



Honorable Mentions

Meet the UHP Director: Dr. Howard Wettstein by Daniel Polk

Dr. Howard Wettstein, Professor of Philosophy and Director of the University Honors Program, is an experienced and widely respected faculty member, as he has been teaching at UC Riverside for sixteen years.

As a Professor of Philosophy, Dr. Wettstein focuses his research on the philosophy of language and religion. These two

areas allow him to both explore the meaning of symbols and words, and to exam questions of an existential nature.

As Dr. Wettstein explains, “religion is a powerful way to explore that question: what does it all mean?”

His work has recently culminated in the publication of his successful book The Magic Prism:

An Essay in the Philosophy of Language, published in March of last year.

In addition to his research and teaching, Dr. Wettstein served as the Chair of the Philosophy Department for six years. He was glad to leave the position and return to teaching, as he had felt content with the extent of his ex-

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Congratulations to a Rhodes Scholarship Finalist

Mr. Sean Kaloostian was selected to be one of thirty-two finalists to compete for the prestigious Rhodes Scholarships for 2006. He is the first UCR undergraduate in over twenty years to make it this far in the competition. Sean is a junior, who is pursuing a triple major in Psychology, Sociology and the Biological Sciences. He is in the top 1% of his class, and he plans to graduate in three years.

Mr. Kaloostian is truly an extraordinary young man. In his leadership endeavors, whether within the educational setting, or participating in athletics, or any other capacity in which he can spread his excitement and shares his talents with others, Sean gives his best effort. He is able to motivate others to achieve their personal best.

In short, Mr. Kaloostian represents the very best of our students at the University of California, Riverside. He is a symbol of academic excellence and leadership. If you want to find out more about Sean follow this link: http://www.honors.ucr.edu/Peer_Mentor/Sean_K.htm

The Rhodes Scholarships, the oldest international fellowships, were initiated after the death of Cecil Rhodes in 1902, and bring outstanding students from many countries around the world to the University of Oxford. The first American Scholars entered Oxford in 1904. American Rhodes Scholars are selected through a decentralized process by which regional selection committees choose 32 Scholars each year representing the fifty states.

Through 2004, applicants from more than 300 American colleges and universities had been selected as Rhodes Scholars. Extraordinary intellectual distinction is a necessary but not a sufficient condition for election to a Rhodes Scholarship. Selection committees are charged to seek excellence in qualities of mind and in qualities of person which, in combination, offer the promise of effective service to the world in the decades ahead.

The Rhodes Scholarships, in short, are investments in individuals rather than in project proposals. Through the years, Rhodes Scholars have pursued studies in all of the varied fields available at the University of Oxford. Election to the Scholarship is for two years. To find out how you can apply for the Rhodes Scholarships follow this link: <http://www.rhodesscholar.org/>

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Ten Things to Do in Riverside

By Sean O'Grady

Meet the UHP Director: Dr. Howard Wettstein continued...

"There's *nothing* to do in Riverside." The ever-popular groan of the incoming freshman at UCR has embedded itself into my mind – almost to the point where I, myself a Riverside native, have forgotten exactly what there *is* to do in Riverside. So, to refresh my memory, and to enlighten all the groaners, I present to my Top 10 Things to Do in Riverside (and yes, a lot of it involves eating).

THE HISTORIC MISSION INN

National historic landmark built between 1902 and 1932. Full service hotel, featuring three award-winning restaurants, a coffee shop, exquisite day spa, two gift shops, and a jewelry store. Also on site is the Mission Inn museum, which operates 75-minute tours of the hotel.

3649 Mission Inn Ave.
(951) 784-0300

COFFEE DEPOT

Erected in 1904, this excellent coffee shop has entertainment nightly.

Features a concert hall and a large room upstairs for studying or private parties. Closes Friday at 6pm until Saturday at 6pm for religious observance.

3204 Mission Inn Ave. (951) 222-2263
*NEW location added at the Riverside Plaza – Open Daily!

3540 Riverside Plaza Dr. (951) 222-2219

UCR BOTANIC GARDENS

40 hilly acres of beautiful scenic trails and views. 8am-5pm Daily. Closed on major holidays.

(951) 827-4650

SIMPLE SIMON'S

Fresh and delicious home-style sandwiches, soups, and desserts. Call for hours.

3639 Main St. (951) 369-6030

AMF RIVERSIDE LANES

Great bowling alley with cosmic bowling on select nights. 10781 Indiana Ave. (951) 353-2695

REGAL RIVERSIDE PLAZA STADIUM 16

16 comfortable stadium-style theaters, located at the Riverside Plaza. 3535 Central Ave. (951) 784-4600

SEVILLA NIGHTCLUB & RESTAURANT

Spanish-style restaurant featuring a tapas bar, dinner shows, live entertainment, and one of the most popular nightclubs in the Inland Empire. Call for schedules.

3252 Mission Inn Ave. (951) 778-0611

BACK TO THE GRIND

Trendy "alternative" coffee house featuring an art gallery downstairs. Entertainment on select nights.

3575 University Ave.

(951) 784-0800

CASTLE AMUSEMENT PARK

Features over 30 rides and attractions, including a large arcade. The main draw to this location though is its huge 4-course miniature golf, complete with waterfalls, ponds, and colorful lighting at night.

3500 Polk St. (951) 785-3000

MOUNT RUBIDOUX

Beautiful scenery, paved trails, wildlife, and a glimpse at the river of Riverside! What more could you ask for at 1337 feet? Skip the treadmill at the gym – hike to the top of Mt. Rubidoux on a clear day and get a breathtaking view of the Inland Empire.

Mission Inn Ave. & Mt. Rubidoux Drive (951) 683-3436

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perience in administration.

However, Dr. Wettstein returned to administrative work, as he is now in his second year as the Director of the Honors Program. "It's been a pleasure," he says, explaining that he "felt a connection to the program" and was encouraged by what it was trying to do.

Having taught several honors sections and seminars in the past and knowing two former directors, Dr. Wettstein was happy to assume his new job and to work with both honors staff and students.

"The staff [is] very devoted," Dr. Wettstein says about his colleagues. Of all of the departments on campus, he doesn't know of any other with staff as dedicated as those in the Honors Office. They're "[fabulous] experts at what they do," explains Dr. Wettstein.

As the director, Dr. Wettstein hopes to carry on the traditions of the Honors Program, to continue doing what it does best.

The greatest aspect of the program for the students, Dr. Wettstein believes, is the ability to have a sense of intimate community within the context of a large research university. It's "magical, in a way," allowing students to experience the advantages of a small college atmosphere while being able to find challenging research opportunities.

Dr. Wettstein also values the Honors Program for what it provides for the university and the local community, explaining that it helps to recruit high-performing students and it allows the community to come in contact with honors students through community service.

Working with the University Honors Program has been one of the most pleasurable things he has done at UCR, as the program is full of "terrifically intelligent and committed people." As the UHP director, Dr. Wettstein expresses that he has developed a "sense of privilege in being a part of this."

Know of something to do in Riverside that is FREE? Submit the idea for Winter's issue!

Student Perspective

by Khaleelah Hardie

RIMA JOMAA (1ST YEAR)

1. Is it hard to find organizations to get involved in?

It is hard. I don't know what was there before. Difficult to find offices. I'm not really social because I commute. It would affect someone trying to get involved on campus though.

2. If it were not for the honors program how do you think you would meet people?

I would meet people through classes and study groups. Also through the different activities at the bell tower.

3. Where do you hang out?

In the honors office.

4. What does the honors program do for you? The program in general and the physical space of the office?

It helps me stay organized. I meet a lot of people. I get to take more interesting classes through the seminars and sections. I can form bonds with other students who have the same intentions as me academically. In a way it weeds out the people who are not academically focused.

5. If the office were removed because of construction, how would it affect you?

A lot. It is my only place to go. If it were not around I would probably go to the computer lab. The honors office was especially helpful when my computer was not working.

ANJALI VARIGONDA (2ND YEAR)

1. Is it hard to find organizations to get involved in?

Never used the commons before. All of the organizations that I ever joined or were interested in, I heard through the honors program. Now clubs and organizations set up tables by the walkway. It affects the ethnic student programs offices because they are not as accessible. Students do not know about them, like we did.

2. If it were not for the honors program how do you think you would meet people?

I learned everything through honors. If it weren't for honors I wouldn't have made time and taken the initiative to find the organizations and programs on my own. Honors is an indispensable resource.

3. Where do you hang out?

I have classes back to back. This is not applicable to me. I would probably be hanging out with teacher's assistants during office hours. Or I would go back to the dorms and study or take a nap.

4. What does the honors program do for you? The program in general and the physical space of the office?

I gained leadership skills. My confidence increased. I learned how to take initiative and do things. It gave me a family environment with the free food, the kitchen, and the couches. I am able to relax. It is very valuable.

5. If the office were removed because of construction, how would it affect you?

It would be awful. I would cry! I don't know. I could always talk to Kathy Jones but going to get stuff done, free printing, and just hanging out, I would miss all of it. I can't just sit and chat in other places on campus. They are not as welcoming as the honors office.

6. How has the construction affected you?

It sucks. Half of the main campus is gone. They cut down where you can eat and they don't have the meal swipe anymore in the cafeteria, so now I have to go to the dorms. When it opens it will be great, but now it really affects me because I love food.

7. How do you think the construction would affect the freshman?

It would be hard for them to know where things are. They have to walk all the way around the commons. There aren't many seats to sit down and eat.

KWASI OSEI (4TH YEAR)

1. Is it hard to find organizations to get involved in?

Not necessarily. A lot of organizations advertise via email and flyers. People do not tend to go to Student Life and Leadership, and look them up. Most science organizations I already know of. The freshman have to depend on getting flyers by walking around the commons area. They can check the list of organizations but then they don't if the organizations are active or not.

2. If it were not for the honors program how do you think you would meet people?

It would be hard, but I think that I would meet more people. Living in the honors hall kind of made me more secluded because I was only around honors people unless I went to a campus activity like a basketball game or something like that. It would force me to meet a wider variety of people, especially in the dorms.

3. Where do you hang out?

I don't hang out. If so I am in the honor's office trying to get stuff done or if I have a long break I just go home. I rarely go to the commons.

4. What does the honors program do for you? The program in general and the physical space of the office?

The honors program gave me more confidence. It improved my interpersonal skills and made me less shy. I didn't really want to be at UCR but being in the honors program made me feel like I'm not just here, I am special; I am in the honors program. Mentoring has had an even greater impact on me because I didn't really like the program during my first year. It wasn't until I became a mentor that I met people and really liked being there. The office is a place for me to hang out and feel comfortable. I can print, talk to the staff about whatever I need or want, and no other place offers that.

5. If the office were removed because of construction, how would it affect you?

It would greatly affect me because I enjoy going to the office. I can have

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Confidence!

Maintaining Health in College

By VanNessa Hill

We've all heard of the "freshman fifteen" and many people over the years have experienced them. Well, I'm here to give you a few tips on how to avoid them or get rid of them if you've already started to fight that battle. Here are ten tips to better health during your college years:

Tip #1: Walk. We all want the few close parking spaces left on campus but those extra 15, 20, 25 steps could lower your cholesterol. Many studies are advocating 10,000 per day to maintain weight. If you cannot manage to count 10,000 steps, pedometers are available from most stores (Kmart, Costco, etc.) for less than \$20 that will measure the steps you take, distance, and time.

Tip #2: Get off the couch. 20-30 minutes of physical activity everyday, especially cardio (aerobic activity) will help maintain and decrease blood pressure. Normal blood pressure should be between 90/60 and 140/90. Also cardio exercise allows your body to release stress and sleep better.

Tip #3: Back away from the French fries and ice cream slowly. Many people are impulse eaters, I am one. When I get a craving for something I have to have it. One thing I've realized is that everything is okay to eat in moderation. One way to prevent over eating all the bad foods is to eat a salad first or drink a big glass of water. Sweet cravings may not go away if you eat a fresh fruit but the longer you delay eating that cup of ice cream the more satisfying it is and the less you will want.

Tip #4: You don't have to clean your plate. Many times growing up children are told to clean their plate before leaving the dinner table, but we're all mature adults, right? So you now have a new order, don't clean it. Often we keep eating because we don't want to leave that last little bite but we know that is what sends us over the edge into the food coma abyss. When your stomach is full, blood flow is diverted to your stomach to absorb nutrients and process food which often means that your brain isn't getting enough blood to help you stay awake and study. Eating less to have more brain activity afterwards leads to more study time and better grades.



***"Water, Sleep, and a Laugh—
simple & easy to stay healthy!"***

Tip #5: Drink water. I know this a hard one with winter approaching, we all want flavored drinks. But water is the only beverage on earth that can clean out your system, hydrate you and clean your breath. Keeping yourself hydrated during all your walking and exercises is important. Also drinking those eight glasses of water per day will help keep bacteria in you down resulting in better breath and maybe more smooches from your honey.

Tip #6: Sleep. This one is hard when you fourteen hours of homework to do. So see tip seven.

Tip #7: Plan ahead and schedule time. This may sound crazy to some people but plan out the time you need to sleep, eat, cook, clean, go to class and study so that you can study more effectively. If that means taking 3 classes each quarter, and dragging your books everywhere, go ahead and do it. The number one rule for college is prioritizing, make to-do-lists, and follow your plan as closely as possible.

Tip #8: Floss and brush your teeth. Yeah, this one is kind of like a no-brainer but I had to mention it anyway. Healthy gums relates to better overall health. According to the American Dental Association, oral bacteria and problems with gums can indicate much more serious health problems such as heart disease and diabetes.

Tip #9: Get help. If at any point during college, you start experiencing difficulties with classes, social or living situations or personal and health matters, seek help. This is one of the major ways to reduce stress which can lead to many other problems. The Campus health center is available Monday –Friday 8:30-4:30, Thursday opens at 9am (951) 827-3031, Campus Counseling Center is also open Monday –Friday with many programs available to help students cope with many different situations (951)827-5531. There are also programs available on campus such as The Learning Center, which offers study group and tutoring.

Tip #10: Laugh and have fun. New studies have been completed stating the health benefits of laughing. Many people claim that laughter can boost the immune system, reduce stress and exercise the muscles in your face. I don't know about you but I feel better after laughing, especially when I can laugh at myself.

From Peer Mentor to Biomed

By Kwasi Osei



Taking the Leap

TEST ANXIETY—IT TOO SHALL PASS...

I remember when my boyfriend (now husband) was going through the stresses of getting prepared for graduate school. He is a very focused, intense person on a normal day and his intensity magnified considerably during this time. We broke up during this time and I was upset because I didn't know what was going on. He seemed to be pulling away from everyone. I went and talked to a professor who knew us both and her advise was to wait until he got his GRE scores back. She suggested that once he knew his scores he would get back to "normal". I didn't find this very comforting but THE DAY he got his scores in the mail he called me to come over and we got back together. He wrote me a poem that I believe gave insight into his feelings:

**When I am afraid, I rely on you
When you are afraid, you call on me
When we are together, we have no fear.**

He was afraid of the unknown -- will my scores be good enough?, will I get into a good school?, will I be able to do this?, can I do this and maintain relationships?

From my perspective, what a student needs in this situation is someone who can give them their space without GIVING UP on them. Let them have their "moments" of out-of-the-blue frustration, unexpected anger, unreasonable expectations, sulky quietness, and any number of other quirky emotions without holding it against them when this is all over. To the prospective graduate (or professional) student I say, when you get through this, examine your behavior and make note of it. You are likely to exhibit these tendencies during other times of high stress. You may need to keep yourself in check and remind yourself that you may feel differently later.

~Anonymous

The UCR/UCLA Thomas Haider Program in Biomedical Sciences is Riverside county only medical program, started in 1974. The program is unique in that it allows 24 students, strictly from UCR, to attain their medical degrees from UCLA. Students spend their first two years of medical school at UCR campus and their final years from UCLA. In previous years, the program was restricted to students majoring in Biomedical Sciences. However, the program has been restructured and with the removal of the undergraduate major, it now allows all majors and transfer students to apply for the coveted 24 slots.

I recently sat down with two former honors program peer mentors and current 1st-year Biomed, Engy Tadros and Paremdeep Mand, to get the lowdown about the program.

I understand that the program is looking to receive students that would serve the underserved, Inland Empire community. Are they looking for students to make a commitment to this?

There really is no commitment. They would like students to, it is basically part of the mission statement

Are you looking to work in the Inland Empire?

Undecided

What does it take to make it into Biomed?

I would probably say numbers aren't that important for this program as much as hard work, having a well rounded resume and being good person.

What would you consider the worst part of the program is?

The fact that it is half here and half there [Two years at UCR and two years at UCLA].

If you had the opportunity to go straight to UCLA or through this route would you still choose Biomed?

Yes because of the smaller classes and it's cheaper

How much is it compared to other schools?

It is less than UCLA and a bargain compared to other schools

How much?

\$23,000, but it will be going up.

People have sometimes said that the program is cutthroat and highly competitive, is that true?

No, everyone gets along and there really isn't any competition

Do you think the Honors Program was helpful in preparing you for biomed?

I think the honors program made me more well-rounded. It got me solid letters of recommendation and being peer mentor helped in giving me better experience on how to speak to people.

For more information on the UCR/UCLA Thomas Haider Program in Biomedical Sciences visit biomed.ucr.edu.

**University Honors Program
2316 Olmsted Hall
(951) 827-5323 - FAX (951) 827-5320**

Student Perspective continued...

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intellectual conversations with people. During breaks I would just go home or stay in the library. It would definitely affect the cohesiveness and community of the honors program.

6. Do you hang out on campus less? Do you hang out in the honors office more?

Yes I hang out on campus less. The construction is in the vicinity where people didn't hang out much but it affects the eating. There is no place for people to sit and eat. More people go to the honors office now.

7. How do you think the construction would affect the freshman?

I'm not sure. I adapt but for the freshman...if the office was removed it would affect them a lot. The construction affects them because it makes freshman stay away from campus. This year there are less people hanging out on campus. Maybe they will get closer with the people in the dorms but the campus life will be dull because no one will hang out on campus.

So there you have it. I did it when I came into honors. And each year, it happens. You come into the honors program and wonder why you are here. You are filled with questions: Why HNPG 009? Why do I have to do this? Why do I have to do that? Just do it! Soon enough you start reaping the benefits. Every year, I have taken the honors office for granted. They have a computer lab with free printing, a kitchen so that you can bring your food from home, and sofas so that you can take that one-hour nap between classes without going home. In addition to all of this, the staff in the honors office is like no other. Unlike the academic advisors or employees of the financial aid or registrar's office, you don't have to make an appointment to talk to them; their door is always open.

The importance of the honors office and program in general has never been as important as it is this year. The campus is under construction, which has had a tremendous

impact on the student life. The commons, which used to house all of the cultural and ethnic program offices, along with mini-restaurants for students to eat is now a pile of dirt surrounded by fences. The removal of the smallest, taken for granted things, like the benches and tables has even had an impact on the students. There were tables that belonged to certain groups and benches that people could eat at. The population of students has increased, yet the amount of space to hang out and sit down has decreased. Even the seats inside of the cafeteria have been cut in half because the implementation of the arcade. UCR is becoming similar to a commuter campus. The few tables that remain are full, but besides that everyone is walking. On their way somewhere...to class, to the library, or home. I was doing interviews yesterday and it was hard to hunt people down because everyone was in a hurry. There is no reason to stay on campus anymore, I have found that more and more people are going home for breaks or hiding in the library.

In the midst of all of this confusion, honors students have a place to go. Many people don't know it, especially if they are freshman because they weren't here during UCR's pre-construction days. The cultural program offices had free printing and friendly staff for their members and now they are gone. What do those students do now? They are in a sense displaced. Our safe haven is still here. We still have a place to go. I spend a lot more time in the honors office now. When I buy food on campus, I don't wait around trying to decide whether to join someone else's party at a table or jump on the next available bench, so that I can finish my meal in peace. I just walk straight to Olmsted where I know I have a seat waiting for me. So next time you are wondering why honors just think about this. You are lucky. Many students on campus have never had a place to go or their safe haven was taken from them with no thought. What would you do without honors...what would you do without the office? Now think what you should do...be grateful and utilize it.

ALUMNI NOTES: Story of a former Honors student, Nancy Montano

Los Angeles Pumping—Mira Loma, Calif.—Founded: 2004- Age: 22

Nancy Montano always dreamed of having her own business -- and so did her father, Conrad. When she graduated from University of California, Riverside, she partnered with Dad to launch Los Angeles Pumping, a hazardous-waste transporting company. Since then, she has returned to school and will get a certificate in hazardous materials and waste management from California State University, Northridge, in December, 2005. The company's biggest success, says Montano, was climbing out of debt this year. The company expects revenues to reach \$150,000 this year. Montano's goal: To grow this family business as big as its million-dollar competitors.

Lesson learned: "Nothing comes easy. Many times you want to give up because you think it's not going to work and there's so much competition. But eventually you see you're starting to get something out of it, and that motivates you."

Check out the other entrepreneurs & the full story at: http://images.businessweek.com/ss/05/10/young_entrepreneur/index_01.htm (Montano is slide # 12) Credit to Business Week!