



THE INTERIOR

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September 2, 1997

New endowment awards outstanding SVSU student writing

“Because no student can be successful in his or her academic career without writing competence, and because no SVSU graduate should enter the workplace without such proficiency, the Ruth and Ted Braun Awards will provide both recognition for excellence and motivation for high achievement in writing by SVSU students.”

So begins the summary of the Braun Endowment in support of The Ruth and Ted Braun Awards for Writing Excellence at Saginaw Valley State University.

The award includes annual monetary awards for outstanding writing in a variety of modes in diverse disciplines. In addition, the award-winning writing will be published, providing further incentive for excellent student work and, by that, establishing SVSU as a university whose graduates are renowned for writing excellence.

The rationale behind the endowment was to create incentives for outstanding student writing and opportunities for student writers to be published and recognized, according to Diane Boehm, director of University Writing Programs.

Boehm said she sought a program to reward student writers and the Brauns readily accepted. It is hoped the first award will be made in Spring 1998.

“I think it’s a tremendous opportunity to recognize good student writing,” Boehm said. “I also hope it creates a lot of awareness for our students.”

Mrs. Braun agreed.

“We wanted to encourage not only excellence in SVSU students,” she said, “but also enhance the reputation of the University.”

Mrs. Braun also said she and Mr. Braun have been concerned that the ability to write well is “lacking in our society.”

“We have become so dependent upon others, and our computers, to write for us that the ability

to write well is lacking in our society.” She added that both she and her husband have been in professions that rely heavily on communication, particularly Mr. Braun as an attorney.

“Our ability to write well is our ability to think well,” Mrs. Braun said. “It is our pleasure to do this for the students of SVSU and we look forward to working with Diane and the committee in honoring the first students.”

A selection committee has been appointed by Dr. Robert S.P. Yien, vice president of Academic Affairs. Mr. and Mrs. Braun also may choose to participate in the process. The committee will establish the guidelines and procedures for the awards and publications.

The current committee is the University Writing Committee, consisting of Boehm, Mariane Barnett (English), Deb Bishop (management), Sally Cannon (English), Sally Decker (nursing), Chuck Garrison (computer science), Gary Lange (biology), Chris Looney (registrar and student services), and Carol Wolfe (teacher education).

Ruth Braun, a current member of the SVSU Board of Control, and her husband Hugo E. “Ted” Braun, a former member of the Board, contributed \$25,000 to establish the Braun Endowment in support of the awards that will provide funding for both the monetary awards and the publication.

Mrs. Braun has been a member of the Board of Control since 1991. She served as chairperson during 1995 to 1997. She also is a member of the SVSU Foundation Board of Directors and active in community service.

Mr. Braun is a partner in the Saginaw law firm of Braun Kendrick Finkbeiner, PLC. A member of the SVSU Board of Control from 1981 to 1989, Mr. Braun received an honorary Doctor of Laws from the University in 1990. He also is a former member of the SVSU Foundation Board and continues to serve on the Board’s Finance and Investment Committee.

*First
in a series
of articles
detailing
new and
expanded
endowments
from
The Campaign
for Distinction.*



Friday, Sept. 26
4:30 p.m.
President's
Reception Area
Refreshments
Served

Come and enjoy
the company of
your colleagues
and friends!

Volunteers to raise funds for Thumb student scholarships

Saginaw Valley State University is very fortunate to have a solid student base from Huron County area schools. Nearly 300 SVSU students hail from Huron County. Another 755 are from Tuscola and Sanilac counties. SVSU also counts among its volunteers many Huron County business people and volunteers. These folks help form the backbone of efforts to increase community awareness of all SVSU has to offer and to aid students as they pursue their degrees in higher education — both baccalaureate and master's degrees.

The two groups now have merged — students and volunteers — to advance efforts to aid students financially as they embark upon a degree in higher education.

The committee for the Huron County Student Excellence Award hopes to raise \$125,000 by Sept. 30 to provide scholarship opportunities for Thumb area students to attend SVSU. This scholarship is not based on financial need. Nor do the students need to be among the top members of their class in terms of grade point average. The goal of the scholarship is to make a bachelor's degree attainable for Thumb area individuals with the desire and fortitude to pursue the degree at SVSU.

Volunteers will call on Thumb area businesses and individuals seeking support for the scholarship.

Forum '97 to be broadcast via satellite at SVSU

The Center for Manufacturing Improvement has scheduled a satellite broadcast of Forum '97. The conference theme is "Competing in the Age of the Networked Society" and emphasizes high-tech solutions such as digital and wireless connections that enable people around the world to become connected.

The forum will be broadcast live via satellite from 10 a.m. to 12:45 p.m. in Curtiss Hall. It is expected that nearly 100,000 professionals in North America are expected to view the forum from approximately 1,000 locations.

Scheduled speakers include Dick Krueger, director of CMI; Mark Smekar and Bill Rustic, purchasing agents at Delphi Saginaw Steering Systems; Ken Zimmer, QS-9000 coordinator at Delphi Steering Systems; and Mary Pathuis, quality assurance manager at Riviera Production Tooling Group.

Conference sessions will show organizations how to make the transition from an industrial society to knowledge society.

Texas Instruments is the corporate sponsor of Forum '97. Sustaining sponsors are AT&T, Eastman Kodak Co., *USA Today* and the American Society for Quality (ASQ). The ASQ is a society of individual organization members dedicated to the ongoing development, advancement and promotion of quality concepts, principles and techniques.

For registration information, call Linda Haas at CMI, at ext. 5615.

Vocalists sought for St. Matthew Passion

The campus community is invited to participate in the St. Matthew Passion, by J.S. Bach, for double chorus, double orchestra and soloists. The performance will take place at 8:15 p.m., Saturday, April 4 at Peace Lutheran Church in Saginaw, and at 4 p.m., Sunday, April 5 at the First Presbyterian Church in Bay City. The performance will be in English.

Those who wish to participate may rehearse from 11 a.m. to 12:15 p.m. Tuesdays and Thursdays with the SVSU Concert Choir. Additional rehearsals are available from 7:30 to 9:30 p.m. Mondays with the Bay Chorale at the First United Methodist Church at 300 N. Wenona in Bay City.

Interested individuals should contact Eric Nisula, professor of music, at ext. 4307. Nisula said participants can be faculty, staff, students, and their families and friends.

"The magnitude and greatness of the St. Matthew Passion cries out for wide community involvement," he said. "The choir and I would like to extend to you a warm welcome to join with us in preparing and presenting this beautiful and inspiring music."

Date set for Awards Banquet

Mark your calendars now for the eighth annual University Awards Banquet. Nearly 60 staff members will be honored for their years of service to SVSU. The 1998 banquet will take place Friday, April 17. Additional details will follow as the date approaches.

Dinner, including the reception, is free to employees and their guests. A number of door prizes are given each year. In the past, a theater package for two to Toronto, including rail passage, was given away. In 1996, the prize was a weekend trip for two by train to Chicago.

Faculty development programs offered

A number of faculty development workshops will be offered through Dec. 5 by the Office of Academic Affairs and University Writing Programs.

On Sept. 12, from 9 to 10:30 a.m., Dr. Judith Sunley will present a National Science Foundation workshop in Curtiss Seminar Room D. Sunley is assistant to the director for Science Policy and Planning at the National Science Foundation. Sunley also will discuss institutional appointments, by reservation only, from 10:30 a.m. to 12:30 p.m. Each session will be 30 minutes. Lunch and discussion will take place from 12:30 to 1:30 p.m. Cost for the lunch is \$10 per person.

Diane Boehm, director of University Writing Programs, will conduct two workshops on On-Line Job Searches and Resumes. The workshops will take place from 9 to 10:30 a.m. Friday, Sept. 19 in 220 Curtiss Hall; and from 3:30 to 5 p.m., Thursday, Sept. 25 in 212 Pioneer Hall.

Microsoft PowerPoint Training will take place from 9 a.m. to noon, or from 1 to 4 p.m., Friday, Sept. 26 in the ITD Lab in 154 Curtiss Hall. Debbie Peruski, teaching assistant for Instructional Teaching Laboratory, will conduct the training.

Chuck Garrison, associate professor of computer science, Friday, Oct. 3, will present Building a Basic Course Web Page. The presentation will be from 9 a.m. to noon in 141 Curtiss Hall.

Corel Presentations Training will take place Friday, Oct. 10 from 9 a.m. to noon, or from 1 to 4 p.m., in the ITD Lab in 154 Curtiss Hall. Peruski will be the presenter.

Peruski also will present Scanning & Digital Camera Training Friday, Oct. 24 from 9 a.m. to noon, or from 1 to 4 p.m., in the ITD Lab in 154 Curtiss Hall.

PhotoShop I Training will take place Friday, Nov. 7 in the ITD Lab in 154 Curtiss Hall. Peruski will provide training from 9 a.m. to noon, or 1 to 4 p.m.

Scott Mellendorf, reference Internet librarian, will conduct a session on Enhancing Your Course Web Page, from 9 a.m. to noon, Friday, Nov. 14 in 141 Curtiss Hall. This course is designed for participants who have a basic Web page.

Peruski will conduct PhotoShop II Training Friday, Nov. 21 in the ITD Lab in 154 Curtiss

Hall. Sessions are from 9 a.m. to noon, or from 1 to 4 p.m.

Peruski will present Putting It All Together: Technology in the Classroom Friday, Dec. 5 in the ITD Lab in 154 Curtiss Hall. Workshop sessions are from 9 a.m. to noon, or from 1 to 4 p.m.

For registration information, contact Boehm at ext. 7728, Peruski at ext. 1934, or Dawn Gillespie, administrative secretary of Sponsored Programs, at ext. 4295.

Professional Profile

• **Ann Rae**, professor of social work, will make a PowerPoint and paper presentation of *Social Work Practice: Research Methods and Computer Applications in the Classroom* for a national conference, sponsored by the Council on Social Work Education, Millennium Project. Rae's presentation will be Sept. 8 at the College of Social Work, University of South Carolina, Charleston. The faculty development conference enables social work educators to prepare appropriately for the challenges of creating new and different means of developing and disseminating knowledge through electronic technology. The conference is designed to examine the current and anticipated technologies that can be used in social work education.

• **Elaine C. Stephens**, professor of teacher education, had two chapters published in *Writers for Young Adults*, a new three-volume reference series for Charles Scribner's Sons.

Sitarist to perform at SVSU

Partha Chatterjee, an eminent sitarist from India, will perform at 7:30 p.m., Saturday, Sept. 13 in the Rhea Miller Recital Hall. The India Association and SVSU will cosponsor Chatterjee's performance.

Chatterjee has performed publicly since 1980 through India and abroad. Since 1982, various Western organizations have invited him annually to perform and teach Indian music. Chatterjee has traveled extensively in Europe and the United States. He was a participant in the Festival of India in Switzerland in 1987.

Admission is free of charge.

Celebrate with the
Zahnow Library
as it introduces

CARD CAT

The new web-based library
automated system.

The celebration and a
reception will take place at 3
p.m., Wednesday, Sept. 10
in the first floor lobby of the
Library.

Campus Happenings

- **University Art Gallery** will have works from the "Michigan Clay Invitational" on display through Sept. 24. For gallery hours call ext. 4391 or 4159.
- **Valley Film Society** will present a double feature at 8 p.m. Friday, Sept. 5 in the Performing Arts Center Theatre. *My Father's Glory* and *My Mother's Castle* will be screened. VFS also will show *God is My Witness* at 8 p.m. Friday, Sept. 12. Admission is by pro-rated season passes or guest passes, available at the door.
- **Lunch Break Concert:** Sol Sonido will take place from 11:30 a.m. to 1:30 p.m., Wednesday, Sept. 10 in Doan Cafe. Music is free and a taco bar special is available for \$2.89. Campus Life Center and Campus Dining sponsor the lunch break.
- **A Volunteer Fair**, featuring nonprofit agencies from Bay, Midland and Saginaw counties, will take place from 11 a.m. to 3 p.m., Tuesday, Sept. 16 on the Brown Concourse. The Volunteer Center sponsors the fair of Campus Life.
- **A poster sale** will take place Tuesday and Wednesday, Sept. 16 and 17. A variety of posters will be available for purchase from 10 a.m. to 6 p.m. Tuesday in the Alumni Lounge, and from 10 a.m. to 4 p.m. Wednesday in Brown Concourse. The Campus Life Center sponsors the sale.
- **Student organizations** and local businesses will set up booths once again for the Card's Party, slated from 3 to 7 p.m., Thursday, Sept. 18. Vendors will give away information and product samples during the event in the Ryder Center East Arena. The Campus Life Center sponsors the event.
- **Extreme Air**, a skydiving simulator, will be available from 2 to 8 p.m., Thursday, Sept. 18 in the East Arena of the Ryder Center. Program Board is sponsoring the activity.
- **Pianist Robert Conway** will perform Saturday, Sept. 27. Conway has performed as a soloist and chamber musician in major cities throughout the United States and Canada, earning his reputation with authoritative interpretations of the music of our time as well as the masterpieces of the past.

Across Campus

- The campus community extends condolences to the family of **John P. Rummel**, who passed

away Tuesday, Aug. 26 in Lansing. Rummel was Director of Information Services at SVSU from 1976 to 1982. Funeral services were held Aug. 29 in Richville. Those planning an expression of sympathy may wish to consider St. Michael's Lutheran Church in Richville.

Have You Heard?

- **Personal Counseling and Disability Services** will have an **open house** from 10 a.m. to 6 p.m. Tuesday, Sept. 9 in 173 Wickes Hall. Refreshments will be served from 3 to 6 p.m.
- **Health Services** will sponsor a **blood drive** from 11 a.m. to 5 p.m. Tuesday, Sept. 16 in Brown Concourse. Donors are advised to eat within four hours of giving blood. Call ext. 4271 for an appointment or more information.
- **Personal Counseling and Public Safety** are cosponsoring **Student Action Team (S.A.T.)**, which will focus on campus wellness issues. Faculty are invited to join the "Professors Partnering for Prevention" component of S.A.T. Participating faculty will assist S.A.T. by allowing extra incentives for students who attend S.A.T.-sponsored events. For more information or to participate, call ext. 5600.

Cardinal Sports Schedule

September 2-15 Athletic Events

Cross Country
SVSU Invitational
4 p.m., Sept. 5

Football
SVSU vs. Wayne State
Noon, Sept. 6

Men's Soccer
SVSU vs. Adrian College
2 p.m., Sept. 6

SVSU vs. IUPUI-Indianapolis
11 a.m., Sept. 13

SVSU vs. University of Indianapolis
1:30 p.m., Sept. 14

Women's Tennis
SVSU vs. Grand Valley State University
3 p.m., Sept. 12

SVSU vs. Oakland Community College
3 p.m., Sept. 15

The Interior is published bi-weekly when classes are in session fall and winter semesters and periodically through the summer. Items should be submitted to the Office of Information Services, 276 Wickes Hall, 790-4055.

University departments sponsoring activities or events listed in *The Interior* will provide reasonable accommodations for persons with disabilities when contacted at least three days in advance.



recycled paper



STAFF MEMBER

OF THE MONTH

**Karen
Bohren**

**Bookstore
Manager**

**September
1997**

It truly was a love of books that brought Karen Bohren into the world of bookstore managers. And it is the interesting world of college campuses that keeps her there.

"I enjoy working with the kids," Bohren said. "They keep me going.

"(The bookstore) is in a unique position because we work with the students directly, the faculty directly and the administration directly. We're in the middle of everything and I enjoy it."

Bohren got her start in bookstores while an undergrad at Tufts University just outside Boston, Mass. She worked at that university's bookstore for two years before graduation. Then, Barnes & Noble, owners of Tufts' and SVSU's bookstores, offered her the opportunity to join the manager training program.

"It was important to me after college to get a job I liked," Bohren said. She has been with Barnes & Noble 14 years — entirely within college bookstores. The past three years with SVSU.

"Regular retail just doesn't interest me."

What does interest Bohren are the students and the challenges present in the educational environment. Like the UPS strike?

Bohren said some texts were not available for the start of the semester, but the majority were.

"Faculty are good about getting requests in early," she said, adding that it helps when students want to purchase used texts.

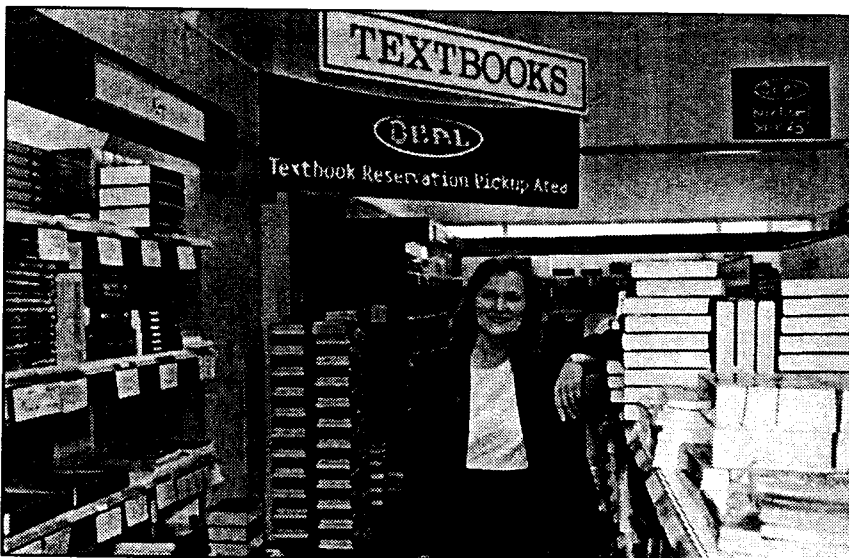
"We have a wonderful student buyback here. Faculty try to reuse books, as much as possible. For this size school, our buyback is huge."

This fall, bookstore staff took an added step toward decreasing the stress freshmen feel their first semester. Freshmen were given the opportunity to provide during Orientation a list of classes for which they needed books. Bookstore staff then bagged the books and had them ready for pick up.

"It worked very well," Bohren said. "We'll probably do it every fall. It just takes away one stress factor and helps the freshmen get on their feet."

The start of the semester isn't hectic for just freshmen. During this time, Bohren said, the bookstore "gets a little cramped" but basically is the right size for SVSU. The bookstore moved into Doan three years ago, shortly after Bohren's arrival.

When Bohren isn't in the bookstore, she's with her husband and two sons camping, fishing . . . or reading.





INNER VIEW

FEATURING FACULTY OF SAGINAW VALLEY STATE UNIVERSITY

Feeling stressed out?

Did you have trouble sleeping last night? Did you have a coffee and donut for breakfast? After getting a late start for work, did another driver suddenly pull out in front of you?

All of these situations can contribute to the amount of stress you feel. While most people are aware of stress, Marcia Shannon has devoted her career to helping others understand and cope with the harmful effects of "bad stress."

"My background is in psychiatric/mental health nursing," said Shannon, an assistant professor and Nursing Department chairperson. "And I've worked in a variety of different roles, including anything from a staff nurse to a head nurse in a mental health unit. I've done inpatient and outpatient work, administration, and, of course, teaching."

Shannon's interest in stress management and mental health issues dates back to the start of her career in health care.

"After finishing my bachelor's degree, I thought I'd go either into psychiatric health or emergency room care. It just happened that the first hospital where I went to work desperately needed people in psych, which is a field that I've always liked anyway," Shannon said.



Soon after working in a clinical setting, Shannon began receiving calls from area businesses to offer programs on stress management.

"For years now I've been doing stress management programs," Shannon said. "When I worked for an inpatient unit, I did a lot of programming with clients who had problems dealing with stress. But more and more, I have received calls to do outside workshops from companies that include GM and Ameritech."

"I've done a lot of consulting with middle management in businesses, and you want to talk about stress," Shannon laughed. "Middle managers have to please the people below them and above them, and things change that they have no control over — yet they still have to manage."

"Most of what I do now is I work with staff or students who are dealing with patients," Shannon said. "Stress plays a part in almost everything I teach in mental health because it has such a broad impact on people. For example, stress certainly increases the risk for suicide and substance abuse. And, researchers have identified the 'stress-prone' diet, which is too much caffeine, whether it's coffee or soft drinks, and too much sugar. Those are the two biggest culprits, along with relying on too much fast food and not enough exercise."

Shannon provides her students and clients with a list of "coping mechanisms." One of the handouts offers a lighter approach that encourages people to "dance naked in front of their pets." On a more serious side, tips for managing stress include devoting time to activities that are enjoyable, like exercise or hobbies. Shannon also encourages people to go for walks outdoors, use positive self-talk and get enough rest.

The best strategy for avoiding bad stress is simply learning how to relax. Shannon advises, "People should focus on relaxation, enjoyment and good health habits."

Gettin' Fit Newsletter

Created by a University that cares about your health.

Volume I, No. 1

September 1997

The goal of this newsletter is to offer tips to improve your health and your life. The Gettin' Fit Newsletter is the brain child of a campus community that is concerned with your good health. It will be distributed once a month during Fall and Winter semesters.

Each of the participating departments will offer a different aspect of health and wellness.

Campus Dining will contribute a list of healthy recipes for lunches and dinners you can try at home. These meals will be low in calories, fat and cholesterol.

Campus Recreation will identify simple exercises that can be done to help you shed pounds and trim your waistline.

Corporate Challenge is a unified effort organized by the YMCA. SVSU faculty and staff participates in several competitive events against other area organizations throughout the year. This portion of the newsletter will list upcoming events and practice dates for SVSU teams and it will list contact numbers.

Health Services will explain how to prevent and/or treat minor illness.

Personal Counseling will offer techniques to help you become mentally fit such as: stress reduction, time management and coping techniques.

It is our hope that this publication becomes widely read by

the SVSU community. Not due to its novelty or its catchy phrases, but due to its value to the betterment of your health. We care and so should you! If you have any questions regarding this publication or the upcoming issues, please contact us directly at one of the phone numbers listed.

Campus Dining

Curtiss 122

790-4252

Our first menu item is a pre-work-out snack. This snack is packed with energy and it will help you maximize your work out time.

- 1) Mix two servings of instant oat meal.
- 2) Add honey or brown sugar- no butter.
- 3) Eat 1 hour prior to work out.
- 4) Enjoy!

Campus Recreation Programs

Ryder 226

791-7321

The Ryder Center is a wonderful fitness center, but what about Wickes Hall? The steps, the hallways: it's perfect for a lunch break stroll. It has been proven that a medium paced walk burns calories more efficiently than jogging and it's less stressful on your joints. If you walk 8.5 laps around the 2nd floor of Wickes, you cover one mile. Put on your walking shoes and burn calories!

Corporate Challenge

790-5683

Upcoming faculty and staff events include: golf tourney - 9/9; swim relay, inner tube relay, obstacle course and tug-of-war - 9/13. To participate or for more information call Mike at ext. 5683. SVSU is currently in 3rd place overall, so come out and cheer on your Cardinals!

Health Services

Wickes 267

790-4272

Vitamins and other food supplements balance your body and keep it running smoothly. Taking the right vitamin(s) is extremely important to your health.

Vitamin A promotes growth, healthy skin, and strong bones, treats acne, helps hair, teeth and gums. For proper balance you need to take 10,000-25,000 IU (international units) of beta carotene a day. One carrot contains 15,000 IU of Vitamin A.

Personal Counseling Services

Wickes 175

790-5600

There are many ways to resolve stress, but the best way is to try to avoid it in the first place. Here are some tips to avoid the "stress monster" by limiting your intake of the following: junk food, coffee, alcohol, fried foods and animal fat.