

cal state

For University Alumni and Friends

# east bay

m a g a z i n e

## Olympic Mettle

Magdalena Lewy Boulet '00  
represents the nation

Master planning CSUEB's future

Water polo wonders are national champs

'Best in the West' again

Fall 2008

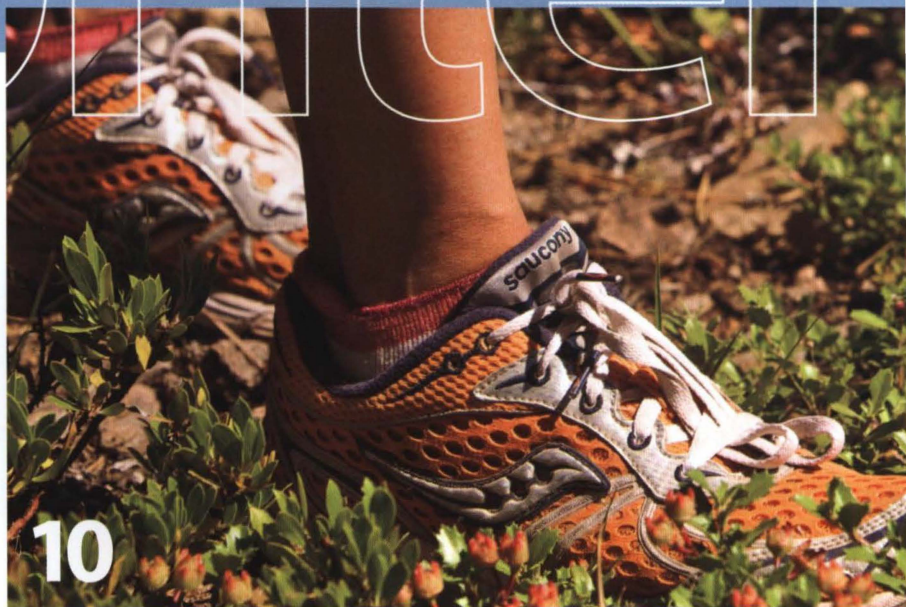


FALL 2008

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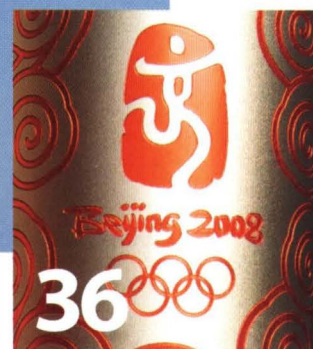
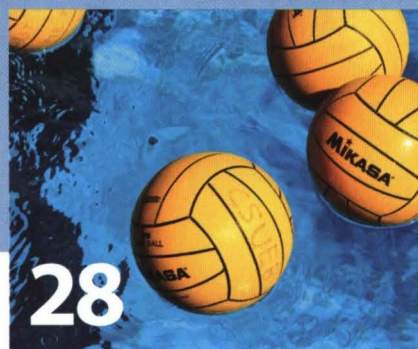
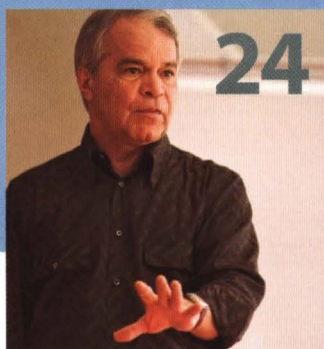
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cal state  
**east bay**

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Fax letters to: 510.885.4800, or e-mail [monique.beeler@csueastbay.edu](mailto:monique.beeler@csueastbay.edu). Please include your name, year of graduation if you are an alumnus, address and daytime phone number. Letters will be printed at the discretion of the editor and may be edited for publication.

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## BECOMING A VIBRANT UNIVERSITY VILLAGE

JUST TWO YEARS AGO, I asked alumni and friends to join me and the rest of the University community in forging a new vision for the future of Cal State East Bay. Setting the stage for our dialogue, we revived an old American tradition and held a series of town hall meetings, ultimately involving more than 600 participants — including some of you.

The goals that emerged — university-community “mandates” as they have come to be known — have provided a touchstone for our strategic planning and powerful impetus for our progress. Building upon this foundation of shared vision, passion for values, and deep commitment to mission, exciting plans are now afoot, and profound changes are sweeping the University.

Among the mandates driving the transformation of CSUEB is a call to reinvent the University and its campuses as “vibrant university villages” with facilities and activities that promote the quality of life and well-being of students, faculty, and staff. This is also a vision of a redefined and expanded Cal State East Bay better connected and integrated with the communities we serve.

This issue of Cal State East Bay Magazine is a testament to our progress toward these goals. As you read, you’ll learn of new plans, new programs, and new ideas about higher education taking root at Cal State East Bay — all contrib-

uting to the emergence of the vibrant university villages we envisioned together. This includes a far-reaching physical master planning process; pioneering work by our faculty and students; and the rebirth of campus pride and athletics, including our planned move to NCAA Division II. And in celebration of the 29th Olympiad, we recognize and honor our own Olympic connection. Also among the articles is a report of The Princeton Review naming CSUEB a “Best in the West” college for the fifth year in a row — another confirmation that we’re solidly on track toward our goal of becoming a university of choice known for a distinctively rich, rewarding, and vibrant collegiate experience.

I hope you’ll enjoy this issue — and find your connection to the life of the University enriched or rekindled. I encourage you to pass these stories on and help spread the word about a new Cal State East Bay that is boldly rethinking and reshaping itself to meet the changing needs and expectations of the region we serve.

**Mohammad “Mo” Qayoumi**  
PRESIDENT



# LOOKING AHEAD

LOOKING AHEAD

## PIONEERS CLEAR FIRST HURDLE TOWARD DIVISION II MOVE

THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION DIVISION II HAS ACCEPTED CALIFORNIA STATE UNIVERSITY, EAST BAY'S ATHLETIC PROGRAM FOR THE FIRST YEAR OF EXPLORATORY MEMBERSHIP IN DIVISION II, ACCORDING TO DEBBY DE ANGELIS, THE UNIVERSITY'S DIRECTOR OF ATHLETICS.

With a goal of bringing greater competition and visibility to Pioneer student athletes and to Cal State East Bay's teams, the University announced in the spring its intention to move from membership in the NCAA Division III and National Association for Intercollegiate Athletics to the higher caliber NCAA Division II level.

Plans call for the University to eventually compete against public universities from around the state through the California Collegiate Athletic Association. The CCAA features 10 California State University campuses, including San Francisco, Sonoma, Chico, Los Angeles and Pomona, and the University of California, San Diego.

In late July, the NCAA Division II membership committee accepted CSUEB for the first year of exploratory membership, scheduled to begin Sept. 1. Once approved, the CCAA considered Cal State East Bay's membership application.

Under NCAA rules, CSUEB would begin competition in the CCAA as a "scheduling partner" for the 2009-2010 athletic seasons, with active status and eligibility for conference championships starting in 2010-2011. The athletic conference offered to sponsor CSUEB's move to Division II.

"We are excited to be on the first step toward Division II membership," De Angelis said.

Pioneer teams will continue to compete with dual membership in NCAA Division III and NAIA during the 2008-2009 academic year.

CSUEB's men's and women's basketball, cross country and golf teams have been participating in the California Pacific Conference for the right to participate in post-season playoffs through the NAIA. Other Pioneer

teams, including women's volleyball and softball and men's baseball, have been competing as NCAA Division III independents, with no league or conference affiliation.

Discussion about a division move for the Cal State East Bay intercollegiate athletics program was initiated in 2007 by members of the 2006-2007 Associated Students Inc. board, who asked President Mo Qayoumi to explore the concept.

He then invited the participation of former NCAA President Cedric Dempsey, a CSU consultant, who prepared a report recommending the move as part of the University's "changing vision" of itself and to "increase campus pride and visibility."

"(The move) will be great for our athletic program," says senior Mario Castellanos, a member of the Pioneer golf team and president of CSUEB's Student-Athlete Advisory Council. "It will help us generate publicity for our teams when we challenge teams from schools that more people recognize." ■

BY BARRY ZEPER



## UNIVERSITY NEWS



Noting attributes including intimate class sizes, commitment to strengthening the freshman experience, diversity and affordability, for the fifth consecutive year the Princeton Review has named California State University, East Bay, a "Best in the West" institution for 2009.

The Princeton Review, a respected evaluator and publisher of guides for university-bound students, based its strong recommendation on results from a survey of CSUEB students. Students gave the University high marks for academics, campus life, and classmates who are "serious about their education" and "extremely focused."

## CSUEB NAMED 'Best in West' AGAIN

"The Princeton Review's continuing endorsement of our University is another confirmation that we're on the right track in reaching our goal of making Cal State East Bay a destination university," CSUEB President Mo Qayoumi says.

Cal State East Bay was one of 117 institutions of higher learning distinguished with the "Best in the West" designation and among eight Bay Area institutions and six universities in the 23-campus CSU system honored.

Students surveyed commented on the University's "strong" business, nursing, and teaching programs and noted the "reasonable" and "understanding" professors who "focus more on the students." Additionally, they complimented Cal State East Bay's "excellent" president and the "better direction" in which the University has headed under

his leadership.

The Princeton Review also notes that the University is addressing social concerns by expanding the freshman-year experience primarily through the learning communities program. Students added that MyCSUEB, a Web-based portal, makes online services more accessible to them.

The Princeton Review noted that Cal State East Bay "bustles with student clubs, theatre and music productions, fraternity and sorority meetings, and sports."

"For fun, students can socialize in the Student Union, watch sports (on) the big screen, play pool and table tennis, or have some beers at the pizza spot just off campus," a student from the senior class wrote. ■

## Professor distinguished with CSU-wide award



Jane S. Lopus

Economics professor Jane S. Lopus, an instructor at Cal State East Bay for 30 years and director of the University's Center for Economic Education, was among five CSU faculty and administrators to earn the \$20,000 Wang award in 2008. Lopus, recognized in the social and behavioral sciences and public service category, is the first CSUEB recipient of the Wang award.

"It's a great personal honor," Lopus said. "I do very little, if anything, in isolation. Any success I've had in teaching is due to my students. Any success I've had in getting grants is due to resources at the University and my colleagues' support."

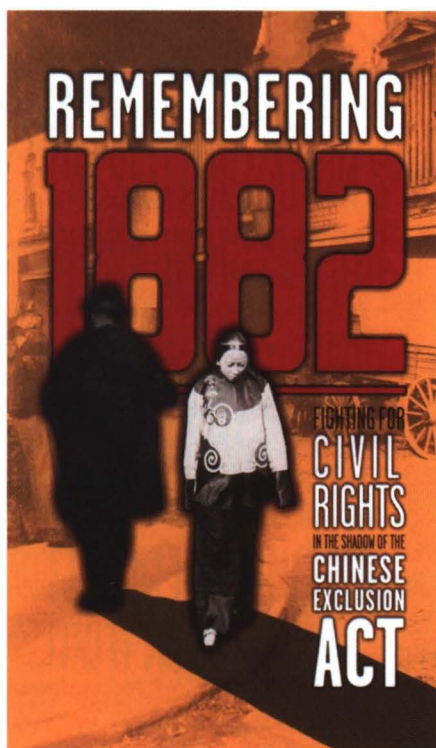
Lopus, who received the CSUEB Outstanding Professor Award in 2005-2006, said she is most proud of the market-based economics training she has provided teachers in countries such as Azerbaijan, Romania, and Russia.

"The international work I've done in former communist countries, and more recently in developing countries, is important to help them succeed and for people to rise out of poverty in poor countries," she says.

CSU Trustee Stanley T. Wang established the Wang award to celebrate outstanding faculty and administrators annually for 10 years. Each campus president annually may nominate one faculty member from each of four discipline categories. ■



# EXHIBITS, EVENTS COMMEMORATE CHINESE EXCLUSION ACT



"Remembering 1882" events began informally at CSUEB in May, including a portable wall, below, where community members penned thoughts and stories about the immigrant experience.

On May 6, 1882, Congress passed the nation's first immigration legislation — a law to prevent people of Chinese descent from entering the United States. The law would tear apart families, cut the nation's Chinese American population in half, and eliminate their right to become U.S. citizens.

“Remembering 1882,” a series of exhibitions, lectures and theater performances created in cooperation with the Chinese Historical Society of America, opens Oct. 13 on the Hayward Campus of Cal State East Bay. Exhibition subjects will range from ancient Chinese art to “Yuma Po: The Chinese Work Camp That Built the Chabot Dam.”

The interdisciplinary program will explore the historical debate around the Exclusion Act from its origins through its full repeal in 1968, the civil rights struggle of Chinese Americans and their allies, and the historic importance of habeas corpus in the community. Project goals include: celebrating the long-term positive impact of Chinese immigration on the state; honoring those who fought against exclusion; and examining the complex issues and conflicting interests surrounding banning Chinese immigration to the state.

Exhibitions and other “Remembering 1882” events will be featured in the University Library and elsewhere on campus through January. Details are available at [http://libinfo.csueastbay.edu/1882\\_festival/](http://libinfo.csueastbay.edu/1882_festival/). ■

the LEGACY  
of 1882

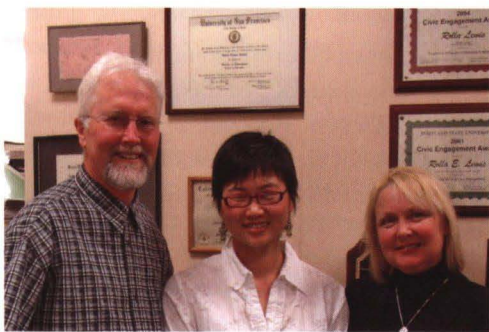
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I enjoy "parenting" guests  
sometimes. Sometimes, with Beckwith  
for example. I do not enjoy,  
however, the sport itself as  
played in my parents' household  
sincer or faked  
When I feel that as many  
people as possible, when I am  
in town as if I have committed  
the worst the unforgivable  
"Equal Rights" guests at father  
You see, however it is my belief  
whether that means that  
however, is not my father  
it being in my Dad and Uncle

I was born in Scotland, but  
I have always lived in  
a little country town  
growing up. I never like  
conurbations. I have never  
been asked to live there.  
I feel much comfortable  
around a country of peace.  
I was in a little shop in  
the town and I thought  
I would not like it!  
I had been to work there  
and helping many others.



## TWO GRAD STUDENTS EARN

*Fulbrights*

During her Fulbright studies in China, Sara Tang, 34, center, will examine cultural values and their implications in applying traditional Western counseling approaches to patients of Asian descent. Also pictured: associate professors Rolla Lewis, left, and Janet Logan.

SARA TANG STUDIES THE HUMAN MIND. STEVEN SUPPE SPECIALIZES IN HARNESSING COMPUTER INTELLIGENCE. BOTH CAL STATE EAST BAY GRADUATE STUDENTS HAVE EARNED 2008-2009 FULBRIGHT SCHOLARSHIPS TO CONDUCT RESEARCH ABROAD TO EXPAND KNOWLEDGE IN THEIR RESPECTIVE FIELDS.

In September, Tang, an educational psychology major in CSUEB's School Counseling and Marriage and Family Therapy program, heads to China for 10 months to improve cross-cultural understanding of student counseling techniques.

She hopes to learn about differences in the Chinese counseling model that could be used to help struggling Asian American families.

Computer science major Suppe's plans call for him to work at IBM Haifa in Israel, where he'll deepen his knowledge of an area of computer science called information retrieval.

"My work will produce software that will allow IBM's freely available software to interact with other IR solutions," Suppe says.

Both CSUEB Fulbright Scholars have arranged to volunteer during their time abroad. Tang, who speaks Mandarin, will offer her counseling services at the university where she will conduct her research. Suppe, who has studied Hebrew, will teach vocational computer skills to Ethiopian immigrants and help design Web pages and computer systems for community centers in Haifa.

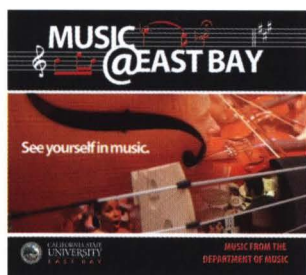
Tang and Suppe anticipate that their projects will lead to advances that will benefit many people.

The prestigious Fulbright Program, the nation's top international educational exchange organization, will send approximately 1,450 students and faculty to study abroad in 2008-2009. Since 1964, CSUEB has had 56 Fulbright Scholars. ■



50<sup>th</sup>

## anniversary cd showcases a musical force



DURING SPRING QUARTER, 82 STUDENTS IN THE DEPARTMENT OF MUSIC ENCOUNTERED A FORCE MANY PROFESSIONAL ARTISTS NEVER WILL: THEY RECORDED A CD AT FAMED SKYWALKER SOUND.

Hidden away in the Marin hills, down a road marked only by a boulder inscribed with an address, George Lucas' Skywalker Sound has served as recording studio to artists from Rosemary Clooney to Green Day and for Hollywood film scores including "Star Wars," "Jurassic Park" and "Finding Nemo."

Add to those credits "Music at East Bay," an album that for the first time brings together all performing ensembles of the Cal State East Bay Department of Music.

"The impetus is the 50th anniversary of the University and the simultaneous inauguration of Mo Qayoumi as the new president," says professor Frank La Rocca, chair of the Department of Music.

The department will give out copies of 1,500 CDs primarily to prospective students.

"Quality attracts quality," La Rocca says. "That's our ultimate goal."

The album contains 11 tracks performed by four groups: The CSU East Bay Symphonic Band, the CSU East Bay Jazz Ensemble, the East Bay Singers, and the East Bay Chamber Singers.

The project brought together new and veteran faculty and students, in-

cluding La Rocca's former student, film composer Robert Litton '01, who was commissioned to compose the Inaugural Fanfare.

"It was just very gratifying to weave all these strands

Recording at Skywalker Sound, she says, helped prepare her for future studio work, providing practice in techniques such as remaining quiet before and after a performance and turning pages



Buddy James, director of Choral Activities, conducts the CSU East Bay Singers during an April recording session at Skywalker Sound.

together in the department," says La Rocca during a June CD release party for students held in the open-air atrium of the Music and Business building. Through speakers set up on the patio, La Rocca's arrangement of "America the Beautiful," sung by the East Bay Singers, fills the space.

Lisa Landis '08, a music major in voice performance, sang on the track.

silently. The CD reflects polished results, she says.

"We sound like a professional choir as opposed to a high school choir or group of kids," Landis says. "We sound like professional adults who know what we're doing."

Hear selections from "Music at East Bay" at: <http://music.csueastbay.edu/media>. ■







# OLYMPIC METTLE

EVERYDAY FOR A MONTH, MAGDALENA LEWY BOULET '00 TACKLES THE SAME WORKOUT ROUTINE, ONE SO RIGOROUS MOST PEOPLE WON'T ATTEMPT IT IN A LIFETIME MUCH LESS SEVEN DAYS A WEEK.

By 7:30 a.m., she laces up her orange-and-white running shoes, stretches her taut arm and leg muscles and inhales lungful of thin, fir-scented air. She then sets off on an 11-mile run over Tahoe trails, completing the route in about 90 minutes. Seven hours later, she'll repeat the feat.

Moments after finishing her morning run, with only a few drops of perspiration beading on her forehead, she sips from a blue water bottle filled with energy drink.

"I did 150 miles last week," says Lewy Boulet, who clutches the blue-and-white stretching rope she uses before and after workouts. "I'm counting the days. I love it here, but I'm tired."

Within a few weeks, the idyllic backdrop of birdsong and pine forests will give way to sweaty city streets thronged with cheering hordes. She'll trade in her 6,300-foot elevation trail runs for one grueling 26.2-mile race at sea level along paved Beijing boulevards. Representing the United States, Lewy Boulet is preparing to compete against elite runners from Kenya, Ethiopia and Japan in the marathon at the 29th Olympic Games.

Lewy Boulet finds the overnight attention generated by her Olympian status surprising.

In recent months, she's been signed to endorse Saucony athletic products and has been featured in Bay Area news stories and national magazines, including "Runner's World" and "Running Times."



“ You have to find what  
you’re good at. It took me  
a while to find that out. ”

**Magdalena Lewy Boulet**  
'00 ALUMNUS

At just under 5-foot-4-inches and 107 pounds, Magdalena Lewy Boulet says she's large compared with many of her competitors at the Beijing Olympics, who average 5-foot and weigh about 100 pounds.

PHOTO: SCOTT CHERNIS



"It's been 10 years of running," she says. "The last three months, it's crazy (with) media and photo shoots. I'm still the same person."

Born in a small Polish town, about 80 miles southeast of Krakow, Lewy Boulet immigrated with her family to Long Beach as a teenager. She became a U.S. citizen on Sept. 11, 2001. Three years later, she finished fifth in the U.S. Olympic women's marathon trials, narrowly missing a chance for one of three slots on the U.S. women's team. In April, she got a second shot.

During the Olympic marathon trials held in San Francisco, she led the race for 24 miles before Deena Kastor — her teammate in Beijing — passed her for the win. Lewy Boulet's second-place finish was no less of a victory. Her time of 2 hours, 30 minutes, 12 seconds, a personal best, secured her spot on the Olympic squad and a chance to realize a lifelong aspiration.

"When I was really young, I always wanted to go and watch the Olympics," says Lewy Boulet, 35. "My dream was to be an Olympic swimmer, not a runner."

As a girl in Poland and later in Southern California, Lewy Boulet lived in a swimsuit, not running shoes. To stay fit for swimming in the off-season of her senior year in high school, a friend persuaded her to give cross country a try.

"I got convinced to join the team," she says. "I kept telling myself, 'I'm a swimmer, not a runner.'"

She quickly discovered she was stronger as a runner than she ever had been as a swimmer. She may not have been the fastest right away, but something about dashing past fellow runners soon triggered an intense competitive reaction in the petite Lewy Boulet, who at 5-foot-3  $\frac{3}{4}$  and 107 pounds says she's large for a world class marathoner.



Magdalena Lewy Boulet uses a stretching rope after an Olympic training run. Following the Beijing marathon competition, her "to do" list included a hike — or perhaps a run — along the Great Wall of China.

"I remember running in basketball shoes the first time, and I said, 'I have to beat all these people,'" Lewy Boulet says. "It makes a difference when you're trying to compete — wanting to beat people."

It would be several more years before she discovered her talent for running marathons. As an undergrad and for a few years following her collegiate career, she ran the 5,000 meters. At the Olympic track and field trials held in June in Eugene, Ore., she placed sixth in the 10,000 meters.

"You have to find what you're good at," Lewy Boulet says. "It took me a while to find that out."

Approximately 3.5 billion women populate the planet. The drive to run farther and faster than all but a handful of them takes commitment, discipline and an inner stamina that matches or exceeds an athlete's physiological strength.

"It takes a certain personality to go through the physical and mental preparation," says Lewy Boulet, who on this day wears white sunglasses, a bright pink sports bra and short black

running tights. "I like the consecutive build up of doing a lot of work. I thrive on volume — long workouts and long runs. Lots of volume means lots of mileage."

At home in Oakland, her typical day begins with a 10-mile run through nearby trails in the Oakland or Berkeley hills, supplemented by regular track workouts. Several times a week, she also runs on a treadmill in her living room facing a large mirror that lets her keep an eye on her 3-year-old son, Owen. Owen also plays a role in his gifted mother's marathon preparations by calming any pre-race jitters.

"I used to get more nervous," she says. "Now, I pull out a picture of my son, and it makes me laugh."

Since she started running marathons in the mid 1990s, a few years before she enrolled in the Cal State East Bay kinesiology graduate program, Lewy Boulet has met several Olympic athletes, including her coach Jack Daniels, who holds silver and bronze medals in the modern pentathlon. Olympians share a common quality, she says. They're all self-driven people, ▶



## MARATHONS:

# How much is enough?

Organized marathons have been held since the revival of the Olympic Games in 1896. In the 112 years since, runners have strove to perfect their form and hasten their pace without causing long-term damage to their bodies.

The typical marathoner limits himself or herself to three or four races per year to avoid injury, says Cathy Inouye, associate professor of kinesiology and physical education.

"There's going to be a lot of individual variation," she adds.

Inouye notes that an average marathon athlete training for a race will log 40 miles per week, while an elite runner averages 60 miles. Preparing for the Olympics pushes athletes to more than double the average.

Training for and running marathons cause joint stress and other complications.

"There's a lot of repeated pounding," Inouye says. "There's a lot of structural damage to the skeletal muscles at the cellular level. It takes a while to repair all that once you have finished your marathon."

U.S. Olympic team member Magdalena Lewy Boulet '00 says it takes her 8 to 12 weeks to train specifically to race in a marathon.

"It takes another three weeks to recover mentally and physically," she says.

A runner's speed also factors in to training and recovery practices. Athletes who participate in ultramarathons of 30, 50, or 100 miles, for example, travel much slower than experienced marathon runners.

"If you're just running to complete, I could probably run a marathon a day, if I ran slow," Lewy Boulet says. "But if I'm training to run a personal best, (I'll only run) two a year, possibly three."

Magdalena Lewy Boulet was drawn to CSUEB's kinesiology graduate program for reasons including convenient night classes and the fact that department chair and professor Cal Kaplan had studied with the author of the top exercise physiology textbook.

PHOTO: SCOTT CHERNIS



## Packing like a champ

When Magdalena Lewy Boulet '00 packed for the Games of the XXIX Olympiad in Beijing, alongside a framed snapshot of her 3-year-old son, she planned to tuck the following into her luggage:

**Peet's coffee**

Major Dickson's blend

**A stretching rope**

She must work at maintaining flexibility

**Four pairs of Saucony running shoes**

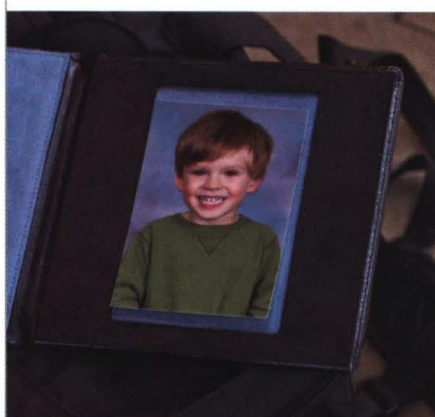
She literally runs through one pair per month

**Gu<sub>2</sub>O and Gu energy gel**

To fuel her body during the marathon

**A foam roller**

To soothe tired limbs





a trait Lewy Boulet has exhibited throughout her athletic, professional and academic careers.

Following undergraduate studies in human biodynamics at University of California, Berkeley — where she coaches track and field and cross country — she looked around for a graduate study program that would allow her to work full time. Cal State East Bay's program in exercise physiology, which primarily offers night classes, fit her needs and led to her next career move.

"Studying exercise physiology got me interested in sports nutrition, which I used when I worked for seven years at Sports Street Marketing," Lewy Boulet says. "They're the maker of Gu energy gel. I directed their research and development department. I definitely used my degree and had my dream job."

She left the position earlier in the year to concentrate on training, coaching, and her family. Lewy Boulet's husband, Richie Boulet, is a former professional runner who clocked a 3:53 mile. He co-owns TranSport, a running and swimming retail store with shops in Berkeley and the Rockridge neighborhood of Oakland.

During Lewy Boulet's month of training in Tahoe, she's accompanied daily by her mother and son, with Boulet joining them every three to four days at a condo on loan from a friend.

"He definitely understands what I'm trying to do and has been very supportive," says Lewy Boulet, adding that her husband sometimes trains at her side. "It doesn't seem like a trial to us when we go (work out). It's more like family quality time versus what we have to do."

Although she usually runs solo, Lewy Boulet has no trouble occupying the time.

"When I go on a 20-mile or 25-mile run, there's so much time to daydream," she says. "I'll analyze my work, my day. I used to write research papers in my head. I coach, so I think about training. I do my 'to do' list."

Given that each half of her Tahoe regimen burns about 1,800 calories, thoughts of food often crop up by the end of a run. During the Olympic marathon, Lewy Boulet will fuel her body with the energy gel and drinks made by her former employer. Between runs on this day, she opts for a less high tech meal in the wood-paneled condo kitchen.

"I'm just going to go easy and make peanut butter and jelly this time," she says, as she slathers knivesful of organic peanut butter onto generous slices of homemade bread.

She's been baking a fresh loaf each day.

"It's whole wheat, and I like my bread to be very dense, which is challenging at altitude," she says.

Making her own meals serves two purposes. It allows her to control what she eats and maintain a well-balanced diet filled with plenty of fresh vegetables. Cooking also relaxes her. ("You can't cook a really good meal without a glass of wine," she observes.)

Her proteins of choice are ground buffalo, salmon or chicken.

"I put it in a tomato sauce with lots of spinach, tomatoes and broccoli," Lewy Boulet says. "I usually put it over pasta or rice or couscous. I decorate it with blueberries on top. I'm really into color — blue, green, and red."

Her opportunity to represent the red, white, and blue at the Olympic Games, however, is never far from her mind. During downtime, she often views a DVD that shows the Beijing marathon route step-by-step.

"The start is really, really cool, because it's right down by the Forbidden City," she says. "You go through a lot of historic parks and places ... (But) the finish is going to be brutal. It's going to be right down into the sun for the last 10K."

Fortunately, a convergence of conditions may work to Lewy Boulet's advantage.

Beijing's notorious heat, humidity and poor air quality should serve as an equalizer among competitors, she says. The rest will be up to her.

"My coach always tells me: When you get in the race, make sure you beat all the people you're better than," Lewy Boulet says. "And beat the other people, because they don't run a smart race."

One additional factor also should give her a leg up. Being a relative latecomer to competitive running and marathons, plus taking off one-and-a-half years when Owen was born, mean that Lewy Boulet's body has endured less wear-and-tear than most of her competitors'.

"I haven't put that much mileage overall on my legs, so they're still fresh," she says.

"My preparation has been going really well, because of how I ran the Olympic trial," she adds. "I think I'm prepared for this race better than I've ever been."

With only a few hours remaining before her evening workout, Lewy Boulet's eager for a break. She catches a ride from the condo to a nearby community pool, where her family waits for her to join them in an afternoon swim.


"Right after my workout, I (usually) switch into a bikini and a hat, and I'm mom again," she says. "Until I do it again."

With the sun high in the sky, she turns toward a wooden bridge leading to the pool, where she'll enjoy a well-deserved respite. Still dressed in workout gear, ponytail bouncing behind her, she breaks into a run. ■

*Editor's note: For Olympic marathon results, visit [http://news.csueastbay.edu/Cal\\_State\\_East\\_Bay\\_Magazine](http://news.csueastbay.edu/Cal_State_East_Bay_Magazine).*

**BY MONIQUE BEELER**





# Blueprint for 10

Master plan drafts a  
21st-century vision for  
Hayward campus

A BUSTLING CAMPUS WITH STUDENTS, FACULTY AND STAFF WHO LIVE ON SITE.

ARCHITECTURE THAT CONVEYS A SENSE OF COMMUNITY AND PERMANENCE AND ENCOURAGES INFORMAL LEARNING — WHILE ALSO ACCOMMODATING THOUSANDS OF NEW STUDENTS.

ENERGY CONSUMPTION THAT GROWS MORE SLOWLY THAN ENROLLMENT WHILE WATER USE DECLINES, PROVIDING A LIVING LABORATORY WHERE STUDENTS LEARN ABOUT SUSTAINABILITY.



t



# tomorrow

These are among the key goals of a master plan under development for Cal State East Bay's Hayward campus.

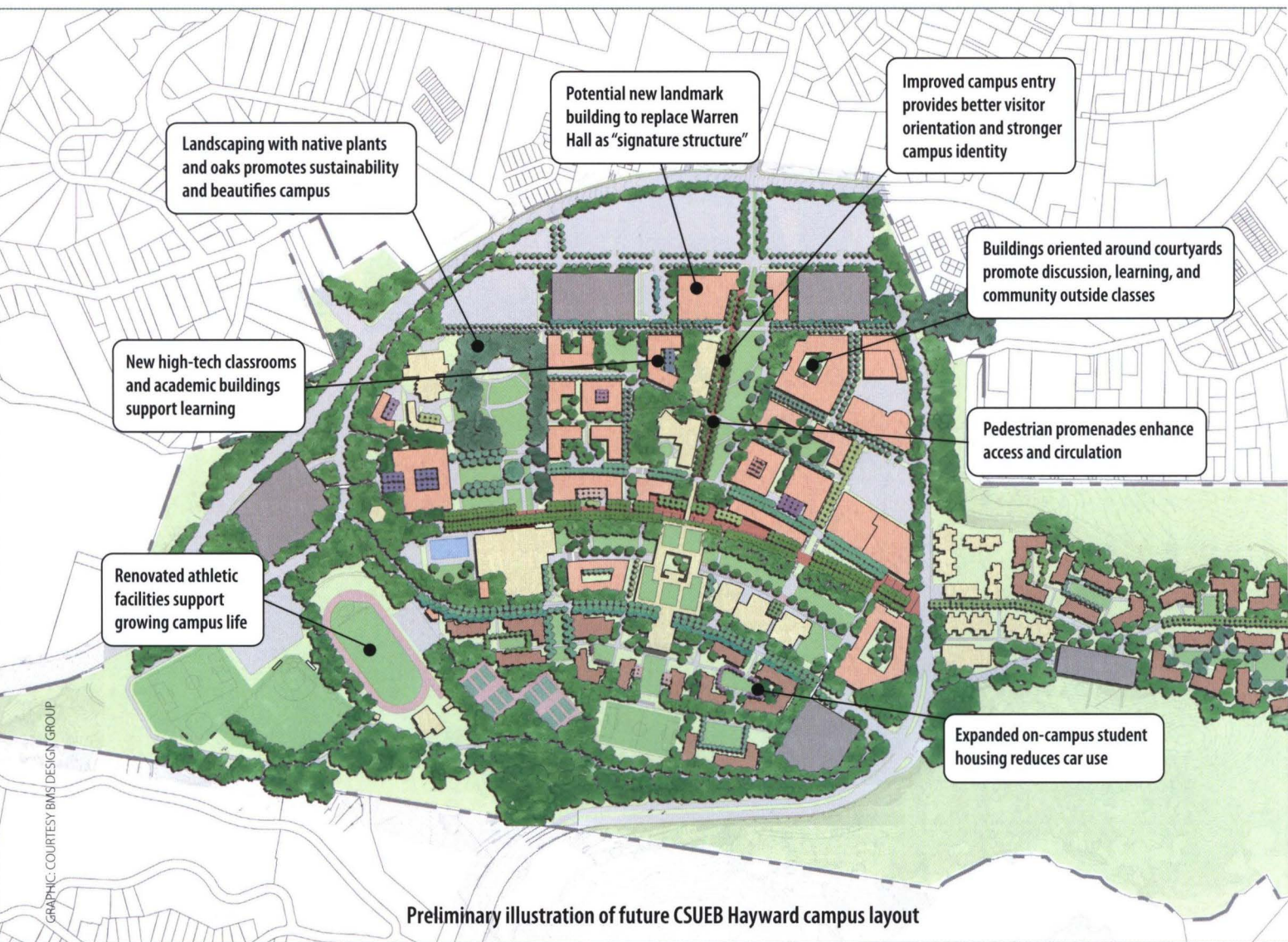
The plan, slated to be submitted to the California State University's board of trustees for approval in 2009, is expected to help achieve Cal State East Bay's goal of creating "vibrant university villages." It's a way to avoid haphazard construction at the growing school through a coherent, comprehensive blueprint for future development. Its ecological emphasis also will allow the University to return to a natural landscape featuring drought-tolerant plants and native oaks. And it is a means for CSUEB to

join other American colleges on the forefront of the environmental sustainability movement.

In effect, the master plan amounts to a chance for the Cal State East Bay community to take a look in the mirror and imagine its future, says Linda Dalton, the University's vice president for planning and enrollment management and chair of the master plan's steering committee.

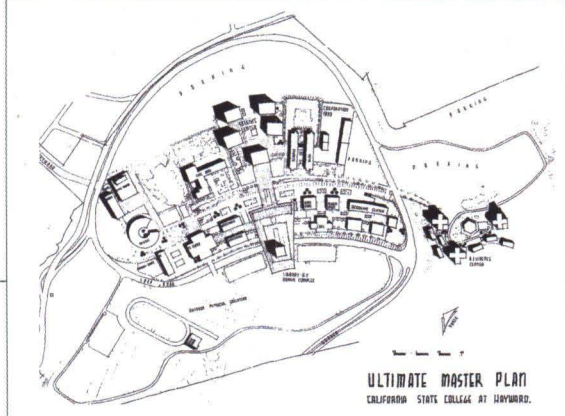
"It's an opportunity for the campus to really think about itself," Dalton says. "We hope that faculty, students, staff, and the community will take the opportunity to comment on the complete draft in October and add their suggestions." ▶





“Our vision is to become a destination university with campuses that are vibrant collegiate villages and models of sustainability, known for innovative approaches to student learning and life.





Campus master plan, circa 1963

## PART OF A BIGGER PICTURE

The master plan covers topics including land use, facilities development, access and transportation, and utilities. The 51-year-old University's last master plan for the Hayward campus was completed in the early 1960s. Current enrollment is about 12,500 students. The new proposed plan lays out a vision for handling roughly double that number over the next 20 years. Growing enrollment is one reason for undertaking a new master plan now — Cal State East Bay has welcomed record-size freshman classes in recent years. Another force behind the plan is University President Mo Qayoumi, who arrived in 2006 and has pushed the school to reinvent itself and clarify its vision.

"Our vision is to become a destination university with campuses that are vibrant collegiate villages and models of sustainability, known for innovative approaches to student learning and life," CSUEB President Qayoumi says.

"This plan is a blueprint for the emergence of a regional high-access university of choice, serving up to 25,000 students — almost twice as many as today — with up to one-fifth living on campus, together with faculty and staff."

The master planning process began last summer. A steering committee was set up, composed of about a dozen people, including faculty, student and community representatives. Consultants also were selected. BMS Design Group, a San Francisco-based urban design and planning firm, is advising the University on the plan.

The steering committee oversaw the creation of a preliminary, partial draft plan. At press time, the completed draft was expected by the end of August and campus leaders were expected to review the draft during the summer. An environmental impact report associated with the proposal also is being prepared. That study is scheduled to be submitted along with the master plan

to the CSU Chancellor's Office in the winter for review by the board of trustees in spring 2009.

Colleges and universities have conducted master planning for decades. In a shift over the past 10 to 15 years, institutions have been linking their physical master plans to strategic goals, says Nancy Tierney, president of the Society for College and University Planning professional group. In this way, she says, the master plan becomes "a reflection of what direction the University's going."

Tierney, who also serves as associate dean for planning and facilities at the University of Arizona College of Medicine, Phoenix campus, says a challenge for many institutions is that planning for buildings and other concrete campus facilities takes place before the school's vision is fully formed. "Often the physical does get ahead of the academic, of the mission of the University," she says. ►

**This plan is a blueprint for the emergence of a regional high-access university of choice, serving up to 25,000 students — almost twice as many as today — with up to one-fifth living on campus, together with faculty and staff. ”**

**Mo Qayoumi**  
CSUEB PRESIDENT



# BUILDINGS MAKE THE **CAMPUS**

## CURRENT PROFILE



GRAPHIC: COURTESY BMS DESIGN GROUP

**“We want to do this in a way that takes the best advantage of the Hayward campus’ spectacular site.”**

**Linda Dalton**

VICE PRESIDENT

PLANNING & ENROLLMENT MANAGEMENT

Cal State East Bay’s master plan for the Hayward campus takes pains to coordinate physical plans with the University’s strategic “Framework for the Future” and a new academic plan approved earlier in the year.

The master plan, once approved, should help prevent piecemeal campus construction in the years ahead, Dalton says. And the Hayward campus has some serious construction plans in its future. Warren Hall, the dominant building on campus, will be reduced in height and reinforced because of seismic safety issues. A new library also may be in the offing and could give the school a chance to create a “signature” building, Dalton says.

“We want to do this in a way that takes the best advantage of the Hayward campus’ spectacular site,” she says.

When it comes to the design of future academic buildings, the draft plan is expected to call for substantial-feeling primary materials such as concrete or stone.

“The challenge for the campus is to build enduring, quality buildings with highly constrained budgets, which takes a strong architect and a committed client,” says Barbara Maloney, a partner with BMS Design Group.

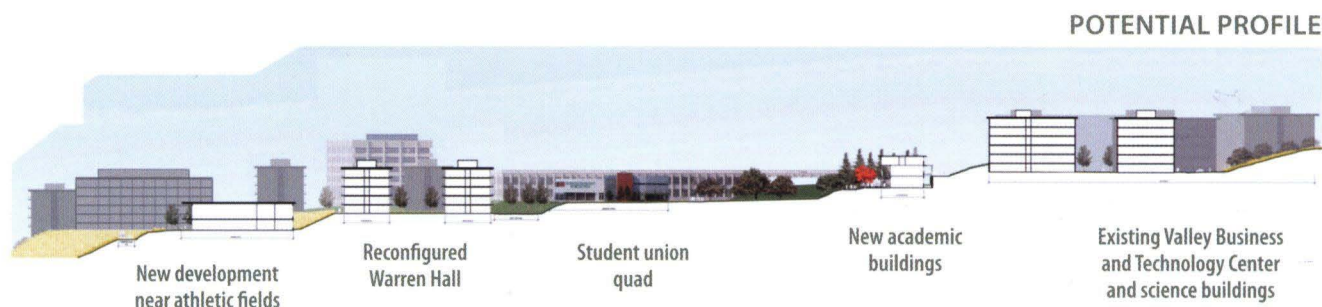
Another priority is a sense of openness, with extensive use of windows. “We want buildings to be more transparent,” Maloney says.

Beyond the aesthetics of the campus, the proposal takes into account the way architecture can affect intellectual exchanges. Carl Bellone, Cal State East Bay’s associate vice president of academic programs and graduate studies, says public spaces such as lobbies and courtyards are important because they encourage informal conversations. Meiklejohn Hall, for instance, lacks a central gathering place. Although it has a central courtyard, the space is not easily accessed, he says.

“A lot of our buildings were built without thinking about what kind of learning we want to promote,” says Bellone, who serves on the master plan steering committee.

The proposed plan encourages lobbies that face major open spaces and pedestrian routes, as well as buildings oriented around usable, protected courtyards. ►





## Draft Plan Vision

1. Enhance the campus learning environment
2. Create supportive student neighborhoods
3. Improve campus meeting spaces and pedestrian promenades
4. Improve campus entry and image
5. Identify "special identity" building sites
6. Implement comprehensive environmentally sustainable development and operations strategies

## Planning Assumptions

1. Base the future development of the Hayward campus on the Cal State East Bay academic plan and strategic planning priorities.
2. Plan the site for sufficient facilities to reach previously-approved master plan enrollment of *25,000 students*.
3. Increase student housing with appropriate residential life services from 1,290 beds to accommodate 5,000 students.
4. Expand space for instruction and support from 1.4 million to 2.5 million gross square feet.
5. Concentrate instructional and support facilities within a five to 10-minute walking distance.
6. Renovate existing buildings and add new space for state-of-the-art learning and adaptability for the future.
7. Reduce dependency on cars to limit need for future parking spaces to about 6,500. (At current rate of demand, parking spaces would increase from today's 4,900 to 8,500.)



## GOING GREEN

Promoting lively debates just outside of classrooms supports the broader University goal of creating “vibrant university villages.” The phrase refers to a college busy with intellectual, social, and cultural activities that continue into the evenings and weekends. Such an atmosphere provides a richer overall education, Dalton says.

“There’s a lot more to going to college than going to classes,” she says.

But turning the Hayward campus into a bustling community is a challenge given its history as a commuter school, with most students and faculty driving home at the end of the day.

“You have to have a lot more of a campus life,” Dalton says.

Key to boosting campus life is creating a critical mass of people who live there. The master plan envisions a dramatic increase in student apartments on site, from 1,290 beds in units existing or under construction today to 5,000 beds. According to the plan, much of the additional student housing would be built adjacent to the current student apartments on the south side of Harder Road. Facilities holding another 2,000 beds would rise to the west of West Loop Road.

The plan also suggests building housing units for faculty and staff. Three locations are listed as possibilities, including a site near the soccer field alongside Carlos Bee Boulevard. No decision has been made about how many sites will be chosen or how many units might be constructed.

Much more campus housing dovetails with the plan’s focus on sustainability. Students and faculty living a short walk away from classrooms and offices will help curtail auto emissions, Dalton says.

“You may still have a car, but it’s not driven everyday and consuming time and gasoline to get to campus,” she says.

The plan also aims to limit energy consumption. Conservation steps mentioned include the use of compact fluorescent light bulbs and potential wind power generation on campus.

“The goal for existing buildings is to achieve 30 percent energy savings over current operations,” the plan states. “The goal for new buildings is to achieve 50 percent savings as compared to the performance of a typical existing building.”

With respect to water, the plan envisions a cut in consumption of as much as 30 percent through measures including water recycling, artificial turf for playing fields, and efficient fixtures.





# A LIVING DOCUMENT

The option to make adjustments in the future is an important aspect of the plan. The steering committee deliberately avoided specifying particular building shapes, says Shawn Bibb, Cal State East Bay's vice president for administration and finance and a member of the steering committee. "It is supposed to be a plan," Bibb says. "It's not a diagram."

Such flexibility, he says, will help make sure the plan is a living one, referred to frequently, rather than one that sits on a shelf gathering dust.

A document full of land-use maps and energy consumption charts might strike some as dry reading. But to members of the steering committee, the draft plan offers a compelling vision of a university with a buzzing campus life, inspiring buildings, and a commitment to sustainability.

The difficult part now for Bellone and others on the steering committee is having to wait for that dream campus to materialize. Says Bellone: "We all want it to happen right away." ■

BY ED FRAUENHEIM

## Leaning green

Sustainability plays a star role in the master plan, characterized by an oak woodlands theme, under development for Cal State East Bay's Hayward campus.

A partial draft of the plan, which will outline how campus facilities should evolve over the next 20 years or so, sets ambitious conservation targets. Take water consumption. It is slated to fall as much as 30 percent, even if student enrollment doubles to about 25,000.

Sustainability also figures into the plan's vision for future landscaping, inspired by the Univer-

### REDUCING CSUEB'S CARBON FOOTPRINT

1

#### LIMIT CONSTRUCTION

- Smaller buildings
- Green materials



2

#### REDUCE TRAVEL

- Fewer trips
- Shorter distances



3

#### EMPHASIZE EFFICIENCY

- Building systems
- Vehicles
- Operations



4

#### RENEWABLE ENERGY

- Solar
- Wind
- Bio-fuel



5

#### AVOID CARBON EMISSION

- Green spaces
- Benefit of infill



6

#### OFFSETS

- Carbon credits
- Support green causes

sity's East Bay hills setting. Native oak trees and chaparral, including stiff branched dark green shrubs, are to dot the open space on campus. Drought-tolerant plants that cut down on water consumption will beautify areas around buildings.

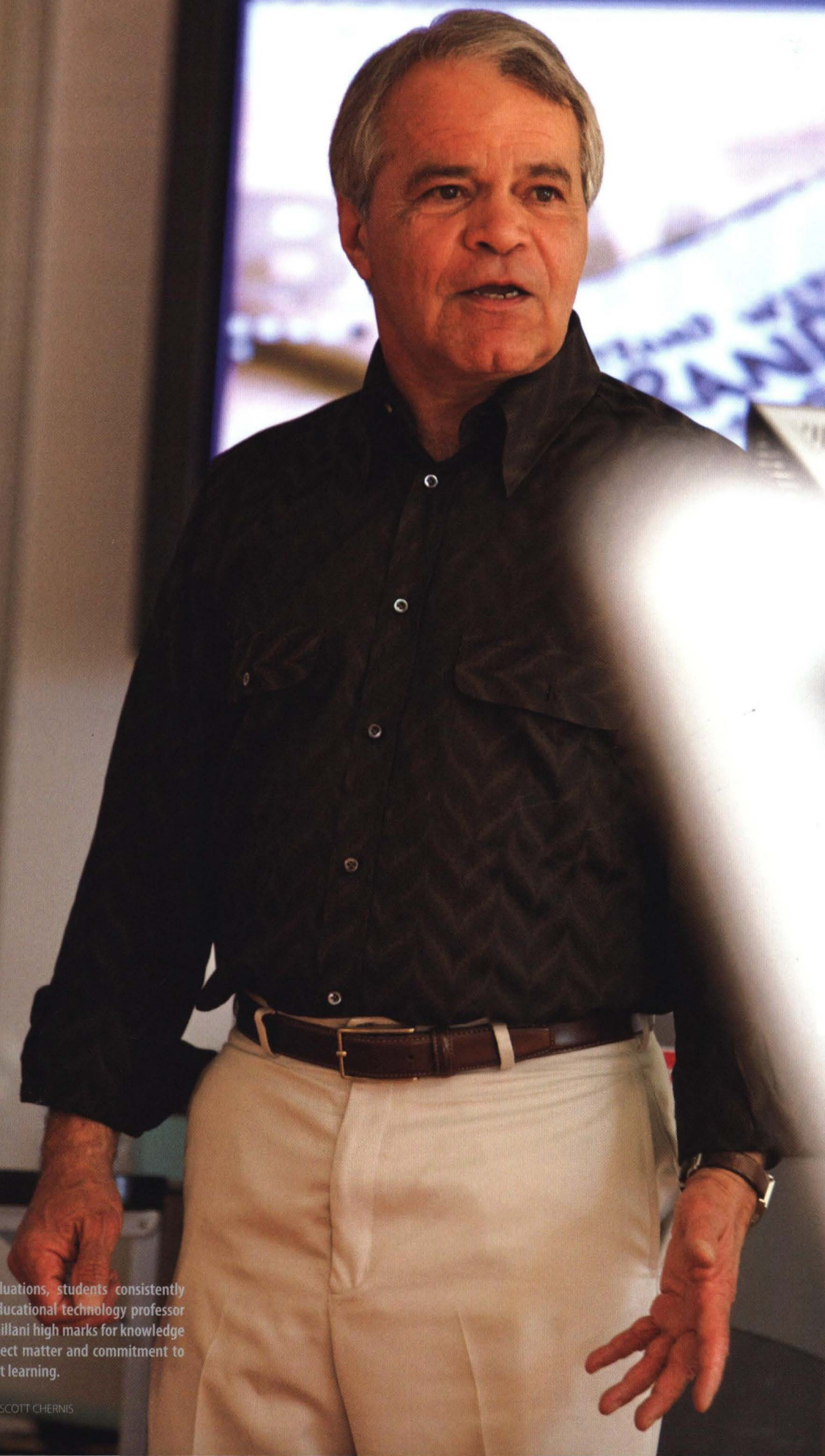
California State University, East Bay's plan comes amid a growing green movement on campuses. More than 500 education leaders have signed the American College and University Presidents Climate Commitment, a pledge to eliminate campus greenhouse gas

emissions and integrate sustainability into the curriculum.

Cal State East Bay's master plan would contribute to saving the planet, while attracting green-leaning students interested in learning in a living laboratory. Nearly a quarter of college applicants polled recently by The Princeton Review say information about an institution's commitment to environmental issues would "strongly" or "very much" contribute to their decision to apply to or attend a school.

BY ED FRAUENHEIM





In evaluations, students consistently give educational technology professor Bijan Gillani high marks for knowledge of subject matter and commitment to student learning.

PHOTO: SCOTT CHERNIS



*Thank you for your support!*

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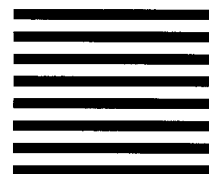


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# online PIONEER

## Professor forges into new teaching terrain

When the Internet began going mainstream in the early 1990s, the educator in Bijan Gillani spotted opportunity.

Where others saw the emerging worldwide Web mainly as a handy tool for presenting information, Gillani, an educational technology professor, perceived limitless possibilities for teaching in new high tech ways.

But he wanted to do it right.

"That's why I started doing my research on learning theory, instructional models and applying it to technology," says Gillani, who at 61 boasts a boyish face that frequently creases into a broad, warm smile as he discusses his work.

When users are at ease with an educational Web site's look and organization, he explains, they'll stick around longer and learn what the site's designer wants to convey.

Looking to teach school children algebra? Want to explain the theory of evolution to middle schoolers? Or aim to help NASA show kids what it takes for a planet to support life? It's not enough to build an eye-catching site with lots of drop-down menus and buttons to click.

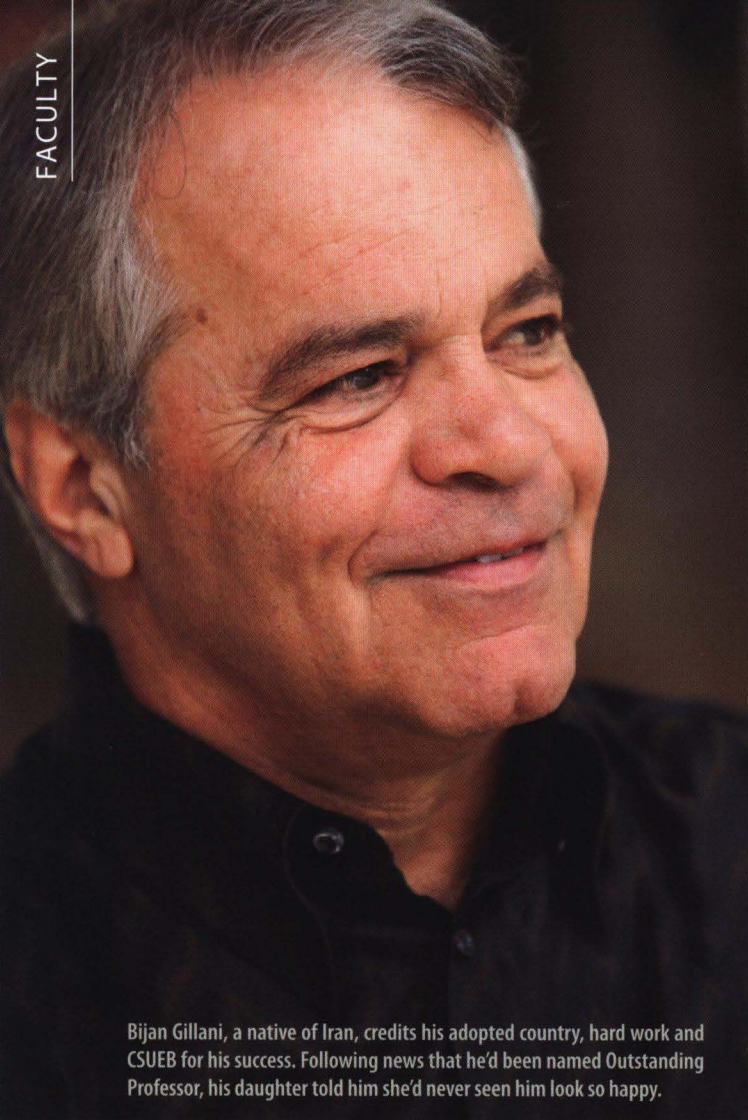
Based on educational technology principles, the most sophisticated sites gauge users' interests and learning style — Gillani says there are only eight learning styles — and present information in ways that help them learn best. Gillani and his students also consider everything from how the anatomy of the eye perceives color combinations to the most effective patterns for organizing words on a page when creating education-minded Web sites.

"We don't go with our gut feelings anymore, because not everybody's a Picasso," he says. "The end result is when the student comes to your Web site or uses your software, they feel comfortable."

His pioneering work using the Internet as a teaching tool and his years of academic contributions on and off campus earned Gillani Cal State East Bay's 2007-2008 George and Miriam Phillips Outstanding Professor award.

"He reminds me of my favorite teacher," wrote professor Lettie Ramirez in support of Gillani's nomination. "He makes his classes so enjoyable and (such a positive) a learning experience that students often stay in his class an hour after." ►





Bijan Gillani, a native of Iran, credits his adopted country, hard work and CSUEB for his success. Following news that he'd been named Outstanding Professor, his daughter told him she'd never seen him look so happy.

PHOTO: SCOTT CHERNIS

For one recent in-class assignment, Gillani instructs 12 graduate students in an educational interface design course to brainstorm a menu for a virtual toy museum tour.

Classmates Alphonso Thompson, 27, and Busayamas Marayatr, 30, pull out pencils and notepaper and begin sketching ideas. Marayatr suggests centering the menu around a juggler.

"The focus is on content," Marayatr says. "What do you think?"

"Like a guy would be juggling, and each ball would have a name on it?" Thompson says. "I like it."

They agree their museum will concentrate on the evolution of toys from vintage manual toys to today's electronic playthings.

"I want to see two things," Gillani tells the class. "I'm going to see the creative thing you come up with. And after our discussion, I want to see if you'd change anything."

One of the most common instructional styles Gillani and his students apply is known as discovery learning. In discovery learning, Web site users learn information and skills by actively making choices that guide them toward discovery of answers.

For example, Astro-Venture, a Web site Gillani helped NASA create, leads students in fifth through eighth grades through a series of questions that help them design a planet hospitable to humans.

Should the planet feature volcano activity? What type of star should it orbit? What is the planet's mass compared to Earth's? Make the wrong choices, and your planet will come too close to its star, creating a climate so hot that only bacteria that eats rock can thrive there. Get too far from the solar system's star, and the planet will only support organisms that live in ice or at the bottom of the sea.

"Discovery learning under guidance is a natural learning, and it will stay with the child as opposed to rote learning or memorizing," Gillani says.

It's also an approach conducive to a physiological process called myelination, which occurs especially effectively when we learn naturally, similar to the way in which young children learn language.

"It becomes part of the chemistry of the brain," he explains. "It causes connections with other neurons to be much more facilitated and travel faster in the brain. When you're rote-style learning, less of this chemical is created."

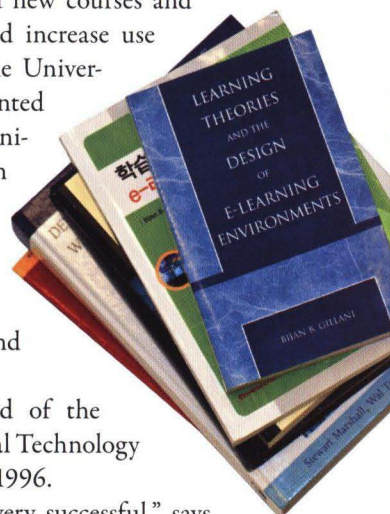
Since joining Cal State East Bay in 1995, Gillani has authored a book, "Learning Theories and the Design of e-Learning Environments," and chapters in 17 books and journals. He also has developed new courses and three graduate programs, helped increase use of educational technology at the University, earned grants and represented CSUEB at major high tech organizations such as IBM. He's been in demand as a presenter or keynote speaker at conferences nationally and internationally, including events held at universities in Australia and South Africa.

But he's particularly proud of the Graduate Program in Educational Technology Leadership, which he created in 1996.

"Our graduates have been very successful," says Gillani, who serves as program coordinator. "Some are running the county office of education and school districts."

Others have gone onto become instructional designers at large companies or for publishing firms. Graduates of the program also pass on their knowledge as instructors at colleges including Mills and Chabot. Many work on the Hayward campus.

Students in the program perform at or above the level of their Ivy League peers, Gillani observes.







## MASTERFUL PROJECTS

Students earning a master's degree in the Graduate Program in Educational Technology Leadership complete a thesis project. Here's a sampling of innovative projects designed by graduates:

**NORWEGIAN RAILWAY** — A Web site providing training in "soft skills" such as time management, customer service and professional dress standards that was adopted by Norway's state railroad.

**"MAT BEAR'S MATH PARTY"** — A software program that introduces elementary school students to addition, subtraction, multiplication, division and a smidge of geometry by asking them to complete equations in which colorful bears stand in for numerals.

**MESOAMERICAN ARCHAEOLOGY** — A multimedia CD program that guides high school students on a virtual tour of archaeological sites in Mexico and Guatemala. Clicking on specific categories exposes visitors to the region's ancient religions, rites and relics.

**AIDS AWARENESS** — An interactive, graphics-oriented Web site and CD that teaches students in grades 8 through 12 about the causes, spread, and prevention of HIV/AIDS.

**MENTORSHIP MATCHUP** — A social networking site that matches professionals, such as doctors, physical therapists and engineers, with students of color from underperforming schools for long-term mentoring relationships.

"I've seen big universities all over the world," he says. "Our graduate students are professional level. They don't come here to have lunch. When they come here, they're very serious."

About 60 percent of graduate students in Gillani's classes are teachers, another 30 percent work in various industries and 10 percent are international students.

"I'm a fifth grade teacher, and I want to implement more technology in my class and maybe do more administrative work in the future," says Zhenus Wahidi, 26, during a break in the educational interface design class.

She and other students give Gillani high marks. On a scale of one to five, with one representing "excellent," he consistently earns ratings of 1.08 to 1.19 on evaluations.

"His is the first class I can sit in for three to four hours and not get bored," Wahidi says. "It's more like a discussion, and he constantly checks your understanding."

Students enroll in the graduate program for reasons ranging from career advancement to implementing a specific educational project. For one notable thesis, a recent student made a CD designed to teach deaf people how to listen to music.

"He translated patterns of sound

into patterns of color," Gillani explains. "So when a deaf person is listening to music, he sees patterns. When you and I hear, buh-buh-buh BUM, they see buh-buh-buh BUM!"

Like the Web designs he advocates, Gillani's classes are an interactive affair.

"I practice what I preach," he says. "That's why classes become very popular and animated ... There's always some discussion at the beginning, and we come back to it."

As he lectures, for instance, about visual design elements such as how to arrange information on a page or which colors appeal to different age groups, live Web pages illustrating his points pop up on a giant screen in a corner of the classroom. Students sitting at three long tables arranged horseshoe-style follow along on their laptops.

"Don't choose more than three colors," Gillani advises. "Why? The maximum should be four, because it takes cognitive function to process color. Anything more than three will get what we call the Vegas effect."

He mimics flashing Vegas-style lights by opening and closing his fist quickly.

Web sites using too many colors tire out younger people and fail to hold their attention, meaning they'll soon

stray to another Web site, he warns. It's a point Thompson, Marayatr and their classmates will take into account as they design their museum menus.

"Millions of people will come to your Web site and different users will have different perspectives," Gillani says during the lecture. "You have to be smart and design your Web site to keep 80 percent of them. You're going to lose 20 percent no matter what."

That won't always be the case.

Gillani envisions a day when Web servers, programmed according to education technology principles, automatically will assess a user's preferred learning style and present Web site material in a format best suited to the visitor.

For now, however, he continues focusing on giving CSUEB students an individualized education, an approach he calls student-centered.

"When the students are good and you are interested and work hard, the outcome is (success)," he says. "I really honestly love the University."

"The University has provided the environment for me to become professor of the year," he says. "To me, it means more than if I owned a giant company. I just love what I do." ■

BY MONIQUE BEELER



WOMEN'S WATER POLO TEAM

PHOTO: SCOTT CHERNIS

STORY



CAPTURES NATIONAL TITLE

# ABOOK

SEASON





Women's water polo goalie Elise Wilhelmsen, named Cal State East Bay Female Athlete of the Year, takes a practice shot on fellow Pioneer Kirsten Palm. Wilhelmsen and teammate Ashley Vieira, not pictured, were named to the first team of the Association of Collegiate Water Polo Coaches 2008 Women's All-American Teams.

PHOTO: SCOTT CHERNIN



**D**OWN BY A GOAL IN OVERTIME WITH 80 SECONDS LEFT ON THE CLOCK, THE DREAM OF A NATIONAL TITLE WAS ABOUT TO SINK FOR THE CAL STATE EAST BAY WOMEN'S WATER POLO TEAM.

Despite several consecutive appearances in the Collegiate III national tournament and a second-place finish in 2005, nerves were fraying.

"My girls were freaked," coach Lisa De Rossi-Cooper says.

With her own heart racing "about 200 beats per minute," De Rossi-Cooper called time out to try to calm her players.

"I said, 'Hey girls, we're having fun, right? We're at nationals!' They started laughing." The levity helped.

Seconds later, the Pioneers scored to force sudden death overtime against the defending champion, California Lutheran University. And in the second sudden death period senior Ashley Vieira fired a shot into the net to snag CSUEB its first intercollegiate national championship since 1988.

The dramatic 7-6 win and national title concluded a storybook season for the Pioneers, a journey marked by hours of grueling preparation, the death of the mother of two players and a stirring response to that loss.

## IT'S NOT SYNCHRONIZED SWIMMING

Water polo is a strange hybrid of a sport. Part soccer, part basketball and part swimming, the aim is to score as many goals as possible by throwing a volleyball-like sphere past defenders into a net. It's also among the roughest of sports, says Vieira, who also has played soccer and softball. She had her nose broken two years ago playing water polo.

"There's punching, there's pinching, there's kicking," Vieira says. Underwater, she notes, "the referee can't see a lot of stuff."

Women's water polo remains a relatively small sport in the realm of college athletics, but it is growing quickly. The number of Division I, II, and III women's water polo teams grew from 20 in 1995-1996 to 61 in 2005-2006, according to National Collegiate Athletic Association statistics.

The fact that CSUEB is a big fish in this expanding pond has a lot to do with De Rossi-Cooper. A 28-year-old Australian, De Rossi-Cooper was a member of the Western Australian State Junior team that won national championships in 1996 and 1998. After attending the University of Hawaii on a full water polo scholarship and coaching high school water polo in Honolulu, she landed the head coach spot at Cal State East Bay in 2002.

De Rossi-Cooper was the first hire made by CSUEB Athletic Director Debby De Angelis.

"I take a lot of personal pride" in hiring her, De Angelis says. "She's just dynamite."

De Rossi-Cooper quickly turned a struggling program around. Her teams have attended the Collegiate III national championship tournament every year since 2004. This year, she was named Coach of the Year at the event.

De Rossi-Cooper combines inclusivity with intensity. There are no competitive tryouts for the team. Players simply have to be willing to work hard and stay committed to a schedule that includes 6 a.m. workouts two days a week and frequent weekend road trips from February through April.

Then there's "hell week," a series of January practices meant to whip the team into shape. Jeanette Demeneces '08, a senior on the team last season, recalls one such practice where De Rossi-Cooper had players performing drills in the outdoor pool amid 30 mile-per-hour winds and pouring rain.

"She knows how to push us," Demeneces says, "but within our limits."

Despite the rigor, De Rossi-Cooper's teams boast a stellar academic record. Each squad from 2003 through 2007 has received Academic All-American team honors. De Rossi-Cooper expects the award again this year, with players recording an average grade-point average of 3.19.

Assistant coach Cal Caplan also figured into this year's success. Caplan, who coached the University's now-defunct men's water polo team from 1968 to 1981, worked closely with goalie Elise Wilhelmsen on a scheme that pressured opponents to shoot at Wilhelmsen's better side, her left.

Wilhelmsen was a standout. She earned the Most Valuable Player honor at the championship tournament and was named Cal State East Bay Female Athlete of the Year in the spring.





PHOTO: DEBBY DE ANGELIS

The championship CSUEB women's water polo team enjoys success in the pool and in the classroom, where players racked up a 3.19 grade point average qualifying them for Academic All-American team honors.

## FROM TOUGH TIMES TO TEAMWORK

The Pioneers began using Caplan's defensive strategy during a key stretch run. That run came after twins Jeanette and Laura Demeneces — and by extension the entire team — suffered the loss of a loved one. Irma Demeneces was a fan of the Pioneers and “pretty much the team mom,” Jeanette Demeneces says about her mother. The squad frequently traveled to Southern California for games, and Irma Demeneces, who lived in Orange County, took the team under her wing more than once.

“She'd bring a whole picnic lunch for us,” recalls captain Nikki Snyder.

But around spring break, Irma Demeneces was diagnosed with ovarian cancer. She died within a week.

Her death affected the team in practical and harder-to-quantify ways. The sisters missed some games, which cost the Pioneers two of their best players. The team also seemed to lose concentration.

“It hit everybody hard,” De Rossi-Cooper says. “All of the girls are friends outside of the pool.”

The team reached a low point in an April 12 loss to Claremont. The Demeneces had returned, but there was some tension among the Pioneers that hurt the team's play, Vieira says. Qualifying for the national tournament was in jeopardy. In response, team captains led a players-only meeting.

“I really didn't see my goal go in. I just saw my teammates jumping up and my coach get pushed in the pool.”

**Ashley Vieira**  
2-METER DEFENSE

The captains “really just tried to bring the team back together, let everyone know we are in the home stretch, and for 10 of us this was the last tournament we had left,” Snyder says.

The words sunk in. The Pioneers went on to crush their next opponent by a score of 17-2, to win four of their last six matches, and qualify for nationals.

At nationals, which took place May 2 to May 4 in New London, Conn., the Pioneers were the epitome of a team, Snyder says. All 17 members of the roster played in the course of five contests — all victories.

“We would not have been able to go 5-0 if we didn't have every girl there,” Snyder says.

For the final match, Laura and Jeanette Demeneces decided to write “Irma” on their arm with a heart. Every Pioneer did the same.

“I know she would have been there, and I know she was there in spirit,” Laura Demeneces says of her mother. “She gave everybody a little extra push.”

Extra inspiration came in handy during the tense, long match, which dragged into quadruple overtime.

Finally, Vieira caught a cross-pool pass and immediately zipped the ball into the left side of the net before Cal Lutheran's goalie could switch sides.

“If Ashley would have hesitated, the goalie would have been all over it,” De Rossi-Cooper says.

A defensive specialist, Vieira had turned to swim back toward the Pioneers' net right after she fired the shot, unaware she had sealed the win.

“I really didn't see my goal go in,” she says. “I just saw my teammates jumping up and my coach get pushed in the pool.”





PHOTO: SCOTT CHERNIS

Tryouts did not determine the final roster of the women's water polo team. Players interested in joining simply agreed to work hard and commit to 6 a.m. practices, frequent weekend road trips, and a tough training camp known as "hell week."

## A LASTING BOND

Months after the title win, De Rossi-Cooper is still on "cloud nine" — and relieved. She knew she'd be losing 10 seniors from a particularly strong squad.

"This is the most overall balanced team I have had in my six years at East Bay," she says. It had many options on offense and "played amazing team defense" De Rossi-Cooper adds.

Cal State East Bay's planned move to Division II status in the next few years added to the pressure. There is no national women's water polo championship specifically for Division II schools. For the Pioneers to claim a national title in the future they'll be up against Division II and Division I schools, including titans such as UCLA.

De Angelis says this year's water polo championship gives CSUEB a boost in reputation as it heads toward Division II — where, unlike in Division III, schools give out athletic scholarships.

"Anything that helps to raise our visibility is positive," she says.

The water polo title marked the sixth national collegiate championship in Cal State East Bay history, and the first since the women's soccer team won it all in 1988. Members of that soccer squad may hold a reunion in the fall to honor their achievement, De Angelis says.

Don't be surprised if the 2008 CSUEB women water polo players follow suit in 2028. The championship dream that nearly slipped away in a Connecticut pool is now a reality that will bind them for years to come.

Says Snyder: "It will keep us a team forever." ■

BY ED FRAUENHEIM





# Lasting legacy

*Family of Warren  
Hall namesake  
supports science  
scholars*

**D**ICK WARREN'S FATHER, EDWIN GUY WARREN — THE NAME-SAKE OF CAL STATE EAST BAY'S TOWERING ARCHITECTURAL LANDMARK, WARREN HALL — WAS INSTRUMENTAL IN BRINGING THE HAYWARD CAMPUS TO THE HILLS OVERLOOKING THE EAST BAY.

"A big contractor in Hayward and my dad thought the spot up on the hill would be a good place for the University," says Dick Warren, former president of the family business, Warren Transportation Company. "My dad paid for the survey, I guess. He was chairman of the board for Hayward High School."

As he speaks, he thumbs through yellowed newspaper clippings and a Hayward history book chronicling Guy Warren's efforts to help develop a city once dominated by farming and ranching. Seated nearby in the wood-paneled living room of their ranch-style Hayward home, Annette, Dick Warren's wife of 52 years, adds her memories to the conversation about her father-in-law, an engineer by training and a trucking executive by profession.

"He was very adamant about establishing a university, and he really wanted it in Hayward, being a Hayward native," says Annette Warren, who belonged to another pioneering Hayward family, the Garins. "I don't think too many students from Hayward went on to college (back then). They either went to San Jose or Berkeley or some other place."

Guy Warren, who became a governor-appointed board trustee to the then-California State Colleges, stayed active in CSUEB affairs up until his death in 1972. A funeral service in his honor drew some 500 attendees to the campus theater. In 1980, the University renamed its administrative building in Guy Warren's honor.





PHOTO: BEN AILES

Dick and Annette Warren, above, endowed the E. Guy Warren Science Scholarship in tribute to Dicks' father, a civic and education leader who helped establish Cal State East Bay in Hayward. The Warrens, left, pictured in a family snapshot, have supported CSUEB since the early days of their 52-year marriage.

Dick and Annette Warren also commemorated the family ties to Cal State East Bay by endowing the E. Guy Warren Science Scholarship. The \$500 award, given annually to two seniors studying the sciences, helps nurture young minds eager to contribute to scientific knowledge and progress.

Jessica Sund, 32, received the 2008 scholarship. She'll use the money to help pay for books in the fall.

"It came at a really good time," says Sund, who returned to college full time after years in the workforce to major in conservation biology and ecology, a program she found offered at few other universities.

As a returning student, she says she's motivated to study hard and get the most out of her instructors' time and classes, such as conservation biology.

"I really, really liked that class," Sund says. "(The professor) talked

about invasive species, what's going on in our world climate-wise, the role of conservation biologists. I feel like I'm learning a lot and getting inspired."

Receiving the scholarship also inspired her.

"It makes me want to do it, if I'm ever in a position to set up a scholarship," she says.

Awards such as the E. Guy Warren Scholarship send students the right messages, Sund says: "You're worth our money. You're worth our time, and we hope you're successful in what you do. It really encourages students."

Dick and Annette Warren expect that their five sons, two of whom attended CSUEB, will one day carry on oversight of the scholarship to preserve the family legacy and commitment to nurturing students.

"I'm a former teacher," Annette Warren says. "The mind is a wonderful thing, and it has to be developed. We have to have not only knowledge but understanding."

Dick Warren echoes the sentiment, one his father no doubt would approve.

"Education is the solution to so many problems," he says. "It's a very wonderful, worthy cause." ■

**BY MONIQUE BEELER**

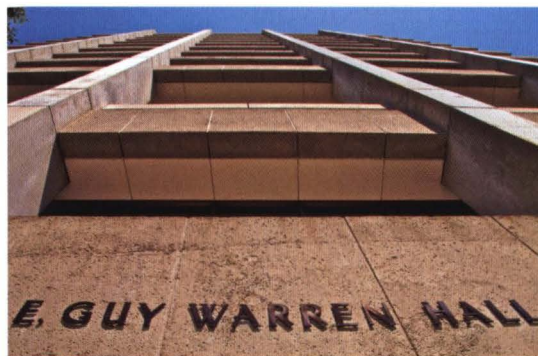


PHOTO: KENT KAVASCH



# Thinking like an olympian

ON A NOVEMBER AFTERNOON IN 1979, 30-YEAR-OLD OLYMPIC ATHLETE MARILYN KING '73 WAS DRIVING HER VOLKSWAGEN BEETLE HOME

ALONG INTERSTATE HIGHWAY 880 IN FREMONT WHEN A CAR IN FRONT OF HER STOPPED SHORT FOR CONSTRUCTION. WHEN KING BRAKED, THE CAR BEHIND HER SLAMMED INTO HERS.

King, the women's track coach at the time for University of California, Berkeley, was shaken but not visibly hurt. She drove home from the accident and woke up the next morning to continue training for her third Olympic trials in the pentathlon, a grueling event that includes the 100-meter hurdles, the shot put, the high jump, the long jump, and the 800-meters.

But when she started to jog that day, she says, "It was like someone had stuck a knife in my lower back."

Her injury, a bulging disc in the spine that pressed painfully on a nerve in her back, would go undiagnosed by doctors for months. Although King was in too much pain to exercise her lower body, and she could barely drive, she was determined to continue training for the Olympic trials. So while undergoing physical therapy, she spent time in the pool, did hundreds of bench presses, reviewed videos of gold

## Former pentathlete takes plan to help youth to Beijing

medal winners, and, perhaps most importantly, devoted three to four hours a day at the track "training as if I was OK" by endlessly imagining how she

would perform events at the competition.

In June, without running or seriously training for seven months, she shocked her peers by placing second in the trials for the 1980 Moscow Games. King's results fell short overall to make the Olympic team. Then President Jimmy Carter's call for a boycott of the games, a response to the Soviet Union's 1979 invasion of Afghanistan, prevented the track and field team from competing.

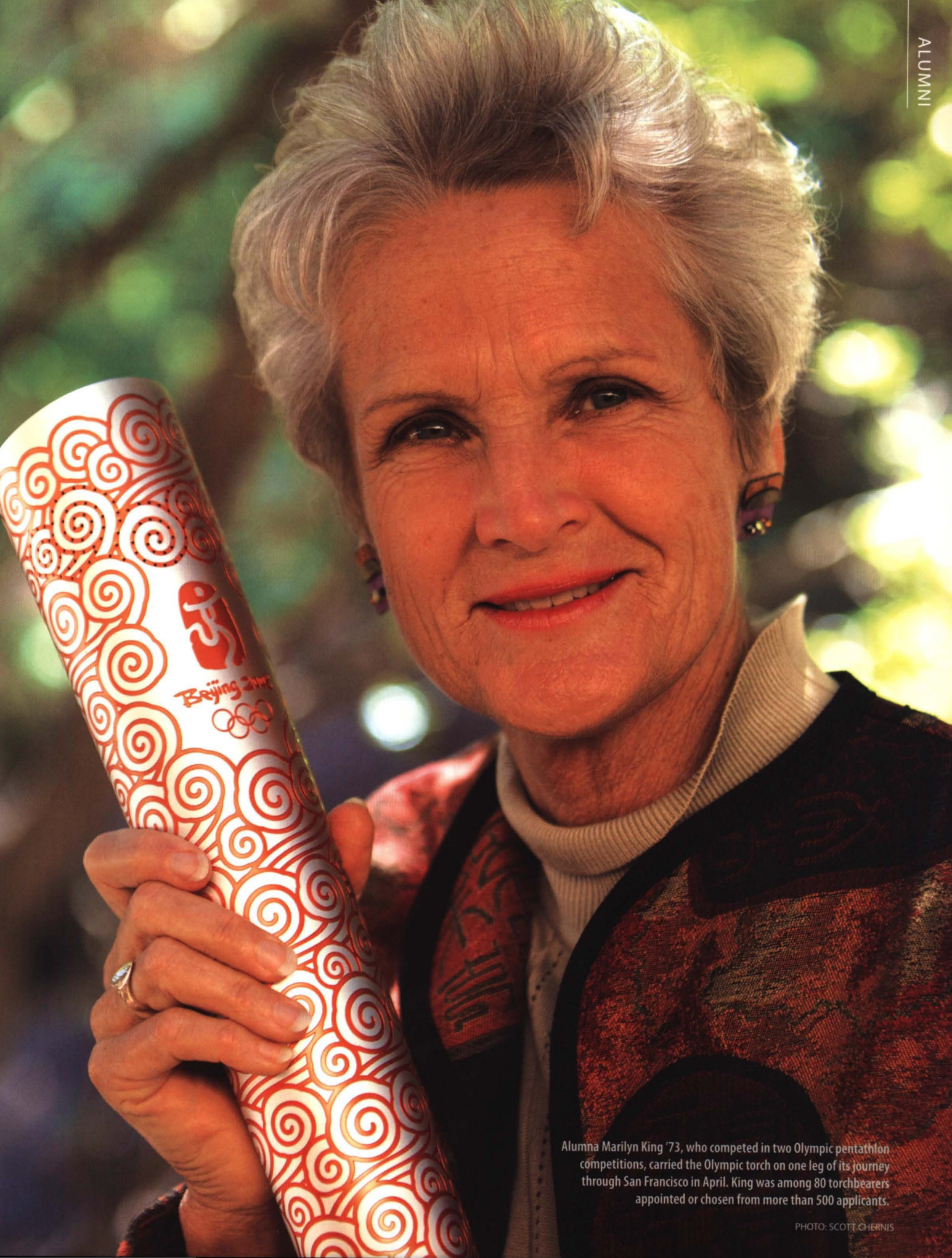
On the field that day, however, King says she experienced a defining moment that led her to quit her coaching job and start a new life as a public speaker, corporate trainer and business consultant.

"It was life altering," she says. "Some people don't believe (what happened) and said, 'it's not possible' — only it happened to me."

The mind, King says, has an intense effect on what the body achieves, inspiring ordinary people to do extraordinary things.

Through decades of studying human behavior and teaching, King, now 58, has found three elements present whenever the extraordinary happens: passion, vision, and action. She calls ►





Alumna Marilyn King '73, who competed in two Olympic pentathlon competitions, carried the Olympic torch on one leg of its journey through San Francisco in April. King was among 80 torchbearers appointed or chosen from more than 500 applicants.

PHOTO: SCOTT CHERNIS





it Olympian Thinking, the name of the company she started in 1980. Since then, she's helped people from executives at companies, such as Ford, Microsoft, Starbucks and Ikea, to inner city kids to women at a career crossroads achieve their goals.

Now, King plans to take Olympian Thinking a step further, kicking off a new program at the Beijing Olympics.

The project, in the works for the past five years, targets at-risk middle school students, teaching them to define their passion and create a vision of what they want to achieve. It's not as easy as it sounds, King observes.

"If you are ill-informed and not clear about what you mean by (for example, attaining) peace and have negative beliefs and assumptions, how effective will you be in achieving what you care about?" King says.

After defining their vision, students draft a contract to use daily — from the moment they wake up — to achieve their goals. King will work with schools and youth services providers, who will be able to download the program framework for free from her Web site. In exchange, users agree to share their completed Olympian Thinking documents with King and fill out a program evaluation.

In many ways, King's life as an athlete groomed her to do what she does today. Growing up, her dad was in the military so the family moved often between the West and East coasts. Switching schools, King found that playing sports was an easy way to make new friends. But she didn't discover the pentathlon until a track and field meet during her sophomore year in Staten Island, N.Y.

"They made an announcement for the pentathlon," she recalls. "I'd never heard of it."

Since only two girls from the region showed up to compete, and the team needed a third, King volunteered, and "wound up third on the whole East Coast," she recalls. During her junior year, King headed to the track and field nationals, finishing in the top 10. When she heard that a girl she'd defeated had been invited to train for the Olympics, she realized she could, too, and it changed her life.

"It went from me thinking I'd never compete at the Nationals to 'Holy cow, I could go to the Olympics!'" she says.

King was drawn to CSUEB to train and to study kinesiology, the science of human movement, an emerging major in the 1970s. There,

King studied with pioneering professors, including track coach Malachi Andrews, a former Olympic long jumper, and Marie Hart, who later became a sports psychologist.

At first, King was disappointed that the school, like most at the time, had no women's track team. (Title IX, the education act that today bans sex discrimination in programs and activities at educational institutions that accept federal funds, didn't exist at the time). King trained with Ed Parker, coach of the Millbrae Lions, a private track and field club that practiced at a nearby high school.

Changes came when the University's athletic director Lew Colmer hired Jim Santos in 1971 to coach a core of elite women track and field athletes who had found their way to the school, including King, whose best event was long jump, Cis Shafer (800 meter), Lucy Vaamonde (pentathlon), and Marin Seidler (shot put).

Cal State East Bay's women's team won both the 1972 Association for Intercollegiate Athletics for Women National Championships and the California Collegiate Team Championships in 1971 and 1972, kicking off the school's golden age of track and field. Santos says King — whom Parker trained to

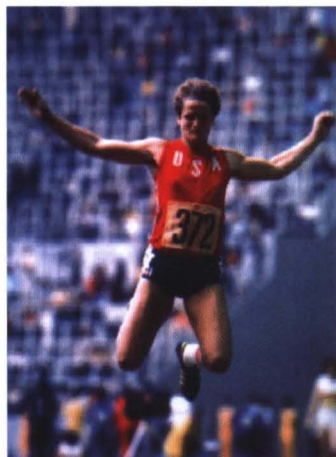


compete in her first Olympic trials while at CSUEB — was “tenacious” and “the most dedicated, hard-working athlete I have ever seen — man or woman,” practicing late even when the weather was foul.

King, who also played volleyball and basketball at the University, was invited to the Munich Olympics in 1972, where she recalls being “pie-eyed, blown away by all of the Olympians.” However the games took a dark turn when Black September terrorists took Israeli Olympic team members hostage, killing 11 athletes and coaches.

“Coming back from that was challenging,” King says, noting that her lifetime achievement, going to the Olympics, had ended in tragedy. “I had no place to debrief. I found it difficult to stay focused after that when all of these confusing things had happened.”

After graduating from Cal State East Bay a year later, King managed to get her training back on track so she could seriously compete in Montreal. She moved to San Jose, taking odd jobs — including demonstrating organs at Sears — to support seven hours of daily training: mornings with the weight lifters and discus throwers in San Jose and afternoons at the Millbrae track. Arriving in Montreal in 1976 at 27, King was a seasoned athlete, placing 16th overall.



Former CSUEB track coach Jim Santos calls Marilyn King, pictured competing for the U.S., “the most dedicated, hard-working athlete I have ever seen . . .”

that enabled her to prevail despite her spinal injury. For three years, she explored the power of imagery and mental rehearsal, which few people, aside from astronauts and sales managers, were using at the time to improve performance.

Though imagery is powerful, she says, there was a piece missing when she publicly worked to inspire others. That missing link, she concluded, was passion.

When she returned, she decided to train for a third and final Olympics, taking the 1979 season off from coaching at Cal to once again train.

“I didn’t believe I could compete against European women, but I did think that I could scare the medal winners and inspire younger and more talented athletes,” she says.

After placing second at the Moscow trials, she says, she had to find out “what the heck had happened”

Now, King teaches the importance of “daily practice and action,” that must accompany passion — whether it’s a goal to make it to college from an underprivileged neighborhood, work toward world peace or become CEO. Her Olympian Thinking framework helped a struggling Oakland teen beat the odds and achieve a dream of playing football at San Diego State University, eventually returning home as a high school football coach. Recently, home furnishings giant Ikea hired her to meet in India with seven of its sourcing managers. She explored how employees could be sensitive to family structure and Old World culture within countries that make Ikea’s products while meeting Ikea’s quality control goals.

In many ways, King, who is also a peace activist and a CSUEB Hall of Fame member, considers herself a messenger. That’s why she says carrying the torch during the Beijing Olympic torch relay in San Francisco in April was particularly symbolic to her.

Today, King, continuing her work this summer in Beijing, delivers a message anyone can understand: Everyone has a passion. And anyone can wake up every morning and decide to align passion with daily goals.

That’s how you change your life, she says. It’s also how individuals change the world, Olympian style. ■

BY KIM GIRARD

## CSUEB’S OLYMPIC CONNECTIONS

Cal State East Bay boasts a rich history at the Olympics. The late **Malachi Andrews**, who taught physical education during the 1970s, provided inspiration as a former Olympic long jumper (1956).

Student **Mary Perry** was a two-time Olympian in volleyball (1964, 1968) and competed with fellow student **Marin Seidler** (shot put) in 1968. In 1972, student **Marilyn King** (pentathlon) helped usher in the golden years for track and field at CSUEB alongside peers Seidler, **Lucy Vaamonde** (pentathlon) and **Cis Shafer** (800 meter race) in Munich. In 1976, King again headed to Montreal to compete with Vaamonde and Seidler at the games.

**C. Harmon Brown**, a former coach (javelin) and head of CSUEB’s student health center, was an Olympic track and field coach in 1976.

In 1980, King and Seidler competed in the trials for the 1980 Moscow Olympics. CSUEB’s men’s and women’s track and field coach **Jim Santos**, **Chiaki Miakawa** and **Marcel Hetu**, also a CSUEB professor and track and field and cross country coach, were chosen as Olympic coaches. However, President **Jimmy Carter**’s call for a boycott in protest of the Soviet Union’s invasion of Afghanistan kept the athletes from competing.

**Debby De Angelis**, CSUEB’s director of athletics, was the U.S. rowing team’s assistant manager in 1976. She held the same position in Moscow in 1980, but stayed home for the boycott. She was also an Olympic rowing official in Atlanta (1996), Sydney (2000), and Athens (2004).

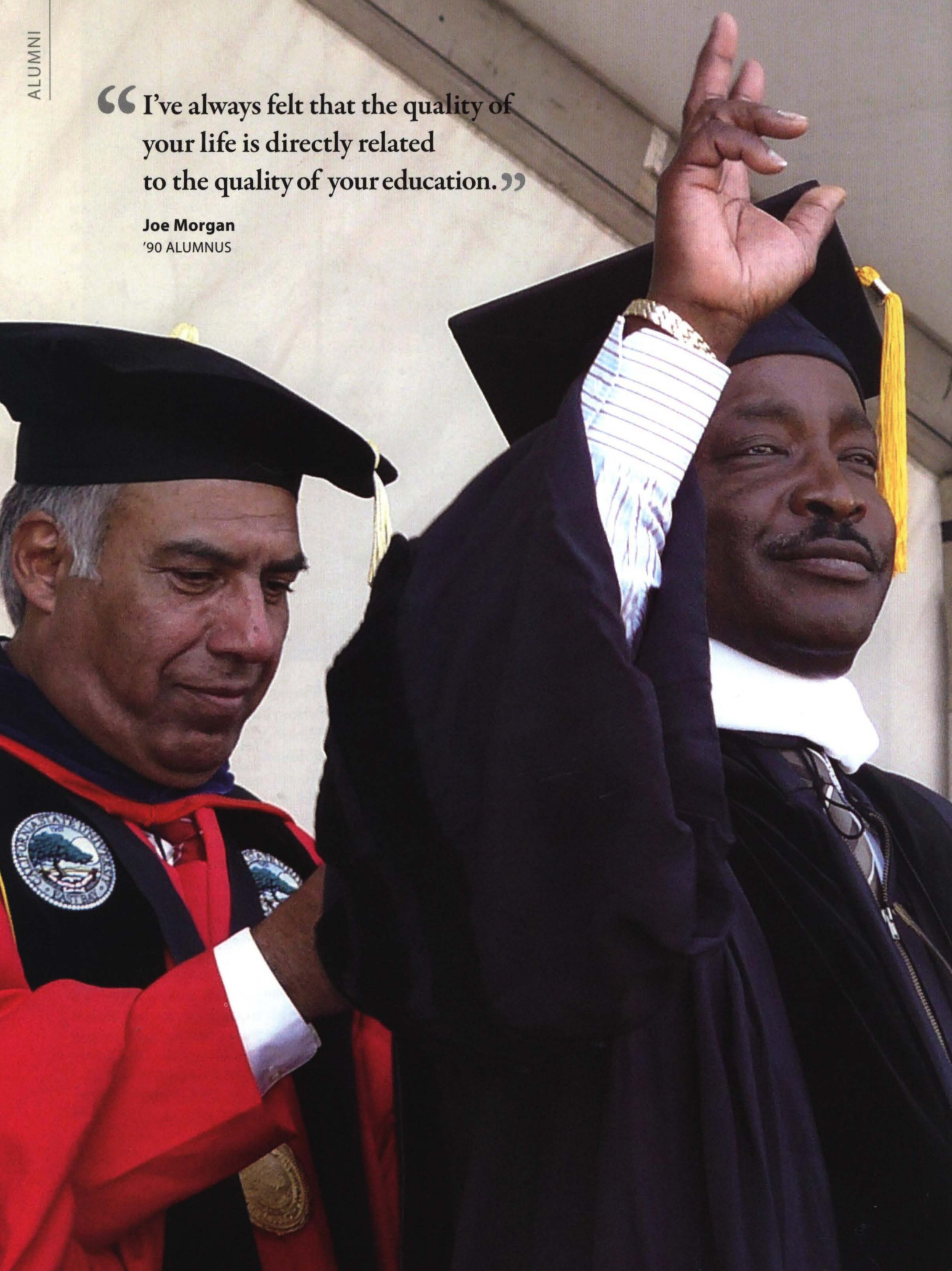
In 2008, **Magdalena Lewy Boulet** (see: cover story) was named to the U.S. Olympic women’s marathon team.



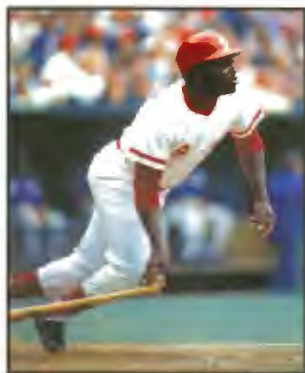
“I’ve always felt that the quality of your life is directly related to the quality of your education.”

**Joe Morgan**

'90 ALUMNUS







Joe Morgan '90 played for the Cincinnati Reds from 1972 to 1979, making the National League All-Star Team eight consecutive years. (Courtesy photo).

## Morgan ceremony attracts baseball greats, national TV audience

IT'S NOW DR. JOE MORGAN.

The Baseball Hall of Famer and two-time National League "Most Valuable Player" collected another prize — this time from academia — when Cal State East Bay presented Morgan '90 with an honorary doctorate of Humane Letters at a June 14 commencement ceremony.

It resembled a Baseball Hall of Fame gathering when Morgan was honored at a pre-ceremony luncheon attended by Sparky Anderson, also a Hall of Famer and former manager of the Cincinnati Reds and Detroit Tigers, and Jon Miller, San Francisco Giants announcer and Morgan's broadcast partner on ESPN Sunday Night Baseball telecasts.

The cable TV sports network aired video highlights of Morgan's acceptance of the degree during June 15 baseball game and "SportsCenter" broadcasts.

Morgan, an Emmy-award-winning broadcaster for ESPN who earned a bachelor's degree in physical education from CSUEB, told graduates of the University's College of Business and Economics that he's always believed in the importance of education.

Joe Morgan waves to graduates as President Mo Qayoumi presents him with a hood representing the honorary doctorate of Humane Letters conferred on Morgan during a June 14 commencement ceremony.

# A MOST VALUABLE ALUM

"I've always felt that the quality of your life is directly related to the quality of your education," he said. "If you continue your education, I believe you'll continue to improve the quality of your life."

Morgan promised his parents before signing a professional baseball contract that he would finish his college education when his playing career ended. He ended up playing 22 years in the big leagues, producing 2,517 hits, 268 homeruns, 689 stolen bases, and 1,133 runs-batted-in while playing for teams in Houston, Cincinnati, San Francisco, Philadelphia, and Oakland. Morgan became emotional when Cal State East Bay President Mo Qayoumi conferred the honorary doctorate degree upon him before thousands of attendees at the commencement ceremony held in University Stadium.

"My family and I are deeply grateful and honored that you feel I am worthy of this degree," he said.

When Morgan, a native of Oakland, began attending the University in 1984, he established a scholarship fund for CSUEB kinesiology and physical education majors. He has contributed more than \$150,000 towards the endowment. During his luncheon remarks, Morgan explained the importance of the endowment to him.

"While having dinner one night in Seattle with (basketball Hall of Famer) Bill Russell, someone tapped me on the shoulder, introduced himself, and thanked me. He said he wouldn't have

been able to go to college had he not received one of those scholarships," Morgan said, fighting back tears. "The great thing was that he got the scholarship, attended college here, and had become the head trainer at Washington State University. It was very meaningful for me to know that I had helped someone."

Miller and Anderson each made a point of expressing Morgan's importance in their lives.

"I'm very proud of Joe Morgan's accomplishments and wanted to be in attendance when he was honored," said Anderson, who drove with his wife from Southern California to attend.

Morgan's broadcast partner, Miller, was effusive in his praise for his colleague.

"I've been basking in the reflected glory of my illustrious partner for many years," Miller said. "Now it is Dr. Joe Morgan, and that is so impressive, and richly deserved." ■

BY BARRY ZEPPEL



Joe Morgan's former Reds manager Sparky Anderson, left, and ESPN colleague Jon Miller attended a June 14 CSUEB luncheon celebrating Morgan's receipt of an honorary doctorate.

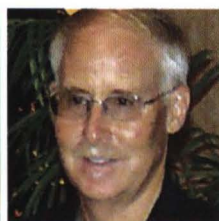
PHOTO: BEN AILES



# 6 INDUCTED INTO ATHLETIC HALL of FAME



Jennifer Cioma



Jerry Cvecko



Frank Fudenna



Romy Guyse



Wendell Pierce



Stanley Clark

PHOTO: BARRY ZEPEL

FIVE STUDENT-ATHLETES AND A FORMER COACH MADE UP THE 2008 CLASS OF INDUCTEES INTO THE CAL STATE EAST BAY ATHLETIC HALL OF FAME.

Honorees acknowledged at a May ceremony were: volleyball player Jennifer Cioma (1995 to 1997); water polo and swimming team member Jerry Cvecko (1973 to 1976); soccer player Frank Fudenna (1974 to 1976); track and field athlete Romy Guyse (1986 to 1989); tennis player Wendell Pierce (1976 to 1977); and men's tennis coach Stanley Clark (1976 to 1982).

During her athletic career, Cioma shattered CSUEB's women's volleyball records, including career digs (775), career kills (1038), and most kills in a match (29). She was named first-team All-Northern California Athletic Conference in 1997 and second team in 1996.

Cvecko, Most Valuable Player for the men's water polo team in 1976, was four times named All-Far Western Conference and earned All-America honors in 1975, helping that year's team to the national championship in the NCAA small college division.

Soccer player Fudenna was a three-time All-Far Western Conference selection, contributing to a pair of conference championships in 1975 and 1976. He was drafted by the San Jose Earthquakes.

Guyse was Northern California Athletic Conference champion in the 400 meters in 1987, 1988, and 1989. She also won the conference championship in the 200 meters in 1987, was named NCAC Track Athlete of the Year in 1987 and 1988, and was a four-time All-American. She placed second in the 200 meters her senior year at the NCAA Division II National championships.

Pierce compiled a 45-8 win-loss record as a singles player in 1976-1977 and teamed with CSUEB Hall of Famer Doug Ditmer for a two-year doubles record of 49-3. Pierce and Ditmer earned All-American honors in doubles in 1977.

During each of Clark's seven years as head tennis coach, the Pioneers captured the Far Western Conference championship while compiling a perfect FWC dual match record of 47-0. He was named Far Western Conference Coach of the Year each season.

BY **BARRY ZEPEL**





## HELP SPREAD THE WORD

Cal State East Bay worked for you. It can work for your family and friends, too.

With so many exciting changes at the University — new programs, buildings, student housing, and expanding campus life — creating a buzz about CSUEB, applications are growing, and enrollment is hitting new highs. This fall, the University is asking alumni to help spread the word even further and refer college-bound children, family, and friends to one of the many CSUEB outreach and recruitment events scheduled across the state. Here are a few upcoming opportunities:

### Preview Day

Oct. 11 • 8:30 a.m. – 2 p.m.  
CSUEB Hayward Campus  
Annual event for prospective students and families to explore all that CSUEB offers and learn about admission requirements, academic programs, student services, campus life, and financial aid. Learn more and RSVP online at [www.csueastbay.edu/previewday](http://www.csueastbay.edu/previewday).

### Information Sessions

Learn about academic programs, the CSUEB college experience, and the admission process. RSVP at [www.csueastbay.edu/InfoSession](http://www.csueastbay.edu/InfoSession) or call 510.885.3214, for more information about the following events:

### Anaheim

Sept. 21 • 1-2:30 p.m.  
Anaheim Marriott Suites  
12015 Harbor Blvd., Garden Grove

### Burlingame

Sept. 27 • 1 -2:30 p.m.  
San Francisco Airport Marriott  
1800 Old Bayshore Highway,  
Burlingame

### Concord

Sept. 27 • 1-2:30 p.m.  
A special Pre-Nursing presentation will follow from 2:30-3 p.m.  
Cal State East Bay – Concord Campus  
4700 Ygnacio Valley Road, Concord

### Los Angeles

Nov. 8 • 1-2:30 p.m.  
Marriott Los Angeles Downtown  
333 S. Figueroa St., Los Angeles

### Reno, Nevada

Nov. 1 • 4-5:30 p.m.  
John Ascuaga's Nugget Hotel  
1100 Nugget Ave., Sparks, NV

### Riverside

Sept. 20 • 4-5:30 p.m.  
Courtyard by Marriott, Riverside  
1510 University Ave., Riverside

### San Diego

Sept. 27 • 1-2:30 p.m.  
Sheraton Mission Valley San Diego Hotel  
1433 Camino Del Rio South, San Diego

### San Jose

Sept. 21 • 1-2:30 p.m.  
Dolce Hayes Mansion  
200 Edenvale Ave., San Jose

### Stockton

Sept. 20 • 1-2:30 p.m.  
The Stockton Grand Hotel  
2323 Grand Canal Blvd., Stockton

## ALUMNI EVENTS

Head downtown after work and connect with CSUEB alumni. For details, visit [www.csuebalumni.org](http://www.csuebalumni.org). ■

### Sept. 25

Luka's Taproom, Oakland

### Oct. 21

Oktoberfest at Schroeder's, San Francisco

### Nov. 19

Paolo's, San Jose

### Jan. 15

Pyramid Alehouse, Walnut Creek

What is  
*inCircle?*  
A new online community  
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## THEATRE AND DANCE

### Go! A Faculty Dance Concert

Jan. 29, 30, 31. Friday and Saturday performances at 8 p.m.; Sunday at 2 and 7 p.m.



## MUSIC

### Jazz Concert

Dec. 1 at 7:30 p.m. in University Theatre. Jazz workshop and jazz band concert; Johannes Wallmann, director. \$7 general admission, \$5 senior and youth; free with CSUEB ID.



## MUSIC

### Opera Scenes

Dec. 2 at noon in Music and Business room 1055. CSUEB Opera Workshop members perform selected scenes and arias; Allen Shearer and Pamela Hicks, directors. Free.

## CAMPUS EVENTS

## THEATRE AND DANCE

### Solo/Tongues

By Sam Shepard and others. Nov. 14, 15, 21, 22 at 8 p.m. and Nov. 23 at 2 p.m. in University Theatre; Ann Fajilan and Eric Kupers, directors.

### Ice: A Dance Extravaganza

Dec. 5 and 6 at 8 p.m. in Dance Studio (PE 140). Produced by Nina Haft and Eric Kupers with the CSUEB dance faculty; show choir produced and directed by Darryl V. Jones.

### Pan and Wendy

Dec. 12 and 13 at 7 p.m.; Dec. 13 at 3 p.m. in University Theatre; Seth Thygesen, director.

## MUSIC

### Symphonic Band Concert

Oct. 27 at 7:30 p.m. in University Theatre; Wesley J. Broadnax, conductor. \$7 general admission, \$5 senior and youth; free with CSUEB ID.

### Alto Saxophone Recital — Grant Leimbach

Nov. 2 at 2 p.m. in Music and Business room 1055; free.

### 22<sup>nd</sup> Annual CSUEB Instrumental Music Festival

Nov. 7 from 8 a.m. to 9:30 p.m. Evening concert at 7:30 p.m. in University Theatre; Wesley J. Broadnax, director and conductor. \$7 general admission, \$5 senior and youth; free with CSUEB ID.

### Mozart's "Requiem" — East Bay Singers with Vilnius Pro Musica

Nov. 8 at 8 p.m. in the First Congregational Church, 2345 Channing Way, Berkeley; Buddy James, conductor. \$15 general admission, \$10 senior, student and CSUEB faculty/staff; \$5 with CSUEB ID.

### O Give Thanks: Gospel Choir Performance

Nov. 15 at 8 p.m. in Music and Business room 1055; Buddy James, director. Free.

### Men's Chorus Festival Concert

Nov. 18 at 7:30 p.m. in University Theatre; Buddy James, festival director.

### Jazz Improv Ensemble Performance

Nov. 20 at noon in Music and Business room 1039.

### Sounds of the Season: A CSUEB Holiday Concert

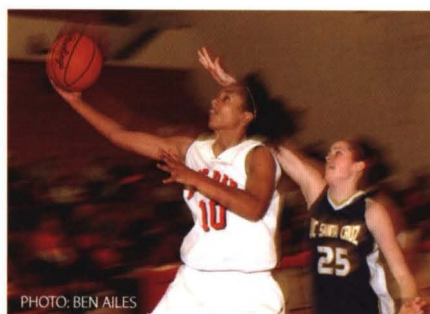
Dec. 6 at 8 p.m. Buddy James, conductor. For details, visit <http://class.csueastbay.edu/music/> or call 510.885.3167.





## ATHLETICS

### Men's Soccer



## ATHLETICS

### Women's Basketball



## LECTURES AND EVENTS

### Wine Camp:

#### A Day in the Vineyard

Sept. 19 from 8:30 a.m. to 2 p.m. at Sky Terrace Vineyard. See how grapes are grown and wine is made at a small, family-owned vineyard. Includes a harvest lunch in the vineyard. \$50 for OLLI members/\$65 for non-members.

## ATHLETICS

### Women's Soccer

Sept. 12 at 4 p.m. vs. Willamette University  
Sept. 13 at noon vs. Cascade College  
Oct. 8 at 4 p.m. vs. Holy Names  
Oct. 10 All day (Wild West Tournament)

### Men's Soccer

Sept. 13 at 2 p.m. vs. Cascade College  
Sept. 15 at 3 p.m. vs. Master's College  
Sept. 20 at 2 p.m. vs. Fresno Pacific  
Sept. 27 at Noon vs. Chapman University  
Oct. 5 at 1 p.m. vs. University of Dallas  
Oct. 10 at 2 p.m. vs. La Sierra University  
Oct. 15 at 1 p.m. vs. U.C. Santa Cruz  
Oct. 20 at 2 p.m. vs. Academy of Art University

### Cross Country

Oct. 31 at 9:15 a.m. (Cal Pac Conference)

### Volleyball

Oct. 11 All day (Wild West Tournament)

### Women's Basketball

Dec. 5 to 6 at 5 and 7 p.m. (Pioneer Invitational)  
Dec. 12 at 5:30 p.m. vs. Holy Names  
Dec. 20 at 5:30 p.m. vs. William Jessup  
Jan. 8 at 5:30 p.m. vs. Bethany University  
Jan. 15 at 5:30 p.m. vs. Pacific Union  
Jan. 29 at 5:30 p.m. vs. Simpson  
Jan. 31 at 5:30 p.m. vs. Menlo College  
Feb. 5 at 5:30 p.m. vs. Dominican  
Feb. 19 at 5:30 p.m. vs. Cal Maritime

### Men's Basketball

Dec. 12 at 7:30 p.m. vs. Holy Names  
Dec. 20 at 7:30 p.m. vs. William Jessup  
Jan. 8 at 7:30 p.m. vs. Bethany University  
Jan. 15 at 7:30 p.m. vs. Pacific Union  
Jan. 29 at 7:30 p.m. vs. Simpson  
Jan. 31 at 7:30 p.m. vs. Menlo College  
Feb. 5 at 7:30 p.m. vs. Dominican  
Feb. 19 at 7:30 p.m. vs. Cal Maritime

### Baseball

Jan. 26 at noon vs. Alumni  
Feb. 20 at 2 p.m. vs. Willamette University  
Feb. 21 at 1 p.m. vs. Willamette University  
Feb. 22 at 11 a.m. vs. Willamette University

## LECTURES AND EVENTS

### Inflation, Recession ... and All That

Sept. 18 at 7 p.m. in the Oak Room, Concord Campus. An examination of macroeconomic issues facing a "globalized" world. Free for OLLI members/\$5 for non-members.

### Isadora Duncan:

#### History of Modern Dance

Oct. 8 at 2 p.m. in the Oak Room, Concord Campus. History of modern dance and interpretations of primitivist and improvisational dances associated with Isadora Duncan. Free for OLLI members/\$5 for non-members.

### OLLI Book Club:

#### Cooking Up a Story

Sept. 24; October 15; Nov. 5 and 26; Dec. 17 from 4 to 5:30 p.m. at Concord Campus. Engage in good reading and lively conversation as the book club kitchen tests its way through a new theme: cookbooks with a story.

### Third Conference on Earthquake Hazards in the Eastern San Francisco Bay Area

Oct. 22 to 24 at Hayward Campus. Activities and publications will highlight earthquake hazards and risks connected with commemoration of the 140<sup>th</sup> anniversary of the 1868 Hayward fault earthquake. For more information, visit <http://www.conservation.ca.gov/cgs/News/Pages/eastbayconference.aspx>

### CSUEB 2008 Presidential Gala

Nov. 7 from 6 to 9 p.m. at Castlewood Country Club in Pleasanton. Join in "Making a World of Difference," a black tie celebration benefitting the CSUEB Presidential Scholars Fund. Purchase tickets, \$150, by Oct. 20. Contact 510.885.2849 or [eileen.mello@csueastbay.edu](mailto:eileen.mello@csueastbay.edu).



# CLASS NOTES

## 1960s

**John Daley**, M.A., history ('67), had an unpublished novel, "Driving Cab", serialized in the March, May, July and September issues of the literary journal, "Predicate." He also has two published novels, "Tasting the White Water" (2003) and "Sunday Mornings" (2004).

## 1970s

**Bette Beechen-Epstein**, M.S., counseling ('79), is the managing partner of the Oakland office of Reed Smith LLP, the largest law firm in the East Bay.

**Evelyn Dilsaver**, B.S., business administration ('77), former president and CEO of Charles Schwab Investment Management, has been elected to the board of directors of Tamalpais Bank and Tamalpais Wealth Advisors.

**John Farahi**, B.A., political science ('71), serves as C.E.O. of Monarch Casino Resort Inc.

**John Hendrickson**, M.P.A. ('74) and M.S., educational leadership ('93), has been named CEO of the West Valley-Mission Community College District in Santa Clara County.

**Toni Mar**, B.S., kinesiology ('76) and M.S., kinesiology ('85), has taught fitness courses at the University of California, Berkeley, for 11 years and was formerly a fitness specialist for Chevron in San Francisco.

**Fran Rebello**, B.S., child development ('72) and M.S., education ('89), has been in the teaching profession for 37 years. She has won national best of show awards for five inventions that help with classroom management. She has turned the products into a successful business with distributors worldwide.

**George Reynolds**, B.S., business administration ('72) and M.B.A. ('76), is the Corporate Recruiter for the Atlantis Casino Resort Spa in Reno, Nev.

**Judy K. Scott**, B.A., history ('74), released the novel, "Shades of Truth" in September 2007. The book is published by iUniverse.

**Charles Tinsley**, B.A., sociology ('76), was awarded the 2008 Martin Luther King Jr. Humanitarian of the Year Award by Contra Costa County. The award is presented to individuals who embody the ideologies represented by King.

**Timothy White**, M.S., physical science ('72), has been named the new chancellor of the University of California, Riverside.

## 1980s

**Tim Clark**, B.A., criminal justice ('79), was promoted to assistant commissioner of the California Highway Patrol in April.

**Sue Oleson**, M.S., education ('84), wrote and self-published "Cancer Free Naturally" about her successful fight with breast cancer using natural methods. She is based in Indio.

**David Vergari**, M.B.A. ('80), changed careers to become a winemaker, graduating with an M.S. in enology from UC Davis in 1992. After working at wineries on three continents, he started his eponymous winery in 2003, specializing in Pinot Noir.

## 1990s

**Tonja Hadley**, B.S., recreation ('93), has been named assistant head coach of the Colorado State University softball team.

**Ivy Hartman**, B.A., mass communication ('98), hosts and co-produces one of St. Louis' longest-running cable shows, "City Life Neighbor to Neighbor."

**Janiece Hopper**, B.A., liberal studies ('90), released a self-published novel, "Cracked Bat," about invisible fathers, imaginary friends, and a woman's journey to discern what is real.

**Omar Morales**, B.A., mass communication ('98), was named one of 50 international

finalists in Platinum Studios' Comic Book Challenge 2008 for his original comic book, "The CruZader."

**Daniel Schrier**, B.A., English creative writing ('96), has been named senior project manager for the Philadelphia office of Avenue A Razorfish, one of the largest interactive services firms.

**Pamela (England) Sinclair**, B.A., speech communication ('90), co-authored her first book, "A Taste of Wyoming: Favorite Recipes From the Cowboy State."

## 2000s

**Douglas Beavers**, B.A., music ('00), has been named director of the new Latin Jazz band, Conjunto Rovira.

**Stephanie Easterwood**, B.S., criminal justice administration ('06), has been selected as the Antioch Police Department's Civilian Employee of the Year.

**Laury Harroch**, B.A., French ('04) and M.A., English ('05), recently received her third master's degree, earned in French comparative literature from San Francisco State University.

## Submit Class Notes

Share news about your career, accomplishments, and changes in your life with fellow alumni.

Include your address, phone numbers, degree earned, major, and graduation year. Mail to: Cal State East Bay Magazine, Attention Editor, 25800 Carlos Bee Blvd., WA 908, Hayward, CA 94542. Or e-mail to: [monique.beeler@csueastbay.edu](mailto:monique.beeler@csueastbay.edu).



## THE LAST WORD:

“What is your favorite recent addition to campus life?”

During the past three years, Cal State East Bay has taken steps to build on the sense of community and involvement on the University's campuses. Developments from changing the school name to adding more student housing have attracted the notice of CSUEB faculty, students and alumni. A few community members shared their thoughts about recent changes:



*There seems to be a lot more activities on campus, like concerts and stuff like that. I like that the best*

**Debvorah Woods**  
Senior  
Criminal justice major



*I would say the increase in concerts and lectures on campus has been really cool.*

**Frances Villar**  
Junior  
International studies major



*I like the landscaping; anytime you're surrounded by beauty, it enhances the student experience.*

**Sandy Coulter '80**  
Secretary  
Department of Political Science



*The addition of more housing for the students as well as the dining commons. We've always been a commuter campus ... this allows for a greater sense of community.*

**Matt Evans '95**  
Administrative analyst  
College of Education and  
Allied Studies



*Being on a team with new faculty members. It's added new dimensions of diversity and energy.*

**Wesley Broadnax**  
Director of bands and  
instrumental music education



*I like how ASI has been bringing in more artists like comedy acts, which creates an environment for people to come together and have fun.*

**Catherine Buttler**  
Senior  
Music major



# We've *Reserved* a seat for you, because you're making a world of difference.

Plan now to attend Cal State East Bay's 2008 signature event —  
the Presidential Scholars Fund Benefit Gala!

## *A World of Difference*

### CSUEB 2008 Presidential Gala

Friday, November 7, 2008

Castlewood Country Club

Pleasanton, CA

Cocktails — 6:00 - 7:00 p.m.

Dinner & Entertainment — 7:00 - 9:00 p.m.

Black Tie/ Cultural Black Tie Optional

\$150 per person

Join University alumni and friends for a spectacular evening of entertainment, dining, celebration — and special recognitions — benefiting the CSUEB Presidential Scholars Fund.

The deadline for purchasing tickets is October 20, 2008. Make your purchase payable to the Cal State East Bay Educational Foundation.\* Availability is limited, so please reserve your seats now!

**For more information**, or to reserve or purchase your tickets, contact Eileen Mello, CSUEB Donor Relations Manager, at 510.885.2849, or e-mail [eileen.mello@csueastbay.edu](mailto:eileen.mello@csueastbay.edu).

\*Contributions to the Cal State East Bay Educational Foundation are tax deductible to the extent allowed by law. A donor may take a tax deduction to the extent that the contribution exceeds the fair market value of goods or services received in return for the contribution. The good-faith estimate of the fair market value for a single ticket (goods or services) to the Gala is \$75.00.



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