January 26, 1993

"Afro-American Scholars: Leaders, Activists & Writers"

Students, faculty and staff will participate in a month-long observance of Black History Month beginning Monday, Feb. 1. Residents from surrounding communities also are invited to participate in the events.

The calendar of events includes:

1-4 Crafts, clothing and food in Brown Concourse.

1 Opening
Pastor Marvin C. Pryor, Williams Memorial C.O.G.I.C.
11:30 a.m. - 1 p.m., Lower Level Doan Center.

3 Dessert with Black Inventors, 1 p.m., Alumni Lounge.
ASA African Fashion Show and Slide Presentation, 6:30 p.m., Lower Level Doan Center.

4 Puttin’ on the Hits, Talent Show, Cardinal Gym, Delta Sigma Theta Sorority, Inc.

8 African/African American Story-Teller, Catherine Blackwell, 11:30 a.m., Lower Level Doan Center, sponsored by Multicultural Programs.

9 & 10 Health Yourself '93 Wellness Fair, 11 a.m. - 5 p.m., Brown Concourse.

15 Building Self-esteem, 12 noon - 1 p.m., Alumni Lounge, Cynthia Woiderski. Popcorn served.

16 Student Celebration Dinner, 6 - 8 p.m., Lower Level Doan Center.

17 The Trip and The Operation, 8 p.m., Theatre. Student Life and Alliance for the Performing Arts.

African American Literature Workshop, 4 - 6 p.m., Theatre, co-sponsored by Multicultural Programs.

18 Substance Abuse in the African American Community, Dr. Bobby Ann Robinson; Saginaw-Bay Substance Abuse Commission, 12 p.m. - 1:30 p.m., Alumni Lounge.

19 Songspirations Gospel Extravaganza, SVSU and Delta, Baptist Convention Center, 7 p.m.

21 & 23 Movie: Hangin’ with the Homeboys, February 21, 8 p.m., February 23, 7 p.m. and 10 p.m., Program Board.

22 African Art Exhibit, Saginaw Black Cultural Alliance, 9 a.m. - 4 p.m., Lower Level Doan Center.

Malcolm X, One man performance presented by Phillip Wallace, 1 p.m., co-sponsored by ASA.

25 Enjoying Differences, Global Village Institute Ensemble, 6 p.m., Lower Level Doan Center.

March 3 Shirley Chisholm, "Human Rights in a Conservative Era," Cardinal Gym, 8 p.m., Program Board.

Call the Office of Minority Services at ext. 5631 for more information about any of these events.
University Art Gallery Sets Winter Hours, Plans Reception for Show

Etchings by Charles Adams Platt will grace the University Art Gallery from February 4 - 25. Platt (1861-1933) began studying art at age 17 at a time when etching was experiencing a serious revival.

His etchings first were exhibited in 1880. The next year his work was featured in articles on American etching published in the American Art Review. By the time he was 21 his reputation had become international and he was elected member of Britain’s Royal Society of Painter Etchers.

Platt also studied architecture in Italy. He designed numerous country estates and public buildings, including Washington’s Freer Gallery of Art. Among other accomplishments, he was master planner for the campus of the University of Illinois.

Complementing the Platt exhibition will be a mini-show featuring American etchings from 1900-1940. “These works cover much of the same period as Platt,” said Gallery director Barron Hirsch. “The mini-show will give people an idea of what other artists working at the same time were doing. The display includes architectural subjects, landscapes and portraits.”

During the winter months the University Art Gallery will be open from 1-5 p.m. on Sunday, Tuesday and Thursday; from 3-5 p.m. on Monday; from 12-5 p.m. on Wednesday; and from 9 a.m. to 2 p.m. on Friday.

Works from Rayfield Portfolio Go On Display February 9

Philosophy Professor David Rayfield will have works from his newest portfolio placed on display Tuesday, Feb. 9, from 3-6 p.m. in the Board of Control Conference Room, third floor Wickes Hall.

La Crista is a compilation of 30 images, beginning with several that represent a development of an earlier portfolio, The Rag Figures (1985-86). According to the artist, the photographs provide a “transition to a depiction of the crucifixion and resurrection, but this time with a female, not a male, god.”

Rayfield produced the black-and-white silver prints using 35mm equipment. “I enlarged these negatives up to 12 times in order to get images in several formats ranging in size from 9 ×16 to 15 ×12 inches,” Rayfield said. “I have toned selected areas of some of the prints with either a brown or sepia toner, and colored selected areas of others with transparent photographic oils.”

The works that make up this portfolio are the fulfillment of part of the project Rayfield designed for his last sabbatical leave.

“I will continue to submit images from the portfolio to adjudicated competitions for the next two to three years,” Rayfield said. One photo from the group, La Crista XIV, was presented the first place award in this year’s Latent Image Photo Competition. All SVSU faculty and staff are invited to stop by to view the work.

SOMETHING’S MISSING — Can you spot it? Michael Panhorst, director of the Marshall M. Fredericks Sculpture Gallery, will be without the plaster version of the Leaping Gazelle, which was sent to a foundry in New York on January 12 to be cast in bronze for a client of Mr. Fredericks. The plaster sculpture will be returned to the gallery in 60-90 days.
Flute Ensembles Masterclass Offered January 30

Flûtée, SVSU's flute quartet in residence, will be presenting a two-hour Flute Ensembles Masterclass Saturday, Jan. 30 at 1:30 p.m. in room 102 of the Arbury Fine Arts Center.

Participants will study and share with professional flutists the problems associated with flute ensemble playing, including how to rehearse, what to listen for and what music to choose. Performance tips also will be provided to those preparing for the Solo and Ensemble Festival.

The masterclass schedule of events will include a playing demonstration by Flûtée, a coaching session of the ensembles chosen to perform, and an opportunity to play the E♭, alto and bass flutes in the flute family.

Participants will be able to receive a repertoire list to use in selecting music for the study sessions. The masterclass is offered free of charge as an educational opportunity of SVSU's Department of Music.

For further information, contact the Department of Music at ext. 4159.

Events/Activities

- **President's Open Forum** — Thursday, Jan. 28, 6-7:30 p.m., Brown Concourse. Eric Gilbertson will answer questions and discuss issues with students.

- **Winter Play Production** — Performances of *The Hothouse* are set for Friday, Jan. 29 and Saturday, Jan. 30, 8 p.m.; Sunday, Jan. 31, 2 p.m., Theatre. Call ext. 4031 for ticket information or reservations.

- **Valley Film Society** — Friday, Feb. 5, 7:45 p.m., Theatre. The featured film, titled *The Good Earth*, is about the singular determination of the slave-bride of a Chinese laborer to survive the forces of nature and greed that threaten her family.

- **Organizational Leadership for Lunch Series** — Monday, Feb. 8, 12:10-12:50 p.m., Alumni Lounge. Steve Erickson, associate professor of communication and theatre, will present tips on public speaking. Free admission.

- **Valley Wind Quintet Concert** — Wednesday, Feb. 10, 8 p.m., Theatre. Complimentary tickets are available to faculty and staff. Call ext. 4159 to reserve tickets.

LIBRARY SHOWCASES COMPUTER CATALOGING SYSTEM — Melvin J. Zahnow cuts the ribbon to officially introduce VALCAT, which provides online access to 1.7 million bibliographic items in libraries of the Valley Library Consortium. SVSU's library hosted an open house January 12 to demonstrate and acquaint library users with the computer cataloging system.
Professional Profile

• Drew Hinderer, professor of philosophy, reports that the Valley Wind Quintet performed three concerts in the Alpena Public Schools on January 15, and a public concert that evening as part of the Thunder Bay Arts Council’s Community Concert Series. Local audiences will be able to hear some of the works performed in the Alpena concerts on Wednesday, Feb. 10 at 8 p.m. in the Theatre.

• Michael Panhorst, Michigan SOS! director, and Fay Wilder, Michigan SOS! coordinator, hosted a day-long training session for 36 volunteers and volunteer coordinators from around the state at the Marshall Fredericks Sculpture Gallery, Saturday, Jan. 9. Participants came from Traverse City, the Mackinaw Straits region, Flint, Detroit, Ypsilanti, Jackson, Kalamazoo, Lansing and St. Joseph. Panhorst and Wilder also presented a volunteer training workshop for the historic preservation class of Dr. Marshall McLennan at Eastern Michigan University, January 18. That session was attended by Metro-Detroit area volunteers. These sessions bring the total number of volunteers working to save outdoor sculpture in Michigan to 75.


• Gladys Hernández von Hoff, director of the Bilingual Bicultural Teacher Training Program, authored “Principals’ Perceptions of Their Preparation for Administering Educational Programs for Limited English Proficient (LEP) Students,” which was published in the Journal of Educational Issues of Language Minority Students.

For further information, contact the Personnel Office at ext. 4112. SVSU is an equal opportunity/affirmative action employer.

Across Campus

• Congratulations to Deborah Bishop, associate professor of management, and her husband, Matthew, on the birth of their second child, Camille Bishop (9 lbs. 12 oz., 21 in.), on January 16.

• The campus community extends its sincerest condolences to Eleanor Kueffner, a nurse in Health Services, on the Jan. 20 death of her husband, Peter. Memorials may be made to Peace Lutheran Church or VNA Hospice Partners in Caring.

Did You Know? ...

• Student, staff and faculty volunteers are needed to assist with the Valley Festival of the Fine Arts, March 27 and 28. Relatives also are welcome. Call the Office of Student Life at ext. 4170 to assist.

• The nomination deadline for Faculty Association Awards is Monday, Feb. 1. Nomination forms are available at faculty secretary stations in Brown Hall and Science Building.

• Health Yourself 1993 will be held on Brown Concourse February 9 and 10 from 11 a.m. to 5 p.m. More than 30 community and campus agencies will be present to offer information on health issues.

• The Conference Bureau now is accepting facility scheduling requests for FY1993-94. Reservations should be sent in memo form by February 15. Phone reservations will not be accepted.

High Five

• SVSU will host the 1993 GLIAC Swimming Championships in Ryder Center, Thursday, Feb. 18.

• SVSU’s men’s basketball team defeated Lake Superior State University, 77-58, last weekend. The win improves the Cardinals’ GLIAC record to 4-5, 9-6 overall.

• The SVSU women’s basketball team slipped past Lake Superior, 98-96, in overtime. The Lady Cards are 11-5, 5-3 in the GLIAC.
Oatmeal and the Working Man

Willford Brimley is right, folks. Oatmeal is good for you. Bob Meadows will testify to that. So will his internist, who thought the extremely low cholesterol reading on Meadows' last test was an error until he reviewed Bob's diet.

"My wife is a health and physical education and nutrition person," Meadows says. "We always had a pretty solid diet and exercise regimen. But about a year ago we decided we were not putting enough emphasis on weight control."

That conviction led Nancy Meadows to research several commercial diet programs. Eventually she and Bob picked one they felt was nutritionally sound and "altered that slightly for our own purposes."

The first step in changing eating habits involved eliminating most sodium. "We really got the sodium out of our diets; there is no salt in the house," Meadows says. "We've discovered that we simply don't like the taste of salt any more."

Red meat also became a thing of the past. At first the substitutes were poultry products and fish. Eventually they found themselves eating fish "rarely" and reducing the volume of poultry on their plates.

Instead, they fill up on foods high in complex carbohydrates and consume large quantities of fruits and vegetables. Fats, on the other hand, are banished. As for the oatmeal, Meadows says he eats lots of it.

The results of the change were startling. "Initially we lost weight rapidly. We each lost about 20 pounds. We simply weren't ready for such an abrupt change. We had to learn how much we needed to eat to replace the fat in our diet; there are so many fewer calories (in the other foods)."

One answer was to eat more frequently. Meadows says he presently eats about five meals each day. "It sounds like you are doing nothing but eat, and at first it seemed like it."

Like many converts to an alternate eating style, Meadows says, "We don't even want to eat like we used to anymore." He applauds the new labeling requirements for food products that make it easier for consumers to select for nutritional values.

And what did the Meadows eat on Thanksgiving and Christmas? "The same things you did," he smiles. "Lots and lots of turkey and all the usual accompaniments." But the result was only a two-pound weight gain. "That will be gone when I want it to be," he says confidently.

Exercise is another component of the Meadows lifestyle. "We have always been inveterate and dedicated exercisers," Meadows says. His morning regimen includes 20 minutes each on three of four home exercise machines. He also spends about 20 minutes in stretching exercises.

His goal next year is to examine his exercise patterns. He feels he may be putting too much intensity into the sessions. "I want to experiment with the duration and level of exercise and reduce it to optimal amounts. The only way to know is to keep a record," he says.
Rose Connelly is quick to tell you that she loves working for SVSU, and she loves her job. Her enthusiasm is apparent in her friendly, efficient handling of requests.

Connelly joined the Registrar's Office staff in 1984 as senior transfer credit clerk. "I did evaluations for students transferring from other colleges," she says. Later, when an opening occurred for senior registration assistant, Connelly applied for and won the job.

As registration assistant, she has the daunting task of setting up for semester class registration periods. "I make sure that all materials are available and stations are staffed. I also make sure that closed class lists are posted. That sometimes changes two or three times a day as classes start to fill up."

During registration Connelly keeps in touch with the deans' offices to monitor overloads. "I keep track of waiting lists and note when it's necessary to split classes."

When the official registration periods have ended, many tasks associated with the process still continue. "After registration is done you are doing late registrations and adds, splitting of closed class lists and making sure things such as name changes are done before official reports are run," she says.

Connelly gives credit to the cooperative spirit of her co-workers for smoothing the registration process. "There are six full-time staff in the office. During registration, four work up front and two remain back to take care of other things. Putting people in classes is not an easy function," she smiles.

Following registration, Connelly ensures that such items as class rosters and grade sheets will be supplied to faculty. Adds and drops are recorded as they occur.

Between registration periods Connelly works the front counter, answering questions and responding to requests from students, faculty and staff. She is known for being an "information person," and often directs people to other offices to obtain help with a specific problem. "I work with Financial Aid, the deans, Academic Advising and many faculty offices," she notes.

Hers is the voice you are likely to hear answering the Registrar’s Office extension. When it is necessary to transfer a caller, Connelly says she stays on the line to be sure the right office is reached.

Connelly enjoys the rapid pace and the variety of her job. "At different times of the month and the year I do different things. I love the activity level; the more work there is the better I like it. It makes it interesting — my eight hours go so quickly!"

Still, she finds time to participate in church activities and time for a fitness regimen. She works out regularly at Ryder Center, concentrating on machines for cardiovascular fitness. "I also walk a lot with my husband, Gary," she says. The exercise does a lot to reduce stress and to improve health. "I think a lot of my family and I want to be around for them," she smiles.

Connelly's son, Gary Jr., graduated from SVSU in 1992. Her daughter, Cherie Marie, is a student at Ferris.