



OAKLAND UNIVERSITY

News

104 North Foundation Hall
Rochester Hills, MI 48309-4401

A publication for faculty and staff

May 19, 1989

Alessi, Boganey to Receive Wilson Awards at Commencement



Wilson Award recipients Melinda Alessi and Anthony Boganey.

Graduating senior Melinda Alessi and alumnus Tony Boganey have been named 1989 winners of the Matilda R. and Alfred G. Wilson Awards.

Each will receive \$500 and a medallion at commencement exercises June 3 as the university's outstanding female and male students. The awards are named in memory of the Wilsons who donated 1,500 acres and \$2 million to establish Oakland.

Alessi will graduate with distinction with a double major in Spanish and human resource development. She has won the Sidney Fink Memorial Award for her work in improving race relations, was cited by the Michigan Association of Governing Boards as an outstanding student, is a member of the Golden Key National Honor Society, is a member of the Black Awareness Month Committee, is an officer of the Student Program Board of

University Congress, and has served in various capacities within residence halls and as Great Lakes Regional Coordinator for the National Association for Campus Activities.

Boganey completed his degree in political science in spring 1988 and went through the fall 1988 commencement, but he is eligible for the 1989 award. While a student, Boganey made significant contributions to student life through involvement with University Congress, as executive assistant and then president. Boganey assumed leadership in the Michigan Collegiate Coalition and organized its first conference, served as a resident assistant, was a Center Fellow and Center Counselor in the Center for the Study of the Presidency, and is a past winner of the Sidney Fink Memorial Award. He also received a President's Club scholarship while attending Oakland.▼

Board Adopts Affirmative Action Plan on Hiring

The Board of Trustees has approved an affirmative action policy to ensure that the university work force is reasonably representative of the pool from which it recruits.

The action was approved by trustees May 10. Under Michigan law, the plan is being submitted to the Civil Rights Commission for approval.

University trustees said the plan was an important legal tool that now needs to be fleshed out by the moral obligations necessary to make it work.

The university had approved an equal opportunity policy in 1981, and the May 10 action represents a more specific policy statement endorsing and directing affirmative action in employment related to race and gender.

The Board of Trustees policy statement follows:

"In order to accomplish the goals set forth in the institution's role and mission statement, it is essential that Oakland University's work force be appropriately representative of all racial and ethnic groups and of both genders. Accordingly, the university shall establish an Affirmative Action Plan for the purpose of eliminating and/or avoiding racial and sexual imbalances in traditionally segregated job categories. The goal of the plan shall be to achieve within the university community a work force that is reasonably representative of minorities and women as measured by the race and sex mix of persons with the requisite skills within the reasonable employee recruiting area of the university. Once the goal is reached, a plan will no longer be necessary or appropriate, since any significant imbalances will have been eliminated. The

university's commitment to equal opportunity shall, however, continue undiminished.

"The plan shall not create 'quotas' that must be met, but rather 'goals' for minorities and women that promote consideration of affirmative action concerns when establishing and filling positions.

"The university administration shall develop and implement a plan in conformance with the policy enunciated above. It is expected that goals and procedures contained within the plan will change periodically in accordance with conditions and experience. The administration shall provide a copy of the current plan and a status report on the university's work force by race, ethnic group and gender to the board for review and comment at the board's February and August meetings or the next meeting thereafter should a meeting not be held in February or August.

"All persons with hiring responsibilities have the obligation to ensure compliance with the university's equal opportunity and affirmative action policies and the Affirmative Action Plan and its associated hiring procedures."▼

SHES, Local Schools Team Up in Fight Against Racism

Oakland University and 12 area school districts have combined to fight racism and promote multicultural education.

The Collaborative for Educational Equity and Multicultural Curriculum has organized three programs. They began with a May 5 workshop at Meadow Brook Hall to discuss affirmative action and employment equity in K-12 and university hiring practices.

Members of the collaborative also held a retreat on May 11-12 at Butzel Conference Center in Ortonville to look at equity and racism. The major address was presented by Dick Lobenthal of the Anti-Defamation League. Superintendents, principals and other administrators from each district attended.

The third program scheduled is a conference to launch the process of multicultural curriculum development (date to be announced).

Jerry Pine, dean of the School of Human and Educational Services, says, "The mission of education is to provide all students with a quality educa-

tion which will enable them to function successfully in an interdependent multiethnic, multicultural, rapidly changing world. The collaborative was formed to develop a network and community of support among educational institutions to deal with issues of racism, multicultural education and equity."

The collaborative has already developed a role and mission statement after establishing a steering committee with one representative from each institution, convened a superintendents' group to discuss leadership and sensitization, and developed a schedule of visits for Asa Hilliard to consult with the groups.

Hilliard is the Fuller Callaway Professor of Urban Education at Georgia State University, and he has lectured on multicultural issues at OU and in the Avondale, Bloomfield Hills, Southfield, Ferndale and Pontiac school districts, and in Oakland County Schools. Following a 1987-88 Hilliard lecture, OU and Bloomfield Hills administrators began talking about the formation of a collabora-

tive to deal with instructional and curriculum development and minority recruitment.

The group's role and mission statement calls for:

- Creation of a school structure and climate which insures equity.
- Development of multicultural, global curriculum.
- Implementation of staff development programs and activities which confront racism.
- Implementation of vigorous employment equity programs.
- Improvement of instruction to promote an appreciation of cultural diversity.
- Promotion of the education profession as a career for all students to reflect the ethnic, cultural and racial diversity in society.

Collaborative members are OU and Oakland Schools, and 12 districts (Avondale, Berkley, Birmingham, Bloomfield Hills, Ferndale, Pontiac, Rochester, Southfield, Troy, Walled Lake, Waterford, and West Bloomfield).▼

Stokes to Represent Oakland at Bryn Mawr Summer Institute

Associate Professor Charlotte Stokes has been selected for the Bryn Mawr Summer Institute for Women in Higher Education Administration.

Stokes will attend the July 2-27 program at Bryn Mawr College in Pennsylvania under sponsorship of Oakland through ACE/NIP (American Council on Education/National Identification Program).

Stokes was selected from applicants among the faculty. Last year, Margo King, director of university relations, attended as a representative of the

professional staff. Applicants for the program will alternate yearly between faculty and staff.

Although all educational institutions throughout the United States may choose someone for the institute, and also provide necessary funding, acceptance by organizers of the institute is not guaranteed. The conference is sponsored by Bryn Mawr College and Higher Education Resource Services, Mid-America.

The conference provides attendees with intensive training in key administrative areas, a better understanding of academic governance and planning, practical training in administrative problem-solving, participation in a peer network and an environment in which to identify and energize career goals.

The summer institute began in 1976 with a goal of improving the status of women in the middle and executive levels of higher education ad-

ministration, an area in which women have traditionally been underrepresented. Since 1976, 882 women have participated from the United States, Canada, Sweden, Wales, Iran, Nigeria and the Netherlands.

In June, the first alumnae conference for participants of previous Bryn Mawr institutes will be held at Meadow Brook Hall. The two-day event is expected to draw participants from Michigan and surrounding states.

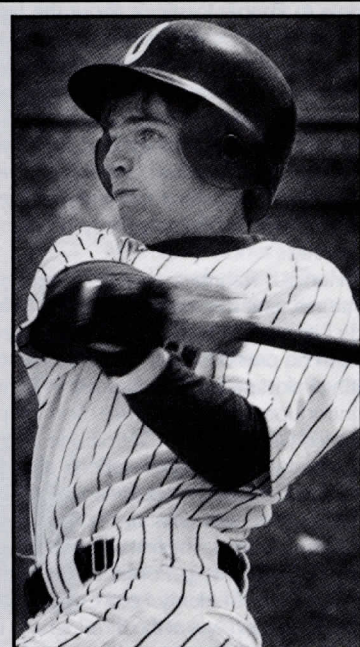
King organized the alumnae event to help Bryn Mawr participants renew friendships and discuss career goals. Blenda Wilson, chancellor of the University of Michigan-Deerborn, will give the keynote address. Guest speakers from OU and other institutions will address such topics as *Career Paths for Women in Higher Education*, *The Role of ACE/NIP and Strategic Planning: Organizational and Personal Implications*.▼

Attendees learn about academic governance.

Murphy to Head to West Germany with Fulbright Award

J. Austin Murphy, assistant professor of finance, has received a Fulbright Senior Partial Award to study international finance and investments in Berlin, West Germany.

Murphy's 10-month award begins in September when he will be on sabbatical and continue through the winter 1990 semester. He'll work at Freie Universitaet Berlin on *Testing Models of Capital Market Equilibrium in Germany*.▼



It's Outta Here

Junior second baseman Tom Perkins helped lead the Pioneers to a 31-15 record this season, the best record for an Oakland baseball team since 1978. Making the accomplishment all the more remarkable is that this is just the third season for baseball since it was restored as a sport. It had been discontinued following the 1980 season. Coach Paul Chapoton's team missed a first-place finish in the conference by only one-half game. Ferris State claimed the crown. Last year the Oakland team finished 13-23. Chapoton played for OU before graduating in 1972. Now if he could help the Tigers...

Percentage Change in CREF Stock Account Annuity Unit Value

Period	Average annual May 1 change	Cumulative May 1 change
1 year (1988-89)	+12.1	+12.1
3 year (1986-89)	+7.0	+22.4
5 year (1984-89)	+12.3	+78.7
10 year (1979-89)	+11.7	+202.3

CREF Retirement Income Up 12.1 Percent

Variable annuity incomes paid by the College Retirement Equities Fund increased by 12.1 percent on May 1.

The benefit increase for the next 12 months is based on a new stock account unit value of \$82.46, up from last year's value of \$73.58.

According to Clifton R. Wharton, Jr., chairman and CEO of CREF and its companion organization, Teachers Insurance and Annuity Association, "Most CREF annuitants also are receiving income from TIAA guaranteed annuities, with benefit payments currently computed on interest rates ranging from 9.5 percent to 12 percent, including a 3 percent contractual guarantee.

"Overall, the combined TIAA-CREF pension system continues to provide excellent retirement protection for our annuitants."

Since the CREF stock fund began in 1952,

yearly May 1 changes in CREF retirement incomes have ranged from decreases of as much as 17 percent to increases of as much as 39 percent, with six increases of 30 percent or more.

Yearly changes in CREF stock account income — and in the CREF stock account annuity unit value — reflect primarily the investment experience of CREF's broadly diversified common stock portfolio for the preceding 12-month period ending March 31. CREF's mortality and expense experience for the year is also reflected in the yearly revaluation of the annuity unit, but these factors have had only a minimum effect on the stock account's annuity unit value over the years.

The CREF stock fund has assets of \$30 billion invested in stocks of 2,900 companies traded on domestic and foreign stock exchanges.▼

CFA Events Bring Record Attendance

An attendance record and two road productions were season firsts for the Center for the Arts this past academic year.

Director Carl F. Barnes, Jr., reports attracting 10,506 patrons to Center Stage productions through April. The previous attendance record was 7,867 in 1985-86. Center Stage productions are a combination of student events, plus some professional entertainers brought in by the Center for the Arts.

A critically acclaimed performance by the Lafayette String Quartet and pianist Flavio Varani

was held in late April in Orchestra Hall in Detroit, the first "road" venture for the Center Stage Series.

This month, two performances of *A Midsummer Night's Dream* are being performed in the Smith Theatre at the Orchard Ridge Campus of Oakland Community College. It will be the second Center Stage production to be taken off campus.

Performances of *A Midsummer Night's Dream* end their on-campus run May 19-21 in Varner Studio Theatre.▼

Town Hall Lecture Series Benefits Macomb Scholarship Committee

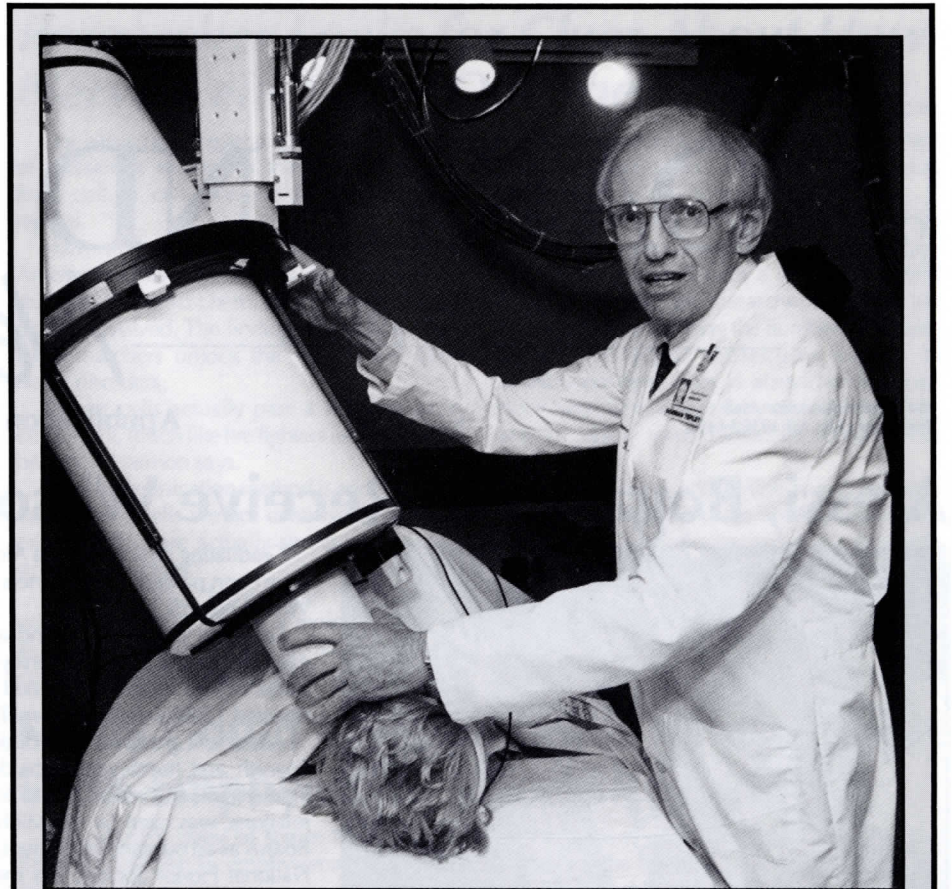
A Mafia expert, a blue-blood turned madam and a columnist-astrologer will be featured speakers in the 1989-90 Macomb Town Hall series.

All net proceeds from the series benefit the Oakland University Scholarship Fund for Macomb County students.

Featured October 18 is Sydney Biddle Bar-

rows in *The True Story of the Mayflower Madam*. Barrows received national attention when she was arrested and charged with operating an escort service in New York City. The charges were later dropped, and Barrows went on to win praise for her business expertise and became the subject of a 1987 CBS television movie.

Ralph Salerno, famed for his knowledge of the



The Doctor is In

Oakland physicist Norman Tepley demonstrates the Neuromagnetometer at Henry Ford Hospital in Detroit that will be used in the study of migraine headaches. Tepley, on sabbatical, and other OU personnel have worked with hospital medical staff to set up the device, which is one of only 16 in the world. Tepley serves as scientific director of the Neuromagnetometer Lab. The equipment was dedicated in a May 4 ceremony.

Our People

Jot down details about your achievements and send them to the News Service, 104 NFH. You can't beat the price with a stick: free. PRESENTATIONS

•John Marney, modern languages and literatures, appeared on the television program *People to People* to speak about the Japanese Shinto religion. He also participated in a WBRB radio show about Japanese education. Marney spoke about modern China at Kingsbury High School and at Wayne State University.

•James Dow, sociology and anthropology, delivered a colloquium, *New Directions in Computer Applications for Anthropologists*, at the Department of Anthropology at Wayne State University.

•Munibur Rahman, modern languages and literatures, gave three poetry readings: before the Urdu Literary Circle of Toledo, at a poetry symposium he presided over that was attended by visiting Pakistani and Indian poets in Taylor, and to introduce his recent collection of poems, *Baazdjid (Visitation)*, in Detroit. He also spoke to Rochester High School students about Islam.

•Carlo Coppola, modern languages and literatures, gave two talks on Salman Rushdie's *The Satanic Verses*. The first was presented at the Bloomfield Township Public Library with Nabeel Abraham of Henry Ford Community College. The second was at the Birmingham Temple with Howard Simon, executive director of the Michigan Chapter of the American Civil Liberties Union. Both presentations were taped for telecast by Booth Television and United Cable. Coppola and Munibur Rahman of the department also teamed up during the winter semester

to present a talk on campus about Rushdie's book.

•Pianist Joyce Weintraub Adelson, music, theatre and dance, performed at the Cleveland Institute of Music Alumni Weekend gala concert.

•Nicole Buffard-O'Shea, modern languages and literatures, read a paper, *Le Réalisme grotesque dans le monde de Boris Vian*, at the Kentucky Foreign Language Conference in Lexington.

•Lizabeth Barclay and Mary Van Sell, business administration, coauthored a poster presentation of work in progress at the Midwest Academy of Management on *Gender Differences in Influence Networks*.

•Peter Boettke, business administration, presented *Menger, Boehm-Bawerk and Wicksell*, a comment on Roger Garrison at the Carl Menger and His Legacy in Economics Conference at Duke University.

In the News

Recent news coverage about the faculty has included the following items.

•Patricia Montenegro, modern languages and literatures, was interviewed by the Mexican newspaper *La Jornada*.

•The Associated Press interviewed Jackie Scherer, sociology and anthropology, about her work with Canadian auto workers.

•Norm Tepley, physics, was interviewed by TV-2 on his collaboration with the Department of Neurology at Ford Hospital.

•WDIV-TV covered the Nightingale Nursing Awards program at Shotwell-Gustafson Pavilion.

•The *Detroit News* interviewed chemistry faculty members about their association with Stanley Pons, one of the University of Utah faculty members who claims to have created nuclear fusion at room temperature.

•WXYZ-TV and WWJ radio interviewed Dean Gerald Pine of SHES about the new educational collaborative formed by the university and area school districts.

•The *Oakland Press* covered a May 11-12 retreat held by SHES and area school districts.

•Sally Silk, modern languages and literatures, read *Discursive Practice and Homelessness in Jorge Semprun's 'Le grand voyage*, at the International Conference on Narrative at the University of Wisconsin in Madison.

•Barbara Mabee, modern languages and literatures, read a paper, *Angels, Astronauts and Time Machines: The Fantastic in Recent GDR Literature*, at the 10th anniversary Conference on the Fantastic in the Arts held in Fort Lauderdale. She has also received a \$4,200 OU Research Fellowship, plus \$800 for travel, for an annotated translation of poetry by Sarah Kirsch.

•Sid Mittra, business administration, presented a seminar at the annual retreat of the Institute of Certified Financial Planners at Bay Valley. His topic was *Determination of Investor's Risk Tolerance Level: Is it an Elusive Goal?*

•Eileen Peacock, business administration, presented *Manufacturing Accounting: An Overview* at a workshop for top and middle management in manufacturing, accounting professionals and strategic planners at Meadow Brook Hall.

PUBLICATIONS

•An article by Paul Chao, business administration, *Export and Reverse Investment: Strategic Implications for Newly Industrialized Countries*, was published in the spring issue of the *Journal of International Business Studies*.

•Renate Gerulaitis, modern languages and literatures, wrote *Recurring Cultural Patterns: Werner Herzog's Film, 'Every Man for Himself and God Against All: The Enigma of Caspar Hauser'* for the spring issue of *Journal of Popular Culture*.

•Jamshed Uppal, business administration, wrote *Interest-Free Banking — A Financial Innovation? Some Conceptual Issues for the Journal of the Midwest Finance Association*. Coauthors were I. Mangla and C.L. Krishnaswamy.

•Munibur Rahman, modern languages and literatures, has published an Urdu translation of *Julius Caesar*. It was published by the Sahitya Adademi (National Academy of Letters) in New Delhi. Persian translations of two articles, *Nima Yushij and Western Literary Influences in Modern Persian Poetry*, were published in *Adabiyat-I-Nuwin-I Iran (Modern Literature of Iran)*.

•Sherman Folland and Ravi Parameswaran,

business administration, wrote *On the Nature of Physicians' Opposition to Advertising* for the *Journal of Advertising*, Vol. 18, No. 1.

•Edward Farragher, business administration, authored with K.A. Wong and Rupert Leung, *Capital Investment Decision Making in Southeast Asia*, which appeared in the fall issue of *Issues in International Business*.

CONFERENCES

•Renate Gerulaitis, modern languages and literatures, chaired the section on German literature and culture at the 19th annual conference of the Popular Culture Association in St. Louis.

HONORS

•John Dovaras, music, theatre and dance, will lead the Bicentennial Chorus of more than 800 members when the Presbyterian Church celebrates 200 years in America. A special Bicentennial service will be held at 4 p.m. May 21 at the Michigan State Fairgrounds Coliseum with more than 8,000 persons in attendance.

Funding Opportunities

The Office of Research and Academic Development has details about sources of external funding. Stop by 370 SFH or call 370-3222. Unless noted, proposal due dates are unknown.

National Institute on Aging

Reducing injuries in the elderly, letters of intent by June 14, proposals by July 19.

National Institute of Mental Health

Minority mental health research centers, letters of intent by April 30, proposals by November 15.

Centers for Disease Control

Public health conference support grants, June 1; and state- and community-based injury control programs; and toxic substances and disease public conferences, June 1.

Office of Human Development Services

University-affiliated developmental disabilities programs, May 30.

National Highway Traffic Safety Administration

Functional impairment from crash injuries, June 5.

Bits & Pieces

The 'Shrew' and You

For those who act like a shrew before their first morning coffee, this could be your cup of tea.

The Taming of the Shrew will be presented in Varner Studio Theatre by the Michigan Shakespeare Festival Touring Company on June 5. The Bard's play will take the stage from 9:45 a.m.-noon. Seating is free, but limited, so call 370-3023 for reservations.

The Michigan Shakespeare Festival is sponsored by the University of Michigan-Flint Theatre Department and Office of Extension and Continuing Education, Buckham Alley Theatre and McCree Theatre. Funding is through Dayton Hudson Department Store Co., the Community Foundation of Greater Flint, Buckham Alley Theatre, Ruth Mott Fund, Bray Trust, Downtown Development Authority, Genesee Intermediate School District and U-M/Flint.

Runners Band Together

If you feel like David Janssen did — always running by yourself — consider joining the MBHEI Running Association instead.

The MBHEI in the name stands for Meadow Brook Health Enhancement Institute, but all of that probably won't fit on a T-shirt, so the abbreviation will have to do.

Interested MBHEI participants looking for camaraderie, motivation, education and a campus running event should sign up at the institute.

Speaking of Running...

Rick DeLorme, assistant director of the Meadow Brook Health Enhancement Institute, wants to explain the ins and outs of effective running.

He'll do it at a workshop at 7 p.m. June 14 at the institute. MBHEI members may stroll in for free, but others must chip in \$3. Call 370-3198 to reserve a seat.

The workshop is intended for recreational runners who wish to improve performance and/or compete in local road races of 5 kilometers or more.

Gallery Extends Exhibit

Don't despair, time has not run out on the popular photo exhibit at Meadow Brook Art Gallery.

Curator Kiichi Usui has extended *Photography's Beginnings: A Visual History Featuring the Collection of William B. Becker* because of strong demand.

Usui says you now have until May 21 to see the photo exhibition. Hours are 1-5 p.m. Tuesday-Friday, 2-6:30 p.m. Saturday and Sunday, and 7 p.m. through the first intermission during Meadow Brook Theatre performances.

For further details, call 370-3005.

He's Now Emeritus Prof

The Board of Trustees has conferred emeritus status on S. Bernard Thomas, retired professor of history. The change became effective May 10.

Why Not Volunteer?

The university needs able-bodied volunteers to help patients in the university-based cardiac rehabilitation and diabetic programs.

Volunteers will receive access to programs and facilities in the Meadow Brook Health Enhancement Institute. Another benefit is they will get CPR training.

Sue Hayden says anyone willing to lend some enthusiasm and support to others in the cardiac or diabetic programs may call 370-3198. Volunteering adults may pick morning or evening sessions to suit their schedules.

Your Habit Up in Smoke

If you want to quit smoking, give Terry Dibble at Meadow Brook Health Enhancement Institute a call at 370-3198.

A stop-smoking program begins at 7 p.m. June 8 with a no-obligation introductory class. Regular sessions will then be held from 7-8:30 p.m. June 12-15 and 19 at the institute. The cost is \$40 for MBHEI members and \$50 for others.

Beginning of the Line

Retirement Can Mean an Active Life for Those Who Won't Quit

Mention shuffleboard around today's retirees and you'll be in for a rude awakening.

Instead, try aerobics, jogging, cycling, teaching and whatever else an active person does to stay fit, both physically and mentally.

Retirement as a time to sit back on the porch and swat flies is out.

An aging but active population has created new demands for services that stimulate the mind and body. Oakland has kept up, too, with programs and services geared toward the needs of retirees, or those who are approaching retirement age.

Among them:

- Sixty Plus, an exercise series at Meadow Brook Health Enhancement Institute.

- Workshops and seminars offered through the Continuum Center aimed at easing the transition into retirement.

- Opportunities for volunteers to work at Meadow Brook Hall, Meadow Brook Theatre and Meadow Brook Music Festival, for example, or other programs that tie the university with the community.

Certainly not all have to be part of an organized effort to remain active. Alice Engram, who retired in 1988 as a special instructor in voice, has kept her career moving along.

Engram didn't let a heart bypass operation in 1986 slow her. Now fully recovered, she teaches students in her own studio twice a week and involves herself in several community projects.

"I work two days a week and play five. I don't act my age, that's the big thing," Engram says.

The voice instructor has a good reason for not letting life slide past. "I like being paid to boss someone around, and it puts food on the table," Engram explains in her direct but humorous manner of speaking.

Engram knows her profession well. The mezzo soprano received her first degree at Hillsdale College, then went on for advanced training at Juilliard. In 1971 she earned her master's degree from the University of Colorado. She maintains a second home in Victor, Colo. "I'm Big Squaw on Squaw Mountain," she says, making you believe it. "I hoot and holler on my porch, and they can hear me down in the village."

Engram's professional career included working with the New York City Center Opera, the Philadelphia Civic Opera and as a soloist at



Alice Engram (a retirement party photo)

Temple Emanu-El in New York City, among others.

"I think I'd faint dead-away if I added up everything that I've done," Engram laughs.

Engram keeps active with such community projects as the Birmingham Musicales, with which she has been program director for two years. In February she directed a tribute to Irving Berlin for the organization.

All of this is about a million memories away from the tiny room where she started her career with Oakland. "I started in Bob Facko's closet, literally, when he was in North Foundation Hall," Engram recalls. "I taught in there for a year or two, then taught in the old milk house." Both went on to bigger and better things: Facko is now chairperson of the Department of Music, Theatre and Dance and has a reasonably comfortable office in Varner Hall.

It was spring 1963 when Engram pulled together three students for the first class in special music education. That fall enrollment jumped to 10, and she was on her way.

During the summers of 1965-69, Engram worked with the Meadow Brook School of Music, auditioning students who would work with the likes of Robert Shaw and Roger Wagner, John Wustman and Pierre Bernac. She also taught some at the summer school and studied with the guest instructors, too. The reputation of that summer school is still strong, she says. In her travels, those associated with the music world still ask about it.

All of this leads back to her retirement today. "I never felt old until I was peeking over the brink with this heart thing," Engram says, adding what she won't do. "I'm not going to sit in my chair and drink coffee and play bridge."▼

Over 60, Not the Hill

Structured exercise, that's the key.

Maintaining vigorous health is possible well into retirement, and for many, the way to do it is through an exercise program with their peers.

Stacey Potthoff, coordinator of the Sixty Plus program at Meadow Brook Health Enhancement Institute, knows exercise makes a difference among the elderly.

"Their endurance improves incredibly," Potthoff says. "One gentleman has gone from one to two miles walking. That's a good average increase, a mile in under 30 minutes."

A healthy body is the main reason older adults join the MBHEI program. They also get a healthy mental outlook. Potthoff notices the difference in self-esteem as participants improve their stamina.

The health benefit is still the main attraction, and an important one. A male participant watched his blood pressure drop from 160 over 80 while taking medication to 140 over 78 with no medication (with his doctor's consent, of course).

Sixty Plus is offered in three-, six-, nine- and 12-month sessions, three days a week at noon. New members join the first Monday of the month if space is available. Participants come from as far as Dearborn and Harsens Island, which is about an hour's drive from the institute.

Potthoff, a graduate student in exercise science, says some participants literally can't wait to get started. "They're enthusiastic, they're eager to get here. They come in at 11:30 and start warming up without me."

One benefit is a given. "The socialization is very important," says Potthoff. "The structured program really facilitates that."

The exercise consists of a warmup period and aerobics, then a choice of walking, jogging or using the stationary bikes and the resistance weight machines.

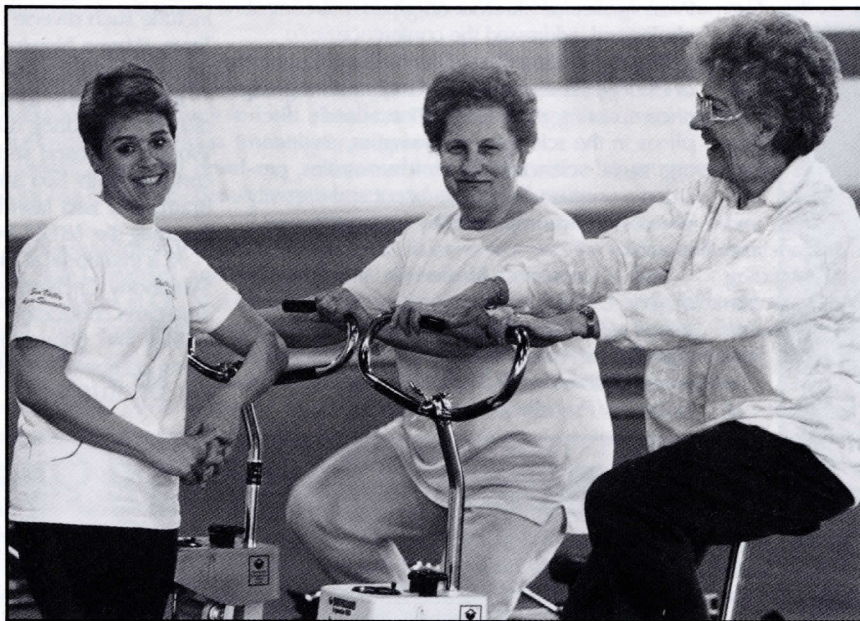
"It's a lot to do in an hour, but we don't apologize for having them do so much. They work hard, and there are a lot of dedicated people in the group."

Some participants have doubts at first because of years of physical inactivity. They quickly find that improvement can be measured with exercise and proper nutrition in just weeks.

"It's not that your body is getting older," Potthoff explains. "It's that you become inactive and change your eating and lifestyle habits."

"Your body does change with aging, but not to the extreme that's been believed. We find that exercise maintains or reverses the adverse conditions associated with aging."

Potthoff adds, "Exercise is almost the wonder drug."▼



Stacey Potthoff with Sixty Plus participants Bernice Kontry and Irene Kosnik.

It Starts With Thinking Ahead

Living right means learning how to do things well.

Even retirement is something you need to study if you want to enjoy it fully. The Continuum Center has geared seminars specifically toward improving the quality of life once one settles into retirement.

"One of the things we tell them is that it is a good time to take charge of your own life," says Elinor Waters, director of the Continuum Center. "We urge people to think about what they want to retire to. They should think of retirement planning as being very comprehensive. Of course, we include the financial planning aspects of it because that's something everyone wants to know."

"We talk a little about health and wellness because that's another basic issue. But people really need to think a lot about 'what am I going to do with the rest of my life?' For me, the question is 'what am I going to retire to?' What's the direction I'm going to move in, how are my relationships going to change. I think it's a big factor that people need to look into."

The Continuum Center's *Designing Your Retirement* seminar covers money, decision-making strategies, choices for the new lifestyle, importance of relationships, coping with change and staying healthy.

Waters says retirement is often when couples discover each other all over again — sometimes to the great surprise of one or both. "We hear horror stories about husbands and wives who had done fine, and then began to drive each other crazy."

Some of those problems start with what one partner sees as helpfulness.

"If she retires and wants to rearrange his tool room, or he retires and wants to find a more efficient way to get the kitchen organized — usually those suggestions are not taken too terribly kindly."

Waters says retirement planning is important today because people tend to live

longer after they retire than they did earlier this century, and because both marriage partners may be retiring from outside occupations.

"I get worried when married couples tell me they do everything together. That's really, really creepy, because even if they have this most marvelous time together all the time, one of them is almost assuredly going to die before the other, and then what's left?" she asks. "What we do is encourage people to develop lots of couple interests, but encourage them to have some separate ones."

Not all retirees want to be the next Grandma Moses, but Waters says starting new interests after retirement is beneficial.

"I think retirement is often the first time since high school that we have as many choices as we do about what we're going to do with the rest of our lives. Some are excited, some are scared."

Waters suggests that preretirement planning should be combined with postretirement planning. The first year of retirement is often the most difficult, she says, and planning for the remainder with that first year under the belt is a good idea.

Although it's difficult to assure someone of a happy retirement, Waters says that staying active and maintaining a support system of family and friends will help immeasurably.▼



Give them a chance, and they could probably talk your arm off without you even noticing. In other words, they're good. Members of the forensics team placed seventh in the nation at the National Forensic Association tournament in East Orange, N.J. They competed against teams representing 130 universities. Team members who won individual honors were Robyn Schulz, Scott Higgins, Sarah Nagel and LeeAundra Preuss. Also a winner, but unavailable for the photo, was Nichelle Lee. At the tournament, the team also placed second in the President's Division for teams with 40 or fewer entries. Oakland is one of only four schools to finish in the top 10 in each of the past six years. Preuss finished second in the nation in impromptu speaking, fourth in informative speaking and sixth in pentathlon. The forensics director is Kathy Rhadigan. Volunteer assistants are John Rhadigan and Dan Bernard.

Students' Research Efforts Pay Off

The American Heart Association of Michigan has chosen two Oakland students for fellowships to continue their studies on the biological aspects of heart function.

Susan Mosier and Erik Stier will each receive \$1,638 to support their research between May and August. Their faculty mentors will be Virinder K. Moudgil (Mosier) and Fay Hansen-Smith (Stier).

In addition, Mosier and Madhavi Gunda, who also works in Moudgil's lab, were presenters at the Third National Conference on Undergraduate Research held April 27-29 at Trinity University in San Antonio.

Concerning the heart association awards, Mosier and Stier's faculty mentors say they "are yet another testimonial to the excellent undergraduate research accomplishments and activities in the biological and biomedical sciences at the university."

Mosier is working on the *Mechanism of Glucocorticoid Action in the Mammalian Heart*. Glucocorticoids, like cortisol, are steroid hormones with anti-inflammatory properties and are known to influence cardiovascular function. The study will contribute to the understanding and treatment of hypertension and hypercortisolism in diseases such as Cushing Syndrome (excessive secretion of glucocorticoid hormones).

Mosier has been involved in the studies of hormone action for two years and presented her work in collaboration with Moudgil last summer at the 14th International Congress of Biochemistry in Prague, Czechoslovakia.

Stier won his fellowship to work on *Ultrastructural Localization of Griffonia Simplicifolia Binding Sites in Skeletal and Cardiac Microvasculature*.

Hansen-Smith explains that the work involves the use of a tracer molecule to study blood capillaries and small blood vessels of the heart and skeletal muscles. The small blood vessels

are critical in regulating the flow of blood and the exchange of oxygen and nutrients within the heart and muscles.

Stier's research will help explain how these vessels are affected by hypertension and diabetes and aid in improving treatments for these diseases. The student has worked on blood vessel tracers for a year.

At the conference in Texas, Mosier and Gunda shared their research with peers from 46 states and heard a Nobel Prize winner report on his research.

The conference theme was *Excellence in Undergraduate Research: Experience, Knowledge, and Achievement*. Michael S. Brown, Nobel Prize winner for his work on genes that control cholesterol, addressed the conference.

Moudgil is a member of the National Council of Undergraduate Research. "The presentations, encompassing more than 20 academic disciplines in the sciences, mathematics, engineering, social sciences, arts and humanities, provided a unique view of the extent and diversity of research accomplished by undergraduates," he said.

Both Gunda and Mosier are biochemistry majors. Gunda's presentation was entitled *Interaction of Rat Liver Glucocorticoid Receptor with Agonist and Antagonist Ligands*. Mosier's paper was on *Saturable Sex Steroid Binding in Clinical Isolates of Pseudomonas Aeruginosa*.

Five Students, Staff Attend Conference

Five Upward Bound students from area high schools and members of the Oakland staff attended the annual spring conference of the Michigan Chapter of the Mid-America Association of Educational Opportunity Programs Personnel.

The conference and student leadership activities were conducted exclusively by OU administrative-professionals. Elizabeth

Researcher Looks for Clues About How Nerve Cells Carry Out Their Mission

Our nerve cells trigger responses with the aid of messenger molecules that speed impulses from cell to cell, chemist Kenneth Harmon reports.

Harmon has received support from the American Chemical Society to continue his studies of the exact chemical and physical interactions involved. The findings could help clinical researchers unlock the reasons for some nerve disorders.

"Nerve cells actually pass a stimulus along cell by cell, much like fire fighters using a bucket brigade," Harmon says.

This communication method is necessary because nerve cells are not continuous, Harmon explains, "but are actually strung together like strings of sausages."

Harmon adds, "Nerve cells communicate with each other by means of molecules known as neurotransmitters which are released by one cell and attach to receptor sites on an adjacent

cell. This action activates the second cell which passes on the stimulus." This action continues as stimuli move to and from the brain.

"These neurotransmitter molecules move through an aqueous (watery) medium and are intimately associated with a sphere of bound water molecules," the researcher says. "We are interested in determining the number and arrangement of water molecules bound to neurotransmitters, such as acetylcholine, since this information is necessary to understand the way in which some molecules interact with receptor sites."

Harmon says acetylcholine is a compound released from certain nerve endings which acts in the transmission of nerve impulses to excitable membranes that would stimulate some function to be performed.

Harmon's most recent ACS grant is for \$11,500.

Study Could Lead to Relief for Persons With Emphysema, Infertility Problems

A professor's study of sperm flagella could provide new hope for emphysema sufferers and many infertile males.

Biologist Charles Lindemann has won a \$92,000 Research at Undergraduate Institutions grant from the National Science Foundation to continue his basic research on sperm flagella to learn how the crucial beating motion is produced and regulated.

In addition, Lindemann has been invited to be a discussion leader at the August 7-11 Gordon Research Conference in New London, N.H., on *Fertilization and Activation of Development*.

Lindemann says his "experimentation involves sperm flagella as a model system for the study of flagella and cilia." He explains: "These hair-like structures are found in both plants and animals, and they beat back and forth in a wave-like motion and by so doing perform such diverse roles as keeping the bronchi of the lungs clear of debris and propelling sperm cells through the female reproductive system allowing conception to occur."

He says his work could have major implications in the treatment of such disorders as emphysema and male infertility due to immotile (nonmoving) sperm.

Festival Concerts: Something for All

The folks at Meadow Brook Music Festival say they know the definition of variety.

It's the summer lineup of concerts, which include such diverse artists as Blood, Sweat & Tears, Wayne Newton, Sid Caesar and Chuck Berry, plus soloists from the Royal Danish Ballet.

The summer entertainment schedule also includes a weeklong run of *Annie* with Jo Anne Worley, a second series of popular children's concerts with two shows by Sharon, Lois & Bram, and two laser-light and cannon shows featuring the *1812 Overture*.

As is traditional at Meadow Brook, the Detroit Symphony Orchestra will perform with guest artists and conductors.

Mail and phone orders for tickets are now being accepted. For a brochure or other details, call 370-2010.

Events

CULTURAL

Until May 21 — *Photography's Beginnings: A Visual History* at Meadow Brook Art Gallery. Call 370-3005.

Until May 21 — *Murder at the Vicarage* at Meadow Brook Theatre. Admission. Call 370-3300.

Until May 21 — *A Midsummer Night's Dream* at Varner Studio Theatre. Call 370-3013.

June 5 — *The Taming of the Shrew*, 9:45 a.m., Varner Studio Theatre. Free, but call 370-3023 for reservations.

ETCETERA

Beginning May 24 — Workshop, *Group Leadership Training*, times vary by date of class. Sponsored by Continuum Center. Fee, but reduced for university employees. Call 370-3033.

May 30 and June 6, 13 and 20 — Singles workshop, *Looking Out for Me!* at Birmingham Unitarian Church, Bloomfield Hills. Fee, but reduced price for university employees. Call 370-3033.

June 3 — Commencement. Various times and location depending on the school.

June 5, 12 and 19 — Personal enrichment series. Different topic each session, 7-10 p.m. Take singly or all three. Fee, but reduced price for university employees. Call 370-3033.

June 8 — Introductory stop-smoking workshop, 7 p.m., Meadow Brook Health Enhancement Institute. Classes will meet from 7-8:30 p.m. June 12-15 and 19. Fee. Call 370-3198.

June 12 — Seminar, *The Spiral of Life: Reacting to Life's Situations*, 7-9:30 p.m., Rochester Community House. Sponsored by Continuum Center. Fee, but reduced price for university employees. Call 370-3033.

June 13-16 — Universal Cheerleading Association on campus.

June 14 — Workshop for runners, 7 p.m., Meadow Brook Health Enhancement Institute, with Rick DeLorme. Free for MBHEI members, \$3 for others. Call 370-3198.

June 15 — Seminar, *Spoil Yourself a Little*, 9 a.m.-4 p.m., Bloomfield Township Library. Sponsored by Continuum Center. Fee, but reduced price for university employees. Call 370-3033.

COURSES

Meadow Brook Health Enhancement Institute offers an exercise-education program for adults with insulin- and noninsulin-dependent diabetes. The program focuses on strategies for life enhancement. Interested persons will learn about exercise, nutrition and self-care measures, and may participate in three medically supervised exercise sessions per week. Call Terri Darrenkamp, RN, at 370-3198.

Lepley Sports Center offers low-impact aerobic exercise classes for men and women in six-week sessions. Call 370-3190.

ATHLETICS

June 5-6 — Gehringer-Meadow Brook Golf Classic for benefit of athletics and Meadow Brook Hall. Reservations required. Call 370-3140.

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