



CALIFORNIA STATE UNIVERSITY, FULLERTON

AGING STUDIES PROGRAM

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Many are familiar with Brian May as the lead guitarist in the iconic band, Queen. But his "side-gig" in astrophysics is less known. He studied in this field at Imperial College in London before he launched into his music career.

A little over 30 years later, he returned to the classroom to complete his doctoral thesis. He worked with NASA to launch a reconnaissance spacecraft, known as New Horizons, to Pluto in 2015, by contributing to data analysis and stereoscopic imagery. He released a song called New Horizons in 2019 which captures the wonder of distant exploration.

"The music is my center & I think music is what gave me the gift of everything else."

- Brian May, interview with TIME magazine, January 2, 2019

The American Psychological Association Committee on Aging Presents: Career Opportunities in Adult Development and Aging: A Webinar Series

All meetings at 4pm PST. This webinar is one of a series of follow up actions from the recent "Building Bridges" training conference, and informed by the input of students/ future leaders in aging!

Link to join: <https://nyph.zoom.us/j/96687228129?pwd=ZXdTdG1iQ1YrdmVDMzd>

Meeting ID: 966 8722 8129

Passcode: 007524

- Dec 14:** VA Careers
Jan 11: Academic Careers Part 1: Research Universities
Feb 08: Academic Careers Part 2: Teaching Universities
Mar 08: Academic Medical Center Careers (Non-VA)
Apr 12: Private Practice and Consultation Careers
May 10: Careers in Policy and Leadership Across Settings
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USC Judith D. Tamkin Symposium on Elder Abuse

Join us **February 24-25 in Pasadena, CA** as the *Judith D. Tamkin Symposium on Elder Abuse* brings together premier researchers, practitioners, and stakeholders from across the nation to discuss and share innovative ideas and best practices to advance the field of elder abuse. **Student rate is \$250.**

Register now at: <https://eldermistreatment.usc.edu/2022-tamkin-symposium/>

International Conference on Humanities, Social and Education Sciences (IHSES) & International Conference on Life Sciences, Engineering and Technology (ILSET)

The aim of the conference is to offer opportunities to share your ideas, to discuss theoretical and practical issues and to connect with the leaders through in the fields of social sciences and pure sciences. Virtual participants will receive presentation certificates and their papers will appear in program, abstracts, and proceedings books. The publications affiliated with ISTES Organization are indexed or listed by the following sources: Web of Science, Scopus, ERIC.

- **Both VIRTUAL events will be held via Zoom April 21-24, 2022.**
- **Abstracts are due March 31.**
- **Registration is \$100 to listen, \$150 to present.**

Register for iHSES at <https://www.2022.ihses.net/>.

Register for iLSET at <https://www.2022.ilset.net/>

CHRISTMAS TREE SPINACH DIP BREADSTICKS RECIPE

The best part of the holidays is the food! Here is a delicious recipe for the best holiday party appetizer: bread sticks stuffed with spinach and cheese and topped with garlic butter. Feel free to customize as you please; I might put several kinds of cheese and maybe even more seasoning! This recipe takes roughly 30 minutes to prepare. **Enjoy! Happy Holidays!**

INGREDIENTS

- 12 oz chopped spinach
- 6 oz cream cheese, softened
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon pepper
- 1 teaspoon Italian seasoning
- 1/2 cup grated Parmesan cheese
- 1 cup grated cheddar OR mozzarella cheese
- 1 tube refrigerated thin crust pizza crust
- 2 tablespoons butter
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic salt



<https://www.itsalwaysautumn.com/christmas-tree-spinach-dip-breadsticks.html>

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. In a bowl, beat together the spinach and cream cheese.
3. Add garlic, salt, onion powder, chili powder, pepper, and Italian seasoning and beat to combine.
4. Add parmesan cheese and 1/2 of the cheddar or mozzarella cheese and beat to combine. (The other half of the cheddar or mozzarella cheese will be sprinkled over the filling when you shape the Christmas tree.)
5. Shape into Christmas tree as directed in the post.
6. Bake for about 22 minutes until quite golden brown on top and cooked through on the bottom.
7. Melt butter and stir in garlic salt and seasoning, then brush over breadsticks.
8. Serve warm.



Meet our new graduate assistant for the Aging Studies Program!

My name is Alex Lewandowski, and I am pursuing a Master's in Environmental Studies. I completed my undergraduate degree in Strategic, Corporate Communications at Chapman University in Spring 2021. I grabbed this opportunity as soon as it became available so that I could become more involved on campus. I am working on some exciting new updates for the program.

We want to get to know you all better too!

- ❖ We are on Instagram! Follow us [@csufagingstudies](https://www.instagram.com/csufagingstudies)
- ❖ We are updating the website, hss.fullerton.edu/agingstudies
- ❖ Email us at agingstudies@fullerton.edu to have your work featured on Instagram or the website.

We are especially looking for Alumni highlights!

Become a Member of SPO today!

Purchase Student Membership (\$25), and email agingstudies@fullerton.edu to be added to the weekly mailing list! Also, make sure to join on TitanLink!

- Visit <https://fullerton.campuslabs.com/engage/organizations>
- Sign in using your campus portal login
- Search "SPO" or "Sigma Phi Omega" in the search organizations bar on the left, and click "Join"

Please allow 2-5 days to verify your membership request.

*If you choose to get a membership, all materials must be sent to your home, rather than the academic advisor.