Walk Your Way to More Energy

By Rick Goidy

A recent study by CSULB Professor Robert Thayer shows that the more people walk each day, the more energetic they feel and the better their mood. “People seem to be interested in walking as a health benefit, but here, we’re seeing it is not just cardiovascular health and other kinds of physical health that are important, but psychological health as well,” explained Thayer, a professor of psychology. “The more a person walks has a very real and immediate psychological effect that an individual can experience every day.”

Thayer and a group of student researchers assessed 37 individuals (12 males and 25 females) over a 20-day period, during which time each participant wore a pedometer from their waist from the time they dressed in the morning until just before bed. At the end of each day, participants completed several rating scales based on their judgments of the entire day, including self-ratings of self-esteem, happiness, overall mood and depression as well as energy and tension. After making the self-ratings, they noted the number of steps taken that day according to their pedometers.

“We found that there was a clear and strong relationship between the number of steps they took and their overall mood and energy level,” said Thayer, author of Calm Energy: How People Regulate Mood with Food and Exercise. “It really indicates that we’re talking about a wider phenomenon here than just walk more and feel more energy. We’re talking about walk more, be happier, have higher self-esteem, be more into your diet and the nutritionalness of your diet.”

The study was one of four Thayer and student researchers have done over the last several years. “In this whole series of studies daily walking and nutritiousness of diet as well as perceived health because this could indicate, according to Thayer, that people eat better and experience better health when they walk more. “The amount of walking each day predicted a wide variety of positive psychological conditions,” Thayer said. “Specifically the correlations between the number of steps and self-ratings indicated that when our participants walked more, they rated their diet as more nutritious. They also rated more highly their health, energy, overall mood, happiness and self-esteem, in that order.”

Thayer pointed out that walking more is increasingly advocated by public health authorities as an excellent form of essential exercise, and recently in the popular media, there was the widely advocated suggestion that people should walk 10,000 steps a day for optimal health. But there is little scientific evidence supporting this recommendation, and the “average” number of daily steps for Americans is unclear. The data collected from this study, however, does provide some evidence of health as well as typical walking patterns of individuals. Over the 20-day period of the study, the mean number of steps per day of the 37 participants was 9,217, with the males averaging 9,829 steps per day and the females averaging 8,923. The 18-25 age group averaged the highest number of steps per day, with 10,085 while the 36-45 age group averaged the lowest number of steps per day with 8,482. Thayer did note, however, that compared with other walking estimates he has seen, it appears that participants in the study walked more than average.

According to Thayer, however, there is something that prevents individuals from taking advantage of this “walk and feel-better” phenomenon, and it is a fact he mentioned in his last book Calm Energy. “We’re really experiencing an epidemic of stress and depression during these current times. A huge portion of the population is experiencing these effects for a variety of reasons, and the more depressed they are, the less they want to exercise,” Thayer pointed out. “It is important to get the word out and make people realize that if they get up and walk or exercise, they will feel better.”

CSULB to Offer Independent Doctorate

CSULB will be one of the first campuses in The California State University system to offer the independent doctorate of education degree. Until Gov. Schwarzenegger signed SB 724 in September, state universities were only able to offer joint doctoral degrees in cooperation with private universities or the University of California. “This is a historic day for our university and for the CSU,” said CSULB President F. King Alexander. “Today our public universities must address the increasing societal demands for high quality and affordable advanced graduate education. We are excited to be able to collaborate with our public school superintendents and community college presidents to develop a doctoral program that will address these important educational needs.”

Work force demand for doctoral training for administrative leaders for K-12 schools and higher education leaders has far exceeded the state’s ability to provide it. California has fallen significantly behind the rest of the nation in terms of awarding educational doctorates, with one Ed.D. awarded for every 14,700 students in this state, compared to one for every 9,400 students nationwide.

“Not only will we be able to send more qualified people into public education’s administrative leadership, we will be able to do it at a significantly lower cost for the students,” Alexander said.

“Until now, the majority of those who sought Ed.D. degrees turned to private colleges and universities and paid much higher tuitions than will be available through the CSU. At CSULB, we will not only offer one of the best doctoral education degrees in the nation but we will be able to offer it at about one-fifth the average cost of earning a doctorate in education through most private institutions.”

CSULB’s independent doctoral program will begin in fall 2007.
Women’s Health Summit Set for April 22

CSULB’s Women’s Resource Center will host its 2006 Long Beach Women’s Health Summit on Saturday, April 22, from 9 a.m.–4 p.m., in the University Student Union ballroom. The event will kick off Women’s Health Month in California in May. The summit is geared for women who have traditionally lacked access to preventative health screenings and education.

This year’s summit, titled “Women Through the Ages: Improving Women’s Lives Today, Ensuring the Wellbeing of Tomorrow’s Generation,” is a one-day community event organized by leading health care, social service, community based agencies and individuals involved and concerned with women’s health. The purpose of the summit is to provide health-related information, screenings, resources, and services to summit participants to promote healthy lifestyle practices. The summit will showcase a multi-disciplinary approach to women’s health that synthesizes reducing psychological distress, improving quality of life, and improving disease outcomes to help create and maintain well-being.

“There is an important event,” said Marcela Chavez, director of CSULB’s Women’s Resource Center. “There are so many health issues facing women today and this is just one way of getting the key information out there.”

This summit is free to all community members, with numerous planned events including resource tables, health screenings, 50 providers booths/exhibits, more than 30 breakout sessions from which to choose, and various keynote speakers.

Among the speakers will be Dr. Carol Grabowski, a board certified gynecologist and obstetrician who is Chief of Staff at the Women’s Pavilion at Miller Children’s Hospital; Dr. Anne Cahill, a cardiothoracic surgeon at the Memorial Heart and Vascular Institute at Long Beach Memorial Medical Center, and a clinical instructor in the Department of Cardiothoracic Surgery at UCLA; and Dr. Carey Cullinane, director of Long Beach Memorial Center’s Cancer Risk and Prevention Program at the MemorialCare Breast Center.

Workshop topics at the summit will include young women and self esteem, stress relief and relaxation, conflict resolution, domestic violence and prevention, breakthrough parenting, understanding breast cancer and mammograms, surviving your role as a caregiver, healthy sexuality and birth control, preparing for a healthy pregnancy, Afro-centric parenting, mental health, healthy relationships and dating, personal safety, single parenting, keeping your heart healthy, and diabetes prevention.

Some of the available on-site screenings will be for blood pressure, cholesterol level, blood sugar, nutrition consultation, STD and HIV tests, body fat, depression and feet.

There will be food, refreshments and entertainment at the summit and transportation to and from event is available from community centers through out Long Beach. Bus pick-ups will be provided at 17 E. Market Street and 2125 Sante Fe Avenue at 8 and 10 a.m. and noon, or call Long Beach Transit at 562/591-2301 for bus routes and schedules.

To register for the summit, call 562/622-4095 or contact Chavez by e-mail at mgchavez@csulb.edu.

Educational Psychology Clinic has New Look

By Richard Manly

The Educational Psychology Clinic began a new era this spring under director Kristen Powers with a fresh coat of paint, a new floor and an eye toward growth.

For more than 30 years, the clinic has provided comprehensive educational and psychological services to community children at moderate costs. (Children of CSULB employees accepted by the center enroll for 50 percent off.) With the help of individualized attention from graduate students overseen by College of Education faculty, the clinic offers academic tutoring, counseling or psycho-educational assessment to between 80 and 90 community children in its offices in Education building 2.

“There always are more children than the center can accommodate,” said Powers, who joined the Educational Psychology, Counseling and Administration Department in 2000. “Therefore, we accept those children with the gravest problems.”

The clinic has 22 rooms with one-way mirrors and listening devices that allow faculty to observe graduate students while they work with clients. Thus, graduate students are provided direct supervision as they develop their clinical skills. Clinic staff members recruit and process the clients, manage the records, order materials and check out resources to students. The clinic’s inventory includes more than 100 cognitive, academic, social-emotional and perceptual assessments and more than 30 social-emotional programs. It is open from 1-7 p.m. four nights per week and one Saturday each semester. The faculty includes Ed Psych’s Powers, 300 CSULB undergraduate, graduate and credential students used clinic services. (remediation materials, social skills programs, test equipment, observation rooms) to support their learning outcomes.

In one of her first innovations as director, Powers looks forward to the 2006-07 term when the College of Education’s Marriage and Family Therapy (MFT) program begins use of the clinic, introducing adult clients for the first time.

“MFT majors have the chance to learn their skills the same way as other graduate students preparing to serve the community learn theirs,” she said. “It is a natural fit.” To accommodate rising demand, Powers dreams of opening the clinic year-round. “It’s my vision to hire graduate students to work at the clinic several days a week,” she said. “It might even move the clinic into a more favorable fiscal position.” Currently, the clinic’s operating budget is approximately $20,000. Student fees contribute between $5,000 and $7,000 while client fees bring in between $4,000 and $6,000. Half the payments paid reduced fees. Powers is applying for external funding from local and national foundations. “Additional funding would help to cover operating expenses as we seek funding and it would allow us to expand our services to training CSULB MFT students in 2006-07,” she explained.

Powers served as a school psychologist and assistant to the assistant superintendents of Special Education and Research in the Long Beach Unified School District for three years before joining CSULB in 2000. She received her doctorate in educational psychology from the University of Minnesota in 1997.

She has three goals for the center – expand how many grad students work in the clinic, reach out to the community to enable more children to benefit and achieve fiscal solvency. Achieving these goals would be impossible without the help of graduate assistant Celia Adame and student assistant Jackie Letcher. The growth of the clinic is guided by the newly formed Clinic Advisory Committee, which includes College of Education faculty, faculty from neighboring universities, and local school and mental health professionals.

“Really, it comes down to helping children,” she said. “For the children who have been told over and over that they can’t do something, I hope the clinic shows they can do these things. I want them to see they can make progress given the right kind of environment. And by providing our graduate students with the best in counseling, tutoring or assessment training, the children they serve in their professional careers benefit as well.”
Kaleidoscope 2006
Held on April 29

One of Southern California's most popular family-oriented festivals since 1985, Kaleidoscope, will take place Saturday, April 29, from 11 a.m.-5 p.m. at CSULB. As always, admission and parking are free for this campus-wide event.

This colorful annual get-together attracts some 30,000 individuals throughout the day with activities from one end of the campus to the other and more than 100 clubs and vendor booths. Among this year’s scheduled activities are Engineering Day, where visitors can learn about engineering science; the Mobile Science Museum, with fun educational activities; Earth Day, featuring representatives from the Los Cerritos Wetlands Trust, Long Beach Animal Control and the Sierra Club; a Health Fair, featuring the CSULB Radiation Therapy Student Association and the American Lung Association; the Multicultural Village and International Marketplace, boasting a wide variety of foods, arts and crafts, handmade and costume jewelry, and entertainment; the KaleidoKarnival, with game booths for children of all ages; and the Alumni Pavilion, displaying the CSULB historic memorabilia tent. In addition, because of their popularity, fruit smoothies served in whole pineapples will be available at the Tropical Islands booth.

CSULB’s Open House 2006, which is for admitted first-time freshmen and transfer students, will also be held on that Saturday beginning at 8 a.m. in The Walter Pyramid. Prospective students are invited to an orientation, after which, participants can attend a variety of informative workshops such as financial aid and campus life; attend academic college showcases; and participate in a student-support services fair which will take place in the University Student Union Building. Following the open house, participants are invited to take part in Kaleidoscope.

Individuals interested in the Open House may register by calling the Office of University Outreach and School Relations at 562/985-5358. Space is limited, so early registration is encouraged.

For more information about Kaleidoscope, call Luke Davidson, Kaleidoscope coordinator, at 562/985-2288, or visit its Web site at www.csulb.edu/kaleidoscope.

Relay For Life

The Fourth Annual Relay For Life Long Beach is calling on the CSULB community to come out on April 21-22 to help increase awareness and raise money for cancer research, education, and programs. Last year, more than 50 teams, comprised of people who work or study on the CSULB campus and live in surrounding communities, raised more than $150,000 walking or running around the Jack Rose Track for 24 hours (that’s 24 consecutive hours from 6 p.m. Friday to 6 p.m. Saturday).

Every year millions of people around the world come together for Relay For Life, an exciting overnight event designed to honor cancer survivors and raise money to help the American Cancer Society save lives, help those who have been touched by cancer, and empower individuals to fight back against this disease.

Relay For Life Long Beach is a 24-hour event with something for everyone — survivor celebrations, a luminary ceremony, live music, movies, games, food, friendship, and lots of walking. All the festivities, including a moving opening and closing ceremony, are guaranteed to excite and inspire and show you what relay is really all about — HOPE.

Relay team registration is currently in progress. Team registration is $150. To learn more about Relay For Life Long Beach and how you can get involved, call Reva at 562/926-3724, ext. 103, or register online at www.acsevents.org/relay/ca/longbeach.

Spring 2006 Job and Internship Fair

The campus community is invited to attend the Spring 2006 Job and Internship Fair from 1-5 p.m. on Thursday, April 20, at the University Student Union. More than 150 employers are expected to participate in the annual event coordinated by the Career Development Center. Organizations representing a variety of fields, including accounting, engineering, finance, healthcare, law enforcement, marketing, sales and social services will be in attendance. A partial list of attendees includes Bridgestone Firestone, Coalinga State Hospital, Disney ABC Media Networks, E! Networks, FBI, KTLA-TV, LAN International, Merck & Co., Inc., State of California, and 20th Century Fox. Employers will be seeking students interested in entry-level career positions as well as internships and part-time employment.

During the weeks leading up to the job fair, the Career Development Center will offer a series of workshops to help students prepare a marketable resume for job searches, learn effective interviewing techniques, and successfully navigate their way through the job fair. After the event, job seekers may sign up for interviews with employing organizations by logging onto BeachLink at www.careers.csulb.edu.

Faculty and staff are requested to share this information with students. For details, contact Phyllis Milani at 562/985-8461.

Staff Day Set for April 12

The annual Staff Day, sponsored by CSULB Staff Council, takes place Wednesday, April 12, beginning at 7 a.m. with a fun run/walk around campus starting at entrance of Frog’s Gym at The Pyramid.

A craft and vendor fair is scheduled from 10 a.m.-2 p.m. in front of the University Bookstore. The deadline to reserve a vendor table is Wednesday, April 5, by contacting Stafford Cox at 562/985-7801 or by e-mail at scox@csulb.edu. Fees are $10 for staff and $30 for outside vendors.

Lunch will be served from 11:30 a.m.-1 p.m. at The Nugget, with a choice of three sandwiches – turkey and Swiss, roast beef and cheddar on a French roll, or a vegetarian sandwich on Indian bread. All will be served with condiments, chips, freshly baked cookies, soda or water. Jim Long of the College of the Arts and CSULB’s 2006 outstanding staff member will serve as musical emcee.

Lunch tickets are only $7 and must be purchased by Wednesday, April 5; no tickets will be sold at the event.

Staff Day T-shirts are available in the University Bookstore for $10 and the CSULB employee cookbook also will be available. Each participant can obtain a free door prize drawing ticket at the event. Additionally, tickets for a 50/50 drawing are $1 each, with half the proceeds going to the winner and half to support Staff Council activities.

Tickets for the lunch and 50/50 drawing are available from Staff Council members. For additional information, contact Bob Rodgers at 562/985-7853 or brodgers@csulb.edu; or Nancy Green at 562/985-7853 or nancy@csulb.edu.

Alumni Awards Banquet

The CSULB Alumni Association and the campus community will recognize the university’s top alumni, students, faculty and staff at the annual Alumni Awards Banquet on Tuesday, May 9, at the Hyatt Regency Long Beach, 200 S. Pine Ave. A no-host cocktail reception begins at 5:30 p.m., followed by dinner and the awards ceremony at 6:30 p.m.

This year’s distinguished alumni are Jon Weden, Arts; James H. Eaton, Business Administration; Corina Villaragiosa, Education; John Rochford, Engineering; Ronald R. Arias and Paul Pursell, Health and Human Services; Mick Ukleja and Jeffery B. Erickson, Liberal Arts; and Reid H. Bowman, Natural Sciences and Mathematics. Troy R. Johnson, professor of history, and Galen T. Pickett, associate professor of physics and astronomy are the outstanding professors. James A. Long, Dance Department media center coordinator, will be recognized as this year’s outstanding staff member.

Outstanding graduates are Megan Brown McManus, Arts; Business Administration, to be announced; Genevieve Marie Finch, Education; Jeffrey S. Roi, Engineering; April Cherilee Nicholas Arrozal and Angela Lynn Martinez, Liberal Arts; and Thomas James Albertson, Natural Sciences and Mathematics.

Banquet tickets are $100 per person. The reservation deadline is Monday, May 1. For reservations or further information, please contact Cheryl Edgerly at 562/985-7159 or cedgerly@csulb.edu.

WWW.CSULB.EDU/INSIDESCSULB
CSULB Receives $50,000 NCTAF/MetLife Grant

CSULB has been selected as one of three campuses in the United States to receive a $50,000 planning grant from the National Commission on Teaching and America’s Future (NCTAF), with support from the MetLife Foundation, to establish an Urban Teaching Academy (UTA) at the university.

Former Secretary of Education and NCTAF Co-Chair Richard Riley announced the awards at a public forum at the Charles Sumner School in Washington, D.C. The two other institutions receiving the planning grant were the Academy for Urban School Leadership in Chicago and Montclair State University in New Jersey.

The UTA grant is designed to recognize, publicize and support the work of excellent urban teaching academies in an effort to improve the effective preparation and transition of new teachers into urban schools.

CSULB and the two other institutions were recognized for existing programs that successfully prepare quality teachers to staff high-need urban schools. These programs, which will now be known as “NCTAF-MetLife Foundation Urban Teaching Academies,” were singled out because they represent a promising approach to developing and retaining high quality teachers through the melding of preparation and school design.

The program recognized at CSULB is the school-based master’s program under the direction of Linda Symcox and Felipe Gómez, both faculty members in the Teacher Education Department.

“This NCTAF/MetLife Foundation grant will be used to develop our successful teacher-professional development program into a fully articulated ‘teaching hospital’ that will provide on-site training and field experiences for teachers of all levels of pre- and in-service training,” said Symcox, who is also the coordinator of the curriculum and instruction master’s program. “The grant will lay the groundwork for developing a comprehensive UTA design.”

The California Repertory Award

The California Repertory Theatre, CSULB’s own theatre company, was recognized recently by the Los Angeles Drama Critics Circle with its Polly Warfield Award for an excellent season in a small to mid-size theater.

The special award, given at the 37th Annual Los Angeles Drama Critics Circle Awards in March, represents a critical tip of the hat toward Cal Rep’s offerings in 2005, which included “The Cider House Rules, Parts I and II,” “Medea” and its original adaptation of the poet Charles Bukowski’s writings in “Love, Bukowski.”

Cal Rep’s production of “Love, Bukowski” also was nominated for best ensemble performance while its director, CSULB Theatre Arts Chair Joanne Gordon, was nominated for best adaptation/translation of “Bukowski.”

“I think we are bold and adventurous in our programming,” said Gordon, who has received five Drama-Logue Awards and a Los Angeles Critics Choice Award. “Because we are attached to an educational institution, we feel we should explore new, uncharted territory. Because we have the backing of the university and student audiences, we are not tied to the commercial imperative like many theaters. We don’t have to worry about Mr. and Mrs. Tired Businessman looking for a little escape. Our objective is to make art and when we make good art, we also make money.”

Gordon praised the distinction of CalRep’s inclusion with professional theaters. “As far as I know, we are the only theater company associated with a university to be honored by the L.A. Drama Critics Circle,” she said. “That’s extraordinary. The nomination for the cast of ‘Bukowski’ also represents an incredible accolade for them.”
Jazz Institute Honored

The California Institute for the Preservation of Jazz (CIPJ), headquartered at CSULB, was recognized in February by the California State Legislature for its 10th anniversary. State Sen. Alan Lowenthal introduced a resolution congratulating the CIPJ in the senate in conjunction with the CIPJ-sponsored all-state jazz festival held that same month in Sacramento.

“We’re very pleased to be recognized,” said Richard Birkemeier, CIPJ director and member of the university music faculty since 1985. “The CIPJ continues to do its part to bring jazz to a new generation of young people here in California.”

The CIPJ is a CSU statewide educational organization created by act of the state legislature in 1994 sponsored by Assembly member Willard H. Murray Jr. of Paramount. The institute currently includes 16 CSU campuses actively collaborating on governance as well as educational, artistic, outreach and scholarly activities associated with jazz in California. “Its mission is to preserve and promote the great American cultural heritage and social history of jazz music by building a bridge to diverse communities through education and research,” said Birkemeier.

Past CIPJ honors include the Louis Armstrong Fellowship, a national award from the International Association for Jazz Education, in 2002 for its middle-school outreach program titled “Jazz for Today, Jazz for Tomorrow.” The institute currently partners with ArtsBridge International at CSULB on continuing programs of community outreach. The CIPJ also has produced dozens of concerts by such jazz artists as Kenny Garrett, Billy Taylor, Gerald Wilson and the Gerry Mulligan All-Stars. Also, the institute has produced statewide jazz festivals in tribute to Duke Ellington, Bill Evans, and the current 4th Annual All State Collegiate Jazz Festival held in Sacramento in honor of Joe Henderson.

“The institute achieves its mission through preservation, performance, outreach and education via a statewide network of educational institutions and individuals,” added Birkemeier. “The Institute’s goal is to provide the environment and resources to return jazz to its rightful place as a significant and respected part of California’s culture.”

Knight Selected Employee of the Month

Donise Knight, who joined the university in 1975, was selected recently by her peers in Parking/Transportation and Event Services as employee of the month. The 49-year Long Beach resident, who attended Long Beach Poly and Wilson High School, was recognized in a special ceremony held on Friendship Walk near the University Student Union. The walk was renamed Donise Knight Lane.

President F. King Alexander applauded Knight’s selection. “She is noted by her co-workers for providing quality service,” he said. “She is a great colleague with fantastic job skills and a deep sense of dedication.”

“It feels good to be named employee of the month,” said Knight, who came to the university as part of a job placement program following a year working for the Compton Police Department. “I am really happy that my co-workers thought enough about me to acknowledge me. I am surprised and honored.”

Knight believes one reason for her selection is her ability to listen. “Many of my coworkers can come to me when they need an ear,” she said. “They know they can trust me. I think one reason for my longevity here is determination.”

Her responsibilities as a financial analyst for Parking/Transportation and Event Services include setting up various budgets, tracking department expenditures, employee salaries, benefits, operating costs and revenue projects. “I also monitor capital project expenditures within the department,” she said. CSULB has been a learning experience for Knight right from the beginning. When she first joined the university, she began in Public Safety, which then combined University Police and Parking. “I began as a clerical assistant who worked at the front service counter,” she recalled. She found herself learning to take fingerprints, type crime reports, liaison with the Long Beach Municipal Court and supervise the university’s lost and found department. With the decentralization of Parking in 1986, she remained in Public Safety for three more years until joining Parking in 1989 where she designed parking decals and oversaw payroll deductions.

Her learning skills came in handy with the 1989 job move. “I had no accounting skills when I joined, but I saw it as a challenge,” she said. “This was my new position and I was going to tap into every resource on campus to help guide me and give me direction. It was a process of trial and error with the help of a few classes here and there. Today, I can perform my duties comfortably and responsibly. I’m proud of my budget projections, especially in regard to revenue and operating costs.”

The average day is a matter of keeping her thumb on the pulse of parking. “The first thing I do every day is check where we are financially,” she said. “I check our revenues daily so that I know how far the department has to go to meet its goals. I monitor operating costs as well as process student payroll.”

Knight hopes to continue at the university for a few more years with the goal of retirement looming in the distance. She is the mother of three and grandmother of five. Her husband also works for Parking. In the meantime, she is happy she joined CSULB. “I remember feeling ecstatic when I got my first paycheck,” she laughed. “It may not have been a lot of money but it was to me.”

Knight received several gifts with her recognition including a CSULB sweatshirt, a $25 gift certificate for Cirivello’s Restaurant, four admissions to the Festival of the Arts in Laguna Beach, two tickets to a Long Beach State women’s basketball game, a gift certificate for lunch for two at Quinzo Sub and a coupon for two Burger King Whoppers.

Ukleja Center Awards Grants

The Ukleja Center for Ethical Leadership at CSULB launched one of its key initiatives, “Ethics Across the Curriculum,” by announcing its first curriculum research grant award recipients. The grants were awarded at a luncheon reception on March 6. Faculty awardees included Debra Grace and Jian Zhang from the Department of Accounting, Omer Benli and Robert Chi from the Department of Information Systems, and Teresa Chandler from the Department of Philosophy.

Recipients receive $2,000 pedagogical research stipends for infusing ethics into their course curricula. The research program was made possible through a grant from The Boeing Company. Although the inaugural program is being launched primarily within the College of Business Administration, all CSULB colleges and disciplines will be included as the program grows.

Grace’s and Zhang’s accounting students will have an opportunity to learn the fundamentals of applied ethics, including Sarbanes-Oxley Act rules and the development of mini-case studies based on identification of the “absolutes” in applied ethics within the accounting field.

Benli’s research project, titled “How Not to Lie with Statistics,” focuses on the use and misuse of statistics in reporting data and key areas to consider with regard to ensuring ethical accuracy in reporting research and related findings.

Utilizing Enron, Arthur Andersen and other case studies, students of Chi, chair of the Information Systems Department, will explore information ethics and norms; Internet, computer, and intellectual property issues; cultural differences and related challenges to managers.

Chandler is fostering the development of curriculum for an interdisciplinary business ethics course. Named for its major donors, Mick and Louise Ukleja, the Ukleja Center for Ethical Leadership equips people with the transformational power of ethical leadership. It focuses on a three-pronged approach – discovery of new ideas through university research, development of ethical leaders through education and dissemination of knowledge through community outreach.
McNair Scholars Soar

The tragic death in 1986 of Dr. Ronald E. McNair, an African-American physicist and crewmember of the Challenger space shuttle, was not in vain. It inspired the United States Department of Education to start the Ronald E. McNair Postbaccalaureate Achievement program as one of its TRIO programs. “Its purpose is to increase the number of low-income, first-generation college students and students from groups underrepresented in graduate education that leads toward a Ph.D.,” and ultimately, to take college professor or professional research positions, said CSULB’s Howard Wray, executive director, Educational Equity Services and director of Student Support Services and McNair Scholars programs. The program is not designed for those seeking professional degrees such as law or medicine. CSULB generally has 25 participants each year. Faculty members are encouraged to identify prospective students who must meet certain socio-economic and academic eligibility criteria. Students can apply any time during a semester and once selected, receive support including research opportunities with a faculty mentor, a financial stipend, and academic counseling.

In return, they learn about academic life and how to conduct research by attending McNair activities during the academic year and on selected Saturdays, in addition to its summer research program. They write a research article for the CSULB McNair Scholars Journal, present their findings to campus audiences, and have the potential to present their scholarship at state and national McNair symposia as well as at other academic conferences. This demonstrates their ability to perform advanced academic work, essential for graduate school admission, said Eve Oishi, CSULB McNair Scholars research coordinator and professor of Women’s Studies. “When they’re admitted into the program, we pair them up with a faculty mentor,” Oishi said. “Students have access to the mentor’s expertise and advice both about the research process and about graduate programs.” Helping them get into graduate school “is a big component of the summer program—how to identify graduate programs in their field, how to apply to graduate programs, how to ask for letters of recommendation, how to write a statement of purpose.”

CSULB’s Department of Mathematics and Statistics welcomed back one of its McNair scholars as a new faculty member last fall. Kagba Suaray initially started at Loyola Marymount University, but transferred to CSULB in his freshman year. He completed his undergraduate math major and physics minor at Long Beach and later his Ph.D. at UC San Diego.

He credits Mathematics and Statistics’ Kent Merryfield for introducing him to the McNair program. “I thought, ‘Why don’t I just get a credential and teach high school and go from there?’ But McNair made something that was kind of vague and amorphous and gave me a clear picture of what it was to apply to graduate school, take the GRE—I had no idea before that—and to become a college professor,” Suaray recalled. “I study something called survival analysis and density estimation. Survival analysis looks at what we call time to event data or failure time data. It pops up a lot in medical studies. We’re looking at the time until some certain event of interest happens. Or, it pops up in engineering when you time until a component or a machine fails. It has a lot of practical applications,” Suaray said.

Once he has settled into CSULB, Suaray plans to become a McNair mentor. “This program helped me immensely. Not only is it a duty, but it would be a delight for me to give back in that way.”

ISA Presents Annual International Dinner

Food and entertainment from countries around the world will highlight the 40th Annual International Dinner and Culture Show on Saturday, April 22, beginning at 6 p.m. at The Pointe in The Walter Pyramid. The theme of this year’s celebration is “Peace through Education.” The event is sponsored by the International Student Association (ISA), with co-sponsorship from Associated Students Inc. (ASI) and support from the Center for International Education (CIE) and the Office of the President and Provost.

Following a dinner of international cuisines prepared by The Grand Event Catering, the program will feature musical entertainment and dancing by international students and local performers. Along with the performances, students will display memorabilia and photos from their diverse cultures and countries. Attendees of this year’s show are automatically entered to win raffle prizes donated by area businesses.

Daniel Yoder, international student advisor in CIE, encourages faculty and staff to attend and suggests that they might also want to consider sponsoring student assistants from their departments who might not otherwise be able to attend. “The dinner offers a unique opportunity for students to meet with faculty and staff outside of the traditional academic setting,” said Yoder.

“I’m really excited about our 40th Annual International Dinner celebration,” added Sandar Aung, president of ISA. “I’m looking forward to celebrating with International Student Association alumni and past and present faculty advisors on this very special occasion. In addition to that, many of our guests will be dressed in cultural attire. That’s something you don’t see often at other events.”

The cost for students is $20. Single tickets for faculty, staff and the general public are $30 each, and couples are $50. Be sure to get your tickets early as seating is limited for this special event. For more information or to purchase tickets, contact the Center for International Education in person in Brotman Hall 201, by phone at 562/985-4106, or via e-mail at cie-student@csulb.edu.

STAFF applause

Earning Staff Applause this month is Bob Soukup, Chemistry and Biochemistry. Not pictured are Jeff Klaus, Student Life and Development; and Michael Gardner, Physical Planning and Facilities Management.
Paul Boyd-Batstone, Teacher Education, has been working with the Guatemalan Reading Association conducting professional development for Guatemalan teachers in the area of language arts. Also, he worked with the association to organize a nationwide teacher conference emphasizing academic achievement and new teacher mentoring.

Norman Carter, Geography, gave a talk at the Association of American Geographers held in Chicago in March. The presentation was titled “Keeping up with the Joneses.” New residential towers in Orange County, California compete with the Los Angeles skyline.”


Tom Frazier, Geography and International Studies, gave a presentation in March to the Association of American Geographers in Chicago titled “The para-gated communities of Berlin: A methodological analysis of newly constructed and secured buildings in the newly reconstructed capital city.”

Camille A. Holmgren, Geography, was the lead and presenting author (with Jodi Norris and Julio L. Betancourt) of “Inferences about winter temperatures and summer rains from the late Quaternary record of C4 perennial grasses and C3 desert shrubs in the northern Channel Islands Desert” to the Association of American Geographers meeting in Chicago in March.

Christine L. Jocoy, Geography, and Vincent J. Del Casino Jr., Geography and Liberal Studies, presented a paper titled “Persistent discourses in the construction of homeless policy” to the Association of American Geographers meeting in Chicago in March.

John Jung, Psychology, was interviewed about his memoir titled Southern Fried Rice: Life in A Chinese Laundry in the Deep South on Bay Area People broadcast on KTVU-TV in Oakland on Feb. 22.


Paul Larios, Geography, had a chapter in the newly released anthology Savannas and Dry Forests: Linking People with Nature. His paper is titled “Managing a burned mosaic: A landscape-scale human ecological model of savanna fires in Mali.” He gave a presentation at the Association of American Geographers in Chicago in March titled “The biogeographical implications of indigenous fire regimes in the humanized savanna landscape of southern Mali.” Also, he was the co-organizer (with Chris Duvall, University of Wisconsin, Madison) and chair of the session, “Applied Biogeography and Cultural Ecology in Semi-arid Africa.”


Suzanne Marshall, Family and Consumer Sciences, presented a paper titled “Facilitating Collaboration Among Fashion Merchandising and Design Students” at the International Textiles and Apparel Association’s annual meeting held in Washington, D.C., in November.

Jose F. Moreno, Chicano and Latino Studies, co-published with John T. Yuna refereed article titled “College Access, K-12 Concentrated Disadvantage and the Next 25 Years of Education Research” in the January/February issue of Educational Researcher. In February, he presented an invited essay titled “Educational Equity and Socio-Cultural Identity” for the Equity and Excellence Forum held at Brown University and hosted by the Annenberg Institute for School Reform. In December, he co-authored a report for the James Irvine Foundation titled “Unknown” Students on College Campuses: An Exploratory Study” printed in the Irvine Foundation’s publication Insight: Lesson learned from our grant-making programs.


Christine M. Rodrigue, Geography, presented “Katrina/Rita and risk communication within FEMA” at the Association of American Geographers in Chicago in March. She also presented “Geography diversity initiatives at California State University, Long Beach: Interdisciplinary and interinstitutional partnerships” as an invited panelist on the AAG Diversity Task Force session titled “Collaboration and Outreach.” Additionally, she chaired the special session, “Hurricane Katrina and Unnatural Local Disasters,” for the Hazards Specialty Group of the AAG.

Ray Sumner, Geography, served as an invited panelist in the AAG Diversity Task Force session titled “Collaboration and Outreach” and gave a talk on “Collaborations between four-year and two-year institutions as a way of increasing the diversity of geogra-

phy” to the Association of American Geographers. While there, she presented “Long Beach City College” in the special session titled “Getting the Best Start...Community College Geography!”

Deborah Thien, Geography, served as a panelist in an Association of American Geographers’ special session titled “Best Practices in Graduate Supervision/Advising.” She was also the organizer, chair and a panelist in the session “Gender Interventions in Research, Teaching, and/or Practice.”

Judith Tyner, Geography, presented “Threads and Ink: 19th Century Schoolgirl Mapping, 1770s-1840” to the Newberry Library “Early American Cartographies” Conference held in Chicago in March.

Chunxue (Victor) Wang, Professional Studies, gave the art piece for Feifei Wang’s book titled ‘Unknown’ Students on College Campuses.” The piece who knew her and were fortunate to discover the relationship unraveling into an excruciating haunting odyssey. She also presented a paper titled “‘Unknown’ Students on College Campuses” in the special session, “Hurricane Katrina and Unnatural Local Disasters,” for the Hazards Specialty Group of the AAG.

Aaron Wilson, Black Studies, spoke at the Palos Verdes Art Center on Feb. 22, giving a presentation to docents on both contemporary and historical African American Art.

Xiaolan Bao, a professor of History at CSULB from 1992-2006, died on Jan. 22 in Long Beach at the age of 56.

Born in Rangoon, Burma on Nov. 25, 1949, Bao was a tireless scholar of women in Chinese history, and was widely published in the field. She earned a B.A. from Beijing Teachers College in 1975; a M.A. from Jinan University in Guangzhou, China in 1981; and a Ph.D. in History from New York University in 1981. Bao then began her teaching career at Albion College in Michigan where she taught from 1991-93 before coming to CSULB.

“On a personal level, all of the people who knew her and were fortunate enough to be the beneficiaries of her spontaneity, laughter, and sheer joy in her life and work will never forget her,” said Sharon Sievers, a history professor at CSULB as well as a close friend. “But Professor Bao was also an accomplished teacher who cared about her students, and she was an internationally-recognized scholar, passionately engaged in work on the history of Asian women, and Asian American women. Her untimely death is a great loss, but she would be the first to remind us to get on with our lives, and get back to work on all of issues that need to be addressed.”

The department has established the Xiaolan Bao Memorial Scholarship, which will be awarded to history majors for their outstanding work in the history of Asian or Asian American Women’s History. For more information about the scholarship, contact the history department at 562/985-4431.

Tears Without Cry

Uche Ugwuuez, Lecturer, Black Studies

Newly out from New York-based Triumph Publishing, Ugwuuez’s novel of a woman trapped in an abusive marriage is the successor to her first two books, Wet in the Sun and The Blunt Blade. The 110-page novel examines Ebelle, a contemporary woman of achievement living in Nigeria. Barely out of college and in spite of suspicion and discouragement from family and friends, Ebelle marries Dan and begins a family, only to discover the relationship unraveling into an excruciating haunting odyssey. She also presented a paper titled “‘Unknown’ Students on College Campuses” in the special session, “Hurricane Katrina and Unnatural Local Disasters,” for the Hazards Specialty Group of the AAG.

I want to write about women like Ebelle. I want to write about women who suffer domestic violence. The author believes that “Images that writers produce about women carry values and these values contribute to social attitudes toward women everywhere. What I want to write about are women like Ebelle with the strength and courage to break the shackles of female subjugation. I want to offer women an example of what can be done in the struggle to be free. I want to offer women proposals for liberation. I hope that, when women read this book, it affects their notions of life and selfhood.” Crying also includes a glossary of Igbo terms such as ogbane, a child who repeatedly dies and returns to its mother to be reborn, and oni nchi, a dry meat from wild game. Ugwuuez, who joined the university in 2003, earned her bachelor’s and master’s degrees in English from the University of Nigeria as well as her doctorate in 2005.
Monday, April 3
New Music Ensemble directed by Justus Matthews, 8 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

Tuesday, April 4
The Music Guild presents Rosetti String Quartet, 8 p.m., Daniel Recital Hall. For information/tickets, call 323/954-0404.

April 4-5
Eike & Kona Cambodian Stories: An offering of Painting and Dance, 7 p.m., Martha Knoebel Dance Theater. For information/tickets, call 562/985-7000.

Wednesday, April 5
Staff Council presents Campus Tours & Lunch ’n Learn: University Art Museum. Brian Brumley, curator of education, noon-1 p.m. Limit: 40 people. For information/to register, contact Nancy Green at 562/985-7854. International Brown Bag Presentation: Victor Rodriguez, Chicano and Latino Studies, noon-1:15 p.m., Multicultural Center Conference Room (FO3-002). For information, contact Linda Olson Levy at 562/985-8440.

Thursday, April 6
Department of Chemistry and Biochemistry Seminar: Ernest Martinez, UC Riverside, “Multifunctional Coactivator Complexes in Regulation of Gene Transcription by RNA Polymerase II,” 4 p.m., Science LH 48. For information, call 562/985-4942.

Faculty Supper Club (CSULB faculty only) presents Eric Bernard, Mechanical and Aerospace Engineering, 5-7 p.m., Anatol Center, $15 per person includes Cambodian buffet. For information, contact Rachel Brophy at 562/985-4546.

Composer’s Guild - Martin Heiman, 8 p.m., Daniel Recital Hall, free admission. For information, call 562/985-7000.

Friday, April 7
Women’s Tennis vs. UC Davis, noon, campus courts. For information/tickets, call 562/985-4949.

Woodwind Chamber Ensemble directed by John Barcellona, 8 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

Men’s Volleyball vs. BYU, 7:30 p.m., Walter Pyramid. For information/tickets, call 562/985-4949.

Saturday, April 8
Women’s Tennis vs. UC Davis, noon, campus courts. For information/tickets, call 562/985-4949.

Softball vs. Cal Poly-SLO (2), 1 p.m., 49er Softball Complex. For information/tickets, call 562/985-4949.

Softball vs. Cal Poly-SLO, 1 p.m., 49er Softball Complex. For information/tickets, call 562/985-4949.

Friday, April 14
University Jazz Orchestra, directed by Jeff Jarvis, 3 p.m., University Theatre. For information/tickets, call 562/985-7000.

Saturday, April 15
Women’s Water Polo vs. Hawaii, noon, campus pool. For information/tickets, call 562/985-4949.

Men’s Volleyball vs. Stanford, 7 p.m., Walter Pyramid. For information/tickets, call 562/985-4949.

April 15-16
Women’s Water Polo: The Beach Tournament, all day, campus pool. For information/tickets, call 562/985-4940.

April 17-21
Visiting Artist LiQin Tan, Head, Animation Program, Rutgers, Art Show: “Burl + 4,” Art Gallery (PA4-102). For information, call 562/985-4376.

Tuesday, April 18
Staff Council presents Campus Tours & Lunch ‘n Learn: Spring Recipe from The Grand, noon-1 p.m., Pacific Room. For information/to register, contact Nancy Green at 562/985-7854.

Wednesday, April 19
Department of Chemistry and Biochemistry Seminar: Alison Butler, UC Santa Barbara, “Bioinorganic Chemistry of the Marine Environment,” 4 p.m., Science LH 48. For information, call 562/985-4942.

Visiting Artist LiQin Tan, lecture titled “Digital-Primitive Art: Animation Permeates Centuries-Old Materials,” 5-6 p.m., reception, 6-7 p.m.; University Theatre (UT-108). For information, call 562/985-4376.

Visiting Guest Artist Michael Edgerton, 8 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

Thursday, April 20
Women’s Water Polo vs. UCLA, 4 p.m., campus pool. For information/tickets, call 562/985-4949.

University Chamber Choir, directed by Jonathan Talberg, 8 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

Friday, April 21
Women’s Tennis vs. UCLA, 4 p.m., campus pool. For information/tickets, call 562/985-4949.

CSULB to Be Presented at the 40th International Congress on Medieval Studies, 1-4 p.m., Center for Faculty Development, Fifth Floor of the Library. For information, contact Martine van Elk at mvanelk@csulb.edu

Vocal Jazz Concert, directed by Christine Helferich, 8 p.m., University Theatre. For information/tickets, call 562/985-7000.

Softball vs. UC Riverside (2), 1 p.m., 49er Softball Complex. For information/tickets, call 562/985-4949.

Softball vs. UC Riverside, 1 p.m., 49er Softball Complex. For information/tickets, call 562/985-4949.

Multi-Piano Extravaganza II, directed by Shun-Lin Chou, 4 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

April 22-May 7

Sunday, April 23
Softball vs. UC Riverside, 1 p.m., 49er Softball Complex. For information/tickets, call 562/985-4949.

University Jazz Orchestra, directed by Jeff Jarvis, 3 p.m., University Theatre. For information/tickets, call 562/985-7000.

Monday, April 24
Woodwind Chamber Music, directed by John Barcellona, 8 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

Tuesday, April 25
Department of Chemistry and Biochemistry Seminar: Kurt Marti, UC San Diego, “Cosmochemical Research In andOutside the Solar System,” 4 p.m., Science LH 48. For information, call 562/985-4942.

Collegium Musicum, directed by Gregory Maldonado, 8 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

Wednesday, April 26
Saxophone Ensemble, directed by Robert Frear, 8 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

Thursday, April 27
Duncan Anderson Lecture Series: Deane Richardson (Design Event), time/location TBA. For information, call 562/985-5089.

Swing Shift, 8 p.m., University Theatre. For information/tickets, call 562/985-7000.

Saxophone Ensemble, directed by Jay Mason, 8 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

Friday, April 28
Softball vs. Pacific (2), 1 p.m., 49er Softball Complex. For information/tickets, call 562/985-4949.

Baseball vs. Pacific, 6:30 p.m., Blair Field. For information/tickets, call 562/985-4949.

University Symphony Orchestra, conducted by Richard Rountout, 8 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

Saturday, April 29
Portfolio Exhibition (Design Event), 11 a.m.-4 p.m., Design Student Gallery. For information, call 562/985-5089.

Opera Scenes, directed by David Anglin, 4 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

Baseball vs. Pacific, 2 p.m., Blair Field. For information/tickets, call 562/985-4949.

Sunday, April 30
Baseball vs. Pacific, 1 p.m., Blair Field. For information/tickets, call 562/985-4949.

Softball vs. Pacific, 1 p.m., 49er Softball Complex. For information/tickets, call 562/985-4949.

Faculty Artist Series: Shun-Lin Chou, piano, 7 p.m., Daniel Recital Hall. For information/tickets, call 562/985-7000.

CSULB faculty and staff. For information/to register, contact Christine Helferich at 562/985-7854.

Registration is open for the Spring 2023 Term through April 10. Classes begin April 11.

Faculty & Staff Registration Deadline: March 24.

For information, call the Registration Center at 562/985-5453.

The most up-to-date schedule of CSULB events can be found at: www.csulb.edu/insidecsulb

WHO’S INSIDE

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