTech/JPL are teamed with LADWP in a SMART GRID project to develop smart climate-control systems, which computerizes the energy outages by means of a two-way digital meter (the machine on your wall) to record the power consumption and allow customers to organize the AC settings remotely. The goal of the SMART GRID includes improving energy conservation, enhancing power grid reliability/security and helping customers manage their energy costs.

Why is it needed?

The old electric infrastructure system currently was not designed to handle the huge growing electrical needs in the future. The power outages can significantly affect both the customer and other facilities, to include security, communications, and banking. The LADWP power grid must be updated to accommodate these needs with improved reliability, efficiency, and security of the electric service by using the new technologies. The small machine serves as a smart recorder and controller to benefit both LADWP and customers.

HOW we can take advantage of this new thermostats and modules?

First, install the module according to the instructions you have been given by University Apartments Facilities. Ultimately, you will be able to connect the thermostat so that you can use it remotely. LADWP is working on developing this ability for you to have in the future.

Reference:

[1] https://www.smartgrid.gov/
UAS Management’s Letter to Residents

RE: UCLA-UNIVERSITY APT - SMOKING CIGARETTES ON SAWTELLE

Dear Sawtelle Residents:

Whether you are aware or not, there have been many heated discussions regarding smoking in and around your area of the community. These discussions have occurred via social media, as well as email complaints from residents to the University Apartments Admin office.

This is a complicated issue as we are dealing with a campus and all its properties owned and leased, that are completely smoke free and a city that allows outdoor smoking in most areas of the city. UCLA’s smoke free policy states that smokers must be 25 feet from any door or window. On Sawtelle, 25 feet from the actual building structure is right about at the sidewalk or grassy area closer to the street. So in an effort to get healthy and push smokers outside the boundaries of the campus, UCLA inadvertently created another issue.

We understand that the 3-5 minutes it takes to smoke a cigarette 25 feet from a door or window should be enough to satisfy all parties. However, when there is a gathering of smokers, or someone decides to stand less than 25 feet from a window, residents are being impacted. We understand and would be very upset if cigarette smoke flowed through my open window, or not being able to open my windows because I have a window facing Sawtelle.

What is the solution? Until the City of Los Angeles enacts stricter smoking laws, we are implored smokers to abide by the rules and stand as far away from any building or window as possible, even if it is more than 25 feet. Please remember this is family housing and some of the folks may have infants or small children, please be aware and considerate of your surroundings. Please do not congregate in groups and by all means, respect someone when they ask you to move. Non-smokers need to be respectful as smokers have certain rights and be diligent in reporting inaccuracies and violations as you see them to the University Apartments staff.

Social media is a great place to voice your concerns, and many of you have, but understand UCLA is still smoke free and Los Angeles is not, finding the balance between them is most critical in keeping everyone satisfied.

Your comments are welcome at uas@ha.ucla.edu

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Announcement of New Unit Representatives

Please welcome three new unit representatives to the UASRA family:

- **Jenna Donohue** (Sawtelle D – uasrasawtelled@gmail.com)
- **Diego Ploper** (Sawtelle B – uasrasawtelleb@gmail.com)
- **Tracy Martison** (Sepulveda A – uasrasepulvedaa@gmail.com)

Don’t hesitate to contact your unit rep if you have any questions, concerns or comments about your local UAS community!
The Heart of Venice: Well Baby Center

Since 2009, Well Baby Center has provided counseling and preventative services to more than 2,000 Mar Vista children and their families. We believe that healthy early relationships are the cornerstones of an infant’s emotional, cognitive, and physical growth. During the critical years of development, from prenatal to the age of five, children rely on their parents especially mothers.

WBC’s mission is to provide the tools and resources for families and communities to flourish. We seek to empower working class parents to develop and sustain the kind of parent-child relationship they seek. Social support has been proven to be the single most important protective factor available to prevent and eradicate multi-generational issues within families. Our community center provides what parents seem to need the most, a supportive environment of like-minded individuals.

Our services include: Child Therapy, Couples Counseling and Assessment Services, Parenting Consultations, Mindful Parenting groups, Mindful Pregnancy and Newborn readiness groups, Infant – Parent Psychotherapy, Becoming Social - a social skills readiness group and Loving Discipline, a mindfulness-based parenting group.

We are a parenting center that also offers counseling services. All services are offered on a sliding scale based on ability to pay. Advance registration required for all classes.

We want to support the UCLA Parenting Community.
Please visit the following link to complete a brief survey!

Link: www.surveymonkey.com/s/CDMQDZM
Thank you for letting me into your apartment at such extraordinarily late notice. Ha, no problem. We’re happy to help. **So tell me, what is life in LA like without children?** we are all desperate to know. [laughs] Good! We have a busy social life. We like to have friends over, and we have started getting into the west LA scene, going to clubs and lounges here. We’re transitioning from the Hollywood scene. [laughs] **Oh my goodness, tell me. Take me with you.** [more laughing] Aaron: we’re both outgoing people. It’s great when you can go out and have fun with your partner. That’s how you relax and step back from life. **So where are the cool places?** We like music, old school hip hop and R&B. On Main Street in Santa Monica there’s Barcopa, Circle Bar. The Room on Santa Monica. Main (on Main). You are going to see me in all these places, in the corner, in disguise. Ah ha ha. **So how did you meet?** We first met in Santa Barbara at Hallowe’en, in 2009, through mutual friends. But in fact we didn’t start our relationship until 2012, when we saw each other again in LA. And we’ve been dating ever since. **Are you both from southern California?** Yes. Elizabeth: I’m from Inland Empire. Aaron: And I’m from Palmdale. Both about an hour away. In fact, we were both undergraduates at UCLA, but a couple of years apart. Elizabeth, you’re in law school. **How are you finding it?** Busy! I thought my third year would be a bit calmer, but it’s not [laughs]. As well as school, I work on campus, in academic outreach. And I have an externship at Sony Pictures, so I’m there two days a week. **Good lord. Is that what you’d like to practise, entertainment law?** yes, though I may not be able to go straight into it. Only a few people manage to go in-house out of law school. The more traditional route is to get experience at a law firm first. **Aaron, you’re in the same industry! What is the scene in LA like?** It’s horrible! [laughs] it can be very saturated. But I’ve been fortunate to play at some great places - The Comedy Store is one. I got the top prize at the LA Comedy Circuit competition. And I make my own YouTube series. At the moment I’m doing Out of Bounds, a sports talk show, but subversive, like the Daily Show. **You’re both doing so much with your lives. How do you find UAS?** We have loved being here. We moved here in 2012, when we wanted to move in together and have our own space. And it’s been a good base for us to do our thing. **Do you feel part of the community?**
I feel so much here is geared toward children, the events and so on. We do! Elizabeth: I don’t spend as much time here as I’d like, but I like walking around the playgrounds now and then. Aaron: you have to get over that and get involved. It’s really reaffirming, to see people raising their kids with so much attention and care. When we move out this summer, it will be the end of an era, and we’ll miss the youth, for sure. Though we would definitely be down for more events for the adults! We should arrange those. And how about being people of colour in the UCLA community? We’re aware we’re in a small minority. Not so much around UAS, though with it being a gated community, protected, the times you lock yourself out and you’re waiting around, you’re aware of how other people might see you. Elizabeth: when there are worries about safety, it’s always about Latina people, people of colour. Yes, you’re aware. But we’re used to it. The lack of diversity is nothing new, it reflects campus, which has very few black students. When I first came to UCLA as an undergrad, it was a shock. I grew up in a predominantly Latino neighbourhood, but UCLA is maybe 15% Latino. People are always trying to work out what I ‘am’. My mom is central American and my dad is Dominican. But you have to find your community. I have been heavily involved in La Raza (a law students’ association that supports Latino/a students and the Latino community). The numbers are so grim. There’s so much work to be done. I’m glad you haven’t personally experienced harassment here. I know some have.

Alright, after years in west LA, you must have some tips for people who are new here. What’s good nearby? Bossa Nova is a great affordable Brazilian restaurant down the street. And Norms, for when you’re coming home drunk and need some breakfast food or wings [laughs]. Casa Sanchez in Culver City is a nicer Mexican restaurant that we like. Happy hour at Public School and 310 in Culver City. And Backstage is a great dive bar by Sony. I spent New Year there! It was epic. There were dramatic interpretations of 80s rock. [laughs] And how about things to do? We drove up to Malibu for Valentine’s a week back, and we loved that. We went to the seafood market there [Malibu Seafood] and then just hopped over to the beach, right over the road. Hiking is the classic LA activity – the scenic overlook in Culver City [Baldwin Hills], and Runyon Canyon, which takes you up by the Hollywood sign. We love to go to the Staples Center too! [for basketball] But even not great seats are expensive. Dodgers games are great, you can get $10 tickets and every seat, you feel like part of the action. And the season is about to start! I want to see baseball! You should!

Guys, thanks for your time. It’s been so nice getting to know you. You’re really welcome.

Aaron Burleson - actor, writer and comedian.

See his work at

www.aaronlamarrburleson.com
Spring Carnival!

When: Saturday, March 14, 2015
Time: 2PM-5PM
Where: Sawtelle Community Center

Details: Come and have some carnival-style fun alongside your community and neighbors! Activities include balloon animals and face painting. Light refreshments will be served.
INTERESTED IN APPLYING FOR U.S. CITIZENSHIP?

SIGN UP NOW

UCLA Housing & Hospitality Services and Campus Human Resources is partnering with The National Immigration Forum’s New American Workforce to offer FREE informational sessions on U.S. Citizenship.

CITIZENSHIP ELIGIBILITY INFORMATION & SCREENING SESSION
Thursday, March 26, 2015 • 2:00 – 3:00 PM
De Neve Plaza Auditorium

Specialists from the National Association of Latino Elected Officials & International Rescue Committee will be available to answer any questions regarding eligibility and how to apply!

HOW TO SIGN UP:
Please call your department contact by MARCH 13 to RSVP for this info session!

Dining Services, Luis Martinez • (310) 206-2077
Rooms Division, Barbara Wilson • (310) 206-8637
University Apartments, Frank Le Doux • (310) 398-4037
Conferences, Catering & Marketing, Christine Lee • (310) 206-9212
SPRING UAS CLASSES
Exclusively for Residents of UAS

Registration will be available online Thursday, March 12, 12pm at www.recreation.ucla.edu/uas
You can also register at Sales & Service in the John Wooden Center. For more information, call 310.825.3701.

CHILDREN’S FIT GYM
Explore play and fitness activities, movement games, sports and parachute activities in a class designed to support physical and social and development for children of nined ages.
Level 2: Ages 18 months–2 years with parent participant
Level 3: Ages 3–4 years with parent present

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<thead>
<tr>
<th>Level</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>2</td>
<td>T-F</td>
<td>4/10-5/29</td>
<td>4:00–4:45pm</td>
<td>Community Room</td>
<td>$35</td>
</tr>
<tr>
<td>3</td>
<td>T-F</td>
<td>4/10-5/29</td>
<td>5:00–5:45pm</td>
<td>Community Room</td>
<td>$35</td>
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</table>

CHILDREN’S MUSIC
Children’s Music is an introduction to vocal music, percussion, as well as musical terminology for young children. In this class, rhythm and musicality are introduced through songs, use of instruments and creative movement. Music is a great opportunity for little ones not only to learn basic music fundamentals but also cooperation, teamwork and patience.
Level 1: Ages 0–18 months with parent participant
Level 2: Ages 18 months–2 years with parent participant
Level 3: Ages 3–4 years with parent participant

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<th>Level</th>
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<tbody>
<tr>
<td>1</td>
<td>Th</td>
<td>4/9–7/28</td>
<td>12:30–1:30pm</td>
<td>Sepulveda Resource Room</td>
<td>$35</td>
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<td>Th</td>
<td>4/9–7/28</td>
<td>1:30–2:30pm</td>
<td>Sepulveda Resource Room</td>
<td>$35</td>
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<tr>
<td>3</td>
<td>Th</td>
<td>4/9–7/28</td>
<td>2:30–3:30pm</td>
<td>Sepulveda Resource Room</td>
<td>$35</td>
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CHILDREN’S STORY & CRAFT
Story and Craft combines a weekly story with an arts and crafts project based on the book, geared toward children ages 3–5 years old. Children and parents work together on art projects to develop creativity, fine motor skills and further companionship. Additionally this class is a great opportunity to meet and socialize with other families.
This class is sponsored by UASRA.
Registration is required as space is limited.
Enrollee’s who do not attend 3rd meeting will be dropped from class.
Level 3/4/5: Ages 3–11 years old with parent participant

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<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tr>
<td>3/4/5</td>
<td>W</td>
<td>4/8–7/7</td>
<td>3:45–4:30pm</td>
<td>Community Room</td>
<td>$10</td>
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</tbody>
</table>

CHILDREN’S STORYTIME FUN
Story Time Fun introduces infants and toddlers to being part of a group setting. Each week we will read an age appropriate book followed by sensory, creative movement or art activity. Through these activities children will develop cooperation, creativity and further companionship. Additionally this is a great opportunity to meet and socialize with other families.
This class is sponsored by UASRA.
Registration is required as space is limited.
Level 1/2: Ages 0–2 years with parent participant.

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<th>Level</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>1/2</td>
<td>W</td>
<td>4/8–7/7</td>
<td>3:00–3:30pm</td>
<td>Community Room</td>
<td>$10</td>
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</table>

PARENT & CHILD YOGA
This class explores play and relaxation through yoga games and songs. For younger ages, children work with a parent to play games and navigate poses, while older children work on their own and with their peers.
Children’s yoga is designed to support physical and social development. Particularly flexibility, strength, and body awareness can be developed and improved.
Please bring your own yoga mat.
Level 2: Ages 18 months–2 years with a parent participant
Level 4: Ages 3–4 years with parent and child

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<tr>
<th>Level</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>2</td>
<td>M</td>
<td>4/6–5/7</td>
<td>5:00–5:45pm</td>
<td>Community Room</td>
<td>$35</td>
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<tr>
<td>3/4</td>
<td>M</td>
<td>4/6–5/7</td>
<td>6:00–6:45pm</td>
<td>Community Room</td>
<td>$35</td>
</tr>
</tbody>
</table>

*No class 3/19.

- siblings are not permitted to participate unless registered and approved by the instructor.
- classes are not transferable. individuals must attend the class and time they have registered for.
- UAS residents not living within university village are encouraged to attend these classes but cannot be guaranteed access. these classes are brought to UAS residents at low cost by subsidies from UASRA (gpa.assoc.ucla.edu/uasra).
SPRING UAS CLASSES
Exclusively for Residents of UAS

Registration will be available online Thursday, March 12, 12pm at www.recreation.ucla.edu/uas
You can also register at Sales & Services in the John Wooden Center. For more information, call 310.205.3701.

ADULT BOOTCAMP FUN
Boot Camp Fun is a total body strength training class using rubber resistance tubes and other tools for a fun, face-paced workout. This class will help you increase strength, lean body mass, and confidence.
Wear athletic clothing and shoes. Please bring your own fitness mat.
This class is sponsored by UASRA and is free to residents.
Registration is required as space is limited. Enrollment who do not attend by 3rd meeting will be dropped from class.

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<th>Level</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>ALL</td>
<td>M</td>
<td>4/6–5/1</td>
<td>7:30–8:00pm</td>
<td>Community Room</td>
<td>Free</td>
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*No class 5/25.

ADULT PILATES
Pilates is a total body exercise regimen that increases strength and flexibility and helps to improve posture.
Wear clothing that allows for freedom of movement. Please bring your own fitness mat.

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<th>Level</th>
<th>Days</th>
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<th>Time</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>ALL</td>
<td>Tu</td>
<td>4/6–5/16</td>
<td>6:00–7:00pm</td>
<td>Community Room</td>
<td>$35</td>
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</table>

ADULT POST NATAL PILATES
Pilates is a total body workout designed to increase strength and flexibility. This postnatal class is designed to help new moms both mentally and physically as they transition into motherhood.
Wear clothing that allows for freedom of movement. Please bring your own fitness mat.

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<tr>
<th>Level</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>ALL</td>
<td>Tu</td>
<td>4/6–5/16</td>
<td>7:00–8:00pm</td>
<td>Community Room</td>
<td>$35</td>
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</table>

ADULT PRE/POST NATAL YOGA
The pre-natal class is designed specifically to help moms develop the strength, flexibility and mental focus that will be necessary not only in the delivery process, but also in facing the new challenges of motherhood. This class will bring benefits to expectant mothers and new mothers alike.
Wear clothing that allows for freedom of movement. Please bring your own yoga mat and a larger blanket or towel.

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<th>Level</th>
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<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>ALL</td>
<td>Th</td>
<td>4/3–5/28</td>
<td>6:00–7:15pm</td>
<td>Community Room</td>
<td>$35</td>
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</table>

ADULT YOGA
This is a Level I/2 Hatha Yoga class, suitable for new and continuing students. Hatha yoga emphasizes the physical aspects of yoga. Strength, flexibility, proper breathing, and mindfulness are emphasized.
Wear clothing that allows for freedom of movement. Please bring your own yoga mat.

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<td>M</td>
<td>4/6–6/1</td>
<td>8:15–9:30pm</td>
<td>Community Room</td>
<td>$35</td>
</tr>
<tr>
<td>1/2</td>
<td>Th</td>
<td>4/9–5/28</td>
<td>7:30–8:45pm</td>
<td>Community Room</td>
<td>$35</td>
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* No class 5/25.

ADULT ZUMBA
A Latin-inspired dance that keeps you moving. This is a moderate cardio workout suitable for beginners and continuing students.
Wear athletic clothing and shoes.

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<th>Level</th>
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<tbody>
<tr>
<td>ALL</td>
<td>W</td>
<td>4/8–4/10</td>
<td>7:00–8:00pm</td>
<td>Community Room</td>
<td>$35</td>
</tr>
</tbody>
</table>

* No class 4/15 and 5/26.

- Siblings are not permitted to participate unless registered and approved by the instructor.
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UASRA
UCLA Recreation
www.recreation.ucla.edu/uas
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To receive the newsletter/other notices by email: [http://lists.ucla.edu/cgi-bin/mailman/listinfo/uasra-l](http://lists.ucla.edu/cgi-bin/mailman/listinfo/uasra-l)

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