

# cal state east bay

m a g a z i n e

For University Alumni and Friends



**Shaping Healthy Communities  
Locally and Globally**

Easing worldwide nursing crisis  
Study promises greater independence  
for Alzheimer's patients  
On the fly with Outstanding Prof Sue Opp

Fall 2009



FALL 2009

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PHOTO SAM WILLARD

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cal state  
**east bay**

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# Building Healthy Communities — *A Lasting Legacy*

THE DREAMS OF EAST BAY families, leaders, and educators for a college of their own became a reality 50 years ago, this fall. On Sept. 25, 1959, the newly chartered State College for Alameda County — now Cal State East Bay — welcomed its first 293 students to classes in temporary quarters at Sunset High School in Hayward. In the half century since, CSUEB has grown to more than 14,000 students and expanded its reach to include Hayward and Concord campuses, an Oakland professional center, and an innovative online campus.

Today, more than 100,000 CSUEB alumni, students, faculty, and staff form a powerful and passionate community that contributes inestimably to the economic vibrancy, workforce vitality, and overall health of the region we serve. This issue of Cal State East Bay Magazine highlights one of these three distinguishing hallmarks of the dynamic regional university we have become — our role in building healthy communities.

Our cover story illustrates the surprisingly broad scope of our contributions to community health, profiling a handful of the many CSUEB alumni, faculty, and students who work tirelessly to improve the physical, mental, and intellectual quality of life throughout our region. Reading about Meg Styles '08, who traded in a commercial real estate career to put a dent in the global nursing shortage through her own foundation, reminds us of the cogency of our mission to prepare “students who are socially responsible contributors to their communities, locally and globally.” And Assistant Professor Nidhi Mahendra Gupta's groundbreaking Alzheimer's research offers another striking example of local work with worldwide implications.

Despite the daunting times, the University remains resolute in its vision for the future. This issue's “Looking Ahead” story announces the next steps in our roadmap to becoming a center of innovation in science, technology, engineering, and mathematics (STEM) education. These include a comprehensive fundraising campaign to help underwrite this bold vision, including plans for a world-class STEM education complex. And, in recognition of steadfast friends who have supported our vision and work with generous financial contributions, we have included a special honor roll of private support section.

As you can see, this is not only an inspiring, but also a transformative time at Cal State East Bay. From modest beginnings, the University has evolved into a true regional leader and steward with a profound legacy of building healthy communities. Join me in delving into and reflecting upon this remarkable trajectory.



Mohammad “Mo” Qayoumi  
PRESIDENT

PHOTO: SAWYILLIARD



Cal State East Bay's proposed STEM education complex may resemble the artists rendering, left, for a similar building underway at CSU Northridge.

## LOOKING AHEAD

Plans for new science complex support CSUEB commitment to training students for 21<sup>st</sup> century jobs

BY SARAH STANEK

Science, technology, engineering, and math — known as the STEM disciplines — are key to the jobs of the future, which studies show will require advanced skills. President Mohammad Qayoumi compares the need for technical fluency for today's students to the necessity of Latin in an early 19<sup>th</sup>-century education.

“The future economic and social vibrancy of our region and our nation depend on an increasingly well-educated and technologically skilled workforce,” he says.

Cal State East Bay's commitment to STEM students, programs, and partnerships is apparent in plans for a future STEM education complex on the Hayward Campus, with advanced classrooms, laboratories, and equipment; and in its first comprehensive fundraising campaign, The University of Possibilities. In addition to STEM education, the campaign includes appeals to support academics, access, student success, and future opportunities.

The University's academic plan identifies STEM as an area of critical need and a key priority. A new STEM complex will be a vital component, providing much-needed resources for students and faculty to teach and learn effectively, says Dean Michael Leung of the College of Science.

Transforming STEM education for the 21<sup>st</sup> century will be a joint effort of the colleges of Science and Education and Allied Studies. “We want to co-locate the activities of our science and education colleges,” Leung says, adding that a new facility will aid in collaboration. “Our partnership is one of the strongest in the CSU system, and we can use that to meet our goals.”

Drawing on that, the University developed a three-part strategy to put CSUEB at the forefront of solving regional STEM-education needs by:

- Educating the skilled STEM workforce of the 21<sup>st</sup> century, including math and science teachers
  - Developing a new generation of STEM teachers and researching effective STEM education techniques
  - Partnering with local schools, governments, businesses, and national research labs to build a pipeline of students prepared to study STEM and interested in STEM careers
- “The emphasis is on infusing STEM into all levels of education from K-12 to community college to the university level,” says Barbara Storms, interim associate dean of the College of Education and Allied Studies.

Initial proposals for the STEM complex call for approximately 132,000 square feet of space, with additional funding for technology and academic programs. Building costs would be financed by a mix of private and public funds, much like the Valley Business and Technology Building.

The fundraising campaign, now in an early phase during which “leadership” gifts are being solicited, is expected to generate the initial financial backing needed to leverage full funding.

The president also called for the plans to preserve access for a broad range of students and ensure that all CSUEB graduates, regardless of major, have stronger STEM skills. The goal, he says, is “to create a robust cradle-to-career pipeline of students, graduates, and professionals ready for the challenges and opportunities of a growing knowledge economy.”

Even as budget cuts dominate campus news, Qayoumi says the campaign and the STEM education project will go forward. “We cannot afford to delay,” he says. “This is our opportunity to lay the foundation, now, for a leadership position in the new economy ahead.” ■



## UNIVERSITY NEWS

## 'Best in the West' FOR SIXTH CONSECUTIVE YEAR



California State University, East Bay ranks among the best colleges and universities in the West for the sixth consecutive year, according to The Princeton Review.

The publisher of guides for college-bound students selected CSUEB as one of 123 institutions recommended in the "Best in the West" section of its online feature "2010 Best Colleges: Region by Region." The designation, announced July 27, is based on student surveys about issues including accessibility of professors, academic quality, and campus life.

"Students say CSUEB is dedicated to 'helping the students get where they need to be as soon as possible' so that they can be 'ready for the real world,'" according to the Princeton Review.

"We're proud that The Princeton Review has again recognized our commitment to an academically rich, multicultural learning experience," said Mo Qayoumi, president of Cal State East Bay. "It's an honor for our students, faculty, and staff to be included in this list with so many other top schools."

The Princeton Review profile of Cal State East Bay — available at [www.princetonreview.com](http://www.princetonreview.com) — reports that "CSUEB attracts diligent and career-minded students," who choose the University "for its 'affordable' tuition, 'small class sizes,' and 'strong' business, nursing, and teaching programs." ■ **BZ**

## First Concord class of nurses *passes state exam*

The first class of nursing students at the Concord Campus passed the National Council Licensure Examination State Board Exam the first time they took it.

Cal State East Bay's nursing program is one of the largest public university programs in the state, with approximately 130 new nursing graduates each year. By expanding to the Concord Campus in 2006, CSUEB became the only public university to offer a bachelor of science in nursing in Contra Costa County.

"Many hospitals were very appreciative when CSUEB expanded to Concord," said Carolyn Fong, Nursing Department chair. "John Muir Health gave a \$1.7 million grant to start the program, Kaiser Permanente donated funds for two instructors, and Alta Bates Summit provided salaries for five nursing instructors from their RN

staff. So the program couldn't exist without the support from the health care community."

The hands-on training is an important distinction for CSUEB graduates, employers report. Experienced nurses from John Muir Health Center observed that Cal State East Bay-trained nurses learn from experiences during college that may take years to obtain through on the job training.

The simulation lab at CSUEB features a mannequin capable of mimicking actions of a human patient, including speaking, movement, and exhibiting signs of extreme distress such as tears.

In addition to intense studying, students also organized a chapter of the East Bay Student Nurses Association, one of the first student clubs at Concord.

Since CSUEB's nursing program accepts 180 students from over 900



Concord Campus nursing students set high standards for themselves, meeting for intensive study sessions including one that lasted 32 hours.

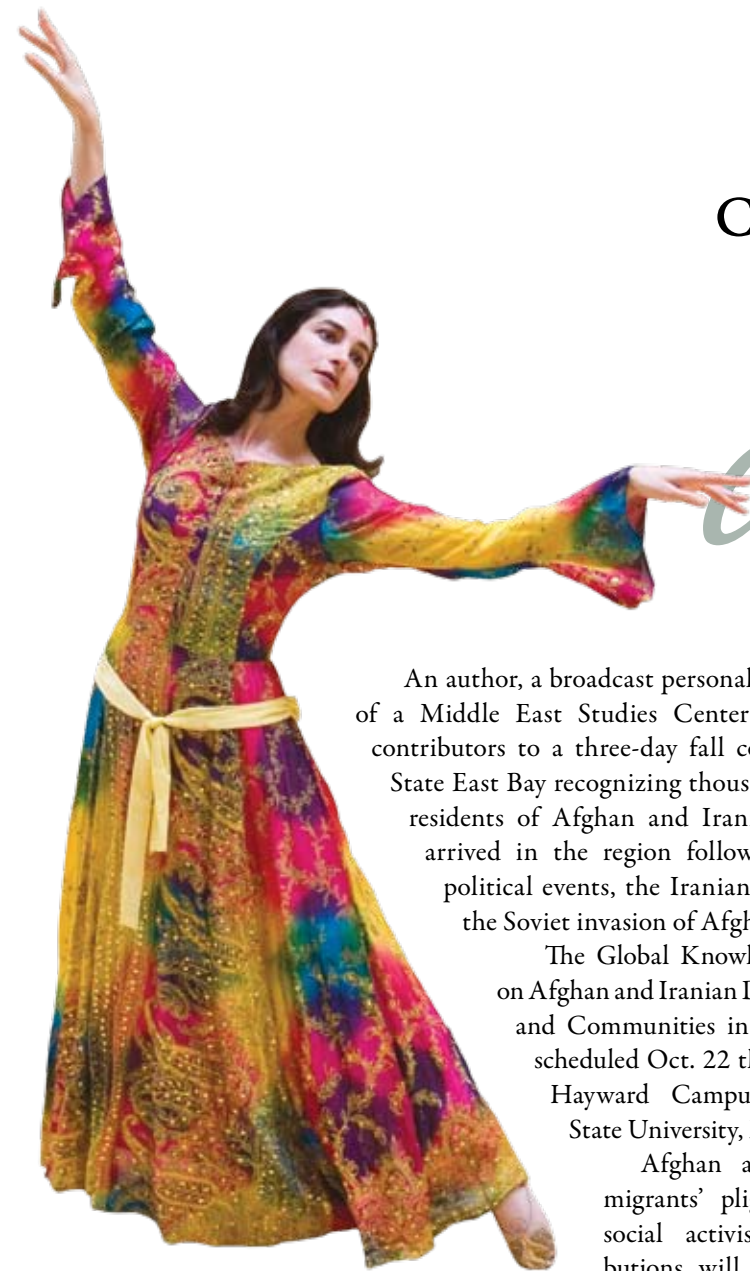
PHOTO: SAM WILLARD

applications annually, competition for admittance runs high.

"We expect a lot from our students, so getting into the program is only the beginning," Fong said. "The nursing program is intense. Students must have a passion for nursing, so they should talk with nurses and other students to see if this is something they really want, then, be committed to doing it well." ■ **DI**

## CONFERENCE EXAMINES IRANIAN, AFGHAN CULTURES IN

# diaspora



An author, a broadcast personality, and the head of a Middle East Studies Center will be among contributors to a three-day fall conference at Cal State East Bay recognizing thousands of Bay Area residents of Afghan and Iranian descent who arrived in the region following major 1979 political events, the Iranian Revolution, and the Soviet invasion of Afghanistan.

The Global Knowledge Conference on Afghan and Iranian Diaspora Cultures and Communities in the Bay Area is scheduled Oct. 22 through 24, at the Hayward Campus of California State University, East Bay.

Afghan and Iranian immigrants' plights, transitions, social activism, and contributions will be discussed by experts such as Alam Payind,

director of the Ohio State University Middle East Studies Center, and Iranian scholar Vida Samilan, dean of the CSU Fresno College of Arts and Humanities. Other participants include: Fatemeh Keshavarz, author of *Jasmine and Stars: Reading More Than Lolita in Tehran*; Cal State East Bay lecturer Farid Younos, host of a Noor television program; Rona Popal, executive director of the Afghan Coalition; Parvin Ahmadi, assistant superintendent of the Fremont Unified School District; and Nushi Safinya, director of Studies for International and Multilingual Students at St. Mary's College.

The conference will open Oct. 22 with a short film, discussion, and reception featuring Yuko Kurahashi, associate professor of theatre, history, theory, and criticism at Kent State University's School of Theatre and Dance. Kurahashi will preview her documentary film about the creation of "Beyond the Mirror," a collaborative performance by New York's Bond Street Theatre and Exile

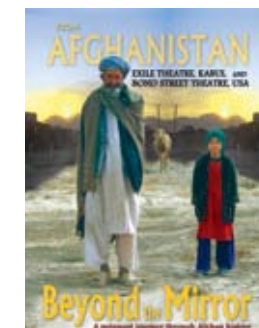
Theatre of Kabul. The performance's West Coast premier was held in May on CSUEB's Hayward Campus.

On Oct. 23, the conference will move to the Music Building for the opening plenary at 3 p.m. The program will include poetry by Najia Karim, a buffet of Afghan foods, and performance by the Shahrzad Dance Academy. CSUEB President Mohammad Qayoumi will open the evening session with an introduction of Payind.

The program Oct. 24 will include presentations and panel sessions about Community Research in the Local Afghan Diaspora and Social Activism in the Iranian Diaspora. Farzana Nabi, a CSUEB lecturer in sociology and social services, will preside at the closing plenary.

The conference, supported by the Afghan Coalition, will conclude a yearlong regional partnership between CSUEB, the San Francisco Asian Art Museum, the University of California, Berkeley, and California State University, Fresno, that included a series of lectures, discussions and exhibits drawing attention to Bay Area Afghans and Iranians, the two largest diaspora communities in the country.

RSVP to 510.885.3183. Registration is \$50 at the door. For conference details visit, [http://class.csueastbay.edu/Global\\_Knowledge.php](http://class.csueastbay.edu/Global_Knowledge.php). ■ **DD**



A promotional poster publicizes "Beyond the Mirror," a documentary that had its West Coast premiere at CSUEB in May.



# NURSING NETS \$250K grant from Kaiser

In an effort to create more pathways to college, a collaborative nursing project at CSUEB's Concord Campus received a \$250,000 grant from the Kaiser Permanente Northern California Fund for Health Education, through the East Bay Community Foundation. The funding will support a program designed to help students currently enrolled in an associate degree nursing program move into the bachelor of science nursing degree program at CSUEB.

The advanced placement "ASN to BSN" option will be available to students from Chabot, Ohlone, Los Medanos, and Contra Costa community colleges. The first class of transfers will accept approximately 30 students.

Carolyn Fong, chair of the nursing department, says that the program's start at the community college level will promote a smoother transition for

transfer nursing students. CSUEB is working closely with area schools to ensure their lower division offerings match CSU requirements.

Students will complete the CSUEB baccalaureate program in one calendar year, with most courses available online. The greater flexibility of an online program allows students to begin their first nursing jobs while in the BSN program, Fong explains, furthering their training as they meet the growing needs for health care professionals. "With the BSN degree, many more opportunities are open to them in their careers," she says.

The nursing program has also received support from other area hospitals and organizations. "The health care community clearly sees a need for more nurses," Fong says. "It really improves the comprehensiveness and quality of care for everyone in the community." ■ **SS**



PHOTO SAM WILLARD

A Kaiser education fund grant will help students from community college programs transition to CSUEB's nursing program.

## MANGOLD selected for SEC fellowship

Nancy Mangold, professor of accounting at California State University, East Bay for the past 25 years, has been selected by the Securities and Exchange Commission as an Academic Accounting Fellow for the 2009-10 academic year. She is one of two university professors selected nationwide for the fellowship by the SEC's Office of the Chief Accountant.



Nancy Mangold

PHOTO BARRY ZEPPEL

Mangold, who began her SEC assignment in August, has taught undergraduate and graduate financial accounting at CSUEB since 1984. She also has taught master's of business administration students from China, Singapore, and Austria, and trained executives and government officials in China.

"(SEC experience) will definitely benefit my work in the classroom," Mangold says. "It will provide a really good perspective on all the very important accounting issues and how the SEC addresses them."

Academic accounting fellows serve as research resources for SEC staff members, interpreting and communicating research materials as they relate to the agency. Fellows are assigned ongoing projects in the chief accountant's office, according to James Kroeker, the SEC's acting chief accountant.

"The perspective of fellows from academia is a great benefit to the Office of the Chief Accountant," Kroeker says. "But more importantly, their work benefits U.S. investors."

Mangold, a certified treasury professional, received two "Best Paper" awards for her work on Chinese mergers and acquisitions in 2008 and 2009. Her most recent paper was published in the International Journal of Global Business and Economics and the Journal of International Business and Economics. Her research focuses on the effect of cross-border mergers and acquisitions in China as it relates to shareholder wealth; listing premiums for Chinese company initial public offerings in the U.S., Hong Kong, and on China's domestic exchanges.

She previously served the World Bank as a consultant to the People's Bank of China, which is the counterpart of the U.S. Federal Reserve Bank. ■ **BZ**



PHOTO BRANDON HUNSINGER

## NEW RECRUITS AND ATHLETIC SCHOLARSHIPS promise elevated play for Pioneers in first Division II season

Fall marks a new beginning as the Pioneer athletics department makes the move into National Collegiate Athletic Association (NCAA) Division II competition. With the start of practice for fall sports on Aug. 10, CSUEB took its first step in elevating the intercollegiate athletics program to new heights.

"School spirit, enthusiasm, and a definite bolt of electricity has already hit this campus," says CSUEB women's volleyball head coach Jim Spagle, in his 14<sup>th</sup> year at the helm. "People are talking about athletics. There is a buzz on campus that exceeds anything I have seen at Cal State East Bay."

Over the past year, the Pioneer athletics department has been transformed as the move to Division II has brought expansion, organization, and a growing sense of excitement. With CSUEB gaining the ability to distribute athletic scholarships to student-athletes, the recruiting process has changed for the better, allowing coaches to attract higher-caliber players.

"Having athletic scholarships is going to make a big difference because not only can we bring in higher skilled players, but also retain them without worry that they might have to leave

school for financial reasons," says CSUEB women's basketball head coach Toni West, who spent the month of July on the recruiting trail.

Those players will be key for the Pioneers, who begin competition as a "scheduling partner" with the California Collegiate Athletic Association (CCAA) this season. Composed of 12 universities, the CCAA sponsors 13 intercollegiate sports. The league boasts strong competition across all of its sports, claiming 148 NCAA championships all-time, the most among Division II conferences.

"The offer of a scholarship and the chance to play for the new coaching staff are what attracted me to Cal State East Bay," says freshman Tyler Andersen, one of five men's soccer rookies to receive an athletic scholarship. "I had the chance to play at other schools but when I came here I felt at home and I felt that, with the coaches and the opportunity to play in Division II, this was a good place to progress my playing career."

For Cal State East Bay, the transition to Division II will provide both opportunities and challenges. As with any athletics department moving to a higher level of competition, the Pioneer administration and coaches are

optimistic about the future but cautious in their expectations.

"Membership in the CCAA and Division II are positive changes for our department," says Director of Athletics Debby De Angelis. "Our coaching staff is capable of helping our student-athletes make that move. Our staff and student-athletes are all up to the challenges we will face in the transition."

The first discussion of a move to Division II began in 2007 and was followed in 2008 by approval by the NCAA to start the transition process and acceptance into the CCAA. CSUEB is currently in its second year of candidacy for Division II, a three-year process. As an exploratory member of Division II and the CCAA, Cal State East Bay is not eligible for conference championships or NCAA postseason competition this scholastic year.

"The entire staff is on a mission to provide the resources and ingenuity required for a successful jump into NCAA Division II," Spagle says. "I am very proud of the commitment our university has made to allow this transition to take place. I'm confident that CSUEB will become a destination University for students across the country." ■ **KH**





# University keeps community *fit* in more ways than one

BY ED FRAUENHEIM

## CAL STATE EAST BAY HELPS KEEP HARRY WOLF SHARP.

Wolf, 86, often attends monthly lectures and other programs sponsored by the University's Osher Lifelong Learning Institute. Presentations at Cal State East Bay's Concord Campus on topics such as classical music and current events provoke his thinking and prompt him to get out of his Walnut Creek house.

He's not alone. More than 50 people regularly attend the monthly lectures in the Oak Room auditorium. These gatherings, like other events sponsored by the OLLI program, are geared toward the 50-and-over crowd.

"There's always an interest on the part of older people — a fear that they're going to lose their faculties," says Wolf, a former professor at Golden Gate University. "I can keep my body stimulated and my mind stimulated."

The OLLI program is one of many ways California State University, East Bay, boosts the health of the Bay Area. If "community health" is defined broadly as a region's physical, mental, and intellectual health, Cal State East Bay plays a key role in each aspect.

Consider a few of the University's health-enhancing activities. Kinesiology department faculty such as Sue Rodearmel are on the front-lines of researching and promoting active lifestyles, a crucial way to improve

physical and mental well-being. Also aiding the mental health of the region are the University's graduates with master's degrees in social work and counseling.

Among the most visible ways Cal State East Bay improves the health of the area is its production of nurses and other healthcare professionals for local hospitals and clinics.

In 2006, Cal State East Bay teamed up with health care provider John Muir Health to expand the school's nursing program to the Concord Campus. That allowed the University to more than double the number of students earning bachelor of science degrees in nursing, to about 150 per year.

"We provide the workforce for the hospitals in our community," says Carolyn Fong, chair of the Cal State East Bay's Department of Nursing and Health Sciences.

## A partner in the community

The University's role in the health of the East Bay is part of the school's broader vision of regional stewardship. Universities that roll up their sleeves and get involved in their region can make a big difference, says Mike McGrath, editor of National Civic Review journal. The publication is part of the National Civic League, a Denver-based group ▶



that foster innovative community building and political reform.

“Universities can play a really crucial role in making communities great places to live,” McGrath says.

A major way Cal State East Bay tries to make its communities better places to live is by preparing a local health care workforce. Cal State East Bay has long been a key institution in the development of talent for the region’s hospitals and other health care institutions. Graduates of the school’s nursing program now hold leadership roles at a number of area facilities. These include Ernell Antonio ’00, director of clinical services at Fremont Hospital, a 96-bed psychiatric care facility in Fremont, as well as Rose Corcoran, vice president of patient care services for the Eden Campus of Eden Medical Center, which has operations in Castro Valley and San Leandro.

Another graduate of the program is Viki Ardito ’76, chief nursing officer



Viki Ardito '76, chief nursing officer for Alta Bates Summit Medical Center, praises the holistic, patient-centric nursing education that has long been the standard at Cal State East Bay.



CSUEB alumni serve in leadership roles at many hospitals and health care organizations, including Alta Bates Summit Medical Center, which has campuses in Berkeley and Oakland.

at Alta Bates Summit Medical Center, which has campuses in Berkeley and Oakland.

Ardito says her professors taught her to treat people’s mind, body, and spirit, not just the disease afflicting them. That holistic philosophy has returned to the foreground in health-care, says Ardito, who supervises some 1,900 nurses.

“They absolutely were very patient-centric, which is what we’re back to,” she says.

Ardito says Cal State East Bay nursing graduates stand out for their extensive hands-on training.

“They turn out very high caliber nurses that tend to be able to hit the ground running,” Ardito says.

Cal State East Bay’s nursing program puts students in “preceptorships” during their last quarter, where they spend three days a week in clinical settings. As a result, the University’s nursing students spend more time in the field than students at other nursing preparation programs in the area, Fong says.

“I think that helps them become more confident when they get out in the real world,” Fong says.

## Better educated nurses

Cal State East Bay’s nursing program was so highly thought of by John Muir Health that the Contra Costa County health system decided to team up with the University in the Concord Campus program. John Muir Health is contributing a total of \$3.8 million over seven years, including the cost of retrofitting facilities and the donation of sophisticated mannequins for a simulation lab.

Amid the current recession, the oft-mentioned nursing shortage has eased, says Jan Hunter, director of workforce planning and development for John Muir Health. But she expects regional demand for nurses to pick up over time, in part because Contra Costa County’s population is aging.

Cal State East Bay’s expanded program not only increases the volume of local nurses, but also the quality, Hunter says. The Concord campus lets nursing professionals earning two-year associates degrees at nearby community colleges continue on for a four-year degree. Research shows nurses with bachelors’ degrees “have better-honed critical thinking skills and in some cases better patient outcomes,” Hunter says.

The Concord Campus nursing program also makes it easy for current John Muir Health staff to get their four-year nursing diploma, Hunter says. Having a program close to their work locations makes it more convenient for them to work and complete their degree, she says.

So far, about 50 John Muir Health employees have graduated from the program. Sussan Kotsos, a clerk in the emergency room of John Muir Health’s Walnut Creek campus completed her



PHOTO SAM WILLARD

During the final year of nursing studies, each student in the Cal State East Bay program, including Freida de Leon, above, participates in a three-month preceptorship in which she spends three days a week in a clinical setting.





PHOTO SAM WILLARD

Nursing students Freida de Leon, standing, from left, and Constantine Bogios participate in a simulation of a medical emergency in the Concord Campus nursing lab, assisted by Steve Salse, a nurse at John Muir Medical Center. Nursing student Amin Azam fills the role of patient. CSUEB nursing program graduates credit the program for giving them professional caliber confidence and experience that prepares them for real world clinical situations.

preceptorship during the summer in the intensive care unit of John Muir's Concord campus. She expects to graduate in December.

A 42-year-old mother of two living in Walnut Creek, Kotsos appreciates the proximity of Cal State East Bay's Concord Campus to her home. And she likes the way instructors in the University's nursing program include both academics and clinical staff from John Muir, who can provide real-life examples.

Among her high points in the program was the care she gave a patient on a ventilator who had had a tracheotomy. Kotsos employed the training she received in "therapeutic touch," wiping the patient's forehead with a cool washcloth. He was unable to talk during this time, but once his tracheostomy device was adjusted, he spoke to Kotsos.

"He looked at me and said, 'I just want to thank you. I know how much you care,'" she recalls. "He was getting choked up. And I was getting choked up."

## Sound bodies, sound minds

Beyond the training of health care professionals, the University also improves the physical health of the region through the preparation of workers that help keep the community fit. This is no small matter, given the nationwide obesity epidemic and the need to help an aging population stay active.

Graduates from the Department of Hospitality, Recreation and Tourism can pursue careers such as recreation program coordinators, youth sports directors, and retirement community program directors.

Then there's the Department of Kinesiology, which is the science of human movement. Graduates of the department can go on to careers including physical education teachers, athletic trainers, and wellness specialists.

Kinesiology Assistant Professor Sue Rodearmel plans to take an active role herself in helping the community's health. Rodearmel, who joined the University in 2008, earned a \$10,000 "new faculty grant" to work on an obesity prevention initiative for the greater Hayward area. She hopes to replicate work done in Fort Collins, Colorado, where a coalition Rodearmel helped lead introduced healthier foods and increased physical activity in local schools. Her goal this fall is to begin talks with Hayward school officials and other stakeholders. She plans to focus early efforts on elementary schools.

A key to success, Rodearmel argues, is having individual schools assess their needs regarding healthy eating and physical activity opportunities. Then "school wellness champions" can set priorities, create an action plan, and put it into practice.

McGrath of the National Civic Review calls Rodearmel's anti-obesity project "a perfect example" of the way universities can make a positive difference in their communities.

A key cause of the obesity epidemic, in Rodearmel's view, is that physical education and other physical activity opportunities have been cut considerably in most schools throughout the nation.

"Kids are both less skilled at movement and less physically fit," she says. "Thus, physical activity isn't as fun for them."

Active lifestyles aren't just good for the body, they're good for the mind. Professor Penny McCullagh, chair of the kinesiology department, has researched the effect of exercise on depression, one of the most prominent mental health problems afflicting Americans. "We don't do (enough) in this country to prescribe exercise as important for physical as well as mental health," McCullagh says.

In that sense, the corps of Cal State East Bay graduates out fighting for fitness is also helping combat mental illness.

The University also promotes mental health in the region by producing graduates with degrees in the field. Students can earn bachelor's degrees in psychology as well as master's degrees in counseling. In addition, the school's social work master's program prepares people for careers in community mental health and child welfare.

Since 2004, Cal State East Bay has graduated approximately 400 students with a master's of social work. Most alumni of the program have moved into leadership positions at public social welfare agencies across the Bay Area, says Terry Jones, CSUEB professor emeritus of sociology.

"As part of its mission to meet the needs of constituents in its service area, the MSW program at Cal State East Bay prepares multiculturally competent social work students

in mental health and child welfare," Jones says. "In doing this, we produce social workers who contribute significantly to the expansion and refinement of quality child welfare and mental health programs so vital to the development, expansion, and refinement of healthy communities."

## Challenging minds

A close cousin to mental health is intellectual health.

The intellectual health of a community might be defined as the extent to which residents engage with ideas, challenge their own thinking and use their brains to their full capacity. By its very nature, Cal State East Bay promotes intellectual health by allowing residents of all ages to pursue degrees ranging from accounting to theatre arts.

The school also offers a steady course of provocative lectures and cultural events. Case in point: the University's production of *Tongues*, a play exploring existential themes, was judged one of the top college productions in the country this year in the Kennedy Center American College Theater Festival.

Cal State East Bay's OLLI program takes the University's role in the life of local minds a step further. Sponsored by the Bernard Osher Foundation and the University's Division of Continuing and International Education, the program seeks to enrich the intellectual life of the area's older population.

OLLI not only provides lectures at the Concord campus, but brings speakers to seniors in places like the Reutlinger Community for Jewish Living residence facility in Danville and the Casa Sandoval retirement community in Hayward.

Research indicates intellectual stimulation staves off dementia in older adults. Harry Wolf is quite conscious of the use-it-or-lose-it concept as he continues to take classes. Wolf, a widower who taught public administration at Golden Gate University for more than two decades, had surgery earlier this year on his spine. Such an event can turn an elderly person into a shut-in, with a corresponding decline of the mind. But no, Wolf is out with his cane making it to the Concord campus.

OLLI classes have fascinated him. He learned, for example, that the U.S. Civil War included aerial warfare with balloons and female spies who hid messages in their hair. Earlier this year, he signed up for a course on Ashkenazi Jews. His mental gears began to whir.

"It looks like it's going to be a great course," he says. ■

*If "community health" is defined broadly as a region's physical, mental, and intellectual health, Cal State East Bay plays a key role in each aspect.*

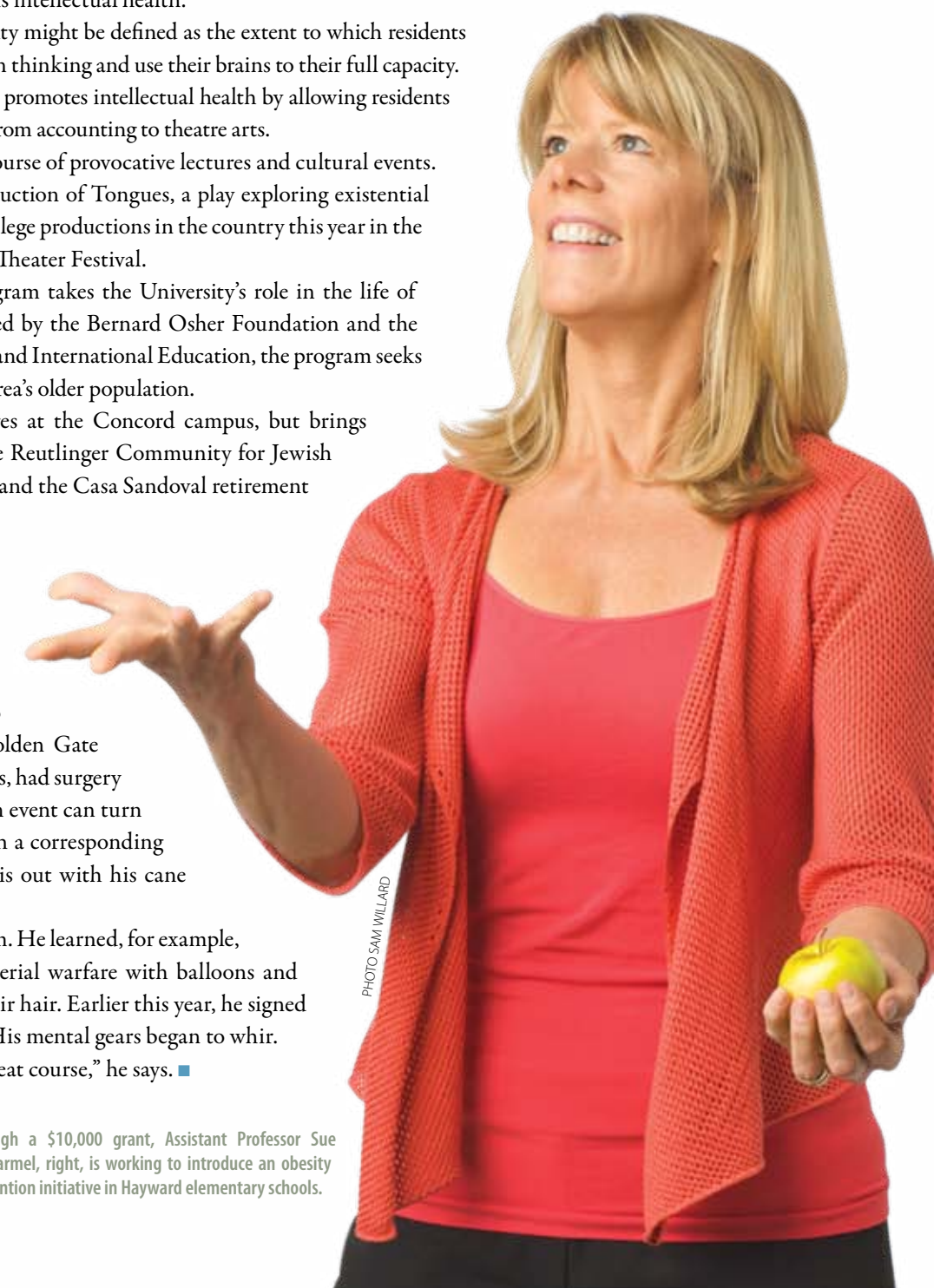
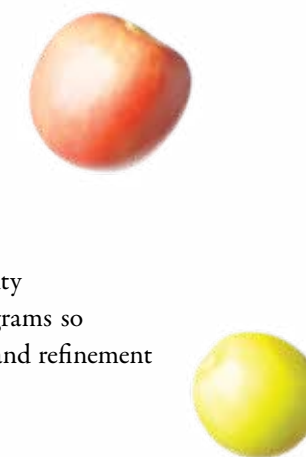


PHOTO SAM WILLARD

Through a \$10,000 grant, Assistant Professor Sue Rodearmel, right, is working to introduce an obesity prevention initiative in Hayward elementary schools.





## Meg Styles '08 combats international nurse shortage one country at a time

BY MONIQUE BEELER

GREAT PERSONAL LOSS OFTEN LEADS TO GREAT PERSONAL REINVENTION.

Meg Styles '08 underwent a professional and personal transformation following the death of her beloved mother, global nursing pioneer Margretta "Gretta" Madden Styles, in 2006. Known as the "mother of nurse credentialing," Madden Styles' birthday, March 19, is honored nationally as Certified Nursing Day.

"I'm not a nurse myself," says Styles, who earned her master's degree in public administration from CSUEB. "(But) it's in my DNA. I agree with my mother that nurses (serve in) the most noble profession."

Holding no medical credentials of her own has not deterred Styles' determination to put a dent in the global nursing shortage, estimated to be 4.3 million by the World Health Organization. In tribute to her mother's life work, in 2007 she gave up her job in real estate and created the Gretta Foundation. The foundation's mission is to provide scholarships to nursing students in the developing world, beginning in sub-Saharan Africa — which shoulders 24 percent of the global disease burden but has only 3 percent of the world's health care workforce. In Malawi and Uganda, where the Gretta Foundation has a presence, rates of HIV/AIDS and tuberculosis infection and child and maternal mortality are disproportionately high. ►

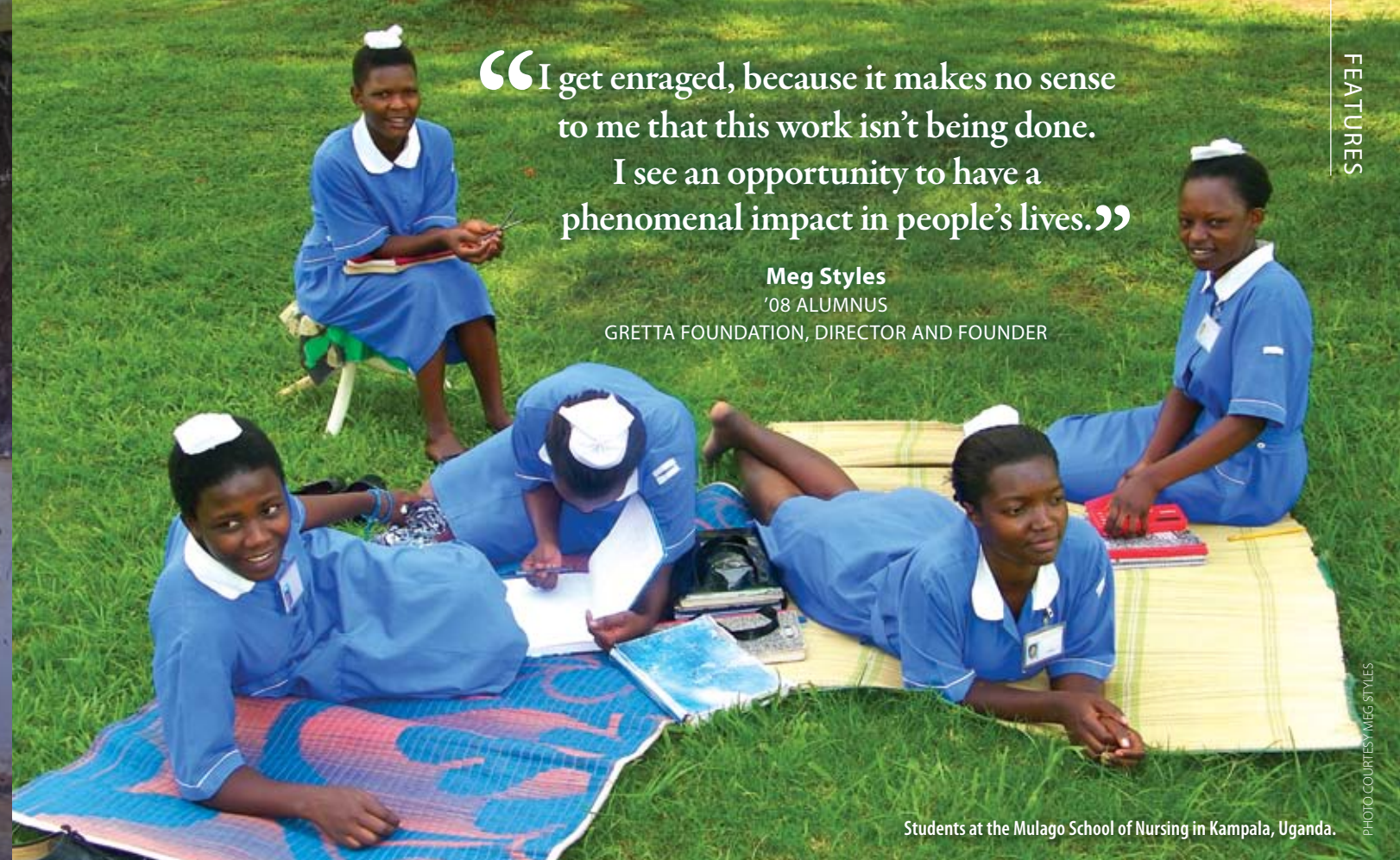
PHOTO JESSE CANTLEY





During a 2008 needs assessment tour in Kampala, Uganda, Gretta Foundation Founder Meg Styles '08 visited facilities, including the Kibuli School of Nursing and Midwifery, left.

PHOTO COURTESY MEG STYLES



Students at the Mulago School of Nursing in Kampala, Uganda.

PHOTO COURTESY MEG STYLES

“I get enraged, because it makes no sense to me that this work isn’t being done. I see an opportunity to have a phenomenal impact in people’s lives.”

**Meg Styles**  
'08 ALUMNUS  
GRETTA FOUNDATION, DIRECTOR AND FOUNDER



The Gretta Foundation awards nursing education scholarships to students in Malawi and Uganda.

“If you look at maternal health, these are terrifying numbers,” Styles explains. “The odds of dying in childbirth is 1 in 16 in developing countries. In the developed world, it’s 1 in 2,800. You see this play out on hospital clinic floors.”

At one Uganda hospital Styles visited, for instance, staff members grimly refer to the maternity ward as “The Factory.”

“You will step over woman after woman after woman on the hospital floor in active labor with virtually no assistance,” Styles says. “There are three or four nurses running around handling a workload beyond human capacity.”

In the United States, there are slightly fewer than 10 nurses for every 1,000 people in the population. By comparison, countries such as Uganda have fewer than one nurse per 1,000. “Whatever nursing shortages we have here, it’s nothing” compared with those in developing nations, she says. “Our focus is to (train nurses) in disease-burdened countries.”

The Gretta Foundation, Styles says, is the first nonprofit organization to award nursing scholarships to residents of impoverished nations who study and practice in their native country. For the price of one airline ticket to a U.S. university, the Gretta Foundation can cover expenses for two years of nursing education at an African institution. As part of their studies, Gretta Scholars also immediately gain experience providing health care in their communities. Once the program becomes



A banner at the Lira School of Nursing in Lira, Uganda, touts the value of trained nurses.

PHOTO COURTESY MEG STYLES

established in a handful of African states, Styles plans to migrate the model to other developing nations.

Her parents surely would approve of her humanitarian mission and leadership.

A revered leader in nurse education, regulation, and credentialing, Madden Styles served as dean of nursing for the University of California, San Francisco for 10 years and held the presidency of the American Nurses Association, the International Council of Nurses, the California Board of Registered Nursing and the American Nurses Credentialing Center. Styles’ late father, the Rev. Douglas F. Styles, also pursued a noble public service profession, working as an Episcopal priest. Until recently, however, Styles had never experienced the kind of job satisfaction her parents enjoyed.

While Styles briefly explored a nursing career of her own with an emphasis on midwifery, the demanding UCSF program she considered had a 60-hour weekly schedule

that became untenable when a divorce in her 20s left her raising her son and daughter on her own. To support her family, she worked for 13 years in commercial real estate.

“It was never very rewarding,” says Styles, who at 41 presents a dignified figure with a direct blue-eyed gaze and unwavering resolve. “My parents’ careers were a calling. I remember really being in awe of their passion and commitment.”

By the time she became ill with cancer, Madden Styles was in a position to leave an inheritance to her daughter that she hoped could give her the financial freedom to discover a calling of her own.

“My mother told me: ‘It gives me great peace to know that my passing will let you find out what you’re passionate about,’” Styles says. “So I went to Cal State East Bay and went to work for a nonprofit.”

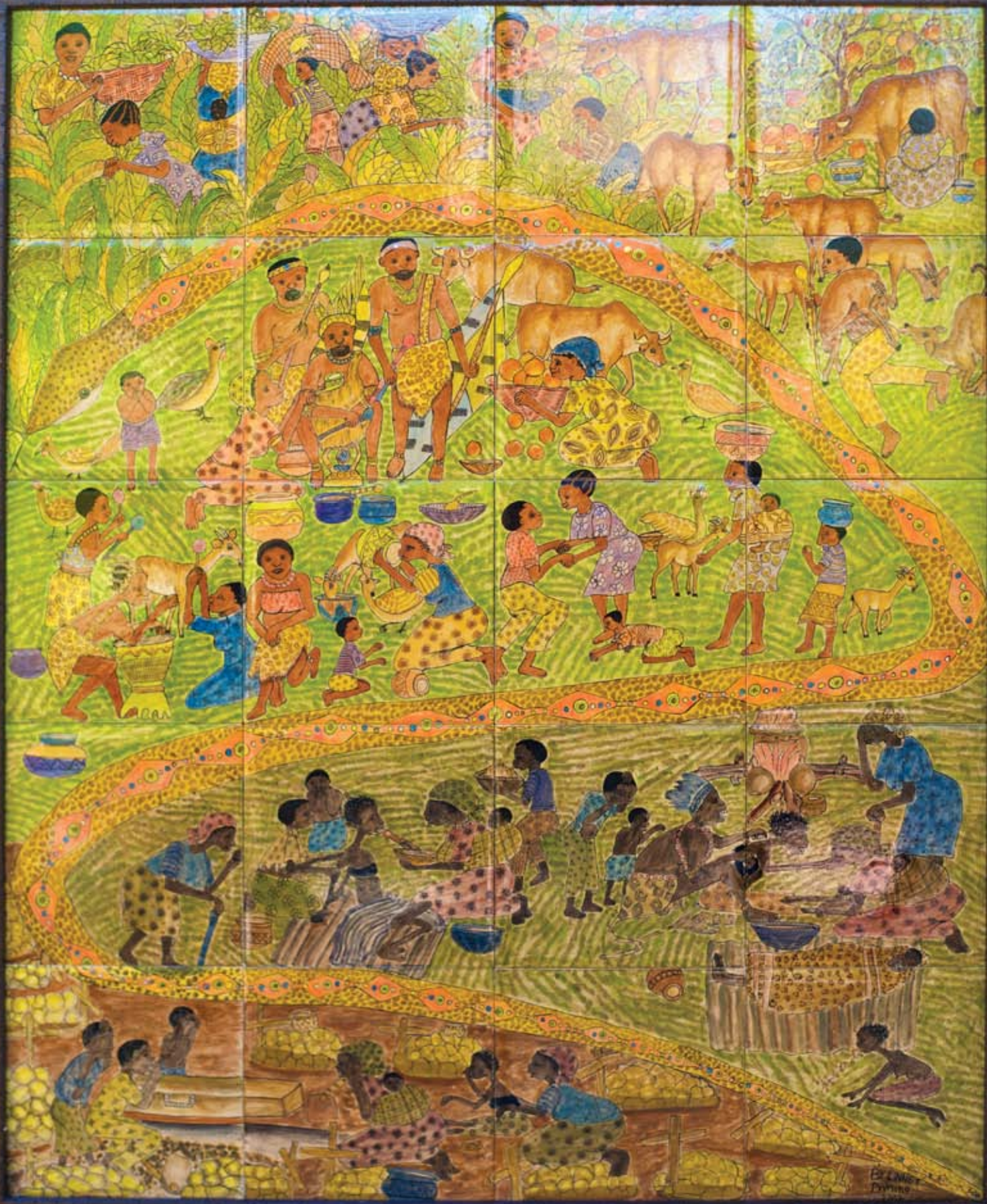
“(CSUEB) was readily accessible — it’s nearby and they offer night classes,” Styles says. ▶



A view of the Uganda Nurses and Midwives Council facility at the Ministry of Health in Kampala.

PHOTO COURTESY MEG STYLES





A ceramic tile mural from Zimbabwe, a gift to the Gretta Foundation, hangs in Meg Styles' office. The mosaic graphically depicts HIV/AIDS, in the form of a snake, winding its way through and decimating village life, starting with idealized harvest scenes and ending with images of mourners at a funeral.

PHOTO JESSE CANTLEY

"I work with Ph.D.s, I'm a foundation director. Having the higher education credentials is important."

While looking for a cause to devote her energy to while completing her master's degree, Styles naturally gravitated toward a group with a health care imperative. For two years, she worked with Larkspur-based Global AIDS Interfaith Alliance, or GAIA, which provides HIV-related and basic health services in rural Malawi, a landlocked nation in southeast Africa about the size of Pennsylvania.

"They have wonderful programs — microfinancing, village health care, orphan care, and one program they had was nursing scholarships," Styles explains. "You could spend a lifetime (providing health services) in Malawi, unfortunately. Beautiful people, they call themselves the warm heart of Africa."

Following her tenure with GAIA, Styles was ready to launch the Gretta Foundation, which has continued working with GAIA to assist nursing students in Malawi but ultimately will also provide nurse education scholarships in other countries.

"I see an opportunity to have a phenomenal impact in people's lives," Styles says. "I get enraged, because it makes no sense to me that this work isn't being done."

"Someone needs to be specifically focused on getting nurses on the ground," she says. "The people we want to help are the people who are most in need, and we want to do this in such a way that people stay where the need is so great."

The life experiences that led a Gretta Scholar named Agnes to the program are not atypical.



Gretta Foundation Founder Meg Styles, left, with Agnes, the first Gretta Scholar selected in Uganda.

PHOTO COURTESY MEG STYLES

One of eight children from a nearly penniless Ugandan family, Agnes spent 18 hours each day, seven days per week, between working and commuting to her restaurant job. Earning the equivalent of \$2 per day, and with no educational opportunities or savings to help improve her professional or financial lot, Agnes' future appeared as bleak as the health statistics plaguing her impoverished homeland.

Agnes had demonstrated intelligence and a tenacious spirit in completing her education through high school — never a given for girls growing up in rural areas of sub-Saharan Africa where families often prioritize the education of sons.

An e-mail message Styles sent Agnes notifying her that she had been selected as the first Gretta Scholar profoundly touched both women.

"It was really the most wonderful experience," says Styles, seated in her Danville home office surrounded by snapshots from a Malawi orphanage, a ceramic wall hanging depicting African village life, and giraffe carvings collected by her mother. "We literally in a day changed a life."

To date, 10 lives have been changed directly by Styles and others working through the Gretta Foundation, including partners at carefully selected nursing colleges



Workers sort and manage medications in the pharmacy at Lacor Hospital in Gulu, Uganda.



Meg Styles tours a clinical skills lab at a school in Nsambya, Uganda, with the presidents of Uganda National Association for Nurses and Midwives and Uganda Private Midwives Organization.

PHOTO COURTESY MEG STYLES



A health care worker files paperwork for the labor ward at Mulago Hospital, where staff members refer to the understaffed ward where 60 to 80 babies are delivered daily as "The Factory."



PHOTO COURTESY MEG STYLES

in Malawi and Uganda. The number of lives that will indirectly benefit is incalculable. Scholarship recipients agree to work in their home country for a period equivalent to the number of years their studies were funded by the Gretta Foundation. Styles hopes they'll remain "in-country" indefinitely and resist the brain drain that has led other health care workers to emigrate to the U.S., Canada, and the United Kingdom for better pay and working conditions.

"Our wish is that these nurses stay in-country," she says. "We (achieve) this through different means."

The foundation's strategy involves focusing on students from rural areas who will be less

likely to immigrate; elevating the professional status and pay of nurse educators, who currently receive lower pay than nurses; and working closely with each country's National Nurses' Association, which advocates for sound health policies that also can improve nurses' professional satisfaction.

As director of the Gretta Foundation, Styles is determined to employ the most cost-effective and culturally relevant solutions to boosting the number of nurses in developing countries. Guided by an active board of directors — including some of her mother's global nursing colleagues — she's taken a methodical, research-based approach to structuring the organization.

Although her personal background may bear little resemblance to those of the rural Africans chosen as Gretta Scholars, Styles expresses great empathy and admiration for those the foundation seeks to help.

"If you look at the girls we're offering scholarships to, (they live in) societies where girls are the last to be educated," she says. "Imagine being a girl who's already lost the opportunity to go to school or married very young. How do they ever have the vision that something else is out there for them?"

As a single parent working for years at a job she didn't love, Styles once suffered from a similar lack of vision. Today, she sees clearly, knows what to do and where she's headed. Previous personal hardships, professional disappointments, and the deaths of her parents, she says, contributed to shaping her newfound vision.

"All of it has brought me here, every single thing," says Styles, as she prepares to rush off to a civic club meeting where she'll spread the word about the Gretta Foundation, a seemingly non-stop activity for the organization founder. "I'm grateful, because I found something I'm passionate about. It doesn't feel like work. The most satisfying thing is knowing we can do this in the thousands.

"Our work is to make a real impact where the need is so desperate," she says. "I feel the Gretta Foundation — besides my children — is what I was born to do."

Learn more about the Gretta Foundation at [www.grettafoundation.org](http://www.grettafoundation.org). ■

# A FINAL NOTE

*Freshman*

*Learning community participants reflect on their first-year college experiences*

BY MONIQUE BEELER

*Editor's note: This is the final installment in a yearlong project in which Cal State East Bay Magazine followed the progress of first-time freshmen enrolled in the University's Learning Community Clusters program.*

LAST SEPTEMBER, WHEN ALLISON ARMOUR, JAMEL JACKSON, ELMO REY ARCIAGA, AND THE OTHER 50 SOME FRESHMEN ENROLLED IN THE "BEATS, PHYSICS AND THE MIND" LEARNING COMMUNITY MET FOR THEIR FIRST LECTURE, BARELY A STUDENT IN THE ROOM UTTERED A SOUND. BASHFUL COLLEGE NEWCOMERS, THEY SAT POLITELY, QUIETLY AT THEIR DESKS, ONLY TENTATIVELY RAISING A HAND OR VOICING A THOUGHT AT THE PRODDING OF THEIR PHYSICS INSTRUCTOR, THE BEARDED AND BESPECTACLED WILLIAM "DR. BILL" PEZZAGLIA.

During the three quarters that followed, students participating in "Beats, Physics and the Mind" — one of 21 CSUEB learning community clusters focusing on themes from "Biology of Humans" to "Spirituality Meets the Creative Spirit" — took at least one class, plus a general studies course, together each quarter. Long-term studies have referred to this hallmark Cal State East Bay program, in which all freshmen enroll, as a national model that produces students with stronger critical

PHOTOS SAM WILLARD



Members of the 2008-09 "Beats, Physics and the Mind" freshman learning community gather in the audio production computer lab before delivering finals presentations in May. Working in teams for their final project, students composed, mixed, and recorded an original song, applying physics, philosophy, and production principles they learned throughout the year.



# Advice for incoming freshmen

During spring quarter, “Beats, Physics and the Mind” students in Sahar Haghighat’s general studies class wrote essays offering advice to first-year college students enrolled in fall ’09 classes. Read on for their tips for a successful freshman year:

thinking, writing, and teamwork skills than their peers who don’t participate in a learning community.

“Beats, Physics and the Mind” students took three classes related to music: Physics 1200: Behind the Music; Philosophy 1303: Introduction to the Philosophy of Art; and Music 1085: Introduction to Audio Production.

In teams, they penned verses, mixed and recorded original musical compositions in the studio, and studied acoustics and harmonic principles in laboratory experiments.

Together, they dissected the meaning of pop song lyrics through philosophical discourse, and each learned to construct and support an intellectual argument, verbally and in essay form.

During their down time, they danced together at parties, hung out in classmates’ apartments at Pioneer Heights, shared meals at the Dining Commons, and created a video about their freshman year experience.

In their own words, many say, they formed a family.

## A noteworthy year

“This cluster pretty much made my freshman year,” says Dominic Skipper, 19, of San Francisco, who plans to double major in business and sociology.

By the time they met for a finals presentation during spring quarter, the atmosphere surrounding the eclectic group — made up of students from as nearby as Hayward and as distant as Taiwan and whose declared majors run the gamut from business to theatre — had changed dramatically from the first day of school. As they huddle together for a group photo in the back corner of instructor John Hidalgo’s spring quarter audio production course, members of the cluster razz each other good-naturedly and chatter non-stop.

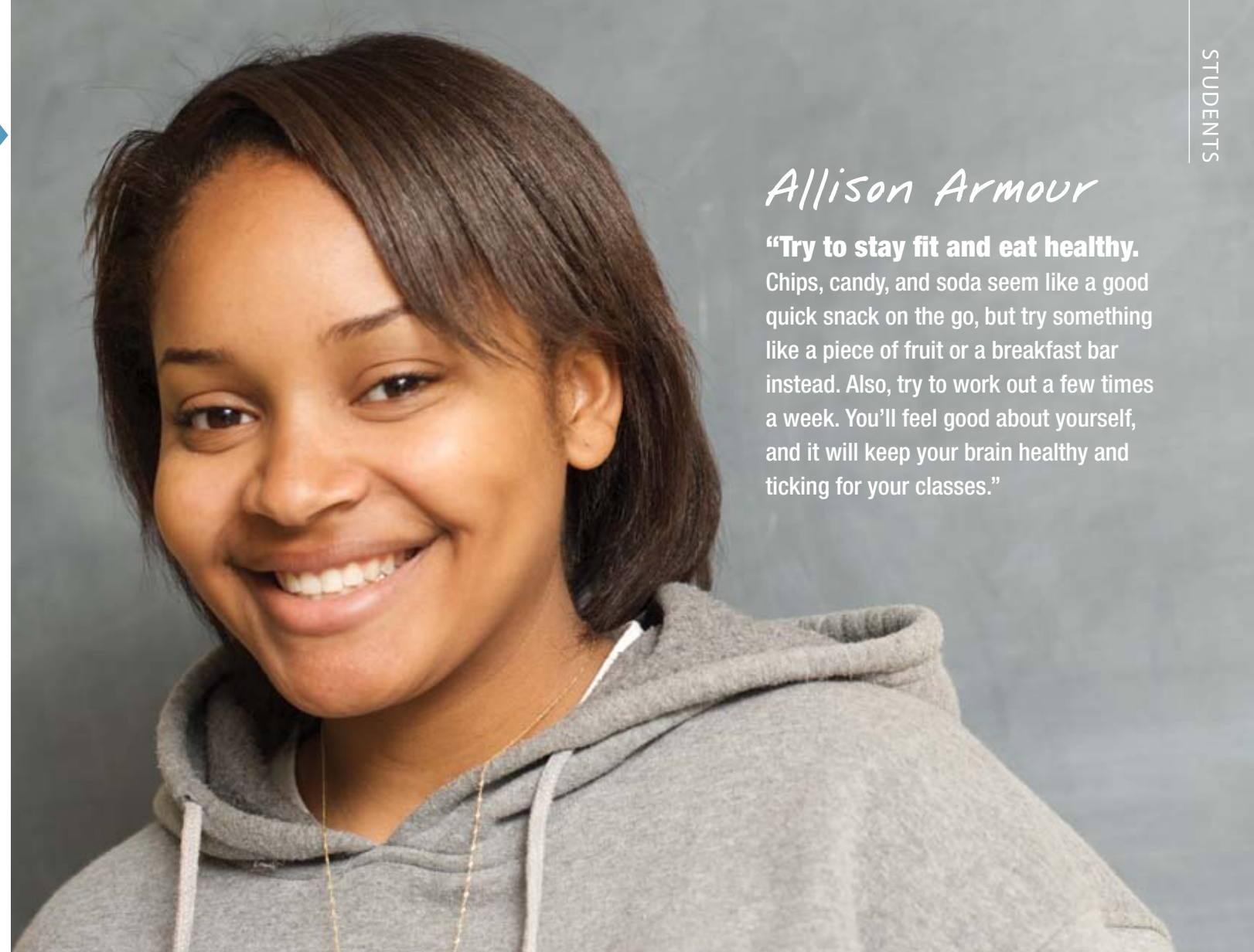
Hidalgo and fellow instructors who taught elements of the interdisciplinary “Beats, Physics and the Mind” during 2008-09 note the remarkable closeness of members of the learning community. Students often spent time together working on projects in Hidalgo’s classroom long after the class session had ended.

It’s one sign that the program works.

Following a three-year study of learning community programs nationwide, including Cal State East Bay’s, Syracuse University scholars in a 2007 report to the William and Flora Hewlett Foundation concluded that high levels of student involvement made a difference in student success and “generates positive self-images, enhances motivation, and commitment.” Additionally, the personal ties that arise from interactions between learning community students — particularly through shared learning experiences — results in social and academic support that is instrumental to learning and to continuing their college education, according to the study.

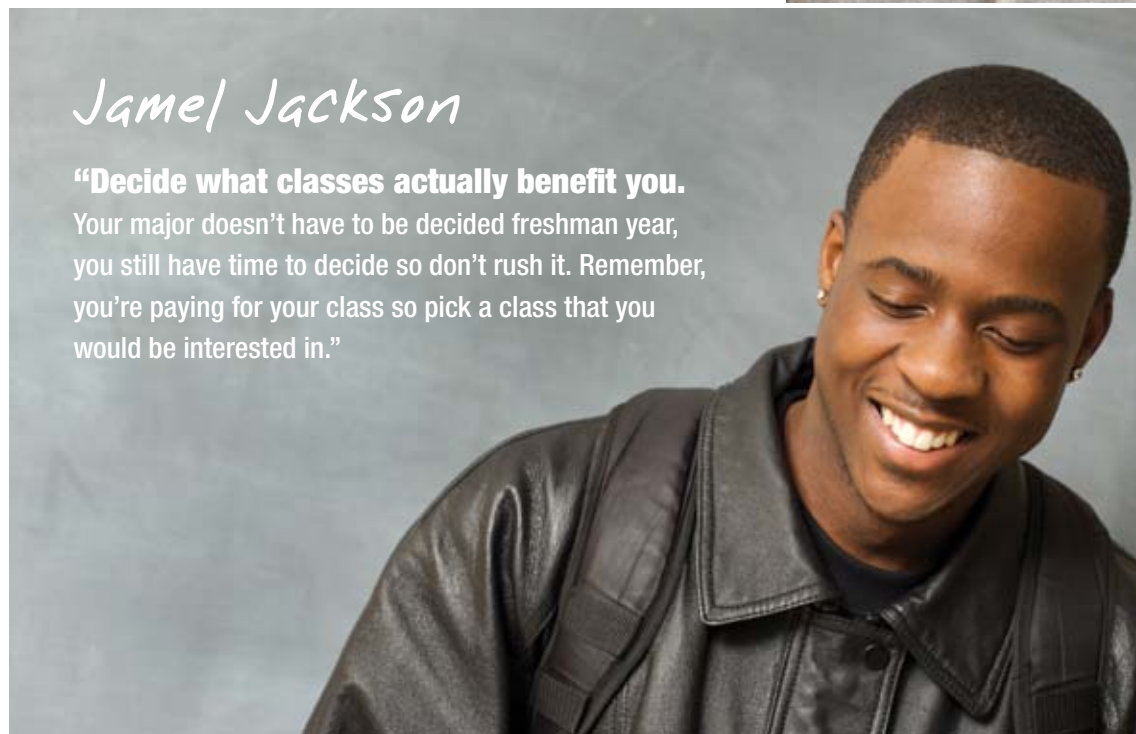
“This group worked (together) very well,” says Hidalgo about “Beats, Physics and the Mind” participants. “Even the quiet ones were drawn out. It can be hard to work as a team. That’s not a skill you necessarily expect of freshmen. These guys were very solicitous of each other’s input.”

Students also listen respectfully to each other during the final presentation when each team of four must play for their peers an original song they composed, recorded, and produced collaboratively. No one is marked down for ►



## Allison Armour

**“Try to stay fit and eat healthy.** Chips, candy, and soda seem like a good quick snack on the go, but try something like a piece of fruit or a breakfast bar instead. Also, try to work out a few times a week. You’ll feel good about yourself, and it will keep your brain healthy and ticking for your classes.”



## Jamel Jackson

**“Decide what classes actually benefit you.**

Your major doesn’t have to be decided freshman year, you still have time to decide so don’t rush it. Remember, you’re paying for your class so pick a class that you would be interested in.”

## Jessica Garcia

**“If there’s one piece of advice that I can give you, it’s to not be afraid to try new things.** I made a decision to move out of my house 300 miles away to a freshman suite here on campus. I can honestly say that it’s the best decision I ever made.

I have made the most diverse group of friends that I have had. During your freshman year, it’s a good idea to keep an open mind and experience as many new things as possible.”





“Don’t be afraid  
to try new things,  
and embrace  
the opportunity  
when you stumble  
upon positive  
opportunities ...”

**Ashleigh Wilkins**  
“BEATS, PHYSICS AND  
THE MIND” STUDENT

singing off key or failing to produce Dylan-caliber lyrics. The focus of the course, and the final, Hidalgo explains, is more technical than artistic.

But students had plenty of opportunities during the year to show off their creativity. In the general studies course, taught by Sahar Haghighat, students regularly wrote essays. For many assignments, Haghighat also allowed and encouraged creative expression, receiving poems, songs, and an occasional video in lieu of a written paper.

For an assignment called “If I Was President,” Jamel, 19, of Stockton penned lyrics, strummed his guitar, and sang an original tune for his classmates outlining how he’d play the role of commander in chief. He later posted the song in his online portfolio cataloging samples of his work from his freshman year. At the end of spring quarter, Haghighat met with Jamel and each of her students for a review of their portfolios called “Here I Am.”

“I like writing songs,” Jamel tells Haghighat during the one-on-one meeting. “I want people to dig down and understand (my lyrics).”

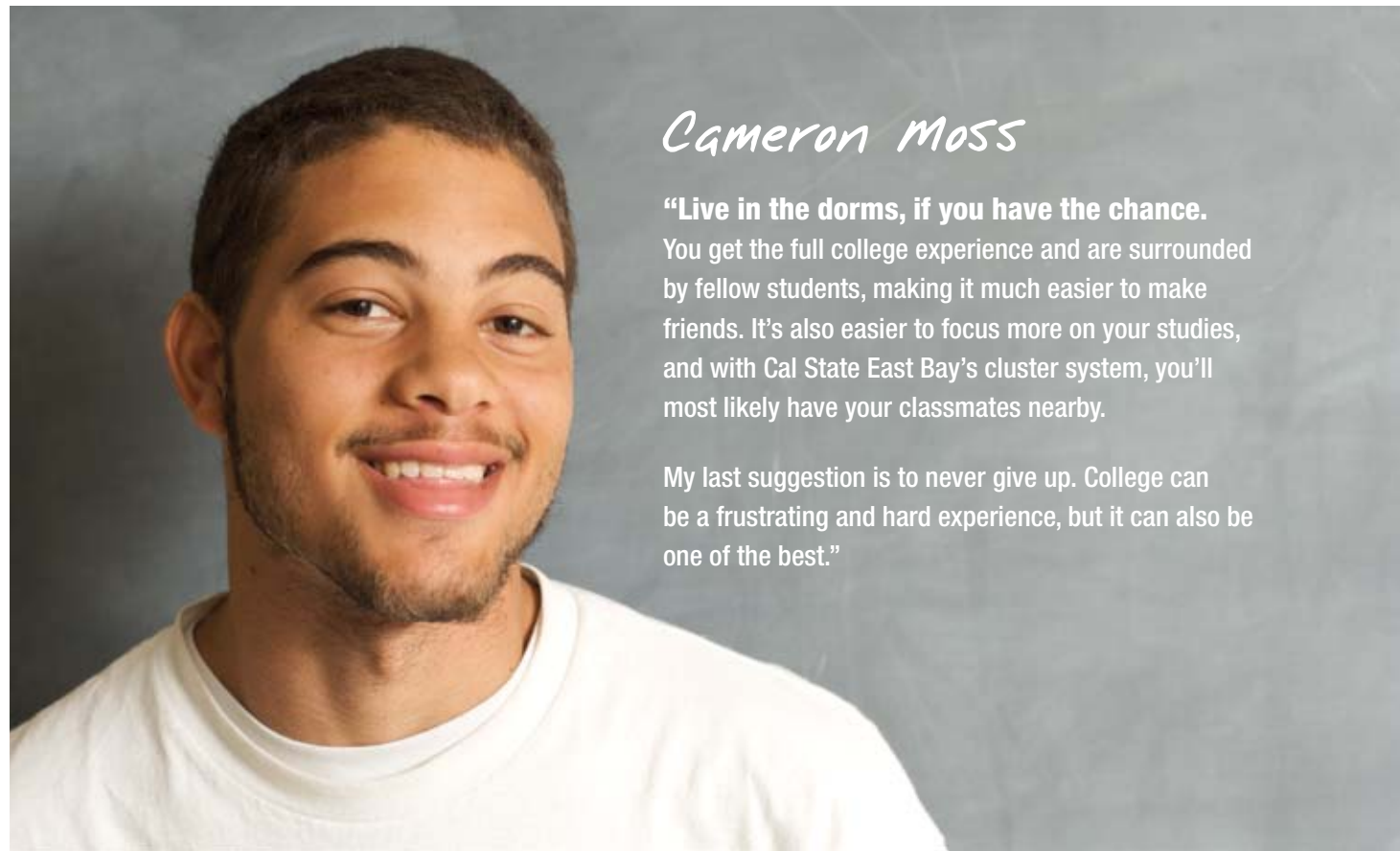
Jamel’s online portfolio also contains writing samples, including an essay about his volunteer work in high school sending clothing and household goods to families in Liberia; a video showing his dance moves; and an image of President Barack Obama, who he counts as a source of inspiration.

“Your page is beautiful,” Haghighat says. “I’ve been really impressed with your work.”

### ‘We all learned so much’

It’s this kind of interaction with instructors that has contributed to Jamel’s growing confidence throughout his first year of college, he says.

One change he’s noticed in himself is a newfound comfort asking others for help, academic or otherwise. Other accomplishments he’s achieved during the year include writing better essays and supporting a thesis point by point. ►



### Cameron Moss

**“Live in the dorms, if you have the chance.**

You get the full college experience and are surrounded by fellow students, making it much easier to make friends. It’s also easier to focus more on your studies, and with Cal State East Bay’s cluster system, you’ll most likely have your classmates nearby.

My last suggestion is to never give up. College can be a frustrating and hard experience, but it can also be one of the best.”



### Raven Davis

“In high school, college may seem like a difficult rite of passage, but **if you have good study habits and the ability to keep yourself grounded, you’ll be fine.**”



### Anthony Griffith

**“Making friends 101 ... Be friendly, open yourself up to new ideas, and be yourself.** I say be friendly, because every freshman is in the exact same boat as you. Everyone wants friends, and you will be amazed how quickly that can happen just by saying, ‘Wassup?’”



"I got better about defining and making arguments," Jamel says. "We all learned so much."

Jamel and most of his "Beats, Physics and the Mind" classmates plan to return to CSUEB for sophomore year. But that doesn't mean everything went seamlessly throughout their first year. Most learned quickly, for instance, that procrastination and college studies don't mix successfully. Challenges sometimes arose — from financial aid hurdles to the need for extra tutoring — that most "Beats, Physics and the Mind" freshmen overcame. That wasn't the case for Elizabeth Fualaau, 19, of Union City, who left school partway through winter quarter.

"I wasn't doing well academically," she says. "It was no one's fault but my own. I was distracted by my surroundings ... I just gave up."

Instructors, including Haghighat and assistant professor of music Rafael Hernandez, who taught audio production during winter quarter, noticed Elizabeth's struggles and absences as the second term progressed and offered extra assistance. Ultimately, Elizabeth says, the timing was not right for her.

"Cal State East Bay is a great school, but if you're not fully committed then don't start," Elizabeth says. "I feel like I shouldn't have started ... But it was a great experience."

### Positive force for change

The majority of "Beats, Physics and the Mind" participants, however, demonstrate positive academic and personal progress at the conclusion of their first year in college. They say their families and friends have noticed changes: better grades, more focus, a willingness to speak up about beliefs, and a heightened sense of maturity.

"I work harder and am more goal-oriented," says Allison, 19, of Tracy. "I have a better sense of the world now, and it helps me a lot everyday."

Elmo, 19, of Oakland, says his study habits and discipline improved throughout his freshman year. He hits the books more often than in the past and has discovered new interests.

Raven Davis, 19, of Buffalo, N.Y., says her standards are higher as a result of her freshman year studies.

"I look for messages (in music) now, trying to find a

deeper meaning," says Raven, an art major. "And I listen to all the instruments used, when certain (instruments) come in and leave."

Her tastes have changed, too. She finds herself listening less to rap and appreciating R & B more.

"In rap, the meaning of the songs most of the time are degrading or have no meaning," Raven says.

By contrast, she enjoys the message and emotion she hears in recordings by classic rhythm and blues artists such as the Isley Brothers and Anita Baker. "I got into them more, because my parents and grandparents listen to them," Raven says. "I also listen to a lot of Marvin Gaye, the Chi-Lites, and Martha Reeves."

Her experience in the learning community has shaped her professional aspirations and inspired her to make audio production part of her future career plans.

### Making the connection

With freshman year successfully behind them, how will learning community members approach their sophomore experience?

"There might be a little anxiety moving into next year without the learning community," says Allison, a business major. "But not so much, because you have a feel for the college."

As a sophomore, she suspects it will be "a little more complicated" getting to know people in her classes. But she's already arranged to take an English and a psychology course with a "Beats, Physics & the Mind" pal, and she plans to spend time with friends she made during freshman year.

Most importantly, academically she's transitioned successfully to the college level.

Music instructor Hidalgo says that students who participate in learning communities, where they are exposed to diverse subjects that aren't overtly linked, such as art and religion or physics and music, emerge from the experience equipped with higher level thinking skills.

"Interdisciplinary education, being able to connect those dots, makes them much more sophisticated adults," Hidalgo says. "Too often those (intellectual) connections don't get made. I think it's great this school's helping to make those connections." ■



**"If you have an assignment due on Friday, you shouldn't wait until Thursday to do it.** You should try to get it done early so then you have time to do other things.

If you use good sense and can figure out how to balance fun, school, and other activities, you will do just fine."

*Will LaBad*

**"Don't be scared and don't be shy. Be yourself and you'll be fine.** Sounds a bit corny I know, but it's the truth ...

First things first, stay on top of your financial situation ... Make sure everything stays in order, keep copies of everything, and double check to make sure all your information is up to date."

*Dominic Skipper*

**"CSUEB is not just that school on the hill.** I've met many people over the year and it's a great place to build friendships.

General studies is a very interesting class, especially mine with Sahar. We talk about topics that we can relate to, and receive a lot of great advice."

*Elmo Rey Arciaga*

**"The clusters really do help you build friendships within the school.** You see the same people a lot so it helps you get comfortable with your surroundings.

Every year the school has musicians come and play during al Fresco, the first event every school year. This event is always fun, because there are a lot of people there and someone famous is always there."

*VY VU*



# LEADING THE WAY

Pitcher Johnny Volk, the first to represent CSUEB at National Student-Athlete Development Conference

BY ERIN MERDINGER

THROW STRIKES EARLY AND DON'T ALLOW A HIT, THAT'S JOHNNY VOLK'S FORWARD-LOOKING STRATEGY AS A PITCHER FOR THE PIONEERS BASEBALL TEAM.

"Being a pitcher, you have to really think," says Volk, a junior at Cal State East Bay. "It's more like a chess match where you have to plan out your pitches beforehand, and go ahead and execute them."

In recognition of his contributions to the University on and off the playing field, Volk was chosen to represent Cal State East Bay at the 2009 National Collegiate Athletic Association's National Student-Athlete Development Conference in May. One of 700 student-athletes selected from universities across the country, Volk was the first CSUEB student to attend the conference.

"It was a tremendous honor and blessing to go," Volk says. "There were great ideas not just about sports but about building character."

The conference provides NCAA student-athletes with a forum to openly discuss opportunities and challenges on their campuses and in their communities, while also providing training designed to improve their leadership, communication, decision-making, and problem-solving skills.

The conference, held in Orlando, Florida, at the Walt Disney World Coronado Spring Resort, consisted of daily team sessions, exercises, speakers, and activities to help participants develop as individuals and as contributing members of society.

Volk serves as president of the CSUEB Student-Athlete Advisory Council, which coordinates with Associated Students Inc. to organize athletic events and fundraisers. One of the council's main projects is earning money for the Make-A-Wish Foundation by organizing barbecues, face painting before games, and dances.

"Nothing gets done, if you aren't proactive," says Volk, a business administration major.

Volk's goals for SAAC include creating what he calls "Pete's Pit," an official CSUEB student Pioneers cheering section during athletic games to increase school spirit.

Growing up with three younger siblings, Volk has always assumed a leadership role.

"I try to lead by example by giving the younger kids someone to look up to and the older guys someone to relate to," Volk says.

Pitching coach Michael Cabrera, who has worked with Volk for the past two years, says he's observed notable growth in Volk's leadership skills. Cabrera compares Volk's leadership transition as moving from the little brother surrounded by senior ball players to becoming the big brother of the team.

Volk received the "Pioneers Award" at the team's end-of-season banquet in May. Pioneers Baseball Coach Dirk Morrison says the award annually goes to an athlete who demonstrates qualities such as preparation, leadership, confidence, and accountability.

"He likes to see things done the correct way, and he gets satisfaction from that," Morrison says. "He is accountable and takes responsibility for his performance."

Morrison also notes Volk's good sense of humor, especially how he has mastered the art of imitating the way teammates stand at bat.

"(The players) enjoy it, and they all want to get their stances mimicked by him," Morrison says.

Volk recalls a time when his team was waiting in the airport for a flight to Texas.

"Who am I?" Volk shouted as he grabbed a baseball bat and swung it high

over his shoulder in an exaggerated hitting pose. Turning around, Volk noticed that people passing by in the airport had stopped to watch, and his teammates roared with laughter.

"Having a good sense of humor is important because it lightens up the tension from the game," says Volk, whose favorite pastimes include watching professional sports, playing golf, and visiting Bay Area beaches.

Students from NCAA's three sporting divisions attended the national conference in Orlando. Each division sends up to 233 student-athletes. The 2008-09 school year was the last in which Pioneer teams participated in Division III and the National Association of Intercollegiate Athletics. During the fall, CSUEB's athletic program begins its first year of exploratory membership in Division II. The University announced its intention to move to Division II and join the California Collegiate Athletic Association in May 2008.

"I do think as we move to Division II, and as SAAC continues to develop, that we will see more Cal State East Bay student-athletes having national opportunities to develop their leadership skills," says Debby De Angelis, CSUEB's Director of Athletics. "John is an outstanding choice to be our first representative."

"College sports is only one chapter in your life," Volk says. "But being a good leader is for the rest of your life."

PHOTO BEN AILES

Pioneers pitcher Johnny Volk exemplifies the baseball team's motto of brotherhood by giving motivational speeches to teammates before games and warming up with outfielders.



Assistant Professor Nidhi Mahendra visits with 84-year-old Gloria who participated in Mahendra's myth-busting study demonstrating that people with Alzheimer's disease can learn.

## EVERYDAY TECHNOLOGY

# Improves East Bay Seniors' Lives

CSUEB Professor Explores *Low Tech* Dementia Interventions

BY FRED SANDSMARK '83

MOST OF US LOVE NEW APPLIANCES — WITNESS THE MILLIONS AMERICANS SPEND ON KITCHEN REMODELING EVERY YEAR — BUT FOR 86-YEAR-OLD HOWARD D., A NEW MICROWAVE AT THE MASONIC HOME IN UNION CITY CAUSED NOTHING BUT DISTRESS.

Howard has dementia, and even though he knows housewares — he sold appliances during his working years — the new oven baffled him. Howard, whose family asked that his last name not be published to safeguard his privacy, simply wanted to warm his soup, but he couldn't master the steps. Fortunately, the microwave's arrival coincided with a visit by Nidhi Mahendra.

Mahendra, an assistant professor in the Department of Communicative Sciences and Disorders and director of the Aging and Cognition Research Clinic at CSUEB, was exploring whether everyday technology such as laptop computers and digital cameras could help people like Howard.

"There's a myth that dementia patients can't learn," says Mahendra, who specializes in studying cognition and communication in seniors. "But the growing literature over the last decade shows that people with dementia are able to participate in interventions, maintain performance, and improve in some areas." She won a three-year, \$198,624 grant from the Alzheimer's Association and Intel Corp. to test how technology might help. ▶

## A songbird finds her voice again

Gloria A. had been a lounge singer in her younger years, but at the Masonic Home the 84-year-old kept her gifts to herself — until she took computer-based cognitive training through Nidhi Mahendra's research project. "Something happened to her confidence," Mahendra recalls. "We weren't working on anything music-related, but she said, 'If I can do this, maybe I can sing here.'"

A few weeks later, Mahendra received a recording of Gloria singing "Red River Valley" at a Masonic Home event. "She did fabulously," Mahendra recalls. "She still thanks me and tells me how good the program has been to her."

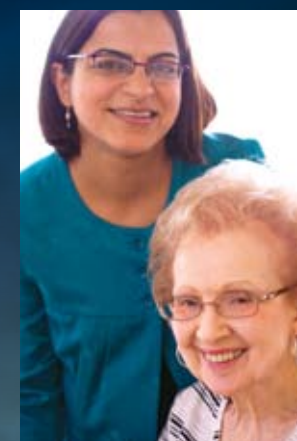


PHOTO JESSE CANTLEY



With the help of student volunteers, she screened dozens of patients at East Bay senior residential facilities and enrolled 65 individuals with varying levels and causes of dementia. The first phase of the research, which began in 2005, explored whether seniors, some of whom had never used computers, could operate a mouse or touch screen and follow audio instructions on a laptop. Once they had established a level of comfort, she tested whether they could then play cognitively stimulating computer games. More than 80 percent of subjects succeeded. “They caught on to the computers very quickly,” Mahendra says. “They loved that there were different kinds of games and things they could choose.”

The second phase of her research project studied technology’s effectiveness as a teaching tool. “The way you teach somebody who has a healthy memory and (somebody with) a disorder of memory is very different,” Mahendra says. “We were hoping to show that certain strategies — a visual component to the learning, practicing a procedure over and over, and increasing the intervals between sessions — would help our patients be successful.”

### CUSTOMIZED AND PERSONAL

Traditionally, cognitive rehabilitation in dementia patients relies on static, generic stimuli such as word lists and pictures of strangers’ faces. Technology offers a chance to personalize and customize the training; instead of testing whether a subject could recall random words, Mahendra and her nine CSUEB research assistants, all graduate students, explored whether a person could learn practical tasks: navigate to the dining room, perform a specific safety routine, or — in Howard’s case — learn to use a new microwave.

Digital cameras captured still or moving images of tasks such as safely drinking water or locking the brakes on a wheelchair before standing up. Those tasks were then divided into steps, and those steps were assembled into computer-based lessons with voice-over instructions. Clinicians met one-on-one with patients twice a week for personalized lessons, and when it appeared that a patient had internalized the information — in an average of nine sessions — the clinicians began asking patients open-ended questions: “How do you drink water?” or “How do you stand up safely?” ▶

## Storytelling analysis assists with Alzheimer’s treatment

Suspect memory loss in an older adult? Analyzing how a person recalls a story helps researchers such as CSUEB Assistant Professor Nidhi Mahendra determine whether memory loss is related to healthy aging or indicates a clinical disorder is at work.

When told a short story aided by images on a computer screen, as illustrated in the scenes below, someone experiencing healthy aging will recall the plot line immediately afterward and again 15 minutes later. A person with dementia, particularly Alzheimer’s, typically will recollect only about half of the story immediately afterward, Mahendra explains. Within 15 minutes, he will remember perhaps one or two fragments of the story or nothing.

“In our research, we use performance on this task to quantify the severity of memory impairment, which

tells us what intervention techniques to use and how often to conduct an intervention,” Mahendra says. “(It) also alerts us to just how seriously the person’s everyday life may be affected.”

Test subjects sometimes perform poorly on the story recall exam but can repeat details in response to memory prompts, for instance, a leading question like: “Was the story about a man or a woman?” In these cases, the person suffering from memory loss may respond favorably to Mahendra’s rehearsal strategies and memory interventions.

“Dementia is progressive,” Mahendra says. “The best time for interventions is in very early, early stages and middle stages, with less success past mid stages of the disease.”

BY MONIQUE BEELER



1

While a lady was shopping, her wallet fell out of her purse. But she did not see it fall.

### Immediate recall

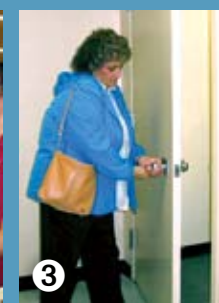
IMMEDIATELY AFTER HEARING THE STORY

*There was this lady...she went shopping for groceries. It came time to pay, and she realized she left her wallet at home. Of course, she could not buy anything and got rather annoyed. She went home and saw her wallet right on the kitchen counter and was pleased it was safe at home.*



2

When she got to the check-out counter, she had no way to pay for her groceries. So she put the groceries away and went home.



3

Just as she opened the door to her house, the phone rang.



4

And a little girl told her that she had found her wallet. The lady was very relieved.

### Delayed recall

15 MINUTES AFTER HEARING THE STORY

*Well.....I don't know what story you told me. What was it about? Maybe if you give me a clue, something may come back. Off the top of my head, I don't know the story.*



“We showed that people with dementia do have the ability to benefit from interventions.”

**Nidhi Mahendra**

ASSISTANT PROFESSOR AND  
DIRECTOR, AGING AND COGNITION  
RESEARCH CLINIC, CSUEB



PHOTO JESSE CANTLEY

After six weeks, 80 percent of subjects retained the information. “We showed that people with dementia do have the ability to benefit from interventions,” Mahendra says. “We tracked our patients out six or eight weeks after we’d stopped the training — which, in the world of dementia research, is pretty impressive.”

The emphasis on personal, practical tasks contributed to the study’s success, Mahendra believes. She also thinks the lessons extended beyond the clinic and into the patients’ daily lives. She tested this thesis by adding an element to the training: She taught each subject to associate a picture of someone at their facility with his or her name, and asked the staff to track the number of times a patient called them by name. “It wasn’t a perfect way to track it, but it definitely gave us incidental data that learning wasn’t restricted to the training session,” Mahendra says.

## RIDING TWO WAVES

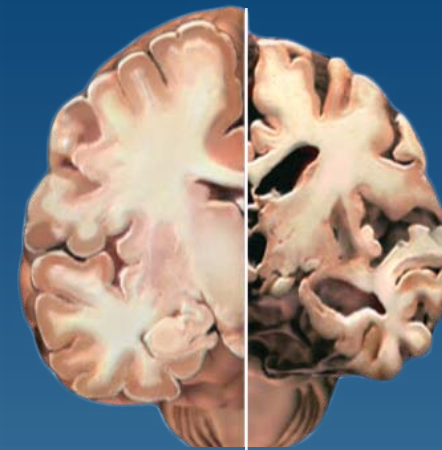
Mahendra first became interested in cognition among older people as an undergraduate in India. She watched her grandfather’s decline into dementia; Mahendra recalls him

as a literary man who wrote poetry and quoted scripture, but who lost those faculties as the disease progressed. She conceived of her computer-aided cognition training project in 2000 as her doctoral thesis but was advised that the research required a long-term situation. After receiving her PhD from the University of Arizona, Mahendra worked for several years in long-term care facilities, then joined CSUEB in 2005. Here, she saw the opportunity to revisit and expand the research she had started years earlier. The timing couldn’t be better.

“There’s an age wave coming our way,” Mahendra explains. Millions of baby boomers are retiring, and one in eight persons age 65 and older have Alzheimer’s disease. Indeed, dementia patients are the fastest-growing segment of speech pathologists’ caseloads, but there aren’t enough clinicians to work one-on-one with all of the people who will need help. “If you can combine the aging wave with today’s technology wave, you create opportunities where, as a senior, you could be doing things that allow you to keep your mind active without receiving cognitive treatment from a therapist,” she adds.

And that’s something seniors with dementia are eager to do. Mahendra says, “Howard always told us, ‘I’m not doing this for you. I’m doing this for me!’” ■

## Cortical changes in Alzheimer’s disease



Healthy  
Brain

Advanced  
Alzheimer’s

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Illustration by Stacy Jannis.

## Alzheimer’s Association backs CSUEB researcher

With the population of dementia patients increasing dramatically — every 70 seconds, someone in America develops Alzheimer’s disease, the most common type of dementia — patients and their advocates are scrambling to find new ways to combat the disease’s devastating effects. That’s the underlying motivation behind the Alzheimer’s Association’s Everyday Technologies for Alzheimer Care (ETAC) initiative, funded in part by Intel Corporation.

“One area of research that has exploded is the idea of cognitive training,” says Marcia C. Carrillo, Director of Medical & Scientific Relations for the Alzheimer’s Association. “Dr. Mahendra’s work directly investigates the possibility that computer technology could cognitively benefit someone already diagnosed with Alzheimer’s.”

Cognitive rehabilitation also has potential to aid people without dementia. “Dr. Mahendra’s work offers insight into a potential avenue that could have direct benefit not only to those affected, but to all of us,” Carrillo says. The Alzheimer’s Association awards about four ETAC grants totaling \$800,000 each year.

BY FRED SANDSMARK ’83

## Response of a healthy older adult

WHEN SHOWN A PENCIL AND ASKED TO DESCRIBE IT IN AS MUCH DETAIL AS POSSIBLE:

*Let’s see ..... this is a common object that most people use for writing or drawing. It is long and slender, made of wood on the outside, and has lead or graphite in the center, which is the material that marks paper and is used for writing on paper. Pencils usually have an eraser on one end and a lead point at the other which can be sharpened. Pencils come in all sizes and colors, are not at all expensive, and you can buy them at most stores. These days you have mechanical pencils that needn’t be sharpened.*

## Response of a person with dementia

WHEN SHOWN A PENCIL AND ASKED TO DESCRIBE IT IN AS MUCH DETAIL AS POSSIBLE:

*This is just a pencil, like any other pencil you ever saw. I have several of those, as do most people. That’s how I would describe it.*

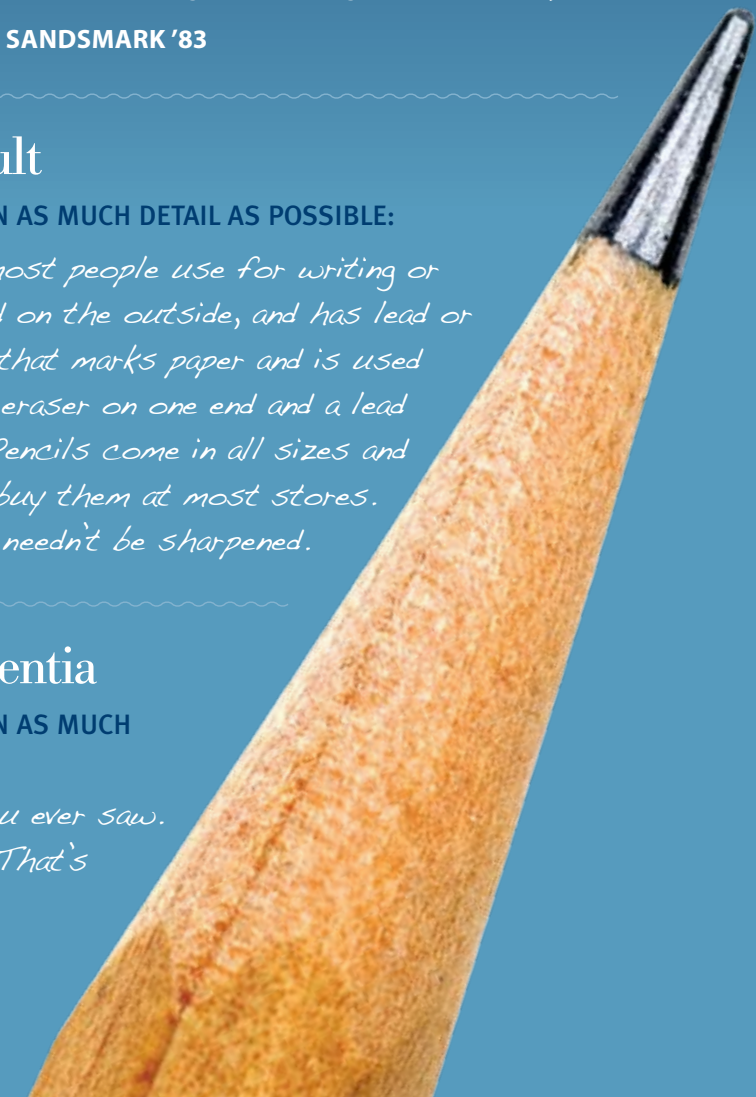






PHOTO: JESSE CANTLEY

# the buzz

## on *Outstanding Professor* Sue Opp

BY MONIQUE BEELER

SUSAN B. OPP LIFTS A NET-COVERED LID FROM A GLASS TERRARIUM ALIVE WITH A COLONY OF COCKROACHES. THE SCAVENGERS, MADAGASCAR HISSING COCKROACHES, SCURRY TO HIDE BENEATH A PILE OF SOFT GRAY EGG CRATES PILED INSIDE, AWAY FROM LIGHT POURING INTO THEIR SHELTER THROUGH A BANK OF WINDOWS IN A THIRD FLOOR LABORATORY IN THE COLLEGE OF SCIENCE.

Without hesitating, Opp, a petite woman with a blond pixie haircut, plunges a hand into the cockroach chaos and plucks out an irate female the size of the back of a teaspoon.

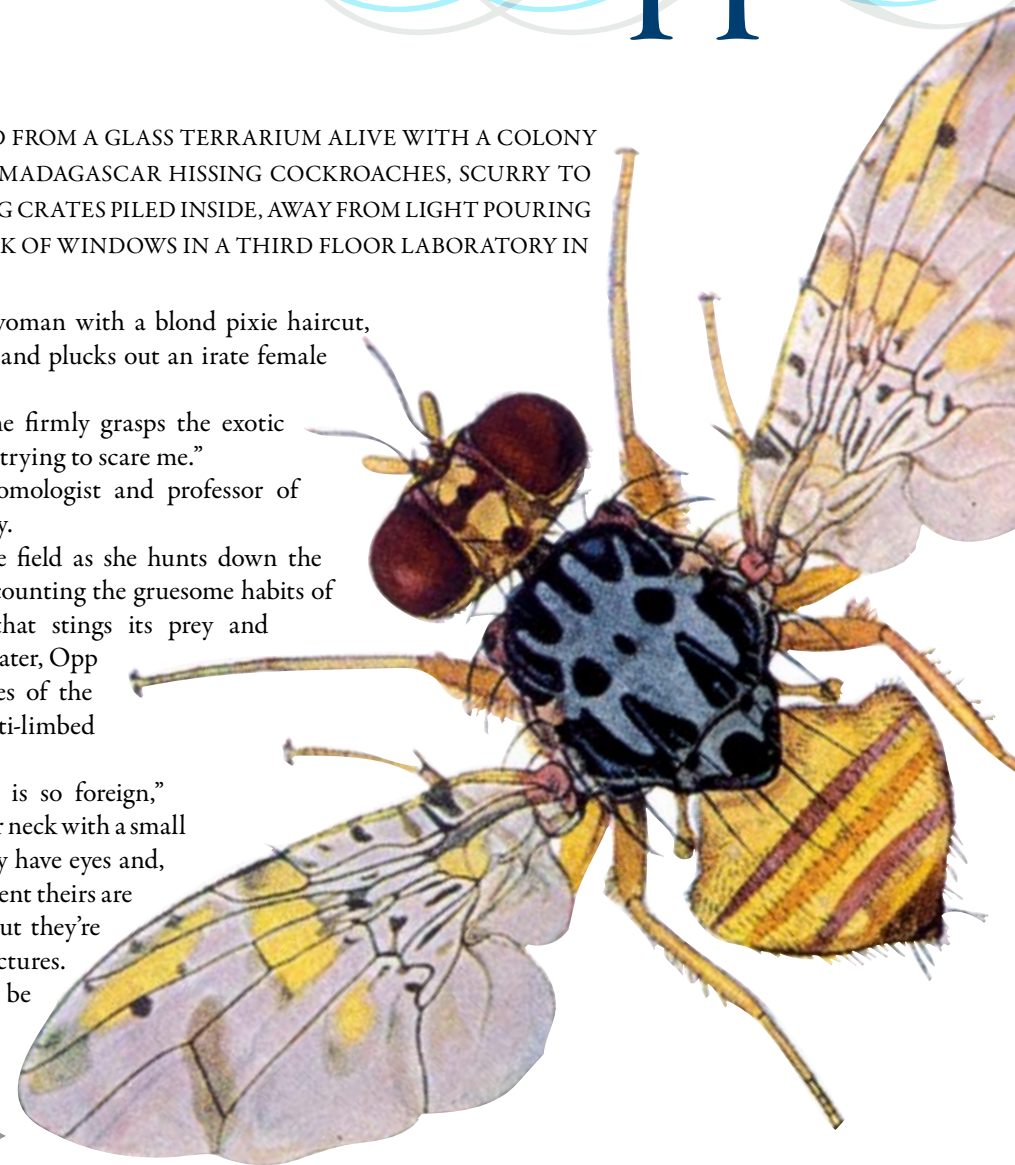
"See, she's hissing," says Opp, as she firmly grasps the exotic insect by the shell. "She's mad at me. She's trying to scare me."

Given her line of work as an entomologist and professor of biological sciences, Opp doesn't scare easily.

Whether dodging rattlesnakes in the field as she hunts down the fruit flies she specializes in studying or recounting the gruesome habits of creatures such as the tarantula wasp that stings its prey and buries it alive for its hatchlings to feast on later, Opp expresses appreciation for the peculiarities of the insect kingdom, often reveling in the multi-limbed creatures' power and grace.

"The whole way that they function is so foreign," observes Opp, who wears a gold chain at her neck with a small gold fly charm dangling from it. "Yes, they have eyes and, yes, they have a mouth. But look how different theirs are from ours. They're not only interesting, but they're beautiful — the colors and interesting structures. They have an external structure that can be sculptural in so many ways."

An expert on the walnut husk fly that snuck into the state from the Midwest in the 1920s, Opp has dedicated her career ▶





to inspiring students and developing safe ways to manage pests. She avoids standard approaches to both endeavors, a quality that contributed to her being named Cal State East Bay's 2008-09 George and Miriam Phillips Outstanding Professor.

"There are a lot of people on campus who do a huge amount of work and are great teachers," Opp says. "To be nominated, first of all, was amazing. And to see the letters people have written, and the fact that a lot of them were (by) students, gets you all teary."

In nominating Opp for Outstanding Professor, Professor Jeffery Seitz, chair of the Department of Earth and Environmental Sciences, noted her instructional creativity, visionary faculty leadership, research and publication successes, and service to CSUEB and the broader community.

"I don't know anyone that works as hard or puts as much of his (or) her heart into it," Seitz wrote in his nomination letter.

For freshman animal biology classes, for instance, Opp greets students daily with an "Animal of the Day" PowerPoint display, starting on Day One with a tiny aquatic creature called a tardigrade and ending the quarter with a quick lesson about reindeer.

"The whole idea is to show the incredible diversity of animals and get students to appreciate how fascinating animals are," Opp says. "Generally, these are not animals that I'll ask exam questions about. It's just a fun way to start the class."

Students appreciate the daily conversation starter. One wrote in an evaluation of Opp: "Animal of the day rocks my socks."

Opp's entomology students are as likely to examine butterflies and beetles on display in the lab as watch black-and-white horror movies in a class she instructs called "Insects and Humans."



"One of the things I've done for my class ... is to look at how insects are portrayed in the movies," she says. "There are these old, great B movies ... about giant mosquitoes and ants."

When it comes to combating real life pests, such as the 3/8-inch walnut husk fly, Opp opposes using chemicals and pesticides, preferring to tap her understanding about the winged insects' behavior to help walnut and olive growers and others in the agriculture industry monitor and control insect populations that threaten crops.

"I'm interested in the behavior, ecology, and evolution," she says. "A lot of my students have looked at flight behavior (and) how far they fly and why."

Studying the flight and mating patterns of fruit flies helps scholars learn how best to impede the reproduction process of pests. When she's not in the classroom, serving on University committees, or leading the Academic Senate — she recently began her second term as chair of the faculty governing body — Opp can be found hanging fly traps on olive trees outside the Science Building, exploring insect life in East Bay Regional Parks, or investigating walnut groves damaged by walnut husk flies at Ardenwood Historic Farm in Fremont.

"They have a bunch of walnut (trees) there," Opp says. "It's all organic, so they get a natural walnut husk fly infestation. We've done things looking at how far flies disperse. We've looked at developing traps and lures for them."

Walnut husk flies may not be easily recognizable to most people, but anyone who has parked a car beneath a walnut tree infested by the winged menace likely has experienced its handiwork in the form of gooey black husks that drop from the tree.

Opp didn't start her career planning to solve a farming problem. But once entomologists and others in related fields learned she had conducted her doctoral research about apple maggot flies and later studies about the mating behavior of fruit flies, the calls from colleagues poured in and grants came her way. Since joining Cal State East Bay's faculty in 1989, Opp has attracted to the University 14 outside grants totaling more than \$500,000, including two representing first-time achievements for CSUEB. In 1992, for instance, she



PHOTO JACK KELLY CLARK; COURTESY UC STATEWIDE IPM PROGRAM  
The walnut husk fly, above, breeds and lays eggs in the husks of walnuts in early fall. The larvae burrow into and feed on the husk, producing black and slimy husks that stain and stick to the shell. The taste and color of the nut are not affected, but it reduces the walnut value to commercial producers because the husk is difficult to remove.

received the U.S. Department of Agriculture National Research Initiatives Competitive Grants Program award, and in 2001 she earned the CSU Agricultural Research Initiative grant.

The author or co-author of 33 published articles and book chapters, Opp anticipates the publication of four more articles. She co-founded with Associate Professor Nancy Fegan the program in environmental science 15 years ago. Her service to the University also includes leadership positions as chair of the Committee on Budget and Resource Allocation, or COBRA, and graduate coordinator for the Department of Biological Sciences and the Marine Science master's program

for 15 years. Her educational outreach activities have included membership on the Faculty Advisory Committee and serving as an instructor for the East Bay Science Project, a K-12 science program that lends particular assistance to teachers from underperforming school districts.

In 2001, in recognition of her contributions to research about California agriculture, Opp was named Woman of the Year in Science for Alameda County.

Students also give Opp high marks.

Over the past five years, on evaluations students instructed by Opp have given her scores of 1.49 or better, with 1 representing excellent and 4 representing poor.

"Dr. Opp has so much energy presenting the material that you can't help but to develop an interest in biology," observed one undergraduate student on an evaluation form.

Graduate students working under Opp's guidance have studied creatures from insects to primates and cordgrass to California poppies.

"A lot of what my students do, it doesn't have to be what I do," Opp says. "If they have a good idea, and they can get me excited, 'Great! Go for it.'"

Former student Joe Zermeno arrived as a transfer student in 1997 and earned bachelor's and master's degrees at CSUEB under Opp's guidance. He now teaches biology at Modesto Junior College, a job he says he won thanks to the strong background in insect ecology he developed while studying under Opp's tutelage.

"Any of her former students would say she's very impressive," Zermeno says. "She cares so much about her students."

Like many former students, Zermeno keeps in touch with Opp and recently returned to campus to seek

her professional counsel over lunch. She also influences his choices in the classroom.

"She's very dynamic and engaging," he says. "I try to incorporate some of the things I saw in her in my teaching. Her classes were fun but challenging."

Opp confirms that her passion for teaching in the classroom has contributed to her professional success and satisfaction.

"There's nothing better than having a student come up after a lecture and say, 'I never understood that before; I never thought biology was something I could do,'" Opp says. "You've gotten through to someone, (and) I've broadened their horizons." ■

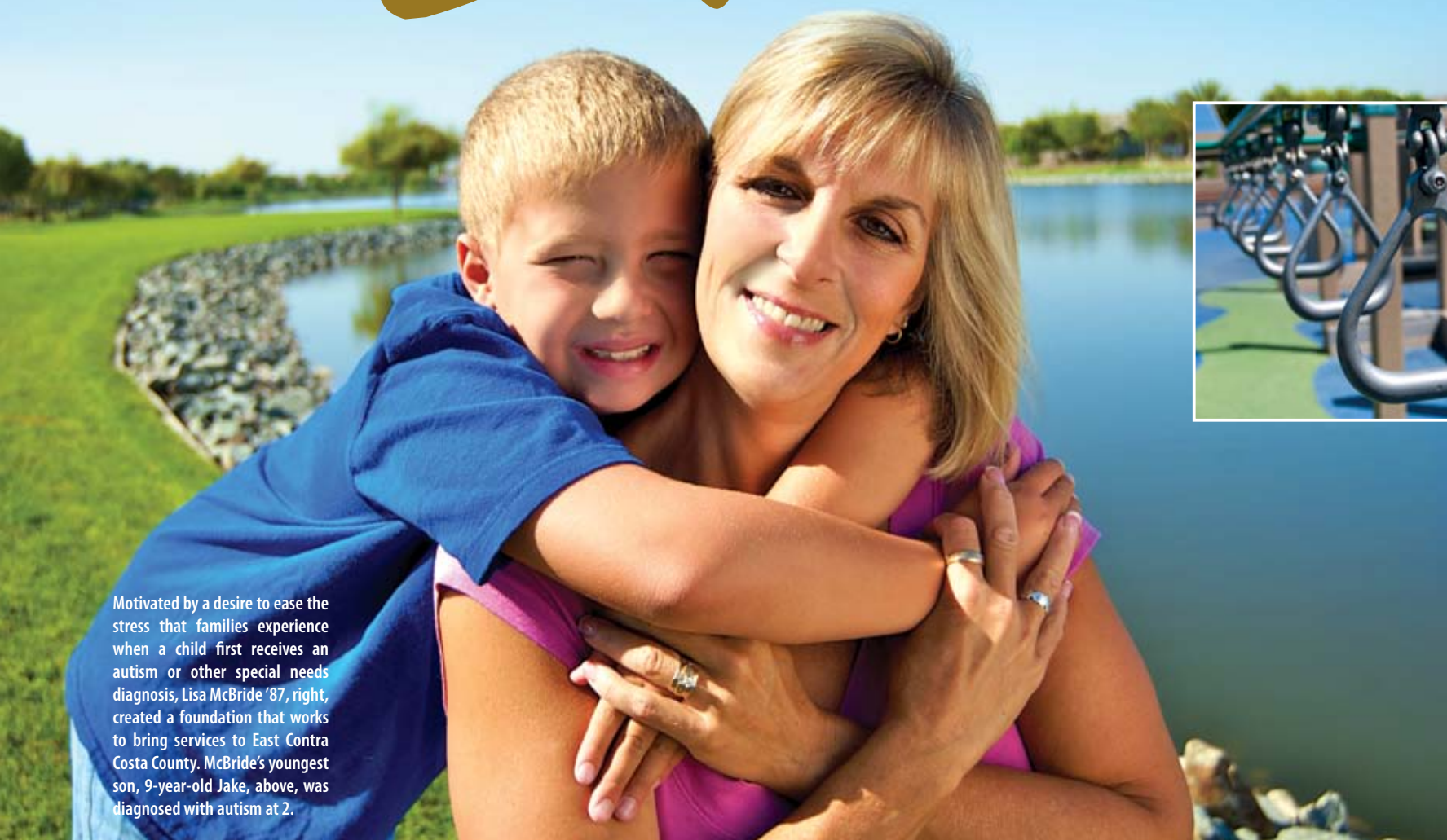
Entomologist Sue Opp didn't collect insects as a kid. "In fact, I didn't like them," she says. "I was like, 'Ooh, that's creepy. Get it away.' A fondness for botany in college led her to discover a passion for the diversity of the insect kingdom."



PHOTO JESSE CANTLEY



# Laying a Foundation of Caring



Motivated by a desire to ease the stress that families experience when a child first receives an autism or other special needs diagnosis, Lisa McBride '87, right, created a foundation that works to bring services to East Contra Costa County. McBride's youngest son, 9-year-old Jake, above, was diagnosed with autism at 2.

## Lisa McBride '87 Launches Group for Special Kids

BY KIM GIRARD

**E**IGHT YEARS AGO, LISA MCBRIDE'S 2-YEAR-OLD SON JAKE WAS DIAGNOSED WITH AUTISM. LIKE SO MANY PARENTS GRAPPLING WITH A SPECIAL NEEDS DIAGNOSIS, MCBRIDE '87 FELT CONFUSED, FRUSTRATED, AND ALONE.

"At the time I thought I was the only one," says McBride, who is also mother to Jake's twin, Hannah, now 9, and Zack, 12. "You get a diagnosis from a doctor who says: 'Here's a couple of resources, good luck.' You go through grieving. You go through all of these different feelings."

Complicating her case was the fact that the family lived in East Contra Costa County, far from many of the Bay Area centers, programs, and teachers that specialize in diagnosing and working with autistic children.

Instead of letting grief overwhelm her, McBride spent her nights scouring the Internet for resources. After spending some time with a local autism support group, she launched her own multi special needs group and a Yahoo group. That group quickly "exploded" to more than 100 parents,

many who shared the same problem: getting local services for their kids.

Many of the kids in the county's eight cities being treated for some sort of disability in overwhelmed public schools are shuttled to places like Stanford every time they require an assessment, McBride says.

"To get anywhere from here is a nightmare," says McBride, who lives in Discovery Bay with her children and husband Mark. "Our kids are in school all day, and we're in cars with them for two to three hours." That stress takes its toll on marriages and jobs, she says.

McBride decided to take her cause a step further, starting the nonprofit Special Kids Foundation. Armed with a few books on how to build a nonprofit, McBride and a friend, Cici Migay, also the mother of a special needs child, started the organization with \$500 and a loan from McBride's mother. The pair built a board, and started finding donors to contribute to everything from music to bowling to soccer to baseball programs for special needs kids.

Today, McBride helps run the foundation while working full time as an elementary school teacher in Antioch. McBride did the bulk of her student teaching while at Cal State East Bay in Hayward during the 1980s. Through the CSUEB program, she worked with a racially and economically diverse group of students, experience she taps today.

"I learned to think outside of the box," she says. "They encouraged us to be independent."

One key goal of Special Kids is to build a satellite office where families would meet specialists including nutritionists, occupational therapists, play, speech and language therapists, and family therapists. While working to achieve that goal, McBride is coordinating with a local YMCA to build a playground in Oakley for kids of all abilities. Special Kids is also raising funds to create a comprehensive binder that would be given to parents after receiving their child's diagnosis to help them find good therapists and recreational activities, and navigate everything from insurance to special needs trust planning.

While there's an outpouring of community support for her cause, McBride says the economy is making it tough to raise money (to date they've raised \$90,000). Though times are difficult, she says, people must consider the long-term cost of not treating special needs kids when therapies are proven most effective: when they are young. If society fails these kids, she warns, many will not be able to live at home or independently and ultimately will become wards of the state. What drives McBride is preventing this fate.

There's comfort, she says, in the knowledge that she's helping other mothers and fathers — especially those who can barely take a shower and leave the house after a child is initially diagnosed. Says McBride: "It really heals me to watch parents get out of that space — that I can do something for them." ■

A future universal abilities playground the Special Kids Foundation is exploring building could include features such as those found at a similar Concord park, left — high-backed swings, sets of rings that are low to the ground, and clear, see-through tunnels for children who have trouble moving from light to dark spaces.

PHOTOS BEN AILES



# MUSIC MAN MEMORIALIZED



Glenn Glasow

**\$150,000 gift from Professor Glenn Glasow's family endows a graduate fellowship and continues annual concert**

BY SARAH STANEK

AS ONE OF THE FIRST FACULTY MEMBERS IN CAL STATE EAST BAY'S MUSIC DEPARTMENT IN THE 1960S, PROFESSOR GLENN GLASOW HELPED SHAPE THE PROGRAM INTO A DESTINATION FOR TALENTED YOUNG COMPOSERS AND MUSICIANS. THE COMPOSER AND TEACHER WAS RECENTLY HONORED WITH A \$150,000 GIFT IN HIS MEMORY FROM HIS FAMILY, WHICH WILL SUPPORT STUDENTS PURSUING THE DREAM OF A MUSICAL CAREER — JUST AS GLASOW, AS A CHILD IN MINNESOTA, DREAMED OF MAKING A CAREER OUT OF THE MUSIC HE LOVED.

"Glenn was the most naturally gifted teacher I ever knew," says Frank La Rocca, chair of the music department. "His love of music, his voracious intellect, and his love of students were powerful models to me as a young faculty member."

The newly established Glenn Glasow and Yoshiko Kakudo Endowment in Music Composition will support a yearlong fellowship for graduate study and an annual concert honoring Glasow. The concert, now a longstanding tradition, began during Glasow's lifetime. After his death in 2002, his family sponsored it with yearly donations. The endowment will ensure that it continues, providing a showcase for works by CSUEB alumni, faculty, and students.

Beginning with the 2010 concert, the program also will feature the premiere of an original composition written by the fellowship recipient. Music composition faculty selected Ryan Rey '09 to receive the inaugural fellowship.

Assistant Professor of Music Rafael Hernandez says Rey was chosen because it was "evident a unique compositional voice was emerging from his works. Ryan's influences are wide and varied but do not tear apart his works with disparate and confused juxtapositions."

As a self-taught guitar player more influenced by Metallica than Mozart, Rey didn't know how to write or read music when he started college. "I had to take notes in my music theory class and go study ►

“Like many of our students, (Ryan Rey) comes from an extremely varied background. That background in rock informs his classic writing, although not necessarily right on the surface.”

**Jeffrey Miller**  
LECTURER  
DEPARTMENT OF MUSIC

Ryan Rey '09 is the first recipient of the Glenn Glasow Graduate Fellowship in Music Composition.

PHOTO JESSE CANTLEY





Fellowship recipient Ryan Rey '09, who also plays in a rock band, will debut an original composition at the 2010 annual Glenn Glasow memorial concert.

at home to stay caught up," says Rey, 24, a Hayward native who typically sports thick plugs in his earlobes and hairstyles that have ranged from dreadlocks to mohawks. Originally a performance major, he soon found himself writing down guitar riffs instead of practicing, so he switched his major to music composition.

In the new program, Rey learned to play the piano, the most common instrument used for composing. He also had to gain a basic understanding of dozens of other instruments. Even if he doesn't play cello or trumpet, he says, he needs to know what note progressions work with fingering and what the instruments will sound like in concert.

It's a lot to manage, but in his years at CSUEB, he's become an expert in switching gears, musically speaking. In addition to assignments, he's written songs for his band, Antagony — mostly rock and metal — and created the score for the film "All About Dad," which played at

PHOTO JESSE CANTLEY



PHOTO FRANKLA ROCCA

Glenn Glasow, a professor of music and Asian studies for 34 years, attended the inaugural CSUEB concert in his honor in 2002. Since his death, the performance has been held as an annual memorial event.

San Jose's Cinequest festival in spring 2009. He also sings with the CSUEB Chamber Singers choir, which will perform in Lithuania in late October.

Jeffrey Miller, a lecturer in the composition program, says musical range is one of Rey's strengths. "Like many of our students, he comes from an extremely varied background. That background in rock informs his classic writing, although not necessarily right on the surface," Miller says.

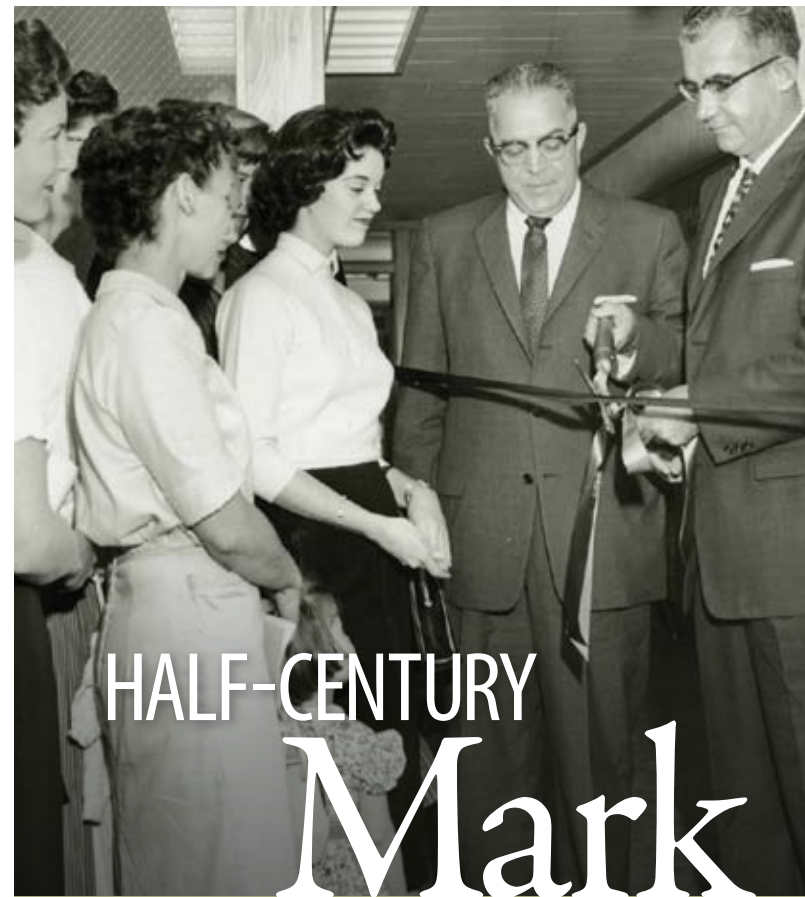
Like Glasow, Rey has a passion for teaching and hopes to get a doctorate so he can teach at a college level. He already gives guitar lessons to children, relating to young students coming from classical backgrounds as well as self-taught rockers like himself. "I have that to offer, because I'm in a band. They know I understand."

Glasow earned his Ph.D. from the University of Illinois, after studying music in Germany on a Fulbright grant. Rey isn't thinking that far ahead yet, but says his experiences at Cal State East Bay have prepared him well for whatever comes next.

"I've been able to make so many connections," he says. "Building a network like that will be great in the future."

"I am pleased that my endowment will advance the creativity of such a talented student in music composition," says Yoshiko Kakudo, Glasow's partner. "Glenn dedicated his teaching to this end and, in his understated Minnesota manner, would like the idea."

Visit Cal State East Bay Magazine online to hear excerpts from Ryan Rey's senior recital and original music by Antagony. ■



Fall quarter marks the 50<sup>th</sup> anniversary since the start of undergraduate classes at California State University, East Bay.

Cal State East Bay first opened its doors to 293 students Sept. 25, 1959, under the name State College for Alameda County. The original class sessions were held in nine classrooms in temporary quarters at Sunset High School in Hayward.

In an archived image, Madge Masson, from left, watches as state Superintendent of Public Instruction Roy E. Simpson and Assemblymember Carlos Bee perform a ribbon cutting signaling the start of registration for students. Masson was the first among some 80 students waiting to register for classes on the first day. Opening day ceremonies also drew dozens of reporters, elected officials, businessmen, and dignitaries, including the college's first President, Fred Harclerod, to the fledgling campus.

BY NICOLE LUTTON

## Find deals on the new Alumni Web site

Visit my Alumni Association online to lower my monthly expenses?

CSUEB alumni may be surprised to learn they can save money by looking for deals on the new Cal State East Bay Alumni Web site.

"We know that reducing personal expenses is a top priority in many households, so we have added an array of savings programs to help alumni save money on everyday and one-time purchases," says Kate Shaheed, director of Alumni Relations.

Here are five quick tips to get the best savings:

- Buy movie tickets in advance and save \$2 to \$3 dollars per ticket.
- Before heading to a museum or theme park, order discounted tickets. Right now, save \$20 per ticket to Great America and \$5 off admission to the Academy of Sciences.
- Get a group quote for car or property insurance with Liberty Mutual. You may save up to \$300.
- Consider purchasing television and Internet services as a package for greater savings.
- Take advantage of free shipping and extra discounts (averaging 10 percent to 15 percent) at many of your favorite online shops.

Visit the Cal State East Bay Alumni Association at [www.csuebalumni.org](http://www.csuebalumni.org).

## Managing Your Career with Certainty in an Uncertain Economy

Alumnus Zubin Koshy '05, MBA, returns to Cal State East Bay Saturday, Oct. 17 to present what he describes as "the best 1½ hour career counseling lesson."

The workshop, "Managing Your Career with Certainty in an Uncertain Economy" will be held from 1:30 to 3 p.m. in the University Union, Room 311, Hayward Campus, 25800 Carlos Bee Blvd. in Hayward.

In this lively, interactive class, learn a practical approach to writing standout resumes and cover letters, finding a job, and making the next move in your career. Koshy is chief executive officer of The One Stop Resume Shop. More information is available at [www.1stopresumeshop.com](http://www.1stopresumeshop.com).

Free admission for students and Alumni Association members; \$10 general admission. RSVP required to [alumni@csueastbay.edu](mailto:alumni@csueastbay.edu).





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| 2008 - 2009 |

Dear Friends,

It is no secret that the past year was a challenging one for California State University, East Bay, as we weathered an unprecedented financial crisis along with the nation and the world. Yet we were still able to deliver on our hallmark commitment to higher education that is both broadly accessible and academically distinguished, as evidenced by a record-high enrollment of 14,167 students.

In the 2008-09 fiscal year, friends of the University contributed \$2.75 million. This increase of more than \$1.2 million from the previous fiscal year demonstrates growing support for Cal State East Bay's vision and direction. These gifts made it possible for departments and programs throughout the University to meet critical needs, expand programs, and achieve a margin of excellence that might not otherwise have been possible. They provided scholarship assistance and invaluable encouragement to deserving students working toward the dream of a college degree. In addition, they allowed the University to make important new strides in planning for the future.

State support for the entire California State University system was cut dramatically this year, limiting our capacity to respond to new needs and opportunities. Especially at a time such as this, contributions from supporters like you can make the difference between our ability to offer a solid, basic education and a truly transformative education that benefits our students as well as the social and economic health of our entire region.

In this special section of Cal State East Bay Magazine, we recognize and extend our deepest gratitude to all of our supporters. This honor roll includes the names of some of the University's closest friends, as well as a great many new friends who have given for the first time. Although we are unable to include every name of our 2,247 donors, we appreciate every gift. With a robust culture of philanthropy taking root and growing rapidly, we are confident that the vision of Cal State East Bay as *The University of Possibilities*, where all students major in solutions for tomorrow, is within reach.

On behalf of the entire Cal State East Bay family — students, faculty, staff, and alumni — we thank you all.

**Henry Salvo Jr.**  
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Judith Stanley

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CALENDAR



MUSIC

Trombone Day

Nov. 21 from 9 a.m. to 4 p.m. in Music and Business room 1055. Daytime clinics, master class, performances, and demonstrations with Bill Watrous and the CSUEB Jazz Ensembles; and guest artists Tim Higgins, David Ridge, and Paul Welcomer with the CSUEB Trombone Ensemble. Evening concert at 8 p.m. at All Saints Catholic Church, 22824 2nd Street, Hayward. Free.



MUSIC

CSUEB Symphony Orchestra

Dec. 3 at 7:30 p.m. in Music and Business room 1055. Buddy James, conductor. \$7 general admission; \$5 youth, senior, and alumni; free with CSUEB ID.



ART

Spiritual Vessels: Chinese Teaware by Modern Masters of the Zisha Tradition

Oct. 21 through Dec. 3 in the University Art Gallery.



ATHLETICS

Women's Volleyball



ATHLETICS

Men's Basketball



LECTURE SERIES

Nanotechnology and Clean Energy

Nov. 18 from 2 to 3:30 p.m. Jill Johnsen, lecturer in physics at CSUEB, will show how nanostructured materials might raise efficiency and increase stability in clean power applications such as solar cells and fuel cells. Free for OLLI members; \$5 for non-members. Concord Campus.

HAYWARD CAMPUS

THEATRE AND DANCE

The Iago Syndrome

Nov. 13, 14, 20, 21 at 8 p.m. and Nov. 22 at 2 p.m. in the University Theatre. Written and directed by Marc Jacobs, choreographed by Nina Haft, and original music by Rafael Hernandez. \$15 general admission; \$10 youth, senior, and alumni; \$5 CSUEB students.

ICE

Dec. 4 at 7 p.m. and Dec. 5 at 4 and 8 p.m. in the Dance Studio (PE 140). This annual holiday concert introduces performers and work from across the campus and community. \$5 general admission; \$3 CSUEB students.

Ring the Bells for Change

Dec. 11 at 8 p.m. and Dec. 12 at 3 and 7 p.m. in the University Theatre. Original works by local and student playwrights; directed by Ann Fajilan and Eric Kupers. \$10 general admission; \$6 youth, senior, and alumni; \$5 CSUEB students.

MUSIC

Lawrence Granger Memorial Concert

Oct. 26 at 7:30 p.m. in Music and Business room 1055. Free.

CSUEB Symphonic Band Concert

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

23rd Annual Instrumental Music Festival Concert

Nov. 6 at 7:30 p.m. in the University Theatre. Wesley J. Broadnax, director. \$7 general admission; \$5 youth, senior, and alumni; free with CSUEB ID.

Jazz Improv Ensembles

Nov. 17 and 19 at noon in Music and Business room 1039. Johannes Wallmann and Dann Zinn, directors. Free.

Art Songs and Opera Excerpts Opera Workshop

Dec. 1 at noon in Music and Business room 1055. Allen Shearer and Pamela Hicks, directors. Free.

Jazz Workshop and Jazz Ensemble in Concert

Dec. 1 at 7:30 p.m. in the University Theatre. \$7 general admission; \$5 youth, senior, and alumni; free with CSUEB ID.

Percussion Ensemble Recital

Dec. 3 at noon in Music and Business room 1039. Arthur Storch, director. Free.

Dona Nobis Pacem: The CSUEB Holiday Concert

Dec. 5 at 4 p.m. in Music and Business room 1055. Performance by The East Bay Singers, Chamber Singers, and Oratorio Society; Buddy James, conductor. \$7 general admission; \$5 youth, senior, and alumni; free with CSUEB ID.

ATHLETICS

Women's Volleyball

Oct. 21 at 7 p.m. vs. Cal State Los Angeles  
Oct. 24 at 3 p.m. vs. Cal State Dominguez Hills  
Nov. 13 at 7 p.m. vs. Humboldt State  
Nov. 14 at 7 p.m. vs. Sonoma State

Men's Basketball

Nov. 21 at 7 p.m. vs. San Diego Christian  
Dec. 15 at 7:30 p.m. vs. UC San Diego  
Dec. 19 at 7 p.m. vs. Seattle Pacific  
Jan. 7 at 7:30 p.m. vs. CSU Stanislaus  
Jan. 9 at 7:30 p.m. vs. CSU Chico  
Jan. 14 at 7:30 p.m. vs. San Francisco State  
Jan. 16 at 7:30 p.m. vs. CSU Monterey Bay

Women's Basketball

Nov. 20 at 7 p.m. vs. Western Washington  
Dec. 15 at 5:30 p.m. vs. UC San Diego  
Dec. 22 at 5:30 p.m. vs. Emporia State  
Jan. 7 at 5:30 p.m. vs. CSU Stanislaus  
Jan. 9 at 2 p.m. vs. CSU Chico  
Jan. 14 at 5:30 p.m. vs. San Francisco State  
Jan. 16 at 5:30 p.m. vs. CSU Monterey Bay

Men's Soccer

Oct. 23 at 3 p.m. vs. Cal Poly Pomona  
Oct. 25 at 2 p.m. vs. Cal State San Bernardino  
Oct. 30 at 3 p.m. vs. Cal State Dominguez Hills  
Nov. 1 at 2 p.m. vs. Cal State Los Angeles

Women's Soccer

Oct. 23 at noon vs. Cal Poly Pomona  
Oct. 25 at 11:30 a.m. vs. Cal State San Bernardino  
Oct. 30 at 12:30 p.m. vs. Cal State Dominguez Hills  
Nov. 1 at 11:30 a.m. vs. Cal State Los Angeles

CONCORD CAMPUS

LECTURE SERIES

High Art vs. Low Art

Oct. 20 from 1:30 to 3:30 p.m. Lecture given by Craig Derksen, lecturer in philosophy at CSUEB. \$40 for OLLI members; \$55 for non-members.

Order in the Court: The Law vs. Literature

Oct. 26 and Nov. 2, 9, and 16 from 1:30 to 3:30 p.m. Lecture given by Laurie Phillips, lecturer of ethics at CSUEB. \$40 for OLLI members; \$55 for non-members.

Buddhism & Hinduism: Eastern Spirituality

Nov. 6, 13, 20 and Dec. 4, 11, and 18 from 1:30 to 3:30 p.m. Lecture given by William Garrett, professor of philosophy and religion at John F. Kennedy University. \$60 for OLLI members; \$75 for non-members.

Emily Dickinson

Nov. 9, 16, 23, and 30 from 10:30 a.m. to 12:30 p.m. Lecture given by Don Markos, professor emeritus of English at CSUEB. \$40 for OLLI members; \$55 for non-members.

Horns, Horns

Dec. 2 from 4 to 5:30 p.m. David Sprung, professor emeritus of music at CSUEB, will give a lecture and demonstration on the evolution of the French horn. Free for OLLI members; \$5 for non-members.

Annual End-of-Year Gala

Dec. 2 from 5:30 to 7:30 p.m. Free for OLLI members only.



## CLASS NOTES

## 1960s

**Kent Perryman**, BA, psychology ('69), is an emeritus professor with the University of California, Los Angeles Brain Research Institute and spent his career as a researcher investigating electrophysiological diagnostic techniques for Alzheimer's disease and pharmacological agents that would slow the brain disease down. Perryman retired as an associate professor at the UCLA School of Medicine's Department of Psychiatry and Biobehavioral Medicine and as a research cognitive neurophysiologist with the Sepulveda Veterans Administration Hospital's psychiatry service in 2002. Perryman is a member of the Sierra Sacramento Valley Medical Society's Historical Committee and writes articles on the history of medicine.

## 1970s

**Patrick Gemma**, MS, school administration ('77), was named by the Association of California School Administrators as Superintendent of the Year for San Mateo and San Francisco counties. Gemma is superintendent of the Sequoia Union High School District.

**Nancy O'Malley**, BA, political science ('77), was appointed the first woman district attorney for Alameda County in September. O'Malley previously served as chief assistant district attorney at the Alameda County District Attorney's Office for 10 years. She is also president of California Women Lawyers. In 2005, O'Malley helped establish the Alameda County Family Justice Center to provide employment training, counseling, childcare, and other services to victims of domestic violence. O'Malley was appointed by Governor Arnold Schwarzenegger to serve on the state's Domestic Violence Advisory Council in April.

**Sujoy Sarkar**, BA, mass communication ('78), is the owner of Clearwater Filmworks, a film company associated with Chabot College's KCTH channel 27. Clearwater Filmworks is an eight-year-old company that provides access to studio facilities to generate income for the college to help support its operational costs. Sarkar also works with production companies that are affiliated with Hollywood studios.

**Jennifer Wolch**, MS, geography ('76), was named dean of the University of California, Berkeley's College of Environmental Design. Previously, Wolch was a professor of geography and urban planning at the University of

Southern California. Wolch is also the founding director of USC's Center for Sustainable Cities, and has promoted sustainable urbanism and research to enhance cities' economic vitality, social justice, and environmental quality.

## 1980s

**Jay C. Brome**, BA, political science ('87), entered the California Highway Patrol Academy in February 1996, and has served as a CHP officer throughout the Bay Area and currently patrols in Solano County. Brome also served as an assistant to the late Alameda County Supervisor Charlie Santana.

**Ruth Davies**, BA, music ('84), is a Grammy Award-winning freelance bassist who recently hosted Ruth Davies' Blues Night with Elvin Bishop as part of the Stanford Jazz Festival. Davies also plays bass on the title track of Bishop's latest album, "The Blues Rolls On."

**Frank George**, BA, mass communication ('87), is the editor of the Hughson Chronicle, which serves communities near Modesto. George became editor in February 2006. He has earned or helped earn several California Newspaper Publishers Association awards in his 20-year career.

**Joan McOmber**, MS, counseling ('85), co-founded Bridges Academy for at-risk teen males in 1997 in Oregon. She previously co-founded SageWalk, a wilderness school for troubled teen students in 1995. McOmber serves as executive director of Bridges Academy, which recently celebrated 12 years of helping teens. The 16-member staff assists teens by strengthening them emotionally and academically and by facilitating family healing and reunification.

## 1990s

**Sven Eberlein**, BA, sociology ('91), has written his first book, "Dancing on the Brink of the World." He also is working on a nonfiction book about global warming and ecological issues. Additionally, Eberlein has recorded six albums with his band Chemistry Set.

**James Monroe Iglehart**, BA, theatre ('98), played the role of the lion in the New York City Center production of "The Wiz." Iglehart made his Broadway debut in 2007 as Mitch Mahoney in "The 25th Annual Putnam County Spelling Bee!" — a role he also performed in San Francisco at the Post Street Theatre.

**Mary Rennie**, BS, criminal justice ('91), has retired from police work after more than 30

years in the field. Rennie was lieutenant and commander of the California Highway Patrol's Tracy area office for the past three and a half years. Before joining the CHP, Rennie worked for the Shasta County Sheriff's Office.

## 2000s

**William Huey**, MBA ('03), joined the Asset Exchange Company in 1988 to expand the 1031 tax deferred exchange business to the San Jose area. Huey is among the first 100 Certified Exchange Specialist designees in the country. He also co-founded Premier International Language Academy, a private year-round Chinese immersion school in San Jose.

**Amy McNamara-Furtado**, MS, educational leadership ('03), took over as principal at James Logan High School on July 1. McNamara-Furtado beat out 51 other applicants for the position. She was previously the principal of San Leandro High, and during her tenure as principal, the school started several "small learning communities" including an arts and media academy and a social justice academy.

**Mindy Kimball**, MS, geology ('05), is a major in the U.S. Army serving in Iraq. Kimball contributed a photo and text to "Thoreau's Legacy: American Stories about Global Warming," an online project of Penguin Classics and the Union of Concerned Scientists published in July. "I took the photo while I was on a really great field trip over spring break (2004) with the geology department," Kimball says.

**Grant Walters**, BA, political science ('00), is a new associate at Clapper, Patti, Schweizer and Mason, a national law firm with an emphasis on representing victims of mesothelioma, a rare form of cancer associated with asbestos exposure. Walters also is an active member of American Association for Justice, Consumer Attorneys of California, Marin County Bar Association, and San Francisco County Bar Association. He previously was an associate with Brayton Purcell LLP.

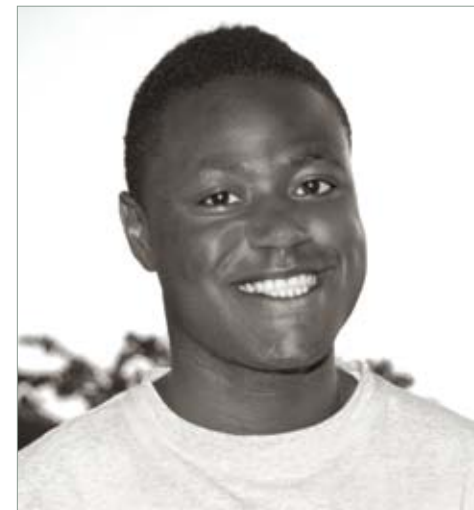
## Submit Class Notes

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 CSUEB programs, services, or people most contribute to building healthy communities?”

From physical therapy to substance abuse counseling, the health field is no longer just about diet and exercise. Through areas of study such as recreation therapy and skill acquisition and sport psychology to community outreach programs such as the Speech, Language, and Hearing Clinic and The Human Investment Research and Education Center, Cal State East Bay is committed to creating healthy bodies and minds. In their comments below, University community members share their thoughts about the CSUEB offerings that most contribute to the health and quality of life of communities in our region, state, and world.



“The fabulous faculty of professors and counselors contribute the most to building healthy communities, because they direct us in the right path in picking career choices and molding young men and women. Because of my human development professor, I am now in the social work program.”

**Daniel Odegami '09**

BA human development  
Graduate student, social work



We're starting a health science student organization, and the main focuses are recruiting new freshmen in the health science major and the health of the students on campus.

**Simran Kaur**

Senior  
Health science



The master's program (in education) had us doing activities with community members like working with at-risk kids on restoring tule ponds and interning at Lawrence Livermore National Laboratory. These programs directly connected me with businesses that my students could work with. These programs bring the outside world to the students who are going to go out and touch the community.

**Liz Ritchie '09**

MS Science curriculum



The Department of Nursing and Health Science, because we have a shortage of qualified health professionals for the aging population. We are training students and teach about work conditions and requirements.

**Stephen Morewitz**

Lecturer  
Department of Nursing and Health Sciences



The student teaching programs train student teachers who are working on their credentials, and each of them touches (many) people's lives.

**Ethan Chatagnier**

Graduate student  
Single Subject Teaching Credential



We provide various health promotion activities for the people in our community like conducting health assessments of preschool children, adolescents, and elderly groups. Faculty and students have been actively involved with teaching the groups healthy eating habits, self-esteem enhancement, weight maintenance, smoking cessation, diabetes education, and earthquake preparedness.

**Kimberly Kim**

Associate professor  
Department of Nursing and Health Sciences



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