

Kinesiology is — movement



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Kinesiology's Center for Exercise Research • Alumni Profiles: Kathryn Clark, Peter Kinyon • Honor Roll of Donors

move

Energy, progress, positive change.
In all of its definitions, the word movement describes the dynamic state of kinesiology today. Movement encompasses the scientific study of human motion, the importance of activity on growth and development, the role of sport in society, the exploration of new directions, and emerging trends. **movement** brings you research findings and thoughtful insights on developments in kinesiology, as well as continuing updates on faculty, students, and your fellow alumni.



Dean Beverly Ulrich with Peter and B.J. Kinyon, see page 10.



Kinesiology's Center for Exercise Research, see page 2.

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Each fall arrives in Michigan with a beautiful burst of color to adorn our trees and an opportunity to greet the many eager, enthusiastic students that fill our hallways. This year we have a student body of over 770—one of our largest ever. The 140 incoming freshmen (the class of 2005) brings our undergraduate number to 740, and we have over thirty graduate-level students. We welcome all of them to campus.

We also welcome several new faculty this year. Dr. Dan Ferris joined our Movement Science Program as an expert in neuromechanical control of locomotion. Tim Murphy joined our Athletic Training Program in the new Clinical Education Coordinator position, and Dr. Rachael Seidler joined us as a Research Scientist who studies changes in the brain that signal the learning of new motor skills. Our faculty is excited about the year ahead and the opportunities to help our students learn and grow in their various areas of interest.

There is a new look in several areas of our building. We recently completed the renovation of three exercise physiology laboratories and the creation of two new laboratories for biomechanics. In addition, we opened a new teaching laboratory this fall that will provide more opportunities for students to gain hands-on experience exploring concepts they learn about in the classroom. Our students and faculty are quickly settling into their new spaces and are enjoying the expanded opportunities for working together on exciting new research projects. You can read more about our exercise physiology laboratories in our feature article on the Center for Exercise Research on page 2 in this issue of *Movement*.

Although at this time of year we focus much of our attention on our new students, *Movement* gives us a wonderful opportunity to shine the spotlight on our returning students, recent graduates, and distinguished alumni. In this issue you will see photos of current students who attended last spring's Honors Reception and recent graduates during Commencement 2001. We have feature stories about two alumni, one whose career has literally taken flight, and another who has given back to his alma mater in a most generous way. And we highlight an alumnus who couldn't stay away from Michigan and came back to Kinesiology as a faculty member after earning his Ph.D.

We are proud of all of you, the members of our Kinesiology family. We hope you'll help us keep up with you, wherever you may be. If you have not done so recently, please take a moment to complete the information request form on page 17. Or you can also e-mail Cheryl Israel, editor of *Movement* (cisrael@umich.edu) directly. We would love to hear from you!

We hope you enjoy this issue of *Movement* and that you will come back to campus to visit us whenever you can.

With best wishes,



Beverly D. Ulrich, Dean





Kinesiology's Center for Exercise Research (CXR)

The Center for Exercise Research (CXR) is comprised of faculty and students with a common research interest in the effects of exercise on human physiology and health. The Center combines resources from laboratories of three Kinesiology faculty members: Marvin Boluyt, Katarina Borer, and Jeffrey Horowitz. Research in these laboratories is diverse, examining the role of exercise in different aspects of physiology (hormonal regulation, energy metabolism, and cardiac function) with various experimental approaches (whole-body, tissue, cellular, and molecular). The Center facilitates multidisciplinary studies on the effects of exercise on metabolic and cardiovascular health. It provides a forum to disseminate information about the impact of exercise on obesity, diabetes, heart disease, aging, and related health issues to other researchers, clinicians, and the general public. The group holds monthly meetings to discuss ongoing projects within the

Center. Current CXR research projects include: the influence of the timing of meals (before or after exercise) on hormonal responses and energy metabolism in postmenopausal women; the role of aldosterone in age-related impairment of heart function; the effect of acute physical activity on blood lipid profiles and cardiovascular health; identification and understanding of molecules that regulate the response of the heart to exercise; and the effects of training intensity on the hormonal and cardiovascular health in postmenopausal women. Additionally, scientists from other UM departments and other universities are often invited to the CXR to present and discuss their exercise-related research.

Although the overall scope of research within the three laboratories of the CXR is similar, the specific focus of each laboratory director is different. Moreover, their backgrounds are diverse, with undergraduate degrees in chemistry, biology,

biomedical engineering, and although none of them started their academic careers in exercise physiology, they were all drawn to it because of their passion for exercise. They see the Division of Kinesiology as *the* place at the University of Michigan for exercise research, and they want CXR to be the place people go with their questions about the physiological responses to exercise.

FACULTY

Dr. Marvin Boluyt, a graduate of Grand Valley State College, was an eighth grade science teacher at Dundee Middle School. In 1980, he decided to obtain a master's degree in movement science under Dr. Timothy White. When Boluyt returned to teaching, he found that he missed the intellectual stimulation of the university environment. Three years later he returned to Kinesiology for his Ph.D. and then spent seven years at

the National Institute on Aging, learning as much as he could about molecular biology and cardiology. Boluyt joined the Division as a research scientist in 1997 and became an assistant professor in 2000. He directs the Laboratory of Molecular Kinesiology.

Boluyt's research focuses on molecular mechanisms of heart growth, asking the question, "How

does exercise alter the heart in ways that are different from the way disease alters it?" Both exercise and any number of diseases make the heart grow. In the case of exercise, the heart enlarges in ways that appear to always be beneficial. Diseases, like high blood pressure, cause the heart to grow in ways that are detrimental. Boluyt is intrigued by the molecular mechanisms that

regulate heart growth in response to exercise and disease stimuli. He studies cultured heart cells and rodent hearts, using the techniques of molecular biology. He verifies these findings in relation to humans by studying available tissue that has been surgically removed from heart failure patients and accident victims, in collaboration with physicians at the UM Medical Center.

One of Boluyt's research findings is that exercise is a very potent stimulus to alter the structure and function of the heart and it can reverse some of the damage caused by heart disease. As more is learned about the positive impact of exercise on the heart, even in the elderly, better interventions will

then be designed to reduce the damage done by coronary disease. Since heart failure is the leading hospital discharge diagnosis for Americans over the age of sixty-five, Boluyt's research has the potential for making a significant difference in treatment for this population.

Boluyt has submitted a grant to the National Institutes of Health to use an emerging technology called pro-

teomics to discover new proteins that are activated by exercise. The study will compare hypertensive rats with rats with normal blood pressure and a subset of each will be exercised on a treadmill. It will look at what hypertension does negatively to the heart compared with what exercise does positively for the heart, and then try and discover new proteins that are products of genes that are changed in response to exercise or hypertension. Boluyt is also collaborating with Professor Phillip Andrews, in the Department of Biochemistry, who has received funding as part of the new Life Sciences Initiative to measure proteins in the heart.

Dr. Katarina Borer studies the effects of endurance exercise training on animal growth and human growth hormone secretion, as well as on energy regulation and fat loss. She investigates the effects of exercise training on growth and energy regulation through studies of the roles of nutrition and hormones in these phenomena. Borer received a B.A. in biology and a Ph.D.

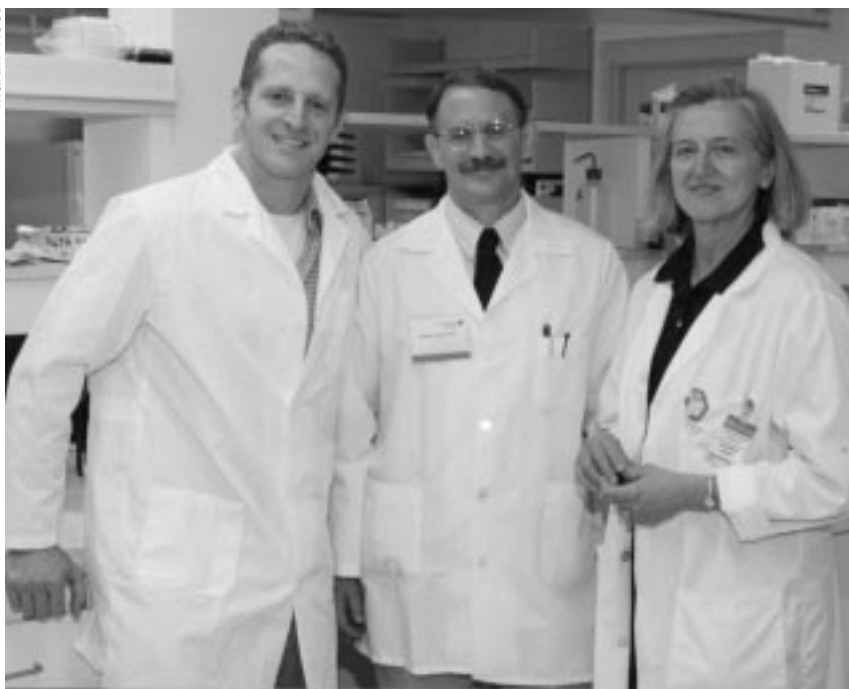
in zoology from the University of Pennsylvania. She completed a post-doc in marine biology at the University of Miami and then came to UM for a post-doc in neurobiology/psychobiology. Borer directs the Exercise Endocrinology Laboratory.

Borer's original research was conducted on golden hamsters, because they voluntarily run marathon distances each night. She augmented their regular diets with sunflower seeds, and discovered

they were gaining weight. However, this was not because they were eating more, but because they were growing more. For hamsters, exercise removed a natural inhibition to growth that happens as animals mature. In the case of humans, as we age, the brain inhibits the secretion of growth hormone, and our bones lose the capacity to grow. Hamsters and rats retain the capacity to grow. Borer spent sixteen years, supported by the National Science Foundation, investigating how nutrition and exercise interact with hormonal secretion in stimulating whole body growth in these animals.

Around 1995, Borer stopped doing animal research, and started to examine the relationship between

Martin Vloet



(l to r) Dr. Jeffrey Horowitz, Dr. Marvin Boluyt, and Dr. Katarina Borer



(l to r) Dr. Scott Peshick, research associate, and Dr. Marvin Boluyt

nutrition, exercise, energy regulation, insulin sensitivity, and fat loss in post-menopausal women. Levels of human growth hormone decrease exponentially with age, so Borer wanted to find out at what levels of exercise intensity there would be an impact on growth hormone secretion in older women. She also wanted to learn the impact of intensity of exercise on fat loss, because the human body uses different types of fuel at different intensities. She designed her study with women ages 50-65, who walk three miles a day, five days a week, for fifteen weeks and thirty weeks at a mall. Assisted by Kinesiology lecturer Jacqueline LaNew, Borer's subjects are tested for heart rate and blood pressure variability, insulin sensitivity, and clotting factors.

Borer is in the process of analyzing the data from this study. Her preliminary findings indicate that in older women growth hormone does not change in walking, even at high intensities. However, it does appear that exercise intensity has an impact on insulin sensitivity, fat loss, and systolic blood pressure. One of her goals is for health practitioners to be able to "use

exercise like medication," so that exercise plans can be tailored for an individual's health profile. An upcoming study will examine the role of timing of meals and exercise on secretion of hormones that regulate energy balance.

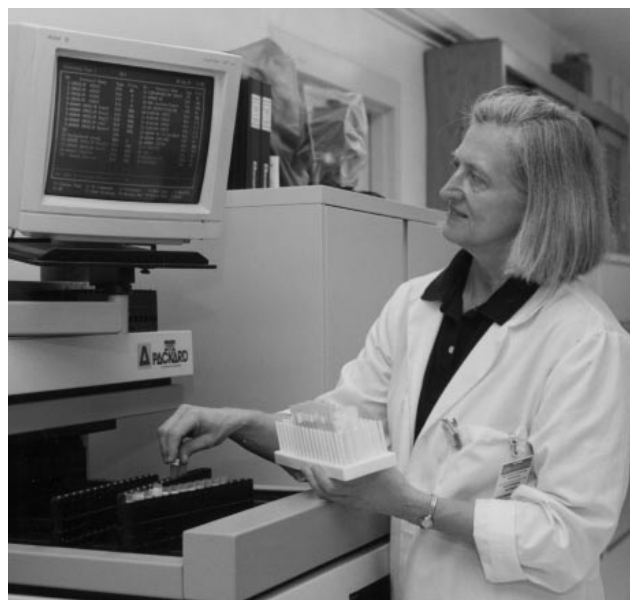
Dr. Jeffrey Horowitz completed his undergraduate studies in biomedical engineering at the University of Iowa. He always had an interest in exercise and exercise physiology and decided to pursue graduate studies at the University of Texas, where he received a master's degree and Ph.D. He then went on to complete post-doctoral training at Washington University in St. Louis, before joining the Division of Kinesiology as an assistant professor in 2000. Horowitz's primary research interest is the regulation of fat and carbohydrate metabolism. One of the questions that his lab is pursuing is how obese people differ metabolically from lean people and what effect exercise training has on their ability to use fat. Horowitz directs the Substrate Metabolism Laboratory, where he studies whole body, regional, lipid, and cellular glucose metabolism.

One of Horowitz's current research projects examines the effect of inactivity on triglyceride clearance from blood. Blood triglycerides are a known risk factor for cardiovascular disease and research conducted on rats has demonstrated that even short periods of inactivity can impact rates of triglyceride clearance. For Horowitz's study on humans, participants will enter the Clinical Research Center (at the UM Hospital) on two occasions. On one visit they will remain in bed for twenty-four hours

and during another visit they will walk on a treadmill intermittently for ten hours (to mimic the activity level of an active day). During these hospital visits, they will ingest a non-radioactive tracer that will be measured in blood and in breath samples to help determine the fate of ingested fat.

Horowitz wants to learn which scenario, activity or inactivity, results in the quickest removal of triglycerides from the circulation. His hypothesis is that activity will help clear triglycerides, but he also wants to know where they are going: are they being oxidized (i.e., "burned"), taken up by tissues, or are they releasing their components into the circulation?

Other areas of interest for Horowitz's lab include the availability of fat in the circulation and insulin sensitivity, comparing cellular genes and proteins involved in fuel metabolism between lean and obese people, and examining alterations in these cellular components in response to exercise training. Horowitz is also trying to think of better ways to tease out the ability to look at metabolic alterations that occur with aging, independently of changes in activity level.



Dr. Katarina Borer



Nick Knuth, doctoral student (seated), and Dr. Jeffery Horowitz (standing)

CXR COLLABORATIONS

Drs. Boluyt and Borer are collaborating on a study in which they are measuring levels of aldosterone (a hormone that functions in the regulation of sodium, chloride, and potassium) in the heart and the circulating blood during and after exercise. Since aldosterone is produced in the adrenal cortex and the heart, there is an interaction between the two systems that has an impact on heart failure. Boluyt is also collaborating with Dr. Horowitz on a project to study a gene that is a fat metabolism enzyme that allows heart cells to take up fats. Both Borer and Horowitz are interested in fuel use and whether fuel selection (carbohydrate or fat) during exercise will alter the daily hormonal response. Potential changes in the daily hormonal response could affect the brain, altering hunger and mood.

EXERCISE PHYSIOLOGY CURRICULUM

Exercise physiology studies the body's response to exercise and movement. It integrates muscle mechanics, anatomy,

endocrinology, microbiology, biochemistry, nutrition, cardiology, and systems physiology. Exercise connects the four Kinesiology disciplines (sports management and communication, movement science, athletic training, and physical education) because of the impact of exercise on health. All Kinesiology students take courses in the anatomical and physiological bases of movement. For sports management and communication majors, this provides them with a biological basis for the sport business issues that relate to people involved in exercise and sport. Athletic training majors work with athletes in the prevention and treatment of sport-related injuries and study exercise and rehabilitation. Physical education majors prepare for careers in K-12 teaching, therefore studying exercise is a key component of their curriculum.

Movement science majors take core courses in exercise physiology, biomechanics, and motor control, and can organize their studies around each of these areas of knowledge.

One of the strengths of the Division of Kinesiology is the opportunity for students to be actively involved in research. Both undergraduate and graduate students work



Elizabeth Woorinen, doctoral student



Masters student Sheryl Hansen Smith with research study participant

closely with faculty on all of the cutting-edge research projects described.

THE FUTURE OF CXR

CXR received funding from Kinesiology and the University of Michigan in the form of laboratory renovation and equipment. Additional support for equipment and graduate students is needed, so that promising, collaborative, cross-disciplinary research can continue. As Dean Beverly Ulrich notes, "Katarina, Marvin, and Jeff are working on difficult research questions and uncovering information that is of value to other scientists and has applications that can lead to better health strategies. The health of our nation is, and will continue to be, a major societal concern. I am very proud of the way these and other faculty members in Kinesiology are contributing to the efforts to improve health by learning more about the relationship between diet, exercise, and disease."

—Robin Little

DR. KATHRYN CLARK NAMED NASA CHIEF SCIENTIST

"Originally we went to the moon to beat the Russians, and as soon as Armstrong's foot hit the dust we met our goal. If we had gone with the express interest of exploring the universe, then we would be on Mars today."

—Dr. Kathryn Clark
M.S. '83, Ph.D. '90

"No matter how you cut it, it's a long way to Mars," said Dr. Kathryn Clark, better known as "KC," Chief Scientist for NASA's Human Exploration for the Development of Space (HEDS). This is just one example of the colorful, "down-to-earth" phrases KC uses to describe a program that is anything but grounded. She said that the space program is extending further to the point where they are talking the birth of a galaxy.

NASA recognized KC's unique ability to describe the space program to people at a variety of educational levels, so Joe Rothenberg, Associate Administrator for the Office of Space Exploration, asked how they could "keep her around" after her senior scientist appointment ended. She gave no more detail than to say, "Offer me a job." And, in August 2000 the Chief Scientist position was created especially for her. She now has the lofty goal of helping to educate the world about the advantages of working in space.

"Outreach and education" is how KC describes a portion of her job. "Outreach is when I introduce

myself to you, and everything after that is education," she said. Outreach seems too simplistic a term in light of the fact that her travels so far have taken her to over 11 countries and across five continents. Education involves audiences that run the gamut from Congress in Washington D.C., to scientists all over the world, to fourth graders in the classroom.

Dr. Clark directly attributes her sophisticated thinking and communication skills to her Kinesiology education. "Tim White, my faculty advisor, taught me how to think and work like a scientist," she said. Tim mentored KC, coached her to give formal lab presentations, and gave her teaching assignments. She learned to develop coherent presentation materials, answer complex scientific questions, and engage audiences of scientists and students. "What is it I do for a living? Exactly that," she said. "My Kinesiology education allows me to be where I am today."

Her Kinesiology education also taught KC how to write like a scientist. She received detailed feedback about



"My Kinesiology education allows me to be where I am today."

her research papers, and she used the feedback to continuously improve her writing skills.

Because of her enthusiasm for the space program, KC is often referred to as a "space station ambassador." She becomes animated when she talks about using modern science modules in the K-12 area. "Imagine using videos and oral presentations about the launches to increase interest in science," she said.

She gave an energetic discussion about the levels of gravitational force—designated as 1G for Earth, 1/3G for Mars, and 1/6G for the Moon. She raised one foot on my office wall, and

said, "If I push off this wall, the wall is kind of pushing back." She projected herself off of the wall, held her hands up, and said, "If I do this, my body could spin the other way. What stops me is the gravitational force."

The lack of gravitational force in the space station allows scientists to study factors affecting systems, such as tissue culture. "Down-to-earth" tissue samples form flat, in two dimensions, and the experiments are compromised because the tissues do not resemble those in the body. In space, much of the in vivo structural integrity is maintained, such as cell-cell interaction, or the shape of receptors.

Gravitational force is only one of a myriad of issues in the space program, and KC said that it is a challenge to educate people. "The public's view of the space program is more Star Trek than reality," she said. Perhaps the view of a Star-Trek-like environment comes from the fact that the areas of space exploration are entitled "enterprises," much like the now-famous starship of the Star Trek series.

The enterprises are: Biological and Physical Research, Human Exploration for the Development of Space (HEDS), Earth Science, Aeronautics, and Space Science. They examine and experiment with complex issues such as solar flare, weather patterns, Earth's mapping, rocket ship and airplane engine construction, the effects of heat and light, and the combustion process.

Other space studies include the examination of muscle atrophy, changes in the nervous system, and changes in the inner ear during aging, which is why John Glenn went up in space again a few years ago. "Space science looks at the universe, and it gives us an understanding of our origins," said KC. Space science will also tell us more and more about

our future as the scope of research expands.

The space station, although the size of a gutted 747, is nevertheless a limited resource for experiments, and research collaboration provides great scientific advantages. KC gave two examples: "The space station centrifuge was originally created for the life sciences group. Participants at the annual Combustion Research group meeting asked me if it could be used

*"I visited Kathy when
I was in Washington,
and we went to the
Space Museum. Going
there with Kathy is like
having your own private
tour. As we looked at the
exhibits and Kathy gave
descriptions, I could see
other museum-goers
inching closer to hear her
talk. It was clear how
much passion Kathy has
for the space program."*

*—Pat VanVolkinburg,
Assistant Professor and
Academic Program
Coordinator, Kinesiology*

for combustion work and I said "Why not?" Several scientists can use the same image—one can look at materials, one at the spread of the flame, another at smoke and how smoke forms, and another at soot and its contents. "Four scientists are using one experiment, so the space station just got four times larger," she said.

Dr. Clark went on to explain that billions of dollars could be saved if the use of the current combustion process could be reduced by even one percent. "The combustion process is our greatest source of energy and our greatest source of pollution, and we are looking at ways to obtain new sources of power, such as taking energy from the sun," said KC. They are also looking at ways to reduce the large, cumbersome battery size to the dimensions of a 9-volt battery. "We can't change physics, but we can change the way the battery works," she said.

Another example of collaboration involved six countries that wanted to conduct an experiment with fish. "They all had their own fish tank, but we didn't need six tanks for only one or two types of fish," said KC. She asked scientists in Japan to build two types of tanks, and now scientists from all over the world use them.

The development of policies and procedures is another important aspect of KC's position. She is in the process of writing an international education plan for scientists eligible to use the space station that will enhance collaboration. She developed a plan for student participation in the Kennedy Space Center launches. Those are just two examples of the ways in which KC creates a collaborative atmosphere.

The Chief Scientist position was created especially for KC, and she meets the diverse and demanding requirements of the job with great enthusiasm. That same level of contagious enthusiasm extends into her personal life. She rises at 4:15 a.m. to exercise, takes long bicycle trips, and she has an endless amount of energy that extends across time zones. KC is a person who will continue to contribute to science and communicate her findings for a long time to come—perhaps some day, literally, from a galaxy far, far away.

—Cheryl Israel

Alumnus Peter Kinyon Establishes One-Million Dollar Charitable Remainder Trust

Alumnus Peter Kinyon, ('52, '56), a UM physical education major, last spring established a one-million dollar charitable remainder trust for the Division of Kinesiology—the largest gift in the history of the Division.

There is a story about Kinyon, who played left guard on the UM football team from 1949-1952. In those days, on the night before home football games, the team slept in the clubhouse at the UM golf course. One morning, before the Michigan State game, the players recall waking up at 4:30 a.m. wondering why an alarm clock was ringing. Kinyon told his roommate, Dick McWilliams, that he had to deliver the Michigan Daily on his newspaper route, and not even a home football game forced a change in that schedule. He was very familiar with the responsibilities

of news delivery, having delivered *The Ann Arbor News* throughout elementary and high school. His teammates still remember Kinyon's early morning alarm before the game, and concur that it demonstrates the core values that guide this man: hard work, discipline, and loyalty.

Don Dufek, ('50) who worked in Kinesiology's Office of Development in the 1970s, was a classmate and teammate of Kinyon and remains a close friend. He remembers him as "a bright guy, a good student, and a hard worker. It fits that a guy that dedicated and loyal would do something so generous."

Kinyon was born in Jackson,

Michigan in 1929. His father died when he was two years old, at which time his mother moved him and his older sister back to Ann Arbor, her hometown. They lived in various locations, ending up on North University Avenue. He attended Ann Arbor High School (now the UM Frieze Building) where he played football under coach Kip Taylor.



Peter Kinyon

He entered UM in February 1948, still living at home with his mother. Kinyon was an outstanding student who managed to balance studying, playing football, and working. Kinyon has fond memories of several faculty members, including Elmer Mitchell, the chair of the Department of Men's Physical Education, Howard Leabee, Newt Loken, Rod Grambeau, and Earl Risky. He enjoyed being a physical education major and appreciated the quality of the education he received at Michigan.

Kinyon married Betty Jane (B.J.) Stewart (an education major) in 1951, while they were undergradu-

ates. They met in a speech class that was a required course for sophomores. Following graduation in February 1952, Kinyon entered the Army for two years. He was stationed in Japan during the Korean War, where he worked in a counter-intelligence unit and played football. Upon his return to Ann Arbor, Kinyon stopped by the Athletic Department to

say hello to Bennie Oosterbaan, the head coach of the football team. Oosterbaan offered Kinyon a job as an assistant coach, which he held from 1954-57. During this time, he earned a master's degree in education.

When Kinyon decided to leave coaching, Jack Blott, the football line coach at the time, introduced him to Henry Aquinto, an industrial relations manager at the Ford plant in Wayne. He helped Kinyon land a job

at the Wayne assembly plant, working in employee and labor relations. Kinyon's core values of hard work, discipline, and loyalty that served him well as a student, in the military, and as a football coach, transferred to the business world. He spent a total of twelve years with Ford, also working at the Lincoln Mercury divisional office and later at the central office. When asked the secret of his professional success, Kinyon reflects on his undergraduate days at UM, "As a student I worked hard and learned to manage my time. The discipline, training, and teamwork I experienced at the University of Michigan carried over into my career."

In 1968, Abbott Laboratories, a worldwide healthcare company, recruited Kinyon to direct their employee relations program. Based in the Chicago area, Abbott manufactures pharmaceuticals, nutritionals, hospital products, and diagnostic equipment. He moved his family (his daughter Sarah was born in 1953) to Libertyville, Illinois and worked for Abbott for eighteen years. Kinyon worked in the area of employee relations, and it was his job to see that employees were treated fairly and in accordance with the company's personnel policies. Kinyon also created recreation programs for employees, using the skills he learned as a physical education major at UM.

Kinyon took advantage of the stock options that Abbott offered, which allowed him to retire in 1985 at the age of fifty-five. He had suffered a heart attack the year before and had bypass surgery. He says he has been "healthy as a horse ever since," which he attributes to regular exercise. Kinyon walks three miles a day, taking a different route every morning.

B.J. Kinyon was a kindergarten teacher, and she continued to work for three years after Pete's retirement. The Kinyons moved to Rolla, Missouri in 1988, a place they had visited and then selected for their retirement home. He is so busy now that he quips, "I don't know how I ever found time to work!" Besides walking daily, he is involved with his Episcopal church. He served as senior warden of the vestry and is currently chairman of the lay ministers. Instead of delivering newspapers, Kinyon now delivers for Meals on Wheels and is very active in the local Lions Club. He is involved with the collection and recycling of eyeglasses for developing countries; in fact his club collects over 3,000 pairs of eyeglasses a year. He is so devoted to the Lions Club that he did not join his wife on a recent trip to Nova Scotia because it conflicted with the annual Fourth of July carnival and fundraiser.

"Any success you have in life goes back to the basic fundamental education you received... I want to encourage people to think of Kinesiology at the University of Michigan—that's where it started for me."

Learning in retirement is very important to the Kinyons, who have been to fifty-five elder hostels all over the world. (Pete notes that he has been on one more than his wife.) He describes it as "being bitten by the bug." They have traveled to Australia, New Zealand, Spain, the Canary Islands, England, Italy, France, and Scandinavia.

Pete and B.J. Kinyon visit the Ann Arbor area three or four times a year, as their daughter and grandchildren live in Ypsilanti. He also attends football reunions, held every five years. In June, they met with Dean Ulrich and went on a walking tour of the building with Director of Development Jeff Freshcorn. The Kinyons were amazed at the changes that have taken place in Kinesiology since their student days in the 1950s. They visited the new labs and met with faculty, who described their research projects. One of them, Professor Katarina Borer, on learning of Pete's daily walking regimen, joked that if he was a woman, he could be a subject in one of her research studies on exercise (see feature article, p. 4). As a former schoolteacher, B.J. was impressed with the gait lab and the research being conducted on children with Down syndrome.

According to Ulrich, "When I met Pete and B.J., it quickly became apparent that they are shining exam-

ples of the qualities we value at Michigan. They have maintained a lifelong love of learning, a strong commitment to family and friends, and a desire to give back to the community. As we move into the next Campaign for Michigan, we are indeed fortunate that Pete and B.J. have chosen to lead by example with their very generous gift to Kinesiology."

Kinyon made the gift in his characteristic, low-key manner, doing it because it was simply the right thing to do. As he says, "Any success you have in life goes back to the basic fundamental education you received. If you are able to give a charitable contribution, the university you graduate from is the first place you should support. I want to encourage people to think of Kinesiology at the University of Michigan—that's where it started for me."

—Robin Little

A charitable remainder trust is an easy way for an individual to support Kinesiology, as well as themselves or their family. The trust can be established either inside or outside the University of Michigan, with Kinesiology as the beneficiary. It provides income for the individual during their lifetime and provides a major gift (\$100,000 or more) for Kinesiology. For individuals who cannot make a major cash gift upfront to Kinesiology, this is a very viable option. As Jeff Freshcorn, Director of Development, notes, "Mr. Kinyon has clearly used the benefits of a charitable remainder trust to its utmost." For more information about charitable remainder trusts, and other options for gift giving, contact Jeff Freshcorn at (734) 615-4272 or email him at freshco@umich.edu.

honor roll of donors

Gifts from alumni, parents, faculty, staff, students, and friends are a vital resource to Kinesiology. The generosity of the following donors allows the Division to continue to move forward with its mission.

This list represents gifts received between July 1, 2000, and June 30, 2001. If your name has been omitted or presented incorrectly, please notify Kinesiology Gift Records, 401 Washtenaw, Ann Arbor, MI 48109-2214, or email kin.alum@umich.edu.

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Jodi Berris ('01) spent the summer traveling. She lived in Salt Lake City, Utah and joined a soccer and lacrosse league. She went to New Jersey for the Maccabi Youth Games, where she coached soccer. She "thought" she would return to Michigan, but she said that she might end up in Oregon, Utah, or Israel!

Stuart Belizaire ('94) is now a middle-school teacher and coach, and he is pursuing his Master's degree in Physical Education at Winthrop University.

Tina Bucciarelli ('96) recently started a new position as Director of Marketing for the New York Mets Baseball Club. She previously worked for Madison Square Garden.

Lauren Clister ('00) began graduate school at Northwestern University this past fall. She is studying broadcasting at the Medill School of Journalism.

Pamela (Wall) Fisher ('90) completed her masters in the Physician Assistant Program at Detroit Mercy. She has since worked as a P.A. in Oncology. Her interest in oncology was sparked by her own treatment for Hodgkin's disease in 1991-1992. She has two children—a three-year-old and a four-month old.

Kathryn M. Marmor (Shinaberry, '88) graduated in May, 2001 from Marymount University's Physical Therapy program with a Masters in Physical Therapy. She is now working as a physical therapist for Suburban Hospital in Bethesda, Maryland.

James A. McCauley ('84) went into business with his brother in 2000. The company, Wastech, Inc., made \$600,000 in sales the first year. He has been coaching youth hockey since his graduation, and he is currently

with the AAA Honeybaked Hockey Organization.

Jill Nicholson ('98) graduated last May from Michigan State University with a Masters of Science in Kinesiology. She also completed a graduate assistantship with the MSU strength and condition staff. She is currently pursuing a position in the field.

Shelly Olivadoti ('99) is attending the University of Southern California Physical Therapy school and plans to graduate next spring. She is specializing in Pediatric physical therapy, and "loves it." She is also enjoying the beach and the sunshine.

Lauren Pober ('96) recently moved to Chicago and began her position as Manager of Strategic Marketing for the Chicago White Sox. Her main role is to set up strategic partnerships with various venues/attractions throughout the city.

Jennifer Rasmussen ('99) recently graduated from Michigan State University with a Master's in Kinesiology.

Monroe "Sticks" Rowland ('52), now retired from San Diego State, has added racing to his handcycling activities. This past June he placed 5th out of 21 in the Handcycle Division at the Salomon Smith Barney, Nick Katsounis Memorial, National Wheelchair 10K Championships on Long Island, New York. In May he handcycled on a bicycle tour in Tuscany, in April he placed 4th out of 7 in the men's handcycle event of the Boston Marathon, and in January he placed 8th out of 13 in the handcycle division of the San Diego Marathon.

David F. Schueler ('92) is the Senior Marketing Sales Director for Palace Sports and Entertainment. He is selling sponsorship and advertising rights

on behalf of the Pistons, WNBA Shock, AFL Fury, DTE Energy Music Theater, Meadowbrook, and signage rights at Metro Airport. Prior to his position at the Palace, he was Vice President of Sponsorship and Marketing at the Sport and Social Clubs of the United States in Chicago.

Cobey Shoji ('01) was awarded the prestigious 2001 John McLendon Memorial Minority Postgraduate Scholarship Award. The \$10,000 post-graduate scholarship is awarded to minority students who have demonstrated leadership qualities, have a GPA of 3.0 or above, and are planning to pursue a post-graduate degree in athletics administration within five years of receipt of the award. Coby graduated with high distinction (a GPA of 3.6+), she was a member of the Golden Key National Honor Society, and a member of the varsity women's volleyball team.

Krista Soroka ('94) started her own business—Wonder Events, Inc. Her event management and public relations company offers event management services in the areas of planning and logistics and public relations services in the areas of promotions and media relations.

Debby Teitsman ('69) retired from the Atlanta Public Schools after thirty-one years as a physical education teacher and the district's Coordinator of Health and Physical Education. As district coordinator, she formed a partnership with the local community tennis organization and the Atlanta Lawn Tennis Association, which provided more than \$100,000 to support tennis instruction and equipment for thousands of elementary children. She was the 1996 recipient of the Channing Mann Outstanding Physical Education Administrator Award from the Council for School Leadership in

Physical Education. She currently enjoys tennis, golf, and traveling.

Dorchelle D. Webster ('93) earned her M.S. in Physical Education, and she is certified as a personal trainer and aerobic instructor. She is a certified English instructor for middle grades, and she is pursuing a specialist degree in Literature, as well as a doctorate in physical education pedagogy. She is married, has a ten-year-old son, a five-year-old daughter, and by this writing she will have given birth to twin boys.

Jason Yaman ('00), who received his Masters degree in Sports Management, has accepted the Director of Sports Information and Promotions position for Saginaw Valley State University.

Steven Zavinsky ('94) graduated from the Ohio College of Podiatric Medicine last May with a Doctor of Podiatric Medicine degree. He began his surgical residency at the Beth Israel Deaconess Medical Center in Boston, Massachusetts. He will rotate through different specialties with internal medicine interns, and he will focus primarily on podiatric surgery during his final two years.

Griz Zimmerman ('85, '87) has accepted the Director of Athletics position with Saginaw Valley State University (SVSU). Griz said that although he was raised in St. Louis, moving to Michigan feels like coming home after his years in college. He sees his new position as an opportunity to put SVSU in a position beyond winning championships and titles.

ConnectKines Career Network Program to be Launched

ConnectKines is a career network of Michigan Kinesiology graduates who have volunteered to put their names on a database so that current students and graduates may contact them to discuss career fields of interest. The database will be available in the Career Resource Center, and will require a pin number for access. Alumn/ae may volunteer to serve as guest speakers for career pathway programs and provide information about internships and graduate school opportunities. Alumni, please help by volunteering. Complete the on-line volunteer registration form at <http://www.umich.edu/~divkines/kinweb/alum/ckform.htm>. If you have questions, please contact Carol Overley at (734) 764-4473 or via e-mail at coverley@umich.edu.

Let Us Hear From You!

We love to hear from our alumni, and hope that you will take the time to complete and mail this form to Cheryl Israel, our Communications Associate. Your alumni update will appear in the next issue of *Movement*. As the new Director of Alumni Relations, please feel free to contact me at (734) 647-2696 or e-mail me at skovacs@umich.edu.

Regards, Shelly Kovacs

Name: _____

Home Address _____ City: _____ State: _____

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Year of Graduation: _____ Email Address: _____

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Please let us know of any changes in your life or career:

Send this form to: Cheryl Israel, Communications Associate
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TO OUR ALUMNI AND OTHER FRIENDS...

Thank you for your financial support. We are pleased to report that our 2000-2001 total financial support increased to \$314,733, a 39% increase from last year. This marks our second consecutive year for an increase.

Your contributions are important to Kinesiology, the second smallest unit on campus. Tuition fees represent only a part of the funding we need in order to attract the same high quality of students we have had in the past. With your funding support, we can continue to attract such students in the future. Without private support several areas would go

unfunded—research, technology, scholarships and other types of student support—the list goes on and on. As your generous giving has increased, so has the ability of Kinesiology to fund efforts in these areas. This growth has “raised the bar” for faculty, staff, and the students’ level of performance. We are all working harder and pushing farther than ever before. But we continue to need your help.

The University of Michigan Division of Kinesiology has 3,900 living alumni, and approximately 11% of those alumni choose to support Kinesiology with a gift. This is the lowest percentage of alumni giving on campus. Our goal this year is to increase alumni support by 5%. Please consider helping us to achieve that goal. Any size gift assists Kinesiology.

Our alumni outreach and stewardship is increasing, as it should. We continue our promise to be good stewards of your generosity. We are growing stronger each year, and our growth is evident when we consider that President Bollinger has stated that his goal is for Kinesiology to be “the leaders and the best” in its fields of study and research. That is our goal, too. The students, faculty, and staff are on this path, and we now ask you to join us on this journey.

As you make your charitable giving plans for 2001-2002, we hope that you will consider Kinesiology.

If you would like to know more about your giving options, contact Jeff Freshcorn at (734) 615-4272 or e-mail Jeff at freshco@umich.edu.

SUPPORTING KINESIOLOGY

Undesignated giving is one of the most important ways you can support Kinesiology. This type of Annual Fund support allows the Dean to use funds where they are needed most. Kinesiology knows how to stretch a dollar, but costs for higher education continue to rise. The support of alumni and friends is vital to our growth. Because of your generous contributions we are able to continue offering the education and facilities our students need to be the “leaders and the best.” We ask that you consider giving a gift to Kinesiology before the end of 2001. Please use the form below. You may also contact Jeff Freshcorn at (734) 615-4272 or by email at freshco@umich.edu for information about other giving opportunities.

YES, I/we would like to make a gift to the Division of Kinesiology Annual Fund in the amount of: \$_____

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☐ I am interested in learning more about planned-giving opportunities for Kinesiology.

Please mail to: University of Michigan • Division of Kinesiology • Attn: Jeff Freshcorn

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Laurie E. Campbell, Professor Emeritus, Deceased at Age 106

Laurie E. Campbell, born in Duxbury and a resident of Dennis, Massachusetts for many years, died at age 106 on March 24th, 2001, having lived a life that spanned three centuries. She graduated from the Sargent School of Physical Education (Sargent College of Health & Rehabilitation Sciences at Boston University) in Cambridge, Massachusetts in 1915. Following graduation, she taught at Oregon State College then served as one of the first physical therapists in the US Army during World War I. She was stationed in New Jersey, Long Island, and Maryland during the war. She returned to Sargent in 1920 to teach physical education for three years. In 1924, she embarked on a cross-country trip in two Model Ts with five fellow Sargent alumnae and a dog named Hobo at a time when paved roads stopped at Albany and road signs were scarce. Tires were made of canvas and had to be replaced as often as three times a day. At one point, being so exasperated, they tied their rubber sneakers to the rim to use as tire treads. They did reach the West Coast, where Dr. Campbell stayed to teach physical education in California.

In 1925, Dr. Campbell joined the faculty of the Department of Physical Education for Women at the University of Michigan. While here, she earned her Bachelor's and Master's degrees in Physical Education and proceeded to obtain her Doctorate in Education at New York University. Subsequently, she was awarded a full professorship at the University of Michigan. Her special interest was the teacher education program, which she headed for most of her years at Michigan. In the



On Laurie Campbell's 100th birthday, she received so many cards at her home on Cape Cod that mailbox 442 could not hold them all. The post office employees got into the act—they packaged the cards for Laurie and added some of their own cards!

1950s, significant change was made in this program for elementary children—the introduction of the English system of basic movement, which emphasized good body control, physical stamina and creativity.

She was chairman of women's athletics in the American Association of Health, Physical Education, and Recreation and president of the Michigan Physical Education Association, receiving honor awards from both organizations. She was joint author of *Physical Education for High School Girls*. On Dr. Campbell's 100th birthday, the University of Michigan's Division of Kinesiology established the Laurie Campbell Award, given annually to an outstanding woman majoring in physical education.

In 1959, after 31 years at the University of Michigan, Dr. Campbell retired to Dennis, Massachusetts.

She leaves her nieces and nephews: Jean Campbell, Stoughton, MA; Mary Elizabeth Campbell, Braintree, MA; Raymond Foster Campbell, Cheshire, CT; Dorothy C. Geddes, Stoughton, MA; Penelope N. McCreery, (deceased); Campbell McNeill, Ormand Beach, FL; Polly N. Merrill, Dataw, SC and Falmouth, MA; Ray Newhall, Derry, NH; her long-time friend, Fritzie Gareis, Dennis, MA; and several generations of great (and great-great) nieces and nephews.

Donations may be sent to the University of Michigan Division of Kinesiology Laurie Campbell Fund, 401 Washtenaw Avenue, Ann Arbor, MI 48109-2214.

Our thanks to Laurie's family for providing this information.

Commencement 2001

Commencement 2001 was a special occasion. The weather was perfect, the students were enthusiastic, and the speaker was outstanding. Kenneth S. Burnley, chief executive officer of the Detroit Public Schools and a Kinesiology alumnus, presented a thoughtful address on the theme of "Do it Well!" He challenged the graduates by asking the questions: "Will you follow?" "Will you lead?" or "Will you be a trailblazer?"

Burnley recalled his graduation, 37 years earlier, and acknowledged it is not the speaker who makes the difference, but what the graduates decide to make of their lives. He recommended that they take care of the four core areas of the self: mental, physical, emotional, and spiritual. Burnley talked of his own life and how he manages to carve out time for exercise, prayer, and learning.

Three special awards were presented at Commencement. The Stephen J. Galetti Award honors first-year students who show exceptional industriousness and potential. This year's recipient was Danielle Adamczyk. The Paul A. Hunsicker Memorial Award was presented to two students: Kelly Vaughn (undergraduate) and Daniela Deman (graduate) who have demonstrated superior scholarship, professional zeal, and promise. The Teaching Excellence Award, which is selected by the students, was presented to Dr. Dale Ulrich. He was lauded for his preparation, fairness, and care and concern for his students. Ulrich received a golden apple as a memento for the award.

—Robin Little



Harry McLaughlin and
Cobey Shoji



Dr. Kenneth Burnley and
Dr. Beverly Ulrich, Dean



Sam Stevens, Master of Arts
Student Speaker

HONORS RECEPTION

A standing-room-only crowd was on hand at the UM Alumni Center on March 18 for the fifth annual Kinesiology Honors Reception. This event recognizes the Division's outstanding students. Shelly Kovacs, the Assistant Director of Student Services, acknowledged the students who were on the Dean's List, Angell Scholars, Branstrom Scholars, and University Honors.

Pat Van Volkinburg, Academic Programs Coordinator, presented four awards: The Laurie Campbell Award, the Phebe Martha Scott Achievement Award, the Phyllis Ocker Scholarship, and the Lucile M. Swift Honor Award.

- **The Laurie Campbell Award**
Shaunetta Smith
- **The Phebe Martha Scott Achievement Award**
Dana Dziekan and Anne Thorius
- **The Phyllis Ocker Scholarship**
Kathryn Jazwinski
- **The Lucile M. Swift Honor Award**
Teerin Meckmongkol and Amy Teunis

Van Volkinburg also recognized the two students who were selected as Parade Magazine Young Columbus Chaperones: Kelly Vaughn and Shaunetta Smith.

Richard Honig, the chair of the Kinesiology Society Alumni Board, had the honor of presenting the Stan Kemp Award to Jill Caputo, Carey Larabee, Jessica Imbordino, Alicia Valdez, and Kelly Vaughn. This award is given to students who represent the values that distinguished Kemp's life—compassion, character, integrity, and idealism. Honig also announced that a fundraising drive is underway to augment the fund so that the awards can be increased from \$1,000 to \$2,000.

Dean Beverly Ulrich remarked on how much she looks forward to the annual honors reception, because she is so proud of the students. As she said, "They have distinguished themselves in an undergraduate class that is full of outstanding students. They are truly the best and brightest, and at the University of Michigan, with its tradition, and expectation of excellence, that is no small accomplishment. But what is special about our awards is that they reward more than just academic achievement. They reward students who represent important values, like integrity, compassion, and idealism. They reward students who are involved in campus activities and clubs. They reward students who combine academic excellence and athletic achievement. They reward community service—students who reach out beyond the University of Michigan. So these awards recognize well-rounded students who are successful inside and outside the classroom. They are our future leaders. They are the Stan Kemps, the Phebe Scotts, the Lucile Swifts, and the Phyllis Ockers of tomorrow. They are part of a rich tradition of leadership in our division."

—Robin Little



Carey Larabee and family



(l to r) Dick Honig, Peter Kempf, Jeff Freshcorn, Harry McLaughlin, Shelly Kovacs



(l to r) Pat Bubel, Jan Shatusky, Dick Honig, Leigh Sanderson, Peter Kempf



Kelly Vaughn and Shaunetta Smith

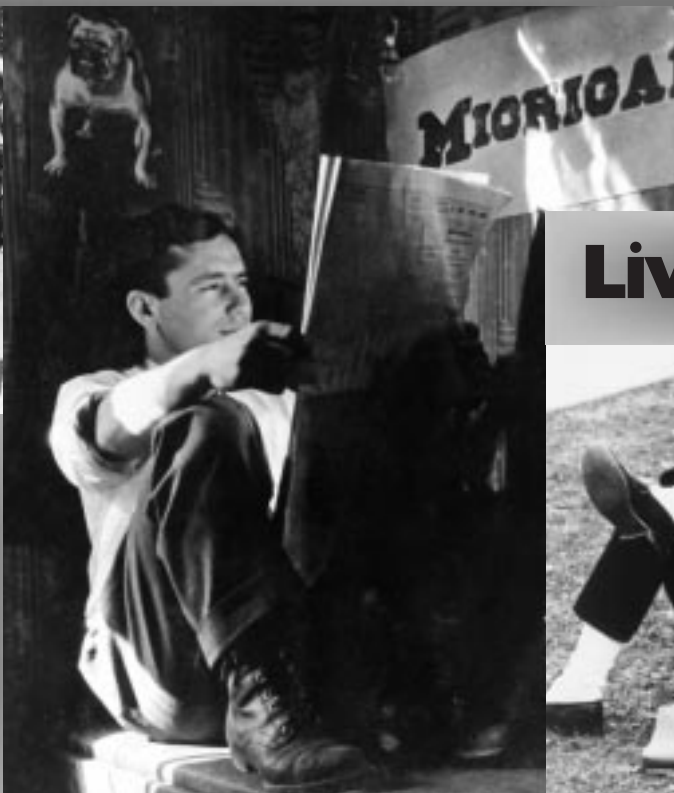


Kelly Vaughn and family



Shaunetta Smith and family

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