

Focus

Boise State University

Summer, 1987

Vol. XIII, No. 4



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Focus

Boise State University

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COVER

The essence of fitness and wellness: Boise runners on the Bruneau Sand Dunes. Photo by Glenn Oakley.



FOCUS is published quarterly by the Boise State University Office of News Services, 1910 University Drive, Boise, ID 83725. Offices are located in room 724 of the Education Building, phone (208) 385-1577. Please send address changes (with the address label if possible) to the BSU Alumni Office, 1910 University Drive, Boise, ID 83725. Duplicate copies may be received. If so, please notify the Alumni Office at the above address. Friends of the university who wish to receive FOCUS can do so by sending their names and addresses to the Alumni Office. Correspondence regarding editorial matter should be sent to the editor. Unless otherwise noted, all articles can be reprinted as long as appropriate credit is given to Boise State University and FOCUS.

The staff of FOCUS includes Larry Burke, editor; Jocelyn Fannin, Bob Evancho and Glenn Oakley, writers; Chuck Scheer and Glenn Oakley, photos and graphics; Harvey North, Ross Smith and Bill Sharp, student assistants; and Lana Waite, alumni news.

The FOCUS advertising representative is Boise Magazine, 411 South 5th, Boise, Idaho 83702, phone (208) 336-3310.

Three master's degrees added

Boise State has added three new programs to its growing selection of master's degrees.

The new degrees are in geophysics, exercise and sports studies, and instructional technology.

• The geophysics degree is a cooperative program with Idaho State, the University of Idaho, and Boise State, thus allowing students a wider selection of courses and instructors. Degrees will be awarded by either BSU or U of I.

The techniques of geophysics are used to probe beneath the Earth's surface in such areas as mineral or gas exploration, waste disposal, groundwater research, or earthquake and volcanic studies.

• The exercise and sports studies degree will prepare students for careers in the growing health and fitness industry as well as teaching. The program includes studies in anatomy, physiology, biomechanics, and psychology.

Some classes will be offered fall and spring semesters, but most will be taught during the summer. Professors will come from the department of health, physical education and recreation, which operates a human performance laboratory and has several faculty active in research.

• The instructional technology degree was started to help meet the demands for better educational and training techniques in education, government and industry.

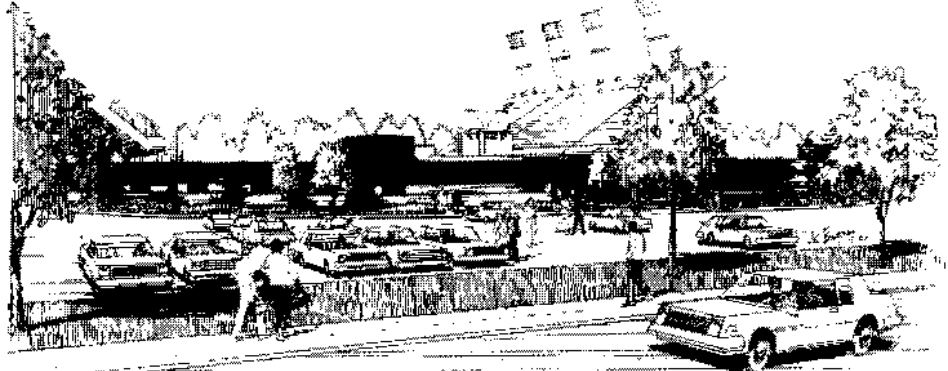
Students will learn how to develop and deliver instructional programs using telecommunications, computer, video and other technologies. Most of the courses will utilize the Simplot/Micron Technology Center's array of equipment.

Boise State's new master's degree in raptor biology also received a \$144,000 boost from the State Board of Education at its June meeting. The funds will be used to hire additional biology faculty, provide grants for graduate assistants, and purchase equipment for the program that began last January.

In addition, the board approved two other new programs.

• A minor in gerontology will be the only program in Idaho to specialize in the study of aging.

• A new mathematics option in computer science will prepare students in software engineering. The program will support Boise's growing high tech industry as well as existing government agencies and businesses that use computers. □



Construction starts on center

Construction on the 16,000-square foot Simplot Center for Athletic Excellence began in July and should conclude around the end of December. The \$675,000 facility will be located adjacent to the Varsity Center, south of Bronco Stadium, and will house a women's locker room, a weight room and a multipurpose room that will be used for wrestling practice, study halls and meetings. Local businessmen J.R. Simplot and Charlie Wilson were the lead donors. A "donors' wall" will also be erected in the lobby. Those making \$100 donations may have their names etched in a brick in the wall.

KBSU to strengthen its signal

Radio station KBSU, whose 3,000-watt signal reaches only the Boise region, has received approval from the Federal Communications Commission to increase its power to 19,000 watts and move its transmitter location from Table Rock to a higher spot on Deer Point.

When the new transmission facilities are installed by November 1988, KBSU's signal will extend as far as Ontario, Weiser, Lowman, and Mountain Home. In addition, local listeners will see an improvement in the clarity of the reception.

Construction and equipment bids are now being prepared for the \$200,000 project. KBSU has applied for a grant from the National Telecommunications and Information Administration that could pay up to 75 percent of the construction costs. The balance will be raised from a membership drive conducted this November.

The Deer Point move is the first phase of KBSU's efforts to expand its coverage area. That station has also asked the FCC for approval to construct a repeater station in McCall, an area currently without local FM radio service.

The station will relay programs originating from Boise for most of the day, but when fully operational the station will be able to broadcast specialized

programming for McCall

The station can be installed at low cost because the current Table Rock equipment will be moved to Brundage Mountain, said Jim Paluzzi, station manager.

As KBSU prepares to send its signal north, another public radio station, KWSU in Pullman, Wash., has abandoned its plan to broadcast in southern Idaho. Last winter, station manager Dennis Haarsager named the Boise region as one of several areas where KWSU would expand.

But in June the State Board of Education said the plan would conflict with KBSU's development of public radio programming. At the board's request, KWSU dropped its plan to expand into the Boise market.

KBSU also received word this summer that it is now fully qualified as a public radio station by the Corporation for Public Broadcasting. Only 297 out of 1,200 public radio stations meet the CPB's standards for staff, studio facilities, programming, budget, power, and broadcast hours.

The CPB accreditation means the station can receive community service grants. Paluzzi said he anticipates a \$60,000 grant this fall, which will be used to fund an expanded news operation. □

Five receive service awards

Five persons were awarded BSU Silver Medallions for their outstanding service to the university at the 1987 Commencement exercises May 17.

Graduate education student Carolyn Thorsen received the award for work as a research assistant in the Simplot/Micron Technology Center Intelligent System Lab.

Thorsen, who is specializing in curriculum and instruction, has worked on developmental projects with the PLATO system, as well as the configuration of hardware and software used to develop artificial intelligence products, and has developed unique courseware for use in interactive disk technology.

In connection with The Year of the Teacher at Boise State, Hillside Junior High mathematics teacher Elisabeth (Betty) Linney was honored for her 42 years in the teaching profession, 25 of those at Hillside where she is credited with developing their computer curriculum.

Linney, who has also taught some BSU classes, had been selected earlier in her career as Idaho Teacher of the Year. She retired from teaching this year.

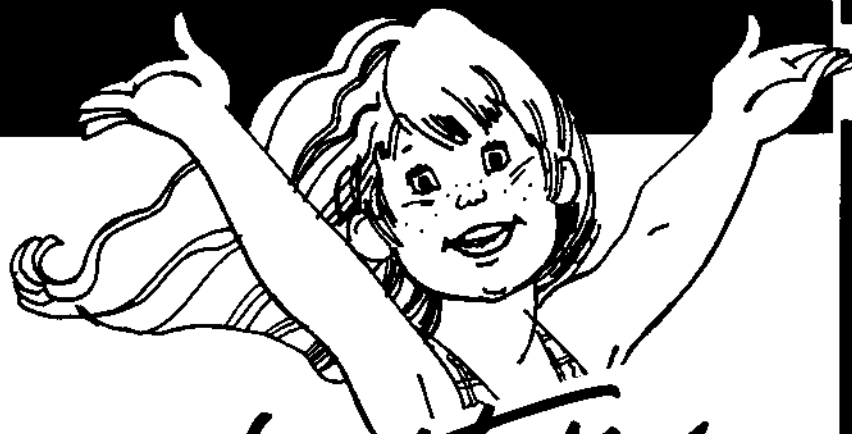
Boise State's Associate Dean of Arts and Sciences Margaret Peek received the prestigious medallion for her 18 years at BSU, both as a professor of English and as coordinator of academic advising for the university.

Peek retired this summer, receiving emeritus status.

Director of the BSU Aviation Management Program, which he founded in 1970, Wayne White received the medallion as he retired from BSU after 22 years as a professor of management.

White, who established the local chapter of international aviation fraternity Alpha Eta Rho, is the current president of that organization. His aviation management students have consistently won national awards, and he tracks the careers of his graduates, who are employed worldwide. White also received emeritus status at the ceremonies.

Boise businessman Allen Noble received his silver medallion for his assistance to the university. He has contributed to academic and athletic scholarship funds and the new Keith Stein Marching Band, which will first appear this fall. He also was a leader in the construction of the Pavilion, and a major contributor to the fund to build the BSU Simplot/Micron Technology Center. Noble is the owner of Farm Development Corp., Boise. □



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St. Louis sculptor Don Wiegand at home with a familiar face.

Papa in bronze

*'I struggled with the
clay for almost
two years.'*

Photo courtesy of Washington University, St. Louis

Jack Hemingway had a surprise. "I need some help getting this out of my van . . . it is really heavy!" he laughed as a handful of people wondered about the object sharing space on the van floor with Jack's hunting dog.

The dog shooed to the front seat, Jack unveiled a bronze bust of his father Ernest that he had brought to BSU to present as part of the Hemingway Western Studies Center dedication ceremonies.

That was last fall.

Today, the sculpture of the famous author intently tapping out another classic on his typewriter is the centerpiece of the Hemingway Center lobby.

The bust is the work of St. Louis sculptor Don Wiegand, whose work is being seen in all the right places these days.

A Wiegand bust of author Mark Twain is in the White House's Oval Office collection, and a sculpture of aviator Charles Lindbergh is at NASA headquarters in Houston. (Copies of that work are a bargain at \$20,000 each.) Now the artist is busy preparing six pieces for the 1988 Winter Olympics and working on a cast stainless-steel work that will be the largest of its kind in the world.

The Hemingway bronze at BSU is one of only ten artist's proofs, copies that are distributed at the discretion of the sculptor and usually are not for sale. The first cast from a limited edition of 100 is in the Kennedy Library in Boston.

Of all his work, the Hemingway bust remains the most complex, Wiegand told *FOCUS*.

Rather than portray the familiar bearded Hemingway, Wiegand chose instead to capture the author during one of his most productive periods . . . at age 39 when *For Whom the Bell Tolls* was being written.

It was difficult, Wiegand explained, to depict both sides of Hemingway's personality, the sensitive writer and the strong, masculine adventurer. And there was also the problem of capturing the intense concentration of the author as he labored at the typewriter.

"There were times when I was ready to throw my tools down . . . I struggled with the clay for almost two years," Wiegand said.

Months prior to working on the piece Wiegand researched all facets of Hemingway's life. And when work actually began, he surrounded himself with photos so that "when I walked into the room, I felt Hemingway," he said.

"I wanted to produce more than a portrait of a face. It had to say something about the inner feelings of the man," he said.

Evidently, he succeeded. The bust drew an emotional response from Jack Hemingway during the Boston unveiling a year ago.

"That made my whole day," Wiegand told the Washington University magazine in an alumni profile. "If it touched his (Jack's) heart, I feel like I've touched Hemingway. That's the most satisfying thing for me."

The 18-month struggle to create the piece was documented in a film by producer Michael Fagin. Narrated by actor William Conrad, the film is scheduled for international release this year, including a possible showing on public television. □

Borah student wins

Borah High School junior Michelle Kaylor has won first place in a statewide Year of the Teacher writing competition sponsored by Boise State University.

More than 430 students from 39 high schools submitted entries. Ten were selected to receive cash awards.

Boise State has dedicated 1987 as a year to honor teachers in Idaho. The writing competition was organized to encourage students to write about the art of teaching and the important roles teachers play in society.

Kaylor, who wrote a profile about her eighth-grade English teacher, received a \$500 prize and scholarship to Boise State. The Borah English department was awarded \$100, and her composition teacher, Maggie Dodson, received a fee waiver at BSU.

Other winners included Jodi Eichelberger, Boise High, second; Nicole Haynes, Bonneville, third; and Betsy Thomas, Capital, fourth.

Honorable mention was received by Julie Willis, Idaho Falls; Jill Rohrbaugh, Skyline; Marina Rolbin, Capital; Rae Twiss and Heather Hartruft, Minico; and Valerie Chan, Moscow. □

Globe-trotting teachers pursue studies

From China to Australia to Europe, Boise State faculty and staff members have circled the globe this summer in the pursuit of academic excellence, personal knowledge and the international teaching experience. More than 20 instructors and staffers visited foreign lands—as nearby as Canada and Mexico and as distant as Turkey—between May and August.

Here's a brief rundown of how these BSU educators spent the summer of '87.

Helen Lojek, English, delivered a paper on Irish playwright Frank McGuinness at the 25th annual conference of the American Committee for Irish Studies at University College in Dublin, Ireland.

Political scientist Greg Raymond made two trips to Europe to pursue his study of international relations. In June, Raymond was one of only 21 scholars invited to attend the prestigious Academic Associate NATO Discussion Series in Brussels, Belgium. In July, he traveled to The Hague, Netherlands, to observe the International Court of Justice.

Arnold Panitch, social work, attended the Atlantic Canada Faculty Institute '87 at Halifax, Nova Scotia. Panitch was one of 15 American professors selected by the University of Maine to participate.

Four professors visited the People's Republic of China: Peter Lichtenstein, economics, taught at Nankai University while on a leave of absence for the 1986-87 academic year; mathematics professor Otis Kenny visited the country with a delegation of educators in computer science; and geologists Claude Spinosa and Walt Snyder will travel to the city of Beijing in late August to present papers on their study of Nevada's Dry Mountain Trough at the 11th International Congress on Carboniferous Stratigraphy and Geology.

Four BSU faculty members also traveled south of the border to lead study

groups. Darwin Manship and Norman Gardner, marketing and finance, guided a Mexican culture workshop group that visited ruins in Mexico City, Oaxaca, and Cancun while education professors Jay Fuhrman and Margie Jensen led a contingent of 38 students during the university's Morelia, Mexico, summer language program.

Finance professor Alan Frankle and seven students traveled to Europe for three weeks to get a first-hand look at international finance and multinational business, and meet with banking and business officials and international entrepreneurs in Belgium, England, Germany, Switzerland and Liechtenstein.

Sociologist Martin Scheffer spent five weeks in Turkey and Egypt studying the culture and customs of the two countries.

Phoebe Lundy, history, was the instructor and tour director for the university's Russian culture workshop in the Soviet Union. Lundy's group visited Moscow and eight other Soviet cities from mid-July through early August.

Throughout August anthropologist Mark Plew will be in Australia conducting lithic use-ware analysis, a microscopic examination of wear on stone tools. Plew will conduct part of his study in the South Australia Museum in Adelaide. He will also visit New Zealand.

Four members of the College of Health Science participated in the OSHA Region X conference in Canada. Eldon Edmundson, dean, and Linda Alley, Steve Staley and Dick Hanisch of the BSU Safety & Health Consultation Program, traveled to Vancouver, B.C., to discuss safety and health issues in that province and the Northwest states.

Don Wertman, machine shop instructor for the School of Vocational-Technical Education, traveled to London in July for factory training to operate the school's new numerically controlled lathe.

In June, sociologist Mike Blain attended the Quebec Summer Seminar in Montreal and Quebec City. The event was an introduction to French-speaking Canada, its people and political views. □

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FOCUS invites readers to submit letters to the editor. Letters may be edited to fit available space. Please mail correspondence to **FOCUS** editor, 1910 University Drive, Boise, ID 83725.

Dear Editor:

I wish you to know that the university's promotion for the Year of the Teacher has been wonderful. Our teachers have really responded to the "perks" in a positive manner.

As an administrator I see a real difference in my staff when they feel special and you have made a major contribution to that this year.

Our evening at *Mame* was a real treat.

Nancy Amell, Principal
Eagle Hills School, Meridian

Dear Editor:

I recently had occasion to read the latest issue of **FOCUS**, devoted entirely to the Year of the Teacher. What a marvelous job you did in that magazine.

I've admired the work done by your

staff more than once in the past. However, in this issue, devoted as it is to a subject which is so important to me, you have surpassed your previous efforts.

I was especially impressed with the section called "Class Act" and the stimulating, enlightening interviews with Chuck Guilford and Phyllis Edmundson. These outstanding scholars' philosophies serve as indicators of the academic excellence and teaching expertise commonplace among Boise State's professors and staff members.

Again, thank you for this excellent tribute to a much-maligned profession.

Don Coberly
Language Arts Supervisor
Boise School District

Dear Editor:

The current issue of **FOCUS**, dedicated to the Year of the Teacher, is a masterpiece. We have shared as many copies as we could obtain with our teachers and others. What a positive tribute it is to teachers, and we truly appreciate all the fine articles in it.

Melvin and Ima Wikoff
Administrators
Maranatha Christian School

Dear Editor:

The Year of the Teacher issue of **FOCUS** was superb. The College of Education is an asset, and the magazine portrayed it that way.

It's obvious from **FOCUS** that BSU is alive and well. Keep up the good work (and keep me on the mailing list).

Arthur S. Eichlin, Director
Center for Continuing Education
Summer Sessions and Community
Service
Eastern Montana College

Dear Dr. Hart:

It truly gladdened my heart to read the Spring, 1987 issue of *Focus*. It was indeed a joy to read something positive about the teaching profession, and I would like to commend you and Dr. John Keiser for making this so. Further, I applaud your continued efforts to enhance the quality of the teacher preparation program at Boise State University.

Please convey to Dr. Keiser my gratitude and thanks for declaring 1987 as

the Year of the Teacher at Boise State University.

Sincerely,
Mary Hatwood Futrell
President
National Education Association
Washington, D.C.

Note: This letter was received by Dr. Richard Hart, dean of the College of Education.

Dear Editor:

The current issue of **FOCUS** is sensational! All of us in the College of Education are grateful to you and your staff for doing such a superb job.

I visited with Jerry and Eunice Wallace over the past weekend, and they asked that I pass on to you their feelings of appreciation of the issue. They agree that it is outstanding.

Thanks for a great job!

Richard Hart
Dean, BSU College of Education



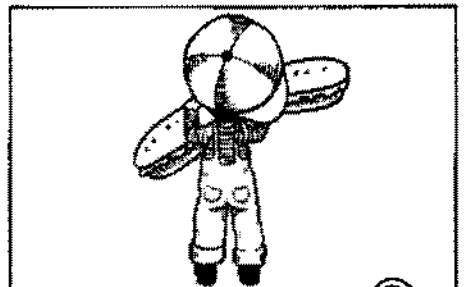
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Western series adds 5 titles

The BSU department of English has published five new titles in the Western Writers Series.

Writers Richard Brautigan, Ole Edvart Rolvaag, Lanford Wilson, Gerald Haslam and Helen Hunt Jackson are examined in the 50-page booklets that provide introductions to the life and work of authors who made significant contributions to the literature of the American West. Seventy-six titles have been produced since the series began in 1972.

In the latest series Jay Boyer, Arizona State, points out the dangers and gains of Brautigan's experimental fiction. Brautigan, best known for his short novels *Trout Fishing in America* and *A Confederate General From Big Sur*, committed suicide at age 49 in October of 1984.

Rolvaag's *Giants in the Earth* is discussed by Ann Moseley in context of the author's own emigration from Norway to America at the turn of the century.

Mark Busby, Texas A&M, examines Wilson's plays about the West and Midwest that have earned him the reputation of being one of America's best playwrights. His *Talley's Folly* was awarded a Pulitzer Prize in 1979.

Gerald Locklin, California State-Long Beach, takes a look at Haslam, a contemporary California writer whose short stories about the Central Valley have won praise from the critics.

Rosemary Whitaker, Colorado State, studies the novels of Jackson, whose *Ramona*, written in 1884, played a major role in romanticizing Southern California history.

The booklets are available for \$2.95 each, plus \$1 for mailing, from the BSU Bookstore, Boise State University, 1910 University Drive, Boise, ID 83725. □

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 4:30 Greek Toilet Bowl Football Game
 Greeks vs. R.H.A.
 on soccer field north of SUB</p> <p>8:00 Busters & KISS FM Scavenger Hunt
 Lists handed out at 10:00 p.m.
 at "Buster's" arrive
 early for pre-hunt festivities</p> | <p>Oct. 23, Friday
 6:00 Pep Rally and Bon-Fire
 Join the Cheer squad & rally around the bon-fire</p> <p>8:00 Homecoming Dance
 Gib Hochstrasser & The Kings of Swing
 (location TBA)</p> <p>Oct. 24, Saturday
 12:00 Parade
 Start TBA, ends in stadium parking lot.</p> <p>5:00 KBOI & the Alumni
 "World Largest Tailgate Party"</p> <p>7:00 Football game BSU vs. ISU
 Half Time
 Homecoming King & Queen Crowned</p> <p>9:00 After game dance at the Mardi Gras</p> |
|--|---|

We would like to contact all past B.S.U. Homecoming Queens and Kings . . . if you are former royalty or know someone who was, please contact us! FOR MORE INFORMATION CALL THE HOMECOMING HOTLINE (208) 385-1223

Pac-10 admits BSU wrestlers

Boise State has joined the prestigious Pacific-10 Conference. No, the Broncos won't be butting heads with UCLA or USC in football. But they will be wrestling with members of a Pac-10 tailored for schools that still offer the mat sport.

The new affiliation, necessary because the Big Sky dropped wrestling, will be a challenge for the Broncos, said coach Mike Young. "We will probably finish in the middle of the pack for the first few years, but once we get our feet wet we hope to be in the battle at the top," he said.

While a member of the Big Sky, the Bronco wrestling teams captured 10 conference championships.

"We feel that with coach Young, the Pac-10 Conference affiliation and our new soon-to-be-completed wrestling facility, our program will be better than ever," athletic director Gene Bleymaier commented. "A new facility and competition in a strong conference will enhance our scheduling and recruiting and enable us to be competitive nationally," he added.

The wrestling Pac-10 is not the same as the conference of football/basketball fame. Four of those schools, Arizona State, Oregon, Oregon State and Stanford, offer wrestling. Other conference members are Utah State, Fresno State, Cal State-Fullerton, Cal-Poly-SLO, San Jose State and Cal State-Bakersfield. □

Students can Discover BSU

Students thinking about attending Boise State University next year are invited to attend the university's Discover BSU events Oct. 10.

The Discover BSU program will include explanations of financial aid and a look at campus facilities, information about campus life, and a campus tour, followed by a barbecue and the Bronco football game against Eastern Washington.

A small registration fee will cover the costs of the barbecue, game and a commemorative T-shirt. Participants are asked to register in advance with BSU Admissions Counseling, 1910 University Drive, Boise, ID 83725.

For more information about Discover BSU, telephone 385-1401, or call toll free 1-800-632-6586 (within Idaho), or 1-800-624-8017 (from Western states). □

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Boise State expands high-tech horizons

Idaho's first uplink to a telecommunications satellite will be ready by this fall, reports Ben Hamblton, director of the Simplot/Micron Technology Center.

The AT&T earth station will connect the center with a C-band satellite that can relay signals from the BSU campus to almost anywhere in the world.

The uplink gives Idaho a facility where training programs or teleconferences can be produced and delivered to regional, national, or international markets.

The \$515,000 system will include a 9-meter dish that can be adjusted to reach 15-20 different communication satellites. Located behind Campus School, the uplink has been selected by AT&T as a test site for a new computerized remote control system being developed by Bell Laboratories.

The Technology Center has been designated as the network center for all telecommunications activity conducted under the authority of the State Board of Education.

The policy, said Hamblton, was passed by the board to ensure that there is central coordination as Idaho's universities become more involved in telecommunications. The policy will be especially important in preventing duplication of costly equipment, he added.

The board policy encourages universities to use telecommunications to improve the delivery of education. All schools should be able to originate programs, and cooperative development of courses is encouraged, the policy states.

Management of the telecommunications system is the responsibility of the general manager of the Idaho Educational/Public Broadcasting System.

Students from five Idaho high schools will be linked to the electronic classrooms in the Technology Center for a pilot course delivered over the IEPBS system.

Selected students from Nezperce, Rockland, McCall-Donnelly, Marsing and Mackay high schools will take a precalculus course using computers, television, and long-distance telephone to communicate with instructor Robert Firman.

The project is sponsored by BSU and the Idaho Department of Education to expand the curriculum of rural schools that don't have the resources to offer specialized courses. If the pilot is successful, other courses will be developed and

delivered from the BSU center to schools throughout the state.

Information stored in approximately 1,000 data bases is now available at Boise State through a partnership established this spring with the National Aeronautics and Space Administration.

While NASA is known more for its space program, the agency also compiles data banks at the University of Southern California that are available to affiliated universities such as BSU.

Administered by the Idaho Business and Economic Development Center at BSU, the system can be used to research journal articles and other information on topics such as agriculture, business, medicine, science, world affairs, or law.

Clients are linked by telephone and computer to USC, where a professional researcher assists with the data search and then relays the information to a viewing screen in the Technology Center.

The service was installed at BSU as part of NASA's program to assist the information needs of corporations, government

agencies, and educational institutions.

The Technology Center received \$161,000 from the State Board of Education in June. The money will be used to install a second microwave channel to deliver courses from the center to receive sites in the Treasure Valley, to hire two video specialists, and purchase equipment for the center. □



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Behind the Great Wall

Touring Tianjin on a Flying Pigeon

*By Peter M. Lichtenstein
Fulbright Professor of Economics
Nankai University*

Tianjin is known as a city of bicycles. Bikes are the primary mode of transportation, and people of all ages ride them. While the public bus system is extensive and cheap, it is a poor alternative to the freedom and mobility that a bike provides. Besides, getting onto a public bus is like trying to get into a phone booth already occupied by 20 people!

I ride a Flying Pigeon, which is like saying in the U.S., "I ride a Harley." My Pigeon is made in Tianjin and is patterned after the 1930s British Raleigh. It is black, made of steel, has old-fashioned cantilevered brakes, a single gear, a leather saddle, a luggage rack, fenders, a bell, and a chrome hood ornament that resembles a pigeon in flight. I paid \$55 for it.

When riding my Pigeon, I carry a wrench and a screwdriver. Lock washers aren't used, so my pedals fall off and my seat post collapses regularly. Last week the front axle bolt came unscrewed and my front wheel fell off while I was waiting at a stoplight. Breakdowns are a minor concern, however, because professional curbside bicycle mechanics station themselves on the sidewalks of almost every city block.

Cycling in China is not a recreational sport. A bike is a capital good and not a consumer good. Bikes are used for commuting to work. Bikes are used as trucks, and riders can often be seen hauling incredible loads: huge ice blocks, trash containers, refrigerators, sofas, or gigantic logs. Younger people carry older people around on pickup-like three-wheeled bikes. Parents carry children around in box-like sidecars mounted to their bikes. And farmers haul their produce to city markets on bikes.

Bicycling in Tianjin traffic is the closest thing to anarchy I have ever experienced. For example, in the center of the city there

are two major intersecting boulevards. At the middle of the intersection is a platform upon which stands a traffic cop. I'm not quite sure what he does, because there is a traffic light directly above him. Together they appear to control the flow of traffic. But I get the strong feeling that if both were removed, nothing much would change.

Hundreds of bikes approach from all four directions. As long as you are going straight through the intersection, all will be fine, especially if you choose to wait for the light to turn green. After it does turn green, however, there will invariably be dozens of stragglers running the red light from right and left, each attempting to pedal through the swarm of bikes now going straight ahead. I am amazed that these stragglers always succeed in safely making it through the intersection against the light. I know it can be done; I have done it myself.

Turning left across the intersection requires courage and skill, even if the light is with you. You cannot hesitate, and you must negotiate your way through hundreds of oncoming bikes (and occasional speeding trucks blind to bikes). There are no rules or guidelines, although I was told that there is an unwritten law that says that if you accidentally knock someone off his or her bike, you must pay that person 10 yuan.

These large intersections are simple when compared to the unnerving experience of negotiating the smaller intersections, especially at rush hour. No traffic cop; no traffic signal. Twenty or 30 bikes approaching from each of four directions, and no one slows down — if you do slow down, you'll cause a chain-reaction fender bender. Whoever arrives at the intersection first, wins. It is a mad scramble, yet somehow it all works just fine, and rarely does an accident occur.

Whenever the weather is nice, I like to tour Tianjin on my Pigeon. That way I feel closer to the physical environment of



British "gentlemen's" club on Victoria Road.

the city than I would by riding the bus. This environment is very atypical of most Chinese cities.

For three quarters of a century prior to the Japanese occupation of Tianjin (1937-1945), the city was parceled out to European governments, each of whom was given a "concession" area. The Europeans who lived and worked in these areas



The author and his Pigeon.

built houses, office buildings, churches and synagogues, and recreation clubs in their own national architectural styles. This makes Tianjin today a museum of period architecture.

As I ride the city streets on the left bank of the Hai River, which divides the city in half, I pass through the old British, French, German and Japanese concessions. Riding slightly to the north on the same side of the river, I come to the "old city" where the Chinese lived. Also on the left bank, and running parallel to the Hai, is a long avenue which at that time was sequentially named Rue de la France (in the French area), Victoria Road (in the British area), and Woodrow Wilson Road (in the U.S. area). Today, the avenue is called Jiefang Lu (Liberation Road). It used to be the main business center of Tianjin and it was lined with neoclassical and art deco bank and office buildings, most of which still stand.

Riding on the right bank of the Hai River, I pass through the Italian, Austro-Hungarian, Russian, and Belgian concessions. Fifty years ago, I could have traveled down streets with names such as Tomsy Road, Vladivostock Road,

Marco Polo Road, and Vittorio Emanuele Road. The right bank was also the site of a Standard Oil Company facility, several European-owned cotton mills, and the main train station.

Little now remains of the grandeur of this bygone era. Much of what has survived the wars of the 1940s was destroyed in the 1976 Tangshan earthquake, the epicenter of which was only 120 kilometers from Tianjin. Twenty-four thousand people died in Tianjin alone, and the quake left 200,000 homeless.

There seems to be little interest in restoring these decaying buildings. This is quite understandable since they symbolize the past foreign domination and exploitation of the Chinese people. Chinese authorities have been more interested in mass housing, and the Tianjin skyline is becoming dominated by tall apartment buildings constructed in Chinese Modern style: rectangular shapes with an airport-control-tower look. But beneath the crumbling old roofs and the soot-covered walls of these pre-war buildings lies an irretrievable beauty that was once reserved for Westerners and a few privileged Chinese.

Despite its large size, Tianjin has a small-town atmosphere. It has neither the international sophistication nor the cultural diversity found in Beijing, Shanghai or Guangzhou.

Neither is Tianjin a pretty city. It is dirty, and the air is badly polluted. During most of the winter I had to ride my Pigeon wearing a gauze mask. The city is colorless, and there are few of the grand tree-lined boulevards and magnificent parks that I have seen in other Chinese cities.

However, after eight months of touring Tianjin by bike, I have learned how to see the inner beauty and charm of this city. My negative first impressions have been replaced by the very warm feeling that I now have for the city and its people.

Peter Lichtenstein is a Fulbright professor teaching economics at Nankai University in China. His impressions of the country and its people have been featured in recent issues of FOCUS. □

Foundation News

Scholarship established to honor Gordon A. MacGregor



Boise State University has established a memorial scholarship in construction management in honor of Gordon A. MacGregor, a well-known Boise businessman who died in June.

MacGregor was heavily involved in the construction, timber and ranching businesses for over 40 years. The MacGregor family still owns and operates MacGregor Land and Livestock Co. and Pressure Treated Timber Co.

In announcing the scholarship, BSU President John Keiser said, "Gordon MacGregor's name belongs on the BSU campus with the names of other distinguished entrepreneurs like Harry Morrison and J. R. Simplot to be honored and admired."

MacGregor's successful business leadership was acknowledged by his peers over the years. In timber, he served as president of the South Idaho Forestry Association, the Intermountain Logging Congress, and the Pacific Logging Congress. In construction, MacGregor founded and was president of the Western School of Heavy Equipment, served as chairman of the Idaho State License Board of Contractors for 20 years, and was president of the Idaho Branch of Associated General Contractors. The AGC honored him with the S.I.R. award for "skill, integrity and responsibility" and with a life membership in the association." In agriculture, he was Grassman of the Year in Valley County.

Memorials to the Gordon A. MacGregor Construction Management Scholarship can be made to the Boise State University Foundation, 1910 University Drive, Boise, ID 83725.

Year of the Teacher Campaign surpasses \$175,000 in donations

The Year of the Teacher campaign has passed the \$175,000 mark, according to campaign chair Adelia Garro Simplot.

The Boise State University Foundation is sponsoring the campaign to raise private support in conjunction with the university's "Year of the Teacher" celebration. The campaign's theme is "to encourage the brightest to enter the teaching profession and recognize the best who have."

Support for The Year of the Teacher campaign will provide funding for scholarships, programs, equipment and teaching awards. Some of the commitments to The Year of the Teacher campaign include: a \$10,000 education scholarship from the Foundation's trustees; a \$5,000 scholarship from the advisory committee for the College of Education; a \$15,000 scholarship from the faculty and staff in the College of Education; \$5,000 in support of teaching materials in the BSU finance department from Burroughs and Hutchinson; \$50,000 from an anonymous donor; \$5,000 for the creation of Teachers Grove from the Class of '87 and the Associated Students of Boise State University; and the \$5,000 Wayne White Scholarship established by his friends and BSU colleagues.

Giving Notes

The Welcome Wagon Club of Boise has made a \$7,500 donation for endowed scholarships for female students attending BSU.

The BSU continuing education department has established a \$10,000 endowment to provide scholarships for full- or part-time non-traditional students with a 2.5 GPA attending Boise State.

A bequest from the James T. Osborne estate has given the university nearly \$9,000 to establish the James T. Osborne Phi Delta Kappa Loan Fund for short-term or emergency student loans.

The estate of Martha Fenton, long-time secretary to Boise Junior College President Dr. Eugene Chaffee, has provided a bequest of \$7,500 to the university for student loans.

Donald J. Obee, former BSU biology department chairman, has endowed a \$5,000 scholarship for junior or senior biology majors.

West Valley Medical Center, Caldwell, has donated an important piece of intensive care monitoring equipment to the University's department of respiratory therapy. Valued at over \$12,000, the equipment will be used to train students in its use in neonatal and adult intensive care units, operating rooms and stress test laboratories.

A memorial fund has been established for BSU chemistry professor Ellis R. Peterson, who died April 18. He had taught at Boise State since 1964. Donations may be made to the Chemistry Memorial Scholarship Fund, Boise State University Foundation, 1910 University Drive, Boise, ID 83725.

The first Kathleen Good Memorial Scholarship, which honors a Boise woman who spent most of her life in hospital work, has been awarded to Joseph Keto of Boise, a sophomore majoring in baccalaureate degree nursing at BSU. The endowed scholarship was presented by Arnold Good of Boise in memory of his late wife who died in 1977. Contributions to the Kathleen Good Memorial Scholarship can be made in care of the Boise State University Foundation.

BSU band campaign nears goal

BSU Alumni Director Dyke Nally has announced that \$425,000 of the \$500,000 goal for the Keith Stein Blue Thunder Marching Band has been raised. The money will create an endowment for marching band scholarships. Donors of marching band scholarships to date include: James Lilly, Murphy's, James and Janey McClary, Inland Coca-Cola, Dr. Avery Pratt, Treasure Valley Drum Corps, Chi-Chi's, Allen Noble, Butch Otter, Del Marcum, First Security Bank, Bill Winkle, the BSU Alumni Association, the Bronco Athletic Association, and Nagel Beverage-Pepsi.

The marching band will make its debut at BSU's first home football game of the season, Sept. 5.

BSU's quest for a marching band began in 1986 with a \$250,000 scholarship donation from Keith and Catherine Stein of Boise. The Band will feature 120 members and the Mane Line Dancers.

Nally emphasized that the fund drive is still in progress and those who wish to participate should contact him at 385-1959.



Richard Banks and the NMR spectrometer.

Spectrometer aids analysis

The latest in chemical analysis technology, a nuclear magnetic resonance spectrometer, began operating at Boise State University this summer.

The \$140,000 computerized IBM spectrometer is probably the only one in a Northwest university available for use by undergraduate students, BSU chemistry department chairman Richard Banks said.

The 7-foot tall electromagnetic cylinder and its computer not only will provide "wonderful research possibilities" at Boise State, Banks said, but will be accessible to all chemistry majors enrolled in the department's organic qualitative analysis classes and independent study and research courses.

"Large graduate schools have this tool. Undergraduate schools don't," Banks said, noting that the NMR spectrometer can be used both in basic and applied research. □

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Homecoming fun begins Oct. 21

Highlighted by a Big Sky evening football game against traditional rival Idaho State University, Boise State's 1987 homecoming will be Oct. 21-24.

The festivities will get under way on Wednesday, Oct. 21 at 3:30 p.m. with group olympics, a variety of athletic events that pit Greeks, clubs and other campus groups. At 4:30 p.m. on Thursday, the annual Toilet Bowl football game between the Greeks and the Dorms will be held on the soccer field north of the Student Union Building. A scavenger hunt is scheduled

following the Toilet Bowl.

Friday's activities feature a 6 p.m. pep rally and the annual homecoming dance at 8 p.m. The band will be Gib Hochstrasser and the Kings of Swing.

Saturday's festivities begin with the annual homecoming parade. The "World's Largest Tailgate Party" will be held at 5 p.m. and the kickoff for the Bengal-Bronco game is at 7 p.m. A post-game dance will be held at the Mardi Gras.

For more information, contact the homecoming hotline at 385-1223. □

Two conferences coming in fall

The fifth annual Frank Church Public Affairs Conference and the Year of the Teacher symposium on excellence in teaching will be two of the major academic sessions at Boise State this fall.

The Church Conference on Sept. 30 and Oct. 1-2 will feature a mix of scholars and political figures speaking on the topic "Making America's Foreign Policy." At press time, keynote speakers had not been confirmed.

The theme of the teaching symposium, scheduled Oct. 23 and 24, will be "Teaching: The Essential Profession." Keynote speakers will be Elliot Eisner, professor of art education at Stanford University, and Susan Ohanian, senior editor of *Learning* magazine. BSU College of Education graduates have planned a reunion following the symposium.

The symposium will coincide with the university's homecoming activities the weekend of Oct. 24. □

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FINANCIAL AID

Rita Shelley, assistant director, will serve as a presenter at the first MICRO-FAIDS Users' Conference to be held Aug. 19-21 in Snowbird Utah. The conference will explore the use of computers in financial aid offices.

ENGLISH

Driek Zirinsky has been appointed leadership workshop department editor for the *English Journal*, the official journal of the secondary section of the National Council of Teachers of English. The publication has a circulation of about 50,000.

ARCHAEOLOGY

Mark Plew spoke at Three Island Crossing State Park June 10 on the history of the area. Plew is conducting a summer archaeology dig at the park.

PHYSICAL EDUCATION

Jean Boyles (emeritus) has been inducted into the Idaho New Agenda Hall of Fame for her outstanding service to girls and women in sports. Boyles, who joined the BJC teaching staff in 1949, established the first women's tennis team at BSU in 1970.

Sherm Buffon recently presented three papers: "Weight Training-Basic Considerations and Practical Implementations," to the Northwest Association of Health, Physical Education, Recreation and Dance at Billings, Mont.; and "Member Recruitment, Retention and Motivation for Professional Activities," and "Fact-Finding, Student Interaction and Brain-Storming" at the AAHPERD National Convention in Las Vegas in April.

Glenn Potter co-presented "Comparison of Selected Behaviors and the Perceptions of Behaviors of Youth Sport Coaches Between Practice and Game Settings" at the convention.

Genger Fahleson and **Connie Thorngren** presented "Relationships Among Trait Anxiety, Gender and Athleticism" at the Las Vegas convention, and Fahleson also presented "Student Cognitions and Effective Remedia-

tions" at the American Education Research Association National Convention in Washington, D.C., in April.

Werner Hoeger has published *Health Promotion Programs* with Morton Publishing Co., "Self-Assessment of Cardiovascular Risk" in the *Corporate Fitness and Recreation Journal* and "Relationship Between Repetitions and Selected Percentages of One Repetition Maximum" in the *Journal of Applied Sports Science Research*, 1987.

Ron Pfeiffer has published "Sports Injuries" in *Consumer Medical Guide* put out by Pro-Rate Inc., Boise.

Phyllis Sawyer presented "A Healthy Lifestyle" to the Insurance Underwriters Association meeting in April.

Ross Vaughn presented "Computer Literacy: Why should we be concerned in P.E.?" to the Western Physical Education Society.

HONORS

Wallace G. Kay chaired the Western Regional Honors Council writing contest committee and was also one of the contest judges.

The BSU Honors Program was represented by Kay, **William Mech** and six students at the annual conference of the Western Regional Honors Council in Jackson, Wyo.

Kay has been appointed chairman of the National Collegiate Honors Council, and Mech has been reappointed to a three-year term on the council's board of publications and is also serving on the endowment committee.

Mech delivered four workshops on critical thinking and problem solving for public school teachers sponsored by the Oregon Museum of Science and Industry in Albany and Portland, Ore.

SOCIAL WORK

Arnold Panitch attended the Atlantic Canada Faculty Institute '87 at Halifax, Nova Scotia, recently. Panitch was one of 15 American professors selected for the institute for college professors who teach courses in the U.S. about Canada.

Panitch also attended the Canada/United States Exchange of Emerging Leaders

conference, April 21-26, at Niagara Institute, Niagara-on-the-Lake, Ontario, Canada.

NURSING

Jackie Fuller, currently the Northwest director of the National Association of Educational Office Personnel, presented two workshops on the business letter at the spring conference of the Washington Association of Educational Office Personnel April 10-12 in Pasco, Wash.

Connie Carpenter, **Karen Nelson** and **Anita Stromberg** have been initiated into the BSU Baccalaureate Nursing Honor Society.

COUNSELING AND TESTING CENTER

Jim Nicholson attended the Northwest Conference for Counseling Center Directors in Portland, Ore., April 23-24.

Anne Marie Nelson attended the American Association for Counseling and Development conference in New Orleans April 20-25.

Darlene Townsend has returned to the center after a year's leave of absence to attend ISU.

ART

A number of BSU art faculty, students and graduates had works exhibited at the fifth Idaho Biennial exhibit at the Boise Gallery of Art June 6-July 26. Among them were **David Alhart**, **Lynn Bernasconi**, **Karl Brake**, **Cris Caulfield**, **Judith Cook**, **Sandy Duffon**, **Vicki Gustafsen**, **Ron A. Jude**, **John Killmaster**, **Andrea Merrell**, **Michael J. Miller**, **Kerry Moosman**, **George F. Roberts**, **Cheryl Shurtleff**, **Craig Sofaly**, and **Richard A. Young**.

Shurtleff was inducted into the Payette High School Hall of Fame this spring.

ADMINISTRATION

Richard Bullington has been named chairman of the Idaho Economic Diversification Project funded by the College of Business and the federal Economic Development Administration. **Jean McNeil** directs the project, which is designed to fund feasibility studies of proposed natural resource businesses, and **Tom Stitzel** is an academic

representative to the board.

DEVELOPMENT

Ben Hancock, director, attended a three-week workshop on management sponsored by Harvard University in July. While in Boston, he attended the annual conference of the Council for Advancement and Support of Education.

Hancock has also been selected for a Fulbright grant to spend three months working with development officers at the University of Edinburgh, Scotland, next summer.

PAVILION

Dexter King, Pavilion manager, was an instructor for a management school sponsored by the International Association of Auditorium Managers held the second week in June in Oglebay, W. Va. The school was the first offered by the IAAM.

MUSIC

Donald Oakes was the first performer in the 1987 Boise Music Week organ recital series.

HISTORY

Mike Zirinsky has been appointed a National Endowment for the Humanities visiting fellow to the Princeton University department of Near Eastern studies from June 15-Aug. 31.

Several BSU faculty members participated in the annual Idaho History Conference in Twin Falls last spring. **Robert Sims** and **Erroll Jones** chaired sessions; **Peter Buhler** spoke on "German Missionary Influences in the Volta Region 1847-1884"; **Russ Tremayne** on "Frank Church and the Latin American Policy Debate"; and **Todd Shallat**, on "Public History and Land Management: Land Use in the Birds of Prey Natural Area, 1860-1890."

MATHEMATICS

Otis Kenny returned in early June from a trip to the People's Republic of China where he joined a delegation of educators in computer science to study that country's current state of computer science education.

Jerry L. Young recently published the mathematics manual for M-103-104, *Mathematics for Elementary School Teachers: A Laboratory Activities Manual*, with Benjamin/Cummings Publishing Co.

Young's article "Improving Spatial Abilities with Geometric Activities" has been reprinted in *Geometry for Grades K-6: Readings from the Arithmetic Teacher*.

POLITICAL SCIENCE

Gregory A. Raymond has had two articles accepted for publication. "Conflict and Commitment in the Nineteenth Century European Balance of Power System" will appear in *Relaciones internacionales y politica mundial durante los siglos XIX y XX* published by the University of Malaga in Spain. "Forging International Ties That Bind" will be included as a chapter in *Prisoners of War? Nation-States in the Modern Era* published by Westview Press.

Richard Kinney recently directed a project for the Idaho State Council on Developmental Disabilities to gather and present program budget information. He was assisted by four BSU MPA program members: **Teresa Carberry, Susan Eby, Margarita Pomeroy** and **Nora Wilson**.

Kinney recently attended the 48th national conference of the American Society for Public Administration in Boston, where he chaired the panel "Is the 'Spirit of Democracy' Alive and Well in Government Budgeting?" His article, co-authored with Sydney Duncombe of the University of Idaho, "Agency Budget Success: How It Is Defined by Budget Officials in Five Western States," appeared in the Spring, 1987 issue of *Public Budgeting & Finance*.

PHI KAPPA PHI

Four faculty members were initiated into the BSU chapter of national scholastic honor society Phi Kappa Phi this spring. **Laurel Traynowicz** presented the initiation address on combining careers with relationships in the 1980s during the initiation ceremonies. Other faculty inductees were **Carroll Lambert,**

Faith Peterson, and Margaret Gourley.

TEACHER EDUCATION

Judy French is one of three Idaho educators who have been awarded a \$1,000 grant from the National Association for the Education of Young Children to examine the purpose of kindergarten education.

French and **Carroll Lambert** attended the Idaho Kindergarten Conference March 7 at ISU.

French has published an article on children's play, "The Superhero TV Dilemma" in *Highlights for Children, The Newsletter of Parenting*. A second article, "A Look at Superheroes: Some Issues and Guidelines" will be published in *Early Education and Child Care* in fall, 1987.

She has received a grant from the National Association for the Education of Young Children to help develop a position paper on kindergarten education for Idaho.

Pat Bieter served on the accreditation committee for the Idaho State Department of Education that recently evaluated the Emmett School District philosophy of education. He was a judge at the recent academic decathlon at Meridian High School.

Phyllis Edmundson served on the consultant review panel for the Northwest Regional Educational Laboratory's instructional self-evaluation. In April, she completed a fifth three-day instructional improvement training session for the Idaho Falls school district. She has also presented workshops on time management for Head Start and the Boise Junior League.

Edmundson will be a visiting professor in the University of Washington College of Education during 1987-88, while on sabbatical leave. She will work with the noted educator John Goodlad on a national study of teacher education.

E. Coston Frederick attended the International Reading Association conference in Anaheim, Calif., May 3-7, where he represented the Idaho IRA council at a special session on intellectual freedom.

John H. Jensen attended the national Curriculum Study Institute on Implementation and Improvement of Middle

Schools and the national conference of the Association for Supervision and Curriculum Development, where he was elected to the steering committee for the curriculum teachers network.

William Kirtland recently conducted a series of "How to Tutor" sessions for 65 fifth-grade students at Valley View Elementary School.

In April, Kirtland spoke to the Bishop Kelly High School faculty about the communication process.

Kirtland and **Norma Sadler** initiated the opening of the Meridian Reading Association with talks on "Promoting Independent Reading Activities" and "Read Poetry, You'll Love It!" respectively.

Sadler presented two sessions on "How and Why I Write" to the Boise Young Writers' Conference at BSU April 18.

She also presented a session on "How a Poetry Book is Created" to Meridian school children, using a display of drawings and text from her poetry book *Mirabelle's Country Club for Cats & Other Poems*. The exhibit was on display at the Boise Public Library during May.

Kenneth Hill and Kirtland participated in the annual Ricks College Transfer Fair in Rexburg.

Thel Pearson, Monte Wilson and **Linda Selvig** presented EESA workshops on geology in the Fruitland/Payette area, and Pearson, with **Steve Schroeder** presented an EESA workshop "Science with Simple Things" in McCall.

Karen Ritchie attended the 65th NCTM conference on "Learning, Teaching, and Learning Teaching" in Anaheim, Calif.

Joan Suedmeyer was a recent consultant to the Woodhaven, Mich. Reading/Language arts Committee. She also has presented workshops for the Treasure Valley Association for the Education of Young Children and the Boise School District.

Wenden Waite is co-author with Marcia Warne of the *Assessment-Based Vocational Curriculum Manual* published by the University Press of America, Inc.

Waite also served on a panel on "The Impact of Public Law 99-457" at the annual meeting of the Idaho

Association of Special Education Administrators in Boise April 14.

COMPUTER SYSTEMS

David Groebner and **Patrick Shannon** are the authors of the textbook *Essentials of Business Statistics* published by Merrill Publishing Co.

Shannon has been installed as president of the Western Decision Sciences Institute. He presented the paper "A Comparative Analysis of Alternative Heavy Vehicle Taxation" at the institute conference in March at Palm Springs, Calif.

ACCOUNTING

Craig Bain's article "Executive Computing Now and in the Future" will be published in *Business Insights*. He has also written the textbook *Electronic Spreadsheet Applications in Accounting*.

David Nix has published "A Common Framework in Accounting Curricula: AACSB vs. Non-AACSB Accredited Business Schools" in *The Journal of Education for Business* with Paul Nix. Another article, written with Joyce Kasper, "How to Plan for Your Continuing Professional Education" was published in *The Practical Accountant*.

Nix presented the paper "Mandatory Continuing Professional Education: A Survey of the State Boards of Accountancy's Experience with the Requirement" to the American Accounting Association Midwest meeting.

MANAGEMENT

N.K. Napier discussed "Impact of a Merger on Human Resource Issues" at the Human Resource Planning Society workshop for top managers in New York. Napier is also conducting research on personnel procedures in Hong Kong and Singapore. She presented a paper on mergers to the Western Academy of Management in April.

ECONOMICS

Charlotte Twilight has received a summer research grant from the Kalmbach Trust to study, together with Robert

Higgs of Lafayette College, "Congressional Patronage and the Economics of Defense."

Twight recently published "Government Manipulation of Constitutional-Level Transaction Costs: A General Theory of Transaction-Cost Augmentation and the Growth of Government" in the journal *Public Choice*.

Ellis Lamborn and **Charles Skoro** presented the paper "State Business Climate Ranking: Face Validity and Predictive Accuracy for the Northwest" at the Pacific Northwest Regional Economics Conference.

Skoro addressed a conference on international issues held in Lewiston on "Foreign Investments in Idaho: Who, What, and Why?"

PSYCHOLOGY

Wylla Barness has been awarded the John Camberari Award for excellence in psychology by the Idaho Psychological Association.

Garvin Chastain gave two presentations to the Western Psychological Association in Long Beach, Calif. in April. He

reported "Direct Measures of Character Mislocalizations with Masked/Unmasked Exposures" and "Target Inclusion in Word Substrings Determines Identification Accuracy."

Jerry Dodson has been conducting weekly group psychotherapy at Northwest Passages Adolescent Hospital

THEATRE ARTS

Philip Atlakson attended the American College Theatre Festival in Portland, where he was workshop leader for "Adapting Literature to the Stage."

Last winter, he acted in an industrial video produced by Kerwin Productions of Los Angeles and was the guest set designer for the American Festival Ballet premier of *Snow White*, which was scheduled to tour the U.S. and also play at the Kennedy Center in Washington, D.C.

Atlakson is the author of a new play, *Leap Frog Through Time and Space*. He directed the department's spring theater tour to New York.

Eloise Bruce is a member of the Idaho Centennial Commission for the Arts and Humanities. Recently, she directed *The Arkansaw Bear* for Idaho Theatre for Youth. Her children's theater class produced *The Little Red Hen*, which played to area preschoolers and first-graders this spring.

Charles Lauterbach wrote, staged and performed in *There's Going to be a Great Day*, this year's BSU Humanities Fair production.

Lauterbach also directed the department's spring production of Shakespeare's *Comedy of Errors* and the Summer Showcase Theatre revue *Some Enchanted Evening: The Songs of Rodgers and Hammerstein*.

Stephen Buss directed the musical *Mame* staged at the Morrison Center in April, and was the scene designer for *The Father*. Buss is a member of the casting committee of Boise Opera for the 1987-88 season.

William Shankweiler advised the student director of the Idaho High School Invitational

Theatre Festival and supervised the development of an operations manual for Boise Little Theater.

He was the chairman of Boise Music Week's "Music in the Park" event in May.

Trish Elledge played Antigone in the production of *Antigone II* in celebration of National Women's History Month in March.

Elledge coordinated the spring Idaho Shakespeare Festival tour to area high schools. She is the publicity director of ISF, and is also acting in the festival's summer productions. She also recently coordinated a tour to area high schools sponsored by BSU's Center for New Directions.

Robert Ericson directed the department's February production of Strindberg's *The Father*.

MARKETING

Gandy Glanchetta recently participated in two Boise area seminars, demonstrating the effect of computers on managerial decision making. □



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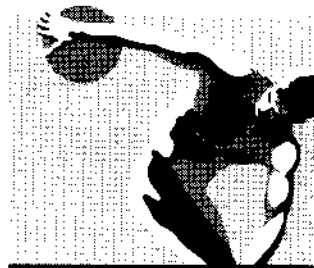
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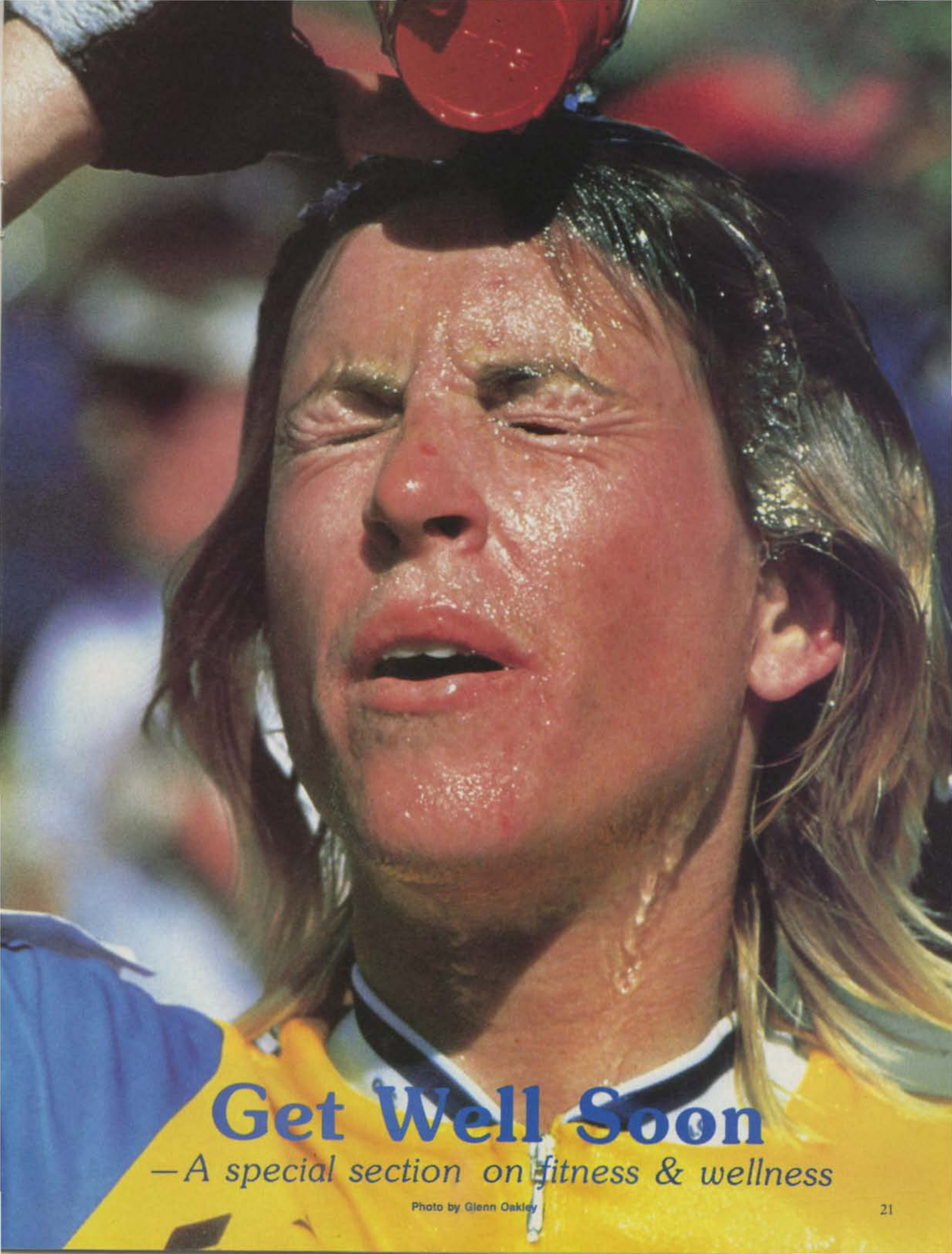
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Get Well Soon

—A special section on fitness & wellness

Photo by Glenn Oakley

Body Language

Fitness may be more
(or less) than you think

By Glenn Oakley

Fitness is:

- A.) A hot pink Lycra leotard on tanned skin. (Leg warmers are optional.)
- B.) Winning the Ironman Triathlon and making the cover of *Outside* magazine.
- C.) Eating high-fiber cereal on a regular basis.
- D.) A fad
- E.) A trend

Fitness has become big business for makers of leotards, health magazines and high fiber cereals. But the popularized notion of what constitutes fitness—sex appeal, competitiveness or granola—is a limited and distorted image, health professionals say.

Particularly since the death of runner and author Jim Fixx, health professionals have promoted the concept of *wellness*. Rather than simply looking at a person's ability to lift weights, stretch and run, the wellness approach considers the person's entire life. Are they over-stressed? Do they wear seat belts? Do they drink too much? Do they have friends and family to provide love and support? Are they at risk for cancer or heart disease?

Photo by Glenn Oakley





W

*e want to buy our way to fitness.
But when it comes to the sweat
part, that's a different story.*

Like the Eastern practices of yoga and the martial arts—and such Western sports as rock climbing—the wellness concept recognizes the inseparable unity of mind and body.

To “help mold healthier minds and healthier bodies” the colleges of Health Science and Education and department of intercollegiate athletics at Boise State joined to form the Human Performance and Wellness Alliance. The alliance conducts regular fitness assessments, including blood chemistry and disease risk analysis; offers classes; and provides personalized consultations to develop fitness training programs, maintain healthier diets and reduce stress. The alliance serves BSU employees and students as well as the public.

Alliance director Phyllis Sawyer reports tremendous interest and participation in the program. Indeed, a recent survey by the Center for Disease Control ranked Idahoans as the most physically active people in the U.S. That’s the good news. The bad news is surveys also show that the majority of Americans do not exercise sufficiently and children today are fatter and weaker than they have ever been.

“When we talk about the fitness craze,” says BSU physiologist Ron Pfeiffer, “we’re talking about 15 to 20 percent of the people who are crazy about fitness.”

The fitness industry—health clubs and sports shops—caters mostly to yuppies, those with the money to pay for the services. And even here, perception may be flabbier than reality. “It’s easy to go out and buy leotards and look shiny,” says Pfeiffer. “We want to buy our way to fitness. But when it comes to the sweat part, it’s a different story.”

The Center for Disease Control survey released this spring showed that 55 percent of Americans questioned in 21 states exercised fewer than three times per week for a minimum of 20 minutes. Another survey from the University of Michigan found that only 19 percent of Americans aged 18 to 64 exercise more than 60 days a year. Statistics on children are even more alarming. Surveys show that of children in America today, 57 percent cannot pass a minimum fitness test, 19-25 percent are over fat, 42 percent have elevated cholesterol levels, and 15 percent have high blood pressure.



Illustration by Chuck Scheer

Children aged 7 to 12 spend 96 percent of their days in sedentary activities, the average American child watching five hours of television every day. The very notion of what fitness is as portrayed by the media and in advertisements is not only confusing and conflicting — the fitness message is frequently just plain wrong.

Pfeiffer’s eyes narrow slightly as he picks up a copy of *USA Today’s Sunday Magazine*, the cover adorned by a sleek, young woman in pink leotards and yellow sweater. The inside story, “Oversize Thighs? Try Jake’s 6-week scale down,” is what galls Pfeiffer. Featuring such exercises as “Buttocks burner No. 1 and 2,” the introduction to the article notes, “More than 3,700 of you who answered our survey are less than pleased with your thighs; about 2,500 want better buttocks. So we called in some serious help.”

“It’s pretty frustrating,” says Pfeiffer, tossing the magazine aside, “when you pick up a magazine with millions of readers and see a cover story on this guy’s way to spot reduce your thighs and buttocks. Anyone with physical education training will tell you it’s physically impossible to spot reduce.”

But what do “better buttocks” have to do with fitness anyway? “I think we’ve presented a distorted image of what fitness

is,” says Pfeiffer. “People think if you don’t look like a Hollywood starlet or Tom Selleck you’re not fit. Or you have to be able to run a hundred miles a week or you’re not fit. I think we’ve oversold how much is enough, and I think that’s scared people away.”

Sawyer agrees. “We think of fitness in terms of excellence, when we should be looking at it in our own terms. And that is not always going to be some great athletic achievement,” she says.

Physiologists consider physical fitness in terms of four major components: cardiovascular and aerobic condition, strength, flexibility and body composition (fat content). “There isn’t one single test to determine fitness,” says BSU physiologist Werner Hoeger. “You can’t say Charles Atlas is fit. The guy has big muscles, but strength is just one component of fitness.”

But Hoeger states, “There is no question that the most crucial component is cardiovascular.” Keeping the heart and lungs working efficiently will not only tend to prolong life by minimizing risk of heart disease, but good aerobic conditioning makes physical activity easier. The basic exercise program for maintaining a healthy cardiovascular system is at least 20 minutes of strenuous exercise at least three times a week. Such exercise should keep the heart rate elevated to 60 to 80 percent of its maximum, according to Hoeger. Determining that target heart rate is a service provided by the alliance. Many fitness clubs and physicians can also help individuals determine their own target heart rate.

The means by which the heart rate is elevated for such cardiovascular aerobic conditioning can be anything from running to rowing to racquetball. As Hoeger notes, “The heart doesn’t know what you’re doing.” For overweight individuals, he recommends treading water with the legs in a running motion. The exercise is strenuous enough to produce an elevated heart rate without jarring already overburdened joints and limbs.

Flexibility can be maintained with 10 minutes of stretching a day, and a half hour of strength building exercise three times a week will keep the muscles toned and strong, says Pfeiffer.

Fitness does mean different things to

Unfortunately we live in a society where we want overnight success. Fitness is a lifetime commitment.

different people, however, and no single exercise program will be right for everyone. A marathon runner will have a different expectation of personal fitness than someone whose main sporting interest is golf. Physiologists with the alliance develop training programs geared for the individual's needs and expectations.

The first step in developing a fitness program is determining the individual's current physical condition. Physical assessments conducted by the alliance consist of strength tests using weight lifting machines, a lung capacity test, a cardiovascular test on a stationary bicycle, flexibility stretching tests, body fat measurement and an optional blood analysis. A written questionnaire determines relative health risks, stress levels and the other non-physical components of wellness.

With this knowledge, the physiologists can develop a program that is safe and efficient. Hoeger believes "most people belong in a structured program," at least when they begin an exercise regimen. A structured program, such as an aerobics class, provides the motivation to people not in the habit of exercising. The goal, says Hoeger, is to replace bad habits, such as drinking beer in front of the television set after work, with good habits, such as going for a bicycle ride after work. "If we can get them in a structured program and they can *feel* fitness, then they can take off by themselves."

While fitness clubs are popular and excellent for the camaraderie involved in exercising, Hoeger points out that "you don't have to have fancy equipment" to stay fit. "You can be creative. I jog on the streets, do push-ups with my kids on my back, sit-ups with them on my stomach."

The important thing, adds Sawyer, is to find an activity the individual enjoys. "If they don't enjoy it, they won't do it very long."

People can and do derive great results from starting a fitness program late in life. Physical problems and disabilities, such as high blood pressure and low back pain, can often be alleviated through an exercise program. But the case of Jim Fixx is an example of someone who turned his life around through exercise, yet died prematurely because exercise was considered



Illustration by Chuck Scheer

the sole ingredient in health.

At age 36 Fixx smoked two packs of cigarettes a day, weighed 215 pounds and did not exercise. He also had a family history of heart disease. Running changed all that for Fixx—everything except the heart disease. The author of *The Complete Book of Running* and 10-mile-a-day runner died in 1984 at age 52 of a heart attack.

He had refused to take an electrocardiogram test or have his blood chemistry analyzed, apparently believing that running by itself would eliminate any heart problems. His family history and his own unhealthy past life caught up with him.

Certainly, running vastly improved Fixx's life, but being aware of his propensity for coronary disease could have greatly prolonged his life had he taken corrective measures.

Fixx's death did much to promote the budding concept of wellness, where blood chemistry, family history and stress levels are considered on par with exercise. His death should also have demonstrated the need to develop a fitness and wellness lifestyle early in life. Unfortunately, childhood fitness has regressed in recent years.

"The state of physical programs for elementary kids in this country is pathetic and inexcusable," charges Pfeiffer. One fitness specialist for 1,500 children is common in most school systems, he says. The priorities for sports and fitness programs

are at the upper levels, he says, with most money going to the organized high school sports.

Yet as Hoeger notes, "Many of the chronic diseases start in childhood," and are directly related to obesity and nutrition. Overweight and sedentary children may be setting the course for coronary disease and cancer later in life. "Coronary disease doesn't begin suddenly at age 21," says Hoeger. And he adds that half of all cancers are nutritionally related.

Adds Pfeiffer, "People think kids are active because they're kids, and they don't have to worry about fitness... and that's wrong." Kids are not as active as they used to be. There's a lot of high-tech stuff around that wasn't there 10 years ago. And food at home is a lot different. The kids are often on their own and they're going to eat what tastes good—sugar."

"Fitness is a trend, not a fad," asserts Hoeger. "Unfortunately we live in a society where we want overnight success. Fitness is a lifetime commitment. The challenge is to change lives.

"The main benefit of fitness and wellness is the quality of life that people who are physically fit enjoy. We know that they have less disease and live longer. But it all boils down to quality of life. You feel better, you look better, you work better." □



Right At Home

BSU service
aids elderly

By Jocelyn Fannin

Jack Goodenough celebrated his 101st birthday on July 20, not in a nursing home, but in the same house he has lived in since 1945. He takes great pride this summer in his tomato patch and his tiger lilies.

LoRayne Sherman, 37 years his junior, also lives alone in her own home — in spite of multiple paralyses from a childhood bout of polio and a severe fall over a year ago that left her sense of balance disrupted. She, too, takes pride in her independence.

Sherman and Goodenough — and many others like them — have maintained their own homes with help from homemaker/client care assistants working in the Boise State University Homemaker Service Program.

Now in its seventh year at the university, the program became two-pronged in 1986: About 24 aides work with approx-

imately 400 clients in Ada, Elmore and Eastern Owyhee counties, and training classes have been videotaped and offered in rural areas of the state.

Goodenough, a former World War I veteran and army cook, is the service's oldest client. Twice weekly he is helped with his household chores by Alta Hartley, who has worked with him for a number of years.

Hartley, one of only two full-time assistants, fits 26 clients into her weekly schedule. She comes into Goodenough's home to cook his lunch, clean up his kitchen, change his bed and help him bathe.

"Sometimes they [clients] need help to provide them with other services, and we try to see that they get them," Hartley said, pointing out bathing equipment provided by the Veterans Administration, and noting that a VA nurse also visits Goodenough twice a week.

Sherman, whose house was built to her specifications, including kitchen cabinets placed so that dishes and food are easy for her to reach, found that she needed more help after her fall.

Part-time aide Lori Covington has been with her since then. She helps Sherman bathe and assists with other personal care, makes her bed, vacuums and dusts, while juggling the needs of seven other clients on each day of her 3½-day-per-week schedule.

"It's particularly hard for our part-time people to keep to their hours. Sometimes there are days when things just happen like when a freezer has quit operating, and you know the client can't clean up the mess," said Glenda Hill, who has been the program's coordinator since it first came to BSU.

"My staff earns every penny that they get, and their pay is relatively low (\$5.39-\$5.94 per hour), yet in spite of that I have a 50-person waiting list.

"We usually have about 400 clients at any one time in Ada, Elmore and Eastern Owyhee counties," she said, citing a typical client profile: a woman with low income, about 77 years old, living alone and having multiple health problems. Aides also work with some younger handicapped people including those with debilitating diseases such as epilepsy or multiple sclerosis.

"We really are keeping people from nursing homes and shelter care. It is our aim to have people stay at home, and this is a cost effective program — not welfare, but a funding combination: federal funding from the Older American Act and state funding from the Senior Service Act," Hill said, noting that the grant operates on an extension from the Ida-Ore Regional Plan-

ning & Development Association and a smaller grant from the Visiting Nurse and Homemaker Service, a private non-profit group awarded United Way funds.

"Providing home care for the elderly — even though it can involve coordinating a number of home help agencies — is economical compared to the high costs of hospitals and nursing homes," Hill said.

According to a column by Maria Salazar, former director of the Idaho Office on Aging, which appeared in *The Idaho Statesman* on Feb. 12, homemaker programs in the state that assist the elderly and disabled in their homes reach 3,000 people. The total cost of these homemaker services is \$1.2 million, none of which comes from the Medicare program.

By contrast, Salazar said, "H&W officials report that about half of the state's \$68.5 million Medicaid budget is spent to maintain 3,000 low-income nursing home residents, mostly older people.

To help meet these alternate needs in Idaho, last year a grant to develop a statewide telecommunication system for training homemaker/home health aides was awarded to the BSU College of Health Science.

The FY '87 grant for \$49,500 from Region X of the U.S. Department of

"Our aim was to bring three groups together — health professionals, vocational educators and social services workers — to develop a network within our state. Previously, the regulations varied, and there was no standardization of training," Hill explained.

The curriculum, approved by both the State Office of Vocational Education and the Idaho Board of Nursing, includes 70 videotaped classroom hours and 20 hours of on-the-job observation. Personal care skills, as well as anatomy, physiology and nutrition are included.

The course, coordinated by baccalaureate nurse Fran Eno, has now been offered in Sandpoint, Moscow, Lewiston, Jerome, Pocatello and Idaho Falls, as well as Boise. About 65 aides completed the course in 1986, and that number expanded to 90 in 1987.

JoAnn T. Vahey, associate dean of the College of Health Science, notes that the population of those over age 65 is the fastest growing in Idaho, 38 percent from 1970-1980.

Vahey, who administers the grants, has been involved during the past few years in a multifaceted study of gerontology that has led to the recent approval by the State Board of Education of a new studies in aging minor at BSU. □



Health and Human Services was built on an earlier grant awarded to the university in 1985 by expanding the training from Boise to other Idaho locations.

"There has been a dramatic increase in Idaho for the need for paraprofessionals who help the elderly to remain in their own homes, but it's been difficult for people in rural areas to have access to this training," Hill said.

Far left: Thanks to homemaker/client care assistant Alta Hartley, Boise centenarian Jack Goodenough can remain at home and tend to his tomato patch. Above: Aide Lori Covington gives LoRayne Sherman a helping hand.

Photos by Mark Wibbels

FITNESS

T·H·E M·Y·T·H·S

By Ross Vaughn
and Ron Pfeiffer

*Most of us believe . . .
or want to believe . . .
the myths of fitness.
We buy thigh burners,
go on crash diets, and
constantly search for
shortcuts in the road
to the perfect body.
Two BSU physical
education professors
set us straight by ex-
plaining 10 of the
most common
misconceptions about
fitness.*

Ross Vaughn and Ron Pfeiffer teach physical education at Boise State. They are founders of the *Focus on Fitness* column that is published weekly in several Idaho newspapers.

M·Y·T·H

*Somewhere there's a miracle
method for achieving fitness.*

People keep looking for a miracle cure for their lack of fitness. They want to look great at the beach for their summer vacation, so they'll begin a crash program of diet and exercise. The newspapers and magazines are full of advertisements for fast, easy ways to lose weight or get in shape. The number of people enticed by these ads is alarming. These individuals don't seem to realize that they can't undo 20 years of inactivity, and suddenly become physically fit in a few short weeks. The body doesn't change that fast. The only way to improve your fitness is to make it a habit — a lifestyle.

M·Y·T·H

*I can have a better appearance
by spot-reducing.*

Some people believe they can get rid of fat in certain parts of the body by exercising those particular areas. Research has shown, time and time again, that there's no such thing as spot-reducing.

Each individual has a different pattern for storing fat in the body. Fat

may appear in greater concentration in some areas than in others. We have no control over where fat accumulates — this is controlled by our genetic makeup. Likewise, when our body metabolizes fat, we have no control over where this fat loss occurs. When the body loses fat, it does so proportionately all over. In order to lose fat in one particular area, we would need to metabolize enough total body fat to ensure that a proportionate share is lost in the desired area. If there's more fat in a particular area of the body, a greater percentage of fat loss will naturally occur there, because that's where the largest supply is located.

M·Y·T·H

Exercise converts fat into muscle.

Unfortunately, body fat is not converted directly into muscle tissue as a result of exercise. Fat and muscle are totally different types of tissue. To build muscle tissue, protein components known as amino acids must be present in the diet. Amino acids cannot be extracted from fat molecules. Fat is produced when excess calories are available. These calories come from either sugars or fats present in the diet.

Exercise can have a dramatic impact on both tissues, even though it is physiologically impossible to convert one into the other. Aerobic exercise uses stored body fat, like that found directly beneath the skin, as a form of energy. This energy is used by the muscles when we are active. In fact, this is the only way to use up stored

body fat. Thus, through physical activity the amount of body fat can be reduced, especially if combined with a reduction in dietary sources of excessive calories.

M•Y•T•H

4

No pain, no gain.

People who start an exercise program with this belief will soon be exercise dropouts. Pain is the body's way of saying it has been overstressed. If you ignore pain, you're more likely to suffer an injury.

Your body systems must be stimulated beyond accustomed levels to improve performance; however, this stimulation does not have to reach the point of pain to improve fitness. In fact, if you push yourself too hard, it becomes counterproductive, and you'll find yourself forgoing exercise for extended periods of time to recover from your injuries. Vigorous exercise is good, but listen to your body, and back off when you reach the point of pain.

M•Y•T•H

5

Weight loss can be achieved with diet pills and rubber suits.

A significant percentage of the body's total mass is water. Nearly all rapid weight loss pills as well as suits take advantage of this fact. Pills and rubber suits do not have an impact on the amount of fat in the body. Rather, they alter the amount of water in the body by either causing the kidneys to become more active, as is the case with most diet pills, or through increased sweating, as with rubber suits.

Since water is quite heavy, losing water can result in a significant loss in overall body weight. However, such losses are only temporary, since the fluid is quickly replaced through eating and drinking. In addition, significant water losses are unhealthy and can affect the body's ability to cool itself.

M•Y•T•H

6

Weightlifting makes women become muscle-bound.

This myth persists today primarily because of the public visibility of competitive women bodybuilders. These women give the impression that lifting weights can result in dramatic changes in the size of muscle tissue.

The truth is that any woman, regardless of age or fitness level, can benefit from a well-planned program of weightlifting without the feat of gaining significant muscle bulk. Women do not produce enough of the male hormone testosterone which is responsible for increases in muscle size. Therefore unless artificial hormones are used, it is physically impossible for women to significantly change the size of their muscles. There is evidence that many bodybuilders, both male and female, use steroids to increase their muscle bulk.

M•Y•T•H

7

Hot weather exercise increases salt requirement.

Many people believe that profuse sweating during activity on hot days increases the body's salt (sodium) requirements. As a consequence, supplementation with salt tablets or special high sodium beverages during the warm summer months is common.

Ironically, the human body is designed to compensate for increases in temperature and the subsequent increases in perspiration. The kidneys conserve sodium as well as other key minerals under exercise conditions. In fact, research indicates that even under conditions of extreme exercise in heat, sweat-related sodium loss is equal to about 13 to 17 grams per day. Such losses can be corrected with only an additional 8 grams of salt, or about 1/3 of a teaspoon, which is above the sodium present in the typical daily diet.

With the exception of ultra-marathon events, dietary sources of sodium and other minerals are sufficient to maintain normal body function even during hot weather.

M•Y•T•H

8

Weightlifting alone will make you fit.

While it is true that a well-planned program of resistive exercise will improve muscle strength and tone, it will not provide total fitness. Total fitness includes flexibility, cardiovascular endurance, and muscle strength. Weightlifting has little beneficial effect on either flexibility or on cardiovascular endurance. These fitness components require different types of fitness activities.

Cardiovascular endurance is best improved through regular aerobic exercise such as walking, jogging, bicycling and swimming. Flexibility can best be improved through a regular program of stretching exercises focusing on the major muscle groups and joints of the body.

A total fitness program should include activities designed to enhance all three fitness components.

M•Y•T•H

9

Eating a food high in sugar immediately prior to activity improves performance.

Since sugar can be used as an energy source for muscle work, many people think that consuming additional sugar just before physical activity will improve performance. Unfortunately, the body isn't designed to process large amounts of sugar within a short time period. When a large amount of sugar is introduced into the bloodstream, the pancreas responds immediately by releasing insulin, which is needed to get the sugar out of the bloodstream and

into the cells. This high level of insulin inhibits fat metabolism, the main source of energy for aerobic exercise. Thus, aerobic capacity is temporarily reduced.

In addition, the large level of insulin eventually removes too much sugar from the blood, resulting in mild hypoglycemia. This response also reduces the body's ability to perform physical tasks.

Large amounts of sugar in the gastrointestinal (GI) tract draw water from other body tissues in an effort to transport the sugar out of the GI tract and into the bloodstream. The net effect is that the body suffers from temporary dehydration.

The moral of the story is, don't consume concentrated sugar products just prior to physical activity since performance will probably be compromised.



Drinking fluids during exercise will give you cramps.

On the contrary, fluid replacement is a critical part of exercise, especially for endurance sports or in hot weather. Sweating away body fluids without replacement can not only hurt performance, but in more serious cases can lead to cramps, heat exhaustion, or heat stroke.

Unfortunately, thirst isn't always a good indicator of the body's need for fluids — several pints of water can be lost before you notice. Also, your thirst is often quenched before the lost fluid

is replenished. Therefore, a deliberate attempt must be made to drink enough fluids before prolonged, intense activity.

Plain water is always a good fluid replacement beverage. Sport drinks, such as Gatorade, are also widely used by athletes. Much controversy exists over the effectiveness of these liquids. Some scientists have pointed to the fact that plain water empties from the stomach faster than sport drinks.

Others will counter that sport drinks contain carbohydrates and electrolytes that speed absorption into the small intestine. Until more is known, your personal preference is probably your best guide.

Drink a pint of liquid two hours before exercising, and another 8-16 ounces one-half hour before exercise. During prolonged exercise, drink small quantities of liquid (4-8 ounces) every 10 to 20 minutes.

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FREE CASE EVALUATION

Health Help

Boise State is a healthy place. Whether you are 9 or 90, BSU offers you some kind of useful service that can help you lead a healthier life. Listed below is a directory of BSU's health and wellness programs. If you need more information, please call *Focus* at 385-1577 and we'll put you in touch with the right people.

CAREERS & COURSES

Interested in a career in health and wellness? BSU offers a variety of programs, from certificates to master's degrees.

Programs in the College of Health Science are in nursing, medical records, community and environmental health, respiratory therapy, radiologic technology, and pre-professional preparation for medical, dental, or other medical-related schools.

BSU offers the state's only minor in gerontology. Courses are taken in a variety of disciplines. The college also offers a selection of non-credit courses and workshops for nurses and other health care professionals who need continuing education.

The School of Vocational Technical Education offers dental assisting, practical nursing, and surgical technology.

The Department of Health, Physical Education, and Recreation prepares teachers, coaches, athletic trainers, and other professionals in the fitness/wellness field. The department offers a variety of pass/fail fitness activities ranging from dance to self-defense. A new master's degree in exercise and sports studies will begin this fall.

HEALTHY PLACES

BSU has an impressive selection of facilities open to students, staff, faculty, and in some cases, alumni and the public. Those include indoor and outdoor running tracks, tennis and racquetball courts, weight rooms, a swimming pool, basketball/volleyball courts, bowling lanes, and outdoor activity fields.

The Idaho Sports Medicine Institute near the Varsity Center provides medical assistance and rehabilitation for those with athletic injuries. A private medical facility, the institute uses BSU students as interns.

Research and fitness testing are the specialties of the Human Performance Center located in the gym. Sophisticated

equipment is available to help with evaluations.

JUST FOR KIDS

Summertime is kids' time at BSU. Physical education operates a youth sports program where kids can receive expert instruction in archery, soccer, tennis, and other sports. BSU's coaches also hold football and basketball summer camps for youth athletes.

ADVENTURES FOR THE DISABLED

From aerobics to cross-country skiing, kayaking to wheelchair basketball, Alternate Mobility Adventure Seekers (AMAS) is an organization that provides recreation and exercise for the physically disabled. Sponsored by the Outdoor Adventure Program, AMAS offers the use of campus recreational facilities, classrooms and the Human Performance Center, all of which are accessible to the physically challenged.

Outdoor recreation at the BSU Cascade Camp offers such activities for the disabled as horseback riding, canoeing, snowmobiling, and a nature trek established for wheelchairs.

A wheelchair-accessible van is available for transportation to off-campus recreational activities.

HEAD OUTDOORS

Escape the pressures of work and academia with a snorkeling expedition to Mexico, a bicycle tour through Canada or a whitewater trip down one of Idaho's premier rivers.

The Outdoor Adventure Program, sponsored by the department of physical education, offers a variety of trips and expeditions year-round to both the public and BSU students and personnel.

The OAP also offers classes and workshops to sharpen outdoor skills like kayaking, canoeing, outdoor photography, ski touring, winter camping and rock climbing.

STUDENT HEALTH SERVICES

Health services are economical for full-time students at BSU. Professional medical care is free and laboratory work available for a nominal fee at the Student Health Center, where physicians and nurses provide daily care when school is in session.

Included among the services are: allergy injections, contraception information and pregnancy testing, dermatology clinics, flu vaccines and immunizations, emergency care and minor surgery.

COUNSELING AND TESTING

Depressed? Lonely? Having trouble with classes? Counseling services are available to BSU students and personnel through the Counseling and Testing Center. The center can help with individual problem solving and personal and academic matters such as interpersonal conflicts, test anxiety, marital difficulties, loneliness and career decision-making.

Counselors also offer workshops, seminars and discussion groups on a variety of topics, and a number of standardized tests are available at the center.

RSVP TO RETIREMENT

Senior citizens often face a retirement where they feel no longer useful. RSVP (Retired Senior Volunteer Program) at BSU offers an opportunity for meaningful volunteer work for seniors that demonstrates to the community and themselves their worth, knowledge, skills and abilities.

RSVP recruits from throughout Ada County are now serving as volunteers at about 60 stations including hospitals, nursing homes, senior centers, museums, government offices, libraries and tourist information booths. Transportation or reimbursement for transportation to the workplaces can be furnished.

SAFETY CONSULTATION

A free safety and health consultation program designed to help employers protect workers and themselves from on-the-job accidents and illnesses is available through the Department of Community and Environmental Health.

Trained professional consultants will answer your safety and health questions and help solve workplace problems while suggesting methods of meeting legal obligations under Occupational Safety and Health Administration (OSHA) regulations.

Among consultation services offered are: comprehensive safety, noise, and air contaminant surveys, ventilation studies, and hazardous materials assistance. □

Here's to Your Health

The quest for fitness and wellness extends from the gymnasium to the laboratory at Boise State. The following profiles examine current research — ranging from physiology to psychology; air quality to AIDS.



Physiologist Pfeiffer is no dumbbell when it comes to adolescent weight training programs.

Photo by Glenn Oakley

Pfeiffer weighs kid power

Weightlifting may not replace hopscotch and softball on the school playground, but BSU researcher Ron Pfeiffer believes pumping iron can have far-reaching physical and emotional benefits for children as young as 6 years old.

Since 1985 the physiologist has put groups of adolescent boys and girls on weightlifting programs, monitoring their strength and muscle mass changes. His findings have contradicted two popularly held beliefs: that weightlifting is harmful to adolescent bodies, and children won't get any stronger until after puberty anyway.

"People cringe when you talk about elementary age kids lifting weights," says Pfeiffer. "But I've had 5-, 6-, 7-year-olds [in the program] and they love it. And it doesn't hurt them." Furthermore, says Pfeiffer, "the younger kids—pre-pubescent and pubescent—experienced significant strength gain, particularly in the arms and legs."

Pfeiffer believes weight training programs in the elementary schools could set children on a fitness and health awareness

path that will carry through their lives. He also believes that strength training through weightlifting could prevent future physical disabilities. Lower back problems, for example, are often caused by weak back or stomach muscles.

Weightlifting is an attractive method of keeping children physically fit, says Pfeiffer, because "almost anyone can have success." Many of the children in Pfeiffer's study have been physically inactive and overweight. When they begin lifting weights, says Pfeiffer, "It's an immediate feedback. They say: 'I'm doing something physical and I'm getting better.' And they've never had that before."

Professional papers presented and published by Pfeiffer have struck a responsive chord among physiologists. "I'm still getting inquiries from around the world," he says.

Pfeiffer plans to continue his research, looking next at using weightlifting to increase bone density in young girls. If successful, he believes such iron pumping at age 7 could alleviate a bone demineralization problem common among postmenopausal women. □

Weights can lift the spirit

Most experts agree that aerobic exercise is good for the mind as well as the body.

Running? Sure. Aerobic dancing? You bet. Both can get the heart racing, the sweat pouring, and the cerebrum cranking.

Swimming, basketball and bicycling? Certainly. All of these workouts require prolonged exertion that can tighten the body and sharpen the mind.

And now you can add weightlifting to these spirit-inspiring pastimes.

Weightlifting? We think so, says BSU psychologist Mark Snow.

Research has shown that aerobic conditioning can improve mental health and aid stress management. But weightlifting? Even though it's not considered aerobic? You bet, Snow contends.

Based on research he conducted on campus, Snow finds "strong indications" that weightlifting can be beneficial to one's psychological well-being.

Snow conducted his research by analyzing the mental and emotional health of two sets of women. "One group was taking aerobic dance and the other group was taking weightlifting for figure control," he explained. "I measured their depression, anxiety, and did a self-concept rating, and could not find a difference between the two groups. Both benefited.



Snow: Pumping iron can help subdue stress.

Photos by Chuck Scheer

"Research has shown that aerobic exercise has a positive impact on how we operate mentally; I found that the women who were lifting weights were also doing better [psychologically], just like the girls who were taking aerobic dance and getting a good aerobic workout."

Until recently, researchers have not looked at weightlifting as a boost to positive mental health, but Snow believes the concept merits further study. And Boise State, he adds, provides an atmosphere conducive to such pursuits.

"I was fortunate because [BSU

physiologist] Ron Pfeiffer was gearing up for a big study on weightlifting and females and he already had a control group. So it was a perfect opportunity for me to collect data and see how these women were operating mentally," Snow said. "I feel fortunate being at Boise State because there are people like Ron Pfeiffer here. I was able to ride on his coattails. I measured the same psychological variables that I did in the previous study. I am analyzing the data now."

Coattails or not, Snow's research is likely to carry a lot of weight. □



Centanni's AIDS research covers a wide scope.

Centanni 'aids' Idaho's public

Russell Centanni's latest biology research is not primarily for publication, but for presentation.

Centanni is devoting himself to educating the Idaho public about the Human Immunodeficiency Virus, now commonly known as AIDS.

"Acquired Immune Deficiency Syndrome is our society's most urgent problem, and I see myself as an educator who is gleaming as much research as possible from data, journals and conferences and transferring that knowledge into content laymen can respond to," he said. "At a time when we do not have adequate therapy such as a vaccine, the best avenue to control this modern plague is education."

"Too many heterosexuals are saying, 'This is not my problem,' but we're looking at the molecular biology of a virus,

and that virus doesn't care what our sexual preferences are.

"There's probably not going to be a vaccine for that virus before the turn of the century. What is really needed now is behavior modification."

Centanni has worked on AIDS education since 1985 when he was asked to serve as education coordinator for the Idaho AIDS Foundation. Teaching about sexually transmitted diseases is not new to Centanni, who has lectured on the subject in area communities and their schools since 1974.

He gathers the latests AIDS information from "lots of library work," in such biological research sources as the U.S.

They examine burning issue

Does the use of wood stoves in Boise area homes have a significant relationship to the number of children's respiratory ailments?

A recent BSU study of 58 children, ages 1-5½, says "yes."

"Impact of Indoor Wood Smoke on the Respiratory Health of Preschool Children" was conducted during January and February 1986 by Patricia Butterfield and June Penner, both teachers in the BSU nursing department; Eldon Edmundson, dean of the College of Health Science; and Gerald LaCava, associate dean of the College of Business.

Study results showed a statistically significant relationship of the frequency of coughing, wheezing, wheezing severity, and waking up with coughs for children exposed to indoor wood smoke from those whose homes were heated from other sources. Significant relationships between the hours wood stoves were used and the reported cough severity were also documented.

"Data collected over a short period of time doesn't indicate completeness, but we were able to substantiate a difference in the quality of life for those children in homes heated by wood," Butterfield said.

LaCava helped set up the random sampling of 43 families from throughout the Boise 10-prefix telephone area that resulted in studying 19 homes without wood heat and others with different levels of use of wood stoves.

The environmental health research was conducted by obtaining data from home visits and by having parents mail in forms listing the frequency and severity of their children's symptoms.

Children who were out of their homes more than eight hours per week and

Public Health Service Center for Disease Control epidemiologic reports and videos made available through the Idaho Bureau of Preventive Medicine.

By late June, Centanni had already given about 35 presentations on AIDS since January to area service clubs, churches, schools and teacher workshops. He participated in an AIDS symposium on campus in January and also spoke at Idaho Science Day sponsored by the Idaho Science Teachers Association in April.

He is a member of the BSU AIDS Task Force, which is developing an informational brochure and guidelines for BSU personnel and students to deal with the dreaded disease.

Centanni feels that the public absolutely has to understand what is known about AIDS: that it is either transmitted sexually or intravenously.

"The general populace has to understand that the virus is carried through risk behaviors," he said. "If you are sexually monogamous and your partner is healthy, if you don't use infected needles, and if you don't need regular blood transfusions, your chances of getting AIDS are next to nothing.

"If we engage in those risk behaviors, we must be willing to alter our patterns. Condoms are not foolproof, but are better than nothing," he said. "AIDS is not easy to get. Our goal has to be to provide education to prevent it." □



A study on wood stoves by Butterfield, left, and Penner may help Boiseans breathe easier.

children with chronic pre-existing respiratory diseases were not included in the study.

Wood smoke and its effects on the Treasure Valley have been the subject of several studies conducted by the College of Health Science in recent years, but no one had looked at this issue previously, Butterfield said.

Funded from BSU research monies, the study will be replicated this coming winter with a larger population sample, as about 100 area children will be reported on over a 12-week period.

"We're a good area to study," Penner said, "as many people do rely on wood for heat. We need to know what the effects of that can be." □

TV health show to debut on 27

Healthline, a locally originated program on health and wellness topics, will make its debut this September on Connection 27, a television channel operated by United Cable and BSU.

The show, according to Health Sciences Dean Eldon Edmundson, will emphasize the prevention of illness, with interviews of local experts on topics such as nutrition, county health services, drug and alcohol education, cardiovascular issues, sports injuries, and sports psychology.

Dr. Ted Walters, director of the Ada County Medical Education Consortium, and Edmundson will be co-hosts of the program, which will change each week. □

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Say It Ain't So

BSU's fitness assessment helps the author come to grips with a weighty problem.

By Bob Evancho

The computer printout with my Physical Fitness and Wellness Profile didn't mince words. Cardiovascular endurance — fair. Muscular strength and endurance — average. Muscular flexibility — poor. Body composition — . . . uh, well . . . fat.

None of the results were glowing testaments to my physical conditioning, but that last one really hurt. Personally, I prefer "stocky" or "husky" to describe my build, but fragile egos and bruised feelings were of no concern to that wretched computer.

"Fat" was the demoralizing word it used to categorize my physique. Even "heavysset" or "chunky" would have been better. I can handle being told I'm languorous and out of shape—but please don't call me fat.

This rude awakening took place in October 1986 after I went through the fitness assessment offered by Boise State's Human Performance & Wellness Alliance. The service, which is free to BSU employees, comprises a series of fitness tests followed by an analysis of the results by exercise physiologist Werner Hoeger, director of BSU's Human Performance Laboratory.

The tests, supervised by Hoeger and Phyllis Sawyer, BSU health promotion director, are conducted with equipment ranging from basic to high tech: a stationary bicycle to check maximum oxygen consumption, a spirometer to gauge lung capacity, a Universal weightlifting machine to rate strength, a computer to analyze cancer risk and stress vulnerability . . . and the dreaded skin caliper to measure body fat.

In keeping with the fitness and wellness theme of this *FOCUS* issue, our staff thought a first-person account of the procedure would be appropriate.

In the name of the slightly overweight everywhere, I volunteered. And although I harbored no illusions of tenuity, I didn't expect the assignment to bring such dire news, either. "You need to lose a few pounds," Hoeger said as he surveyed the printout a few days after my assessment.

At least he didn't say I was fat.

But what else do you call someone who is built like a can of Budweiser? Big boned? Not when the printout says you have 26 percent body fat and it should be 14. And not when it says your ideal weight was almost 30 pounds ago. It was obvious I had a weighty problem on my hands.

I consoled myself with copious amounts of food and drink



Above: BSU exercise physiologist Werner Hoeger, right, checks the pulse of the author, who is going absolutely nowhere with his fitness assessment. Upper right: After huffing and puffing for BSU respiratory therapist Jeff Anderson, the author relayed a blow-by-blow account of his spirometer test. Lower right: The author's spirits are anything but uplifted as Phyllis Sawyer, BSU health promotion director, observes.



throughout the winter, dismayed at the thought of telling the world about my growing girth.

Then, my prayers were answered: Our fitness and wellness issue was postponed until this edition. "I still have a chance to escape the stigma of sloth," I said to myself in late February. "Perhaps I can take the test again."

Renewed hope arrived with springtime; I vowed to make amends for my indolent ways—anything to avoid self-humiliation in *FOCUS*. Throughout March, April and May running and racquetball replaced lunch at Louie's. Iced tea supplanted ale; pizza became poison.

I felt better. A few people even said I looked better.

"I'd like to take the fitness assessment again," I announced to Sawyer in early June.

Sawyer agreed, and a week later she delivered an updated profile with the results of my efforts: Cardiovascular endurance — average. Muscular strength and endurance — average. Muscular flexibility — fair. Body composition — MODERATE!

"Moderate. That means 'not fat,' right?" I asked Sawyer.

"Well, it's an improvement," she allowed.

OK, I know moderate hardly means frail. And I realize I only shed 9 pounds and 2.8 percent body fat. But at least it's a start. All I know is my body composition is moderate—not fat.

The computer said so. □

Alliance makes house calls

If Boise State employees won't come to the university's Human Performance & Wellness Alliance, the alliance will come to them.

Although BSU offers its faculty and staff members an on-campus fitness assessment program through the alliance (see main story), most folks are reluctant to avail themselves of the service.

"Some people are threatened by it because they know they may not score well," said Phyllis Sawyer, BSU health promotion director and alliance coordinator. "Because of that, we're making an effort to get to the people on campus. We're going to reach out into the different departments."

The more elaborate fitness assessment equipment is in the university's Human Performance Center, but that doesn't mean Sawyer and her colleagues are willing to sit and wait to evaluate the health of the BSU community.

"We may not have people who go through the entire battery of tests, but hopefully we can get everyone on campus to go through at least part of it by visiting them," Sawyer said. "We can do the blood cholesterol check, a blood pressure check, and sit-and-reach flexibility tests. That way it's not so threatening."

The blood cholesterol test can be done with a new computerized instrument called a "reflotron." A finger is pricked for a blood sample, and the sample is placed on a tab, which is entered in the reflatron. In less than three minutes a reading on the subject's blood cholesterol appears on a computer printout.

Like Sawyer, Human Performance Laboratory director Werner Hoeger worries that those most likely to eschew the fitness assessment are those who need it most. Although the abbreviated version is better than nothing, he encourages all BSU employees to take the entire fitness assessment—before it's too late.

"Some of them say they're going to wait three or four months and get in shape before they come in," he said. "Most people are not going to change their [diet and exercise] habits unless they have some professional help; if they don't know the principles of nutrition and exercise they're not going to get into better shape. They need to take advantage of the services we have—now."

"We're here to help and educate them. They should come in now and get started on a program. If they say they're going to wait to get into better shape, that 'better shape' may be never."

Cost is another factor. With the exception of an optional \$15 blood test (the charge is for the university's lab fee), the entire fitness assessment is free to BSU employees. Hoeger estimates the cost would be \$150-\$200 elsewhere. □



Good Sports

These four BSU faculty members demonstrate that athletic competition can coincide with a successful career.



When it comes to winter sports, engineering professor Parks would rather stick with hockey.

He's hooked on hockey

At an age when many of his peers engage in milder forms of recreation, Don Parks is still lacing up his skates two or three times a week during the winter for a rigorous round of hockey.

Not that Parks, a 43-year-old Boise State professor of engineering, has to be overly concerned with violent collisions, fisticuffs and pucks that seem to be traveling at Mach one: He has opted to participate in a "no-check, no-slap shot" adult league at the Boise ice rink.

"This type of hockey is a lot of fun," said Parks. "You don't have to worry about someone running into you, at least not intentionally. You're less likely to get hurt."

And although the rough stuff may not be there, the physical exertion certainly is. "It's my main source of fitness and how I get most of my exercise," Parks said. "I enjoy the competition, but in this league most of us are there for the workout. It really doesn't matter that much who wins and loses, as long as you get good exercise and play hard."

"It's really an intense workout. You go out there and play for five minutes and you can barely stand up. But once you get

your breath, nothing can keep you from getting back into the game. It's great to have exercise that's also a blast and doesn't seem like work."

Parks began playing hockey as a youngster in Denver and became more involved with the sport while attending graduate school at the University of Minnesota—a veritable hockey hotbed—from 1966-1973. "The school has an elaborate intramural hockey program with over 100 teams," Park said. "It took the entire winter quarter for the playoff system to determine the champions in each division."

In 1973 Parks received his Ph.D. from Minnesota and moved to Boise. The indoor ice rink was built three years later. Since then, he's been involved in the adult program as a player and league coordinator.

Hockey, Parks says, is more than just a diversion from his professional obligations. "During the years I couldn't play, I found it hard to keep in shape. Now I schedule my other activities around my hockey. It's one of the things I wouldn't give up for anything." □



Kayaker Koeppen goes with the flow.

Photo by Glenn Oakley

The priorities of paddling

Dave Koeppen, an assistant professor of accounting at Boise State, has competed in kayak slalom racing since his college days in his native Montana. The sport involves maneuvering a kayak through a series of gates suspended over a stretch of whitewater river.

In 1974 he spent two months training in Germany, returning to compete in races from British Columbia to Vermont, including the national championships. From 1976 through 1979 Koeppen won every slalom race he entered in Wisconsin, where he was attending graduate school. For the past three years he has designed the race courses for and competed at the Pan American Cup Race and the Mid-Atlantic Slalom Series. Now 32, Koeppen discusses the role of competition in his

busy athletic and professional schedule.

"At this point I'm not as competitive with the other people as I was when I was in good shape. Now it's more of a competition to see how well I can get down the course, keep on a nice fine line as I'm going down the race course," he said. Now it's more of a competition against myself and the course. But if you don't compare yourself with other people you don't know what you can do.

"In the back of my mind there is always that desire to work at it as hard as I can—see how good I can be. Practically speaking I expect I'll continue to do as I've always done. There are other things that are more important. Getting my Ph.D. was more important than becoming a great paddler. □

Triathlon: To finish is to win

Mike Merz struggled to explain his actions. "I'm not sure. It doesn't make any sense. It's crazy," he said.

No, Merz isn't a compulsive eater.

"I don't really know," he continued. "It's one of those things that you do, and you must like doing it, but you can't really give a rational answer that makes any sense. . . . After you're out there three or four hours you're thinking, 'What am I doing this for?'"

No, he's not a habitual gambler.

Merz, a professor of accounting at Boise State, competes in triathlons, which helps explain his use of words like "crazy." After all, what better way to describe your involvement with a race that combines long-distance running, swimming and bicycling in one event.

Although he usually finishes at or near the top of his age division in these grueling races, Merz maintains his stiffest competition comes not from the other athletes, but from the event itself. "The major accomplishment," he said, "is just finishing."

Even though the triathlon is demanding and exhausting, Merz says the camaraderie among the competitors helps offset some of the pain and fatigue. "I have friends who also compete and it's enjoyable being with them," he said. "There's usually a picnic or party after a race and that's always fun."

Merz, 52, participated in his first triathlon in Ketchum six years ago. "I just got swept up in the excitement," he recalled. "I had been running since 1972 and I just decided to try it."

Since then, Merz has participated in 13

individual triathlons. The distances vary, but the swim is usually between 1 and 1.5 miles, the bike race 20-40 miles, and the run 4 to 10 miles. In 1986 and again this year he and two sets of teammates also took part in the longer Idaho Triathlon with Merz performing the first leg—a 1.2-mile swim in Lake Lowell. Fellow BSU employees Angus McDonald, who did the 41-mile bicycle race, and Gary Mercer, who completed the 13-mile run, combined with Merz for a second-place finish in their division earlier this summer. But it was the 1986 Idaho Triathlon that was particularly memorable for Merz as he teamed with sons Brian, who biked, and Peter, who ran, to complete the race.

With his training regimen, Merz usually devotes two days each week to each leg of the triathlon. "I'll train five or six days a week for 40 minutes to an hour," he said. "I'll bike a couple days, run a couple and swim the other two."

In his 13 years at Boise State, Merz has been able to blend his training and teaching schedules quite easily. "I'm fortunate being a teacher because I have a flexible schedule," he said. "During the school year I can usually work out at lunch time. In the summer sometimes I train in the morning and sometimes in the evening. It just depends what else is happening on any given day." Merz also participates in local runs like Barber to Boise and Robie Creek.

The drive to challenge himself and enhance his health has allowed Merz to remain competitive in the triathlon. And he has no immediate plans to do anything differently. "I definitely would still like to do them when I'm 60," he said. □



As a triathlete, Merz is no easy rider.

Photo by Chuck Scheer

Good golly, Miss Volley



Success has been Bailey's net result.
Photo by Chuck Scheer

There was a time when volleyball meant just about everything to Darlene Bailey.

Oh sure, as Boise State's coach and one of the top senior players in the country, the sport still plays a significant role in her life. But at 36, her priorities as a competitor have shifted somewhat.

When Bailey was 22, she reached a crossroad in her life when a Ph.D. program, a musical career, and volleyball all beckoned at the same time. "I was kind of good at a number of things, but I wanted to be *really* good at one," she recalled. "So I chose volleyball. My logic was that when I was 35 my mind would function just as well, but my body wouldn't. Now I'm headed back to the classroom and taking my first classes at Boise State. I went with the body then, I'm going with the brain now. Musically, I felt I could be in the top 40 percent of the field; in volleyball, I felt I could be in the top 10 percent."

With a master's degree in comparative culture from UC-Irvine, it's obvious Bailey didn't ignore more cerebral endeavors while pursuing her athletic career. But for a dozen years volleyball was Bailey's motivating force. And during that time she placed among the nation's elite female players—at least until 1984. The Boise State volleyball team's 17-19 record that year proved to be pivotal in Bailey's decision to shift her focus.

"That was the first and only losing season we've had here," Bailey said. "In the spring the year before, I had played on my third national championship team at the open level and I was spending a lot of time flying to northern California. But after the '84 [collegiate] season I realized I needed to spend more time with my team

in the spring and devote more mental energy to the players. The physical energy was there, but they needed more. So I informed the team I would no longer compete on a full-time basis at the open level and just play senior [30 and over] tournaments.

"But I was 34 and still playing at the open level at the time, so I didn't feel too bad going to the senior level. I just love to play."

And play she certainly can—with the best of them. Seven times she has earned All-America honors from the United States Volleyball Association (USVBA)—most recently in 1987 in the senior national tournament. Bailey has also played on three USVBA open and three AAU national championship teams, and was named most valuable player in the AAU national tournament in 1976. In addition, she was inducted into UC-Irvine's athletic Hall of Fame last year. Her coaching record isn't too shabby, either. In her eight years at BSU, Bailey has guided the Broncos to a 159-98 record and one national tournament appearance.

Bailey's participation at the senior level still allows her to stay abreast of the latest in volleyball, which in turn helps the BSU program. "The university has been very supportive of my personal athletic endeavors," Bailey said. "By staying competitive I'm up to date on the latest coaching techniques and in touch with many of the top coaches. I want to be the best coach I can and it's important to stay on top of things."

Bailey hopes to play at the senior level for another four or five years. "I'll continue to play as long as I can do well," she said. "My coaching style revolves around my participation in the sport. It's something that's ingrained in me." □

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Bunch leads Alumni

Connie Bunch, a fifth grade teacher at Mountain View Elementary in Boise, has been elected president of the BSU Alumni Association for the 1987-88 academic year.

The association includes more than 30,000 alumni, and provides a variety of social and academic support services to the university.

Bunch, who received a degree in elementary education from BSC in 1970 and a master's in curriculum and instruction in 1987, has served on the alumni board of directors for five years.

She said the projects planned for the coming year include:

- Finalize funding of scholarships for the marching band and hold a reunion of past band members in September;
- Support the Year of the Teacher activities and hold a reunion for education graduates in October;
- Initiate an alumni hall of fame to honor graduates for service to their communities. The award will be presented at the Top Ten Scholars banquet in the spring.

In addition, Bunch said the association will continue to work for legislative support for higher education. "We've seen an increase in interest from the legislature, and now we must continue our efforts to secure more support," she said.

Other officers include Bob Beaver, principal of Highland Elementary School, first vice president; Carol Hoidal, a consultant, second vice president; Mark Lliteras, First Security Bank, treasurer; and Paul Fourney of Events Unlimited, secretary.

Alumni Association directors will be Ray Oldham, First Interstate Bank; Tom Blaine and Mike Bessent, both Albertson's; Pat Sullivan, an aide to Sen. James McClure; Mike Miller, First Security Bank; Jane Pugrud, United First Federal Savings; Jolene Ogden, Boise Podiatry Clinic; Paul Schaffeld, a Boise school teacher; Wayne Mitteldeier, a business administrator; and Jeanne Lundell, owner of Lady Green Thumb. □



eln touch



1960s

Gregory Pilcher (BA, History, '69) is working at St. Joseph Regional Medical Center in Lewiston.

1970s

Robert L. "Jake" Jacobs (BS, '71) has been named vice president of human resources for Wells Manufacturing Corp.

Richard W. Poore (MBA, '72) was appointed to vice president of sales and marketing for Ingersoll-Rand Company's power tool division.

Nick Testa (BBA, General Business, '76) will compete in the 1987 Ironman Triathlon in Kona, Hawaii on Oct. 10. He and his wife **Susan Rispaud Testa** own the Italian Deli, Los Altos, Calif.

Ann R. Howie (BBA, Theater, '78) received a master of social work degree from Our Lady of the Lake University in San Antonio.

William C. Glynn (MA, Business, '79) is president of Intermountain Gas Industries, Inc. and its subsidiary, Intermountain Gas Co.

1980s

Capt. Brian D. Hurlbert (BS, Psychology, '80) has graduated from the Squadron Officer School at Maxwell Air Force Base, Ala.

James Hungerford (CC, '80) was promoted to manager of Bressie Co., Boise.

Norbert DeKerchove (English/Communication, '81) is employed by C-I/Mitchell & Best Company in marketing and public relations.

Dan Stephens (BS, Biology, '81) has been granted a fellowship for doctoral studies in biology at Idaho State University.

David Wood has been promoted to vice president and area manager of First Security's Twin Falls branch.

Richard J. Coleman was promoted to an officer in mortgage loans at the First Security Bank in Ketchum.

Joe Ballenger Jr. (BS, Pre-Dental, '81) earned a doctor of dental surgery degree from Creighton University in Nebraska.

Carol West (BA, Marketing, '82) has joined the Idaho Central Public Employees Credit Union as a member marketing representative.

James H. Bates (BS, Pre-Veterinary, '82) earned a doctor of medicine degree from Creighton University in Nebraska.

Glen Gardiner (BS, Geology, '82) is employed with Display Data Corporation in Washington.

Mark K. Jarratt (Management, '83) graduated from the U.S. Air Force pilot training, and received silver wings at Reese Air Force Base in Texas.

Brent Cherry (BBA, Construction Management, '83) received a Juris Doctor degree from the J. Reuben Clark Law School at Brigham Young University.

Larry M. Madden (AAS, Electronics, '83) completed basic training with the Army National Guard at Fort Dix, N.J.

Stuart N. Summers (BBA, Management, '83) was promoted to district sales manager of the consumer products division of Johnson Wax products in Los Angeles.

Dwayne D. Hines II (BBA, Management, '83) has graduated from the U.S. Air Force security police specialist course at Lackland Air Force Base, Tex.

Master Sgt. Gary L. Calkins (BBA, Marketing, '83) has arrived for duty with the 497th Reconnaissance Technical Group, West Germany.

Gary L. Calkins (BBA, Marketing, '83) was named outstanding senior administrator of the year for the Tactical Air Command.

Evadna R. DeKerchove (BA, Education, '83) is employed by Prince George's County Public Schools, Kensington, Md. as an elementary

Band alumni reunion planned

Former BJC and Boise State band members have been invited to a reunion Sept. 4-5, highlighted by the debut of the new BSU Keith Stein Blue Thunder Marching Band.

A luncheon will be held for band alumni Saturday, and a special section will be reserved at the Broncos vs. Delaware State game that evening.

Other highlights of the band get-together include a social hour and picnic Friday and a campus tour and champagne reception prior to the game Saturday, according to Dyke Nally, Alumni Association director.

The new marching band was launched in 1986 with a \$250,000 donation from Keith and Catherine Stein, Boise. It will feature between 100-120 members.

Fund-raising for the band has also been conducted by the Alumni Association and the BSU Foundation.

Those interested in attending the band alumni reunion should contact the BSU Alumni Office, (208) 385-1959. □

Teacher reunion set

A reunion of BJC/Boise State education graduates and other alumni who have been involved with teaching is planned Oct. 23-24 in conjunction with Homecoming to celebrate the Boise State "Year of the Teacher."

Activities planned by the Alumni Association for the reunion will include the Broncos vs. Idaho State University football game, a concert/dance, and the annual "World's Largest Tailgate Party."

A symposium on "Teaching: The Essential Profession" will be conducted Oct. 22 and 23 at the university to analyze the teaching profession's current status and ways to improve it.

"The Year of the Teacher" at BSU is dedicated to encourage the brightest to enter the teaching profession and to recognize the best who have," according to coordinator J. Patrick Bieter.

Those interested in more information about the reunion should contact the BSU Alumni Office, (208) 385-1959. □

Bryant honored by scientists

Marvin P. Bryant, a 1947 graduate of Boise Junior College, has been elected to the National Academy of Sciences, one of the highest honors for an American scientist.

Bryant is a professor of microbiology at the University of Illinois at Champaign-Urbana. He specializes in the study of anaerobic (living where no oxygen exists) bacteria of ruminants — cud-chewing animals such as cows, goats, deer and antelope.

Bryant received his bachelor's and master's degrees from Washington State University and his doctorate from the University of Maryland.

He has also been awarded the 1986 Fisher Award in Microbiology, the highest award given by the American Society of Microbiology.

In a recent letter to *FOCUS*, Bryant saluted "the great teachers" he had at BJC, including Ada Hatch in English composition, Elsie Buck, mathematics, and Joseph Spulnik, inorganic chemistry.

"The most important influence on me came from Dr. Donald Obee," he said. "Since I liked various aspects of biology, he suggested that I pursue a career in bacteriology."

"I have never been taught by more stimulating and challenging people than those at Boise Junior College. One wonders how Eugene Chaffee could have assembled such a group." □

school teacher.

Ellen Howard (Education) was chosen teacher of the month for March by the Nampa Chamber of Commerce. She is a fourth-grade teacher at Lakeview School in Nampa.

Kathy Hartung (BA, Education) was honored as New Plymouth's Teacher of the Year. Kathy is a sixth-grade teacher.

Carrie Ploss (BS, Business) was selected as Kimberly's teacher of the month.

Nancy B. Davis was elected president of the Association of Operating Room Nurses.

Marie Basabe-Alder (BBA, Office Administration, '84) was appointed manager of new Nampa area sales for First Security Bank.

Barbara Hess (OC, '84) is an office assistant in a

Portland law firm.

Anna Baumhoff (BS, Geology, '84) has been awarded a \$900 project grant from the American Association of Petroleum Geologists.

Baumhoff, a graduate student in the cooperative Idaho State University master's degree program in geology available at Boise State University, is conducting research on "The Miocene Monterey Formation, Shell Beach, California: Pressure Solution Occurrence, Distribution, Geometry and Genesis."

Air National Guard Airman 1st Class Freddie J. Friel (BA, Economics, '85) has graduated from Air Force basic training at Lackland Air Force Base, Tex.

Merri Pippin (ADN, Nursing, '85) is employed by Harbor-

Medical mission makes them smile

Fifty-eight people on the remote Philippine island of Mindanao are smiling today.

No, they haven't found the number to Ferdinand Marcos' secret Swiss bank account or a cache of Imelda's shoes.

Instead, their smiles come when they look in the mirror and see the work of Boise plastic surgeon J. Edward Hayes and surgical nurse Glenna Hargrave, who spent two weeks earlier this year repairing cleft lips in the city of Cagayan de Oro.

Hargrave, a 1978 Boise State graduate in nursing, said the birth defect creates a large gap where the upper lip doesn't come together. For whatever reason . . . poor prenatal nutrition or heredity . . . cleft lips are found in unusually large numbers on Mindanao.

The deformity, explains Hargrave, causes difficulty in eating and breathing. But more important, in the Philippines victims are usually socially ostracized.

"They are ashamed and put their hands over their mouths . . . it is hard to be accepted socially. They don't even go to school," she said.

For most, the surgery changes that.

"After they get repaired you can see it in their eyes. They are so happy because they look normal," she added.

The Boise surgical team was sponsored by Operation Mercy, a medical mission based in Texas. This was the second trip for Hayes, the first for Hargrave.

She has wanted to serve on a medical mission for several years. Films about missionary work in the Philippines "touched my heart . . . I knew that is where I had to go," she explained.

The purpose of the mission was not just to perform the surgery, which was offered free of charge to all who needed it.

view Medical Center in Seattle.

Willis R. Robinette (BBA, Finance, '85) was promoted to loan officer at the Rigby Office of the Idaho First National Bank.

David Woggon (BBA, Business, '85) was promoted to a specialist in the health insurance data processing department at State Farm in Bloomington, Ill.

Cameron K. McRae (BBA, Accounting, '85) has completed the basic field artillery cannoner course at Fort Sill, Okla.

Craig A. Fuller (AS, Machine Shop, '85) has graduated from Air Force basic training at Lackland Air Force Base, Tex.

Brian Daly (BA, Anthropology, '86) has been award-

ed \$7,500 for graduate studies at Indiana University.

Jennifer Blasdel (Criminal Justice, '86) is employed as a Blue Cross customer service representative.

Karin Lynde (AAS, Medical Records, '86) is employed with West Valley Medical Center in Caldwell.

Veronica Gehring (BBA, Marketing, '86) is employed with Noble & Associates in Washington D.C. as a marketing research analyst.

Lynn A. Walhof (BA, Communication, '86) was hired by Idaho Bank & Trust as communications officer in Boise.

Andrew N. Pena (BBA, Finance, '86) is working for Morrison-Knudsen in the field accounting department in Boise.

Kendall House (BA, An-



Hargrave, left, tends to a young patient in Mindanao.

"Our goal was to train Phillipine doctors to do cleft-lip surgery. We want to make Cagayan de Oro a center for the region," Hargrave said.

Only 15 plastic surgeons practice in the Philippines, with most based in the capital city of Manila. That leaves the rest of the country served by doctors who haven't been trained in the intricate cleft-lip procedures. At Cagayan de Oro, the Boise team trained an ear, nose and throat specialist and a general surgeon.

Hargrave said people are so anxious for the surgery that they walked long distances or took long bus rides to be treated. In the U.S. most cleft lips are fixed during childhood, but on Mindanao the team worked on several adults, including one 53-year-old man.

Hargrave used her vacation time and paid her own airfare to take the trip, but said the experience was well worth it.

"Being there is like a dream . . . so many things happened that I will remember all my life.

"It is really neat watching surgery . . . it is just like a miracle. It makes you feel good that you can at least help that much." □

thropology, '86) was awarded \$5,500 for graduate studies at the University of California, Davis.

Troy Clements (BBA, Marketing, '86) has opened a business "Main Street Treats" in Twin Falls.

Dave Harmel (BBA, Business, '86) has been awarded a Scholar Athlete Award for excellence in both academics and sports.

Staff Sgt. Alva D. Foy, Jr. ('86) has graduated from the integrated avionics specialist course at Lowry Air Force Base, Colo.

Robert Heffner (BS, Physical Education, '87) is employed with Ada County paramedics in Boise.

Jeff Day (Chemistry, '87) was awarded over \$11,000 in financial assistance toward ob-

taining his Ph.D. in organic chemistry from Washington State University.

Greg Despopoulos (Chemistry, '87) has accepted a graduate study teaching assistantship and research fellowship in chemistry from Columbia University in New York.

James H. Smiley, Jr. (BBA, Accounting, '87) is employed as a staff accountant at Albertson's main office in Boise.

Deaths

Chi Chi H. Linn died June 14 in Chantilly, France. She taught French at BJC in 1965 and was an assistant in the French department in 1960.



Alumni host golf gathering

Golfers will gather at the Elkhorn Resort in Sun Valley on Saturday, Aug. 22 for a scramble format tournament sponsored by the BSU Alumni Association.

The annual event has been held in the past in Twin Falls and Jackpot.

The \$75 fee includes green fees, cart, tee prizes and a barbecue after the tournament. Special tournament room rates will also be available at Elkhorn.

The 4-person scramble teams will tee off at 3 p.m., with an awards ceremony scheduled for 7 p.m.

For more information about the tournament, contact the BSU Alumni Office, (208) 385-1959. □

Giles receives CSUS award

Mary E. Giles, professor of humanities at California State University, Sacramento, has been named recipient of the CSUS Outstanding Scholarly Achievement Award.

A 1953 BJC graduate, she is the daughter of Marguerita and the late Willis Gottenberg, former vice president of Boise Junior College.

The award is given annually to a member of the CSUS faculty who has made significant contributions to a discipline through scholarly activity, creative and artistic endeavors, research and publication.

A member of the CSUS faculty since 1964, Dr. Giles is the author of five books and numerous articles and papers. She is currently working on two new books. One is concerned with St. Teresa of Avila and women's religious experience; the other is tentatively titled *Toward a Vision of the University*. Dr. Giles is also editor of the quarterly publication, *Studia Mystica*, an internationally acclaimed journal. □

Weddings

David A. Titmus and Kelly A. Anderson (Boise) September 20

Mark D. Henningfeld and Shelley M. Williamson (Boise) November 18

Paul Heist and Lori Robins (Washington) December 30

Wes Fujii and Jenny Sandmeyer (Boise) February 14

Dana R. Bennett and John E. Priestler IV (Nevada) February 14

Johnny L. Correll and Lydia J. Spurgeon (Boise) February 14

Melinda A. Foster and Steve R. Matthews (Jerome) February 14

Kathleen M. Easter and Michael Berg (California) February 14

Mark S. Davis and Jennifer S. Gerhard (California) March 14

Mark S. Holden and Lana Waite (Boise) March 20

Katrina Ostrom and **Conrad Johnston** (Boise) March 20
Ron Rowan and Ann Brown (Boise) March 21

Eugene H. Yates and Brenda Borgeson (Oregon) March 21

Camilla Shell and Mark Boylan (Boise) April 3
Rylan Wiedmeier and Carrie Enlow (Boise) April 4

Valerie M. Keuter and **Robert L. Clancy** (Boise) April 11

William Wandersee and Jacqui Ackerman (Montana) April 11

Randall B. Block and **Deborah Biglione** (California) May 2 □

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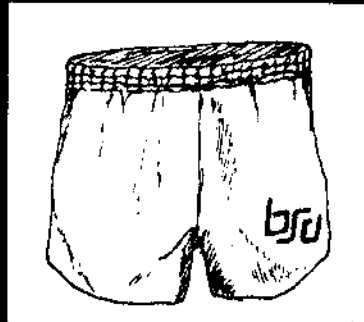


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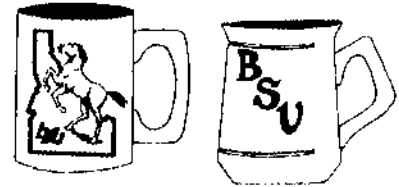
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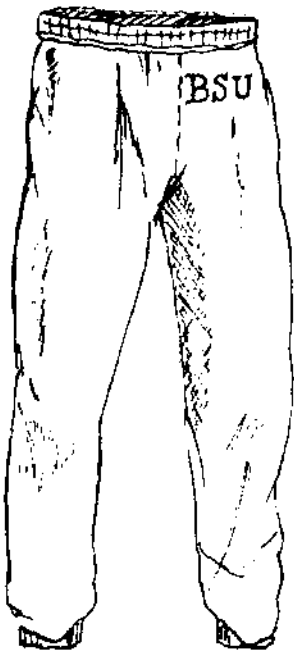


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Craner's Trainers

BSU prepares sports medics

By Bob Evancho

Some sports fans think the team trainer has the best seat in the house. Think again, says Gary Craner.

"I've had people say to me, 'It would be great to have your job and sit and watch the game,'" remarked Craner, Boise State's head athletic trainer. "But those people apparently don't know what we do."

Craner does indeed view Bronco athletic events from the sidelines, but he's too concerned with the performers' well-being to really enjoy the show.

"During a football game I get a kick out of a good play or a long run as much as anyone," Craner said. "But primarily I'm watching the game from a different perspective. I'm watching line play and I don't quit [observing] after the play's over. I watch how quickly the players get up and walk back to the huddle."

Boise State athletes are under Craner's watchful eye constantly—even when it appears they aren't. "My student-trainers have noticed that when we're out at practice with the team I might be talking to them and doing something else, but I've kind of developed a peripheral vision and keep an eye on the whole field," he said. "That way, if something happens we can react to it. I guess I'm attuned to that."

Craner's sixth sense isn't hard to comprehend when you realize he's been a trainer for 25 years—the last 15 at Boise State. What may be surprising to some is the curriculum BSU offers to students who may wish to pursue a career similar to his.

Boise State's athletic training program, directed by physical education professor Ron Pfeiffer, was installed as part of the university's health, physical education and recreation curriculum and accredited by the National Athletic Trainers Association (NATA) in 1980. Students can earn a B.S. in physical education with an emphasis in athletic training through the NATA undergraduate curriculum program, which Craner calls, "one of the best in the Northwest."

To date, only 16 of BSU's physical education majors have graduated with an athletic training emphasis, but 13 pro-



Craner gets wrapped up in his work.

Photo by Chuck Scheer

spective student-trainers will enter the program this semester. Despite the limited enrollment thus far, both Craner and Pfeiffer believe interest in the program will continue to grow.

"I think word of mouth is one reason we're getting more [prospective trainers]," Pfeiffer said. "Although it's a relatively small number so far, we've done quite well with respect to what our graduates have done. The majority of them have gone on to sports medicine clinics, college jobs or graduate school." The head trainers at Nevada-Reno and Pepperdine, he proudly notes, are products of BSU's trainer preparation program.

Like the paramedical profession, athletic training has risen in stature, thanks in part to educational and technological advancements. "When I started, most trainers were self-taught," Craner said. "Now I think the athletes are

getting much better care because of the education trainers receive."

Licensing and other standards, Craner contends, would improve the profession even more. Craner, who has served on the NATA board of directors and was a candidate for president of the association, helped push for the national certification exam that is now in place. He and several colleagues are also advocating stringent guidelines on the state level. "We're working with Senator [Herb] Carlson on legislation that would require licensing for athletic trainers," Craner said. "It would establish a minimum standard for education background, among other things." With the backing of the Idaho Medical Association, Craner's group hopes to get the legislation passed next year.

If rigid requirements become necessary for certification, products of BSU's athletic training program should be able to cut the mustard when the time comes. That's because in addition to their classroom obligations, Boise State student-trainers are required to complete 800 hours of fieldwork under a certified athletic trainer.

Because he travels with the football and men's basketball teams and works with the other men's sports the rest of the school year, Craner typically works 60-plus hours a week from August through May. He's also a clinical instructor in the athletic training program, teaching one class per semester.

Maintaining the fitness and wellness of BSU's athletes is Craner's primary focus and why he's considered an integral part of Boise State sports.

Craner lists the 1980 national football championship and last season's basketball campaign, in which the Broncos received a spot in the NIT, among his personal highlights at BSU.

His contributions to BSU sports, however, have an intangible quality that only the athletes and coaches can really appreciate. "When a player comes up and says, 'Hey, I wouldn't have been out there if you hadn't worked with me,' is the most gratifying part of the job," Craner said. "Working with the athletes and having them respond to your treatment. That's what it's about." □

Intercollegiate Athletics at Boise State

By John H. Keiser, President
Boise State University

Intercollegiate athletics have played an important role at Boise State University, and they will continue to do so. Properly coached, student-athletes have a special educational opportunity, and, properly presented, athletics provide a variety of lessons to spectators—to vicarious participants. Because of this university's market location, the major sports present a rallying point for the broader community, an especially sports-minded place, and the benefits to the institution from this exposure far outweigh the disadvantages. Interestingly enough, the majority of the presidents at the recent NCAA convention at Dallas made it clear they felt somewhat the same way about their situations.

For better or worse, university presidents must inform themselves about intercollegiate athletics and assume responsibility for keeping them in perspective. The NCAA and the several conferences can establish rules, set standards, and help enforce them; but the president signs the contracts of the athletic director and the coaches, approves the budgets, and represents all aspects of the university to its various constituencies. To expect off-campus organizations to really govern or administer our programs is unrealistic. Most of our future is up to circumstances within our control.

Thus, I am especially proud of our aggressive, young staff, and I believe the fact that both the athletic director and the assistant athletic director are lawyers, who have taught in our College of Business, and, that one came to Boise directly from the NCAA office, are distinctions. Those who have observed closely recognize that our coaches are fine teachers, and, like faculty, are expected to provide role models for students.

At Boise State University, intercollegiate athletics, the College of Health Science, elements of the departments of biology and physical education, and the Idaho Sports Medicine Institute come together in the Human Performance & Wellness Alliance to share common interests and to accomplish integration. There is a constant concern for academic progress, graduation rates, class attendance, study habits, and relationship with faculty for student-athletes.

In these areas, we will never be complacent about our record and will strive to make it perfect. A quality student-athlete is one who performs all of his or her assumed responsibilities well, academic and athletic. I am confident that when I include the words, "it is a privilege to be a Bronco" in a speech, most listeners recognize that I mean much, much more than either being an athlete or a member of the athletic association.

Several years ago, the athletic department published a long-range plan entitled, *Opportunities for Excellence*. It listed a variety of new facilities, including an indoor running track, a new grass practice field and equipment storage, new artificial turf (color unspecified), practice areas under the stadium, a new weight room/wrestling room, and a sports medicine institute. Those are built or are under construction. What remains for the plan to be complete is enclosing the ends of the stadium and covering portions of the tennis courts.

The vision is a 40,000-seat stadium, named Centennial Stadium with the donor's name preceding, which would allow for professional football exhibitions, very large entertainment events, and room for growth for the university's program. Like it or not, ours is the athletic program in the state that can and should expand and undoubtedly will. There is no doubt that the university will continue to play an indispensable role in the cultural/entertainment life of Southwest Idaho and that intercollegiate athletics will be an important element.

Among the additional goals are: continued expansion of the endowment for athletic scholarships; seeking approval for the five-year eligibility rule proposed by Boise State University, now winning increased national support; requesting legislation making boosters personally liable for punishments inflicted on the university for which they are responsible; and trying to explain to the various constituencies of the university how important and how complex the reality of an effective intercollegiate athletic program really is. Because it is a high-profile program (every newspaper has a sports section while few have an education section), it is important to pursue our goals with the highest standards and a commitment to class. We'll try our best, and with the continued understanding and assistance of alumni, boosters, students, and staff, we'll succeed. □



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