

THIS WEEK

September 15, 2008
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University pride comes home at homecoming celebration

[Full Story](#)

HORNET PRIDE—An adoring fan enjoys homecoming festivities with Herky at last year's Homecoming Festival.

Student e-mail system upgraded

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[Full Story](#)

Sacramento State launches veterans scholarships

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PROFESSIONAL ACTIVITIES >>

PROFILE



Michael Wright, 2007-2008 Outstanding Teacher

You might say that physical education is in professor Michael Wright's blood—and you'd be right.

[Full Story](#)

EVENTS



Chirgilchin

Chirgilchin, a Tuvan throat-singing group, will perform at 8 p.m., Thursday, Sept. 18, in the Capistrano Music Recital Hall. Throat-singing is a vocal form in which one singer produces two or more voices at the same time. Tickets are \$15 general admission and \$8 for students. Tickets are available at Sacramento State's Ticket Office, 278-4323 or www.tickets.com.

[Campus Calendar of Events](#)

Professional Activities

Monday Briefing



Vanpooling

Vanpooling is a great alternative commute mode. If you are interested in commuting to campus via a vanpool, please call Maryam Amiri at Enterprise Rideshare, (916) 480-4961. Additionally, information about CNG vans is available by calling the Department of General Services at (916) 327-1078.

For vanpool lists, please visit www.sacramento-tma.org or call (916) 441-7074. You may also contact Noel Carolipio, Employee Transportation Coordinator, at

ncarolip@saclink.csus.edu or extension 87527.

ATHLETICS

Adam Bettencourt named MSPF player of the week

Sacramento State redshirt freshman Adam Bettencourt was named MSPF Player of the Week for the week of Sept. 8.

[Full Story](#)

This Week in Hornet Action

Hornet Sports Home

Bulletin Staff



The *Bulletin* is distributed on Mondays of the academic year. Campus news may be submitted by e-mail to bulletin@csus.edu. Deadline for all materials is 10 a.m. on the Wednesday before publication. For more information call 278-6156.

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University pride comes home at homecoming celebration

This year, “going green” has multiple meanings for the Sacramento State community, particularly during homecoming week.

The University’s homecoming theme is “Go Green,” and the campus community is encouraged to do just that during homecoming week, beginning Monday, Sept. 22 and continuing through Saturday, Sept. 27. Sacramento State is hosting a variety of activities for students, alums and the community.

A “Go Green” poster contest for student clubs and organizations will be held 9 a.m. to 3 p.m., Monday and Tuesday, Sept. 22 and 23 in the Orchard Suite in the University Union. Paper, paint, markers and glue will be available for contestants. Judging is Wednesday, Sept. 24, for a \$500 first prize, \$250 second prize and \$100 third prize.

The campus community will gather for the perennial “Swarm Photo” at noon, Tuesday, Sept. 23, in the Library Quad. The photo will include students, faculty, staff and a large-scale version of Herky the Hornet, the campus mascot. All are encouraged to wear green, gold or Sacramento State attire. Free ice cream will be available for participants.

Musical entertainment includes Chelsea Wolfe, a folk alternative artist formerly of Red Host, at noon, Wednesday, Sept. 24 in Serna Plaza. The event is free, and Student Activities will host the homecoming “Go Green” poster judging contest before, during and after the event (10 a.m. – 2:30 p.m.).

Festivities take a lighter turn at the San Francisco International Standup Comedy competition, at 7:30 p.m., Thursday, Sept. 25 in the University Union Ballroom. The free event features semi-final rounds of the annual competition, with 10 competing professional comedians.

The University’s “Golden Grads” will be celebrated at a reunion and luncheon honoring graduates from 1949 to 1959, at 11:30 a.m., Friday, Sept. 26 in the Alumni Center. Cost for the luncheon is \$30 per person. RSVP to Alumni Affairs at 278-6295.

The week wraps up with the homecoming festival and football game, Saturday, Sept. 27. The homecoming festival and tailgate party kicks off at 10 a.m. in the Alumni Center parking lot. Prizes for the best student and alumni/community tailgate will be given. A kids' zone will feature jump houses, face painting, a mascot meet-and-greet and a children’s parade at 11:30 a.m. The Hornet Zone will include live music, an alumni beer garden (must show valid i.d.) and food vendors. Kickoff time for the football game, Sacramento State vs. Portland State, is 2:05 p.m., at Hornet Stadium, and the first 500 attendees wearing Sac State green will receive a free gift.

For more information, visit www.sacstatealumni.com/homecoming.stm or call 278-6295.

Homecoming activities:

“Go Green” Poster Contest

9 a.m. – 3 p.m., Monday and Tuesday, Sept. 22 and 23, Orchard Suite, University Union

Swarm Day campus photo

Noon, Tuesday, Sept. 23, Library Quad

Musical artist Chelsea Wolfe

Noon, Wednesday, Sept. 24, Serna Plaza

“Go Green” Poster Judging

10 a.m. - 2:30 p.m., Wednesday, Sept. 24, Serna Plaza

San Francisco International Standup Comedy Competition

7:30 p.m., Thursday, Sept. 25, University Union Ballroom

Golden Grads reunion and luncheon

11:30 a.m., Friday, Sept. 26, Alumni Center

Homecoming Festival

10 a.m. – 2 p.m., Saturday, Sept. 27, Alumni Center parking lot

Tailgating zone, prizes for best student and alumni/community tailgate, live music, beer garden, food vendors, jump houses, mascot meet-and-greet and children's parade.

Homecoming Football Game

2:05 p.m., Saturday, Sept. 27, Hornet Stadium, Sacramento State vs. Portland State

First 500 attendees wearing Sac State green receive free gift

Student e-mail system upgraded

Some students have voiced concerns about changes in their University e-mail service, but the modifications are designed to streamline the system and make it more reliable, says Doug Jackson, associate vice president of Academic Computing Resources.

"We have developed an e-mail standard for students to ensure they can connect in an official capacity to the University," Jackson says.

In the past, students would have their own private account and University officials had no way of knowing if it really belonged to the student and not his or her best friend or someone else, Jackson says. Sacramento State needs a valid account with each of its students, he adds, so that the student can receive official communications in a secure manner.

Previously, students also had a preferred e-mail address and a forwarding address. New students won't be using the forwarding address, and the preferred address won't be used unless there's an overwhelmingly exceptional need, Jackson says.

Current students will still have the other addresses available for their use, but Sacramento State's Information Resources and Technology department has been sending out notices to make sure those addresses are correct. "We are testing them and confirming they are actual addresses," Jackson says. "We're not saying existing students can't continue their forward, we just want to make sure they're effective—that they work."

All students are being asked to send and receive their official e-mail through their Sac Link account. That will make things easier not only for the students, but also for faculty. A professor will no longer have to gather individual e-mail addresses from each student in the class, trying to interpret each one's handwriting, Jackson says. Instead, a list of Sac Link accounts will be available for instructors.

And with the review of current students' forwarding addresses, the odds are even greater they will receive the information they need. "We don't want our students to miss out on financial aid or an assignment that's due, or any other important messages," Jackson says.

His team has also improved the Sac Link e-mail system. "We've beefed it up. It's much easier, much more robust and much more accurate," Jackson says. Students will find it easier to get to their e-mail from the new uPortal site, also known as My Sac State 2.0.

Creating the portal has been a major project. It's not just a list of URLs, but a collection of channels—areas within a page that may change with updated information. "It's like many different windows on one page," Jackson says.

One important element of the uPortal is a single sign-on for users. "You can go to one spot, log in, and gain access to all services without having to log in again," Jackson says. My Sac State 2.0 is scheduled to fully replace My Sac State Classic on Sept. 16.

Sacramento State launches veterans scholarships; 'Troops to College' reinforces GI Bill

Sacramento State President Alexander Gonzalez and University Foundation Chair George Crandell have announced a campaign to raise \$100,000 for scholarships and other needed support services for veterans, active-duty military personnel and their dependents who are struggling to cover the expenses of obtaining a college degree.

The Troops to College program was created to provide scholarships and enhance support services to help our nation's veterans return home to civilian life and obtain a college education, but the state provided no funding when the program was created by the Legislature in 2006.

President Gonzalez and Chair Crandell challenged the University community to take the lead in raising money to finance Troops to College. The University Foundation at Sacramento State answered the call and is raising funds to provide \$1,000 each for scholarship recipients. Chair Crandell led the way with a personal gift of \$25,000 and SAFE Credit Union has given \$10,000 toward the effort.

"I wasn't expecting the level of support the Foundation gave us," says Jeff Weston, Sacramento State's Veterans Affairs coordinator. "Foundation members adopted *Troops* and are dedicated to ensuring its successful implementation. They are committed to helping our veterans and military personnel."

The University has more than 1,000 eligible students. The federal GI Bill covers some of the veterans' costs, but the burden of paying for many other items falls on the students' shoulders. Veterans also are older than the typical college student, frequently hold jobs, have families and other obligations, putting even more pressure on their time and commitments.

Sacramento State senior Daisy Enriquez moved into the residence halls after serving in the Army, which included a tour of duty in Kuwait.

"That was hard because there weren't that many 24-year-olds in the residence halls," Enriquez says.

Junior Thomas Kroom, a former Army staff sergeant with the 82nd Airborne Division, found it difficult to be without the support and backup of his fellow soldiers. "The biggest thing was missing that brotherhood."

Both of them faced financial hurdles as well. The GI Bill pays \$1,034 a month, and recipients have to decide just where they're going to spend it.

Most of Enriquez' first payments went to cover the residence hall costs. Kroom's benefits cover school fees, plus some of his rent. The two veterans are grateful for the help but need to work in between courses to make ends meet.

And GI Bill benefits don't kick in until October for veterans starting school in September, leaving them facing another dilemma. "Due to the delays in the GI Bill benefits and services, students can't afford to buy their books until a month into school," Weston says. "This and other burdens create obstacles these students shouldn't have to overcome. The Troops to College scholarship will help them meet their financial obligations."

Sacramento State's commitment to support veterans and their families doesn't stop with that. Other programs are already in the works to assist veterans, such as a special Summer Bridge Program that would help them adjust to the academic environment.

Enriquez and Kroom note there are special difficulties for veterans on campus. Enriquez has been asked if she's ever killed anyone, and Kroom says it's difficult to sympathize with complaints of classes or grades after having made life and death decisions. "Even I might complain now and again, but those things are so miniscule," Kroom says.

With the scholarships, the Summer Bridge Program and other planned efforts, Weston believes Sacramento State will become the program's standard bearer. "We want to be that campus that brings the wider Troops to College vision alive," he says. "And I think we're in a really great position to do it."

For more information on Troops to College, visit www.calstate.edu/veterans/index.shtml. To contact Sacramento State's Veterans Affairs Office, call 278-7893 or visit www.csus.edu/admr/vets. To support the Troops to College program, call Jody Policar at 278-4168 or go to https://webapps1.csus.edu/ua_development/form1.asp.

Sign up for safety

Sacramento State officials are working to bolster campus safety by urging students, faculty and staff to sign up for the University's automated Emergency Notification System.

The system, known as ENS, delivers urgent announcements to large groups of people, via text, voice and e-mail broadcasts. Students, faculty and staff are strongly encouraged to provide accurate contact information at www.csus.edu/ENS.

"Sacramento State is absolutely committed to ensuring the safety of our students, faculty, staff and visitors," says University President Alexander Gonzalez. "The Emergency Notification System's ability to deliver critical incident information is essential to our mission of providing a safe campus."

The alerts would only be used in the event of an emergency that threatened lives, health and safety. Examples include a campus shooting, bomb threat, hazardous materials spills flood, or fire.

"The key to the success of this system will be an up-to-date database with the correct contact information for the university community," says Public Safety Chief Ken Barnett.

During an emergency, Public Safety officials can immediately send a message with important safety or evacuation information. The system's state-of-the-art technology can transmit to cell phones, office phones and e-mail addresses simultaneously. ENS also allows follow-up messages with more specific details of the event and safety procedures, such as an "all-clear" message when the threat no longer is present.

The community will also be alerted to visit the campus' homepage, www.csus.edu, for more information.

For more information or media assistance, contact Sacramento State's Public Affairs office at (916) 278-6156.

New group for sexual assault survivors forming on campus

Sacramento State's Student Health Center will host four sessions of "Yoga and Healing for Sexual Assault," an innovative, evidenced-based program for sexual assault survivors. The two-part program consists of a yoga session led by respected instructor Tamara Lee Standard, and a group discussion focused on healing for sexual assault survivors led by Cathy Connors. Connors, Psy.D. is a licensed psychologist who has worked in the mental health field for over 15 years. Standard is an experienced yoga instructor who has been featured in *Yoga Journal Magazine*, *SN&R* and ThatsFit.com. Enrolled Sacramento State students are encouraged to participate in the October 9, 16, 23 and 30 sessions. Each session is from noon to 1:15 p.m. in the Student Health Center Conference Room.

"We've received student interest before the semester started," says Jessica Heskin, coordinator of Violence and Sexual Assault Support Services at the Health Center. Heskin is hopeful that the sessions will give survivors immediate tools to reduce anxiety and post traumatic stress disorder symptoms. "We want the students to leave that day with something that may help them."

According to Heskin, "Yoga helps decrease symptoms by utilizing relaxation techniques. The memory of the trauma is imprinted on the human body; yoga helps reconnect the survivor with their physical self, thereby reestablishing a friendly/positive relationship with one's body." A number of research studies

have shown that yoga in conjunction with more traditional therapy decreases Post Traumatic Stress Disorder symptoms in veterans. Similar services have begun to be provided at rape crisis centers in the country. These sessions would be a first at Sacramento State.

Interested students should contact Cathy Connors 278-3367, connorsc@csus.edu before Sept. 28. Connors will conduct a brief, confidential screening. There is no charge for this group, and again is only for enrolled Sacramento State students. For more information about the Student Health Center or Violence and sexual assault support services, contact Heskin 278-3799. This program is sponsored by Student Health Services, Psychological Counseling Services and the Women's Resource Center.

Professor uses Zen to reach counseling clients

The Eastern philosophy of Zen has long been credited by its adherents for helping them center their lives. Professor Andrew Bein says practitioners in psychology, counseling and social work can also use Zen principles to better reach their clients.

Bein's new book, *The Zen of Helping: Spiritual Principles for Mindful and Open-Hearted Practice*, has been released by Wiley publishing and is already receiving accolades from practitioners.

"*The Zen of Helping* is a must-read, must-have book for anyone who is serious about helping those in need of care, understanding and comfort," says Shauna L. Smith, co-founder of Therapists for Social Responsibility.

Using scientific and medical criteria when sizing up a client can supply only so much information, Bein says. How does the practitioner interact with someone he or she may not know very well? How do they listen to them or decide on which direction to take?

That's where the "strong back – soft front" philosophy of Zen can be used, he says. The "strong back" is used to keep the practitioner from giving up on a client as a lost cause. At the same time, though, you don't want to try to pound the truth into them, so the practitioner must also have a "soft front" of open-heartedness, Bein says.

"It's a little different slant," he says of the approach offered in the book.

Specific chapters emphasize radical acceptance, practitioner mindfulness and compassion for the client, something that traditional approaches may see as "soft" or non-scientific, Bein says. To that end, Bein asks the practitioner to "view one person's suffering as a river that flows through everyone."

The practitioner should also recognize that being with the client is an opportunity—a gift—to help that person, Bein says. If just a few circumstances were changed, it could be the practitioner who was seeking help, he says.

Bein's approach is not limited to just those practicing Eastern spiritual traditions. Practitioners from all religions can use this method. If they don't wish to meditate, they may wish to pray and bring a sense of the divine to the encounter, Bein says. Even an atheist can view the approach more along the lines of relaxation, he says. "It's about being inclusive."

Bein embraced Zen Buddhism 10 years ago as a way to manage some challenges in his personal life. He incorporated the philosophy into his profession shortly afterward, finding that it fit with the acceptance required in social work.

The book is available at the Hornet Bookstore, the Avid Reader bookstores in Sacramento and Davis, and at Amazon.com. Bein will hold a book signing at the Avid Reader in Sacramento at 7:30 p.m., Saturday, Oct. 11. Bein notes that Amazon already ranks the book in the top 30 of all books on Zen Buddhism over the years, and second in sales for new releases on the subject.

For more information on *The Zen of Helping: Spiritual Principles for Mindful and Open-Hearted Practice* visit <http://andrewbein.com/> or call 278-6170.

Faculty Senate

Monday, Sept. 15

2 -3:30 p.m., Committee on Diversity and Equity (CODE), Mendocino Hall 1024

3- 4:30 p.m., General Education Policies/Graduation Requirements (GE/GRPC), Sacramento Hall 275

Tuesday, Sept. 16

1:30-2:50 p.m., Curriculum Policies (CPC), Sacramento Hall 275

3-5 p.m., University ARTP Committee (UARTP), Sacramento Hall 275

3- 5 p.m., Executive Committee, Sacramento Hall 275

Wednesday, Sept. 17

1-2:30 p.m., Faculty Policies Committee (FPC), Sacramento Hall 275

Thursday, Sept. 18

3-5 p.m., Faculty Senate, Foothill Suite, University Union

Friday, Sept. 19

2-3:30 p.m., Academic Policies (APC), Sacramento Hall 275

Professional Activities

Scholarship

Ron Coleman, Biological Sciences, recently passed the "5000 questions answered" milestone for the AllExperts network. Coleman has been answering aquarium and fish-related questions for more than five years. AllExperts.com is the oldest and largest volunteer service where experts answer questions from the general public.

Lisa Beutler, Center for Collaborative Policy, moderated a special session on Tribal Issues at the Floodplain Management Association Annual Conference, Sept. 2, in San Diego. The workshop focused on integrating tribal concerns into flood planning and flood management.

David Booher, Center for Collaborative Policy, co-presented a paper on, "Blending Many Knowledges for Robust Planning," at the joint conference of the European Schools of Planning and the Association of Collegiate Schools of Planning in July. He also moderated a panel on intergovernmental collaboration.

In the News

Ann Weldy, English emerita, participated in a two-hour radio documentary, "From the Ban to the Booker Prize," for the BBC Radio 4 in Great Britain in August. Weldy was one of several women authors, all interviewed by British mystery writer Val McDermid, whose work touched on lesbian themes over the last 80 years of the 20th century.

Campus Announcements

Monthly award winners

University President Alexander Gonzalez announced Jennifer Campbell, human resources, University Enterprises, Inc., and Rolly Robinson, administrative support coordinator, Information Resources and Technology, as Staff Employee Recognition Employees of the Month.

Jennifer's nominator indicated, "she works diligently to ensure that proper procedures are followed and decisions are fair and equitable." Her colleague mentioned, "she is a great asset and a valuable resource to the campus."

Rolly is described as “exhibiting outstanding attributes indicating she has clearly exceeded expectations for her position in the areas of service, dedication, and professionalism.” Her nominator mentioned, “Rolly continually performs her duties as a collegial team member, treating others with courtesy, civility, cordiality, and respect in all relations.”

Nominations for this month are being accepted. Names of the recipients will be announced in October. Details regarding eligibility, criteria, and nomination procedures are available on the website link:

www.csus.edu/president/staffrec/index.stm.

Submitted by the Office of the President

Accreditation web site

Sacramento State is preparing for the Educational Effectiveness Review phase of its Western Association of Schools and Colleges (WASC) accreditation cycle, and Academic Affairs has developed a website to facilitate campus involvement in the process. The website provides an avenue to share resources, materials, and insights that ultimately will help strengthen the collective campus presentation throughout this process. Visit the website at www.csus.edu/wascaccreditation.

The website will be updated regularly with new resources and data as they become available. Members of the campus community are encouraged to suggest additional resources, data, and reports that focus on evidence-based institutional effectiveness and decision making. Submit any materials/comments to wascaccreditation@csus.edu or you may contact Don Taylor in Academic Affairs at 278-6331.

Submitted by Academic Affairs

Identity Style Guide

The revised Identity Style Guide, which provides direction on using the University’s seal, has been updated to reflect input received from the campus community since the identity package was put in place. It includes guidelines for the expanded color palette, options for typefaces and directions for downloading the logo, as well as information on web and Power Point templates, logo and associated graphics. It also describes the core values that the identity package is intended to convey. The guide and related tools are available online at www.csus.edu/pa/identity.

If you have additional suggestions, please direct them to Public Affairs at infodesk@csus.edu or 278-6156. Public Affairs is also available to answer questions about the Identity Style Guide, make presentations to small groups, or provide guidance for implementing the Web templates.

Submitted by Public Affairs

City seeks input on 2030 General Plan

The City of Sacramento is creating a new general plan that will guide its physical, economic and environmental growth as it strives to be “the most livable city in America.” The plan includes creating a campus-centered community that achieves smart growth around the 65th Street Redevelopment area.

Representatives from the city will be in the University Union’s Hinde Auditorium at Wednesday, Sept. 24 to present their ideas and solicit feedback.

This forum is one of the first ways the campus community is invited to participate in the historic partnership between Sacramento State and the City of Sacramento, which was recently formalized in the signing of a memorandum of understanding between President Alexander Gonzalez, Mayor Heather Fargo and City Manager Ray Kerridge.

Submitted by Governmental Affairs

EOP 40th anniversary

The Equal Opportunity Program will celebrate its 40th anniversary this academic year with a campus-wide celebration Sept. 29 in Serna Plaza.

EOP on the CSU campuses is a direct result of the Civil Rights movement of the 1960s. Community activists and students pressured the California State Legislature to provide higher education access to underserved students. In 1968, several pilot programs were established in the CSU system including the Sacramento State campus. After the first year, the program was evaluated and results were submitted to

the California State Legislature. Because of the positive evaluation, Senate Bill 1072 (the Harmer Bill) established EOPs at all CSU campuses in 1969.

Since that time, EOP has served as one of the primary vehicles for the access and success of low-income and first generation students in the CSU system. Visit www.csus.edu/eop for more information on EOP.
Submitted by EOP

Faculty and staff invited to Homecoming game

President Alexander and Gloria Gonzalez invite University faculty, staff and their families to the Homecoming football game on Saturday, Sept. 27, when the Hornets take on Portland State at 2:05 p.m. in Hornet Stadium.

Faculty and staff members may pick up four game tickets at the Sacramento State Ticket Office by presenting their OneCard to receive the tickets. Ticket office hours are 10 a.m. to 6 p.m., Monday through Friday. Additional tickets may be purchased from the Sacramento State Ticket Office or at the game.

The campus community is encouraged to come to the stadium early, tailgate, and enjoy Sacramento State's Homecoming Festival beginning at 10 a.m. at the Alumni Center. Festival activities include live music by Steel Jam and the Sacramento State Marching Band, bounce houses, carnival games, and a kids' parade. Festival events are open to the community.

Homecoming Festival and game details can be found at www.csus.edu/homecoming.

Submitted by the Office of the President

Visiting speaker

Dr. Deborah Stipek, an expert on education, will discuss ways of motivating youth from noon to 1:30 p.m., Wednesday, Oct. 1, in the University Union California Costal Suite. Stipek is the dean of the School of Education at Stanford University. The lecture is free and open to the public.

Submitted by Child Development

Emergency preparedness

As part of National Emergency Preparedness Month, Sacramento State will join with the Council for Excellence in Government to test the readiness quotient of the campus community.

The Council for Excellence in Government worked with the Department of Homeland Security, the American Red Cross and the Citizen Corps to develop a quick test that determines how ready people are to respond to a weather emergency, natural disaster or terrorist attack. Individual results will be displayed immediately after the test, and the aggregate results will appear in the *Bulletin* in October.

The test is available to members of the campus and the region. It is located at whatsyourrq.org/form.php?refcode=CSUS.

The Risk Management Services office will hold its annual Emergency Preparedness Fair 10 a.m. to 2 p.m., Thursday, Sept. 25, along the walkway between the University Union and the Library Quad. The fair will provide information to the campus community on how to prepare and respond during an emergency. Information booths will be set up on campus throughout the day.

For more information, contact Risk Management Services at 278-6456 or send an e-mail to slouie@csus.edu.

Submitted by Risk Management Services

Fact Book is here

The 2008 Department Fact Book is now available from the Office of Institutional Research. The book is designed to give each department a snapshot of its individual data to be used for program reviews and overall departmental planning. The data has been collected during the census dates and includes a five-year range.

A copy is being sent to each department chair and online access is available at www.oir.csus.edu. Click on "Data Center" then "Departmental Fact Book" and choose a department.

Submitted by Institutional Research

Arts of California Conference

Sacramento State's Center for California Studies is sponsoring the 20th annual Envisioning California Conference, Sept. 18-19 at the Sacramento Convention Center. The theme is Imagined: The Arts of the Golden State. The keynote address will be given Thursday, Sept. 18, by author and journalist Richard Rodriguez.

Submitted by Center for California Studies

Human Resources

Extension of open enrollment

The 2008 open enrollment deadline has been extended to Oct. 24 for the CSU. Open enrollment begins Sept. 15. The effective date of all open enrollment transactions will be Jan. 1, 2009.

CSU dental benefit changes

Beginning Jan. 1, benefits for cleanings, examinations and bitewing x-rays will shift to a calendar year schedule rather than a rolling 12-month period.

When the new benefit period begins, cleanings, examinations and/or bite x-rays that were paid in 2008, will not negatively affect eligibility in 2009. For example, if an enrollee has a cleaning in November 2008, that cleaning will not count as one of the two cleanings provided under the plan in 2009. That applies even if the enrollee's first cleaning in 2009 is less than six months from the November 2008 cleaning.

Coverage changes for dental implants

Beginning Jan. 1, there will be a change to Delta Dental's coverage of implants. Implants will be covered under the prosthodontic benefit level (50 percent) and will be subject to the plan's prosthodontic limitation (once every five years), as well as the plan's annual maximum and deductible. Implant procedures include surgical placement of the implant, removal if necessary, implant-supported prosthetics (crowns) and any repair and/or recementation.

Enrollees are encouraged to obtain a pre-determination of benefits from Delta Dental. Delta Dental and DeltaCare USA have a new URL address for the CSU system. It is www.deltadentalins.com/csu.

Time to apply for sabbaticals

Full-time faculty members interested in applying for sabbatical leaves for the 2009-10 academic year must submit an online application to Human Resources no later than 5 p.m., Friday, Sept. 26. The application must be completed online at www.csus.edu/hr/faculty/sabbatical/sabbatical.htm. For more information, or if there are questions about the sabbatical leave process, please contact the Office of Human Resources at 278-6169.

Catastrophic leave donation program

Sacramento State employees may voluntarily donate to other employees up to a maximum of 40 hours of sick or vacation leave credits each fiscal year in one-hour increments. Bargaining Units 1, 8, 10 and 11 may only donate up to 16 hours per fiscal year. If employees are interested in donating time, a donation form can be obtained at www.csus.edu/hr/forms.htm#Disability, or by visiting the Human Resources Disability Leaves office in Sacramento Hall 162, or by calling 278-3522.

The following employees have been approved for the Catastrophic Leave Donation Program:

Mary Ann Alvarez, Nursing

Nancy Hackbart, Career Center

Carolyn Ann Hollahan, Academic Information Resource Center

Christine Kellerman, College of Health & Human Services

Michael Wright, 2007-2008 Outstanding Teacher

You might say that physical education is in professor Michael Wright's blood—and you'd be right.

The 2007/08 Outstanding Teaching Award recipient's parents met at Chico State, where they both studied physical education and became physical education instructors. Wright followed in their footsteps, not only graduating from Chico State but becoming a physical education teacher as well.

"I've never been one to sit around," says Wright when discussing the reasons for his career choice, as well as his free time—he's an avid golfer and fly fisherman.

After receiving his bachelor's and master's degrees in physical education from Chico State, he taught physical education in Chico and Red Bluff to junior high/high school students. Wright went on to Oregon State, where he got his Ph.D. in sports pedagogy.

One of Wright's goals in the classroom is to immediately eliminate negative stereotypes about physical education. "A lot of students come in with a pre-conceived notion that physical education is a place for dumb jocks who just play sports," he says. "I try to impress upon them that we are here to educate children, to teach them about healthy lifestyles."

He also encourages candor and criticism from his students about his teaching methods. "I provide them with an opportunity to be honest. There's always another side to everything, and I appreciate their perspective," Wright says.

But Wright is also honest about the good, the bad, and the ugly aspects of the job. "I'm a realist," he says. "I've been there, teaching the kids; I share the trials and tribulations of the job, as well as the joy."

So what's the major difference between teaching physical education as opposed to teaching P.E. teachers? "I used to go home physically exhausted," Wright says. "Now I go home mentally exhausted."

Wright, whose specialty is teaching assessment, is excited about the development of an instructional analysis lab within the College of Health and Human Services. "Students will be able to analyze videotapes of themselves and their colleagues in order to improve their teaching methods."

Wright credits any professional successes he's had to the support of his department and college. "Anybody that does well does it with the support of other colleagues, and that's true in my case," Wright says, who also credits support at home from his wife and two children as instrumental to his success.

This Week in Hornet Action

Football

Saturday, Sept. 20

Sacramento State vs. Weber State, 2:05 p.m.

Volleyball

Tuesday, Sept. 16

Sacramento State at Santa Clara, 7 p.m.

Friday, Sept. 19

Sacramento State vs. Fordham, 5 p.m.

Saturday, Sept. 20

Sacramento State vs. Cal State Bakersfield, 10 a.m.

Sacramento State vs. UC Davis, 7 p.m.

Women's tennis

Sunday, Sept. 21-Tuesday, Sept 23

Sacramento State at the Bulldog Classic, Fresno

Men's tennis

No matches scheduled

Women's golf

Monday, Sept. 15-Tuesday, Sept. 16

Sacramento State at the Northwest Dodge Dealers Inland Cup, Pullman, Wash.

Men's golf

No tournaments scheduled

Cross Country

No meets scheduled

Rowing

No meets scheduled