# The Emeritimes

**Publication of The Emeriti Association** **California State University, Los Angeles**

**Volume XXXI, Number 1** **Fall 2009**

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## FALL LUNCHEON PLANNED FOR AUTRY CENTER; PANEL TO DISCUSS STATE BUDGET CRISIS

On Friday, October 9, the Emeriti Association will hold its annual fall luncheon at the Autry National Center of the American West, located across from the Los Angeles Zoo. Emeriti will convene in the Mary Pickford Education Center at 11:00 a.m. At 11:15 a.m., the group will be treated to a tour of the facility, which includes the Museum of the American West, the Southwest Museum of the American Indian, and the Institute for the Study of the American West.

Lunch will take place at the Center's Golden Spur Café at noon, followed by recognition of the 2009-10 emeriti fellowship recipients at 1:00 p.m. A panel presentation, entitled "California State Budget Crisis: Implications for the CSU and CalPERS," will begin at 1:30 p.m.

Comprising the three-member panel are George Diehr, CSU faculty representative to CalPERS; Ted Anagnoson, Cal State L.A. emeritus professor of political science; and Don Cameron, executive director of the CSU Emeriti and Retired Faculty Association (CSU-ERFA). Diehr currently serves as vice president of the CalPERS Board of Administration, chair of the Investment Committee, and vice chair of the Health Benefits Committee, the Subcommittee on Investment Policy, and the Ad Hoc Board Governance. He is also a member of the Benefits and Program Administration and Ad Hoc Risk Management committees. He was first elected to the CalPERS Board in 2002, and was re-elected for a second four-year term in 2006.

Anagnoson, who taught at Cal State L.A. from 1983 to 2006, spent the 1995-97 period at the U.S. Department of Health and Human Services as a health policy analyst and acting director of the Health Financing Policy

*See FALL LUNCHEON, Page 2*

FALL
**LUNCHEON AND ANNUAL MEETING**

FRIDAY, OCTOBER 9, 2009
11:00 A.M. TO 3:00 P.M.

AUTRY NATIONAL CENTER OF THE AMERICAN WEST
4700 WESTERN HERITAGE WAY,
LOS ANGELES

(Across the street from the Los Angeles Zoo; free parking is available directly in front)

11:00 A.M.
MARY PICKFORD EDUCATION CENTER
WELCOME AND ASSEMBLY

11:15 A.M.
CENTER TOUR

12:00 NOON
LUNCH - GOLDEN SPUR CAFE

1:00 P.M.
MARY PICKFORD EDUCATION CENTER
RECOGNITION OF EMERITI FELLOWSHIP RECIPIENTS

1:30 P.M.
PANEL PRESENTATION

COST: $20 Members/Guests;
$25 Non-members

Send check, payable to the Emeriti Association, along with choice of ½ sandwich (tuna, cashew chicken salad, turkey, roast beef, ham, or vegetarian) and soup or salad, to Hildebrando Villarreal, 1915 Las Lunas Street, Pasadena, CA 91107 *no later than Friday, October 3*. For more information, call Hildebrando at 626-793-8975 or email him at hvillar@calstatela.edu.

## *Emeriti Association Awards Six Fellowships for 2009-10*

This year, the Emeriti Fellowship Fund Committee recommended awarding fellowships to six students. Due to the recession, no interest was forthcoming from the endowments, so monies had to be moved into the expendable column in order to provide students with an award. Donors worked with us to make the transfers, and although the awards are not large, the Committee decided to award as much as possible to the students.

Recipients of Emeriti Fellowships are Deborah Laurin (Psychology) and Aiken Lenh (Mathematics). The recipient of the Jane Matson Memorial Fellowship is Kezia Gopaul-Knights (Counseling), Pedro Quijada (History) is the recipient of the William E. Lloyd Fellowship, and Jeffrey Bryant (Political Science) is the recipient of the John L. Houk Fellowship. Aditya Mohanty (Biology) is the recipient of the only undergraduate emeriti fellowship, established in the memory of David Cameron Fisher, son of Janet Fisher-Hoult.

Since she started her studies at Cal State L.A.,

*See FELLOWSHIP AWARDEES, Page 6*

## President Rosser Attempts to Remain Upbeat at July 28 Academic Senate Forum

*By Martin S. Roden*

Before a capacity crowd in the Intimate Theatre, and with angry students demonstrating outside, President James Rosser painted a dismal and depressing picture of the financial condition of the CSU, and our campus in particular. Although the forum was simultaneously streamed on video, some expressed disappointment that a larger room could not be found so that more people could actually be present to sense the mood and ask questions. (However, one innovative faculty member watching the video across campus texted a question to a colleague in the room.)

The President started with *many* numbers. (You can access the PowerPoint presentation at http://www.calstatela.edu/eagleslive/files/BudgetTownHall78-09.ppt.) As one example, general fund support to the CSU dropped from about $2.16 billion 10 years ago to about $1.6 billion now. This is illustrated in the graph shown on page 8. In that same period, Cal State L.A. general fund support went from about $130 million to about $100 million, and our enrollment target went from about 14,000 to 17,000.

At the time of the meeting, we already knew that CFA members had voted in favor of furloughs versus layoffs. Although the Chancellor has refused to rule out layoffs, it appears that the major threat to FERPs and probationary faculty has subsided for now. Taking these furloughs into account, our campus is still facing a deficit of about $8 million.

*See JULY 28 FORUM, Page 8*

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For information about the Emeriti Association, please call at 323-343-5970 or check the Emeriti Association webpage, http://www.calstatela.edu/emeriti.


# President's Message

Well, you are stuck with me as your president for the next two years. I have a very tough act to follow in that Harold Goldwhite is an excellent leader. I really grew to appreciate his wisdom, perceptiveness, and strength during the two years I served as vice president. By contrast, Bill Taylor, the new vice president, has an easy act to follow. During my two years as vice president, I set a standard of doing very little (beyond watching Harold Goldwhite operate) in the hopes that this would make Bill look even better.

The organization is running very well, thanks to Harold and the absolutely excellent Executive Committee (see the masthead on this page to see who I am talking about). When I retired four years ago, I tried to anticipate what I would miss, and what I would not miss, about Cal State L.A. Of course, the students were #1 on the "miss" list. But I underestimated the importance of the intellectual stimulation provided by my colleagues. I found that I really missed the debates in the Senate, in the hallways, and in faculty meetings. I missed being surrounded by intelligent adults – people who actually understood some of my jokes (there is a difference between understanding and appreciating, or indeed, even chuckling a bit).

The Emeriti Association has given me a chance to continue some of these friendships. Membership provides a stimulating experience. Our emeriti faculty remain very active, and willing and capable to make significant contributions, even if they are "off the payroll."

So, what do I hope to accomplish during my term as president? The biggest goal is to continue the activities of my predecessor. In addition, I sure hope to convince more of our colleagues, and particularly recent retirees, to join the Association. I really find it hard to understand why any emeritus faculty member would not join. Participating in our activities will help keep us young and intellectually active. Indeed, we will even try to have some fun along the way.



Another one of my goals is to convince our members of the importance of also joining CSU-ERFA (CSU Emeritus and Retired Faculty Association). In this political and economic climate, CSU-ERFA plays an important and complementary role to our Emeriti Association. Monitoring and influencing statewide situations is critical to our continued wellbeing and that of those who will follow us. Will health benefits become eroded? Will CalPERS have to make any fundamental changes, either for future faculty or for current and retired faculty?

Let me extend a personal invitation to each and every one of you to attend our fall luncheon and meeting. As described elsewhere in this issue, the event will be held at the exciting Autry National Center in Griffith Park. The program includes a panel discussion of the impact of budget cuts on CalPERS and our pensions. What topic could be more timely than that?

Thanks so much for your support. And if you disagree with anything, please speak up. Controversy and diversity of opinion are absolutely critical to progress. Indeed, even if you agree, it would be nice to hear from you from time to time. You can always reach me at mroden@calstatela.edu.

I look forward to working with each of you so that we can accomplish our goals and improve the lives of our emeriti and the stature of our University.

Martin S. Roden

## Emeriti Association Has Four New Life Members

Two recently retired faculty members have joined the Emeriti Association as Life Members:

SUSAN CASH

IRVING KETT

Two current members have also recently become Life Members:

DELOS KELLY

RAJ RAMCHANDANI

We welcome them and look forward to their participation in Association activities.

## Fall Luncheon *(Continued from Page 1)*

Division, Office of Health Policy, Office of the Assistant Secretary for Planning and Evaluation, in Washington, D.C. He is the author of the recently published *Governing California in the 21st Century.*

Don Cameron, emeritus professor of communication studies at CSU Northridge, has been CSU-ERFA's executive director for the past year.

This year's fall luncheon promises to be a timely and rewarding event.

# Professional and Personal

**John Allswang** (History) was quoted in "California voters exercise their power – and that's the problem," by M. Finnegan, in the *Los Angeles Times* on May 20.

**Theodore Anagnoson** *(Political Science)* was quoted in "Taxpayers face massive tab; Millions owed on retired employee benefits," in the *Pasadena Star-News* on March 29.

**Donald O. Dewey** (History) had published *James Madison: Defender of the Republic* (Nova Science Publishers, Inc.), a volume in its First Men: American Presidents series. In May, he spoke to the campus chapter of Phi Alpha Theta History Honor Society. His talk was titled "Mr. Madison, Mrs. Parker and the history of History at L.A. State."

**Janet Fisher-Hoult** (Education) and her husband Charles Hoult viewed the longest total solar eclipse of this century off the island of Iwo Jima on July 22. Because they were on board a ship, cloud cover was avoided and the ship was maneuvered to stretch the eclipse time to 6 minutes and 42 seconds. Janet was enlisted to produce a puppet show about eclipse myths and legends around the world. Her poems about each myth were read, as children, who made puppets depicting the characters – jaguars, snakes, dragons, frogs, and vampires – performed in the puppet show. A book with poems, puppet templates, and directions for producing a puppet show, to be titled *Where Did the Sun Go?,* will be forthcoming.

**Jeanine Gaucher-Morales** (French and Spanish) was honored posthumously at the 2009 Conference on Mesoamerica, which took place at Cal State L.A. May 15-16 and featured internationally known scholars. Major funding was provided by the Gigi Gaucher-Morales Memorial Fund, and program organizer Roberto Cantu (Chicano Studies) provided a full page of dedication to Gigi.

**Herb Goldberg** (Psychology) will have seven of his books, including *The Hazards of Being Male* and *What Men Still Don't Know About Women, Relationships and Love,* published in Turkey over the next three years by new publisher B.S. Yayincilik Tercume Ltd., in its attempt to balance out the growth of radical feminism there. *The Hazards of Being Male,* which was recently out-of-print, will be published this year in a new edition by Iconoclassics Publishing Co. in Ojai, California. His most recent book, *What Men Still Don't Know*, published in 2007 by Barricade Press, was also published in Korea, Greece, and the Czech Republic. *What Men Really Want* recently had a new printing in Italy.

**Cherie Hawley** (Education) was elected to a four-year term on the Teton County (Wyoming) School Board last November. She indicates that running for a county election was quite an experience, but feels it is a pleasure to serve on the board, as the schools and the students are so outstanding. Teton County School District #1 has nine schools and 2,300 students, and Wyoming (one of the few states not having fiscal problems) spends $16,122 per pupil. Last fall, 47 percent of the kindergartners were English Language Learners, and this fall the district will begin offering kindergarten and first grade dual immersion Spanish/English classes. Cherie is really enjoying the opportunity to be able to continue working in education.

**Richard G. Lillard** (English), who retired in 1976 and died in 1990, is highlighted in the July-August issue of *Westways,* the magazine published by the Automobile Club of Southern California. The magazine is observing its centennial this year, marked in each issue by a reminiscence designated "Centennial Special." The retrospective on Richard, titled "A Prescient Voice," describes his abiding interest in natural phenomena, and dedication to ecological preservation. He was a *Westways* columnist from 1972 to 1979, and frequently wrote about environmental problems and efforts toward solving them. Following the text of the commemorative article, an italicized note tells readers of an "outdoor classroom" along the restored Los Angeles River now named in Richard's honor. The site includes a walkway with interpretive displays, an amphitheater, and native species landscaping. Readers are invited to visit http://www.backyardnature.com and click on "Naturalists and Heroes." Three short excerpts from Richard's columns are reprinted, in one of which he discussed global warming – in 1978. Prescient, indeed.

*See PROFESSIONAL AND PERSONAL, Page 6*

## *Noted Astrophysicist to Give 2009 Pape Memorial Lecture*

Andrea M. Ghez, internationally known astrophysicist on the UCLA faculty, will present the 26th annual Leon Pape Memorial Lecture on Friday, November 13 at 2:00 p.m., in the Physical Sciences Building lecture hall. The title of her lecture is "Unveiling a Black Hole in the Center of Our Galaxy." Named by *Discover* magazine as one of the top 20 scientists in the United States, Ghez is noted for her studies detailing the probable characteristics of the supermassive black hole thought to be located at the center of the Milky Way. She received her Ph.D. in physics from Caltech in 1992, following her B.S. in physics from M.I.T. in 1987. She then received a postdoctoral research fellowship at the University of Arizona's Steward Observatory, after which she joined the UCLA faculty in 1994. In 2008, she was awarded a MacArthur fellowship.

Her present research involves the use of high-resolution instrumentation, including adaptive optics, for the study of star formation, in addition to her work on the black hole around which the stars in our galaxy are contained. She has received many other awards, for teaching as well as research, and has been elected to the National Academy of Sciences.

The Leon Pape Memorial Lecture Series was inaugurated in 1984 by the Department of Physics and Astronomy in memory of their former colleague. Leon was a Cal State L.A. faculty member in physics from 1961 to 1971, specializing in both biophysics and radiological health physics. He received an Outstanding Professor award in 1968. He left our faculty in 1971 for a research position

*See PAPE MEMORIAL LECTURE, Page 6*

## Billie Jean King Awarded Presidential Medal of Freedom; Annual Scholarship Dinner to Celebrate Achievement

Cal State L.A. alumna Billie Jean King was awarded the Presidential Medal of Freedom, the nation's highest honor for a civilian, by President Obama at a White House ceremony on August 12. King is only the second tennis player to receive the medal, the first going to Arthur Ashe shortly after his death. Her great achievement will be celebrated at the 2009 Billie Jean King and Friends Scholarship Dinner on Saturday, October 17, at the Langham Huntington Hotel and Spa in Pasadena. Tickets may be obtained through the website http://www.CSULAathletics.com/BJK or by calling 323-343-3080.



Chip Somodevilla/Getty Images News/Getty Images

# *Todo es Natural: A Visit to Oaxaca*

By Hildebrando Villarreal

*In late December 2007 and early January 2008, Hildebrando Villarreal, his wife Mary, and Laurentino Mendez-Zarate and his family traveled to Mexico to spend the Christmas season in Oaxaca, in Laurentino's home village of Yatzachi el Alto.*

Yatzachi el Alto is a Zapotec Indian village perched high in the mountains of Oaxaca in southern Mexico. Its permanent resident population of about 40 to 50 people swells to 300 to 350 when former residents and their families return from Oaxaca City, Mexico City, and the United States to celebrate Christmas and the New Year, and to honor Yatzachi's patron saints, the Three Wise Men.

We were doubly fortunate to visit Yatzachi because we were the guests of Laurentino and his mother, Mercedes, or *la jefa* (the boss), both natives of the village, and it was an exciting time of the year to be there. Although we missed the earlier part of the Christmas season, which is celebrated throughout Mexico in grand style, we arrived in time for the important local celebrations. In Yatzachi, the real merriment begins with the New Year and continues the first eight days of January. In fact, between December 26 and 30, the whole village is getting ready for the patron saints' celebration.

Our trip was like a safari, or an expedition full of adventures that were unparalleled. The first morning we woke up to roosters crowing, birds singing, a radio blasting traditional Mexican music, and the squealing of a pig being killed. After breakfast, Laurentino took us over to the home of Don Benito, the man who had butchered the pig. The setting was incredible. His little compound nestled among banana plants, fruit trees, and lots of green undergrowth had a spectacular view of the valleys and mountains. The men were busy cutting meat on a large wooden table, two women were washing out the pig's intestines in a large vat, and another was making *chicharrones* in a huge cauldron filled with hot rendered pig fat. They were very hospitable, and offered us what they had: some mezcal, a powerful liquor similar to tequila, made from maguey, an agave-like plant. When I took a sip, it felt like hot lava going down my throat, chest, and stomach, and for 30 seconds or so I felt nothing. Then a warm, fuzzy feeling invaded me. What a way to start the day! Laurentino ordered several pounds of pork, some *chicharrones*, and eggs from Don Benito's wife, Doña Maria. The whole conversation between Don Benito and Laurentino was in Zapotec, with a little Spanish thrown in. I couldn't believe I was there in the mountains of southern Mexico, in a village where Spanish was not the principal language. Later in the day, when we went back to pay for our earlier purchases, Doña Maria invited us to her kitchen for a *botana*, a little snack. She fed us handmade corn tortillas, chicharrones with chunks of meat, *morcilla* (blood sausage), and spicy salsa.

The following day, Laurentino wanted to show me the river, so the two of us, along with his brother Alvaro and his brother-in-law Tacho, jumped in Alvaro's pickup and headed down the mountain. As we drove, Laurentino described all the places where he had worked and grown up. We stopped at a place where mezcal is made, a tradition that has survived for hundreds of years in Zapotec culture. The *palenque* (a distillery) consists of four parts: a large, circular concrete apron with a heavy roller, where the hearts of maguey are crushed to extract the sugary liquid to make mezcal; a baking pit where the hearts are cooked; a long shed with a double row of fermenting *ollas* (clay pots); and, finally, an *alambique* (a distilling apparatus) with distilling *ollas,* where the final product, mezcal, comes out. Laurentino pointed out that *palenques* have to be located in just the right place – close to maguey fields, plenty of fuel, and a good supply of water. He also stressed that once the process is started, the men have to work day and night for two or three days because they can't halt the process until all the sap is distilled. I felt like a moonshiner in the backwoods of Kentucky!

*"In Yatzachi, the real merriment begins with the New Year and continues the first eight days of January."*

While we were there, we learned so much about Yatzachi and Zapotec culture. Everything we were to experience was planned; nothing was left to chance. The events that were to take place during the next few days had required months of preparation, with entire families committed to the sponsorship of various portions of the festivities. Success depended on everyone's collaboration, including those who had come from far away especially for this time of the year. We were impressed as we watched relatives and old friends who had not seen each other for a year or more catch up with news and pitch in to fulfill their various obligations. Needless to say, we ourselves were swept up in the excitement of the moment, and found ways to participate as well. One day was even spent helping *la jefa* and her family pluck 50 chickens to get ready to feed the visiting band. She always proudly stressed the fact that everything was natural, especially the food, saying, "*Todo es natural*."

New Year's Eve was the kickoff for all the events to follow. It was combined with the installation of new village leaders, and when evening fell, everyone gathered in the plaza for merrymaking. After some formalities and speeches, the party began. The town band struck up some traditional Oaxacan *banda* music, and little by little, the mood began to change. After the entrance of the *torito*, a dancer carrying a reed frame in the shape of a bull covered with exploding fireworks, the atmosphere got lively. Couples moved out onto the open space in the plaza, and in a few minutes it seemed that the whole town was dancing. Mary and I are not dancers, but after a few instructions on the two-step *baile,* we moved out on the plaza to strut our stuff. We stumbled, tripped, and bumped into other couples, but we had the time of our lives. Even though other activities interrupted the music and dancing, no one seemed to mind, and the street party lasted into the wee hours of the morning.

The third of January was especially significant, as that's when the village sacrifices a steer in honor of its patron saints. Donors of the steer led a procession that included the *banda*, the chosen steer, and villagers from their house, across the village to the church. At the church steps, the priest blessed the steer before it was taken to the *Casa de la Comisión* (community hall), where it was butchered and prepared for everyone to eat. During these holidays, no one ever goes hungry because the *Casa de la Comisión* feeds anyone who goes there.

Laurentino had told us that the fourth of January was going to be a busy day, and he was right. About mid-morning, the whole village came out to welcome the visiting band. Oaxacan *bandas* are the pride of the villages, and Yatzachi is no exception. No celebration, religious or otherwise, takes place without a *banda*. We joined the villagers as they lined up on the side of the road to watch the bus bringing the visiting *banda* slowly wind its way up the road toward Yatzachi. When they arrived, the town band struck up a spirited piece to greet them. Not to be outdone, the visitors also played an animated tune, and the battle of the bands was on until it was time to enter the church for a musical mass. Afterwards, it was time to feed the band, so they marched and played all the way to the home of *la jefa*, their host. There was a feast of chicken and all kinds of side dishes, spicy salsa, and, of course, plenty of refreshments like beer, mezcal, and sodas.

The entire day was full of activities, but the big event was yet to come, the *calenda* or evening procession. Around 9:30 p.m., it seemed that everyone, young and old, had gathered at the western edge of the hamlet where the procession was to begin. It was going to proceed to the church at the far eastern end, a distance of about two miles, all up and down on the mountainside. It was a cold evening, but everyone was bundled up, and with the mounting excitement, no one felt the chill in the air. After a blessing and a few words about the significance of the occasion, the bands were ready to play, and the people were itching to head to the

*See TODO ES NATURAL, Page 5*

church. Mary and I thought that the distance would take about an hour or so to cover, but that was before the music started. When the band started to play, the crowd began to dance, not stopping until the band had finished its set. They had played for about 10 minutes. The procession moved forward about 100 feet, and then another band played, and the people danced again for another 10 minutes. Although the pace was slow, the participants were having great fun dancing, playing, laughing, and visiting with each other. It was like a traveling circus, all lit up, moving slowly across the mountainside. When the *calenda* arrived at the church, around midnight, everyone was tired, and so they were happy to go in for a midnight mass in honor of the Virgin. At about 1:00 a.m., the candlelit procession carrying the image of the Virgin went to the outgoing *mayordomo's* house (caretaker who oversees the day-to-day responsibilities of the church). When the procession arrived around 3:00 a.m., everyone was invited to his house for hot drinks. Mary and I didn't go in; we were so tired and needed to get back to Laurentino's house for some much-needed sleep. It had been a long and interesting day, and there were still several more days of celebrating ahead.

January 6, Yatzachi el Alto's patron saints' day, finally arrived, and it was jam-packed with activities. Almost everyone had gathered at the church plaza. Vendors from surrounding communities came to sell their crafts: *rebozos*, pottery, leather goods, and much more. At another end of the plaza, dance groups were entertaining the crowd with regional, folkloric, and satirical dances, some consisting of men dressed up as women, and others with masks poking fun at Mexican and other world leaders like Fox, Calderon, Bush, Blair and Hugo Chavez. People loved their antics. On the court, there was a basketball tournament, with many of the local villages represented. The sport is extremely popular in Oaxaca. One of the highlights of the day was the *jaripeo*, the rodeo. It was a one-event affair, bullriding, but with no limit on its entertainment value. I called it a bare-bones rodeo – no horses, no cowboy clothes, no boots, no spurs, no saddles, no hats, and no prize money. Just a few men and boys and lots of Cebu bulls encouraged by a loud, enthusiastic *banda* trying to entertain their fellow villagers. And it was both scary and hilarious. But the big event was the evening dance with the featured band, *Los Incomparables de la Sierra* (The Incomparable Mountain Band). It was a stridently booming, electrified band that the younger set liked, but not so for the older people. When the day was over, Mary and I were completely spent, but exhilarated by the inimitable experience.

We had many other adventures on our trip to Yatzachi, but the real joy of the visit was the people. The residents and all of Laurentino's extended family, which seemed to be the entire village, made us feel like we belonged there by including us in every aspect of work and play. Paying us the best compliment ever, Laurentino's mother said, *No son delicados* – "They're not fussy!"

## Health Briefs

# Preventing Osteoporosis and Fractures

*By Marilyn Friedman*

Aging affects the health of our bones. As we age, our bones become less dense or thinner and can fracture more easily – conditions known as osteopenia (mild bone loss) and osteoporosis (severe bone loss). About 10 million Americans have osteoporosis. It is a condition that causes more than 1.5 million fractures each year in the United States. Usually these fractures are of the hip, spine, and wrist. Osteoporosis is especially common in women after menopause. Seventy percent of post-menopausal women have osteopenia or osteoporosis. The bone mass of women falls by approximately five percent every five years after age 65, hence the risk of fractures increases with age. Although 80 percent of those with osteoporosis are women, the other 20 percent occurs in older men. Osteoporosis develops later in men than in women because of hormonal differences and the fact that men have larger skeletons. Because the public thinks of osteoporosis as a women's disease, there are often delays in identifying and treating the disease in men.

Aside from aging and gender, other factors increase the likelihood of acquiring osteoporosis. These are smoking; heavy alcohol use; low intake of calcium and vitamin D; lack of exercise; white or Asian ethnicity; small-boned/thin body type; a family history of osteoporosis; use of certain drugs, especially corticosteroids; hyperthyroidism and other medical conditions; and possibly large amounts of caffeine.

As the Surgeon General noted in a 2004 report, osteoporosis and other bone diseases can be prevented in the vast majority of individuals who are identified early and treated effectively. The best way to determine whether a person has osteoporosis is with a bone mineral density (BMD) test. The T-score result on the BMD test falls into three categories: normal density, low density (osteopenia), and osteoporosis. The National Osteoporosis Foundation recommends bone density tests for all women age 65 and older; all post-menopausal women under the age 65 who have one or more risk factors or who have had a fracture; and men and women who have taken glucocorticoids for at least two months, or who have a medical condition that places them at high risk for fractures.

The cornerstones of good prevention and treatment programs are the same: getting enough calcium and vitamin D, performing weight-bearing exercises regularly, and avoiding bone-depleting habits, such as smoking or excessive alcohol use. Measures such as fall-proofing the home and doing exercise to improve balance can assist in preventing fractures. In addition, a variety of medications can curb bone loss and help prevent fractures.

Drugs that can slow bone loss and have been used to prevent or treat osteopenia and osteoporosis include bisphosphonates, such as Fosamax, Boniva, Actonel and Recast (these are the most commonly used drugs for osteopenia and osteoporosis), as well as estrogens, Evista, and drugs that affect estrogen receptors, calcitonin, and teriparatide. Calcium and vitamin D supplements have also been found to have a modest positive effect on bone density in persons with low bone density. They are typically recommended by health providers, as most individuals do not get enough calcium and vitamin D in their diet and, in the case of Vitamin D, sufficient sunlight.

Last, a word to the wise: in the case of osteoporosis, no matter what your age or the status of your bones, it is never too late to improve your bone health.

## Campus News

### *Cheryl Lynn Ney Named AVP, Academic Affairs and Dean of Graduate Studies*

Cheryl Lynn Ney was named associate vice president for academic affairs and dean of graduate studies, effective July 6, 2009. Since 2006, she served as associate vice provost, academic programs, at California Polytechnic State University, San Luis Obispo, where she was also a professor of chemistry. She was provost-in-residence at Associated New American College Consortium the previous year. From 2002 to 2005, she was the provost and vice president of academic affairs at Capital University in Columbus, Ohio.

### *Distinguished Women Honored*

On May 19, nine faculty and staff members were recognized as Distinguished Women of Cal State L.A. for achievements in their fields, as well as other accomplishments, including contributions to Cal State L.A., commitment to students and women's issues, community involvement, and professional recognition. Awards were presented to faculty members Paula Arvedson (Curriculum and Instruction), Catherine Haras (Library), Ester Hernandez (Chicano Studies), Lorie Judson (Nursing), Alison McCurdy (Chemistry and Biochemistry), and Susan Terebey (Physics and Astronomy); and staff members Jeanne Gee (English), Marina Jauregui (University Police), and Sandy Sugiura (Education).

## Fellowship Awardees *(Continued from Page 1)*

psychology major **Deborah Laurin** has been a graduate assistant in psychology and a research assistant at the Center for the Study of Traumatic Stress Lab, where she has worked extensively with refugees. Deborah's research interests also include international health, and she will be pursuing a Master in Public Health in conjunction with a Ph.D. in clinical and health psychology. She has been a National Science Foundation-sponsored research scholar at UCLA, and has received stipends at Cal State L.A. for research and travel. As an award-winning artist, she brings another helpful skill to her work in the area of refugee mental health.

**Aiken Lenh**'s goal is to become a mathematics teacher in high school and/or college. Emigrating from Vietnam with his family in 1999, he initially focused on learning English to pursue studies in business and economics, for which he received a B.A. from UC Riverside in 2006. In order to make ends meet while at UCR, he took a job as a teacher's assistant in math at a middle school, and realized that he loved teaching. When he first came to Cal State L.A. to study mathematics, he found himself having to focus on the prerequisites in order to be admitted formally as a graduate student. During that time, he tutored math in the TRIO program at Los Angeles City College, and upon formal admission to the Cal State L.A. graduate program, he was hired to teach Math 89 as a teaching associate. He is now a student in the teaching credential program, and is looking forward to completing his credential along with his master's degree.

**Kezia Gopaul-Knights** is the recipient of the Jane Matson Memorial Fellowship in Counseling. She is currently pursuing her M.S. in school psychology, with certification in applied behavior analysis. Her goal is to become a school psychologist who can work creatively in dealing with students who present challenging behaviors, in particular those with autism. As a member of the Student Psychological Association at the University of the West Indies in her native Trinidad, Kezia was involved in the "adoption" of an elementary school class, for which the college students acted as mentors. Her membership in the Peer Counselors Association led to her involvement with a pre-release prison program. From these experiences, she realized that early intervention with children can have profound effects on them.

The recipient of the William E. Lloyd Memorial Fellowship, **Pedro Quijada**, is a graduate of Cal State L.A. In his first year as a graduate student in the History Department, he was awarded the Eugene Fingerhut Award for outstanding graduate students. His main interests are colonial and modern Latin America, and he is planning to continue his studies for a Ph.D. and teach at the university level. As a student of history, he is interested in conducting historical research. His thesis project will focus on the environmental degradation that has resulted from the manufacturing industry in Tijuana since 1965, and is entitled "The Rise of Industrialization and the Downfall of the Environment: A study of the Demise of the Alamar River and the Colonia Chilpancingo, Tijuana."

**Jeffrey Bryant** is pursuing an M.A. in political science, with the goal of teaching political science or history in a community college. A musician as well as director and producer of videos, performance art, and documentary films, Jeffrey has also been a volunteer instructor with the Literacy Network of L.A. Currently, he holds a position with Fox Television, but his volunteer teaching rekindled his interest in teaching in community colleges. He completed his B.S. in international relations at UCLA, where he designed a strategy of study that aimed for a historical understanding of the uniquely American political experiment. He is also completing an M.A. program at Mt. St. Mary's College, for which his thesis is focused on an examination of the virtue of courage in relation to modern liberal democracy.

**Aditya Mohanty**, the recipient of the David Cameron Fisher Memorial Fellowship Award, is an undergraduate student in biology. In 2005, at the age of 15, he became a student in the CSULA Early Entrance Program. Aditya is planning to pursue a career in medical science and become a doctor. With that goal in mind, he has volunteered as a staff assistant at Pomona Valley Hospital Medical Center and Central Avenue Urgent Care Center, as well as the pulmonary unit of the Sathya Sai Medical Camp, which served hundreds of local people who did not have access to medical care. His aspiration is to become a doctor who not only serves his patients on the job, but also reaches out and serves people as the doctors did in the Medical Camp.

## Pape Memorial Lecture

*(Continued from Page 3)*

in Copenhagen, but remained in close communication with abiding friends. He died unexpectedly in 1984, and the lecture series was inaugurated that year. He is remembered by many emeriti whose active service years overlapped with his.

## Afternoon at the Natural History Museum




Photos: Theodore J. Crovello and Ellen R. Stein

The May 8 spring luncheon at the Natural History Museum featured a behind-the-scenes tour by Cal State L.A. alumnus Howell Thomas (upper right), senior paleontological preparator, and a talk by recently retired museum vice president for education and Cal State L.A. emeritus Carl Selkin.

## Professional and Personal

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**Martin Schiesl** (History) had his collection of historical studies, "African Americans and the California Dream," on display at the John F. Kennedy Memorial Library, second floor, library bridge exhibit area, from February to March.

**Frieda Stahl** (Physics and Astronomy) had her letter to the editor, "Semesters make sense," on the possibility of Cal State L.A.'s conversion back to the semester system, printed in the *Los Angeles Times* on April 1.

# In Memoriam

## JOANNE COLLINS

*Professor of Accounting, 1982-2003*

Joanne Collins, emerita professor of accounting, died on July 26 after a brief illness. She was 62.

Joanne was born in Chicago and began her college education there, receiving a B.S. in mathematics and an MBA, both from Illinois Institute of Technology. She earned her Ph. D. in accounting and information systems from



Northwestern University in 1976. Before joining the Cal State L.A. faculty in 1982, she held positions as an instructor at Illinois Institute of Technology and as an assistant professor of accounting at the Wharton School of Business in Philadelphia.

Joanne's areas of specialization included managerial accounting and decision making. She was a prolific researcher and author, with publications appearing in a number of journals. She served as liaison between the department and the Institute of Management Accountants, encouraging students to seek membership in the organization. For a number of years, she served as an officer for the business honor society, Beta Gamma Sigma. Among the impressive number of professional certifications Joanne received were that of Certified Public Accountant and Certified Management Accountant. She retired from the University in 2003.

Away from campus, Joanne participated in activities including Mensa and the Lithuanian Club of Long Beach. She was also active in politics, often supporting local candidates for office.

Joanne and her husband were generous with the Accounting Department, creating the Collins Raubertas Scholarship, awarded to a deserving accounting student each spring at the Spring Award Banquet.

She is survived by her husband, Matthew Raubertas.

## BYONG-KON KIM

*Professor of Music, 1968-1994*

Byong-kon Kim, emeritus professor of music, died on July 9, having been seriously ill for some time. After discontinuing kidney dialysis, he died peacefully in his sleep. He was 80 years old.

A native of Taegu, South Korea, Byong-kon had been a teacher in Korea before his emigration to the United States. He earned a Master of Music (1964) and a Doctor of Music (1968) at Indiana University, and became a versatile musician with expertise in composition, conducting, and piano. He joined the Music Department at Cal State L.A. in 1968 as a professor of composition. He was a highly respected teacher of composition and theory known for his vast knowledge in contemporary techniques, one of the courses he taught for many years. He composed and recorded his music, which he also conducted in



the U.S. and abroad. Byong-kon founded the Pacific Contemporary Music Center to provide venues and means for composers here and in other Pacific Rim countries to have their music performed. One of the highlights of this endeavor was a music festival in Seoul and Taegu, Korea in 1990, with many participating composers from around the world.

Byong-kon retired in 1994 for health reasons, needing a bypass operation. Still active composing, and teaching or advising former composition students, he was gradually more diminished in energy due to his health problems.

His wife Setzuko, a talented piano teacher, and his three daughters, all successful professionals, were his major source of comfort and consolation near the end of his life. A service was held on July 13 at the Green Hills Memorial Park in Palos Verdes. A scholarship is established in his name.

## MARIAN E. WAGSTAFF

*Professor of Education, 1952-1976*

Marian E. Wagstaff, a pioneer member of the University's teacher education programs, died April 26 at a nursing home in Santa Cruz. She was 97 years old, and her death was attributed to old age. She became emerita faculty in 1976 when she was chair of the Secondary Education Department. That year, she had also been honored by the University as Outstanding Professor.

Born in 1912 in South San Francisco, Marian received her B.A. from San Francisco State College in 1933, and M.A. and Ed.D. degrees from Stanford University in 1949 and 1958, respectively. Before



coming to Los Angeles in 1943, first as assistant principal, she taught for a decade in a one-room schoolhouse in South San Francisco.

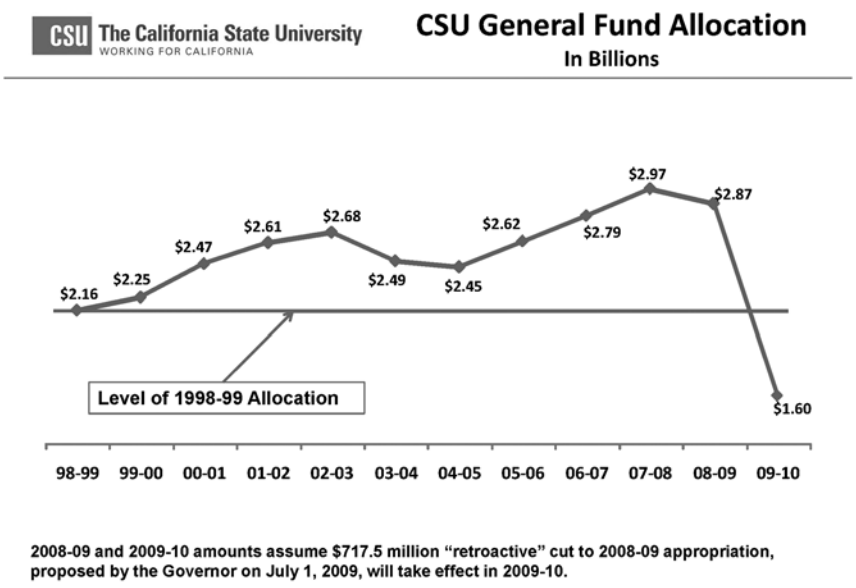
Marian's career at Los Angeles State College of Applied Arts and Sciences began in 1952 when it was still at the Vermont Street campus. Before that, she had been assistant principal and principal of Willowbrook Junior High School in Compton, where she achieved great success in the integration of African-American and Caucasian students as well as teachers.

The May 24 *Los Angeles Times* devoted a half page to her obituary, likely the most extensive coverage of any deceased colleague. She was described there as a "far-sighted educator who turned a Compton school into a model of racial harmony and integrated the faculty years before the court rulings and civil rights protests of the 1950s and '60s." At a dinner in her honor in 1999, she declared that she "didn't hire black teachers, I hired the best teachers." Under her administration, the Willowbrook School was honored in both 1951 and 1952 by the Freedom Foundation, as one of 40 schools nationwide that exemplified the meaning of American freedoms. She continued her commitment to racial integration during her 24 years at Cal State L.A.

Marian was honored in a memorial service on June 27 in the Music Hall, which was attended by nearly 100 people, most of them students or teachers who benefited, between 1948 and 1952, from what was called "the Willowbrook Way"

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## July 28 Forum *(Continued from Page 1)*

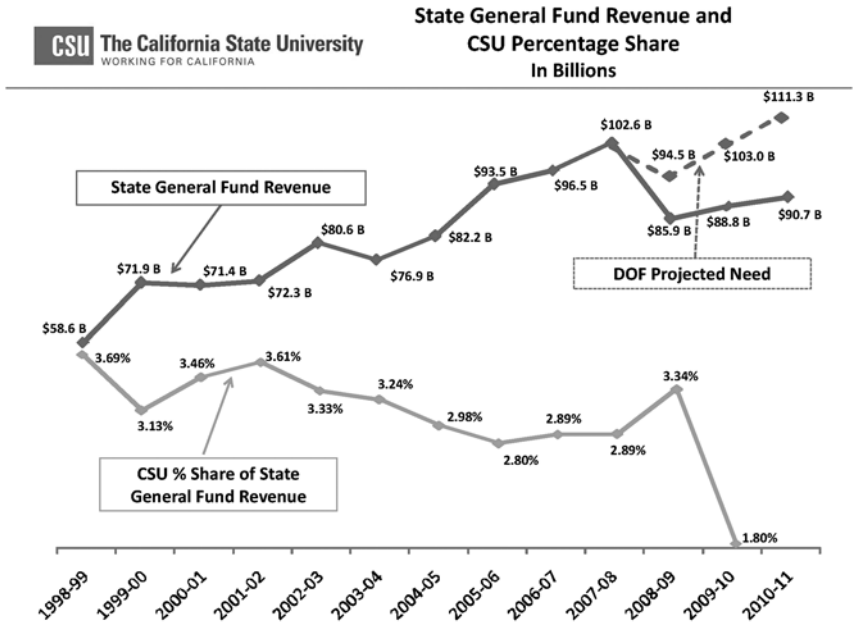



The campus may have to limit student study loads starting in winter. There will probably be virtually no faculty hiring next year. The University will be "administratively" closed on the first and third Fridays of each month starting in August.

President Rosser stated that the budget situation will almost certainly be worse a year from now. He suggested that Cal State L.A. may eliminate the state-supported summer quarter (as Cal Poly, Pomona did this year). He also indicated that planning for change to semester is moving forward, as are the doctoral programs and the honors college. There will be virtually no new student admissions in winter or spring quarter, the campus will try to maintain a student-faculty ratio no higher than 22:1, and the $1,000 per full-time faculty member travel entitlement will continue. He briefly touched on the construction projects and new acquisitions that are continuing, though this was not greeted positively by all in attendance.

The mood was solemn, and although President Rosser tried very hard to sound upbeat (e.g., saying that the University had lived through past budget crises and had come out stronger), those in attendance were mostly depressed about and fearful for the future of the University and the State of California. Indeed, the mood turned very negative during the question period. Students gave testimony to the personal hardships they are enduring. One student indicated that she is supporting a disabled parent, and was to be the first in her family to get a college education, but now will have to drop out of school. Another student stated that he will have to forfeit a job offer because he will no longer be able to graduate. It was difficult to sit through these testimonies without experiencing profound sadness and concern about whether our wonderful University, with its mission of serving working-class diverse students, is at a crossroad that could lead to severe compromise of our mission.

At the conclusion, the audience gave President Rosser respectful and polite applause, probably in recognition of the impossible task he faced of sounding positive when so many negative things are happening at once. It's clearly time to carefully examine priorities at all levels, from the governor to individual faculty and administrators. The system is broken, and urgently needs repair while the parts can still be reassembled.




## Two New Emeriti Named

The following recently retired faculty members have been awarded emeritus status:

ANN BARBOUR
(Education, 1998-2009)

STEWART M. VENIT
(Mathematics, 1971-2009)

We congratulate them and hope to welcome them into the membership of the Emeriti Association.

## In Memoriam *(Continued from Page 7)*

of education. Students, both black and white, praised her influence on their educational and social development. Signed certificates of merit from the Los Angeles County Board of Supervisors, who adjourned their meeting in her honor when informed of her death, and from the Los Angeles City Council, were displayed.

She and her deceased husband Wendell had no children.

**Also Remembered:**

### CLAIRE HUTTO

Claire Hutto, widow of Jerome Hutto, emeritus professor of education, died on May 28, just after her 96th birthday, of old age. Jerome died in 1988. No services were held, and she was interred in San Gabriel.