

inside OAKLAND

News briefs for Oakland University colleagues

Drop in and shape up in new fitness classes



Drop in and take your kicks at the Recreation and Athletics Center. Exercise, Tai Chi, yoga, endurance and other classes are forming now and begin the weeks of January 25 and March 15. Sign up at the Welcome Center. Call 4910 for more information.

The Recreation and Athletics Center is offering new group exercise classes to help Oakland University employees get in shape and have fun:

- **Cycle 101** — Learn the basics of group cycling on Reebok stationary bicycles. 40 minutes. Drop in — no registration required. Open and free to members only.
- **Cycle Endurance** — A challenging 50-minute stationary bicycling class for intermediate and advanced-level participants. \$15 secures a bike for a six-week class. Nonmembers, \$50. Tuesday, 8:45 p.m. and Wednesday, 6:30 p.m.
- **NATC (Nike Athletic Training & Conditioning)** — An intermediate to advanced 50-minute athletic workout using sports-like

movements, hurdles, ladders and medicine balls. Registration required. Free and open to members only. Monday or Wednesday, 5 p.m.

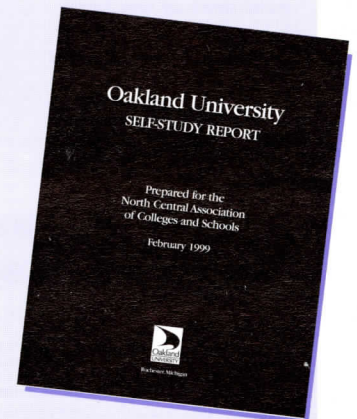
- **Tai Chi** — Energize and relax your mind and body while meditating in motion. Six-week session. \$15, members; \$50, nonmembers. 55-minute sessions available Monday, 4:15 p.m.; Tuesday, 12:05 p.m.; Thursday, 12:05 p.m.

- **Yoga** — Discover your energy, balance and a new level of wellness through guided postures, breathing and relaxation. Six-week session. \$15, members, \$50, non members. One-hour classes Monday, 6:45 p.m. or Wednesday, 5:30 p.m.

Classes begin the weeks of January 25 and March 15. Registration began January 11. Sign up at the center's Welcome Center. Yoga and Tai Chi classes are free until January 25 at times listed on the group exercise schedule available at the Welcome Center. For more information on group exercise classes, including water, standard and step aerobics, call Mila Padgett at 4910 or pick up a schedule at the Welcome Center.

breaking NEWS

NCA self-study available for review



The North Central Association self-study document has been distributed campuswide. It will also soon be available on the Oakland University Web page: www.oakland.edu

"The members of the NCA Self-Study Steering Committee deserve a hearty round of applause for their hard work," says Susan Awbrey, NCA self-study coordinator.

NCA coordinators and steering committee members are planning to make presentations to university division units, sharing the results of the self-study and preparing the campus for the site visit team.

Ten visitors — including administrators and faculty — from other universities will be on campus during the visit. The site visit is scheduled for February 15-17.

Living inn luxury: Local manor with Oakland roots is a step back in time



A BED OF ROSES.
Cobblestone Manor
was part of a 340-acre farm. A relative of the original owner sold part of the land to Matilda Dodge Wilson, who donated her property to establish OU.

Need to put up colleagues or guests visiting Oakland University? Now there's a new historic luxury inn to consider with an OU connection: Cobblestone Manor.

The inn is at 3151 Five Points Court, off University Drive, just west of OU's traffic circle.

Cobblestone Manor was part of a 340-acre farm. A relative of the original owner sold part of the land, excluding the manor, to

Matilda Dodge Wilson, who donated her property to establish OU.

Paul and Heather Crandall opened the manor, built in 1840, last August after renovating the guest area and adding separate living space for themselves. A step into the 3,400-square-foot manor whisks visitors back to the elegant Victorian era with exquisite antiques such as a hand-carved mahogany king-size bed, down-filled sofas and claw-foot furniture. Five guest rooms accommodating 10 people feature amenities such as private bathrooms with whirlpool tubs; gas fireplaces and private phones with voice mail. Full breakfasts every morning include delights such as quiche, stuffed French toast and cinnamon rolls. So far, the manor is popular among business travelers, honeymooners and local couples seeking a quick respite from their children.

Rates run \$139-\$199 a night. Call the manor at (248) 370-8000 for more information.

Health Enhancement Institute offers limited special winter membership rate

Oakland University's Meadow Brook Health Enhancement Institute is ready to help with those "shape-up" new year's resolutions. The center is offering a special 90-day membership — including aerobics.

Participants may sign up through March to learn the truth about nutrition, exercise and lifestyle change from the university's experts.

The \$160 introductory membership 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.

Members can participate in the institute's group fitness classes Monday through Saturday.

"Unlike the typical health club, we offer an unintimidating atmosphere with lots of personal attention from experienced aerobics instructors," MBHEI Director Fred Stransky says. "It's a friendly, casual environment. You'll feel right at home, even if it's your first aerobics class."

Morning and evening classes include step, hi/lo and circuit aerobics and group run/walk sessions. The special offer also includes use of the institute's amenities: a well-equipped weight room with free weights, progressive resistance machines, stationary bicycles, treadmills, stair climbing machines and cross-country skiing machines; a one-tenth-mile indoor track; and locker rooms with relaxing whirlpools, saunas and showers.

Call 3198 for a registration form or for more information.

New program allows students to gain work experience in top companies

A new internship program will add to the many opportunities that Oakland University provides for students to gain quality career-related work experience.

The Career Partners Program places OU student interns in corporations, businesses and agencies represented by the Oakland University Foundation (OUF). The foundation, a private non-profit corporation comprised of business, community and civic leaders, advances university

efforts with scholarships, internships, academic programs and research.

Senior Kimberly Williams, an English major, is the program's first intern. She helps with production of *The Oakland Press*' special sections and writes stories, takes photographs, gathers information and proofreads.

"It's the best job I've had," Williams says. "Sometimes it's hard to get a chance to do something that you really want to do

because you don't have experience as a college student."

OUF board member Frank Shepherd, CEO of *The Oakland Press*' parent company, *21st Century Newspapers*, spearheaded the program with Bob Thomas, director, OU's Placement and Career Services Department.

"The program complements what students learn in the classroom and enhances their job-seeking skills and employability," Thomas says.

OU career week helps participants get the edge in the job market

Oakland University's winter Career Prep Week January 19-22 will help OU students, alumni and affiliates prepare for the latest trends in the job market.

The week's major events include the *Panel on Diversity in the Workplace* noon-1:30 p.m. January 19 in the Oakland Center Gold Rooms, moderated by Emery King, WDIV-TV anchor and chief political correspondent. King and Jacqueline Casselberry King, his wife, run Kingberry Productions, frequently highlighting the struggles and accomplishments of African Americans.

The panel will include representatives of automakers and other top companies such as IBM.

The fourth annual Diversity Career Fair noon-3 p.m. January 21 in the OC Gold and Heritage rooms is another major highlight. In honor of OU's African-American Celebration Month, more than 300 students are expected to check out the fair's 70 companies and organizations. The fair is open to all students.

Other key events:

- *How to Start/Manage a Small Business*, 5 p.m. to 6 p.m. January 20, OC rooms 126-127.
- *Breaking Into the Business, A Discussion About Today's Workplace*, 11 a.m.-noon January 21, OC Fireside Lounge.
- *Negotiating Your Salary*, noon-1:30 p.m. January 22, OC 128-130.