

the Interior

* CHAMBER HONORS RYDER

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STUDY EXAMINES PHYSICAL FITNESS OF SVSU STUDENTS

Leaner, but not necessarily meaner.

That might describe students at SVSU, if those tested in a fall semester survey are typical of all SVSU students.

Students involved in the study were enrolled in 13 physical activity classes ranging from golf and archery to conditioning and weight training, according to Dr. Jennifer Bridges, assistant professor of physical education.

"The mean age of students tested was 21 years old," she said. "The sample represented physical education majors, athletes and those who enrolled on an elective basis."

Bridges selected the health-related physical fitness test of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) as the study instrument so results could be measured against national data.

Based on this data, both men and women tested at SVSU tended to have less body fat than the national average. However, both male and female students scored about

10 percentile ranks below the national percentile rank in terms of cardiorespiratory endurance.

"This may be an indicator of higher than average risk for cardiovascular disease," Bridges said. She said other test results showed SVSU students "good" in low/back/hamstring flexibility and "good" in abdominal strength, according to American College of Sports Medicine standards.

"Together, these scores reflect that this group has a lower risk for future back pain," Bridges said.

Overall, the general comparison of SVSU students tested to the national collegiate scores places SVSU evenly with the national scores establishing minimal levels of performance for the health-related components of fitness, Bridges said.

"It is important to note that these data reflect a sample that included a large number of students who are probably more health conscious than most," she continued. Bridges said some students who appeared to be in the low-fitness categories refused to participate in the testing.

"When considering all factors, it can be concluded
(Please turn to Page 4.)

Etceteras . . .

The survey says . . .

. . . SVSU females were 17 seconds behind the AAHPERD score of 9:38 for the one-mile run.

. . . SVSU women performed one more sit-up and two more "sit-and-reach" exercises above the AAHPERD score of 36 on both activities.

. . . SVSU men came in 23 seconds behind the AAHPERD one-mile run score of 7:05.

. . . SVSU men performed two more sit-ups and one more "sit-and-reach" exercise than the AAHPERD scores of 44 and 34, respectively.

. . . SVSU women exhibited just 27 millimeters in the skinfold test, compared to the AAHPERD score of 31 millimeters.

. . . SVSU men scored 22 millimeters on the skinfold test, compared the AAHPERD level of 23 millimeters.

PRESIDENT RYDER RECEIVES CHAMBER SERVICE AWARD

Members of the Saginaw County Chamber of Commerce caught SVSU President Jack M. Ryder off guard last week when they presented him with the Robert H. Albert Community Service Award.

Ryder was unaware that he was selected for the service award until presenter Richard Wolohan began giving background information about the recipient. "I realized not too many people in the room were born in 1928 in Kentucky," Ryder said.

Wolohan conspired to guarantee Ryder's presence at the chamber meeting by arranging an "appointment" with him directly following the event.



President Jack M. Ryder displays the Robert H. Albert Community Service Award recently bestowed upon him by the Saginaw County Chamber of Commerce.

The Albert Award is the highest honor given annually by the chamber for civic achievement. It is named for former chamber executive manager Robert H. Albert, who died in 1968. This is the first time it has been given to an educator.

"I really appreciate this honor and am pleased to be included with such past recipients as Frank Andersen, Paul Wendler, Ellis Ivey, Melvin Zahnow, Bob Tidertington and other outstanding community leaders. It really is awarded to all of the people -- faculty, staff, students, administrators and Board of Control -- at SVSU who deserve this recognition. Also the community and area legislators -- everybody contributed.

"I have observed, particularly in the last five years, a change in the attitude on the part of planning

groups who contribute to advancing economic development of this area. There is recognition of the importance of education and particularly of higher education to the future of this region.

"I feel that with the excellent institutions we have -- SVSU, Delta, Great Lakes, Northwood -- that these institutions will play a very important role in the development of the knowledge and expertise and capabilities of the people of the area to make the economic development happen.

"I really appreciate that the chamber also recognized Lila's contributions to the community and the University.

"Dick Wolohan referred to her 'high expectations' for SVSU and the community. Her high expectations were for me as well," Ryder smiled.

FINANCIAL AID SETS OUTREACH PROGRAMS

Financial Aid Awareness Week will take place Jan. 30 through Feb. 3 and in observance of the event, Office of Scholarships and Financial Aid will sponsor three workshops and information booths.

Information tables, staffed by financial aid personnel, will be located in the Brown Concourse Jan. 30 through Feb. 2 from 11 a.m. to 7 p.m.; and Feb. 3 from 11 a.m. to 3 p.m. In addition, three workshops also will be held in Room 235 of Brown Hall: Jan. 30 at 10 a.m., Jan. 31 at 1 p.m. and Feb. 1 at 5:30 p.m.

The purpose of the "Awareness Week" is to help returning students prepare their 1989-90 Financial Aid Forms and answer any other related questions.

LIBRARY EXHIBIT FOCUSES ON APARTHEID, KWANZAA

Exhibits focusing on Kwanzaa and South Africa and Apartheid are on display on the first floor of the Zahnow Library.

Kwanzaa is a seven-day cultural celebration which takes place from Dec. 26 through Jan. 1. It is the only nationally celebrated indigenous, non-heroic Black holiday in the United States. The library's display will remain in place through Feb. 6.

Books and materials related to South Africa and Apartheid will be on display through the month of February.

LANDEE AWARD NOMINATIONS SOUGHT

Alumni, faculty, staff and students are encouraged to make their nominations for the annual Landee Award. Nominations of eligible faculty are due Feb. 20 to Dr. Crystal Lange, chairperson of the selection committee.

Since 1971, an SVSU faculty member has been selected to receive the award for excellence in teaching. The recipient receives a monetary award, Presidential Medallion and a plaque.

Last year's winner was Dr. Eric Petersen, professor of history.

STUDENTS NAMED TO PRESIDENT'S, DEANS' LIST

The University recently named 183 students to its President's List for the fall 1988 semester. The students were recognized for

maintaining a perfect 4.0 grade point average while carrying 12 or more credit hours during the semester.

In addition, 478 students were named to the Deans' List for the fall 1988 semester. The students were recognized for maintaining between a 3.4 and 3.99 grade point average, on a 4.0 scale, while carrying 12 or more credit hours during the semester.

FEBRUARY EXHIBIT FEATURES WORKS OF JAPAN, SVSU FACULTY

To celebrate its link with Shikoku Women's University in Tokushima, Japan, SVSU's art department will host a February exhibit of faculty works from both institutions.

Works from Shikoku include sculpture and painting.

SVSU personnel exhibiting are Hirsch, painting and printmaking; Matthew Henderson, studio art technician, ceramics; Hideki Kihata, assistant professor of art, photography; and Matthew Zivich, professor of art, painting and sculpture. Adjunct faculty members displaying their works include David Littell, painting; Marshall Lupp, photography; and Marlene Pellerito, painting and ceramics.

"The work in this exhibit demonstrates that despite cultural and national boundaries, we are more alike than we are different," said Dr. Barron Hirsch, professor of art. "We hope that this exhibition will further strengthen the bonds of friendship and understanding between our two institutions."

BRIEFLY SPEAKING

-- A **Poetry Reading** and discussion of a famous poet's works will take place from 11:30 a.m. to 12:30 p.m., Jan. 25 in the Faculty Lounge, third floor, Science Building.

-- A **Lunchbreak Concert** featuring the Triple Trio will begin at noon, Jan. 25 in Lower Level Doan.

-- Health Services will sponsor a **blood drive** from 11 a.m. to 5 p.m., Jan. 26 in the Brown Concourse. January is Blood Donor Appreciation Month. Find out what it's like to save lives: roll up your sleeves and give!

-- The Business and Industrial Development Institute is co-sponsoring **"Starting Your Own Business: A Path To A New Career"** on Tuesday, Jan. 31. The seminar will take place from 8:15 a.m. to 4:15 p.m. in the Candlelite Banquet Center in Bridgeport. For further information, or to register, contact BIDI at ext. 4048.

-- A **Comedy Night** will take place on Jan. 24 in Lower Level Doan. Two stand-up comics will perform beginning at 10 p.m. There is no charge for admission and refreshments will be served.

-- A workshop for Secretarial/Clerical personnel will take place Feb. 9. Two sessions of **"You Are What You Say You Are"** will be offered in Lower Level Doan: 9:30 to 11:30 a.m. and 1 to 3 p.m. Guest speaker will be Laura Foy, Health Connection coordinator at St. Mary's Medical Center. Reservations are due to Personnel, ext. 4112, by Feb. 3.

(Continued from Page 1.)

that an improvement in health-related fitness for SVSU students is both needed and desired." Bridges cited findings in the "Report on the Winter 1988 Student Opinion Survey" indicating a desire to use health and physical education facilities for recreation (65 percent) and fitness (67 percent).

"The report showed students 26 and up favored use of these facilities for fitness versus recreation." The concern for fitness is in line with national trends, she said.

PROFESSIONAL PROFILE

-- **Dr. Barron Hirsch**, professor of art, has been appointed judge for Dow Corning Corp.'s 1989 Christmas Card Design Contest -- the 32nd annual. The competition, open to all Midland area junior and senior high school students, takes place to select two designs to be used as corporate Christmas cards. Numerous cash awards and \$1,500 in scholarships are awarded the artists. Accepted art works will be displayed at the Midland Center for the Arts.

PERSONNEL

The following positions are open to all regular employees of the University:

ENERGY MANAGEMENT SYSTEM SPECIALIST, full-time, permanent (replacement) position. \$9.95 per hour. Requires associate's degree in energy management or five years related trade experience.

ENGINEERING SERVICES CLERK/PHYSICAL PLANT SECRETARY,

full-time, permanent (redefinition of a previous long-term, temporary) position. Position is split evenly between the Engineering Services Office and the Physical Plant Office. Grade Level 4: \$6.28 per hour.

All internal applications are due to Personnel (ext. 4112), by Jan. 26.

HIGH FIVE

-- Junior **men's basketball** forward Herb Schoepke was named the NAIA National "Player of the Week" for his efforts in Cardinal wins over Northwood, Michigan Tech and Northern Michigan. The Cardinals have won four straight games and extended their home win streak to seven games, including six

this season. The Cards are 9-8 overall, 4-2 in the GLIAC.

-- The **women's basketball** team had its two-game win streak snapped Saturday, when Northern Michigan escaped with a 65-61 win. SVSU beat Northwood and Michigan Tech last week. The women are 9-9 overall, 4-2 in the GLIAC.

-- Senior Chris Ludka qualified for the NAIA national **indoor track** meet Saturday at the U. of M. Relays in the 500-meter run.

-- **Women's track** took first place in nine events in a triangular meet at Siena Heights with Hillsdale. They had the top five finishers in the high jump.



... AND THE DREAM CONTINUES -- Marge Connor, assistant city manager of special services for Saginaw, discussed the accomplishments of Blacks across America and the dreams and challenges of Martin Luther King Jr. that have yet to be achieved. Connor was the guest speaker for the third annual dinner in honor of King, sponsored by the Progressive Student Association and the offices of Campus Activities and Evening Services. Nearly 90 people were in attendance for the event.

InnerView

SAGINAW VALLEY STATE UNIVERSITY

Ferguson + business = success

Many people work their way through the ranks of a business. Few, however, work their way into businesses. Amy Ferguson is one of those.

Ferguson, assistant director of the Business and Industrial Development Institute, once was an administrative secretary for Sponsored Programs. Later, she became acting coordinator of that office and also divided her time as coordinator of BIDI, until taking over the latter position full time in 1984. En route from secretary to middle management, Ferguson lured a number of prospective business owners into supporting BIDI and its programs. In turn, BIDI sought resources to advance those entrepreneurs.

"I enjoy small business interaction," Ferguson said. "There's a certain amount of satisfaction watching a business get started." She said a number of businesses BIDI initially helped have expanded, some considerably.

"It's really exciting to watch small business growth and what people go through," Ferguson said. She added she often is asked why she has not yet started her own business.

"I'm not quite ready yet. It takes a tremendous amount of time, personal dedication ... and money." Ferguson has learned that and much more through her frequent contacts with business and other groups that assist businesses -- such as area community growth alliances.

There are more than 50 community growth alliances in the state, Ferguson said, each with the charge to improve the statewide economy. Ferguson is now in on that angle as well: she recently was named to the Bay County Growth Alliance's board of directors.

"As a representative of SVSU, I can share with the board the many services that are available through the University, and I can take back to SVSU ideas for developing

additional services and economic development offerings." She added that other SVSU personnel serve on various growth alliances.

When BIDI was established in 1981, growth alliances were not yet in existence. Now, they share a network and co-sponsor programs.

Ferguson's formal education does not exhibit a strong business background. However, communications was the backbone of all she did while at Miami (Ohio) University. "If you can communicate with people -- writing or speaking -- you can tap the resources of people who do have what you need to know." Not use them, she emphasized, but employ their knowledge for a mutual benefit.

Ferguson likes to make waves in more than the business world, however. She manages to remain in the "swim" of things three to four times a week. "I'm no Olympic star, but I love swimming. It's my 'think tank' time, my private time and one of my favorite places to be.



InnerView

SAGINAW VALLEY STATE UNIVERSITY

The philosophy of photography

On the surface, philosophy and photography would appear to have little, if anything, in common. The latter, of course, brings to mind images of summer vacations and important occasions. Philosophy, however, just brings the mind. Dr. David Rayfield perhaps views the two synonymous in a biased sort of way.

"I certainly think about my photographs in terms of what significance they have," the professor of philosophy said. "I look at (the subject) more critically because of philosophy.

"Philosophy is the most important subject in the universe," he said convincingly.

The relevance of Rayfield's photographs apparently have greater impact than he could possibly imagine when he received his first camera -- a Brownie Hawkeye -- in junior high.

As a high school student, he took the average year book photographs of sporting events, dances and special events featuring his peers. In 1986, the teenie-bopper photographs clearly were "out of the picture."

Two of Rayfield's photographs were accepted to display during the Saginaw All Area Photo Show in 1986. In 1987 a trio of photographs were featured in that same show. Rayfield received his first award -- a Merit -- in June 1987 during the Little Traverse Bay Historic Festival Art Show. Later that same year, he netted the "Best of Show in Black & White Photography" from the Art on the Rocks show in Marquette.

Rayfield's most recent awards were garnered during 1988: Honorable Mention for a photograph titled Walkabout II (Saginaw All Area Photo Show) and Honorable Mention for National Lakeshore I and National Lakeshore II (11th Annual Michigan Photography Exhibition).

Rayfield said a particular subject of philosophy is aesthetics, or the philosophy

of art. It is within this area that he would like to focus more research.

"There's not much written, so I'd have an open field to work with."

Another less philosophical venture Rayfield is involved with is the Bulletin of Faculty Research and Publications for SVSU.

He was "handed" the duties as editor of the annual publication by Raymond Tyner. That was Volume No. 5. The 1989 edition is Volume No. XI. Rayfield describes the Bulletin's purpose as an avenue to recognize the work faculty are performing.

"I do enjoy it sometimes," Rayfield said. "Most of it isn't difficult work -- just tracking people down for questions. But it all works out."

