

inside OAKLAND

A newsletter for Oakland University colleagues

in the NEWS

Professor earns Fulbright; special guest to speak at Nightingale

Nathan F. Longan, associate professor, Department of Modern Languages and Literatures, College of Arts and Sciences, won a 1998-99 Fulbright scholar grant.

He'll be lecturing on cross-cultural communication through July 1999 at Russian State Pedagogical University, St. Petersburg, Russia.

Oakland University's Nightingale Awards May 6 will host a special guest — Baroness Caroline Cox of Queensbury, world renowned human rights activist and nurse. Lady Cox is deputy speaker of the United Kingdom's House of Lords; vice president, Royal College of Nursing; and president, Christian Solidarity Worldwide.

She was an early organizer of the first independent civil rights and humanitarian conference in the former Soviet Union. She also helped create a foster care system set to transform the welfare of abandoned children there.

Her honors include affirmation by Queen Elizabeth II; The Commander Cross of the Order of Merit, Poland's highest medal given to foreigners; and honorary doctoral degrees from the U.K., U.S.A., the Russian Federation and Armenia.

Forum to showcase Oakland's successes in biomedical research

Oakland University will recognize outstanding biomedical research achievements and celebrate exciting recent discoveries by OU researchers and those from collaborating institutions in an April 23 forum. The Spring Biomedical Research Forum will include informal presentations and discussions of research conducted by members of OU's Center for Biomedical Research.

The forum is scheduled from 1-9 p.m. in the Oakland Center Gold Rooms and it is open to the public.

Forum topics and presenters include:

- *Regulatory Role of Nitric Oxide in the Beating Heart*, Tadeusz Malinski, professor, Department of Chemistry, College of Arts and Sciences.
- *The Role of Nitric Oxide in Hypertension*, William Beierwaltes, senior staff scientist, Hypertension and Vascular Research, Henry Ford Hospital and Health Sciences Center.
- *Mathematical Modeling of Heartbeat*, Bradley Roth, associate professor, Department of Physics, CAS.
- *Actin-Membrane Interactions in an Amoeboid Cell*, Anne Hitt, assistant professor, Department of Biological Sciences, CAS.
- *Oxidative Stress and Human Nuclear Cataract*, Frank Giblin, professor and associate director, Eye Research Institute.

Biomedical research members will also present results of studies conducted in their laboratories during the past year. Investigators include faculty from OU's Departments of Biological Sciences,

Chemistry and Physics, the Oakland University Eye Research Institute, and the Henry Ford Hospital and Health Sciences Center.

Some of the major research areas to be featured are cardiovascular physiology and pathology, carcinogenesis and metastasis, diseases of the eye, regulation of immune responses, and the molecular genetics of reproduction. The forum will culminate with the Distinguished Biomedical Science Achievement Award and Lecture by Salvador Moncada, professor and director, Cruciform Project for Strategic Medical Research, University College, London, England.

Pathology students learn firsthand

Students from Robert Jarski's *Introduction to Pathology* class recently visited a world most only see sanitized on TV.

Jarski, associate professor, Exercise Science, School of Health Sciences, led the students on a field trip to meet Sawait Kanluen, Wayne County's chief medical examiner.

"The group saw slides," Jarski says. "One showed a deceased child tightly bound in a stained bed sheet. At first glance, officials might assume foul play, but the autopsy findings revealed the child died of pneumonia and the mentally unstable mother did not know what to do with the child so she wrapped it in a sheet."

The group also toured the "museum" — a collection of artifacts such as lamps with exposed wires that killed a child.

To your health and well-being

Through convenient, accessible and cost-conscious care, Oakland University's Health and Counseling Center creates a healthy university community

Oakland University's Health and Counseling Center provides convenient, accessible and cost-conscious care to the university community.

Center services encompass both a patient's physical and mental health. The center is located in the Graham Health Center just north of Meadow Brook Theatre.

Counseling services include testing for learning disabilities and school readi-

range of primary care services including preventative care, medication, physicals and health promotion.

Nancy Schmitz, who serves both areas as center director, explains that "much of the center's work is educational or preventative in nature. It is not uncommon to see our center's staff in the Oakland Center administering flu shots, taking blood pressures or conducting educational programs on a topic like date rape or even test-taking strategies."

Center staff also participate in national screening programs.

"The screening programs focus on topics like depression, eating disorders, anxiety and alcohol," she says. "The screenings are a method of outreach to OU students."

Students, faculty and staff interest-

ed, curious or concerned about these issues are invited to learn more about them, participate in an anonymous screening and meet privately with a coun-

selor to review the screening results.

The center also offers programs in the residence halls and in university departments. Topics range from relationships to grief and loss to sexuality and good nutrition.

In addition to staff members going out into the university community to provide outreach services, the Health Center logged more than 3,600 patient visits last year through their outpatient clinic.

Staffed by Medical Director Robert Barnes and Karen Olsen, a certified adult nurse practitioner, the clinic offers care for acute illness, OB/GYN services, and lab work.

"OU employees are encouraged to take advantage of our acute care facilities," Schmitz says. "While we cannot fulfill the role of a primary care physician, a quick visit to us for a sore throat is more convenient than taking the afternoon off work to go to your doctor's office."

The Counseling Center also serves as a training site for interns at the doctoral and master's levels. A total of 13 interns are working in the center this year, providing

6 springtime tips from the Health and Counseling Center

Consider these tips to replenish your reserves this spring:

- Schedule time to experience spring fever. Plan to golf, garden or walk with your pet or children.
- Consider taking up a new sport or hobby.
- Take advantage of opportunities for family activities.
- Apply sunscreen 30 minutes before heading out into the heat. As spring showers change to hot summer days, remember to apply sunscreen and wear a brimmed hat to protect against ultraviolet rays.
- Eat a total of six servings of fruits and vegetables a day to optimize your protection against cancer.
- Schedule your yearly physical exam and related screening tests.

counseling and outreach services.

The Health and Counseling Center is open from 8 a.m. to 5 p.m. Fees are consistently less than in private practice.

For more information, call the Health Center at 2341 or the Counseling Center at 3465.



Nurse Practitioner Karen Olsen (right) works on a patient in Oakland University's Health and Counseling Center.

ness and giftedness, substance abuse assessment, personal counseling, and career testing and counseling. The medical aspects include a full

bits and **PIECES**

Construction continues (top) on the 60,000 square-foot School of Business and Applied Technology Institute. An illustration (below) shows how the four-story building will look when completed.

New building to be enclosed by winter 2000

First the fence went up around the north side of Varner Hall on February 11. Then came the mass excavation of the site on February 26.

OU's latest showcase, the four-story, 60,000 square-foot School of Business and Information Technology Institute, is taking shape.

enclose the building by winter 2000; they'll finish construction by summer 2000 for fall 2000 occupancy.

"It is exciting to see the excavation of the first level take shape," says George Preisinger, manager, Instructional Technology Center. "We plan to do a video documentary of the entire building project and have a live video Web site activated shortly for an up-to-the-minute view of the project looking from the fifth floor of O'Dowd Hall.

Scholar to discuss Russian economy

A leading scholar on the Russian economy will speak at Oakland University April 1 on *The Role of Law in the Russian Economy* in a free public lecture series to promote understanding of international issues.

Peter Murrell will deliver his speech at the School of Business

Administration's 1999 Alice Conner Gorlin Memorial Lecture at 7:30 p.m. 201 Dodge Hall.

Gorlin was an esteemed professor of economics at Oakland from 1972 until her death in 1987.

In her tenure at OU, Gorlin gained international recognition as a scholar on the Soviet economy, publishing in many major professional journals.

Murrell is a professor of economics at the University of Maryland and chair, Academic Council, Center for Institutional Reform and the Informal Sector.

NCA makes positive site visit to Oakland

Reaffirming Oakland University's commitment to quality education, the university has been undergoing a reaccreditation process by the North Central Association of Colleges and Schools.

During the week of February 15-17, a 10-member NCA accreditation team completed a thorough review of all administrative and academic functions at Oakland.

"The team is recommending a full reaccreditation with the next site visit in 2003-2009," OU President Gary D. Russi says. "They also will recommend a focus visit on general education in 2004-2005."

The NCA will make the final ruling on accreditation. Other details will be included in the team's initial report to be delivered in April.

The NCA accredits all levels of education through a 19-state area, accrediting more than 950 institutions. The process evaluates an entire institution and although it is voluntary, it is a strong indicator of quality.

OU to start executive MBA in health care management

Oakland University's School of Business Administration next August will admit the first students into Michigan's only nationally accredited MBA program specializing in health care management.

The executive program targets working professionals who have at least five years of health care experience, including physicians, nurses, physical therapists and public health professionals.

The MBA is designed to train aspiring hospital executives and

others who have significant health care management responsibilities, says Daniel Braunstein, program director and professor of Management and Psychology, SBA.

Braunstein is a specialist in management decision-making.

Only a handful of similar programs exist throughout the nation, Braunstein says.

"Such an MBA program is important because we have to deal with the management crisis in health care," he says. "The costs to individuals, especially seniors, are escalating. It's important for health care facilities to better manage operations to serve the public at lower costs and encourage more effective professional services."

Universities combine job resources on the Internet

Oakland University, the University of Michigan-Dearborn and Wayne State University have established an Internet site combining job listings from their placement offices to better serve employers, graduating students and alumni.

The cooperative effort, the Michigan Jobs Consortium, allows employers to directly post jobs that graduating students and alumni can search by company or category.

Use of the service is free.

The site saves time for employers because they need only place vacancies at one site instead of three. Employers can post as many jobs and make as many changes as they want. Graduating students and alumni benefit by gaining access to more postings. All listed

continued on page 3

REGISTRY

campus

new faces

- Geoffrey Johnson, library technician II, Library
- Scott Steele, police dispatcher, Police
- James Woolcock, academic adviser, HRD



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).

Newsletter Staff:

Sheila Carpenter, Jennifer Charney, Dennis Collins, Ted Coutilish, Priscilla Fan, Angela Marchesi, Dawn Stewart

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 before publication

NEXT DEADLINE

April 10

of distinction

Hoda S. Abdel-Aty-Zohdy, Microelectronics System Design Lab, published a paper, titled *Digital Neural Processing Unit for Electronic Nose*, at the IEEE, Computer and Circuit and Systems' Societies GLS on Very Large Scale Integration. The paper is coauthored with doctoral student Mahmoud Al-Nsour.

Abdel-Aty-Zohdy has been selected as a member of the technical program committee for the IEEE Computer Society International Conference on Microelectronics Systems Education, which is dedicated to furthering undergraduate and graduate education in designing and building innovative micro-electronic systems. She presented a paper titled *Microelectronic Systems Design: Educational Projects and Experiences* at the American Society for Engineering Education, 1998 North Central Spring Conference. The paper is published in the conference proceedings. She published two papers in the proceedings of the IEEE Midwest Symposium on Circuits and Systems, 1998. Both papers are coauthored with doctoral students candidates:

Verification System Interface for VLSI Combinational Circuits, with Fatma El-Licy; and *Implementation of Programmable Digital Sigmoid Function Circuit for Neuro-Computing*, with Nsour. Abdel-Aty-Zohdy gave three invited technical presentations: *Microelectronic Systems Design: Educational Projects and Experiences* at The Faculty of Engineering, Cairo University, Cairo, Egypt (for which she received The Gold Medal of the Faculty of Engineering in recognition); the same talk was presented at the Modern Science and Arts University, Cairo, Egypt; and *Artificial Neural Network*

Electronic Nose for Volatile Organic Compounds, at The University of Windsor. She published a paper in the proceedings of the fourth Chrysler Quality & Reliability Symposium. The paper is titled *Radio Frequency Related Identification for Assembly Plant Automated Vehicle Identification*. She also presented a talk, *Year 2000 Strategy Development for Embedded Controls: Embedded Chips*, at the DaimlerChrysler Technology Center and at the CTC Tech Rally.

Judith K. Brown, Anthropology, has been invited to present a keynote address at a conference titled *Feminists Doing Psychological Anthropology Year 2000*. The conference, sponsored by the Swedish Council for Research in the Humanities and Social Sciences and by Duke University, was held at the Karolinska Institute in Stockholm.

Todd Estes, History, had his article, *The Most Bewitching Piece of Parliamentary Oratory: Fisher Ames's Jay Treaty Speech Reconsidered*, accepted by the *Historical Journal of Massachusetts*. It will be published in the Winter 2000 issue. He will also present a paper, *Constructing Citizenship: Newspapers and the Transformation of Identity in Early American Politics*, at the Michigan Academy conference in March.

Dorothy (Hauer) Fox, Center for Academic Nursing, was given The Valencia Prock Recognition Award for Special Services to MAIN during the 19th Annual Conference. The award is presented annually to an individual or agency for outstanding contributions to the achievement of the purposes and functions of MAIN through exceptional service to the organization.

Subra Ganesan, Engineering, was the chair for the session titled *Intelligent Transportation Systems Vehicle Navigation Systems* at the 1999 Society for Automotive Engineers International Congress and Exposition, Detroit. Along with Ken Ras, Ganesan presented a two-day seminar on *On-board Diagnostics II* at the SAE event. He presented a one-day tutorial workshop on *DSP and Automotive Applications* at a conference in Chennai, India, where he also presented a paper, *DSP-Based Automotive Electric Power Steering*.

Anahid Kulwicki, Nursing, was awarded an \$8,000 grant from the March of Dimes to continue to work on Arab Domestic Violence Awareness. Kulwicki, **June Miller** and **Stephanie Schim**, Nursing, wrote an article, titled *Partnerships for Cultural Competency: Enhancing Health Service Quality and Access with the Arab Community*, which was published in the winter 1999 issue of *MAINlines*.

Susan McGough, Alumni Relations, presented a workshop on alumni continuing education for the joint meeting of this region's Association for Continuing Higher Education and the Ohio Continuing Higher Education Association.

Wanda Scipio, Nursing, and Ramona Benkert of Wayne State University will present *Going Beyond the 'Amenities': Cross-Cultural Patient-Provider Communications* at the 25th Annual Meeting of the National Organization of Nurse Practitioner Faculties, San Francisco, April 15-18.

Philip Singer, Health Behavioral Sciences, created a medical-visual anthropological video documentary which has been reviewed in the current issue of the *American Anthropologist*. The documentary

title is *The Haitians, the Healers, and the Anthropologist — Two Case Studies from Lansing, Michigan*.

Meir Shillor, Mathematics and Statistics, published *One-Dimensional Models of Damage*, with M. Fremont and B. Nedjar from France and K.L. Kuttler from Michigan Technological University in *Advances in Mathematical Sciences and Applications*. A second paper by the same authors, titled *Existence and Uniqueness of Solutions for One-Dimensional Damage Model*, appeared in the *Journal of Mathematical Analysis and Applications*. Shillor submitted a paper, titled *Analysis of a Quasistatic Viscoelastic Problem with Friction and Damage*, coauthored with M. Sofonea from the University of Perpignan and M. Rochdi, University of Reunion, France. Shillor published the paper, *A Quasistatic Contact Problem for an Elastoplastic Rod*, with Sofonea in *Journal of Mathematical Analysis and Applications*. He also published the paper *A Quasistatic contact problem for an elastic perfectly plastic body with Tresca's friction*, with Sofonea and A. Amassad, University of Perpignan, France, in *Journal of Nonlinear Analysis*. Shillor authored a paper, titled *Quasistatic Viscoelastic Contact with Normal Compliance and Friction*, with Sofonea and Rochdi in the *Journal of Elasticity*. His paper, *A Model for Heat Transfer in Grinding*, written with Professors **K.T. Andrews** and **S. Wright** from Mathematics and Statistics, appeared in *Journal of Nonlinear Analysis*. Shillor also coauthored a paper, titled *Existence of Capacity Solutions to a Model for In Situ Vitrification*, with R. Garipey from the University of Kentucky and X. Xu from Mississippi State University, which appeared in the *European Journal of Applied Mathematics*.

Bits and Pieces, cont.

jobs require four-year degrees.

This is the first such effort among Michigan universities to combine job placement resources.

Work out and win

Need incentives to get in shape?

The Recreation and Athletics Center is offering members chances to win prizes in its Fitness Marathon, March 15-April 23.

Pick up a card at the fitness center. Each time you exercise at least 30 minutes, the staff will mark your card, as many as four times each week. Eight workouts wins a water bottle; 16, a lanyard (neck key-chain); 24, a T-shirt.

Pick up prizes at the Wellness Center across from the locker rooms.

All prizes are part of the Nike and Nutri Grain Fitness & Training Program. Drop off your card the week of April 19 for an April 23 drawing for additional prizes: workout towels, water bottles, health calendars, T-shirts, sweatshirts and hats.

For more information, contact Mila Padgett at 4910. Prizes are limited to 200 water bottles, 100 lanyards and 50 T-shirts.

Legal Assistant Program celebrates silver anniversary

Oakland University's Legal Assistant Program will celebrate its 25th anniversary at Meadow Brook Hall April 17.

The program will recognize recent graduates and faculty who have taught 10 or more years, and ask celebrants to make a \$10 donation to establish a scholarship fund for noncredit Legal Assistant Program students.

Call 3125 for more information.

Tutoring staff improves student services

Oakland University's Academic Skills Center delivered 4,580 hours of tutoring to students in the fall 1998 semester, up 1,000 hours compared to previous fall and winter terms.

Phone surveys show students attribute higher and passing grades to tutoring, Tutor Coordinator Jeff Vande Zande says.

OU seeks 1999 alumni award nominations

The Oakland University Alumni Association has issued nomination materials for the 1999 alumni awards program.

Deadline for receipt of nominations is May 3, 1999.

Awards will be made at the sixth annual alumni awards banquet October 8 in Meadow Brook Hall.

Call 2158 for information.

Register your children for sports camps

Oakland University offers summer sports camps for youths — volleyball and softball for girls; and basketball, competitive swimming, golf

and soccer for boys and girls.

Enrollment is limited.

For brochures and more information, contact the Department of Athletics at 3190.

Brown Bag Lunch to discuss development

The Women of OU Brown Bag Lunch Program on April 14 is titled *Child Development Panel*.

The purpose of the panel is to promote campus resources with regard to child development.

For more information, call Linda Bare at 2463.

Health program teaches OU women how to feel better

Women are invited to learn how to live a healthier life and feel better in an exercise, nutrition and educational program at Oakland University's Meadow Brook Health Enhancement Institute.

The Just for Women spring session runs April 20 to June 10, Tuesdays and Thursdays, 6-8 p.m.

Just for Women includes a health risk appraisal: an evaluation of muscle mass vs. body fat, blood pressure, blood studies, weight, and risk factors associated with the most frequent causes of death in the United States.

Fees are \$170 for new participants; \$125 for previous participants, and \$80 for members of the institute.

For more information and a registration form, call 3198.

Athletics scores high in Division I transition

1998 was a dramatic success for the Department of Athletics during its transition to Division I, Athletic Director Jack Mehl says.

Fifteen student athletes representing fall sports — men's soccer, volleyball and men's and women's cross country — earned Academic All Conference Honors in their respective sports. The honors are the first individual awards that Oakland athletes earned as Division I competitors.

"OU's young men and women stepped up to compete at a new level," Mehl says. "They've been pathfinders."

He also praised their academic ability: "We continue to see Oakland University student athletes perform in the classroom at least as well as they did when they were in Division II."

Other highlights:

- In using athletics as a marketing tool for the university, the improvements are dramatic.



The men's basketball team was on TV six times during the 1998-99 season. "We estimate those games reached a minimum of 23 million homes. Those games were seen as far away as Hawaii, New Orleans and Dallas," Mehl says.

- The men's basketball team played before 80,000 people this year, compared to total attendance on a "good" year of 17,000.
- The new Golden Grizzly logo can be seen all over campus — from T-shirts to jackets to various other merchandise. Visit the Bookcenter or the Grizz Shop in the Recreation and Athletics Center.

Take a Lansing road trip to learn about state government

Oakland University faculty and staff are invited to join alumni and supporters to meet Michigan state legislators and decision-makers April 14 during the third annual OU Day at the Capitol.

Guest speakers include Candice Miller, Secretary of State, and James McBryde, special assistant for drug policy, State Department of Community Health.

Miller will welcome the group and McBryde will

speak on the department's new initiative to curb underage and binge drinking on college campuses.

Elected officials will talk to participants about legislative policies and processes.

Other plans include panel discussions on topics including opportunities in state government, legislative and grassroots advocacy, financial aid and the budget process.

The formal program will be held at the Lansing Center.

Participants will also have the opportunity to tour the capitol and Michigan Historical Museum, visit legislators, attend committee meetings or observe the Senate and House in session.

The day includes lunch with Oakland and Macomb county legislative delegations at the Lansing City Club.

The day's events will conclude with a reception in the Lansing Center's Governor's Room.

Activities run from 8 a.m.-6:30 p.m.

Oakland is renting vans for transportation to Lansing.

The trip is free of charge.

RSVP by April 9 by calling OU's Office of Government Relations at 4630.



Watch state government in action firsthand during OU Day at the Capitol April 14.

New director brings a range of qualities to OU's international and disabled students



Her co-workers describe her as energetic, firm but friendly, organized and optimistic.

Jill Walters MA '87, new director, Disability Support Services and International Students and Scholars, is called upon to tap into all ranges of her personality on a daily basis.

Walters draws on career experience and her ability to be highly organized and outgoing.

She earned her undergraduate degree in psychology and communications from the University of Michigan. Attending Oakland University, she graduated with a master's in counseling, and accepted a psychology teaching and counseling position at Delta College in Saginaw. From Delta, she joined U-M as an admissions adviser. Promoted often, she also worked with international students and immigration issues.

Coming back to OU as an adviser, she taught cultural diversity and group dynamics courses while she served as an instructor in the Human

Resource Development office.

"My role is a teacher, communicating with different cultures," she says. "I am thankful that I taught cultural diversity. I rely daily on my intercultural counseling and communication skills."

With the assistance of Adrienne Tapson as coordinator of Disability Support Services, Walters is able to focus primarily on international students.

"There are 210 international students enrolled," she says. "They are a small but demanding group."

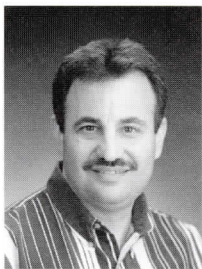
Walters hopes to initiate international programs.

"I would like to take the students on shopping trips and to the movies," she says. "I would eventually like to establish an international student week to tie in with OU's diversity efforts."

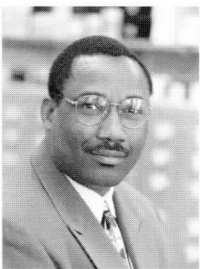
Walters lives in Oakland Township with Daniel, her husband, and her baby, a three-pound Yorkshire Terrier named Razzle Dazzle.

get to **KNOW**

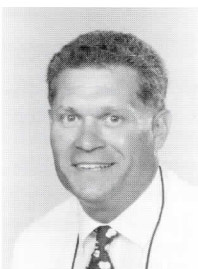
EMPLOYEES WHO COACH OUTSIDE OF WORK



DAVID VARTANIAN
Director, Internal Audit



JOHN O. BELLO-OGUNU
Associate Professor, Rhetoric,
Communication and Journalism



CARL HUNT
Business Manager, Meadow
Brook Health Enhancement
Institute



IVY HORN
Retention Adviser/Coordinator,
Academic Skills Center

What sport(s) do you coach?	I have coached/managed baseball for my two sons the past three years.	Soccer	I have coached little league baseball.	I am the director and coach for the little league cheerleaders for the Southfield Jayhawks.
What is the age group?	This year I managed a T-ball team for 6- to 7-year-old boys and girls.	Ages 8 through 14; boys and girls	9- to 10-year-old boys	5- to 14-year-olds
What do you get out of coaching?	Have fun teaching the kids and watching them develop throughout the season.	Personal satisfaction and reward of knowing that I'm making small but important contributions to the physical and social development of the players.	I found out how patient the other coaches (George Preisinger and Greg Kampe) and myself were, plus the responses from the kids.	I enjoy seeing the kids develop and work together as a team. It's nice to see their bright faces as they accomplish their goals.
What is your most memorable experience?	Watching the kids' excitement during our undefeated season. At this level, kids care about three things: When do I bat? What's the score? What's the treat?	When one of my players scored a goal in his first soccer game and shouted to his parents, "Mom, dad, I scored a goal!"	Winning the league championship and coaching in the state all-star game.	Watching the delight on their faces when they attain their goals of a specific task, and seeing it finally come to fruition during competition.
What are the disadvantages of coaching?	Having to deal with some of the parents, especially the ones with children involved in several sports concurrently.	None whatsoever. For me, coaching is a package of physical, social and spiritual benefits.	Coaching baseball takes time away from your family and golf in the summer.	I don't have more time to work with them and that there is not enough parental involvement.

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.).

APRIL	
1	Composers Forum, Varner Recital Hall, 8 p.m.
1-11	<i>Parallel Visions: Exhibition of Contemporary Russian and American Paintings</i> , MBAG
1-4	<i>A Gift of Glory: Edsel Ford and the Diego Rivera Murals</i> , Meadow Brook Theatre
1-3, 9-10	Student Directed Productions, Varner Lab Theatre, 8 p.m.
3-4	OU Baseball vs Western Illinois, Athletics Field
5	Photo Contest, OC Fireside Lounge
6	OU Baseball vs Toledo, Athletics Field
6	Honors College Faculty Forum, <i>I Go Inside, I Go Out: A Sense of Space in Contemporary Poetry</i> , VBH 112, noon
6	Darren Carter, OC Gold, 8 p.m.
7	OU Baseball vs Siena Heights, Athletics Field, 4 p.m.
8, 11	Meadow Brook Estate Spring Spectacular: Broadway and film production numbers, Varner Recital Hall, 10 a.m.
8	OU Baseball vs Rochester College, Athletics Field, 4 p.m.
8	Outdoor Swing Concert, Beer Lake, 8 p.m.
13	Opera Workshop, Varner Studio Theatre, 8 p.m.
13	<i>Tune In Game Show</i> , VBH Cafeteria, 8 p.m.
14-May 9	The Rocky Horror Show, MBT
14	OU Symphonic Band: Season Finale, Varner Recital Hall, 8 p.m.
15	OU Baseball vs Rochester College, Athletics Field, 4 p.m.
16-May 16	Fifth Annual Student Exhibition, MBAG
16	Oakland Chorale/University Chorus Spring Choral Concert, Varner Recital Hall, 8 p.m.
17	OU Baseball vs Chicago State, Athletics Field
17	OU Community Chorus: Johannes Brahms' <i>A German Requiem</i> , Varner Recital Hall, 8 p.m.
18	OU Baseball vs Chicago State, Athletics Field
20	OU Baseball vs Hillsdale, Athletics Field, 4 p.m.
24	Co-Ed Ultimate Sports Challenge, REC, 5-8 p.m.
24	Pontiac-Oakland Symphony: Season Finale, Lake Orion PAC, 8 p.m.
31	OU Jazz Band & Vocal Jazz Ensemble, Varner Recital Hall, 8 p.m.



Oakland University's Department of Music, Theatre and Dance presents Set the Night to Music by The Meadow Brook Estate Ensemble April 9-11. Call 3013 for ticket information.

oakland

WAY OF LIFE

Pssst. Ever wonder what Fred Stransky would eat if no one were looking?



Fred Stransky, director, Oakland University Meadow Brook Health Enhancement Institute, says he doesn't eat fatty foods, no matter who's watching. But take heart. He does snack.

- Here are his favorites:
- 1. Pretzels.** They are almost always baked, making them fat-free. Just keep an eye on the sodium content if you're susceptible to hypertension.
 - 2. Lay's Baked Potato Chips.** Baked chips drastically reduce high-fat intake, which can contribute to high blood cholesterol.
 - 3. Fresh fruit.** Eat two to four servings of fruit daily, which can satisfy your sweet tooth and provide meaningful nutrients.
 - 4. Bagels.** Eaten with fat-free cream cheese, this is a

- healthy snack that's also convenient. Bagels need no refrigeration, so they make great office or travel food.
- 5. No-fat cereals.** Try no-fat cereal sprinkled over yogurt or a bowl of no-fat cereal with skim milk.
 - 6. Popcorn with fat free margarine spray.** Air-popped microwave popcorn is convenient and low in fat. Sprinkle garlic powder for extra flavor.
 - 7. Vegetables with no-fat dips.** No-fat dips and salad dressings are perfect for dipping chopped veggies.
 - 8. No-fat crackers with "Peanut Wonder."** Peanut Wonder contains 80 percent less fat than regular peanut butters because it's made with peanut flour rather than excessive amounts of oil.
 - 9. Fat-free or low-fat ice creams or sherbets.** Fat-free sherbets, ice creams and ice milks are low in fat and delicious.
 - 10. Fruit yogurt.** You'll like the taste and the health benefits. Add your own fruit or buy ready-made fruit yogurts.
- For more nutritional information, call institute at 4523. Next issue: *Five Ways to Spring into Health.*

employee

of the MONTH

EMPLOYEE:	Sheryl Hugger
TITLE:	Lab Stockroom Assistant
DEPARTMENT:	Biology
LENGTH OF SERVICE:	12 Years
COMMENTS:	

"Sheryl's attitude about the workplace is one of commitment and quality. She takes enormous care in doing things right for the best interest of the department and this university."

"Sheryl rallied around the department needs at a very critical time, and assisted in hosting visits of the faculty position candidates in the selection process by providing assistance in getting all the necessary information regarding space and equipment needs of the candidates."

"By continuously suggesting changes in the department related to her job as well as those of others, Sheryl has made active and positive contributions. I have rarely not acted on a suggestion she had put forward, and have often sought her opinion on many matters."

