

inside OAKLAND

A newsletter for Oakland University colleagues

President's Colloquium Series

OU chemistry professor explains breakthrough heart research

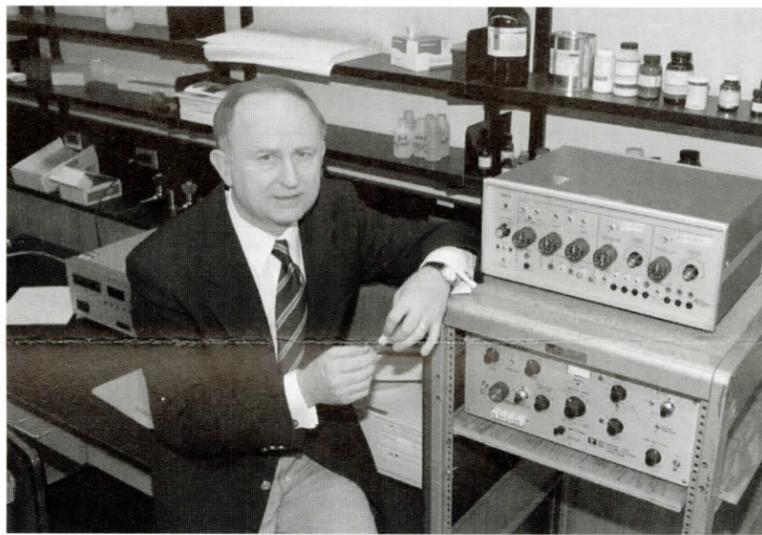
Tadeusz Malinski rocked the world's scientific community in 1992 with the first measurement of nitric oxide, a molecule that regulates blood flow in the cardiovascular system.

In 1997, he made a breakthrough in understanding how the heart works.

Soon, his discoveries may lead to better prevention and treatment of heart attacks and high blood pressure and better preservation of hearts for transplant. His findings also led to a new method to reduce brain damage during stroke.

Malinski, professor, Chemistry, College of Arts and Sciences, will explain his research at OU in a March 18 presentation, *Nitric Oxide — Molecule of Life*, for the 1998-99 President's Colloquium Series.

Malinski's team found the piece of the puzzle that explains how the heart works. The team is the first to show that nitric oxide, a powerful vasodilator and anticoagulant, is released during each heartbeat. They also discovered that nitric oxide controls the heart's relaxation phase and that the amount of nitric oxide released is directly proportional to the contraction forces of the heart.



Tadeusz Malinski

Previous theory on how the heart works is based only on the heart-beat's muscular contraction or pumping phase. The heart's contraction and relaxation must be synchronized and in correct proportions to each other for the heart to function efficiently, Malinski says.

Deficiency of nitric oxide appears to be the most common cause of a heart disorder. Because this discovery enables scientists to better understand how the heart works, they may use this new knowledge to develop improved diagnostic methods.

Malinski's research group has developed new treatment methods to prevent serious damage to organs during ischemia — lack of blood in localized tissue due to an obstruction. The new treatment is especially helpful in preventing heart damage during a heart attack.

With Malinski's method, the condition of the heart can be calculated mathematically based on nitric oxide production. These calculations may help to diagnose heart problems much earlier.

His findings can also help assess the health of a heart for transplantation.

Malinski found that by measuring nitric oxide in the heart before transplantation, he can predict how well the heart will perform.

Malinski's team also found that nitric oxide acts as a neurotransmitter in the brain and that it appears to be essential for establishing long-term memory. He will describe a new method for reducing brain damage during stroke; the role of nitric oxide in Parkinson's and Alzheimer's diseases, diabetes and arteriosclerosis; and development of new drugs for efficient treat-

ment of hypertension.

Malinski has lectured on his findings at prestigious American universities and institutions including: Harvard, Duke, Stanford, Columbia, Johns Hopkins, Mayo Clinic; and in many countries including France, China, Germany, Switzerland, Austria, Brazil, Japan and Great Britain.

WHAT: 1998-99 President's Colloquium Series, *Nitric Oxide — Molecule of Life*
SPEAKER: Tadeusz Malinski, professor, Chemistry, College of Arts and Sciences
DATE: 11:30 a.m.-1 p.m. March 18
LOCATION: Oakland Center Gold Rooms
COST: Free and open to the public. Includes reception and question-and-answer session.
RSVP: 4648

in the **NEWS**

Oakland names new VPAA and Provost

Pending Board of Trustees approval, Louis Esposito will join Oakland University as vice president for Academic Affairs and Provost.

His term of service will begin on June 1, 1999.

Esposito comes to Oakland from the University of Massachusetts Boston, where he most recently served as professor of economics.

In previous positions, he has served as vice chancellor for Academic Affairs and Provost, dean of the College of Arts and Sciences and chair of the Economics Department. He has also served as a government consultant for the Office of Research and Statistics, Social Security Administration; U.S. Office of Management and Budget; and U.S. Bureau of Commercial Fisheries.

"I think you will find Dr. Esposito to be a good listener, knowledgeable of higher education issues, open to the viewpoints of others and very energetic and enthusiastic," OU President Gary D. Russi said in a prepared statement. "He brings to Oakland University a strong faculty orientation, innovative ideas in creating faculty incentives, strong financial management skills and excellent people skills."

In the statement, Russi also thanked the efforts of the VPAA and Provost Search Committee, all of the members of the university community who participated in the interview process and David Downing who served OU as interim VPAA and Provost.

Special lecturer finds a 'captive' audience for her poetry

As a child, she taught school in her basement and dreamed of becoming a writer.

Seeing her dreams come to fruition, Mary Ann Samyn CAS '92, special lecturer, Rhetoric, Communications and Journalism, College of Arts and Sciences, won the Ohio State University Press/The Journal Award in Poetry.

Through the award, Samyn (see also *Get to Know*, Page 4) will receive \$1,000 and will have her book manuscript published

within the year.

The manuscript, a 76-page book of poetry, is titled *Captivity Narrative*.

"The book's title refers not only to the Early American 'captivity narratives' that structure the collection but also to the notion of captivity in general, of private wilderness," she says. Exploring the issue of self, the voices used in her poetry echo historical figures such as Mary Rowlandson and Mary Jemison, literary ones such as

Alice of *Alice in Wonderland* and Gretel of *Hansel and Gretel*, and imaginary ones such as *The Disappearing Girl*.

Samyn earned a bachelor's in English in 1992 at OU. She then attended Ohio University in Athens, Ohio, where she earned a master's in creative writing in 1994 before pursuing a master's in fine arts from the University of Virginia in 1996. She has taught at Oakland since that time.



continued on page 3

Mary Ann Samyn

bits and PIECES

OU winter enrollment hits yet another record

Oakland University's record winter 1999 enrollment is up 2.5 percent overall, and 3.3 percent among undergraduate students.

New student enrollment increased by more than 15 percent. Winter 1999 enrollment stands at 13,628 students, an increase of 333 students over winter 1998.

"Oakland University is fast becoming a top choice of students in this region and beyond," OU President Gary D. Russi says. "We've been in a growth period, adding programs and new facilities to meet market demands. Our enrollment figures reflect this continued growth."

Department of Music, Theatre and Dance welcomes DSO musicians in residence

Four Detroit Symphony Orchestra musicians are in residence at Oakland University.

Sonnet Quartet members Kimberly Kaloyanides and Hai Xin Wu (violin), Glenn Mallow (viola) and Debra Fayroian (cello) perform as a part of the Music, Theatre and Dance Department's Professional Artists Series. They also assume positions as applied faculty, joining a number of other DSO musicians in teaching and coaching OU music students in solo and chamber music performances.

The Sonnet Quartet will appear in concert twice this season at Varner Recital Hall.

Soprano and OU Adjunct Music

Professor Edith Diggory joined them on January 10 for a performance that included Arthur Schoenberg's monumental Second String Quartet.

At 3 p.m. May 9, they will appear in concert for an afternoon of Chamber Music.

Tickets for the Professional Artists Series concerts are \$12 for general admission, \$10 for seniors and OU employees, and \$6 for students.

Call 3013 or visit the Meadow Brook Theatre or Varner Hall box offices to buy tickets.

Speaker addresses the need to volunteer

Eva Forman, director of the Myofacial Clinic of Providence Hospital, will speak to Oakland University students March 5 about volunteering their foreign language skills.

The hospital brings children with facial deformities from third-world countries to the United States for surgery. This is the second year Oakland students have been involved in this program.

Last year, 30 students volunteered to give their time for the cause. Not only do they help others, but they have a chance to practice their language skills.

Engineering management program graduates third class

Eleven foreign students graduated in December from an innovative engineering management program offered by Oakland and Vienna University of Technology (VUT).

And all signs point to continued growth of the program.

"We just admitted 16 students to our fourth program," says Naim Kheir, program director and professor and chair, Department of

Electrical and Systems Engineering.

The Engineering Management Executive Education Program meets a need in European engineering education for interdisciplinary academic training for mid-level technical managers. More than 400 students have been admitted so far.

Graduate student named an award finalist

Maureen Staskowski, a 1998 Oakland University doctoral graduate, was named a finalist for the International Reading Association's Dissertation of the Year Award.

She is one of 10 finalists. Staskowski's dissertation is titled *Phonological Processing Skills of Children Who Have Learning Disabilities in Reading: Decoding with and without Language Impairments and Reading- and Age-Matches*.

Career fair helps employers meet diversity goals

Seventy employers took advantage of Oakland University's growing and diverse student population January 21 at the fourth annual Diversity Career Fair.

The fair, a major event of OU's African-American Celebration Month, drew more than 300 students. It differs from the usual job fair because it targets students of all ranks, not just graduating seniors. Oakland devotes special effort to drawing racial minorities and disabled individuals, but the fair is open to all students.

"Employers want diversity in their workplaces to serve increasingly diverse client bases," says Helen Ellison, Placement and Career Services assistant director.

"Oakland has a diverse student population and it's growing. Employers get to see this at the fair."

Intensive OU math program targets disadvantaged students

For many students, a successful and fulfilling career begins with a university degree in business, computer science, engineering or the health sciences.

But unfortunately, many are unable to take that first step because they are unprepared for college-level mathematics — a cornerstone of many technical, scientific and business-oriented degree programs.

A new project promises to help Oakland University students gain the skills and confidence to pass their math classes and stay on track toward graduation.

"Math Plus," slated to begin this fall, focuses on reduced class sizes and individualized learning to help students grasp mathematical concepts and apply them to solve specific problems.

The project will be available to approximately 150 incoming freshmen students.

More recruiters turn to OU to meet their staffing needs

The number of recruiters visiting Oakland University jumped 10 percent in the 1997-98 year compared to the previous year, from 60 to 67.

It's evidence that more businesses are finding that hiring the right person can be a lot easier with Oakland University's professional placement services, says Bob Thomas, director, Placement & Career Services.

Many recruiters are looking for qualified people for the hot fields of

computer science, management information systems, sales, accounting and human resources development, Thomas says. Other usual recruiters include the automakers, Fortune 500 companies, many smaller businesses and nonprofit organizations.

Joint degree prepares OU grads to meet new CPA test requirement

Oakland University offers undergraduates a convenient way to meet requirements of a new Michigan law.

The law mandates by year 2003 that students have 150 college credits to sit for the Certified Public Accountant exam.

Full-time students can complete the School of Business Administration's Joint Bachelor of Science-Master of Accounting degree in just five years. It's convenient because undergraduates can start earning graduate credits as seniors. The degree is an ideal option for students pursuing careers in public, corporate and nonbusiness accounting.

Register for Meeting of the Minds

Proposal and registration deadline for the meeting of the Minds symposium is March 19. The seventh annual event will take place May 14 in the Oakland Center.

Contact 2140 or papazian@oakland.edu for more information.

Correction

The Educational Resources Lab was among the sponsors of Oakland University's Seventh Annual Keeper of the Dream Awards Banquet.

The ERL was inadvertently omitted in February's issue. We apologize for the error.

REGISTRY

new faces

- Nancy Harrison, executive secretary, Eye Research Institute
- Katherin Morency, budget manager, Academic Affairs
- Celia Murphy, instructional assistant, Lowry Center
- Virginia Niewoehner, secretary II, University Relations



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DEADLINES

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

NEXT DEADLINE

March 10

of distinction

Peter Bertocci, Sociology/Anthropology, delivered the 1999 Aziz Ahmad Lecture at the University of Toronto January 25. This lectureship was sponsored by the U-T Centre for South Asian Studies and honored an eminent former U-T professor of Indian Muslim history. Bertocci's topic was *Islam and the Social Construction of the Bangladesh Countryside*. He has also received a fellowship from the American Institute for Bangladesh Studies for research in Bangladesh during 1999.

Brian Connery, English, has been named president of the Michigan Association of Departments of English, the statewide organization of English departmental administrators in post-secondary schools.

Carlo Coppola, Modern Languages and Literatures/International Programs, organized and chaired the panel *Tagore and Western Composers*, and read a paper by that title, which introduced the session at a major international conference, *Home and the World: Rabindranath Tagore at the End of the Millennium*, University of Connecticut. He also co-organized and co-chaired a discussion group, *Psychoanalysis and South Asian Literature: Satire and Cynicism in the Works of Salman Rushdie*, at the semi-annual meeting of the American Psychoanalytic Association, New York City at which he presented two papers: *Rushdie in Post-Colonial Literature* and *Rushdie and Magic Realism*. He was named to the Committee on Racial and Ethnic Diversity of the American Psychoanalytic Association. He was appointed co-chair of the newly formed Academic Council of the Michigan

Psychoanalytic Society, which will present psychoanalytically oriented programs of interest to academics. Among the several programs he has devised is a series of lectures in the year 2000 to mark the centenary of the publication of Freud's *The Interpretation of Dreams*. He presented a discussion and analysis of the film *My Beautiful Laundrette*, written by the Indo-British writer Hanif Kureishi, for the Association for Psychoanalytic Thought at Beaumont Hospital. Coppola is writing a major article on the works of this author. Coppola has also published *Magic Realism, Salman Rushdie and Psychoanalytic Models of Narrative and Criticism of the Novel in The Encyclopedia of the Novel*. He also served on the board of advisors for the publication.

Jane Goodman, Education and Human Services, was the keynote speaker at the Georgia Career Development Association meeting January 7. Her speech was titled *What should career counselors do?* She also spoke at the International Association of Educational and Vocational Guidance Turning Points Conference, Wellington, New Zealand, January 19.

Anahid Kulwicki, Nursing, was re-elected as a board member of the Tobacco Free Michigan Action Coalition. This is a statewide coalition that meets monthly in Lansing.

Sarah Newton, Nursing, wrote an article in *Rehabilitation Nursing*. Her article was titled *Sexual Dysfunction in Men on Chronic Hemodialysis: A Rehabilitation Nursing Concern*. Titles and publications of Newton's other works include: *Contributions of nurses are becoming increasingly important*, *The Oakland Press Health Section*; *Sexual dysfunction in*

chronically hemodialyzed males: A rehabilitation nursing concern, *Rehabilitation Nursing*; *Relationship of hardiness and sense of coherence to post liver transplant return to work*, *Holistic Nursing Practice*; *Behavioral analysis in review: Promoting transplant medication regimen adherence*, *Journal of Transplant Coordination*; *Recidivism and return to work post-transplant: Journal of Substance Abuse Treatment*; *Renal transplant recipients' and their physicians' expectations regarding posttransplant return to work*, *ANNA Journal*; *Preliminary explanatory model of return to work after liver transplantation*, *IMAGE*. She will present two papers in April at the Midwest Nursing Research Society conference in Indianapolis, on *Nursing theory across the curriculum* and *Female liver transplant recipients with histories of alcohol related liver disease*.

Jude V. Nixon, English, wrote *Birth of a Brain: Finding Hopkins Finding Self*, which was featured as the final piece in the very special *Jubilee Volume of The Hopkins Quarterly*. His essay *Return Alphas: The Forster/Carlyle Unpublished Letters and Re-tailoring the Sage* has just appeared in *The Carlyle Studies Annual*.

Teresa Thompson, Nursing, spoke in Dallas at ARN Preconference on Advanced Rehabilitation Nursing Practice. She spoke in Lansing on *Restorative/Rehabilitation Nursing for Nursing Home Administrators* and for Nursing Home State Surveyors. She also spoke at the Michigan Chapter of the National Association of Hispanic Nurses in Saginaw and completed her term as chair of the Rehabilitation Nursing Foundation.

Jeff Vande Zande, Academic Skills Center, is poetry editor of *The Driftwood Review*, a literary journal for Michigan poets.

Joanne Wagerson, Modern Languages and Literature, will coordinate Oakland University's language students in a community outreach program with Providence Hospital's Cranial-Facial Clinic for the second year in a row. The clinic brings poor children from third-world countries suffering from facial and cranial deformities to the clinic for free medical care and surgery.

Teresa Wehrwein, Nursing, was a contributing author in the *Pocket Guide for Women and Cancer*. She presented *Emerging Educational and Professional Development Needs in Health-care* at the second Annual Cooperative Graduate Program, Dearborn; *The Changing Face of Nursing*, Michigan League for Nursing Seminar, Flint; and *The Legal Basis of Nursing Practice*, HFHS Managed Care College, Detroit.

Lynne Williams, Health Science, published *Thrombopoietin Requires Additional Megakaryocyte-Active Cytokines for Optimal Ex Vivo expansion of Megakaryocyte Precursor Cells* in the June 1 issue of *Blood*, the *Journal of the American Society of Hematology*. She served as an abstract reviewer for member-submitted papers for the 1998 annual meeting of the American Society of Clinical Laboratory Scientists. At the meeting, she served as a moderator for the Hematology Scientific Assembly session on *Phenotypic Characterization of Lymphocytes and Lymphocytic Disorders by Flow Cytometry*. She also served as a delegate, representing the State of Michigan, to the annual meeting.

Forward thinker

With careful planning, Alan Miller knows a thing or two about keeping the campus operating smoothly



Alan Miller

Alan Miller, director of Campus Facilities and Operations, thinks there is a myth lingering on campus.

"People believe my department is the one who decides to close the campus on snow days," he says. "Actually

quite the opposite is true. Our responsibility is to keep the campus open and accessible."

Faced with the largest accu-

mulation of snow in over 20 years, OU's Campus Facilities and Operations anticipated La Nina, leased a payload, a machine which helps remove snow, and sought outside contractual assistance on retainer.

The result?

"We have received more compliments in the weeks following the heavy snow fall, than in past several winters," he says.

Snow and ice removal are just part of Miller's responsibilities.

CF&O oversees everything from facilities engineering and energy management to buildings

and grounds maintenance to fire safety programs and solid waste disposal to central health and environmental comfort.

Miller, who has been at OU since 1986 after a 26-year naval career and a position at a private engineering firm, says he has always worked on facilities management issues.

After his military service, Miller gravitated toward the Midwest and toward a career in higher education.

"I looked at Oakland and was impressed by it," he says.

"I've enjoyed it

ever since. "Today it's no longer business as usual for facility managers. Regulatory compli-

'Change with the times'

For Alan Miller, the challenge isn't the snow, it's the budget.

"The most challenging time of year is not seasonal but rather the budgeting process," Miller says. "We are agents of change," he says, facing issues that include the downsizing of staff, the integration of technology, the growth of new facilities on campus, and the maintenance of aging buildings. "We have to change with the times, not only to survive, but to thrive with less."

You say you want a revolution?

OU assistant nursing professor sees paradigm shift in health care delivery away from the hospital setting

For Sarah Newton, nursing and well-being are intricately linked.

"Without nurses, most people would not attain the level of

wellness they enjoy today," she says. "It's a philosophy permeating every aspect of a teaching career marked by energy and enthusiasm."

So much, in fact, that the University of Michigan School of Nursing

named her Most Enthusiastic Student in 1993.

Her passion and zeal continue to grow.

Newton, OU assistant nursing professor, earned her master's in Medical/Surgical Nursing and her doctoral nursing degree from the University of Michigan Rackham School of Graduate Studies.

In this interview, she describes the state of nursing today and what may likely occur tomorrow.

Describe Oakland's nursing graduate programs.

OU programs are very focused on the clinical aspects. Nursing education is about educating nurses for clinical practice, first and foremost. Our first mission is clinical. I'm very pleased at the level of our students. They've grown beyond their imagination and learned more than they ever expected.

They stretch further.

How is the profession affected by advanced-practice nursing?

It's the fastest growing trend. By the year 2020, we'll need 40 percent more RNs at the advanced practice level because of changes in the health care climate, reimbursement and the focus on managed care and case management. We're providing care across the spectrum, from access to end point. And most hospitals are now health systems, covering the whole continuum of primary, secondary and tertiary care. So the role of the advanced practice nurse has expanded to include things like case management.

Why are these trends important to know?

Predictions are that within the next 20 years, most health care will not be in the acute care hospital setting. It will be delivered in homes, churches, schools, extended care facilities and nurse-run centers where they can move from hospital to home.

How should Oakland prepare for this revolution?

Nurses need to become the drivers so someone else doesn't do it for them. Nurses need to be proactive, which means getting higher education and becoming politically savvy of the health care arena. We need to take stands in legislative and nursing issues such as getting prescriptive authority for advanced practice nurses and having reimbursement go directly to nurses rather than through other sources. It's a new world out there. We've allowed too many other people to guide our future. Now nurses need to stake out their position.

How do you view your career?

I love my experiences as a nurse and I want to instill in my students similar feelings. Hopefully I can instill in them my joy for learning and for nursing because I believe the purposes, values and goals of nursing are strong, durable and will never disappear.

'The greatest issue of our century'

Faculty, students discuss their attitudes toward racism during campus discussion

"There are more people in this room than there were in the Continental Congress — and they changed the whole world. We really could make such a change. Don't expect it to come from outside yourself. You can make little differences that add up to huge differences."

— Wilma Garcia

Associate Professor, Rhetoric, Communication and Journalism

That was the parting message Garcia delivered to more than 100 faculty and students who packed a January 20 discussion, *Introspection: Where I Stand on Race Relations*.

The student Diversity Ambassadors Committee, the Office of Equity and Department of University Housing organized the event as part of OU's African American Celebration Month.

The goal: to promote racial, cultural, ethnic and gender awareness in a discussion for students and staff.

Garcia and Bernadette Dickerson, special instructor, RCJ; Kevin Early, associate professor, Sociology; and Shea Howell, professor, RCJ; facilitated the discussion to address racism, which they say is "the greatest issue of our century."

"Everything in America has been shaped by race," Howell says. "The wealth of this country was stolen, and we killed most of the people we stole it from. No one wants to acknowl-

edge that or deal with the consequences. People have to find ways to look at it."

Students were asked to talk about the first time they learned about differences between themselves and others and were unable to do anything to make the situation more just. For example, Kelle Keyes, a first-year student, shared a story about growing up with her Navy family in a mostly white San Diego neighborhood. In third grade, a friend's mother refused to invite Keyes to a birthday party for fear that she would leave "black germs."

The two-hour program ended with students and faculty pledging to explore diversity by experiencing different cultural events, sitting with a group of different people or challenging bigoted remarks.

"We are going to make sure that over the next few years ultimately, every Oakland freshman has this kind of discussion led by students like you," Howell says.

Continued from page 1

Special lecturer finds a 'captive' audience for her poetry

"I always wanted to write," she says. "When I was quite young, I wrote stories. I didn't have any role models of people who wrote poetry and were published."

English Professor Charles Wright, her mentor from the University of Virginia, helped convince her that poetry was a possibility. Wright won the 1998 National Book Critics Circle

Award and the Pulitzer Prize for his collection of poems titled *Black Zodiac*.

With plans to leave OU and get married this summer, Samyn is unsure where she will be teaching and writing next fall. With her fiancé, also a college professor and poet, she hopes to move south and continue realizing her dreams.

OU Assistant Nursing Professor Sarah Newton makes a point during class. "Nurses need to be proactive, which means getting higher education and becoming politically savvy of the health care arena," she says.



get to **KNOW****EMPLOYEES WHO LIKE TO WRITE POETRY****JEFF VANDE ZANDE**
Tutor Coordinator,
Academic Skills Center**REBECCA ROBERTS**
Lecturer, Rhetoric,
Communication and Journalism**MARY ANN SAMYN**
Special Lecturer, Rhetoric,
Communication and Journalism**JOE SHELTRAW**
Special Lecturer, Rhetoric,
Communication and Journalism**Describe the kind of poetry you like to write?**

I try to express what I have to say through images. I play around a lot with the images of everyday life.

Generally, the confusion and pyrotechnics of social and family relations.

Desire and language, especially the desire for a language that can do more.

I write about nostalgia a lot, specifically stuff that happened to me (or that I imagined happened to me) when I was younger.

Why do you like to write poetry?

I just feel like I'm missing something if I'm not writing.

Because it's there. And it allows me to enter language from odd perspectives — like coming at the stream from beneath the riverbed.

Because it's what I love, what I was meant to do.

I'm a failed art student. I didn't have the patience to be a good painter, so I had to find another outlet.

Who is your favorite poet?

Right now, William Heyen.

Right now, I'm reading Jorie Graham, and an anthology edited by Czelaw Milosz — a collection of his favorites.

There are several, of course, though lately I'm reading Jorie Graham, Brenda Hillman and Anne Carson.

I love Theodore Roethke, Philip Levine and Billy Collins.

What is your favorite poem?

Autumn Comes to Martin's Ferry Ohio by James Wright.

Most of Emily Dickinson, a lot of Yeats. Dickinson's No. 465.

Ariel by Sylvia Plath.

There are so many. *Psalm and Lament* by Donald Justice would be one.

In what publications has your work appeared?

The literary journals, *College English*, *Passages North* and *Green Hills Literary Lantern*.

Poems have appeared in *Passages North (Anthology and Journal)*; *The Beloit Poetry Journal*; and *Portfolio of New Poems in World Order*.

I have a book, *Captivity Narrative*, forthcoming from Ohio State University Press and my poems have appeared elsewhere.

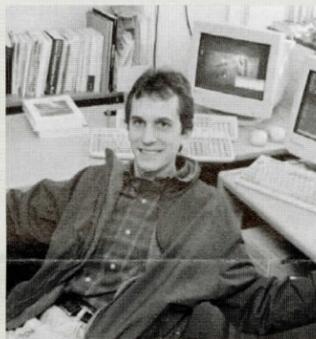
The Driftwood Review, *Quarterly West* and *Oxford Magazine*.

employee **of the MONTH**

EMPLOYEE: John Coughlin
TITLE: Senior Desktop Systems Analyst
DEPARTMENT: Office of Training and User Support
LENGTH OF SERVICE: Four Years
COMMENTS:

"John is one of the most technically gifted people we have ever had in the computer center. His skills range from technical writing, instructional course development and teaching, PC troubleshooting, installation of networks and file servers, to HTML programming and high-end Web development. He is simply all over the place and our customers cannot say enough good things about the quality of his work."

"John has an incredible work ethic. He cheerfully takes on any assignment that comes his way, and puts in long hours without complaint. John is energetic, enthusiastic, and completely devoted to making the OU computing environment the best it can be."

oakland **WAY OF LIFE****How I lost 20 pounds on the road to dropping 61 cholesterol points****By Theodore G. Coutilish**

I knew right from wrong in choosing what to eat.

Broccoli, fish, apples — good. Pizza, hot dogs, wing dings — bad.

But I didn't know to what extent good and bad meant. What's the point of living if you can't choose the foods you want to eat? Restaurant menus and the world are filled with delicious decisions and life is short. So I refused to listen to the Tofu-eating, rice cake-swallowing, fashion diet-of-the-month-following, no red meat-touching, fat content label-reading, health conscience hippy freaks.

Then I walked into the office of Dr. Fred Stransky, the no-nonsense director of Oakland University's innovative Meadow Brook Health Enhancement Institute. Dr. Stransky began to race through the details of my recent physical examination. "Great engine, solid frame, but you have high cholesterol: 299. And you may need to take medicine if it gets higher."

Medicine? I quickly perched myself on the starting line to better health. The road grew clearer, paved by a stream of realizations. The first: The days of racing my 34-year-old body over tracks of greasy fries, bloody New York strip steaks, fatty burgers, cheesy pepperoni pizzas and creamy chocolate ice cream were over. My body needed new fuel and fast. Although high cholesterol is hereditary, the power to lower it could be up to me.

Fat became my enemy. Low-fat and no-fat foods were my soldiers. The line was drawn at 25-30 fat grams per day — the equivalent of 1 1/2 hotdogs, one knockwurst or one-half Marie Callender frozen dinner — for the entire day. Another realization

was the need to continue from making unhealthy food choices. I loved fatty foods. Appetizer combinations were my favorites. The third realization was the hardest to swallow. Reading total fat percentage on food labels was shocking. Worst were frozen pizza, garlic bread, pot pies, hot dogs, sausages and ice cream. Serving sizes may also be misleading. Tell me how an angel food cake serves 13?

It took lots of experimentation to get the hang of making healthy food selections. But what works best for me is a middle-of-the-road plan that doesn't allow me to burn out dieting only to binge later. It includes a balance of good-tasting healthy food choices with opportunities to cheat guilt-free.

Here's the scoop: Avoid fast and fried foods, foods with total fat content of 10 grams or more and fatty foods such as chips, donuts and peanuts. Eat more smaller-portioned meals a day, mostly fish, turkey and chicken, fresh fruit and leafy vegetables and the occasional red meat. Desserts are OK in moderation. Low-fat, in-between meal treats such as pretzels and low-fat chips are better. And don't go overboard only to cheat like crazy later. Cheat a little now. It's OK.

The results? In three months, I experienced a 61-point drop in cholesterol plus a weight loss of 20 pounds.

So take it from a low-fat ice cream-eating, latest type of rice cake-swallowing, custom diet-following, very occasionally red meat-touching, always fat content label-reading, health concerned semi-careful eater who thinks Tofu still tastes bad.

For now, I'm happy behind the wheel again. Come join me in the "realistic" healthy choices lane.

Theodore G. Coutilish is editor of Inside Oakland. For a copy of his special diet, contact him at 3185 or coutilish@oakland.edu

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 Disability Support Services at 3266. 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.).

MARCH

- 6 Soaring Eagle Casino Trip, SPB, noon - 10 p.m.
- 9 Mainstage Comedians, Oakland Room, 8 p.m.
- 10 Robert Eberwein, *How Do Books Happen?*, VBH 112, noon
- 10 - 4/4 *A Gift of Glory: Edsel Ford and the Diego Rivera Murals*, MBT, 8 p.m.
- 12 Flixtour II, film showing, DH 201, 8 p.m.
- 15 Sighe Bhreathnach-Lynch, *Representations of Women, Power and Culture in Irish Art*, OC Gold C., 7 p.m.
- 17-21 *Gypsy*, Varner Recital Hall, 8 p.m.
- 20 Women's tennis vs Chicago State, Athletics Arena, 10 a.m.
- 20 Underground Coffehouse, OC Heritage Room, 8 p.m.
- 21 OU Jazz Ensemble & Vocal Jazz Ensemble, Varner Recital Hall, 8 p.m.
- 24 Elvira Kurt, HH Lounge, 8 p.m.
- 26-27 *Oakland Dance Theatre and Repertoire Company: Dance Explosion*, Varner Recital Hall, 8 p.m.
- 27 Casino Night, OC, 8 p.m.
- 27 Psychic Night, OC Heritage Room, 8 p.m.
- 28 Student Chamber Concert, Varner Recital Hall, 3 p.m.
- 29 Piano Ensemble Concert, Varner Recital Hall, 8 p.m.
- 30 African Drum and Dance Ensemble, Varner Recital Hall, 8 p.m.
- 31 Oakland University Jazz Band & Vocal Jazz Ensemble, Varner Recital Hall, 8 p.m.



Chris DeOni (Diego Rivera), Dan Kremer (Edsel Ford) and Kirsten Giroux (Eleanor Ford), from left to right, are featured in Meadow Brook Theatre's world premiere of Karim Alrawi's drama *A Gift of Glory: Edsel Ford and Diego Rivera Murals at the Detroit Institute of Arts March 10 - April 4.*