

# inside OAKLAND

December

READ  
breaking  
NEWS

A newsletter for Oakland University colleagues

## Groundbreaking in the bubble

Oakland University staff and students are invited to join 450 donors and other guests at the

December 4  
groundbreaking  
for the  
Recreation and  
Athletic Center.

A 2 p.m. ceremony will precede a 2:30 p.m. reception in the Lepley Sports Center Bubble.

Roughly half of the 250,000-square-foot center, to be open in fall 1998, will be devoted to athletics; the other half to recreation.



A 50-meter pool, 3,000-seat arena, walking/running track, three multi-purpose courts, social lounge, sun decks, high-

fidelity sound system and pool and recreation areas accessible to the mobility-impaired are among the center's features.

The demolition of much of the Lepley Center is the first step in the new construction.

## BUILDING THE DREAM

## Oakland increases stipends for graduate assistantships

In a continuing effort to sharpen its competitive edge, Oakland University has raised the stipends awarded for graduate student assistantships. The change went into effect this fall, and the increases are expected to offer a significant improvement to the programs.

"Graduate assistantships are a tremendous resource both for the university and the students," says Claire Rammel, assistant dean, Graduate Study. "Degree candidates give back to the university, in terms of research, publishing, recognition and teaching. Likewise, the credentials which the degree candidate establishes while performing an assistantship become a competitive asset for the candidate, who will enter the marketplace with a Ph.D. plus experience."

OU awards approximately 150 students graduate assistantships each year, with about 40 percent involving doctoral students.

OU stipends were significantly lower than similar universities, a recently formed OU committee discovered. For example, Oakland's academic year maximum stipend at the doctoral level was \$7,200, while the average doctoral stipend at two other "Doctoral II" institutions, Western and Michigan Tech, was \$9,200. At the master's level, Oakland's approved academic year maximum was \$4,800, while the average at Western and Tech was \$7,700. University of Michigan, Michigan State University and Wayne

State University averaged \$13,860 at the doctoral level and \$10,879 at the master's level.

"Before this review, OU had not increased graduate stipends since 1984," says William Connellan, acting vice president, Academic Affairs. "This increase will be a significant boost to the programs."

The committee also recommended a change in university policy to allow the process of stipend review to become more efficient and competitive. The new university policy allows the president to have the authority to establish dollar ranges for graduate stipends, consistent with those established by other Michigan graduate institutions

continued on page 2

## AmeriCorps students work to cut Pontiac youth violence

Forty Oakland University students pledged "to make Pontiac children safer, smarter and healthier" in an OU program providing opportunities such as lunch and tutoring that may not have been available otherwise.

The students made their pledges on October 11 for the federally funded AmeriCorps program. Chrysler Technology Center volunteered space for the ceremony.

In exchange for a \$2,363 tuition award and a \$4,206 stipend, AmeriCorps members will work 900 hours in one year. The partnership between the university and the Pontiac community gives students valuable work experience while they work to reduce youth violence, says Joyce Esterberg, program manager, Placement and Career Services.

OU targeted Pontiac because its children are at high risk of being victims of violence.

AmeriCorps Oakland started its third year at the ceremony. With the AmeriCorps students' help, children attend day camp, go on field trips, eat lunch, get tutored and learn how to resolve conflicts peacefully. These experiences may not have been possible without the AmeriCorps work force because the community organizations could not have afforded to pay other personnel, says Carol Anne Ketelsen, AmeriCorps Oakland coordinator.

AmeriCorps students range in age from 18-55 and major in many fields, but most are studying education and psychology. The students work out of nine sites, including All Saints Epis-

continued on page 2

## breaking NEWS

### A call for opinions

*Inside Oakland* would like to provide another opportunity for Oakland University employees to write, in short 25-50 word responses, why they support or object to issues that concern them most.

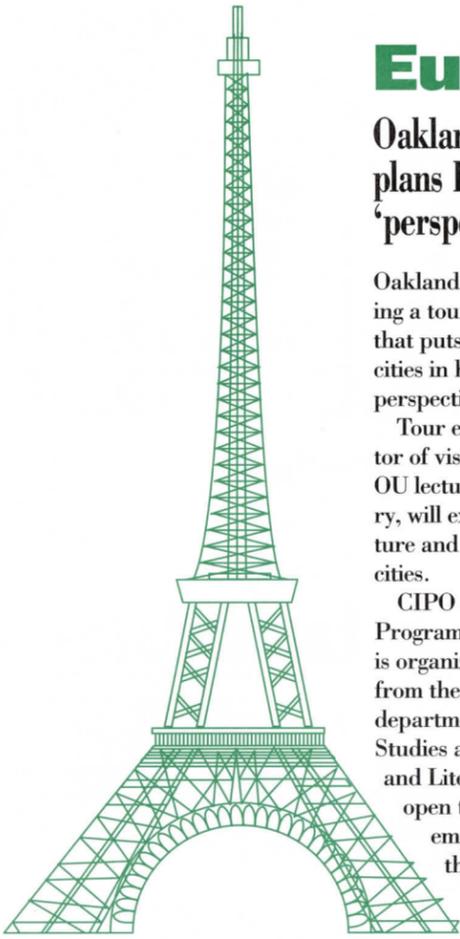
E-mail or fax us if you would like to give us your comments about the following issues. Your comments may be published in future editions of *Inside Oakland*, depending on space limitations. Not all responses may be printed.

Also, let us know if you would like to volunteer to take a side and write on an issue below in a point-counterpoint format.

The issues:

- Is distance learning an effective teaching tool?
- What are your feelings about new construction on campus, especially the new Science and Engineering Complex and the Recreation and Athletic Center?
- Should there be some form of post-tenure review mandated by the university? What are the pros and cons? Should the results of this be incorporated into merit determinations, etc.

E-mail [coutilis@oakland.edu](mailto:coutilis@oakland.edu) or fax 3182.



## European vacation

### Oakland University plans London-Paris 'perspective' tour

Oakland University is organizing a tour of London and Paris that puts the world-famous cities in historical and cultural perspective.

Tour escort Lisa Ngote, curator of visual resources and an OU lecturer in art and art history, will explain the art, architecture and culture of the two cities.

CIPO (Campus Information, Programs, and Organizations) is organizing the trip, with help from the Honors College and departments of International Studies and Modern Languages and Literature. The trip is open to all OU students, employees, alumni and their guests.

Paul Franklin,

CIPO coordinator of campus programs, says there is a lot of educational value in a tour like this.

People can get "a much better sense of where they are, and who stood where they are standing" as they visit landmarks like the Eiffel Tower and Big Ben, he says.

The trip costs \$1,445 per person; a group rate that depends on at least 20 people signing up by January 1, 1997.

If it doesn't fill internally, OU will offer the trip to people from other universities, Franklin says.

The cost covers hotels, breakfasts and all transportation.

Other tour attractions include St. Paul's Cathedral, the Tower of London, Westminster Abbey, Trafalgar Square, Notre Dame Cathedral and the Champs-d'Elysees.

To join the tour, call Dewald Event Management and Travel Company, Inc., (810) 528-9900.

## MONTH

employee of the

..... d e c e m b e r

**Employee:** Linda Barc

**Title:** Office Assistant II

**Department:** Instructional Technology Center

**Length of Service:** 15 years

**Comments:** "In her working situation, which is inherently crisis ridden, full of tensions and problems, Linda manages to be an oasis of calm responsibility. She has always made every effort to see that equipment deliveries are made on time. But, far more significantly, she has also made every effort to locate obscure and hard-to-find films. Linda remembers what films instructors are interested in and will send on a catalogue or suggestions. She has always been extraordinarily helpful and efficient. And recently, she has had to overcome — with her characteristic good cheer and enthusiasm — great physical challenges."

"Linda is an inspiration to us all."



## Be a leader in living and learning

### Oakland University faculty and staff have an opportunity to influence the quality of the campus environment and beyond by participating in the annual All-University Fund Drive campaign.

The campaign goal, reflected in the theme Leaders in Living and Learning, is a four-way partnership between OU colleagues, the university, the United Way and the Black United Fund.

Last fiscal year, OU employees contributed \$117,526 to support the university and more than \$19,000 went to community agencies. Additional monies, marked unrestricted by

OU contributors, supported unexpected needs and unbudgeted opportunities on campus that arose during the year.

This year's goal, which includes targets for OU, United Way and Black United Fund, is to raise \$160,000, according to co-chairs Brian Murphy, associate professor, English, and director, Honors College; and Beth Talbert, director, New Student Programs. Employees serving as campaign leaders will be calling on colleagues this fall and asking for their generous support.

Gifts are tax-deductible.

If you pay Michigan income tax, you will receive up to half of your donation back in direct refund of your state income tax. If you itemize on your federal taxes, you may deduct even more.

### Stipends — continued from page 1

comparable in character and program. In order to ensure the university is maintaining a competitive level, the ranges will be indexed. The president shall report the established ranges annually to the Finance and Personnel Advisory Committee.

Board of Trustees support for graduate stipends at Oakland comes from a variety of sources — the university general fund, federally sponsored grant programs, corporate programs and the State of Michigan through the King-Chavez-Parks fellowship.

### AmeriCorps — continued from page 1

copal Church, Baldwin Community Center, Boys & Girls Club and Pontiac Schools.

"Between the AmeriCorps students and our community partners, I think that we've accomplished a lot in Pontiac," Esterberg says. Last year, Ameri-Corps students trained 120 peer mediators, who helped settle 420 conflicts involving

1,492 youths in Pontiac junior high schools, Esterberg says. AmeriCorps members also tutored more than 112 students; presented to 8,500 junior and senior high school students programs on nonviolence; and took 722 children on 43 field trips to places such as museums and the zoo.

## REGISTER

**INSIDE OAKLAND** is published each month September through May for the faculty and staff of Oakland University by the University Communications and Marketing Department (C&M). C&M also publishes a condensed mid-month **Inside Oakland** edition to update faculty and staff on university news and information.

### Newsletter Staff:

Sheila Carpenter, Jennifer Charney, Ted Coutilish, Vivian DeGain, Angela Marchesi, Anne Oliveira, Larry Perl, Rick Smith

**Call:** 3184 **Fax:** 3182

**Write:** 119 NFH

**E-mail:** coutilis@oakland.edu

♻ Printed on recycled paper

### DEADLINES

Submit items for publication no later than the 10th of the month prior to publication

### NEXT DEADLINE

December 10

### of distinction

**John Bello-Ogunu**, Communication, had his article, *Adopt-A-Culture: A Different and Effective Tool for Teaching Intercultural Communication*, published in the October 1996 issue of the *Ohio Speech Journal*.

**Beverly K. Berger**, Physics, presented *In search of the Generic Big Bang*, at a Physics Colloquium, College of William and Mary, October 4, and at a Cosmology Seminar, University of Notre Dame, October 10.

**Judith Brown**, Sociology and Anthropology, wrote *Agitators and Peace-Makers: Cross-Cultural Perspectives on Older Women and the Abuse of Young Wives* in the *International Journal of Comparative Family and Marriage*, and *Middle-Aged Women: An Anthropological Perspective* in the *Encyclopedia of Third World Women*. She has also been invited to contribute an entry on menopause to *Encyclopedia of Women and World Religion* and will have a visiting appointment at Harvard University during winter semester 1997.

**Brian A. Connery**, English, was elected secretary-treasurer of the Midwest American Society for Eighteenth-Century Studies at its annual meeting October 17-19 in Indianapolis.

**Ken Elder**, Physics, had one paper published and one accepted to be published in September. In October and November, he present-

ed Kinetics of Phase Transformations at Wayne State University and Transition to Spatiotemporal Chaos at Oakland University and at the University of Chicago.

**Frank Giblin**, Eye Research Institute, chaired a session and presented a paper at the First Asian Cataract Research Meeting in Guangzhou, China, and at the International Congress of Eye Research in Yokohama, Japan. Giblin also presented research seminars at Toho University Medical School and Sankyo Pharmaceutical Company, both located in Tokyo.

**Ching L. Ko**, Mechanical Engineering, wrote *An Accurate Finite-Difference Iterative Technique for Solving Nonlinear Partial Differential Equations Using Clustered Grid Points*, which has been accepted for publication in *Industrial Mathematics*, the journal of the Industrial Mathematics Society.

**Devadatta Kulkarni**, Mathematical Sciences, gave an invited talk on *Multivariate Lagrange Inversion, the Matrix Tree Theorem and Gessel-Viennot Determinants* in the Workshop on Enumeration and Partially Ordered Sets held at the Mathematical Sciences Research Institute, University of California at Berkeley, October 13-19.

**Sean Farrell Moran**, History, chaired and responded to a panel, *The Irish in America*, at the Midwestern Regional Meeting of the American Conference for Irish Studies. The meeting was held in October at Marquette University,

Milwaukee.

**Virinder K. Moudgil**, Biological Sciences, has been appointed series editor for the monograph series *Hormones in Health and Disease* to be published by Birkhauser-Boston. The series has published the first two volumes and Volume III is in press and scheduled for a 1996 release.

**Sharon Muir**, Curriculum, Instruction, & Leadership, presented an invited paper, *Maps and Numbers: The Mathematics-Geography Connection*, at the Canadian Regional Conference of the National Council for Teachers of Mathematics in Vancouver, British Columbia.

**Philip Singer**, Anthropology, provided his video series on traditional medicine in the Third World at the 19th National Third World Studies Conference, October 10-12, Omaha, Nebraska.

**Uma Venkateswaran**, Physics, will present an invited talk, *High pressure studies on heavily doped p-type GaAs*, at the International Conference on Condensed Matter under High Pressure, Bombay, India, November 11-15.

**Susan Wood**, Art and Art History, on November 2 presented the paper *Mortals, Empresses and Earth Goddesses: Demeter and Persephone in Public and Private Apotheosis* in a colloquium sponsored by the Yale University Art Gallery. This event was organized in connection with the current loan-exhibition, *I Claudia: Women in*

*Ancient Rome*. The six papers presented at the colloquium will be published in 1997 in a volume of the same title. Wood also presented this paper at a seminar of the Eye Research Institute on October 30. She is the first humanist to participate in this series.

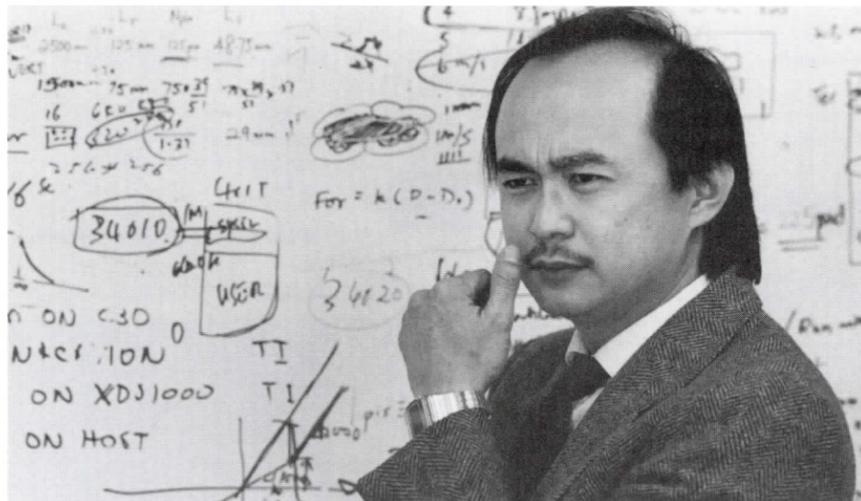
**Yang Xia**, Physics, gave a talk at The Fourth Meeting of the International Society of Magnetic Resonance in Medicine, New York City. Xia also was invited to give a talk at the Shanghai Research Center of Life Sciences, Chinese Academy of Sciences, Shanghai, China; was co-author in a talk at ASME Mechanics and Materials Conference, Baltimore; co-authored an article in the *Journal of Orthopedic Research*; and wrote a comprehensive review article for *Concepts in Magnetic Resonance*.

### new faces

- **Sandra Auten**, office assistant II, President's Club/OU Foundation
- **Mary Alice Bankert**, director, Annual Giving Programs
- **Phyllis Davis**, clerk III, Library
- **Gregory Jordan**, director, Campus Recreation
- **Karen Olsen**, coordinator, Graham Health Center
- **Karen Pipitone**, supervisor/building maintenance, CFO-Cleaning
- **Jean Pokorski**, medical assistant, Meadow Brook Health Enhancement Institute
- **Roxanne Roat**, office assistant II, Financial Aid

# Combination of Approaches

## Professor prepares students for a rapidly changing workplace



Professor Ka C. Cheok

There's no single way for faculty to prepare engineering students for the rapidly changing technologies they'll confront in the workplace, or for the changing economics of the job market.

Instead, it takes a combination of approaches, says Professor Ka C. Cheok SECS '77, MS '79, Ph.D. '82, Electrical and

Systems Engineering, School of Engineering and Computer Science.

"We need to keep up with the rapid explosion of emerging technologies while maintaining academic — theoretical — research topics," he says.

"Watch the trends in industry, and combine that with the trends in academic research. Be up to date with computers and technology, but don't leave out the engineering fundamentals."

The SECS curriculum also reflects a combination of approaches.

"Many programs carry hands-on labs to cultivate design and analysis skills and to illustrate engineering

principles learned in the classroom," Cheok explains. "Student engineering projects are also important elements in training, such as the Autonomous Unmanned Ground Vehicle and Aerial Vehicle Competition projects."

Cheok's ties to the university date back to the late 1970s. An electrical engineering graduate

of the University of Malaya, he earned both his MS and Ph.D. at OU, then stayed on as a post-doctoral research associate. An assistant professor position became available soon afterward and became his entry into the teaching profession. The research stint "helped expand my experience and sharpen my engineering skills, which became a big plus for my teaching performance."

A 1990 Teaching Excellence Award from OU reflects his level of teaching performance.

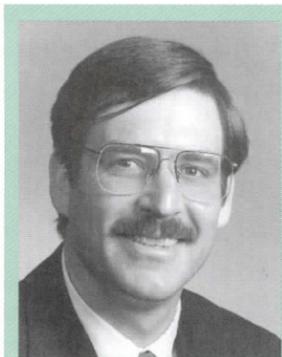
As a researcher, his work includes real-time computer controlled systems involving artificial intelligence, computer visualization and virtual driving simulators. Among his contributions are development of heuristics search, fuzzy logic and neural network techniques to guide autonomous mobile robots, and control of active suspension, automotive traction and stabilized platform systems.

For leisure, Cheok works toward a black belt in karate, enjoys boating and jet skiing and plays lead guitar in a band. "If you like blues, Pink Floyd, Santana, Deep Purple and great guitar licks, we could jam," he says. "I improvise most of the time on the solos, and that's the fun."

## bits and PIECES

### Tau Beta Pi awards scholarships, chapter adviser honored

Four School of Engineering and Computer Science students have received scholarships, thanks to Tau Beta Pi, the national engineering honor society. And the society this fall will honor Professor Robert Van Til as an outstanding chapter adviser.



Robert Van Til

Tau Beta Pi awarded \$500 each to Tyrucce Valascho, an electrical engineering major, and Marina Tuttle, a mechanical engineering major.

In addition, \$500 in matching scholarship money presented to the chapter by SECS Dean Michael Polis was awarded to Rosa Calabrese, an engineering chemistry major, and to James Edwards, a

mechanical engineering student.

Van Til, associate professor, Electrical and Systems Engineering, has served as Michigan Theta adviser for the past decade. Under his guidance, the chapter has won a number of citations, including two R.C. Matthews Outstanding Chapter Awards and chapter project awards for 10 consecutive years.

### New interns explore government-business link

Two Oakland University undergraduates are observing the relationship between government and business in a new internship at Chrysler Corporation's Office of Government Affairs.

Juniors, seniors and graduate stu-

dents will participate in operations essential to pursuing Chrysler interests in the automotive industry and local and state governments. Interns earn college credit in exchange for working at Chrysler's Auburn Hills world headquarters. This fall's interns are Angela Dodson, a public administration major, and Lindsay Miller, a political science major, both in the College of Arts and Sciences.

Intern responsibilities include researching local and state issues that affect the auto industry; assisting staff lobbyists with legislative analysis; and coordinating special events, projects and mailings.

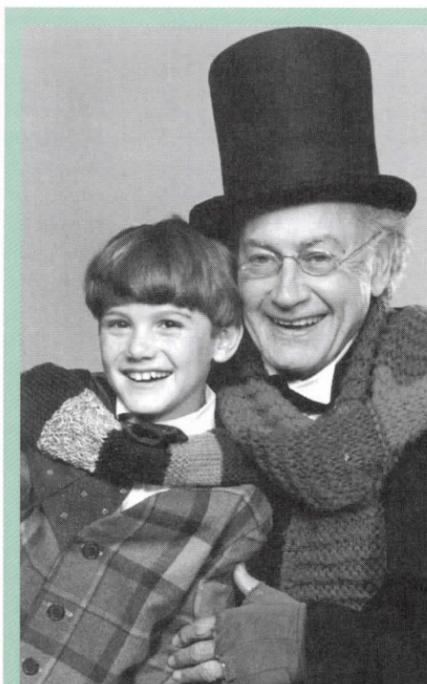


Carmen Gamlin, special projects, enjoys the festivities at the Thank Goodness for AP's brown bag luncheon on Nov. 20.

### Payroll deadlines announced

Deadline for the December monthly salary payrolls is December 6. The pay date is December 20.

For submitting transactions to the Payroll Office for the student payrolls in December and the first part of January, deadlines are December 9 and January 6. Pay dates are December 13 and January 10, respectively. For submitting transactions for the hourly payroll, the deadline dates are December 2, 13 and 18. Pay dates are December 6 and 20 and January 3.



**A CHRISTMAS CAROL** — Jeffery Hyke (Tiny Tim) and Booth Colman (Ebenezer Scrooge) perform in Meadow Brook Theatre's 15th anniversary production of **A CHRISTMAS CAROL**, Nov. 29 - Dec. 29. This holiday spectacular features a new set, new costumes and thirty-two actors playing more than seventy roles. Tickets are available through ticketmaster or by calling (810) 377-3300.

## Spotlight on Finance and Administration

### Overview

The Division of Finance and Administration is responsible for maintaining the fiscal integrity of Oakland University and for a wide variety of university business services.

### Financial

- Development and monitoring of general fund budget
- Fiscal/operational management of MBT, MBAG, MBMF, OU Book Center
- Business operations of MBH, MBHEL, OC, Residence Halls, Athletics, special campus events
- Student accounts
- Financial aid accounting
- Payroll
- Cashier's office
- Accounts payable
- Internal audit

### Campus Structures and Safety

- Coordinates all new construction
- Maintains and cleans campus buildings, footpaths and roadways
- Operates police department, 24-hour service
- Risk management and contracting
- Environmental and occupational health and safety compliance

### Athletics and Recreation

- Student athletic programs
- Katke-Cousins Golf Course operation and maintenance

### Materials Management

- Print shop
- Mail room
- Shipping and receiving
- Purchasing
- Loss control programs

### Employee Relations

- Staff hiring and development
- Employee benefits
- Labor relations
- Personnel records
- Salary administration

202 Wilson Hall  
Office phone: x2445  
Fax: x2372  
Paul E. Bissonnette

### OU to host health and fitness expo

Oakland University's Meadow Brook Health Enhancement Institute, The Oakland Press and WJR Radio will host the 1997 Michigan Health and Fitness Expo April 12-13.

The event will feature a weekend of free lectures by health and fitness professionals, a 5K fun run at the beginning of the event and a 20,000-square-foot exposition hall.

The expo is designed to offer consumers help in making healthier choices regarding their eating, exercise, health care and lifestyle habits.

### Meadow Brook Hall

The Historical Society of Michigan recognized Meadow Brook Hall for its preservation of the 100-room mansion.

The hall was among 18 which received Awards of Merit for contributions to Michigan history.

# KNOW get to EMPLOYEES

A feature highlighting specific groups of university colleagues.



**CASSANDRA BAILEY-EALY**  
Assistant Director, Office of Equity



**NINA GOOGASIAN**  
Assistant to the President, Office of the President



**BARBRA KOOIMAN**  
Office Assistant, School of Nursing



**MIKE VIGILANT**  
Public Relations & Promotions Manager, Meadow Brook Theatre

**What qualities do you most admire in a supervisor?**

The ability to give employees autonomy and a belief in team effort.

Appreciates my efforts and motivates me to do my best work.

One who offers encouragement and is willing to admit when they are wrong.

A good listener and giving subordinates autonomy to perform duties.

**What is your favorite part of the job?**

Personal contact with students.

Great staff to work with and I love *Power Point*.

Working on a computer.

I get to be creative and feel my job has a purpose.

**What would you change about your job if you could?**

The size of my office — bigger, with a window.

I would like an unlisted e-mail address.

Nothing. I am happy at work.

Penthouse office with a whirlpool.

**Why do you feel your job is important at the university?**

I provide access to the university for students and the community.

My job provides assistance and support to the senior leadership.

I think it is important to make students feel we care about them. Student contact is why my job is important.

My position brings positive media coverage to the Meadow Brook Theatre and OU.

**What traits do you most admire in a co-worker?**

A person who can work individually and in a team.

Dedicated and hard working.

Good sense of humor.

Co-operation and a positive attitude.

## THEY MADE THE CALL

### Faculty respond to ethical dilemmas

If the following hypothetical dilemma happened to you, what would you do?

**A student claims she has a learning disability which prevents her from performing up to the standard you have set in the class for written submissions. In addition to offering personal assistance, you advise her to seek assistance in the form of tutoring, and counseling at Handicapped Student Services. She does none of these, and does not present you with any tangible evidence of her disability. Fifteen minutes into the mid-term examination she hands in her paper, unanswered, claiming severe emotional distress. What is your course of action?**

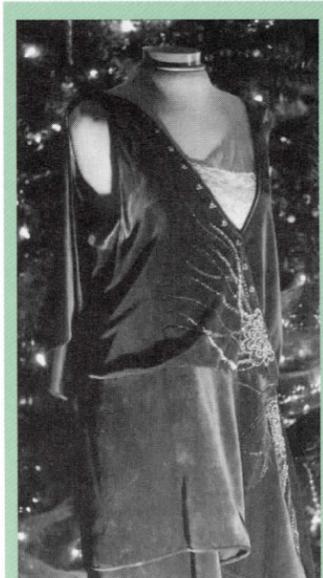
“Briefly, and away from the exam room, I would ask her about her own responsibilities. If she can correct the appearance of irresponsibility or

believably promise to act responsibly, I would offer her a cumulative final in lieu of the usual sequence of mid-term and non-cumulative final. Otherwise, I would allow her to continue with the exam or turn it in and leave.”

— Donald Mayer, associate professor, Management, School of Business Administration

“I would ask her about the nature of her emotional distress to determine if it was related to the learning disability she claims she has or to something else going on in her life. I would ask her to make an appointment to see me. At the meeting, we would discuss options for making up the incomplete mid-term exam. Options would be outlined in the course syllabus. I would urge her to contact the Counseling Center and Handicapped Student Services for assistance with managing the emotional distress and documenting the learning disability.”

— Kris Thompson, special instructor, School of Health Sciences



**“Dressed for the Holidays”** — some of Matilda Dodge Wilson’s party dresses are on display among the Christmas decorations at Meadow Brook Hall.

## Relocation creates classroom space

### Alumni Relations and Development Services/Donor Records relocated to John Dodge House from South Foundation

Their former quarters is expected to be converted to classroom use by this winter, says David Disend, vice president, University Relations, and executive director, Oakland University Foundation.

Having another one or two classrooms will allow teachers to be more flexible in scheduling classes.

“More classrooms give you more options,” Disend says. “Enrollment has grown so much that the demand for classroom space has been enormous.”

The move is good, too, for the offices, says Patricia Rottenberk, manager, Development

Services/Donor Records, which handles gift accounting. Her office and Alumni Relations used to communicate by fax and phone with several related offices at John Dodge House.

Now, “We’re closer to people we interact with on a daily basis,” Rottenberk says.

In conjunction with the move, a centralized campus drop-off site for gifts is now open weekdays at 120 North Foundation Hall, from 8 a.m. to 5 p.m. The door is next to the cashier’s windows.

You can drop interoffice envelopes with gifts and gift registers into a slot in the wall to your left as you enter the office. Gifts will be picked up daily for gift receipting.

Gifts of cash and stock should be hand-delivered to John Dodge House. No gifts should be sent by interoffice mail. Call 4194 or 4192 for further information.

## calendar of EVENTS

People with disabilities who need special assistance to attend any of the events listed may call the sponsoring unit or the Office of University Diversity and Compliance at 370-3496.

### December

Meadow Brook Hall tours, 1:30 p.m. daily and from 1 p.m.-5 p.m. Sundays (last tour begins at 3:45 p.m.). Admission. Gift Shoppe also open. Call 370-3140.

- 1 — 8 “Dressed for the Holidays” Annual Holiday Walk, MBH, 10 a.m.-5 p.m. (Dec. 2-3 until 9 p.m.)
- 4 — OC’s Annual Art, Book & Gift Fair, Gold Rooms, 9 a.m.-4 p.m.
- 5 — Meadow Brook Estate-Holiday Spectacular, VAR Recital Hall, 10 a.m.
- 5 — Northwood U., LSC Bubble: Women’s B’ball 5:30 p.m.; Men’s basketball 7:30 p.m.
- 6 — The Auto Industry at 100: Looking at the Future, David E. Cole, Director of the Office for the Study of Automotive Transportation, 203 Dodge Hall, 3 p.m.
- 6 — 7 Meadow Brook Estate-Holiday Spectacular, VAR Recital Hall, 8 p.m.
- 7 — Tadeusz Malinski Collection 17th-19th c. European paintings, drawings: Opening Reception, MBH, 2-5 p.m. lecture “Old Masters’ Paintings ID & Value,” MBH, 3 p.m.; showing thru 2/9/97
- 7 — Lake Superior State, LSC Bubble: Women’s B’ball, 1 p.m.; Men’s B’ball, 3 p.m.
- 8 — Meadow Brook Estate-Holiday Spectacular, VAR Recital Hall, 3 p.m.
- 12 — Board of Trustees meet, OC, Oakland Room, 3 p.m.
- 13 — OU 34th Annual Yuletide Concert, Handel’s MESSIAH, VAR Recital Hall, 8 p.m.
- 21 — Jan 1 Holiday Break & Recess Period
- 27 — 28 Blimpie (men’s) Basketball Classic, LSC Bubble: 5:30 and 7:30 p.m. on 27th; 1 p.m. & 3 p.m. on 28th



**Holiday decorations at the annual Christmas Walk.**

## Safety says

### How can I prevent VDT-related cumulative trauma disorders?

Improper workstation design, lighting and work techniques can place unnecessary stress on eyes, as well as muscles, tendons and nerves in the hand, wrist, arms, shoulders and neck. And, while ergonomic gadgets such as split keyboards and wrist rests occasionally prove helpful, correct lighting, hand and body positioning and frequent rest periods have proven much more successful. To lightly stretch muscles and relax eyes, rest 3-4 minutes every hour you work on a VDT (video display terminal).

### What should I look at to determine whether my VDT work-station is ergonomically satisfactory?

At a minimum: Chair and computer table should be adjusted so that body position can remain neutral while typing: elbows bent 90 degrees, forearms parallel to the floor, knees slightly above the hips, wrists and neck straight; the

monitor should be 18-30 inches from the employee, with the top line of the screen just below eye level; reference documents should be at the same height and distance as the screen.

Special note: Wrist rests may be used to protect wrists from hard or sharp edges, and to help keep the wrists in a neutral position. However, these rests have been associated with placing or increasing pressure on the carpal nerves, and are not unanimously supported by industrial hygienists, physical therapists or physicians.

Accordingly, make certain that wrist rests are selected as a last resort, are made of soft but supporting material, and are the same height as the front edge of the keyboard.

### Can someone come to my office or work area and determine whether I should/can make ergonomic improvements?

Yes. Contact Tom Zalucki in the Office of Environmental Health and Safety at 4196 to set up an appointment.