

SJSU WASHINGTON SQUARE

FALL 2011

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Ready for the next emergency
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Expert Spartan advice



EARLY ONE MORNING, I AM PEDALING my single speed bike along East Santa Clara Avenue as the Portuguese markets, Mexican bakeries and mom-and-pop shops of San José's Five Wounds/Brookwood Terrace neighborhood are opening. I turn off the main drag and coast no-hands through modest but well-kept residential streets.

I'm scouting artistic possibilities for Lisa Krieger's cover story on CommUniverCity (page 14), a town-gown partnership that has forged a visionary plan for this neighborhood. Coming to a weedy, defunct railroad crossing at the heart of the neighborhood, I take stock of the urban landscape, and try to summon the imagination of the neighbors, planners, students and faculty members who have surveyed the semi-industrial sprawl and pictured a bustling transit village.

And suddenly, I see it, too: The curve of rusting rails becomes a manicured trail; the weeds blossom into vibrant perennials and shade trees; the empty plastic bag blowing this way and that is a two-wheeled tot, turned loose without training wheels. Quite literally, the Five Wounds Trail could become a key part of this neighborhood's path to health.

For me, biking has always gone hand-in-hand with health—whether I'm dashing from campus to Diridon Station to make my train or flowing over the single track of Saratoga Gap. But health is not just about my resting heart rate or anaerobic threshold. (Thankfully, since both have seen better days.) Having somewhere I can get out and ride—or run, walk or kick a ball with some buddies—puts a grin on my face, lightens my troubles and keeps my energy high.

As athletic trainer Ariko Iso, '95, advises in our feature on lifelong fitness (page 18), there is no single path to health. The key, she says: "Be happy and have fun in your life." To that I might add: Let's all nurture communities where we can do just that.

Cyril Manning, Editor

*How did you keep fit as a student?
How do you do it now? Share your thoughts
by writing to cyril.manning@sjsu.edu.*



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FEATURES



10 THRIVING IN CHAOS
Good nurses anticipate
the worst

Accidents happen. Life is messy. But in Bay Area hospitals, SJSU nursing alumni are prepared for the unpredictable—and your next emergency.

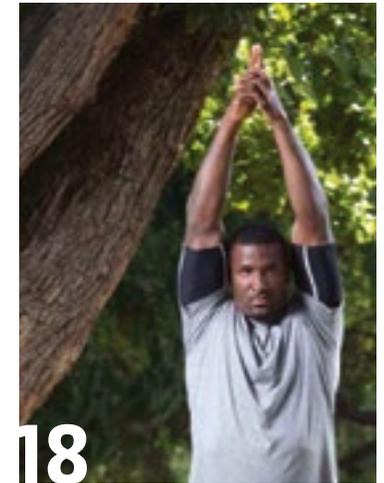
BY JODY ULATE



14 HEALING FIVE WOUNDS
CommUniverCity gets healthy

A community-university-city partnership is helping San José's Five Wounds/Brookwood Terrace neighborhood become a model for safe, clean and healthy communities throughout the city.

BY LISA KRIEGER



18 FIT FOR LIFE
How the pros do it

From sun salutations to Russian kettlebell presses, Spartan fitness experts share tips to help you enjoy lifelong health.

BY SARAH KYO

COVER ILLUSTRATION: SUHITA SHIRODKAR, ARTICULATE SOLUTIONS INC.

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WE'RE LISTENING! WITH EVERY ISSUE OF WASHINGTON SQUARE, WE SURVEY OUR READERS AND THINK HARD ABOUT EVERYTHING YOU HAVE TO SAY. RESPONSES TO OUR LAST ISSUE WERE GENERALLY POSITIVE—MORE THAN 80 PERCENT OF READERS FELT THAT THE MAGAZINE APPEALED TO READERS OF THEIR GENERATION—BUT THERE WAS PLENTY OF CONSTRUCTIVE CRITICISM AS WELL.

WHAT READERS LIKED:

“This was the first time I really enjoyed reading all the articles. They were all terrific. Not one was boring.”

“I look primarily for news of people who were there when I was at San José State. However, this issue had an article on a softball pitcher. I sent it to a teenage great-niece who is a good pitcher in North Carolina.”

“‘Life’s a toss up’ is an article that I didn’t expect, but learned a lot from and really enjoyed. A great human-interest story was the article about alumni in the winery business. Also liked the write-ups about instructors or professors who had an impact on students.”

“I feel this publication has recently been getting better. Keep up the good work. I love learning about different things alumni are doing. I would also love to hear about current events and issues that are occurring on campus.”

WHAT READERS DISLIKED:

“Most of the stories were not really interesting. They seemed to be promotional and politically correct.”

“What would I want with a print magazine these days unless it has a picture, chart or poem I’d want to hang in my office? ... Why should anyone care about SJSU in general? Most won’t, but they may care about a professor, classmates or an academic program the way people still care about yearbooks and class reunions.”

“SJSU is a mixed bag. I’m mostly proud of my ability to have navigated it and get what I wanted out of it. *Washington Square* doesn’t usually have articles that grab my attention. Only read one article last time because I knew the person who was featured. On the bright side, I’m taking this survey and will give the magazine another look.”



What do you think about *Washington Square*?

Let us know by sending a letter to cyril.manning@sjsu.edu, by USPS to *WSQ* Editor / SJSU / One Washington Square / San José, CA 95192-0005, or go to www.sjsu.edu/wsqs/submissions.

Acceleration

THE CAMPAIGN FOR SAN JOSÉ STATE UNIVERSITY

Acceleration: The Campaign for San José State University has brought in more than \$150 million. To read about the ways the campaign is already having an impact, go to campaign.sjsu.edu.

Understanding cancer

ON A TYPICAL DAY, senior molecular biology major Nikki Nguyen sets up her experiments in Assistant Professor Brandon White’s cancer biology lab. Before removing her T-75 flask from the incubator, Nguyen sprays her bottles with 70 percent ethanol and then distributes the ethanol with Kimwipes. Sterilizing and working under a laminar flow hood ensures that the research team does not contaminate the spindle-shaped breast cancer cells within. They don’t want to chance starting over.

“It’s not like a lab class where you do an experiment and move on,” says Nguyen. “You have to get replicable results.”

Nguyen is a part of a lab that is trying to understand how cells become cancerous and to find out ways to kill those that do. Her approach: growing tissue cultures, drug-treating the cells, counting the cells and measuring metabolic activities to figure out how flavonoids—compounds found in plants—are able to kill cancer cells naturally.

Through the prestigious Howard Hughes Medical Institute SCRIBE Undergraduate Research Program, a partnership between San José State’s biology department and HHMI, Nguyen gets to engage in this cutting-edge independent research in White’s molecular biology lab. After three semesters, she has learned that being ready for the unexpected is part of the job. Nothing is easy, but there’s always something to learn.

—*Amanda Holst*



JIM BLOCK



SHARON HALL

Summer scene

EVERY SUMMER, SAN JOSÉ STATE'S CAMPUS BUSTLES WITH KIDS. YOUNG PEOPLE CREATE SPARTAN MEMORIES IN CAMPS AND PROGRAMS THAT HELP THEM BUILD SKILLS IN BASKETBALL, THEATER, MATH, SCIENCE, GYMNASTICS AND MORE. ABOVE, PRESIDENT MOHAMMAD QAYOUMI TALKS WITH STUDENTS FROM THE ALUM ROCK SCHOOL DISTRICT WHO VISITED CAMPUS IN JULY THROUGH ALEARN, AN ORGANIZATION THAT PROVIDES LOW-INCOME, UNDERREPRESENTED STUDENTS A STRONG FOUNDATION IN MATH AND PUTS THEM ON THE PATH TO COLLEGE.

WELL SAID



Whenever I've done anything good, it has been with the feeling of transgression.

ACCLAIMED AUTHOR E.L. DOCTOROW AT THE 2011 MARTHA HEASLEY COX LECTURE, CO-SPONSORED BY THE JEWISH STUDIES PROGRAM AND THE DEPARTMENT OF ENGLISH AND COMPARATIVE LITERATURE



I've found that satisfaction and happiness are not about companies or titles or income. Instead, my happiness comes from learning and growing, finding what's meaningful to me, and finding people who are willing to teach me.

JENNY MING, '78 HOME ECONOMICS, PRESIDENT AND CEO OF CHARLOTTE RUSSE, AT THE SJSU COLLEGE OF BUSINESS CONVOCATION



What's great about the [California State University] system is that it takes all comers. The neighborhood you come from doesn't matter. Income doesn't matter. And people come from neighborhoods across the state. They come from countries around the world. I'm wondering why such a great institution is being dismantled.

JOURNALIST AND AUTHOR STEVE LOPEZ, '75 JOURNALISM, GIVING THE KEYNOTE ADDRESS AT THE 2011 HONORS CONVOCATION

Mobile dinner party

THE LOBBY OF A DOWNTOWN SAN JOSÉ CONDO buzzes with activity. On a windy evening, 150 people gather to dine and socialize at a few of East San Fernando Street's foodie hotspots. At the helm of the festivities is Tracy Lee, '09 Business Administration, founder of Dishcrawl.

Lee describes the event as "a social dining experience at four restaurants in one night with a group of awesome food lovers." Dishcrawl started out as a marketing tool for a start-up website that provided users with customized restaurant recommendations based on their tastes. But the marketing tool ended up becoming so successful and popular that the business was re-launched within a couple weeks as Dishcrawl.

In a span of a few hours, Dishcrawl participants walk to and experience different restaurants in a single neighborhood. Lee's brainchild is already going strong in Bay Area cities, as well as Sacramento, Montreal, Ottawa and New York. Lee expects to add Los Angeles and Washington, D.C., events soon.

For more, go to www.dishcrawl.com
—Sarah Kyo



DISHCRAWL

Dishcrawl is not the only Spartan-powered startup aimed at gastronomical adventurers. Check out Grubcrawl.com, a San José-based site, created by Lawrence H. Acosta, '04 Business Administration, and Deryk Daquigan, '05 Civil Engineering.



JEFF ENGBERTSON

Art au naturel

GRANTED, ANY HIKE AROUND SPOONER LAKE IN LAKE TAHOE NEVADA STATE PARK will showcase plenty of nature's artistic creations. But sign up for the Trails and Vistas Art Hike (trailsandvistas.org), September 16-17, and the art multiplies. Dancers, reciting poets, singers and drummers will perform at a dozen or more sites along the nearly three-mile trek, each performance intimately connected to and inspired by the environment.

The event is the brainchild of Trails and Vistas Artistic Director Nancy Tiekens Lopez, '96 MFA. It is designed to cultivate environmental awareness through the creation of art experiences in nature. Besides being an inducement for park stewardship, the outing provides participants an "opportunity to relax, slow down and connect with a place," Lopez says. No two art hikes are the same—locations and artists change annually.

—Kat Meads

Divided by law



WHAT WOULD YOU DO IF YOU HAD TO CHOOSE BETWEEN THE PERSON YOU LOVE AND YOUR COUNTRY? JUDY RICKARD, '70 BA JOURNALISM, '76 MS MASS COMMUNICATIONS, HAS CHOSEN TO FIGHT.

RICKARD IS LEGALLY MARRIED TO KARIN BOGLIOLO, a United Kingdom national, but, because of the Defense of Marriage Act (1996), the U.S. government does not recognize their same-sex marriage. To make matters more difficult, Rickard cannot sponsor Bogliolo for immigration, thanks to the Immigration and Nationality Act (1952). These laws keep an estimated 36,000 same-sex couples from staying together in the U.S.

When Rickard was forced to retire early from San José State and move overseas to be with Bogliolo, she decided to write her recently published book, *Torn Apart: United by Love, Divided by Law* (Findhorn Press, 2011). In it, Rickard details the immigration battle that thousands of bi-national lesbian and gay couples face. In addition to the advocacy efforts around her book, Rickard is working with U.S. Congressman Mike Honda, '68 Biological Sciences and Spanish, '74 MA Education, who added changes to his comprehensive immigration reform bill, the Reuniting Families Act. The changes would mean a solution for same-sex bi-national couples.

Read more at sjsu.edu/wsqa/divided.

First Person

Found in translation

WHENEVER I SEE A T-SHIRT WITH ASIAN CHARACTERS, I suspect it translates into “stupid tourist.”

More likely it's accidentally meaningful gibberish, as I concluded from the Global Technology Initiative trip to China and Taiwan last spring.

SJSU taps top engineering undergrads, along with a few interdisciplinary interlopers like me, to spend a fortnight in technology development countries, alternating ambassadorships between India and China since 2004.

Although our group spent a semester studying Chinese cultural history, I was linguistically under-prepared with a mere three language classes and a tenuous grasp of their four-tone speech, barely remembering hello—*nǐhǎo*, and thank you—*xièxie*.

Once there, I was awed by the artistic nature of Chinese written language, even reveling in the evocative glyphs of strip malls. I felt like I was in an urban art installation as we were bused around hot and hazy Beijing, Shanghai, Hangzhou, then Taipei. A history lesson itself, the luscious calligraphy of the printed Chinese language was generated by artists in antiquity from the object that each symbol depicts.

Interspersed throughout this vibrant visual and verbal communication were stabs at English iconography on signs and shirts, ranging from hilarious to profound. A slender lady sported the message “Gangster Lovely Gangster,” and a stocky matron was insightfully emblazoned with “Orient Native Overlap.” I bought my nephew a tee with the quizzical cotton query “The man who wants a garden fair, or small or very big. RESULTS. RESULTS AND ROSES. California Dreaming. Dave's Surf Shop.” My younger niece will receive a top with a longer meditation that concludes with “be sure to know / who you are before meet someone new / and hoping that person know who you are.” *Xièxie*, random translation, for providing me with the best advice I've ever given.

—Karin McKie



editor's bookshelf

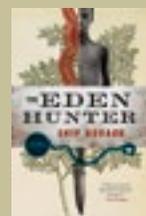
Lady Painter



Patricia Albers, lecturer in SJSU's art history department, is the author of *Joan Mitchell, Lady Painter: A Life* (Knopf, 2011). According to *Publishers Weekly*, “In this first biography of renowned abstract expressionist painter Joan Mitchell (1925–1992), Albers ... vividly chronicles the artist's tortuous journey

from her wealthy upbringing in Chicago to her defiant student days at Smith College, and as a young painter at the Art Institute of Chicago when ‘the wisdom of the day held that women couldn't really paint.’”

Freedom run



2009–2010 Steinbeck Fellow Skip Horack, author of a previous award-winning collection of short fiction (*The Southern Cross*, Mariner Books, 2009), has followed up that literary success with another. His first novel, *The Eden Hunter* (Counterpoint, 2010), features Kau, pigmy tribesman and slave, who escapes into the Spanish Florida wilderness in 1816. Inspired by actual historical events,

the novel was longlisted for the 2011 SIBA Book Award. “I never thought, ‘I'm writing historical fiction,’” Horack told the *Leland Quarterly*. “If you look closely at this story, it's about a single man moving through nature. There's something timeless about that.”

Family surprises



2008–2009 Steinbeck Fellow Jasmin Darznik's memoir *The Good Daughter: A Memoir of My Mother's Hidden Life* (Grand Central Publishing, 2010) was hailed by *Kirkus Reviews* as an “eye-opening account ... of the place of women in Iranian society (and) portrayal of their gritty endurance.” Born in Tehran and now a professor of English and creative writing at Washington and Lee University, Darznik came to the U.S. at age three with her parents. She knew little of her family's history and only in her twenties learned about her mother's earlier forced marriage at the age of 13. “It started with a photograph,” Darznik writes. “A photograph of my mother as a very young bride, standing next to a man I'd never seen.”

Slip yourself a Mickey Finn

FRED “MICKEY” FINN started playing piano at age seven to help his finger recover from a fortuitous incident with a potato masher.

He worked his way through college playing rowdy shows around the Bay Area. For extra credit in a San José State business class, he researched what it would take to open his very own nightclub. Then he followed through: Mickey Finn’s Speakeasy, which featured Finn’s own Dixieland-style piano virtuosity, saw three million visitors from 1960 to 1974. Finn also performed on a series of shows on NBC during the summer of 1966—and he’s still going strong, performing regularly on his trademark beer-keg piano stool.

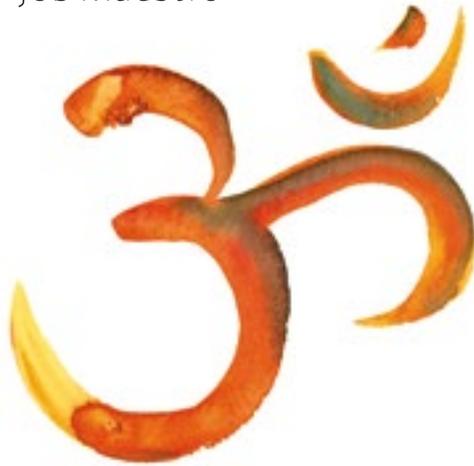
Finn plays at the Peninsula Banjo Jubilee at the San José Airport Hotel on September 11 and 12. See

www.mickeyfinnshow.com for more information.

—Jody Ulate



Job Maestro



THE JOB MAESTRO attended a workshop with yoga expert Amy Weintraub, who has been helping people balance their mood with yoga and meditative breathing exercises for decades. Who knew there were so many different ways to breathe? Here the Job Maestro puts Weintraub’s lessons to work. The best part: these can be done at your desk. Namaste.

You have to give a presentation to your company’s stone-faced management team and you can’t stop your heart from jumping out of your chest.

Try “bee breath”: Place your thumbs on the little notches outside your ears and gently plug your ears. Then place your index fingers on your eyebrows, your middle fingers on your eyelids, your ring fingers at the edges of your nostrils and your pinky fingers at the corners of your mouth. Inhale through your nose. Make a “buzzing” sound in the back of your throat as you exhale. Repeat until the vibration calms you down.

Inhale. Exhale.
Inhale. Exhale.
Feel better now?

THE SIMPLE ACT OF BREATHING CAN HAVE AN IMPACT ON YOUR MOOD—AND THEREFORE YOUR WORK.

You didn’t sleep well because your roommate had an intense Halo all-nighter and you need to be on your game to talk to your boss about that promotion.

Try “bellows breath”: Seated, breathe deeply through your nose as you raise your arms over your head. Exhale quickly through your nose and bring your elbows to your sides, keeping your hands at your shoulders—as if grabbing handfuls of air and drawing them toward you. Repeat ten times in quick succession.

You need to work on a report that’s due, well, yesterday. But you can’t seem to calm down enough to focus.

Try some left-nostril breathing: Using your right thumb on the side of your nose, close your right nostril. At the same time, place your left pinky finger so that it rests at the edge of your left nostril. Close your eyes and take several deep breaths in and out. Want to feel energized? Breathe through your right nostril.

.....
Amy Weintraub, author and leader in the field of yoga and mental health, regularly speaks at conferences and offers professional training and workshops. For more on how to breathe to improve your mood, visit sjsu.edu/wsqa/breathe

GLOBAL UNDERSTANDING

BY TRAINING SPEECH-LANGUAGE PATHOLOGISTS FROM CALIFORNIA TO SOUTH AFRICA, A SAN JOSÉ STATE PROFESSOR HAS HELPED THOUSANDS OF CHILDREN AND ADULTS AROUND THE WORLD CLAIM THEIR RIGHT TO COMMUNICATE.

The need for speech and language therapy services is growing. The incidence of autism has grown by 600 percent in the last two decades. People are living longer. Deaf children are now fitted with Cochlear implants, reducing the need for sign language. Head injuries. War. And auto accidents are the biggest recruiter of clients, says Gloria Weddington, San José State professor of communicative disorders.

“Nothing isolates people more than not being able to reach out and connect with others. All human beings have the right to communicate.”

—Professor Gloria Weddington

hundreds of children

In Los Angeles—Pamela Wiley-Wells, one of Weddington’s first students, runs an organization that treats hundreds of children with autism spectrum disorders every year—and a nonprofit that supports even more children who cannot otherwise afford services

“When Lena, a 13-year-old autistic girl, started at Los Angeles Speech and Language Therapy, she was two or three years old. She couldn’t sit in a chair without screaming. After years of treatment, she now speaks and is engaged with typical children.”

—PAMELA WILEY-WELLS, ’72 SPEECH PATHOLOGY

11 students

11 of Weddington’s ASHA-certified students from a remote master’s program in Saudi Arabia went on to get doctorates

“My most memorable career experience was helping a little girl with cerebral palsy. You can tell she is determined to communicate. I learned that she could respond when asked ‘yes/no’ questions. Early on, we were not able to hear meaningful sounds from her. Today, I have encouraged her to use her voice, even if it’s simply a breathy ‘-es’ for yes.”

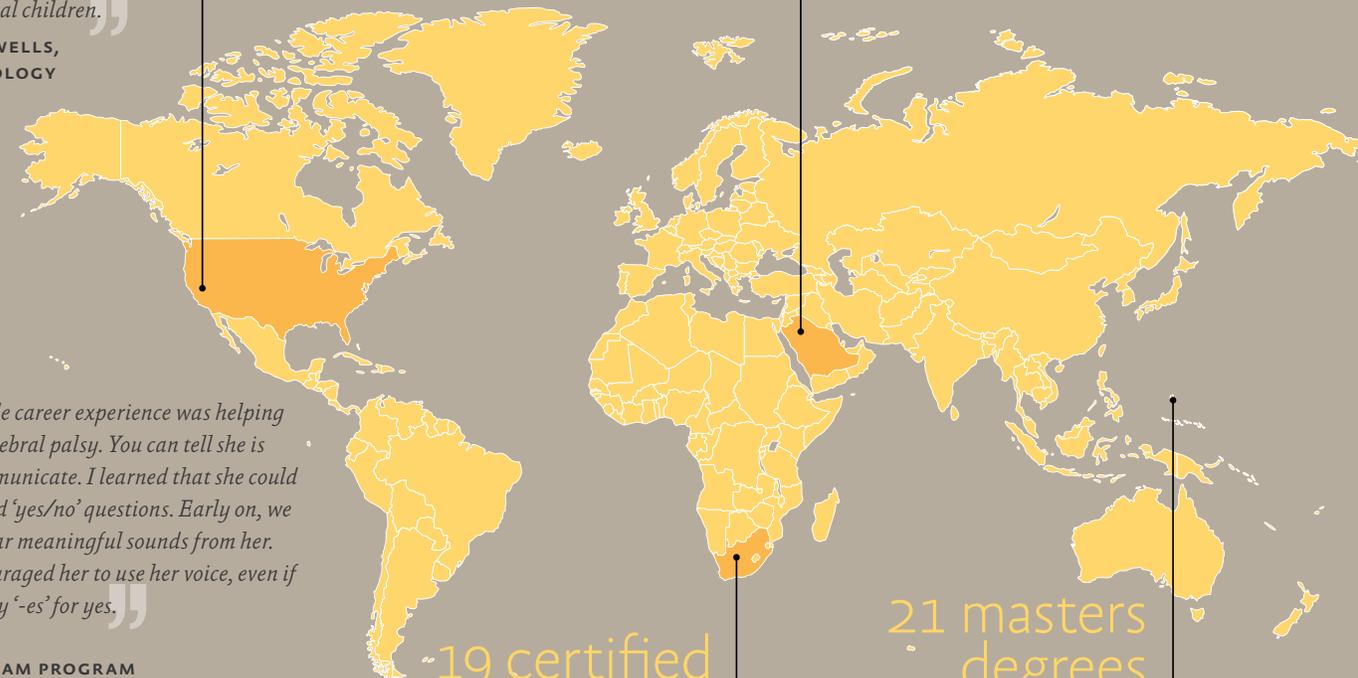
—ROWENA DIMLA, SJSU GRAD VIA GUAM PROGRAM

19 certified professionals

In addition to SJSU programs, Weddington worked with the Medical University of Southern Africa in Pretoria to add 19 certified professionals, more than doubling the number of black speech-language pathologists in South Africa

21 masters degrees

A remote program in Guam graduated 17 students with bachelor’s degrees (1999-2003) and 21 with master’s degrees (2004-2008)—who now serve clients from all the islands of Micronesia, including Kosrae, Saipan and Pohnpei



is another segment of a complex network that treats patients with everything from broken bones to heart attacks. In these action-packed settings across the Bay Area, alumni of San José State's Valley Foundation School of Nursing play countless critical roles.

Managing patient care in such a dynamic, ever-changing hospital environment is no small task. It almost requires an understanding of chaos theory, says Darina Kavanagh, chief nursing officer at Regional Medical Center of San José. Kavanagh, '04 MS Nursing, leads strategy and operations related to all patient care. The Ireland native has helped turn the once-teetering facility into a full-service hospital and level-two trauma center since taking the helm in 2005. The key, she says, is to make sure each unit, or "ecosystem," throughout the hospital is working toward the same goal: exceptional patient care. That a nurse-executive is in charge of that strategy says much about the vital role nurses play.

"Nurses coordinate the care of their patients, working with physicians and all the members of the team: lab, respiratory therapy, rehab therapy, pharmacy and from unit to unit, if necessary," says Kavanagh. "Nurses are responsible for making sure everyone works collaboratively."

The operating room nurse, for instance, is part of the trauma team that rushed to help Jane after her car crash. Once in the operating room, which she helped prepare with instruments, monitors and other equipment the surgeon and anesthesiologist need, the OR nurse orchestrates the surgical process, Kavanagh says. She positions the sedated woman safely on the operating table. And the nurse makes sure everyone is communicating because, Kavanagh says, "patient advocacy in the moment is primarily what nurses do."

In the process of stabilizing patients and making them well, nurses constantly relay information to an enormous team of technicians, doctors, surgeons and therapists. They detail patient care information in an electronic system that everyone accesses, and describe the patient's condition each time a patient moves from one unit to the next, in nurse-to-nurse handoffs.

After Jane's liver is successfully repaired, the OR nurse and the surgical entourage accompany her as she is wheeled through the hospital, where they hand her off to the intensive care unit. There, Michelle Cuasim, '07 Nursing, has been expecting her new patient since she heard the alert about the incoming trauma.

The complexity of a nurse's job is at odds with the common misconception that nurses simply dab away feverish perspiration, fill water glasses and only support physicians.

"A good critical care nurse always anticipates," says Cuasim. As soon as Jane was assigned to her, she looked up the patient's "H and P," or history and physical, just to prepare. Cuasim knew the patient would likely be hypotensive because of all the blood loss and would probably be on some infusion to maintain an adequate blood pressure. She also expected the patient to have several invasive lines, including a central

line and an arterial line, which is basically a catheter that's put in the artery to directly measure arterial pressure. And she alerted the respiratory therapist to make sure the room was ready for the patient's mechanical ventilation.

"When the patient comes into the ICU, I feel anxious because I want to get them here and stabilized and fixed," says the 27-year-old. While she's assessing the patient, keeping an eye on vitals through complicated machines and checking medication doses delivered from the pharmacy, she is also sure to keep family members informed.

Particularly in the ICU, patients like the car crash victim often cannot speak for themselves. It's the nurse's job to be the patient's advocate—which is why Cuasim decided to become a nurse in the first place.

"When my stepdad died in 1997, we were at the hospital and my mom didn't understand what was going on," Cuasim says. "He was there for a routine checkup, ended up getting admitted and eventually overdosed on some medication, but no one explained to my mom. I want to make sure I don't do that to my patients and their families."

Often, the small kindness of giving a patient a warm blanket or keeping the family updated is what the patient remembers as she leaves the hospital, says Helen Wilmot, '85 Nursing, vice president of space planning and transition planning at Stanford Hospital and Clinics in Palo Alto. "They may have just had surgery. Quite frankly, you may have just saved their life, but they will remember a very specific, narrow thing, good or bad."

If the nurse doesn't connect with the patient, the patient won't know that she knew all their medications and how to change them. Patients remember the small things that are very emotional. For a

nurse, says Wilmot, it's a hard combination to get: empathy and a strong technical understanding.

The complexity of a nurse's job is at odds with the common misconception that nurses simply dab away feverish perspiration, fill water glasses and only support physicians. The job is physically and mentally exhausting, and requires quick, critical thinking to stay on top of highly unpredictable situations.

Alicia Potolsky, '02 MS Nursing, clinical manager in the telemetry unit at El Camino Hospital in Mountain View, says nurses are very knowledgeable in best practices for all kinds of conditions. While the physician directs and orders the care, the nurse's main objective is to ensure that the patient is staying on track for that type of condition or situation. At the end of the day, Potolsky says, it is up to the nurse to make sure all the patients' needs are addressed.

"If the doctor orders something that could be the wrong dose or medicine or procedure, and the pharmacy missed it, the nurse is responsible for double-checking with the doctor and the pharmacy to make sure it's right," says Lea Revita Lopez, '07 Nursing. "Nowadays, nurses have more autonomy when dealing with a doctor's orders. After checking with the doctor, we just have to be prepared to rationalize why we don't agree with them, and to suggest alternatives."

Revita Lopez works in the trauma/med-surg unit at Regional Medical Center of San José, where the crash victim Jane is off to once she has been stabilized in the ICU. The mechanical ventilation is no longer necessary, but Revita Lopez must still ensure that the young woman continues to progress. Everyone responds differently to treatments, surgeries and medications.

"When dealing with individuals, there are a lot of variations," says Diana Russell, '82 Nursing, chief of clinical operations and chief nursing officer at El Camino Hospital. With each situation there may be unpredictable events that you need to address. The challenge: How do you standardize care to reduce the variation and at the same time individualize care for each person?

Inside the hospital, they're always preparing for the messiness of life outside. Sometimes they don't get a chance for fresh air during a shift. They're busy coordinating with the pharmacy and occupational therapy and the lab—all while making sense of piles of information that could mean life or death for patients.

Christina Sorensen, '10 Nursing, works the 12-hour graveyard shift in the emergency room at Regional Medical Center of San José where, like the rest of the "ecosystems" in the hospital, there's constant change. She may have to give Tylenol to a feverish four-year-old with dinosaur PJs and flushed cheeks. Or she may have to treat a 74-year-old who started having trouble breathing during the last round of bingo. No matter why they're there, "people come to the emergency room because they're not having a good day," she says.

Sorensen is still a relative newbie, but she says that hardest part of her job is prioritizing based on who is sickest, and making judgment calls based on so many different conditions. All she can do is take a deep breath and prepare for whatever comes through the doors of the emergency room next. ♦

Read how private funding from The Valley Foundation is accelerating nursing at SJSU and beyond. Visit sjsu.edu/wsqa/valleyfoundation



Health beyond hospitals

Educating nurses requires significant resources.

With a \$5 million gift and a new name, San José State's **Valley Foundation School of Nursing** is poised to make ever-increasing contributions to Bay Area healthcare. Our nurses are prepared for a variety of careers. In addition to caring for patients in hospitals, they may work in research, schools, home health services—or serving the community in public health.

Toby Adelman, associate professor of nursing, is one of 10 faculty members who lead teams of SJSU nursing students in their community health practicum at eight local nurse-managed centers. During their senior-year practicum, students provide health services—like checking blood pressures and explaining medication doses—to the community.

Four years ago, Adelman began taking these nursing students to Family Shelter, Inc., the only homeless shelter for families in San José. SJSU's nursing program is the first in Silicon Valley to establish a partnership to provide health services at a homeless shelter.

Heart rate's still low. Give him another milligram of atropine. Let's get a chem 7, cardiac enzymes, and coag panel. Symptoms. Sudden onset, crushing substernal chest pain radiating down left arm with diaphoresis. You want to inject TPA or find a cardiologist for angioplasty? trauma hyperresonant



HEALING

An extraordinary town-gown partnership is turning a modest

Mighty Union Pacific trains once pulsed through downtown San José, a land rich with agriculture.

But now both the trains and orchards are gone—leaving behind a skeleton of derelict railroad track and city-dwellers with no easy access to fresh fruits and vegetables.

A broad coalition sees in these remains the seeds of a community renewal. This community-university-city partnership—called CommUniverCity—seeks to use the fallow land to restore health to the working-class neighborhood surrounding Five Wounds Church.

“This is my home, my community. But San José State opened my eyes to the

opportunity in this area,” says Monica Gallyot, ’11, one of nearly 7,000 SJSU students who have invested 93,000 hours in CommUniverCity projects.

So far, the efforts of student-faculty-community teams have contributed an estimated \$1.8 million worth of volunteer labor to this modest neighborhood. They seek to convert the abandoned railway into a lovely trail. A busy bus stop needs “streetscaping” to be more inviting. Parents and children want safer routes to walk to school. Someday, they hope, a village of shops, cafes and public gathering places will cluster around a future BART station.

FIVE WOUNDS

neighborhood into a model for healthy urban villages of the future

Meanwhile, there are ancestral fruit trees, their branches drooping, waiting to be picked. A dusty and neglected parcel next to Coyote Creek could be turned into a community garden. Some neighbors have even stepped forward to lend their yards for use by nearby apartment-dwellers.

If successful, the CommUniverCity teams will build a “small-town” environment in the center of San José, with rich community gardens, walkable streets and thriving retail and business corridors linked to Bay Area mass transit.

Already, the Five Wounds/Brookwood Terrace neighborhood’s concept is serving as a template for the 70 urban villages in

San José’s Envision 2040 plan—and could someday be a national model for safe, clean and healthy cities.

Long before these big plans, small ideas were gestating, due to growing discontent.

This community of 20,000 is a largely Spanish-speaking neighborhood that serves as a gateway for recent immigrants from Northern Mexico, yet also holds a solid core of homeowners with a long history of civic engagement.

When resident Joan Rivas-Cosby arrived in 1974, at age 16, “money was tight and this area was very affordable. You made the best of it.

Already, the neighborhood’s concept is serving as a template for the 70 urban villages in San José’s Envision 2040 plan—and could someday be a national model for safe, clean and healthy cities.

BY LISA KRIEGER

ILLUSTRATIONS BY SUHITA SHIRODKAR

“Things looked in disrepair, a little dilapidated,” recalls Rivas-Cosby, now a leader of the Five Wounds/Brookwood Terrace Neighborhood Action Coalition and a member of the CommUniverCity steering committee. “There were a lot of renters, and owners were uninterested in keeping up the property. There was a lot of graffiti.”

“Schools used to be really ugly. The children were just awful. Disrespectful. They had sticks to scratch fences as they walked along. Or carried spray cans openly,” she recalls. “I used to run out of the house screaming at them, to run them off.”

Then San José’s redevelopment funds began to spruce things up. Liquor stores and check-cashing stores vanished. Businesses replaced their facades. Schools began to improve. By the ‘90s, several new housing developments attracted more affluent families. Coyote Creek was cleaned. And several stunning new parks were constructed.

But looming problems remain.

The population suffers from chronic health diseases brought on by imbalanced diets, obesity and inactivity. Due to unsafe streets, children don’t walk or bike. Meals tend to be fad-laden, not garden-grown.

“So many people don’t know about health and nutrition. There’s no regular Farmer’s Market. Kids have asthma and can’t run,” says Gallyot.

On its busiest streets, sidewalks are narrow, with no landscaping or other buffers to protect children. There is little signage.

The old railroad track bisects the community, a piece of the past that runs a mile and a half, like urban archeology. Wind-blown seeds have taken root in the track bed, sowing wild grasses. Graffiti sprouts on fences.

Where to look for the solution? In their own community—on front porches and back yards—and in the classrooms and faculty offices of nearby San José State.

“If we plan something now, we won’t be at the mercy of any developer who just chooses to come in,” says Rivas-Cosby.

CommUniverCity started as a small kernel—a core of residents working closely with just a handful of SJSU faculty.

On the community side, strategizing began in 2002 when it was learned that a BART station was being planned behind Five Wounds Church, the beautiful Neo-Baroque church built in 1919 and modeled after the Cathedral of Braga in Northern Portugal.

“We wanted not just a hole, in and out of the ground,” says Imelda Rodriguez, president of the Olinder Neighborhood Association and a member of the CommUniverCity steering committee. “We wanted a village.”

Neighbors sought to ensure that their “small town” vision would be part of that future development. But they worried that their volunteers and city-driven initiatives alone could not sustain them for the long haul.

On campus, meanwhile, SJSU had committed to “service-learning,” where students gain hands-on experience outside the classroom. But the university needed more such projects.

In 2003, then-College of Education Dean Susan Meyers proposed a campus-wide “service-learning” partnership with a San

José neighborhood. The Five Wounds/Brookwood Terrace neighborhood was selected in 2004, with a particular focus on health, education, urban planning, anthropology and management of information systems.

By the next summer, a steering committee selected political science professor Terry Christensen as executive director, and presented a menu of projects to the Five Wounds/Brookwood Terrace Neighborhood Advisory Council.

One thing led to another. The turning point was a successful series of community workshops—in English, Spanish and Portuguese—attended by more than 150 residents. Meanwhile, more than 60 San José State urban planning students assisted with research on technical details such as mapping.

Since then, the CommUniverCity partnership has expanded—and attracted funding. Thanks to a \$75,000 infusion from the regional nonprofit Health Trust, for example, CommUniverCity is planning a new community garden and a fruit tree-sharing program.

What’s the secret? Looking back, the partners agree that there are essential ingredients behind its success: concerned residents, a committed local government, inspired faculty members—and energetic students.

SJSU is part of an expanding movement across the United States that recognizes that—by the very nature of their stability and long-term presence—urban universities are intimately tied to the fate of their surrounding communities and governments.

Now, each semester, SJSU faculty members and over 1,000 students engage in service-learning projects that advance the community’s dreams.

“The students are wonderful. The work they are doing is invaluable,” said Rivas-Cosby. “It is so exciting to see their energy, purpose and drive.”

Helping plan a community garden on unused Water District property near Coyote Creek, for example, “the students are really helpful in finding out model policies of similar gardens elsewhere in the U.S.—and can help us pick and choose what policies make sense for us,” said SJSU professor Dayana Salazar, an expert in environmental planning and director of CommUniverCity.

In future months, students will be enlisted to help build boxes for a “Garden Sharing” program, where homeowners with large, early-20th-century lots and legacy fruit trees offer garden space to apartment-dwellers. And they could help share the bounty in an upcoming “Fruit Tree Sharing” harvest, picking surplus apricots, peaches and avocados from the trees of generous neighbors.

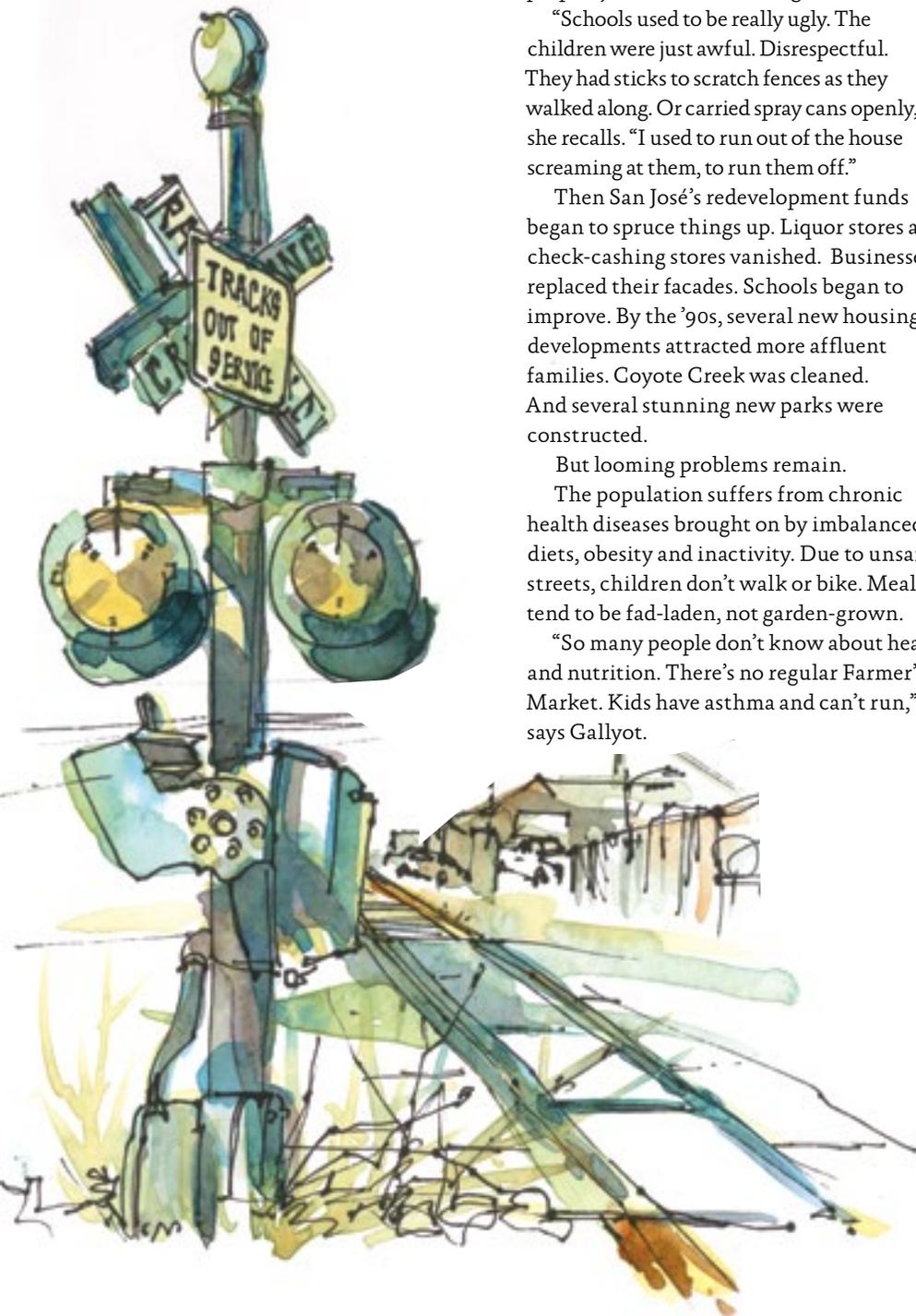
Students’ contributions to the community are formidable, say neighbors. Through their work, the neighborhood is moving closer to its vision while promoting the health and well-being of its residents.

But the Five Wounds/Brookwood Terrace neighbors give SJSU students a lifelong graduation gift in return.

“They are learning what it takes to build community,” said Rodriguez.

“Now they’re going back to their home neighborhoods and saying, ‘I realize that there are things that my own neighborhood can do, too.’” ❖

The Five Wounds/Brookwood Terrace neighborhood found solutions in its own community—on front porches and back yards—and in the classrooms and faculty offices of nearby SJSU.





James Jones has worked on his Warrior II pose, among others, in sessions of Bikram yoga, practiced in a room heated to more than 100 degrees.

FIT FOR LIFE

Super Bowl winners and a Paralympic medalist. Trainers, coaches and teachers. Alumni fitness experts share their advice for lifelong health.

BY SARAH KYO

PHOTOGRAPHY BY JIM BLOCK

James Jones

Green Bay Packers Wide Receiver, Sociology

James Jones won the 2011 Super Bowl with the Packers, but he has not forgotten his roots. As a child growing up in and out of Bay Area homeless shelters, Jones always carried around a football. Youth football camps and teams were luxuries his mother could not afford.

Jones and his wife, Tamika, run the nonprofit Love Jones 4 Kids, which helps disadvantaged children. They host an annual free youth football camp at Gunderson High School, his alma mater in San José.

For Jones, the Offensive MVP at the 2006 New Mexico Bowl Game, being healthy is more than just exercising his body.

“Physically, I work out two times a day, get a lot of rest and try to eat a well-balanced, healthy diet,” Jones says. “Mentally, I do yoga to keep my mind clear, and I try to stay as stress free as possible. Spiritually, I am a devoted Christian, and my faith is what helps to keep me grounded and focused on what’s really important.”



Hisashi Imura coaches Spartan volleyball libero Katie Turner as she does a 52-pound kettlebell swing.

Hisashi Imura

Head Football Athletic Trainer at San José State, '06 Kinesiology and '09 MS Kinesiology

After earning a bachelor's degree in history at UCLA, Hisashi Imura met an athletic trainer at Skyline College in San Bruno, Calif. This encounter would change his life.

"I began interning at Skyline College sports medicine and immediately knew sports medicine and tending to athletic injuries was my passion," Imura says. From Skyline, SJSU was highly recommended by my mentor."

In addition to being head athletic trainer of SJSU's football team, Imura is a certified Russian kettlebell instructor. Russian kettlebells are cast iron weights that look like balls with handles.

"If you want to find a beneficial exercise tool, kettlebells provide the biggest bang for your time and buck," Imura says. "When performed correctly and safely, kettlebells provide strength, power and cardio all in one."

Imura also plays basketball at the SJSU Event Center and in recreational leagues. Working out and exercising are his stress relievers.

"I tend to focus on the exercise as a practice that allows me to focus my energy inward, like a meditation," Imura says. "With the number of hours and amount of stress in athletic training, being able to exercise allows me to maintain my physical, mental and spiritual wellbeing."

Ariko Iso

Head Football Athletic Trainer at Oregon State University, '95 Physical Education and Athletic Training

When Ariko Iso started her summer internship with the Pittsburgh Steelers, little did she know it would lead to a job with the team. In 2002, she earned the distinction of becoming the first female athletic trainer in the National Football League.

"The Super Bowl was one of my must-attend sporting events before I died, and I got there three times," Iso says. "That is just unreal to me."

Her Steelers faced James Jones' Green Bay Packers at the Super Bowl earlier this year. After nine years in the NFL, Iso became head football trainer with Oregon State University in June.

Athletic training first interested Iso after she underwent ACL reconstruction surgery

on her left knee. Despite numerous surgeries since that 1984 basketball injury, Iso says she likes "to be active and still hobble around."

Teri Schroeder

High School Physical Education and Dance Teacher in Gilbert, Arizona, '87 Human Performance with Health Science Minor

"For me, personally, going to the gym every single day is completely boring, but I still do it," Teri Schroeder says.

To Schroeder, it's important to set a good example for her high school students. She has been teaching physical education and dance for almost 20 years. While her students may have diverse athletic and physical abilities, she tries to give all of them basic tools for keeping fit for life.

"At some point in your life, your health and your wellness will be important to you," says Schroeder, who played four seasons with the Spartans volleyball team under her maiden name DeBusk. Schroeder has also started her own children, whose ages range from nine to 14, on the path to lifelong fitness. They often can be spotted hitting tennis balls or tossing around footballs.

Rod Williams

Laboratory Information Manager at Veterans Administration Hospital in Palo Alto, '73 Medical Technology with an emphasis in Microbiology

Rod Williams was playing pool with his girlfriend in the Student Union when a man in a wheelchair approached him and told him that he should play wheelchair basketball. Williams, who relied on crutches for post-polio syndrome, had never used a wheelchair and was hesitant at first, but he found out he liked the sport after giving it a try.

In May, Williams was one of the coaches of the U.S. Marines Corps' wheelchair basketball at the Wounded Warriors Games, a Paralympics-style athletic competition. Williams used his experience playing for the gold medalist wheelchair basketball team at the 1988 Paralympics in Seoul, South Korea.

Doctors had told Williams that exercise would exacerbate his post-polio syndrome, but he says he has not had any negative symptoms from his activities, which have also included wheelchair track and field and handcycling.

"I would rather die on the basketball court than die on the bed," he says.



Rod Williams plays basketball twice a week and handcycles on the weekend.

THEIR TOP HEALTH & FITNESS TIPS

JONES' TIPS:

Work out four times a week, even if it's a brisk walk, for at least 45 minutes.

Maintain a healthy diet. Limit fried foods and sugars.

Get enough rest.

Drink a lot of water.

ISO'S TIPS:

Be happy and have fun in your life.

Find your own enjoyable activities because there is no one way to be fit and healthy.

WILLIAMS' TIP:

Get out and do something.

IMURA'S TIPS:

Something as simple as walking is beneficial physically, mentally and spiritually.

Focus on yourself and releasing your stress during exercise.

SCHROEDER'S TIP:

You don't have to be a good athlete to be physically fit. You just need desire.





Ready, Willing & Able

Tehran native Paiman Komeily, '94 Business/Accounting, is 45 years old. If that fact seems unremarkable, keep reading. At age nine, Komeily's doctor in Iran told him he wouldn't live past 15.

BY KAT MEADS

PHOTOGRAPHY BY SHARON HALL

"The doctors in Iran aren't quite as sensitive to feelings as they are here. My doctor didn't hide anything from me. I was told directly that I had spinal muscle atrophy," Komeily says.

A form of muscular dystrophy, spinal muscle atrophy (SMA) is an inherited disease that attacks nerve cells in the spinal cord resulting in progressive muscle weakness. Komeily's uncle on his mother's side was also diagnosed with SMA.

Following his own diagnosis, Komeily began a strength-building regimen designed by his father. "I climbed a set of 20 stairs 50 times and biked 10 kilometers every day. I started at four in the morning and then, after school, I continued exercising until ten each night. It was heavy duty exercise, a very disciplinary schedule," Komeily understates, then laughs. "But on the weekend, I was lucky. I got to sleep until six o'clock!"

At age 17, "still breathing," he told his father, an importer/exporter of agriculture equipment who'd been forced into premature retirement by the country's 1979 revolution, that he saw no future for himself in Iran and left for Florida to live with his brother. "But with the market economy trouble in 1984, my brother moved on to California," he says.

Left on his own, Komeily finished high school and supported himself in Miami by working as an inventory specialist from three in the afternoon until two in the morning. "I got my diploma and paid my rent," he sums up.

What else, besides repeatedly beating the medical odds, is remarkable about Paiman Komeily? His matter-of-fact attitude.

He doesn't congratulate himself for persevering. He just does.

New challenges in San José

In the Bay Area, reunited with his brother, Komeily entered SJSU, joined the Disabled Students Association and served as the organization's treasurer. On campus, he used a scooter to get to classes. As a student advisor, he helped his fellow students find jobs, but when he went on the job market himself after graduation, he encountered discrimination and prejudice. His physical condition had grown worse. He now needed to use a wheelchair.

"As a person with disabilities, I had two challenges as a job seeker," he says. "I had to physically get to the interviews and once there I had to be able to make the interviewer believe in my knowledge and not judge me because of my wheelchair."

On several occasions, he says, he "got to the door" for scheduled interviews at large corporations only to be told there had been a freeze on hiring.

Undaunted, Komeily shifted his strategy, refocusing his job search on smaller mom-and-pop companies. Soon he landed a part-time accounting position at Norsk Engineering, a family-run business with 50 employees. At Norsk, Komeily swiftly proved his value, prompting the owners to expand his responsibilities and increasingly rely on his advice about how to grow the company.

"Early in my career, I got introduced to all aspects of running a business. I did a lot of research. All of which was very helpful training," Komeily says.

For-profit to nonprofit

At his next job, the online car purchasing start-up Autoweb.com, Komeily worked 14-hour days, got promoted to accounting manager and helped raise business revenues from \$300,000 a year to \$1.5 million. Providentially, he also met the colleague who would become his business partner at Resource Hunt and, later, at the nonprofit Able People Foundation.

While still working at Autoweb, Komeily realized he needed specialized equipment beyond a wheelchair. Locating what he needed—an adjustable bed and ceiling lifts—turned out to be a difficult, exasperating experience. To make the search less frustrating for others, Komeily and his partner launched Resource Hunt, a centralized database of equipment for people with disabilities.

It was the right idea—but the timing, business-wise, proved unfortunate. "We were set to receive \$1 million in venture capital and then 9/11 happened. The whole market just came to a stop," Komeily reports.

Once again, Komeily regrouped and made a positive of a negative. "I knew we were providing a valuable service to the community," he says. "I knew people still needed our help, so we got our 501(c)3 status and incorporated as a nonprofit in 2002."

The Milpitas-based Able People Foundation is currently operated by Komeily, his partner, five volunteers and a board of directors. Since its incorporation, the foundation has expanded its mission and now, in addition to offering an efficient means of finding specialized products, it sponsors a giving program to benefit the community's disabled population.

Gift of mobility

Medical equipment is costly. Manual wheelchairs range from \$500 to \$10,000; motorized wheelchairs, from \$3,000 to \$50,000. Even simpler devices—walkers, commodes and crutches—are

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beyond the reach of many of Santa Clara County's disabled, Komeily says. To ensure that people in need gain access to the products advertised on the foundation's site, Komeily and team introduced the Gift of Mobility program.

Supported by grants from the Valley Foundation, *San Jose Mercury News* Wish Book and other contributions, the Able People Foundation distributed 70 walkers with seats in 2009 and more than 200 transfer benches in 2010. This year, the foundation has been giving away transportable wheelchairs. These lighter models can be folded up and carried in cars, but they are not covered by insurance.

"Sometimes, as a human being, it makes me think: what is happening to our community? There are so many stories of need," Komeily says—the only time his cheerful, upbeat manner falters. "One man, driving to an interview six months after he'd been laid off, got in an accident on 880 that left him paralyzed. He'd let his insurance lapse, trying to save money and put food on the table for his family. After the accident, he needed a wheelchair, a commode, a bathtub transfer—all these things cost money he didn't have. But our foundation was able to assist."

The foundation also manages a reuse program of mobility equipment for residents of Santa Clara County, providing wheelchairs, portable ramps and other necessities to individuals with disabilities and limited income.

Nonprofits must step in when government agencies are unable to provide the support and services citizens require, Komeily insists. "California is the Golden State, a good state to live in. But when jobs are eliminated and homes go into foreclosure, cities' revenues go down, causing cuts in services. It's then up to nonprofits to provide what the government can't."

"I appreciate what I have"

Komeily's take on life is, like the man himself, marked by compassion and optimism.

"There is always another person in a worse situation than you are. Instead of feeling sad because we don't have something, people should be thankful for what they have," he says. "No matter how hard it gets, set a goal. Keep pushing forward."

Although no longer able to lift his arms, Komeily continues to look toward the future, excited about the foundation's plans to add an educational component that will provide access to online classes and another program that will supply refurbished equipment to poor children with disabilities in other countries.

"There are still many things I want to accomplish at the Able People Foundation—and will," he promises. "I can still see. I can still talk. A lot of my brain still works. I still have opportunities many don't have. My dreams continue."



The Able People Foundation accepts donations of wheelchairs, walkers, portable ramps, patient lifts and other used basic mobility products that are in good condition and in working order.

For more information:
www.ablepeoplefoundation.org
 Sobrato Center For Nonprofits-Milpitas
 552A Valley Way, Milpitas, CA 95035
 408-263-8000

1940s

Lloyd Swenson, '48 Business, a U.S. Army Air Corps veteran and B-26 bomber pilot, co-founded FEI in Hillsboro, Ore., a firm that specializes in electron microscopy technologies and applications. These days, he reports, he spends half the year in Palm Desert, the other half in Washington State, enjoying his grandchildren and great-grandchildren.

1960s

Lex Corrales, '67 Civil Engineering, who began his career at Stockton's R. W. Siegfried & Associates as an intern and was elected president of its board of directors in 2000, received San Joaquin Engineers Council's 2011 Engineer of the Year Award.

William Goodin, '69 Mathematics, director of short course and technical management programs at UCLA Extension, received the 2010 Rodney D. Chipp Memorial Award from the Society of Women Engineers for his support of women's advancement in the field of engineering. At UCLA Extension, he manages more than 150 engineering and technical management courses on campus and at company sites around the world. In 2004, he received UCLA's Henry Samueli School of Engineering and Applied Science Service Award for his volunteer activities.

Tom Flinn, '69 Civil Engineering, San Joaquin County's public works director since 2001, retired in January. He began his engineering career as an activity civil engineer with the U.S. Naval Public Works Center in Yokosuka, Japan. He has received the San Joaquin Council of Governments' Regional Excellence Award and the

County Engineers Association of California's Engineer of the Year Award.

Clement Furlong, '63 Chemistry, is research professor of medicine and genome sciences at the University of Washington, Seattle. One of his main areas of research is the genetic variability of insecticide metabolism and sensitivity in humans.

Kenneth Habecker, '63 BA, '71 MA Spanish, teaches Spanish at North Georgia College and State University in Dahlonega.

John Maupin, '68 Business, president of Morehouse School of Medicine in Atlanta, Ga., since 2006, was keynote speaker at Claffin University's commencement convocation in Orangeburg, S.C., in May. A native of Los Angeles, he served as president of Meharry Medical College in Nashville, Tenn., for 12 years. In 2010, he was elected to the National Historically Black Colleges and Universities Hall of Fame.

Marian Stave, '64 Speech/Drama, played the role of Aida Gianelli in Lompoc Civic Theatre's recent production of Joe DiPietro's *Over the River and Through the Woods*.

1970s

Chia-Juch Chang, '76 MS Engineering, who received his doctorate in transportation engineering at Purdue, was appointed chair of China Airlines. He has been a professor at Taiwan's National Chiao Tung University and, after retiring from government service in 2005 as vice minister of transportation and communications, served as CEO of China Steel Corporation.

Louis Cobarruviaz, '70 Sociology, stepped down as Redwood City police chief in February after holding the position for four years. A U.S. Army veteran, he served as San José's police chief from 1991 to 1998 and spent six years in El Salvador, helping to introduce modern policing methods to law enforcement agencies in that country. Later he spent a year in Iraq, commanding the international police liaison officers who trained Iraqi police.

Joseph Di Salvo, '73 Sociology, '82 MA Education, is president of the Santa Clara County Board of Education. His 30-year career in education began as a substitute teacher, teaching English, history and physical education at juvenile hall. He has also served as principal of Anderson Village Elementary School, described by Di Salvo as "the neediest school" in San José's Moreland School District.

Kevin Duggan, '72 BA Political Science, '74 MPA, retired as Mountain View's city manager after 20 years on the job. He began his career in public service as an intern in the Mountain View city manager's office in 1971 and later served for six years as Campbell's city manager.

Cynthia Haynes, '76 MBA, CEO of the Clements-Lockeford Chamber of Commerce, received Pacific Gas & Electric's Frederick Mielke Award in honor of her volunteer work. She is currently a board member of Hospice San Joaquin and has previously served on the boards of Lodi Memorial Hospital Foundation, Sierra Children's Adoption Agency and the American Cancer Society. From 2003-2006, she was Placer County's tourism director.

Pam Hedblad, '78 Accounting, is a CPA principal at Abbott, Stringham & Lynch in San José. She is a member of the American Society of Women Accountants and the former chair of the board of the American Red Cross, Santa Clara Valley chapter.

Gary Kupp, '70 Journalism, retired from the newspaper business in April. He spent the last 31 years of his 41-year career at the *Enterprise-Record* in Chico, working as a copy editor and paginator.

Mark McCloskey, '78 Administration of Justice, recently retired as sheriff of Farmington, N.M., after serving three decades as a law enforcement officer.

Julie Moody, '76 Health Science, teaches religion at St. Leo the Great School in San José.

Barbara Navarro, '79 Liberal Studies, is assistant chief of flight systems implementation at NASA Ames Research Center.

Robert North, '76 Geology/Physics, retired as petrophysical advisor at Schlumberger, the oilfield services

provider, after 33 years of service on assignments that included postings in Indonesia and most recently Beijing, China. He holds three patents on oil and gas E&P (exploration and production) techniques.

Robert Page, '76 Entomology/Chemistry, was appointed dean of the College of Liberal Arts and Sciences at Arizona State University in Tempe. He holds a doctorate in entomology from UC Davis, where he also chaired the entomology department for five years. An internationally recognized scholar, he is an elected foreign member of the Brazilian Academy of Science and the recipient of the Alexander von Humboldt Senior Scientist Award, the highest honor given by the German government to foreign scientists. An American Association for the Advancement of Science fellow, he has authored more than 200 scientific papers.

Paul Rigmaiden, '75 Journalism/Photojournalism, received his doctorate in education from Capella University, based in Minneapolis, Minn. He began his teaching career in Oakland and has been a teacher in Modesto schools since 1986.

Susan Springer, '74 Occupational Therapy, an itinerant occupational therapist with the Willamette Educational Service District in Oregon, works with infants and young children with developmental disabilities. She is also a Special Olympics coach.

Richard Staneski, '74 MA Psychology, is vice president of finance and administration at Pennsylvania's East Stroudsburg University.

1980s

Paul Aggarwal, '88 Industrial Technology, former vice president of pre-construction and estimating at Cupertino Electric, was promoted to vice president of operations in the Energy Alternatives Division.

Jim Cantele, '89 MS Mathematics/Computer Science, is vice president of worldwide sales at Polyteda Software Corporation. He previously held management and executive management positions at Cadence.

Leonard Hoops, '87 Journalism, former executive vice president and chief customer officer at the San Francisco Travel Association, is the new president and CEO of the Indianapolis Convention and Visitors Association. Prior to his position at San Francisco Travel, he was senior vice president and chief marketing officer at the Sacramento Convention and Visitors Bureau and senior vice president of marketing at the San José Convention and Visitors Bureau. Hospitality Sales and Marketing Association International named him one of the "25 Most Extraordinary Minds in Sales and Marketing."

Emily Howard, '87 MA Theatre Arts, directed a production of Neil Simon's *Barefoot in the Park* at Tracy's Grand Theatre Center for the Arts in February.

Christopher Mateo, '87 Economics, is vice mayor of Lathrop, Calif. A U.S. Navy veteran and native of Baguio City, Philippines, he worked for 31 years in the U.S. Postal Service before relocating to Lathrop and running for public office.

Gary Neiman, '86 MBA, based in Granite Bay, is vice president of customer service at Health Net.

1990s

David Chai, '95 BA Graphic Design, '00 MA Art, assistant professor of animation at SJSU, won first place in the 2011 CreatiVe Film Awards in the category "Best Film under 30 Minutes." His animated short, "Enrique Wrecks the World," features a young troublemaker who destroys the world through a series of chain reactions. Chai and a group of student volunteers produced and created the film over the 2010 summer break.

Roland Davis, '97 Sociology, is assistant principal at West High School in Tracy.

Lisa Escobar, '91 MA Special Education, is principal of Viewlands Elementary School in Seattle, Wash. She was previously co-principal at Rainier Beach High School.

Amy Hall, '97 Advertising, is president of Amethyst Harbor, Inc., a book indexing company.

Brandi Jones, '96 Speech Communication, is associate dean of graduate affairs at Princeton University's School of Engineering and Applied Science.

Nanci Klein, '90 MPA, was named deputy director of the city of San José's Office of Economic Development. She was previously head of OED's corporate outreach. As deputy director, she will focus on business development and real estate, including commercial real estate negotiations. She co-authored

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North San José Vision, a 25-year urban planning realignment of North San José where many top technology companies are located.

Jeff Maltbie, '96 Public Administration, is city manager of San Carlos. He began his career in public service as an analyst for Daly City.

Chris Moore, '90 MPA, was named chief of the San José Police Department in February. He received his law degree from Lincoln Law School in San José and is a graduate of the California P.O.S.T. Law Enforcement Command College. A White House Fellow in 1999, he served one year as counsel to U.S. Attorney General Janet Reno and was twice awarded a Fulbright Police Research Fellowship to study police accountability at the London School of Economics and at Scotland Yard.

Phil Roche, '95 MLS, is library director of North Idaho College in Coeur d'Alene. Previously, he was assistant professor and access services librarian at Southern Utah University in Cedar City.

Julie Rose, '93 Humanities, published her first novel, *The Pilgrim Glass* (lulu.com, 2010), a French mystery.

Keith Taylor, '90 MBA, is the new CFO of Lyris, Inc., a marketing technology company in Emeryville. During his 25-year career in high tech, he has

served as CFO of Exigen Capital, Magellan Navigation and Encover. He was also division CFO at Adecco.

2000s

Sarah Bates, '09 MLIS, is assistant librarian at Cooley LLP in Palo Alto.

Megan Blaylock, '09 Nursing, is a registered nurse at El Camino Hospital in Mountain View.

Jenny Chen, '09 Nursing, is a registered nurse at UCLA Medical Center.

Michael Dorf, '07 MS Software Engineering, is a consultant for Learn-Computer! (learncomputer.com), which offers instructor-led computer and IT training courses for companies and individuals.

Allison Eagans, '06 MLS, is supervising youth services librarian at the Murrieta (Calif.) Public Library. She previously worked at the Corona Public Library and the Grace Mellman Library in Temecula.

Stephen Giles, '07 Sociology, is assistant coach for the varsity boys' basketball program at Monta Vista High School in Cupertino and head coach for the 7th grade Los Gatos National Junior Basketball (NJB) team. He has also coached basketball at Piedmont Hills and Del Mar High Schools.

Jackson Harp, '08 English, is an IT security administrator at Adobe Systems.

Briana Hernandez, '08 Journalism, is a content writer for WebJuice LLC, an online traffic aggregator that specializes in education and home improvement.

Monique Kelley, '06 Graphic Design, is a graphic design artist and marketing director at SunMedica in Redding.

Chad Kempel, '09 Psychology, competed in Ironman Canada in August in honor of his father, who was diagnosed with leukemia in 2010. The competition involved a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run.

Mami Kobayashi, '08 Political Science, based in Tatebayashi, Gunma, Japan, is a news reporter for NHK (Japan Broadcasting Corporation).

Kevin Krajewski, '09 Marketing, is a recruiting coordinator at Google.

Katharine Lang, '09 Design Studies/Graphic Design, is a visual designer at Cisco Systems.

Angela Meeker, '07 MA Education, was promoted to principal at Branciforte Middle School in Santa Cruz and now oversees 26 teachers and 467 students. She has been vice principal at Branciforte since 2007.

Karen Miller, '02 MBA, is director of sales at Kerio Technologies, a San José-based company that specializes in Internet security. Her territory covers the U.S. and Canada.

Roy Prado, '08 Business Administration, based in Rancho Cordova, is a senior financial analyst at Verizon Wireless.

Jasmine Prasad, '09 Accounting, of San José, is an auditor for the U.S. Department of Justice.

Daylinda Radley, '06 MA Education, a licensed speech-language pathologist, joined the clinical team at Shodair Children's Hospital in Helena, Mont. She previously worked as a speech-language pathologist in San José's Evergreen School District.

Cara-Joyce Rivo, '09 Hospitality Management, works at the InterContinental Hotel in Monterey.

Nina Rodriguez, '07 Social Science, a member of the Spartan Women's Golf Team from 2005 to 2007, turned professional in 2008. In 2009 and 2010, she participated in the Arizona Cactus Tour and this year played in the LPGA Futures Tour.

Daria Salus, '00 Art, a jeweler based in Santa Cruz, is a member of the Monterey Bay Metal Arts Guild, the San Francisco Metal Arts Guild and the Northern California Enamel Guild. Recently she exhibited her nature-inspired work at the Carmel Homecrafters' Marketplace and the KPFA Craft and Music Festival. Check out her latest jewelry line, Urban Ecology, at dariasalusjewelry.com.

Julianne Shapiro, '09 Journalism, is a marketing coordinator at Kensington Publishing Corp. in New York.

Kateryna Vasylieva, '09 MA Applied Economics, is a tennis instructor at the Cupertino Tennis Club.

Cristina Velazquez, '01 BFA Art/Photography, recently exhibited her work at Avenue 25 Gallery in San Mateo. The show, titled "Everything I Must Be," explored what it means to be a woman, wife and mother in a series of works based on dresses. She is the recipient of a 2009 Encouragement Grant from the San José Creative Entrepreneur Project.

Juan Xia, '08 Computer Engineering, is a hardware engineer at DeviceAnywhere in San Mateo.

2010s

Megan Alpers, '10 MS Mass Communications, was hired as a media specialist for the California Farm Bureau Federation. A public relations specialist, her family raises Angus-cross beef cattle in Santa Clara County. The California Farm Bureau Federation works to protect family farms and ranches for its more than 75,000 members statewide.

Archana Bajracharya, '10 Software Engineering, is an IT consultant and software developer at Kompass Integrated Solutions in Mountain View.

Natasha Ghaiv, '10 International Business, based in Campbell, is an account executive at Abingdon Business Capital.

William Hossner, '10 Mechanical Engineering, is a test engineer at the California branch of Pacific Scientific Energetic Materials.

Robin Miller, '10 Public Relations, is a social media marketing associate at Clever Girls Collective in San José.

Roberto Montesdeoca, '10 Mechanical Engineering, works as a mechanical engineer at Western Digital Corporation in San José.

Amandeep Nijjar, '10 Chemistry, is a medicinal chemist at Cytokinetics in South San Francisco.

Jessica Reyes, '10 Psychology, is a grief support volunteer at the Centre for Living with Dying in San José. She is also pursuing a graduate degree in clinical psychology and gerontology.

IN MEMORIAM

Faculty

Stanley Benz, age 96, on March 5, in Pacific Grove. A 1937 graduate of Iowa State Teachers College, Benz received his doctorate in psychology from Purdue University in 1948. He worked his way through college by performing magic shows and during his lifetime performed more than 650 shows, including one for his grandson's first-grade class. Benz accepted the position of dean of men at San José State in 1950. Promoted to dean of students in 1954, he held that position until 1969. After retiring from SJSU in 1970, he conducted comparative education and intercultural psychology workshops in Norway, Denmark and Germany.

Clark W. Bouton, age 79, on Feb. 22, in Denver, Colo. A native of Peoria, Ill., Bouton received both his undergraduate and graduate degrees in political science from the University of Chicago. He was an assistant professor in the Department of Political Science at San José State from 1968 to 1969. During his career he also taught at the University of Colorado at Boulder, Drake University in Des Moines, Iowa, and at the University of the District of Columbia from 1971 until his 1997 retirement.

Thomas James Gray, age 94, on Jan. 26, in San José. A 1942 graduate of the Northwestern University School of Medicine, Gray served in the U.S. Army during World War II as a battalion and regimental surgeon. After the war he practiced medicine in Michigan and Cambria, Calif., before accepting the position as San José State's director of student health in 1956. He retired from the university in 1977.

Roger Heller, age 88, on Nov. 8, 2010, in Ojai. A native of North Dakota, Heller served in the U.S. Army during World War II as a noncommissioned officer with the 19th Infantry Regiment of the 24th Infantry Division. He retired from the Army Reserve as a lieutenant colonel in 1982. He received both his bachelor's and master's degrees from U.C. Berkeley and joined San José State's Department of History in 1968. He retired at the rank of associate professor in 1987.

Betty Hicks, age 90, on Feb. 20, in Cupertino. Women's golf coach at San José State from 1975 to 1977, Hicks was a native of Long Beach. She won the 1941 U.S. Women's Amateur Tournament and finished second in the U.S. Women's Open in 1948 and again in 1954. Co-founder of the forerunner of the LPGA, she was named to the LPGA Hall of Fame in 2000. She was also a member of SJSU's Sports Hall of Fame and the Women's Sports Foundation

**Alumni who have passed
away are remembered in a
special feature at
sjsu.edu/wsq.**

International Hall of Fame. In 1999, she received the Ellen Griffin Rolex Award for her efforts to grow the LPGA and teach the game of golf to women. A pilot, she won the 1963 All Women Transcontinental Air Race and taught aviation at Foothill Community College. She coauthored a book on golf with Patty Sheehan and published her autobiography, *My Life: From Fairway to Airway*, in 2006.

Herbert L. Jones, age 80, on April 21, in Cupertino. A U.S. Navy veteran and Washington, D.C., native, Jones received his undergraduate degree in chemistry from Pennsylvania State University in 1952 and a master's in chemical engineering from the University of Pittsburgh in 1955. He

taught in San José State's Department of Industrial Studies from 1972 to 1975. He later worked for Kaiser-Permanente and BAE Systems.

Duncan Williams, age 90, on April 11, in Portola Valley. The founder, designer and original manager of The Winter Club ice skating rink in Palo Alto, Williams taught in San José State's Department of Mechanical Engineering from 1962 to 1975 as an associate professor. A native of Illinois, he attended the U.S. Naval Academy in Annapolis and became chief engineer aboard the U.S.S. *Marshall* during World War II. He received his undergraduate degree from Dartmouth College in 1942 and his master's degree and doctorate from the University of Wisconsin. Prior to coming to SJSU, he taught engineering at the University of Wisconsin for nine years.

Barbara Wood, age 99, on March 30, in Los Gatos. A 1935 library science graduate of San José State, Wood served in the U.S. Navy Reserve during World War II, working in naval intelligence and communications in Washington, D.C. and at Kaneohe Naval Air Station in Hawaii. From 1945 to 1964, she was a librarian at San José State. She also worked as a librarian at Foothill Community College (1964-1966) and at DeAnza Community College (1966-1977). She held a master's degree from the University of New Mexico.

CELEBRATE YOUR

SPARTANALITY

HOMECOMING WEEK

2011

OCTOBER 8-14

SJSUALUMNI.COM/HOMECOMING

SPARTAN SCHOLAR

For **SHANICE HOWARD, '11 KINESIOLOGY**, being successful in the classroom was just as important as the ability to perform in the gym. The gymnast's student-before-athlete mentality paid off: Howard was named 2011 Arthur Ashe Jr. Sports Scholar Overall Top Female Student-Athlete. Howard graduated with a 3.99 grade point average. And last season, she became a second-team All-Western Athletic Conference honoree after scoring a season high on vault and brought home a career-best on bars.

—Amanda Holst



MICHAEL HAWK

SPORTS SCHEDULE

WWW.SJSUSPARTANS.COM

FOOTBALL

SEPT. 3	@STANFORD	2 PM (PDT)
SEPT. 10	@UCLA	7 PM (PDT)
SEPT. 17	*NEVADA	1 PM (PDT)
SEPT. 24	*NEW MEXICO STATE	1 PM (PDT)
OCT. 1	@COLORADO STATE	2 PM (MDT)
OCT. 8	@BRIGHAM YOUNG	TBA
OCT. 14	*HAWAII	6 PM (PDT)
	(HOMECOMING)	
OCT. 29	*@LOUISIANA TECH	3 PM (CDT)
NOV. 5	*IDAHO	1 PM (PDT)
NOV. 12	*@UTAH STATE	1 PM (MST)
NOV. 19	NAVY	1 PM (PST)
NOV. 26	*@FRESNO STATE	5 PM (PST)

* WESTERN ATHLETIC CONFERENCE GAME

HOME GAMES PLAYED IN SPARTAN STADIUM

WOMEN'S SOCCER (HOME GAMES)

SEPT. 2	CAL POLY	7 PM
SEPT. 4	UC DAVIS	7 PM
SEPT. 18	PORTLAND STATE	1 PM
OCT. 2	*IDAHO	1 PM
OCT. 4	DOMINICAN COLLEGE	7 PM
OCT. 8	*FRESNO STATE	7 PM
OCT. 21	*NEW MEXICO STATE	5 PM
OCT. 23	*LOUISIANA TECH	NOON

* WESTERN ATHLETIC CONFERENCE GAME

HOME GAMES PLAYED IN SPARTAN STADIUM

MEN'S AND WOMEN'S BASKETBALL BEGINS IN NOVEMBER.

FIND COMPLETE SCHEDULES AT WWW.SJSUSPARTANS.COM.

MEN'S SOCCER (HOME GAMES)

SEPT. 9	SJSU-SANTA CLARA TOURNAMENT	
	CLEVELAND STATE	7 PM
SEPT. 11	SJSU-SANTA CLARA TOURNAMENT	
	NEBRASKA-OMAHA	11 AM
SEPT. 22	SANTA CLARA	7 PM
OCT. 2	*SACRAMENTO STATE	7 PM
OCT. 7	*SEATTLE U.	7 PM
OCT. 9	*CAL STATE BAKERSFIELD	1 PM
OCT. 21	*AIR FORCE	7 PM
OCT. 23	*DENVER	2:30 PM

* MOUNTAIN PACIFIC SPORTS FEDERATION CONTEST

HOME GAMES PLAYED IN SPARTAN STADIUM

WOMEN'S VOLLEYBALL (HOME GAMES)

SEPT. 9	SJSU-SANTA CLARA TOURNAMENT	
	NORTH DAKOTA	7 PM
SEPT. 10	SJSU-SANTA CLARA TOURNAMENT	
	UC SANTA BARBARA	6 PM
SEPT. 29	*FRESNO STATE	7 PM
OCT. 1	*NEVADA	7 PM
OCT. 4	SACRAMENTO STATE	7 PM
OCT. 19	*UTAH STATE	7 PM
OCT. 21	*IDAHO	7 PM
OCT. 25	*HAWAII	7 PM
NOV. 10	*NEW MEXICO STATE	7 PM
NOV. 12	*LOUISIANA TECH	7 PM
NOV. 15	*TEXAS TECH	7 PM

* WESTERN ATHLETIC CONFERENCE CONTEST

HOME GAMES PLAYED IN SPARTAN GYM, 4TH & SAN CARLOS

Rowing Master

"I came to San José State for 'one year' 28 years ago. I have no family within thousands of miles—except my SJSU family. I've stayed because my colleagues and our students make coming to work always surprising and challenging, but ultimately rewarding. Underneath San José State's unimposing exterior lies a heart that is honest, gritty and never pretentious. Long live SJSU!"
—Shirley Reekie, Department Chair and Professor of Kinesiology



KARL NIELSEN

San José State's Kinesiology Department offers courses that get students moving, like sailing, kayaking, Pilates and more. Starting this fall, students will be able to learn to row from pro Shirley Reekie, a competitive masters rower who has won gold medals at the World Rowing Masters regattas in Belgium and Montreal.



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MY VIP [VERY INSPIRATIONAL PERSON]

KENNETH PETER
Professor of Political Science

In the mid-1990s, I took a class with Professor Peter, and I also served as a student representative in the Academic Senate when he was the senate chair. I once asked him about his journey to San José State from Princeton University, where he received his Ph.D. I wondered why he chose a state university, when his research and speaking skills, hard-working demeanor—not to mention his brilliant mind—could land him a job at the most prestigious universities in the world. He explained that he wanted a personal connection with students, and that teaching universities, like SJSU, allowed him that opportunity. I realized then how blessed and proud I was to be taught by one of the best and the brightest.

Nominated by Heather McGowan
'00 Political Science
SJSU Alumni Association Board Member

If you would like to nominate a VIP, send a 100-word statement telling us why. Include your name, major, year of graduation and telephone number. Send the information to: *WSQ* Editor SJSU / One Washington Square / San José, CA 95192-0005 or email wsqeditor@sjsu.edu.

