Prof Addresses Issues Through Student Troupe

By Richard Manly

After five years of interactive performances by a troupe of CSULB students under the leadership of Communication Studies’ Marc Rich is addressing racism and sexual assault in front of audiences that have firsthand knowledge of both.

The interACT Performance Troupe has portrayed real-world scenarios about violence and prejudice before gang members in juvenile lockdowns and homeless women war veterans.

“Most audiences expect ‘We Are the World’ or an after-school special,” said Rich, who founded interACT when he joined the university in 2000. “What they get is reality.”

InterACT’s goal is to use real-life behavior experienced by the CSULB students so that audiences may discover the will to change.

“We want our audiences to make the transition from spectator to seat-actor,” he said. “Everyone watches, everyone participates and everyone has something at stake in the performance.”

InterACT has performed in domestic abuse shelters as part of ongoing staff training, for at-risk programs with high school students and has traveled around the country with performances in Oregon, Washington, Kentucky, Michigan and Hawaii. The troupe is also available for CSULB events and classes focusing on gender and diversity. “What students in the interACT troupe find is a feeling of connection,” said Rich. “I think students keep coming back year after year because not only do they see a change in the community, but they see a change in themselves.”

What makes an interACT performance different is its degree of audience participation. “The shows are more than interactive. The troupe is doing more than talking with the audience. The shows are proactive,” Rich explained.

“Audience members are asked to come up on stage, whether that audience is composed of juveniles in a detention facility or adults from a domestic abuse shelter. They are on stage co-creating with us.”

“Audiences are surprised by the level of reality they find in the performances. ‘We create our scripts based on journals kept by the students,’ said Rich. ‘Part of the troupe’s rhetorical strategy is that if it’s being said at CSULB, then it’s being said in Kentucky or they’re thinking it in Michigan or they’re acting on it in Seattle.’

“And what we find is that audiences tell us they’ve never seen such an authentic performance. This troupe says what people really feel. Audiences identify with the characters and it can be humbling. And they come out of it with a feeling that the individual can make a difference and that it is possible to intervene.”

Rich earned his B.A. and M.A. from CSU Northridge and his Ph.D. in 1997 from Southern Illinois University in Performance Studies.

InterACT wants dialogue more than answers. “Other groups say, ‘Let’s solve racism in an hour.’ What we look for are honest interventions,” said Rich. “The most powerful moment for us is when an audience member moves from the seat to the stage. At that moment, they move from passive to active. We want people to think about, talk about and engage with these issues.”

Before the performance comes the training, during which Rich leads his students in trust-building sessions for seven hours a day over three days at the beginning of every semester.

“What students audition, we’re careful to ask for a one-year commitment,” said Rich. “That’s because students rarely perform until their second semester. That first semester is spent on the issues. I tell our students from day one that they will never be placed on stage until the rest of the troupe is confident that they are performance-ready. The last thing we want to do is perpetuate the issues we are trying to engage. That kind of commitment has attracted students who want to pursue graduate degrees.”

Three troupe members are now M.A. students in Communication Studies, one student is enrolled in medical school and one former troupe member is in a Ph.D. program focusing on performance and social change.

“We’re trying to address the issues of racism and sexual abuse in an innovative way,” he said. “When you’re called into a lockdown facility filled with gang members divided along racial lines, especially to talk about racism, that is a difficult place to go to. But because we’re not going in with the attitude that these darned kids just need to hold hands and sing, we get positive responses. Learned behavior can be un-learned. I have seen the power of performance and transformation. I’ve always believed in my heart that performance can do things that nothing else can.”
Time Management Can Improve Lives

By Shayne Schroeder

What better time to get organized than January? Whether it’s organizing your school work, work load or just your personal life, January seems to be a time when many take a personal inventory, followed by the best-intentioned plans to improve their lives.

Time management experts Diane Eisenberg and Pat Mulleavy of CSULB’s Learning Assistance Center (LAC) have some practical, yet often-ignored tips for helping individuals take control of their lives – well, at least their schedules.

As Mulleavy quickly pointed out, everyone gets the same number of hours every week – 168. That’s 168 hours for everyone, no matter who you are. The trick, according to Eisenberg and Mulleavy, is to get the most out of each and every one of those hours.

A majority of their advising is directed toward students who have touggle work, family, friends and, ah yes, that thing called school. Therefore, good time management can sometimes be the difference between success and failure, as well as alleviating unneeded stress.

“I know everybody struggles with time management because when I go to the mall there is a Franklin Covey store where there’s nothing but to-do lists and calendars,” said Eisenberg, “and those people are making a living because everyone is trying to figure out how to do time management.”

According to Eisenberg, people generally fit a task into the amount of time they have. For example, if you have three weeks to prepare for something it will take three weeks. But if you have to do it by next week, well, somehow things get done. That is not the case for everyone, of course, but it is more the rule than the exception.

“How are you going to use your time and how are you going to break it up?” said Eisenberg. “That is the real question. We use the phrase ‘time management,’ but we really just want to be the masters of our time.”

Easier said than done. With a myriad of distractions, seeing an hour or two a day slip away is very easy. Multiply that seven days in a week and you are talking about a considerable amount of time.

“I saw a study of more than 300 students and it showed them on the computer for 20 non-academic hours a week,” relayed Mulleavy, “and it was a direct correlation to poorer grades. As technology envelops us all, I’m really finding out it’s becoming a distraction. What it boils down to is that it’s a matter of learning to prioritize.”

One of the things the LAC addresses are your goals. More specifically, what is it you want to achieve and then work backwards from your goal. You may first set a final goal, but then set intermediate goals and make them achievable. You need to make a timeline; it needs to be very specific; and, here’s the tricky part, you have to stick to it.

“Our goals are always changing so we have to be flexible,” said Eisenberg. “Put it on your calendar. Get a general calendar of what you want to get done. Then get a weekly sheet. At some point, however, you have to be honest and ask yourself, what is keeping me from what I should be doing?”

You would think television is the greatest distraction, and it might well have been at one time, but Eisenberg reiterates it is the non-academic computing time that seems to be the biggest culprit.

“We have students that seem to have become addicted to computer games,” she said, “as well as Web surfing and chatting.”

Eisenberg finds that many of her students have woken up in the middle of the night because they think they won’t remember to do something.

“I tell them if they write everything down on a 3x5 card, they can get a good night’s sleep,” she said, “because the card can be up all night for them.”

Even a card with a long list of

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Enrollment Services’ Wong Selected

Nancy Wong was selected by her peers in Enrollment Services recently to be employee of the month at CSULB.

Wong, a Cerritos resident who joined the Office of Financial Aid in 1992 as a temporary employee with 6-year-old twin daughters, was recognized in a special ceremony held on Friendship Walk near the University Student Union, which was renamed Nancy Wong Lane for the month.

President Robert C. Maxson praised Wong for a commitment to her job that enabled her to provide the highest level of customer service to her student clients, their parents and her colleagues. “Nancy’s caring heart and quietly kind ways have made her a much beloved and highly respected member of the Enrollment Services team,” he said.

Wong said she was honored to be selected as employee of the month.

“I was so surprised to be chosen,” she said. “I know a lot of people who could do my job better. Maybe I should ask my coworkers why they did it. Besides, it is such a pleasure to work here.”

Wong is Enrollment Services’ imaging coordinator. While first working on campus as a clerical assistant, she was instrumental in the success of what began as a technical experiment and eventually evolved into the Imaging and Data Processing Unit formed in the spring of 1997. Wong praises the level of training offered her when the unit was formed and points to that preparation as one of the reasons for her recognition.

“It interested me. I try to work very hard with what I’ve been taught. Maybe that is why I was chosen. That and maybe because I’m so nice,” she laughed.

An average day holds many challenges for Wong. “If a document is missing, a student might call me and ask where it is,” she said. “So I search until I find it and learn what the problem is.”

Wong was praised by her coworkers for her exceptional coordination skills, unwavering attention to detail and quality control, outstanding technical understanding and superior supervisory skills that make it possible for her unit to image half a million documents every year.

Wong enjoys two things the most about her job at CSULB — her coworkers and the beauty of the campus. “I feel so lucky to have this job after 11 years,” she said. “I’m lucky to work in an office where there is a feeling of fun. Everything has become so familiar over the years. It is exciting to work with such wonderful coworkers. They always try to have a little fun and that makes the day go fast.”

The loveliness of the campus is a strong attraction, too. “One of the best parts of working here is that the campus is so beautiful, I can enjoy walking around during my lunch break. It is so pretty on Friendship Walk,” she said.

When she isn’t imaging documents, Wong enjoys spending time with her family, reading, walking and watching TV.

After 11 years, Wong is glad she chose CSULB for her career.

“I just want to keep learning new job skills so that I can continue to do a better job,” she said.

Wong received several gifts including a CSULB sweatshirt, a $25 gift certificate to the Elephant Bar, a gift certificate for a lunch for two at Quizno’s Sub, a $10 gift certificate for the Katella Deli and a $10 gift certificate for Hof’s Hut.
**LAURELS**

_Walter F. Baber, Graduate Center for Public Policy and Administration, saw the publication of his latest book _Deliberative Environmental Politics: Democracy and Ecological Rationality_ (co-authored with Robert V. Bartlett of Purdue University) published by MIT Press._

_Norman Carter, Geography, gave a paper, “Movin’ on up: Residential Living Rises to New Heights in Orange County,” to the annual meeting of the Association of Pacific Coast Geographers in Phoenix in October._

_Vincent Del Casino, Geography, served on a panel at the Association of Pacific Coast Geographers conference in October in Phoenix. His panel’s topic was titled “On the Challenges of Qualitative Inquiry and Analysis.” In addition, he chaired a special session titled “Meet the Editors.”_


_Christine L. Jocoy, Geography, published a review of the book, _Architectures of Knowledge: Firms, Capabilities, and Communities_, by Ash Amin and Patrick Cohendet, in the journal _Regional Studies_ in 2005. Also, she was lead author and presenter, with David DiBlase of Pennsylvania State University, of a presentation titled “Copy and Paste Plagiarism: Addressing Academic Integrity in Online Geography Education” to the Association of Pacific Coast Geographers meeting in Phoenix in October._

_Joanne Tortorici Luna, Educational Psychology, Administration and Counseling, made a juried presentation on Nov. 11 titled “Self-Care for the Healer: Occupational Satisfaction and Stress in Equine-Partners and Instructors and Therapists” at the 2005 North American Riding for the Handicapped Conference and Annual Meeting in Houston. Co-investigators were Dermer, to do a reading and signing of his new book, _My Mother’s Bolivian Kitchen: Recipes and Recollections at the Egyptian Theatre of a 35mm short film, _News for Manuela on the Death of Bolivar_, invited to screen at the Latin American Film Festival in Lisbon on Sept. 23. Sánchez-H. collaborated with the Academy of Motion Picture Arts and Sciences Film Archive, the Puerto Rican Film Commission, and the Los Angeles Latino International Film Festival (LALIFF) on the June 14 screening at the Egyptian Theatre of the Academy of Motion Picture Arts and Sciences Film Archive, the Puerto Rican Film Commission, and the Los Angeles Latino International Film Festival (LALIFF) on the June 14 screening at the Egyptian Theatre of the Academy of Motion Picture Arts and Sciences Film Archive, the Puerto Rican Film Commission, and the Los Angeles Latino International Film Festival (LALIFF) on the June 14 screening at the Egyptian Theatre of _Santiago (Whatever Happened to Santiago) _by Jacobo Morales. This screening was part of the annual event sponsored by the Academy Film Archive, the Film and Electronic Arts Department, and LALIFF. In addition, Sánchez-H. was the moderator on Oct. 25 at the LALIFF panel, “Preservation of Latino Films and Creation of Latino Film Collection at the Academy Film Archive.” Also, he was invited by LALIFF co-founders, Edward James Olmos and Marlene Dermer, to do a reading and signing of his new book, _My Mother’s Bolivian Kitchen: Recipes and Recollections_. Among the topics scheduled for presentation at the 2005 North American Riding for the Handicapped Conference and Annual Meeting in Houston. Co-investigators were Edward James Olmos and Marlene Dermer, to do a reading and signing of his new book, _My Mother’s Bolivian Kitchen: Recipes and Recollections_. Among the topics scheduled for presentation at the 2005 North American Riding for the Handicapped Conference and Annual Meeting in Houston. Co-investigators were Edward James Olmos and Marlene Dermer, to do a reading and signing of his new book, _My Mother’s Bolivian Kitchen: Recipes and Recollections_. Other co-authors were Elizabeth L. Ambos, Gregory Holf, Richard Beoh, and R. Daniel Francis (Geological Science and Oceanography)._ páginas de texto.
Lavay Honored for Contributions

Barry Lavay, a professor of kinesiology at CSULB, received the Adapted Physical Education Professional Recognition Award from the California Association for Health, Physical Education, Recreation and Dance (CAHPERD) and the State Council of Adapted Physical Education (SCAPE).

The award, presented at the 34th annual National Conference on Physical Activity for the Exceptional Individual in November, is given yearly to an individual who has made significant contributions in the field of adapted physical education.

Lavay was honored for his body of work, which includes not only his long-standing excellence in the classroom, but a variety of professional activities such as authoring/co-authoring more than 10 textbooks, textbook chapters and manuals, and more than 40 juried articles in 11 different journals.

As a professor at CSULB, his primary responsibility is to train students to teach physical education to individuals with disabilities. His duties in the Kinesiology Department include coordinating the State Adapted Physical Education Teaching Credential Program, where approximately 200 students have received a California APE Specialist Credential since 1990.

Lavay is also the director of the CSULB on-campus after-school and summer physical activity programs for children with disabilities, including the Perceptual Motor Development Clinic and Camp Nugget, designed specifically to offer positive quality physical activity experiences to children ages 5-12 with disabilities.

"Cal State Long Beach and the Kinesiology Department have a very long, rich tradition training teachers to teach adapted physical education dating back to the late 1960s," said Lavay. "I feel very fortunate to be in a position to continue that tradition and pass it on to future generations."

In 2001, he was one of CSULB’s Outstanding Professor Award recipients. That same year, he was honored with the 2001 American Alliance for Health, Physical Education, Recreation and Dance Adapted Physical Activity Council Professional Recognition Award for his leadership on the national level and significant contributions to the literature in the area of adapted physical education.

Lavay has served on the Steering Committee for the Adapted Physical Education National Standards Project, State Council on Adapted Physical Education, and the Editorial Board of the Adapted Physical Activity Quarterly from 1998-2002. He served for four years on the CAHPERD State Council on APE, of which he was chair from 2000-01. Also, he had been involved with Special Olympics for many years, served on the State Board of the California Association for Blind Athletes, and consulted with the American Youth Soccer Organization to assist in developing instructional materials for coaches to help meet the unique needs of children with disabilities.

Lavay has been on the faculty at Cal State Long Beach since 1988. He received his bachelor’s degree from Plymouth State College in 1973, his master’s degree from Eastern Illinois University in 1976, and his Ph.D. in special physical education from the University of New Mexico in 1984.

"Water is a very long, rich tradition taught at CSULB," he said. "Our students are very fortunate to be in a position to help make a difference in the lives of children with disabilities."

Time Management
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things to get done can be a bit overwhelming, she admits, but if you just number them according to priority and then cross them off, soon you see that list begin to shrink and you feel a sense of achievement.

“If you break it down into small steps, then it’s not so daunting,” she said, “plus it’s good to write it down and even get someone you have to be accountable to. That way, you feel like you have to get it done because someone will be checking on you.”

Muleavy noted that LAC is more than willing to make presentations to departments or classes on campus. The LAC offers time management classes and provides learning skills assistance to all students, staff and faculty. In addition, it also conducts off-campus workshops to such groups as high schools and the Long Beach Fire Department.

“One of our goals is to go to each department and set up a meeting to let them know what our services are and that we can come down and make a 15-20 minute presentation to their class,” he said. “We’re available this spring semester, so all they have to do is call us (562/985-5350) and make arrangements.”

WHO’S INSIDE

Inside CSULB is published monthly for the community of California State University, Long Beach by Public Affairs and University Publishing. BH 276, Long Beach, CA 90840; Telephone 562/985-5433; FAX 562/985-5446.

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Information should be submitted by e-mail to pr-ideas@csulb.edu no later than 5 p.m. on the 15th of each month prior to publication. Submissions may be edited for length, style and appropriateness. Submissions do not guarantee publication.

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