Program gives kids early start on healthy lifestyle

For children, a wholesome snack and vigorous play are good prescriptions for a healthy life. Simple changes in eating and activity can stave off several serious diseases, says Jennifer Park, a lecturer in the department of kinesiology and health sciences.

To demonstrate the benefits of a healthy lifestyle for children who are already significantly overweight, CSUS has joined in a partnership with Sutter Children’s Hospital at Sutter Medical Center, Sacramento to pilot a program that addresses healthy eating, physical activity, family support and a positive self-image. This fall the first group of 6- to 11-year-olds and their families entered the program. A second group in the spring will be targeted at 12- to 18-year-olds.

The Pediatric Healthy Lifestyle Program, which engages each youngster’s family as well, emphasizes hands-on nutrition and physical activity. Designed to prevent chronic medical conditions related to overweight, it includes work with a nutritionist, social worker and exercise physiologist. This multidisciplinary approach helps sort through not only the cause, but also possible solutions to the problem. It also allows significant opportunities for CSUS interns from many fields to develop their skills in a meaningful setting.

Park notes that Type II diabetes, elevated blood insulin levels, elevated cholesterol, and sleep apnea are among the conditions which can be controlled through good health management. Lifestyle changes can help individuals to live longer and substantially healthier lives.

The program works closely with a Sutter physician who is a pediatric endocrinologist and a diabetologist. The intervention program takes clients on referral and offers a six-week series of two-hour classes for the whole family, plus a one-year follow-up. The program targets children whose body mass index or BMI is at the 85th percentile or greater.

Research supports the need for this type of intervention, Park says, citing for example a recent RAND research study which found that the long-term costs for treating the complications of obesity are more than the costs of poverty, alcohol and tobacco.

Today, says Park, Type II diabetes is occurring in more people at earlier ages. In 1992 only 2 to 4 percent of the new cases of Type II diabetes occurred in individuals under 18. By 1999 children with Type II diabetes were as many as 45 percent of all new cases. Type II diabetes is a seri-

Greek treasure gifted to campus

The Tsakopoulos Collection for the Study of Hellenism—one of the largest collections of its kind in the country—is arriving on campus this month. The collection features a huge assortment of written works about Greece, the Greeks and their influence worldwide.

The collection, named for its benefactor and steward Angelo Tsakopoulos, has been developed over the past 20 years and contains a rare book section with the works of many early Greek writers and philosophers such as Thucydides and Desiderius Erasmus. It also contains maps, artworks and vast collections on Greek politics. The estimated value of the gift to the University is approximately $5 million.

Tsakopoulos and his daughter, Eleni Tsakopoulos-Kounalakis, did a national search to determine where best to locate the collection. “My daughter and the Board of Directors decided the library might be better used in association with a major learning institution,” says Angelo Tsakopoulos.

His alma mater became the recipient as he and his daughter thought that this collection should stay on the West Coast. “We needed a library like this to provide a place for scholars to do their work and to get factual and accurate information,” he says. Henry Chambers, chair of the history department and a professor of ancient history, feels it will bring many new academic opportunities to students as well as stronger ties with the large Hellenic community in the region. Chambers also says the collection will strengthen the already excellent master’s program in history and humanities.

“The collection and the center have been able to attract world class scholars. Moving this resource to campus moves it up another notch,” he says. “This is a substantial thing for the improvement of the visibility of the University and the history/humanities departments.

The collection will be installed in the library gradually. On Dec. 2 the movers unpacked the first part of the collection. The next group of books will arrive between Dec. 9 and 12. The collection officially will open to the public in the spring when all the cataloguing and stacking is complete.

Winter Commencement set for Arco Arena

Winter Commencement ceremonies will be held Friday, Dec. 20 and Saturday, Dec. 21 at Arco Arena. Doors open and candidates assemble a half hour prior to each event.

The first ceremony on Friday will be the College of Education at 1 p.m. followed by the College of Social Sciences and Interdisciplinary Studies at 3:30 p.m. and the College of Natural Sciences and Mathematics at 6:30 p.m.
Despite the state's financial condition, CSUS received slightly more than a 5 percent increase in its general fund appropriation. This increase, $10.7 million, results largely from a 1,095 FTES increase in student enrollment growth is anticipated, the state's increasing financial problems may cause the University to realize a mid-year budget reduction. In anticipation of this, the University has identified approximately $3.4 million, which should be sufficient. For more information, call 278-6156.

The University has funded its institutional commitments and the new faculty needed to support the increased enrollment. While continued enrollment growth is anticipated, the state's increasing financial problems may cause the University to realize a mid-year budget reduction. In anticipation of this, the University has identified approximately $3.4 million, which should be sufficient.

James S. Bosco, kinesiology and health science, and Warren Smith, electrical and electronic engineering, have been awarded a $34,000 grant from the Alpha Fund to conduct a project titled "Patient Repositioning: A Comparison of Patient Bed Height and Healthcare Workers' Performance."
A growing number of MESA Engineering Program students are interested in receiving the valuable campus leadership roles. Students from the MESA program, including Eric Guerra of Mathematics, Engineering, Science, and Achievement, have held the engineering and computer science directorship on the board of Associated Students for the last three years.

Last year’s director Sonny Ramsay had a business card with the aplusp of an independent business owner, a role he assumes in his off hours as partner in a web design company. Asked why he decided to run for the directorship, he cited his MESA Engineering Program connections. “I was just hanging out in the student center,” he says, “and when another student encouraged him for the position.”

Ramsay found that the most challenging part of the job was not time management but over- coming his natural shyness: “I spend more time with my computer than with people,” says the computer science major. “The key to your success in college is knowing other people, being able to talk with them. If you start to become numb, the computer engineer.”

The goal is to make the entire advising process more user-friendly, says Debbie Mullin, coordinator for what the department named the CJ Student Service Center. The staff and faculty say they hope to make the students feel more wanted and respected. “The department wants to strengthen relationships and build rapport,” Mullin says.

Guerra displays remarkable confidence that comes from his experience as director and executive vice president, Guerra described his goals for the year: “The number one thing is to inform students about how the university is run. At a state university everything that happens—building construction, adding classrooms, hiring teachers, opening labs—is dependent on a budget. The state has no responsibility to develop programs to enrich student life. The university is run with student funds and operated by students. Students paid for that entire building. They are the only ones who can help students. That is our motto here at ASI.”

Mesa Guerra has come a long way from the small town of Esparto. The son of migrant farmworkers, Guerra is the first child in his family to go to college. Even now a senior in electrical engineering, Guerra also works as a Cybersecurity Transportation Laboratory, testing a variety of electronic equipment. He attributes much of his success to MEP. “The reason I have been able to make it this far is networking, networking, networking,” says Guerra, citing the group problem-solving skills taught in MEP. “Sooner or later someone is going to ask a question or make a comment that you can relate to and the tension disappears,” says Guerra.

Having learned to open up in engineering courses, it didn’t take long for Guerra to apply his networking skills to his other classes. “Rather than just sitting there by yourself, you learn over and over that we are not the only ones studying! What’s your name? You may shock other people, but you are not letting yourself fall behind,” he says.

MEP student Fahnumu Asia Jungaba, this year’s director, tells many of the same story. “The key to your success in college is knowing other people, being able to talk with them. If you start to become numb, the computer engineer. Jungaba relies on his Palm to keep his classes, his duties as director and his internship at Hewlett-Packard straight.

This is not the first foray into campus politics for Jungaba. The Liberian native served on the board of the University Union last year, overseeing the complex

There are nearly 1,300 under-graduates in the criminal justice program, making it the second most popular major at CSUS this semester. The faculty and staff say the influx of students has forced them to make changes, particularly in the way they manage their time.

This semester, the department assigned four professors to function as advisors for incoming freshmen, transfer students and those on academic probation. The students will remain with those four professors throughout the students’ college careers. In fall 2003, four more faculty members will take on the responsibilities. Eventually, all professors in the department will be responsible for a group of students.

The goal is to make the entire advising process more user-friendly, says Debbie Mullin, coordinator for what the department named the CJ Student Service Center. The staff and faculty say they hope to make the students feel more wanted and respected. “The department wants to strengthen relationships and build rapport,” Mullin says.

Department chair Will Vizzard says that the nature of the campus, with its few residential buildings, makes it hard to get them to bond with each other. “The new advising system, he says, allows a student to bond with a particular faculty member. He also says that by giving students more guidance, they will become more interested and Uni-versity-proactive group of students.

Students can also feel over-whelmed by the entire University experience, according to both Mullin and Vizzard. Mullin recalls how many students waited the last minute to seek departmental advising, creating undue stress.

“Students were self-directing themselves, trying to take care of all the school’s requirements. We needed to get a handle on it. It was pretty chaotic,” Vizzard says. “We were doing ASI more control.” Vizzard says the advising now begins with the new student orientation. It’s also available during the summer.

In a sense, after more than three decades at the University, Nancy Lewis is back where she started.

“This was the library,” she says pointing to the floor of her Lassen Hall office. “I started out in the library. So, after 35 years, I’m back.”

Lewis, however, is no longer ordering books for a bookstore collection. Today she is reentry services coordinator, working to make it easier for older students to start or return to college.

Lewis enjoys her work, although when she started in the library in 1966 she did not expect to stay at the University long. Faced with buying a home in the area, she hesitated. “I didn’t really think I would be here for two years, let alone 35,” she says with a laugh. But she is still on campus and she still lives in the same house, too.

After arriving from Boulder, Colo., Lewis wanted to work at the library on campus and was thinking about completing a degree in library science. But family obligations intervened. So, instead, she completed her bachelor’s degree—with honors—in social science at Sacramento State College in 1977.

She recalls that the campus had its share of student activism in the late 1960s and early 1970s with anti-war and civil rights protests—including student sit-ins in the faculty and staff dining hall. “It was relatively active. I was quite proud,” she says.

After 15 years of working in the library, Lewis was eventually hired to an opening in reentry services—then called the program for adult student admission and reentry—a friend who told her she might like it. The friend was right.

“It’s a nice environment, to be able to help people who are moving ahead with their lives,” she says. Most of the students she sees are people who work full-time and have families; a majority of them are women and all of them are looking to improve themselves.

“Most of them are using it as steppingstones to a better paying job,” Lewis says. “But they are very hesitant. They don’t know how they will fit in. They do outstanding jobs, though. They keep those fresh men on their toes. The adult students have always been seri- ous.”

Looking around at the diversity on campus, Lewis likes what she sees. “I like that Dr. Gerth calls it a ‘people’s university—I think it is,’ she says. Still, there’s trouble ahead if the University offered more evening classes and short eight or nine-week courses which would help reentry students.

One thing she would not change is the high level of accountability which has always seen between faculty and their stu- dents. “I think it’s a wonder- ful,” she says.
Healthy
Continued from page 1

OS disease, driven by lifestyle, that can result in such problems as blindness, amputation, circulatory problems, heart disease and kidney failure. These are just some of the reasons that adopting a healthy lifestyle early in life is exceedingly important, Park says. It is also part of the reason that last year the U.S. Surgeon General called the nation to action in combating childhood obesity, which this program does.

“Important to engage the whole family,” Park explains.

“All that Jazz
Soulful rhythm and movement will be the theme when “Classic Jazz” comes to the CSUS DanceSpace. This Sacramento Black Art of Dance (S/BAD) production will be at 8 p.m., Dec. 11-14 in Solano Hall 1010.

Directed by Linda Goodrich, professor of theatre and dance, “Classic Jazz” will present modern African movements set to traditional and contemporary jazz tunes. The choreography pays tribute to the era when jazz singers sang the blues, while it also honors today’s range of students, alumni, children and seniors. Tickets are available at the CSUS Ticket office at (916) 278-4323 or at tickets.com at (916) 766-2277.

thursday, dec. 10
Men’s Basketball vs. Cal State Fullerton, 7:35 p.m., Hornet Gym. Tickets $10 reserved/$6 general/CSUS students and children under 5 free. Tickets at (916) 278-4323 or at tickets.com at (916) 766-2277.

Women’s Basketball vs. Notre Dame de Namur, 5 p.m., Hornet Gym. Tickets $6 adults/$5 alumni association members/$4 non-CSUS students, seniors and children 6-12/CSUS students and children under 5 free. Tickets at (916) 278-4323 or at tickets.com at (916) 766-2277.

Winter Commencement, College of Health and Human Services 8:30 a.m., College of Business Administration 11:30 a.m., College of Arts and Letters, College of Engineering and Computer Science 6 p.m., Arco Arena. (916) 278-4724.

thursday, jan. 2
Women’s Basketball vs. Saint Mary’s, 7:05 p.m., Hornet Gym. Tickets $6 adults/$5 alumni association members/$4 non-CSUS students, seniors and children 6-12/CSUS students and children under 5 free. Tickets at (916) 278-4323 or at tickets.com at (916) 766-2277.