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Faculty & Staff Newsletter

Vol. 2, No. 2 - September 24, 2002

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[Sinopoli Company](#) on campus this week.



Metalsmith to present 8th annual [Raab Visiting Artist lecture](#).

Welcome -- The Skidmore *Intercom* Faculty-Staff Newsletter is a production of the Office of College Relations. All members of the campus community are invited to submit story ideas or news items, using the contact information provided below. Department chairs and office directors are asked to please print a copy of this document to share with colleagues who do not have regular access to a computer.

We hope you enjoy this electronic newsletter and encourage you to share your impressions via email or telephone.

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Arciero's Research Focus: Diet and Exercise Programs

Wondering why the Sports Center parking lot is so full most mornings? Although the early hours have typically been the province of dedicated fitness addicts, traffic has been on the upswing recently due to a new research project under the direction of Paul Arciero, associate professor of exercise science.

With the help of a \$120,000 grant from Experimental and Applied Sciences (EAS) of Golden, Colo., Arciero has recruited approximately 60 volunteers from the campus and the community for a three-month study of two well-known nutrition and exercise programs. He's looking at the effectiveness of diet and exercise on body composition, blood cholesterol level, metabolic rate, and muscular strength. Study subjects are men and women ranging in age from 28-60 years who have been divided among three groups. One group is following the American Heart Association (AHA) diet and exercise program, the second group is following the Body for Life (BFL) diet and exercise plan, and the third is serving as the control group.

According to Arciero, the most significant difference between the two test groups is the diet. "The AHA plan primarily follows the U.S. Department of Agriculture and American Dietetic Association recommendations of a grain based, complex carbohydrate diet that is low in fat and has a low to medium protein intake. High-complex carbohydrates and grains are emphasized," he explained. The exercise component of this plan stresses low to moderate level aerobic activities with little emphasis on resistance exercise, ideally from 30 to 60 minutes most days a week.

The Body for Life plan advocates a diet that contains a higher protein component; high complex carbohydrates, such as whole grains, fruits and vegetables; and low fat consumption. The key difference from the AHA plan is the emphasis on consuming equal proportions of carbohydrates to proteins. Recommended exercise is a high intensity (also known as interval) aerobics program for 20 minutes three times a week, interspersed with three days weight training, and one day off.

Both programs offer food supplements (a total of three per day, funded by the grant) to participants.

Now about one-third completed, the study has a mid-November end date. Assisting Arciero in his work are alumni Heather Wood '01, and Roger Martin-Pressman and Michael Ormsbee '02; and current students Lauren Zwicky and Meghan Everett '03.

Arciero hopes his research will help to clarify the most beneficial diet and activity pattern for people. He says, "We have all been inundated with diet and exercise recommendations, but the health benefits are not trickling down to most Americans. With research showing that a significant percentage of Americans are unfit and unhealthy, I think it's important to learn the appropriate way to eat and be active for optimum health. My goal of this research project is to find the proper balance for a larger percentage of the population."

Because this is a topic of interest to a significant number of people, Arciero has some advice for people seeking information on diet and exercise programs. "Don't be swayed by miraculous health claims. They're enticing, but if it sounds too good, it probably is. Always use caution in evaluating claims and adhere to what has withstood the test of time. Maintain adequate hydration with water and stay as close to the natural form of food as possible." He recommends consuming such grains as brown rice, whole wheat pasta and oatmeal; fresh fruits and vegetables; and adequate amounts of lean protein sources, such as fish, chicken, turkey, tofu, legumes, and milk. Adds Arciero, "Combining these healthy eating habits with moderate to intense physical activity is best. Allow time to exert a minimum of 20-30 minutes daily, followed by a sufficient period of rest and relaxation for healthy recovery."

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Vol. 2, No. 2 - September 24, 2002**Metalsmith Griffin to Present Raab Lecture**

"Affirming an Applied Arts Practice: Remarks from an Apprentice" is the title of this year's Rosanne Brody Raab Visiting Artist Lecture, to be given Thursday, Sept. 26, by Gary S. Griffin.

Free and open to the public, the talk will begin at 8 p.m. in Davis Auditorium of Palamountain Hall.

An artist-in-residence and head of the Metalsmithing Department at Cranbrook Academy of Art in Bloomfield Hills, Mich., Griffin is a practicing metalsmith who focuses primarily on utilitarian pieces for residences and institutions. His recent work includes doors and hardware, tables, furniture, lighting, fire screens and fire tools, gates, fences, and railings. Commissioned works vary in size from door handles to a full-size fence and entry gate.

The recipient of two National Endowment for the Arts grants, Griffin received his B.A. degree from California State University at Long Beach and his M.F.A. degree at the Tyler School of Art at Temple University. His metal works have appeared in significant craft exhibitions from "Craft Today: Poetry of the Physical," and "Craft Today USA" to "Masters of American Metalsmithing." Griffin's solo exhibition, "Signs: Sentimental," was seen at JewelersWerk Galerie, New York Sculpture, Artists and Functional Art Exposition, in 1999. He has exhibited in the U.S., Mexico, South America, Japan, and Europe.

A prominent leader and spokesperson in the field, Griffin writes catalog essays, reviews, and articles. "Remaking Material," co-written with Erika Ayala Stefanutti, was published in the summer 1994 edition of *Metalsmith* and received that magazine's annual writer's award for the most significant contribution to critical writing in the field.

The Rosanne Brody Raab Lecture was endowed at Skidmore by Raab, a member of the College's Class of '55, as a way to showcase artists working in clay, fiber, metal, and wood.

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Acclaimed Contemporary Dance Company to Perform on Campus

Known for energetic contemporary dance that combines the musical and the cerebral, Ellen Sinopoli Dance Company will present two dance concerts in the Skidmore Dance Theater Friday and Saturday, Sept. 27 and 28.

Tickets are \$10 for general admission, \$8 for senior citizens and members of the College community, and \$5 for students. For reservations, call the Dance Theater at 580-5392.

The program for both concerts will include the solo work "Tiamat" (2001); "Clusters" (1995), an ensemble piece involving groupings and clusters that combine sculpted stillness with driving energy; "Shimmer" (2001), performed to electronic music by Elise Kermani; "Coming and Going" (2001), an energetic piece performed to music by "Junkman" Don Knaack; and excerpts from Sinopoli's critically acclaimed work, "From the mind/of a single, long vine/one hundred opening lives" (2002). The work calls for eight dancers and a number of carved cedar sculptures that function as pillows and pedestals, benches and tools.

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Schorin Named Strategic Communications Director



Gerald A. (Gerry) Schorin has assumed the new position of director of strategic communications at Skidmore, announced Michael Casey, vice president for advancement.

Schorin will lead Skidmore's newly formed Office of Strategic Communications and will work in concert with the Office of College Relations to assist various departments and programs in their marketing efforts. In that capacity he will oversee the work of the College's electronic communications staff.

"It is a pleasure to welcome Gerry to Skidmore," said Casey. "He comes to the College after a full and very successful career in the fields of marketing and communications, both in the non-profit and for-profit worlds. He will help to coordinate a range of pan-institutional marketing and communications issues as we seek to communicate to our various constituencies the College's achievements, needs, and aspirations. We're delighted to have him working with us."

Schorin's most recent experience in strategic planning and marketing was as a consultant for several firms, working on web initiatives, product research, and marketing for such clients as Ford Motor Co., Harley-Davidson, Sea Ray, GM, Audubon Vermont, and the Michigan Office of Minority Equity.

He earlier was the director of university marketing at the University of Vermont, where he was responsible for developing a comprehensive marketing strategy. While there, he worked closely with the university's admissions, advancement, continuing education and program units on imaging and positioning plans; he also was the primary marketing/communications strategist on the university's comprehensive campaign.

Schorin also has been a writer for several advertising firms, an associate professor in the advertising department at Michigan State University, and a vice president/director of marketing communications at Fireman's Fund Mortgage Corp.

He is the author of a number of publications, reviews, and papers in professional journals, including *Journalism Quarterly*, *The Journal of Advertising*, and the *Proceedings* of the American Academy of Advertising. Schorin was a guest contributor of the "Marketing Strategies" chapter in *Mortgage Banking in the Year 2000*, published by the Mortgage Bankers Association of America.

A graduate of the University of Pittsburgh, where he earned B.A., M.A. and Ph.D. degrees with distinction, Schorin also holds a diploma in Anglo-Irish Literature from Trinity College in Dublin, where he was a Fulbright-Hays Fellow in 1972-73.

Indian Classical Music in Spotlight

Skidmore's Music Department will sponsor a program of North Indian classical music as its first Filene Concert Artists Program of the semester on Saturday, Oct. 5.

Shujaat Husain Khan, a young virtuoso sitarist, and **Samir Chatterjee**, a leading tabla player, will perform at 8 p.m. in Filene Recital Hall. Admission is free and open to the public.

Skidmore's own expert on Indian music, Associate Professor **Gordon Thompson**, calls Khan "a rising star in classical Indian music from a family of renowned musicians." A member of the Imdad Khan tradition of the sitar, Shujaat Khan is the seventh in an unbroken line from a family that has produced many musical masters, all of whom were leading artists of their generation. His style, known as the gayaki ang, is imitative of the subtleties of the human voice, and is known for being fresh and spontaneous.

Khan was a featured artist at the music festival celebrating India's 50th anniversary of independence, and played at Carnegie Hall, Seattle's Paramount Theater, and the Meyers Symphony Theater in Dallas. As part of the commemoration, he was honored by the United Nations and selected as the sole artist to represent India with a performance at the prestigious Assembly Hall in Geneva.

To date he has more than 25 musical releases to his name and has received awards from many different Indian and international organizations.

Samir Chatterjee, a specialist from the Farrukhabad Gharana school of tabla playing, also hails from a long line of musicians.

He can be heard on many recordings as a soloist and as an accompanist for some of India's greatest musicians, including Ravi Shankar, Vilayat Khan, and Bhimsen Joshi, as well as in collaboration with a range of well-known Western musicians.

Known as a catalyst in the fusion of Indian and Western music, Chatterjee has performed with a variety of well-known jazz and avant garde musical groups, including Dance Theater of Harlem, Da Capo Chamber Orchestra, and Boston Musica Viva. He is a composer and director of Nacho Nacho-Gypsy Storytelling. and Chhandayan World Percussion Ensemble.

A teacher for the last 24 years, Chatterjee is the founder-director of Chhandayan, which is dedicated to preserving and promoting Indian music and culture through classes, workshops, concerts, and a music library.

In the news

Recent mainstream media appearances by Skidmore faculty and staff include the following:

Phil Boshoff, associate professor of English and director of the Honors Forum, was interviewed by *The Sunday Gazette* for a Sept. 8 article titled "Colleges offer something extra with honors programs."

Karen Kellogg, associate director of the Environmental Sciences program, was interviewed about the Northeast Campuses for Climate Action conference for an advance story published in the Sept. 20 issue of *The Saratogian*.

Mehmet Odekon, associate professor of economics, discussed the state of the Turkish economy and criticized International Monetary Fund policies implemented in Turkey in an interview published in the June 29-30 issue of *Dünya*, a daily economics newspaper published in Istanbul.

Sheldon Solomon, professor of psychology, was interviewed by the Albany *Times Union* for a Sept. 10 article, "Journey toward lifelong lessons," and by *The Saratogian* for its Sept. 10 story, "Local prof hopes book will help people cope."

President **Jamienne S. Studley** is the author of a letter to the editor, "A College That Fits," in the Sept. 23 issue of *The New York Times*.

Mary Stange, associate professor of women's studies and religion, was interviewed Sept. 3 by Laurie Presely of WCTC-AM radio in New Brunswick/Princeton, N.J., on the subject of women and victimization.

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John Cunningham, Davidson Professor of Art, reports that his company, Seicon, Ltd., last spring launched a boat powered by a small diesel engine supported on tuneable engine mounts (derived from one of his designs) which dramatically reduces vibration in the craft. Since then he and company representatives made a number of presentations to representatives of the ship-building industry and reception of the technology has been positive.

Cunningham has several new U.S. patents pending in the areas of power transmission, drive couplings and joints, centering devices, pipe supports, and tuneable motor mounts, among other things.

Robert Shorb, director, Student Aid and Family Finance, gave a presentation on "Tuition Benefit Programs - Another Form of Financial Aid?" at the National Association of Student Financial Aid Administrators Conference July 23 in New Orleans. He continues to serve on the NASFAA Board of Directors for 2002-03 and is the current past president of the Eastern Association of Student Financial Aid Administrators.

Gordon Thompson, associate professor of music, participated in the Romantic Orientalism conference sponsored by the University of Wales, Aberystwyth. He read his paper, "Orientalist Rock," on the importation of North African and Indian musical elements in 1960s British popular music, and chaired a panel on exoticisms in Western art music.

He also is the current vice president of the Society for Asian Music.

Publications & Exhibitions

Peg Boyers, executive editor of *Salmagundi*, has new poems appearing in the following magazines: "Playa Colorada" and "Tobacco" in *The Southern Review*, Summer 2002; "Family Portrait," in *New England Review*, Fall 2002; "On Looking into Stoneware Chambers," *Partisan Review*, Fall 2002.

Robert Boyers, Tisch Professor of Arts and Letters and professor of English, is the author of the following recently published items: "Stiflings," in *The New Republic*, July 29, 2002; "A Refusal to Mourn the Fate of the Muses," *Salmagundi*, Summer-Fall 2002; "Why a Common Curriculum," in *Daedalus*, Summer 2002; "An Essay on Evil," in *Nexus* (The Netherlands), Winter 2003. He also is the author of *A Book of Common Praise* (Ausable Press, Summer 2002), a new book of 92 very brief essays, originally delivered as literary introductions at public reading and including such writers as Susan Sontag, Robert Pinsky, J.M. Coetzee, Tatyana Tolstaya, Cynthia Ozick, Saul Bellow, and Joyce Carol Oates.

Boyers will introduce Nadine Gordimer at the 92nd Street Y in New York City on Oct. 7.

John Brueggemann, associate professor of sociology, is the author of an article, "Racial Considerations and Public Policy in the 1930s," published in the journal *Social Science History*, Vol. 26, No 1, Spring 2002.

John Cunningham, Davidson Professor of Art, has an installation of large works on the campus of Texas A&M University. The university recently initiated a program called "20-20," in which attention and resources will focus more on the institution's liberal arts programs. Cunningham has been invited to participate in a number of initiatives connected with this project, including a show of his works at the Memorial Student Center of Texas A&M. The university's president spoke at the Aug. 27 dedication ceremony of Cunningham's show, which features three large outdoor works on display for a year. In an article about the installation published in *The Bryan-College Station Eagle* (8/29/02), Cunningham explained how science and art intersect in his work.

He also is in the process of creating a series of maquettes for a monumental sculpture for the new headquarters building of the Arts Council of Brazos Valley (Texas). His prototypes for this project will be exhibited in the upcoming faculty art exhibition at the Schick Art Gallery.

Terence Diggory, Ross Professor of Interdisciplinary Studies and chair, Department of English, is the author of "Picturesque Urban Pastoral in Post-War New York City," published in *The Built Surface*, Vol. 2, *Architecture and the Pictorial Arts from Romanticism to the 21st Century*, (Aldershot: Ashgate, 2002), edited by Karen Koehler. Koehler is a former member of the Skidmore art history faculty who is now a Five Colleges Associate in Amherst, Mass.

William Fox, professor of sociology, is the author of the newly released fourth edition of *Social Statistics*, published by Wadworth (Thompson Learning).

Catherine Golden, professor of English, reviewed *Oscar Wilde's Decorated Books* by Nicolas Frankel for *Victorian Studies*, Autumn 2001, which has just been released.

Rob Linrothe, associate professor of art history, is the author of "inVISIBLE: Picturing Interiority in Western Himalayan Stupa Architecture," in *The Built Surface*, Vol. 1, *Architecture and the Pictorial Arts from Antiquity to the Enlightenment* (Aldershot: Ashgate, 2002), edited by Christy Anderson.

Mehmet Odekon, associate professor of economics, is the author of "Financial Liberalization and Investment in Turkey," published in *Briefing Notes in Economics*, No. 53, June/July 2002.

Gordon Thompson, associate professor of music, reviewed Edward O. Henry's *Women's Songs from India* for the current issue of *Asian Music*.

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