

Kinesiology
is

—movement

IN THIS ISSUE

Obesity Page 2



Alumni Profile Page 16



Dick Honig, BS '63; MA '66, retires his zebra stripes

Save the Date

April 29, 2005..... Commencement
8:00 p.m., Hill Auditorium
August 22, 2005..... Movement for Life Golf Invitational
Register early: (734) 615-4272
October 7, 2005.... Alumni Reunion and Career Networking



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move

Energy, Progress, Positive Change.

In all 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.

FROM THE DEAN	1
MAKING A DIFFERENCE	
Obesity, A Big Problem that is Getting Bigger	2
HEALTH MANAGEMENT RESEARCH CENTER	
Dee Edington	8
DEVELOPMENT	12
2004 GOLF INVITATIONAL.....	14
ALUMNI PROFILE: Dick Honig.....	16
ALUMNI REUNION.....	18
ALUMNI SOCIETY BOARD	20
NEW YORK CITY TAILGATE	21
ALUMNI NOTES.....	22
FACULTY NEWS	25
KINESIOLOGY NEWS	28

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Dear alumni and friends of Kinesiology,

One of the themes on which research and instruction in Kinesiology has focused since its inception (formerly Physical Education), well over 100 years ago, is the health-related benefit of physical activity and sport. As a field, Kinesiology has changed dramatically since the late 1800s when calisthenics were the rage and the goal was to improve posture, make the internal organs function better, and develop stronger bodies capable of resisting disease. Today students in schools and clubs learn to pump iron, do water aerobics, Pilates, play golf, tennis, basketball, softball, to name a few activity options. Although the opportunities for activity seem ubiquitous, most Americans remain sedentary. Health professionals are more concerned than ever about the consequences. Obesity threatens lives and has an enormous economic impact on families and society, yet, in many cases, it is preventable by proper exercise and nutrition. Kinesiologists are contributing to the scientific base that we hope will help win the battle against obesity. In this issue of *Movement* you can read an article about this problem and what some of our faculty members are doing to understand and deal with one of its related diseases, type 2 diabetes.

A related story focuses on the significant role one of our faculty members, former Director of Kinesiology, **Dee Edington**, has played for over 20 years in evaluating worksite health problems and helping clients make decisions to manage their health risks.



In this issue we also turn the spotlight on some of our outstanding students and alumni. You can read about our motivated and enthusiastic team of student ambassadors. We feature the alumni honored at this year's reunion and draw your attention to our third annual golf outing, organized by a committed team of alumni, to be held in August. Their goal is to raise funds for research on pediatric motor disabilities. We are happy to introduce you to our newest staff member, **Jim McIntyre**, our new director of development. Jim brings a wealth of fund-raising experience in higher education and lots of energy and enthusiasm for Kinesiology. He has definitely hit the ground running!

I hope you will enjoy reading about some of the latest happenings in Kinesiology. With each issue we try to share with you a different aspect of the many areas on which our talented and dedicated students, staff, and faculty work. To learn more about today's Kinesiology, please check out our website at <http://www.kines.umich.edu>. Or, better yet, join us for one of our organized activities (golf invitational, alumni networking, alumni reunion, or spring commencement—see save the dates section) or for an informal visit and tour. Our welcome mat is always out!

With best wishes for a happy, healthy, and active spring!

Beverly D. Ulrich

Dr. Beverly D. Ulrich
Professor and Dean

MAKING A DIFFERENCE



Obesity

A **big** problem
that is getting
bigger

Debbie Eisenberg Merion

"For each individual, body weight is the result of a combination of genetic, metabolic, behavioral, environmental, cultural, and socioeconomic influences."

*—U.S. Surgeon General,
Vice Admiral Richard
H. Carmona, M.D.*

Don't be surprised if a new national holiday appears on the calendar soon: "Let Out Your Belt Buckle Day." Ludicrous as it sounds, it's appropriate: the number of obese and overweight individuals in this country is growing at a shocking rate.

"Obesity is indisputably one of the top problems in health in our society today. When people are dying from being inactive and way overweight, it starts to get people's attention," says **Dr. Beverly Ulrich**, Dean of U-M Kinesiology.

A number of Kinesiology faculty, including **Dr. Katarina Borer**, professor and director of the Exercise Endocrinology Lab, **Dr. Jeffrey Horowitz**, assistant professor and director of the Substrate Metabolism Laboratory and **Dr. Greg Cartee**, professor and director of the Muscle Biology Laboratory, are currently conducting research that may make some significant inroads into the obesity problem.

Obesity issues

According to the U.S. Surgeon General, obesity is the fastest-growing cause of death and disease in our nation, second only to smoking in its lethal impact.

One out of every eight deaths in America is caused by an illness directly related to individuals being overweight or obese.

Over the past decade, the number of deaths associated with excess weight has increased over thirty percent, now claiming more than 400,000 American lives each year.

One out of every five adults in the U.S. is obese, and so many others are overweight that a total of 65 percent of adults in the U.S. are either overweight or obese.

The Centers for Disease Control (CDC) have been looking at obesity on a state-by-state basis since 1985 and finding that although some states tend to have a “thinner” population (e.g. Colorado, Arizona), the obesity rate in every state is growing. Scientists may have thought they had a problem in 1987, when the sixteen “heaviest” states counted 10–14 percent of their adults as obese. The “heaviest” states now—there are thirty-five of them, including Michigan—have ballooned into obesity rates of at least 20 percent.

Those are just the statistics for adults. Since 1980, obesity rates have doubled among children and tripled among adolescents. Of children and adolescents aged 6–19 years, 15 percent—about nine million young people—are considered overweight or obese.

Who is obese or overweight? Both of these commonly-used terms actually have clinical definitions that physicians and scientists strictly follow, and both are defined using an individual’s body mass index (BMI). BMI is a measure of weight relative to height, but does not directly take into account body fat percentage. It is calculated as weight in kilograms divided by height in meters squared. Since most people in our country think of body weight in terms of pounds, here’s one example: a 5’5” individual who weighs 150 has a BMI of 25, and is hence overweight. If a person that same height weighs 180, he or she has a BMI of 30, and is hence obese.

Kinesiology faculty members are being funded in their obesity-related research by esteemed organizations such as the National Science Foundation, National Institutes of Health (NIH), and the American Diabetes Association, and their published studies can be seen in prominent publications such as *American Journal of Physiology*, *Journal of Applied Physiology*, *American Journal of Physiology: Endocrinology and Metabolism*, and *Diabetes*.

Guidelines to Solving the Problem

It’s not easy to fight a rapidly-growing problem such as this, but guidelines have been established by the CDC and the NIH. Multiple approaches are needed, according to the U.S. Surgeon General, Vice Admiral **Richard H. Carmona, M.D.** “For each individual, body weight is the result of a combination of genetic, metabolic, behavioral, environmental, cultural, and socioeconomic influences.”

Dr. Carmona recommends a broad approach of communication, action, and research. Consistent with these recommendations, Kinesiology faculty members are helping worksites take action, as discussed in a related story in this issue about Kinesiology Professor Dee W. Edington’s assistance with worksite wellness programs. Kinesiology faculty research studies discussed in this story are particularly relevant to Dr. Carmona’s recommendation that, “The nation must invest in research that improves our understanding of the causes, prevention, and treatment of overweight and obesity.”



MAKING A DIFFERENCE

“This is something you can go out and tell people.”

—Dr. Katarina Borer

Exercise May Be a Good Way to Burn Calories Undetected

Dr. Katarina Borer's skillful work is paying off in scientific discoveries that may help obese, overweight, and pre-diabetic individuals. One particular study, whose findings will be appearing in an upcoming issue of the journal *Appetite*, is particularly exciting.



Dr. Katarina Borer measuring resting metabolism.

Borer says, “I have always been interested in appetite and satiety.” Explaining a recent meal-timing study, funded by the National Science Foundation ADVANCE program, she says, “there is no metabolic basis for hunger sensation after exercise energy expenditure. We gave post-menopausal women a huge dose of exercise—two hours of walking in the morning and two hours again in the afternoon—and then we added the issue of hunger. We asked the question, ‘If an individual has burned 800 calories a day—a big chunk of her daily energy budget—will she feel hungrier?’ The answer is no.”

To determine this, Borer and **Elizabeth Wuorinen**, a Kinesiology doctoral student involved in this study, compared two trials: individuals in one trial exercised before eating, (“fasting”) from 7:00 to 9:00 a.m. and 2:00 to 4:00 p.m., and then they exercised “post-meal” in the other trial, from 11:00 a.m. to 1:00 p.m., and 6:00 to 8:00 p.m. Both trials served meals at 10:00 a.m. and 5:00 p.m. Borer and Wuorinen found no difference in the pre-meal hunger among the two trials, even though 400 calories had been expended during each exercise bout. They did, however, find that the “fasting” trial’s post-meal hunger was slightly greater than in the “post-meal” trial.

“We are hypothesizing that the brain does not consciously register expenditure of metabolic energy—that the presence or absence of calories may only be able to be detected when food travels through the traditional route, i.e. into the stomach. So exercise may be a good way to burn calories undetected. The ‘catch’ with this strategy is that you have to do a lot of work to burn 800 calories, while you can easily undo this achievement with one Cinnabon [which has 730 calories] and destroy your work.”

Borer made careful blood glucose measurements during the study and determined that the exercise lowered glucose levels in the “fasting” trial. This could lead to a doctor recommending that one should take a long walk before eating, rather than eating and then exercising, if one tends to have high blood sugar and insulin resistance.

“Although these issues are theoretically very interesting, the findings have very useful applications,” says Borer. “This is something you can go out and tell people.”

Using Kinesiology Research in the Community

Susan Courtney, one of Borer’s former students who received a B.S. in Kinesiology from U-M in 1996, uses research results from Borer and others in her position as personal training director at the Liberty Athletic Club, in Ann Arbor, MI.

“I go to seminars, workshops, and read Kinesiology journals. My clients who want to lose weight are interested in the latest research. I provide them with information about the amount of exercise they really need to do in order to burn one pound of fat (3500 calories), and once they see that or understand that, they have a better understanding of what weight loss will entail. But unless they are Lance Armstrong and get paid to be here eight hours a day, they can’t do it by exercise alone. There is that thermodynamics rule that to lose weight you have to burn more than you take in, and you can’t change it.” According to the CDC, losing weight can have big payoffs as the key to reducing the risk of developing many illnesses, including:

- Diabetes
- High blood pressure
- High cholesterol
- Asthma
- Arthritis

“Sometimes, though, people are not ready,” says Courtney. “It’s a big life change to lose weight.”



Dr. Horowitz and Lab Manager Amy Kaufman talk about isotope tracer data from a weight loss study using the gas chromatograph/mass spectrometer.

Participating in a Kinesiology Study

In one recent \$440,000 study funded by the American Diabetes Association, called “Fatty Acid Metabolism and Insulin Sensitivity: the Role of Endurance Exercise,” Dr. Jeffrey Horowitz asks, “What physiologically happens when people lose weight? How does exercise affect fat metabolism and insulin sensitivity?”

“We know that losing weight and exercise can reduce or even eliminate the major symptoms of type 2 diabetes, but we don’t understand exactly how that works.” In this study, twenty subjects, all obese, are randomly assigned to lose 12 percent of their body weight, either through diet alone or through diet and exercise. Horowitz’s research team measures each subject’s metabolism, through a series of tests involving blood draws and muscle biopsies, during hospital visits both before and after they lose weight. The blood and muscle samples are then analyzed in Horowitz’s lab.

Marina Connolly, who recently lost 26 pounds over seven months as one of the subjects in Horowitz’s study, is lying in a bed in the University Hospital in Ann Arbor, MI, during her second of three overnight stays for testing. She is 37, with a blonde pony tail, wearing a tank top and shorts, and she has two IVs hooked up to her left wrist for blood tests. She winces during the toughest of the tests, which Horowitz performs with the assistance of post-doctoral student **Matt Harber**. Horowitz uses a small scissor-shaped plunger to extract a capsule-sized bit of muscle tissue from her anesthetized thigh, a test that he himself has experienced over fifty times for a number of other research studies. Explains

Horowitz: “In this muscle biopsy we look at what has changed as a result of weight loss, related to getting fat and sugar into muscle and using them for energy. We use the thigh because it’s a large muscle, and because Marina has been biking for exercise, and changing that muscle in particular.”

After the biopsy, Connolly sleeps with a clear plastic bubble the size of a watermelon over her face. The bubble is attached via plastic tubes to a meter that displays and prints out a constant readout of her breath analysis. “Measuring her oxygen consumption allows us to assess basal metabolic rate, and the ratio of carbon dioxide to oxygen in her breath tells us what proportions of fat and carbohydrate she’s using for that energy,” explains Horowitz. After that test, Connolly clicks on the overhead TV, while her hospital stay finishes up with a three-hour monitoring of her blood and insulin levels through her IV.

Next week, Connolly will return to the hospital for her third and final visit, where she will have similar testing but will also be infused with about 500 calories of a milky 20 percent fat liquid, “to bring her up to the circulating fat levels she had before she lost weight, to see if she handles it better now that she has lost weight and is more physically fit,” says Horowitz. Her metabolic changes, along with others in the exercise group, will be compared to the diet-only group to determine differences in the cell’s abilities to metabolize fat and sugar.

MAKING A DIFFERENCE

Horowitz's hypothesis is that fat inside muscle cells prevents insulin from doing its job correctly, which contributes to diabetes. He predicts that after weight loss, the subject's insulin will be better able to help muscle cells take up sugar from the blood because they have less fat inside, and that insulin will work even better in subjects who have had exercise training while they have been losing weight. This information can help researchers develop specific ways to treat or prevent type 2 diabetes.

Although proper nutrition and exercise can have dramatic health implications, unfortunately, there is still no "magic bullet" known to help people lose weight. It will always require a great deal of effort, dedication, and patience.

"Being in the study was tough at times because it's not so easy to stay within the diet parameters, and I felt discouraged that I hadn't lost as quickly compared to others, but then I realized we're all individuals," says Connolly.

Connolly and others like her who try to lose weight, but who are, at times, stymied by a body that isn't happy about being on a low-fat, low-calorie diet, may be interested in another study Horowitz is about to commence.

How Can You Eat Less Without the Body Sensing It Is Starving?

In a new study called "Substrate Regulation During Energy Deficit in Obesity," Horowitz will be measuring biological markers of energy deficit to better understand: "How does the body sense that it needs energy?"

To determine this, he will put study subjects on a low-fat, low-calorie diet for two days, and will measure their fat and protein breakdown, which indicate the body has detected a need for energy. On another occasion, he will put them on the same diet with one modification: fat will be given intravenously. His hypothesis is that fat calories are primarily "detected" in the gastrointestinal tract.

"If we can identify the signals involved in detecting and responding to an energy deficit we can manipulate them to fool the body into thinking it doesn't need that energy. An obese person doesn't need the energy but may still have these starvation responses. This will help to answer the question that a lot of people have: 'How can you eat less without the body sensing it is starving?'"

Why Can Some People Eat More and Not Gain Weight?—Understanding Growth Hormone

The range of body types in the typical office or classroom attests to the fact that staying trim, by maintaining that delicate balance of only eating as much food as your body uses, is easier for some than others. Keeping your body in balance, though, may point to something more than nutrition and exercise. "Everyone knows someone who can eat all they want and not gain weight. We want to understand how this might happen, and we think the 'growth hormone' has something to do with this," says Horowitz.

In a prospective multi-million dollar study called "Growth Hormone as a Determinant for Weight Regulation," Horowitz will study individuals, pre-measured to have either high or low growth hormone levels, to determine how growth hormone levels affect an individual's propensity to gain weight. All subjects will stay in the hospital for two weeks, be overfed by 2000 calories a day, and be restricted in their activity to the same degree. Even with those factors constant, Horowitz anticipates that the amount of weight gain will vary greatly among individuals—he expects that some people might gain as little as five pounds and others as much as eleven pounds. His hypothesis is that those with a high level of growth hormone pulses (growth hormone is normally secreted from the brain in short pulses) will gain less weight than those with low growth hormone levels. Later in the study, when calorie levels are reduced to get them back down to their starting weight, people with high growth hormone will also take off the weight faster.

The results could lead to a non-pharmaceutical, non-surgical "prescription" of exercise to help obese and overweight patients. "If this study identifies that a few pulses of growth hormone each day helps a person be resistant to weight gain, then it is possible that individuals will be able to get these growth hormone pulses through short bouts of exercise—often 30 second biking or running sprints can cause a large pulse of growth hormone," says Horowitz.

Understanding Muscle Glucose Metabolism

Nearly 2500 years ago, Hippocrates, the Father of Medicine, said, "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." Obesity is a condition that is typified by imbalance between calories in (diet) and calories out (burned at rest and during exercise). **Dr. Greg Cartee**, professor and director of the Muscle Biology Laboratory, is studying the effects of both sides of the energy balance equation on glucose

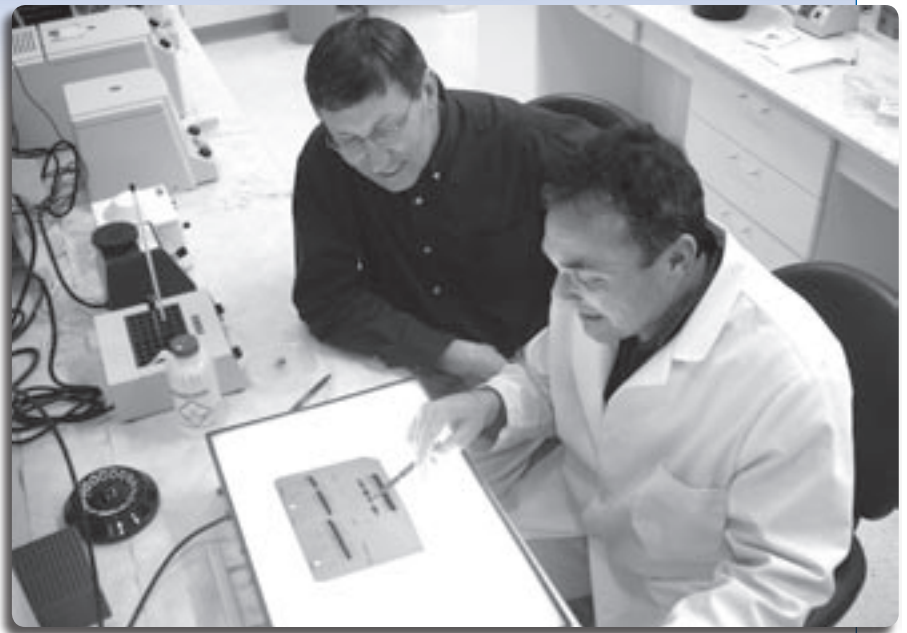
MAKING A DIFFERENCE

metabolism by skeletal muscle. A major health concern with obesity is the increase in a condition known as insulin resistance, in which normal amounts of insulin produce below-normal responses. One of the earliest problems with insulin resistance is abnormal glucose metabolism in skeletal muscle.

Either a moderate reduction in calorie intake (calorie restriction) or exercise can effectively counter insulin resistance (i.e., improve insulin sensitivity) in muscle. Dr. Cartee's research, funded by the National Institutes of Health, aims to identify the specific processes that lead to improved muscle glucose metabolism. These efforts may be helpful in identifying optimal diet and exercise protocols for enhancing insulin sensitivity. Furthermore, because some individuals may have limited ability to perform effective exercise, this information may be useful in developing other therapies, for example new drugs that are safe and effective, so they can also improve their health.

Cartee and his research team have recently made significant progress. His graduate student, **Carrie McCurdy**, studied a protein, known as Akt2, that is known to be one of many important proteins for insulin's effect on glucose metabolism. In a study published in the *American Journal of Physiology: Endocrinology and Metabolism*, they found that 20 days of a moderate reduction in calorie intake greatly enhanced the ability of insulin to activate Akt2. In a follow-up study that will be published this year in *Diabetes*, they studied the effects of moderate calorie restriction on genetically modified mice that lacked Akt2 and compared these Akt2-deficient animals with control mice that had normal Akt2 levels. As expected, in normal mice, insulin sensitivity was greatly improved by calorie restriction. In stark contrast, there was little or no diet-related improvement in the muscles of mice lacking Akt2. These results indicate Akt2 is essential for the full effect of calorie restriction on muscle insulin sensitivity. Dr. Cartee's research team is currently working to understand the events that trigger the diet effect on Akt2 and insulin sensitivity.

Working with his colleague at the University of Michigan, **Dr. Edward Arias**, his graduate student **Matthew Bruss**, and **Dr. Gustav Lienhard** from Dartmouth Medical School, Dr. Cartee has identified a potentially important role for protein, known as Akt substrate of 160 kD (AS160). Recently, Dr. Lienhard discovered this protein is important for insulin's effects on glucose metabolism in fat cells. In research performed in Dr. Cartee's laboratory (published this year in *Diabetes*), AS160 in skeletal muscle was shown for the first time to respond to insulin. Furthermore, they demonstrated that muscle contraction could also activate this protein. This latter result is especially exciting, as it raises the possibility that the separate



Left to right: Dr. Gregory Cartee and Dr. Ed Arias study a film of an insulin signaling protein Akt2 in a calorie-restriction experiment.

effects of insulin and contraction (exercise) on muscle may converge at AS160. Much future research will be needed to test this hypothesis, and Dr. Cartee is currently recruiting new students to U-M Kinesiology to participate in this ongoing effort.

Kinesiology's research into how the body responds to nutrition and exercise will continue to benefit physicians, scientists, dieticians, educators, students, public health administrators, personal trainers, and obese patients who need to reduce their weight and their risk for obesity-related illnesses. Says Marina Connolly, of her significant weight loss, "It was a long road, but it was definitely worth it. Now I have a different sense of the impact exercise has on the body."

For more information on the issue of obesity, consult these websites:

National Center for Chronic Disease Prevention and Health Promotion:

<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

Surgeon General on Obesity:

http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_vision.htm

National Institutes of Health:

http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf

BMI Calculator:

<http://www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm>



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Health Management: The Better Alternative to Weight Loss

Dee Edington *Weighs in* on Weight Management

Pat Materka

Forget Atkins, South Beach and the Zone. Set a more reasonable objective, urges Kinesiology Professor **Dr. Dee W. Edington**: Don't gain!

That is Edington's message to the general public. His message to government officials, health care professionals, and heads of corporations is that they can make a difference by facilitating healthy environments in the workplace and the community. "Too often, doctors treat individual symptoms, resulting in a host of separate medications for a sore back, migraine, and other ailments, instead of treating the whole person," Edington states.

Dr. Dee Edington

*"The median annual medical cost for healthy weight people was \$2,225, compared with \$2,388 for the next category of overweight, and \$3,753 for the most extreme obesity category."
—Dee Edington*

As director of U-M's Health Management Research Center (HMRC), Edington gives over 40 presentations a year throughout the U.S. and abroad to government officials, health care professionals and heads of corporations. He draws upon 25 years of HMRC research data that shows the link between lifestyle behaviors and health care costs and productivity costs, as they relate to quality of life measures.

"The HMRC studies look at health through a combination of factors, from the physiological aspects: weight, exercise, blood pressure, cholesterol level, smoking, and alcohol use, to the psychological aspects: job satisfaction, life satisfaction, and personal perception of health." He emphasizes how all of these factors impact quality of life.

"What really drives up health care costs are the risk factors you can't see—like how you feel about your job and your life, and whether you feel stressed or in control."

HEALTH MANAGEMENT RESEARCH CENTER

Health care costs are at the crux of the matter. Edington insists. “It’s all about economics. We’ve known about the relationship between weight and illness for several decades, and we have known that the rate of obesity is increasing. Unfortunately, we wouldn’t be talking about obesity today if it weren’t related to higher health care utilization and costs.”

Calculating Risks and Costs

Trained in mathematics, kinesiology and biochemistry, Dee Edington spent the very early years of his research career at the University of Massachusetts studying the link between exercise and longevity in laboratory rats. By the time he joined the University of Michigan in 1976 as chair of the department of physical education (the forerunner of Kinesiology), his interest in health and activity had transferred from animals to people. The work he began nearly 30 years ago in corporate wellness has evolved to today’s Health Management Research Center.

Edington pioneered the use of the Health Risk Appraisal (HRA) as a key tool in worksite wellness programs. The Centers for Disease Control released its first HRA in 1979, and by the following year, it was installed on the U-M main-frame computer. Numerous modifications and refinements have followed, and today the Center estimates that this assessment tool has been used by over 1,000 organizations and two million people.

Edington’s HRA asks questions about age, weight, and exercise, lifestyle habits such as smoking and alcohol use, existing medical conditions such as heart disease and diabetes, and various measures of physiological and psychological health. Based on their answers, participants receive individualized feedback and suggestions for improvement.

“The HRA I developed serves multiple functions. It is a motivational tool to raise people’s awareness about their health habits and lifestyle choices, and how those choices influence their future vitality and the lives of those closest to them,” Edington explains. “It also helps employers by providing aggregate data on their employees’ overall health and lifestyle behaviors and other variables, predicting the impact on issues such as productivity and health care costs. Finally, these two million-plus surveys form an extraordinary data base for studying the interrelationships among lifestyle behaviors, health management programs, costs, and benefits.”

The HMRC’s most powerful findings are based on longitudinal research. The first of many partners was the Grand Rapids, MI, furniture manufacturer, Steelcase. In 1982, the Center launched what became a 20-year study of 4,000 Steelcase employees’ health behaviors and medical

claims costs. By analyzing data from Edington’s HRA distributed at three-year intervals, Edington and Assistant Research Scientist Louis Yen were able to show conclusively that high-risk employees are high cost.

“In a company the size of Steelcase, if all high-risk employees adopted low-risk lifestyles, the medical claims savings could amount to roughly \$20 million over three years,” Edington reports. “The average medical costs of high-risk Steelcase employees were 75 percent higher than employees with zero or one health risk.”

A number of HMRC studies look at the costs of specific risk factors. For example, a two-year study of 177,971 General Motors employees, spouses, and retirees published in 2003 concluded that overweight and obese individuals cost up to \$1,500 more in annual medical expenses.

“The median annual medical cost for healthy-weight people was \$2,225, compared with \$2,388 for the next category of overweight and \$3,753 for the most extreme obesity category. Except for the underweight group, medical costs gradually increase as weight increases,” the authors reported. The 2003 study, published in the *American Journal of Health Promotion*, is the first to examine the relationship between median medical costs and the six weight groups defined by the National Heart, Lungs and Blood Institute. Effective worksite weight management programs can bring about substantial savings in medical costs for employers and help prevent overweight- and obesity-related diseases,” the HMRC study concluded.

Risk Intervention

Because obesity is a health risk that is visually obvious, people may presume that normal-weight people are healthy and overweight people are not. The HRA is valuable in that it measures risk factors that can’t be seen, like job stress and life satisfaction. Edington emphasizes that it is the cumulative effect of various risks that impacts health care costs. People with zero to two risk factors are identified as low-risk; people with three to four are medium-risk, and those with five or more are high-risk.

Thus, a person who is overweight but is physically active, feels good about life and has no existing medical problems or other risk factors that might be considered low-risk. An overweight person who is a smoker, stressed, has high blood pressure and cholesterol, and heart problems is high-risk. Companies



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immediately recognize that the high-risk individual is more likely to have more illness days and higher medical costs.

The Center is currently partnering with 24 companies, investing \$3.5 million annually in HRA processing and subsequent evaluation and data-driven decision support analyses, to supplement their related on-site programs. The employers make a multi-year

RISK FACTORS

The HMRC looks at individual health by measuring 15 risk factors. People who have zero to two risks are designated low-risk; those with three to four risks are medium-risk, and five or more are high-risk. The criteria are:

Alcohol.....	More than 14 drinks per week
Blood pressure	Systolic over 139; diastolic over 89
Body mass index.....	17.8 for men or 27.3 for women
Cholesterol	Over 239 mg/dl
Drug use for relaxation	Few times a month or more
Existing medical problems	Heart problems, cancer, diabetes, or stroke
HDL cholesterol.....	Under 35 mg/dl
Illness days	More than five taken in the last year
Job satisfaction.....	Partly satisfied or not satisfied
Life satisfaction	Partly satisfied or not satisfied
Perception of health	Fair or poor instead of good or excellent
Physical activity	Less than once a week
Safety belt usage	Less than 90 percent of the time
Smoking.....	Current smoker
Stress	Perceived as high

commitment, recognizing that it takes more than one round of HRA feedback to track trends and progress. To be successful, Edington insists, the company must:

- Offer a health risk appraisal, provide incentives for employees to take the test, and provide follow-up resources.
- The resources should include three one-on-one coaching sessions and three health promotion programs; in the case of weight management, this could include cholesterol testing, a walking program, or company-sponsored nutrition classes.
- The program has to be driven from the top. Every level of administration and management—and the union if there is one—has to say health is important, and here's what we're going to do about it as an organization, and here are the changes we are going to make in the workplace.

A key part of that commitment is making a difference in the environment. That's the focus of HMRC's \$1 million, three-year Centers for Disease Control and Prevention (CDC) grant with the California Department of Health Services.

"The goal is to create a model, healthy environment in four government buildings," Edington explains, "and to make a difference in the lives of 5,000 people who work in them."

How do companies do this? Begin by considering some changes around the building, like going smoke-free, he advises. Light up the stairwells and paint murals on the walls to make it fun to use the stairs instead of the elevators. Change the vending machines to include fruit, yogurt, and other healthy options.

"I'm not saying eliminate all the chips and soft drinks. You can't force people to eat healthy, but you can offer relatively healthy choices. People feel better about themselves when they take care of themselves, and that leads to positive change."

Creating a Healthy Village

Nearly one in six Americans under age 65 has no health insurance. Between 2000 and 2003, the number of uninsured rose from 40 million to 45 million as health care costs rose at a double digit rate, far exceeding inflation.

"CEOs throughout the country tell me that they cannot sustain their company if health care costs continue to rise," Edington relates. "Their choices are to outsource jobs overseas, share the costs with employees, or discontinue

HEALTH MANAGEMENT RESEARCH CENTER

benefits altogether. A fourth solution is to reduce healthcare utilization and claims costs through proactive health management environments and programs.”

The city of Jackson, MI, population 35,000, is choosing the fourth route through an unusual experiment. Like many communities, it had struggled for years with rising health insurance premiums. But in 2002, Jackson’s employers took a stand. They refused to pay the higher rates, threatening to leave employees without health insurance.

This presented a dilemma for Jackson’s Foote Hospital. If people got sick, the hospital could not turn them away. The hospital would be liable for the costs. Confronting the crisis, Foote Hospital’s CEO took the rare and courageous measure of rolling back insurance fees with the HMO it owns. And it is partnering with the HMRC to create something new and positive: a model healthy community.

“Imagine,” Edington told the Jackson Economic Club, “if we had a healthy work force—a healthy village. Would more employers settle here? Would more workers stay?”

And ultimately, would health care costs go down? Costs follow risks, Edington repeats. Currently, only 50 to 60 percent of the population is at low-risk. Raising this number to 70 percent is his goal.

Logic suggests that the way companies save money in health care costs is to move individuals from high- or medium-risk to low-risk; convince the overweight folks to join a weight loss program, quit smoking, walk three miles a week, and improve

their diet. But that’s just one way to save health care costs, and that strategy in isolation has not proven very effective over the past 20 years, he reports. It turns out that one of the key ways to minimize health care costs for employers is this: keep low-risk people low-risk.

“In any organization, you have those who need help, and those who are thriving. The latter are your champions. Although you always want to move people from high-risk to low-risk, you cannot overlook those who are already doing well. In any health management program, it is critical to support the low-risk people with programs that will keep them on track. The only mathematical way to move toward a more low-risk population is: keep the healthy people healthy.”

That’s the impetus in Jackson, a city which may well become a proving ground for a nation seeking better health. Foote Hospital is already measuring success, and community leaders are building out to other private sector companies, neighborhood organizations, faith groups, schools, and senior centers.

The goal is a total community buy-in. It will not be an unrealistic or unsustainable goal of so many pounds lost per person, but a clear picture of vitality gained.

“What if everyone in the country could go an entire year and not put on a pound?” Edington challenges. “Now that would be a success story!”

DEVELOPMENT

McIntyre Joins Kinesiology Development

Cheryl Israel



*"Fundraising efforts are made easier when an organization is involved in research that has such a significant impact on society and our American lifestyle."
—Jim McIntyre*

Kinesiology welcomes Jim McIntyre, as the director of development. Jim brings to Kinesiology thirty years of fundraising and development management experience.

Most recently, Jim was president of the Claymore Group, a development consulting firm that served nonprofit organizations by implementing development programs and conducting capital campaigns. Prior to that, he served as vice president of development for the Eastern Michigan University Foundation from 1997 to 2001. His career experience includes over 23 years at Michigan State University (MSU). During that time, Jim held a number of development roles, including special gifts director for the MSU 2000 Campaign, President's Club director, and director of development for the Michigan 4-H Foundation.

Jim holds a bachelor's degree from Michigan State University and received a certificate from the Executive Institute for Fund Development, the Fund Raising School, Center of Philanthropy, at Indiana University.

Jim met and exceeded the campaign goals and gift income for the organizations he served. His philosophy about fundraising is that it reaches beyond money, providing resources to uphold the mission and vision of the organization. He is enthusiastic about his role in Kinesiology.

"Kinesiology faculty members are involved in an impressive range of research. They look at the influence exercise has on some of the most widespread health concerns in our society, such as obesity, type 2 diabetes, hypertension and high cholesterol. They study motor control issues that affect people of all ages and abilities. They study the economic impact of professional sports, and how marketing decisions are made by businesses. Fundraising efforts are made easier when an organization is involved in research that has such a significant impact on society and our American lifestyle," says Jim.

Jim is in the process of meeting the members of the Kinesiology Campaign Council and the Kinesiology Alumni Society Board. Both groups bring a significant amount of resources to Kinesiology. They provide public awareness, professional development experience, as well as financial support. He will continue to learn more about the rich history of Kinesiology, and meet the people who were involved in shaping that history.

Jim and his wife, Theresa, have two children—Matt and Megan. Theresa is a corporate wellness and health education consultant with Health Innovations.

Making a Difference in Kinesiology Campaign Update

Dear Alumni and Friends of Kinesiology:

As you may know, the Michigan Difference campaign runs through June, 2008. The Kinesiology campaign goal is ten million dollars, over half of which has been pledged to date.

In reviewing the campaign objectives, it is impressive to see that the donors who contribute to this campaign will have a chance to make a major impact in supporting research and scholarship conducted by Kinesiology for decades to come. Those goals are to secure funding for:

Endowed professorship	\$2 million
Four fully-funded graduate fellowships	\$3 million
Funding for four centers	\$5 million
<ul style="list-style-type: none"> • Center for Motor Behavior in Down Syndrome (\$1 million) • Center for Exercise Research (\$1.5 million) • Michigan Center for Sport Management (\$1.5 million) • Center for Human Motor Research (\$1 million) 	

These funding opportunities will provide stability and offer assurance that Kinesiology will be able to maintain high standards for research in state-of-the-art laboratories. This, in turn, will allow us to recruit and keep the most promising faculty members. We will continue to recruit the brightest and best undergraduate and graduate students, and lay the foundation for their scholarly careers.

I am becoming educated in the many aspects of Kinesiology fundraising, and I would like to share some of the contributions that have helped make a difference in Kinesiology.

Eugene and Emily Grant of Mamaroneck, NY, contributed funds from their family foundation that partially funded a scholarship for **Tracey Yip**, a native of Williamsville, NY.

Tracey was able to attend the University of Michigan in large part because of the Grants' generosity.

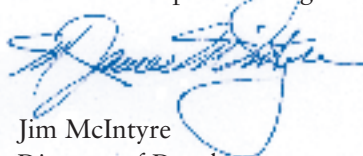
James Lyle and Tracy Nixon gave a \$5,000 gift through the Lyle Foundation in New York City. The gift will assist the Center for Motor Behavior and Pediatric Disabilities (CMBPD) in offering four bicycle training camps over the next two years. (See page 27.) The camps will be offered to more than 100 children, and allow CMBPD to conduct scientific studies on how learning to ride affects children's health, fitness, and social skills.

Several alumni and friends of former faculty, classmates, and colleagues have established named, endowed scholarship awards. The **Laurie Campbell, Steve Galetti, Paul Hunsicker, Stan Kemp, Phyllis Ocker, Phebe Scott, Lucile Swift, and Rachael G. Townsend** awards are presented to deserving undergraduate students at the annual spring honors reception. These awards help many students who hold assistantships, work study appointments, and part-time positions to help make ends meet. The annual support from endowed scholarships enriches the Michigan experience for these students.

Thank you to all donors who have made contributions to Kinesiology and *The Michigan Difference* campaign.

If you have any questions about how you can support Kinesiology and *The Michigan Difference* campaign, please contact me at (734) 615-4272 or at mjmcinty@umich.edu.

With kindest personal regards,



Jim McIntyre
Director of Development

GIVING TO THE ANNUAL FUND IS ONE OF THE MOST IMPORTANT WAYS YOU CAN SUPPORT KINESIOLOGY. Annual fund support allows the Dean to use funds where they are needed most. The cost of higher education continues to rise, and 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 that our students need to be "leaders and the best." We ask that you consider giving a gift to Kinesiology before the end of 2005. You may use this form, or use the online giving option on our website at: www.kines.umich.edu. You may also telephone Jim McIntyre, director of development at (734) 615-4272 for information about giving opportunities.

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

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

☐ By check enclosed, payable to the "University of Michigan"

By credit card: ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

Account number: _____ Expiration date: _____

Signature: _____

Name: _____ Degree/Year: _____

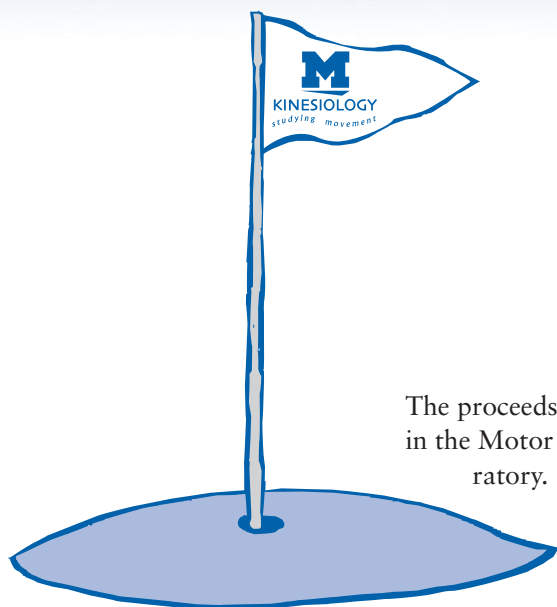
Address: _____

City: _____ State: _____ Zip code: _____

Please mail to: University of Michigan Kinesiology, Office of Development
401 Washtenaw Avenue, Ann Arbor, MI 48109-2214

2004 GOLF INVITATIONAL

2004 Movement for Life Golf Invitational



The second annual Movement for Life Golf Invitational was held at the University of Michigan Golf Course on August 23, 2004. The event was a success on many levels—approximately 100 golfers participated, the weather cooperated, and Mike Leoni, BA '88, led a spirited live auction after dinner. Dean Beverly Ulrich thanked everyone for their support, and Dr. Rachael Seidler presented on behalf of the Kinesiology research areas that benefited.

The proceeds from the invitational supported aging-related research by Dr. Susan Brown in the Motor Control Laboratory and Dr. Rachael Seidler in the Neuromotor Behavior Laboratory. Research in the Motor Control Laboratory focuses on issues such as balance control when reaching for and grasping objects and the transfer of sensory information from muscles and joints to the brain. There is also a project on the design of a home-based motor training program for older adults with physical disabilities such as cerebral palsy. The Neuromotor Behavior Laboratory uses functional magnetic resonance imaging to study brain function during movement, how the brain changes when people learn new motor skills, how aging affects the process, and whether the brain's reactions can be enhanced with training and practice.

THANK YOU!



Kinesiology would like to thank the many volunteers, sponsors and participants who made this event possible. Also, a special thank you to the Movement for Life Golf Committee for their commitment to making the event a success: **Jim Betts, Don Eaton, Jeff Freshcorn, Dick Honig, Mike Leoni, and Tim Wadhams.**

Individual Contributors

Doug Dingwall
Todd Gensheimer
Rodney Grambeau
Richard Honig
Joanne R. Leoni
Mike Leoni
Anthony G. and
Merrie L. Malerich
Tim Wadhams
Butch Woolfolk

Participating Companies

A.D. Transport Express
A.R.E. Inc.
Auto Key Rentals
Banfields WestSide Grill
Beier Howlett
Belle Tire
Better Intergrated Systems., Inc.
B.K. Sales and Leasing
C.O.D. Glass Inc.
CBA Retreaders
Chelsea Milling Company
Detroit Tarp, Inc.
Dothan Tarp
R.B. Ellis Company
Four Star Transportation Company
Fuel Mart of America
Livonia Building Materials
Naylor Motor
Southwest Break & Parts Inc.
A.L. Warren Oil Company

Golf Invitational Sponsors

Please Note: Every effort has been made to insure the accuracy of this list. If your name has been inadvertently misspelled, incorrectly listed, or omitted, please let us know so corrections can be made—both in future publications and for our records. Contact Cheryl Israel by email at cisrael@umich.edu or by calling (734) 647-2689.

SAVE THE DATE

Mark your calendar for **August 22, 2005**. Participate in the fun at the next Movement for Life Golf Invitational.

2004 GOLF INVITATIONAL

Movement for Life
Golf Invitational volunteers
prepare for the golfers.

Pictured, left to right:
Katy Jackson, Jennifer
Knapp, Colleen Lewis,
Nichole Samczyk, Christine
Walsh, Rachael Seidler,
Meghann Lloyd, Joaquin
Anguera, Martha Reck,
Marsha Lewis, Kim Elliott.



Mike Leoni, BA '88, auctions a
football helmet autographed by
Coach Lloyd Carr.



Gerry Meter, BS '80,
(standing) with his
son, Nick. Gerry is a
Kinesiology Alumni
Society Board
member, and Nick
is a Kinesiology
sophomore.



Mike Shatusky,
BS '58, volunteered at
the golf invitational.



Dr. Beverly D. Ulrich thanks the golf
invitational participants for their support.

Shelly Kovacs with
Butch Woolfolk, BS '82,
Campaign Council member,
at the golf invitational.



Dr. Rachael Seidler presents on behalf
of the Kinesiology research areas that
benefited.

ALUMNI PROFILE

Dick Honig Retires Zebra Stripes

Cheryl Israel

Dick Honig, BS '63; MA '66, is more than a loyal Kinesiology alumnus. As one of the founding members of the Kinesiology Alumni Society Board, he is part of Kinesiology history. As a long-time supporter of Kinesiology, he has been a consistent part of the present. As a Campaign Council member, he is part of the vision for the future.

"Kinesiology is important to our society. We conduct excellent research on rehabilitation for various health issues, and other important societal issues such as obesity and the need for exercise," says Dick. "We all need the help that Kinesiology research can provide. What we do makes a difference."

Dick refers to himself as part of the Kinesiology "we," both as an alumnus and as an active volunteer. We are pleased to acknowledge him for a remarkable career achievement.

Dick recently retired from on-field officiating after a 41-year career. He officiated games throughout the United States and in eight European countries. Dick worked in many officiating capacities simultaneously. He spent 31 years as a football official with 22 years in the Big Ten Conference and nine years in the Mid-American Conference. He also spent 20 years as a basketball referee in the Mid-American Conference. He worked over fifteen bowl games, and concluded his career at the 2004 Sugar Bowl.

Dick's office is a tribute to his officiating career. As a "zebra," the tag name given to the officials because of their black and white striped shirts, he has received hundreds of mementos. He has zebra cups, zebra miniatures, zebra phone message holders, and a giant metal zebra, just to name a few. "I have a really nice set of zebra chimes, but I accidentally broke the ear off of one of them, so it is at home being repaired," he says.

One area of Dick's office is a tribute to the University of Michigan. A picture with an aerial view of the stadium, several inscribed baseball bats, and the famous "Block M" memorabilia are immediately visible. A world map with pins designating the many places Dick has traveled has its own place on the east wall.

Although Dick has a plethora of memories to sustain him in retirement, he has no intention of taking a real retirement

from sports. He will maintain his involvement with the Big Ten Conference in a supervisory role, as well as train and assign officials for the European Federation of American Football, which he helped establish in 1988. Dick will continue to play a role in football as an instructor for current and future collegiate officials so that he can translate, in a meaningful way, what he has learned over the past 41 years.

Dick does have one concern about his on-field retirement—whether he will be able to handle sitting in the stands to watch a game! Whether he sits in the stands or closer to the sidelines, Dick will have a presence at the sports events. It is a passion that began for him long ago.

An Early Passion for Sports

"I don't think that I had a waking day or even an hour that I wasn't involved in sports," Dick says. He grew up in a Detroit home that was only six houses away from playing fields for tennis, baseball, and basketball. "We did a little bit of everything, and it could be called disorganized sports."

Dick began to play organized sports in high school, and found himself at home on the field or on the court. He earned varsity letters in baseball, basketball, and football, and he received All City and All State honors in baseball and basketball two years in a row. It never occurred to him to do anything other than complete his education. "I knew that I wanted to coach," he says simply. Ironically, that aspiration became the catalyst for his career in other areas.

ALUMNI PROFILE

Dick values his degrees in Kinesiology (Physical Education) because he earned his credentials. Also, the required business courses provided him with a background in budget and evaluating finances. And, he took a course in officiating from Professor Emeritus **Rod Grambeau**, the intramural director at that time. Those Michigan experiences were significant for Dick.

Coaching led to Officiating

Dick coached for ten years at Michigan, some years simultaneously, as an assistant basketball coach and assistant baseball coach. Dick replaced Jim Skala, BS '52; MA '55, as assistant basketball coach, when Jim left to work in the automotive industry. He coached under Dave Strack and John Orr. Don Lund left shortly after Michigan won the 1962 NCAA Championship, but he was Dick's coach throughout his junior year. Dick coached baseball under **Moby Benedict**.

"Both Moby and Don officiated, so when I became Moby's assistant, it was a logical move for me to begin my officiating career," says Dick. Dick loved coaching, even though the salary was a mere \$5,400 annually—low, even for those times. "It's odd. I didn't feel poor at the time, but I did go into officiating as a way to add to the salary," he says. He was to continue officiating for 41 years, and leave full-time coaching after a ten-year run.

Using his Business Acumen

In 1973 Dick went to work as director of sales for Jim Skala, president of Commercial Carriers Inc., a company that transported new automobiles from production plants to the automobile dealers. It wasn't long before Dick was the public relations representative with companies such as Ford, GM and Chrysler. Dick stayed with the company for ten years, and when he left in 1983, he was the vice president of sales.

Honig's Whistle Stop, an officiating supply company that Dick founded in 1984, was soon to follow. His wife, Liana, helped to get the business started, and assisted with responsibilities that she could perform while at home with their four children—Kristin, Kerry, Amy, and Julie. Kristin now handles the embroidery operations for the company. Aaron Frame, Dick's son-in-law (married to daughter Kerry), also works for the Whistle Stop, and is involved in sales and contacts with major league baseball. Honig's Whistle Stop has truly remained a family business.

Dick hired a fellow official to run a Florida branch because the sales volume called for a community presence. Over time, several other officials opened branch locations. Today, Honig's Whistle Stop is the largest officiating supply company in the United States, with headquarters in Ann Arbor, MI, and nine locations worldwide.



As the company grew, Dick's vocation and his love of officiating became parallel. When he traveled for officiating, it was also for business. He was confident that his business, in all of the locations, was being handled well, because he had excellent employees. Dick Honig, whose original dream was to be a coach, became an international businessman.

Loyal to the Past and the Present

Through officiating and his business contacts, Dick became friends with people all over the world. Yet, he has never forgotten his home base.

When a good friend and fellow officiator, **Stan Kemp**, BS '67, died of ALS, a disease that debilitates the muscles, Dick served as the fundraising contact for the Stan Kemp Kinesiology Scholarship Award. Friends of the officiating world and the Kemp family and friends contributed to the fund for student scholarships. The scholarships are given to students who demonstrate the same stellar qualities as Stan Kemp. Honorees are recognized at the annual Kinesiology Honors Reception each spring.

Dick recognizes the quality Kinesiology education he received, but he also recognizes the growth of Kinesiology since his graduation. "Kinesiology has blossomed into a first-rate school, and I volunteer because I want to be a part of it," he says. He also appreciates the people that he has met. "**Don Dufek, Bev Ulrich, Dee Edington, Shelly Kovacs, and Jeff Freshcorn**, among a few, have made my involvement a wonderful experience," he says.

Dick Honig has become much more than a part of Kinesiology. He has become a first-rate volunteer, a valued member of the Kinesiology family, and an important voice for the future.



ALUMNI REUNION

2004 Kinesiology Alumni Reunion

Cheryl Israel

Left to right: Jeanine Galetti
(accepting for husband
Steve Galetti), Marvin Gans,
Dean Beverly Ulrich,
Scott Jeffer, Phyllis Weikart.
Phyllis Ocker was unable
to be present.



Dr. Beverly D. Ulrich, Professor and Dean, greeted guests at the October 8, 2004 reunion in the Michigan Union University Club, saying, "It is a pleasure for me to attend this festive event every year, and for all of us in Kinesiology to reconnect with our alumni and friends. It is also a special opportunity to recognize the Kinesiology Alumni Society Board award recipients. Thanks to all of you for joining with us this evening to celebrate our friendships and common bonds."



Elise Buggs, KAS Board member, (front left), and Shelly Kovacs, Director of Alumni Relations, (top right) celebrate the reunion with several alumni.

Shelly Kovacs, Director of Alumni Relations and Student Services, served as the Master of Ceremonies. Pete Kempf, chair of the Kinesiology Alumni Society (KAS) Board, commended the members of the KAS award subcommittee for their work on the alumni achievement awards: **A special thanks to Patty Donohue-Ebach (chair), Pat Bubel, and Gerry Meter.**

Phyllis Weikart (front) leading the Adult Lifestyles Program in the 1970s.



Where will you be on October 7, 2005?

We hope you will join us for the Kinesiology Alumni Reunion. Watch your mail for additional details.

ALUMNI REUNION

AWARD PRESENTATIONS

The Lifetime Achievement Award is given to individuals whose service to Kinesiology has enhanced and changed Kinesiology over their lifetime.

Professor Emerita **Joyce Lindemann**, and **Pat Materka**, former assistant director of development, communications, and alumni relations—2003 and 2001 Lifetime Achievement Award winners, respectively, presented the awards.

Professor Emeritus **Steve Galetti**, MA '56, Professor Emerita **Phyllis Ocker**, and Professor Emerita **Phyllis Weikart**, MA '57, were recognized for their contributions to the Division of Kinesiology during their tenure, and their continued contributions since retirement.

Steve Galetti was a Kinesiology faculty member for thirty years. Kinesiology presents the Stephen J. Galetti Award annually, which honors a first or second year student who shows exceptional industriousness and potential.

Professor Emerita Phyllis J. Ocker was a Kinesiology faculty member for twenty-four years, and served as the Women's Athletic Director from 1978 to 1990. Kinesiology presents the Phyllis Ocker Scholarship annually to a female varsity athlete majoring in physical education or sport management who has distinguished herself in academics and athletics.

Professor Emerita Phyllis Weikart was a Kinesiology faculty member for twenty years and, among other things, directed U-M's Adult Lifestyle Program for many years. Her expertise in rhythmic movement and folk dance have won her international recognition.

Note: Steve Galetti was unable to be present, and his wife, Jeanine Galetti, accepted the award on his behalf. Phyllis Ocker was unable to be present for the award ceremony, and accepted her award via conference call.

The Career Achievement Award is given to Kinesiology alumni who have shown outstanding professional and personal achievement in their chosen field and/or public service in any field.

Patty Donohue-Ebach and **Pat Bubel** presented the award to **Marvin Gans**, MA '56; PhD '65, in recognition of his contributions to Schoolcraft College during a more than 35 year career, and for his work at the national level.

The Achievement within Ten Years of Graduation Award is given to Kinesiology alumni who have excelled in a field related to Kinesiology.

Steve Sarns, MS '88, a 2003 award winner, presented the award to **Scott Jeffer**, BA '94, General Manager of the Toledo Mud Hens, in recognition of his 12-year career and growth with the organization.



Phyllis Ocker (wearing "M" jacket) on Ocker Field with former players (left to right) Shella Almquist, Berta Zald, Sheryl Szady, Mary Masters, Cathy Nachman, Cindy Lawson Stone, Lynn, Joyce, Stefanie Buttrey, and Sheila Lang.



Marvin Gans and Pat Bubel.



Scott Jeffer and Steve Sarns.



Left photograph: Professor Emerita Phyllis Weikart (left) and Pat Materka (right).

Right photograph: Jeanine Galetti (left) and Professor Emerita Joyce Lindemann (right).

ALUMNI SOCIETY BOARD

Alumni Society Board

The Kinesiology Alumni Society Board, at its January 18, 2005 meeting, unanimously voted for Pete Kempf, BA '76; MS '95, to continue as Chair, and Patty Donohue-Ebach, BS '85; MS '86, to serve as Vice Chair of the board for the 2005 term. The board also unanimously voted to install three new board members. Please join the board in welcoming:



Noel Aaron Cimmino, BA '94; (J.D. '97, from the University of Miami School of Law), is the senior associate in the bankruptcy practice at Slusky, Walt and Steinberger in Southfield, MI. He is licensed to practice law in Florida, Michigan, and the U.S. Bankruptcy Court. He also worked for Golden Bear International in the sports marketing and management departments handling licensing and contracts for PGA, PGA, and Senior Tour events. While at Michigan, Noel was a Kinesiology intern with the U-M sports information department. He also previously worked in marketing at WFAN Sportsradio in New York City.



Craig Wotta, BA '91, is the manager of the University of Michigan Yost Arena. He is responsible for long- and short-term planning for the arena, and he oversees all operations, including the budget, the administration of U-M Hockey events, and all facility/event management training programs. Craig has mentored and trained over 80 students, many of whom chose to stay in the field and were able to obtain a position. Craig previously was the manager of Fort Dupont Ice Rink in Washington, D.C., and the assistant manager at Mt. Clemens Ice Arena and Fitness Center in Mt. Clemens, MI.



Marlon Wright, BA '97, is an account executive for WLNS, a CBS affiliate, in Lansing, MI. He is responsible for marketing and advertising accounts throughout mid-Michigan. He previously worked for ESPN in Chicago, IL, where his responsibilities were largely tied to play-by-play sales for the Bulls, White Sox, and Notre Dame Football and Basketball. He was also responsible for selling sponsorships to special events with local and national sport personalities. He partnered with the Major League Baseball during the 2003 All Star Game, and ESPN purchased the rights to be Chicago's exclusive station for the game. He helped to secure and coordinate player interviews for a piece that **Robert Haddad**, BA '98, compiled for a show, "This Week in Baseball."

Slate of Kinesiology Alumni Society Board Membership Terms

2003-2005

Pete Kempf, MS '95
Dana LaKritz, BA '96 (JD)
John Paciorek, BS '85
Chris Parker, BA '97
Caryl Powell, BS '63
David J. Ralston, MS '85

2004-2006

Patricia Bubel, BA '56; MA '63; PhD (NYU)
Karen Craven, BS '65
Carol Cross, BS '63; PhD '97
Patty Donohue-Ebach, BS '85; MS '86
Scott Jeffer, BA '94
Sheryl Szady, BS '74; MA '75; PhD '82

2005-2007

Connie Atia-Ahrens, BS '72; MS '80
Elise Buggs, BA '98
Noel Cimmino, BA '94;
(JD '97 University of Miami)
Gerry Meter, BS '80
Craig Wotta, BA '91
Marlon Wright, BA '97

A special thanks to outgoing board members Mike LeMirande, Cat Serrin Niekro, and Leigh Smoker for their participation.

NEW YORK CITY TAILGATE

GO BLUE IN NYC

New York City Tailgate a Success

Dean Ulrich and Shelly Kovacs hosted a Kinesiology tailgate in New York City on November 20, in conjunction with the Ohio State game. The event was held at the Whiskey Sports Bar in Times Square. Attendees included alumni, parents, and friends. "It was a great success in terms of alumni and development networking," said Kovacs. Dean Ulrich would like to make this a tradition.

Kinesiology Seeks to Increase Alumni "You-Mail"

The faculty, staff, alumni and friends of Kinesiology love to hear about alumni activities, and we love to know that you remember your time in Kinesiology. You need not wait for a specific time of year or for us to contact you—send us your "You-Mail"—before we ask. We will gladly respond. Write us at youmail@umich.edu, or:

Alumni Relations/Development

Cheryl Israel: cisrael@umich.edu
(734) 647-2689

Shelly Kovacs: skovacs@umich.edu
(734) 647-2696

Jim McIntyre: mjmcinty@umich.edu
(734) 615-4272

Career Networking

Martha Reck: mrreck@umich.edu
(734) 647-2697

Take Advantage of a Consistent Email Address

The University of Michigan Alumni Association, in an effort to increase communication, offers alumni an email redirection service. You will be provided with an email account (umich.edu) that will forward your email messages should you change internet providers. For detailed information, visit the address below.

<http://www.umich.edu/~umalumni/online-services/index.html>.

LET US HEAR FROM YOU!

Tell us about your recent activities so we can share it with other alumni through *Movement* magazine. You may contact Cheryl Israel at (734) 647-2689, via email at cisrael@umich.edu, or contact Shelly Kovacs at (734) 647-2696, via email at skovacs@umich.edu. If you wish to mail this form, send it to Cheryl Israel, U-M Kinesiology, 401 Washtenaw Avenue, Ann Arbor, MI 48109-2214

Name: _____

Degree and Year: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Business Address: _____

City: _____ State: _____ Zip: _____

Email: _____ May we share with alumni?
☐ Yes ☐ No

Home Phone: _____ Business Phone: _____

Please let us know about any changes in your life or career below.
If you need more space, attach a separate sheet.



KINESIOLOGY
studying movement

ALUMNI NOTES

1940s

Nancy Filstrup Clark Byrne, BS '43, states that she is very young at the age of 83. She teaches line dancing, plays golf and tennis, and gardens. Nancy was a county commissioner for 22 years, and for many years she volunteered for the local hospital and United Way. "**Marie Hartwig** was my mentor when I was at Kinesiology, and had a great influence on my life," says Nancy.

1960s

Jim Glennie, BA '67, is an attorney with the Attorney General's Office in Michigan.

Dan Purple, BS '68, plans to retire in June after a 37-year career as a teacher, coach, and administrator. During the last 13 years, he has served as principal at Redmond High School in Redmond, OR.



Left to right: Jim McIntyre and Dick Honig view U-M memorabilia.

Ken (Red) Simmons, MS '62, was mentioned in the February 26, 2005 *Detroit Free Press* for his work with the University of Michigan Women's Track Program during his faculty tenure. The track team has won 12 Big Ten championships to date. Simmons, at the young age of 86, won five gold medals in the Florida Senior Olympics.

1970s

Terry Conlin, BS '78, is a clinical specialist in the trauma/burn unit at the University of Michigan Hospital. "I used my background in PE and Kinesiology to work as a physical therapy assistant while attending school to obtain my degree in occupational therapy," says Terry. She previously played professional basketball in the United States and in Europe.

Pete Kempf, BFA '76; MS '95, is a human factors engineer at General Dynamics Land Systems in Sterling Heights, MI. He conducts human factors and ergonomics analyses for new armored military vehicles. He remains active on the Kinesiology Alumni Society Board, and he was re-elected as chair of the board for the next year.

1980s

Patty Donohue-Ebach, BS '85; MS '86, remains active in the Kinesiology Alumni Society Board. She was elected to the position of vice chair for the next year.

1990s

Christina (Chapski) Evers, BS '97, and her husband, William, welcomed their second daughter, Skyler Jan, into the world last June. Skyler joins big sister Rileigh, who is now two years old.

Scott Doyne, BA '96, is the manager of subscription services for NASCAR.COM/Turner Sports Interactive in Atlanta, GA. He manages various products, including TrackPass, a paid content service that provides fans with live track coverage of the NASCAR NEXTEL Cup Series and the NASCAR Busch Series events.

Jay Flannelly, BA '99, is the overnight manager at the One on One Athletic Club in Ann Arbor, MI. He plans to return to graduate school in the future.

Amy Gerdes, BS '99, is the team leader at the UMHS Livonia Center for Facial Cosmetic Surgery and Vocal Health. She supervises the front desk staff, schedules surgeries, and provides cost analysis for prospective surgical candidates.

"Pat Van Volkinburg was amazing, and Kerry Winkelseth was unforgettable. You are surrounded by really wonderful faculty at Kinesiology."

—Amy Gerdes, BS '99

ALUMNI NOTES

1990s (continued)

Khalia Hill (Thomas), BS '99, obtained her master's degree in public health from Florida A&M University in 2001. She is a health facility evaluator for the Agency for Healthcare Administration. She previously worked for the Centers for Disease Control and Prevention (CDC). Khalia and husband, Tavare, have a daughter—Annisia.

Richard Krause, BA '98, is teaching kindergarten in the Detroit Public School System. He plans to graduate in December, 2005 with a master's degree in education. He and his wife, Sarah, live in Sylvan Lake, MI.

Mark Kwiatkowski, BBA '94; MS '96, launched OutingOrganizer.com, an online resource tool for people hosting and planning events such as golf outings, sports tournaments, corporate events, and family and class reunions.

Don Packard, BS '99, obtained his master's degree in physical therapy from Boston University. He is working at the University of Michigan Hospital as a physical therapist.

Meredith Pung, BS '96, obtained her PhD in Clinical Psychology from the University of Colorado, Boulder, last August. Her dissertation title was "Motivational Interviewing in the Reduction of Risk Factors for Eating Disorders: A Pilot Study."

Would you like to serve on the Kinesiology Alumni Society Board?

Do you know a fellow alum who does? Please contact Shelly Kovacs, skovacs@umich.edu, (734) 647-2696 or Cheryl Israel, cisrael@umich.edu, (734) 647-2689, or David J. Ralston, Chair of the Nominations Committee, david@osmorehab.com.

Cory Shakarian, BA '94, is the group sales manager for the San Francisco Giants Baseball Club. The group sales department is responsible for selling over 400,000 tickets and generating over nine million dollars in revenue each season. Cory is in his ninth MLB season with the organization.

Michael Tilmann, BS '98, is teaching physical education at the elementary level in Manistee, MI. He is working on his master's degree in counseling at Central Michigan University. He also operates a charter boat and guide service in Manistee.

"My years at Kinesiology were a fabulous experience, and I will treasure them for all of my life. I appreciated the small community and the opportunity to get to know my professors."

—Elizabeth Heyn, BS '03

2000s

Amy Anstandig, BS '03, is attending chiropractic school at the National University of Health Science in Chicago, IL.

Ryan Bailey, MA '01, joined the law firm of Nancy M. Burger, PLC in Ann Arbor, MI. He practices law in the areas of real estate, business, and estate planning.

Brian Berryman, BA '02, works for McKinley Real Estate in Ann Arbor, MI. He plans to marry **Rebecca Kirchoff** in June, and will have a "true blue" wedding, with several Kinesiology alumni to stand up with him—**Sean Ritchlin**, BA '99 (hockey); **Andrew (Bubba) Berenzweig**, BA '99 (hockey); and **Tom Malchow**, BA '99 (swimming). University of Michigan alumni **Pete Martay**, BBA '99 (baseball) and **Greg Daddario**, BA '99 (hockey) will also stand up with him, as will **Luke Bonner**, who played baseball in 1999. Go Blue!

Cara Cimilluca, BS '01, obtained her master's degree in physician assistant (PA) studies from the Philadelphia College of Osteopathic Medicine in Philadelphia, PA. She is working as a PA at the Southwest Spine Institute in Irving, TX.

Nicole Dawson, BS '03, is the marketing director for CAA Media, an on-line advertisement agency in Santa Monica, CA. She is using her sport marketing skills to help build and promote a new production line of Marten 242 sail-race boats in the Southern California area, and plans to expand across the US within the next few years through national regattas.

Jodi Farber, BA '03, is a regional scheduling coordinator in the national offices of Fox Sports Net, and helps to approve and schedule all the programs that air on the regional networks of FSN.

Elizabeth Heyn, BS '03, is in her second year at the University of Michigan Dental School. She writes that her years at Kinesiology were a good foundation for her graduate education.



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ALUMNI NOTES



Pat Van Volkinburg and visiting alumna
Jennifer Petersen, BS '97.

2000s (continued)

Kendra Huiskens, BS '01, attends Emory University in Atlanta, GA, and she plans to graduate with a Doctorate of Physical Therapy in May, 2006.

Shirit Kamil, BS '02, obtained her master's degree in clinical exercise from Northeastern University in Boston, MA.

Lauren Kamm, BA '03, is a production coordinator at CBS Sports in New York, NY for the CBS NFL and NCAA Basketball studio shows.

Amy Klinkenberger, BS '03, will be presented with the 2003 Arch T. Colwell Merit Award for a technical paper that she co-authored. She will receive the award at the Honors Convocation during the SAE 2005 World Congress in April.

Hal Krenkel, BS '03, is attending the University of Miami physical therapy program.

Marisa McGilliard, BA '02, attends the University of Oregon School of Law. She is studying intellectual property with a focus on sports and entertainment law. She previously taught middle school.

Holly Pettipher, BS '00, obtained her master's degree from Western Michigan University last August, and she is now working as a physician assistant in cardiology at Sinai-Grace Hospital in Detroit, MI.

Amy Roth, BA '03, is a development assistant for the North Carolina High School Athletic Association. She works with potential sponsors and current sponsors for high school championship events. She also works with the local visitor bureaus to bring in sponsors for the events.

R. Casey Rue, BA '03, is substitute teaching for the Romulus Community Schools, and he is a graduate student at Eastern Michigan University (EMU) in educational leadership. His studies focus on higher education-student affairs. He holds a graduate assistantship at EMU.

"I loved my days as a sport management major, and after studying the dynamics of major research universities, I see how lucky Kinesiology students are to receive a high level of attention from an excellent faculty."

—R. Casey Rue, BA '03

Jeremy Stern, BA '03, obtained his master's degree in sport administration last December from the University of Miami, Coral Gables, FL. He is now the community foundation assistant for the Florida Marlins, where he previously interned. Jeremy was a public and community affairs intern for the Detroit Tigers during the 2003 season.

Matt Trevor, BA '04, is an intern in the Michigan athletic department. He is the media contact and in charge of publications for the men's ice hockey team and women's rowing team. He also manages the MGoBlue.com website.

Julie Wendling, BA '04, is a group sales account executive for Olympia Entertainment and the Fox Theater. She lives in Northville, MI.

FACULTY NEWS



Dr. Rosa Angulo Barroso (shaking hands above with **Rafael Niubo**, Secretari General d'Esport de la Generalitat—Sport minister of the Catalan Government) gave the keynote address at the School of Physical Education at the University of Barcelona-Lerida commencement ceremony in Catalunya, Spain last April. Her address was entitled “R.M. Deporte y Actividad Fisica: Elitismo y Discapacidad” (“Sport and Physical Activity: from Elite to Disability”). (Please also note the write-up for the Center for Motor Behavior and Pediatric Disabilities below.)

Dr. Kathy Babiak was invited to speak at the Ohio State University Sport Management Doctoral Seminar in April. She was interviewed by the *Detroit Free Press* and the *Ann Arbor News* about her research on and knowledge of the Olympics.

Center for Motor Behavior and Pediatric Disabilities

The Center for Motor Behavior in Down Syndrome, established in 1999 in Kinesiology, has recently expanded to include Down syndrome, cerebral palsy, and spina bifida.

With this expansion, the center's name has been changed to: The Center for Motor Behavior & Pediatric Disabilities and includes four faculty from Kinesiology—**Dr. Dale Ulrich**, **Dr. Rosa Angulo-Barroso**, **Dr. Beverly Ulrich**, and **Dr. Susan Brown**—and three faculty from the Department of Physical Medicine & Rehabilitation—**Rita Ayyangar, MD**, **Joseph Hornyak, MD**, and **Ed Hurvitz, MD**. There are three post doctoral students, six doctoral students, and 12 undergraduate students working on research projects at the center.

Dr. Marvin Boluyt was published in the *American Journal of Hypertension*, *Cardiovascular Drugs and Therapy*, the *Journal of Applied Physiology*, and the *FASEB Journal*. He has just begun a three-year term as a member of the American College of Sports Medicine Research Review committee.

Dr. Katarina Borer was awarded a grant by Tanita Corporation, a Japanese manufacturer of scale plus body fat monitors. Tanita extended their international grant program to North America to help further scientific studies and support individuals dedicated to the prevention of obesity and the maintenance of healthy weight. Katarina was invited to present at the First International Congress of Applied Chronobiology and Chronomedicine symposium on Chronobiology of Nutrition, Appetite Control, and Obesity this June in Kemer, Antalya, Turkey. She has also been invited to present at the Fourth International Conference on Kinesiology, Science and Profession—Challenge for the Future in Opatija, Croatia, Europe next September.



Dr. Katerina Borer receives a check from Tanita Corporation to support her work on obesity.

Dr. Susan Brown was awarded a \$20,000 Elizabeth Caroline Crosby Research Award for her research on “Sensorimotor Contributions to Age-Related Declines in Limb-Posture Coordination.” The fund was initially seeded by the National Science Foundation ADVANCE program. Dr. Brown said, “The Crosby award was critical in allowing me to pursue my research, and, through its support of graduate and undergraduate students, has allowed me to continue my role as a mentor to a new generation of women scientists.” Dr. Brown and her doctoral students, (**Diane Adamo**, **Dann Goble** and **Min Huang**) and post-doctoral fellow **Colleen Lewis** attended and presented at the 2004 Society for Neuroscience meeting. (Please also note the Center for Motor Behavior and Pediatric Disabilities write-up on this page.)

FACULTY NEWS

Kinesiology Big Ten Diversity Summit

Dean Beverly D. Ulrich initiated the first Diversity Summit for the Big Ten Kinesiology units. The summit was held last April in Chicago. Ted Spencer, director of admissions at the University of Michigan, opened the event with his presentation entitled "Diversity in Higher Education." The diversity agenda included round table discussions on issues such as marketing and recruiting, creating support networks, classroom instructions/curriculum, and funding, as they relate to breaking down the barriers of diversity. Several action items emerged from the summit, and the dialogue about diversity issues has been ongoing since the summit. Michigan Kinesiology was well represented, with two faculty members (Dr. Weiyun Chen and Dr. Susan Brown), two graduates, four undergraduate students, two alumni, and the dean in attendance.



Left to right: Antoinette Domingo, Dr. Susan Brown, Dr. Beverly Ulrich, Marcus Bell, Kenya Hunter, Greg Hawthorne, Zaineb Bohra, and Ugo Buzzi.



Dr. Weiyun Chen (back, center) during round table discussions.



Zaineb Bohra with Dr. Susan Brown.

Dr. Greg Cartee was published in the *Journal for Applied Physiology*, *Diabetes*, and the *American Journal of Physiology: Endocrinol Metabolism*. He was invited to be an abstract reviewer for the 2004 American Diabetes Association meeting. He was invited to present on the National Institutes of Health Respiratory and Applied Physiology Study Section, Skeletal Muscle Biology Special Emphasis Panel. He made an invited presentation at the Integrated Biology of Exercise Meeting sponsored by ACSM and the American Physiological Society. He made an invited presentation to the Institute of Gerontology, at the University of Michigan. He is a manuscript reviewer for the *American Journal of Physiology: Endocrinology and Metabolism* and *Diabetes*.

Dr. Weiyun Chen was published in *Education*. She served as a reviewer for the *Perceptual and Motor Skills Journal*. She was a reviewer for the 2005 American Educational Research Association (AERA) SIG conference abstracts and she served on the award committee for the AERA 2004 annual meeting. She is a reviewer of the research consortium abstracts for the 2005 American Association for Health, Physical Education, Recreation and Dance national convention. She served as a committee member on the Lawrence F. Locke Outstanding Dissertation Award Committee for the 2004 AERA annual meeting.

Dr. Dan Ferris was published in the *Journal of Applied Physiology* and *Experimental Brain Research*. He made invited presentations at the School of Applied Physiology, at the Georgia Institute of Technology last August, the Department of Mechanical Engineering at Drexel University last October, the Department of Biomedical Engineering, at Catholic University, in January of 2005, and the Department of Integrative Physiology at the University of Colorado at Boulder in March of 2005.

Dr. Jeff Horowitz had three original research papers published in the past year (two papers in the *Journal of Applied Physiology* and one paper in the *American Journal of Physiology*). Jeff was one of four speakers invited to present his work at a featured symposium entitled "Regulation of Skeletal Muscle Fat Metabolism at Rest and During Exercise" at the annual American College of Sports Medicine meeting in Indianapolis, IN. Work from Jeff's research lab was also presented both by him and by his students at several other national and international conferences this the past year in Texas, Indiana, Florida, and Canada, as well as Ann Arbor, MI.

FACULTY NEWS

Dr. Riann Palmieri was published in the *Journal of Electromyography and Kinesiology* and the *Journal of Athletic Training*. She is the recipient of the 2005 David H. Perrin Dissertation Award, which is given by the National Athletic Trainers' Association Research and Education Foundation. She will receive the award this June.

Dr. Rachael Seidler was published in *Motor Control*, *NeuroImage* and the *Journal of Cognitive Neuroscience*. She was invited to present at the Temporal Dynamics of Skill Acquisition Motor Control: Trends and Perspectives Conference in Tempe, AZ, and the Neuropsychology Department Seminar at the University of Michigan last May. She was invited to present at the Neural Control of Movement satellite meeting on Motor Learning and Plasticity in Barcelona, Spain last March.

Dr. Beverly D. Ulrich and her doctoral students (**Chia-Lin Chang**, **Ugo Buzzi**) and postdoctoral researcher (**Dr. Masayoshi Kubo**) made several presentations last year about their research involving infants and children with Down syndrome at international conferences in San Diego, CA (Gatlinburg Conference on Research & Theory in Intellectual and Developmental Disabilities, in March), Chicago, IL (International Conference on Infant Studies, in May), and Vancouver, BC (North American Society for the Psychology of Sport and Physical Activity—NASP-SPA, in June). They also published research papers in the journals, *Motor Control* and *Human Movement Sciences*. In addition, Dean Ulrich gave an invited Scholar Lecture at the NASPSPA Conference and was a keynote speaker at the North American Symposium on Research and the Feldenkrais Method, in Seattle, WA, in August. Dean Ulrich organized the first biennial CIC-Kinesiology Diversity Summit, held in Chicago, IL, in April. (See the write-up on the previous page.) Four Kinesiology undergraduates, two graduate students and two faculty members joined her in the weekend's activities. In June, Dean Ulrich and her husband, Dale, hosted the U-M Alumni Association's cruise through the White Sea and Norwegian coast. (Please also note the Center for Motor Behavior and Pediatric Disabilities write-up on the page 25.)

Dr. Dale Ulrich received the 2004 Gambrinus Fellowship, from the Department of Rehabilitation Sciences, at the University of Dortmund, Germany. He gave the keynote address at the European Congress of Adapted Physical Activity, University of Dortmund, Germany last November. He presented at the fall conference of the Down Syndrome Association of Western Michigan, in Grand Rapids, MI, and the Grand Rounds of the Mary Free Bed Hospital and Rehabilitation Center in Grand Rapids, MI. (Please also note the write-ups on the Center for Motor Behavior and Pediatric Disabilities on the first page of faculty news and the Bicycle Training Camp write-up below.)

Bicycle Training Programs

In June of 2005 and June of 2006 **Dr. Dale Ulrich** will be coordinating two bicycle training programs designed to teach children aged 8–15 years who have Down syndrome how to ride a standard two wheel bicycle. The two camps each year will be conducted in eastern and western Michigan in conjunction with three large Down syndrome parent support organizations. The goal of the project is to determine the rate of success in teaching children with Down syndrome how to ride a standard two wheel bike without training wheels and to evaluate the benefits to the children and their families. Dr. Ulrich anticipates enrolling a minimum of 150 children with Down syndrome during the two years. Students in Kinesiology are invited to participate as volunteers in the camps.

Assistant Professor Pat Van Volkinburg was published in the *Michigan Association for Physical Education, Recreation, and Dance (MAHPERD) Journal*. She presented at the MAHPERD annual conference last November. Pat is the Mid-West District Representative serving on the American Association for Health, Physical Education, Recreation, and Dance Legislative and Public Issues Committee. She is a member of the Exemplary Physical Education Curriculum Consortium and she is Chair of the Constitution Committee for the Michigan Association of Health, Physical Education, Recreation, and Dance.

Dr. Jason Winfree was published in *Applied Economics*. He was interviewed by the Channel 7 local news television station (ABC) and the WJR and WWJ radio stations regarding the local economic impact of the 2003–2004 Detroit Pistons championship.



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Students Serve as Kinesiology Ambassadors



OSS staff with several Kinesiology student ambassadors. Back from left to right: Angie Sullivan, Wavid Hannasnvash, Shelly Kovacs, Kim Elliott, Todd Heyden, Leah Dvorkin, Kristin Evans, Scott Tsuchiyama, and Rebecca Chinsky. Seated, front, from left to right: Pat Van Volkinburg, and Martha Reck.

The Office of Student Services (OSS) unveiled the Ambassadors Program last fall, inviting students to help spread the word about Kinesiology. Sixty Kinesiology students have been trained and will visit their former high schools to share their positive experiences and undergraduate curriculum knowledge with prospective students, instructors and parents. "The student response has been incredible, and their enthusiasm will be transmitted in their presentations," says **Kim Elliott**, OSS Student Advisor, and Recruitment Coordinator.

The ambassadors can also volunteer for phone networking with prospective and admitted students, and/or mentoring incoming freshmen and admitted students. They may also participate in Kinesiology and U-M special events, such as Saturday Seminars, Parents' Weekend, Campus Day and education fairs.

"Our ambassadors will help project a positive Kinesiology image, and in return they will gain valuable experience in public speaking, interviewing and leadership," says Elliott.

Physical Education Workshop a Success

The annual Physical Education Workshop, "Innovative Strategies in Physical Education (PE)," was held on December 3, 2004, at the U-M Kinesiology Building. Sixty-eight people participated, and came from several different areas of Michigan to learn innovative teaching techniques for teaching PE classes. **Megan McCallister**, associate athletic director (shown at right) gave the keynote address, which was entitled "How Do We Grow and Prepare High School Student Athletes for a Successful College Career?" There were several workshop options throughout the day, including exercise techniques (Lethal Legs) (shown below), Pilates, Basic Back Country, Assessing Fundamental Motor Skills in Children with and without Disabilities, and Linking National and State Standards to the Curriculum Assessment. Participants could also re-certify in Adult or Child CPR. **Kerry Winkelseth**, PE instructor and director of U-Move Fitness, coordinates the workshop, and said the proceeds are used to send students to the Michigan Association for Health, Physical Education, Recreation, and Dance Annual Conference.



Pat Van Volkinburg and Megan McCallister.



Danielle Vincent, Assistant Director of U-Move Fitness, instructs the "Lethal Legs" class.



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Career Networking

Martha Reck mrreck@umich.edu (734) 647-2697

The Kinesiology Alumni Society Board is pleased to present the Alumni Awards every year, and welcomes you to nominate your fellow alumni.

Self-nominations are also accepted. The award criteria are listed on the Kinesiology web site, <http://www.kines.umich.edu>. If you have questions, telephone Shelly Kovacs (734) 647-2696 or skovacs@umich.edu.

Learn More About Today's Kinesiology

Check out our website at <http://www.kines.umich.edu>. Or, better yet, join us for one of our organized activities—golf invitational, alumni networking, alumni reunion—or for an informal visit and tour. Our welcome mat is always out!



Save the Date

April 29, 2005..... Commencement
8:00 p.m., Hill Auditorium
August 22, 2005..... Movement for Life Golf Invitational
Register early: (734) 615-4272
October 7, 2005..... Alumni Reunion and Career Networking



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