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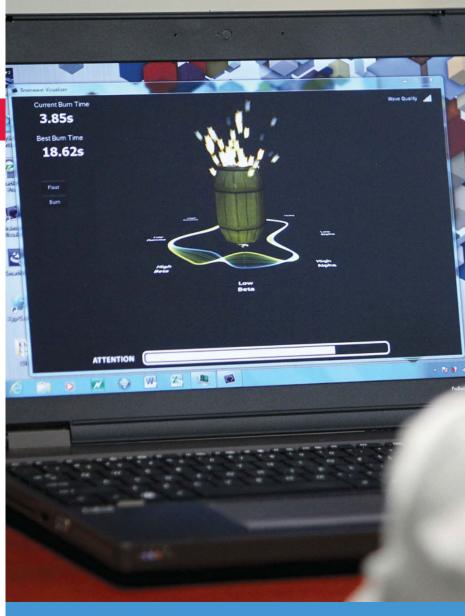
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From young children to veterans, many have battled maladies and disorders that have made day-to-day tasks difficult, if not impossible. But at a CSUSB institute, clients are moving forward with their lives by moving objects with their minds.

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Cover photography by Robert Whitehead

# Education on the front lines of **SERVICE**



By Diane Podolske

We are good neighbors.

Visit Cal State San Bernardino on any day of the week and you can see the lawns and trees are trimmed, the trash is picked up, the university conserves energy, controls its noise and invites its neighbors over to campus events. Events such as EcoFest, the Arts and Music Festival, the DisAbility Sports Festival, a summer movie on the Pfau Library lawn, or an innovative opera set in modern times welcome our neighbors to be entertained, celebrate or learn with us.

Good neighbors do these things. They especially help when times are tough, and given the city of San Bernardino's bankruptcy, CSUSB has increased its service to local residents and focused its efforts on rebuilding a healthy, vibrant city.

Still, Cal State San Bernardino is a university. Its main mission is to educate students and prepare them for successful careers. In a setting devoted to academics, why do we promote volunteering?

Beyond the value we place on being a good neighbor, volunteering provides a form of education. It gives students great opportunities to gain valuable skills that will help them excel as employees in their careers after they graduate.

#### Students gain professional experience

You've heard the lament many times: "I can't get a job without experience and I can't get experience without a job." Volunteering helps solve that dilemma. For the Stand Up for San Bernardino campaign, the CSUSB History Club provided tutoring for local high school students, especially those enrolled in AP history courses. Accounting students practiced their skills preparing tax returns for low-income residents through the Volunteer Income Tax Assistance program.

#### Students network with professionals

In today's employment market, it's what you know and who you know. Volunteering often helps students build their professional network and can help them secure reference letters. They also can learn about community, professional and government associations and how they can get involved. If students can visualize themselves in the professional positions they see when volunteering, they are more likely to have the motivation and self-confidence to graduate and succeed.

For example, Kennedy Van Houten, named as the 2013 outstanding undergraduate student in liberal arts, has the dream to become an educator. She volunteered many hours at Salinas Elementary School in San Bernardino, teaching prose and poetry to its students. Kennedy's work provided opportunities to network with teachers and build confidence in her abilities as a future educator.

#### Students learn and practice leadership skills

Service projects often call on volunteers to problem solve, budget time, determine priorities and delegate tasks. The volunteers also learn how to unite people from diverse backgrounds to work toward a common goal and how to use available local resources to address community needs.

Such an instance was last year when, under the mentorship of professor David Chavez, psychology students organized "Voice of Reflection," an exhibit of the images and thoughts of youth growing up in public housing. Students guided the youth in representing their community by taking photographs, discussing them, and developing narratives to go with the photos. The project gave CSUSB students the "real life" opportunity to learn and practice leadership skills.

The concept of promoting volunteer service as a steppingstone to employment has been validated by a 2013 study from the Corporation for National and Community Service. The national study established that volunteering is associated with a 27 percent increased likelihood of finding employment for all volunteers, regardless of a person's gender, age, ethnicity, geographical area, or the job market conditions. The message is clear: if you are looking for work, get experience and contacts through volunteering.

We are doing good work, and while we don't do it to receive awards, we have been recognized nationally for the efforts. Ultimately, we all benefit from community-engaged and employed CSUSB alumni.

The director of the Office of Community Engagement, Diane Podolske has served 12 years in the position. Under her leadership, CSUSB has received national recognition on the President's Higher Education Community Service Honor Roll as well as other distinctions. She earned her doctorate in educational psychology from the University of Nebraska-Lincoln.

## Math problem solved

Wendy Padron faced a dilemma in the summer prior to her freshman year at Cal State San Bernardino. The results from the university's placement exam showed that the then-18-year-old Rialto resident faced taking two developmental math classes in the fall and winter before she would be eligible to take the required math classes for college credit.

Or, Padron, who is the first to admit that math is not one of her strengths, could spend five weeks of her summer taking Cal State San Bernardino's highly successful Intensive Mathematics Program.

"When I saw the name – Intensive Mathematics Program - I thought I was going to eat, sleep and breathe pure math. It was going to be hard, and there went my summer," said Padron.

Dreading the idea of two quarters of developmental classes and needing the help in math, she chose the summer program. But what Padron didn't know was that the CSUSB Intensive Mathematics Program has a better than 90 percent success rate, and for more than a decade has successfully helped incoming students master entrylevel mathematics so they could move on to the required general math classes needed for graduation, said Qiana Wallace, co-director of retention projects at Cal State San Bernardino.

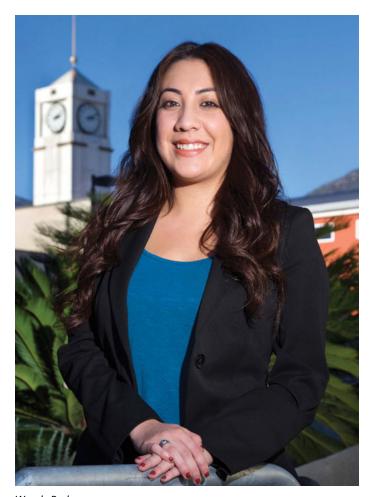
The program recently received a \$50,000 grant from the Southern Education Foundation. The Atlanta, Ga. -based national organization engages colleges and universities to improve student success and degree completion. SEF aims to promote innovative and effective practices by testing existing programs, performing campus demonstrations, and assessing the effectiveness of promising academic interventions.

For Padron, the program delivered what it advertised. From the start, the focus was on math. In the morning until noon, the students received an extended lecture on a specific math concept. After an hour lunch break, the students were divided into smaller groups with intensive support from tutors and spent the afternoon working on problems designed to reinforce the concept they learned that morning.

"The tutors used methods that pertained to real life so that we would really understand it. We went step-bystep with even the littlest things – even two plus two is four, she explained to us," Padron said. "How did I understand this material in 20 days rather than two years of high school?"

J. Milton Clark, the university's associate vice president for undergraduate studies, said the Southern Education Foundation's grant will be used to examine all aspects of the program, including the outcomes for participating students.

Padron, who is now a student success peer for CSUSB's advising and academic services department, says that the Intensive Math Program not only helped her with math, "but it gave me the courage to sit in a lecture room and ask questions in a studying environment." •



Wendy Padron

#### news briefs



## Saving green by staying green

A new 1.4-megawatt utility-owned fuel cell is now in full operation at Cal State San Bernardino.

The commissioning of a Direct Fuel Cell® DFC1500 power plant, a joint project with Southern California Edison, was recently completed. Now integrated into the campus's central plant, the fuel cell is generating electricity to the utility grid with waste heat to the campus at no cost to the university.

"Electricity generated by the fuel cell is going straight into the Edison grid, and the university will now use the waste heat it produces to preheat the campus heating system. Officials estimate an annual savings of \$120,000 from avoided natural gas costs. The combined heat and power configuration – commonly known as cogeneration of the fuel cell will reduce the campus's carbon dioxide emissions by lessening reliance on the high temperature hot water generators currently in operation. The fuel cell will continue to use natural gas to generate ultra-clean electricity through an electrochemical reaction.

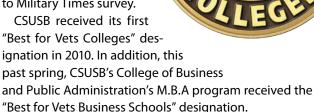
Cal State San Bernardino is the fifth California university with a Direct FuelCell installation, representing eight megawatts in total power generation capacity. The fuel cell power plant was manufactured by Fuel Cell Energy Inc. and is owned by SCE. •

## Military salutes CSUSB

Several military publications have again recognized Cal State San Bernardino for its service to military veterans and active service personnel.

For the fourth year in a row, CSUSB was named as a top military-friendly university by GI Jobs.com. And Military Advanced Education magazine presented the university with the same honor for the second consecutive year. MAE's list of military-friendly schools appears in its December 2014 Guide to Military-Friendly Colleges and Universities.

In addition, CSUSB was ranked number 12 among four-year colleges by Military Times Magazine's "Best for Vets: Colleges 2014." The university is the only campus in the California State University system ranked in the top 20, according to Military Times survey.



"To receive this level of national recognition is a great testament to the dedication of our campus to serve veterans through high quality instruction and programs," said Marci Daniels, director of the CSUSB Veterans Success Center and a U.S. Army veteran. The VSC opened in May 2012 as part of the Student Success Initiative at CSUSB. The center provides guidance to veterans, mentorship, assistance and referral specific to student veterans' needs. The center has tutors available, offers specialized (new student) orientation sessions and a monthly lecture series focusing on topics pertinent to student veterans.

Military Times "Best for Vets" distinction recognizes and rewards colleges and universities for their commitment to providing opportunities to America's veterans. These rankings also appeared in the Air Force, Army, Marine Corps and Navy Times publications. •

## Fierce compassion

A son of immigrant parents rises above the circumstances and gives determination a whole new look

By Joe Gutierrez

Hoang Tran's life has been anything

The son of immigrant parents from Vietnam, the 25-year-old Cal State San Bernardino student and his family have barely made ends meet, surviving on welfare. On top of that, Tran had to help his father care for his ailing mother, who was left paralyzed and crippled by a disease of the brain and spine.

Yet Tran is determined to make a better life for himself and his family by being the first in his family to go to college and earn a degree.

"I struggled at first with my studies and lacked the focus and persistence needed to learn," Tran said. "However, I have learned from my mistakes and developed the maturity and determination to achieve my academic and professional goals."

His drive, diligence and hard work have led to him receiving one of the California State University system's highest honors: the prestigious CSU Trustees' Award for Outstanding Achievement

and the initial recipient of the newly established Kenneth Fong Scholarship for his outstanding achievement in science, technology, engineering and mathematics. Tran is one of 23 students

from the CSU system to receive the trustees' award. The students represent every campus in the CSU system — prevailing through poverty, physical and mental illness, disability, language and

cultural barriers, intense personal loss, addiction, homelessness and abusive or absentee guardians — to become researchers, mentors, counselors, advocates, volunteers and leaders.

"Receiving the CSU Trustees' Award for Outstanding Achievement would provide me with the support I need to achieve my goal of becoming a compassionate primary care physician with low-income immigrants like my family," Tran said.

Tran, who has a 3.5 grade point average and has consistently made the dean's list while majoring in nutrition and food sciences, credits coming to CSUSB as being a catalyst to succeed.

"Going to Cal State San Bernardino has been one of the best choices I have made in my life, because it allowed me to meet similar peers who are first in their family to go to college," Tran said. "And there are faculty members that are understanding and patient with their students." He hopes to become a primary care doctor, because there aren't enough doctors to provide general health care in low-income communities. It would be rewarding to him, he said, to give back to those communities.

Tran's parents were born and raised in Phu Quoc, an island off the coast of Vietnam. His father was a fisherman who would catch anchovies to make fish sauce. His mother was the daughter of the man who used the anchovies to make that sauce. Neither parent had any formal education while growing up, because the island was underdeveloped. During the Vietnam War, his parents immigrated to the United States, leaving behind their families and way of life. But life was not easy for the family. Tran's parents have been poor since coming to the United States. His parents, hard-working people, did anything to take care of their family, including working in a cramped garment factory, but it wasn't enough.

"I remember having welfare, food stamps and Medi-Cal when I was growing up," Tran said. Life turned for the worse when his mother was diagnosed with amyotrophic lateral sclerosis, a disease of the brain and spinal cord that prevents her from speaking and

"My mother has been like this for 14 years and it's been so long that I can barely remember what her voice sounds like, because this happened when I was a child," Tran said. "The only sounds she can make sometimes are only grunt noises or a yelling noise." When his mother was in hospice, the attending physician estimated that she had about two more years to live. After hearing that, there was no one at the facility who would answer his many questions about his mother's condition. Tran's father became her primary caregiver, doing everything for her. Tran does what he can to help his father, including translating for him or filling out paperwork as his father cannot read or speak English very well.

With a strong sense of doing volunteer work, Tran also is currently assisting at a hospice in Glendale. "I've been volunteering there for two years now, and what I do is visit terminally ill patients to give support and companionship," Tran said. "I wanted to be part of hospice because I remember when my mother had it she was taken care of really well. I knew some of the difficulties a family can go through, and after meeting some of these families it made me more aware of the amount of people who

have a terminal illness and have nobody to visit them or take care of them.

"Helping these families and their loved ones is a rewarding experience, because I would want somebody to take good care of my mother," Tran said. He also works with clubs to which he belongs, such as the Nutrition Student Association and the National Health Education Honorary Society. He has also volunteered with Camp Conrad-Chinnock, a camp for children up to 18 years of age with diabetes, and Fight For Air Walk in Riverside. And he recently became a volunteer at Loma Linda University Medical Center and Arrowhead Regional Medical Center. He also wants to help youths by joining Big Brother and Big Sister programs.

"I was the youngest and the only boy in the family. When I had role models that were like big brothers to me, they helped make me who I am today, and it makes a big difference to the individual," Tran said. "I know the importance of a role model that you can spend time with and talk to, so I would like to be a big brother to someone."





Bethzaira Peña

The tension created by the stretching of a dollar across the length of a college education was a strumming of the elementary particles, hitting just the right notes. It was all music to the ears of employees of a favorite guitar string producer.

#### By Sid Robinson

Not unlike many of her fellow Coachella Valley High School classmates, Bethzaira Peña wasn't quite sure how she could ever afford a four-year university education. In a region with a smaller percentage of the adult population holding college degrees than most in California, and far below the state and national averages, the odds



of Bethzaira continuing her education were certainly not in her favor.

At Coachella Valley High, Bethzaira had posted a 3.7 grade point average. But her initial applications for financial aid still weren't enough to cover all of her college tuition. Her family was committed to finding a way to make ends meet so she could attend Cal State San Bernardino in the fall of 2013, even knowing that they might not be able to fund Bethzaira's journey all the way through to graduation. Bethzaira faced the likelihood that she would need to get a job to make her college dream a reality.

Then they heard the music.

Or rather, they heard from the "Music Man," more commonly known to those in the music industry as Ernie Ball Inc., one of the world's leading manufacturers of premium guitar and bass strings. The Coachella-based company, named after the late musical instrument and accessories entrepreneur, is now helping its employees and their family members pursue a college education by funding scholarships to Cal State San Bernardino's Palm Desert Campus.

"You can tell how great a parent is when you meet their children," says Sterling Ball, the son of Ernie Ball who took over leadership of the business in the late 1980s, when it had just 14 employees. "I am always very proud and amazed of just how great these employees' kids are. For our company to be in a position to invest in their families' future through

their child's education is the most rewarding benefit we can offer."

The company's scholarship support is just another example of its "employeefirst" approach, both at the string manufacturing operation in Coachella and the Music Man guitar and bass instrument manufacturing facility, a division of Ernie Ball Inc., in San Luis Obispo. Lunch is catered daily for the Coachella plant workers, who also enjoy gym memberships and employee assistance programs. The scholarship program, which was announced earlier this year at a company barbecue for employees and their families, has the potential to truly transform the lives not only at Ernie Ball, but also throughout the community.

"Our biggest asset is our employees," said Holly Dragovich, general manager at Ernie Ball Inc. "We want to make their jobs more comfortable so they want to stay here. Part of that is supporting our employees and offering them a chance for a college education. We know that it's hard for many of them, especially when there aren't other organizations offering scholarship assistance."

Sterling Ball had already been at the helm for many years before his father died in September 2004. Part of the business himself since he was 9 years old, Sterling's sons Scotty and Brian have followed the family footsteps and remained working in Music Man sales and artist relations, respectively.

"Sterling is extremely generous when it comes to giving back to the community," Dragovich said. "But as generous as he is, this is not a handout. Beth deserved it. She's a good student and her mom is a hard worker. This is something that was earned."

Ernie Ball Inc. will award two scholarships to CSUSB students this year, along with two more annually in following years. They are also supporting scholarships at College of the Desert. CSUSB recipients must maintain a 3.0 grade point average to keep their scholarships for up to five years each.

"We're just thankful for all of the help," said Bethzaira's mother, Maria Peña, a string winder at Ernie Ball Inc., through the translation of her daughter. "Now she won't be going far and we can give her more family support."

When Maria told her 18-year-old daughter that she was the first recipient of the new scholarship, Bethzaira "started jumping, because at that point I didn't have financial aid and I would have had to get a job to continue.

"I just don't know how somebody could be so generous in supporting my education - I'm just so thankful," said the psychology major, who is part of the first freshman class ever at CSUSB's Palm Desert Campus. "It's exciting to be part of the first group of freshmen. I was originally going to go to the main campus in San Bernardino, but this scholar-

ship is making it possible for me to enjoy our desert and live here at home.

"Plus, I want to make history as part of the first freshman class."

Ernie Ball/Music Man has a long history of reaching out to its employees, which today number nearly 300 in Coachella and 130 in SLO. In 2000, the company incorporated the living wage policy to help full-time employees earn enough income to meet the high

cost of living in San Luis Obispo County.

Dragovich said Ernie Ball's motivation is actually two-fold. "Sterling also wants to support the Cal State San Bernardino Palm Desert Campus. He sees the campus growing and this becoming a college town. This is a big deal for our region."

"And this is also our way of setting an example for other businesses in the area to support the campus and higher education," added Chief Financial Officer Cary Grenrock.

"We want to get other local businesses to support the campus, too."

Both Dragovich and Grenrock believe in Sterling Ball's vision that the growth of CSUSB's Palm Desert Campus will lead to the region's economic growth.

"Students from the Coachella Valley have historically had to choose between going to Arizona or someplace else in California to go to college," Grenrock said. "But now they have the Palm Desert Campus as an option, and as the campus continues to grow and the region becomes more of a college destination, why wouldn't they stay here, and why wouldn't people from other areas want to come here to the desert?"

Ernie Ball found the Coachella Valley to be the ideal location when he moved the guitar and bass string manufacturing operation from San Luis Obispo in 2003, while maintaining the Music Man instrument facility in San Luis Obispo.

The company was born as perhaps the country's first musical instrument



Sterling with his father, Ernie Ball

and equipment retail store that only sold guitars. Despite outside appeals for him to sell other instruments and equipment from his Tarzana, Calif., shop, Ball stuck to what he liked best, and eventually the company's products would sell around the globe. Ball closed his retail store in 1967 and moved operations to Newport Beach to concentrate on the strings and accessories business before relocating to San Luis Obispo in 1979. In 1984, the company bought the Music Man instrument company, which was founded by Leo Fender, and expanded into the production of high-quality guitars, basses and amplifiers. The two companies shared a new facility that opened in San Luis Obispo in 1985.

Ernie Ball "Slinky" guitar and bass strings can be found in music stores everywhere and have been used by the world's most famous guitarist, including Jeff Beck, Eric Clapton, The Edge, John Mayer, Dave Navarro, Jimmy

> Page, Keith Richards, Pete Townshend and countless others.

Ernie Ball scholarship applicants don't have to play guitar, but new or current CSUSB students must have a parent or parental guardian currently employed with Ernie Ball Inc. to qualify for the funding. In just the short time since the scholarship program was announced, Dragovich says, "I grew so much more respect for our employees. So many of our employees have such intelligent children.

It just blew me away. That's the stuff you just want to support." •

# The best life lab

From young children to veterans, many have battled maladies and disorders that have made day-to-day tasks difficult, if not impossible. But at a CSUSB institute, clients are moving forward with their lives by moving objects with their minds.

by Joe Gutierrez



It looks like a simple computer game. A player wearing a headset tries to blow up barrels or float balls. It has no elaborate computer-generated graphics. Compared to games available online or at gamer shops, it looks rather tame. But for 18-yearold Isaac Rodriguez, 8-year-old Bethany Stringer, 22-year-old Matthew Jones and 16-year-old Jose

Luis Nuñez, the "game" is training them to beat the mental maladies that have plagued their young lives and those of their families.

The "game" is actually a session of neurofeedback, a groundbreaking and powerful technique that challenges the brain to function better. A noninvasive process that has had dramatic results for many symptoms, clients "can train their attention, decrease anxiety or depression, alleviate chronic pain and lessen behaviors that interfere with living their best life," said Connie McReynolds, a licensed psychologist and the director of the Institute for Research, Assessment and Professional Development at Cal State San Bernardino.

The neurofeedback sessions have paid off for Isaac Rodriguez. He doesn't oversleep and is able to get to school on time, not to mention that his grandmother doesn't have to tell him to wake up anymore. But what Rodriguez, who was diagnosed with Attention Deficit Disorder, or ADD, at the age of 8, leaves out is that he doesn't oversleep because he gets his homework done and so gets to sleep sooner. Now, he can focus his attention on doing his homework instead of being easily distracted by almost anything. It's something he has also been able to do in school, said his grandmother Shelley Rodriguez.

As a child, Isaac was unable to focus and concentrate on his studies. He was put on medication, but it had side effects.

"He was taking more and more, and the medicine left him angry all the time. He was unable to concentrate in school," she said.

A segment of a video Isaac and several classmates are working on for a school project shows how far Isaac has come. The two-minute video is newsreel clips of cars, trains and machines from the early 20th century. He and his classmates still have two to four minutes of clips to add along with sound and voice over, but Isaac is pleased with the work so far. "It took five



## What is neurofeedback, and who is it for?

Neurofeedback works by training the brain to function at its maximum potential, which is similar to the way the body is exercised, toned and maintained. The technology is safe and effective for children and adults ages 5 to 95.

The training is not a quick cure. It can take anywhere from 40 to 50 sessions of treatment. In private institutes, the sessions can typically cost thousands of dollars. The Institute for Research, Assessment and Professional Development at Cal State San Bernardino charges fees on a sliding scale so that it's available for more people.

The institute is also seeking to work with agencies and other institutions to help in funding. Recently, Southern California Edison, through its Edison International Program, contributed \$25,000 to the institute to increase the number of scholarships for CSUSB students to be trained to use and do research in neuroscience.

Now in its fourth year of operation, the institute has helped individuals ranging from children with serious attention disorders to people with phobias to military veterans suffering from post-traumatic stress disorder.

For information on the neurofeedback program, contact the institute at http://coe.csusb.edu/resources/coeinstitute. •



Isaac Rodriguez

hours to edit, cut and place the clips. I was so surprised it came together so quickly," Isaac said. "Before (neurofeedback) it would have taken me two days to get the editing done for the clip," because he would forget file names and just how to do the video. At one time, he would have to work very hard to get D-pluses in school. Now the grades are getting better with B's and a few A's, because Isaac can focus on the subjects at hand.

"Since he was a little guy, we tried diets, medication and occupational therapy. They worked at times, but this is really unbelievable," said his grandmother. "This has really been his salvation."

A neurofeedback session is pretty low key. The patient sits facing a computer screen and puts on a headset, which has a clip that attaches to an ear and a sensor that lightly presses against the forehead, or a string of wires is used with one wire taped to the ear and another wire taped to the forehead. The headset or wires send readings of the beta and theta brain waves to the computer, which shows them on the screen. Typically, the patient plays a "game" of blowing up a barrel or floating a ball. A session lasts about 20 to 30 minutes. The program's structure requires a lot of concentration and focus to burn the barrel, but what the patients may not realize is that in concentrating they are training their brains. As they get higher scores or last the longest, their brains learn how to better deal with a certain behavior.

Children, being younger and still maturing, typically respond to the sessions sooner than adults. A child will start to see results by the 10th session, while an adult is likely to see results at 30 sessions. Still, not everyone is the same.

The change is also gradual. Often the patient doesn't notice it, but their family members do.

Take Michael (not his real name), a military veteran in his mid-50s with some physical disabilities, who had trouble sleeping, was irritable, suffered from depression and had significant anger management issues. He was so concerned that his inability to stay focused might cause a traffic accident that he had been unable to drive anywhere. For 10 years, Michael relied on his wife to take him places.

So he began doing neurofeedback training. By the tenth session, Michael, who lived near campus, was able to ride his bike to these appointments. By

session 15, he began taking public transportation to get himself around. And by session 40, Michael's wife noticed something.

She saw "significant differences," said McReynolds. "He did not get as angry and he calmed down quicker."

Michael's treatments were done pro bono as he was part of a research study on veterans. Studies have shown that veterans who have used neurofeedback report substantial improvements in reducing sleeping problems, anger management, stress management and other conditions. The institute develops individualized plans tailored specifically to each veteran's needs.

Bethany Stringer is a typical 8-year-old. A little nervous about being interviewed, she squirms in her chair a little, but says she's not acting as "crazy" as she used to and is not misbehaving at home or at school.

"I'm being more respectful," she said. She remembers fidgeting in class and would drive her teacher crazy. "I used to climb the whiteboard. The teacher didn't like that," the tiny blonde said.

Bethany's grandmother, Lori Adkins McCarver, said Bethany's attention span was poor. She could not focus on any one thing, constantly fidgeting, being a distraction in class. In kindergarten, Bethany's teacher told her she would guit her job because of Bethany's actions and attitude. To help Bethany, doctors prescribed medications for her ADHD.

The medications worked well at school, but "at home when the meds wear off she has a lot of behavior problems and she's easily agitated. When she's off her meds, she couldn't sit still and have a conversation," McCarver said. It was frustrating for the two of them because Bethany "is an incredible child. When she is learning something, she will ask how to do it, then she will figure it out and then figure out how she can do it better and get it done." It's been tough for Bethany, said McCarver, who gained custody of her granddaughter when Bethany was 3-and-half years old. The little girl was being raised in a drug environment, and had a family history of ADHD.

McCarver learned of the neurofeedback program when she brought Bethany to a special fair of activities for children at Cal State San Bernardino. She signed her granddaughter up for sessions. "Gradually we could see a calming effect. Doctors had said that the medications would work, but that Bethany might have to increase or strengthen the dosages as she got older, as patients can develop a resistance to them. But since the neurofeedback the dosage has remained the same."

The biggest test on the effectiveness of the neurofeedback came when the family went with friends on a day-long outing. McCarver doesn't remember where they went. But what she does remember is that when they arrived at their destination, she realized she had forgotten Bethany's medications. "That was our adventure for the day," said McCarver. Without her medications Bethany would be unable to sit still, her attention span would be short and she could be easily upset, argumentative and difficult to handle. But her fears were unfounded. The day turned out very well. There was no meltdown. Bethany stayed with the group and close to her grandmother. "It was a milestone," said McCarver. "I think we're going to have a lot more of those days."

At the age of 8, Matthew Jones was diagnosed with ADD. He was later diagnosed with Frontal Lobe syndrome. He had problems paying attention in school. Easily frustrated, behavioral issues increased as he got older.

"In the fourth to sixth grades I messed around in class. I couldn't sit still," Matthew said. "I was the class clown. I didn't know how to control myself." Matthew, now 22, wanted to go to college and the "brain-training" looked to be a way to help him prepare for it and deal with any potential problems. And with that he has learned to stay calm and cool in collage and he doesn't argue as much, especially with his mother.

"We used to argue all the time, like two lawyers," Matthew said. "Now I breathe, relax and then I'm ready to talk to her. She's my pal and I'm going to school and taking care of business."

One of the keys to the neurofeedback sessions is to determine what is causing the problem and how to treat it. Then clients can go on to other issues, such as learning challenges or low self-esteem.

Jose Luis Nuñez said his key moment of the work of neurofeedback came when he was riding a school bus and a classmate kept making annoying noises. He ignored the boy, but a fight broke out



Jose Luis Nuñez

with another student that turned into a brawl involving nearly everyone on the bus. The bus driver ended up calling the police. But Jose Luis, 16, stayed in his seat reading a book.

"I looked over at what was happening and just went back to my book," Jose Luis said. "It was more interesting."

That wasn't always the case.

When he was 7, Jose Luis was diagnosed with clinical depression and later with ADHD. Though he would test high, his grades were bad because he couldn't focus in class. "It was like being in a tunnel and there's no light at the end," Jose Luis said. "I got an F in algebra, but in testing I had one of the highest scores in school."

Robert Nuñez believed there had to be something to help his son.

"If a computer program allows me to train my brain and relax," said Jose Luis, "I'm willing to try it." He took the state high school exit exam and received a perfect score in mathematics, which was the highest score in the sophomore class. "I'm the poster child for special ed kids," Jose Luis said. "I did better than other kids and the other special ed kids like raving about it."



# Hikes into history

That's James Burns in front with the blue hat, and then, clockwise, Chelsea Sheets-Harris, Ashleigh Covarrubias, William Buckley, Erik Melchiorre and, finally, Jason Cook, in the black shirt. These five CSUSB students and Melchiorre, a CSUSB geology professor who has worked for two mining companies, pose at the mouth of the 150-yearold tunnels they're about to enter. The mines of the Mojave can hold plenty of mystery. But point the element analyzer, or EA, at any tunnel



wall and, in seconds, its X-ray florescents reveal everything in the rocks. The days of collecting samples, hauling them back to a lab, running tests over days — or even weeks — are gone.

The October trip through several miles of tunnels and the EA experience for the students came with the sweet encouragement of a \$250,000 grant from the W.M. Keck Foundation.

The expedition was more than an exercise in learning outside the classroom. The young geologists were, in fact, working with a purpose, mapping mines for San Bernardino County Search and Rescue. Hikers too eager, perhaps, for their own good see a hole in a hill as an entrance to adventure and wander in, not respecting the danger. Most of the tunnels about the dry and desolate Mojave are yet unmapped. So when someone goes missing, Search and Rescue uses the maps to pinpoint the most likely places it might find the lost. In their prime, many of these tunnels were mined for silver, and by measuring the size of a given room and the amount of silver found for every ton of rock, geologists can calculate how much a mine produced, and just how

photography by Robert Whitehead





accurately — or truthfully — old miners reported to Uncle Sam the amount of ore they'd dug out. "They would always underestimate," says Melchiorre, "in some cases dramatically."

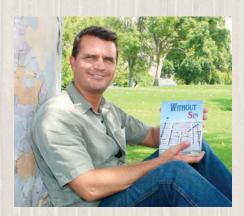
Some history gets revised, and other pieces of history are impeccably preserved. In this remote museum of natural and unnatural history, you might happen upon an ore car, old tools and equipment, wire and wax used for lanterns, pieces of newspaper — rumpled but still supple enough to read — used to pack and ship dynamite or other supplies, chicken

bones that were left from a miner's meal. Once, the guide for Melchiorre's group of students found a pair of 120-year-old Levis' stuffed into a crevice. And once a student found a corncob pipe manufactured in 1873, which she donated to a local historical society. "Wow" is the usual student reaction to the experience. "I don't think any of them have ever done anything like this, and they may never get to do something like this ever again," Melchiorre says. "They're not just looking at the rocks. They're in them."



## Out of the reeds

What rose from the bust of a human trafficking ring was a new novel that is as much a call to action as it is a story of courage.



By Alan Llavore

In 2001, along the San Luis Rey River bed in Oceanside, a city in north San Diego County, U.S. immigration officers, the FBI and San Diego County Sheriff's deputies shut down a sex trafficking ring that operated from a hidden river bed, near strawberry fields and a residential subdivision. Among those smuggled into the United States by those running the brothel was a 12-year-old girl.

"That was the thing that hit me," said David McCabe, the author of "Without Sin," the novel the Cal State San Bernardino graduate with a master's in public administration published earlier this year. Today, he is the coordinator of the teacher preparation program at Pasadena City College. "Before I became a professor, I was an elementary school teacher and principal. And this was a baby, someone the age of the students I taught and supervised as an administrator."

McCabe had intended the work to be non-fiction, a chronicling of the lives of

undocumented students who came to the U.S. with their parents. But as part of his research for the book, McCabe visited the site in Oceanside, only to find that still another brothel had taken its place, hidden in the riverbed's tall bamboo-like reeds.

What resulted from more research, discussions with human rights activists and McCabe's own soul searching was "Without Sin." The book follows the exploits of a U.S. Border Patrol agent and an ill-starred 17-year-old Mexican prostitute as they struggle to come to terms with the increasing violence and changing politics that govern the borderlands dividing their countries.

The novel was recognized as a semifinalist with the William Faulkner Words and Music Competition. The California State Library and the California Center for the Book also have presented "Without Sin" with the 2013 Book to Action award.

In Jurupa Valley last August, McCabe led a discussion on human trafficking and the moral obligation society had to curtail modern-day slavery. The discussion was timely. The recent news coverage of human trafficking — most notably, a nationwide crackdown in July by the FBI — led to 150 arrests and the rescue of 100 sexually exploited children, some as young as 13, according to news reports. Human trafficking, which also includes exploiting people for their labor, said McCabe, is a multi-million dollar industry that is second only to drug trafficking.



## GETTING STARTED

Electronic computer technology has been around since World War II. But in the early 1980s, the industry was buzzing with the entrance of the personal computer, and college campuses across America hustled to keep up with a new demand for computer science programs. Cal State San Bernardino was in the thick of it.

By Sam Romero

Richard Botting leaned back and pulled out an old, longish piece of computer hardware that had been sitting on an office table. He had no idea

> what it did exactlv, but he knew it plugged into a mainframe and did, well, something. The scrap hailed from a Cyber 6000, a great and powerful supercomputer, which the California State University system had brought in for its San Bernardino campus. In fact, in the early 1980s, Botting recalls.

the CSU was installing Cyber 6000s at many of its other campuses, as it was quite busy hiring faculty to establish computer science departments in the midst of a new day in technology.

When Botting came to Cal State San Bernardino from England in 1982, he came to chair a new program in computer science. IBM was just introducing its first PC, and the new Apple II was close behind. The first IBM PC on campus arrived at the college's School of Natural Sciences on a Friday. Straightaway, Botting took the machine for a test drive. It was very popular, of course, and big news, and by Monday the new machine had been lifted. So now, as more PCs popped up around campus, offices began securing them with cables and behind locked doors.

On convocation day in that first fall quarter, Botting sat down with Dennis Ikenberry, who had come over from physics, and rescheduled the fall quarter to match classes with professors who could best teach them. He was aided by a gradual but growing number of faculty, not the least of which included Ikenberry, Fook Liu, also from physics, and Ken Mantei, a chemistry professor. The three faculty members already had been teaching some computer science courses at the college, which was one of the key reasons why the program ballooned to 200 students in just one quarter after launching officially in January 1983.

In the early '80s, says Botting, "This place was crawling with people who knew about computers. They were all invisible, anonymous computer scientists, without any qualifications," but who had remarkable instincts and ingenuity. Sid Kushner, a grant writer, was using the technology for word processing, and all the software for class scheduling that was running on the mainframe was written by another chemistry professor, John Craig.

But as democratic as the distribution of computer ken on campus may have seemed, many of those early to the growth of technology at Cal State San Bernardino, Botting says, feared that "a major crisis" was looming. Of great concern was that the power of the computer would be gripped by the elite - a company, a government. "The first step," Botting says, "is to make sure people don't know what they're doing,



In the early 1980s, Apple Ile stocked one of the Computer Center labs, where Richard Botting and other faculty worked with CSUSB students on the programming language Pascal.

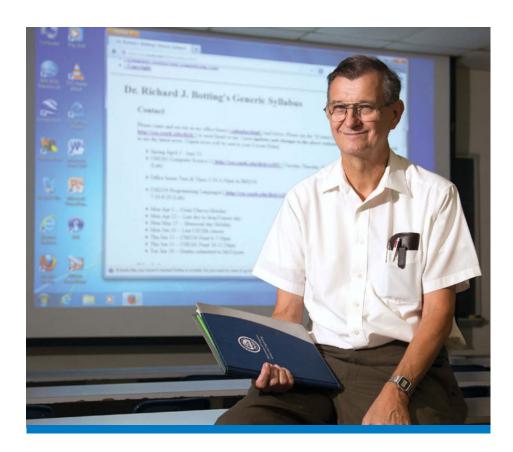
and sell them [on the idea] that they're not good enough to use a computer." It was the 20th century version of the aristocracy telling the serfs they need not learn to read.

From the year Botting came to Cal State San Bernardino to the day he retired in August 2013, he included in the curriculum of what is now the School of Computer Science and Engineering a course fully intended to teach the "average" Jack and Jill computer programming, something that at least gives them the basic tools to assuage their fear of it.

"I want people to be in charge of the machine. I want it to be the servant. I want people to be able to look at it and say, 'Without me, you're nothing, because I can unplug you."

As for Botting, close encounters with technology had never been so fearful. Rather, it had been a natural progression. He was, by his own conclusion, a "born mathematician." He was the son of a poet, playwright and jeweler by trade, and saw his father decide over time to work with lathes. Out of nowhere, at the age of 9 or 10, Botting began visiting libraries and reading math books, large math books, such as Einstein's theory on relativity, and "Principia Mathematica," going back for a second helping of the book five years later. He had known for some while that he wanted to be a scientist, but now he knew he wanted that science to encompass math.

Botting earned his Ph.D. from Brunel University in 1972. Ten years later, by the time he answered several job ads searching for faculty to open computer science departments on campuses throughout the California State University system, he'd amassed a formidable resume. His experience went deep. In England, he had trained civil servants in programming, program design, as systems analysts and in system design. His



interview at Cal State San Bernardino was everything a new job prospect hoped it might be. "Been there, done that," he says, remembering the kinds of answers he provided. The one piece of personal experience Botting was missing, however, was with the Southern California weather.

Before ever hearing about a college named Cal State San Bernardino, work and errands during a particularly frozen London winter had put Botting out and about. One day, he had to make a run by foot for distilled water. Another day he had to drive in treacherous conditions, and the next day he walked from Willesden to Hendon, two London sections. When he returned home after his last venture he asked his wife, Patricia, "Does it snow in Southern California?"

She would know. In the 1960s, she had worked at USC's John Tracy Clinic for children with hearing loss. "No," she answered. "Why do you ask?"

The subject came up again as Botting interviewed for the new computer science faculty post at Cal State San Bernardino when James Crum, the dean for the School of Natural Sciences, asked why he wanted to come to California. "Because I'm told it does not snow," he told Crum.

"Absolutely right," Crum said.

Following the interview, Botting headed straight to Ontario International Airport to catch his flight home. He hadn't left the airport when he learned through a phone call that he had landed the job. It was Crum himself, an avid mountain climber on his way through Heathrow Airport to hike Kilimanjaro, who delivered to Botting the papers to sign. He began work during that fall 1982 quarter. In January 1983, Botting attended his first budget meeting with his new natural sciences colleagues. During the meeting it began to snow. In San Bernardino. On campus. Botting was sitting next to Dean Crum. He leaned over.

"If that snow stays on the ground for 24 hours," Botting whispered, "I'm leaving."

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Richard C. Allen †

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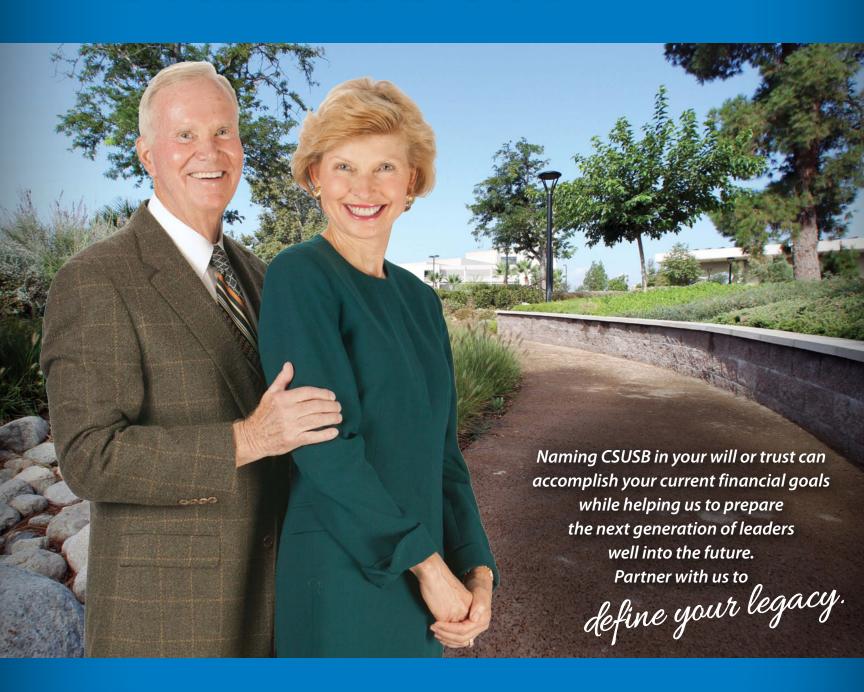
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California State University, San Bernardino offers a variety of arts and entertainment events throughout the year. It may be best to confirm an event at the number listed.

CSUSB Chamber Orchestra, March 13



special events

Second Annual Art and Music Festival. May 2.

#### theatre

Theatre.csusb.edu. (909) 537-5884

"Jackie Robinson," by Carol Damgen. The story of No. 42 through the eyes of a batboy. Jan. 22, 23 and 24 at 8 p.m., Jan. 25 at 2 and 8 p.m., and Jan 26 at 2 p.m. CSUSB Black Box Theatre, General admission \$15, senior citizens, military, and non-CSUSB students \$12, CSUSB students \$6.

"Invisible," by Kathryn Ervin. March 7, 8, 13, and 14 at 8 p.m., March 15 at 2 and 8 p.m., and March 9 and 16 at 2 p.m. What does invisibility mean in the world – be it by station or by choice? An exploration of novels by H. G. Wells and Ralph Ellison. CSUSB Barnes Theatre. General admission \$15, senior citizens, military, and non-CSUSB students \$12, CSUSB students \$6.

#### music

Music.csusb.edu. (909) 537-7516

Caliente! Salsa and Latin Jazz Night. Feb. 11. 7:30 p.m. CSUSB Santos Manuel Student Union. Jazz Combo, Vocal Jazz Ensemble. Feb. 25. 7:30 p.m. Performing Arts Recital Hall.

Faculty Showcase Concert. March 1. 7:30 p.m. Performing Arts Recital Hall.

Winter Choral Concert. March 11. 7:30 p.m. Performing Arts Recital Hall.

CSUSB Symphonic Band. March 12. 7:30 p.m. Performing Arts Recital Hall.

CSUSB Chamber Orchestra. March 13. 7:30 p.m. Performing Arts Recital Hall.

Opera Preview. March 14. 7:30 p.m. Performing Arts Recital Hall.

(Also, watch for opera theatre, "Lucrezia and Maria de Buenos Aires" coming in April, and annual jazz fest coming in May.)

#### art exhibits

RAFFMA.csusb.edu. (909) 537-7373

"Greeks in the Boot: Greek Influences in the Italian Peninsula as Reflected in the Pottery of Various Regions, ca. 800-200 B.C." Now through May 10, 2014. RAFFMA hours Monday, Tuesday, Wednesday and Saturday

10 a.m.-5 p.m., Thursday 11 a.m.-7 p.m., and closed Friday and Sunday. Free with suggested donation of \$3. Parking \$5 per vehicle.

"Music to My Eyes, David Edward Byrd: Posters and Music-related Designs 1968-Now." Runs Dec. 7, 2013-March 15, 2014. RAFFMA's first exhibition of poster art dedicated to captivating posters created by David Edward Byrd for iconic rockstars, such as Jimi Hendrix, Jefferson Airplane and Lou Reed. RAFFMA hours Monday, Tuesday, Wednesday and Saturday 10 a.m.-5 p.m., Thursday 11 a.m.-7 p.m., and closed Friday and Sunday. Free with suggested donation of \$3. Parking \$5 per vehicle.



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