An Upward Trajectory for UCR Athletics

Director of Intercollegiate Athletics Tamica Smith Jones reflects on her first year at UC Riverside

By Lilledeshan Bose

When Tamica Smith Jones joined UC Riverside as the director of intercollegiate athletics in July 2015, it was because Chancellor Kim A. Wilcox wanted an accomplished leader who was focused on student success, an effective recruiter, and someone to build and maintain strong community ties.

Smith Jones, who had been the athletics director in her Atlanta, Georgia hometown at Division II Clarke Atlanta, and the senior associate athletic director for internal affairs and senior woman administrator at the University of Texas in San Antonio, knew that UCR was a rare addition to Division I in the last decade. “Before I came here, Chancellor Kim and I had a conversation about where he envisioned the program. It was very enlightening and authentic.”

At her campus visit, Riverside reminded her of her hometown: warm, diverse and engaged. “When I got on campus, it was even more of a good feeling of warmth and familiarity from the standpoint of some of the things that I’ve seen from my 18 years in collegiate athletics. I’ve witnessed coming onto a campus with limited resources, having to be creative, getting the energy up and really just engaging more than the Riverside community — but also reaching outside in our conference in the national landscape.”

On choosing Smith Jones, Wilcox said, “Tamica Smith Jones has dedicated her career to the success of student athletes, and her enthusiasm for UC Riverside and its mission will carry through in helping our Athletics program excel in coming years.”

A year into Smith Jones’ tenure, UCR — a member of the Big West Conference, and a competitor in 17 sports at the NCAA Division I level — has had a stellar year in track, women’s basketball, golf and more. Smith Jones has been appointed to the NCAA Division I Women’s Basketball Sports Committee, a five-year term that is, in her words, “A pretty big deal.” Among these accomplishments, Smith Jones reflects on the year that’s gone by. “My
goal this year was to elevate our profile very clearly,” she said. “I wanted the trajectory of everything to go up – the expectations, the energy, the engagement. This year will serve as our platform for next year as we continue to build a sustainable program.”

In her own words, Smith Jones discusses the top accomplishments of her tenure so far:

◊ **Building the Buzz on UCR Athletics – on and off campus**

“UCR has been known as a high-profile academic institution with a low-profile athletic program. That has not been the case anywhere else that I have been, so I really had to communicate with leadership and educate different departments on campus the landscape of college athletics in Division I. It is very competitive in this industry. Whether it be scholarships being offered to student athletes, the facilities, being able to make sure that they are competing in the best venues, or that everybody has a place to practice and compete. As a Division I school, we have to build our buzz, build our brand and get people to buy into it. That’s what I’ve spent a lot of my time on, trying to attract the 18- to 25-year-old student demographic on campus, and our surrounding community as target audiences. We started looking at what other schools are doing, even in our conference, in other schools in Division I, and I think we got a better understanding of who we want to model now! We send out something from UCR Athletics and it’s tagged reposted. I’ve seen the Riverside community repost things about UCR Athletics. So that’s exciting.”

◊ **Elevating the Success of Student Athletes and Coaches**

“The coaches are a great group of competitive coaches and had a good camaraderie already in place. They just didn’t have much direction and hesitated to invest totally in a turnstile program. Now that I have had a year to get us more organized, we have become more transparent and team-oriented. I think it really allowed the coaches to focus on working hard at developing relationships across the department, campus and community. Now, coaches have an expectation to strive to be the best in Big West but at minimum be at the top third of conference standings.

“When I was researching our program, research showed that we were at the bottom in most sports. We turned that around this year with our best-ever finish in the Big West Conference Commissioner’s Cup standings finishing in fourth place after never having finished higher than seventh in our previous 14 years. This season, we also won eight individual and team conference championships, and had three teams and more than a dozen individuals compete in national postseason events. Included in that run of success was the program’s first NCAA Division I National Champion in track athlete Vesta Bell who won the NCAA Championship in the indoor weight throw.”

◊ **Engaging the Community**

“We’ve been on our Highlander support campaign since I’ve been here. We had a Welcome Back Picnic with all the student athletes and coaches with 400 people in attendance — our Athletics Association and key campus administrators came to engage our students. I may be just too team-oriented to just cut people out, but I believe if we’re to celebrate our student athletes, you have to invite everybody, you know? So, we started having that mindset that we’re going to start supporting each other, that if nobody came to our events, 300 student athletes and the 100 coaches and staff will be there. That has been a huge success thus far, as we saw increases in attendance by as much 28 percent in some sports!”

◊ **Changing UCR’s Game Day Experience**

“Instead of putting on a game, we put on a whole event. Now it’s sports and entertainment. When people come to the game, they have fun, from the time they’re parking to the moment they watch the game. We were able to work with TAPS and other concessioners to get an Athletics protocol in place so visitors, donors and supporters
would know where to park and go routinely. People who need assistance, we would shuttle them in a cart. We became more hospitable and really considered the experience a lot differently, which I think has been a huge success.”

◊ Advertising Athletics

“We can’t afford to really advertise on billboards (they cost $16,000!), but I spoke with Rep. Andy Melendrez, who is on our Athletics Association Board, and some other officials who helped us get access to billboards in the community. In addition, a men’s soccer alum came through big winter quarter discounting a billboard at the 91 and 15 freeway in the Inland Empire. We got a billboard up during our Women’s Basketball 16-0 run in March, which was perfect timing. We’ve been broadcasting athletic events and the highlights and the Women’s Championship in golf, Vesta Bell’s National Champion [win] in the indoor weight throw, the Big West Champion and individual champion in cross-country. We’ve been able to partner with sponsors to promote on city billboards since March and we only had to pay $1,000 to do it. That’s a huge success, especially for the community that spends a lot of time on the highway. First thing in the morning, they see ‘UC Riverside Athletics.’”

◊ Championing the Classroom

“We hired a new academic director, we hired some new counselors, and we reassessed how we help support the student athletes to maintain academic integrity. My biggest job has been to give out the expectations to staff; the other one is just holding us all accountable. Coming to Riverside really proved that you really could balance the academic enterprise and expectation of the scholars that we were recruiting and the athletic interest and competitiveness and beyond the national scene if you focus on that. From an academic standpoint, I’m asking coaches to strive for 3.0 team GPAs and that student athletes will graduate at 100 percent. I know it’s a tough task, but that’s what my expectations are and nobody is flinching at that. Everyone is striving to achieve it.”

◊ Building a Network of Athletic Administration

“No matter if it’s Division I, Division II or Division III; whether you’re talking to athletic directors, vice presidents, vice chancellor of student affairs or presidents, you have to be prepared to engage and to educate – listen and learn. That’s what I do on the national level with the conferences that I attend. I went to the NCAA Inclusion Forum, which focused on how to be more diverse and inclusive in our affairs. I spoke on a panel with women of color. I go to make sure that I am able to put Riverside on the map. It may end up that one day they want to host a championship or bring a conference to Riverside. It’s just a matter of exposure and potential impact.

“A few months ago, I was invited to a Division I only Athletics Director Conference called the Collegiate Sports Summit. I engaged with Arizona State University’s athletic director and many others at that event, which puts me in the room with some of the best programs in the country. Those kind of conferences really just give you a chance to get some ideas, build a network of resources that you do call upon and in some ways, they can help us build what we’re trying to build on our campus. Bridging those relationships is priceless because they may even help secure guarantee games and tournament entries that your coach can’t [get] and need you to make an administrative call. When I got to Riverside, one of the first things that my coaches did a lot of was, ‘Do you have any contact with so-and-so schools because we can’t get games and we can’t do this?’ There was no school that they asked me about that I didn’t have a contact with. We were able to get some things done.”

Moving Forward

“At UCR, I’m really most excited about seeing the campus and community embrace athletics at a higher level,” Smith Jones says. “We are encouraging everybody in the Highlanders’ extended family to assist us with the “Three Ps”: Promoting UC Riverside Athletics; being present at our events; and partnering with us to find win-win opportunities that bring all of us together in pursuit of something truly special.
“We are also hard at work improving our facilities through projects both big and small. The most impactful to our student-athletes is the creation of the Bear’s Den as we replace our 1950s-era changing areas with a series of state-of-the-art locker rooms, meeting rooms and a nutrition bar and other items befitting a Division I athletics department.

“Lastly, we will continue to engage with our alumni through an Athletics Directors Meet & Greet Tour, and team-specific outreach to solidify the bond that runs through all those who have been members of the UC Riverside family.”

Smith Jones’ ultimate goal is to build a culture of tradition and support, where all 20,000-plus students are coming to the games, the faculty and staff support the student athletes as part of the fabric of the campus, and the athletics department and Riverside community become synonymous with one another.

“I want it to become very clear that you come to Riverside and you win. You win in the classroom. You win with the community. You win championships in sports. And when you graduate with your degree, ultimately we would like to see you remain here to start careers and families.”

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UC Riverside Mentoring Program Receives Three-year Grant

*Americorps awards University Eastside Community Collaborative an $822,399 grant*

By Mojgan Sherkat

The University Eastside Community Collaborative (UECC), a mentoring and tutoring program based at the University of California, Riverside, has received a federal grant from AmeriCorps to help fund the program. The grant will provide UECC with nearly $275,000 per year for three years.

Each year, the UECC recruits and trains 80 college students, most of them from UCR, who have pledged to become AmeriCorps mentors for a year. These mentors volunteer to help elementary, middle and high school students who are performing below grade level in language arts and math. Through tutoring and mentorship, UECC AmeriCorps mentors help students raise their academic level and instill academic confidence for ongoing school success.

“The AmeriCorps grant creates a win-win situation for UCR students and the community that surrounds the campus,” said Christine Morgando, the UECC program manager. “UCR students have a unique chance to participate as AmeriCorps members, a highly recognized and prestigious national organization. This allows them to get off campus and into the community to gain employable skills through hands-on service. The grant infuses our community with positive role models who will increase the academic proficiency in K-12 students and serve as volunteers in community events.”

As one of Riverside’s oldest and largest residential neighborhoods, the Eastside community has a rich history filled with stories from the African-American and Mexican families who settled in the area. “Over the years, poverty and crime started haunting the neighborhood. And, families struggled to make ends meet, often leaving the next generation in need of guidance and educational support,” said Morgando.

In 1994, officials from the city of Riverside, the Riverside Unified School District (RUSD) and UCR came together to help Eastside’s youth and community at large. The result was the creation of UECC. The UECC launched its pilot program in 1995 – and after only one year of service, 149 UCR student-mentors had logged over 5,000 tutoring hours for 729 elementary students and 78 adolescents.
“College students who complete their year of service with UECC AmeriCorps have developed deep, meaningful relationships with their students and become more of a mentor than a tutor,” explained Morgando. “By the end of the school year, college students see the impact they’ve had on their students, academically and civically. This year, one UCR student said to me, ‘Being a UECC mentor affected my life by making me see the need for help and the need to do more for others.’”

Students who are passionate about helping at-risk youth can apply to become a UECC mentor. For more information on how to become a mentor, please visit the UE website: uecc.ucr.edu/mentor/index.html.

UCR Alumni Association Working to Reach Graduates in the U.S. and Abroad

UCRAA is committed to supporting freshmen students with scholarships and alumni with free webinars, networking and more

By Sandra Baltazar Martinez

UC Riverside’s Alumni Association (UCRAA) operates with a robust calendar.

The months are pre-filled with meetings, socials, networking events and receptions – in the U.S. and abroad.

This Spring’s Highlander Day of Service, for example, alumni helped clean a river in England, picked up litter in Central Park in New York, volunteered at a women’s shelter in Los Angeles and a local group contributed to the creation of a rose garden on campus. This sole day of community service involved more than 400 participants.

It’s this type of impact that UCRAA is generating. And the momentum is building.

“UC Riverside is going through tremendous growth, it’s changing and it’s transforming lives,” said Jorge Ancona, assistant vice chancellor for Alumni and Constituent Relations and executive director of UCRAA.

With 105,876 living alumni, UCR is adding about 5,000 every year. Close to 50 percent of alumni graduated within the past 12 years, Ancona said. The rapid growth means that the average age for the alumni base continues to get younger.

Recognizing the need to engage and remain relevant to alumni of all ages, UCRAA is leveraging technology to offer alumni services such as online webinars to assist in professional development. Topics range from searching for the first job to planning for retirement. These are free webinars, available to all alumni.

UCRAA is also committed to awarding financial assistance to incoming freshmen. Each year four students receive a one-time $4,000 scholarship; some students might receive additional financial support from other scholarship funds established by alumni or alumni groups associated with UCRAA. UCRAA is currently working to establish a $1.5 million scholarship endowment to financially support incoming freshmen. So far they’ve secured $1 million, Ancona said.

Focusing on students, especially those who are first generation, embracing culture and diversity, are several reasons why alumna Dollie Wolverton continues to be involved. Wolverton, class of 1957, is a current UCRAA board member and travels from Maryland to Riverside four to five times a year for board meetings.

“I feel like if I’m really going to be part of it, I need to be fully committed,” said Wolverton, who was part of the third graduating class and one of 62 students who graduated that year from UCR.
She started her career as an elementary school teacher in Riverside and quickly escalated through the ranks. She became the director of Head Start for Riverside County, then served as an early childhood specialist in the California Department of Education and ultimately retired in 2006 as the chief of education for the federal Head Start Bureau in Washington, D.C.

Her dedication to serve UCR earned her the 1992 Alumni Public Service Award because giving back to the campus is “all about our commitment, loyalty and belief in the university,” she said.

She wants to continue to grow the scholarship endowment because she understands financial support is a key factor in helping students graduate.

Richard Alvarado shares the same vision. He is the current scholarship chair for the Chicano Latino Alumni (CLA) chapter that was reestablished in 2014 after a 33-year lapse. In the past year they have focused on building their scholarship fund and now have more than $10,000.

The money will be distributed as $1,000 scholarships to four incoming undergraduate students, two continuing students and two graduate students. CLA will also offer $500 book scholarships, said Alvarado, a 1983 alumnus who majored in history and Chicano studies.

After his retirement in 2011 as chief deputy warden at the California Institution for Men in Chino, Alvarado knew he wanted to return to UCR and help the community.

His career began at the Riverside County Juvenile Hall when he landed an internship through a UCR sociology class.

“UCR introduced me to the career I didn’t know I was going to have,” said Alvarado, who aspires to increase the CLA scholarship fund every year. Through his background as a first-generation Chicano in college and his work in the Department of Corrections, he believes that positive opportunities for youth come with education.

“The only thing that will change the cycle of incarceration, is education and support,” Alvarado said. “So why not return to my alma mater and do this?”

**Upcoming UCRAA events**

- July 13: Orange County Highlander Welcome, The Prime Cut Café in Orange County
- July 23: Bay Area Highlander Welcome, Dolores Park in San Francisco
- July 30: L.A. Chapter Dodgers game, Dodger Stadium in Los Angeles
- July 31: 9th Annual Alumni Day at the Races: Del Mar

**Save the date**

- Nov. 18: Alumni Awards of Distinction
- Nov. 19: Homecoming (includes Parent & Family Day and ScotFest, which has a kids zone to make this a family-friendly event)

**For more details on webinars:** alumnicareerservices.org/ucr/Home.aspx
The Search for the Arctic Bumblebee

The team put up with many mosquitoes, short showers and sunshine 24 hours a day.

By Krist Lovekin

The New York Times sent reporter Jim Gorman and photographer Katie Orlinsky to report on a team from UC Riverside tracking Bombus polaris, the arctic bumblebee.

Led by S. Hollis Woodard, an assistant professor of entomology, this team of six pollinator and plant experts traveled to the Toolik Field Station in northern Alaska to learn more about the range and pollination habits of a bee that has the ability to regulate its own body temperature.

On Tuesday, July 5, The New York Times Science Facebook page hosted a live video chat with the general public that has been viewed 93,000 times. It lasts 23 minutes and gives Professor Woodard the stage to talk about the bee’s role at the cutting edge of global climate change.

She said bumblebees are the most important native pollinator in the United States, and they are incredibly popular with the public.

“They are the panda bear of the insect world,” she said. They are big and fuzzy and they move really slow.”

She described how one member of the team is an expert in drying and fluffing the fuzzy bees so they can be identified more accurately. And yes, their fuzzy quality helps insulate and protect them in cold weather.

The arctic bumblebee pollinates important flowering plants, like ligonberry, cloudberry, and the arctic poppy. It is unclear how climate change could change that relationship.

“One of the questions we want to ask is whether other bees will migrate up here as the temperature rises,” Woodard said. She said these arctic bees may teach us some really important lessons that can be applied to more southern bees.

To a viewer’s question about whether these bumblebees are an endangered species, Woodard explained that they aren’t classified that way because scientists still don’t know enough about them.

She said this trip will be the first of many to try to document more information about the bee.

Sean Nealon, a public information officer with Strategic Communications, traveled with the researchers to gather material for a story in the Fall edition of the UCR Magazine. The team put up with many mosquitoes, short showers, and sunshine 24 hours a day.
Grant to School of Medicine Aims to Expand Inland Southern California’s Primary Care Workforce

Health Resources and Services Administration awards UC Riverside $2.3 million to integrate medical student education, resident training and faculty development in primary care specialties

By Iqbal Pittalwala

The School of Medicine at the University of California, Riverside has received a $2.3 million grant from the Health Resources and Services Administration, an agency of the U.S. Department of Health and Human Services.

The five-year Health Resources and Services Administration Primary Care Training and Enhancement grant, which began July 1, allows the medical school to help transform the local healthcare system and build on established links with the community. The school plans to accomplish this by embedding continuous quality improvement in inland Southern California primary care practices throughout the healthcare provider training spectrum.

“We will deploy a research curriculum to equip medical students, residents, practicing physicians, and pharmacists with the population health skills needed to address inland Southern California’s poor chronic disease metrics and healthcare disparities,” said Michael Nduati, MD, the grant’s principal investigator and the associate dean of clinical affairs in the School of Medicine. “We will expand the pipeline of future healthcare leaders through longitudinal interprofessional training. We also will ground lifelong faculty development into a new, integrated model of healthcare training towards improving the delivery of care to the inland Southern California community.”

Nduati, who is also the director of hospital medicine, explained that inland Southern California is still characterized by low-income areas, areas of underserved populations, and poor air quality. The region faces a severe shortage of primary care physicians and poor health outcomes, particularly from chronic conditions such as diabetes and coronary heart disease.

“We represent a large geographic region, which makes it more difficult to adequately staff healthcare providers to care for the population,” he said. “Access to care is extremely limited for much of our community. But this grant will allow us to train across the spectrum from student to practitioner to hopefully affect a significant impact on the health of inland Southern California.”

The UC Riverside School of Medicine is one of the few medical schools in the country, especially on the west coast, emphasizing primary care and improving the health of the community – both of which constitute the focus of the Health Resources and Services Administration grant.

“As a relatively new medical school we are agile and able to execute new methods of training quickly,” Nduati said. “We already have an interprofessional model of training that links medical, pharmacy and nursing trainees together. This helps promote better team-based care when these trainees are working on their own as fully credentialed health professionals. Also, we train across a spectrum, linking medical students to residents and to attending physicians – this creates higher yield practice improvement projects and promotes a culture of continuous quality improvement, leading to better and more efficient health care.”

The grant’s co-PIs are Heidi Millard, MD; Kendrick Davis, Ph.D.; and Gerald Maguire, MD. Additional UCR key personnel are Jeff Swain, Ph.D.; Gemma Kim, MD; Parastou Farhadian, MD; and Daniel Kim, MD.
non-UCR key personnel also will be involved.

“This generous grant should help us see great improvements soon in the efficiency and efficacy of health care provided to our population,” Nduati said. “This would mean better care at more affordable cost.”

The UCR School of Medicine will graduate its first class of students in 2017. Its mission is to improve the health of the people of California and, especially, to serve inland Southern California by training a diverse workforce of physicians and by developing innovative research and health care delivery programs that will improve the health of the medically underserved in the region and become models to be emulated throughout the state and nation.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number 1 ToBHP30013-01-00, entitled Agents of Change for a Healthier Tomorrow: Transformational Integration of Quality Improvement with Primary Care Education for $2,292,445. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

People: Kent LaCombe Heads UCR’s Water Resources Collections and Archives

The collection was founded in 1958 and was moved from UC Berkeley to UCR five years ago

By Sandra Baltazar Martinez

UC Riverside is now the hub for what may possibly be the largest collection of California’s water-related history.

To curate the thousands of technical reports, maps and photographs, UCR hired Kent LaCombe as the water resources librarian for the Water Resources Collections and Archives. LaCombe started in April and already has plans to make this collection an international asset.

Most of the material focuses on California’s water infrastructure and groundwater systems, but it also includes historical and contemporary documentation from other regions of the United States. The collection, available to students and the community, offers circulating documents as well as non-circulating archival material. These resources are primarily housed at the Orbach Science Library, but the Tomás Rivera Library also holds a small number of items.

LaCombe describes UCR as the “wheel” that will support a UC-wide water research system. The collection moved from UC Berkeley to UCR in January 2011; it was founded in 1958 at UC Berkeley as part of the University of California’s Water Resource Center.

The UCR Library indicates the collection has more than 200,000 technical reports, 45,000 historic photographs and about 1,500 specialized newsletters. LaCombe believes the actual numbers may be much higher.

“The story of water is vast and it’s worldwide,” LaCombe said. “I see this as an interconnected research hub. I’d like to build the strongest water resource collection in North America.”

LaCombe is already brainstorming how to accomplish this. He wants to incorporate research materials regarding water issues related to indigenous communities, among other concerns. He also plans to reach out to UC experts, as well as partner with UC initiatives such as UC Mexus and the UC San Diego Scripps Institution of
Oceanography.

Additional long-term projects include incorporating data related to other countries’ water systems and digitizing portions of the water collections to increase accessibility, LaCombe said.

Currently the collections include thousands of black and white photographs, letters between various people charged with water-related construction projects dating to the early 1900s, documents related to the Hetch Hetchy water dispute and information on the construction of the St. Francis Dam in Los Angeles, LeCombe said.

The basement of the Orbach Science Library still has a room full of unprocessed resources that LaCombe, a one-man team, is slowly chipping away at in order to make them available to students and the community.

LaCombe holds a Ph.D. in environmental history from Kansas State University, where he focused his dissertation on freshwater ecosystems, specifically environmental change in Lake Huron during the nineteenth and twentieth centuries.

Before coming to UCR LaCombe was an assistant professor of libraries at the University of Nebraska-Lincoln. He also holds an M.L.S. from Emporia State University.

Visit the UCR Library website to find out more on how to request archival material and how to support this collection: library.ucr.edu.

Research & Scholarship

Professor To Develop Online Courses on African Literature

UC Riverside Professor Anthonia Kalu has received two awards from the UC Office of the President to develop, design and teach two online courses, called “Introduction to African Literature” and “Women in African Literature.”

The Innovative Learning Technology Initiative is a UC system-wide initiative that offers high quality online courses that satisfy degree requirements and help UC students graduate on time. Kalu, who joined the faculty in July, 2015, has a strong record of program and curriculum building and has taught online classes before.

Kalu, who teaches in both the Department of Comparative Literature and Foreign Languages, and the Department of Gender and Sexuality Studies, said she wants African literatures (oral and written) to become part of
ongoing research and initiatives in the Digital Humanities.

The courses will involve not only lectures, but also video interviews conducted by professor Kalu with African authors and storytellers. They are expected to be ready for enrollment in Fall, 2017.

Assistant Professor Selected as Health Disparities Research Institute Scholar

Andrew Subica, an assistant professor in the Center for Healthy Communities in the School of Medicine, has been accepted as a 2016 National Institute on Minority Health and Health Disparities (NIMHD) Health Disparities Research Institute Scholar.

“This is a highly competitive training program and a great honor for Andy, the UCR School of Medicine, and the Center for Healthy Communities,” said Greer Sullivan, the director of the Center for Healthy Communities.

Subica will now participate in the Health Disparities Research Institute scheduled to take place August 15-19, 2016 in Bethesda, Md.

He was selected from among a large pool of applicants based on his accomplishments and promise as a health disparities research scholar. The Health Disparities Research Institute provides participants with a broad overview of the leading issues in the field and will connect Subica with leading scientists and NIH staff to advance his proposed research with Pacific Islanders.

At UCR, Subica researches mental and physical health disparities in vulnerable communities, partnering with community organizations to target their root causes such as poverty, poor access to care, and problems in the social and built environment.

Anthropologist Will Study Roads in Maya Civilization With NSF Grant

The construction of a 62-mile-long causeway in the Yucatán Peninsula in the 7th century A.D. linked the ancient Maya cities of Coba and Yaxuna. But little is known about how the stone road affected social interactions between Coba, the largest urban center of Maya civilization at the time, Yaxuna to the west, and rural communities in between.

An international team of researchers led by UCR anthropologist Travis Stanton will begin excavating household sites in the ruins of both cities and a rural community along the causeway next summer in an effort to determine how life changed for tens of thousands of people who lived along what was the longest road in the ancient Maya world.

The research project, “Household Socio-Economic Integration of the Classic Period Coba State: Researching the Yaxuna-Coba Causeway,” is funded by a three-year, $367,240 grant from the National Science Foundation. Stanton, associate professor of anthropology at UCR, is the principal investigator on the project. Traci Ardren, professor of anthropology at the University of Miami, is the co-principal investigator.

Awards & Honors

Medical School Student Awarded Scholarship from Beaver Medical Clinic Foundation

UCR Medical School student, Haroun Mohammad received a $5,000 scholarship during the annual School of
Medicine Faculty Recognition and Student Awards Ceremony held on May 19.

The scholarship is awarded to a medical student by a faculty selection committee, based upon academic achievement, strong ties to inland Southern California and a desire to practice medicine in the area upon completion of medical training.

“Haroun is a great example of a medical student who goes above and beyond and we are pleased that he was selected to receive this prestigious award,” said Dr. Kenneth Ballou, representative from the Beaver Medical Clinic Foundation.

**UCR Extension Instructor Recognized for his Graphic Design Work**

Randall Cornish, an instructor for UCR Extension's Digital Arts & Design Summer Academy, has received an Award of Distinction from the Academy of Interactive & Visual Arts in New York City for his BeeDorm logo, which he designed for college dormitory buildings.

“The idea was to create a fun and playful identity that would enhance social life on campus,” said UCR Extension Digital Arts & Design Summer Academy Instructor, Randall Cornish.

An established author, educator and industry professional, Cornish has 40 years of experience in the field of graphic design. He has been an instructor with UCR Extension since 2009, but has been teaching graphic design part-time at various colleges and universities since 1998. He graduated with honors with a degree in both Visual Arts and Communications from the University of California, San Diego.

**Best-Seller Remains in The Top 20**

A new novel co-authored by Tod Goldberg, director of the UCR Palm Desert Low Residency MFA Program, and Brad Meltzer remains a huge best-seller nationally.

“The House of Secrets” (Grand Central Publishing, June 7, 2016) tells the story of the daughter of a conspiracy theorist killed in a car accident and her efforts to solve a mystery about a book that once belonged to Benedict Arnold.

The novel debuted at No. 2 on the Washington Post hardcover fiction best-seller list; No. 4 at Publishers Weekly, the Chicago Tribune and Barnes & Noble; No. 6 on three New York Times best-seller lists (hardcover fiction, e-books, and combined hardcover/e-books); and No. 18 on the Los Angeles Times list.

It remains in the top 20 on those lists.
Award Named After Distinguished Professor Anthony Norman

The Vitamin D Workshop, held annually to bring together researchers, clinicians and nutrition experts on the topic from around the globe, has named an award after Anthony Norman, distinguished professor of biochemistry and biomedical sciences, emeritus, and the Presidential Chair in Biochemistry, emeritus, for his work in establishing the Vitamin D Workshop in 1973 and keeping it running since then.

Called the “Anthony Norman Outstanding Abstract Award,” it was given in March 2016 at the 19th Workshop on Vitamin D to Vaibhav Saini of Massachusetts General Hospital.

An internationally renowned expert on vitamin D and its health benefits, Norman has proposed worldwide policy changes regarding people’s vitamin D daily intake amount in order to maximize the vitamin’s contribution to reducing the frequency of many diseases, including childhood rickets, adult osteomalacia, cancer, autoimmune type-1 diabetes, hypertension, cardiovascular disease, obesity and muscle weakness.

It was his lab that discovered, in 1967, that the vitamin is converted into a steroid hormone by the body. Two years later, his lab discovered the vitamin D receptor.

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Did You Know?

CARE Welcomes New Assistant Director

Karla Aguilar joined the Campus Advocacy Resources & Education (CARE) center as an assistant director and advocate. CARE is a service created to assist survivors of sexual assault and focuses on supporting, educating and empowering the victim (students, staff and faculty).

CARE is a program supported by President Janet Napolitano’s office and has been implemented across the entire UC system.

Aguilar started on the job on June 8 and is no stranger to the campus.

In 2012 Aguilar graduated from UCR with a bachelor’s degree in anthropology and ethnic studies, with a concentration on violence against women and indigenous communities. She obtained a master’s in social work from the University of Southern California and worked as a program manager and advocate at Occidental College prior to starting at UCR.

Aguilar joins CARE Director and Advocate Naddia Palacios, who was hired in 2015. With both women on campus the goal is to continue working with different organizations on campus, such as UC Police and the health center, to promptly respond to sexual assault victims.
“We discuss [the circumstances] and empower victims,” said Aguilar, who as an undergrad worked at UCR’s Women’s Resource Center as a student assistant. “We explain the different steps and services offered and we have them make their own decision.”

Support for the victim can range from simply offering a safe space to discuss her/his situation, to helping them navigate the court system, Aguilar said.

**To reach CARE:**

Email: advocate@ucr.edu

Phone: 951-827-6225

Download the App: Search for “UCR Guides” and choose CARE

Website: care.ucr.edu; sexualviolence.ucr.edu

**UCR Wellness Program Now on Twitter**

The UCR Wellness Program is officially on Twitter. Follow [@ucr_wellness](https://twitter.com/ucr_wellness) to receive tips on healthy living, as well as posts regarding upcoming programs, events, educational activities and other healthy lifestyle news happening at UCR.

**Twilight Tours At The Botanic Gardens**

This summer, nature lovers can enjoy an evening at the UCR Botanic Gardens. Two “Summer Twilight Tours” are scheduled for the coming weeks:

Friday, July 15 at 6:30 p.m.

Friday, August 19 at 6:30 p.m.

Tours are led by docents. Fees are $7 for members of the Botanic Gardens and $10 for non-members.

Reservations are required. To make a reservation or obtain more information: (951) 784-6962 or email ucrbg@ucr.edu.

**UCR Alumni Association Has a New President**

Ken Noller is the UCR Alumni Association’s new president. Noller graduated from UCR in 1975 with a bachelor’s degree in history. He is a Riverside native who taught for 36 years at Gage Middle School and retired three years ago.

Noller is a life member of the UCR Alumni Association. He became more involved with the association when he started to serve on the scholarship committee. After years of serving on the committee, in 1998 a longtime friend encouraged him to submit an application for a board position.

Since then he has served in many roles on the board of directors including serving as chair of the advocacy, scholarship and membership and marketing committees.

**Local Rite Aid Now Sells UCR Athletics Gear**

Rite Aid in the Canyon Crest Towne Center started selling UC Riverside Athletics t-shirts and sweatshirts.
The announcement came via UCR’s Athletic’s website on Monday, July 11.

“Be sure to stop in and check out their selection, and thank them for their support of the Highlanders,” the web post reads.

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**The Top: Eight Ways to Keep Cool During the Summer**

*Welcome to The Top!*

*Each issue, we present a list of UCR staff and faculty favorites — from walking spots to gardens to events.*

*It’s not a secret that it can get pretty hot in Riverside during the summer. That’s why this week, we are featuring tips and on-campus resources to help you survive those triple digit temperatures.*

*Stay cool, Highlanders!*

*If you have something you’d like featured in The Top, share it with us by emailing kris.lovekin@ucr.edu.*

1. **Stay Cool By Looking Cool**

   Dress the part! If you want to feel cool, start with your clothes.

   Lightweight, light colored, loose-fitting, tightly woven clothes are recommended for hot summer days. UCR’s Environmental Health and Safety also suggests to do this test to help you pick your outfits: “Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.”

   Other ways to look cool: wear a hat to protect your neck, face, ears and scalp; and apply sunscreen with a minimum of 15 sun protection factor (SPF).

2. **Eat Foods With High-Water Content**

   They say, “you are what you eat.” So try to eat lighter meals and foods with high-water content this summer! Foods like cucumber, broccoli, watermelon, berries, tomatoes and leafy greens are full of nutrients and are hydrating to your body. These ingredients can be found at UCR’s on-campus restaurants, Scotty’s convenience stores and Glen Mor Market.

3. **Treat Yourself to Ice Cream**

   A sweet and refreshing way to fight the heat during the sizzling summer! Luckily for Highlanders, ice cream is easily accessible through Moo Moo food truck, where soft-serve ice cream cones and hand-crafted sundaes are sold. Scotty’s convenience stores also sells ice cream treats to satisfy your cravings.

4. **... Or a Cold Beverage?**

   Whether it be a smoothie at Ivan’s, cold pressed juices at Scotty’s convenience stores, an ice blended drink at Coffee Bean or a frappuccino from Starbuck’s, there’s plenty of options at UCR to quench your thirst and stay cool.
5. But Don’t Forget the Water

The best action you can take for your body during these summer months is to drink lots of water. UCR’s Environmental Health and Safety recommends about one cup every 15 minutes.

And be sure to make good use of UCR’s filtered water systems placed in various locations around campus. These hydration stations will fulfill all your H2O needs by supplying fresh, filtered water into the drinking container of your choice. Drink up!

6. Rest Regularly

Taking frequent breaks out of the sun is important for preventing heat-related illnesses and keeping cool. At UCR, there’s the umbrella-covered tables in front of the Highlander Union Building and lots of areas with trees providing shade, as well as air-conditioned rooms for you to rest.

7. Take a Dip in the Student Recreation Center’s Pool

The Student Recreation Center (SRC) is equipped with a 237,000 gallon swimming pool that is perfect for withstanding scorching summers. The swim area is fit for chilling by the poolside, recreational swimming and various aquatic programs such as dive-in movie nights, aqua zumba and scuba courses. The pool is available for undergraduate students and SRC members with proper IDs.

8. Check your Shadow

According to UCR’s Environmental Health and Safety, UV rays are most intense between 10 a.m. and 4 p.m. So try to strategize your exposure to the sun away from those times.

And if you are unsure about the sun’s intensity, take the shadow test: If your shadow is shorter than you, the sun’s rays are the day’s strongest.

Who Says?

UCR staff and faculty weigh in on the issues of the day via media outlets at home and abroad

“They are the panda bear of the insect world. They are big and fuzzy and they move really slow.”

S. Hollis Woodard, assistant professor of entomology, about bumblebees

NEW YORK TIMES SCIENCE FACEBOOK VIDEO CHAT

“Sleep helps transform short-term memories into long-term memories by helping make stronger connections between these new experiences and our old memories, that allows the new experiences to be integrated with our general knowledge and understanding of the world.”

Sara Mednick, assistant professor of psychology, on her research that explains how there is a link between sleep and improved memory

CNN

“Can you imagine Southern California with no palm trees or ratty-looking, dying palm trees? It’s a sight most people won’t want to see.”
Mark Hoddle, director of the Center for Invasive Species Research, on the impact of pests on trees in California

KABC

“The U.S. developed in a way that was self-consciously inclusive and the core values embrace diversity, differences of opinion and outlook.”

Kevin Esterling, professor of political science and public policy, discussing the topic of patriotism

WALLETHUB

“Is the Great American Novel one you love so much you keep it secret, as a talisman, or the book you love so much you give it to everyone for years?”

Susan Straight, professor of creative writing, giving her definition of the Great American Novel

THE LOS ANGELES TIMES

“Fire and especially wildfire is a really complex phenomena. I hear people talking about being able to control fire. I don’t think that’s something that will happen soon, but here at least we are trying to understand fire.”

Marko Princevac, associate professor of mechanical engineering, on his lab’s research that examines how wildfires burn and spread

NATIONAL GEOGRAPHIC

“Trump and his followers define patriotism very narrowly. It’s about displaying the flag and celebrating an abstract idea of the United States or one set in the past. It’s their vision of what the United States should be.”

Susan Zieger, associate professor of English, on Donald Trump’s vision of patriotism and on how Americans’ viewpoint of patriotism might depend on the presidential candidate that they support

THE ORANGE COUNTY REGISTER