The Emeriti Association will hold its spring luncheon and annual meeting on Friday, May 23, in the Fine Arts Gallery, which is on the street floor of the Fine Arts building. Members and guests may gather as early as 11:30 a.m. to chat, reminisce, and reacquaint. The luncheon itself is planned for noon.

Afterward, there will be a short business meeting for the purpose of electing the new slate of officers. In place of a guest speaker, a panel of emeriti will present a review of salient developments that occurred at the University over the careers of most retired faculty. Ake Sandler (Political Science) will speak on the formative days of the University, Len Mathy (Economics) will follow with a talk on the evolution of academic governance, Frieda Stahl (Economics) will review the progress that women have made on our faculty, and Sid Albert (Philosophy) will describe the events that led to the establishment of the Emeriti Association.

Completion of the structure built to replace the old cafeteria had been projected for Spring 2003, but was too uncertain to risk reservations for this luncheon, even for later in May than usual on the Association’s calendar. By next fall it should be open, functioning, and available, including a new University Club.
The Emeritimes

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For information about the Emeriti Association, please call Donald Dewey at (323) 343-5970.

President’s Message

2003 is a great year for a transition of the presidency of the Emeriti Association. It’s possible for two presidents to share in the pride and glory brought by the wealth of programs offered as part of the Association’s 25th anniversary celebration. It began February 18 and will continue through the final months of my three years as president and the first months of Barbara Sinclair’s presidency.

We were irritated to have what should have been the opening event of our silver anniversary unceremoniously shoved back a week because a fire drill had priority on our real anniversary date. Then the skies opened up, and the fire drill was doused by rain and rescheduled. Suddenly, February 18 looked like a pretty good day—a brilliant idea, in fact—for our annual meeting with the Academic Senate and the fine reception that followed in the University-Student Union. Twenty-one emeriti were introduced at the Senate meeting, where they enjoyed a resolution praising them as a group and Sid Albert individually for his role in establishing our legal status 25 years ago. A similar resolution was approved earlier by the CSU Board of Trustees.

Nearly 40 emeriti were joined after the Senate meeting by more than 40 faculty and staff at the reception. Emcee Barbara Sinclair, co-chair with Janet Fisher-Houl, of the planning committee for the anniversary year, demonstrated the flair for leadership and good humor that she will bring to her role as president. Highlights of the program were the piano artistry of Milton Stern and the visual artistry of Walter Askin, Roy Walden, and Charles Borman in an art exhibit curated by Charles.

Keep an eye out for postcards from us, because two more emeriti highlights will occur after I’ve written this but before you read it, and still more are described in The Emeritimes now in your hands.

My earlier columns were dominated by efforts to keep administrators moving toward meaningful implementation of the Senate policy on the preservation in the University Archives of the personnel files of retired faculty. As your Senate representative, I had a small part in achieving this policy, but advancing it from policy to practice was the real task.

As my parting shot, I want to enlist your services in another worthy endeavor. You may be surprised to see former colleagues listed as “address unknown” in the emeriti directory. Having just had the happy experience of bringing one of them back among the “known,” I’m asking you to help us achieve similar success with some of the others. When a strange set of circumstances turned up Harold Leonetti’s Arizona address, I sent him a copy of The Emeritimes with a letter indicating that we would continue mailing to him only if he let us know that it would be welcome. I was delighted to receive a long, cordial, and humorous letter thanking me for “finding” him. Perplexed as to how he became “unknown”, he assured me that he was neither “hiding in the care of ‘protective custody’ nor ‘masquerading incognito.’” I’ve already mailed him a few past issues to bring him a bit closer to being up-to-date.

If you will provide us with the address of some of the others whom we have lost, I can assure you that they will be approached with the same sensitivity to their preferences, and hopefully with the same happy result as that following my letter to Harold Leonetti. We don’t want to force our association on any emeriti who want to distance themselves from Cal State L.A., but we do want to reclaim those who became “unknown” usually because of a change of address that never became known to us.

Emeriti Association
New Members

Four recently appointed emeriti have joined the Emeriti Association:

SHIRLEY J. BETTER
(Life Member)

NEIL A. COHEN
(Supporting Member)

KEITH HENNING
(Supporting Member)

DURWARD P. JACKSON
(Life Member)

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

State of the University
(Continued from Page 1)

Rosser concluded, “We will weather this situation and be stronger because of efficiency and economies of scale.” He welcomed the presence of emerita Frieda Stahl, who had initiated the State of the University messages in 1982, when she was Senate chair.
At the time of this writing, Margaret Hartman stated that there was no indication of unrest where she is located—about 1,000 miles southeast of Baghdad. The mood of the people was difficult to gauge: U.A.E. officially had been strongly supportive of the U.S., and the upper echelon seemed to be “not unhappy” with the possibility of Saddam Hussein’s removal from power, but the “people on the street” were not talking. The expatriates, ranging from the Green Beret Vietnam veteran to the leftover penicnks from the 60s, were talking among themselves.

Many of you have asked me how safe we are in the Gulf and what it is like here during the current political situation (for reference, today is March 17). A good analogy to living here is living 14 blocks north of Colorado Boulevard in Pasadena (which we did for 26 years). On January 1, life goes on pretty much as it does on any other day as long as you don’t want to drive to South Pasadena. But, if you turn on your television . . .

Yesterday was Zayed University’s first graduation ceremony, held in the U.A.E. National Theatre in Abu Dhabi. The students who were honored last night completed all of the requirements for their degrees nine months ago. Those who completed requirements for their degree two months ago will be honored at the second graduation along with the June 2003 graduates, sometime in the future.

When I arrived here last August, the University was already talking about the graduation ceremony. Graduation was going to be sometime in October, but the date would depend upon the schedule of the Sheikha (the wife of the President of the U.A.E.). Since the Sheikha was going to officiate, no men would be allowed in the theatre during the ceremony. As the year progressed, we were told that the date would be late October, then just before Ramadan, then just after Ramadan, then before Christmas, then sometime in March, and, finally, March 9.

The invitations simply said that graduation would be on March 9; no time was mentioned. The surprise of it all was that it gleams like metal. It is composed of two parallel pieces; the upper piece goes across the brow and the lower goes across the upper lip, and a thinner perpendicular piece extends over the nose and connects the two parallel pieces. How it attaches behind the face I don’t know. But, in the dim lights of the theater, the women all looked like Gene Shalit, with very exaggerated eyebrows and mustaches.

The grand entrance of the Sheikha took about 30 minutes as she walked 15 meters from the door to her special chair, which was front and center. The events surrounding this part of the ceremony reinforced strongly to me the importance that this society places on being seen with the right people. Every person she invited, many of whom I believe she sees quite regularly, had to be seen to come up to her, kiss the air on each side of her head, and then talk. The most important University person there last night was not the provost, but the Student Affairs staff member who managed to get in there and stand next to the Sheikha for the entire entrance.

As soon as the Sheikha took her seat, the audience, offering the women the opportunity to wave the perfumed smoke over themselves.
Cesar Caballero Appointed Administration Associate Dean, Research

Susan Cash Named Acting AVP, Academic Affairs

Susan Cash, associate dean of undergraduate studies—general education and articulation since 2001, has been appointed as the acting associate vice president for academic affairs—academic programs, effective March 17. Cash will provide leadership in the coordination of the academic program review process and accreditation activities for the campus, as well as the management of the Five-Year Academic Master Plan. A professor in the Department of Art, Cash has been a tenure-track faculty member at Cal State L.A. since 1991. She replaces Victor Ukpolo, who left the University at the end of March to assume the post of vice president for academic and student affairs at Southern University System in Baton Rouge.

Susan E. Kane Appointed Associate Dean, Research Administration

Susan E. Kane was named associate dean of graduate studies and research—research administration and professor of biology, effective January 20. She comes to Cal State L.A. from the Beckman Research Institute of the City of Hope in Duarte, where she was professor and chair of the Division of Molecular Medicine. Kane oversees the Office of Research and Sponsored Programs and has primary responsibility for the grant and contract proposal preparation and submission process. She works with principal investigators and community participants to seek funding opportunities from external agencies and produce competitive applications for those funds. Active in the community, Kane has been a member of the Board of Education of the Pasadena Unified School District since 2001.

Cesar Caballero Appointed Associate University Librarian

Cesar Caballero was recently appointed to the position of associate university librarian, effective April 1. Caballero is responsible for coordinating major aspects of internal operations in a collaborative environment and overseeing the activities of the Library faculty. In addition, he will participate in strategic planning, development activities, program evaluation and cooperative library programs, and will be actively involved in all aspects of the Library administration. Caballero was associate university librarian for public services for the University of Texas, El Paso Library since 1995 and acting university librarian from 1994 to 1995. Prior to that, he served as public services

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Health Briefs

Aging Well: Exercise The Easy Way

By Marilyn Friedman

Aging well is a multifaceted proposition. Many health promotion strategies are advocated to keep aging at bay. Recently, there has been greater attention given to the benefits of exercise. As we age, exercise becomes particularly important to incorporate into one’s daily routine. So what’s so great about exercise? Here are six good reasons.

The physiological benefits of exercise include making your cardiovascular system stronger and more efficient. It also helps control blood pressure, blood sugar level, and body weight. Exercise can also have psychological benefits—lifting the spirit. And, of course, if done with other persons, it can have social benefits.

The exercise that is accessible and enjoyable to almost everyone is walking—although there are many other ways, such as gym routines, to exercise for those who are unable to walk or prefer exercising in other ways. Ideally, a person should exercise at least half an hour every day. But, according to recent research, even several times a week promotes better health.

What are the specific gains by walking regularly? Recent scientific findings describe the benefits of walking:

**Body Fat Reduction:** A study in which inactive, overweight women over 50 walked briskly five days a week for at least 45 minutes had significant reductions in weight and body fat, particularly abdominal fat. Similar benefits to men are reported.

See HEALTH BRIEFS, Page 8

Middle East Dispatch (Continued from Page 3)

peared with trays piled high with sweets, followed by those with trays of drinks. Most of these went to the people in the first row of easy chairs, but the people in front of us were very nice in passing food back to us. They turned out to be the wives of ambassadors of specially designated countries (there must have been quite a bit of wrangling in the determination of which countries sat in front of us and which sat behind, but I haven’t figured out the rhyme or reason for it).

The ceremony proceeded with a speech by the president of the University on videotape (he is the nephew of the president of the country). The Sheikh’s address to the graduates was read by someone else while the Sheikh ate. When asked why the Sheikh didn’t read her own speech, the honest response is that she is illiterate. She is, I believe, in her late 50s. A student addressed the audience on behalf of the graduating class. Then there was a laser light and water show—well, heck, we were in the theater. After that, the Sheikh and the provost went up on stage, and the names of the 379 graduates were read as they filed across the stage to shake hands and receive the digital diploma.

In lieu of an honorary doctorate with which most U.S. universities endow their speakers, it is customary here for the Sheikh to receive a gift from the university (which had to be approved in advance). Our gift to her was a piece of statuary that we thought the sheikhs and sheikhas did particularly in this male-dominated society?

Epilogue: Now that the war is over (at least the Iraq phase), several of the ZU staff who have relatives in Iraq have been reconnecting with their families. My assistant’s parents, three brothers, sisters-in-law, and assorted nieces and nephews lived in a suburb of Baghdad and she had had no contact with them since the second day of the bombing. She has now heard that all of them are safe. As far as the political situation is concerned, the Sheikh and the government support the U.S. position; therefore, it is unpatriotic to do otherwise. Everyone is publicly apolitical. Nationals do not talk to Westerners about Iraq or the U.S. position there. Those that have relatives in Iraq express concern about their relatives, but never in the context of the U.S. being responsible for their relatives’ plight.

The University’s president (the Sheikh’s nephew) gave permission for the students to do fundraising for an Iraqi relief fund.

See HEALTH BRIEFS, Page 8
Two New Emeriti Named

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

JAMES D. BOULAGARIDES

ROSEMARY L. HAKE

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

Silver Anniversary Celebration

(Continued from Page 1)

served behind the scene to make the scene possible, including arrangements for refreshments, displays, and piano tuning.

The second-floor bridge in the Library accommodated displays of memorabilia covering campus history and emeritus faculty achievement, curated by Mary Gormly with the assistance of John Thornbury. That exhibit remained on view until the end of February.

Sidney Albert presented the faculty colloquium on April 15, for which the occasion had been chosen as part of the anniversary celebration. In his talk, he traced philosophical parallels between Shaw’s Major Barbara and Euripides’ The Bacchae.

At the Honors Convocation on April 25, President Rosser paid tribute to emeriti faculty on the occasion of the Association’s 25th anniversary. He stated, “Retired faculty who are designated as emeriti are recognized for their outstanding scholarship and service to the University and its students.”
ROBERT BRYAN BENOIT
Professor of Counselor Education, 1965-1990

Robert Bryan Benoit, emeritus professor of counselor education, died in March of long-term complications following a stroke. He had suffered the stroke in 1997, about six months after the death of his wife from cancer, while traveling in Hawaii. Since that time he lived in a private facility in San Pedro for stroke victims.

Bob was born on March 4, 1929 in Flint, Michigan, then a rural area. After his high school graduation in 1941, he enlisted in the Air Force and served till war’s end. He then attended Michigan State University, at which he earned a B.A. in speech pathology in 1949, following which he moved to Santa Barbara for a position as a speech therapist. There he met Betty June Eggleston, a teacher recently graduated from Mills College, and they were married in 1951.

At that time, he became a speech therapist in the Kern County school district. The Benoits settled in Bakersfield, where their three sons were born. In 1960, the family moved to Hermosa Beach, and Bob enrolled at USC for graduate study. He received his Ed.D. degree in counseling psychology in 1964 and became a licensed clinical psychologist in 1967.

Bob joined the Cal State L.A. faculty in 1971, in the department of counselor education. His primary academic interest was behavior modification, in which he authored several journal articles. His skills in conflict resolution were recognized by his colleagues, who elected him to two terms as their department chair. Concurrently, his community interests were reflected in his membership on the Hermosa Beach School Board, and he did additional volunteer work with mentally handicapped children. He was named an emeritus professor in 1985.

Bob’s early interest in music never left him, even as he went on to a career in other fields. He was an excellent jazz guitarist and played actively following his retirement, until his stroke. He is survived by his three sons, David, Dan, and Phil, as well as a sister, Audrey Wright. David, who has followed in his father’s musical footsteps, is a noted jazz pianist and composer.

H. LEONARD EDMONDSON
Professor of Art, 1964-1986

H. Leonad Edmondson, professor of art from 1964 to 1986, died in July 2002. His initial appointment at Cal State L.A. was as professor and department chair. His administrative position continued until 1970.

Leonard was a widely known printmaker of screen prints, etchings, and lithographs. Indeed, his obituary in the Los Angeles Times erroneously identified him as chair of the printmaking department at Cal State L.A. This was a position he had held at Otis Art Institute. In addition to printmaking and drawings, he painted in oils, acrylics, and watercolors.

Leonard studied art at UC Berkeley, where he earned B.A. and M.A. degrees in 1940 and 1942, respectively. After service in army intelligence from 1942 to 1946, he began his long teaching career at Pasadena City College.

Leonard’s first one-man exhibition was at San Francisco’s De Young Museum more than a half-century ago. He also mounted exhibitions at the Pasadena and Santa Barbara art museums. His book, Etching, was published in 1973. His son Stanley graduated with a degree in art from Cal State L.A.

In Memoriam

DOROTHY O’BRIEN
Professor of Recreation Education, 1951-1969

Dorothy O’Brien, professor of recreation education, died on February 15 in Santa Barbara, after several weeks of failing health. She was 96. Dotty, as she was known, was active as a volunteer in the Braille Institute until her final illness. Her motivation was her own failing eyesight, caused by macular degeneration.

In 1933, she married Byron O’Brien, better known by his nickname, “Irish.” He was a salesman, and the O’Briens traveled around the northern tier of the western states, including Colorado, Wyoming, and Montana. Dotty enrolled for graduate study at the University of Montana, where she taught dance and swimming in women’s P.E. while pursuing an M.Ed., which she received in 1941.

The war then intervened, and Dotty and Irish went south, to San Antonio. When they returned to Montana after the war, they tried to accept those winters again, but California beckoned. They visited California in 1947 and never returned to the north.

Dotty spent three years in the employ of the L.A. Department of Recreation and worked in North Hollywood. In 1951, she was hired to teach at L.A. State College in the Department of Recreation, on the old Vermont campus. She eventually returned to complete her graduate study, earning a Ph.D. in education at USC in 1966.

She retired in 1969 and the O’Briens first moved to Ventura. In 1972 they moved again, to Santa Barbara, and remained there for the rest of their life together. They celebrated their 60th wedding anniversary before Irish’s death in 1993. Dotty then became engaged in many community activities, particularly for the Braille Institute. In January 2001, she received a Community Hero award in recognition of her many contributions. These activities as well as details of her life were featured in an Emeritimes profile, in the Winter 2002 issue. A memorial service was held at the chapel of the Santa Barbara Presidio on March 30, attended by campus friends as well as friends in the Santa Barbara area.

ROBERT SHERWOOD
Manager of Television Production, 1964-1991

Robert Sherwood, retired manager of television production, died on April 6 of undisclosed causes. He was 73 years of age. Bob came to Cal State L.A. in 1964 to teach educational broadcasting and develop production facilities. Formerly holding a joint appointment as coordinator of television programs and professor of television administration, he was renamed exclusively to the manager’s position in the mid-1980s, when all the administrative professorships were eliminated at the onset of collective bargaining. He retired from the University in 1991, technically ineligible for emeritus status, but his long and cordial association with many faculty colleagues remained steadfast.
Bob had a long career in television production, beginning in 1953 at WTAR in Norfolk, Virginia, followed by a similar position at WJIM in Lansing, Michigan. He earned a B.A. in 1962 at Michigan State University, and became a producer and director for educational television at WMSB. After his move to California in 1964, he completed the requirements for an M.A. from Michigan State, earned in 1968.

He served in the military, first in the Army and later in the Marines, as a non-commissioned officer in each case. He later joined the Naval Reserve from which he retired as a Commander.

During his residency in Southern California he served for 20 years in the Los Angeles Sheriffs’ Reserve, and also was active in training Peace Corps volunteers.

Bob’s diverse interests included all the performing arts and all the communications media. He was a member of the National Academy of Television Arts and Sciences, the American Film Institute, the Society of Motion Picture and Television Engineers, and the Pacific Broadcasters. For the community, he was a member of the California Association of Police Training officers and served as a docent at the Museum of Natural History.

Bob is survived by his wife, Margaret; his sister, Ann Powell, of Detroit; three daughters and sons-in-law; a son and daughter-in-law; and three granddaughters. Services were held at Forest Lawn, Glendale, on April 11.

Harold Storch
Professor of Electrical Engineering, 1955-1987

Harold Storch, professor of electrical engineering, died on December 28 in Mission Viejo, California. He became one-fourth of the founding quartet of the engineering program, along with Les Cromwell, Bill Eggers, and Bill Plumtree. They developed the curriculum, organized the School of Engineering, and worked on the architectural design of the engineering building, particularly the laboratories and equipment.

Harold served as a department chair for several terms, and was instrumental in establishing the student chapter of IEEE (Institute of Electrical and Electronics Engineers), for which he was the faculty adviser. His activities also included many school and university committees.

Harold Storch was a native of New York City, and never lost its distinctive accent. He received the B.E.E. degree from CCNY (New York’s City College) in 1944, back when CCNY was dubbed “the poor kid’s MIT.” He later attended Stevens Institute of Technology in New Jersey, earning the M.S. in 1949.

He and his wife Shirley moved to California in 1950, first to San Francisco, where he worked for the San Francisco Power Company, and then to Los Angeles, for a position at North American Aviation. He began teaching night courses in electrical engineering at the Vermont campus as an adjunct, and in 1955 decided to make teaching his career. The 32 years of that career were marked by strong friendships as well as academic achievement.

GEORGE W. WILLOTT
Professor of Recreation, 1950-1977

Word has been received of the death of George W. Willott in Manitowoc, Wisconsin one day following his 88th birthday. George had returned in 1990 to Manitowoc, the city where he was raised, to be near family. He lived from 1995 to 2001 in an extended care facility and moved to a nursing care center as he battled the onset and final stages of Alzheimer’s disease.

George served as chair of the Recreation Education Department until the early 1970s, when the department became a program administered through the office of the Dean of Fine and Applied Arts. As chair, George developed the first master’s degree in recreation in California. The department under his leadership was known throughout the country as an outstanding program, with graduates in nearly every government, private, and nonprofit agency in the area.

Many went on to advanced degrees and teaching positions at various colleges and universities.

His practice of enlisting part-time faculty from the ranks of outstanding leaders of the field guaranteed students the most current, practical approach to service delivery, as well as provided them entree to ideal job opportunities. Through his genius and creativity, students faced a demanding, dynamic curriculum in an emerging discipline focused on enriching the lives of participants. George believed in the paramount importance of leisure in human experience, and that the worthwhile use of one’s free time was the goal of all education. “People are most like themselves when they are at play,” he used to say. “Show me what a person does with and how he behaves in his leisure time and I’ll know how evolved he is in spirit.”

He is remembered for his gentle wisdom, his ready laugh, and delicious sense of humor. His desk was a sea of papers, books, and file folders from which he could somehow extract the very document one requested. Students flocked to him, spending endless hours in conversations, sometimes profound, sometimes profane, but always enjoyable. Through his efforts, the Recreation Department held onto offices on the first floor with the intent of being closest to classrooms and to new students who wandered into the building, enticing them with the friendly, joyful atmosphere he tried to maintain in spite of the bitter politics that eventually became its demise.

George lived his philosophy by extensive reading, cooking, auto mechanics, building and construction, landscaping, and working with children. He mentored young professionals and encouraged the careers of faculty, staff, and students. After he retired in 1977, the program struggled for lack of direction and was eventually abandoned.

George was born November 3, 1914 in Appleton, Wisconsin, son of the late Joseph and Katherine Nemacek Willott. He grew up in Manitowoc, joined the Coast Guard, attended college at the University of Idaho, and taught and coached in northern California. He studied philosophy and graduated from Stanford University with a master’s degree in education. In 1937, he married the former Dorothy L. Eshom in Moscow, Idaho. She preceded him in death on September 2, 1991. The couple lived in Idaho for 13 years, moving to California in 1953. They raised three children. George was a member of St. Anne Catholic Church; California Association of Health, Physical Education, Recreation and Dance; Phi Delta Kappa; and Delta Tau Delta Fraternity.

Survivors include one daughter and son-in-law, Marta and Wally Newberry of Shingle Springs, California; four grandchildren; one sister, Rita Bohacek of Manitowoc; and one special niece, Susan Resch, of Whitelaw. He was preceded in death by two sons: Donald Laird Willott and Joseph Robert Willott, and one brother-in-law, Vic Bohacek.

David Numrich

David Numrich, lifetime partner of Dorothy Gang and brother of Carol Numrich, died on January 9 after a long battle with cancer. Dave, age 66, had had a successful heart transplant in 1996. He and Dorothy were together for nearly 16 years.

Hanna Shay

Hanna Herzberg Shay, wife of Carleton Shay (Education), died on January 23, of cancer, after a five-year siege. She was 77. She is survived by Carleton, their daughter Cathy and son-in-law Alex Miller, their son Ken

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Campus News (Cont. from Page 4)

coordinator for El Paso Community College and as head of the Department of Special Collections at the University of Texas, El Paso from 1979 to 1993.

New Educational Support Services Unit in Academic Affairs

As part of the University’s overall reorganization of technology services, Provost and Vice President for Academic Affairs Herman D. Lujan announced the creation of an Educational Support Services unit under the Division of Academic Affairs, effective January 2. Educational Support Services, which will be headed by a dean, includes five service areas: instructional technology consultants, open access labs, the Center for Effective Teaching and Learning, and the Faculty Instructional Technology Support Center.

“Golden Eagle” Building Set for Late Spring Opening

After more than two years under construction, the new University Auxiliary Services building, named The Golden Eagle, will be ready to open in late spring. A three-story building composed of two adjoining structures offering more than 77,000 square feet of floor space, The Golden Eagle occupies the site of the former Eagle’s Landing Cafeteria and includes more than 30,000 square feet of meeting and event space, a 20,000 square-foot University bookstore that will be operated by Barnes and Noble, and a 400-seat food court. It will house a new University Club restaurant that will be open to the public.

Health Briefs (Continued from Page 4)

Heart Benefits: Walking reduces the risk of heart disease. In one large study of adults who walked at least three hours a week, their risk of heart disease was reduced by one-third.

Blood Pressure Control: Regular walking can reduce blood pressure in people with or without hypertension.

Mood Elevation: Walking even short distances can lift the spirits, even in those who are depressed. Exercise stimulates endorphins (hormones), which have mood-heightening qualities that can last for several hours and help with stress reduction.

Cognitive Benefits: Walking and other physical activities appear to lower the risk of mental decline as one grows older.

Maintaining Stronger Bones: Walking is an excellent weight-bearing exercise, which can help delay or prevent bone loss and osteoporosis. In post-menopausal women, walking helps to preserve bone mass and prevent fractures.

Reducing the Risk of Diabetes: Recent studies showed that people who dieted and walked briskly or did other moderately intense exercise for at least 150 minutes per week reduced their risk of getting diabetes by more than half.

So, have I convinced you or am I singing to the choir? All you need is a comfortable pair of shoes and, if you can’t get motivated, try walking with a friend or a dog (that’s my motivation). Perhaps the last, but not least, benefit of walking is exploring your neighborhood, a park, beach, or country landscape.

Expanded Child Care Facility Opens

New facilities and a dramatic expansion of programs at the Anna Bing Arnold Children’s Center have more than doubled the Center’s capabilities. In addition to three new outdoor play yards, two buildings house three rooms for infants and toddlers, and a large classroom designated for kindergarten-aged children and an after-school program—all with connecting observation rooms. Center director Pamela Kisor credits the dedication of donors, University staff and administrators, contractors and the architectural firm, Carde Ten, to the project’s success, “11 years in the planning.” Striking innovations allow the Center to accommodate 147 children. There is a new program for infants from 4 to 36 months, as well as a proposed collaboration with Centro de Niños y Padres and the Division of Special Education that will provide 10 spaces for children with special needs in a fully inclusive program. Funding for the Center’s expansion came from the W.M. Keck Foundation; City of Los Angeles; Ahmanson, Garland, Parsons, and Weingart foundations; S.H.A.R.E., Inc.; Miller Brewing Company; James P. Kelly; and student fees through Associated Students, Inc.

In Memoriam: Larry Jordan

Larry Jordan, director of analytical studies and data administration, died on January 14 following his retirement in December. The cause was cancer. Larry began his Cal State L.A. service in 1983 as manager of instructional computing at the Computer Center, but did not hold a concurrent faculty position even though he had a doctoral degree. He was widely known to faculty members, with whom he interacted on many projects. He is survived by his wife, Valerie, and two children, David and Amy. A memorial service was held on campus on March 25.

In Memoriam: Therman Swann

Therman “Buddy” Swann, the Library reserves coordinator, passed away on January 24. Swann, who was employed at Cal State L.A. for 23 years, had previously been a member of the order of Franciscan Friars for eight years. A memorial service was held on campus March 12.

In Memoriam (Cont. from Page 7)

and daughter-in-law Bonnie, and three grandchildren.

PEARL WANG

Pearl Wang, widow of Charles Wang (Psychology) and stepmother of Fleur Yano (Physics), died on December 18 at the age of 86. Long active in the Chinese community adjacent to campus, she was a major donor to programs at Cal State L.A. for nearly 20 years. Some of her contributions were matched by external corporate donors. She established a scholarship for psychology students in memory of her husband, who retired in 1972 and died in 1974. She later helped fund the China Exchange Program, which was organized by Fleur in 1978-79. From 1979 to 2000, that program brought many science graduate students as well as established scholars from China to our campus.

Wang was a graduate of Hu Jiang University, Shanghai, in the School of Business. Following a brief career in management, unusual at the time for a young woman in China, she came to the United States for graduate study and earned an MBA degree at New York University. In New York she met her husband, then a widower with three children, and they subsequently were married. In 1954, the Wang family moved to Los Angeles, and in 1956 they became the first Chinese family in Monterey Park.
EMERITI ASSOCIATION NOMINATION COMMITTEE REPORT
MAY 2003 NOMINATIONS FOR OFFICES AND EXECUTIVE COMMITTEE

Placed in Nomination
President ................................................................. Barbara P. Sinclair (2003-2004)
Vice-President, Administration .............................. Louis Negrete (2003-2004)
Vice-President, Programs ..................................... Clement Padick (2003-2005)
Secretary ................................................................. Kenneth Wagner (2003-2005)
CSULA Academic Senate Representative ............. Donald O. Dewey (2003-2004)

Continuing Officers and Executive Committee
Immediate Past President .................................... Donald O. Dewey (2003-2004)
Treasurer ................................................................. Robert A. Miller (2003-2004)
Membership Secretary ......................................... Karen D. Johnson (2003-2004)
Chair, Fellowship Fund ....................................... Janet Fisher-Hoult
Database Coordinator .......................................... Harold L. Cohen
Members-at-Large .................................................. Laird Allison, Peter Brier, Donald R. Burrill,
                                                Jackie Lou Hoyt, Joan D. Johnson, Leonard G. Mathy,
                                                Olga A. Termini, Marie-Antoinette Zrimc