Chasing the Harvest
How one student is gleaning a bountiful future at CSULB
I was thrilled to join my alma mater as a public affairs staff member more than 14 years ago. Since then, I’ve met so many wonderful students, faculty, staff and alumni with amazing accomplishments and interesting stories. CSULB is a thriving institution full of inspiring individuals as you’ll see in this issue. You’ll learn even more through our enhanced digital storytelling at www.csulb.edu/beachmag and on our Beach Magazine app. Have a comment or news to share? Keep in touch at beachmag@csulb.edu or 562.985.5453.

After nearly 40 years in communications, I’m retiring at the end of January. I started as a newspaper reporter and later worked in all four segments of California higher education — community college, UC, private and CSU. I chose a career advocating for education because it opens doors to success for everyone and deserves our support.

Long Beach State is always in my heart and I’ll continue to return as a proud alumna.

Sincerely,
Anne (Junak) Ambrose ’76, ’90

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One of the things I value most about The Beach is the depth and breadth of our diversity. Our strength lies in this inclusivity, in our willingness as a community to embrace individuals with a wide range of identities and life experiences. But the diversity ideal to which we aspire is more than simple acceptance—it is rooted in a desire to learn about and appreciate both commonalities and differences in perspectives, politics, customs, and life histories.

This issue of Beach Magazine does just that by giving you a peek into the amazing—and amazingly diverse—stories of our community. From the striking photo essay about student and migrant farmworker Guadalupe Ayala-Arroyo to the incredible story of alumna and USA Paralympian Jami Goldman Marseilles, you will see that many of our students, faculty, staff and alumni lead unexpected lives. Knowing this leads, I believe, to deeper appreciation and understanding. And that enriches us all.

Jane Close Conoley

President's Message
Jane Close Conoley, president of California State University, Long Beach, has announced plans to eliminate smoking on campus by 2016. To complement her plan, Conoley is implementing Breathe, a campaign that will educate the campus about the health risks of smoking.

“Many things distinguish CSULB from other universities—great faculty, staff, students and location, to start,” Conoley said in a message to the school. “I’m hoping we might add another distinction—the healthiest campus.”

In 2013, about 6,500 students voted in an Associated Students, Inc. election, with 64 percent of votes recommending a smoke-free campus. After this, Conoley assembled the 24-member CSULB Tobacco- and Smoke-Free Task Force – consisting of faculty, staff and students – to help develop policies and figure out the impact of becoming a smoke- and tobacco-free campus.

According to the U.S. Surgeon General’s Report in 2014, smokers are estimated to lose more than a decade of their life, but by quitting by age 40, it reduces the estimate by 90 percent. The report also stated that smoking is a cause of macular degeneration – a condition that “gradually destroys the macula and can ultimately lead to loss of vision in the center of the eye.”

Tuning in to the Best
by Ruben Diaz

Sixteen years after Mike Soulantanian founded student-run college radio station KBeach Radio in his dorm room in 1999, the radio station has been recognized as one of the nation’s best. BestColleges.com placed KBeach Radio on its “Best College Radio Stations” list consisting of 51 colleges, which are not ranked numerically. ASI Student Media Coordinator Danny Lemos attributes the recent success of KBeach Radio to the passion of the student DJs who bring everyday.

“While some may feel that I’m limiting an adult right, I am actually trying to ensure our shared right to breathe easier by creating the best environment for the well-being and longevity of all,” Conoley said in her message.

For more information on the task force, health effects of smoking or Breathe, visit csulb.edu/breathe.

Quest for Knowledge
by Ruben Diaz

Last year, the Office of Research and Sponsored Programs debuted its inaugural issue of a new university magazine focused on faculty and student research. Many faculty at CSULB are engaged in cutting-edge research. Key to the university’s research efforts is student training and engagement. Appropriately named Quest, the annual publication features stories and photos about faculty and students as they journey to create, discover and improve in the fields of science, technology, psychology, nursing, business and more through research. Visit csulb.edu/quest to learn more.

Remembering Nohemi Gonzalez

It was an emotional and moving sight on Nov. 15, 2015 as more than 2,000 students and community members gathered at the University Student Union to mourn and honor Nohemi Gonzalez, the 23-year-old design student killed during the Paris attacks on Nov. 13.

As grieving faculty, students and loved ones took to the podium to remember Gonzalez, known fondly as “Mimi,” a similar picture emerged—one of a sunny, positive and driven young woman who had an enormous impact on the Design Department, the university and the community.

Standing in testament to her influence were the thousands of tearful and somber figures wearing black and yellow ribbons that filled the Student Union ballrooms, spilled out into the lobbies and overflowed onto the lawn outside. It was a symbol of solidarity and love for Gonzalez, the campus and the global community.

Learn more about Nohemi and her remembrance at www.csulb.edu/article/thousands-attend-vigil.
In 1964, a group of art enthusiasts collaborated to form a group to support the arts at California State University, Long Beach, or Long Beach State, as it was known at the University, Long Beach, or Long Beach State, in order to establish the Fine Arts Affiliates (FAA), which resolved to support art students. "The first group of founders were not all artists," said Elaine Marks, who serves as FAA’s historian. "Some were collectors and others were just supporters of the new college in town." Fifty-one years later FAA continues to exclusively support the arts at CSULB by offering 15 scholarships for students studying Dance, Design, Theatre Arts, or Film and Television in the College of the Arts, and to students of the Cole Conservatory of Music and the School of Art. Marks said FAA decided to support the campus because it wanted to "be a part of making the art department first-rate by helping talented and deserving art students reach their potential." The FAA has contributed more than half a million dollars to scholarships over the years," said Bethany Price, the communications and outreach director for COTA and a FAA member. "Illustration alumnus Jorge Hurtado (’97, BFA) is a former recipient of a FAA scholarship. Before receiving the award, Hurtado said he did not feel connected or noticed by the campus. On top of that, he was going to school full-time, working many hours at his job, and had little time to explore what the campus had to offer. But after receiving notice that he had been nominated for a FAA scholarship, Hurtado said a professor urged him to submit an application. Soon after he was chosen to be a recipient, which led him to use the scholarship to pay for his tuition for one year. "Receiving the scholarship made me feel valued, and it definitely helped me financially," Hurtado said. "I felt more encouraged to pursue my academic goals, and I felt a deeper feeling of belonging to the university."

Juliet Johnson (pictured on left), a fifth-year sculpture student, is one of the current recipients of the scholarship. She says she thinks it is a fantastic scholarship. "I'm able to be a little more ambitious with my practice, and I can more easily afford materials, not to mention just having a little financial security to instill in my own," Johnson said.

The non-profit group raises money through donations, by organizing excursions in Los Angeles and Orange County and through other related activities. Since FAA is an all-volunteer organization that is open to anyone, it also raises money through annual membership dues ranging from $50 for basic membership to $500 or more for benefactor membership. Members benefits include access to special gallery, theatre, and concert receptions; excursions to historical, cultural and architectural places of interest; and priority admission to special events.

With 215 members currently, FAA welcome anyone who would like to join and contribute to the vision of supporting and encouraging the arts at CSULB. Those interested in joining can email Ann Busenkell at faamembership@gmail.com.

Perhaps more than any other single campus initiative, the President’s Scholars Program has catalyzed CSULB’s growth in recent years and cemented its reputation as a "university of choice." Introduced in 1995 by then-president Robert Maxson, the program has brought top students from throughout California—from Siskiyou in the north to San Diego in the south—to The Beach, where they have created campus life and enriched the life for all students, faculty, and staff. As the program marked its milestone 20-year anniversary in 2015, it was re-envisioned for the educational and financial landscape we find ourselves in today. It now has some new features and goals by a slightly different name—"President’s Scholars"—but it still remains the most prestigious merit-based scholarship awarded by CSULB.

Beginning in fall 2016, President’s Scholars will be selected from an elite pool of high achieving freshmen admitted to the University Honors Program (UHP) and will receive UHP benefits, including priority registration, in addition to individualized award packages. President’s Scholars may also have opportunities to participate in international educational travel, hands-on research, real-world internships, and other high-impact activities and experiences.

"The President’s Scholars Program has greatly contributed to our university’s outstanding reputation," said President Jane Close Conoley. "Hundreds of academically talented students now consider The Beach a campus of first-choice. Modifications to the program will ensure fiscal stability, relevance and visibility to the prestigious merit-based scholarships, expanding opportunities for personal enrichment and academic success to even more students."

Invitations to apply for President’s Scholarships will be extended to exceptionally academically talented students who apply to CSULB. Alums of the program have gone on to notable careers and leadership positions. For more information on the program, please visit csulb.edu/presidents-scholarships.
Tens of thousands of donors stepped up to declare their support for CSULB as the DECLARE Campaign ended Dec. 31 with great success.

The campus exceeded its goal of $225 MILLION in August when an anonymous donor provided a multimillion-dollar gift to support graduate fellowships and an endowed dean’s chair for the College of Natural Sciences and Mathematics.

"Thanks to the generosity of alumni, supporters and the entire campus community the DECLARE Campaign is transforming our university and enhancing the success of our students," said CSULB President Jane Close Conoley.

Supporters embraced the campaign’s three pillars of Transformation, Unequaled Access and A Greater Community. DECLARE also surpassed its goal attracting 50,000 new first-time donors. The highest number of gifts came from friends of the university, followed by alumni and parents. A variety of businesses, foundations and other organizations also contributed.

For instance, alumnus and long-time educator Ruben Ingram and his wife, Marjorie, created an endowed scholarship to help students like Brian A. Thomas, who’s completing his Ed.D. in educational leadership.

Donations benefit students, faculty and community activities. The Beach received multiple gifts of $5 MILLION or more, more than 60 gifts of $1 MILLION PLUS, and hundreds of donations of at least $50,000.

But the university's needs are ongoing.

"Though we have exceeded our initial campaign goal, our work at The Beach is just beginning" added Conoley. "We will need to build on the momentum established by DECLARE and focus on fostering a culture of giving on our campus to ensure that future students have the opportunity for a high-quality CSULB education."

"Knowing that my gift will contribute to long-term endeavors to create a more math- and science-literate society is a source of particular satisfaction to me."

- ANONYMOUS DONOR

BEFORE BECOMING AN ASSISTANT VICE PRESIDENT IN STUDENT AFFAIRS, I SERVED AS THE UNIVERSITY'S BURSAR FOR 15 YEARS. AS YOU CAN IMAGINE, I HEARD A LOT OF STORIES DURING THAT TIME...SAD SITUATIONS AND CIRCUMSTANCES INVOLVING STUDENTS. SUPPORTING THE CAMPAIGN FOR CSULB IS ANOTHER WAY TO MAKE A DIFFERENCE IN THE LIVES OF OUR STUDENTS AND ADD TO THE LEGACY OF THIS INSTITUTION AND OUR CAREERS.

- NANCY ECKHOUS, ASSISTANT VICE PRESIDENT, ADMINISTRATIVE SYSTEMS AND SERVICES, DIVISION OF STUDENT AFFAIRS
RUSS LESSER, ’64, B.S., ACCOUNTANCY

As president of Body Glove International, Lesser has helped grow the firm into one of the world’s most respected watersports brands. Lesser continues to support his alma mater financially and by donating wetsuits and equipment to the marine biology program.

DR. MATTHEW AND Roberta Jenkins

The Jenkinses generously support CSULB through their family foundation, which provides scholarships and support for students across the nation. Roberta is a member of the CSULB 49er Foundation Board of Directors which advocates for philanthropy and manages donations that benefit CSULB.

If you’d like to learn more about the campaign or a specific initiative, visit csulb.edu/declare or contact:

UNIVERSITY RELATIONS AND DEVELOPMENT
1250 Bellflower Blvd.
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Oliver Wang is sitting in his record room surrounded by hundreds of albums lining shelves from floor to ceiling and spilling out into plastic milk crates. He checks his email on his laptop in between takes as we make photos of him to accompany this interview. The setting is fitting, capturing some of who Wang is and why he was perhaps the best person to produce his later work.

A devoted disciple of hip-hop in the '90s, Wang has amassed an impressive collection of albums of all genres, which he also uses to spin as a DJ.

He’s well known in the arts and entertainment community throughout Los Angeles, as an expert commentator and journalist covering pop music, culture and politics. Along with his contributions to the L.A. Times, NPR and KPCC, he is a panelist on “Pop Rocket,” a weekly pop culture podcast.

As an associate professor of Sociology at CSULB, he taught a variety of classes from Intro to sociology to a course on race, class and gender. Last fall, Wang taught a course in the University Honors Program on arts and culture in Los Angeles and this spring, he teaches the Sociology of Pop Culture.

We spoke with Wang about his new book, “Legions of Boom: Filipino American Mobile DJ Crews in the San Francisco Bay Area.” His first academic work, the book documents the mobile DJ movement that dominated the Filipino community in the '80s, and has gone relatively unnoticed until now.

**On Mobile DJs:** “On a basic level, a mobile DJ is a DJ who supplies music and lighting services for an event like a wedding, school dance or birthday party. What makes it mobile is they have equipment they bring, set up and take with them.”

**On who the mobile DJs were:** “Overwhelmingly, these guys were high school students. When they graduated or were mid-way through their early 20s, they would decide to leave the scene. Their original ambition was never to make DJing a lifelong activity or career. They got into it because it was a fun thing to do and a formative moment in their lives that created friendships that have lasted for these 30 years.”

**On why DJ-ing was huge for Filipino-Americans:** “First and foremost, it’s a party-based culture and music across communities and time has always been a way in which you can get people to congregate. Common destinations become a way to socially unify people. Partying gave Filipino-Americans a common sense of identity and it brought them across different neighborhoods to create a broader community. Being part of this scene helped define what it meant to be a young Filipino in this community.”

**On why this movement went unnoticed:** “In a lot of ways that has to do with the broader social invisibility that Filipino-Americans have had to struggle with for decades. It reflects the way Filipinos historically have been marginalized within American pop culture, mass media and social movements and the like so they have had to struggle with for decades. This movement provided an opportunity to interview hundreds of Filipino-American DJs, which became the basis for my dissertation research. Many said they always had a sense that their accomplishments largely go unseen by the rest of society.”

**On doing the work:** “I got the opportunity to interview famous Filipino DJs like Q-Bert, Shortkut and Apollo and the one common thread they had was that they all first got started as mobile DJs in the Bay Area. That became the basis for a story I wrote for the San Francisco Bay Guardian, which became the basis for my dissertation research. Many years later, it’s become this book.”

**On being the first to write about this movement:** “As a journalist and a scholar, when you come across a phenomenon that no one else seems to have studied or reported on, that becomes the compelling thing to chase after. One of the things that stuck with me was that a lot of my respondents said I was the first person to ever ask them about these stories, which surprised me.”

When it comes to popular culture, Oliver Wang is a recognized expert. Here are five things Wang has on his radar that you should too:

**Book to read:** Master of None on Netflix.

**MUSIC TO LISTEN TO:** Vince Staples’ album “Summertime ’06.” (His Twitter, @vincestaples. It’s uproariously entertaining, too)

**SHOW TO WATCH:** National Treasure: The Four Seasons.

**PERSON TO FOLLOW:** Daisy Ridley and John Boyega, the two new stars of Star Wars.

**SOCIAL CHANNEL TO FOLLOW:** Nonti Cao.Cookies on Twitter (@nontiscookies), recent winner of the National Book Award for “Between the World and Me.”
We all wear many hats. We’re children and parents, friends and foes, patients and caregivers, wanderers and leaders — all of these at different times. For that reason, it’s nearly impossible to know everything about a person at first glance. Even mild-mannered Clark Kent was moonlighting as Superman.

In the case of many CSULB students who need jobs to help fund their studies, life outside the classroom looks very different. Whether they are working as exterminators or chefs, lifeguards or researchers, these students wear different hats to cover the cost of transportation or pay tuition.

Students by day and a variety of unique jobs by night (or different kind of day). This is just one more way CSULB students represent diversity both on and off campus.

“The reason I work so many hours at the bakery is because I need the money in order to pay for my tuition. My parents taught me to always work hard for what you want. Being able to pay my tuition on my own makes me value and appreciate my education much more.”

— MICHELLE PANTOJA

As a fourth year Human Development major, it’s sometimes stressful for Pantoja to balance school with working 40 to 45 hours a week at Portos’ Bakery in Downey. Sleep and free time is often sacrificed for work and homework, she says.
DAVID BAUTISTA. The fourth-year kinesiology fitness major and research assistant moonlights as a Lyft driver, which he says, routinely results in people asking him for free rides. The job helps him pay for gas to come to school, car maintenance and other bills.

XOCHILTH RUIZ. The second-year psychology major is a female soccer referee for high school and college state and national competitive levels. She works about 40 games per month and still has time to attend classes, study and hang out with her friends.

"Refereeing has taught me discipline, foreign languages, and skills that will last a lifetime. It's offered me so many career opportunities. It also keeps me in shape. As a referee, I promote respect and discipline on the field. It's amazing to see that my hard work results in the union of players and coaches for the love of the beautiful game."

"I love how I can listen to music while driving as well as the different personalities and people that I come across. I have done more than 500 trips and it's crazy to think more than 500 people have been in my car and I've had contact with them."
What started as a fun ski trip for Jami Goldman Marseilles and her girlfriend in December 1987 nearly ended in tragedy.

The teens found themselves stranded in their snowbound car on a remote Arizona road for 11 days, resulting in such severe frostbite that Marseilles ended up having both legs amputated below the knee.

That hasn’t stopped her from pursuing an active life, and on Oct. 11 she realized her dream of becoming the first woman double amputee to run the Chicago Marathon, completing the 26.2 miles in 6 hours, 27 minutes. That’s good enough to qualify for the 2016 Boston Marathon, where she’ll run to honor those affected by the 2013 tragedy in Boston.

After earning a B.S. in communication from Arizona State in 1992 and then a B.A. in child development from CSULB in 1996, she began working on her master’s at Long Beach. Her life took yet another turn when her prosthetist showed her a video of the 1996 Paralympic Games in Atlanta.
“Growing up, I had real legs and I was guilty of not exercising and not running with them.”

“I was just enthralled. I could not believe that amputees like myself were running. That’s what really started the ball rolling. I watched that video and thought, ‘What an amazing opportunity to learn to run,’ she recalled. “Growing up, I had real legs and I was guilty of not exercising and not running with them.”

She became so dedicated to the sport that she competed with the USA Paralympic Team and almost qualified for the 2000 Paralympic Games in Sydney, Australia. Moreover, she became an advocate for persons with physical disabilities and has worked with a variety of organizations including the Challenged Athletes Foundation that helps disabled athletes worldwide take part in training and competitions.

A 1999 Adidas TV commercial shows her from the waist up, with just the sound of her feet running on a track, then pulls back to reveal her prosthetic legs. For her accomplishments, the College of Health and Human Services named her a 2001 Distinguished Alumna.

Nowadays, being a kindergarten teacher at Eisenhower Elementary School in Garden Grove keeps her running in a different way. She and her husband, Beau, have two children, and the family supports her tough training regimen.

Increasingly sophisticated prosthetics help Marseilles and others go about their daily lives. She has three different pairs from the firm Össur, which also made her first running legs, the Cheetah Xtreme.

“I’m an ambassador for them, first and foremost because I believe in the product. I’m a kindergarten teacher, so sometimes I wear my prosthetics 17 or 18 hours a day. On a good day maybe I’ll wear them 15 hours and get to take them off a little bit. Because of the quality of the manufacturing, it lets me live my life without any limitations.”

Her everyday legs are designed for high activity and can be worn with a variety of flat shoes, while her Flex Run legs look like a C-shaped blade and come with a special Nike sole. “That’s what I ran the marathon in and what I use when I run on the weekends and for training,” she explained. In addition to workouts at UltraFit Bootcamp in Huntington Beach, she is often found along the shoreline trail or in the hills of Aliso Viejo with her running friends.

On April 18, the people of Boston will see what tenacity means.
Chasing the Harvest

by Joseph Philipson and Sharon Hong
As a daughter of migrant workers, third-year Psychology student Guadalupe Ayala-Arroyo grew up moving from city to city as her parents followed the harvest to find work. She also grew up expecting that one day she too would help work in the fields. It is uncommon, she says, that children of migrant workers go to college.

During winter and summer, Guadalupe works alongside her parents, Pedro and Maria, as a seasonal farmworker. She has been working with them since the age of 15.

Guadalupe applied to colleges and was accepted to CSULB with the support of the College Assistance Migrant Program—a federally funded program to assist high school-aged students to get into college and successfully complete their first year.

CSULB is host to one of eight CAMPs in California. It is funded to serve 40 new students per year. About 70 percent of CAMP students achieve graduation—a higher average than the university as a whole. Since its inception in 2000, CAMP has served almost 750 migrant students.

“The hardest thing about working in the fields in Coachella is the temperatures. The temperatures get really high.”

During summer break, Guadalupe harvests grapes with her parents. Workers either pick grapes from the vines or pack them into boxes. Guadalupe prefers packing boxes because she can be in front of the rows and see people passing by. She gives most of her earnings to her parents and keeps $100 for herself.
“After I get my bachelor’s degree, I’d like to teach and earn my master’s in psychology. Eventually I’d like to get a Ph.D. and open my own private practice.”

Guadalupe was enrolled in migrant education programs throughout her youth. Her mother, Maria, attended almost every seminar and workshop available to migrant parents to learn about how to send her children to college. Many migrant parents do not send their kids to college because they are fearful or ill-informed. Some parents also rely on their children to help with finances. Through Maria’s persistent enrollment in workshops, she helped to cultivate Guadalupe’s aspirations of getting a degree.

“I am proud because you are my first one, and now your sisters will follow in your footsteps.” — GUADALUPE’S MOTHER
Emmett Heinrich pulls intently on a weight machine at the LifeFit Center @ The Beach’s Fitness Floor. After several repetitions, the 89-year-old moves on to another piece of equipment—one of 18 he’ll work with that morning.

SEE MORE OF GUADALUPE’S STORY INCLUDING VIDEO INTERVIEWS ON CSULB.EDU/BEACH
"I am happy when I arrive and I’m happy when I leave, and what could be better than that."

Looking in from the center, he’s at the center four times a week—Mondays, Wednesdays and Fridays to perform his exercise regimen, and Thursdays for a fitness class. He might encounter another member, alumna Angie Avery, who’s nearly three decades younger and equally dedicated to staying in shape.

LifeFit is far more than just a well-equipped gym. It has more than 400 members including community residents age 49 and above, and CSULB faculty and staff of any age, who can take a host of fitness and wellness classes and workshops. Additionally, “We’re an educational and research laboratory, so we host College of Health and Human Services (CHHS) courses in our facility,” said director Ayla Donlin. “We offer internships for kinesiology and physical therapy students every semester and we also host research that graduate students and faculty are conducting.”

“The third function is that we offer outreach programs both on campus and in the community,” she added. “Throughout the Beach Community Wellness Program, kinesiology and nutrition students lead free fitness and nutrition programming in underserved areas in partnership with the Long Beach Department of Health and Human Services. For instance, they’re currently hosting programs at Hueneme Park in North Long Beach.”

Heinrich began working out on campus in 2000 after retiring from a long career as an aircraft worker in Long Beach. He joined Frog’s Gym, a commercial facility located in the Walter Pyramid, which had a number of older community members. Frog’s eventually closed, so CHHS acquired its equipment for a Center for Active Aging that evolved into the LifeFit Center. It relocated to the Kinesiology Building and reopened in 2012.

CHHS continues to oversee LifeFit, a fee-based program that is separate from CSULB’s Other Lifelong Learning Institutes (OLLI). The two groups partner to support active, healthy older adults, and OLLI members get a LifeFit membership discount.

An essential role of LifeFit is preparing students for kinesiology and physical therapy careers, especially in serving the increasing number of older adults who want to stay fit. “Our facility is entirely student-driven,” Donlin said noting that she, assistant director Emily Sopo, and operations and membership coordinator Heidi Engler are Long Beach State alumni.

In its fitness professionals also are graduates or current students.

“I have found myself saying to people as I’m explaining the anticipated population boom of those age 50 and above; that this is probably one of the first generations where it’s a cultural norm to have spent their adult years going to the gym, or at least having the option,” Donlin said. “That’s why it’s so important that we’re providing specialty programs for that demographic.”

One of those active adults is Avery, who earned bachelor’s in 1976 and master’s in 1979 in recreation and played on the Long Beach State women’s basketball team. She spent her career managing recreation and community service programs in several Southern California cities before retiring as city manager of Los Alamitos in 2013.

“Actually, it’s been my favorite thing in retirement,” Avery says. “In retirement, the freedom to do what you want, and to have this fantastic facility, leadership and programs available was like a dream come true.”

She began taking strength classes and then joined Strength for Living, a 16-week program for groups of eight to 10 people that involves cardiovascular, strength training and balance components. Participants are assessed periodically and can join subsequent groups to continue their progress. Part of that improvement is tracked through the MyZone heart rate monitoring system, used in this and several other LifeFit classes.

When Avery had hip replacement surgery, she benefited through LifeFit’s partnership with PT @ The Beach, CSULB’s public physical therapy clinic. “It was like a one-stop shop,” she said. Donlin and head therapist James Buenaventura collaborated to build her strength prior to surgery and then assisted with her post-surgical rehab.

“There aren’t many fitness facilities that have a physical therapy clinic inside, or vice versa, so this is a neat model that demonstrates our交叉学科 Medicine initiative and working together to bridge the gap between the allied health and the fitness professions,” Donlin noted.

Belonging to LifeFit has an added aspect — a caring, sociable environment. “It helped me talk to people more,” Heinrich said. “Ayla is sensational and knows everything about running it; she does it right.”

CONTACT: Career Services

ABOUT THE LIFEFIT CENTER

CHHS/LIFEFIT OR BY CALLING

562.985.2081

LEARN MORE

ABOUT THE LIFEFIT CENTER AT CSULB.COM/COLLEGES/CHHS/LEADERSHIP OR BY CALLING 562.985.2015

STAY HEALTHY

Just some of the health and wellness events offered on campus this semester.

February 15

LUNCH & LEARN THURSDAY 1-1:30 P.M.

A 15-minute presentation to teach individuals ways to enhance their quality of life.

SRWC Beach Bungalow room. Hosted by ASI.

March

NUTRITION COUNSELING

Free one-hour peer nutrition counseling available to students (no appointment). Health Resources Center. Offered through Student Health Services.

April

“EXERCISE IS MEDICINE” WELLNESS WEEK 4/13-19.

A host of free events including the Lauda Wellness Lecture, fitness assessments and stretching and fitness classes. Hosted by CHHS.

May 5

NIGHT OF RELAXATION 7:30 – 9:30 P.M.

An opportunity to receive gentle yoga realization and instruction while reflecting on the long semester. MAC Gym at the SRWC. Hosted by ASI.
Beyond the Beach

The recipe for making a Dirtbag is not an exact science. “There is no catch phrase that describes ‘it,’” says LBSU baseball head coach Troy Buckley. Sometimes a Dirtbag is an underdog, like the first ragtag team of rookies to be branded with the moniker in 1989. These days Dirtbags are associated with the major leagues. Last July, Fox Sports published an article, “Major League Baseball loves the Dirtbags,” that was exactly what you think – a look at the numbers (16 former Dirtbags in the major leagues in 2015, more than any other school in the nation, and more former players in the majors than any other school for the past six seasons) and some probing into the why. What it comes down to, basically, is that Dirtbags have all the ingredients to succeed nicely in the majors. LBSU coaches are picky recruiters, evaluating players (even unlikely ones) from top to bottom. Couple that with the Dirtbag mentality and training, and Dirtbags become, well, MLB pay dirt. “After our players get done playing here, they’ve been through something extremely hard,” says pitching coach Mike Steele. “They haven’t been allowed to quit. They’ve been pushed. They’ve grown into men. By the time they get to pro ball, they’re like, ‘I’ve already been doing this. I just gotta go to work.’ So they’re able to expedite the process of growing up in pro ball.” Twenty-six former Dirtbags have gone on to the big leagues under Buckley’s coaching, including Jered Weaver, Jason Vargas and Vance Worley. Buckley was also instrumental in recruiting Troy Tulowitzki, who narrowly missed being in the World Series playoffs last year after being traded to the Toronto Blue Jays, and Tampa Bay Rays third baseman Evan Longoria, who was recently inducted to the LBSU Athletics Hall of Fame. Buckley gives the credit to the players for their careers, but he also says the foundation they receive at Long Beach State is solid. It involves a lot of honesty, discipline and character building. In LBSU baseball history, 46 players have gone on to the majors. Six former Dirtbags have won a World Series ring, and last year, there were 378 major league appearances by Dirtbag alumni and 71 starts, more than any other college in the country. This coming college baseball season, LBSU coaches have their eyes on a couple of Dirtbags who might have a good chance at the pros. Junior shortstop Garrett Hampson and sophomore starting pitcher Chris Mathewson are both highly decorated players who were recently named to one of the 2016 Louisville Slugger Preseason All-American Teams. The first game of the season is Feb. 19 against Holy Cross. Buckley says it’s a fun team with a lot of talent and toughness. “Expectations are high internally,” he says. “I do believe in this team.”
Silas Abrego (1971, B.A. industrial arts) was appointed by Gov. Edmund G. Brown Jr. to the California State University Board of Trustees. He held administrative positions at Cal State Fullerton from 1985 to 2012.

Samuel Totten (1972, B.A. English literature), professor emeritus of education at the University of Arizona, was a guest speaker in July at CSU Bakersfield's annual ethics and Eugene Selinger Teacher Training En- dowed Workshop on the Holocaust. Totten is a genocide scholar, who in recent years has been focusing on Sudan, and continues to take part in humanitarian missions to that nation.

Scott A. Willingham (1973, B.S., business administration – human resources management) is a Registerd Investment Advisor with LPL Financial in San Juan Capistrano. He was a college skiier on the U.S. ski team on the World Cup Tour from 1973-1980 and was 1977 world freestyle champion. He also skied in several Warren Miller and Dick Barrymore films as well as did stunt work in TV commercials. His son, Max, currently attends CSULB.


U.S. Secretary of the Interior Sally Jewell and other government and environmental representatives were on hand June 20 to unveil John G. King's (1976, B.S. biology) mosaic installation at Black Sands Beach near Eureka, celebrating the 15th anniversary of the Bureau of Land Management's National Conservation Lands. King's Meadows Community College President Maria C. Sheehan (1976, M.S., counseling) retired in January 2016 after eight years at the Reno, Nev., campus and more than 40 years in education.

The engineering firm Parsons hired Basem Muallem (1982, B.S., geology; 1985, M.S., civil engineering) as a senior program director in its Road and Highway Division. He was with Caltrans for 32 years, most recently as director of District 8.

Mario Cordero (1981, B.A., business administration – human resources management) authored From Hell to Heaven, a novel giving a unique twist on heaven, published by CreateSpace. The novel grew from a unique dream he had about heaven.

The financial services firm MBRA Inc. elected Keith D. Curry (1977, B.A. public administration; 1978, MBA) to its board of directors. He is retiring managing director of Public Financial Management Inc. and has been on the Newport Beach City Council since 2006, serving twice as mayor. He is director of the Center for Public Policy and professor at Concordia University in Irvine.

Water color paintings by Timothy Clark (1979, M.A. art) were featured in an exhibition at the Loyola University Museum of Art in Chicago May 23-Aug. 2. The exhibit's brochure included an essay on his work by Los J. O’Donovan S.J., emeritus president of Georgetown University.

The engineering and consulting firm Michael Baker International promoted Michael A. Tylman (1984, B.S., civil engineering) to vice president and executive of its Irvine, Calif., office, the largest in the firm's west region. He has been with the company for more than 30 years.

San Jose State University named Mary C. Schutten (1982, M.A., kinesiology and physical education) dean of the College of Applied Sciences and Arts. She was associate dean for students and curriculum in the College of Liberal Arts and Sciences at Grand Valley State University in Michigan.

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Governor Edmund G. Brown Jr. appointed Douglas C. McCartney (1941, B.S., business administration – marketing) as senior vice president of sales for its western division. He held executive sales management positions with several telecommunications firms.

Landmark Development LLC named John Wing (1981, B.S., business administration – marketing) as senior program director in its Carson City, Nev., office. He has been with the firm for 32 years, most recently as director of District 8.

Goodyear Auctions, a Los Angeles-based company, held an auction Aug. 16-17 for the estate of the late marine biologist and environmental activist Dr. Fabien Cousteau, son of Jacques Cousteau. The auction included more than 700 lots, ranging from Cousteau's personal items to marine aquariums.

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The Orange County Young Women's chapter of the international women's pilot association selected Ariane (Goodfellow) Wilke (1983, B.A.,
The National Health Foundation promoted Kelly Bruno (1997, M.S.W.) from chief operating officer to chair and chief executive officer of the Los Angeles-based organization, which is dedicated to improving healthcare for underserved populations. She joined NHF in 2007.

Carl A. Kemp (1997, B.A., Black studies; 1999, M.P.A.) is the new senior advisor for legislative and public affairs for the Federal Maritime Commission. A former CSULB Assistant Senate president, Kemp has been a governmental affairs executive with the city of Long Beach, Port of Long Beach and in private practice.

2000 Alyssa Rockenbach (2000, B.A., psychology), associate professor of higher education at North Carolina State University and former President's Scholar, and Professor Martyn Matthew of New York University, are co-leading the Interfaculty Diversity Experiences and Attitudes Longitudinal Survey that is following 100,000 students in more than 150 colleges and universities for four years to learn how students with different worldviews and religious backgrounds live, learn and work together.

Lauren Leathy (2004, B.A., liberal studies; 2006, credential) is now principal of Hugo Real Elementary in Arcadia Unified School District. She holds a bachelor’s degree in education from Brown University, a master’s degree in administration from the University of Virginia and a credential in educational administration from the University of California, Los Angeles.

2010 Joseph Hammond (2000, M.A., history) received a U.S. State Department 2010 Fulbright Clinton fellowship to work as a special assistant to the government of Malawi’s Ministry of Natural Resources, Energy, and Mining, where he researched geo-economic issues related to energy exploration in Africa. He has been a journalist covering political and natural resources topics for international publications. Danica (Matthias) Robran (2010, B.A., art education; 2011, credential) and Jennifer Marquez (2011, B.A., art education, 2012, credential) led the Sun Valley Center for the Arts Kids Summer Art Camp in Idaho. Robran is the center’s art teacher and Marquez is an art teacher at Alliance Morgan McKinley High School in Los Angeles.

Bruce Sparks (2010, B.S., business administration – finance; 2012, MBA) was featured in the Card Hub.com article, “Small Business Grants for Women, Minorities & More.” He is a CSULB alumnus in finance and an advisor in Long Beach City College’s Small Business Development Center.
When Anne Ambrose began working at CSULB in 2001 as the external communications editor in the Office of Public Affairs and Publications, she left a similar position at Whittier Law School, a place where she was very comfortable. After cutting her teeth as a reporter for the Orange County Register, she enjoyed an impressive career in higher education which took her to UC Irvine, Saddleback College and 10 years at the CSU Office of the Chancellor as Manager of Publications and Media Services. However, the pull of working at her alma mater was too great. As editor of the university’s magazine Beach Review (now called Beach Magazine) for the past 14 years, she has been a steady hand in guiding it through numerous transitions. Her commitment to campus is also obvious through her long-time association with Staff Council, where she assisted with a variety of events including Staff Day and the Cherishing the Children toy drive. She has been a familiar face at campus events along with her husband, Gary, a 1977 journalism graduate, and is known among her colleagues for her warm spirit, deep commitment to her work and unwavering positivity. Last spring she was honored, and very rightfully so, as CSULB’s 2015 Outstanding Staff Member. On Jan. 29, when Anne officially retires from the university, she will cap a 34-year career in higher education and to that we say, job well done.

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the campus. Inaugural members included graduates from 1950 to 1959, and each year adds a new class — 1966 grads will be honored this year. Being a Golden Grad includes invitations to special events throughout the year, culminating in an annual dinner prior to Homecoming and the Center Court Presentation, a special recognition in the Walter Pyramid during Homecoming. Campus life was as busy in the ’50s as today, Jan recalled. “I enjoyed everything we did here. There were things going on all the time. People were very friendly. Professors still called you miss or mister. Our favorites included Professors Donald Shipley of biology and Elizabeth Nielsen in English.” “He was a wonderful teacher, with a droll sense of humor,” Dale added. “Also, Dr. Nielsen could speak and read Old English, and we enjoyed listening to her chant in Chaucerian English.” Students observed a dress code, especially for women. “We didn’t wear pants or shorts during class,” Jan said. “Even the song girls’ dresses were knee-length. They had an occasional casual day when you could wear pants.” After serving in the Navy, Dale decided to follow Jan in a career in education and both worked for many years in Long Beach Unified School District. Dale returned to CSULB to earn an M.A. in history in 1967 and Jan earned her M.A. in educational administration at Azusa Pacific University. Beach Pride runs deep in the Fairbanks family. When driving by campus, Jan would point it out to young daughter Alison, telling her, “That’s where you’re going to school,” which also carried over to daughter Melissa. Alison (1985, B.A., psychology) and Dale Chennault’s daughter, Nicole, is now a CSULB English major, and son, Dylan, still in high school, has been properly “indoctrinated,” Dale said. Melissa Sablan, (1990, B.A., liberal studies; 1994, credential), lives in San Diego County with her husband, Bill McCluskey, and 13-year-old daughter, Brynn, who proudly announced she wants to become a future 49er, “just like Nicole.” Dale and Jan loan a variety of memorabilia from their Long Beach State days for display during every Homecoming, and throughout the years have remained involved in a variety of campus alumni and support organizations and activities by giving their time and resources. That pioneering spirit and passing on opportunities for future generations of students carries on each new class of Golden Graduates.

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