K-12 arts may help academics

While standardized testing garners much of the attention lately in the K-12 education debate, a new program at CSUS is taking a more artistic approach. The MOSAICS Project aims to improve student performance by emphasizing instruction in the visual and performing arts.

“We want to demonstrate the power of the arts in the classroom. We can’t prove a causal relationship between arts instruction and improvement in statewide achievement but we intend to show that there is a very strong correlation,” says Crystal Olson, MOSAICS Project coordinator and a CSUS lecturer in teacher education. “We want to bring balance into classrooms and resist emphasizing high test scores to the exclusion of everything else.”

Buoyed by a $135,000 California Arts Council grant, the MOSAICS Project, which stands for Measurable Outcomes for K-12 Student Achievement, involves 11 CSUS art department’s highly successful Barrio Arts program.

“The grant has three parts, the largest of which is to create a demonstration model for a master of arts in education – curriculum and instruction with an elective emphasis in arts in education that can be replicated at other CSUs,” Olson says. Olson will track the program’s progress over a year following the efforts of the 49 teachers enrolled in the pilot program. Among the results she will be looking for are improvements in student reading, writing and math scores as well as increased attendance.

Another part of the MOSAICS Project emphasizes the importance of building bridges between the University, K-12 schools and various communities, such as the one developed at Sacramento’s Washington Neighborhood Center through the CSUS art department’s highly successful Barrio Arts program.

“We want teachers to experience how the arts can help build bridges with the multicultural community and learn how to bring artists into the schools. It’s important for kids to see their cultures honored,” Olson says. Collaborative efforts are intended to show that there is a very strong correlation, says Olson.

See PROJECT, Page 4

Teddy bear drive

Even in the toughest times, there’s something comforting about a teddy bear.

That is why the University Staff Assembly has launched its Teddy Bear Campaign. Working in cooperation with the Associated Students, the City of Sacramento and United Parcel Service, the USA plans to collect more than 6,000 teddy bears by Dec. 7 and send them to the family members of those killed in the Sept. 11 terrorist attacks.

“Everybody likes a teddy bear,” said Thomas Matlock, president of the USA. He said the bears are another step in the healing process, not only for those directly affected by the attacks, but for everyone.

“It will also make us feel like a part of something good,” Phyllis Donovan, vice president of the staff assembly, said. “It’s just a person-to-person contact.”

Matlock said the USA was looking for a way to participate in the national healing process when he came up with the teddy bear idea. Not only are teddy bears cute and cuddly, he said, bears represent the state.

“On the state of California flag, there’s a bear,” he said.

“There’s so little we can do,” Donovan said. “We can at least show we care.”

Another Potentially, president of the Associated Students, said that is why the student government is participating.

See TEDDY BEAR, Page 4

Fancy footwork: CSUS Dance/Art turns 20

Her heart – and her feet – were born in the right place because before she was walking and talking, she was dancing. And this year, she celebrates the 20th anniversary of her professional dance troupe, Dale Scholl’s Dance/Art.

“I have been dancing my entire life. In fact, I don’t ever remember not dancing,” says CSUS dance professor Dale Scholl. “My mother owned a dance studio, so I grew up dancing, and I have never thought of doing anything else.”

After spending every possible moment in her mother’s studio, dancing and choreographing routines, Scholl studied dance at the University of Indiana. In 1977, Scholl came to CSUS and at the time, the University’s dance program consisted of a couple basic ballet and performance classes.

“I was basically hired to develop the dance program,” Scholl said. I spent three years developing the curriculum, with a lot of support from the campus and the community,” she says.

Today the CSUS dance program is an integral part of the University’s theatre and dance department and it offers a wide variety of jazz, modern and ballet dance classes as well as choreography, dance history and performance classes.

“Even though the classes were limited in the beginning, there was a desire for more. And this was great, because I am the kind of person that likes to know people are committed to dance,” Scholl says.

Scholl’s Dance/Art opens its 20th season with “Divine Divas,” a tribute to legendary women from the music industry at 8 p.m., Thursday, Nov. 1.

Artists – such as Aretha Franklin, Tina Turner and Madonna – who have inspired legions of people from all walks of life stirred Scholl to create new choreography for the show.

The first of Scholl’s new works included in the program is entitled “Chain of Fools,” and features Turner’s “What’s Love Got to Do With It?” and “I Can’t Stand the Rain,” as well as Franklin’s “Respect.”

“Those songs set the mood for a passionate dance piece with polished choreography. Scholl’s second contribution to the show is called “Crazy,” a whimsical tribute to Patti LaBelle.”

On the other end of the musical spectrum, choreographer Eric Vianelle found inspiration for new dance pieces in the rock music of Annie Lennox’s “Little Bird” and “Cold.” The program is completed by Joseph Candelaria’s dance set to pop icon Madonna’s “Express Yourself.”

“Divine Divas” runs at 8 p.m., Nov. 1 through Nov. 17 in the DanceSpace in Solano Hall. Tickets are $8 - 15 and are available at the CSUS Ticket Office at 278-4323.

— Heather Robinson

CSUS Bulletin

a publication of california state university, sacramento

Get ready to rumble with “Mankind” 4
The CSUS Bulletin welcomes submissions to the Professional Activities Section from faculty, administration, and staff from all areas on campus. Submissions that 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.

LINDY VALDEZ, kinesiology and health science, presented a paper “Service Learning: A Vehicle to Meet Professional Passion” at the Western College Undergraduate Physical Education Society’s annual meeting.

LAURENCE O’HANLON, speech pathology and audiology, was selected as the editor-in-chief of speech-language-learning-education.org for the California Speech-Language-Language Association. The first issue was guest-edited by MARGARET ADDICOTT and included an article by CANDACE GOLDSWORTHY, both speech pathology and audiology, which presented findings from a recent treatment study demonstrating the effectiveness of a phonological awareness training program developed at Tufts University.

CELESTE ROSEBERY-MCKIBBIN, speech pathology and audiology, was invited to make a presentation on “Language Disorders in Multicultural and ESL Students” to the Speech-Language-Learning Services of Seattle.

JAMES McCARTNEY, speech pathology and audiology, chaired a two-day site visit to a major Midwestern university regarding national accreditation in communication sciences and disorders.

ED BARAKATT, HEATHER CARLING-SMITH, CLARE LEWIS and SUSAN MCGINTY, physical therapy, had poster presentations at the California Physical Therapy Association annual meeting Oct. 6 - 7 in Santa Clara.

PRESTON STEGENGA, director-emeritus of international programs, represented CSUS at the inauguration ceremonies for the new president of Northwestern College in Iowa. Stegena is a past president of Northwestern College.

The campus Teddy Bear campaign, launched by a local high school, is going strong. Bears can be any size, but must be new. Bears are being collected by students and faculty in the administration and staff. Items should be no longer than 75 words and may be submitted to bulletin@csus.edu or faxed to 278-5290.

“If that's not enough to indicate that I would be doing a Ph.D.,” he said with a smile. But one thing did lead to another. With a graduate degree in mechanical engineering, he left school and worked for Tata Engineering, India’s largest auto-maker, for three years before deciding to return to school for a master’s degree. He earned a master’s degree in business administration and marketing from the Indian Institute of Management. But after working in business for four years he decided to continue his education.

JANCIS DENNIS — Physical therapy students gain confidence knowing how to work with patients. Jancis Dennis teaches students how to work with patients and their families.

Dennis joined the CSUS faculty as a professor in the physical therapy department this fall after working in Georgia for 15 years.

She says she likes teaching because of the students’ willingness to learn and their excitement about becoming professionals.

She is currently teaching a professions interaction class and therapeutic measurement and techniques.

Both these courses provide the opportunity for students to learn skills basic to the physical therapy profession before they go into hospitals to do clinical work.

In addition to these classes she has a commitment to the Life Center. “I will be associated with the balance and falls risk reduction program. I find this very interesting since I worked closely with the local senior center when I was at the Medical College of Georgia,” says Dennis.

Dennis says physical therapy has changed a lot in the last 15 years. Therapists have gone from having several months to work with a person who had a stroke to two or three weeks.

She says the emphasis is now on the role of the therapist as an educator of the patient and the family support network whereas in the past the physical therapy role was primarily as a therapist for the patient.

One project Dennis is interested in is distance education and the use of the Internet as a teaching tool.

She would like to design and evaluate more Web-based learning activities.

One of these would be a course from the school that could take supplemental to their degree, she said.

Dennis completed her physical therapy education in Australia and worked as a physical therapist there before moving to the United States in 1986. She has a doctorate in computing systems and education from Nova Southern University in Fort Lauderdale Florida.

JOSEPH RICHARDS — For Joseph Richards, one thing just led to another, which led to another that led to the CSUS College of Business Administration.

This time he chose Syracuse University in Syracuse, N.Y., coming to the United States, he said, “to be on the cutting edge of the field.”

The focus of his studies was e-commerce, with particular attention on how consumer’s Internet skills and consumption knowledge affect marketing institutions.

Eager to learn and understand,” Richards said, “I found that system quite useful,” he said. “It takes all the stress out of being in a new situation.”

Teddy bear Continued from page 1

“The fact that this country needs,” he said: “We definitely believe this is an excellent cause.” He said the student government will participate by distributing fliers, publicizing it among the students and collecting the donated bears.

Matlock has also enlisted the support of the City of Sacramento in asking for assistance in distributing the bears. In addition, Matlock said UPS has agreed to ship the bears for free once they are collected.

The campaign is already underway and will run until Dec. 7, with the goal of delivering the bears before Christmas.

Bears can be any size, but should be new. Already, the Sacramento Hard Rock Cafe has agreed to give a 20 percent discount to those who mention the campaign. Bears can be deposited in specially marked boxes in the academic affairs (Sacramento Hall 226), College Dean’s office, the CSUS Foundation (Bookstore 312), Regional and Continuing Education (Dean’s office), Facil-

Project Continued from page 1

ates on a “field trip” to Bay Area arts institutions like San Francisco’s MOMA and ZEUM to spur ideas for developing similar trips for students. A third project involved participation in last spring’s Cesar Chavez Day activities on campus.

Eventually Olsson hopes to see the arts included in the University’s pre-service teacher education programs. “I want to get the arts back as a more viable part of education,” she says. “There should be more joy in the classroom and one way to achieve that is by more richly involving the new instructors.”

— Lanie Hall

— Joseph Richards

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CSUS Bulletin is published on Mondays of the academic year. Campus news may be submitted by e-mail to bulletin@csus.edu or may be delivered on disk or paper to Public Affairs, Sacramento Hall Room 215, campus mail code 6026. Deadlines for all materials is 10 a.m. on the Wednesday before publication. Items will be published on a space available basis and are subject to editing. Writ-

ing should be in news style, short and direct. For inquiries call (916) 278-6156.
Tumminia's teaching is out of this world

What can believers in flying saucers teach us about racism? A great deal says Diana Tumminia. Tumminia was selected as this year’s Outstanding Teacher in the College of Social Sciences and Interdisciplinary Studies. The sociology professor is writing a book, When Prophecy News Flails, about a group who, in spite of previous unfulfilled prophecies, believe that this year’s 33 saucers will land on earth, creating peace on the planet.

“Groups create their own reality,” Tumminia says. “Through the way they talk, they construct narratives to create reality. Just because a predicted event hasn’t happened, doesn’t mean they believe they were wrong. Their way of thinking is projected on their search for so-called facts.”

She sees a parallel in the way some people justified their behavior in lashing out after the Sept. 11 terror attacks. “We’re at a crossroads of time where people are being targeted because of ethnicity. It brings out the racist mindset – anyone who looks a certain way is guilty.”

Tumminia teaches courses in social psychology, women’s studies and sociology, often addressing issues related to race and gender. She says, “The flying saucer researcher isn’t really any different than the study of prejudice. It’s an analysis of talk and how people construct realities.”

Tumminia strives to vary the structure of her classes. Instead of basing them only on lecture she gets students involved in group projects, service learning and observations. Then they share what they’ve observed. “I follow the psychologist Carl Rogers’ philosophy that every person needs to be heard and understood,” she says. “Students are listened to and opinions are honored.”

She also supplements her classes by having students search the World Wide Web. “The Web gets students to think outside the box. And the ‘box’ is the traditional classroom,” she says.

“Evaluating the myriad of information available can teach critical thinking skills.”

Her interest in the Web extends to another of her passions—the California Indians Memorial. She says the memorial, which is now only in the “virtual” stage, honors California Indians who died as a result of genocide. Her eventual plan is to get an actual memorial in Capitol Park.

Designing Web pages has become a habit for Tumminia. “It’s like pistachio nuts. You can’t make just one web page,” she says.

She likes the democracy and educational potential of the Web. “You don’t have to have a lot of money to learn. I get e-mails from students who had never heard about the Indian genocide, who would never have learned about it otherwise,” she says.

Tumminia is also involved with domestic violence prevention and works with students to raise awareness. She is an advisor for the Women’s Resource Center at CSUS. She holds a bachelor’s degree in social science and a master’s degree in sociology from San Diego State University. She earned her doctorate in sociology from UCLA where she worked on the National Study of Black College Students.

Fighting depression with healthy eating

Weeks of unrelenting news about terrorist attacks, war and anthrax scares have left people feeling stressed out and depressed. Instead of heading to the pharmacy for relief they might want to try the kitchen first, says Susan Alpert, a registered dietitian and professor in the family and consumer sciences department.

“What people eat and when they eat it can affect the way they feel,” she says. “Eating the right foods at the right times can increase stamina, improve mood and outlook and enhance immunity.”

Alpert notes that it’s a situation where people are dealing with dramatic change and wonder if they’re capable of adapting. “But,” she says, “diet is something that they can control. And it can have an impact.”

To help counteract depression, Alpert recommends a low-fat diet featuring lean protein and carbohydrates at night along with plenty of fruits, vegetables and whole grains, and lots of water. Lean, high-protein foods increase the production of dopamine in the body which makes people more alert and energized. Carbohydrates produce serotonin which can calm and relax.

Alpert also recommends taking supplements, when necessary, to boost performance. Certain key nutrients, including magnesium, Vitamin B6, zinc and Vitamin E assist with metabolism, enhance immunity and can help reduce stress.

Acknowledging that not everyone can cook every day, Alpert says that there are easy ways to get the necessary protein and carbohydrates. “Breakfast could be low-fat dairy or say like yogurt or a smoothie,” she says. “For a snack have nuts, cheese sticks, a protein bar or a juice-based protein drink. Lunch could be a sandwich of lean turkey, tuna or egg salad made with egg whites, tofu, fish, cottage cheese or peanut butter.”

She also recommends having a small evening meal featuring some protein and an 8 p.m. snack like crackers with milk, fruit, a salad with cottage cheese or pasta with a little cheese.

And, she says, “Cookies and milk never hurts.”
REAL LIFE IN THE RING

Mick Foley, best-selling author and the man behind the World Wrestling Federation personas “Mankind.” “Cactus Jack” and “Dude Love” will talk about his life and career at 7:30 p.m., Thursday, Nov. 1 in the University Union Ballroom.

One of the most popular personalities in the sports-entertainment world of professional wrestling, Foley has written two memoirs that became instant New York Times #1 Bestsellers. “Have a Nice Day!” A Tale of Blood and Sweatsocks and Foley is Good and the Real World is Faker Than Wrestling both feature a humorous look at his life in and out of the wrestling ring.

After his talk, Foley will sign autographs. Tickets are $10 - 15 and are available at the CSUS Ticket Office at 278-4323.

Also appearing on campus that day is former WWF persona “Tama the Islander.” Sam Fatu, who starred in several films in the late 1980s. Fatu will talk about the WWF and sign autographs. A simulated wrestling ring will be set up and Fatu will be available for photos. This free event is from 11:45 a.m. - 1 p.m. in the University Union Ballroom. For details call 278-6997.

saturday, nov. 3

“Blood Wedding,” a play written by Federico Garcia Lorca, directed by Roberto Pomo, CSUS theatre and dance chair, 8 p.m., University Theatre in Shasta Hall. Tickets $12 general/$7 students, alumni and seniors. Tickets at CSUS Ticket Office at 278-4323 or at Tickets.com at 916-766-2277. Continues to Nov. 11.

“Poetry and the Lunar Moon,” exhibit, Alice Fong, 8 a.m. - 5 p.m., Monday - Friday, Multi-Cultural Center in the library. (916) 278-6101. Continues to Oct. 31.

tuesday, oct. 30

“Masmuertos: Dia de Los Muertos” art exhibit featuring Ricardo Favela and Xico Gonzales, 7 a.m. - 11 p.m. Monday - Friday, second floor of the library. (916) 387-1021. Artist reception, 6 p.m., Nov. 2. Continues to Dec. 12.


“Tama the Islander,” 7:30 p.m., University Union Ballroom. Tickets $5 general/$3 students. Tickets at CSUS Ticket Office at (916) 278-4323 or at Tickets.com (916) 766-2277. Continues to Nov. 11.

“ oidai”, a play written by Federico Garcia Lorca, directed by Roberto Pomo, CSUS theatre and dance chair, 5 p.m., University Union Ballroom. Tickets $12 general/$7 students, alumni and seniors. Tickets at CSUS Ticket Office at (916) 278-4323 or at Tickets.com at 916-766-2277. Continues to Nov. 11.

“Blood Wedding,” a play written by Federico Garcia Lorca, directed by Roberto Pomo, CSUS theatre and dance chair, 2 p.m., University Theatre in Shasta Hall. Tickets $12 general/$7 students, alumni and seniors. Tickets at CSUS Ticket Office at (916) 278-4323 or at Tickets.com at 916-766-2277. Continues to Nov. 11.

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