

NEWS

October 3, 1978

Health program becoming 'A Way of Life'

They call it *A Way of Life*, and it's not only the name of the newsletter sent to all university administrative professionals but an apt title for the philosophy behind the preventative health program initiated this year under the guidance of Fred Stransky.

An assistant professor in the Department of Physical Education and Athletics, Stransky has been coordinating the preventative health program, which was offered to university APs as a fringe benefit this year.

Through the program, eligible employees receive a physical evaluation emphasizing cardiovascular function. The evaluation includes tests to determine blood pressure, fat percentage, lung capacity (which could detect early signs of emphysema or bronchitis), and a stress test which monitors blood pressure and the electrocardiogram under increasing work loads performed on a treadmill.

Following the evaluation, a consultation is provided with Stransky for suggestions on diet, substance abuse, exercise, and any other lifestyle modification which could improve the person's quality of life.

Almost 50 percent of those eligible for the program have been excluded, Stransky says. The number of joggers on campus and swimmers in the pool reveal how many of those have undertaken a regular exercise program.

The overall level of health awareness on campus has grown so much, the Pumpemickel Place now offers a "Stransky Special" each day for lunch, a meal guaranteed to be low in saturated fats, and the pool and gymnasium have been set aside for APs use for several hours each day.

"We recommend each person exercise a minimum of three times a week, with four times optimal for most people. The goal should be to perform continuous exercise (walking, jogging, cycling, swimming, cross country skiing, etc.) for a minimum of 20 minutes exercise."

An enthusiastic proponent of the benefits of exercise Stransky says "Exercise should be enjoyable. You don't have to bleed and become prostrated to produce results. Under a good exercise program, where you're systematic and follow a safe progression of activity, it should be fun and can even be therapeutic."

For most of those who have participated in the program, it has been, "I feel better physically and mentally since I started running," says Pat Niccola of the business offices office. "I was on the committee which originally developed the program, and my involvement there started me thinking about what I should be doing. I think the whole program is great. The evaluation helps you learn more about yourself, what's good for you and bad for you."

Nicosia started jogging in May and now runs three miles four times per week, running with a small group on campus at 7 a.m. "We would love to see more people join our group. There's no pressure, everyone goes at their own speed, so no one feels like they're being held back or left behind. The more people you get, then it becomes a social thing, and we talk as we jog," he says

Bee Stubblefield of the conference department is not an AP, but has started jogging in Stransky's physical conditioning classes. Although she only started several weeks ago, she can run a mile and a half and is totally enthusiastic about the program. "It's accomplishing what I wanted at this point. I wanted to get started exercising and felt this class would be a good way. I hope it's something I can work into and then continue on my own," Stubblefield says.

Word of the program is now spreading off campus, as well. The **Rochester Eccentric** recently published a full-page feature on the program and its participants. An article by Stransky and Dr. Joseph Arends, M.D., a consultant in the preventative health program, describing the program appeared in a recent issue of **Michigan Medicine**. Stransky and Arends are also going to discuss the program at the First Annual Conference on Fitness and Preventative Medicine at the University of Miami in November.

IN THE SPOTLIGHT

An item from rumor control: Contrary to some published reports circulating on campus, public safety Sgt. John Simmons has not been terminated from university employment. Simmons has been suspended and the matter is being handled through normal problem-solving procedures for sergeants, according to Wilma Ray-Bledsoe, assistant to the president and director of urban affairs. The issue involves work schedules.

Students who will complete their academic requirements for degree during the fall semester are required to file an application for degree form no later than 3 p.m., Friday, October 13. Application forms, available at the registrar's office, 161 North Foundation, must be submitted to the cashier's office, 120 North Foundation, with a \$10 application fee. Failure to apply will result in a deferred graduation.

Students who apply for fall semester degrees and meet all academic requirements for their programs by December 12 will be honored at the June 2, 1979 commencement ceremonies and will have their diplomas (dated December 19, 1978) mailed to them. The December date will also be the date of degree posted to academic records. If there are any questions, call the registrar's office at 377-3452.

Monday, October 16 is the deadline date for enrolled students who wish to submit applications for graduate study abroad in 1979-80 under programs administered by the Institute of International Education.

Grants are awarded competitively for graduate study or research abroad in academic fields and for professional training in the creative and performing arts. The purpose of these grants is to increase mutual understanding between the people of the United States and other countries through the exchange of persons, knowledge and skills.

Approximately 500 awards to 50 countries will be available for the 1979-80 academic year. They are provided under the terms of the Mutual Educational and Cultural Exchange Act of 1961 (Fulbright-Hays Act) and by foreign governments, universities and private donors.

Applicants must be U.S. citizens at the time of application, must generally hold a bachelor's degree or its equivalent before the beginning date of the grant and in most cases must be proficient in the language of the host country.

Selection is based on the academic and/or professional record of the applicant, the validity and feasibility of the proposed study plan, the applicant's language preparation and personal qualifications. Preference is given to candidates who have not had prior opportunity for extended study or residence abroad.

Applications and further information may be obtained from the campus Fulbright Program Adviser, Alan Scott, at 201 Wilson Hall, 377-3250.

This is to remind interested faculty and staff of the existence of the Harry S. Truman Memorial Scholarship Award and to urge them to bring the award to the attention of interested qualified students. The Truman Awards for 1979 will be made to students who will be juniors in the academic year 1979-1980, who are preparing themselves for careers in government service, and whose g.p.a.'s are above 3.0. Each award is for up to \$5,000 and is renewable for up to two years of graduate school—i.e., for a total of \$20,000.

Oakland University, through a screening committee, may nominate one or two students for the 1979 Award. (If two are nominated, they may not be residents of the same state.)

Any student interested in applying should submit to our screening committee by November 15 an essay of 600 words or less that discusses some public policy issue chosen by the student. The essay should be delivered to, and further inquiries made of, Melvin Chemo, 130 Varner (7-4450).

Motor Pool Trip sheets have been revised to include additional information about the use of motor pool vehicles. The vehicles may be used for official Oakland University business only, and the new reporting forms require that all miles driven be reported by destination and purpose.

In most cases, when vehicles are used for a single trip, only the front part of the trip sheet will have to be completed. In cases, however, where there are multiple uses, these should be logged on the reverse side of the trip sheet. If necessary, additional log forms can be requested from Motor Pool.

In addition to recording each trip, the number of passengers must be noted for insurance purposes. If there are any questions, contact Pat Hogan at 377-2168, or Frank Clark at 377-2283.

FOR YOUR INFO

Linda Lee Harris was awarded the second Arts and Sciences Meritorious Achievement Award. The award was designed to honor an outstanding student who exemplifies in academic activities the range and scope of work in the Arts and Sciences. Harris was co-nominated by Sheldon Appleton, political science, and Anne Tripp and Paul Michaud, history.

John Beardman, art and art history, was included in a group show this summer at the Alan Stone Gallery, which also included the works of Willem de Kooning and Franz Kline. He is currently exhibiting his work at the Little Gallery in Birmingham, MI.

Three members of mathematical sciences recently presented papers at the International Congress of Mathematicians in Helsinki, Finland, August 15-23. Charles Cheng spoke on "Homological Dimension of a Poset"; Jerrold Grossman talked on "Some Ramsey Numbers of Unicyclic Graphs"; and Yeh-Chiang Wu's paper was on "Cohomology of groups and compound extensions."

The Career Advising and Placement Office invites all seniors who expect to graduate in December 1978, April, June, or August 1979, to attend a seminar at 4:10 p.m., Wednesday, October 4, in Varner Recital Hall. A special seminar will be held Thursday, October 12, for those unable to attend

the October 4 meeting. The second seminar will be held from 6 to 7 p.m. in rooms 126-127 of the Oakland Center. Space is limited for this session, and seniors are encouraged to attend October 4.

Four poems by Munibur Rahman, modern languages/area studies, appear in the current Asian issue of the **International Poetry Review**. These poems, entitled, "Leave Your Dreams At Home," "Dreams," "Eyes," and "Visitation," are taken from Rahman's collected poems entitled *Bazdid* (Visitation). Translation from the Urdu was made by Carlo Coppola, modern languages/area studies, and the poet.

President Donald O'Dowd recently participated in the civic tribute to George E. Gullen, Jr., former president of Wayne State University. O'Dowd spoke on behalf of the Presidents Council of State Colleges and Universities at the tribute dinner, held September 14 at Cobo Hall.

If you play tennis, just form a team, pick a name and you can represent Oakland University in the winter leagues of the Michigan Association of Team Tennis (MATT) competition. Matches are played at five area indoor tennis facilities. All that is needed is eight players to form a team. Fee is \$5 for adults, \$3 for juniors. For further information, call 851-5770.

A call for Biomedical Research Support Grant proposals (BRSG) has been distributed to all science faculty. Requests for grants will be received in the Office of Research Services until 5:00 p.m., Friday, October 20.

Requests for small grant support will be accepted from members of the OU faculty until 5:00 p.m., Friday, October 6, 1978. Applicants should deliver 12 copies to the Office of Research

Services, 212 Varner Hall. Faculty fellowship applications will be accepted until 5:00 p.m. on Friday, November 3. Forms are available in 212 Varner Hall. For more information, call 377-3222.

John B. Cameron has been named chairman of the Department of Art & Art History.

The paper "Endocrine Effects on Human Female Chronic Marijuana Use," by Joan E. Bauman, Robert D. Kolodny, Rhea L. Dombush, and Sandra K. Webster, psychology, was presented by Dr. Bauman at the Simposio Internacional Sobre Actualization en Maiguana, in Mexico City, Mexico, August 28-30.

J. Harold Ellens, communication arts, has been invited as Distinguished Visiting Lecturer, to give a series of lectures at Princeton entitled "Biblical Themes in Pastoral Care." The lecture series will be presented in the graduate program of the Divinity faculty in October and November.

Robert L. Donald, English, appeared recently on the WJR Focus program and was interviewed by J.P. McCarthy. The interview focused on Donald's interest in various aspects of English—grammar, usage, semantics, etymology, and the like, which he writes about in his column "The Wonderful World of Words" in **The Oakland Press**.

Gilbert Crittendon, a member of the Student Services staff, has been named assistant director of the Oakland Center. Crittendon received his BA and MA from Oakland University and has worked as an administrator on residence hall staffs at Oakland and at the University of Iowa.

While an undergraduate student at OU, Crittendon served on the OC management team as senior night manager.

Wilma Garcia, Department of Learning Skills, has been elected editor of the Michigan College English Association Newsletter, and with the assistance of Mary Holsington, departmental secretary, has published the first edition of the Newsletter along with an announcement of the forthcoming conference to be held at Eastern Michigan University on October 20.

Egbert Henry, biological sciences, presented a paper entitled "Tobacco Mosaic Virus In Tissue Of Nicotiana tabacum L. cv. 'Little Turkish'" at the Fifth Annual Electron Microscopy Society of America Symposium, held at the Medical College of Ohio, Toledo, on September 8.

JOBS

Assistant Director and Coordinator of Information and Services, AP-4, Department of Campus Information, Programs and Organizations.

Public Safety Officer, Department of Public Safety.

The OU NEWS, an official publication of Oakland University, is published weekly during the year and distributed free within the university community. Its content is under the editorial control of the Office of Public Relations. Submit material to Nancy Liese, editor, 109 NFH.

CALENDAR

TUESDAY, OCTOBER 3

- 10:00-3:00 p.m. Voter Registration, Table #1, OC, Repolifik
- 12nn-1:00 p.m. Student Organization Budget Workshop, "Last of the Bigtime Spenders," Gold Room, OC
- 7:30 p.m. Marriage Seminar, St. John Fisher Chapel, Campus Ministry
- 7:30 p.m. Open auditions for dancers, singers, lighting and sound, musicians and costume artists, 136 Varner Hall, Slavic Folk Ensemble

WEDNESDAY, OCTOBER 4

- 3:30 p.m. OU Soccer vs Eastern Michigan University
- 4:00 p.m. OU Cross-Country High School Class B,C,D, Inv., Home
- 4:10 p.m. "A Senior Seminar," Varner Rectal Hall
- 7:30 p.m. University Congress Meeting, Lounge II, OC
- 9:00 p.m. Bible Study Group, Faculty Lounge, OC, Campus Ministry

THURSDAY, OCTOBER 5

- 12nn-1:00 p.m. Student Organization Budget Workshop, "Last of the Bigtime Spenders," Oakland Room, OC
- 3:00 p.m. Prof. Joseph Diestel, Kent State University, "Sequences and Series in Banach Spaces," 575 Vandenberg Hall
- 7:00 p.m. Ecumenical Worship, St. John Fisher Chapel, Campus Ministry
- 7:30 p.m. Christian Fellowship Meeting, 4th Floor VBH East, Oakland Christian Fellowship
- 7:30 p.m. Open auditions for dancers, singers, lighting and sound, musicians and costume artists, 136 Varner Hall, Slavic Folk Ensemble
- 9:00 p.m.-1:00 a.m. Abstention Coffeehouse, Abstention OC

FRIDAY, OCTOBER 6

- 12nn-1:00 p.m. Bible Study, Meadow Brook Room, OC

SUNDAY, OCTOBER 8

- 1:00-5:00 p.m. Meadow Brook Hall Tours, Adm. \$2 OU students, under 12 and over 65; \$3.50 adults
- 3:00 & Cinematheque presents: Andrzej Wajda's **Ashes and Diamonds**, 201 Dodge Hall, Adm. \$1 students; \$1.50 general
- 7:00 p.m.

MONDAY, OCTOBER 9

- 8:00-5:00 p.m. Flower Sale, Table #6, OC, Anibal House
- 8:00-5:00 p.m. Marson Art Show, Exhibit Lounge OC, OC Operations
- 10:00-4:00 p.m. Presentation: "What Every Pre-Med Major Should Know," Gold A, OC, Pre-Med Society

For news of daily campus events, call the OU Hotline at 377-4650
Calendars are published every Tuesday during the academic year. Event listings should be submitted one week prior to publication at Campus Information, Programs, and Organizations, 49 OC, 7-2020