Students and graduates prepare to address Valley health care needs

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Preparing for the Future

FROM THE PRESIDENT’S DESK

As I write this message in mid-May, our University, Valley, state and nation continue to grapple with the very real (and likely long-lasting) effects of COVID-19. From the health impacts to the financial and societal ramifications, it can be difficult to maintain a sense of perspective, with one eye on the challenges in front of us and the other on how to prepare ourselves for the future.

One thing is certain, though: educated, talented and motivated members of society are needed, perhaps more than ever before. For that reason, I am incredibly heartened by the solutions-oriented energy Fresno State’s class of 2020 — comprising more than 6,000 graduates — brings to the forefront, both in their chosen professions and within their communities.

In this issue of Fresno State Magazine, the stories of our students and recent graduates remind us of the actionable potential for a positive future ahead. They are all high-achieving and forward-thinking individuals, several of whom want to dedicate themselves to the betterment of our collective health. Some want to return home after medical school to help alleviate the Central Valley’s shortage of doctors and to serve patient populations where access to health care is limited. Another is researching for a better understanding of deadly diseases like cancer to contribute to treatments or answers to help people all over the world.

You will also read about the many ways our students, alumni and faculty have adapted to challenging times and used their knowledge and skills to contribute to community needs. They developed face shields and masks to donate to local hospitals, collaborated to expand much-needed testing capacity for our local public health department, and provided telehealth services to assist the senior population with physical therapy needs.

We have no doubt, because of our talented alumni and ambitious students like these, the value of a Fresno State degree is only growing stronger.

Sincerely,

Dr. Joseph I. Castro
President, Fresno State
SPRING/SUMMER 2020

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Fresno State serves the richly diverse region of Central California. We are proud to have the U.S. Department of Education designate our University as both a Hispanic-Serving Institution and an Asian American and Native American Pacific Islander-Serving Institution.

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We welcome your comments about Fresno State Magazine at magazine@csufresno.edu.

If you receive more than one copy, please pass it along to a friend of Fresno State. If you would like to support the University, visit fresnostate.edu/givenow to make your contribution. Thank you.

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Cover: Biochemistry graduate Jennifer Phan, who researched cancer as a student at Fresno State, hopes to return to the Central Valley after medical school to care for the underserved.

Left: The sun rises over the Fresno State campus on a spring morning near the main entrance on Shaw and Maple avenues.

Photos by Cary Edmondson

Fresno State Magazine
Hope Will Bloom Anew

Photo by Cary Edmondson

The unknown can be scary. Times are challenging right now, the future uncertain and the daily social interactions of campus may seem like a distant memory. But rest assured, whether you are a proud alum or friend, student, staff or faculty, your beautiful campus awaits you.

Rain or shine, these trees will bloom again, these pathways will fill with people — our people — Bulldogs. The challenges we face today are the accomplishments we celebrate tomorrow. But we must stick together, support one another and lift each other up. Recognize our health care heroes and essential workers. Celebrate our class of 2020 grads.

Keep that Bulldog spirit up in your head, deep in your heart and down in your toes. Because when the time is right, the campus will be waiting for you, and so will its people. Perhaps with a deeper appreciation than ever.
A Snapshot in Time

It was mid-March when in-person classes were canceled at Fresno State and virtual instruction, social distancing and stay-at-home orders became the new catchphrases of the time. It was only natural that the immediate reaction by many faculty and staff was to focus on what they could do for students to continue to ensure their success. Whether showing compassion, coming up with innovative solutions or just being there for each other, faculty shared their thoughts on social media — thoughts that we'll look back on when we talk about the COVID-19 pandemic that once was.

Earl Aguilera
@Mister_Ayyye
Even for folks who have already been teaching 100% online this semester, approaching our students with campassion and understanding needs to remain at the core of our praxis.
10:04 PM - Mar 12, 2020

Betsy Hays
@BetsyHays
Students in @FSMCJDept - we are here for you - please stay in close touch with your faculty as we are in this together. We will get you through this semester! Be well. #MCJFam
6:19 AM - Mar 13, 2020

Larissa Mercado-López, PhD
@LMercadoLopez
Almost cried when addressing my students for the last time before we go online. I did, however, teach some of them how to make homemade toilet paper, so no one can say women's studies is not skill-based.
1:15 PM - Mar 13, 2020

Jefferson Beavers
@Jeffresno
I gotta shout out the deep level MVPs right now at @Fresno_State keeping us all afloat on campus: every single @fsfacilities staff, every single @MaddenLibrary librarian, every single @FresnoState_cfe instructional designer. Anything for all of you, anything.
8:55 PM - Mar 11, 2020
5 Tips to Stay Active During Social Distancing

Dr. Mark Baldis, an exercise physiologist and lecturer in the Department of Kinesiology at Fresno State, said it’s important for people to take care of their mental and physical health while working or learning from home.

“It is thought that exercising improves mood and decreases anxiety and depression by releasing certain brain chemicals that have this effect,” Baldis says. “Also, exercise improves physical fitness, which translates into increased strength, meaning that we can perform our regular tasks with greater efficiency, leading to less fatigue.”

Baldis shared five ways people can maintain physical activity, while practicing social distancing.

1. **Go for a walk.** This form of moderate exercise has been proven to reduce stress and anxiety, and when paired with music, the effects are even greater. A 10- to 15-minute walk around the house or in the neighborhood, two to three times a day, is ideal.

2. **Just get moving.** Start with activities that require little to no equipment, like dancing, jumping rope and strength training. “There are thousands of free videos and resources out there, especially on YouTube and on your phone apps,” Baldis says. “I would encourage people to take advantage of these services, especially now with technology being more advanced and accessible.”

3. **Tai chi.** The slow and steady movements are especially helpful for the older population as it helps maintain balance and focus.

4. **Plant a garden and/or do yard work.** Through this hobby, individuals are able to move their muscles in small but effective ways that will have long-term positive impacts on the body. “Not only does your body benefit, but in a few months you’ll reap the rewards of your hard work with healthy foods from your garden, including vegetables and fruits,” Baldis says. “The benefits are positive all around.”

5. **Meditation.** Letting your mind succumb into a state of relaxation is the key to this activity. There are many phone apps with daily meditation exercises.

Above all else, Baldis says it’s important to realize that being physically active does not have to involve exercise. “You can exercise in other ways without breaking a sweat,” Baldis says. “In fact, health benefits are much greater for people who move more and sit less.”

—Melissa Tav

**Temporary Test Analysis Site**

The County of Fresno and Fresno State partnered in April to set up a temporary public health laboratory on campus to enhance local capacity for timely and accurate COVID-19 testing analysis. Located in the Jordan Agricultural Research Center at Fresno State, the lab supports an analysis of 100 to 200 test specimens each day, using a testing method known as polymerase chain reaction.

“We are pleased to be a partner with Fresno County in serving the needs of our city and region,” said Fresno State President Joseph I. Castro on April 14. “While the County's Department of Public Health manages this Herculean task, we will do all we can to be helpful to them during this challenging time.”

The county purchased the lab equipment and received a Clinical Laboratory License from the California Department of Public Health. To adhere to California-mandated safety protocols, the on-campus laboratory receives and houses collected specimens, as swab tests continued to be conducted offsite.

This is a temporary location for this lab as the county rebuilds its 6,500 square foot laboratory that was destroyed due to flooding in 2018.

—Lisa Boyles
AROUND THE FOUNTAIN

Virtual Grad Week
While class of 2020 graduates await an in-person commencement celebration (to be planned when it is safe to do so), a week of virtual celebrating culminated with a live, virtual dance party on May 16, hosted by DJ Kay Rich.

Grad Numbers
About 6,460 students were eligible for degree conferral in May. The largest graduating classes by major? Liberal studies led the way with 503 graduates, followed by psychology (482), criminology (478), kinesiology (277) and management (231).

Provost’s Awards
Twelve faculty members were honored with Provost’s Awards, with the top award for Excellence in Teaching going to plant science professor Dr. Dave Goorahoo. The Center for Faculty Excellence received a Special Award for Exemplary Service for its part in helping faculty during the transition to virtual instruction.

Free Courses for Essential Workers
In support of those who continued to provide service during the COVID-19 situation, the Division of Continuing and Global Education offered three online, professional development courses free of charge in May and June for essential workers: “Teaching Online,” “Functional Spanish for Emergency Medical Responders,” and “Project Management for the Workplace.”

—Susan Hawksworth

School’s Virtual for Summer
To help speed up their progress toward graduation during stay-home orders, more than 200 online classes were made available at Fresno State this summer through the Division of Continuing and Global Education.

“Students wanting to stay on track or get ahead in coursework for graduation [were] encouraged to take classes in May-June intersession and summer session,” says Dr. Daniel Bernard, associate dean of Continuing and Global Education. Faculty, in consultation with their departments, determined which courses and laboratories could be converted to a virtual modality, Bernard says.
Autism Services Adapt

During the coronavirus situation, many families who have children or adults with autism spectrum disorder faced the suspension of in-person schooling, day programs and essential services they were used to receiving.

Since 2009, graduate students in Fresno State’s Applied Behavior Analysis master’s degree program have worked at Focused Behavioral Services at Fresno State to gain hands-on experience working with autistic children and adults.

Although social distancing rules disrupted students’ efforts to work in person with their clients, essential services continued for 90% of clients.

“Focused Behavioral Services has served hundreds of families in the Central Valley over the last 10 years, and we [were] proud to continue to do so, virtually, throughout the current coronavirus crisis,” says Dr. Marianne Jackson, clinical director for Focused Behavioral Services. “Our students and staff continued to gain relevant experience while supporting individuals and families affected by Autism Spectrum Disorders in the local community.”

The Department of Psychology program provides students with the education and paid, supervised experience required to become board certified.

The program loaned iPads to families who did not have access to a smartphone or computer. "We have had to drastically alter how we deliver services in a short period of time, transitioning from in-person services to telehealth," says Matisse Lovett, a Fresno State graduate student. "While this has, of course, been challenging and not without road bumps, it has been encouraging to see our staff and the families we work with come together to find innovative ways for us to continue to support our clients during these difficult times."

Families seeking support for a loved one with autism can call 559.278.6779 or email fbs_admin@mail.fresnostate.edu.

— Selene Kinder

Senior Recital in Empty Hall

Music student Amanda Steinhauer performed her senior recital in a near-empty concert hall while the audience of over 100 people watched a live stream on Facebook. Due to tightening COVID-19 restrictions, her recital was the only one that could be performed this way. However, faculty worked with other students to find creative ways to complete their requirements.

Barking Bulldogs

The Barking Bulldogs student debate team of Aaron Lowe (left) and Aranveer Litt (right) were invited to the National Debate Tournament at James Madison University in Harrisonburg, Virginia. Unfortunately, the event was canceled due to COVID-19. They are the second team in Fresno State history to qualify for nationals. Also pictured: Tom Boroujeni (coach) and Primavera Leal Martinez (student coach).

Access to Tech

To ensure students had access to technology while they were no longer on campus, the DISCOVERe Hub distributed over 3,000 iPads and over 1,500 mobile hotspots for students to use while their courses were being taught virtually.
4 Tips to Promote Mental Wellness

Though the effects of the COVID-19 outbreak on mental health have not been systematically studied, it is anticipated there will be rippling effects based on public reaction, said Chris Miller, a neuroscientist and psychology professor at Fresno State.

Miller studies the neural basis of mental disorders such as depression and anxiety using neuroimaging tools such as functional magnetic resonance imaging. Individuals respond to crises in wide-ranging ways that generally involve the activation of a biological circuit known as the hypothalamic-pituitary-adrenal (HPA) system. When the HPA system is activated, the hormone cortisol is released into the bloodstream. That is a normally healthy response that enables the body to cope with an immediate stressor, Miller says.

However, chronically high levels of cortisol are toxic to brain regions such as the hippocampus, an important structure in memory formation, and can cause various health problems such as fatigue, difficulty sleeping, anxiety, irritability, headaches, hypertension, digestive upset and diminished immune function.

It is important to understand there are proactive steps individuals can take to manage stress and promote greater mental health during this time, Miller says. Here are Miller’s four tips:

1 Promote social connections with loved ones. This includes both reaching out for interactions and for help (while maintaining appropriate physical distancing when possible) as well as providing such support to others. Social support is one of the most important predictors of mental health and is something we can largely control.

2 Participate in stress-relief activities. Self-care strategies vary among individuals, but often include exercise, meditation, reading, playing games, multimedia entertainment and social interactions. Remember that you can lean on these behaviors and routines to help you manage stress better when needed.

3 Adopt a positive perspective. Though it’s important to be realistic about the negative impact of this situation, it’s also helpful to engage in positive reappraisal of the situation and consider how it may allow you to focus on other things such as adopting a new hobby, taking more time for yourself and focusing on nurturing close relationships.

4 Maintain physical health. In addition to the psychological strategies above, maintaining physical health will likely help you manage stress levels and maintain mental health. This includes daily activities such as healthy dieting and exercising as well as managing medical conditions.

—Selene Kinder
What’s New on the Campus Farm?

Like other essential agricultural operations across the Central Valley, the 1,000-acre University Agricultural Laboratory has kept up a near-normal pace over the past month, thanks to its workforce that relies partially on students who are dedicated to gaining hands-on career experience. Campus farm manager Mark Salwasser, a 1988 alumnus, gives an update on what’s new at the Gibson Farm Market.

(And, yes, that famous Fresno State sweet corn is now available while supplies last.)

FS Mag: Any new things to look for at the Gibson Farm Market?

Salwasser: We’re growing strawberries for the first time in several years. We were trying to give customers another product in the early spring time to go with the asparagus. They’re selling really well, and we’re just getting into the production levels since the rain had slowed their growth in March.

FS Mag: Any other new things to look for on the campus farm?

Salwasser: The winery is planning on canning our Tailgate wines for the first time in 375-milliliter single cans — a little over 12 ounces — and four-packs that will be fan-friendly for the football games. They’ll also tentatively continue their bottling dates if they can.

FS Mag: What about any changes in the summer and fall?

Salwasser: We’re transitioning our full olive orchard into organic status, and we’re in the final stage of the three-year phase, which will be completed in August. We grow three varieties — Koroniki, Arbosana and Arbequina — and those olives lend themselves to being organic because they don’t have a lot of insect issues, and the returns are significant for organic olive oil. We also wanted some more organic ground on the farm.

FS Mag: Is the Gibson Farm Market still open extended hours?

Salwasser: Yes, 8 a.m. to 6 p.m. Monday through Sunday until mid-July. Certain areas are selling well, like our meats section, so our meats lab has picked up production. The creamery is also continuing to focus on making ice cream and cheese. We’re trying to keep it open for our community, for our neighbors and friends to help provide key food products for students and area families.

—Geoff Thurner

Read more Fresno State News stories at fresnostatenews.com
How the Good Samaritan Fund helps students in a pinch

By Cyndee Fontana-Ott
The $1,000 car repair bill landed with a discouraging thud for Fresno State senior Sigifredo Valladares. Money already was tight and the COVID-19 crisis reduced hours at his retail job. Valladares had nothing to spare for smog-related repairs to his car. Without it, he wouldn’t be able to get to and from his job at all, let alone to campus once it reopens.

“I still had all of my necessities like gas money, groceries and rent,” he says. So he applied to the University’s Good Samaritan Fund, a resource for students facing unexpected financial roadblocks to academic progress and personal well-being.

Valladares, an agricultural education major from Kerman, is on track to graduate in the fall and, with four A’s and a B, has adjusted to the world of virtual instruction.

He says he felt relief when the grant covered his unexpected bill. “I feel incredibly lucky and blessed that they were able to help me,” he says.

Also known as the Good Samaritan Grant, the fund helps students in a sudden financial pinch. Students who exhaust other resources — such as financial assistance and aid — can request a grant for situations such as a lost job, stolen laptop or catastrophic event. For example, 17 students were displaced at the start of the academic year after a fire in an apartment complex.

“The Good Samaritan Fund turned out to be incredibly important during that time,” says Dr. Janell Morillo, associate vice president for Student Health, Counseling and Wellness.

Through the bulk of the 2019-20 academic year, 111 students received Good Samaritan grants typically ranging from $500 to $1,500. Fallout from the coronavirus crisis has accelerated the need, with 96 students applying over just three weeks in April.

“So many students have lost employment and are really worried about paying rent and having money for groceries,” says Diana Karageozian, clinical case manager for Student Health and Counseling Center.

The fund operates under the umbrella of Project HOPE (Health Opportunity Prosperity Education). It was established through contributions from the community and private donors; Fresno State President Dr. Joseph L. Castro also has provided support from his office.

“Most college kids need financial help, often in an emergency,” says alumnus Ray Steele, the former president and publisher of The Fresno Bee who supports the fund. “Students — even those on scholarships or who receive a housing allowance — encounter financial woes and shouldn’t be distracted because they don’t have the money to pay for essentials like medications, toiletries, clothing like underwear or a few gallons of gas to get home to see mom and dad for the holidays.”

Students complete an application — frequently working with graduate assistant Devin-Lee Balbach — that is reviewed by a committee. Even students who don’t qualify for a grant can receive other kinds of guidance or assistance.

“The Good Samaritan Fund was highlighted in last November’s Day of Giving through a video telling several students’ stories.

“People relate to having these moments in life where you are in need,” Morillo says.

That includes Valladares, who enters a teaching credential program this fall. The first-generation college student is motivated by the sacrifices of his parents, who worked the fields with the dream of a better life for their children.

“I think I owed it to myself and those who have supported me throughout my childhood and throughout school to do something with the opportunities that I have been given,” says Valladares, who hopes to teach in the Central Valley.

Money for college is a squeeze. Valladares’ father passed away when he was a boy, and his mother now takes care of his younger brother and her father.

So Valladares, who also received a Good Samaritan grant as a freshman, wants other students to know about the resource.

“I know I’m not the only one who is going through this right now, and I’m sure other people have it worse,” he says. “I really want them to get the same help and reach out like I did. We all need a little help from time to time.”

— Cyndee Fontana-Ott is a freelance writer based in Fresno.

To donate to the Good Samaritan Fund, contact:

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richardverducci@mail.fresnostate.edu

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It’s Not Goodbye

It’s see you later for President’s Medalist who has a goal to return to the region

By Cyndee Fontana-Ott

As a boy, Bagieng Keophimphone watched his father suffer several strokes and struggle to find a Laotian physician for health care.

That influenced Keophimphone’s path to Fresno State and his determination to someday serve the community as a doctor. The first-generation college graduate earned a bachelor’s degree in biochemistry as well as the University’s highest academic honor — the President’s Medal.

“I was caught by surprise, but I was very happy,” says Keophimphone, who was recognized for academic excellence along with his work ethic, kindness and character.

Fresno State’s eight schools and colleges, along with the Division of Student Affairs and Enrollment Management, each selected an outstanding student to honor as its Undergraduate Dean’s Medalist based on academic excellence, community involvement and other achievements.

One medalist from the group is named the President’s Medalist, the University’s top academic honor for an undergraduate student. Keophimphone was notified of the honor during a Zoom call from University President Joseph I. Castro and Provost Saúl Jiménez-Sandoval on May 15.

Christopher Meyer, dean of the College of Science and Mathematics, said in a nomination letter that Keophimphone’s “prioritization of his family and community over his own goals is a remarkable testament to his character and values. The health professions need more individuals of his talent level and dedication.”

Professors also spoke of Keophimphone’s commitment to academics and others at the University and beyond.

“During Bagieng’s career at Fresno State we can see his positive influence everywhere: in the research lab, in the classroom, in student life and in the community,” said Alam Hasson, associate dean and professor of chemistry. “He is a remarkable young man who models the values and excellence that we aspire to as an institution.”

Keophimphone, 22, is the son of Laotian refugees who moved to Fresno before he was born. His parents worked in the fields and the family of six — including him and his three older sisters — lived in a two-bedroom apartment.

Looking back, Keophimphone sees his family’s struggle “but as a kid, [I] didn’t really realize that.” He often helped care for his father, who suffered two strokes before Keophimphone was a teenager.

In high school, Keophimphone gravitated toward science and an

“The Chemistry Department is amazing, the faculty is amazing — they will support you in a heartbeat. They are really passionate about helping students succeed.”

Bagieng Keophimphone
PRESIDENT’S MEDALIST
interest in medicine. “Chemistry was really hard for me, yet it was satisfying once I was able to solve a problem,” he says.

His oldest sister encouraged the idea of higher education. She graduated from Fresno State with a bachelor’s degree in nursing and “used my parents’ struggle as a way to motivate me to go college,” Keophimphone says.

At Fresno State, he immersed himself in the academics and diversity of college life. Throughout his four years, Keophimphone participated in different kinds of outreach and organizations such as the Laotian Student Association, the American Chemical Society at Fresno State, the Health Careers Opportunity Program and the Louis Stokes Alliance for Minority Participation.

“Fresno State is just a wonderful environment,” says Keophimphone, whose GPA is a lofty 3.93. “The Chemistry Department is amazing, the faculty is amazing — they will support you in a heartbeat. They are really passionate about helping students succeed.”

He is awaiting decisions on medical school applications and hopes to enroll this fall. Keophimphone likely will pursue studies outside California and away from his family and father, who suffered a third stroke last year.

That is on Keophimphone’s mind but he is confident his father is in good hands with other family members, including his oldest sister. And medical school is the only avenue to becoming a primary care physician serving the Laotian and Central Valley communities.

“The people who were like me and my family growing up, I just want to be able to help them,” he says. “That’s my goal — to come back and help the Valley.”

Visit fresnostate.edu/magazine to see video.
It’s Cool to be Smart

And this University Graduate Medalist is proving it one accomplishment at a time

By Cyndee Fontana-Ott

In six years at Fresno State, Jalen Harris built a resume that opened the door to doctoral studies at an Ivy League university.

He earned bachelors’ degrees in mechanical engineering and mathematics, conducted research focused on solar energy, completed four peer-reviewed journal publications and graduated this spring with a master's degree in mechanical engineering (and a sterling 4.0 GPA). Along the way, Harris also worked to uplift others as a teaching associate, as a mathematics outreach fellow and as vice president of the National Society of Black Engineers on campus.

Now he’s been honored as the University Graduate Medalist, the highest academic honor for a graduate student. In a nominating letter, Lyles College of Engineering Dean Dr. Ram Nunna praised Harris as a "brilliant student, researcher and instructor."

"Jalen's accomplishments as a student at Fresno State will have a lasting impact," Nunna wrote. "He will likely never know or meet the many young African-American and other students who learn about his successes, right here at Fresno State, and become inspired to be like Jalen. He showed that by hard work, perseverance, dedication and support, success is achievable by anyone."

Fresno State's eight schools and colleges, along with the Division of Student Affairs and Enrollment Management, each selected an outstanding student to honor as Graduate Dean's Medalist based on academic excellence, community involvement and other achievements.

One medalist from the group is named the University Graduate Medalist. Harris was notified of the honor during a Zoom call from University President Joseph I. Castro and Provost Saúl Jiménez-Sandoval on May 15.

For Harris, a first-generation college student, the medal is a shared honor.

"I appreciate all of the opportunities that I was given throughout my time at Fresno State," he says, pointing partly to his research and professors/mentors. "It definitely wasn't just myself, it was all of the people that helped me up to this point, and I'm glad all of that got recognized."

Harris, 23, grew up in Fresno in a family with three generations under one roof. His father, Angrest, worked in engineering and helped spur Harris' interest in the field.

"He used to bring home computers for me to play around with," Harris says. "I think that kind of got me started — getting involved in engineering, math and science."

"I found some friends that I ended up clicking with. I think they kind of contributed to the culture that it was cool to be smart, it was cool to be interested in math and science, and that was an influence on me."

Jalen Harris
UNIVERSITY GRADUATE MEDALIST
Though he sometimes wasn’t the best student in high school, Harris applied himself with renewed dedication in his junior and senior years.

“I found some friends that I ended up clicking with,” he says. “I think they kind of contributed to the culture that it was cool to be smart, it was cool to be interested in math and science, and that was an influence on me.”

He felt comfortable at his hometown University. “There are quite a few first-generation students and it’s a very diverse campus,” Harris says. “I think that kind of helps when you … see other people like yourself.”

In addition to his studies, Harris promoted interest in math, science and engineering — especially working to attract more black students to engineering. (In 2018, Nunna says, just 142 African-American students were among the 7,948 who earned bachelor’s engineering degrees in the 23-campus California State University system.)

This fall, Harris heads to Cornell University to pursue a doctorate; he’s already earned a fellowship covering tuition, health insurance and research. Ultimately, he hopes to land a tenure-track position at a top research institution — and would consider a return to the Central Valley.

Harris credits Fresno State for providing the solid foundation for his academic goals.

The acceptance to Cornell — and other prestigious universities such as Princeton and Yale — “speaks a lot to what Fresno State allowed me to accomplish,” Harris says. “It’s a very good community for learning.”

Visit fresnostate.edu/magazine to see video.
A group of engineering students, faculty and alumni from Fresno State’s Lyles College of Engineering worked up to 10 hours a day in April to design and produce personal protective equipment (PPE) to help keep Valley health care workers healthy.

During Fresno State’s spring break, the team completed the final design and began production of about 1,000 face shields — the first part of a three-phase, innovative project to support the community at a time when protective equipment is scarce for doctors, nurses and other health care providers.

“The second phase includes rapid prototyping and testing of an FDA-approved mask and the third phase includes powered air purifying respirators (PAPRs),” says Dr. Ram Nunna, dean of the Lyles College. “If time, complexity and resources allow, they will begin work on mechanical ventilator prototypes.”

Dr. John McClain, a pulmonary critical care fellow, and Dr. Eric Day, a second-year internal medicine resident with UCSF Fresno, a major branch of the UCSF School of Medicine located on the Community Regional Medical Center campus, contacted the Lyles College in March to discuss the anticipated need for custom-designed PPE.

“We need protective equipment that is cheap to manufacture and designed to meet the needs of our doctors, nurses and other allied health professionals while caring for patients during the coronavirus pandemic,” Day says. “We already have a critical shortage of providers in the Central Valley, so we are obligated to give our workers maximal protection to prevent exposure and illness.”

During the testing phases, Day took several different prototypes to Community Regional, where nurses and physicians in the intensive care unit wore the face shields for several hours to test the comfort. Students worked to refine the face shields for both comfort, sanitation and re-use.

The final design was developed by Shervin Zoghi, a 2017 mechanical engineering alumnus, with the help of several Fresno State students. The design is made of 3-D printed plastic, transparency film and Velcro. Both the frame and Velcro can be sanitized for re-use. The shield is made of transparency film, which is inexpensive and can be disposed of or sanitized after each use. A new shield can be easily loaded onto the frame.

“Shervin was the undergraduate Dean’s Medalist for the Lyles College...”
of Engineering in 2017. His great entrepreneurial spirit, dedication to service and community and willingness to bring people together really made an impact in this project,” Nunna says. “He, along with support from our graduate and undergraduate students, Mandeepr Singh, Saule Bomar, Noah Haworth, Timofey Volkov, Anderson Medina Guerrero and Jaklin Rowley, made a great design.”

The team donated face shields to Community Regional Medical Center in downtown Fresno and surrounding clinics in hopes it will help keep the region’s health care providers healthy.

“For a nurse in the medical ICU who is taking care of a COVID-positive patient, they could probably go through as many as 10 face shields in a 12-hour shift,” Day says. “We need as many as we can get.”

Nunna says each face shield costs about $1.50 to produce, and the mask and PAPR units would cost more. Fresno State President Joseph I. Castro and technology firm DPS Telecom, under CEO Bob Berry, provided funds for all the materials used. The 3-D printers were collected from the Lyles College, Henry Madden Library, Lyles Center for Innovation and Entrepreneurship and technology firm Five Microns, and were pooled for the manufacturing of the shields.

“We were able to access cost-efficient, existing materials. These materials combined with donated 3-D printers and simple machining have allowed our students to design and produce low-cost, quick turnaround PPE,” Nunna says.

In addition to affordability and comfort, the face shields were produced in a stackable design that aids in production efficiency — cutting production time by 15% to 20%. Civil engineering senior and project team-member Jaklin Rowley said the use of advanced technology like 3-D printers have made it possible to share design files and send them to anyone with a 3-D printer.

“This creates a unique situation for people all over to ‘hive’ manufacture a product that can greatly help the community,” Rowley says. “It is through technology that we have been able to stay connected through this pandemic. People from all over have learned to communicate and innovate from remote places. Without modern-day technology, the extraordinary community response to create these face shields would not have been so easily possible.”

The design is available at https://github.com/szoghi/COVID19 for anyone with a 3-D printer to print from the open source website.

“This experience is invaluable. This project has allowed students to apply knowledge obtained from their education at Fresno State to real-world problems, work as a team with other disciplines and under tight time constraints,” Nunna says. “Students are interested in making an impact on the world, and this work enables them to do so.”

— Rebecca Wass is a communications specialist for the Lyles College of Engineering at Fresno State.
The more we grow, the shorter we become.

This is not a riddle. It’s the very real challenge California’s Central Valley faces in regard to a continuously growing population and an increasing shortage in health care providers. When it comes to doctors, nurses and other health care professionals, the Central Valley comes up short. Shorter than anywhere else in California.

This problem has existed for decades throughout the state, but particularly in the Valley. And it’s a problem that has been catapulted to the forefront in recent months as the world’s attention has shifted to the coronavirus, COVID-19.

California must deal with a projected shortage of 4,100 primary care physicians in the next decade, according to a study by the California Future Health Workforce Commission. By 2030, the population age 65 and older in California is expected to double while more than one-third of doctors are age 55 and older and nearing retirement themselves, according to an editorial in The Sacramento Bee.

In the San Joaquin Valley, there are 39 primary care providers for every 100,000 residents, compared to 64 per 100,000 residents in the Bay Area.

While there isn’t a medical school at Fresno State, make no mistake the University is serving as the springboard for a number of future doctors and researchers who have gained an intimate understanding of the challenges unique to this Valley and its patient population.

Micah Olivas, Alyssa Rivera and Jennifer Phan are just three of the Fresno State students aiming to make a difference. Their research focuses on cancer, an unforgiving disease that continues to impact millions of lives amid an unrelated pandemic.

These are the types of standout students capable of doing the kind of work that has the potential to increase the value of all of our Fresno State degrees. They’ve won international recognition, been recruited by top-notch graduate programs and positioned themselves for three different careers related to health care, all with one thing in common — making a difference in the Valley, the state and beyond.

These are their stories.
As a student, Jennifer Phan worked with biology professor Dr. Jason Bush to characterize a new class of modular immunotherapy for a type of breast cancer. She also received funding to conduct research on natural medicinal projects to fight cancer.
ALYSSA RIVERA
THE EMERGENCY PROVIDER

Alyssa Rivera’s family moved to Ohio from the Philippines when she was 5 years old. For a while, her mother, Veronica, was the only one working. America needed nurses and her mother answered the call. But soon, she was forced to answer to something else — a leukemia diagnosis.

It was a challenging time for the Rivera family. A scary time for Alyssa Rivera.

“I spent a lot of my childhood in hospitals,” Rivera says. “I knew what diabetes was, what cancer was and the medicine my mom had to take before I could even do long division.”

Thankfully, Veronica got the care she needed, fought that blood cancer diagnosis and won. She’s been cancer-free for more than a decade and is now working as a registered nurse at Saint Agnes Medical Center in Fresno.

The Rivera family relocated to Fresno in 2008 when Alyssa Rivera was in fourth grade. But it wasn’t until her time at Clovis West High School that she began gravitating toward science. During her senior year, her AP biology teacher, Wayne Garabedian, recognized her passion and encouraged her to pursue it. “Medicine is your passion, you’ll be great at it,” she remembers him saying.

Rivera’s mother thought so, too, encouraging her daughter to follow in her footsteps and become a nurse. “Nursing gave her security in America as an immigrant,” Rivera says.

But that was around the time Rivera started to shape her own path and follow the inspiration within her.

Discovering Research

Rivera met Dr. Qiao-Hong Chen, a Fresno State chemistry professor, as a curious high school student who wanted to learn something new. She started working in Chen’s lab and helped her investigate quercetin, a flavonoid found in vegetables and fruits, and its potential as a treatment for prostate cancer.

Living just a 10-minute car ride from the Fresno State campus during high school, Rivera always considered attending the University in her “backyard.” She remembers visiting for math competitions while at Clovis West.

Alyssa Rivera, who works as a scribe at Community Regional Medical Center in downtown Fresno, hopes to return to the area after medical school as an emergency physician.
She applied to the Smittcamp Family Honors College, a unique Fresno State program that attracts 50 of the highest performing high school students in California and beyond each year. “When I got accepted, it was obvious this was the best choice financially for where I should go,” Rivera says of the program that provides a full, four-year scholarship.

Once she arrived on campus full time, Rivera continued on a similar research project in Chen’s lab, studying how natural products can serve as potential anti-cancer treatments.

Her work helped her become one of 496 students nationwide to earn the 2019 Goldwater Scholarship for showing exceptional promise of becoming the next generation of natural sciences, mathematics and engineering research leaders. The award comes with up to $7,500 in additional scholarship support.

Rivera, a junior, now has a career path in mind. She wants to be a doctor, and is leaning toward emergency medicine.

“You don’t know what’s going to come in. Are we going to get chest pains today or something more serious like a trauma patient?” says Rivera, who currently works as a scribe at Community Regional Medical Center in downtown Fresno, the only Level 1 trauma center between Los Angeles and Sacramento. “You just don’t know, and I like that aspect of it. You get a little bit of everything from adult medicine to neuro to pediatrics.”

Feeling at Home

She won’t be the first in her family to go to medical school. Rivera’s brother, Lemuel, graduated from Fresno State and is now attending the University of California, San Francisco School of Medicine. He, too, was involved in undergraduate research and participated in the Health Careers Opportunity Program.

The program supports students who aspire to give back to their communities as doctors, dentists, pharmacists and other health care professionals. Rivera is also part of the Louis Stokes Alliance for Minority Participation (LSAMP) program to increase the quality and quantity of students completing science, technology, engineering and math (STEM) programs.

“It gave me a group of students that had similar backgrounds as I,” Rivera says. “Without that program, I would have had a different experience in college.”

“I spent a lot of my childhood in hospitals. I knew what diabetes was, what cancer was and the medicine my mom had to take before I could even do long division.”

– ALYSSA RIVERA
Biochemistry student

Rivera is also involved in a mentorship project with UCSF Fresno to build health equities in impoverished communities. She hopes to return to UCSF Fresno for her medical residency to serve “where they started to cultivate my passion.”

The Central Valley has long been known to have an acute shortage of primary care and specialist physicians — a problem Rivera plans to personally address.

That passion, she realizes now, has been within her all the way back to her childhood days in Ohio when her mother was beating cancer. “Medicine found me before I found it,” Rivera says.

“Looking back, I realize my mom got the very best care she could have gotten at that time, and I know that’s not how it always is depending on socioeconomic status.”

Continued
JENNIFER PHAN
A PASSION FOR PEDIATRICS

Jennifer Phan got accepted by every University of California campus she applied to about five years ago. She also got accepted to Fresno State. She says she had honestly never heard of Fresno at the time. So when it came time for her to decide on a college, she might have surprised a few people.

“I’m so happy, I’ve met so many great people,” Phan says. “It’s so easy to build a connection with professors here at Fresno State. It’s so hard to do elsewhere because of how big the classes are.”

Phan grew up on Edwards Air Force Base, about 22 miles northeast of Lancaster. Her parents had immigrated from Vietnam and her father had a civilian job on the base. When she was young, her family spoke mainly Vietnamese at home. Learning English as a second language, she sometimes didn’t fully understand what was being taught. But she was determined and loved learning.

One of her teachers at Desert Junior Senior High School, Debbie Lewis, saw something special in her and told her she should apply for the Smittcamp Family Honors College at Fresno State. “She knew about the hardships my family had with money,” Phan says.

Lewis also knew about the honors college. Her daughter, Lindsay Lewis, graduated from the program four years ago and was named a dean’s medalist. Turns out, Lewis has an eye for talent.

Paying it Forward

Phan, who graduated with a degree in biochemistry in May, was one of 23 students chosen by the California State University (one from each campus) to receive the 2019 CSU Trustees’ Award for Outstanding Achievement. The award provides donor-funded scholarships to students who demonstrate superior academic accomplishments, community service and financial need.

“I was very surprised, and I’m so grateful because now I don’t have to worry about the cost of applying for medical school and the travel expenses to get to interviews,” says Phan, who was a scholar in service through the Jan and Bud Richter Center for Community Engagement and Service-Learning. “I can focus on my education instead of the financial burden that comes with it.”

“I want to practice in underserved areas like the Central Valley. There are a lot of people who don’t have access to health care or who can’t afford it, and I want to make it accessible for everyone.”

– JENNIFER PHAN
Biochemistry graduate

In the San Joaquin Valley, there are 39 primary care providers for every 100,000 residents.

If it’s not clear yet, Phan plans to become a doctor — a pediatric oncologist. As an undergrad, she worked as a medical assistant at Cardiovascular Consultant Health Center, and she volunteered at Valley Children’s Healthcare and for the Tzu Chi Medical Foundation mobile clinic serving the Valley.

“I want to practice in underserved areas like the Central Valley,” Phan says. “There are a lot of people who don’t have access to health care or who can’t afford it, and I want to make it accessible for everyone.”
Even when she was little, Phan had questions about science. “Every time I was sick, my parents would tell me to take herbal remedies like ginseng,” she says. “I always wondered why that was the case and that’s why I majored in biochemistry. I wanted to understand prescriptions we were taking to make us feel better.”

She worked with Dr. Jason Bush, a Fresno State biology professor, to characterize a new class of modular immunotherapy for a type of breast cancer. She also received funding to conduct research on natural medicinal projects to fight cancer.

Five years ago, Phan didn’t know where Fresno was, let alone that it is the fifth-largest city in California with more than 530,000 people.

“There are a lot of people who come to college and don’t find their place. The Smittcamp Family Honors College helped me find my place from the first day, before I even started,” Phan says.

“I feel like the Central Valley, Fresno State and the Smittcamp Family Honors College have given me so much, and I just want to give back to the community.”
MICAH OLIVAS
THE LIFELONG RESEARCHER

It was a rather routine day at Hanford High School for Micah Olivas. He attended classes all day before water polo practice in the afternoon. But on this particular day, when he jumped in the swimming pool, he glanced up and made a seemingly small observation that stuck with him for years.

Olivas looked up at the polluted sky on a particularly bad air day, and thought to himself, “How is this affecting my health? What is this doing to my lungs and cardiovascular system?”

It’s not a typical thing for a high school student to think or say — but Olivas is far from a typical student.

While that smog-filled air disrupted the clarity of the sky, it helped make his academic and career goals clearer than ever.

Just over four years after asking himself that question about the effects of the polluted air, Olivas graduated from Fresno State in May with a bachelor’s degree in biochemistry. He became one of the most accomplished students on the Fresno State campus, and, after being wooed by the who’s who of graduate schools, Olivas chose to attend Stanford University to pursue his Ph.D. in genetics with hopes of one day starting his own lab.

He is infatuated with studying cell biology and exploring how gene-editing technologies — he equates them to molecular scissors — can identify the genetic kinks that cause disease. “How can we create tools to observe this disease and see how it works?” Olivas says. “And through this, can we find drugs to combat cancers and other diseases more effectively?”

Choosing to be a ’Dog

Olivas’ familiarity with Fresno State from a young age solidified it as one of his top college choices. Growing up about 30 miles from campus, he says his first exposure to the University was through athletics. From the time Olivas was a child, his family drove to Fresno for Bulldogs football games on fall Saturdays.

His mother, Tonya Mendonca, was a record-breaking high jumper on the track and field team who earned an art degree in 1988. His father, John Olivas, earned a degree in agricultural sciences the same year.

“He got an ag scholarship, she got an athletic scholarship and I got a Smittcamp scholarship,” Micah Olivas says.

He’s referring to the Smittcamp Family Honors College, a competitive program that attracts 50 of the highest performing high school students in California and beyond each year and provides a four-year scholarship for those who maintain the high GPA requirements.

During his orientation for the honors program his senior year at Hanford High, Olivas was hooked on Fresno State once he was introduced to Dr. Laurent Dejean’s project on the biochemistry of air pollution. Dejean simulated a respiratory system in his lab and showed what happened when it was exposed to air pollutants.

A Love for Research

As a Fresno State student, Olivas worked with Dejean to research how small particulate matter in Valley air causes cell stress in the lungs. He was drawn to the research climate at Fresno State and the emphasis on addressing challenges unique to the community. “We don’t have the biggest budget,” Olivas says, “but we have these convictions, and we are very aware of how this affects the Valley.”

Olivas took that experience into a summer fellowship at Duke University two years ago when he developed genetic editing tools for use in the study of cancer dormancy. He continued similar work as an Amgen Scholar at Stanford University this past summer and has worked remotely on the project since returning to Fresno State for his final semester as an undergrad.

He spent the fall 2019 semester studying stem cell biology and physical chemistry at the University of Oxford in England.

Olivas was also one of 496 students nationwide (from a pool of more than 5,000) awarded the 2019 Goldwater Scholarship for showing exceptional promise of becoming the next generation of natural sciences, mathematics and engineering research leaders.

He served as the only student volunteer on a South Fresno steering committee for Assembly Bill 617, to reduce exposure to air pollution and preserve public health. The committee worked with community members to develop a district-wide Community Emission Reduction Program and air pollution monitoring strategies.

“These are really local problems that nobody else is asking about,” Olivas says.

“It comes from having experienced some of these problems. A lot of the most prolific universities that research these problems don’t live in these conditions.”

— Eddie Hughes is senior editor for Fresno State Magazine.
Biochemistry graduate Micah Olivas is pursuing a Ph.D. in genetics and will continue to study how gene-editing technologies can identify the genetic kinks that cause disease.

“We don’t have the biggest budget, but we have these convictions, and we are very aware of how this affects the Valley.”

— Micah Olivas
Biochemistry graduate
NURSES ON THE WAY

School of Nursing prepares about 150 graduates to serve Valley and beyond

By Melissa Tav

Patty Olino graduated with her B.S. in nursing in 2017, and comes from a proud family of nurses and health care workers.
During a typical semester the School of Nursing at Fresno State would be brimming with activity as students complete their final clinical training assessments before entering the workforce. The unexpected events this spring have transformed the way they learn, but the need for nurses is perhaps greater than ever.

This past spring, the nursing program transitioned into a virtual lab as a result of COVID-19, which put a halt on in-person classes. The virtual simulation courses mirrored real-life scenarios with students working through a patient encounter from introduction to diagnosis, followed by a discussion with faculty.

The virtual sessions were designed to help students develop critical thinking, clinical judgment, collaboration and communication skills — all while keeping them on track to graduate.

Each year, Fresno State’s School of Nursing graduates about 150 students — 100% of whom find employment or job placements before graduating, with a majority staying and serving local populations.

That’s good news for the Central Valley. As rapid population growth throughout California is outpacing the capacity of nursing schools to produce the next generation of frontline health care workers, the Valley’s shortage is among the most critical in the state.

According to a UCSF Healthforce Center report in 2018, the demand for licensed registered nurses in the San Joaquin Valley is expected to grow more than 35% in the next 10 years.

“Fresno State stands ready to partner with health care providers across the Valley to meet this challenge,” says Dr. Jim Marshall, interim dean of the College of Health and Human Services. “It’s not just our mission, it’s our moral imperative. As one of the leading nursing schools in the region, we are proud to answer the call of preparing qualified nursing professionals, many of whom stay and serve the Valley long after graduating.”

NURSING ALUMNI

Patty Olino is among the alumni serving the Central Valley. In her role as an ICU registered nurse, she cares for some of the region’s most vulnerable individuals, including those affected by COVID-19. She shares some of her experiences with her 35,000-plus followers on Instagram, and she cites her preparation in the field to the experience she gained in the competitive nursing program.

“Fresno State nursing students are highly sought-after, not only because graduates are committed to the communities they serve, but also because they demonstrate strong critical-thinking skills that are indispensable during the often quickly changing situations of their patients,” said Deanette Sisson, chief nursing officer for Saint Agnes Medical Center, during the State of the University breakfast hosted on campus this spring.

Family Nurse Practitioner Jordan Cutts graduated with both his bachelor’s and master’s degrees in nursing and has settled into private practice at Boswell Dermatology in Fresno. Cutts says the nursing program at Fresno State gave him the tools and knowledge to branch out.

“Through the master’s program, I gained over 600 hours of clinical experience working in the hospital setting and definitely gained a lot of hands-on experience and community connections to health care providers in the region,” Cutts says.

An average of 25 students graduate each year from the master’s program, which is designed to provide specialized study in advanced practice fields, leading to careers as primary care nurse practitioners, clinical nurse specialists and nurse educators.

The Doctor of Nursing Practice program has produced over 180 graduates since its inception in 2012, preparing nursing leaders for enhanced roles in hospital administration and nursing education.

Dr. Marie Gilbert, director of the Central California Center for Excellence in Nursing at Fresno State, was part of one of the first cohorts. After graduating in 2015, she returned to campus to train future nurses.

While all these alumni stories are unique, one thing is clear — serving the Valley is at the heart of what they do. Olino, a second-generation nurse who immigrated with her family from the Philippines when she was 5, says it best.

“Fresno holds such a special place in my heart, and so much of that I attribute to my time at Fresno State,” Olino says. “It is such an honor to serve this community.”

— Melissa Tav is a communications specialist for the College of Health and Human Services at Fresno State.
A computer screen separates 78-year-old Fresnan Beau Carter from Fresno State physical therapy student Mercedes Dobson. They are in the middle of a gait and balance clinic appointment, and although the two are not physically in the same room, they can see each other clearly and interact in real time, thanks to the power of technology.

As the 30-minute session continues, Dobson gently instructs Carter to move his leg slightly to the left in an upward motion. Carter, who has weakness in his lower legs due to nerve issues and knee surgery, follows directions and holds his balance while one arm rests on the household chair in front of him.

Back in the virtual realm, Dobson, the lead therapist in this case, is joined by two classmates (serving as support therapists) and faculty supervisor Dr. Nupur Hajela, all of whom are viewing and analyzing the session from the comforts of their own homes. This method of providing health care electronically is known as telehealth — a method in which patients are connected to health care providers through remote means like video conferencing, image streaming and wireless communications.

Carter receives services through the Department of Physical Therapy’s Gait, Balance and Mobility Clinic, which provides low-cost treatment to local residents who have issues with movement due to a variety of neurological ailments, like traumatic brain injuries, stroke, Parkinson’s disease, multiple sclerosis and other
surgeries. Before going virtual, the Gait, Balance and Mobility Clinic was held on campus twice a week and was led by second-year doctoral students in the physical therapy program, under the direction of faculty like Hajela, Dr. Na-hyeon (Hannah) Ko and three part-time clinical faculty.

With fast-moving changes due to COVID-19 causing the cancellation of in-person classes and a mandated shelter-in-place order by the City of Fresno, faculty had to work quickly to determine an alternative plan of action that would allow them to keep serving their clients (many of whom are elderly), while still maintaining the integrity of the learning experience for their students.

For a clinic built around hands-on learning, the transition was tough, but not impossible, Hajela says. "With just a few weeks left in the semester, we knew it was important to continue offering this clinic for our patients and our students," Hajela says. "We were pleasantly surprised at how quickly the students got on board and how nicely the patients and their caregivers supported this sudden change. We really tried to step up to the challenge, and it was really beautiful to see how well received this change has been."

Of the clinic’s regular 32 clients, 14 agreed to continue on with the clinic via telehealth methods. Before this happened, the students first had to teach their clients how to go virtual, with both parties eventually adapting well to this new method.

"The transition was difficult at first, but overall, telehealth has been an interesting experience," Dobson says. "Not all physical therapy programs have given their students the opportunity to experience it, so I’m fortunate that we are able to do it and still provide services to our patients so they can continue to make progress. I’m glad we’re learning it now, as it’s something we’ll need to utilize in the future. This experience is really helping us to be the best physical therapists we can be."

According to the American Physical Therapy Association, telehealth is a health care practice that is quickly gaining traction in the field of physical therapy, especially in light of COVID-19 changing the landscape of health care worldwide. With many health care providers using this method during the pandemic, Hajela says she would not be surprised to see it increase in popularity over the next year.

For patients, the opportunity to stay engaged with students has many psychosocial benefits, particularly during a time when many elderly are isolated at home.

"One client mentioned he was very grateful to have this opportunity," Ko says. "Due to the current situation and with his age, he is not able to leave the house, so the 30 minutes he gets to interact with students means so much more to him than just receiving physical therapy services."

Before Carter and Dobson sign off their latest session, Carter is asked a series of questions by Dobson’s classmates. The telehealth usability questionnaire, as it’s called, is meant to gauge the patient’s satisfaction with the services.

When asked how he feels about the services, Carter’s answer is resounding.

"I’m really looking forward to next week!"

To learn more about the Department of Physical Therapy’s Gait, Balance and Mobility Clinic, contact nhajela@csufresno.edu or nko@csufresno.edu.
March sadness. Not a buzzer-beating 3-pointer, nor an attempt beyond the arc. No channel surfing to find TruTV for the first time since last March. No tuning in to see if Cinderella finds her glass slipper. Because there is no Cinderella, no upsets, no games to deliver — not a single shining moment for us to remember.

A Fresno spring without the zip of a pitch or the thump of a mitt. No bats are pingin’, no seventh-inning fan singin’. Not a ticket for sale, not a peanut to shell. Just two diamonds, with no ‘Dogs and, sadly, no farewell.

An equestrian season left incomplete, though they ranked top 10. An All-American wrestler and his teammates with no one to pin. A nationally ranked water polo team with no games left to win.

A long list of unknowns, we hope soon will end. So we can sing “Bulldog Spirit” again and again.

For the first time since World War II, Fresno State student-athletes lost their ability to compete. Their seasons ended abruptly, like books without endings. Their classes and team meetings turned to virtual instruction, and many of them left town to be with their families amid the uncertainties of the COVID-19 situation.

People sometimes say there are more important things than sports. While that is true, sports are woven into American culture — to the Valley’s culture — for a reason. Because few things are capable of bringing people together and uniting, entertaining and exhilarating them the way sports can.

This spring, the Red Wave was left with no one to cheer at a time when cheer was needed most.

The Bulldogs women’s basketball team never got to cap its dominant, Mountain West championship season with a berth in a postseason tournament. Tennis, golf, lacrosse, track and field, softball, baseball, water polo and swimming and diving seasons also were cut short.

Prior to the season ending, the defending Mountain West champion men’s tennis team was ranked as high as No. 48 in the nation, women’s tennis and track and field were enjoying promising seasons under their first-year coaches and swimming and diving finished sixth at the Mountain West championships and had sophomore diver Yuliya Tykha preparing for the NCAA championship.

With the NCAA approving the possibility of an extra year of eligibility for seniors in spring sports, Fresno State athletics is working with each head coach and student-athlete on academic and financial solutions while also supporting the financial, academic and gender equity priorities of the Athletics Department as a whole.

It certainly was a painful and challenging time for all on campus as University leaders rushed to take action to help keep students, staff and fans safe. And if we’ve learned anything about the Bulldog spirit, we know these student-athletes will persevere, remain committed to their studies and be back on the fields, courts and pools as soon as it’s safe.

In the following spread, Fresno State Magazine shares a glimpse of several special seasons cut short and what could have been.
“Days like today remind me that life’s a journey. All those special moments along the way are important and the people we share it with change our lives.”

— COACH JAIME WHITE
Fresno State women’s basketball
WOMEN’S BASKETBALL

After dominating the regular season on its way to a Mountain West championship, the Fresno State women’s basketball team (25-7, 16-2 MW) had a disappointing last-second loss in the conference tournament championship game in Las Vegas. The Bulldogs were eagerly awaiting their postseason draw, whether it be the Women’s NIT or the NCAA Tournament. Unfortunately, we’ll never know what was in store, as the season came to a halt before postseason play, shutting down March Madness. The good news — Fresno State potentially returns all five starters next season, including reigning Mountain West player of the year Maddi Utti and twin freshmen sensations Hanna and Haley Cavinder. The Bulldogs were one of just two teams in the country with three players who averaged more than 15 points per game — the other was No. 2 Oregon.

On March 12, after finding out there would be no postseason, Fresno State coach Jaime White tweeted, “Days like today remind me that life’s a journey. All those special moments along the way are important and the people we share it with change our lives. #ProudCoach #SpecialYear.”

SOFTBALL

Fresno State softball was 21-4 and ranked No. 23 in the nation in the ESPN.com/USA Softball poll when its season came to an abrupt end just before Mountain West play began. The Bulldogs’ marquee victory was a 4-3 win over No. 3 Texas at the prestigious Judy Garman Classic in Fullerton. Fresno State was a perfect 15-0 at home, leading the nation in triples and leading the Mountain West in runs (5.92 per game). Sophomore McKenzie Wilson was hitting .474 on the season and had 27 steals—on pace to break her own record of 39 set last year. In the circle, junior Hailey Dolcini was 10-1 with a 1.51 earned run average.

“What we did over the course of 25 games was remarkable and a testimony to the hard work of our players and staff,” coach Linda Garza said. “We recruited talent, coached hard, the players were dialed in and executed the game plan every day to earn these rankings. We are excited about the future of this program, and we are proud to put Fresno State on the national map again.”
BASEBALL

Just days after their dramatic midweek win over Pacific, the Diamond 'Dogs were en route for a three-game series at Oklahoma State when they got called back to campus and soon learned they would be hanging up their cleats for the rest of the season. In that March 11 game against Pacific, Fresno State won 7-6 on a walk-off home run by junior catcher Zach Presno at Pete Beiden Field at Bob Bennett Stadium. It was Fresno's team-leading eighth home run of the season, as he was on pace to challenge some of the top single-season power numbers in program history. The Bulldogs finished 9-7 with a challenging early-season schedule, and were thought to be one of the top Mountain West title contenders. On March 13, after finding out the season was ending, Bulldogs coach Mike Batesole simply tweeted a blank lineup card — no words necessary.

EQUESTRIAN

An incredible year for Fresno State equestrian was cut short just before postseason play — and there's no telling what the Bulldogs could have accomplished. The team finished the season, its first as a member of the Big 12 Conference, ranked No. 4 in the nation. Fresno State (8-5, 3-2 Big 12) tallied wins against No. 2 Oklahoma State, No. 3 SMU, No. 7 Texas A&M, No. 8 TCU and No. 9 Baylor. The Bulldogs lost 10-8 at home to No. 1 Auburn. Fresno State had a program-best seven All-Americans, including first-team selections Bailey Alexander (reining) and Alivia Hart (fences). Senior Paige Barton earned her second straight All-America honor in reining, and Hannah Buijs (second-team) and Nicole Campbell (honorable mention) represented the Bulldogs in horsemanship. Cecily Hayes earned honorable mention for both fences and flat. Fresno State had one regular season contest remaining at Oklahoma State before the Big 12 championship and the NCEA national championship. All were canceled due to the COVID-19 situation.

"We are excited to have these honors in our first year with the Big 12," coach Eric Hubbard says. "These young women have worked hard all season and have led their team to the best season in program history."

WRESTLING

Five Fresno State wrestlers were preparing for the NCAA championships when news broke that the season was being canceled due to safety concerns surrounding COVID-19. The championships were set to begin on March 19 in Minneapolis, and Fresno State was led by 12th-seeded heavyweight Josh Hokit (23-4), a two-time All-American and dual-sport athlete who was recently signed by the San Francisco 49ers. Sophomore Jacob Wright (25-8) was seeded No. 25 at 157 pounds, junior Greg Gaxiola (20-10) was seeded No. 32 at 149 pounds, junior D.J. Lloren (22-6) was seeded No. 25 at 141 pounds and redshirt freshman Lawrence Saenz (14-12) was seeded No. 33 at 133 pounds. As a team, the Bulldogs finished 9-11 overall and 4-4 in the Big 12 Conference. The Bulldogs finished ninth nationally in attendance with an average of 2,596 fans at the Save Mart Center.

WATER POLO

Fresno State's water polo team finished the season ranked No. 11 in the nation, showing great promise against a challenging early-season schedule. The Bulldogs (8-7) were 4-0 at home and had a season-high 21 goals in a 21-5 win over Fresno Pacific on Feb. 23, in what ended up being the final game of the season. Two Bulldogs earned All-American honors for the third-year program, including junior center Emily Nicholson, who became the first Fresno State player named third-team All-America after leading the team with 32 goals. Sophomore guard Daphne Guevremont earned honorable mention honors with 21 goals and a team-high 20 assists.
In an effort to rally the Valley and create a sense of togetherness while remaining physically distant, Fresno State hosted its first-ever Virtual Tailgate on April 25, featuring classic Bulldogs games, in various sports, from years past streaming on gobulldogs.com throughout the day. Fans were encouraged to wear their Bulldogs gear and submit photos of themselves tailgating with family. Here are just a few of our favorites.

Visit fresnostatemagazine.com to see even more photos of the Red Wave virtually tailgating!
Marge Winters Rosling is a Bulldog for Life.

Richard and Marge Winters were farmers out in Easton where they grew raisins and almonds. Although they are not from the Central Valley, they have always been passionate about Fresno State and, in particular, the athletics program. For over 30 years, they were season ticket holders, cheering on the Bulldogs and supporting student-athletes at every home game.

Marge's dedication to Fresno State athletics only grew stronger and, in 2014, she became an active member of the Senior Dog Squad. She cherishes the memories made and is grateful for the relationship the Dog Squad has with the cheerleaders.

Marge appreciates what Fresno State athletics provides for the community, so when it came to supporting organizations that mattered most to her, she immediately thought of the University. That's why she is leaving a generous $1.5 million gift in her will to support student-athletes through the Bulldog Foundation.

“I immediately thought, 'How can we help make the Bulldog Foundation successful?' Fresno State athletics has given so much to us through unforgettable experiences. Now, we can give back to them.”

Richard, a life-long rancher, passed away in 2019, but Marge continues to display their eternal Bulldog spirit. Planned gifts like this one help support student-athletes as they strive for excellence in the classroom and in competition.

If you would like information on planned giving opportunities, please contact Liz Garvin, director of planned giving, at 559.278.4038 or egarvin@csufresno.edu.

fresnostate.giflegacy.com
1950s

Chuck Ary (1955), a former Fresno State student-athlete, was inducted to the Dixon High School Hall of Fame. During his coaching career at Dixon High, he coached 10 basketball teams, five baseball teams, four football teams and served as athletic director. He also led a movement in front of the board of education to provide equal pay for all coaches. In 1967, he became vice principal of the school.

Joseph A. Gambini (1956) won the Oakdale Chamber of Commerce Lifetime Achievement Award.

1960s

Lee Patrick Brown (1961, '94) is a founder of the National Organization of Black Law Enforcement Executives (NOBLE). Brown has organized around the needs of African American police executives.

Sean McLennigan (1964) was inducted into the New Mexico Press Association Hall of Fame.

1970s

Christine Vartanian Datian (1974, '77), a native of Fresno and a resident of Las Vegas, is a weekly contributor to the recipes section of the Armenian Mirror-Spectator newspaper, the first English-language Armenian weekly published in the United States. She has been published in The Fresno Bee, Sunset Magazine, Cooking Light Magazine and the New York Times. She served as an advertising copywriter at Harrah’s in Reno and Lake Tahoe, and at advertising/marketing agencies in Fresno, San Francisco and Las Vegas. She worked for major government contractors at the Yucca Mountain Project and the Nevada Test Site in Mercury, Nevada.

Arturo Samora (1974) was named grand marshal for the 2019 Veterans Day Parade in Porterville.

1980s

Aaron Busch was appointed as new interim city manager for Vacaville.

Joseph V. Gomez (1985) was appointed Selma police chief.

George Petersen (1986), principal at Liberty Elementary School in Fresno, was the only principal in California to earn the 2019 Terrell H. Bell award, recognizing top educators.

George T. Tucker (1984) was named the agricultural commissioner and sealer of weights and measures for Tulare County.

1990s

Mustafa Abdallah (1997, '99) was promoted to executive leadership at Pharmatech Associates.

Manny Fernandez (1997) is now the Los Angeles Bureau chief for The New York Times. As a student at Fresno State, he was a summer intern at The Wall Street Journal’s Los Angeles bureau. After graduating from college, he became a reporter for The San Francisco Chronicle.

Philip A. Girard (1999) is now senior vice president and chief financial officer for California Dairies.

Timothy M. Grafton (1994) is now executive director of Stone Valley Assisted Living and Memory Care Community in Reno, Nevada.

1990s

Nathan J. Kreitzer (1990) is now chair of the Music Department at Santa Barbara City College.

William A. Parry (1995) earned the Lemoore Chamber of Commerce Chairman’s Award.

Matthew A. Polanco (1992) is now director of government relations for Visit San Antonio, showcasing the Texas city as a premier for leisure and work.


Mark Rose (1997) is now vice president of product management for Otera, the leaders in silicon-based nanopore diagnostics. He was previously product lead at Google, where he launched the company’s popular Nest brand products.

Toby Wells (1994) is now Turlock city manager.

Lori Gonzalez is now superintendent-principal for El Nido Elementary School District in Merced County.

Parents across the country were in a unique situation — juggling the stresses of keeping families healthy while many worked from home and also navigating how to homeschool their children because of school closures. Meanwhile, Valley teachers were missing their students and working to find ways to connect. And while Fresno Unified School District had a digital hub of resources available for its 74,000-plus students, one teacher decided to take distant learning a step further. David Hunter (2004), a transitional kindergarten teacher at Ericson Elementary School, knew some parents were overwhelmed and wanted to create a resource his 5-year-old students could navigate themselves. Hunter enlisted the help of his fellow TK teachers to create a website where students could watch their own teachers guiding activities. His 13-year-old daughter, Amelie, built the site: sites.google.com/view/fresnotk/. The site uses shapes and colors, rather than big words, to help young children easily navigate.

It took a year for brothers Jeff Ahronian (1993) and Jason Ahronian (1998) to raise money to create a Big Fresno Fair exhibition featuring early Armenian history in Fresno County. The exhibition was so well received it earned the Western Fair Association’s coveted Blue Ribbon Award in its first year on display. The following year, in 2019, the family, including father Richard Ahronian (1968) became Big Fresno Fair Hall of Famers — a fitting tribute for a family full of Fresno State graduates and supporters who set out to recognize the rich history of Armenians in the region.
2000s

Mustafa Al-Sayyad (2005), a former all-conference center for the Bulldogs basketball team, is now a linguistic specialist for Legal Interpreting Services, Inc.

Noel Basso (2004) was promoted to director of winemaking for Oak Ridge Winery.

Eddie Becker (2005), a former pole vaulter on the Fresno State track and field team and a network administrator for Community Medical Centers, started Becker Technology Consulting, LLC.

Tom Bosenko (2000) retired after 30-plus years with the Shasta County Sheriff's Department.

Tom Brandstater (2007, '08), former Bulldogs and NFL quarterback, was inducted into the Turlock High School Athletic Hall of Fame.


Mike Dunn (2003), former human resource manager at Fresno State, was named 2020 Citizen of the Year by the Kingsburg Chamber of Commerce. He described living in Kingsburg as the next "best thing to living a Hallmark movie."

Alia (Merrell) Eriksen (2005) owns a design company called Prickly Pear Paints. Her watercolor art has attracted about 19,000 followers on Instagram, and her work is now being sold at Hobby Lobby.

Todd France is now president of Airborne Maintenance and Engineering Services in Wilmington, Ohio.

Maria "Lupe" Jaime (2001), senior director of early care and education at the Fresno County Office of Education, was appointed to the Early Childhood Policy Council by Governor Gavin Newsom.


Tanya Nichols (2001, '04) and Bill McEwen have released their new book called "Stinger," a knowledgeable romp through business and family intrigue in the Central Valley.

Katie Otto (2003) is now development and operations director at the California Farmland Trust.

Michael Pires (2002) is now president of Automation Group.

Garth Richards (2003) is the business development representative for Spirit 88.9 and owner of G&K Properties and Garth's Custom Barrels.

Thomas Rouse (2009) earned an Emmy nomination for his production design work on the television show, "Queer Eye."

2010s

Samikshya Budhathoki is one of 10 UC Cooperative Extension climate-smart educators who are helping farmers and ranchers improve soil health, irrigation practices and manure management.

Frances “Skip” Echeverria (2011), former host of New Rock 104.1’s "The Morning After," is now part of the Afternoon Drive team weekdays from 2-6 p.m. on News Talk 580 and 105.9 KMJ.

Kristopher Greene (2019) is the enrollment services adviser and operations manager for University of California, Merced.

Amanda (Kiene) Hall (2013) is now digital fundraising specialist for the Fresno State Alumni Association.

Hannah Johnson McAbee is now director of philanthropy for the Central Valley Community Foundation.

Dante Marsh (2017), a standout cornerback for the Bulldogs football team from 1998-2000 who went on to play 11 years for the Canadian Football League’s BC Lions, earned a Master of Science degree from Concordia University in Chicago.

Liz Martinez (2019) is now recreation coordinator for Selma’s Recreation and Community Services.

Fabiola Ramirez Munoz (2016) is now a TV reporter at CBS 47 and KSEE 24 in Fresno.

Tanvi Jithendran (2013), a speech-language pathologist who treats patients recovering from stroke or trauma as well as those with dementia and swallowing difficulties, is now at Adventist Health in Hanford.

Sargon Kaninya (2013, '14) is now production manager for T. G. Schmeiser Co., Inc., a farm equipment company in Selma.

Ben Piffero (2010) is now teaching seventh-grade science at Computech Middle School in Fresno.

Kathleen Schock (2017), adjunct faculty at Fresno City College, is now host of news magazine program “Valley Edition” on Valley Public Radio FM89. The show airs at 9 a.m. Friday mornings with a rebroadcast at 7 p.m. and is also available as a podcast.

Corey Torres is now district manager for Tehachapi Valley Recreation and Park District.

Jenny Toste (2011) is now a Realtor with Realty Concepts, specializing in Valley residences and ag land, as well as mountain properties.

2020s

Gina Avalos (2020) was hired by KSBY 6, the NBC affiliate in San Luis Obispo.

When Gavin Baird (2014) became the first Fresno State student ever to earn the prestigious Marshall Scholarship to study in the United Kingdom, he represented his beloved University alongside students from some of the most respected schools in the world. Now a legal analyst for Google, Baird has started a grassroots effort to mentor other Fresno State students from various majors interested in applying for prestigious scholarships and graduate schools, sharing with them tips he learned along the way. Three students he recently mentored include Micah Olivas, who you can read about on Page 24; Danielle Richman, who earned the Dean’s Medal for the College of Social Sciences; and Demi Wack, who served as student body president in 2018-19.

Visit fresnostate.edu/magazine for full stories on Gavin Baird and Danielle Richman, a Rhodes Scholar finalist who he mentored.
IN MEMORIAM

‘For thee, our hopes and memories’

Lois AmRhein (1949), Dec. 4, Aptos.
Susan H. Baggett (1989), Dec. 21, Santa Rosa.
Kenneth L. Beinhorn (1957), Jan. 1, Hanford.
Wendell Bell (1948), Nov. 3.
Elise G. Blodgett (1958), Dec. 9, Fresno.
Clarence A. Borba Jr. (1942), Nov. 26, Sanger.
Sharen Lynn Rose Christensen (1960), Jan. 18, Selma.
Truman “Tex” Clevenger, Aug. 24, Visalia.
Dorothy Curwick (1969), Nov. 19, Torrance.
Michael E. Ducey (1972), March 19, Tullock.
Joseph S. Enos, March 10, Atwater.
Ian E. Erickson (1953, ’58), Nov. 9, Morro Bay.
Anidelle (Tomlinson Hershewon) Flint, Dec. 21, Orangevale.
Warren H. Fox (1959), July 9, Santa Ana.
Timothy Gates (1973), Nov. 29, Madera.
William B. George (1959), March 11, San Jose.
Francis “Frank” Goggin Jr. (1954), Sept. 13, Myrtle Beach, S.C.
Roger J. Graham (1963), Aug. 25.
Joan Marie (Peres) Hansen (1965), Dec. 18, Hamilton.
Patricia Hayes (1922, ’44), Oct. 2, Grants Pass, OR.
Karen L. (Kelleher) Hiller (1968), Nov. 7, Merced.
LaVaughn Loree Holland (1959), Sept. 9, Bakersfield.
Margaret Hudson (1990), Feb. 2, Fresno.
Velma J. Hughes (1972), Nov. 18, Coalinga.
Raymond B. Jackson (1968), Jan. 9, Fresno.
Marilyn R. Janzen (1981), Dec. 6, Santa Maria.
Betty A. Jensen (1951), Feb. 1, Los Gatos.
Roxie Haydostian Jizmejian (1954), Dec. 7, Clovis.
Katharyn “Kasey” E. Jones (1975), Sept. 27.
Norma M. Kerner (1952), Dec. 15, Carlsbad.
John Kidd (1963), Feb., Taft.
Julie M. Kindrick (1922), Aug. 24, Tehachapi.
Carl T. Klenk (1958), Sept. 7, Livermore.
Everett H. Krippner (1960), Dec. 7, Clovis.
William Van Landingham (1972), March 2.
Pearl N. Lion (1951), Jan. 5, Fresno.
Nancy Hubbart Loder (1961), Dec. 9, San Rafael.
Edward A. Manning (1965), Jan. 18, Aptos.
Evelyn Masi Aimer (1946), Nov. 3, Pleasant Hill.
Leroy Mims (1946), Feb. 3, Moraga.
Steven J. Ohanesian, March 8, Fresno.
Anne Power (1953), Jan. 2, Livermore.
Donald R. Randall (1984), Sept. 30, Hutchinson, MN.
Melvin A. Regli Jr. (1976), Aug. 23, Kailua-Kona, HI.
Aancel Robinson (1955), Sept. 12, Fresno.
Donald E. Rose (1958), Nov. 27, Fresno.
Barbara M. Sabovich (1946), Dec. 31, Bakersfield.
Terry O. Sadler (1956), Feb. 2, Fresno.
Delbert D. Sanford (1997), Feb. 1, Bakersfield.
Margaret M. Schoettler (1949), Sept. 11, Visalia.
Stephen Shelley (1999), Feb. 8, Fresno.
Floyd E. Slocum (1954), Jan. 2.
James Stephenson (1920), March 16, Selma.
Sean Tucker (1994), Sept. 25, Bakersfield.
Joseph J. Wallace (2009), Aug. 20, Ahwahnee.
Mervin B. Whealy (1961), March 11, Bakersfield.
Glenn B. Wheeler (1952), Dec. 24, McKinney, TX.
Patricia A. Witt (1955), March 21, Porterville.
David Woodman (1962), Sept. 27, Sacramento.
Frank J. Zarzana (1958), Feb. 11, Bakersfield.
Mary Louise Zuanich, Jan. 25, Santa Paula.
Dear Reader,

We are a bold community of alumni and friends that takes care of each other.

Reassuring students that some of their most basic needs can be met during this challenging time is a high priority for Fresno State. Many of our students are experiencing hardships they never imagined, and our campus efforts are hyper-focused on ensuring pathways to success.

Today, I am asking those of you who can to boldly donate to the Student Success Fund.

Your gift will help strengthen student success by supporting initiatives such as food and hygiene items, internet hotspots to access virtual classes and campus resources (like health and counseling services) from home, and funding for unanticipated student emergencies.

A generous donation from you will offer relief and peace of mind, enabling Fresno State students to stay focused on their academic achievements.

This is an unparalleled opportunity for the greater Bulldog community to rally in support of our future leaders.

Join me to make a tangible impact on thousands of students’ lives and demonstrate how Bulldogs boldly band together to care for one another.

P.S. Donating today will provide essential support to the Fresno State Student Success Fund. Your gift truly makes a difference. Thank you!

Sincerely,

Joseph I. Castro, Ph.D., M.P.P.
President

Yes! I am proud to support the Fresno State Student Success Fund.

Amount: $__________________________

Name:________________________________________

Address:________________________________________

City, State, Zip:________________________________________

Phone:________________________________________

Credit Card #:________________________________________

Email:________________________________________

Signature:________________________________________

☐ Please keep my gift anonymous.
☐ Please contact me about adding Fresno State to my will.

Check enclosed, payable to: Fresno State Foundation

Charge my credit card:
☐ VISA ☐ MasterCard ☐ AMEX ☐ Discover

Exp. Date:__________________________

Date:__________________________

APEAL CODE: 20D47
To learn more about the Lynda and Stewart Resnick Student Union visit fresnostate.edu/rsu
Breaking Ground

While the necessary move to virtual instruction has left our campus feeling empty without most students, faculty and staff physically on site, construction continues on the Lynda and Stewart Resnick Student Union—a project that will transform campus life for generations.

Hundreds were on hand for the Feb. 20 groundbreaking, and work to prepare the site has continued full speed ahead ever since, thanks to a $10 million investment from philanthropists and entrepreneurs Lynda and Stewart Resnick, owners of The Wonderful Company.

Fresno State students took bold action in a March 2018 vote with 67% of voters approving student funding through fees for the new facility. The students will begin paying the fee when the facility opens—as soon as fall 2021.

“The Resnick Student Union will forever represent the power of the student voice. Students identified a need and took a bold step to make change. They worked tirelessly to ensure that future generations would have access to the resources they deserve and that is exactly what this building will provide.”

— Lauryn Flores, University Student Union board chair
Introducing the Alumni Vintners Wine Club

Fresno State is proud of our many alumni who have become award-winning winemakers. Join the Alumni Vintners Wine Club and receive a bottle from a different alumni winery in each shipment.

Chateau Montelena – October 2020
Toca Madera – February 2021

Future wineries will also include:
Amador Cellars
Engelmann Cellars
Clover Hill

Learn more at https://store.fresnostatewinery.com