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Detroit Free Press

September 17, 2006

PEOPLE AND PLACES: WHICH WAY?: Ferris State professor never lacks direction

Who he is: Like many men, Mike Keating isn't inclined to ask for directions. But the Ferris State University professor takes that tendency to extremes, particularly when he's engaged in his favorite outdoors activity: orienteering. About 15 times a year, he heads into the backwoods (or some other natural setting) and puts his navigational abilities to the test, using just a compass and topographical map to compete in orienteering events, which combine aspects of hiking, cross-country racing and a bit of treasure hunting.

Where he goes: Keating has competed all over the U.S., including Colorado, Virginia, Arizona and many Midwestern states. Despite his well-traveled ways, he has a special affinity for the terrain in southern Michigan, which he says has a nice combination of hills and dense woods.

Among his stomping grounds: Pontiac Lake Recreation Area, Pinckney Recreation Area and Waterloo Recreation Area. "Southern Michigan has some pretty nice sites for orienteering," Keating says. "I think we're kind of blessed that way."

Today is National Orienteering Day, and Keating will be at Highland Recreation Area for an event expected to draw 80-100 people. Instead of competing, he'll be organizing with the Southern Michigan Orienteering Club.

The basics: Though there are a variety of ways orienteering events can be structured, there are two main ways they are scored. With the first, the task is to as quickly as possible visit the control points -represented by flags -- that have been placed throughout the course. The fastest time wins, with punch cards used to prove control-point stops.

In the second, a time limit is set (maybe two or three hours), and points are earned based on the difficulty of the controls.

In either case, the skill comes in not only reading the maps, but in figuring the fastest path to the control -- rarely a straight line.

Two approaches: Orienteers can generally be cut into two groups, says Keating. Some folks just enjoy being out in nature and finding the controls. Speed isn't of much concern to them.

Then there are the more competitive types, who are definitely chasing victory.

When Keating started orienteering a little less than a decade ago, he fell into the former category.

Now he's pushing himself for quick times, and has even won a few races.

What he likes about it: It plays to his innate sense of adventure. Even before he'd heard of orienteering, he'd "always enjoyed hiking and going off the trails and exploring." He recalls a trip to Japan in which he'd exit the subway and try to find his way with a compass and map.

"Even before I'd learned about orienteering, I'd done some orienteering on my own."

He'd always been active, but slid off after he started to feel a little too old for his regular on-campus basketball tilts. Now 62, he's convinced orienteering has him in better shape than he was at 52.

Today's event: There are five races, with difficulty ranging from beginner (2.4 kilometers, and eight controls, mostly along the paths) to advanced (7 kilometers, 14 controls, most off the path).

Start times are staggered between noon and 2 p.m., and advanced sign-up is not required. Just follow the signs after entering Highland Recreation Area, which is located off of M-59 between Pontiac and US-23.

Because it's National Orienteering Day, the entry fee is \$5 for members and nonmembers; nonmembers typically pay \$10.

Saginaw News
September 30, 2006

The sky's the limit at annual exhibition

A view of the heavens caught the judge's eye.

MIDLAND - An unusual view of clouds is a double winner in the 46th Annual Greater Michigan Art Exhibition.

Catherine A. Peet won both the \$1,000 grand prize and a solo exhibition award for her oil and assemblage piece titled "Oculus."

Said juror Patte Loper: "Peet's compositions and painting technique reference the sublime landscapes of the Hudson River School painters who like to talk about what it is to be an American."

Loper is on the faculty at The School of the Museum of Fine Arts, Boston, and is a painter whose works have been exhibited at numerous galleries and museums throughout the nation.

The exhibition features 72 pieces created by 47 artists.

Electra Samelos of Livonia also was awarded a solo exhibition award by Loper, for her watercolor titled "Flower Series No. 195 - Beneath My Feet."

Al Wildey of Mount Pleasant won the \$250 Saginaw Valley State University Artist Award for his digital work "Roadtrip 7" and Sarah Bielski of Mount Pleasant the \$2,500 Northwood University Artist Award for her oil "Blue Sofas."

A \$250 excellence in technique award went to Michelle Courier of Bay City for her acrylic "Whiting Woods in July" and the \$250 Kathryn Rave Award for Craft to Andrew Davis of Mount Pleasant for his ceramic "Authority."

Other winners from mid-Michigan include Dianna Cole of Midland for her steel wool piece titled "The Chi of Steel" and Mark A. Piotrowski of Bay City for his oil "Codeine." Both received \$250 merit awards.

The Greater Michigan Art Exhibition was created to provide a forum for the most recent developments by Michigan artists.

Juror Loper says in picking the pieces for the show she "looked for work that not only was ambitious and interesting, but that also related to the ideas of Michigan and the Midland Center for the Arts structure itself built by Alen B. Dow... and to the science and chemistry of Midland."

A free opening reception and awards ceremony will take place from 7 to 9 tonight and includes complimentary hors d'oeuvres and wine.

Gallery hours are 10 a.m. to 5 p.m. Tuesday through Saturday and 1 p.m. to 5 p.m. Sunday.

Admission costs \$5 for adults and \$3 for children.

Also opening today and running through Sunday, Nov. 26, is "And So It Begins: The Paintings of Robert Barnum."

Barnum is the 2005 winner of the Greater Michigan Solo Exhibition Award, and his show includes two just-completed murals.

Barnum is professor of art at Ferris State University, where he has taught since 1989. In 2003 he was named Michigan Artist of the Year as part of the Governor's Awards for Arts and Culture.

Barnum is a watercolor painter, a muralist, a sculptor and a printmaker and has received more than 30 awards in national and international juried competitions.

Daily News (Dowagiac, MI)

October 2, 2006

Students educated on four-year degree options

While the gourmet coffee bar was a great perk, the real attraction for hundreds of students at Southwestern Michigan College on Wednesday was the 40 colleges and universities that gathered in Mathews Conference Center for "SV1C Transfer Day."

Each year, SMC hosts Transfer Day, which allows students who are interested in transferring to a four-year school to explore their educational opportunities in one location.

David Ferrell of Niles is in his second year at SMC as a music education major with a minor in theater.

"I really don't know what schools have the programs that I need to continue my education," said Ferrell. "It's nice to have all these schools in one place. It makes my research a lot easier."

Transfer Day is not a new concept at SMC. However, this year, due to the rising cost of tuition, it seemed to have taken on a new importance to students who are considering a bachelor's degree.

"Going on to a four year school isn't the same as it was 10 or 20 years ago," explained Dr. David Mathews, president of SMC.

"Students must be prepared both financially and with their education. By hosting Transfer Day, we are allowing students to get all their questions answered easily, in one place, on one day."

Some of the schools in attendance included Central Michigan University, Andrews University, Michigan State University, St. Mary's College, Indiana University South Bend (IUSB), Bethel College, Western Michigan University and Ferris State University.

Many students took advantage of SMC Transfer Day to learn about bachelor's degree programs that exist right on the SMC campuses in Dowagiac and Niles.

"We know that not all students can leave town to receive their bachelor's degree," Mathews said. "So we are bringing the four-year degree to them. It can be a very seamless transition for students. And considering they are already comfortable with the environment at SMC, they find it a very convenient option."

SMC offers six bachelor's degrees through Ferris State University, Bethel College and Western Michigan University.

In addition to SMC Transfer Day, SMC also hosted "College Night" on its campus on Wednesday evening for area high school students. High school students were given the opportunity to explore their educational opportunities after graduation.

More than 50 college and universities were on hand to answer questions and hand out literature. Two financial aid presentations were also a great tool for both students and parents to learn about the various ways to pay for college tuition

Oakland College Legal News

October 6, 2006

Animated video about state's court system premieres

Move over, Tom Cruise and Angelina Jolie - there are new stars about to make their movie debut. But these emerging screen idols won't demand a cut of the profits or their own trailers, and they don't need makeup. They're characters in an animated short about the Michigan court system, which was shown for the first time at a "premiere" on Friday, September 29, at the Michigan Hall of Justice in Lansing.

The "stars" of "The Adventures of Kid Justice" - Lady Justice, Kid Justice, and Kid Liberty - will introduce the Michigan court system to visitors at the Michigan Supreme Court Learning Center. The video, which will be shown at the beginning of Learning Center tours, was developed with the Learning Center's elementary school visitors in mind, explained Learning Center Coordinator Rachael Drenovsky.

"We want to present important information about the courts in a format that is engaging to students, since they are the majority of our visitors," Drenovsky said. The video highlights topics that are discussed not only in the Learning Center, but also in the classroom as part of the Michigan Curriculum Framework's social studies standards for later elementary, she said.

The video presentation is part of a joint project between the Learning Center and Ferris State University's Digital Animation and Game Design Program. Legal experts and educators collaborated with professors and students to create the animated video and a companion online game, "Kid Justice Conquers Chaos," which was funded by a grant from the Michigan State Bar Foundation.

Visit <http://www.courts.michigan.gov/plc/KidJusticeIndex.htm> for more information about the online video game, "Kid Justice Conquers Chaos."

For information about tours, call (517) 373-7444 or visit <http://www.courts.michigan.gov/plc/>.

Grand Rapids Press

October 9, 2006

Lower' numbers to fuel colleges' fight for freshmen

Population trends are clear - enrollment will drop steadily.

Most local colleges have enjoyed stable or growing enrollment in recent years, but experts are predicting challenging times ahead.

A boom that helped feed local college enrollments isn't going to last.

Since 1994, the number of high school graduates in Michigan has swelled from about 90,000 in 1994 to 111,000 this year.

But the number of potential college freshmen is expected to taper beginning in 2009. The decline will fall steadily to 101,000 students by 2020, according to experts such as Frederick Ignatovich, a retired Michigan State University education professor who studies birth rates.

The projected decline is unsettling for college administrators charged with filling seats every fall. "I'm pretty sure that every enrollment officer across the nation is concerned," said Lynn Blue, Grand Valley State University vice provost.

"I worry myself silly over the freshmen class every year.

"The competition in the state is tough, period. Students have a lot of choices."

GVSU had another record year this fall with 23,295 students enrolled, a 3.2 percent increase over last year.

Others reporting enrollment increases include Calvin and Hope colleges, Davenport and Ferris State universities, and Grand Rapids Community College.

Michigan's birth rate peaked in 1990, when 153,080 babies were born, compared to 129,710 in 2004, the Department of Community Health reported.

Ignatovich advises colleges to "use the benefit of time" to prepare for recruiting from a smaller student population.

Ignatovich said a smaller eligible student population won't hurt schools such as the University of Michigan, with national reputation.

But the population decrease is something for administrators at Western Michigan University "to be really concerned about," Ignatovich said.

This fall, WMU experienced a 6 percent decrease in the size of its freshman class, to 3,610, and a 5.3 percent total enrollment decline, to 24,841.

"We're doing some research to see why that's happening," WMU spokeswoman Cheryl Roland said.

Michael Boulus, executive director of the Presidents Council of State Universities of Michigan, thinks colleges in the state will be buoyed by an influx of nontraditional adult learners and immigrants.

"You need a higher education achievement to prosper in this knowledge-based economy," he said. "I think what you're going to see is a shifting demographic."

At Grand Valley, administrators are constantly evaluating recruitment, Blue said.

"When the numbers grow fewer, you really have to pay attention to what you're doing because you do want to make your freshmen class," she said.

"No one enjoys falling short of their enrollment goals."

Pioneer

October 14 & 15, 2006

Student are building some of the hottest vehicles on four wheels

Getting up close and personal with a race car is a dream for many - actually building one is something beyond most people's imagination.

Two teams of Ferris State University students constructed and competed with two very different racing vehicles - a Formula 1 car and a Baja car.

Students began work on the Formula car back in September of 2005. This was the first year FSU was represented at the races and the group actually got to compete - something students say is unheard of for a first year team.

The team took the race car to the annual Society of Automotive Engineers competition in Romeo this past May.

"We actually passed the safety inspection," says Paul Riggs, a junior. "For a first year team to pass the inspection is a success."

Out of 120 entrants, only 47 actually passed the inspection and were allowed to compete.

Despite a few mishaps, the team felt they had performed better than their expectations.

"A wheel bearing fell out and we were temporarily disqualified," Riggs says. "We found a way to fix it on site." Students say just completing the car far exceeded their goals.

"There are always unknown challenges," says junior Erik Olsen. "You can never anticipate everything."

The project brought together students from several different programs within the Automotive Technology Program and the College of Engineering.

Students spent a lot of time researching the project, and their research continued during the competition. "As a first year team, we had to go out and see what else had been done," says Olsen.

They improved their design along the way.

"That was a big challenge," says junior Josh Garrett. "We kept running into snags that kept us from competing. We had to fix those along the way."

The group plans to compete again this year.

Chuck Drake, who has been a professor in the mechanical engineering technology program for 16 years, served as the group's faculty advisor. He says all thrills aside, building a race car was a

very educational project that allowed students to see the practical applications of what they learn in the classroom.

He adds it normally takes a team two to three years to build what his students built in one year.

"Our students were gung ho and determined to get it done," he says.

When asked if he thought the students would actually complete the project, he laughs.

"There was plenty of opportunity for doubt," he says. "There were many rocky starts and plans that didn't work out. Some of their plans were overly optimistic. But they were determined."

In the days following graduation the students worked on the project non-stop, Drake says.

"They showed true Bulldog spirit," he says. "These guys didn't quit. I called them my torch bearing team. They got it done and showed we could do it."

Drake says the biggest thrill for him was seeing the car complete the race. He says he ran up and down the track waving an FSU flag to show his support.

The car didn't just have to go fast, Drake says. Safety is actually the primary goal. The vehicle must pass several safety inspections before it can compete.

"Some cars never even get past the safety inspection," he adds.

Students also had to present written reports documenting their experiences and designs.

As the team looks forward to improving its designs for this year's car, they are also looking for sponsors, Drake says. Sponsor names will be painted on the vehicle. He adds sponsors don't necessarily have to donate money; any type of donation from parts to food for the team is welcome.

Actually driving the car was a thrill for the students, but the satisfaction of building a working race car was even more exciting.

"Driving the car is small compared to the actual work," he explains. "The biggest part is designing and building it." The local SAE chapter has seen a lot of growth as a result of the race car, Drake says.

"It's a great way to get people involved in our program."

Baja

The first year the Baja team entered a competition, they weren't allowed on the track. This year - the second year the team has built a car - they placed in the top 100.

Baja cars are designed for endurance and safety, says Ken Camling, a senior who has been on the team for the past two years. He says that all of the design and construction work is done by students.

"We designed both of our cars from scratch," Camling says. "We're still refining our designs."

Since funds are limited, students have learned to fabricate their own parts.

"It's hard to find a design that works," Camling says. "It's a long process to design and build it- it's very labor intensive."

As with the Formula 1 race car, seeing theory put into practice was a valuable experience, Camling says.

"A lot of classes deal in theory," Camling explains. "We get to see theory in action."

Dan Skurski, a professor of Automotive Engineering Technology, along with Gary Gage, also a professor in AET, served as faculty advisor to the team.

"We've come a long way in a short time," he says. "The first year was educational to the point that we couldn't even get on the track. Last year, we made it."

He agrees with Camling regarding putting theory into practice.

"Their classes build up to this," he says. "They learn how to think about a design, form a picture in their mind of something that they're actually going to build."

Problem solving skills also come into play.

"We ran into a lot of problems and these guys didn't give up," he says. "It's very rewarding to see students rise to the occasion:"

Just being able to compete was a major accomplishment, Skurski says.

"We're up against teams that have been competing for 15 or 20 years," he explains. "You are not going to beat them with a one or two year old team."

Students on the Baja team are also seeking sponsors.

Funding for their project is limited.

"A lot of responsibility for raising funds falls on the students," Skurski says. "Without our sponsors, this project wouldn't work."

Pioneer

October 14 & 15, 2006

IRC renovation begins

Ground-breaking ceremony commemorates construction

BIG RAPIDS - Ferris State University officially kicked off the renovation of its Interdisciplinary Resource Center with a formal groundbreaking ceremony on Friday.

The construction solves the problems of two buildings with one project, said Ferris President David Eisler. The IRC building, constructed in 1969, is out-dated and not conducive to the classroom interaction and learning taking place today. The Business Building, which will be linked to the IRC through an enclosed walkway, is too small for current needs and being able to utilize space in the IRC will help alleviate the problem.

Once completed, the new IRC will have 54,700 square feet of educational space, and an additional 6,000 square feet in the connector between the two buildings. With a price tag of \$8.5 million, the project is expected to be completed in time for use for the fall 2007 semester.

"On campus we've had many conversations about our vision as learning centered. With state-of-the-art classrooms and the Faculty Center for Teaching Learning, this building will be a wonderful example of the support we provide for this vision. It also facilitates continued learning outside of class, something we believe is very important," Eisler said. "For Big Rapids this project is a visible example of our continued growth and our vision for the future.

With a budget in excess of \$8 million it represents a significant stimulus to our local economy."

Updating the IRC means more than adding a connection to the next building and running new wiring. Outdated classrooms are getting a facelift, with new, state-of-the-art technology and design that will foster a more interactive learning environment.

"The renovation of the Interdisciplinary Resource Center will allow Ferris to remain true to its roots of being a learning-centered institution that is a leader in fostering innovation in the career oriented, technological and professional education fields," said Arthur L. Tebo, Ferris Board of Trustees chairperson. "The new learning spaces will create community centers to continue the learning inside and outside the classroom."

Previously, classrooms in the building had fixed seating, with all the chairs facing the front of the room. Lecture halls also occupied a large portion of the first floor.

The renovated structure will be furnished with moveable chairs and tables that can be repositioned for every class period, if need be. Students can break into small groups for collaborative projects or sit in a circle for a discussion session.

Those types of physical changes are indicative of a greater revolution in higher education, said Michael Harris, vice president of academic affairs at Ferris.

"The renovation of the IRC symbolizes that transformation to a much more accountable academic environment and much more learning-centered," he said.

Pioneer

October 14 & 15, 2006

Sanz, comedians perform at Ferris

BIG RAPIDS - Previous Saturday Night Live cast member Horatio Sanz performed with four other improvisational comedians Friday night at Williams Auditorium at Ferris State University.

Sanz and his fellow comedians made their entrance to the stage by shooting plastic golf balls into the audience.

The overall theme for the night of comedy was hotel heiress Paris Hilton. The performance included improv skits about the search to purchase video cameras, inappropriate jogging apparel, eating E. coli-tainted spinach, bedazzling a house and a daughter's education at vocational school.

The night of comedy was sponsored by the Office for Student Leadership and the Homecoming Committee.

FSU's homecoming celebration continues today at noon with a parade through downtown Big Rapids, followed by the 2 p.m. football game versus Gannon. The 2006 Homecoming king and queen will be crowned at half time.

Pioneer

October 14 & 15, 2006

Adventist fellowship to present health seminar

BIG RAPIDS - The Adventist Christian Fellowship student organization will present a free health seminar featuring speaker Bobby Scales, MD from 6:30 to 9 p.m. on Monday in the Rankin Student Center Dome Room.

Scales' presentation, "Get Healthy and Stay Healthy for a Lifetime" will discuss ways in which students can get healthy, stay healthy and lead a better lifestyle. Scales focuses on approaching health from a biblical and scientific standpoint.

Scales is a family practice physician and previous medical director at Family Health Care in Baldwin. He earned his undergraduate degree in biology at Chicago State University. He earned his medical degree at the Chicago Medical School and completed his residency in internal medicine at Cook County Hospital in Chicago.

Pioneer

October 15, 2006

Vote Slam educates students about political candidates, ballot initiatives

BIG RAPIDS - The American Democracy Project, a program sponsored by the American Association of State Colleges & Universities, is putting on a political educational program called Vote Slam from 4 to 6 p.m. Wednesday on the Campus Quad at Ferris State University.

At Vote Slam, students and community members have the opportunity to learn about statewide candidates for governor, senator and secretary of state, among other offices. The five ballot initiatives, which include topics such as affirmative action, morning dove hunting, private property issues and school funding levels, also will be discussed.

The band Ultraviolet Hippopotamus will perform throughout the evening in 20-minute intervals. After 20 minutes of music, 20 minutes of open mic will allow audience members to exercise their right to free speech to express their opinions about current political issues.

Connie Meinholdt, coordinator of the American Democracy Project and associate professor of psychology, is hoping to accomplish many positive things at Vote Slam.

"One desired accomplishment is to increase voter participation by young adults," Meinholdt said. "We figure that if people know about the candidates and issues, they are more likely to form an opinion and more likely to exercise their right to participate in a democratic government (by voting).

Ferris joined the ADP along with 212 other colleges and universities to develop programs and ideas to educate citizens in addition to all the other goals of a university education. This year, Ferris joined two specific ADP programs - the Young Voter Initiative and the Political Engagement Project.

The Young Voter Initiative is trying to register 40,000 new voters this year between the 80 universities that are participating. Ferris' goal is 500 new voters, and so far, 389 new registrations have been filled out, Meinholdt said.

"The goal of I'VI is not only to have students register to vote, but we want students to actually vote in the November 2006 general election," she said.

The Political Engagement Project is a pilot program at eight universities with the goal of helping faculty re-design course curricula to course content with everyday civic and political life. About 30 different classes across the curriculum are included in PEP.

For more information on ADP and PEP, visit www.ferris.edu/htmls/administration/academicaffairs/ADP.

Pioneer

October 16, 2006

FSU Homecoming Parade

(In a Pioneer photo) Homecoming pride: The sidewalks of Michigan Avenue in Big Rapids were lined on both sides by people waiting to watch the annual Ferris State University Homecoming parade.

The 45-minute long queue included the expected police cars and fire trucks, but it also featured several Ferris student groups, the Big Rapids High School Marching Band, the Mecosta County Sheriff's Posse riding horses and carrying flags, a Corvette car club from the east side of the state, dogs, horses and even a gorilla on a bicycle. Near the head of the parade were Grand Marshals James and Kathryn Chenier.

The cool temperatures may have chilled the ladies in the Homecoming court, but had little affect on the players as the Ferris football team rolled to a 35-14 victory over Gannon.

Fox News

October 16, 2006

'Sex Diet' Claims Lust Can Make You Lean

Trying to shed a few pounds? Maybe all you have to do is climb into bed with a special someone ... and stay awake.

According to an upcoming book - and celebrities like Angelina Jolie and George Clooney's former model-girlfriend Lisa Snowdon - the key to controlling weight is simple: Have more sex!

"A steamy sex life could be the best diet you've ever tried," said author Kerry McCloskey, whose book, "The Ultimate_Sex Diet: The Secret Formula for a Slimmer, Healthier, More Passionate Life," will be in bookstores early next year.

In "The Ultimate Sex Diet," various positions and "sex-ercises" are described in detail, including "crunchy kisses," "Elvis' pelvis," "wheelbarrow of fun" and other erotic moves to help you get fit while doing some ultra-intimate bonding with your partner.

But a strenuous sex life doesn't only help you lose weight. Other health benefits include a longer life span, reduced depression, an improved immune system and a stronger heart.

Spending quality time in the sack can also make you look better- a 1999 study by Dr. David Weeks at Scotland's Royal Edinburgh Hospital found that an active sex life can make you look up to seven years younger.

While experts agree that sex is good for you, they're not convinced about McCloskey's weight-loss claim.

"The caloric expenditure for sex is high, but the time frame is short. People generally don't maintain that level of expenditure for very long," said Dr. Mary Vernon, President of the American Society of Bariatric (Weight-loss) Physicians.

However, "normal sexual function is part of normal human functioning. There are benefits from sex in terms of relaxation, pair bonding, etc. In terms of weight loss, obviously if someone is supporting you, you can do much better work," she added.

Dr. Robert Friar of Ferris State University in Michigan argues that while sex does have health benefits, it's not going to directly affect your weight.

"If you lose weight through sex, it's because having a partner that makes you feel good increases your self-worth, which makes you less likely to be depressed. Even mildly depressed people eat more because the serotonin that signals when you've eaten enough is low," said Friar, a physiologist who has done extensive research on the benefits of sex.

"Most books that are written about sex for the popular press are written to make money. They are not designed to help people," he added.

Perhaps with these critiques in mind, McCloskey, who cites various studies in her book, advocates extending lovemaking sessions to make them more beneficial, as well as increasing their intensity and frequency. The goal is to have a lot more sex than the average couple, she says.

She also mentions that moderate exercise outside of the bedroom is important (more exercise leads to better sex, and vice versa) and includes dietary guidelines.

And at least for one couple, the diet is working.

"My fiancé and I started trying out some of the ideas, and it was so much fun! More than anything, I think it helped us get closer as a couple," said Jennifer, a marketing executive in Dallas who asked that her last name be withheld.

"We started cooking together to help improve our diets, and I ended up losing 23 pounds over the six months since we've been doing it. Eventually it just became a lifestyle, and now we don't even think about it."

McCloskey also has creative ideas for using food in ... different ways. A la "9 1/2 Weeks," she suggests feeding each other as a method of revving each other's engines, as well as incorporating various vegetables into your diet, including many "that are phallic-shaped and extremely nutritious."

Celery gains a key mention in the book, where McCloskey cites sources who say the veggie is packed with pheromones that attract women, making it the perfect low-cal snack for the male partner.

And for those who crave sweets, there are certain fruits that can serve as aphrodisiacs, including grapes and oranges. Bananas are even said to contain ingredients that boost male erectile efficiency.

McCloskey also touts the positive effects that good sex can have on a relationship.

"The top two reasons why relationships fall apart are that people stop communicating and stop having sex. This is a fun way to have more pleasure in your life, and improve communication in your relationship," she said of her diet.

But what about those not lucky enough to have that special someone?

"I think there are still elements of the plan that you can apply to your life, like using your sex appeal as motivation to lose weight," said McCloskey.

But doing it by yourself might not be as much fun.

"Life is short, so enjoy the ride," McCloskey says in her book, "especially the free one that your partner gives you!"

Michigan Campus Compact Website

October 18, 2006

Fishing and River Fishery Stewardship

The use of leisure time with family and friends is important for socialization in a society that is becoming more technologically orientated. During the leisure experiences, there is often the opportunity to educate individuals about their environment and communities' natural resources.

The Recreation Leadership and Management program at Ferris State University works with students to help them develop as professionals in the field of leisure services and recreation. The academic course work incorporates the planning of leisure activities to address issues of community socialization, environmental awareness and healthy lifestyles. FSU students gain experience and application through service-learning projects in the community.

In May 2006 and continuing through the fall semester, the students in one of the service-learning projects of the RLM program are using fishing experiences to educate youth and adults about the river fishery and its value as a natural resource through a fishing leisure experience. To date, the project has served 30 youth ages 6-14 from Big Brothers Big Sisters, Girl Scouts, the Ferris Minority Affairs' King-Chavez Summer Camp program.

The equipment was loaned for use in a student fund raiser Catch a Fish, Make-A-Wish fishing tournament, organized by the Ferris State University Stars student organization in June. Families fishing together and first time fishing experiences for children were part of the day. Tournament dollars were donated to the Make-A-Wish Foundation.

The RLM program used Michigan Campus Compact Venture Grant funding to purchase fishing poles and to create teaching tools and visuals. The grant allowed RLM student Dane Williams to present a two hour program to the youth groups on the ecosystem of a fishery in the Muskegon River that runs through the Big Rapids community.

Dane discussed with the youth what types of animals and plants live in the river ecosystem, types of interdependency of the food chain, how fish fit into the food chain system, the impact on the fishery by humans, and what can we do to protect the fishery. The youth were also provided instruction in casting through a game challenge on dry land, followed by the opportunity to fish using different types of lures and live bait that substitute or replicate the types of foods different fish eat in the local river system.

The Flint Journal

October 19, 2006

Stratton named Ferris director of labor relations

Genesee County's former human relations director is the new director of labor relations at Ferris State University.

Steven B. Stratton retired from his position with the county in 2005, initially drawing what's believed to be the largest pension in county history - about \$99,000 annually.

After a series of stories about the pension appeared in The Flint Journal, the county Retirement Commission took away the pension, claiming Stratton should not have been allowed to inflate it by purchasing credits toward his retirement for time he was on a leave of absence, working for a labor union.

Stratton has sued the county in an effort to regain his pension.

A profile of Stratton on the Ferris Web site says he worked as an independent labor arbitrator and fact finder prior to his appointment at the university.