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# Have Fun Dancing & Get Fit

Photo by Victoria Sanchez



By Richard Manly

**T**rack stars with five-minute miles may earn athletic glory and professional dancers may get Hollywood glamour, but both can burn the same amount of calories.

"Dancing can be as energetic and athletic as anything you've ever done," said Kinesiology's Phil Martin, who not only has taught at the university every semester since 1983, but he also acquired a master's degree from CSULB in 1977. "It is possible for dancers to burn calories at a faster rate than someone running a five-minute mile." Martin teaches social dance at CSULB and has created 17 videos on how to dance and keep fit. Currently, he's working on a 15-year study of dance as exercise involving 5,000 students.

"People who do social dances such as the cha-cha, swing and polka normally burn between 318 and 655 calories per hour," Martin explained. "There are those who have burned more than 1,200 calories in an hour while participating in my studies. That latter figure is higher than the calorie-burning rate of a man running a five-minute mile."

Getting into the proper frame of mind is important. "You can

get into your aerobic exercise benefit zone quite easily by doing a variety of dances such as the cha-cha, the polka, swing or salsa," he said. "Faster waltzes, country line dances and international folk dances can easily raise your heart rate to aerobic benefit levels. But dance has a secret weapon over the five-minute mile. It's fun.

"People don't realize they are exercising," Martin continued. "They socialize while they react to the music. They can often dance for hours without really noticing they're exercising."

As in life, timing is everything. "You need to stay in your exercise benefit zone for 20 minutes to an hour for a workout," he said. "You can build up to 20-30 minutes of exercise easily. Dancing for 10 minutes or so several times during a day can add up to a good aerobic workout. A night out dancing can result in hours of aerobic exercise. The great thing about dancing is that even a few minutes of it combined with good music and socialization can improve your mood and your health."

Dance has a place in just about anyone's fitness regimen. "I've had students ranging from age 4 to 84 in my classes," he said. "One thing about dancing is that

it can help you forget your aches and pains. We all love music and we all love to socialize."

As opposed to the let-it-all-hang-out 1960s, the cha-cha and samba are step dances that need practice. But there are advantages.

"Dancing offers a variety of motion," he said. "You use different muscles. You are not as likely to overuse a particular joint as in running. Different steps keep dancers energized avoiding monotony and resulting in frequent participation. People can keep learning different steps for the rest of their lives and always have a variety to choose from."

Martin's average social dance class numbers around 45. More than 300 students take his classes each semester.

"I've seen students go from those who never danced to teaching friends how to dance at weddings," he said. "That's the thing about dance. It makes you happier. Not only can that strengthen your immune system, but it helps you deal better with stress. It can help you perform better academically as well. I've talked to counselors who had students who were ready to quit school until they took a dance class and suddenly found themselves leading the campus in

an event. Dance is something that is so enjoyable for many that it becomes a life-long mood enhancer."

Dancing for fun and fitness can be a life-changing experience.

"Some students of mine that graduated years ago still get together for the semester-end class dance, other dance outings, the holidays, and during rough times as well," he said. "I've seen students that met in social dance class as freshmen still studying together years later as they pursued master's degrees. Other students say they attended CSULB for years getting to know hardly anyone until they took a social dance class. Everyone has their own physical activities that they like to do but if you haven't tried dancing you may be overlooking the most fun fitness activity of all. It combines music, socialization and exercise all in one plus a little touch of glamour. I say give it a try. One of my students chose to come to dance class rather than using World Series tickets. A student's spouse liked it so much that he gave up being a couch potato for dancing every night. This is definitely something people can get hooked on. It could result in a lifetime of fun, fitness and friendships."

# 2006 Service Awards

## 10 Years

ROW 1 – Nguyet Levan, Susan Goldman, Hemanthi Gunatilake, James Bowers, Lorinda Owens, Sofia Alonzo, Kevin Nguyen, Antoinette Walsh, Marla Hernandez, Judy Jankowski.

ROW 2 – Julie Thorpe, Clarence C.K. Fong, Joan Simmons, Michael Cochran, Stephanie Rios, Linda Pham, Matthew Pogue.

Not Pictured – Babu Abraham, Keya Allen, Debra Cannon-Rath, Sylvania Cicero, Lucia Correa, Kevin Daniels, Cheryl Fujii, Gabriel Gomez, Ellie Johnson, Kenneth Kivett, Huy Nguyen, Harrelson Notah, Shari Shrewsbury, Phyllis Simon, Steve Turley, Teodora Vicencio, Michelle Weber, Ronald Wilhelm, Phillip Zamora.

# 10



# 15

## 15 Years

ROW 1 – Jane Fujii, Inagama Tarigan, Herbert Sutherland III, Rosario Villa, Pamela Robbart, Donna Hilpert, Jan Condou, Jean Houck.

ROW 2 – Theresa McCrimmon, Kate Gillon, Lisa Behrendt, Thomas Douglass, Victoria Munda, Anna Behar-Russell, Debbie Hildreth-Pisarcik.

ROW 3 – Keith Nixon, Michele Mumm, Brian McKinnon, Duan Jackson, Christa Johnson.

Not Pictured – Kathy Allison, Libbey Azevedo, William Boylan, Phil Buford, Margaret Costello, Carolyn Dersch, Alicia Diaz, Nancy Evans, Cynthia Farrington, Ramon Gomez, William Grissom, Betty Harris, Joann Haworth, Penelope Houston, Michael Lacourse, Morgen Laffie, Robert Lara, Carmen Maddan, Lily Monji, Rodney Pau, Laxmi Ramnani, Elvia Sandoval, Fernando Solorzano, Steve Vasquez, Penni Wells, Julieta Willams.

## 20 Years

ROW 1 – Janet Romain, Candie Sagehorn, Mark Gilmore, Rita Hayes, Vivian Barrera, Jo Anna Aubel, Pamela Muilenburg, Volkan Gunal, John Powell.

ROW 2 – Maryanne Bowley, Georganne Sparks, Karen Taylor, Corey Holst, Gary Wen Tai Chen, Rosalinda O'Brien, Marie Hill, Cheryl Perkins.

Not Pictured – Deborah Lynn Andelin, Larry Brozee, Lou Caron, Sylvia Craig, Viola Cumiford, Ronnie Lynn Damico Cole, Madonna Gage, Brian Gimmillaro, Frances Gray, Elizabeth Hart, Kris Howe, Jeffrey Mellon, Angela Rambo, Marcella Ramirez, Kathleen Rice, Kenneth Saxton, Donna Thomas, Minh Tran, Tung Trinh.



# 20



## 25 Years

ROW 1 – Michael Mahoney, Jeanne O'Dell-Gibson, Cathrine Lewis Ida, Nancy Karnofel, Irma Corona-Nieto.

ROW 2 – Richard Johnson, Robert Rodgers, Kay Belletti, Laura Stone, Anthony Dumas.

Not Pictured – Louis Brancato, Lisa de la Loza, Roberto Escalante, Marcia Kadota, Laura Kingsford, Elizabeth Labrador, Solomon Martin, Sandra Monaco, Jesse Powell, Diane Roe, Eric Ruskin, Gilbert Tainatongo, Karen Takasugi.

# 25

## 30 Years

ROW 1 – Russell Tompkins, Donald Taylor, Steven Wood, Daniel Kolano, Kalameli Molio'o, Marybelle Munoz, Robert Norman.

ROW 2 – Donise Knight, Irene Wood, Mark Abel, Kathie Gray, Barbara Holden, Patrick Farrell, Scott Charmack

ROW 3 – Brenda Sykes, Robert Quirk, Jackie Jempson

Not Pictured: Maggie Elias, Wayne Phillips.



# 30



# 35

## 35 Years

Marie Burks

Not Pictured – Ronald Lee.



# 40

## 40 Years

Dixie Grimmett



Colleen Ryan

## COTA's Ryan Honored

Colleen Ryan, a member of the university since 1999, was recognized recently as employee of the month by her peers in the College of the Arts (COTA). A special ceremony was held on Friendship Walk near the University Student Union, which was renamed Colleen Ryan Lane for the month.

President F. King Alexander cheered Ryan's selection and praised her unfailingly professional attitude and extraordinary help in seeing that both on- and off-campus individuals and organizations have pleasant and successful events on campus. "She is practically a perfect staff member," he said.

Ryan was honored to be named employee of the month. "That's especially true because the staff of the College of the Arts is so dedicated, loyal, highly trained and professional," she said. "So to be singled out is quite an honor."

Ryan's campus connection goes beyond the elementary teaching credential she recently received from CSULB. She was encouraged to apply for a position at CSULB by her mother, Anne Bykerk-Plante, an administrative coordinator for Professional Studies and a 30-year member of the university, and by her aunt Maureen Bykerk, an instructional support technician in the Nursing Department for 22 years. Her 3-year-old son Jack attends the Department of Family and Consumer Sciences' child care center.

Ryan comes to CSULB from a career at the Cerritos Center for the Performing Arts. "One of the things I'm proudest of since joining the university is being part of the college's growth," she said. Her responsibilities as facilities manager include managing both the Gerald R. Daniel Recital Hall and the University Theatre.

"The theaters I manage used to have a number of dark days but

now they are almost never dark," she explained. "The University Theatre is used as a lecture hall every day during the week and has seen increased use from student events such as guest lectures, panel discussions and talent shows. Community groups also use the space for events. The Daniel hosts more than 200 events every year. This is all very challenging and exciting."

She also serves as the liaison between the College of the Arts and Physical Planning / Facilities Management to deal with construction and maintenance projects. She points with pride to her participation in the recent Art Department renovation. "I did all the equipment ordering and attended my share of construction meetings," she said. "I worked closely with former Art Department Chair Jay Kvpil, who was tireless during the project. I learned a lot about the construction process."

When she isn't busy on campus, Ryan is involved with the Arthritis Foundation as a response to her 8-year-old daughter Caitlin's diagnosis of juvenile rheumatoid arthritis. She recently served as co-chair of the Orange County Arthritis Walk that sought as its goal \$187,000 for arthritis research and to fund a camp for kids.

"It was a fantastic choice to join CSULB," she said. "This is a great community and I have received endless support from the people I work with. It's great to stay in touch with academia and with the students, the faculty and all their creativity."

Ryan received several gifts along with her recognition including a CSULB sweatshirt, a Sunday brunch for two on the Queen Mary, two admissions to Laguna Beach's Festival of Arts, a \$10 gift certificate to Dale's Diner, one full-service diamond finish car wash at the Circle Marina Hand Car Wash and a coupon for a free Whopper from Burger King.

# CALENDAR



## July 7 - 8

University Art Museum Summer 2006 Film Series: 12 p.m. - German Expressionist Film "The Golem: how he came into the world" directed by Paul Wegener and Carl Boese; preceded by the short film "Kathe Kollwitz" directed by Herbert Apelt; 2:30 p.m. - Photography Film "The Hungry Eye: Walker Evans;" preceded by the short film "Lip" by Tracey Moffatt and Gary Hillberg. For information, call 562/985-5761.

## July 8 - 23

Musical Theatre West presents "Anything Goes," Carpenter Performing Arts Center. For information/tickets, call 562/856-1999.

## Tuesday, July 11

UAM @ noon: Gallery talk with Sarah G. Vinci, curator of Multiple Exposures: Highlights from CSULB Special Collections, 12:15-1 p.m., University Art Museum. For information, call 562/985-5761.

## Wednesday, July 12

Staff Council presents Campus Tours & Lunch 'n Learn: Frog's Club One Tour. (take a tour of the facility and learn more about its services), noon-1 p.m.; Frog's Club One (entrance on south side of The Walter Pyramid). Limit: 40 people. For information/to register, contact Nancy Green at 562/985-7854.

## July 14 - July 15

University Art Museum Summer 2006 Film Series: 12 p.m. - German Expressionist Film "Nosferatu, A Symphony of Horrors" directed by F. W. Murnau; preceded by the short film "Kathe Kollwitz" directed by Herbert Apelt; 2:30 p.m. - Photography Film "Man Ray: Prophet of the Avant-Garde" directed by Mel Stuart; preceded by the short film "Lip" by Tracey Moffatt and Gary Hillberg. For information, call 562/985-5761.

## Saturday, July 15

Concerts in the Grove: Elm Street Band performs vintage Top 40 and popular tunes from the 1940s through the 1970s. Gates open at 6 p.m., concert begins at 7:30 p.m., Soroptimist House Terrace. For information/tickets, call 562/985-5252.

## Sunday, July 16

Origami Festival, noon-4 p.m., Japanese Garden. For information, call 562/985-8420.

## July 21 - 22

University Art Museum Summer 2006 Film Series: 12 p.m. - German Expressionist Film "Warning Shadows" ("Schatten") directed by Arthur Robison; preceded by the short film "Kathe Kollwitz" directed by Herbert Apelt; 2:30 p.m. - Photography Film "Portrait of Imogen," a film by Meg Partridge; preceded by the short film "Lip" by

Tracey Moffatt and Gary Hillberg. For information, call 562/985-5761.

## July 28 - July 29

University Art Museum Summer 2006 Film Series: 12 p.m. - German Expressionist Film "Metropolis" directed by Fritz Lang; preceded by the short film "Kathe Kollwitz" directed by Herbert Apelt; 2:30 p.m. - Photography Film "The Photographer," a film by Willard Van Dyke; preceded by the short film "Lip" by Tracey Moffatt and Gary Hillberg. For information, call 562/985-5761.

## Saturday, July 29

Concerts in the Grove: Tommy Tassi And The Authentics perform popular hits from the 1950s, 1960s and 1970s. Gates open at 6 p.m., concert begins at 7:30 p.m., Soroptimist House Terrace. For information/tickets, call 562/985-5252.



The most up-to-date schedule of CSULB events can be found at [www.csulb.edu/insidesculb](http://www.csulb.edu/insidesculb)



## WHO'S INSIDE



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