Get happy!

What’s inside:
Smile your way to better health
Eight ways to wellness
Transcending trauma through yoga

Also:
Chancellor Gillman’s goals for UCI
Dear fellow Anteaters,

As some of you may know, my academic background is as a political scientist – specifically, as a scholar of constitutional history, theory and law. So the phrase “the pursuit of happiness” has a particular resonance for me, coming as it does from the most famous line in the Declaration of Independence: “life, liberty and the pursuit of happiness.”

In the context of the Declaration of Independence, happiness does not necessarily mean one’s personal bliss or joy. It also means the satisfaction and contentment that come from promoting the well-being of our fellow human beings. And in that sense, UCI is one of the great drivers of the pursuit of happiness.

Virtually everything we do – educating the brightest young people; creating the next generation of researchers, scholars and professionals; exploring the frontiers of knowledge; acting as an engine of innovation; fighting disease and improving health; understanding and resolving the most serious challenges facing our community and our world – promotes the well-being of our fellow human beings.

In the pages that follow, you will read about the importance of happiness on a personal level. I hope you will also remember and take pride in your university’s role in creating happiness for society.

Best wishes for a happy new year!

Chancellor Howard Gillman
When you’re smiling:
Are happier people healthier? UCI psychologist Sarah Pressman explores the power of positive emotions.

Making the most of life:
Feeling blue? Anxious? Fatigued? Dr. Roger Walsh offers ‘Eight Ways to Wellbeing.’

Present tense:
More people are discovering mindfulness, or staying in the moment, as an effective way to stress less.

Breathing easier:
Zabie Khorakiwala ’07 helps survivors of sexual violence find healing through yoga.

Also:
Great expectations: UCI’s new chancellor, Howard Gillman, has set high goals for the campus.
"I literally put a pen in my mouth when I drive. It helps because you can’t feel really angry and stressed when you have this ridiculous smile on your face,” Pressman says.

She takes smiling seriously – and for good reason. An assistant professor of psychology & social behavior at UC Irvine, she studies the link between positive emotion and physical well-being. Pressman is among the first researchers to demonstrate that happy, optimistic, cheerful people tend to be healthier than those who are sad, angry or depressed, and she’s working to understand why.

“I’m not really studying what makes people happy or how they can improve their life satisfaction,” she says. “I’m trying to understand why people who are happy do better physically. Why do they live longer? Why are they less likely to get cancer? How do these positive traits protect people and keep them healthy, and how can we take advantage of them to help others?”

Driving on the 405 freeway in Orange County rush-hour traffic, Sarah Pressman can be forgiven if she doesn’t feel like smiling. When other cars cut her off or ride her bumper, she’s tempted to do what many commuters do: curse or engage in some creative sign language. But she grins and bears it – even if it means clamping a pen between her teeth to force herself to smile.

Are happier people healthier? UCI psychologist Sarah Pressman explores the power of positive emotions
Put on a happy face
Pressman herself smiles often—a big, natural grin—and speaks fast, as though in a hurry to get to the bottom of her latest query. She’s led a host of studies that delve into the relationship between positive emotion and health. In particular, she’s found that smiles—even the fake, beauty pageant kind—can have beneficial physiological effects, such as lowering blood pressure and reducing pain.

Her research is based on the facial feedback hypothesis, an idea once floated by Charles Darwin that “the simulation of an emotion tends to arouse it in our minds.”

Pressman was particularly intrigued by a 1988 German study in which subjects viewed “The Far Side” comics, some while clenching a pen between their teeth to create an automatic smile and others while holding a pen between their puckered lips, as if sipping a straw, to maintain a neutral expression.

The smiling group rated the comics funnier than did the neutral group, indicating that any smile, genuine or artificially induced, can lift one’s spirits.

To find out if those happy feelings translate into health benefits, Pressman conducted a study two years ago in which students from a Midwestern university used chopsticks—a more appetizing choice than pens—to maintain either a neutral, nonsmiling expression or a standard, do-you-want-fries-with-that smile. She also coached a third group to practice more natural, ear-to-ear grins—known as Duchenne smiles—that engage the eyes as well as the mouth. Pressman then asked all of them to perform stress-inducing tasks, such as tracing a star with their nondominant hand or submerging their hand in ice water.

Surprisingly, both smiling groups experienced less stress and discomfort than the neutral group. In fact, fake smiles produced nearly the same positive results as real ones. There also were measurable physiological differences. Heart rates of the smiling participants were lower than those of the nonsmilers during the test and dropped faster when it was over.

That something as simple as a smile could have such a profound effect on health garnered a storm of media attention. Pressman’s findings were touted in major outlets such as The Wall Street Journal and The New York Times and even raised smiles among viewers of “The Colbert Report.” Comedian Stephen Colbert mugged on camera with a pen in his mouth. (Watch the CBS News story “Grin and Bear It” online at youtube.com/watch?v=nkGsgQvY4hw.)

All joking aside, the study has serious health implications.

“Taking the sting out
In a related study, Pressman found that people who smiled while getting a simulated flu shot rated the experience 40 percent less painful than did those who didn’t wear a happy face.

“They also had lower heart rate responses to the stressful experience of the needle,” she says. “I like having physiological data to go along with [the self-reported feedback] because you can’t fake it.”

Seeing potential benefits to children’s health, Pressman is applying for a pediatric grant to conduct a follow-up study.

“I feel we’ll be able to translate this into the real world quite nicely,” she says. “If you can reduce the pain of a flu shot, it might encourage more parents to get their kids vaccinated.” In addition, she and other researchers have shown that vaccines aren’t as effective if people are stressed out while getting their shot; smiling

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“We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.” Buddha
while enduring the needle might offer better protection against the flu.

There are, however, limits to the power of facial expressions over feelings, Pressman notes.

“It’s not going to help people who have chronic stress or chronic pain. If an earthquake happens or a tornado strikes, you’re not going to be able to smile your way out of it,” she says. “But for most of us, the stressors we face day to day are minor, like getting stuck in traffic or stubbing your toe. And these simple interventions seem to be pretty helpful for this kind of thing.”

First-world problem?
Pressman wondered if positive emotions only affected people’s health in developed countries, where “they have the luxury of worrying about their happiness.”

“The question we had was, ‘Would happiness have the same benefits in places where people face famine, homelessness and death due to lack of medical care?’” she says. “We anticipated that it wouldn’t, because there are more pressing things that might impact their health.”

In a first-of-its-kind study involving 142 countries, Pressman used data from the Gallup World Poll to compare participants’ emotional state (the surveys asked if they had recently experienced happiness, enjoyment, worry, sadness, stress, anger, etc.) with their self-reported physical health.

The results surprised her. Emotions actually had a greater influence on health in developing countries such as Sierra Leone and Nigeria than in industrialized nations. For instance, people in Malawi, which has a per capita gross domestic product of $900, show a stronger connection
between happiness and wellness than residents of the U.S., with a per capita GDP of $49,800.

One explanation for the finding: People in developed countries have access to medical care that can counteract the effects of negative emotions on the body.


Reason to smile
Pressman is now trying to pinpoint which specific positive emotions work best to counteract high blood pressure and cortisol levels, which rise during stress and suppress one’s immune system.

“We want to take a magnifying glass to this and find out which are the most beneficial – feeling calm and relaxed? Vigorous? Excited? Enthusiastic?” she says. So far, her research indicates that an enthusiastic, robust attitude may do the body the most good.

Ultimately, Pressman hopes her work will help people cope better with traffic jams and other stressors of modern life.

“In the U.S., we wear our stress as a badge of honor. People continue to overtax themselves, to put in long hours and have a poor work-life balance,” she says. “We know stress is one of the things killing us. I don’t think it’s going away. So if we could teach people simple strategies to prevent stress from hurting their bodies, that would be fantastic.”

Kathryn Bold, UC Irvine

Don’t worry, be happy

There are all kinds of strategies for reducing stress, such as meditation, yoga, journaling and exercise. UC Irvine psychologist Sarah Pressman has one simple recommendation she often shares with her students:

“Before you go to bed at night, write down three things that you’re grateful for. A lot of people ruminate about all the things that went wrong during the day. [Keeping a gratitude journal] has been shown to reduce pain in people who have chronic pain, to improve sleep quality and to generate positive emotions. Will it keep you alive longer? We don’t know, but it certainly helps you sleep better – and feel better the next day.”

Did you know?

UCI ranks 11th in the nation among public universities for student happiness.
He’s been a circus acrobat and set a world record in high diving – plunging more than 100 feet off a bridge. He’s an accomplished author; the Dalai Lama himself wrote the foreword to his book *Essential Spirituality*. At UC Irvine, he’s a professor of psychiatry & human behavior and holds joint appointments in philosophy and anthropology. He’s even tried his hand at stand-up comedy – “rather unsuccessfully,” he says. In short, Dr. Roger Walsh lives life to the fullest, and he’s helping others do the same.

For his latest endeavor, Walsh is working on a new PBS documentary called “Eight Ways to Wellbeing” (8waystowellbeing.com), which encourages people to realize their potential and lead healthier, happier lives. And the way to do this, he says, is by making therapeutic lifestyle changes – or TLCs – that his research has shown can sometimes be as effective as medication or psychotherapy at alleviating depression, lowering stress levels, and improving physical and mental health.

Walsh’s belief in the healing power of TLCs stems from his own personal and professional experiences. He’s studied, taught and written extensively about Asian philosophies, Western religions, meditation, yoga and other contemplative practices, which have become integral parts of his own daily regimen. More on his background can be found on his website, drrogerwalsh.com.

Walsh recently shared his ideas on what people can start doing today to cultivate happiness and, perhaps, change their lives.

**Why should we study happiness?**
Because it’s the source of so much of our striving and efforts, it’s important to ask what makes us happy. Philosophers, religious leaders, and great thinkers from Aristotle to the Buddha to William James have all pondered this question. In general, they emphasize the importance of deeper satisfactions – family, friends, service and spirituality – rather than material acquisitions such as money, possessions and power.

Happiness is a fundamental human desire and need. As human beings, we’re deeply concerned not just with our happiness, but also with our broader well-being … and the happiness and well-being of others.

**Americans enjoy a high standard of living, yet some studies suggest we’re not that happy. Why?**
According to a recent study on world happiness, people in Scandinavian countries are happiest, Canadians rank sixth, and Americans are 17th. Of course, there are many reasons that may account for this, but with regard to standard of living, there are several issues. One is the growing inequality. We inevitably compare ourselves
with others, and when so many people have less compared to others, that creates dissatisfaction.

There’s also a fundamental misunderstanding in our society of what makes for happiness. The widespread assumption, assiduously promoted by media and advertising, is that money and possessions equal happiness, and they don’t.

Yes, poverty creates suffering, sometimes enormous suffering. It’s really hard to be happy if you’re deprived and your family’s basic needs are not being met. But once people have enough money for the necessities, having more money has surprisingly little effect.

In the U.S., the average income has increased, but happiness has barely budged. [U.S. gross national product per capita is now three times higher than in 1960, while measures of average happiness have remained essentially unchanged, according to the 2012 World Happiness Report.]

What are some things people can do that lead to lasting happiness?

A number of lifestyle changes can be helpful. They’re usually inexpensive, enjoyable, free of side effects, and beneficial both physically and mentally.

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After we have the basics, having more possessions – a newer car, more expensive clothes, etc. – produces only short-term “bumps” in our mood. There’s an initial rush, but we quickly fall back to our usual level of contentment. That’s one reason, among many, why money isn’t a very effective way of increasing long-term happiness and well-being.

Yet advertisers spend billions of dollars trying to convince us otherwise, and we’re continuously barraged by psychologically sophisticated advertising for unhealthy things like fast food, alcohol and nicotine. Our culture sells us pseudo-solutions for fulfilment, but you can never get enough of what you don’t really need.

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“When you are discontent, you always want more, more, more. Your desire can never be satisfied. But when you practice contentment, you can say to yourself, ‘Oh, yes – I already have everything that I really need.’”  the Dalai Lama

Find your center: Marcelle Holmes, assistant vice chancellor of wellness, health & counseling services at UCI and a certified yoga instructor, has led campus workshops on meditation.

Find your center: A couple approach the pedestrian bridge over West Peltason Drive.

- We can nurture and enjoy our relationships by taking more time to be with the people we like and who like us. The research is crystal clear: Relationships are central and essential for well-being. Yet Americans are becoming increasingly isolated. They’re spending less time with their family and friends and more time in front of their computers and televisions.

Find your center: Marcelle Holmes, assistant vice chancellor of wellness, health & counseling services at UCI and a certified yoga instructor, has led campus workshops on meditation.

- We can practice some kind of stress management technique, such as meditation. There’s now a remarkable amount of research showing that meditation produces significant physical and psychological benefits. It increases well-being in multiple ways, such as enhancing calm, concentration and clarity, and it also improves empathy and the quality of relationships. No wonder people who meditate tend to be happier.

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We can spend more time in nature. In modern society, we increasingly live in urban settings, indoors with artificial lighting. Nature is a source of healing. It’s relaxing, it’s good for our psychological health, and it improves our intellectual functioning.

We can get more exercise. We all know exercise is good for the body, but it’s also good for the brain, and it’s effective at reducing stress and depression.

We can take time for recreation and play. When we do this, we re-create – or revitalize – ourselves. We foster feelings of joy.

Good food is good for you. Excess sugar, fat and calories take their toll on our brains as well as our bodies. A diet rich in fish, fruits and vegetables improves mental functioning across the lifespan, enhancing school performance in children, mood in adults and intellectual functions in the elderly.

Religious or spiritual involvement that focuses on love and forgiveness can promote well-being and lessen anxiety, depression and substance abuse.
You’ve written that these lifestyle changes require sustained effort. Any tips for making changes that last?

- Yes, several. Before you begin, ask yourself what you would like to do. If you like it, you’re much more likely to stick to it.

- Start gently. If you take up an exercise program, maybe you begin by walking around the block three times a week. Make sure you start off at a level you’ll succeed at. Set impossibly idealistic goals, and you’ll find that they’re, well, impossible. Set modest, realistic goals, and you’ll succeed.

- Find a partner or group to be with and to lend support. That way, you can go for a walk in a beautiful place and combine exercise, nature, relationships and recreation.

- If you choose to meditate, be patient. Meditation is a wonderfully simple but profound practice, but learning how to train one’s mind is an art, and like all arts, it takes time. Start with perhaps 15 or 20 minutes a day, most days of the week, and stick with it for at least a month. Gradually, it becomes more rewarding, and you’ll find yourself feeling calmer, clearer, more in touch with yourself, and more attuned to others. In short, you’ll feel and function better.

Fortunately, with technology, we have ready access to meditation instruction; there are plenty of audio/video downloads. [Walsh’s guided meditations are available at drrogerwalsh.com/audio.] It’s also helpful to have a teacher or a group that can provide reinforcement and support.

Of course, how happy we are isn’t entirely up to us. Life circumstances vary and challenges occur. But we can certainly increase our overall, long-term happiness by making more enlightened choices and living our lives as consciously as we can.

Service to others, or altruism, can give an enormous sense of purpose, satisfaction and well-being, which is sometimes called a “helper’s high.” People who volunteer to help others tend to be happier, healthier and even live longer.

“Service to others, or altruism, can give an enormous sense of purpose, satisfaction and well-being, which is sometimes called a “helper’s high.” People who volunteer to help others tend to be happier, healthier and even live longer.

Kathryn Bold, UC Irvine

“The way to find out about happiness is to keep your mind on those moments when you feel most happy, when you are really happy – not excited, not just thrilled, but deeply happy. This requires a little bit of self-analysis. What is it that makes you happy? Stay with it, no matter what people tell you. This is what is called following your bliss.”

Joseph Campbell
Here’s the buzz: A form of meditation called mindfulness-based stress reduction, or MBSR, has been shown in many studies to help with chronic pain, hypertension, anxiety and depression. It might even help you sleep better.

The practice, which traces its roots to Buddhism, has become so enormously popular that in early February it was on the cover of Time, with the headline “The Mindfulness Revolution.” Among enthusiasts are more than 300 U.S. medical centers and universities, the Super Bowl-winning Seattle Seahawks, General Mills, the U.S. government, which offers soldiers courses in it – and an untold number of stressed-out, multitasking, digitally dependent Americans.

Could it be the secret to health and happiness? Or at least keep you out of the cardiologist’s office?

No one is making promises at UC Irvine’s Susan Samueili Center for Integrative Medicine, where MBSR courses have been part of the curriculum since 2010. But many course graduates say the practice has helped them de-stress and take better care of themselves. The key, they say, is being mindful, or paying attention to the present moment.
“A lot of things in our society pull us away from the present moment,” says Dr. Don Maurer, an emergency room physician who teaches the classes. “Email, cellphones, always being on call for everyone – our stress level constantly increases.”

Mindfulness takes its practitioners out of that spiraling cycle. They learn basic meditation skills, which focus on being tuned into the here and now, and are encouraged to concentrate on their breathing and their body, to notice but not judge their thoughts and to generally live in the moment.

Studies indicate MBSR works because practitioners learn to regulate their emotions and to change their perspective.

Classes at the Samueli Center range from one day to eight weeks. Participants receive guided instruction in mindfulness meditation, gentle stretching and yoga. For the most part, practitioners meditate while seated in chairs or lying on yoga mats. There also are group discussions, home assignments and home practice materials.

Meditation sessions usually last 20 to 30 minutes and are led by an instructor who speaks in a calm, soothing voice. In a typical session, participants may be told to focus on their breath and the sensation of air moving in and out of their lungs. They’re also told to be kind to themselves, avoiding self-criticism.

One of the primary goals of the courses is learning self-compassion.

“We have a tendency to berate ourselves,” says Beth Mulligan, a physician’s assistant at the Samueli Center who teaches the classes. “That little voice inside our heads is very critical; it uses harsh words to remind us of our mistakes. Self-compassion is a far better motivator than the lash of self-criticism.”

When the classes first began at the Samueli Center, the main intent was to help those with major illnesses learn to re-focus their attention on something other than their pain. But the program was so popular with the general public that the classes now serve everyone.

“MBSR is for anyone at any age, and the reasons people take classes vary,” according to the Samueli Center website.

“Some have demanding jobs or responsibilities and they want to learn how to cope; others are referred by their physicians to help treat high blood pressure, anxiety or insomnia. Other students attend MBSR classes to learn to cope after a traumatic event.”

“Think of all the beauty that’s still left in and around you and be happy.”

Anne Frank

In addition, many professionals, including physicians and counselors, attend to learn more about MBSR and incorporate it into their practices.

During a recent session, Mulligan led a meditation exercise aimed at self-compassion, in which she asked participants to silently wish themselves peace, safety, health and happiness.

One of the participants, a retired nurse, smiled. “It’s so simple, yet so complex,” she said. “I used to be anxious all the time. But now I’m getting over it. I think this is just what I needed.”

Rosemary McClure
On the wall of Zabie Khorakiwala’s UC Irvine office, there’s a lovely illustration of a butterfly with a simple message: “Begin.”

The word has special meaning for Khorakiwala, a UCI alumna and staff member who struggled for years to overcome a sexual assault during her senior year of college. “I felt broken and damaged and unlovable for a long time,” she says.

Talking to a therapist didn’t help. Putting her pain into words only caused Khorakiwala to relive the trauma, which heightened her anxiety. Healing did not begin until she started practicing yoga after friends encouraged her to attend a community class.

“It took a lot of courage to take that first step. I was very self-conscious, and I had a lot of fear about how others would perceive me,” Khorakiwala says. “But I felt safe within the four corners of my mat. I was finally able to be [comfortable] in my body. I reconnected to myself.”

Moving forward

Yoga set her on the path from darkness and depression to resilience and grace, she says. Today she’s helping other survivors make the same journey toward wholeness through a program she developed called Transcending Sexual Violence Through Yoga.
"I knew I wasn’t alone. There were other survivors who weren’t ready for talk therapy," says Khorakiwala, who’s a violence prevention coordinator in UCI’s Campus Assault Resources & Education office. “I feel we do such a disservice by leaving the body out of the equation, because that’s where [the trauma] occurred.”

In 2011, she became a certified yoga instructor and launched a “Yoga as Healing” class through CARE at Orange County’s Center for Living Peace. “I had no idea what the response would be," Khorakiwala says. "But we had students pouring into our office" wanting to enroll.

She limits the class to 10 participants, screening them carefully to make sure each is ready to handle the difficult emotions that can arise during the five- and eight-week sessions.

"Often, survivors experience shame or self-blame after sexual violence. They could also be distrusting of others as a result of the trauma they endured. Others may feel claustrophobic or hypervigilant or struggle with a variety of somatic symptoms in the body,” Khorakiwala says.

“We have a small number of students because we want to give them a lot of space to freely move through the postures.”

Creating a safe space
She conducts her class with trauma survivors in mind. “It’s the complete opposite of a mainstream class. Imagine walking into a hot yoga session where it’s 102 degrees and you’re already feeling claustrophobic,” she says. “Then, while you’re moving through the postures, you might have a teacher adjust your pose. You can see how this would be upsetting to a survivor of sexual trauma.”

Khorakiwala offers no physical assists in class. Instead, she uses verbal cues and offers lots of choices to empower students in their practice.

From the child’s pose to the warrior stance, they proceed through the movements at their own pace. They know they can leave the session at any time without explanation if they need a break. Khorakiwala helps them feel secure and in control of the environment so that they can focus on regaining their inner strength.

Power in numbers
While respecting her students’ desire to maintain boundaries, Khorakiwala has found that many benefit from being in a group with other survivors.

“They become each other’s support system. It’s beautiful to see these relationships form,” she says. “We’re here to breathe together, to be present together, to heal together.”

Her students report feeling less anxious and depressed after taking the class. Some tell her they’ve been able to resume intimacy with a partner or talk about the

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attack with a therapist – or even report what happened to law enforcement.

“Yoga is an entry point to getting more help,” Khorakiwala says.

She treasures the testimonials from her students. In a letter, one woman wrote: “I’m learning to feel safe inside my own body. Breathing and making conscious decisions has helped me take my power back. I am no longer trapped or tied down by my past. … I no longer say, ‘I am here, but I’m a survivor.’ I say, ‘I’m a survivor, and I am here.’”

**Finding her true path**

A role model to many, Khorakiwala has refused to let the assault limit or define her. She completed a bachelor’s degree in psychology & social behavior, with a minor in education, at UCI in 2007, then spent two months in Hilo, Hawaii, working at a shelter for abused girls and runaways.

While pursuing a master’s in higher education administration and student affairs at The George Washington University, Khorakiwala joined in efforts to prevent sexual violence on campus, which led to her current position at UCI’s CARE office in 2010.

“Zabie has the ability to be fully present with others in a way that allows them to feel cared about, understood and safe,” says Mandy Mount, director of CARE. “This is undoubtedly a factor in the success of the ‘Yoga as Healing’ program, as participants know that someone is truly invested in their well-being and potential.”

“Her own painful experience with sexual violence has given her a deeper understanding of the kinds of support and safety that her clients in the yoga program seek in their healing,” Mount says. “She has dedicated an incredible amount of time and energy into training and developing her skills to create a program that is transformational in the most loving and intentional of ways.”

**A voice of hope**

Through CARE, Khorakiwala gives presentations to UCI students and staff on sexual assault, rape, domestic violence and stalking. She often begins a talk by saying, “Hi, I’m Zabie, and I have a story I want to share.” Khorakiwala lets them know that she’s a survivor of sexual violence, prompting some of them to open up to her.

“I can give back to students in a way that’s real,” she says.

Since describing yoga’s role in her healing to the **Huffington Post** and additional media outlets earlier this year, Khorakiwala has received numerous inquiries from other universities and organizations that want to build their own yoga programs for survivors of sexual violence – with two retaining her as a consultant.

In January, she launched her first training workshops for instructors who want to teach trauma-sensitive yoga. They take place at **Be the Change** in Irvine, where she also offers trauma-informed yoga classes to the community.

Interest in Khorakiwala’s yoga program has increased as campus assaults have become the focus of growing national concern, with students, survivors and activists demanding that more schools implement programs to prevent and respond to sexual violence. In August, California lawmakers passed a “yes means yes” **campus sexual assault bill** addressing the problem.

“I want to be a beacon of hope for other survivors,” Khorakiwala says. “I’m here to tell them, ‘You can be much more than your assault. You can come out of this and be even stronger.’”

**Watch Zabie Khorakiwala discuss teaching trauma-sensitive yoga, youtube.com/watch?v=xcmSvaOCEg8.**

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**“Happiness is not a goal; it is a by-product. Paradoxically, the one sure way not to be happy is deliberately to map out a way of life in which one would please oneself completely and exclusively.”**

*Eleanor Roosevelt*
UCI’s new chancellor, Howard Gillman, has set high goals for the campus

When UC Irvine Chancellor Howard Gillman spoke at the campus’s welcoming convocation in September, many might not have realized that the university’s newly appointed leader had something important in common with the new students who crowded into the Bren Events Center.

Like 52 percent of UCI’s 5,440 freshmen, Gillman is the first in his family to pursue a four-year college degree.

He understands the power of higher education to transform lives – a theme of his convocation speech – and that drives his agenda as UCI’s sixth chancellor.

“Human beings only reach their full potential when they are broadly educated and ... exposed to the best that has ever been thought, created or discovered,” he told the students.

A life changed by UC

Gillman is a prime example of how a University of California education can open doors – and minds.

“Every opportunity I’ve ever had in life was made possible because the people of California built the greatest public research university system in the world,” he says. “My parents never went to college. We didn’t have a lot of money. When I decided to go to UCLA, we couldn’t afford for me to live in the dorms, so I commuted from [our home in] North Hollywood.”

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“I worked at Sears and places like that just to pay my way through college. So I feel like I’m the exact kind of person for whom the UC system was made,” says Gillman, who earned bachelor’s, master’s and doctoral degrees in political science at UCLA. “You build public research universities so people with the sort of background I had have a chance to make a big contribution.”

He’ll get a chance to make a major contribution as chancellor, and one of Gillman’s priorities is to ensure that students from all backgrounds have the same access to higher education he had.

“Howard Gillman has all that it takes – a record of leadership, scholarship and fundraising skills – to lead this vital campus.”

UC President Janet Napolitano, after naming Gillman as her choice for UCI chancellor

“One reason we’re underscoring the success of a diverse and first-generation student body in our mission is that I’ve lived it,” he says. “And I have a lot of friends who’ve lived it, who grew up in the type of neighborhood I grew up in.”

Impressive resume

A year later, when Chancellor Michael V. Drake left to become president of The Ohio State University, Gillman was named UCI’s interim chancellor. He landed the top post in September after a national search that drew 405 applicants.

“He’s an avid reader,” he says. “Since I was 11 or 12, I’ve had a subscription to The New Yorker. What I fight to find time to do is immerse myself in literature and poetry and short stories. There’s always a book on my nightstand.”

On the wall of his new office in Aldrich Hall hangs a painting of butterflies and moths created by his wife, Ellen Ruskin-Gillman, Ph.D. It’s an homage to Pale Fire, by Vladimir Nabokov, one of his favorite authors.

“‘It’s the book that, for me, best captures the pleasures of illumination when you study literature,’” Gillman says.

He often sounds like an English professor due to his love of books, but he was actually a professor of political science, history and law at USC. He is also an expert on constitutional studies and judicial politics and has authored or co-authored seven books and dozens of articles.

Inquiring minds

As chancellor, Gillman hopes to instill a passion for learning in UCI students. Education, he notes, is not just about earning a bigger paycheck.

“It’s about a value that has no price tag: personal growth, a satisfying of intellectual curiosity, a broader way of seeing the world and, ultimately, giving back to it,” he says.

At convocation, Gillman challenged students to venture outside their “bubble of familiar views” and strive to uphold UCI’s ideals of “inquiry, discovery, creative expression and community engagement.” (See complete transcript.)

“Howard Gillman is an excellent choice for UC Irvine’s chancellor,” says Mary Gilly, chair of the UC Academic Senate, faculty representative to the UC Board of Regents, and professor of marketing at UCI’s Paul Merage School of Business. “He’s proven that he values excellence in research, inclusiveness in community, and commitment to undergraduate and graduate education.

“His enthusiasm for the Irvine campus is contagious, as he has reached out to external constituencies for support and involvement. He’s truly a UC person at his core, embracing the tradition of shared governance to the benefit of the Irvine campus and the UC system.”

Expanding his horizons

For Gillman, the pursuit of knowledge began when he was a kid in the San Fernando Valley and continues to this day.

“Howard Gillman has all that it takes – a record of leadership, scholarship and fundraising skills – to lead this vital campus.”

UC President Janet Napolitano, after naming Gillman as her choice for UCI chancellor

One reason we’re underscoring the success of a diverse and first-generation student body in our mission is that I’ve lived it,” he says. “And I have a lot of friends who’ve lived it, who grew up in the type of neighborhood I grew up in.”

Impressive resume

A year later, when Chancellor Michael V. Drake left to become president of The Ohio State University, Gillman was named UCI’s interim chancellor. He landed the top post in September after a national search that drew 405 applicants.

“He’s an avid reader,” he says. “Since I was 11 or 12, I’ve had a subscription to The New Yorker. What I fight to find time to do is immerse myself in literature and poetry and short stories. There’s always a book on my nightstand.”

On the wall of his new office in Aldrich Hall hangs a painting of butterflies and moths created by his wife, Ellen Ruskin-Gillman, Ph.D. It’s an homage to Pale Fire, by Vladimir Nabokov, one of his favorite authors.

“It’s the book that, for me, best captures the pleasures of illumination when you study literature,” Gillman says.

He often sounds like an English professor due to his love of books, but he was actually a professor of political science, history and law at USC. He is also an expert on constitutional studies and judicial politics and has authored or co-authored seven books and dozens of articles.

Inquiring minds

As chancellor, Gillman hopes to instill a passion for learning in UCI students. Education, he notes, is not just about earning a bigger paycheck.

“It’s about a value that has no price tag: personal growth, a satisfying of intellectual curiosity, a broader way of seeing the world and, ultimately, giving back to it,” he says.

At convocation, Gillman challenged students to venture outside their “bubble of familiar views” and strive to uphold UCI’s ideals of “inquiry, discovery, creative expression and community engagement.” (See complete transcript.)
Chancellor Howard Gillman has a few things on his to-do list — big things. Now that UCI has reached its 50-year milestone, he says it’s time to talk not just about being the best young university “but about standing shoulder to shoulder with the best institutions.”

In a recent interview, he outlined key areas for achieving that vision:

- “When I think about what launched the university in the very beginning, it was that unbelievable founding faculty — people who came here because they could bring a spirit of innovation and achieve excellence not by copying what other people are doing, but by finding a new path. I think that pioneering spirit is built into the DNA of the place. We want to continue to nurture faculty. We want to continue to be a place where the very best researchers, artists, professionals, clinicians come to do their best work.”

- “We want to create an academic experience for our students — undergraduate, graduate and professional — that’s second to none. We want to increasingly be a first-choice campus for the best and the brightest. Faculty greatness and the success of our wonderfully diverse student body — that’s kind of the one-two punch of what makes an institution of higher education great.”

- “Any [Association of American Universities] research university with an academic medical center has a special obligation in matters of health and wellness and disease prevention. For us, that means not only the impact of our clinical practices on the health of the people of Orange County, but weaving the research and academic mission much more systemically throughout the campus. We’re recruiting a vice chancellor for health affairs who will help provide the strategic leadership for that piece of the mission; it’s one of our highest priorities.”

- “We have to be a place that serves the basic principle of higher education in a heterogeneous democracy. It used to be that higher education was for the privileged in order to reproduce the privilege. In a democracy, it’s about social mobility and serving a diverse group of people. It’s almost not worth doing the work if that’s not the case. We want to be mindful of the role of the university in a democracy. The people of California expect the doors to be open to every young person of talent.”

- “We’re an anchoring institution for Orange County — the only AAU university in the region — and that imposes a tremendous obligation on us to make contributions to the community. Through deeper and more effective partnerships, UCI can have significant impact not just on economic development, but on K-12 public education, human health, sustainability, the arts and culture. We were put here on the rolling hills of the Irvine ranch because the dream was that we would be a great catalyst for the region, and we have been. Whatever we do moving forward, we have to keep that responsibility at the forefront of our minds.”

Kathryn Bold, UC Irvine

A matter of priorities

“Don’t just stay within the comfortable confines of a particular field of study. Embrace a spirit of exploration,” he told them.

“If you think of yourself as inclined toward math and science, then make it a point to take courses in the humanities and arts. If you have a passion for dance, literature or art history, be sure to get some real exposure to the scientific method and contemporary understandings of the workings of the natural world,” Gillman said. “If you do this right … the rewards will be lifelong.”

He should know: His own rewards from a UC education are many, from the pleasure of reading a good book to the gratification of running a great university.
When Barney Ellis-Perry was vying for the role of assistant vice chancellor for alumni relations, and CEO of the UCI Alumni Association, he underwent a slew of meetings with board members, campus administrators, alumni, staff and students.

“It was like a military operation,” he jokes. “I met 41 people in two days, and most of those interviews were one-to-one. Terrifying.”

The outgoing Canadian got the job, impressing everyone with his charisma and credentials. Ellis-Perry previously worked in fundraising and alumni engagement at his alma mater, the University of British Columbia, where he helped launch an ambitious four-year campaign to raise $1.5 billion and double alumni engagement – meeting the latter goal a year early.

That experience should serve him well as he ushers in a new era in UCI’s alumni outreach efforts.

“I like growing things. I like helping a board and staff members create a new vision,” Ellis-Perry says. “UCI is great because everyone from the chancellor on down has a shared desire for change, to see the alumni endeavor go to the next level.

“For 10 years, our operation has had the same number of staff members and the same budget. Meanwhile, the alumni population has doubled [to more than 162,000]. They’ve done a great job with limited resources, and now the institution is ready to put more emphasis on alumni engagement.”

Since arriving on campus in September, Ellis-Perry has been conducting interviews of his own, talking to alumni, deans, students and others to identify changes they’d like to see at the UCIAA.

“We’ve hired a company to survey alumni, and our core question is: What can UCI do for them that no other organization in their sphere can do? Is it career support? Networking? Is it connecting with the brand of a globally significant university?” he says.

“Half of our alumni are under 35. Eighty percent live in California. So you have these tech-savvy, smart young people in a very stimulating environment. Once we understand what they want, we’ll take a look at our programs and develop a new strategic plan to deliver value to our alumni.”

Ellis-Perry also wants to help them take greater advantage of UCI’s vibrant intellectual and cultural offerings.
“At the end of the day, the institution is this huge treasure chest, and alumni want to access and utilize it, as does the community,” he says. “Our job as the alumni office is to be a portal into that, to open up that treasure chest and take out whatever shiny object is of use to them, whether that be UCI Extension learning programs, alumni travel programs, attending a night at the New Swan Shakespeare Festival or an interesting lecture, or just wandering around the campus and visiting a former professor. We want to make it easy for them to engage.”

Instead of leaving UCI behind when they graduate, Ellis-Perry hopes Anteaters will view the campus as a continuing source of support for personal and professional pursuits, as well as friendship and fun. He wants them to form a lasting bond with the campus, an effort he says begins the moment they arrive – not after they collect their diplomas.

In September, for instance, when students kicked off the school year with a massive pillow fight a few weeks after his arrival, Ellis-Perry was there on the sidelines – cheering them on to another Guinness world record.

“People’s college experience is not just about what they learn in the classroom,” he says. “That pillow fight was so fantastic. The students were doing something that’s whimsical and fun. All of that contributes to their experience at UCI. The relationships will build.”

His mission? To make those relationships last a lifetime.

“Half of our alumni are under 35. Eighty percent live in California. So you have these tech-savvy, smart young people in a very stimulating environment.”

Kathryn Bold, UC Irvine

UCI Care-a-thon mixes fun and philanthropy

Hundreds of Anteaters will hit the dance floor for six hours Thursday, Feb. 26, at the seventh annual UCI Care-a-thon to raise funds for UC Irvine Medical Center’s neonatal intensive care unit.

Organized by the Student Alumni Association, which is overseen by the UC Irvine Alumni office, the event features games, music and nonstop dancing from 6 p.m. to midnight at the UCI Student Center’s Pacific Ballroom.

Last year, more than 500 dancers raised $20,030. This year’s goal has increased to $30,000, with proceeds going to purchase lifesaving equipment for newborns with a range of serious health issues.

The Care-a-thon is open to all UCI students, faculty, staff and alumni. For more information, visit www.ucicareathon.org.

Student Alumni Association members (back row, from left) Carlotta Pham ’14, Eliza Collison ’14, Arianna Tablin, Kristine La and Yazmin Rodriguez (front) helped raise more than $20,000 at the 2014 UCI Care-a-thon.
Remembering Irvine Meadows

Hey! That’s me on page 38 of the 50th anniversary issue of UC Irvine Magazine. How cool is that?

I’m the guy [standing] in the door of the trailer – one of the first members of the unique community that was the experimental trailer park, located at West Peltason Drive and Mesa Road, just about where the bronze anteater [in front of the Bren Events Center] currently “zots.”

I named the park Irvine Meadows and painted the sign you see in the lower right corner of the photo. I didn’t know the elevation (I eventually made it 50 feet), and the population was 10. There was no power or bathroom at the park (two bathrooms were built around 1975), but you couldn’t beat the rent: $10 a month! I had a roommate from Michigan for one quarter who split the rent with me and gave me a monthly check for $5.

The park was “location central” for me: I had a short walk to the original gym and track, where I was a member of the 1976 NCAA Division II championship track team, which included Steve Scott, who is pictured on page 41 of the magazine.

I was also a three-time NCAA Division II pole vault champion, a three-time All American, and I held the UCI school record for almost 19 years (17 feet, 1½ inches).

I had an even shorter walk to the fine arts department, where I earned my degree in drama. I was in the main-stage musical “Guys & Dolls,” directed by Robert Cohen (great article on page 21), in which he cast me as the newspaper guy selling papers under the banner “Sabatino’s Newsstand!”

Thanks for all the great memories (and that trailer picture)!

Mike Sabatino ’79

Editor’s note: Sabatino, now an actor living near Pismo Beach, landed a role on the hit TV show “Knots Landing” after graduating from UCI. That’s led to a busy career, primarily playing villains on soap operas, including “Days of Our Lives” and “Guiding Light.” As for the trailer park (later called Irvine Meadows West), it eventually accommodated 111 undergraduate and grad students – and their pets. The park, which had moved from its original site off Mesa Drive to another location near Campus Village, was shut down in 2004 to make room for more growth at UCI. Residents, students and many others mourned the loss of the funky student housing.
In praise of faculty

When I was a freshman in 1968, James McGaugh [page 16] was my biology professor and academic adviser, and Sherwood Rowland was my organic chemistry professor. They had a powerful effect on me and my student colleagues, with whom they spoke with relaxed respect and collegiality while integrating the latest research into our lectures and labs. They truly opened up the intellectual landscape, and it’s delightful to hear them discussed so fondly in the latest edition.

To this short list I would also add the contributions of Spencer Olin from the history department – a top-flight educator and intellect.

Steve Larson ’72

Editor’s note: Larson is a computer applications/business technology instructor at Cabrillo College in Aptos. He lives in Santa Cruz.

Anteaters to reunite at 50th anniversary homecoming Jan. 31

Alumni, students, faculty, staff and friends are invited to UC Irvine’s 50th anniversary homecoming festival Saturday, Jan. 31, to be held for the first time in Aldrich Park.

There will be live entertainment, food trucks, signature Anteater Ale, a family fun zone, giveaways, games, UCI swag and more.

The Anteater Alumni Reunion Corner will provide a new venue in which to relax and reconnect with friends and classmates from years past. The alumni-only VIP lounge also will present highlights from UCI’s 50-year history.

In addition, individual schools will host receptions, lectures and open houses. Anteaters can tour the new Paul Merage School of Business building, learn about UCI’s latest medical research, enjoy the arts, and discover other campus programs.

The day will culminate with a men’s basketball game against UC Santa Barbara in the Bren Events Center. Complimentary tickets will be available – while supplies last – to alumni who register for homecoming on the UCI Alumni Association website at alumni.uci.edu/homecoming.

Vouchers for free parking during homecoming may be picked up between 11:30 a.m. and 5:30 p.m. Jan. 31 only.

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Coach Mike Gillespie and his UCI baseball squad look to build on the momentum gained during their 2014 postseason run as the Anteaters prepare to open their 2015 season in February.

UCI kicks off their schedule with a three-game series at Fresno State Friday through Sunday, Feb. 13-15, and four games at California, including a doubleheader, the weekend of Feb. 20-22.

In their first home series, the Anteaters will take on the Tennessee Volunteers Friday through Sunday, Feb. 27-March 1. The Volunteers’ head coach, Dave Serrano, led the Anteaters from 2005-07 and guided UCI to its first Division I College World Series in 2007.

The Anteaters begin Big West Conference play by hosting Hawaii Friday through Sunday, March 27-29.

Gillespie, the 2014 National Collegiate Baseball Writers Association Coach of the Year, signed a four-year extension with UCI in July after leading the Anteaters to their second appearance in the College World Series in Omaha, Neb. UCI opened the series with a 3-1 win over Texas, which then eliminated the Anteaters before falling to Vanderbilt, the national champions.

“It was a special year for us,” Gillespie said. “We competed well all year-round, but it was improbable and certainly unpredictable for most outsiders to think that we would make that run at the end of the year. It’s a memory for all of us that will never go away.”

Mike Gillespie

Mike Gillespie was named 2014 National Collegiate Baseball Writers Association Coach of the Year.
Basketball alumnus scores a spot in the NFL

Darren Fells, a standout in UCI’s basketball program from 2004 to 2008, earned a spot as a tight end with the Arizona Cardinals this season.

The 6-foot 7-inch Fells is the first former UCI student-athlete to become a member of an NFL team’s season-opening roster.

“It’s been a long process in trying to make this team, trying to prove that I belong on this team,” Fells said upon earning his roster spot. “Even though I’m not where I want to be yet, I feel accomplished in the fact that out of all the people they could have chosen, I’m one of the four tight ends that will start the year with the Cardinals. (Arizona’s season ended with a loss to Carolina in the Wild Card playoffs.)

“It’s a long year and I still have a lot to prove and will continue to show my team and my coaches that they made the right choice in picking an Anteater to represent what it means to be an Arizona Cardinal,” Fells added.

Fells ranks No. 3 in UCI basketball history in rebounds with 780 boards. He’s 12th in career scoring with 1,252 points and tied for eighth in career steals with 103. He’s one of five players in the program’s history to record at least 1,000 points and 700 rebounds in a career.

As a senior in 2007-08, he led the Big West Conference in field-goal percentage (.569) and offensive rebounds at 2.78 per game. He was third in the league in rebounding (7.2), fourth in steals (1.59) and ninth in scoring (14.4). He was named to the All-Big West second team and selected to the All-Big West Tournament team after averaging 16.3 points and 9.8 rebounds in UCI’s four games.

Following his Anteater career, Fells played five seasons of professional basketball in Belgium, Finland and Argentina.

He was an all-state tight end at Fullerton High School prior to joining the UCI basketball program. His older brother, Daniel, is a six-year NFL veteran and plays with the New York Giants – as a tight end.

UC Irvine doesn’t have a football team, but it does have an alumnus who plays in the NFL.
New Santora Elite Training Center helps make stronger Anteaters

The SET center was made possible by a $1 million lead gift from Mark and Kathleen Santora, who are committed to improving the experience of all UCI student-athletes. The Santoras’ children, Kevin and Kristen, are UCI graduates.

Completion of the center and the surrounding east and west plaza areas marks the end of a two-year project to renovate the facilities adjacent to Crawford Court. The project includes the new Al Irwin Academic Center, which features study space, a computer lab and offices for academic services staff. The center opened in October 2013 and is named for UCI’s first water polo and swim coach, who also served as an athletics administrator. It was supported by a lead gift from Jim and Martha Newkirk.

With the opening of the Santora Elite Training Center in November, Anteaters have a new place to flex their muscles.

The 10,000-square-foot facility offers training and rehabilitation for approximately 350 UCI student-athletes in 18 NCAA Division I sports. Strength and conditioning programs and equipment provide a vital component to athletes’ success. Those recovering from injuries now have access to non-impact exercise machines and cardiovascular equipment.
UCI’s Darrin Nelson joins football hall of fame

Darrin Nelson, senior associate athletic director at UCI, was inducted into the College Football Hall of Fame at the National Football Foundation awards dinner in December.

Nelson played college football at Stanford from 1977 to 1981 and became the first player in NCAA history to rush for more than 1,000 yards and catch more than 50 passes in one season (1977). He duplicated that feat in 1978 and 1981, finishing sixth in the Heisman Trophy voting after his senior season.

Nelson earned First-Team All-American honors in 1981 and ended his career as Stanford’s all-time leader in rushing yards (4,033), receptions (214), scoring (242) and touchdowns (40), and he finished his career as the NCAA leader for all-purpose yards, which remains a school record at 6,885.

He was selected in the first round of the 1982 NFL draft by the Minnesota Vikings and played 11 seasons with the Vikings and San Diego Chargers. In 2011, he joined UCI Athletics after serving for 13 years as a senior associate athletic director at Stanford University.

“I’m very happy and excited to be in the Hall of Fame with people I played with, such as John Elway and Ken Margerum,” Nelson said. “To be the first person in college football history to rush for 1,000 yards and catch 50 passes in a season is truly a testament to [former Cardinal coach] Bill Walsh and his offense.”

UCI senior associate athletic director Darrin Nelson during his college football career at Stanford.
50th anniversary festival, Oct. 3
A highlight of UCI’s two-year 50th anniversary celebration, the Festival of Discovery in Aldrich Park will feature interactive explorations of how UCI students and faculty and UC Irvine Medical Center affect the world. The event, which kicks off with an Anteater SK & Family Fun Run through campus, will include food trucks, cover bands, family-friendly activities and more. Saturday, Oct. 3. Aldrich Park. Free. More: 50th.uci.edu/events

Kei Akagi & the Tokyo Trio, Feb. 20 & 21
World-renowned jazz pianist and composer Kei Akagi, Chancellor’s Professor of music and director of jazz studies at UCI, and the Tokyo Trio will perform original music, including selections from the group’s latest CD. 8 p.m. Friday and Saturday, Feb. 20 & 21. Winifred Smith Hall. $5-$15. More: 949-824-2787, email artstix@uci.edu or arts.uci.edu/event/kei-akagi-and-tokyo-trio

‘Dance Visions,’ Feb. 11-15
As UCI celebrates its 50th anniversary, the Claire Trevor School of the Arts dance department will present a revival of founding chair Eugene Loring’s iconic 1938 American ballet “Billy the Kid” with Molly Lynch, associate professor of dance, as artistic director. The program also will include works by Professor Emeritus Donald McKayle and faculty members Tong Wang and Shaun Boyle. 8 p.m. Wednesday through Saturday, Feb. 11-14; 2 p.m. Saturday and Sunday, Feb. 14 & 15. Claire Trevor Theatre. $11-$20. More: 949-824-2787, email artstix@uci.edu or arts.uci.edu/event/dance-visions

Dancers from the Claire Trevor School of the Arts perform in “New Slate.”

Kei Akagi hosts a major faculty recital each winter through the UCI Chamber Series.

Celebrate UCI, April 18
One of the university’s oldest and most festive traditions, Celebrate UCI will feature games and kiddie rides, academic information, a classic car show, tram tours, the Wayzgoose festival and more. Housing, admissions, financial aid and other offices will be open to the public. 10 a.m.-5 p.m. Saturday, April 18. Aldrich Park. Free admission and complimentary parking. More: www.ccm.uci.edu
Letter from Vice Chancellor
Gregory R. Leet

As we continue to celebrate UC Irvine’s 50th birthday and wrap up our $1 billion Shaping the Future campaign, it’s a perfect time to thank our community of supporters and advocates for their steadfast commitment to UCI.

From the very beginning, support from visionary friends and alumni has been the backbone of UCI, and their ongoing generosity has enabled the university to rise into the ranks of the world’s best research institutions.

Every time a student receives a scholarship, a graduate student wins a fellowship or a faculty member is admitted to a prestigious society, it’s likely due to support from unsung heroes like UCI Foundation trustee and alumnus Gary Singer, Esq. ’74.

Gary’s initial interest in giving to UCI stemmed from mentors who were extremely supportive of higher education, and he wanted to pay it forward too. As a strong believer in education as well as a proud Anteater, he felt it was important to give back to his alma mater. Because Irvine is in his backyard, the convenience made it an easy decision.

When he returned to UCI as a member of the Chancellor’s Club, Gary felt like a kid in a candy shop.

He found all kinds of ways to get involved at UCI, including law, art, athletics, theater and more. He discovered that a gift in support of higher education allowed him to multiply his impact by touching several different areas at once.

Beyond monetary contributions, Gary also gives his time and expertise. He volunteers as a member of the UCI School of Law Dean’s Executive Board, the UCI Alumni Association board of directors and the UCI Foundation board of trustees. He and his wife, Melanie, also established the Singer Family Scholarship, which supports student-athletes from the School of Social Sciences. He believes that mentoring students, volunteering on boards and creating internship opportunities are incredibly fulfilling ways to give back.

Gary’s long-term commitment to UCI is an example of a profound investment in cutting-edge research, world-class innovators and life-changing experiences.

In the last 50 years, UCI has soared in the rankings, established a top teaching hospital and NCI comprehensive cancer center, launched a new law school and seen Nobel Prizes awarded to three faculty members. I’m proud to say that UCI is thriving because of wonderful volunteers like Gary.

Best regards,
Gregory

Gregory R. Leet
Vice Chancellor | University Advancement

Shaping the Future campaign
www.ucifuture.com

“From the very beginning, support from visionary friends and alumni has been the backbone of UCI.”
Reimagining learning in the digital age

There’s a learning revolution under way in the U.S., but it’s not taking place in the classroom.

“Kids today are learning outside the boundaries of formal education,” says UC Irvine cultural anthropologist Mizuko “Mimi” Ito. “Technology is allowing them to access information and craft their own identities in unprecedented ways, without interference from parents or teachers.”

Ito, a researcher in humanities and information & computer sciences, studies youths’ use of the Internet, digital media and social networking as research director of the Digital Media & Learning Research Hub in the Irvine campus’s UC Humanities Research Institute. Launched in 2009 with support from the John D. & Catherine T. MacArthur Foundation, the DML hub promotes activities that share a common vision: to reimagine learning in the digital age.

The most recent MacArthur grant, $4.5 million awarded last summer, will fund the hub for another three years so that it can continue to oversee research projects, an annual conference and professional development for junior scholars, as well as related websites, blogs, publications and initiatives.

“The digital revolution has transformed how we live and think, what we do, how we work and play, and how we govern ourselves,” says the hub’s executive director, David Theo Goldberg, who’s also director of the UC Humanities Research Institute and a UCI professor of comparative literature, anthropology, and criminology, law & society. “We live very differently than we did prior to the digital age. The humanities are key to helping us understand these transformations.”

“The technology fields deliver the cool technology,” he says. “The humanities stop to think about the implications for human life in the context of the history of human beings.”

Ito, who serves as chair of the MacArthur Research Network on Connected Learning, has discovered that, far from being the time wasters many adults think they are, new media technologies can open up worlds of learning that aren’t always available in cash-strapped schools.

“Kids learn on the Internet in an autonomous way, by looking around for information they’re interested in or connecting with peers who can help them,” she says. “This is a big departure from how they’re asked to learn in most schools, where the teacher is the expert and there’s a fixed set of content to master.”

She emphasizes the importance of leveraging digital media to strengthen connections between educational institutions and the Internet-centered youth world, where learning happens anywhere and at any time.

“I hope my work will encourage educators and parents to think more creatively,” Ito says. “Rather than telling kids, ‘Get off the computer,’ they can help them use digital media to connect to goals they share.”

For more information, visit UCI Giving at ucifuture.com.
Laying the foundation

First-ever Volunteer Leadership Summit mobilizes campus supporters

Nearly a decade ago, UCI’s Shaping the Future campaign launched with a goal of raising $1 billion for energy and environment projects, international leadership opportunities, health research and student support. Since then, donors have given $944 million through 212,378 contributions.

Gillman and Gregory Leet, vice chancellor of university advancement, highlighted the impact of transformational philanthropy by recognizing Henry Samueli and his wife, Susan. After building his career as co-founder of Broadcom and owner of the Anaheim Ducks, Samueli invested his time, talents and funds in UCI’s engineering school, which was later named in his honor. His wife established UCI’s Susan Samueli Center for Integrative Medicine, where faculty members research the benefits of holistic healthcare.

“It’s not an exaggeration to say that their support has been life-changing to the institution,” Leet said.

The Samuelis have funded several graduate fellowships, chairs, professorships, programs and undergraduate scholarships. More recently, the couple supported a biomedical engineering graduate student who designed and built an affordable robotic device for hand and wrist rehabilitation in stroke victims.

“It is my sincere belief that the greatest force for good in the world is the modern research university,” Gillman said. “It is the one institution that is dedicated to innovation and exploration.”

As UCI sheds its young identity, he said, it’s vital to build upon the university’s network of supporters and expand its reach into the community with targeted programs jointly developed by campus administrators and community leaders.

“There is room for us to do better. The kind of preeminence to which we aspire requires bold visions that inspire exciting, impactful partnerships,” Gillman said. “The future of the university rests on our collective shoulders.”

Anna Iliff, UC Irvine
UCI, UCLA awarded $8 million for stem cell clinic

In a first-of-its-kind alliance, UCI’s Sue & Bill Gross Stem Cell Research Center and UCLA’s Eli & Edythe Broad Center of Regenerative Medicine & Stem Cell Research have received a five-year, $8 million grant from the California Institute of Regenerative Medicine to establish a CIRM Alpha Stem Cell Clinic.

The joint entity will conduct clinical trials of investigational stem cell therapies and provide critical resources and expertise via the creation of a world-class, state-of-the-art infrastructure supporting clinical research. The $8 million grant was one of three awarded in October by the state stem cell agency as part of the CIRM Alpha Stem Cell Clinics Network Initiative.

“UCI has established a strong preclinical stem cell research program, and it’s vital to move ahead to the clinical testing phase,” said Sidney Golub, director of UCI’s Sue & Bill Gross Stem Cell Research Center. “To advance treatments in this field, we all have to work together, and that’s what the UCLA-UCI Alpha Stem Cell Clinic program represents.”

Program prepares grad students for careers

UCI’s Graduate Resource Center recently launched an initiative to ensure that graduate students and postdoctoral scholars understand the relationship between their training and their career potential.

The Graduate Professional Success program will give students opportunities to communicate effectively, manage projects, work collaboratively, innovate, engage diverse audiences and partners, educate and mentor others, and balance multiple commitments.

“Graduate education provides students with advanced analytical approaches that can be applied broadly to many professions,” said Frances Leslie, dean of the Graduate Division. “The GPS program gives students additional, transferrable skills in communication, leadership and organization that will serve them well in their future careers.”

Under the GPS program, the Graduate Resource Center will partner with UCI’s Career Center, the Teaching, Learning & Technology Center, and other campus entities to offer activities organized around seven themes: communication and cultural fluency, teaching and pedagogy, life skills, ethics and collaboration, careers and entrepreneurship, management and leadership, and funding.
Initiative aims to infuse arts and culture into campus

Illuminations will expose students to a variety of arts and culture, including dance, drama and music events staged around campus.

A new program designed to expose students in all majors to the artistic experience and strengthen UCI’s connection with regional arts and cultural institutions is taking shape on campus at the direction of Chancellor Howard Gillman.

Illuminations, the Chancellor’s Arts & Culture Initiative, will prepare students to participate in the dialogue between science and the humanities that addresses enduring questions of human culture and social values, Gillman said.

“The program should reinforce the sheer joy of creation and discovery that is at the heart of all academic inquiry and expression,” he said, “and will highlight the fundamental contributions made by the creative arts to our understanding of the world and our place in it.”

Julia Lupton, professor of English and associate dean for research in the School of Humanities, will lead the initiative. An inaugural suite of activities and events – conceived by faculty, staff and students and funded by small grants – will be held in the 2014-15 academic year, with a fuller calendar scheduled for 2015-16.

“My dream is to see art occurring at various locations across the campus that is themed toward different disciplines – cell-slide art or patterns generated by motion in physics, for example,” said Lupton, who has a background in design. “Just as the New Swan Shakespeare theater creates a sense of place each summer, I’d like to do micro-place-making during the year, with dance, drama and music pop-ups around campus.”

UCI ramps up its green power

UCI is quadrupling the amount of green power it generates on-site with the addition of solar photovoltaic canopies on three campus parking structure roofs.

Construction has already begun on the Social Science Parking Structure on Campus Drive. It will be followed by installations on the Student Center Parking Structure on Pereira Drive and the Mesa Parking Structure on Mesa Road. When the work is completed early this year, more than 11,700 newly placed solar panels will generate up to 3.2 megawatts of power, the amount needed to meet the electrical needs of 1,800 homes.

“We are pleased to be adding more renewable resources to our campus energy infrastructure in support of the University of California’s goal of carbon neutrality by 2025,” said Wendell Brase, UCI vice chancellor for administrative & business services and co-chair of UC President Janet Napolitano’s Global Climate Leadership Council.
Yong Chen explores Americans’ taste for Chinese food

Before fast food and home delivery, there was chop suey and red leather booths. American Chinese food was a precursor to ubiquitous chain restaurants, democratizing the once-exclusive dining-out experience for working-class whites, African Americans and Jews.

The influence of Chinese cuisine throughout the 20th century and beyond is told in Chop Suey, USA: The Story of Chinese Food in America, by history professor Yong Chen. The new book opens with a question: Why is Chinese food so popular in the United States?

“Americans fell in love with Chinese food not because of its gastronomic excellence, but because of its affordability and convenience,” Chen said. “They preferred the quick and simple dishes of China while shunning its haute cuisine.”

Chop Suey, USA, published by Columbia University Press, sheds light on the critical yet overlooked role that Chinese fare has played in developing the American way of life and expanding access to it.

The Center for Autism names new executive director

Catherine M. Brock, a highly regarded clinical and administrative leader in the field of autism spectrum disorders, has been appointed executive director of The Center for Autism & Neurodevelopmental Disorders.

Brock is responsible for overall management of the Santa Ana-based center, a collaboration of the UC Irvine School of Medicine, CHOC Children’s Hospital, Chapman University’s College of Educational Studies, the Children & Families Commission of Orange County, and the William & Nancy Thompson Family Foundation.

“I have a clear mission to spearhead The Center for Autism’s efforts to provide help and hope to individuals and families living with autism and neurodevelopmental disorders,” said Brock, who has 20 years of experience in operations and with the treatment of autism.

“The center comprises world-class clinicians, researchers and practitioners who are completely dedicated to having a meaningful impact on the lives of those here in the community whom we serve, and I am honored to partner with my new colleagues to lead our efforts forward.”

Brock was previously associate director of the University of Washington Autism Center, where her responsibilities included operations, administration and clinical leadership.
Four UCI graduate students have been awarded Ford Foundation Fellowships – an impressive showing considering there are only 60 national recipients. In past years, UCI typically has had only one winner.

The pre-doctoral fellowships provide three years of support for individuals engaged in graduate study leading to a doctor of philosophy or doctor of science degree. Recipients have demonstrated superior academic achievement, are committed to a career in teaching and research at the college or university level, show promise of future achievement as scholars and teachers, and are well prepared to use diversity as a resource for enriching the education of all students.

The UCI fellows are:

**Burrel Vann Jr.**
Burrel Vann Jr. is a doctoral student in sociology and a Jack and Suzanne Peltason Fellow at the Center for the Study of Democracy. Burrel’s research addresses structural influences on political outcomes, which covers social movements, inequality, segregation, drugs, crime and voting. His work has appeared in *American Sociological Review*.

**Kristine Dahl Arquero**
Kristine Dahl Arquero earned a bachelor’s degree with honors in chemistry at UC Berkeley and a master’s in science education at the City University of New York, Lehman College. She’s a doctoral candidate in UCI’s Finlayson-Pitts atmospheric chemistry research group. Her work focuses on the kinetics and mechanisms of new particle formation and growth of atmospheric particles.

**Chris Rackauckas**
Chris Rackauckas is a doctoral student in mathematics. He earned a bachelor’s degree with honors in mathematics and minors in physics, computer science and economics at Oberlin College. Rackauckas studies emergent properties, and his research has spanned areas from climate science and chemistry to econometrics and environmental statistics.

**Paige Aiona**
Paige Aiona graduated *magna cum laude* from Chapman University with a bachelor’s degree in chemistry in 2012. Now a third-year graduate student in chemistry at UCI, her research focuses on the photochemistry of light-absorbing atmospheric organics known as brown carbon.
Join us as the University of California, Irvine celebrates its 50th anniversary. To mark this milestone, the university has launched a two-year-long series of programs and activities that exhibit our “Bright Past, Brilliant Future.”

2015

Jan. 31
Homecoming

April 18
Celebrate UCI

May 14
Lauds & Laurels

June 12-15
50th Annual Commencement

Sept. 21
Student Convocation & Anteater Involvement Fair

Sept. 28-Oct. 2
Fifty for 50 Volunteer Week

Oct. 3
Anteater 5K & Family Fun Run

Oct. 3
50th Anniversary Festival

Oct. 8-18
U.S. Department of Energy Solar Decathlon

Fall
Academic Symposium Series
National Academy of Sciences

Founders Celebration

Living Peace Series

UCI Medal Awards

2016

Winter
Academic Symposium Series
National Academy of Engineering

Spring
Academic Symposium Series
Institute of Medicine

Summer
Academic Symposium Series
Arts & Humanities

June
51st Annual Commencement & 50th Anniversary Closing Ceremony

Visit 50th.uci.edu/events for updates and more information.

*Dates and events are subject to change.
Tap into the Anteater Network!

Showing their Anteater pride at the annual UCI faculty and staff alumni luncheon are (from left) Erica Banks ’06, Steve Eros ’06 and Alan Sahussanun ’97.

The UC Irvine Alumni Association fosters the success of the university’s more than 162,000 alumni by providing networking opportunities and a wide range of university resources.

Membership is the best way to keep in touch with other Anteaters and stay up to date on the exciting things happening in the campus community. As a UCIAA member, you’ll receive invitations to exclusive events and programs; valuable discounts on travel, financial services and entertainment; and so much more.

To join, call 949-824-2586 or visit alumni.uci.edu/join.