Happy holidays, and welcome to the new PsychLinks Newsletter. As you read this newsletter, you’ll see that there have been some significant changes this year in the psychology department. One obvious change is the electronic nature of this newsletter. To reduce waste from mis-delivered newsletters, we chose to send a postcard with the invitation to download this file. You may print this if you like, or ask us to send you a copy in the mail. We hope you enjoy catching up with us and our myriad changes.

Speaking of changes, in addition to electing a new chair (that would be me) we hired three new faculty members to join us this fall: Dr. Michael Ennis in biopsychology, Dr. David Hibbard in developmental, and Dr. Martin van den Berg in the area of cognition. We also saw some faculty begin their full retirement: Dr. Joyce Norman and Dr. Denise Worth have left us after many years of service. On a sadder note, my immediate predecessor as department chair, Dr. Paul Spear, passed away shortly after stepping down from his position of leadership in our department. You will find an obituary on page 2;

Paul will be greatly missed. An endowed scholarship has been established in his name.

This has been a busy semester for us. We have started regular (and more spontaneous) research symposia. Since the start of the term, we’ve had six of these symposia, highlighting some of our own faculty, along with Dr. Jose Nanez who earned his BA (1979) and MS (1982) at CSU, Chico, and Dr. Susan Narciss, an international scholar on feedback in online learning. Student response to these is so high that most times we’ve had more students wishing to attend than our rooms in Modoc Hall could handle! Providing snacks at the events may have helped with attendance.

We hope to expand the symposium offerings next semester, and I want to acknowledge the value of donor support in making this happen. Those of you who have given to the department in the past have helped us to host these events, and provided some travel assistance to students attending and sometimes presenting at regional and national conferences. Your support contributes to the legacy and prestige of our department and university, and helps us to provide tools for faculty to provide unique educational experiences for our students. Please consider making a gift to our Excellence in Psychology fund or to one of our scholarships. See page 12 to do so!
In Memoriam: Long-time Psychology Professor and Former Chair

Paul Spear, longtime psychology professor and former chair of the Academic Senate, died Saturday, Aug. 4, while visiting family in New York. According to family and colleagues, Paul suffered an apparent heart attack, was taken to a hospital and underwent surgery, though he did not recover.

Paul came to CSU, Chico in 1970 after working two years as an assistant professor at San Diego State. He earned his PhD in psychology with a specialization in developmental psychology in 1968 from the University of Denver.

Along with teaching undergraduate and graduate courses in developmental psychology, Paul was a vital participant in his department, serving on the Child Development Program Committee for 33 years, on numerous thesis committees, and on recruitment, personnel, and faculty merit increase committees. For the past nine years, Paul was chair of the psychology department, stepping down this past May.

Paul had been involved in the Academic Senate since 1978, serving two terms as senate chair and participating on key standing committees, including chairing the Faculty Policy Committee for three terms. From 1984 to 1999, he served as a statewide academic senator. During his tenure on the statewide senate, he was chair of the Task Force on Intellectual Property and Fair Use and was a joint author of Intellectual Property, Fair Use, and the Unbundling of Ownership Rights.

In recognition of his service to campus, the CSU and the community, Paul received the University’s Outstanding Service Award for 2003–2004.

Gayle Hutchinson, dean of the College of Behavioral and Social Sciences, said, “I’m deeply saddened to learn that Paul passed away over the weekend. He was a dear friend, colleague and mentor. I’ve known Paul for a long time and worked with him in Academic Senate, EPPC and an occasional ad hoc committee. I loved that Paul loved the arts, music and theatre and that he had an infectious sense of humor. I also loved that Paul was passionate about student learning and the importance of higher education. He always reminded us to keep the students in the forefront of our thinking and remember that we are here to serve them well. It is a sad day indeed.”

He is survived by his partner, Michael Rowe; daughter, Kimiko Bostwick; son, Paul Armstrong Spear; and six grandchildren.

"A failure is not always a mistake, it may simply be the best one can do under the circumstances. The real mistake is to stop trying."
- B.F. Skinner

A scholarship fund in Paul Spear’s memory has been established. Checks can be made payable to the Paul Spear Memorial Scholarship and sent to: University Advancement; CSU, Chico; Chico, CA 95929-0155
Professor Penelope Kuhn joined the faculty in 2002 after receiving her PhD in neuroscience from Georgetown University in Washington, D.C. Her research focuses on brain and spinal cord injury, repair, and restoration of function. This year Penelope was promoted to associate professor. Her early research involved the transplantation of stem cells and application of growth factors to enhance sprouting and regeneration after injury. Since coming to Chico, her work has evolved into investigating the injury process itself. The recent Nobel Prize in Physiology of Medicine was recently awarded to the scientists who originated the technique of creating genetically-engineered mice. Penelope uses these animals to investigate the role of specific receptors in the injury process. These “knockout” mice are missing a specific receptor, called p75, that is expressed by axons and by oligodendrocytes during development. This receptor is not present in the normal adult, but is re-expressed, or returns, after injury or during diseases like Alzheimer’s, multiple sclerosis, or after a stroke. The aim of this research is to determine which receptors are signaling “death” and then block their activity. Both undergraduates and graduate students play a pivotal role in her research. Penelope recruits students from her classes in biological psychology, neuroscience, and psychopharmacology. She runs a very active lab, with experiments running through summers. Each year lab members publish and present their findings at the annual Society for Neuroscience conference, in addition to the College of Behavioral and Social Sciences Student Research Symposium. Penelope’s teaching, research, and community involvement in Brain Awareness Week, the Brain Injury Coalition, and a variety of invited lectures earned her early tenure in 2007.

I came to teach here, on a temporary assignment, in 1973. For the following several years, I worked part-time both for the psychology department and the Counseling Center, and eventually joined the faculty full-time. I became a licensed psychologist in 1983 and maintained a small private practice until 2001. I was privileged to work with excellent groups of graduate students committed to public service in school psychology or counseling. The processes of watching young people develop into professionals and facilitating their growth—and eventually watching long careers unfold—were truly rewarding to me. However, after 34 years it was time to slow down and do some different things.

Since my full retirement in the spring of 2007 (after three years teaching only spring semesters), I have not slowed down a lot, but know that takes time. I have traveled within the US quite a lot, including family gatherings in Hawaii, Pt. Reyes, and upcoming in Pleasanton, and helping out Pacific Crest Trail hiker daughter Katie. My husband Chuck is newly retired this summer also, and after retrieving our daughter from the Canadian border, we traveled this fall to New England to tour the countryside and see several old friends.

In the future, I hope to take better care of my garden and play as much tennis as my arm and shoulder will allow, along with backpacking and travel. I also hope to do some international volunteer work serving children overseas. Whatever else the future might include, I still haven’t had time to think about!
The Department of Psychology is delighted to welcome two Fulbright students who have elected to earn their master’s degrees with us. For 50 years, American students, scholars, and teachers have gone abroad for academic programs, and foreign students have studied, taught, or researched in the United States under the auspices of the Fulbright Program.

Julia Pivovarova is from Barnaul, Western Siberia. She is currently enrolled in the MFT graduate program. Julia completed secondary school in 2001 and was determined to become a psychologist like her mother. Additionally, Julia was interested in psychology because it is a relatively new science in Russia, which provides her with many opportunities to develop theoretical and practical aspects of her discipline. She attended Barnaul State Pedagogical University, where she majored in psychology. In June 2006 she received her master’s degree in counseling with an emphasis on coping therapy, which focuses on working with children and adolescents in stressful situations. Julia noted that “this generation is equally capable of either destroying national culture and values or building a psychologically healthy and spiritually developed society.” Julia’s goal is to contribute to this healthy development. When she returns home she will share and implement the knowledge she has gained from her foreign colleagues. She also will teach at a university and complete her studies toward a PhD. Faculty and students at Chico State have benefited tremendously from Julia’s knowledge, experience, and insights.

A Fulbright team of 12 members recommends the best placement for each scholar. Julia’s team selected our MFT program because it builds on her previous expertise, and because of our program’s outstanding reputation. Only about 50 Russian students are granted Fulbright scholarships each year.

On a personal note, Julia enjoys spending her time with friends, traveling, doing yoga, dancing, and skiing in the winter.

Ottilia Klipsch is a psychology major and research scholar. She is visiting from the University of Koblenz-Landau, Germany. In Landau, Ottilia works voluntarily as a telephone advisor at a branch office of the National Society for the Prevention of Cruelty to Children. After winning the first student research conference that had taken place in Landau she was asked to become a first-year students’ tutor of research methods. Within this period of time research methods had an impact on her and varied her way of thinking. In Chico, she is engaging in an investigation on critical thinking with Professor Schwartz as a part of his International Research Collaborative Program with Professor Schnitz in Germany. Ottilia’s academic interests lie within the branch of cognitive as well as clinical psychology. She seeks to apply for a doctoral program after receiving her diploma in Germany.

"Anyone who has never made a mistake has never tried anything new."

- Albert Einstein
**New Faces**

**Professor Martin van den Berg**
was born in The Netherlands, where he completed his undergraduate education and received his Master's degree in psychology at Leiden University. He came to the United States to attend graduate school at the University of Virginia, where he obtained his PhD in cognitive psychology. Before coming to CSU, Chico he taught a variety of classes at James Madison University in Virginia. Martin will be teaching classes in the area of cognitive psychology and will be doing research in perception, cognition, and synesthesia.

**Professor Michael Ennis**
received his PhD from the University of California, Davis in 2006 in biological psychology. His most recent publication in *Behavioral Neuroscience* examined the role of the orbitofrontal cortex in inhibiting rodents' sympathetic "fight or flight" response. Ultimately this research may help in understanding anxiety disorders. Michael is currently an assistant professor at California State University, Chico.

**Professor Dave Hibbard**
received his PhD in developmental psychology from the University of Texas at Dallas. His general developmental focus is adolescent and young adult social development (e.g., peer relationships, friendships, personality traits). He has conducted research on the development and influence of competitiveness on adolescent development, gender differences in social interaction styles, and he is currently examining the development of perfectionism in children, adolescents, and young adults.

**Kelly Simons** is the newest staff member in the Department of Psychology. She brings with her seventeen years of extensive office experience in dealing with a diverse population in a very busy work environment with a variety of clerical, receptionist, and office administrative duties. Kelly maintains a positive, friendly, and professional manner with the public, faculty, and staff, using excellent communication skills. Also, we have found that Kelly is quite organized and uses those skills to arrange the office to make it more efficient.

Kelly is responsible for providing support for our graduate psychology programs. She works closely with the Master’s Graduate Committee and the Graduate Coordinator to manage over 100 current Master’s student files and maintain the admission process and data for 100 new graduate applicants each spring.
Scott Reed enrolled at California State University, Chico, in the fall of 2000 where he began his undergraduate work in psychology. He graduated with a BA in psychology, including honors in the major and a summa cum laude conferral. His proclivity to advance his academic studies in psychology was evident when, in 2003, he was admitted into the psychological sciences graduate program at California State University, Chico. While his interests in psychology encompassed a breadth of topics, he became most interested in cognitive and evolutionary psychology. Working closely under the mentorship of Professor Edward Vela, his master’s thesis investigated the effect of microexpression training on lie detection rates in neutral and emotionally masked facial expressions. He was awarded his MA in psychology the summer of 2005, and in addition to becoming a finalist for Outstanding Thesis of the Year, his research was selected to be presented at the 2006 Statewide Student Research Competition at CSU, Channel Islands. In the fall of 2005, Scott was hired by the department of psychology as a part-time instructor. In addition to teaching full course loads in introductory psychology, research methods, and learning and memory, he is also an undergraduate advisor, a member of the student assessment committee, and is currently conducting research on emotion and deception, with plans to submit it for publication in the spring of next year. As an alumnus of CSU, Chico Scott has made a transition from sitting in the back of the class as a student to standing in the front as an instructor. He is most grateful that he has the opportunity to inspire his students with the same quality of instruction that he had received in the years before.

Traveling Student: Jeff Yarch

From June of 2006 until July of 2007 my time was given to probing and absorbing the cultures of South Asia. The impetus for this journey included an intrinsic curiosity towards Eastern thought, the allure of a distinctive culture, and two semesters study in the burgeoning city of Bangalore, India. My courses of study included: Ancient Indian History, History of West Asia, Indian Cooking, Community and Counseling Psychology, Indian Sociology, and Hindi. A unique perk that comes with taking courses in India is having a Buddhist professor for counseling psychology. Some of my fondest memories are derived from the weekly one-hour sessions I was granted to personally discuss matters of interest with my professors.

My travels throughout India involved train, bus, jeep, car, rickshaw, scooter, bicycle, camel, and handcrafted 150 rupee sandals. But perhaps the most stimulating method of observation was via motorcycle and the 350cc Royal Enfield Bullet that carried me and my tent 4000km the length of India into Nepal. The majority of my summer was set in the serene town of Pokhara with its relativity inducing Annapurna Himalayan backdrop. The contrasting city of Kathmandu was good sensory preparation for the journey home to come. But before leaving I spent time in the pensive environment of Lumbini, birth place of the Buddha. After 14 months away, my wanderlust was finally satiated...for now.

Although months have passed since this time, India is still alive in my mind as I continue to work on data collected for a cross cultural research project that will engender my commencement at CSU, Chico. The East and West have many things to learn from each other. It is my hope that a small part of this was accomplished throughout my stay.
Are people capable of acting selflessly for the good of others? Or is there always some sort of self-interested motive lurking in the background of seemingly altruistic acts? Does altruism exist? Or does the idea of purely unselfish behavior fly in the face of the facts of human nature and psychology? Even if altruism were possible for human beings, would it follow that we should try to be more altruistic than we presently are?

In their new book, *The Altruistic Species* (published by the Templeton Foundation Press), psychology Professor Dan Worthen and religious studies Professor Andrew Flescher examine these questions, drawing on evidence and arguments from a variety of disciplines, including biology, psychology, philosophy, and religious studies.

Worthen and Flescher argue forcefully that altruism is a genuine and pervasive human phenomenon. In dismantling the position known as psychological egoism (which claims that altruism doesn’t exist because all human actions are ultimately motivated by self-interest), Worthen and Flescher show that certain hypothesized self-interested motives actually presuppose the altruistic motives that they are supposed to supplant. In essence, what this means is that altruism and self-interest are not polar opposites after all.

As Worthen explains, “Cynics will point out that helping someone less fortunate results in good feelings for the helper. So they claim that the good feeling—the ‘warm fuzzy,’ if you will—is the true motivation. But that doesn’t seem satisfactory, because it leaves you wondering why helping someone should make you feel good if you didn’t actually care about the welfare of the other person in the first place. You have to have real feelings of compassion and caring to start with in order to be able to obtain pleasure from helping others. So altruism is real. The fact that most people report that it feels good to help someone else should actually be taken as evidence in support of altruism.

As part of their effort to establish the reality of altruism, Worthen and Flescher examine the evolutionary forces underlying human capacities for benevolent emotions such as sympathy, compassion, and love. While this analysis indicates that altruistic capacities are natural and normal parts of human psychology, it also reveals certain limits on our altruistic tendencies. “Apart from a few unusual individuals, people will tend to direct their altruistic impulses toward select targets—those we call ‘the near and the dear,’” Worthen says. “This raises a couple of important questions. First, what’s different about those rare individuals who don’t demonstrate that sort of partiality? And second, should the rest of us try to emulate those individuals? Our answer to that question is yes. Now, some will criticize us for this on the basis that we are committing the philosophical error of attempting to derive ethics from the facts of nature, but that’s not really what we’re doing. We’re just trying to show that altruism is a central ingredient for human flourishing.”

The book has received some very positive reviews. Boston College theologian Stephen Pope wrote, “*The Altruistic Species* provides an intelligent way out of the sterile egoism-altruism debate that so often mars contemporary ethics. It will be read by every serious scholar of moral psychology, social ethics, and virtue theory, and it ought to be read by anyone who is seriously concerned about living the ethically good life.” Stephen Post, president of the Institute for Research on Unlimited Love wrote, “Every once in a while, a book comes along that is an instant classic. Flescher and Worthen team up to produce a book that brings more insight to their topic than any other book available. There is no better example of deep dialogue between science, philosophy and religious ethics than this masterpiece. All future work in this field will have to engage *The Altruistic Species*.”
In *My Fair Lady*, Eliza Doolittle’s father, Alfred P. Doolittle, sings “Get Me to The Church on Time”. A large number of psychology department alums...have successfully sung this song in recent months. We learned the meaning of the lyric “June is busting out all over” when four of the graduates married in June. Both alums Kristen Cowan and Ryan Gulbrandsen married on June 9. Kristen is presently working at Corporate GAP in San Francisco. She married Ryan McNeish of Pennsylvania. Ryan Gulbrandsen married Megan Garrett in Chico. They reside in Chico, and he works for the Butte County Department of Mental Health-Prevention Unit. School psychology graduate Anne Marie Kampf (MA, 2007) works for the Colusa County Office of Education. She recently married law student Mike Halsey. Bernadine Kimball (BA, 2004) is living in Costa Mesa and working as a human resources manager for Home Depot. Her new husband is Michael Janke. Alum Paula Sapp (MS, 5/31/04), who works at North Valley Catholic Social Services, married Philip Stelle in September; they are living in Chico.

At commencement ceremonies, students often indicate that they are sad to leave Chico. We were happy to welcome back Michael Rodden (BA, 1996). After graduation, Michael took a job in law enforcement with the Salinas Police Department. He returned to Chico to take a job as a Chico police officer.

What kinds of interesting communal activities do you remember from your time on campus? Do you remember being an officer in Psi Chi? Did you participate in World Hunger Day? What did you do during Whole Earth week? Did you go to the Homecoming football game? Did you run for Sheriff or Little Nell? Our alums continue to do very interesting things after they leave campus. Brian Freeman (BA, 1967) has owned Freeman Insurance and Financial Service in Santa Rosa for the past 17 years. For the past 25 years, Brian has been doing karate. Parris Fast (BA, 1992; nee Broder) lives in Manteca where she is a tax associate and office manager for H and R Block. Angela Gold (BA, 1993; nee Spear) lives in Westlake Valley. For the past three years, she has been the vice president of overpayment operations for ACS Recovery Services.

When responding to surveys about their lives after graduation, most psychology majors say they use what they learned in their daily lives. Some graduates continue to focus on psychology in their professional lives. After obtaining his BA in 1973, James Dugan went on to obtain a doctorate. He is now a clinician in practice with the Harper Medical Group, Inc. in Sacramento. Diane Cannan obtained both her BA and MA in psychology. She is now the lead district psychologist for the Shasta Union High School District. Mary Kavanaugh is in her second year of the Counseling Program at the University of San Francisco. Her emphasis is in Marriage and Family Therapy. She is excited about her practicum and her apartment near Golden Gate Park. Ernesto De La Torre is working at Chevron. A recent project for his team was creating an employee survey on AIDS/HIV knowledge, awareness, and practices. He indicated that his classes in statistics and research design came in very handy.

Psychology professors have special crystal balls that allow them to see into the future. We know that great things are in store for our graduates. The only things that are surprises to us are the particular fields of endeavor. Edwin Diaz (BA, 1975) is now the superintendent of the Pasadena schools. His previous position was superintendent of the Gilroy schools. Joseph Galindo (BA, 1969) is the superintendent of the Riverbank Unified School District. He has been named the chair of the Equity, Achievement and Diversity for Success Committee of the Association of California School Administrators. In his “spare” time, he is working on his doctorate at the University of the Pacific.

Can you remember being ready to “retire” from CSU, Chico round about your junior year? That “retirement” was actually called graduation. Now some of our alums are retiring again—this time from the world of work. Darryl Yagi (MA, 1968) retired in June after 27 years at Casa Grande High School (Petaluma). He was a counselor; in 2002 he was inducted into the Counseling Hall of Fame at Stanford University. After receiving his MA in 1969, Gordon Robertson also went “back” to high school. He was a high school guidance counselor, and has retired to the Land of Ten Thousand Lakes (Minnesota).

We were saddened to hear of the passing of Maureen Harte Cooney (MA, 1972). She had served as the learning disabilities counselor at Shasta College for 25 years.

**From a recent graduate: Charlie Collins**

Hey Dr. Chatlosh,

I have GREAT news. I received a phone call from Dr. Deborah Salem, the graduate advisor at MSU and I have been offered a spot in the program. They were apparently very impressed with my application. She said they only accepted about five students this year. So I am very excited. It is nice to know that I have been accepted somewhere. I will not be so nervous now when I go to UCI. I am flying out to Michigan March 16-17 to meet with everyone, see the school, all of that stuff. I am very happy because MSU is three on my list. Anyway, thought I would give you the great news. Talk to you soon.

Charlie
Twelve talented undergraduate students completed the Honors in the Major in Psychology last year. Their research topics reflected fascinating, diverse interests. Erin Haley used an experimental design to investigate the effects of musical tempo on performance on the Stroop test. Amy Quarre also made use of the experimental design and explored the influence of placebos on cognitive performance. Three students explored aspects of mental and physical health. Kathleen Fischer investigated vulnerability factors for PTSD in soldiers and veterans. Lisa Warthan examined the effects of self-disclosure on physical health in ruminators and nonruminators. Becca Falkner studied the relationship between religiosity, risky lifestyle, stress and, health. Several students explored fascinating social psychological topics. Stephen Tomutsa examined the impact of disagreement on stereotype activation and use. Samantha Shifflett investigated the influence of the sports media on men’s body satisfaction. Jeremy Parsons enhanced our understanding of the effects of violent and nonviolent video games on aggressive cognition and attitudes toward helping behavior, while Sara Tindula explored the importance of resilience in relation to interpersonal perception and aggressive response. Important facets of college students’ lives were explored by several students. Katie O’Rourke examined the relationship between locus of control and relationship satisfaction. Jennifer Arnold studied the role of integrity in predicting absences among college students and Jan Salazar investigated cell phone use on the college campus. These exceptional students presented their projects at a university-wide colloquium in May.

Back row (left to right) Stephen Tomutsa, Samantha Shifflett, Erin Haley, Katie O’Rourke, Amy Quarre, Jan Salazar, and Jeremy Parsons.

Front row (left to right) Kathleen Fischer, Lisa Warthan, Professor Linda Kline, Jennifer Arnold, Becca Falkner, and Sara Tindula.
Donors: We are grateful to our alumni and friends who have contributed to our department activities and scholarships this year.

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Dr. Max Zurflueh
Jennifer Arnold  
Psychology Honors in the Major.

Shalea Bode  
Psychology Student of the Year, Honors in GE, and Cum Laude.

Norma Cabera  
Hugh M. Bell Memorial Scholarship.

Nicole Disney  
Cum Laude.

Melanie Falkner  
Psychology Honors in the Major.

Kathleen Fischer  
Psychology Honors in the Major.

Sarah Freeman  
Hugh M. Bell Memorial Scholarship.

Jessica Guthrie  
Magna Cum Laude.

Erin Haley  
Psychology Honors in the Major.

Aisha Kamala  
Peter C. Apostolakos Memorial Scholarship.

Alison King  
Magna Cum Laude.

Tawni Kramer  
Hugh M. Bell Memorial Scholarship.

Katherine Lane  
Edith Brask Memorial Scholarship.

Justin Laporte  
Cum Laude.

Nancy Leos de Thiele  
Hugh M. Bell Memorial Scholarship.

Deanna Moon  
Magna Cum Laude.

Katie O’Rourke  
Psychology Honors in the Major, Honors in GE, and Cum Laude.

Jeremy Parsons  
Psychology Honors in the Major.

Rebecca Powers  
Cum Laude.

Amy Quarre  
Psychology Honors in the Major.

Janice Salazar  
Psychology Honors in the Major.

Emma Schutz Fort  
Hugh M. Bell Memorial Scholarship.

Samantha E. Shifflett  
Psychology Honors in the Major.

Holly Shouse  
Peter C. Apostolakos Memorial Scholarship.

Nicholas Spangler  
Warren R. Coleman Memorial Scholarship.

Brandy Spaulding  
Summa Cum Laude.

Theodore Spencer  
Hugh M. Bell Memorial Scholarship.

Malissa Staton  
Hugh M. Bell Memorial Scholarship.

Lauren Thomas  
Magna Cum Laude.

Sara Tindula  
Psychology Outstanding Student in 2007, Psychology Honors in the Major, Honors in GE, and Summa Cum Laude.

Stephen Tomutsa  
Psychology Honors in the Major.

Lisa Warthan  
Psychology Honors in the Major and Cum Laude.

Laura Wilson  
Hugh M. Bell Memorial Scholarship and Soroptimist International of Bidwell Rancho Scholarship.
And the Picture?

Long-time faculty member, past department chair, counselor/clinical psychologist, and soon to be retiree, Marv Megibow who joined the faculty in 1971.

Thank you, former graduates, for keeping in touch. Please continue to send us news that we can share with your colleagues and former classmates!

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