

The Library Insider

Issue #5
Summer 2015

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LETTER FROM THE EDITOR

Dear Readers,

Welcome to our sixth issue of the UCR Library Insider! This also happens to be the Summer Issue, and you will find some great ideas for vacations, new places to dine, and activities to try.

My favorite part of summer at UCR is the slower pace. There are fewer students on campus, we can look forward to a long-overdue vacation (maybe), and escape the heat in the cool respite of our air-conditioned work spaces. There is more time for special projects, catching up, and the line at the Coffee Bean & Tea Leaf is much shorter. And of course, parking is better. What's not to love?

I hope this summer will be a productive and relaxing time for you as well.

Sincerely,
Carla Arbagey, Editor-in-Chief

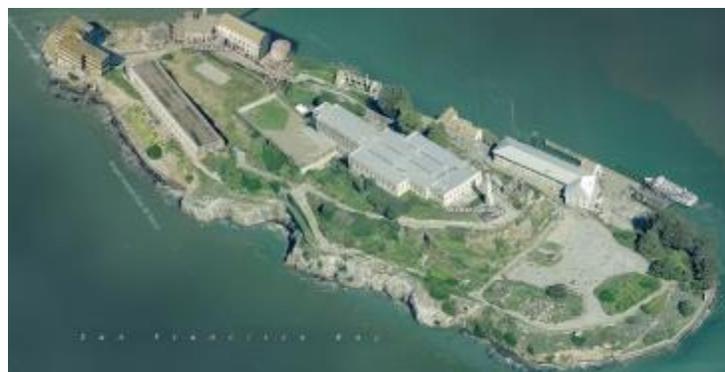


A SUMMER ESCAPE...FROM ALCATRAZ

By Terri Gutierrez

If you find yourself at the glorious City by the Bay (aka San Francisco) this summer, don't miss taking some time to visit Alcatraz Island. The island was home to some of America's most notorious criminals from 1934 to 1963, and is known as "one of the world's most legendary prisons." It is a great day trip, run through the National Park Service. The tickets are \$30 per adult, and cover a ferry ride from Pier 33 to Alcatraz and back again, as well as a headset for an audio tour of the island. There are also night tours at \$37 per adult which are said to provide a chillingly spooky view of the "rock" and its penitentiary.

The tour books up weeks to months in advance, so plan ahead. The ride by ferry across the San Francisco Bay is entertaining; all sorts of yachts, sail boats and various sea craft dot the landscape as you make your way to the island. Make sure to dress in layers, as the trip across can be cool to downright cold.



Alcatraz, Continued Page 7

Top: View of Alcatraz Island from the San Francisco Bay
Bottom: Aerial view of Alcatraz Island (©2015 Microsoft)

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WEATHER

JUNE



Mostly Hot

JULY



Hot

AUGUST



Hot, slight chance of rain

PERSONAL AND PERSONNEL NEWS

Staff Arrivals and Departures:

Arrivals

Cheryl Beckham, Administrative Services
Zayda Delgado, SC&UA public services library assistant
Lacey Grawe, Orbach Assistant Night Supervisor
Robin Katz, Special Collections & University Archives
Natalie Moller, Collection Maintenance

Departures

Susan Seifried, Orbach Reference
Susie Quinn, Access Services

NEW NEWSLETTER FOR THE UCR LIBRARY

The UCR Library published its first official newsletter, titled simply "UCR Library Newsletter." It is a biweekly publication for internal and external audiences. The issue featured a note from the University Librarian, and included articles highlighting recent events, with an emphasis on activities in Special Collections & University Archives. Although no author credits are given in the newsletter, it is known that Communication and Stewardship Director Sara Fitzgerald is spearheading the project. The newsletter, which is published online via Mail Chimp, also includes a link to donate to the UCR Library. It may viewed online at: <http://library.ucr.edu/go/news1>

The UCR Library Insider is an unofficial publication for library staff, and thus distinct from the bi-weekly official newsletter.

LIBRARY STAFFER WINS AWARD FOR SERVICE



Photo courtesy of Julie Ree

Christy Brown Anderson of the Acquisitions Unit received the People Helping People award from the UCR Staff Assembly on June 2. Christy was recognized for her volunteer work with the Boy Scouts of America: she serves as the Merit Badge Counselor Coordinator for the Mt. Rubidoux District. Christy is pictured here with Chancellor Kim Wilcox, her daughter Jennifer Susan Anderson, and University Librarian Steven-Mandeville Gamble.

CUTE COCKER COMES HOME

Sherri Anderson & her husband Orrin welcomed Harley, a 6 year old Golden Retriever/Cocker Spaniel mix to their home on May 30. Harley had been hit by a car and thrown in the bushes to die. Luckily, someone saw it happen and stopped and picked him up and took him to a vet for help. That's where Cause for San Bernardino Paws



stepped in. This great rescue group took care of all of his medical needs and paid his bills. He had 3 broken ribs, a fractured shoulder and his ears will full of stickers/thorns. He's had a complete "makeover" including a neutering, teeth cleaning and has been micro-chipped. He's the sweetest dog and we're so glad that we are able to give him a "forever" home. If you are considering a pet, please consider a rescue.

NEW UL HIRED AT UC BERKELEY

UC Berkeley's next University Librarian will be Professor Jeffrey MacKie-Mason. Professor MacKie-Mason currently serves as the Dean of the School of Information at the University of Michigan and holds joint faculty positions as Professor of Information and Computer Science, Professor of Economics, and Professor of Public Policy. From Claude M. Steele, UCB Executive Vice Chancellor & Provost:

"Jeffrey MacKie-Mason brings to the UL position substantial leadership experience and a broad and forward-looking conception of the future directions of libraries. During his tenure as Dean of the University of Michigan School of Information, he instituted new degree and research programs, advanced diversity across student, faculty, and staff populations, launched experiential and service-learning programs, significantly increased the size of the School and brought considerable success to the fundraising achievements of the School. In his scholarship, Professor MacKie-Mason has focused on questions concerning digital libraries and electronic access to materials and journals—essential issues facing university libraries in the internet age—and he is a world-leading expert on the topic of human interaction with online information. Professor MacKie-Mason earned a bachelor's degree in environmental policy from Dartmouth College, a master's degree in public policy from University of Michigan, and a Ph.D. degree in economics from MIT."

TODAY IN LIBRARY NEWSLETTER HISTORY

Contributed by Carla Arbagey

The following tale appeared in the UCR Library News Volume 30, Issue 6, published June 26, 2006. It is written by former Orbach Reference Librarian Diana Lane, who passed in August 2013. Diana was well-known for her witty sense of humor, and her tale certainly shows that off!

June also happens to be “Cleaning Month” in Orbach Technical Services, so we hope this tale will give everyone some inspiration (or a laugh, at least) as they conquer the dust bunnies and smite the paper piles.

CLUTTER

By Diana Lane



It arose one morning from the bowels of my desk, a formless mass that spread and covered anything I was looking for. “Who are you?” I asked.

“I am Clutter,” the mass answered, “and I am here to confound your life. I am the things you refuse to throw out though you haven’t used them in six years, the miscellaneous papers, phone numbers, business cards, and thingies you accumulate and don’t put away. I am the inevitable manifestation of your sloppiness. I am Clutter.”

I grabbed Clutter and moved it from one end of the desk to the other.

Clutter chortled. “That’s my favorite pastime: moving from one end of the desk to the other.

“What do you want? I asked.

“To frustrate you. I will resist all attempts to remove me, reduce me, or otherwise eliminate me. It’s my purpose to hide whatever important piece of paper you need, whichever phone number you must call.”

“I’m throwing you out!” I stormed.

Clutter shook his untidy mass sadly, as in pity. “Not without looking through me to see if there’s anything you really need,” Clutter answered. “The odds are slim, but you won’t take the chance and while you’re sorting through me, I’ll re-form in another pile.”

“But you’ll be smaller, more manageable.”

“Not really. You’ll decide to keep 90% of me, as you always do, and soon, new papers, numbers, and documents will gather, making me more obstructive than ever.”

“You won’t ruin my life, Clutter! I’ll start a filing system! Put every bit of you where you belong.”

Clutter gazed at me knowingly. “The last time you tried that, you created my cousins, Chaos and Disorder. It’ll never work.”

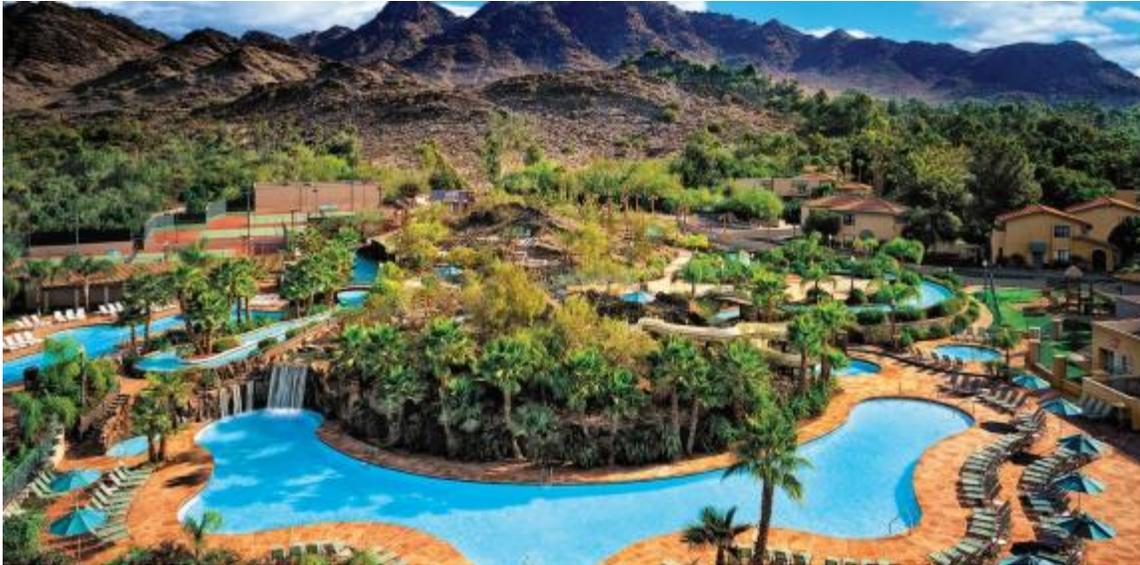
Clutter had me and I knew it. Attempts in the past to file things alphabetically had only created 26 piles of mess instead of one. I was desperate, so I decide to bluff. “I’ll take a time management course,” I threatened.

Clutter, Continued Page 8

VACATION SPOT

Phoenix in Summer: Not Crazy, But A Real Bargain

By Sherri Anderson



I know what you're saying, "why would anyone in their right mind go to Phoenix in the summer?" Yes, it's hot. But, if you've lived in Riverside for any amount of time, you know that Riverside in summer is hot too. We have more humidity than Phoenix and you've heard the expression "it's a dry heat". It's true. Their heat doesn't feel so bad because it's drier than ours.

That being said, let's move on to the reason we go. Fabulous resort hotels that are priced out of reach during the high season (winter) are very affordable during the summer. We've stayed at wonderful resorts in two-room suites for as little as \$79/night that are well over \$300/night during "the season."

One of our favorites is the Pointe Hilton at Squaw Peak. This resort is great for families: it has a lazy river with float tubes, a 130 foot waterslide, 18 hole mini golf (and a regular golf course too), tennis courts, water volleyball, several pools, shops, restaurants, Starbucks, and an ice cream parlor!

They even have Coyote Camp – a day camp for the kids (extra fee) with special activities. We took advantage of the camp when our son was younger. It gave us a chance to get away for a bit, and he loved it.



View of Taliesin West

We usually go over the 4th of July weekend to take advantage of all of the wonderful fireworks displays in the Valley of the Sun. I priced July 3-6 for a 1-King bed suite (couches have hideaway beds) and it was only \$125/night for the AAA rate! Not bad considering all you get. Remember, included with your room is all the air conditioning you can use!

The Phoenix area has so much to offer that a long weekend will keep you as busy as you want to be. There are many surrounding towns with great antique/thrift and consignment stores (our favorite activity). There is the Phoenix Zoo, Frank Lloyd Wright's Taliesin West, and Cabela's Outdoor, just to name a few. There are plenty of sports, music, and theatre venues too. It's easy to get around because the Phoenix area streets are laid out in a big north-south-east-west grid.

What we like most are the variety of restaurants. Indian fry bread tacos at the Fry Bread House are not to be missed. Bobby Q's for amazing pulled pork, and anything at Scramble for breakfast. Anything you want, you can find in Phoenix.

So, if you're looking for a great place to go this summer, say "goodbye" to Riverside heat and "hello" to Phoenix and all of the wonderful things that await you!



Big ribs at Johnny Q Barbecue

RESTAURANT REVIEWS

By Carla Arbagey

SONORA GRILL SERVES UP A TASTE OF TUCSON

Summer is about trying new things, and if you try the Sonora Grill in Moreno Valley, you're in for a treat. The Sonora Grill features Southwestern favorites from east of the border - Arizona, that is! They are serving up the only genuine Sonoran hot dog in SoCal – that delicious bacon-wrapped dog served with beans, grilled onions, mustard, mayo sauce, and fresh tomatoes served on a special house-baked bun – which until now, you had to drive all the way to Tucson to get a taste of. You can get this treat in regular or the foot-long “Heartbreaker” size.

Other Sonoran fare on offer includes caramelos (we know them as quesadillas), Sonoran hamburgers, breakfast dogs and burritos, tortas, and salads. Of particular note are their delicious street tacos, which should really be called “boulevard tacos,” since they are huge! You won't find any tiny two-bite tacos here; a pair of them will have you filled.

An extra bonus at the Sonoran Grill is their well-curated selection of craft brews available on draft and bottled. The Sonora Grill regularly features local beers and special edition brews from favorites such as Stone Brewery; I enjoyed a Stone Stochasticity Project HiFi+LoFi Mixtape during my last visit, which was especially good with the chicken tacos.

Owner/chef Rudy and his wife Rosie are very friendly and quick to serve. All of the bread/buns and sauces are made in house, and you can see them cook everything right in front of you. There are several televisions inside, so you won't have to miss the big game. Weekly specials have included beer-battered fish tacos, fresh ceviche, and tequila lime pork. Best of all, their food won't set you back a bunch: tacos are \$1.99, dogs start at \$2.75, and everything else on the menu is under \$10. I definitely recommend a visit to the Sonora Grill!

Sonora Grill is located at 23962 Alessandro Boulevard in Moreno Valley, at the intersection of Alessandro & Heacock. To get there, take Alessandro Blvd. east and turn left onto Heacock. Take the first driveway on the left and make a sharp left. Open daily 9am-8pm.

Top: Rudy and Rosie, owners
Middle: A regular Sonoran dog shown next to The Heartbreaker
Bottom: Carne asida and pollo tacos



TRY ROCK STAR SHRIMP FOR DELICIOUS CAJUN SEAFOOD

Rock Star Shrimp has a dining concept I've not encountered before: build-your-own seafood boil. Here's how it works: pick your seafood – they have crab, crawfish peel 'n eat shrimp, mussels, clams, or a combo. Then pick your sauce from either garlic butter or their house Cajun sauce in 4 levels of spiciness. Complete it with add-ons like corn on the cob, potatoes, and Andouille sausage, and you've got a whole bucket full of amazing!

Not only is the food delicious, but it is fun to eat. The tables are covered in wax paper and your customized seafood boil is served right there – utensils by request only! The portions are ample and reasonably priced: seafood is \$10/lb. or market price. Be sure to try their Cajun fries, a steal at only \$3 for a giant portion.

Rock Star Shrimp is located at 767 W. Blaine Street, Suite C, in the shopping center at Blaine Street and Watkins Drive in Riverside (the same center as Aloha Pizza and Boba Tea House). They are open daily, noon-10pm.



Snow crab legs, green mussels, and Cajun fries

WHAT TO EAT – WHEN TO EAT – AND HOW TO EAT

By Jackie Bates



Eat a good breakfast every day. Many people skip breakfast, eat a small lunch, and then have a large dinner in the evening. This pattern of eating is often a recipe for stress, diabetes, and obesity.

For those who want to lose weight: Each evening before you go to bed, write down on a sheet of paper everything that you think you might eat the next day. Plan for snacks. Put anything you want on the list. You aren't allowed to eat anything that isn't on your list. This cuts out all impulsive indulgence. It also requires you to be thoughtful about what you put in your mouth.

Stay away from fast-food restaurants that offer choices high in fat and sodium. If you must eat at such an establishment, then make informed food choices that include salads with low-fat, low-calorie dressings, and vegetables.

Be warned that some fast-food salads with high-fat dressings might actually have more fat and calories than a hamburger.

Reduce consumption of sugar-saturated sodas and alcoholic beverages, and drink more water and diluted juices. Don't go on any diet that you aren't prepared to stay on for the rest of your life. That means you shouldn't ban yourself from eating the foods you really love—even chocolate, pizza, or potato chips. Instead just limit yourself to a small quantity.

Eat slowly and mindfully. Pay attention to what you eat and how you eat. Enjoy every mouthful. Actually taste and savor everything that enters your mouth. Rest the fork or spoon between mouthfuls, then take another bite, slowly. Eat as many fresh vegetables and fruits as you can. Whenever possible, replace snacks that are high in sugar and fat with those low in sugar and fat.

When you eat, don't do anything else at the same time, such as reading, talking on the phone, or watching television. Instead, really concentrate on the experience.

Create an environment to enjoy your meals more by including fun rituals such as lighting candles.

Eat a balanced variety of foods including carbohydrates, fats, protein, and fiber in each meal.

Do not eat anything for three hours before you go to bed.

Keep healthy foods available and in your home. If your downfall is things like potato chips or ice cream, then don't keep them around. If during the day you are tempted to indulge in unhealthy snacks that are readily available, then keep a piece of fruit, carrot sticks, or a low-fat granola bar with you at all times.



RECIPE: Simple Caprese Salad*

3-4 Heirloom Tomatoes

8 oz. Package of Fresh Mozzarella (ovoline shape) or Burrata

Bunch of Organic Basil Leaves

2 tablespoons each Olive oil & Balsamic Vinegar

Salt & Pepper

Slice tomatoes into 1/4 -inch thick slices. Sprinkle salt and pepper over tomatoes to taste. Slice mozzarella thinly. Rinse basil and pick leaves, discarding stems. Top each tomato slice with a slice of mozzarella, then 1-2 basil leaves, to taste. Whisk together olive oil and balsamic vinegar, then drizzle over tomato stacks and serve. *All ingredients may be easily found at Trader Joe's

RECIPE: Oven-Roasted Tomatoes

Halve 2 pounds plum tomatoes lengthwise. Place cut-side up on a baking sheet, season with salt and let stand 20 minutes. Roast in a 250F oven until slightly dry but still juicy, about 4 hours. Drizzle with olive oil and sprinkle with thyme.

Great for burger & pizza topping, in omelets, on pasta, or for home-made sun-dried tomato pesto sauce.



CALENDAR OF EVENTS

By Terri Gutierrez

Ongoing:

Through 7/3

“Posing Japan,” Photographs by Kusakabe Kimbei, California Museum of Photography. <https://artsblock.ucr.edu/Exhibition/Posing-Japan>

Through 7/18

“Interrogating Manzanar: Photography, Justice, and the Japanese American Internment. California Museum of Photography. <https://artsblock.ucr.edu/Exhibition/Interrogating>

Through 1/2/16

“California Handmade: State of the Arts,” works by more than 80 artists featured. Maloof Foundation, Alta Loma. malooffoundation.org

June:

6/19 – 8/8

Film Series, Culver Center of the Arts, Friday and Saturday screenings. Schedule: <https://artsblock.ucr.edu/Film/List>

6/20 – 6/21

11th Annual Lavender Festival; 10 a.m. – 6 p.m., Highland Springs Resort. <http://hsresort.com/thelavenderfestival/>

July:

7/3

University Holiday

7/16 – 7/18

6th International Comic & Medicine Conference, Culver Center of the Arts. <https://artsblock.ucr.edu/Program/Spaces-of-Care>

August:

8/22 – 8/23

Sausage & Beer Festival, Highland Springs Resort. http://www.hsresort.com/events_upcoming.php

Regional Happenings:

Through 9/7

Butterfly Pavilion, Natural History Museum, Los Angeles. <http://www.nhm.org/site/explore-exhibits/special-exhibits/butterfly-pavilion?s>

6/18 – 10/24

The Greek Theatre. <http://www.greektheatrela.com/>

6/26 – 8/30

Sawdust Art Festival, Laguna Beach. sawdustartfestival.org

6/20 – 9/27

The Hollywood Bowl. <http://www.hollywoodbowl.com/tickets/calendar-fullseason>

7/8 – 8/31

Pageant of the Masters, “The Pursuit of Happiness,” Laguna Beach. <http://www.foapom.com/pageant-of-the-masters/>

7/9 – 7/12

Comic-Con International 2015, San Diego. <http://www.comic-con.org/>

7/17 – 8/16

OC Fair, Costa Mesa. <http://www.ocfair.com/2015/index.asp>

Alcatraz, continued from 1

Once you have landed on the island, you will be met by a park ranger who gives a quick briefing on the island and directs you to a short orientation video. After that, you are free to roam as you wish. There are no food vendors or restaurants on Alcatraz, so make sure to bring snacks, water or even a lunch; there are tables and you are free to picnic on the island.

The audio tour is very well done. You get the perspective of the prisoners and prison guards, but even the prison guards' children who also lived on the island. If you do decide to take this memorable tour, take a couple of hours to view *Escape from Alcatraz*. A Clint Eastwood movie, it dramatizes the only successful escape attempt from Alcatraz. You can find the movie on Netflix. The audio tour will take you to the prisoner's cell, and detail the daring escape.



Left: view of the western shore of Alcatraz



Right: Typical cell in the B&C blocks of the prison, 5x9 feet.

Clutter, Continued from 3

Clutter quite rightly ignored my remark.

"Then I'll put everything on the computer and store you on floppy disks!"

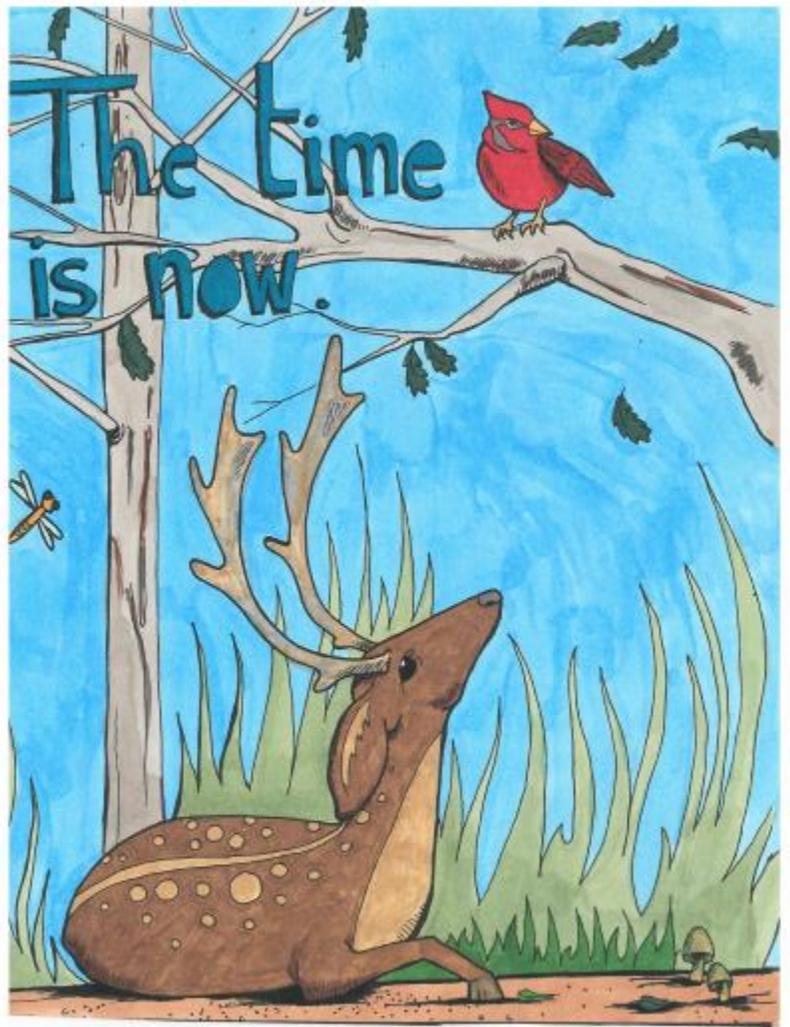
"And within a month your disk-filing system will be in total disarray, plus you'll have another pile of papers waiting to be entered onto disks. Face it, you can't win!"

Exasperated, I ran to the closet to get my coat. "I'm getting out of here." Clutter had been to the closet before me. Shoes were scattered, clothing lay strewn next to a stack of computer printouts and a lawn chair.

"Clutter!" I yelled. "You have crippled my productivity for the last time. From this day forward, I will have adequate workspace on my desk. I will not be late, nor will I miss appointments. Never again shall I be overwhelmed by your size and withdraw into reading old magazines. I am going to the store to buy a paper shredder and a bunch of storage bins!"

I looked around for a long moment. "Now where are my keys?"

...Clutter burped.



BRAIN FOOD

Language Equations

Example: 3 = B. in L. of the R.

Answer: Books in *Lord of the Rings*

2 = P. in a P.

1 = L. N. and 2 = C. B. as B. as O.

1 = if by L., 2 = if by S.

3 = F. in a Y.

4 = T. FDR E. P.

2 = N. in a D.

5 = P. in a N.

25 = P. in a Q.

9 = I. in a B. G.

20,000 = L. U. the S.

6 = W. of H. 8

87 = F. S. and S. Y.

<- Answers Left



2 Peas in a Pod
1 is the loneliest number
2 can be as bad as one
1 if by land
2 if by sea
3 feet in a yard
4: Times FDR was elected president
2 nickels in a dime
5 pennies in a nickel
25 pennies in a quarter
9 innings in a baseball game
20,000 Leagues Under the Sea
6 wives of Henry VIII
87: Four score and seven years