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### January 16, 1990 Open Air

Shawnee State University

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**3** Senior citizen teaches and studies in ceramics programs

**5** Boxing bloodiest sport next to journalism

**8** Historian Elmer Sword honored with \$500 scholarship

# The Open Air

'Houses are built for you to hold councils in. Indians hold theirs in the open air. I am a Shawnee.'

-- Tecumseh, Shawnee chief, 1810

Shawnee State University

January 16, 1990 Volume 4 Issue 11

Portsmouth, Ohio

## Man of the Decade selection controversial

By Alice Kimbler  
OA Editor

Soviet President Mikhail Gorbachev has been chosen "Man of the Decade," by *Time*



Scioto County resident Jay Cooke gathers debris from a hole in the Berlin Wall. Cooke recently returned from duty with the Army's Berlin Brigade.

magazine and has invoked both the rage and the praise of local and national experts. Gorbachev, the most powerful man in Russia, by what he has done -- and, perhaps more important, by what he has refrained from doing -- has made possible the astonishing events of the 1980s.

Not all people think Gorbachev is a man of peace. Dr. Carlson Yost,

instructor of civilization and literature, said, "*Time* magazine interviewed Gorbachev and proclaimed him to be Russia's nice guy. He isn't a nice guy or he wouldn't be in charge. He can't be fully trusted."

*Time* magazine said Gorbachev and his reformist allies in Eastern Europe have managed to suppress at least one monster -- the state's capacity for terrible violence against its citizen.

One SSU instructor seems to agree that the United States should believe Gorbachev. "If we continue mistrusting Gorbachev's, or any other leader's, intentions, we stand to fall victim to a fundamental human weakness," said Dr. Stylianos Hadjiyannis. That weakness is to read the worst in others, he said.

Hadjiyannis, associate professor of government, said mistrust or the bad faith attitude of people in this country toward others often becomes a self-fulfilling prophesy.

President Bush said although he didn't anticipate it, he believes that the "day of the dictator" is over. He said, "I think democracy and freedom are on the move around the world." Gorbachev addressed the United Nations a year ago saying that, "Freedom of choice is a universal principle," and he promised to let the satellite nations of Eastern Europe go their own way. Hungary and Poland took him at his

word and East Germany and Czechoslovakia followed suit, according to *U.S. News & World Report*.

Gorbachev visited the Pope where he admitted that the Communist party had erred in its persecution of religion, according to *Newsweek* magazine.

Yost said Gorbachev represents a permanent danger to the U.S. because of the arms race. "The U.S. can't stop the arms race unless the Soviet Union stops."

Political analyst John Stoessinger of Trinity University in San Antonio recently said "Gorbachev may be the leading statesman of the second half of this century; but, hard-liners scoffed that the moribund Soviet economy gave Gorbachev no choice but to make political changes," as reported by *Newsweek*.

When Gorbachev took over as general secretary of the Soviet Union in 1985, he saw the secret reports about the economy.

To right the economy, he needed to ease tensions with the West in an effort to obtain economic aid through trade and credits, and also to reduce spending on the arms race.

He also realized that the Soviet Union must evolve toward a market system, with free prices, wage incentives and a profit system providing essential feedback.

Photo special to The Open Air

## Student senate announces homecoming court

By Cindy Gill  
OA Staff Writer

At the student senate's first meeting of the winter quarter on Jan. 9, the three final candidates of the 1990 homecoming court was announced. The candidates include Lisa Haney, Dianna McNutt and Tina Wash.

The queen will be crowned during half-time at the basketball homecoming game on Jan. 23 in the activities center.

The possibility of some new campus organizations was announced at the meeting. A unanimous vote approved the founding of Students in Free Enterprise. Its purpose is to establish and direct student-generated free market economic education programs on university campuses through outreach projects within the community and through presentation of these projects at regional and national competitions.

A minority student union by-laws and

constitution was presented for consideration. A vote will be taken later.

Fred Chrisman, director of student activities, spoke of the possibility of a guest speaker talking to members of student senate to give them an insight as to what other student governments in other universities are involved in.

There will be a discussion on the new university center at the next student senate meeting, Tuesday, Jan. 16 at 4 p.m. in Mass. 214.

## \$500,000 grant match reached three months early

Additional funds need to reach \$2 million 'Crossing the Threshold' goal

The campaign to match the \$500,000 Title III grant has been reached nearly three months ahead of the Mar. 15. deadline.

Robert Dever, general chairman of "Crossing the Threshold, the Campaign for Shawnee State University," said the steering committee has acquired pledges exceeding the required match. "This is another outstanding statement

of faith in the mission of SSU by the Portsmouth area community and friends of the university," he said.

However, Dever said the goal of the campaign continues to be \$2 million.

Jim Kricker, campaign treasurer, said \$541,462 in pledges and gifts have been earmarked for the grant. The total includes more

than \$61,000 pledged by the faculty and staff at SSU.

Kricker said a total of \$1,593,786 has been contributed toward the campaign's \$2 million goal. Kricker has also made a personal gift of \$25,000 to the campaign.

Dever said Janet and Harry Kuhner pledged a gift of \$110,000 to the campaign.

FOR REFERENCE  
Do Not Take  
From This Room



## Peace and freedom -- the American way

By Alice Kimbler  
QA Editor

The pursuit of peace and freedom has been the American way since the landing of the pilgrims, and the establishment of our great nation.

It's natural for people to believe that people of the world can live in peace. True peace for an individual is the ultimate state of mind. When you pillow your head at night, there is

### PEACE

no better feeling than having peace with family, friends and God.

It is a comfort for all the world to see the super powers meeting with other countries to promote peace and to end the cold war.

The cold war, which has been a part of the permanent order of things for so long, is now destructing before the eyes of the world, *Time* magazine reports.

With the sudden burst of peace and freedom around the world, some people would advocate that we should dissolve or reduce our military strength.

When Ronald Reagan and George Bush took office in 1981, they strengthened the U.S. military and modernized it. President Reagan's ideal for peace was to maintain peace through strength and President Bush has continued the policies of peace through strength.

Dr. Carlson Yost, instructor of civilization and literature said it would be very foolish to get rid of our troops. "World leaders have forever said 'If you want peace, you have to prepare for war.' Because there are those who will take advantage in the absence of power," he said.

Yost also said that it is a fantasy to think that you can live in peace without a countervailing force such as the police and armed forces.

While there's surely will need to maintain forces to protect us, I pray that peace has come.



Smiling Germans cross the Freedom Bridge between East and West Germany after the recent opening of the Berlin Wall. Also known as the Glienicke Bridge, this was the first time since World War II the bridge has been used for anything other than spy exchange, according to Schen County native Jay Conke who took this photo.

Photo special to The Open Air

People were created to be free, even though people of many countries have been suppressed by dictators.

The price of freedom is astounding and many have paid with their lives. Arlington Cemetery and the Viet Nam Memorial alone will not allow us to forget.

In other countries, under the suppression and persecution of Communism, many have given their lives for freedom and democracy.

When the Romanian people, living under the clenched fist of Communism, became free, they wept tears of joy as they expressed their fears of Communism and told of the freedom they now enjoy. They were overwhelmed by the freedom of speech, freedom of press, freedom of religion and freedom to travel. Those who have never lived under that type of suppression naturally take these privileges for granted.

Dr. Carlson Yost, instructor of civilization and literature said, "The philosophy of Communism is to force people to do the right thing, but the more you force, the less right things get done."

People like to be free to make their own choices.

### FREEDOM

Along with freedom comes individual responsibilities. That is, people being free to establish their own laws and rules to live by; rules and laws freely made and agreed upon.

According to Yost, "There is an idea that freedom by itself is going to produce good things, but it doesn't. It has to be ordered and responsibility has to be put first. Then freedom to make choices comes after that."

Freedom became a reality for the people of East Germany with the collapse of the Berlin Wall and the people of East and West Germany hoping to reunite their country.

In a movement for freedom and democracy, the Chinese students in Tiananmen Square were slaughtered for trying out for democracy. They willingly gave their lives for freedom and the final words of many were "don't let us die in vain."

Hopefully, China will someday be a free country and the stand for freedom that these people have taken will never be forgotten.

A good philosophy for not only free America, but for every country around the world is to stand up for freedom -- its too precious to lose.

### The Open Air

The Open Air, Shawnee State University's student-run newspaper, is a vehicle of expression for students reporting news and views.

Opinions expressed in the newspaper are not necessarily those of the newspaper staff, the adviser or the university.

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### The Open Air Letters To The Editor Policy

The Open Air encourages its readers to respond to the editor and express their views and opinions of articles appearing in the newspaper.

Address letters to Letter to the Editor, The Open Air, SSU, Massie 411, 940 Second Street, Portsmouth, Ohio 45662. Letters may also be personally delivered to the newspaper office in Massie 411.

The best read letters are brief. Writers should limit their correspondence to 150 words. The Open Air reserves the right to edit letters for length.

The Open Air reserves the right to not publish letters containing

obscenities, profanity or libel. The Open Air reserves the right to limit publication of letters from frequent writers. The Open Air also reserves the right to not publish letters which have appeared in other newspapers.

All letters must be signed and contain addresses and telephone numbers of writers for verification. Writers must sign above their typed names. Students and other writers who personally deliver letters to the newspaper office may be asked to show I.D. for verification. Other forms of verification will be used for letters mailed to The Open Air.



## Senior citizen both studies and teaches ceramics



Winnie May Fetty displays an example of her ceramic work. Fetty is a fine arts student who also teaches ceramics to elementary school students in the enrichment program.

Photo and story  
By Cendi Jean Adkins  
OA Staff Writer

**B**oth as a student and a teacher, Winnie May Fetty is familiar to many at SSU.

Although she is a senior citizen, she is a fine arts major and is seeking continuous education in the ceramic-arts field.

She has taught ceramics in the enrichment program and has assisted in the enrichment classes of "Dinosaurs" and "Make and Take."

Fetty said she sought advice from Dr. Paul Crabtree, director of counseling, about appropriate classes to develop her talents.

Fetty enrolled in Studio Foundations and gained knowledge of welding, drawing, charcoal sketching and sculpturing. She continued the next three quarters in acrylic painting.

Fetty said, "Being a senior citizen has its advantages." Last summer she took a trip down south. She was encouraged by Tom Stead, art department chairman, to make a portfolio of the trip by sketching

scenery while on the tour.

Fetty's drawing ability has paid off. She has a variety of paintings of acrylic birds and landscapes.

Phillip Gearheart, associate professor of fine arts, submitted Fetty's five-sided box to the James A. Rhodes State Office Tower Exhibit in November 1989. The exhibit housed more than 100 works of ceramic art from area college students.

Fetty also submitted a drawing of a mother elephant and her baby to *Shawnee Silhouette* magazine to be featured with a poem published by one of the magazine's poets.

Fetty said she has made more than 400 pieces of ceramics and finds giving them to her friends rewarding.

Fetty will continue her ceramic art work. She finds it is good therapy, and she encourages everyone to seek art as a hobby to develop a fuller and richer life.

## Franchising taught for first time

Retail sales from franchise establishments comprise 33 percent of all retail sales in the U.S., according to Dr. Roy Payne, dean of the school of business administration.

In response to this level of franchise selling, SSU is offering a course in franchising this quarter.

Payne said that because franchises employ an estimated 7 million people and a new franchise is open every 15 minutes, students should not overlook the business and em-

ployment opportunities of franchising.

The course consists of six parts: nature of franchising, franchising and the law, developing the franchise business, operating the franchise business, the franchise arena, and franchise/franchisor relationships.

Payne said the course is designed either for students of franchising or those considering going into business as a franchisor or a franchisee.

The course is taught by E. Braun.

## BASICS receives funding

SSU's Basic Adult Skills In a College Setting program was awarded \$3,000 in state funds, according to a spokesman for the Ohio Department of Education.

The funding from the state pushes BA-

SICS' budget up to the \$30,000 mark, three times its original funding.

The program is for area adults who want to prepare for the high school GED test, learn to read, learn English or brush up on learning skills.

## Instructor to grade proposals

Dr. Julia Coll, assistant professor of foreign languages and education, has been selected to serve as an evaluator of grant proposals submitted to the Department of Education's Title VII program.

Coll's selection was made following a nationwide search of professionals in the area of bilingual education. The Title VII program was the first government commitment to students with limited English skills.

## Student senate has opening

There is an opening on the student senate because of a student senate member's resignation according to Dave Nelson,

student senate president.

For details contact the student government office at 355-2320.

### Computer

The SSU PC User's group will hold its first meeting on 6 p.m., Thursday, Jan. 18 in La Villa on Second St.

Contact Dr. Kendall D'Andrade at 355-2401, Gary Stottenger in the library at 355-2291 or Gene Beckett in the Learning Center 355-2277.

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Sports  
Shorts**Men lose to Rio Grande**

Rio Grande pulled out an exciting 94-92 win over the men Bears. The Redmen, who led 52-37 at halftime, held off the Bears in the second half behind the clutch play of Gary Harrison. Harrison poured in 33 points to lead Rio. The Bears were led by Brian Williams with 28 points. Williams, a 6-5 senior, electrified the crowd with five dunks.

Freshmen Darren King and Troy Crouch came off the bench to add 17 and 16 points. Crouch led the Bears with 13 rebounds.

**Returns to alma mater**

Men's head coach Jim Arnzen returned to his alma mater Defiance College with a team of his own. Arnzen, a 1980 graduate of Defiance College, battled his college coach, Marv Hohenberger, in the first round of the tournament.

It was the first meeting between the two coaches. Arnzen helped Defiance and Hohenberger to the national tournament during his career at Defiance.

**Women finish second**

SSU women Bears finished second in tournament play falling to Tri-State University 64-58 in the finals. The Bears reached the finals with a 77-71 win over a tough Concord College team.

Kim Danner, who hit a 35 footer at the halftime buzzer, led the Bears with 20 points.

Susie Huff and Jamie McGraw added 14 points each for the winners.

Suzie Bowling came off the bench to spark the team with eight second half points.

In the finals, Tri-State University used a perfect offense and a tough zone defense to beat the Bears 64-58.

Susan Conley led the Bears with 14 points. The loss left the SSU women with an 8-3 mark.



SSU Bears cheerleaders pose with candy bars sold in recent promotion sponsored by the Bears Booster Club. Front row, left to right, are Julie Little, Julie Hood, Lisa Haney, Jamie Morrison, Lois Rase, adviser and Tracy Davidson. In back row are, left to right, Dave Nelson, Jirawat Jeamvigite, Deacon Dzierzawski, Roger White and Kyle Chamberlain.

Photo and story  
By Cendijean Adkins  
OA Staff Writer

The SSU cheerleaders sold Nestles candy bars during the holiday season to raise money for transportation to and from ballgames

and to purchase new winter jackets.

The candy was sold during pep rallies and was sponsored by the booster club.

Roger White, a new member of the cheerleading team from Belpre, is a plastics

and engineering major.

White transferred his athletic interest in basketball to cheerleading during winter quarter and says he finds being involved in this physical activity exhilarating.

**Intramural Athletics**

Sign up in  
**James A. Rhodes Sports Center**

**Intramural Doubles 8-Ball Tournament**

Date: Wednesdays beginning  
February 21, 1990  
Time: 12:00 noon  
Place: Student Union  
Deadline for Sign-up: Feb. 14, 1990

**Intramural Volleyball Racquetball**

Date: Tuesdays & Thursdays  
beginning  
February 13, 1990  
Time: 12:00 noon  
Place: Gymnasium  
Deadline for Sign-up: Feb. 6, 1990

Date: Fridays beginning  
February 23, 1990  
Time: 12:00 noon  
Place: Natatorium  
Deadline for Sign-up:  
Feb. 16, 1990

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## Professional boxing occupies bloody spot in sports history

*However, journalism has higher mortality rates*

By Mike Zempter  
OA Staff Writer

The history of boxing is brightly-lit and smeared with blood. They come in through a screaming mob and leave in the rubber bags, occasionally.

Boxing is not the cruelest sport, however. Football is, with 180 deaths per decade, compared to boxing's 18. Even though more play football, and the deaths are fewer per capita, that's still 162 more human lives gone -- 16 a year, and if there is no excuse for boxing, there is no excuse for football.

Mike Tyson is a throwback. He looks like an alligator and hits like an occult hammer. Built stronger than Joe Frazier, he has handspeed like Ray Leonard used to have. He was educated by the man who owned films of over 10,000 fights (Jim Jacobs), and his knowledge of his sport is unparalleled

### Sports Commentary

in fighting history.

He is a fighting intellectual. Like other great champions of the past, Tyson has trained himself to the point where his expertise joins hands with his instinct, and the results are spectacular.

Muhammad Ali, when he was Cassius Clay, could throw five-punch combinations in two-fifths of a second, to predetermined locations.

Floyd Patterson before him could throw seven-punch combinations in the same span. Both men on occasion knocked an opponent unconscious with the first punch of a combination, and could not stop the remaining punches, though they hammered the thin air.

To this day, Patterson can surely brush his teeth while putting on his cufflinks.

The best writer ever to address himself to any sport, by popular acclaim, was A.J. Liebling, who wrote *The Sweet Science*, named after the first, British book on boxing, *Sweet Science Of Bruising*, and who covered boxing for the New Yorker during the 1950s and early 1960s.

The best boxing article ever was probably Norman Mailer's "King Of The Hill," on the first Ali-Frazier fight in 1971, when both were undefeated, and seemed undefeatable.

People kid themselves that only thugs do it, and only thugs watch it so they can bet on it, but the historians are historical figures in literature and journalism. George Plimpton took time off from editing *The Paris Review Of Literature* to write *Shadow Box*. With Pete Hamill's novel *Flesh And Blood*, Plimpton's effort is the best of recent years.

The time of the gladiator was also the time of the "literary slave," and if the gladiator still lives on fight nights, so do the literary slaves, when deadlines roll around. The highest mortality rates in the American work force hit miners, then millworkers, then male journalists, then female journalists.

Boxing must be safer than journalism. In 1973, just a few years after the advent of the closed circuit fights, an Australian spearfisherman put together a deal to fight a starving shark in a big tank, armed only with a knife, on American closed-circuit, pay per view, and he found backers, found a venue, and had a very large audience, but the FCC forbid it,

on grounds that the shark had no say-so in the matter.

The public was ready. Looking through a video retailer's trade magazine one day, I found a list of the top-selling videos of all time. The top three places on the list were occupied by the *Oriental Faces Of Death* series, which is basically police photos on film. The blood doesn't just hang there, it drips, and people eat it up.

Who needs to witness death in its entirety when you have the likes of Sonny Liston to appreciate? Liston was an arm-breaker and more for the mob, and in his day -- 1960-64 -- he was an evil figure. Tyson seems like a boxer, however violent he is up there. Liston seemed like a hardened criminal, which he was.

In his first shot at the heavyweight championship, he cold-cocked the champ in the first round. Did likewise in the rematch. To us, the public, he was not quite imaginable. To the boxing fraternity, he was bad, but his punishment was not so much they wouldn't try him on for size. arty Marion, a journeyman boxer also from Detroit, fought Liston just a few years before Liston stepped into the public eye, frightening women and children and stampeding horses and cars.

Marion beat Liston and broke his jaw in their first fight, then lost a split-decision in the rematch. Nobody ever heard of him.

I have a good collection of ring photos somewhere around here. Marvin Hagler with hair. Cassius Clay, sound asleep on the canvas with an angelic expression over his famous visage, and one hand laid on his heart, where he instinctively reached for his teddy bear in the twilight of consciousness. He was 17, and fighting in a Golden Gloves match in Chicago against an unknown foe.

The boy-thing standing over him had a mature body and the face of a 45-year-old. At their differing stages of development, he was too much for The Greatest Of All Time. Much too much, and The Greatest remembers him, don't you know he remembers. The guy now sits in a Chicago night-spot and tells anyone who'll listen, and they know, better than they can say, that he's lying.

It would be more entertaining than a championship fight to see the look on his face as he makes up his mind to tell his secret to yet another face.

I was raised at Ft. Knox, Ky., and I was a great fan of young Cassius Clay, Jr., raised 31 miles from me in Louisville. Dating back to the time I was 12 and he was 16, fighting on *Tomorrow's Champions*, a Louisville TV show, on Saturday afternoons.

He had a big, big mouth. "Gaseous Cassius." With Babe Ruth, he was the largest figure in the history of sports, and I got on with him at the ground floor.

As the years went by, and he got his jaw jacked by the succession of Number One contenders he so heroically insisted on confronting, I got my jaw jacked by circumstance and brute logic.

By 1980, he was in decline and I was in Denver, where I

I have a good collection of ring photos ... Marvin Hagler with hair. Cassius Clay, sound asleep on the canvas with an angelic expression over with his famous visage, and one hand laid on his heart, where he instinctively reached for his teddy bear ...

-- Mike Zempter

was a professional fight judge. A mile high, I met a car dealer named Joe Sayyah, who became my good friend. Joe told me he'd been a linebacker at Penn State, and had been raised by his brother, Victor. Now he was grown, and he had to get an appointment to see Victor.

For some unknown reason, I read a Denver business weekly one afternoon, and there was the name Victor Sayyan in the text of a piece on unfair hiring practices. I called Joe and he got very excited over this word on the only family he had. He asked me to bring him 10 copies, and get any more I might run across, and I did find a few more.

Then I left Denver, and lost Joe's number, and forgot about him. Cassius, now Muhammad, wandered to the end of the road in a boxing ring in Bermuda, against a stiff named Trevor Berbick, who cleaned his clock and retired him. *Sports Illustrated* came out with an article on the end of the Ali legend, and in it there was this: the fight was history, in a sad way, and it mattered, but as it drew near, the money people decided to withdraw finances.

The whole thing was about to evaporate and leave Ali broke, when at the last minute, "mysterious businessman Victor Sayyah of Denver flew in with a briefcase containing \$13 million, and Ali was able to go out fighting, as he preferred."

What it all means, I do not pretend to comprehend, but I saw, and I will remember.

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**The Voice of the SSU Bears**



## Expanded SSU relationship with Taiwanese possibility

Dan Evans, director of continuing education, recently visited Taiwan for four days of talks with Michael Beutner, a faculty member of Tunghai University and a former Portsmouth resident, about the possibilities of expanding the SSU's relationship with students in Taiwan.

Evans trip was a three-fold mission designed to answer questions and gather information. Included were informal meetings with past students of SSU's summer Taiwanese program.

"The first goal of this trip was to meet with students who, in the past, had partici-

pated in our intensive English studies summer program," Evans said.

He said that more than 20 students attended the dinner, many of them coming by bus from more than four hours away.

"The second goal was to further discuss with Beutner the possibilities of expanding SSU's summer program to include approximately double the number of Taiwanese students," Evans said.

In two summers, the program, which introduces Taiwanese students to American culture and university course work, has attracted 62 students to the SSU campus.

Evans third goal could drastically affect the current SSU-Taiwan relationship. According to Evans, SSU is ready to begin discussions with Beutner about a full-time, year-around program for Taiwan students at SSU.

Evans said, "A lot of things have to fall into place, but we're looking at a program that would bring Taiwan students into the mainstream at SSU where they would have the opportunity to earn an associate or baccalaureate degree."

SSU welcomed an international consultant on campus on Nov. 30 and Dec. 1. Ken

Rogers, director of international service at Indiana University and a representative of the National Association of Foreign Student Affairs, visited the campus to assess current policies at SSU and to offer suggestions for improvement in handling international student affairs.

Dr. A.L. Addington, SSU provost, said, "The Taiwan program is an important development in the history of the university. We hope that this program will be the first of many projects to help bring to our students the excitement and educational opportunities that come from living in a global village."

## Instructor tells conference of experience with Soviet children

Dr. Hagop S. Pambookian, associate professor of psychology, was a participant in the annual convention of the National Association for the Education of Young Children, Nov. 2-5.

More than 20,000 attended the four-day conference.

Pambookian's 60-minute presentation, "The Impact of Glasnost and Perestroika on

Soviet Children," included slides of school children from his recent visits to the U.S.S.R. as Senior Fulbright Fellow and visitor researcher.

He presented information on Soviet preschooling, curricula, teacher training, and changes resulting from President Mikhail Gorbachev's policies of glasnost and perestroika.

Pambookian, a former Senior Fulbright Fellow at the Yerevan State University in Armenia, recently returned from a 15-day tour of the Soviet Union which included directing a group of 17 professionals, primarily from the Portsmouth area, on a study mission of the Armenian earthquake zone.

The NAEYC keynote address, "Young Children - Our Hope for the Future," was

presented by Dr. James P. Comer, Maudsley professor of child psychiatry at the Maudsley child study center.

The conferees also heard presentations on "Television Violence and Children," "Child Abuse in Child Care Settings" and "The United Nations Convention on the Rights of the Child - The Role of Educators."

## RELAX YOUR WAY TO A STRESS-FREE DAY

### Three relaxation techniques for managing stress

**S**tress can actually be good for you when it's balanced by periods of relaxation. But many can't or don't know how to relax.

The following techniques for relaxing can lessen the adverse effects of stress.

### Deep muscle relaxation

One of the most common reactions to stress is muscle tension. Deep muscle relaxation helps relax the entire body from head to toe by first tensing, then relaxing various muscle groups. The whole process takes about 15 minutes and can be done almost anywhere.

■ First, sit (or lie down) and close your eyes -- tense your facial muscles (purse your lips, squeeze your forehead). Hold for five seconds then relax.

■ Now move on to the neck and shoulders -- tense, hold, relax. Keep on doing this for all the major muscle groups -- arms, back, abdominals, hips, legs, feet.

By the time you're done, your muscle tension will have drained away and you'll feel revived and refreshed.

### Breathing deeply

Another reaction to stress is shallow, rapid breathing. Deep, slow breathing can interrupt your stress response and help you to relax.

■ First, clear the stale air from your lungs by exhaling slowly through your mouth until your lungs feel completely empty. Then, inhale through your nose

until you begin to feel your abdomen rise. Hold for five seconds, then exhale and begin the cycle again. Repeat this exercise four or five times whenever you feel tense.

Deep, abdominal breathing takes only a few seconds and can be done anywhere. When you find yourself tense and irritable, stop and take a breather.

### The power of suggestion

Another technique for relieving stress is autogenic (or self-regulating) suggestion. With this technique you tell yourself how you want to feel.

■ When you feel stressed, sit down, close your eyes and give yourself calming mental suggestions such as, "My arms are light and tiry, I am calm and peaceful."

You can focus on any part of your body that feels tense. You can talk yourself into a more relaxed, tranquil frame of mind and body.

### Relax and enjoy life

These are just a few of the many ways you can help yourself relax and relieve stress for a more enjoyable lifestyle.

The important thing to remember is that it's not so much how you relax that counts, but that you take the time to relax.

Relaxation is one of the nicest things you can do for one of the nicest people you know -- you.

-- A service of The Open Air and the SSU Counseling Center



The power of suggestion helps you "talk away" stress.



Breathing deeply interrupts your stress response.

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The Southern Ohio Association for  
the Education of Young Children

In-service seminar at  
SSU Jan. 16, 1990

Featuring Dr. Hagop  
S. Pambookian,  
associate professor of  
psychology, discussing  
child care and  
education in the  
Soviet Union.

OPEN TO THE PUBLIC

6:30 p.m., Jan. 16 in Massie 402.  
Pat Smith, 259-2930 for details.



## Coming Events

**The Open Air staff meeting**  
Volunteers welcome  
Jan. 17, 1 p.m.  
Newsroom, Massie 411

**Chess Club Organization**  
Jan. 18, noon  
Massie 214

**Lunch Box Theatre**  
Jan. 22, 24, Noon  
Massie Theatre  
Free to all

**Distinguished Lecturer**  
Dr. Charles Dygert,  
21st Century Leadership Thinking  
Jan. 23, 2 p.m.  
Massie Theatre  
Free and open to public

**Bears Pep Rally**  
Jan. 23, noon  
Ball players and Pep Band present  
Activities Center

**SSU Homecoming**  
Jan. 23, 7:30 p.m.  
Crowning of Homecoming Queen  
Activities Center

**Homecoming dance**  
Jan. 26, 9 p.m. - 1 a.m.  
Semi-formal dress  
Ramada Inn, Poolside  
Free to students w/SSU ID

**Night skiing at Clear Fork**  
Feb. 8, 4 p.m. - 10 p.m.  
Info - Dan Evans,  
Continuing Ed., 355-2209

## Institute for minorities in business education

The first GMAC-AACSB Minority Summer Institute will be June 10 through July 20 at the University of Michigan at Ann Arbor.

The program will increase the number of minority students pursuing a doctorate degree and careers as business school faculty, according to a release from the American Assembly of Collegiate Schools of Business in St. Louis, Mo.

Black, Hispanic and native American students selected to participate will have all expenses paid, will receive a stipend of \$2,500 and will receive six hours of credit from Michigan, the sponsors said.

The program is structured to introduce students to the challenges and rewards of the career of a business professor. Included are classes that focus on the quantitative and

analytic methods of business study, lab sessions for hands-on experience with library and computers and seminars that answer questions about doctoral study and academic careers in management education.

Applications are being considered from economics and other social sciences, educa-

tion, engineering and business disciplines. Previous study in business is not required.

To apply, contact the Graduate Management Admission Council, 11601 Wilshire Blvd., Suite 760, Los Angeles, Calif. 90025, or phone (213) 478-1433 (call collect). Application deadline is Feb. 1.

## Campus Capsules

### Named to team

Two Bears were recently named to an all-tournament team. Kim Danner and Susie Huff were honored for their play in the SSU Women's Invitational.

Danner scored 28 points and Huff scored 24 points in two games against Concord and Tri-State.

### Scholarship established

Elizabeth and Larry Gates of Wheelersburg have established a scholarship of \$1,000 to be awarded annually for a full-time student pursuing a degree in a "helping profession."

The Gates said they wanted a counselor or social worker to receive the scholarship to enable them to help the needy.



Photo by Condi Jean Atkins, OA Staff Writer  
Vickie Flannery, left, discusses lost and found items with an unidentified student at a recent lost and found day in Cafe Le Bears. Student union employees and Fred Christman, director of student activities, gave students, staff and visitors the opportunity to identify and claim their lost items.

Another lost and found day will be Wednesday, Jan. 17 from 10 a.m. to 1 p.m.



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Morning Crew Leader: Sue Whitten  
Crew: Sherri Sporch, Hester Craft,  
Ellie Edwards  
Afternoon Crew Leader: Robin McGraw  
Crew: Brenda Goodman

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Open 7:30 a.m. - 8:00 p.m.,  
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7:30 a.m. - 2:00 p.m., Friday



## Scholarship to be awarded to outstanding SSU history student

Award given in honor of historian Elmer Sword

An SSU student may receive a \$500 Sword Award. The grant is being donated by the Portsmouth Recognition Society in memory of historian Elmer Sword.

To honor the memory of Sword, a historian of Portsmouth and Scioto County, PARS will award a \$500 recognition grant to the

SSU student selected as outstanding history student.

Sword was the author of *The Story of Portsmouth*, which he wrote 25 years ago for Portsmouth's sesqui-centennial celebration. He also was a frequent contributor of history articles in *The Portsmouth Daily Times* and

was an organizer of the Roy Rogers Festival.

The grant will be awarded based upon scores received on a history examination.

John Kelley, associate professor of history, and Dr. Mark Mirabello, senior instructor of history, will develop and administer a special examination covering Ameri-

can history and western civilization. Kelley and Mirabello will determine the "Sword Award Winner" by student performance on the examination.

The examination, which is open to SSU students, will be held 2 p.m., Friday, Jan. 26 in Massie 312.

## Linguistics instructor heads meeting in Washington, D.C.

Dr. Frank Byrne heads international linguistic organization

Dr. Frank Byrne, associate professor of English, attended the meeting of the Society for Pidgin and Creole Linguistics in Washington, D.C., Dec. 27-30.

Byrne is president of the society which is headquartered at SSU.

Pidgin occurs in language when the inhabitants of a multilingual community reject any of the members' native languages as the

medium of communication, and the group must rely on a limited knowledge of some outside language for intergroup relations, Byrne said.

Creole is a community-wide language which results from a process of first language acquisition when the children born in a community of Pidgin speakers adopt that form of speech as their native language, he

said.

Among Byrne's duties as president of SPCL, was reviewing 65 abstracts from 11 countries and 32 universities throughout the world. Byrne selected 36 abstracts for presentation at the meeting.

Byrne also chaired the first session of the meeting and the society's business meeting.

In cooperation with Alexander Caskey of

the University of Chicago, Byrne presented "Theta-Marking, Subjects and Finiteness in Creole Languages."

**Meeting to organize  
chess club**

**Thursday, Jan. 18, noon  
Massie 214 Student Activities**

It pays \$ \$ \$ \$

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