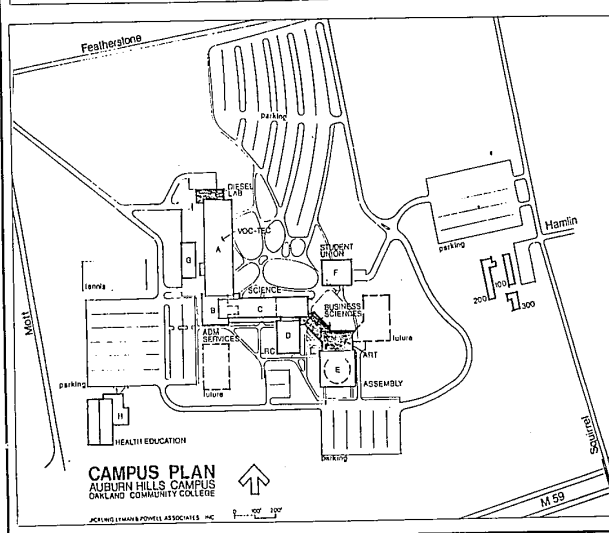
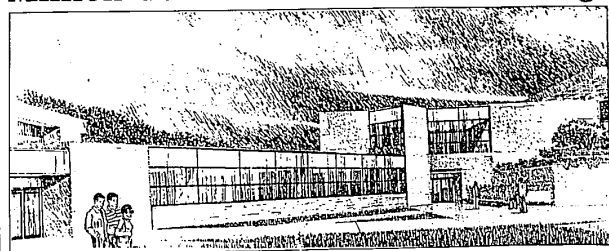


## Million-dollar look for OCC building



ARCHITECT: LYMAN & POWELL ASSOCIATES, INC.

Oakland Community College will see this \$2.25 million building rising soon on the Auburn Hills campus, M-59 east of I-75 in Pontiac Township. When completed in fall of 1981, it will house business science (at left in this architect's sketch) and art (in two-story section at right). Covered passageways will connect it with other campus buildings. The new building and a diesel laboratory which is being added to the voc-tech program are shown in shaded areas on the campus map. Architect is Jickling Lyman & Powell Associates, Inc.

## OCC forms task force

Oakland Community College is the first community college in the state to form a task force on physical and sexual assault.

The task force, established through the college's Academic Senate and approved by the administration, is composed of staff, faculty, students and administrators, said President Robert F. Roelofs.

Its immediate goals of the committee include the development of an informational brochure for all students giving basic advice on avoiding potentially dangerous situations, dealing with an assault, effective behavior after an assault, and emergency procedures at each campus.

A training program involving the college's Public Safety Department has been instituted under the direction of Dr. Joseph Macri through the OCC Police Academy. Additionally, the college has established liaison between each campus and rape crisis centers equipped to deal with rape and assault victims, Roelofs said.

Long-range goals include the development of a volunteer bureau comprised of trained campus staff who will deal with victims on a long term basis, the development of short courses in self-defense, and the sensitization of the campus population to the problems of a rape victim.

## Keep your cool, hold down blood pressure

Blowing your top is not as healthy as staying cool, researchers at The University of Michigan School of Public Health have found.

The major finding of a U-M study on anger's effect on high blood pressure shows that resolving anger lowers high blood pressure. The study examined people who got angry when unfairly confronted by those in positions of authority, such as a boss, police or parents.

For an estimated 25 to 30 million persons with high blood pressure (hypertension) in the United States, the finding is good news. It provides a practical psychological tool for lowering blood pressure.

Preventing and treating high blood pressure has perplexed scientists because its causes are not known, but they suspect that psychological factors, such as anger, account for 10 to 20 percent of hypertension cases.

Ernest Harburg, of the U-M Program in Urban Health Research, was the study's principal investigator. He explained the results:

"Confronted with hostility, people usually explode in anger, bottle it up or take steps to resolve the conflict. We found that people who refused to get angry when confronted with conflict had lower than expected pressures. 'A typical response for the employee attacked by his boss was 'Let's be cool, let's deal with the problem.'"

"The discussion approach, which we are just beginning to understand, is a way in which you explore the problem in a detached manner," Harburg said. "You acknowledge your anger, but you are not openly hostile, verbally or physically. This cushion involves detachment, reflection, conversation, and a willingness to solve the problem."

Discussion works, he says, because it removes the cause of anger.

Because anger is a biological reaction, even infants exhibit it, he said. People get angry if they unfairly lose or are threatened with unfairly losing something.

If anger isn't directed toward something or someone that can remove its cause, it will sit inside a person and remain as resentment. One surprising example is a parent who forments resentment in a child without either of them knowing it.

"Resentment," Harburg said, "hangs in and can surface sometimes much later in life when cued by anything that reminds the person of the original conflict, no matter how tiny."

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