

WSU recruits for engineering

After nearly a decade of trying to cut student enrollment, the Wayne State University College of Engineering has begun recruiting students.

The college is enticing students with modified entrance requirements to admit those students who do well in the sciences but not in the University's other liberal arts courses.

It is offering totally updated instructional laboratories in the Engineering Building, which has been under renovation for more than a year.

According to engineering's acting dean Peter K. Rol, the renovated building, which houses the instructional labs, will be completed and ready for student use by the fall semester.

Students wishing to take advantage of these new labs must meet entrance requirements that are slightly less stringent than in recent years, Rol said. "We changed the entrance requirements 2 1/2 years ago from (2.0 overall grade point average on a scale of 4.0) to 2.75."

Now, he said, "We are modifying the requirements so students who do well in the sciences, but not as well in the other liberal arts, will be admitted into a pre-engineering program in the college."

The college originally instituted the higher entrance standards in response to a sudden swell of engineering college students.

"The enrollment from 1975 to 1983 increased tremendously; it just about doubled," Rol said. "Then it leveled off in 1983-84."

THE HIKE in student numbers caught the college off guard. "We had too many students," the dean said.

"And because it happened during Detroit's recession, the time was not conducive to increasing our faculty to meet the demand."

Enrollment has since stabilized and changes have been made to handle the student load, Rol said. Finally after several years of having to turn away some students, the college is looking for more.

Rol said, "We are planning to visit high schools, and colleges and universities outside Wayne State."

New chief at Kensington

Kensington Metropark has a new superintendent with the retirement of Charles A. Damm of Farmington.

Richard J. Shafer, a 15-year metroparks veteran who most recently was operations supervisor at Metro Beach, succeeds Damm effective March 15.

Damm had been superintendent of Kensington, one of the three largest in the 14-park chain, since 1988. He started there as a naturalist in 1953 and became assistant superintendent in 1962.

A 1948 forestry graduate of Michigan State University, Damm spent several years with the National Park Service in Florida and 30 years in the U.S. Naval Reserve.

Shafer, whose appointment was announced by HCMA Director James J. Pompo, grew up in Pontiac and earned two degrees from Richard J. Shafer Wayne State University. In 1980 he received the "outstanding professional" award from the Michigan Recreation and Parks Association.

Starting as a seasonal employee at Stony Creek Metropark in 1971, Shafer was Damm's administrative assistant at Kensington in 1971-85.

'Skywarn' classes on today

Two free classes in how to become a "Skywarn spotter" are being offered today by Oakland County's Emergency Medical Services and Disaster Control division.

Classes are 3-5 and 7-9 p.m. in the Board of Commissioners auditorium in the County Service Center at 1200 N. Telegraph, Pontiac.

In the Skywarn program, volunteers learn to assist the National Weather Service by identifying and reporting severe storms, including tornadoes. No registration is necessary.

A large group wishing to take the Skywarn class should contact the EMS division at 858-8300 to make accommodations for the entire group.

To stick with exercises

HAVE YOU ever wondered what percentage of people who start an exercise program actually stay with it?

Unfortunately, exercise is not unlike other health-related behaviors (e.g., medication compliance, smoking cessation, weight reduction) — typically less than half of those who initiate the behavior will continue.



fitness
Barry Franklin

• Provide music during exercise sessions. Most people feel that exercising to music seems easier. The recent proliferation of headphones among joggers attests to this fact.

Next time your exercise motivation starts to wane, try several of these suggestions. The result may be fewer missed workouts.

THERE ARE, however, several things that you can do to maintain fitness motivation. These include:

- Learn all you can about the why and how of exercise. Individuals who thoroughly understand the reasons for following a regular program of physical activity are more inclined to do so.

- Minimize your potential for injury with a sensible exercise program. Too often adults become discouraged due to muscular soreness or injury from increasing the level of exercise too abruptly.

Beginners should obtain qualified instruction. A recommended "starter" program is to exercise 20 to 30 minutes every other day, at a low to moderate intensity. Adequate warm-up and proper foot apparel should aid in decreasing injuries.

- Emphasize exercising in a group. Commitments made as a part of a group tend to be stronger than those made independently.

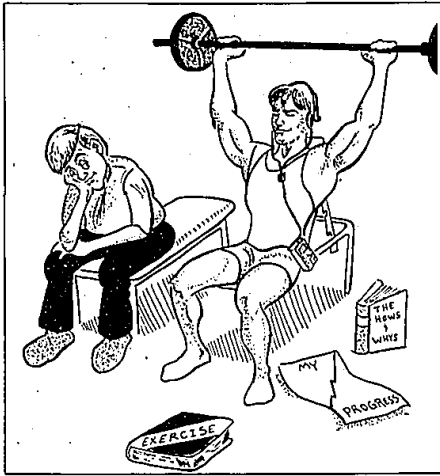
- Participate in activities that you enjoy. A key component in maintaining fitness motivation is to include activities that are fun or pleasurable.

- Undergo fitness testing to periodically assess your progress. Reduction of body fat stores, increased heart-lung fitness, and a decreased blood cholesterol level are powerful motivators producing renewed enthusiasm and dedication.

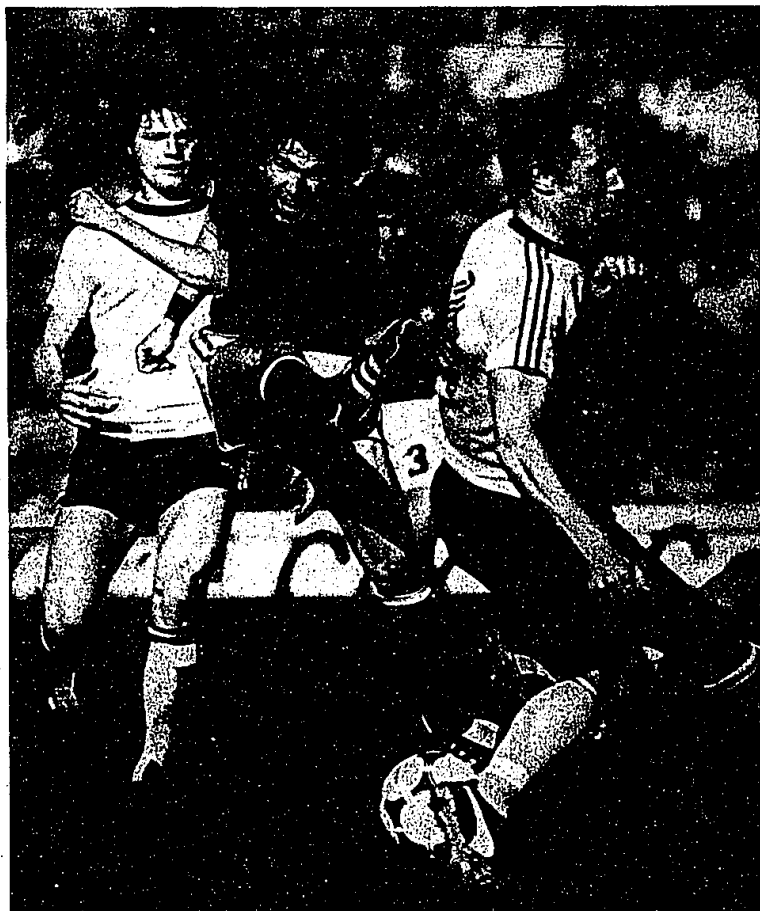
- Use progress charts to record exercise achievements. Participants experience a feeling of accomplishment by documenting their exercise mileage or duration.

• Establish a regular workout schedule. Behavior becomes "habit forming" when it is practiced with regularity. Early morning workouts make exercise a priority. In contrast, late afternoon exercise may be canceled because of unscheduled meetings or calls.

Barry Franklin, Ph.D., is director of cardiac rehabilitation and exercise laboratories, William Beaumont Hospital, Royal Oak. He holds faculty appointments at Wayne State University, Oakland University and the University of Michigan.



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