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Monitor Newsletter January 14, 2008

Bowling Green State University

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Civil rights activist Myrlie Evers-Williams to speak on campus

The rifle shot that rang out in the driveway of her home in 1963, killing her husband, civil rights leader Medgar Evers, propelled Myrlie Evers into a lifetime of activism against racism and violence in this country and abroad.

Now Evers-Williams will bring her message of "Leadership by Action and Not by Design" to the Lenhart Grand Ballroom of the Bowen-Thompson Student Union. Her free talk will begin at 7:30 p.m. Jan. 23. It is one of a number of campus events in commemoration of Martin Luther King Jr.'s legacy.

Overflow seating for the talk will be available in the Union Theater. The event is open to the public, and seating is first-come, first-served.

Evers-Williams is the first woman to chair the NAACP, from 1995-98, and the author of *Watch Me Fly: What I Learned on the Way to Becoming the Woman I Was Meant to Be*.

Born in Vicksburg, Miss., in 1933, Evers-Williams met her future husband when they were students at what was then Alcorn A&M College (now Alcorn State University). In 1954, Evers was named the Mississippi field secretary for the NAACP. She became his secretary, and together they organized voter registration drives and civil rights demonstrations. Their position made them targets for segregationist violence and, when Evers organized a 1962 boycott of white merchants in downtown Jackson, Miss., the couple's home was firebombed.

In a televised speech on June 11, 1963, President John F. Kennedy called for racial harmony and announced that he would submit new civil rights legislation to Congress, provoking the wrath of virulent segregationists. The following night, when Medgar Evers pulled into his driveway, he was shot in the back.

Evers-Williams kept up her quest to bring to justice the segregationist Byron De La Beckwith, who had twice been tried for the crime but was set free by deadlocked, all-white juries. In the early 1990s, she persuaded Mississippi prosecutors to reopen the case. With more witnesses now willing to testify against De La Beckwith and a mixed-race jury, he was found guilty and sentenced to life in prison, where he died in 2001.

Following her husband's murder, Evers-Williams moved her family to California, where she completed her college degree, in 1967 co-wrote a book about Medgar, *For Us, the Living*, and continued to speak publicly on behalf of the NAACP. She married her second husband and in 1988 became the first black woman to be named to Los Angeles' five-member Board of Public Works, overseeing a billion-dollar budget.

Weeklong celebration

Kicking off the week's events, on Martin Luther King Jr. Day (Jan. 21), a community service project linking the Bowling Green Teen Center and the Wood County Senior Center will take place from 9 a.m. to 1 p.m. in the Wood County District Public Library. The event begins in the ballroom and proceeds, as a peace march, to the library, where teens and seniors will create art around the theme of what civil rights means to them, and then share a celebratory lunch at the senior center. Their work will be displayed during Evers-Williams's speech. The project is coordinated by the BGSU Martin Luther King Legacy Committee and Wood County AmeriCorps.

The movie "Ghosts of Mississippi," directed by Rob Reiner and starring Whoopi Goldberg, James Woods and Craig T. Nelson, will be shown several times this week and next in the Union Theater. The film is based on the book by Maryanne Volleys and depicts the assassination of Medgar Evers. Screenings will be held at 6 p.m. Tuesday (Jan. 15), 8 p.m. Saturday (Jan. 19), 2 p.m. Jan. 21 and 7 p.m. Jan. 22.

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Evers-Williams's visit is organized by the cross-campus Martin Luther King Legacy Committee and made possible through the support of the BGSU vice presidents, the Black Student Union, the Center for Multicultural and Academic Initiatives, Alpha Phi Alpha Fraternity, Inc.

Campus, city plan Martin Luther King tribute events

In the decades since the dawn of the civil rights movement in the United States, the country has struggled to come to grips with issues of race and equality. The campus will take a look at aspects of history and culture this month as it honors Dr. Martin Luther King Jr. and then celebrates Black History Month in February.

In addition to a talk by civil rights leader Myrlie Evers-Williams on Jan. 23 (See related story), a number of events have been planned.

President Sidney Ribeau will be the speaker at the annual Martin Luther King Jr. tribute program hosted by the Bowling Green Human Relations Commission, the office of the mayor and the chamber of commerce. The program includes musical entertainment by the Bowling Green High School Madrigal Singers. The event will be held at 1:30 p.m. Friday (Jan. 18) in the atrium of the Wood County District Public Library, 251 N. Main St.

On campus, events in honor of King include the fifth annual gospel festival, sponsored by the Gospel Choir, at 7 p.m. Friday (Jan. 18) and Saturday (Jan. 19) in the Lenhart Grand Ballroom of the Bowen-Thompson Student Union. "Shift . . . Moving to What God Has Called Me to Be" will feature guest choirs from Ohio, Michigan and Kentucky, with recording artists Rock Nation, Amante Lacey, Alexis Calloway, RnB and Breath of Praise. Ticket prices for BGSU students are \$7 for Friday, \$10 for Saturday and \$15 for both. For others, prices are \$10, \$20 and \$25, respectively. Tickets are available in the student union and will also be sold at the door.

The Black Student Union will host "Remembering Martin Luther King: His Legacy Continues" from 7-9 p.m. Jan. 24 in 308 Union.

The University Libraries and the Office of Equity and Diversity will present a tribute program on "Civil Rights to Social Justice: From Hip-Hop to the Jena Six," with Dr. Rodney Coates, a professor of sociology, gerontology and black world studies at Miami University, and Ramona Coleman-Bell, an American culture studies doctoral student and ethnic studies instructor at BGSU. Their presentation will be held from 10 a.m. to noon Jan. 25 in the Pallister Conference Room in Jerome Library.

In addition, University Dining Services will offer a Southern-style buffet in the Bowling Greenery at the union Jan. 29 at a cost of \$6.95.

Read the Jan. 28 Monitor for a listing of February Black History Month events.

Get up, stand up: Array of fitness options available to campus

BGSU faculty and staff are beginning the new year with both a clearer idea of the state of their health and some new ways to improve it.

"We had more than 600 faculty and staff complete the health assessments last fall," said Cathy Swick, associate director of the Student Recreation Center (SRC). "It was more than we expected."



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The free assessments, which were offered through Human Resources to full-time employees, were part of a wellness initiative designed to help the campus community improve its health and reduce health-care costs. By making everyone aware of their "numbers"—such as blood pressure, cholesterol and body mass index—the assessments offered a good starting point to work from and, for some, a "wake-up call" that they need to pay more attention to their health.

The SRC is continuing the wellness effort with some new programs, including the "New Year's Resolution" membership. For \$99, campus and community members can join for the duration of the academic year and take advantage of group exercise classes, the swimming pools and all the other facilities, plus the FitWell center that offers individual guidance and assessments. Personal trainers are also available, for an additional fee.

Employees can tone up during their lunch break or after work, in addition to weekends.

"The Rec Center has something for everyone," said Dr. Stephen Langendorfer, a kinesiologist in the School of Human Movement, Sport and Leisure Studies who has lost 30-35 pounds. "I managed to lose the weight and keep it off two years by combining Weight Watchers at Work with swimming," he said. Langendorfer, who is at the pool every day at 6 a.m. for the BGSU Master Swim Program, said, "Moderate exercise tends to have a weight suppression effect as well as bumping up your caloric expenditure."

But he also pointed out that, despite his commitment to swimming, "walking is the absolute best way to lose weight. Those 10,000 steps a day we hear about really are the most successful way to lose, as documented by research. Walking is low impact and low cost. And the noon-hour walking track in the Eppler South gym is always free to everyone."

Langendorfer offered several recommendations for getting in shape:

- Find something that works for you and that you enjoy, whether it's badminton, biking, basketball, volleyball, calisthenics or anything else. You need to feel comfortable with whatever activity you choose.
- Don't beat yourself up about being overweight or not in the best shape. Just get out there and do it. Schedule regular exercise, i.e., three-five days a week, and build in motivation.
- Having a couple of exercise partners is a great motivator. On days when you're tempted to skip your exercise, knowing that another person is there can help get you going. "There's a strong social element to any kind of exercise," he said.
- Be sure to stick with whatever you choose for four-six months. That's how long it takes to develop any habit. Research shows that the "magic cross-point" at which the body gets in shape enough to enjoy working out and the habit kicks in occurs at about 16 weeks, Langendorfer says.
- Consider cross-training with one or more secondary activities to avoid boredom and increase overall fitness.

"Once you get in the habit—of the right kind of eating and the right kind of exercise—there's a real pleasurable feeling that kicks in," Langendorfer says. "There's the psychological boost you feel for the rest of the day of 'You did good today.' But there's also the physiological feeling to remind you."

Zumba your way to fun and fitness

The recreation center now offers classes in the latest style of aerobic dancing sweeping the nation: Zumba. Based on Latin/Caribbean dance styles and rhythms, Zumba is an exhilarating, high-energy way to work off pounds and build strength. The name comes from a Colombian word meaning to move fast and have fun. MSNBC estimated last year that a million Americans had taken a Zumba class.

"We say, 'Forget the workout and dance,'" said teacher Michelle Cook, a certified Zumba instructor. Cook, a graduate student in biology, leads classes twice a week, which are included in the price of recreation center membership.

Though the Zumba exercises are intensive, the high-impact routines can be modified to fit any level of fitness. Incorporating steps from the merengue, rumba, salsa, mambo and

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numerous other familiar dances, the routines are driven by the rhythms of the music and move from slow to fast and back, working the total body. "Be sure to bring a water bottle and drink lots of water during the class," Cook advised.

Recently, Monitor tried out Cook's Zumba class, along with Kathleen Rarey, marketing and communications. "You get a really good workout," Rarey said afterward. "Aerobics seems more like a cheerleading routine, but Zumba is more like real dancing."

Between the concentration required to keep up with the movements and the pleasure of moving to the compelling rhythms of the music, the class also proved to be a great stress reliever.

A style for every exerciser

Counterbalancing Zumba are the Aquafit classes—gentle, water-based aerobics that are easy on joints while providing a good cardiovascular workout and calorie burning.

Core fitness and abdominal strength classes are offered, as are spinning and other group exercises.

For those who prefer a more meditative, slow-paced exercise, yoga and Pilates classes are available for an additional fee.

Swim off the pounds

The University also has a dedicated group of swimmers who meet three days a week in the morning or evening to swim. The Master Swim, a program of the BG Swim Club, is for swimmers 19 and older and provides a guided workout with a coach. On Tuesdays and Thursdays, the coaches email a workout routine for those who want more time in the pool. "We have lanes for all levels of skill and fitness," Langendorfer said. "There's a lot of camaraderie there."

To learn more about the group, visit <http://bgsc.dacor.net> and click on "BGSC Masters."

To learn more about the Student Recreation Center, including class schedules, visit www.bgsu.edu/offices/sa/recsports/page33628.html.

Neckers elected photochemical society Fellow

Dr. Douglas C. Neckers, McMaster Distinguished Research Professor of chemistry and executive director of the Center for Photochemical Sciences, has been elected a Fellow of the Inter-American Photochemical Society (I-APS).

The I-APS, which was established in 1975, promotes and disseminates knowledge and encourages the development of photochemical sciences and allied subjects throughout the Americas.

Neckers was elected in recognition of his significant contributions to the photochemical field and his longstanding service to the photochemical community. He has done extensive research on the mechanism(s) of photoinitiation of polymerization and has played a leading role in utilizing it in commercially successful applications of the science.

Impact of Arctic melting subject of 2008 Reddin Symposium

Three international experts will offer their perspectives on how the changing Arctic Ocean affects not only the Canadian North but also the world as a whole during the 21st annual

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Reddin Symposium Saturday (Jan. 19). This year's topic is "Changing Landscapes: Climate, Culture and Sovereignty in the Canadian North."

As the Arctic heats up, so does controversy in the northern regions of Canada. Environmental change is occurring faster there than elsewhere, setting the stage for how nations around the globe will come to grips with climate change.

The thawing of the Northwest Passage promises shortcuts for shipping and opportunities for resource development, while the Inuit and other local people seek sustainable policy solutions for the vulnerable ecosystem. At the same time, questions are arising over sovereignty.

Hosted by BGSU's Canadian Studies Center, the Reddin Symposium provides a forum for timely topics about Canada and its relationship to the United States. This year's program will be held from 11:30 a.m. to 4 p.m. in 101 Olscamp Hall. Speakers include Dr. Rob Huebert, Rosemary Cooper and Dr. Terry Fenge.

Huebert is an associate professor of political science at the University of Calgary and associate director of the Centre for Military and Strategic Studies. His expertise is in international relations, strategic studies, the Law of the Sea, maritime affairs, Canadian foreign and defense policy, and circumpolar relations.

Cooper is political coordinator of Inuit Tapiriit Kanatami (ITK), Canada's national Inuit organization. She and ITK work to gain further recognition of Inuit rights and promote the study of Northern affairs.

Fenge is principal of Terry Fenge Consulting Inc. and senior policy advisor to the Arctic Athabaskan Council. Specializing in international public policy in the circumpolar Arctic, his aim is to blend research and advocacy in order to translate science into public policy.

Although there is no charge to attend, advance reservations are required. Reservations can be made by calling Barb Berta at the Canadian Studies Center, at 2-2457, emailing cast@bgsu.edu, or registering online at www.bgsu.edu/cast.

This year's symposium is possible due to generous support by the Reddin family of Bowling Green, the BGSU College of Arts and Sciences, and the government of Canada.

***Planet Narnia* author to speak at BGSU**

The author of a new book examining C.S. Lewis's *Chronicles of Narnia* series will speak at the University on Jan. 22.

Dr. Michael Ward, author of *Planet Narnia: The Seven Heavens in the Imagination of C.S. Lewis*, will discuss how medieval cosmology, a subject that fascinated Lewis throughout his life, offers the key to understanding the seven novels.

His talk, "C.S. Lewis, Narnia and the Seven Heavens," will begin at 6:45 p.m. in 308 Bowen-Thompson Student Union and is free and open to the public.

Planet Narnia, released this month by Oxford University Press, argues that Lewis secretly based the *Chronicles of Narnia* on the seven medieval planets.

The University Bookstore will be offering copies of *Planet Narnia* for sale at the event.

According to Dr. Bruce Edwards, English and Africana studies and associate dean for distance education and international programs, "Dr. Ward is a major international scholar on C.S. Lewis, and those who are interested in the origins and impact of the Narnian stories will be engaged by his unique argument."

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The study, in which Ward draws on previously unpublished drafts of the *Chronicles*, offers a major reassessment of Lewis's literary and theological outlook and also prepares readers for the May release of the next movie in the Narnia series, "Prince Caspian."

Edwards will moderate a discussion following the talk.

Ward has been a faculty member in theology at Cambridge University and has his Ph.D. from the University of St. Andrews, Scotland.

For more information about the event, contact Edwards at edwards@bgsu.edu, or 2-7302.

IN BRIEF

Ribeau, Baugher to appear on live WBGU-PBS show Thursday

An October forum at the University gave northwest Ohio citizens a chance to have their say about higher education in the state. Portions of that discussion—one of 11 nationwide on various issues—became part of a PBS program focused on the need for civic engagement.

"By the People: Citizenship in the 21st Century," anchored by Jim Lehrer, aired last week on WBGU-PBS, which will devote another hour to the topic of Ohio higher education at 8 p.m. Thursday (Jan. 17). A live edition of "NW Ohio Journal" will feature Provost Shirley Baugher and President Sidney Ribeau. Viewers may call in questions during the show, which will be hosted by Faculty Senate Chair Dr. Patrick Pauken, educational administration and leadership studies.

Student Money Management Services launches Web site

The University's innovative new Student Money Management Services (SMMS) now has its Web site up and running. The service, which offers financial education to undergraduate and graduate students, provides individual counseling and group seminars on various aspects of budgeting, credit and financial planning.

The site includes a schedule of group sessions, links to internal and external resources, budget worksheets and financial calculators, and online registration for individual appointments.

The SMMS staff includes director Duane Whitmire, financial services educator Patricia Donnelly, graduate assistant Andrew Schultz and a group of volunteer educators.

Visit www.bgsu.edu/offices/sa/smms/ to learn more about this helpful new resource.

Volunteers needed to host Presidents' Day open house

The Office of Admissions is seeking volunteer help with the upcoming Presidents' Day campus open house on Monday, Feb. 18.

Last year, more than 7,000 prospective students and their families attended this program. Many campus volunteers are needed to give them a warm welcome and ensure that their visit is successful. Volunteers may greet visitors, provide directions to guests or help with check-in procedures.

Learn more about Presidents' Day and register to volunteer at <http://go2.bgsu.edu/office/volunteer/>.



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CALENDAR

Tuesday, Jan. 15

Faculty Senate, 2:30 p.m., McFall Center Assembly Room.

Guest Artist, Composition VII Saxophone Quartet from Taipei, Taiwan, 8 p.m., Bryan Recital Hall, Moore Musical Arts Center.

Movie, "Gone Baby Gone," 9:30 p.m., Bowen-Thompson Student Union Theater.

Wednesday, Jan. 16

Classified Staff Council, 9 a.m.-noon, 316 Union.

Brown Bag Luncheon, "When the World Turns Gray: Seasonal Affective Disorder," presented by Natalie Mitchell, Counseling Center, noon-1 p.m., Women's Center, 107 Hanna Hall.

Thursday, Jan. 17

Men's Basketball vs. Buffalo, 7 p.m., Anderson Arena.

Creative Writing Program MFA Readings, by Garvice Brannon, poetry, and Joseph Celizic, fiction, 7:30 p.m., Prout Chapel.

Friday, Jan. 18

Track Meet, BGSU Invite, 5 p.m., Perry Field House.

Guest Lecturer, animator and BGSU alumnus Hunter Grant, 7 p.m., 204 Fine Arts Center. Hosted by the Computer Art Club and the Digital Art Division.

Hockey vs. Western Michigan, 7:05 p.m., Ice Arena.

Movie, "Gone Baby Gone," 9:30 p.m., Union Theater.

Saturday, Jan. 19

21st Annual Reddin Symposium, Guest speakers explore "Changing Landscapes: Climate, Culture and Sovereignty in the Canadian North," 11:30 a.m.-4 p.m., 101B Olscamp Hall. Reservations are required for the free symposium. Contact Barb Berta at the Canadian Studies Center at 2-2457 or cast@cba.bgsu.edu, or register online at www.cba.bgsu.edu/cast/reddin.html.

Gymnastics vs. Eastern Michigan (Parents Night), 7 p.m., Eppler Center Gymnasium.

Sunday, Jan. 20

High School String Festival Finale Concert, 3 p.m., Kobacker Hall, Moore Musical Arts Center.

Movie, "Gone Baby Gone," 9:30 p.m., Union Theater.

Monday, Jan. 21

Dr. Martin Luther King Jr. Day. Classes canceled, offices closed.

Continuing Events

Jan. 14-Feb. 13

Art Exhibition, paintings by Rebecca Kaler, Little Gallery, BGSU Firelands. Gallery hours are 9 a.m.-5 p.m. Monday-Friday.

Through Jan. 16

Art Exhibition, 58th annual Faculty/Staff Exhibition, showcasing the work of more than 40 artists, Dorothy Uber Bryan Gallery, Fine Arts Center. Gallery hours are 10 a.m.-4 p.m. Tuesday and Wednesday.

Jan. 18-19

Fifth Annual Gospel Festival, "Shift ... Moving to What God Has Called Me to Be," featuring guest choirs from Ohio, Michigan and Kentucky, with recording artists Rock Nation, Amante Lacey, Alexis Calloway, RnB and Breath of Praise, 7 p.m., Lenhart Grand Ballroom, Union. Ticket prices for BGSU students are \$7 for Friday, \$10 for Saturday and \$15 for both. For others, prices are \$10, \$20 and \$25, respectively. Tickets are available in the student union and will also be sold at the door. Sponsored by the Gospel Choir in honor of Martin Luther King Jr.

Through Jan. 21

Art Exhibition, student art from GeoJourney, a fall-semester field/camping trip across the United States, Union Art Gallery. Gallery hours are 8 a.m. to 9 p.m. Monday-Saturday and 10 a.m. to 9 p.m. Sundays.

Through Jan. 25

Art Exhibition, "Trench Cuisine: A Rock Band's Recipe for Semi-Success," a multimedia songbook presentation by Craig Matis, Willard Wankelman Gallery, Fine Arts Center. Gallery hours are 10 a.m.-4 p.m. Tuesday-Saturday and 1-4 p.m. Sundays.

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English. Distinguished Visiting Writer. Call Kristine Blair, 2-7543. Deadline: Feb. 1.

Music Performance Studies. Assistant Professor. Call Laura Melton, 2-8025. Deadline: Feb. 4.

Art. Instructor (Glass). Call John Balistreri, 2-7764. Deadline: Feb. 11.

Humanities-BGSU Firelands. Two positions: Instructor/Assistant Professor (Spanish) and Instructor/Assistant Professor (Speech Communication). Call the dean's office, 2-0623. Deadline: Feb. 15.

Physics and Astronomy. Two positions: Instructor (Physics) and Instructor (Astronomy). Call Diana Tussing, 2-2421. Deadline: Feb. 28.

Library. Two positions: Assistant Professor (Reference and Instruction Librarian) and Assistant Professor (Head Librarian, Archival Collections). Call Beverly Stearns, 2-7891. Deadline: Feb. 29.

Romance and Classical Studies. Instructor (Spanish). Call the department, 2-2667. Deadline: March 17.

Mathematics and Statistics. Lukacs Distinguished Visiting Professor. Call the department, 2-7453. Deadline: Open.

Labor Postings

<http://international.bgsu.edu/index.php?x=facinfohires>

Contact the Office of Human Resources at 419-372-8421 for information regarding classified and administrative positions. Position vacancy announcements may be viewed by visiting the HR Web site at www.bgsu.edu/offices/ohr/.

Employees wishing to apply for these positions must sign a "Request for Transfer" form and attach an updated resume or data sheet. This information must be turned in to Human Resources by the job deadline.

CLASSIFIED

On-campus classified:

www.bgsu.edu/offices/ohr/employment/BGSU_only/page11151.html

Off-campus classified:

www.bgsu.edu/offices/ohr/employment/cl_staff/page11145.html

ADMINISTRATIVE

www.bgsu.edu/offices/ohr/employment/adm_staff/page11137.html

OBITUARY

There were no obituaries this week.

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