Male caregivers largely anonymous, prof says

Though males make up at least 24 percent of the prime caregivers in the country, not much is known about the challenges they face in that role. And much of the reason for the lack of research can be attributed to men, says Sal Arrigo, a recreation and leisure studies professor at CSUS.

“Women write about women’s issues and talk about feelings,” he says. “Men go and hide.”

Arrigo learned about caring firsthand, taking care of his father for three years through a fatal illness. He’s part of the growing generation of adult caregivers, and he says, “The program is designed to help science students operate the Site for Caregivers and to develop critical thinking skills. The program is tailored to clients’ individual needs. ‘The goal of caregiving is to make physical activity a habit by incorporating it into a person’s lifestyle,’ Quintana says.

Quintana gives an example of a client who has worked with her on nutrition and exercise for six months. “We’re promoting health and fitness awareness because a lot of people don’t know what their health risks factors are,” Quintana says. “Physical activity is an important component of a healthy lifestyle.”

In the human performance research laboratory in Solano Hall, Quintana and her students assess clients’ cardiovascular risk based on fitness testing, blood pressure measurement, blood lipid analysis, medical history screening, nutritional analysis and body fat analysis.

We use the program to train students to work,” Quintana says. “And instead of taking a coffee break, we converted it into a walking break every day that provides 20 minutes or more of exercise per day.”

The SHAPE team worked on the little details too. “We changed some of her habits at work. Instead of faxing things, she walks over and talks to people. It may not seem like much at first, but if you look at it over a period of a year, it may add up to four pounds of fat burned. Over a period of 10 years, this can add up to 40 pounds,” Quintana says.

The overall goals of SHAPE are to promote the objectives of Healthy People 2010, a set of national health objectives that serves as the basis for development of state and community plans. See SHAPE, Page 4
in the news

The recommendation concerning a new option in the Master’s Degree in Education is being held for further study and discussion with the new leadership of the College of Education (FS 02-28). The recommendation concerning general education assessment is being held. President Gerth will address recommendations coming out of the general education assessment as a group (FS 02-22). The recommendation concerning an alternative funding mechanism for parking is approved. President Gerth expresses his gratitude to the Faculty Senate for this generous and thoughtful recommendation. The Vice President for Administration is responsible for the implementation of this (FS 02-20).

The Academic Program Reviews for the Departments of Mathematics and Audiology are approved. Taxation and Speech Pathology and Audiology are approved. The Academic Program Reviews for the Departments of German and Social Science Program are approved. The Vice President for Academic Affairs is responsible for the implementation of these (FS 02-05).

The Academic Program Review for the Liberal Studies degree is approved. The Vice President for Academic Affairs is responsible for the implementation of these (FS 02-05). From the Faculty Senate Meeting of April 11, 2002: The committee appointment process is approved. Vice Presidents Uplinger and Brown are responsible for confirming these appointments (FS 02-24).

The recommendation concerning the participation of probationary faculty in personnel processes is approved. The Deans of Faculty and Staff Affairs and the Vice President for Academic Affairs are responsible for the implementation of this (FS 02-21).

The recommendations concerning General Education are being held pending a review of all of these recommendations (FS 02-16E and 02-16Eii). From the Faculty Senate Meeting of April 12, 2002: The recommendation concerning the deletion of the baccalaureate degree in German is approved. The recommendation concerning the University Appointment, Retention, Tenure and Promotion process for Academic Affairs is responsible for the implementation of this (FS 02-21).

The Academic Program Review for the Department of Speech Pathology and Audiology is approved. The Vice President for Academic Affairs is responsible for the implementation of this (FS 02-20).

The Academic Program Review for the Drug Free Schools and Alcohol and Other Drug Prevention for Maintenance of Good Standing, and the Social Science Program are approved. The Vice President for Academic Affairs is responsible for the implementation of these (FS 02-35 and FS 02-36). The recommendation concerning the Director of General Education is being held along with the other recommendations concerning General Education. The Vice President and Director of General Education is acting to ensure that there will be a person clearly responsible for General Education during the coming year and thereafter. The structure of this will be addressed in a larger context of General Education as a whole (FS 02-37).

From the Faculty Senate Meeting of May 14, 2002: The MBA program change proposals for the MBA in Taxation and Speech Pathology and Audiology are approved. The Academic Program Reviews for the Departments of Environmental Studies, Geology and the Social Science Program are approved. The Vice President for Academic Affairs is responsible for the implementation of all of these (FS 02-03). From the Faculty Senate Executive Committee Meeting of June 13, 2002: The recommendation concerning program reviews is approved. The Vice President for Academic Affairs is responsible for this. The committee appointment of the Athletic Advisory Board is approved. The President will write a letter of appointment to the recommended individual. From the Faculty Senate Executive Committee Meeting of June 25, 2002: The recommended committee appointments are approved. The recommendation concerning the University administration will send formal letters of appointment. From the Faculty Senate Executive Committee Meeting of July 9, 2002: The committee appointments are approved. The recommendation concerning the University administration will send formal letters of appointment. From the Faculty Senate Executive Committee Meeting of August 13, 2002: The recommendation concerning the participation of probationary faculty on hiring committees is approved with one exception. President Gerth requests that the Senate reconsider the language in 6.0b.3. Additionally, the following Presidential Memoranda have been issued: PM/AA: 02-09: Policy Regarding Faculty Working on Grants and Contracts. This memorandum establishes policy regarding the rate of pay for faculty working on grants and contracts and the conditions under which Emeritus and FERP faculty may receive grants and contracts through the University. PM 02-10: Use of University or Private Vehicle on Off-Campus business. This memorandum establishes policy regarding the use of University or private vehicles on official University business. The University’s Risk Manager, Steve Somsen, has been designated as the campus control officer to oversee the use of vehicles on University business. Questions should be directed to him.
Students lend designer touch to Literacy Bus

Department of design chair Andrew Anker loves talking about the Woodland library’s Literacy Bus you might see rolling around a few Northern California communities. That’s because CSUS students fully produced the design for the elegant interior.

“Other than a few changes to measurements, the bus was built as designed,” Anker says. There are several shiny silver drawers the library uses for paperwork and also for the children’s projects. The unique floor is made from easy-to-clean rubber. And, Anker says, a local textile company donated the high-quality leather for the benches that line the walls.

The Woodland library employees add they’re very impressed with the bus’ interior design. They cite how the bus is perfect for the children and their parents. Both groups frequently use the vehicle at the same time. The children sit at one end of the bus while the adults are working with tutors at the other. Both groups are extremely at ease in the rolling classroom. Howard says the adults would rather step into the comfortable bus than go to a library or unfamiliar building. They don’t have to leave their home environment or work alongside people they don’t know. “The families are much cozier and happier. There’s a lot of laughter on the bus,” she says.

Anker is glad so many people use the vehicle and appreciate the University students’ creativity. “It’s some of the best work I’ve seen,” he says of the interior design. Anker says he would not hesitate to again oversee or endorse a CSUS joint venture like this one. “The project was very satisfying, a great cause. And it got the students out into the community.”

— Terry Filipowicz

Father and son make conference a family affair

In most ways, June’s Academy of Business Administration Science conference in Cancun, Mexico was like most other academic conferences. There were presentations on various topics from speakers with varying presentation skills. Attendees met others with similar academic interests, while also taking some time to tour the host city.

But for John B. Clark, a CSUS professor of management, the conference was a special occasion. That’s because he saw his son make a presentation at the same conference. The younger Clark made a presentation on a new statistical method called “objective measurement.” He teaches at the University of Illinois and has completed all but the dissertation for his doctorate.

John Clark, meanwhile, talked about an international comparison of customer satisfaction with discount stores. He’s a longtime CSUS professor.

The father and son obviously study very different topics. John’s expertise is in marketing, and he admits it isn’t easy following his son’s discussions about advanced statistics.

Even so, each attended the other’s presentation. “It was pretty interesting, having a father and son present at the same conference,” Clark says. “I’ve never seen anything like that. Everyone I talked with was really impressed.”

Ski Swap time

The CSUS Ski Club is planning for a flurry of activity at its 37th annual Ski Swap from 10 a.m. to 4 p.m., Sunday, Oct. 27 in Yosemite Hall.

The Ski Club says it will offer more than $1 million in new and used merchandise. All items are for sale at 25-60 percent off suggested retail prices. The products include skis, snowboards, boots, bindings, clothing and accessories.

The highly popular annual event is the primary fundraiser for the club. The organization keeps all proceeds to support its activities throughout the year. Anyone planning to sell their own skis, snowboards and boots should e-mail the club at ski@csu.sjsu.edu. Organizers will accept items from the public from 9 a.m. to 8 p.m. on Saturday, Oct. 26 only.

Admission to the Ski Swap is $5 general and $3 for students and seniors. Children under the age of 13 are free.

Details: 278-6337 or 278-4433 or tour leader Sal Ellis.

Gulf War Resister

Jeff Patterson, an ex-Marine who refused to serve in the first Gulf War, will speak on campus on Wednesday, Nov. 21. His talk will be in the University Union Hinde Auditorium.

The event is sponsored by the CSUS peace and conflict resolution program.

Details: 278-6282.

Geology Talks

The fall geology colloquium series continues at 4 p.m., Tuesday, Oct. 22 in Mendocino Hall 1015 with a talk by Gerald Rawden of the U.S. Geological Survey. The talk will be on “The Ground Beneath Los Angeles – A Tale of Earthquake and Water.”

The next talk will be on “Sediment Yield from Coastal Landslides Based on Historical Digital Terrain Modeling: Big Sur, California,” by Cheryl Hapke of the USGS.

The series concludes with a hydrogeology talk by a speaker to be announced. It will be at 4 p.m., Tuesday, Dec. 10 in Mendocino Hall 3015.

The series is sponsored by the CSUS geology department and the USGS.

Details: 278-6337 or 278-3000.

Bus to Rippon exhibit

There will be a bus trip to the opening of a Frost Art Museum exhibition of, replicas of, a painting by Ruth Rippon’s work on Thursday, Nov. 21.

Rippon has been selected as distinguished woman Artist of the Year by the museum. The show features her ceramics, sculptures, drawings and watercolors. The work spans almost 50 years.

The exhibit runs through March. Bus trip details: 422-6330.

International Scholars

There will be a reception for the international research scholars and international visiting faculty on campus from 2 to 4 p.m., Friday, Nov. 1 in the University Union Forest Suite.

The scholars and faculty come from a variety of disciplines.

The event will be hosted by Phi Beta Delta, the Honor Society of International Scholars. The campus community is invited.

RSVP: 278-6866.

Check out the Big Apple

The College of Continuing Education and the recreation and leisure studies department will lead a five-day, four-night tour of New York City June 12-16. Tour highlights include visits to the Metropolitan Museum of Art, the United Nations, Radio City Music Hall, the Statue of Liberty and Ellis Island, as well as a Broadway performance of Les Miserables.

The $1,695 package includes airfare, hotel, tours, show, some meals and one unit of upper division academic credit.

A $250 deposit is required by Nov. 15.

Details: Nicole Baptista at 278-4443 or tour leader Sal Arrigo at 278-5021.

Vendor Fair

There will be a vendor fair from 10 a.m. to 2 p.m., Friday, Oct. 25 in the University Union Ballroom.

The fair will include free samples and door prizes. Faculty and staff are invited.

The event is sponsored by procurement services.

Details: 278-7322.

Event-full job

The Bulletin spoke with Maria Jackson, arrangements coordinator, and Rebecca Dietzler, event setup supervisor, about their work in the University Union.

What do you do? Rebecca Dietzler: “We book meeting space here in the University Union for student groups, departments, nonprofits and others.”

Maria Jackson: “We host a lot of one-day conferences varying in size. Some are for just a few people and others are things such as the blood drives that are expected to have a lot of people. We handle everything from getting the room set up to helping them with their catering order.”

What do people think you do? Dietzler: “People think we book space all over campus.”

Jackson: “People often come in here looking for information we don’t work with. Caps and gowns is a big one. We also get a lot of directory assistance-type calls.”

Describe your office.

Jackson: “We have a director and associate director, a couple of different coordinators, an administrative assistant and several student assistants.”

What surprises people?

Jackson: “We arrange weddings, but people have to be affiliated with the University, either students or alumni. They also don’t realize how much behind the scenes work there is to putting on an event.”

Dietzler: “I think people are surprised by the number of events that come through here. I think some people don’t realize this is the office for the University Union administration. They think it’s either arrangements or the entire union staff but usually don’t realize it’s both.”

What is the biggest challenge for your office? Jackson: “There is so much going on that time is an issue. I guess it’s a good challenge to have.”

Dietzler: “There is such a wide variety of activities, and it is important to make sure that every event is as good as it can be.”

What do you get asked most? Jackson and Dietzler: “What do you mean that day is booked already?”
The CSUS Dancespace at will come alive to the sounds of the rock band U2 on Friday, Nov. 1 when Dale Scholl Dance/Art opens its 25th season. Additional performances of “The U2 Experience: Take 2” will be Saturday, Nov. 2, and Thursdays through Saturdays, Nov. 7-9, 14-16, and 21-23. All performances begin at 8 p.m. in Solano Hall 1010.

“The U2 Experience: Take 3” is the third iteration of Dale Scholl Dance/Art’s tribute to the powerful music of U2. This new show features three new works by choreographers Dale Scholl, Joseph Candeleria and Jonathan Cameron. Songs used in the program range from early to modern U2, including “Tomorrow” of the band’s 1981 album October, to “Beautiful Day” from their 2002 release All That You Can’t Leave Behind.

Scholl’s contribution, “That One Beautiful Day,” offers a quirky blend of movement and music designed around the never-ending search for the meaning of life. “Pride” is choreographer Candeleria’s reflection on the tragic events of Sept. 11 set to some of U2’s most moving and memorable songs. Cameron’s “May Your Dreams...” examines the many facets of love through movement and song.

Also in the program is “Torch of the Revolution” by choreographer Sunny Smith. This work has appeared in both previous versions of “The U2 Experience” and is a powerful reflection on war.

“We will be very proud of our students and seniors. Tickets at the door. Tickets $15 general/$8 students and seniors. Tickets at CSUS Ticket Office at (916) 278-4323 or at Tickets.com at (916) 766-2277.

“What Every Woman Should Know,” self-defense workshop, men welcome, 5 p.m. - 8 p.m., University Union Redwood Room. Reservations (916) 278-7388.

“Teaching Using Technology Tools,” brown bag seminar, noon-1 p.m., Library 4026. RSVP (916) 278-5945 or c3@csus.edu.

**Friday, Oct. 25**

“Creating a Sense Of Community: Stories About the Kind of People We Are,” Renaissance Society forum, Sacramento Bee columnist Diana Grigero Erwin, 3 p.m., Mendocino 1003. (916) 278-7814.

Un lugar en el mundo, film, Spanish Film Club, 6-30 p.m., Mendocino Room. (916) 278-5511.

**Saturday, Oct. 26**

Gamelan Sekar Jaya, Balinese gamelan and dance, World Music Guest Artists Series, 8 p.m., Music Recital Hall in Capistrano Hall. Tickets $10 general/$5 students and seniors. Tickets at CSUS Ticket Office at (916) 278-4323 or at Tickets.com at (916) 766-2277.

**Sunday, Oct. 27**

Purbayan Chatterjee: A North Indian Sitar Concert, World Music Guest Artists Series, 5 p.m., Music Recital Hall in Capistrano Hall. Tickets $15 general/$8 students and seniors. Tickets at CSUS Ticket Office at (916) 278-4323 or at Tickets.com at (916) 766-2277.

Women’s soccer vs. Weber State, 1 p.m., soccer field. Tickets $5 general/$4 non CSUS students and seniors/CSUS students free with ID. Tickets at the event. (916) 278-4590.

37th annual Ski Swap, 10 a.m. - 4 p.m., Yosemite Hall. Tickets $5 general/$3 students and seniors.

**Tuesday, Oct. 29**

CSUS Symphony Orchestra, 8 p.m., Music Recital Hall in Capistrano Hall. Tickets $8 general/$5 students and seniors. Tickets at CSUS Ticket Office at (916) 278-4323 or at Tickets.com at (916) 766-2277.

“Teaching Using Technology Tools,” brown bag seminar, noon-1 p.m., Library 4026. RSVP (916) 278-5945 or c3@csus.edu.

**Wednesday, Oct. 23**

9 a.m., Writing and Reading Subcommittee 3 p.m., General Education Course Review Subcommittee

**Thursday, Oct. 29**

3 p.m., Executive Committee

All meetings are in Sacramento Hall 275 unless otherwise noted.