ON BALANCE – Kinesiology and health science professor Lois Boulgarides helps Martha Fort learn techniques for avoiding falls during a class at the CSUS Life Center.

**Balance class keeps seniors on their toes**

A 92-year-old, wearing glasses designed to deliberately obscure her vision, teeters back and forth, trying to stay upright on a wobbly rocker board. A woman, age 72, attempts to walk across the room, as a ball is bounced directly in her path.

It’s not a bazing ritual for senior citizens, it’s a class at the CSUS Life Center, designed to reduce their risk of falling. And in each case, there’s a student intern by their side, keeping them out of harm’s way.

Falling is the leading cause of injury among seniors, resulting in about 200,000 hip fractures each year. Of those, a staggering 33 percent will die within the first year, says CSUS kinesiology professor Scott Modell, who created the fall risk reduction class with physical therapist Lois Boulgarides, a CSUS kinesiology professor and co-director of the Life Center.

The class meets for an hour, two days a week, for seven weeks in the University’s Julia Morgan House. The class features one-on-one balance training, matching student volunteers and older adults. Some exercises are designed to increase strength, flexibility and range of motion. Others increase the participants’ confidence thereby reducing fear of falling. Much of the class also focuses on the sensory systems seniors rely on for balance and on strategies for keeping balance if one of the sensory systems is impaired.

“We try to target one of the systems and challenge it,” says Boulgarides. The idea is to simulate activities the seniors might have to face in everyday life so they can learn adaptive techniques. For example, as people get older, they might have to...
The CSUS Bulletin welcomes submissions to the Professional Activities section from faculty, administration and staff. Items are run on a space available basis. They should be no longer than 75 words and may be submitted to bulletin@csus.edu or faxed to 278-5290.

Marilyn Hopkins, dean of the College of Health and Human Services, has been appointed vice chair of the campus United Way campaign for 2001. Elroy Littlefield, executive director of the CSUS Foundation, is the campaign chair.

John Tamberlin, health science and teacher education, was recognized for his volunteer efforts with the Cordova High School Environmental Club at the Rancho Cordova Community Council Annual Awards dinner this spring. He was also presented with certificates of recognition from the U.S. Congress and the California Legislature and a certificate of appreciation from the Sacramento County Board of Supervisors. In addition, he was recognized for his contributions to distance education by the Sacramento Educational Cable Consortium.

Maggie Elkin - On July 9, Maggie Elkin stepped off a cruise ship from Alaska and 14 hours later stepped on to campus as the University’s new annual fund director. Her career did not begin in California, however. Elkin’s first official job was with Walt Disney World when she was a child. She was an extra on the Mickey Mouse Club and then in college worked for Disney at the “Diamond Horse- shoe Review” and in “industrial engineering,” where she collected data on production, created flow charts, reservations systems, line move- ment and angry customers. “It was customer service 101,” said Elkin.

The University welcomes the return of Maggie Elkin to Florida. While at Stetson, Elkin applied for a job that would shape her career. She took a position as one of eight executive employees as an board member with the Council of Student Activities. They arranged between 15 and 25 major events each year, similar to UNIQUE on this campus. In doing that she learned to write contracts and do on-air promotion and marketing and theatrical staging for major productions, including such celebrities as Matchbox 20, Shaggy and Norm McDonald. A variety of summer jobs broadened her experience, and one evolved into a position as interim marketing director for a software company. Eventually she landed her current position as the annual fund director for the University for the University of California, Davis. “I’m a fund-raiser. At a small private college you are indoctrinated. You understand the need to give back to your school,” she said. Landing at UC Davis was a culture shock, but fund raising was no less important.

While at Stetson, Elkin was a member of the University’s annual fund drive. With 20 students in attendance, she hopes to raise $100,000 the first year to help students and the University achieve an extra margin of excellence.

Maggie Elkin

The CUHCC project was awarded the “Civic Mind Award” for the month of May by the Civic Mind Foundation. The award is given to outstanding organizations and programs that energize civic involvement and enhance public education about democracy.

Four university advancement directors of development: AMANDA CARSON BANKS, College of Engineering and Computer Science; CHERYL NATIVO, College of Natural Sciences and Mathematics; AILEEN ROSS, College of Health and Human Services; and DEBBIE WILSON, College of Social Sciences and Inter- disciplinary Studies have been named Certified Fund Radio Executives. Each successfully completed the professional certification examination administered by the CFRE Professional Certification Board.

DONNA APIDONE, Capital Public Radio, has been named president of the Public Radio Association of Development Officers. She began her two-year term on July 1. JOHN KAASSIS, also Capital Public Radio, was elected chair of the board of the Public Broadcasting Management Association. She began her one-year term in May.

LINDA CURRENT, teacher education, was elected to the statewide board of directors of the California Association of State College and University Alumni, representing lecturers and temporary faculty in the CSU system.

In the news

ROB WASSMER, public policy and administration, made commentary on his study on sales tax and urban sprawl published in the Sacramento Bee in August. The Bee earlier ran a column about his work. Wasmser also had a story about his study featured on the American Association of State College and University Universities website.

Tom Knutson, communication studies, has been invited to write the epilogue, titled “Communication and Law: Enforcement: The Difference Between Justice and Just Talking About It,” for the forthcoming book Communication, Law, Enforcement, and Community, to be published by Benjamin Knutson, a recently retired commissioner of the State of California Commission on Peace Officer Standards and Training, was asked to contribute based on his work and research in intercultural law enforcement communication.

Bill Kutzner, kinesiology and health science, hosted the Northern California Recruitment Open, which included a masters division for those 50 and older that was part of the Sacramento Senior Games. It was the third-largest pure Olympic weightlifting meet in Northern California history, with 95 lift- ers, ranging in age from 14 to 76. Kinesiology majors assisted as loaders, warm-up room moni- tors, athletic trainers and regis- trars.


Paul Noble has been appointed interim associate vice president/Development by President Donald R. Gerth. Noble is a professor of chemistry and the associate dean of the College of Natural Sciences and Mathematics. The appointment is for the academic year.

CSUS Bulletin

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The Sacramento Bee

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Spawl report

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Urban Growth Boundaries:” he identified California metropolitan areas of Fresno, Los Angeles, Riverside, Merced, Sacramento, Oakland, San Francisco, San Luis Obispo and Stockton as having the state’s highest increase in sprawl in the 1990s. Wassmer’s study says the sales tax and sprawl issue is all a matter of the penny that a local jurisdiction in California keeps for every retail dollar spent within its boundary. Other Western states have similar policies. This offers local governments a potentially significant revenue that in many cases they cannot get anywhere else. Inadvertently, this siphons retail revenue that in many cases have similar policies. This offers local jurisdictions in California a margin of excellence.

In California, the report shows, the Oakland metropolitan area would have had 46 percent more retail revenue — amounting to $1.7 billion — in 1997 alone if not for the local sales tax system. The Los Angeles-Long Beach downtown areas lost nearly $4.6 billion worth of business to regional fringes that year, and Sacramento lost $1 billion. Overall, the 25 central city areas in California lost $2.6 billion in taxable retail business in 1997 alone if not for the local sales tax system. That lost business, Wassmer says, could have meant more visits to retail centers with better cultural offerings and busier sidewalks in the evenings. Wassmer’s study offers the first data-driven look at what analysts have called the “fiscalization of land use” — a situation in which maximizing sales tax revenue is a significant reason for local zoning decisions. Wassmer says fixing the problem means negotiating an end to the local sales tax and regional sprawl. He suggests distributing a large portion of the growth in sales tax revenue on a regional basis, removing the incentive for suburban areas to chase more retail development. That’s the essence, he notes, of AB 160, a proposal in the California State Legislature that would redistribute the growth in sales tax revenue throughout the Sacramento metropolitan area. Importantly, Wassmer’s study also notes that growth control measures in the West have proven partially effective. After 20 years in place, areas with highly restrictive growth boundaries — San Diego, Portland and a slew of other cities in Oregon and Washington — see about 20 percent more central place retail sales that would have gone to the suburbs absent the growth boundary. Over time, Wassmer says, this can prove significant in reducing sprawl.

Nevertheless, he says the lure of sales tax dollars present an ongoing threat to anti-sprawl efforts, even where growth con- trols are in effect. Wassmer’s reports are available on the California Senate Office of Research website at www.sen.ca.gov/sor/reports.htm — Frank Whithall
The California Heritage Council recognized CSUS this summer for its recent renovation and preservation of the historic Julia Morgan House and Gardens on T Street. The award was presented at a June event in San Francisco.

Work on the $1.7 million project, paid for through private contributions, was completed last summer. The house is now used for University and public special events, and its west wing houses the University’s Life Center, which provides health and fitness classes for seniors. University design students and alumni, who played an important part in planning the work, continue to conduct research there.

The California Heritage Council was founded in 1959 and works to save places and buildings which have given quality and distinction to the cultural life of California. It honored seven projects last year, including Sarah Railroad Hall, Stanford University’s Bing Wing of the Green Library and the Petaluma Historical Museum and Library.

The 6,000-square-foot Julia Morgan House was built for Sacramento businessman Charles M. Goethe and his wife Mary in the 1920s. It was designed by celebrated architect Julia Morgan, the first woman to graduate from the famous Ecole des Beaux-Arts in Paris and the first female architect licensed in California. Morgan is perhaps best known for designing the sprawling San Simeon for Randolph Hearst.

She constructed the residence with the style of the Mediterranean Revival and its west wing houses the Life Center.

The June presentation is included in the University’s Bing Wing of the Green Library and the Petaluma Historical Museum and Library.

IN MEMORIAM

The biological sciences department will host a celebration of the life of Marda West from noon to 1 p.m., Friday, Aug. 31, in Sequoia Hall 105. There will be light refreshments and a chance to share memories of West. To attend, RSVP by Friday, Aug. 24 by calling 278-6335.

NEED A STUDENT?

Reserve your table now for the career center’s on-campus job fair, 10 a.m. - 2 p.m., Wednesday, Sept. 5 in the University Union. Ballroom. Faculty and staff interested in recruiting student assistants may reserve a table at the job fair by contacting Carol Leigh Billing at 278-7831 or at billing@csus.edu. The deadline for reservations is Aug. 31.

Library Dean Recruitment

Recruitment has begun for the position of director and dean of the University Library. Review of applications will begin on Oct. 1 and will continue until the position is filled.

Money talk

The annual Fall Budget Briefing will be held from 10 a.m. to 11 a.m., Friday, Aug. 28 in the Music Recital Hall. It will be presented by Edward Del Biaggio, vice president for administration. The briefing is open to all members of the campus community.

Catastrophic Leave

Catastrophic Leave has been approved for Lori DelLapre, Regional and Continuing Education, and Carolyn Stewart, teacher education. CSUS employees can donate up to 16 hours of vacation or sick leave per fiscal year to employees who have been approved for the catastrophic leave donation program.

CSUEA members may donate up to 32 hours of sick or vacation leave credits. Employees interested in donating time may pick up donation forms in the benefits office, Sacramento Hall 253, or call 278-6213.

What do you really do?

“We provide students an excellent opportunity to connect to the campus compared to students who drive in every day. We provide a wide range of co-curricular programs to support academic success and personal growth. We do a wide range of diversity programs. There are also educational programs provided on issues such as conflict management, sexually transmitted disease prevention, sexual assault awareness and substance use and abuse. Finally, and equally important, we offer a large variety of social and recreational programs.”

Describe your office.

“Our operation falls into three areas: residential life, administrative operations and facilities operations. The residential life staff includes the assistant director, three professional hall directors who usually have a master’s degree in student personnel or higher education administration, two undergraduate hall managers with several years experience in the residence halls and 50 trained student residential advisors. The administration staff members work with budgets, procurement, coordination of summertime conferences and reception.

What might surprise people?

“We’re like a family. Maybe it’s because of the clients we serve and the kind of involvement we have with them. All of us have very diverse tasks yet we are very close as a staff and with our students.”

What’s your office’s biggest challenge?

“It’s feeling confident that all CSUS students will have a safe and secure place to live. This year the halls were filled in 30 days and 230 students are on the waiting list. It came as a shock. We had anticipated growth because of Tidal Wave II but didn’t expect it to come so soon. It’s an extra challenge because the rental market in Sacramento is shrinking and rent rates are rising. Even if we get our new 1,000-bed residence hall in 2005, it could still be tough. We need to start forging relationships with local landlords and looking at alternatives.”

What question do you get asked the most?

“How much does it cost?” ($5,601 per academic year for the most common plan).
**Bulletin submissions**

News briefs, events or professional activity items for the CSUS Bulletin may be sent to bulletin@csus.edu, or, if necessary, faxed to 278-5290. Ideas for feature stories are also welcome.

The Bulletin is published Mondays during the academic year, and is available online at www.csus.edu/bulletin. The deadline for submissions is 10 a.m. the Wednesday before publication. Items are published on a space available basis and are subject to editing.

More information is available by calling public affairs at 278-8166.

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**Welcome back**

Continued from page 1

access to higher education for the people of the Capital Region. We are all dedicated to serving the people of the Capital Region.

It is an issue that we will address as a corollary to student access.

One of the issues that I will address in my remarks to the campus community Wednesday is the concept of student retention as a corollary to student access. It is an issue that we will address directly in the coming year.

Over the summer I have thought much about the strength and nature of this University's full participation in the life of the Capital Region. Moving into the second half of our first century of service, we want to reframe the centrality of this University to the social and economic fabric of the region.

Thousands of our students contribute to the life of this region by giving so much extra of themselves, as do the faculty who lead programs and conduct research related to the many communities of the Sacramento area. It is a massive contribution and helps to shape the regional economy and the quality of our lives. I anticipate that we will continue to add significantly to our past commitment in this region.

I will raise these and other issues that face us as we begin the year together.

Overall, I expect it to be another full year that I am looking forward to rejoining with all of you. We will join me Wednesday.