Health movement reshaping college personnel, campuses

College campuses across the country aren't just shaping up, they're taking on new shapes. Programs ranging from the company picnic and Corporate Olympics to substance abuse counseling and stress workshops are providing greater opportunities for Americans to improve their overall health and for institutions to maintain their own vitality. In the process, Western Michigan University and other institutions are giving their campuses facelifts, pumping millions of dollars into modernizing overcrowded facilities at schools as large as Michigan State University and as small as John Brown University in Arkansas.

No longer is it business as usual. The reasons for keeping America strong by integrating health-related programs and facilities are many. Much of the impetus comes from the national focus on health care and its costs. The U.S. Department of Health and Human Services in 1990 noted that a number of major health problems have yet to be resolved in this country and in its report, *Healthy People 2000: National Health Promotion and Disease Objectives*, called for a broad-based initiative employing strategies for preventing disease and promoting positive health behaviors and environments.

The American College Health Association responded with *Healthy Campus 2000: Making It Happen.* "ACHA recognized the importance of becoming involved in the health objectives process," the report says, since campus settings offer "unique opportunities" to influence the health of approximately twelve million students of all ages and millions more faculty, staff, alumni, and retirees.

Other pressures are equally strong. At WMU for instance, buildings like Read Fieldhouse weren't built to accommodate both men's and women's varsity athletic teams, the increasing popularity of intramural programs, a quadrupling in the student population, or employee fitness programs. Moreover, today's health-conscious students expect more for their hard-earned tuition dollars, and schools face increased competition as the student population shrinks—Michigan alone has seen more than 12,000 fewer high school graduating seniors in the last few years. Students also need help dealing with academic stress, drug use, and a host of other medical and emotional concerns.

Additionally, employers are combating rising health-care costs and trying to attract qualified personnel at the same time they're cutting back on staff sizes and traditional employee benefits. Meanwhile, new governmental requirements and curricular needs continue to take their toll.

WMU's current $60 million construction project for athletic and recreational facilities will bring its buildings up to date, addressing a variety of institutional and health goals as well as helping to meet the needs of 23,000 on-campus students and more than 3,000 employees.

**Efforts to create a happier, healthier community**

Despite the ever-broadening definition of "community," improving the health and well-being of community members remains a top priority at Western Michigan University. For more than seventy years, thousands of residents of West Michigan and beyond have benefited from WMU's research studies, clinical services, intern placements, new product developments, academic programs, and alliances with other institutions, faculty, and staff.

Today, the University touches the lives of people all across the country, from a New York City senior citizen whose medicine directions are now easier to understand to a recent stroke victim who is learning to use a computerized speech system that will help her communicate again with family and friends.

During the next seventy years, WMU's health-related community activities should become even more visible and accessible as the University improves its services to the public and strengthens its curricula. One of the most exciting public service initiatives currently taking place is moving several College of Health and Human Services clinics to a central location—a new medical/health services building being built on East Campus (see story on page 5). These clinics, along with ones operated by additional University colleges at other locations (see complete listing on page 3), offer services that range from psychological counseling and substance abuse treatment to music therapy and management of sports-related injuries.

**INSIDE**

Regional center in downtown Battle Creek dedicated

Breadth of health and human services activities explored

'Let the games begin'—gear up now for 1993 Homecoming
Deception, the
they want to do and can also obtain a financial reward based
women, gays, etc. Did
on their needs, expectations, and performance. All of this
friends denigrate anyone. In fact, most of us are involved in
only multicultural diversity, all neatly packaged into a
leave during the night?
Sowell's book,
MAILBAG: May issue sparks several concerned letters from Westerner readers

Editor's note: The May issue theme, "Dimensions of Diver-
sity," prompted several Westerner readers to take the time
to pass along comments in the form of letters to the editor
or letters to our University offices. Because of the Length
of some of the letters we received, we don't have sufficient
space to reprint them in their entirety. Instead, we've opted
to publish portions of those that were sent to the editor.

Staff members should read more
Linda Espejo, director of Kentwood, Michigan, sees a connection between multiculturalism and a lessening of educational quality.

"I would recommend that your staff read Thomas
Sowell's book, "Inside American Education: the Decline, the
Deception, the Dogmas." Groner writes, "I do not agree
that the University should encourage and promote the give
or cultural diversity at the expense of providing a strong
academic education for its students."

Things sure have changed
Jeff Platt, B.S. 72, of Fort Wayne, Indiana, wrote a four-
page letter spiced with both humor and concern. He wants
us to know he thinks WMU is changing for the worse, given
that "America and God are now never seen in the editorials,
and God are now never seen in the editorials,
and Eastwood of the Toronto Maple Leafs is an alumnus, but he's
dismayed by the May Westerner. "It presents an incorrect
image of political correctness and at a time when many
institutions of higher learning fear and forbid free thought
that is not politically correct."

"If different nationalities and races hadn't come together
in the former Yugoslavia. If you teach people the differences
between them rather than their similarities; if you teach
people to disrespect each other and blame others, especially
those of a different culture, for the things that happen to
them rather than being accountable for their own actions
and destinies, you are sowing the seeds of much of what is
growing today."

An equal opportunity employer who is pleased with its re-
result of efforts by a

The May issue theme,

Look to history for a solution
Miriam Baehr, B.S. '41, of Sparta, Michigan, says she's read
and reread our page 1 story and that history shows the way
to "solve the ills and devastation intolerance breeds."

"I am convinced that the intolerance threat that connects
nations cannot be broken on a national scale. It can only be
broken on a one-to-one basis when men's hearts are changed
by the provision the Creator has made through his son.
In my travels and work in other countries and cultures, I have
been privileged to observe this love solution in operation.

"When one even-on one changes of hearts in a nation
occur, it can move a whole nation. No longer then need
it read, 'Intolerance: one common thread connecting nations,'
but instead, 'Love: one common thread connecting nations.'"

Melting pot theory isn't hogwash
Robert J. Brown, RR 3, of Yucaipa, California, says he's
heard to be disturbing the May Westerner. "It presents an incorrect
image of political correctness and at a time when many
institutions of higher learning fear and forbid free thought
that is not politically correct."

"Don't say our May issue describes an institution she can't be proud
of. This is printed on recycled paper.

That is not true of the lesbian/gay group, who can be helped
by the Alliance for Lesbian-Gay Support disappear.''

"Folk of different color and nationality should be feeling
insulted to be classified with the lesbian/gay bunch," Barrick
says. "None of us has a choice as to nationality and color.
That is not true of the lesbian/gay group, who can be helped
from their destructive lifestyle."

The May issue theme,

Mailing address: Western Michigan University, Kalamazoo, Michigan; September 1993, Volume 14, Number 1

Published by
Robert Ethridge, BA '62, MA '64, director
Alumni Relations and Communications; Wendy J. "Liz"ezier, executive director.

Department
Joseph Dress, B.A. '91, director
Membership and Development; Patricia M. "Patti" Czuk, assistant director.

Editor: Wanda B. Steen, B.S. '79, director
Alumni News; Scott Gallaher, B.S. '92, director
接纳性; Michael A. "Mike" Conaway, editor.

MAILBAG: May issue sparks several concerned letters from Westerner readers

Dedication ceremonies conducted for Kendall Center in downtown Battle Creek

Western Michigan University dedicated its new downtown
Battle Creek regional center, the Kendall Center, during public
ceremonies July 1. The facility is the result of a efforts by a
number of Battle Creek organizations over the past two years
that have enabled WMU to consolidate its offerings in one
location. Previously, it offered courses at four to six different
locations in the area each semester in addition to Kellogg Commu-
nity College. WMU began offering classes in Battle Creek in 1937 and opened its regional center at Kellogg Community College in 1974.

Working with the Cereal City Development Corporation, WMU this spring was given the opportunity to purchase for $1 a fully renovated 23,000-square-foot portion of the former Robinson's department store building. Valued at $3.7 million, the opening of the portion of the building was made possible by the contributions of the city of Battle Creek and its DOW-
ntown Development Authority, the Kellogg Company, the
W. K. Kellogg Foundation, the Miller Foundation, the Battle

Creek Community Foundation, and the late Beulah I. Kendall of Battle Creek.

The new center is named for the late Roy and Beulah Kendall owners of the Battle Creek Morning Publishers, who died in 1992, contributed more than $2 million directly and indirectly to WMU. Her gift, the largest from an individual in WMU history, included $400,000 to the Cereal City Develop-
ment Corporation to support the center.

Below: Joining the ribbon-cutting for the Kendall Center area, from left, Russell G. Moss, W. K. Kellogg Foundation; Jutta Smith, Cereal City Development Corporation; Peter Wilke, Battle Creek city
commissioner; WMU President David H. Haensler; James S. Breader, B.S. '61, WMU Board of Trustees; Robert B. Lyman, representing state Sen. John J. Scholz, and James W. Skauer, Robert Lee
Wink & Associates, architects.
News in Brief

• Bobbitt named to WMU Board of Trustees

Gwen Johnsgard, chair of the search committee, introduced Lori Belden Bobbitt, B.A., N.A., a Bloomfield Hills attorney, to the WMU Board of Trustees. Bobbitt received her bachelor’s degree cum laude in a major in psychology and a minor in English. She joined the law firm of Board & Howard as an associate attorney in 1990.

• Two academic units gain new leadership

Two current administrators have been named to new posts. Joseph G. Rose is now Lee H. Hester College dean, Dr. James A. Visser, B.S., ’89, is now division of Continuing Education dean.

• Doctoral-level offerings strengthened

As early as fall 1994, WMU will offer a Ph.D. in biological sciences for those who plan to do college-level teaching or research and a Ph.D. in economics for economists who work outside the field of education. In addition, the University’s counseling psychology doctoral program has earned full accreditation from the American Psychological Association.

• Gifts, grants hit record highs yet again

Nearly $1.8 million in bequests to WMU received during June brought the University’s fiscal-year-end total of cash gifts to a record $6.3 million, a 7 percent increase over the previous year’s record of $5.9 million. Grants to WMU during the 1992-93 fiscal year also hit a record, reaching $15.8 million and topping 1991-92 by more than 2.4 million or 18 percent.

• WMU invited to join prestigious association

WMU’s growing status as a national institution has resulted in it being elected to join the prestigious I70-member National Association of State Universities and Land-Grant Colleges. WMU’s continued emphasis on research and graduate education, its strengthening of quality undergraduate instruction, and its operation of Michigan’s second largest extension program figured heavily in the membership decision.

• Six student-athletes recognized for their talents

Defensive end Scott Charter has given up his college eligibility to sign a contract with the National Hockey League’s Anaheim Mighty Ducks. In the NHL’s entry draft, forward Jamel Myers was picked in the 4th round by the St. Louis Blues as the 88th player overall, becoming the third highest Bronco draftee ever, while defensive end Mikhail “Misha” Lapin was picked in the 11th round by the Toronto Maple Leafs as the 279th player overall. Both earn retain their college eligibility.

Scott Charter
Jamel Myers
Michael Lapin
Brian Reance

• Efforts to create a happier, healthier community (Continued from page 1)

WMU’s clinics and centers have a profound effect. Not only do they provide the community with treatment that incorporates the latest research and techniques in each discipline, but they also serve as teaching and learning sites. In these facilities, faculty can teach clinical procedures to the next generation of health and human service professionals while students can practice their new skills under the watchful eyes of experienced professionals or observe treatment in a variety of settings.

The University also helps prepare budding professionals by supporting internships with practicing professionals around the state and nation. Nearly every health and human service educational program at the University requires that students serve such an internship before graduation. For the community, it is an economic boost. According to the University, carefully selected faculty and staff members from eleven academic departments in three colleges—Education, Health and Human Services, and Engineering—constitute the University’s internship service.

There is clearly a need for coordinated, interdisciplinary research in this field as well as readily available information, training, and technical assistance to this workforce. Says Dr. Christine M. Bahre, associate professor of special education and director of the center, "We are seeking new ways as well as trying an active role in meeting the community’s needs by conducting research projects that address health issues. In the College of Engineering and Applied Sciences, we have recently added several faculty members who, in all, engineering disciplines must complete a Senior Design Project under the guidance of faculty and/or local businesses. Increasingly, these projects have focused on health-related issues, such as building a stair-climbing wheelchair, designing a better child safety seat, or developing products for a talking bus system for persons who are visually impaired.

In addition, faculty members are applying their research skills to help meet specific needs identified by American businesses and consumers. In many cases, their activities take place in one of the University’s numerous specialized research centers. "Our emphasis is on a proactive approach rather than a rehabilitative one," says Dr. Robert M. Wygant, professor of industrial engineering and director of the Human Performance Institute. "We’re doing on-site studies of actual working conditions with a goal of reducing stress to the worker and the incidence of job-related injuries."

Colleges of Health and Human Services

The Center for Developmental Disabilities Research provides daily living activities and training for about 130 of Kalamazoo County’s developmentally disabled adults.

The Charles A. Studioso Language, Speech, and Hearing Clinic provides diagnostic evaluation and therapy to overcome a variety of speech disorders, hearing impairment, and language-processing deficits.

The Low-Vision Clinic helps visually impaired people use the sight they have to make what they see meaningful and independent.

The Medicine Therapy Clinic at the College of Fine Arts helps the elderly avoid prescription drug mistakes.

The Music Therapy Clinic at the College of Fine Arts helps people of all ages suffering from physical, emotional, mental, and emotional problems through music activities.

The Psychology Clinic, one of the newest services recently opened, offers consultation and help to patients and employees of local businesses.

The Substance Abuse Clinic provides substance abuse services through intensive outpatient treatment to the general public and on-site treatment to inmates at Michigan Department of Corrections facilities.

Other colleges and service areas

The Counseling and Psychological Services Clinic serves about 400 clients seeking help with personal and vocational problems each year. It’s part of the College of Education.

The Human Performance Institute in the College of Engineering and Applied Sciences performs in-plant ergonomics studies in several areas.

The Music Therapy Clinic in the College of Fine Arts helps people of all ages suffering from physical, emotional, mental, and emotional problems through music activities.

The Psychology Clinic, one of the newest services recently opened, offers consultation and help to patients and employees of local businesses.

The Substance Abuse Clinic provides substance abuse services through intensive outpatient treatment to the general public and on-site treatment to inmates at Michigan Department of Corrections facilities.

Up to 200 persons per day visit Western Michigan University’s wellness centers and agencies, and hundreds more take advantage of University services available off campus. Clients receive help with a variety of health and human service needs, while young professionals get their first clinical experience under the guidance of experienced faculty.

Clinics bring advanced health and human service care to public

Companies reacting to the costs of having large numbers of employees on disability or limited to light duty work appointments are beefing up the services of the institution’s faculty. Other companies are taking a proactive stance and requesting plant audits and job redesign to head off work-related injuries.

Faculty members also assist the larger community by working on individual and grant projects related to their disciplines. For instance, Wygant may become one of the University’s major contributors to the nation’s health—an effort to redesign pharmaceutical packaging to make medical containers easier for senior citizens to use but still child resistant. The redesign was done to address the fact that nearly 20 percent of ingestion poisonings of children occurred in the homes of grandparents where child resistant caps are frequently disabled because they also are difficult for senior citizens to open.

Partnerships between the University’s academic units and community organizations are yet another important way of bringing health and human service care and training to the public. An extensive University/community partnership has developed in recent years as the College of Health and Human Services joined forces with several southwest Michigan communities to place student interns in rural communities to expose them to rural health care as a career possibility. As part of the partnership, WMU and students have developed close working relationships with members of the region’s Native American and Hispanic communities to develop culturally appropriate programs for students in health and human services fields. At WMU, scores of traditional and nontraditional majors, minors, certificates, and degree programs are bringing quality preparation to students in such varied areas as athletic training, biomedical sciences, community health education, counseling, dentistry, exercise science, family life education, health chemistry, health studies, gerontology, music therapy, occupational therapy, physical therapy, physician assistant, premedicine, pre dentistry, psychology, recreation, social work, and speech pathology and audiology.
Construction project latest contribution to campuswide health and fitness

Health clubs throughout America are considered the ideal places where people can work up a sweat on the aerobics floor or bulk up with free weights. But where else can you get a membership to a state-of-the-art health club, plan social events or a healthy lifestyle awareness project, and have fun at the same time? The answer is: the University of Michigan-Western Michigan Campus Recreation Center.

Western Michigan University (WMU), a branch of the University of Michigan, is constructing a $90 million project to expand and renovate recreation and student athletic facilities, ensuring that students, faculty, and staff get the best in health, fitness, and intramural activities. The facilities improvements, coupled with existing wellness programs, health services, and other measures, are giving students and other members of the WMU community unexpected opportunities to improve their quality of life.

Recreation center has much to offer

The construction project’s main focus is on upgrading the Gary Center and Read Fieldhouse. When completed, the two buildings will be transformed into an interconnected “village” complex and will be among the most modern and most used campus buildings.

The Recreation Center will become the Student Recreation Center, providing a variety of fitness and recreational activities. The improvements to Read Fieldhouse and Gary Center will result in a new, larger, and better campus recreation center. The new recreation center will feature an 8,000-square-foot fitness room with a full line of aerobic and weight equipment consisting of variable resistance machines, stair climbers, rowing machines, electronic bikes, wind-resistance bikes, cross-country ski equipment, and much more.

Health and fitness concerns reflected in University services

The University’s involvement in health and fitness has a long history, rich with examples of its commitment to improving quality of life. The University Health Center is a prime example. This student-oriented medical facility supports and promotes optimal health for the University community by providing access to high-quality, convenient, and low-cost health care. The center’s physicians, physician assistants, nurses, laboratory personnel, and pharmacists work as a team to assist with needs ranging from x-rays and immunizations to prompt diagnosis and treatment of illnesses.

The health center is also involved in specialized services and programs through its Sports Medicine Clinic, residence hall health services, University Wellness Programs. The wellness programs office plans, develops, implements, coordinates, and evaluates health promotion services that enhance the health and well-being of students, faculty, and staff. The office has coordinated health promotion programs for WMU students since 1978 and for faculty and staff since 1984.

"Today, prevention is viewed as the single most important factor in maintaining good health. In addition, prevention is crucial to help contain an increasing portion of our nation’s resources we spend on treatment of preventable illness," program administrator Christine G. Zimmer says.

"Maximum benefit for risk reduction is greater with college students than with older populations. There will be a ripple effect on campus as students become future parents and leaders in government, business, education, industry, medicine, and law."

Wellness projects encompass everything from personal health counseling strategies to small-group programs, seminars, and workshops. These efforts focus on students, faculty, and staff. They encourage confidence and a respect for the inseparable relationship between mind, body, and spirit. Topics include sexual assault, Stress, relaxation, smoking cessation, nutrition, high blood pressure and cholesterol screening and education, smoking cessation, and a broad range of programs for health and emotional well-being.

Collaborative projects with academic units are another feature of the wellness programs office. These projects are a part of the University’s Educational Theater Project, an educational theater production designed to help students develop protective decision making and skills for risk reduction; and the research projects on critical health concerns like HIV/AIDS and eating disorders; and infusion of health promotion topics in many academic courses throughout the University.

On the academic side, WMU’s Faculty Senate is currently proposing a new general education requirement for all students which could be implemented in fall of 1994. As currently proposed, this requirement would have a health knowledge component as well as a health-related fitness component. WMU’s involvement in health and fitness also can be seen in its operations of offices and programs geared toward specific populations.

For instance, the Office of University Recreation Programs and Facilities is responsible for keeping students, faculty, and staff physically fit. The office oversees campus recreational activities as well as WMU’s three University fitness programs. Zest for Life, a fitness program for faculty, staff, and retirees; PhytStyles, a fitness testing program for students; and general fitness programs, such as aerobics, aqua fitness, and fitness for the renovated Rec Center. It encompasses intramural programs for students utilizing the recreation facility, Sorensen Tennis Courts, Goldsworthy Valley Tennis Courts, soccer and intramural fields, and Kently Track. The division also oversees open recreation programs in the facilities.

Moreover, WMU’s offices are more closely connected with emotional well-being. University Substance Abuse Services, as an example, provides an outreach treatment and prevention program for students. The program, which is under the auspices of the Counseling Center and is licensed by the state, provides assessment, information, assistance, counseling, and support; referral and follow-up services to individuals and groups.

Counseling Substance Abuse Services works primarily with residence hall students, but also assists WMU faculty and staff, non-WMU students, and court-appointed clients. It is part of a returning church in America. It was started prior to the nation’s drug-free workplace legislation and was the first state-licensed substance abuse service on a Michigan campus.

Another office, WMU’s Employee Assistance Program, provides referral and counseling assistance to employees concerned about not only substance abuse, but also emotional, psychological, and interpersonal distress and significant personal problems. Employees receive similar assistance through the Counseling Center, which also provides some academic advising in addition to helping students cope with academic stress, explore career options, and develop career skills.

by Michael L. Smith
In a day of shrinking student populations, Western Michigan University's College of Health and Human Services is one of the University's smallest colleges yet biggest success stories. With less than 1,300 students, the academic unit is among the nation's leading institutions in public service and externally funded projects. It carries on a proud tradition of being responsive to the training needs of America's health and human service professions and is home to several programs that enjoy national and international reputations.

Each year college departments and schools receive more applications from qualified students than they can accept—in some programs as many as five applicants for each undergraduate opening.

"We could easily double every one of our classes and fill them with qualified applicants. If we get any more popular, I don't know what we're going to do," says Dr. Janet L. Pisaneschi, dean of the college.

Pisaneschi notes that like other U.S. universities, WMU faces increasing pressures to provide more health care training and to fund these expensive programs as well as find additional financial aid. Given the University's history and not the current threats, chances are that it will successfully meet these challenges.

Filling the education gap

Today's College of Health and Human Services is made up of the Departments of Blind Rehabilitation, Occupational Therapy, Speech Pathology and Audiology, and Psychology. It also includes the Schools of Social Work and of Community Health Services, which encompasses graduate certificate programs in gerontology, holistic health, and alcohol and drug abuse; a new bachelor's degree in employee assistance; and a graduate health care administration concentration offered through the School of Public Administration.

In addition, the college supports a variety of teaching and public service clinical programs, as well as a research unit, the Community Information System. The unit works primarily with demographics to provide planning and evaluation services to Kalamaoo and area health care and human service professionals.

Training programs for health and human service professionals marked WMU's first shift away from its original role as a teacher-training institution. The College of Health and Human Services' roots actually date back more than seventy years to 1922 when the Department of Occupational Therapy was founded at what is now the Kalamazoo Regional Psychiatric Hospital. In 1944 this program became WMU's first non-teaching academic department.

That department, along with a speech correction curriculum begun in 1938, formed the foundation of what later became the health and human services college. These two pioneering programs and the others that followed put WMU on the map as a training ground for health care professionals and set the stage for the kind of innovative health care training programs that continue to be the college's hallmark today.

By the time the College of Health and Human Services was formally established in 1970, the University was already offering nationally and internationally acclaimed programs in several health care and human service fields, and current administrators hope to continue offering programs that are on the forefront of meeting state and national needs.

Consolidating services, training

Providing direct service to individuals through teaching and public service clinics has long been an integral part of the college's mission. Consolidating all but one of these facilities is among the exciting initiatives the college has undertaken to promote interdisciplinary health care opportunities for patient treatment, student instruction, and research.

Sometime late in 1994, all but the Center for Developmentally Disabled Adults will leave the facilities they currently occupy and move to a central and easily accessible location on East Campus. The clinics will be in a new building being constructed to house Michigan State University's Kalamazoo Center for Medical Studies.

The new complex will give area residents access to MSU/RCOM's medical clinic for primary medical care and, in the same convenient Oakwood Drive location, access to WMU professionals providing services in the fields of blind rehabilitation, social work, speech pathology and audiology, occupational therapy, substance abuse, and physician assistant. Each facility is expected to have more than 50 percent of its patients Medicare or Medicaid patients.

The new central site will increase convenience for clients, as many require the services of more than one clinic. It's not uncommon for someone recovering from a stroke or head injury, for example, to need assistance in the areas of both occupational therapy and speech therapy.

The central location will enhance University personnel's ability to work together, offering a unified team approach to clients who once had to travel from one campus building to another for help.

For students, the new clinical facility offers greater opportunities to see clients and provide good care under the close supervision of faculty.

"The one major benefit for bringing all the clinics together," Pisaneschi says, is to have the opportunity to provide cross-disciplinary service and provide our students with the opportunity to participate in that sort of care-giving and provide our faculty with the opportunity to do research in their own disciplines and in interdisciplinary service areas.

Building a better mousetrap

Research activities continue to grow in importance to the college. External grant awards to fund training, public service, and research in the college's health and human service fields hit more than $2.5 million by the end of the 1992-93 fiscal year, according to Dr. Charles F. Howard, Jr., associate dean.

"We have a really good balance of externally funded work," Howard says. "We have strong training grants to blind rehabilitation, physician assistant, and speech pathology; a variety of projects that focus on providing public employee assistance professionals across the country can hard to accomplish that," Pisaneschi says. "We think we've really done that "We think it is really important and are working very hard to accomplish that," Pisaneschi says. "We think we've really done that..." WMU's long history of training programs—both at private institutions and public schools—has been the college's hallmark.

Innovative programs hallmark of health, human services college

- In 1986 the University founded the first speech clinic in Michigan and the second of its kind in the United States. The college grew under the efforts of Dr. Charles Vanago as Marion R. Spear moved her training program in 1968 to what is now WMU's Occupational Therapy program for students and working professionals, providing training and to fund these expensive programs as well as find additional financial aid.

College of Health and Human Services of WMU's biggest success stories

In 1968 the Specialty Program in Alcohol and Drug Abuse was launched, with the help of The College of Health and Human Services.

- In 1972 WMU once again moved to fill a void in the state's health care education by establishing Michigan's first physician assistant training program. Today, this program, which accepts only thirty-five new students each year, has branched into training opportunities that include rural health care and post-graduate programs that lead to careers as surgical specialists.

- The treatment of alcohol and drug abuse was the focus of only two other university programs in the nation when WMU established its Specialty Program in Alcohol and Drug Abuse in 1972. SPADA, a graduate-level training program for students and working professionals, provides students with a background that includes detailed information on both theory and practice.

- Partially in response to the needs of America's aging population, the University in 1975 began an interdisciplinary minor program in gerontology. Initially administered through the Department of Sociology, the program was moved one year later to the College of Health and Human Services and a graduate certificate program was added.

- In 1982 the Specialty Program in Blind Rehabilitation became one of the newest units to make up the College of Health and Human Services. This graduate certificate program focuses on areas as diverse as health counseling, stress management and biofeedback, exercise, nutrition, spirituality, environment, and behavior change.

- In 1985, the University's Office of Employee Assistance Programs began providing services to employees at General Motors and Ford, the college began offering an employee assistance academic program in 1992. It is one of only two such bachelor's degree programs in the nation.

- In addition to an on-campus degree program, employee assistance professionals across the country can complete the degree via WMU's advanced video technology.

by Cheryl P. Randall

In 1986 the University founded the first speech clinic in Michigan and the second of its kind in the United States. The clinic grew under the tireless efforts of Dr. Charles Vanago as Marion R. Spear sought to fill a void in the health care field by training her own occupational therapists to provide services to patients at the Kalamazoo State Hospital. One of only five programs approved nationally by the American Medical Association at the time, she moved her training program in 1944 to WMU. It became the University's first non-teaching academic department.

Occupational therapy in Michigan began seventy years ago as Marion R. Spear sought to fill a void in the health care field by training her own occupational therapists to provide services to patients at the Kalamazoo State Hospital. One of only five programs approved nationally by the American Medical Association at the time, she moved her training program in 1944 to WMU. It became the University's first non-teaching academic department.

A rear view between Western Michigan University and Michigan State University's Kalamazoo Center for Medical Studies is to the left and the southeastern corner of Oakwood Drive and Gleeber Street. The rear view includes $4.2 million to construct a 45,500-square-foot building, center, for classrooms and clinics and $2.4 million to renovate the adjacent Linda Richards building for faculty and administrative use.
Homecoming Registration

Name(s) WMU Class Year(s)

Phone Address

City State Zip

Use this form to reserve tickets for the following Alumni Association events.

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<th>Quantity</th>
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<th>Non-members</th>
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TOTAL ENCLOSED $ __________

Make check payable to the WMU Alumni Association or charge it to:

□ Discover □ VISA □ MasterCard
Expiration Date __________

Account Number ___

Signature

Mail, phone, or fax your reservation to Alumni Association, WMU Alumni Association, Box 8099, Kalamazoo, MI 49008-3854. Mail check payable to Alumni Association. Include your Alumni Association number or complete this form. Tickets will be sent to you by mail for reservations received before October 6. Tickets will be held at alumni registration for reservations received after October 6.

Athletic Ticket Order

Name Address

City State Zip

Phone

Use this form to reserve tickets for the following athletic events.

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<td>Football</td>
<td>$12.25</td>
<td>$13.25</td>
</tr>
<tr>
<td>Basketball</td>
<td>$2.00</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

Make check payable to WMU Athletic Ticket Office or charge it to:

□ Discover □ VISA □ MasterCard
Expiration Date __________

Account Number ___

Signature

To order phone, call (616) 387-3000 or 1-800-695-2741 Monday through Friday, 10:00 a.m. to 3:00 p.m. Return before October 6 to: WMU Athletic Ticket Office, Kalamazoo, MI 49008. No refunds or exchanges for any tickets.

Alumni Association Membership

Name

First Middle Initial/Maiden Last

WMU Graduation Year(s)

Spouse

First Middle Initial/Maiden Last

WMU Graduation Year(s)

Address

City State Zip

Make check payable to the WMU Alumni Association, or charge it to:

□ Discover □ VISA □ MasterCard
Expiration Date __________

Account Number ___

Signature

Phone

□ Individual $25□ Family (Husband/Wife) $30

* Life membership information available on request.

For WMU Alumni Association, Alumni Event Center, Kalamazoo, MI 49033

Homecoming Week

Sunday, October 3

Victory Run

2:00 p.m.; Kanley Track

International Festival

4:00 p.m.; Bernhard Center

Gold Company

6:00 p.m.; center stage, Bernhard Center

Monday, October 4

Gospel Concert

7:00 p.m.; Dalton Center

Tuesday, October 5

That’s Entertainment

7:00 p.m.; Bernhard Center

King and Queen semi-finals

8:00 p.m.; Bernhard Center

Wednesday, October 6

Noonz Tents

11:30 a.m.

Bernie’s After Hours

Presented by Bernstein Randall Sheridan
9:00 p.m.; Bernhard Center

Thursday, October 7

Noonz Tents

11:30 a.m.

Bronco Excitement: A Pep Rally

8:00 p.m.; Lawson Arena

Dreamgirls

Presented by the University Theatre
8:00 p.m.; Shaw Theatre

Friday, October 8

Homecoming Parade

10:30 a.m.; on campus

Student Tailgate

10:30 a.m.; lawn of the Oaklands

Bronco football vs. CMU Chippewas

1:00 p.m.; Waldo Stadium

Class of 1968 twenty-five-year reunion

3:00 p.m.; East Ballroom, Bernhard Center

Homecoming Dance

7:00 p.m.; Alumni Center

Dreamgirls

Presented by the University Theatre
8:00 p.m.; Shaw Theatre

Royal Regents British Band

8:00 p.m.; Miller Auditorium

Thirtieth Annual Distinguished Alumni Awards Dinner

6:00 p.m.; East Ballroom, Bernhard Center

Dreamgirls

Presented by the University Theatre
8:00 p.m.; Shaw Theatre

Sunday, October 10

Royal Regents British Band

8:00 p.m.; Miller Auditorium

Dreamgirls

Presented by the University Theatre
8:00 p.m.; Shaw Theatre

Performance tickets

To purchase tickets for Dreamgirls, contact Shaw Theatre by calling (616) 387-6223. To purchase tickets for the Royal Regents British Band, contact Miller Auditorium at (800) 228-9685.
Constituency Groups

Alpha Chi Omega
Contact Andrea Oropo (616-342-9655)
Pre-game get-together
9:30 a.m., Saturday, October 9
The house at 1434 Fraternity Village Drive

Alpha Kappa Alpha Alumni Chapter
Contact Caris Worthly, B.S. ’73, M.A. ’78, (616-385-2690)
Post-game dinner/dance commemorating the twenty-fifth anniversary
5:00 p.m. Saturday, October 9
West Ballroom, Bernhard Center

Alpha Phi
Contact Jill Rogowski, B.A. ’80, M.A. ’92, (616-344-0329)
Post-game gathering following the game
Saturday, October 9
The house at 1603 Fraternity Village Drive

Chi Omega
Contact Advisor Helen Russell, M.A. ’61, (616-375-5540)
or President Terri Krieger (616-349-6070)
Morning coffee
10:00 a.m., Saturday, October 9
Chi Omega House (Vandercook Hall)

College of Education Alumni Society
Contact Karin Carl (616-387-2965)
Pre-game get-together
9:30 a.m., Saturday, October 9
Room 205, Bernhard Center
Alumni Association Branch
10:30 a.m., Saturday, October 9
Bernhard Center

College of Engineering and Applied Sciences
Contact Linds Hager, M.A. ’83, (616-387-4017)
Pre-brunch get-together
9:30 a.m., Saturday, October 9
Room 107, Bernhard Center
Alumni Association Branch
10:30 a.m., Saturday, October 9
Bernhard Center

Dance Department
Contact Trudy Cobb (616-387-5820)
Alumni are invited to observe High School Dance Day activities, including an informal performance at 3:00 p.m.
10:00 a.m.-4:00 p.m., Saturday, October 9
Dalton Center for the Arts

Delta Upsilon
Contact Neal's, 326 East Michigan Avenue

Delta Zeta
Contact Ann Amico (616-345-8971)
Pre-game get-together
Harvest Homecoming Reception
10:00 a.m., Saturday, October 9
Delta Zeta House (650 Oakland Drive, Vandercook Hall)

Early Fraternity and Sorority Reunion
Academy, Omega Delta Psi, Phi Sigma Rho, Theta Chi Delta, Sigma Nu, Sigma Tau Gamma members through 1982; contact Etta (Bausgarden), B.A. ’39, and Jack, B.A. ’39, Patton (616-344-6254)
Pre-game get-together
9:30 a.m., Saturday, October 9
Room 212, Bernhard Center
Alumni Association Branch
10:30 a.m., Saturday, October 9
Bernhard Center
Post-game social hour/dinner
6:00/7:00 p.m., Saturday, October 9
President’s Dining Room, Bernhard Center

Engineering Technology Department
Contact Phina Ari-Gur (616-387-8515)
Post-game get-together
Immediately following game, Saturday, October 9
Watch your mail for details

First of America alumni
Contact Pam McElroy (616-387-8877)
Football game
Reserved seating for the 1:00 p.m. kick-off

Haworth College of Business
Contact Haworth College of Business office (616-387-5050)
Business alumni post-game get-together
Following the game, Saturday, October 9
Room 1150 (student lounge), business building

Lee Honors College
Contact Joe Reish (616-387-3230)
Pre-game get-together
9:30 a.m., Saturday, October 9
Room 106, Bernhard Center
Alumni Association Branch
10:30 a.m., Saturday, October 9
Bernhard Center

Marching Band alumni
Contact Stephen Grugin (616-387-4702)
Bliss from the Past
Will perform at the Homecoming football game
Meet 6:30 p.m. at Waldo Stadium

Military Science Department (Army ROTC)
Contact Maj. Tom Vance, B.S. ’78, (616-323-5520)
Pre-game get-together
9:30 a.m., Saturday, October 9
Room 213, Bernhard Center
Alumni Association Branch
10:30 a.m., Saturday, October 9
Bernhard Center

Omeg Psi Phi
Contact Hal Bates, B.S. ’78, M.A. ’79, (616-387-3339)
Post-game get-together
6:00 p.m., Saturday, October 9
Mr. President’s Restaurant

Onyx Society
Contact Mike Baker (616-375-2578)
Homecoming dance
9:30 p.m.-2:00 a.m., Friday, October 8
Radisson Hotel
Annual meeting
9:00 a.m., Saturday, October 9
Martin Luther King Room, Bernhard Center
Alumni Association Branch
10:30 a.m., Saturday, October 9
Bernhard Center

Paper Technology alumni
Contact Barb Ochon, B.S. ’79, (616-344-0394)
Post-game get-together
5:00 p.m., Saturday, October 9
McCracken Hall

Political Science Department
Contact Sharon Myers (616-387-5860)
Pre-game get-together
9:30 a.m., Saturday, October 9
Room 211, Bernhard Center
Alumni Association Branch
10:30 a.m., Saturday, October 9
Bernhard Center

Western Herald Alumni Society
Contact Pamela Carr... (616-387-8434)
or O’Ryan Rickard, M.A. ’84, M.A. ’86, (616-387-2110)
Reception and annual meeting
9:00 a.m., Saturday, October 9
Faculty Lounge, Bernhard Center
Tailgate party
11:00 a.m., Reid Fieldhouse parking lot

WIWR alumni
Contact Bob Pietsch, B.A. ’77, M.B.A. ’87, (616-385-8972)
Pre-game reception
9:00 a.m., Saturday, October 9
KIVA Room, Student Services Building
Post-game banquet
 Cocktails at 6:30 p.m., dinner at 7:00 p.m., Saturday, October 9
Radisson Hotel (100 East Michigan)

How many WMU alumni do you work with?
Send us a photograph of the Western Michigan University employees where you work, and we’ll publish it in the Westerner. You may be surprised to find that many of your co-workers are alumni, and you may make some new friends and acquaintances in the process. Send your photo to the Westerner, Western Michigan University, McKee Alumni Center, Kalamazoo, MI 49008-3854. Photos may be color or black and white and will be used on a space-available basis. Sorry, but we’ll reject any photos that don’t meet minimum reproduction standards.

Left: Twenty percent of the employees at the Kalamazoo facility of Clausing Industrial are WMU alumni. Pictured in front of their brown and gold office building are Clausing employees John M. Taylor, B.B.A. ’87, controller; William J. Nancarrow, B.B.A. ’69, president; Kenton Scherzer, B.B.A. ’78, vice president of marketing; Kevin Munselle H. Crane, B.A. ’69, sales manager; Munselle H. Pientka, B.A. ’69, controller; Mr. and Mrs. Munselle H. Crane, B.A. ’69, M.B.A. ’71, president; and Mr. and Mrs. Scherzer, B.A. ’78, vice-president of manufacturing. Since the mid-1960s, Clausing Industrial has annually supported a College of Engineering and Applied Sciences Scholarship, believed to be the oldest continuously supported scholarship at WMU.
1910-1919

Janet Hammond Rohrbacher, BA, was named in a recent edition of Who's Who in Education in America. Rohrbacher, a sociologist, resides in Howell where she founded the Livingston County genealogical society.

Walter P. Czar, BS, in Febru-
ary joined as counsel the law firm of O'Reilly, Rancilio, Nitz, Andrews and Crane in Detroit. Czar was previously a trial attorney and judge on the Macomb County Court and Michigan Court of Appeals.

Barbara U. Novo, BA, was recently elected to the national board of directors of the American Lung Association. Novo is president of PLS Associates, Washington, DC.

Dr. E. Arthur Pierson, BS, in 1970, in June 1985 retired from Watertown School District. He has been an el-
ementeary school principal for the district for 27 years.

Dr. Louis G. Rizzardi, BA '48, was recently promoted senior partner with the law firm of Miller, McFee, Morgan, McElroy, Morgan, Inc., Washington, D.C.

Robert Vander Veen, BA '58, in February was hired as director of business operations, Farmdale Area Schools, Farmer, MI.

Kathleen Haines, BS, in June was named general manager, Three Rivers Commercial News and Penny Savers, Three Rivers.

John L. Andrews, BS '71, has re-
deployed from the Vietnam War and will continue to hold this posi-
tion.

M. Steven M. Silver, BFA '89, is an associate professor, Arctic Institute, University of Alaska, Anchorage.

William Finis, BFA '61, in Febru-
ary 86 was hired as director of busi-
ness services, Armondo Area Schools, Armondo, MI.

Kathleen W. Gannon, BS, in 1982 was named Wally the War Memorial, Ann Arbor, MI.

Audra Weddle, BS, in June 26 in Minneapolis, Minnesota. The unconventional win was sponsored by the Department of Energy and General Motors Foundation.

Sunseeker was having and helping another car that had been in an accident. WMU's team won teamwork awards for day two of the race for turning attention away from problems Sunseeker was having and helping another car that had been in an accident.

Western Michigan University's student designed, built, and operated solar-powered car, Sunseeker 93, took eleventh place in an 1,100-mile race that began June 29 in Arlington, Texas, and ended June 29 in Madison, Wisconsin. The unconventional win was sponsored by the Department of Energy and General Motors Foundation.

Two years ago, WMU's unique venture into solar-powered cars ended with an eighth-place finish in the Sunseeker competition. This year, the team worked hard all year to take the finish line ahead of teams from schools such as Auburn University, the University of California at Berkeley, the University of Texas at Austin, and Virginia Polytechnic Institute. WMU's team won teamwork awards for day two of the race for turning attention away from problems Sunseeker was having and helping another car that had been in an accident. WMU also won a third-place sportsmanship award.

On the road again (when the sun's shining)

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Service-minded alumslands in Russia

The Russian Far Eastern city of Vladivostok became the new home of Lawrence E. Hess, BBA '78, when he was sworn into the Peace Corps. This two-year assignment involves assisting the district director in Peace Corps project management and in automating accounting and information system operations.

I am proud to be the first Western Michigan University Peace Corps volunteer serving in this program and I look forward to representing WMU in any way I can," Hess says. "If I can locate sophisticated books and materials, the graduate in accounting and information systems will be developing a retail store catering to tourists and students. The new post is an opportunity to set up an "English club," Hess says. "I can be reached by phone at Peace Corps Moscow.

1970-1971

Thomas A. Cong, Jr., BS '70, in June was appointed senior vice presi-
dent of Human Resources and Ad-
ministrative Services for Cincinnati Bell Information Systems, Cincin-
ti, OH.

James E. Elston, BS '70, heads a new multisite business operations, Autoindustries Division, Detroit, MI.

Sandra Liott-Simmons, BA '49, is a certified genealogist, and resides in Battle Creek, MI.

Shirley N. Miller, MEd '75, was recently promoted to director of the Peace Corps in Washington, D.C.

Donnie Brown, BS '72, in January was named to the Northern Michigan University Board of Trustees.

Robert A. Jr., BS '70, in June was appointed senior vice president, communications, Royal Bank of Canada, Toronto, ON.

The Sky Broncos flying high

The Sky Broncos, WMU's precision flying team, took third this year in the National Intercollegiate Flying Association Safety Conference in Texas. The team, known as the "Collegiate progress award," was four points behind second place finisher the U.S. Air Force Academy and it was also four points behind first place finisher the Air National Guard.

Artist returns to campus

"Artists, poet, and naturalized woman Fricotic, 29, traveled to campus in April, when President Dietrich E. Heilbron, left, helped the director of the Western Michigan University's Greenleaf Institute for Liberal Learning."
1976-1977

Elaine Fluck, M.S., M.A. In 1991 she retired after thirty years at South Central High School, South Haven. Fluck served the school system for 23 years, first as a teacher and then as a librarian.

Richard M. Lievens, Ph.D. In 1994 was named president, Grand Rapids Community College.

Joseph Stright, M.D., Ph.D. In 1992 recently had a book published entitled Combinatorics: An Invitation to the Creative Investigation. Straight, a teacher at State University of New York, College at Fredonia.

Richard Walba, M.D. In 1993 was named assistant professor emeritus of transportation at Michigan State University.

Martha Engle, D.A. In 1995 was named postmaster, Shelbyville Post Office, Shelbyville, MI.

Michael P. Sherrill, D.D.S. In 1992 successfully completed a Post-Graduate General Practice residency on the staff of the Bureau of Aeronautics. P. J. Gen. Manager of Flight One, Inc., manager,4 Engines Community Airport, and an aviation instructor, Baker College, Owosso, MI.

Scott D. Raymond, B.S. In 1977 was recently appointed assistant director and cashier, Independent Bank, Ionia, MI.

Andrea Skull Spafford, B.S. In 1977 was hired as a nursing assistant, Owosso Women's Health Care Program, introduced through Owosso Memorial Hospital, Owosso, MI.

Deaths

Clarence S. Van Deventer, associate professor of computer science and technology, July 15, 1995.


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1910-1929

Belle L. Berry Lane, T.C. March 9, 1911. Wife of O. G. Miller.

Ethel Laming King House, T.C. February 18, 1912, in Grandville, MI.

 Mildred Mae Baley, T.C. January 21, 1912, in Grand Rapids, MI.

Elvira A. Bilton, T.C. December 14, 1913, in Grand Rapids, MI.

Rolla Cogweld, T.C. November 22, 1914, in Grand Rapids, MI.

Helen VanPorsen Borgom, T.C. February 23, 1916, in Plaismer, MI.

Grace Thomas Blackwell, T.C. February 23, 1916, in Grand Rapids, MI.

Irene H. Lundquist, T.C. December 25, 1917, in Muskegon, MI.

Alice K. McDonald Millhall, T.C. January 7, 1918, in Holland, MI.

Leona Dodge Robbins, T.C. December 5, 1920, in Fremont, MI.

Ruth Baudy Wash, T.C. February 25, 1921, in Saginaw, MI.

Edna L. White, T.C. February 27, 1922, in Bloomfield Township, MI.

Warne French, T.C. August 26, 1922, in Egg Harbor, WI.

Feb. 10, 1992, in Spring, OR.

April 6, 1992, in Florida.

March 29, 1992, in Muskegon, MI.

July 18, 1993, in Michigan.

February 26, 1992, in Muskegon, MI.

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Seven more standouts inducted into WMU Athletic Hall of Fame

Western Michigan University's Athletic Hall of Fame added seven 1993 inductees to its roster of members, bringing to 102 the number of members included since the recognition program began in 1986.

Jackie Backus Buck, B.S.'85, was the first Bronx volleyball player to be named an All-American, earning the honor as a senior in 1983. Other honorees include Mid-American Conference "player of the year:" third-team Academic All-American; competing as a member of the U.S. World University Games team that finished sixth at Edmonton, Alberta; and membership on the silver-medal-winning team in 1982 Olympic Sports Festival.

An outstanding defensive player, Buck still owns the Bronx solo block records for career (129) and season (88) and the season total points blocking mark (255). She is married to Mike Backus, head volleyball coach at Portage Northern.

Carlos Delray, M.D., in March was named assistant general counsel, YWCA Corporis Olympics, Kalamazoo, MI.

Pat A. DeTour, B.S.'88, in January was promoted as technical assistant, Physician Publishing, Escanaba, MI.

Kathleen Deignan, B.A., recently accepted a position as treasury analyst, Star Tower Corporation, Kalamazoo, MI.

Mary Han, B.A., is a second grade teacher, St. Mary's Catholic School, Battle Creek, MI. Han recently attended a Chamber of Commerce function for new teachers to Bronson schools.

Linda Versluis Henker, M.SW.'88, was named as social worker, Hospice, St. Joseph, MI.

Christine K. Walker Milakal, B.S.'88, M.S., on April 27, 1993, was named as director of activity therapy, Exmore Hospital, Exmore, VA.

Lori Ellsworth

College Drugs, 39th, in March was named assistant director, TVCA Corporate Olympics, Kalamazoo, MI.

Michael J. Myers, B.S.'88, in January was appointed as professor of health, Marquette University, Marquette, MI.

Sandra G. Dunn, B.S.'88, in February was promoted to store manager, Federal Express, Southfield, MI.

Gary Deamer, M.F.A., in February was named as art director of Education Week, Des Moines, IA.

Richard F. Meehan, M.A., in January was appointed as head coach, Men's Basketball, Western Michigan University, Kalamazoo, MI.

Jeffrey Miner, M.A., in January was named to coordinate the Westerner, September 1993 edition.

Gary Legowski, B.B.A. '89, in October was named as executive director of the Coldwater Health Care Corporation, Coldwater, MI.

Jeffrey Miner, M.A., in January was named to coordinate the Westerner, September 1993 edition.

Four more standouts inducted into WMU Athletic Hall of Fame

Seven more standouts inducted into WMU Athletic Hall of Fame
floor hockey, indoor soccer, basketball, softball.

and enabling more students to participate in such sports as

last year. Nearly every residential building has a

tramural recreation and intercollegiate programs will provide better

row of students. Projects such as those, in conjunction with the renova-

second for Vernon Payne, left, director of the Office of University Recreation Programs and Facilities, and Dan Mazur, athletic director. The two spent most of this summer in and out of the construction site, keeping track of progress and ironing out details. They are shown here standing in the front (west) addition to the old Gary Center, which overlooks Read Fieldhouse through a new expanse of windows. The changes being made to the center and fieldhouse will result in a state-of-the-art sports village, with the Gary Center becoming the University’s impressive new Student Recreation Center.

Above: The construction site where the old Gary Center, bottom right, and Read Fieldhouse are undergoing renovation and expansion is located close to several major University athletic facilities. The newly resurfaced and renovated Kehlney Track sits behind and to the left of the site, while Hyames Field (baseball) and Ebert Field (softball) sit behind it to the right.

Below: Whether indoor or outdoor persons, Western Michigan University students have ample opportunities to improve their health and fitness. WMU provides everything from fitness rooms in residence halls, top, and classrooms for issue-related discussion groups and seminars, middle, to well-equipped recreational and athletic buildings and general-use courts and playing fields, bottom.

Facilities, track and field, are enhancing intramural programs

tramural sports haven’t been forgotten either. Intra-

mural sports haven’t been forgotten either.

intervarsity fields at night, thanks to the lights installed there last year.

projects such as those, in conjunction with the renova-

and expansion of the old Gary Center’s asphalt area and intramural gymnastics, are enhancing intramural programs and enabling more students to participate in such sports as floor hockey, indoor soccer, basketball, softball.

Students who want to exercise without leaving their residence hall rooms, also have greater options than ever before. These days, nearly every residential building has a fitness room. In fact, some are so elaborate that they have more equipment than the faculty and staff fitness room.

Happy people are healthy people

At many schools, new recreational facilities are becoming more popular among students than the nightlife scene or other community attractions. Theresa J. Landis, B.S. ‘80, M.A. ‘83, who coordinates WMU’s Nest for Life and PhysStyles programs, believes students finally are heeding the message that a healthy lifestyle improves their present and future health.

“Students struggle with a lot of the negative lifestyle habits that faculty and staff do—alcohol consumption, smoking, and poor eating habits,” Landis says. “They face pressures of making these decisions at a young age. But overall, they are more fitness active and more conscious about making healthy choices.”

Among other benefits, WMU’s new recreation center will come in handy for students who are tired or mentally drained.

“Students need stress havens,” Payne says. “One of the most appealing and attractive stress havens on a college campus is the recreational facility. The more attractive the facilities are, the more they will be used by students.”

The facility will provide similar advantages for employees, many of whom can’t face the thought of engaging in any activity more physically demanding than the hectic morning they’ve just suffered through. Instead of jogging or stairclimbing, thirty minutes of absolute stillness soaking in the whirlpool or sitting in the sauna is what would impart fresh life into their mind and limbs.

“Implementing a healthy lifestyle is all about choices,” Payne says. “On some days a good physical workout is what you need most and on other days relaxation is more important. Stress management is the key to being a healthy person. I think our students and staff will be excited about the new facilities when they see it’s not a ‘jock shop,’ but a place to relax as well as work out.”

Retention and recruitment’s secret weapon

Tight budgets and a shrinking student population are spurring many colleges and universities to improve their health and fitness facilities and, they hope, their enrollment figures.

“One of the most important aspects of the whole new healthy lifestyles awareness these days is how it’s being adapted to all sections of the population, including disabled, nontraditional, international, and off-campus students,” he explains.

“One of the things I’m most excited about is establishing some new programs at Western that better attract these portions of our population. I’m researching the sports and recreation of different countries. Also, we’re already working on plans for programs that cater more to people with disabilities.”

—Story by Michael L. Smith; athletics text by Cindy Paavola, M.A. ’96
Alumni Association announces 1993 Distinguished Alumni Award recipients

Richard G. Carlson, B.B.A. ’71; Linda Steinman Kravitz, B.A. ’68, and Jack Lewis Moore, B.A. ’59 are the recipients of Western Michigan University’s 1993 Alumni Association Distinguished Alumni Awards. The award program, established by the Alumni Association, is one of the University’s premier fund raisers. Since its inception, eighty-eight WMU alumni and alumnae have received Distinguished Alumni Awards, the association’s most prestigious honor.

The 1993 recipients will be recognized at an October 9 awards dinner held in conjunction with Homecoming. Although the Alumni Association makes reservations using the Homecoming reservation form on page 6 of this issue of the Westerner.

Carlson is managing director of national real estate services for the international accounting firm of Deloitte & Touche, which has operations in more than 100 countries. Deloitte & Touche has 630 offices, 60,000 employees, and worldwide revenues of $4.2 billion. In the United States alone, the firm employs 16,500 people and has more than 100 offices.

Carlson is responsible for managing the real estate practice. His responsibilities encompass strategy and product line development, client service, quality control, and business planning. He consults regularly with Deloitte & Touche clients and personnel throughout the country on real estate transactions and industry issues as well as audit, accounting, and reporting issues.

Carlson also serves as a member of a broad range of clients, including developers and property managers, residential and commercial brokerage companies, real estate investors, investment bankers, and multi-billion-dollar international manufacturers and distributors.

When asked what he considers his most significant accomplishment, Carlson responds, "Carlson's thoughts immediately turn to his clients. He says he's proud of the times "I have been able to help my clients in a significant way, either through solving problems or improving their business."

After graduating in 1971 with a business administration degree, Carlson took a position with the Chicago office of what is now Deloitte & Touche. In 1979, after a series of promotions, he was named its director of real estate services. One year later, he was elected to the firm's partnership. He served as the director of client services and development and was a member of the office's executive committee from 1985 to 1988. During this time he also served on the managing partner advisory council for the firm.

When Touche Ross & Company merged with Deloitte, Haskins & Sells in 1988, Carlson was named associate managing director in charge of the real estate services. He was named to his present position in December 1991.

During his more than twenty-two years with the firm, Carlson has worked with a broad range of clients as well as on a variety of other projects. His current responsibilities include the financial planning for the firm.

In commemoration of the thirtieth anniversary of its Distinguished Alumni Association, the Alumni Association has established a permanent display recognizing all permanent display recognizing all alumni who have been honored as Distinguished Alumni. The late Marvin Beekman, ’53, was an active alumnus and a long-time supporter of the University. He was known in his own university.

"Mr. Moore, what he considered his most significant accomplishment, Moore responds, "Returning to the UCLA Medical Center to instruct residents is meaningful to me, particularly as his alma mater. For the preceding ten years, he was a member of the American Society of Anesthesiologists. He is currently immediate past president of the organization and previously served as a district director for ten years and as chair of the group's planning and goals committee.

"We are an active volunteer in his church, a member of the Los Angeles Political Action Committee's Board of Directors, and the Southern California Regional Planning Council."

-M. Jamin Jeremy

Distinguished Alumni Award celebrates thirtieth anniversary with permanent display honoring recipients

The education experiences at WMU have contributed significantly to her success, Kravitz says. "I had wonderful professors who cared about you and were demanding but fair. They taught me not to be satisfied with the easy answer but to go for the breakthrough idea."

More graduated from WMU in 1959 with a major in biology. He continued his education at Howard University, where he earned a master of science degree in pharmacy in 1964 and a medical degree three years later.

Having completed an internship at Kaiser Permanente Medical Center and a residency in anesthesiology at the Case Western Reserve University Hospital in Cleveland, Ohio, Moore headed to the West Coast. In 1970 he was hired as a staff anesthesiologist by the Kaiser Permanente Medical Center in Bellflower, California. Two years later, he became chief of the anesthesiology department, a position he held for twelve years. He also served as the department's education chairman for nearly a decade.

Believing "education is the key to heighten one's horizons," Moore has remained an active alumae, particularly as his alma mater. For the preceding ten years, he was a member of the American Society of Anesthesiologists. He is currently immediate past president of the organization and previously served as a district director for ten years and as chair of the group's planning and goals committee.

Moore is an active volunteer in his church, a member of the Los Angeles Political Action Committee's Board of Directors, and the Southern California Regional Planning Council.