

INSIDER ONLINE

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A publication for faculty and staff of the WMU College of Arts and Sciences



WMU offers free employee wellness program

Western Michigan University is motivating its employees to enjoy the benefits of a healthy, active lifestyle with a new One-to-One Wellness Program.

Developed by Holtyn Associates, a local wellness provider, the program features personalized health assessments and wellness coaching. It's designed to give participants the resources and support they need to take charge of their own physical and mental well-being. The one-to-one program is offered free of charge to all full-time, benefits-eligible WMU employees.

"When employees maintain healthy lifestyles, it improves morale and productivity and reduces health care costs," says Danna Downing, wellness coordinator for Holtyn Associates. "By empowering each employee to adopt and maintain healthy behaviors, we can create a healthier campus culture."

How does the program work?

The one-to-one program begins with an individual biometric assessment. A wellness professional will measure blood pressure, cholesterol and blood sugar levels, as well as body mass index, waist circumference and overall fitness level. No fasting is required, and participants leave the assessment with their results in hand.

At the initial assessment, participants are asked to set a personal wellness goal that fits into their life and puts them closer to reaching or maintaining optimal health. Wellness coaches are available to periodically provide support and encouragement, and to assist employees in meeting their goals. Every participant has access to online tools and support, as well as wellness events, programs and services.

The entire process is private and confidential.

What are the program benefits?

The One-to-One Wellness Program is designed to help employees of every age and fitness level learn about and maintain a healthy lifestyle. For those in poor health, it can provide the momentum needed to reverse years of damage and start down the path to wellness. For others, it's a way to stay on track as lives and circumstances change.

Lowell Rinker, WMU vice president for business and finance, expects the one-to-one program to result in substantial savings in health-related costs for the University within the next five years.

"We also anticipate reduced risk factors for individual employees," he says, "which translates into a win-win situation for WMU and its employees."

Get started

Individual appointments are offered in a variety of convenient on-campus locations. To register in the program or schedule an appointment, visit wmich.edu/wellness, and click the "Holtyn" link.

For more information, or to offer screenings in your building, contact Danna Downing at ddowning@holtynhpc.com or (269) 779-5453.

"The One-to-One Wellness Program and the Blue Cross Blue Shield online health assessment are HIPAA compliant. The information in these online health assessments is confidential and protected by federal and state privacy laws. Your employer will not see any individual health information."
—Holtyn FAQ's

MEET MICHIKO YOSHIMOTO—JAPANESE OUTREACH COORDINATOR

The community outreach efforts of the Soga Japan Center were expanded in fall 2009 with the addition of Michiko Yoshimoto, who will serve as the center's Japanese outreach coordinator to promote Japanese culture, society and language throughout West Michigan.

Yoshimoto came to Western Michigan University via the Japan Outreach Initiative offered jointly by the Japan Foundation Center for Global Partnership and the Laurasian Institute. Applicants selected to participate in this competitive two-year program have excellent English skills, a good command of Japanese culture, geography, history and culture, and possess an outgoing personality. Yoshimoto plans to work in the SJC until 2011.



Michiko Yoshimoto, Soga Japan Center outreach coordinator.

While at WMU, Yoshimoto will achieve her main goal of increasing interest in Japan through outreach activities in local K-12 schools, libraries, community centers and on campus. Examples of activities that Yoshimoto will conduct include Japanese calligraphy and origami demonstrations, presentations about traditional Japanese clothing, and reading/telling traditional Japanese stories to children.

Originally from the city of Miura in Kanagawa prefecture, Yoshimoto says, "Although the population of Miura is similar in size to that of Kalamazoo, Kalamazoo's downtown is much bigger than Miura's." Situated on a peninsula about an hour south of Tokyo, Miura is famous for its Misaki Tuna, Miura Daikon (a type of white radish), and its native watermelon.

After graduating from Yokohama City University with a degree in sociology, Yoshimoto worked for seven years for the local Miura city government as a member of staff for sister city and volunteer programs within the Board of Education. She later went on to work for the Urban Policy Institute of Yokosuka city, the Policy Management Department of Miura, and the Japanese Exchange and Teaching Program before she was accepted by the Japan Outreach Initiative.

Additionally, Yoshimoto is a member of the board of directors of the Never Ending International Work-camps Exchange, a non-governmental and non-profit organization which sponsors work-camp events in local communities in Japan and East Asia focusing on environmental protection, community revival and promoting global friendship.

"I have participated in many international work-camps, which are volunteer projects that last for a few weeks, in Cambodia, Thailand, Italy, and Japan," Yoshimoto said. "Although I have travelled to about 15 countries, this is my first time living abroad."

If you are interested in contacting Yoshimoto about arranging Japan programs for your program, please contact michiko.yoshimoto@wmich.edu.

PUBLICATIONS, PRESENTATIONS AND AWARDS

Faculty

- Robert E. Vann (Spanish Linguistics Director of WMU Center for Multilingualism in Michigan and Faculty Director of WMU Student Exchange Program in Lleida, Spain, produced a scholarly monograph published by The Edwin Mellen Press. The book reflects on the Spanish of Catalonia and furnishes documentary resources for studying colloquial Spanish spoken in naturally occurring social groups in Barcelona. <http://www.mellenpress.com/mellenpress.cfm?bookid=7700&pc=9>
- Carla Koretsky (Geosciences) has been invited to serve as an editor-in-chief with *Geochemical Transactions*. Koretsky will be one of three editors-in-chief, and previously was an associate editor with *GT*.
- A book by Mahendra Lawoti (Political Science) titled "Federal Statebuilding in Nepal: Challenges in Framing the Nepali Constitution" (Kathmandu: Bhrikuti Academic Publications) was released in Kathmandu, Nepal and will be the subject of a book launch by the Centre for Constitutional Dialogue.

Staff

- (correction) Kevin Knutson (Advising) was interviewed for the National Academic Advising Association's website as a respondent to: "Feedback from a former participant on the benefits of the Institute and good advice on bringing a team to the Assessment Institute."

Lambert gets NSF grant to study gender provisions in national constitutions

Western Michigan University's Dr. Priscilla Lambert, assistant professor of political science and faculty of the Soga Japan Center, is co-principal investigator of a collaborative research project awarded \$312,000 in funding from the National Science Foundation to examine how gender provisions in national constitutions contribute to women's political and economic standing.

Lambert is leading WMU's part of the research project, which will combine a cross-national analysis of 100 countries with more detailed country case studies on provisions, laws and enforcement for the project titled "Gender and Constitutions: A Comparative Analysis of the Effect of Gender Provisions." Dr. Druscilla Scribner, assistant professor of political science at the University of Wisconsin-Oshkosh, is directing efforts there.

In addition, they will perform more in-depth analysis on 15 countries in five world regions and a close qualitative analysis of six key countries in southern Africa and South America.

The National Science Collaborative Grant, funded by the American Recovery and Reinvestment Act of 2009, will provide \$312,000 over three years to pay for research assistants, materials and software, research travel (including field work in southern Africa and Latin America), and some compensation for summer research.

"Our main goals are to produce a book on gender provisions in national constitutions and their effect on legislation and court decisions and ultimately on gender equality outcomes," Lambert said. "We also plan to make our constitutional coding and data on gender provisions public on the Web."

"The fact that Dr. Lambert and her colleague were awarded such a major award on their first application speaks very highly of Dr. Lambert's work and of the quality and level of work conducted here at WMU," Covell said. "We at the Soga Japan Center are very excited that one of our core faculty has received such an honor."

Lambert earned her Ph.D. in 2004 and a master's degree prior to that in political science from the University of California-San Diego. She also holds a master's economics from Keio University in Japan. At WMU she teaches on many topics, including Japanese politics, comparative politics, international relations, capitalism and democracy, comparative political economy and women and politics.

The National Science Foundation was created by Congress in 1950 to promote research in the sciences, mathematics, and engineering disciplines at American universities. Since the agency's establishment, its funded researchers have won more than 170 Nobel Prizes and have contributed to the world such important discoveries as Carbon-14 date testing for ancient artifacts, the genetic decoding of viruses and the creation of an entirely new state of matter.

For more information, see: <http://international.wmich.edu/content/view/741/337/>



*Priscilla Lambert,
assistant professor of
political science*

HOLIDAY POINSETTIA SALES SUPPORT PSSO

The Professional Support Staff Organization (PSSO) at Western Michigan University is sponsoring its annual poinsettia sale and accepting orders through Tuesday, Nov. 24.

Poinsettias are \$9 each and are available in seven colors: red, white, pink, burgundy, marble, jingle bells and Monet. An order form is available online at wmich.edu/psso. Cash or check payment must accompany all orders. Checks should be made payable to PSSO.

Poinsettias will be available for pick up between 9 a.m. and 5 p.m. Thursday, Dec. 3, in Room 158 of the Bernhard Center. Plants not picked up by the 5 p.m. deadline will be donated.

Send completed order forms with payment to:

Sally Laws
Accounts Receivable
Mail Stop 5251

For more information, contact Sally at sally.laws@wmich.edu or (269) 387-4262.



NOVEMBER

10 TUESDAY

Event Name: Women's Caucus Event

Event Description: "Upholding and Challenging Gender Expectations: The Ecuadorian Case," a talk by Dr. Valentina Aguilar

Location: 204 Bernhard Center

Time: 3 p.m.

The event is sponsored by the College of Arts and Sciences and organized by the CAS Women's Caucus Steering Committee.

Event: Career Services program for alumni

Location: Fetzer Center

Time: 6-7:30 p.m.

Register: http://www.wmualumni.com/events/event_details.asp?id=79903

11 WEDNESDAY

Event: Political Science Lecture

Title: "Community College Teaching: A Good Choice for Me?" presented by Timothy Farrow, KVCC, and Kevin Dockerty, KVCC

Location: 3301 Friedmann Hall (Political Science Library)

Time: 3 p.m.

12 THURSDAY

Event: Center for the Study of Ethics in Society Lecture Series

Title: "Reflecting on 200 Years of Darwin" presented by Fritz Allhoff, David Rudge, and Bob Anemone, all from WMU

Location: Martin Luther King Room (204), Bernhard Center

Time: 4 p.m.

Event: English Scholarly Speakers Series
Title: "What's the Fuss about Open Access to Scholarly Work?" presented by John Willinsky, Stanford University

Location: 2028 Brown Hall

Time: 7 p.m.

Event: Sustainable Communities Public Lecture

Title: "Sustainability Indicators Projects: History and Progress" presented by Maureen Hart, Sustainable Measures

Location: 2000 Schneider Hall

Time: 7:30 p.m.

Reception to follow

www.wmich.edu/cas/temp/Maureen-HartPoster.pdf

13 FRIDAY

Event: Sustainable Communities Public Workshop

Title: "Developing a Community Sustainability Indicators Project" presented by Maureen Hart, Sustainable Measures

Location: 1040 Fetzer Center

Time: 8 a.m. - 12 p.m.

Complimentary breakfast included
www.wmich.edu/cas/temp/Maureen-HartPoster.pdf

Event: Biosciences Seminar Series
Title: "Neuroregenerative mechanisms in the mouse olfactory system" presented by Dr. Colleen Hegg, Michigan State University

Location: 1710 Wood Hall

Time: 3:30 - 4:30 p.m.

15 SUNDAY

Event: Cultural Convergence: Multi-language Poetry

Description: A poetry reading in multiple languages by local native speakers. The reading is part of a "Cultural Convergence" event that includes an art exhibit and musical presentation.

Location: Portage District Library

Time: 3 p.m.

16 MONDAY

Event: Chemistry Seminar Speaker Series

Speaker: Sarah Trimpin, Wayne State University

Location: 1220 Chemistry Building

Time: 4 p.m.

Event: Institute of Government and Politics Lecture

Title: "Child Marriage: A Promise of Poverty"

Speaker: Bright Wireko-Brobby

Location: 3301 Friedmann Hall (Political Science Library)

Time: 1 p.m.

www.wmich.edu/cas/temp/wireko-brobby.pdf

17 TUESDAY

Event: Career and Student Employment Services Federal Science Panel

Title: This panel will highlight the successes of federal agents who work for the U.S. Department of Agriculture, and other federal agencies.

Location: 159 Bernhard Center

Time: 3 to 5 p.m.

20 FRIDAY

Event: Biosciences Seminar Series

Title: "Prostate cancer initiation and progression" presented by Dr. Barbara Foster, Roswell Park Cancer Institute

Location: 1710 Wood Hall

Time: 3:30 - 4:30 p.m.

23 MONDAY

Event: Chemistry Seminar Speaker Series

Speaker: James McCusker, Michigan State University

Location: 1220 Chemistry Building

Time: 4 p.m.

Event: Physics Colloquium

Title: "Milton Meets Einstein: Inquiring Minds Want to Know" presented by Gordon Berry

Location: 1110 Rood Hall

Time: 4 p.m.

DECEMBER

TUESDAY

Event: English Scholarly Speakers Series
Title: TBA, presented by Alicia Ostriker,
Rutgers University
Location: 2028 Brown Hall
Time: 7 p.m.

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**SATURDAY
COMMENCEMENT**

Miller Auditorium, education and engineering at 9 a.m.; business, health and human services and Extended University Programs at noon; arts and sciences, aviation and fine arts at 3 p.m.

OTHER EVENT DATES

- Friday, Nov. 13—Fall open house for high school seniors, Bernhard Center, 8:30 a.m. to 3 p.m. Free. Info: (269) 387-2000.
- Nov. 13-17—International Education Week—“International Education: Engaging in Global Partnerships and Opportunities.” In addition to concerts, art exhibits, films and lectures, the week-long series of events will include a Chinese culture night Monday, Nov. 13; Geography Bowl Tuesday, Nov. 14; Muslim Student Association dinner program Thursday, Nov. 16; and French culture night Friday, Nov. 17.
- Sunday, November 15—Bronco Marching Band Concert, Miller Auditorium, 3 p.m. Tickets: millerauditorium.com or (269) 387-2300.
- Dec. 14-18—Final Exam week
- Saturday, Dec. 19—Commencement
- Tuesday, Dec. 22—Fall grades due by noon

**Best-Selling
Author to Speak on
Campus Nov. 19**

Robert Alexander, the author of three best-selling historical novels set during the final days of the Romanov era, will speak on campus Thursday, Nov. 19 at 6 p.m. The visit, sponsored by the English Department, is part of a series of cultural events planned to coincide with the annual Russian Festival. The festival will take place at WMU’s Fetzer Center on Saturday, Nov. 21.

Alexander, whose novels include “Rasputin’s Daughter” and “The Romanov Bride,” will read from his best-selling novel, “The Kitchen Boy.” Set during the final months of the Romanov family’s captivity in 1919, the novel is told from the point of view of the young boy who actually stayed in the “House of Special Purpose” with the family until the day of their execution.

Alexander, who has worked and studied extensively in Russia, has earned glowing reviews for all three books. The Kitchen Boy, which has been optioned by a filmmaker, also received accolades from a representative of the Romanov Family Association, who notes that Alexander has “captured the enigmatic Russian soul.”

WMU Professor of English Judith Rypma, who visited and studied Russia for decades, calls his work “remarkably accurate and meticulously researched. The fact that he manages to throw in plot twists and suggest alternative possibilities to historical events makes you re-examine everything you know about the period, but also demonstrates how remarkable prose can emerge in the hands of a talented, yet conscientious historian.” Rypma admits that, “of all the fictional and non-fiction accounts I’ve read of the events of July of 1919, Alexander’s stands out as the one that best reflects the complexity of the Romanov situation and their murders.”

Although the novel appeals to readers of all ages, The Kitchen Boy’s 14-year-old protagonist makes it a natural for young adults. As a professor of children’s literature, Rypma also admires the novel for how well it fits her criteria for evaluating fictionalized biographies. “Too many authors have attempted to retell this story without ‘doing their homework’ or by being incredibly biased toward the Romanovs. Alexander is tough, but fair, and thus provides a much broader realm for the reader. When young people read historical texts, they often assimilate what they read as fact. This is the first novel I’ve found that attempts to portray both sides of the revolution.”

Admission to the reading, which will take place in 2028 Brown Hall, is free. A reception will follow.

Other events scheduled for Alexander’s visit include a formal, four-course tea hosted by the City of Portage and the Portage District Library at noon on Friday, Nov. 20.

At 2 p.m. on Saturday, Nov. 21, Alexander will give the keynote presentation at the Russian Festival at WMU.

For more information, see <http://russianfestival.org> and/or contact: Judith Rypma at (269) 387-2628 or rypmaj@wmich.edu.



Author Robert Alexander to speak Nov. 19.



Graduate student Leticia Espinoza explains the alter components to visitors.



Graduate student Daniel Trejo shows an alter item to students.

Día de los Muertos (Day of the Dead): a Celebration in Diversity

Western Michigan University's Department of Spanish students constructed a Día de los Muertos (Day of the Dead) altar as part of its early November celebrations of Hispanic Heritage Month.

A Día de los Muertos (Day of the Dead) altar is meant to honor the memory of someone who touched your life. This can be anyone from the family pet to Mother Teresa. Anyone who had a positive impact on your life can be the subject of your Day of the Dead altar.

People also make altars to show their support for others.

There are people who believe that those building an altar are trying to raise the dead. This can't be farther from the truth, because the belief is that the dead are never really gone, so raising them would be redundant. There is nothing demonic about building a Day of the Dead altar.

ALTARS SHOULD INCLUDE:

- a picture of the one being remembered
- items the deceased was fond of
- something to snack on
- candles
- flowers
- gifts

ALTARS COULD INCLUDE:

- pictures of saints or religious icons
- toy skeletons, skulls or bones
- sugar skulls
- books
- tequila, or their favorite drink and a glass
- soap, water & a small towel (because being dead can be messy)

A Día de los Muertos altar can be as simple or as elaborate as you want.

Some people take up entire corners of their homes with Day of the Dead altars, others use a simple end table dressed up with fabric and other items. The point is, size doesn't really matter, what matters is the heart you put into it. For more information see: <http://diadelosmuertos.us/article/dia-de-los-muertos-altars>

Western Michigan University President John M. Dunn will answer audience questions during a forum at 6:30 p.m. Wednesday, Nov. 11, in Room 157 of the Bernhard Center.

All WMU community members are welcome to attend the event, which is being sponsored by the Western Student Association and the Graduate Student Advisory Committee.



Russian Festival set for Nov. 21 at Fetzer

A series of lectures and presentations by WMU faculty members and guest speakers will highlight this year's 14th annual Russian Festival. Staged each year by the Kalamazoo-Pushkin Partnership and co-sponsored by Lee Honors College, the English Department, Haenicke Institute for Global Studies, and Portage District Library, the festival will kick off at 10 a.m. Saturday, Nov. 21, at Fetzer Center. Over 1,000 guests and performers from Russia, the Russian Embassy in Washington D.C., and throughout the Midwest are expected to attend.

RUSSIAN FESTIVAL KICK OFF
10 A.M.
SATURDAY, NOV. 21
FETZER CENTER
\$8 ADULTS/\$4 STUDENTS

In addition to dramatic performances, arts and cultural exhibits, concerts, folk singers, Russian dancers, crafts, food, a silent auction, and children's activities, the festival will feature lectures, readings, and performances on Russia's history, culture, and religions. Keynote speaker Robert Alexander will present at 2 p.m. on "The Challenges of Writing Historical Fiction Set in the Romanov Era." Alexander's best-selling historical novels include "The Kitchen Boy," "Rasputin's Daughter," and "The Romanov Bride."



WMU presenters will include Anthropology Professor Allen Zagarell, speaking at 11 a.m. on "Islam in the Former Soviet Central Asian Republics," and English Professor Judith Rypma, presenting "Legends and Lore of the Faberge Eggs" at 3 p.m. Rypma, who teaches folklore and mythology, will share her "life-long fascination" with the Fabergé eggs in a multi-visual presentation. "They really are the 'icons' of Russian culture," Rypma explained. "They glitter with jewels and contain tiny surprises inside each one in a way that evokes the imperial past. And the 'surprises' keep coming, since even today, recent events give us hope that some of the still missing eggs will turn up."



Judith Rypma

The Kalamazoo-Pushkin Partnership is a non-profit organization that fosters community ties with Kalamazoo's Russian sister city. Most recently they have donated to Russian orphanages and facilities for the handicapped. Admission to the Saturday festival costs \$8 (\$4 for students).

For more information, see <http://russianfestival.org>.

DINNER-LECTURE ON ISLAMIC FAITH

Imam Zaid Shakir will discuss gender, class and racial equality in Islam during the semiannual installment of a free dinner-lecture series sponsored by the Muslim Students Association of Western Michigan University.

In addition to the keynote address, "From Original Sin to the Color of Skin: Gender, Class and Racial Equality in Islam," the evening includes a multicultural dinner and multiethnic exhibition. Events begin at 5:30 p.m. Friday, Nov. 20, in the Bernhard Center Ballroom.

The dinner-lecture is open to the public free of charge, but reservations are required. They must be made online at www.rso.wmich.edu/msa by Wednesday, Nov. 18. The popular event typically attracts capacity attendance, and those wishing to attend are encouraged to register early. A waiting list will be maintained for late registrants.

The Muslim Students Association, in collaboration with the Arab Student Association, sponsors the dinner-lecture series once each fall and spring semester.

For more information, visit www.rso.wmich.edu/msa or contact Fazila Jafri at rso_msa@wmich.edu.

ETHICS PANEL ADDRESSES DARWIN'S WORK

The legacy of Charles Darwin will be up for discussion when the Western Michigan University Center for the Study of Ethics in Society concludes its fall season Thursday, Nov. 12, with a panel discussion featuring WMU professors.

This year marks the 200th anniversary of Darwin's birth in 1809, setting off a wave of events commemorating Darwin's work. Panelists taking part in the WMU event will be Drs. Friz Allhoff, assistant professor of philosophy; David Rudge, associate professor of biological sciences; and Robert Anemone, associate professor of anthropology. The discussion begins at 4 p.m. in the Martin Luther King Room (Room 204) of the Bernhard Center.

Darwin's principal work, "On the Origin of Species," was published in 1859. In addition to 2009 being the bicentennial of his birth, it also marks the sesquicentennial of "Origin," making it a banner year for reflections on Darwin's legacy.

The event is also sponsored by the History and Philosophy of Science Working Group and the WMU Department of Philosophy.