CSUS professor Scott Modell has developed an innovative summer camp for children with disabilities. Shown is camper Jennifer Keeler, with Modell in the CSUS swimming pool (page 5).
Message from Dean Harter

During the past four years, leading the College of Health & Human Services has been a joy. We have accomplished much:
• The large majority of our faculty is actively involved in the use of technology, and many are using the three computer labs that have been established for the College.
• As a University, we have been involved for several years in the creation and implementation of assessment plans. All seven Units in the College of Health and Human Services have made significant progress in this area.
• During the last four years, the College has progressively moved educational programming out to the community, a practice that benefits students and community members alike. Faculty have established interdisciplinary clinical education programming in Rancho Cordova and have just begun to serve older adults through the LIFE Center located in a portion of the Julia Morgan house on T Street.
• The Center for Health and Human Services finished a major study involving individuals with developmental disabilities, which will impact State level policy involving this population.
• The Center has begun its third year of work with the Sacramento County Division of Human Services to conduct an evaluation of the impact of Welfare Reform on the quality of families’ lives as they transition from welfare to work.
• Established in 1995, the Center for African Peace and Conflict Resolution has accomplished much in the way of peace programming for individuals in Africa as well as the United States. The Center has sponsored numerous conferences and sent high school and college students to Ghana in the summer of 1999 and 2000.
• Each of the departments and divisions within the College has created a strategic planning process, and programs in six of the seven units have either been accredited or re-accredited during the last four years.
• And finally, perhaps one of the most exciting accomplishments has been the recruitment of 38 new full-time faculty to serve in the College of Health and Human Services. A combination of entering faculty and veteran faculty creates a wonderful blend of experience and enthusiasm that clearly impacts the quality of the institutional program.

As I move to Nevada to assume new professional responsibilities and to join my family, I will miss all of the faculty, staff, students and alumni of California State University, Sacramento. It has been an exhilarating professional experience for me.

Message from Interim Dean Hopkins

Thirty years ago, when I graduated from the Nursing Program at Sacramento State College, I never dreamed that I would someday write the alumni as a campus administrator. My undergraduate degree from “Sac State” provided me with an exciting career as a Registered Nurse in critical care units and later opportunities to teach in the nursing program, which was my “alma mater.” My educational foundation from this university was a strong one, and I felt well prepared for the challenges of master’s degree and doctoral degree programs in later years.

In 1997, I made a transition to educational administration, and learned that the position of Associate Dean in the College of Health and Human Services was a fast-paced, demanding job that made good use of past professional experiences. Nursing and teaching provided me with a solid base upon which to build a new career.
The first Run 4 LIFE, a 5K race held at the CSUS campus last October, had more than 500 registrants, with participants ranging in age from 3 to 82 years of age.

The 2nd Annual Run 4 LIFE will be held Sunday, October 8, 2000 at CSUS. Plan on joining with old friends and new acquaintances to support this event.

Last year’s race winner was CSUS student Chad Worthern, with a time of 15.42. Various units within the College of Health and Human Services and the University formed teams for the run. The team with the greatest number of participants was the Division of Nursing, with 80 participants. They won the team prize, a pizza party plus the team’s name engraved on a plaque that hangs on the unit’s office wall for a year.

Proceeds from the Run 4 LIFE help older adults in the community through programs at the LIFE Center, an interdisciplinary program housed in a portion of the newly refurbished, historic Julia Morgan House on T Street. The programs are dedicated to people age 50 and older, in direct response to identified community needs.

We look forward to your support Sunday, October 8, 2000. Watch for your run application in the mail, or call (916) 278-7336 to request an application.

The new CSUS LIFE Center is designed to provide health promotion, disease prevention and fitness services to adults 50+ years, living in the Sacramento community. The Center is located in a portion of the CSUS Julia Morgan House on T Street.

The mission of the LIFE center is to encourage positive health changes and enable the older adult to take charge of his or her health. University faculty and students from different disciplines will use an integrated approach to address a variety of health concerns faced by the aging population. A variety of fitness and health education classes including Fall Risk Reduction, Aerobics, Strength Training, Line Dancing, Power Walking, Tai Chi, Stretch and Tone, Yoga, Health Seminars and Computer classes will be available through the LIFE Center.

The Fall Risk Reduction class will focus on balance exercises to aid in preventing falls and injuries, and will enable many older adults to remain healthy, active and independent. Students will be able to supplement their classroom training with on-site health and fitness assessments of the older adults. Programs and services will be provided year-round on a “fee-for-service” basis.

The LIFE Center location at 3731 T St. is approximately 3 miles from the campus. The Julia Morgan House was built during the early 1920’s and bequeathed to CSUS by its owner, the late Charles M. Goethe. It recently has been refurbished to its original splendor.

For additional information about LIFE Center programs please contact Professor Annita Watson at (916) 278-7336.

Hold the Date

Join us September 7 for the celebration of the opening of the new CSUS LIFE Center, 3731 T St., Sacramento. An elegant evening of wine and food sampling and a silent auction are planned for the event, scheduled from 6-9 p.m.

The evening promises to be a memorable event, reminiscent of the 1920s and perhaps, just as full of surprises. For more information, or to reserve your place for this unique evening, call Aileen Ross-Gutaw, (916) 278-5024. Tickets are $50 per person ($30.00 per person is your tax-deductible contribution to CSUS).
Dean Harter Leaves CSUS

Popular and highly regarded Mike Harter, Dean of the College of Health & Human Services, left his post this summer after four years at CSUS.

“Mike has been a terrific dean, and has made a big difference to this campus,” said CSUS president Donald Gerth.

Harter’s wife Carol is president of the University of Nevada, Las Vegas. They have taken turns flying between Sacramento and Las Vegas on weekends. Now their son and his family have relocated to Las Vegas, and Dean Harter, too, will make his permanent home there. Harter has accepted a joint appointment in Nevada’s higher education system. He will be coordinator of health education programs for the University and Community College System of Nevada, and the associate dean for planning at the University of Nevada Medical School. It is wonderful that the family will be together; however, with his departure, Dean Harter leaves many sad colleagues behind.

An interim dean has been appointed (see adjacent story) while a national search takes place for a permanent replacement.

All of the staff, faculty and students who have benefited from the progressive and innovative changes Dean Harter instituted during his years here wish him the very best. Among Harter’s contributions to H&HS are the creation of the LIFE Center and the Center for Health and Human Services.

Marilyn Hopkins Selected as Interim Dean

Dr. Marilyn Hopkins has been selected as the interim Dean for the College of Health and Human Services. Dr. Hopkins is a CSUS graduate from the Division of Nursing. Her doctorate was earned at UCSF. Since 1997, she has been the college’s associate dean and enthusiastic supporter, and participant in the growth of community outreach programs.

Most recently, Dean Hopkins secured a grant from the Stuart Foundation for more than $300,000 to help at risk youth in Rancho Cordova. Hopkins brings to her new position more than 26 years of higher education teaching and administrative experience.

Her enthusiasm and energy level is expected to keep H&HS students, faculty and staff interested, motivated and involved.

Calendar of CH&HS Alumni Activities

You, your family, CH&HS staff, and current and Emeritus faculty are enthusiastically invited to join some or all of these fun-filled activities. For more information or early reservations, please call Aileen Ross-Gutaw, (916) 278-5024. We really look forward to hearing from you, and to having you back on campus for good times and the opportunity to network with other CSUS grads.

Thursday, September 7

Grand Opening of the LIFE Center. Celebrate with a restaurant sampling, wine tasting, silent auction and entertainment. Cost is $50.00 per person. Call (916) 278-5024 for an invitation, which will be sent to you immediately.

Saturday, October 14

Be our guest at a tailgate “Octoberfest” before the Homecoming football game. Call (916) 278-5024 to reserve your game tickets now. $15.00 per person includes the tailgate party, door prizes, football game and more!

Sunday, October 8

Run 4 LIFE, the College of Health & Human Services’ annual 5K Run/Walk. The course takes participants through the beautiful tree-lined CSUS campus. Call (916) 278-5024 to have an application mailed to you.

Watch for additional information about all of these events. To ensure participation, call early and often! See you on campus!
Youths with disabilities—often left out of traditional summer camps because of the nature of their disabilities—will get a chance at that summertime rite of passage this summer at CSUS. Up to two dozen 10- to 18-year olds will take part in the first-ever WAVE Camp for pre-teens and teens with physical disabilities.

There aren’t many sleep-away camp options for young people with disabilities like cerebral palsy, spinal cord injury or spina bifida, says Scott Modell, professor of kinesiology and health science and WAVE camp director. “Typically they are not afforded the same opportunities as children without disabilities.”

During the day the campers will focus on water activities—swimming, water polo, sailing, kayaking, canoeing and waterskiing. And just like their peers across the country, the campers will bunk overnight — in residence halls on the CSUS campus — and join in typical social activities like skit night, dances and counselors versus the campers competition, probably in water polo.

Campers will eat their meals in the campus dining commons. Water activities will take place at the CSUS swimming pool, Stillwater Ranch and Lake Natoma. To ensure safety and maximum participation, each camper will have a one-to-one counselor. The counselor corps will include some of Modell’s students as well as community volunteers. There will also be two nurses and an orthopedist on staff.

Modell recognized the need for the camp while working with families in his motor development and water recreation education program for children with physical disabilities called Project Play. He says, “This way, kids with physical disabilities can experience the same type of overnight camp as other kids without any architectural, programmatic and attitudinal barriers.”

Modell sees the camp as a step in developing lifelong physical activity habits. “By exposing kids to activities that they wouldn’t otherwise be exposed to, they have the chance to build lifelong interests,” he says.

“Studies have shown that many children with disabilities are not spending their leisure and recreational time appropriately,” Modell says. “The idea is to set the foundation for future participation later in life.”

Modell also sees the camp as a way for the participants to establish relationships. “Community-based recreation is a great way to develop friendships,” he says. “It opens avenues to increased social supports in the future which leads to increased quality of life.”

Learning English is not easy. Even people with a strong grasp of the concepts can struggle to be understood. That’s where the accent reduction center at CSUS comes in.

Clients looking to improve their English language skills work with graduate students in the speech pathology and audiology master’s degree program, under faculty supervision. The focus is on rhythm, intonation, vocabulary and pronunciation of English, says Lynda Oldenburg, clinic director of the Maryjane Rees Language, Speech and Hearing Center at CSUS.

Referrals are strictly voluntary. “We only work on accent reduction when the person seeking assistance says, ‘I need to change my speech,’” Oldenburg says.

Seonghee Choi, a CSUS electrical and electronic engineering graduate student from Korea, began sessions in October for help with his pronunciation after a year at the University. “In Korea I spent a lot of time learning English, but we usually studied grammar and reading,” he says. “We had few opportunities to speak to native speakers.”

Before the process begins, the student clinicians conduct thorough evaluations of each client, assessing their pronunciation, articulation and vocabulary abilities, and checking for physical limitations that may make it more difficult for them to be understood.

Among the English language quirks the clinicians help the clients work through are idioms and contrastive stress. Idioms are expressions that vary from the literal meanings of the individual words like “out of the blue,” while contrastive stress is when the speaker emphasizes one word over another in a sentence which can alter the sentence’s meaning and intensity.

The clinic runs on a semester-by-semester basis so clients get about 24 private, one-on-one, one-hour sessions. The center can be contacted at (916) 278-6601.
about our divisions...

CRIMINAL JUSTICE
Through a collaborative effort between Criminal Justice and Nursing, the College of Health and Human Services sponsored a conference on biological and chemical terrorism in April. Sacramento is among U.S. cities at risk for a terrorist event; experts agree that the best protection against terrorism is a well-informed public. Participants of the seminar gained an understanding of the risks associated with bio-chemical terrorism and the roles of public service agencies in such an emergency. The program featured nationally recognized and well-known local speakers on such topics as suspicious packages, anthrax, cyanide and sarin gas.

KINESIOLOGY & HEALTH SCIENCES
Kinesiology and Health Science is the new name of the former Department of Health and Physical Education. Exercise Science now has two options of study at the undergraduate level: Exercise Physiology and Therapeutic Exercise and Rehabilitation. This new configuration of programs will provide students with multiple options for career paths in health related fields.

The greatest changes in curriculum have taken place in the Department's Physical Education/Teaching Option. A “blended” program has been developed with the College of Education to allow students to complete their degree and credential in four and a half years.

NURSING
The faculty of the Division of Nursing has created several new programs to enhance student learning and provide community outreach.

Through the Sacramento and Folsom School Districts, student nurses mentor children who have anger management issues. These children have a history of frequent absences, lack of friends and dysfunctional families. The nursing students supervise various sports activities, play games, and use storytelling to promote appropriate socialization and problem solving skills for the children. A clinical nurse specialist in child-adolescent mental health supervises these CSUS second semester students.

Please check our Wish List in this edition of the Update for items needed by the nursing students for this mental health program. A Cooperative Education placement program enables second semester nursing students to secure employment with local health care agencies. This valuable program allows the students to earn money, gain additional clinical experience, and academic credit. Many of our students have been offered full time jobs upon completion of the program.

PHYSICAL THERAPY
In preparation for the fall risk-reduction program at the new LIFE Center, faculty and 16 students from PT and Kinesiology have been researching the five best assessment tools for predicting falls in the elderly. They evaluated more than 100 independent, community-dwelling older adults. These individuals will now be tracked for a year to determine incidents of falling. The fall data will be evaluated based upon the assessment tools to determine the best way to determine those most vulnerable to falling.

PT students raised funds for their program at the 2nd annual McGinty Cup Golf Tournament, held at the Ancil Hoffman Golf Course in April. The winning foursome was made up of alumni from the 1998 Physical Therapy Program: Richard Crisp, Robert Larson, Tim Sherman, and John Silva.

RECREATION & LEISURE STUDIES
An enthusiastic group of 45 students attended the 3rd Annual Commercial Recreation and Tourism Leaders Seminar. Representatives from Disneyland Resort and Southwest Airlines discussed personnel management, customer service, tips for job seekers, and industry outlooks.

Dr. Ernie Olson planned and hosted the department’s first Fall Convocation. This new tradition gives incoming and continuing students the opportunity to hear the “State of the Department” address, meet faculty, and learn more about the department and its individual areas of concentration. A question and answer session allows students to address concerns or ideas related to curriculum development and scheduling.

Students from the “Environmental Interpretation and Outdoor Education” class partner with the Monterey Bay Aquarium to organize and implement a workshop for the Aquarium’s volunteer interpretive staff. The workshop is a half-day training. The training has become very popular and is in demand.

SOCIAL WORK
The members of the Social Work Alumni Association, under the guidance of faculty advisor Juan Hernandez and President Sylvester Bowie, produced an annual Honor’s Luncheon in November. The luncheon recognizes CSUS Social Work graduates who have made a significant contribution to the individuals and communities they serve.

Among those honored were Grantland Johnson, Mario Obledo, Serge Lee, Sharon Gilson, Lealand Tom, Jean Luchini, and Sierra Adoption Services.

The Social Work Alumni Association meets the second Friday of each month (except June & July) at 4 p.m. at Bleachers. Members and friends are always welcome.

The Division of Social Work will be moving into a state-of-the-art suite of offices, classrooms, and skill laboratories for fall classes. Mariposa Hall, Social Work’s new home, has just been constructed between Eureka Hall (Education) and Kadema Hall (Art). It has beautiful rounded walls of blue glass.

SPEECH PATHOLOGY & AUDIOLOGY
This summer, department chair Dr. James McCartney and an Audiology graduate student joined a group of volunteers from Los Medicos Voladores (flying doctors) on a 4-day trip to Hidalgo, Mexico. A remote farming community, Hidalgo has a large number of people with hearing problems, probably because of the noise from unmuffled tractors and copper strip mining. This is the first time audiologists will be joining with the physicians, dentists, and optometrists to bring health care to Northern Mexico. The villagers will receive screening services, hearing conservation, and hearing aid evaluations.
**Birth Simulator**

Nurses and doctors might someday learn to deliver a baby before they ever take their first rotation, if an innovative project at CSUS turns motors into muscles and wires into nerves proves successful. The project is a “childbirth simulator,” and a group of professors and students have been working on it for nearly a year.

The simulator is envisioned as a variation on the mannequins used to teach CPR. Driven by a computer, the simulator would have “contractions” and mimic birth-related complications. It would also allow students to watch the in utero “baby” react to their actions on a computer screen. Instructors could vary the speed of delivery and pre-program the simulator to test certain skills.

The project is the brainchild of CSUS nursing professor Louise Timmer and CSUS engineering professor Warren Smith. The two have also enlisted the help of biology professor Ann Motekaitis.

“There are plenty of models out there, but they’re not very realistic, to say the least,” Timmer says. “The models that are available don’t show the movements the baby goes through in the mother’s pelvis. Furthermore, the models don’t help students practice the maneuvers they should use to help the baby be born safely in normal and at-risk situations.”

Timmer brought the idea for a birth simulator to Smith, the engineering professor, two years ago. Smith, who has for years worked with medical simulators, thought the idea was a worthwhile challenge. “To me, it’s just like the pilot trainers that they’ve been using for years,” Smith says. “The medical community is really waking up to the idea of using simulators in teaching. I think this has real promise.”

A recent survey by nursing students indicates the group’s idea has appeal. It shows strong interest from regional nursing programs, health clinics, ambulance services, fire stations and the like.

**AmeriCorps Students Help Rancho Schools**

High-risk students at four Rancho Cordova elementary schools are receiving extra attention from CSUS students, as the University’s AmeriCorps members participate in this national service program. About 30 college students participate in after-school programs for 200 at-risk children. They offer tutoring, organized sports, recreation, and health education.

A teacher from the district and a parks and recreation specialist coordinate the program with assistance from Recreation and Leisure Studies faculty Judy Quattrin. “This is exciting for us, because we have such a focus on community service in our academic programs,” says Marilyn Hopkins, interim dean of CH&HS and director of the campus AmeriCorps effort. The local program at CSUS is known as the Capital University Service Corps.

The elementary schools which host the new after school programs are Rancho Cordova, Riverview, White Rock, and Williamson.

AmeriCorps is a national service program in which young adults work to improve communities in the United States. Projects include tutoring children, building homes, clearing trails, and working in health clinics. AmeriCorps members serve for one or two years, and are paid a modest living allowance just above minimum wage. Payments on most student loans are deferred during service, and at the end of their term members receive an education award.

**Nursing Students Work in New Helvetia**

CSUS nursing students opened a nursing service center in New Helvetia last fall, where they now provide nursing assessments on overall health, physical needs and housing conditions. They offer health education, carry out health promotion programs, assess the development of infants and children, offer blood pressure screenings and help residents access community resources.

In the process, the students are completing the service work required in their community nursing class.

Pat Ackerman, a CSUS nursing professor who teaches community nursing, is helping to coordinate the center. She says that running the center provides students valuable new experience. Typically, students complete service hours in programs such as Healthy Start or through county health departments, which don’t ask them to take on management duties.

“This helps our students develop a strong understanding of the community and sense of responsibility for the community,” says Ackerman. “It also gives them a sense of autonomy, a chance to solve problems on their own while working with people where they live. And, of course, it is great for residents.”

The focus is on providing services residents of New Helvetia and River Oaks say they want. In fact, it was residents who asked the CSUS division of nursing to establish the center.

Residents told students that they needed information on accessing health care, child safety, parenting, nutrition and wellness. Students provide the information at small classes in the center and by visiting families in their homes. They ask residents about their health and lifestyle needs, and then develop clinics to address them.
new faculty . . .

LARRY BOLES – comes to the CSUS department of Speech Pathology and Audiology from Hawaii where he was an associate professor. Dr. Boles earned his doctoral degree at the University of Arizona. His specialty is aphasia, brain injury, and research methods. Dr. Boles was the chief of speech-language pathology in the department of physical medicine and rehabilitation at UCD Medical Center.

SUZETTE CÔTÉ – comes to the CSUS department of Criminal Justice from the State University of New York, Buffalo where she earned a doctorate in sociology and a law degree. This lifelong Easterner says, “I really liked the University when I came out to interview. The department is big and diverse.” Dr. Côté feels she has a lot to offer the students in her graduate methods class, since it was only last summer that she finished her dissertation. The course is designed to help graduate students prepare for their thesis projects. “I try to pass on my learning experience.” In addition to her methods class, Côté also teaches a course on sex offenders. It’s an offshoot of her graduate work, in which she examined what she sees as a shift in the way today’s criminal justice system deals with sex offenders.

JOSE GUADALUPE – joined the Division of Social Work after an extensive and varied professional background. He received his doctoral degree in social work from the University of South Carolina. Dr. Guadalupe’s major focus is educating social workers to address socially and culturally diverse populations without perpetuating stereotypes. “Diversity is not just the ‘group of the week,’” he says. He suggests that people should look for commonalities within the context of diversity. Before coming to CSUS, Guadalupe taught at the University of Puerto Rico and University of South Carolina.

ALAN HRELJAC – is a new assistant professor of biomechanics in the Kinesiology and Health Science department. Dr. Hreljac’s primary research pursuits have been related to human gait. He was a postdoctoral fellow at the University of Auckland where he did extensive research and taught at both the undergraduate and graduate levels.

ROBIN KENNEDY – is a new faculty member for the Division of Social Work. Dr. Kennedy has spent many years teaching and learning at the University of Texas at Austin where she earned her doctoral degree. Dr. Kennedy’s professional background includes guest lecturing, instructing, research, counseling, and serving as executive director of a social service agency.

LAUREEN O’HANLON – a new assistant professor in Speech Pathology and Audiology recently completed her doctoral degree at the University of Kansas. Her area of focus is aging and changing language recognition. Dr. O’Hanlon teaches speech pathology in conjunction with her research project. O’Hanlon wanted to come back to the CSU system because she enjoyed being a CSU student in San Diego.

DARYL PARKER – is completing his doctoral degree in Physical Education – Exercise Science from the University of New Mexico. He graduated from CSUS with a master’s in Exercise Physiology.

CELESTE ROSEBERRY-MCKIBBIN – is a graduate of the CSU system. Dr. Roseberry-Mckibbin went on to get her doctoral degree from Northwestern University in speech pathology and audiology. She has published and presented extensively in the areas of cultural diversity. Previous teaching positions include University of the Pacific, Chico, and most recently Fresno.

SANTOS TORRES, JR. – was an Associate Professor in the School of Social Work at the University of Pittsburgh. He earned his doctoral degree from Northern Illinois University. Dr. Torres has written extensively on issues of diversity and brings to the CSUS Social Work department a wealth of knowledge on the subject.

FRANCES YUEN – is now a faculty member for the Division of Social Work. Professor Yuen served as the chief deputy director of a large Asian American-focused service agency in San Jose. His interest is in family-based social work. “We look at the various factors that contribute to the holistic well-being of the family and its members,” Dr. Yuen explains. Yuen received a doctoral degree in social work at the University of Alabama, Tuscaloosa.

Longtime Professors Retire

Two longtime CSUS professors, Dr. Pamela Milchrist, chair of Kinesiology and Health Science, and Dr. Karen Scarborough, coordinator of the department’s graduate program, will be retiring. Both will become part-time members of the faculty.

The two professors came to CSUS in 1973. At that time, there were two physical education departments, one for men and one for women. Dividing the program by gender was considered the best way to meet the needs of students.

Both professors say they were privileged to have been mentored by a group of brilliant, dedicated women faculty members who put the needs of students above all else. It was the visionary leadership of Barbara Bartee, Mary Ann Turner, Elizabeth Stevenson, Pauline Guinther, Norma Price, Edith Gardner and Linda Hughes—often called the “Steel Magnolias”—who taught Milchrist and Scarborough about faculty governance and how to persevere to maintain high standards in a dynamic and changing environment. Their colleagues in the College of Health and Human Services offer Milchrist and Scarborough congratulations on a job well done.
You Ought to Be in Pictures...

Ernie Olson, professor of Recreation and Leisure Studies, was recipient of the Outstanding Teacher Award this spring.

Associate Professor Joan Neide with Academic Achievement Award winner Gina Heaton.

Pam Milchrist and Joan Neide visiting Chinese residents in Yunnau province.

L-R: Phyllis Donovan, Dean Hopkins and Criminal Justice chair Susan Meier at 20 Year Club party.
Leisure—the Latest in Job Trends

Talk of hot jobs usually focuses on the fast-paced computer business. But some CSUS students are getting in on an industry geared towards kicking back.

They are in demand in the leisure industry, which pumped nearly $65 billion into the California economy last year. Even before they graduate, CSUS students are being snapped up for internships throughout the state and around the country. Several students have interned with the California Division of Tourism. Three commercial recreation students were selected for winter break internships at the prestigious hotel, The Breakers in Palm Beach, Florida, and were among only 14 students in the country chosen for jobs at the resort. Travel and Leisure magazine ranks The Breakers among the top 60 hotels in the United States and Canada.

Commercial recreation is not all fun and games. In addition to training in leadership, program planning, research and the needs of diverse populations, commercial recreation majors learn the nuts and bolts of their field. Majors get a taste of conference and meeting planning, resort administration, marketing of recreation services and hospitality management. They also study broad travel and tourism issues such as why and how people travel, and how people impact the host community they visit. Above all, good customer service skills are taught.

Students Phone Alumni for Their Support

Under new guidelines, CSUS must now raise 10 percent of its annual budget through private donations, and each of the seven CSUS colleges share in that mandate. The College of Health & Human Services hosts a student-staffed phon-a-thon as part of its Annual Fund campaign to meet its portion of the goal.

During evening hours throughout April, students from each of the college’s departments called College alumni, asking for contributions to be directed to the specific department from which the alumni graduated. The money contributed will be used for student scholarships, equipment purchases, and student emergency funds. The students reported that they really enjoyed speaking with the graduates—finding out where they work, or who has a new baby, or home, or job. The College of Health and Human Services goal is to reach more of our graduates each year, to update our mailing records, learn about their careers and seek their support for the students who follow them through CSUS.

alumni sightings ...
The Charitable Gift Annuity Now Available at CSUS

CSUS is now offering this popular, proven method of philanthropy that guarantees the donor a lifelong income. For CSUS alumni, and friends, a charitable gift annuity provides the best of both worlds—a donation that will benefit CSUS and annual income for life to the donor.

“It’s an effective, proven way to support future CSUS students while your money is providing for you and your family,” says Robert Jones, CSUS vice president of university affairs.

This is how it works: In return for your contribution of $5,000 or more to CSUS in cash or assets, the University agrees to pay you an annual income for life. Your investment is secure and backed by the assets of the entire CSU system. Upon the donor’s passing, the balance of the annuity is gifted to the University.

A charitable gift annuity also provides tax benefits to the donor:
• The contribution that funds the annuity provides tax benefits the year it is created.
• For a specific time a portion of the income you derive from the annuity is tax-free.
• If you use appreciated securities to fund the gift annuity, you will receive capital gains tax deductions.

Income is determined as a percentage of the gift and your age at the time you create the annuity. If you want the tax benefits of making your gift now and do not currently need the income you can opt for a deferred gift annuity and have your payments kick in at the age you select.

To find out how a charitable gift annuity or deferred gift annuity can work for you and benefit the College of Health and Human Services, call Aileen Ross-Gutaw, Director of Development for the College at (916) 278-5024.

Center for Health & Human Services Hosts Retreat

The Center for Health and Human Services hosted 40 Healthy Start Coordinators for a three-day retreat focused on leadership development, and sustainability. The coordinators are part of the Region 3, Healthy Start, and After School Partnerships Network. They work with individual elementary, middle, and high schools in supporting children and families so the students are ready and willing to learn. Parent involvement plays a key role in the success of the programs.

The parents volunteer to help at the schools, enroll in continuing education classes and participate in support groups. At the retreat, coordinators learned about new strategies and tools, and celebrated the program’s accomplishments for many vulnerable children and their families.

College Wish List

Please contact Aileen Ross-Gutaw, (916) 278-5024, CSUS College of Health and Human Services, if you can provide any of the following to College programs:

• Children’s toys
• Arts & crafts supplies
• Children’s musical instruments
• FAX machine
• Office furniture

All donations of merchandise to the University are tax deductible within the guidelines of the IRS.

ADVISORY BOARD

The College of Health and Human Services is grateful to the members of our Advisory Board for their service and leadership. Members are:

**MARY M. BAKER, RNC**
President, CEO, Chicken Soup, Plus

**RICHARD BARBAR**
Consultant, Recreation & Parks

**ROBERT BROSnan**
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CEO, Western Health Advantage

**DOROTHY MEEHAN**
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**SANDRA R. SMOLEY**
Chairman & CEO, The Sandy Smoley Group

**CARY STEWARD**
Executive Director, CAHPERD

**TIMOTHY WAITS**
President, The John David Company
A community of caring” is how nursing alumnus Mary Baker describes her highly successful business Chicken Soup, Plus. The nursing practice and home nursing company offers home care options ranging from drop-in pediatric nursing to live-in long-term care. Services are available for infants, children, disabled adults and seniors and on a long-term, short-term or respite care basis.

“Sometimes families want to spend more time visiting the patient rather than attending to medications, etc. In other cases, family members may work and need extra help,” Baker says.

Baker’s willingness to explore new territory and listen to people’s needs has helped the organization to continue to grow as it approaches its 20th anniversary.

Over the years, Baker says she’s seen new areas of need arise such as the need for basic care and nursing consultation. Both came as the result of personal experience. In one case she was asked to evaluate the care being provided to the mother of a friend. In another, a former patient from her nurse practitioner days needed assistance after surgery but didn’t want to have to interview a bunch of strangers. Baker did the interviewing for her and ended up with an employee who still works at Chicken Soup.

She recently added “travel companion” to their list of services, escorting a woman with Alzheimer’s from her long-term care facility in Florida to a new facility in Davis. Chicken Soup, Plus also offers diabetes management and care coordinator services.

In addition to her master’s degree in nursing from CSUS, Baker has a master’s degree in public health and is a family nurse practitioner. While working in family practice, she realized she wanted to make an investment in a business. About that time she also began suffering from vertigo and learned there were no services in Sacramento for people with a short-term illness.

“I didn’t need full-time care, just some temporary help,” she says.

This revelation planted the seeds for Chicken Soup, Plus. When she opened for business a year later she was immediately inundated by media interest and phone calls from potential customers.

Business is booming. Baker has 100 employees and is always recruiting. As an incentive, employees receive free continuing education training at Chicken Soup’s downtown Sacramento office.

Baker believes one of the reasons she’s been successful is her interest in trying new things. “I love the practice of nursing,” she says. “There are so many opportunities to extend your wings in so many areas as a nurse.

“I like to be diversified, to get involved with a lot of things. Being in business has allowed me to tap into interests and skills that I didn’t know I had, like public relations and advertising.”

She strives to balance care with profits and advises other potential nurse entrepreneurs that once they are in business they will have to deal with insurance, personnel, workers’ compensation, delivery of product, business issues and federal and state regulations.

“In any business you have to get to know it from A to Z. You have to understand the nuts and bolts of business,” Baker says. “You need to keep an eye on the finance part.”

Baker and her Chicken Soup, Plus have been featured on CNN, CBS This Morning, the CBS Evening News, and the San Francisco Chronicle and in a Time magazine article on nurses who run businesses. “I didn’t expect to be an entrepreneur,” she says. “When you’re sort of a trailblazer, you just do what you think is right without realizing there’s a groundswell of others who are doing the same thing.”

Her future plans include looking for niches in the market. “As the Baby Boomers age, we won’t put up with what our parents put up with in terms of care,” Baker says. “We’ll want new services like travel services and transportation. I hope to work with the real estate industry to develop ways to move sick or disabled family members.”

She also plans to “grow the business” by approaching different segments of the population and listening to what people want and need. “I know a good idea when I hear it,” Baker says. “When people ask if we can help them, we’ll try to make it happen. Then we’ll come up with a price that is reasonable.

“There are so many possibilities, so many ways to meet needs and do community service.”

Baker serves on the CSUS College of Health & Human Services Advisory Board.
CSUS to Offer Program Focused on Non-Profits

CSUS will soon offer special training for students planning to work in non-profit organizations, yet another sign of the growing focus on community service at the University.

Students seeking the new certificate in “humanics” will learn fund-raising, board development, management, program planning, marketing, human development and other facets of non-profit work. They’ll be prepared for the often-daunting variety of tasks that non-profit employees confront.

“Non-profits generally do not have large budgets, so they look for people who are knowledgeable in many areas,” explains Erik Rosegard, the CSUS recreation and leisure studies professor who is coordinating the new program. “There is definitely a need for professionals who can work in non-profit organizations.”

There are about 1.1 million non-profit organizations in the United States, Rosegard says, which employ more than 10 million people and have more than 90 million volunteers. And they’re looking for qualified employees. This year there were about 50,000 entry-level jobs with non-profits, and experts expect the number of openings to grow in coming years.

The humanics certificate is a program developed for universities by a non-profit organization called American Humanics, and is available to students in any major. The program is organized around a set of required “competencies.” To earn the certificate, students are required to demonstrate a set of these competencies in coursework and field experience. In addition, students are required to work 300 hours at a non-profit organization and participate in a campus student organization.

More than 40 campuses across the country offer the program, and American Humanics hopes to help make it available at 100 by the year 2000. The approval of the new certificate matches the growing trend of CSUS faculty and students working more in the community.

The College of Health and Human Services and the College of Business Administration will coordinate the humanics program. Rosegard and faculty members from other departments spent the year determining which courses on campus fulfill the various requirements for the certificate. CSUS students will be offered the certificate option beginning in fall 2000, though students with some previous classes or experience may be able to have that work considered.

More information is available by contacting Erik Rosegard at 278-6753 or rosegard@csus.edu.

December in Cuba

Associate Professor Melinda Seid recently was selected to participate in a Health and Healing tour with Dr. Patch Adams in Cuba. Every facet of health and healing was represented in the tour group (physicians, allied health professionals, alternative practitioners, and educators). The participants were in Cuba for 10 days.

One of the tour members brought humanitarian aid to the Cuban people to help meet their basic needs. Medical supplies and equipment were transported and distributed to various hospitals, clinics, and day care centers on the island.

The Cuban public health care system is believed by many to be among the best in the Third World. Participants learned about the integration of natural and traditional medicine in the Cuban health care system. Its basic principal is the priority given to the health of the population as a whole and not exclusively to the individual.

Seid’s trip to Havana included a visit to El Barrio Chino. Seid said that at one time, Havana’s Chinatown consisted of 44 city blocks, home to more than 30,000 ethnic Chinese. Seid took an impromptu two-hour tour of Chinatown after introducing herself in rudimentary Cantonese to a Chinese resident. The residents of Havana’s Chinatown were from the same area of China as Seid’s ancestors.
**CSUS Student Earns Major Award**

A full-ride to the law school of his choosing is in the cards for CSUS criminal justice student Daniel Cacho. The Oak Park resident recently landed one of the prestigious—and lucrative—Frank H. Buck scholarships.

The scholarships, named for former U.S. Senator Frank Buck, provide students tuition, books, room, board and some travel expenses for any program they can get admitted to. Cacho, who’s getting all A’s, plans to apply to several prestigious law schools.

He wants to become an attorney specializing in immigration law. “My parents immigrated from Mexico and I feel they were taken advantage of,” Cacho says. “I want to be able to make up for that, to make a difference.”

But Cacho also has his eye on criminal litigation. “I like to watch Johnnie Cochran work,” he says.

A bit of an overachiever, Cacho came out of high school sporting, not a 4.0, but a 4.13 GPA. For his Buck application, he turned in 12 letters of recommendation, instead of the required three. He won’t receive his bachelor’s degree from CSUS until December, and his law degree a few years after that. He’s already contemplating a post-law school doctorate degree in public administration.

Frank H. Buck Scholars are chosen from the counties Buck served while in Congress: Sacramento, Contra Costa, Napa, San Joaquin, Solano and Yolo. Awards are based on such criteria as character, enterprise and personal initiative. Financial need and academic achievement are also considered.

**CSUS Student Gets Home Field for Olympic Quest**

When the 2000 U. S. Olympic Track and Field Trials came to the CSUS this summer, hammer thrower Justin Carvalho didn’t need directions to the throwing circle. For the last four years, the CSUS student and Ponderosa High School graduate has competed, practiced and coached on the Hornet Stadium track.

Carvalho, who set a Big Sky record for the hammer in 1997 as a member of the CSUS track team, competed for a spot on the team that will represent the United States in the 2000 Olympics in Sydney.

In addition to training at least four hours a day for this summer’s competition, Carvalho works as a volunteer coach for the “throwers” on the Hornet track team, studies kinesiology and works 25 hours a week at a sporting goods store. Carvalho plans to earn a master’s degree in strength and conditioning, and pursue a coaching career, preferably at CSUS.

The volunteer coaching actually helps his training, Carvalho says, by reminding him of the basics. He also feels it benefits the student athletes to have a coach who has competed in the event. “As a kinesiology major I can break down the movements of throwing. But as a hammer thrower, I can tell them ‘When you get to this position in your motion, it will feel like this,’” he says.

And why did the former three-sport star—football, wrestling and track—turn his focus to the hammer? “I really feel that the hammer chose me,” Carvalho says.

Carvalho competed in discus and shot put in junior high and high school but didn’t even try the hammer until junior college. “When I first picked up the hammer, I hated it. It was hard,” he says. But that hard work paid off in a track scholarship to CSUS where right off the bat, he broke the school record, twice. Pretty soon he had also shattered the Big Sky record and earned All-American honors.

Carvalho also competes in Olympic-style weightlifting, but his focus has been on the hammer. “The hammer is on the front burner,” he says.

Carvalho missed qualifying for the 1996 Olympic Trials in the hammer by just four feet. So when he learned his hometown had landed the 2000 Trials, Carvalho knew he couldn’t pass up the opportunity for home field advantage.

“I thought, ‘now, I can put on the afterburners on my training,’” he says.

Carvalho did not advance to the Olympic team during the Trials, however.

Carvalho says his coaching plans will be his way to give back to Sacramento. “I plan to put what I’ve learned back into Sac State,” he says. “I want people to know that if they make me better, I can do the same for the athletes here.”

Guiding others is a Carvalho family trait. Justin’s wife Barbara, also a CSUS student, teaches first grade while working toward her teaching credential.
Yes, I want to do my part to guarantee students the best education and the most progressive programs possible.

My contribution $____________ is enclosed.

Please bill my __________ MasterCard __________ Visa
Card Number: ___________________________________________________________ Expiration Date: ____/____

I want my gift to benefit: ____________________________
Department Name ____________________________
College of Health & Human Services
For: ______________ Equipment ______________ Research ______________ Programs ______________ Scholarship

Details of how I want my contribution used: ______________________________________________________________

My employer will match this gift. Matching gift form is attached.
I have included CSUS in my Will/Estate Plan.
Please send me information about including CSUS in my Will/Estate.

Thank you
Message from Interim Dean Hopkins

continued from page two

as an administrator in higher education. My years in nursing had taught me the value of caring about people and developing good interpersonal relationships. I learned to assess carefully, plan meticulously, work quickly, and evaluate honestly. Twenty-three years as an educator taught me to appreciate the joy and anticipation associated with learning and the complexities of the teaching-learning process in today’s complicated technologically driven world.

Today, I take special pride in the fact that faculty in our College are campus leaders in the application of information technology to the teaching-learning process. They have pioneered the use of distance education technology to meet the needs of learners geographically removed from the campus. They have developed student learning activities and adapted course materials for the World Wide Web. Some have even developed computer, interactive programs to aid learning of complex concepts.

Equally noteworthy is the work of our faculty and students in the surrounding community. Our College has made a significant impact on the lives of children, families, the elderly, and other vulnerable populations through internships, field placements, clinical labs, service-learning activities, cooperative education, and work-study. We have expanded opportunities for interdisciplinary, interprofessional education in a variety of ways. Up to 80 students each semester are engaged in learning experiences with at-risk children, youth, and families through the Rancho Cordova University-Community Partnership. The creation of the Capital University Service Corps (an AmeriCorps program) has allowed 24 CSUS students to participate in a national service program where they help tutor and mentor elementary age youth in low-performing elementary schools. Through creation of special programs for older adults at the LIFE Center, a new focus for community involvement will be made possible. Lastly, collaboration with the College of Business Administration has resulted in opportunities for American Humanities certification, so that CSUS graduates may fill leadership roles in nonprofit organizations.

These are but a few of the many accomplishments of faculty, students, and recent alumni from the College of Health and Human Services. Earlier in the year, Dr. Pam Milchrist, the Chair of the Department of Kinesiology and Health Science, stated in an administrative planning meeting, “This College is really rockin’ and rollin’.” I couldn’t agree more as I review this newsletter, and read about our many activities. I am very proud to serve in the leadership role of Interim Dean of this College and am incredibly optimistic about what we can accomplish in the next year to promote our educational mission.

Please stay in touch and consider joining in the festivities at Homecoming on Saturday, October 14. The College of Health and Human Services will be hosting an Octoberfest tailgate party, from 4 to 6 pm at the new Alumni Center, before the football game. Mark this date on your calendar now, because you won’t want to miss the fun! I look forward to meeting with many of you in the coming year and learning more about your experiences as a CSUS Health and Human Services graduate.

Remember that you are our connection to the past and our students’ bridge into the future.