

Kinesiology is movement

UNIVERSITY OF MICHIGAN  KINESIOLOGY

SUMMER 2007



Center for Global Opportunities in Kinesiology

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KINESIOLOGY
studying movement

movement

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.



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“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” —Mark Twain



I echo Mark Twain’s words in this issue of *Movement* and hope our students take the opportunity to plan their own international adventure while studying Kinesiology at Michigan. Those who have studied and explored abroad have memories and stories to share for a lifetime. As professor and dean, I know the importance of structured, classroom learning. But I also know learning beyond the classroom and outside our comfort zones can often be more rewarding and memorable. When students study Kinesiology in other countries, they get the best of both worlds—the adventure of travel combined with academic learning, providing them with a competitive edge in our global economy.

In this exciting issue, you will read about Kinesiology movement science senior **Patrick Georgoff’s** work with Crossing Borders, an all-student led research and humanitarian organization. He spent last summer in rural Vietnam working on a child malnutrition project and will be leading a team to the Dominican Republic this summer to design an HIV/AIDS prevention and education campaign for 9–18 year-old children.

You will also learn about movement science junior **Emily van de Water’s** trip last summer volunteering in an orphanage in Lima, Peru. She shared a bunk bed in a room with 20 other girls while honing her Spanish-speaking skills.

I am so committed to study abroad experiences for our students that during fall 2006 we established the Center for Global Opportunities in Kinesiology and hired a full-time staff member to lead its efforts. As International Program Coordinator, **Sandra Wiley** is working to increase the number of undergraduates who study, volunteer, intern or conduct research abroad. To facilitate this, we are currently negotiating international agreements in Spain, the Netherlands, Australia and England and advising students on how to plan and prepare for their experiences.

To accomplish these goals for our students, we need your help now more than ever. Many students face a significant barrier to this type of study: cost. It simply costs more for our students to study abroad than to remain in Ann Arbor. Some of our students’ families can help them shoulder this burden; others cannot. Over the next year, the faculty, staff and I will work hard to raise funds to help underwrite students’ travel expenses and remove the cost barrier. I want no student to be denied this exciting opportunity to grow and learn simply because of financial need.

Diverse life experiences can help define our career goals and shape our world view. Like Mark Twain, I hope our Kinesiology students leave this great university having explored, dreamt and discovered.

For more information on the Center for Global Opportunities in Kinesiology, I invite you to visit www.kines.umich.edu/goglobal/.

Wishing you safe travels,

Beverly D. Ulrich

Bev Ulrich
Professor and Dean

06 Homecoming Reunion



Alumni and friends returned to campus October 27 and 28 for Kinesiology's Homecoming celebration and Alumni Reunion.

This year's Alumni Reunion was a mixture of fun, friendship and professional networking. Longtime friends reconnected and also made time to share insights with our current students during the Career Networking Program.

The Kinesiology Alumni Society Board presented the annual Distinguished Alumni Awards. **Todd Gershwin** received the Early Achievement Award, **Dr. Charles (Charlie) Kuntzleman** was honored with the Career Achievement Award, and **Dr. Joseph Vaughn** was honored with the Lifetime Achievement Award, posthumously accepted by his wife, **Mrs. Frances H. Vaughn**.

Former colleagues, friends and family celebrated the life of **Steve Galetti**, Associate Professor (1963 to 1988) Emeritus, who passed away last summer. During the memorial, his contributions in launching the Department of Sports Management and Communication (now Sport Management) and his leadership in the field of physical education throughout Michigan and across the nation were recognized. The day concluded with a Reunion Reception for alumni, friends, faculty, students and staff.

1 Joyce Lindeman (AM '56), professor emerita, hugs Jeanine Galetti during the celebration of the life of Steve Galetti, professor emeritus who passed away in July 2006.

2 Emily van de Water (Sr., Sport Mgt., Mt. Pleasant) visits with Shavannia Williams, (AB '98, Sport Mgt.), Sponsorship Services Mgr., Washington Sports & Entertainment, the management company for the Washington Wizards about careers with professional sports organizations during Career Networking.

3 Dean Beverly Ulrich (far left) and Patty Donohue-Ebach, (BS Ed., '85, MS '86, KIN) president, Kinesiology Alumni Society Board (far right) with

2006 Distinguished Alumni Award winners, Charlie Kuntzleman, Career Achievement; Mrs. Frances Vaughn on behalf of the late Dr. Joe Vaughn, professor emeritus, Lifetime Achievement; and Todd Gershwin (AB '97, Sport Mgt.), Early Career.

4 Beth Kuntzleman, Spring Arbor, visits with Norma Sarns, Ann Arbor, during the Alumni Reunion Awards luncheon.

5 Ken "Red" Simmons (MS '56), professor emeritus, provides advice to Ryan Stork (BS '07, Mov. Sci.), Flat Rock.



For more information on the 2007 Kinesiology Alumni Homecoming visit www.kines.umich.edu/alumni/homecoming.html



6 During the Kinesiology Alumni Reunion's Career Networking, Pat Van Volkinburg, assistant professor, physical education, (center) visits with her former students, (from left) Danielle Head, Detroit (BS '01, PE, '01 Cert.); Erin Lumpkins, Alexandria, Virginia (BS '01, AT/PE, '01 Cert.); Laura Melvin, Ann Arbor (BS '90, PE, '90 Cert.); and Heidi Haite, Ann Arbor (BS '94, PE, '94 Cert.).

More than 110 Kinesiology east coast alumni, parents and friends gathered at the 40/40 Club in Manhattan to watch the #1 Ohio State take on #2 Michigan in the regular season closing gridiron football classic. Hosted by **Jessica Cohen Berman**, the Kinesiology Alumni Society Board and U-M Kinesiology, the game watching party guests were greeted by **Dean Beverly Ulrich** and **Shelly Kovacs**. The popularity of the event has resulted in discussions with area alumni about hosting annual football parties for the upcoming season.

NYC 06 Gamewatch



1 Dean Beverly Ulrich (right) with NYC Gamewatch co-host Tina (Bucciarelli) Mannix, (AB '96 Sport Mgt.) and Shelly Kovacs, Director Student Services and Alumni Relations.

2 Fred Handsman, Great Neck, New York, joined the Wolverine Gamewatch while his son Ian, a Sport Management senior remained on campus for the game.

3 NYC Gamewatch co-host and KAS Board member Jessica Cohen Berman, (AB '99 Sport Mgt.) (center) with husband Brad and Eve Madison Rodsky, (AB '98 LSA).

4 NYC Alumni cheer the Wolverines' final score.

5 Jeff Brenner, (AB '03, Sport Mgt.), Oceanside, New York, (right) joined his parents Judy (left) and Stuart Brenner, Oceanside, for the second biennial event.

A close-up photograph of several acupuncture needles standing vertically against a light background. The needles are thin and metallic, with some showing the coiled handles.

Jo-Anne Lazarus, Ph.D. '86

A Personal Approach to Alternative Medicine Studies

by Pat Materka

Can acupuncture and homeopathic medicine slow or reverse the degenerative effects of Parkinson's disease? Dr. Jo-Anne Lazarus, Ph.D. '86, is playing that hunch, and the evidence from her research is promising.

After 45 minutes of acupuncture treatments, one of her subjects says that she emerged from the doctor's office feeling "virtually normal." She walked more upright, and experienced less stiffness and more energy over the days that followed. Lazarus does not doubt the testimony. The research subject is herself.

It's been nine years since Lazarus, Professor of Kinesiology at the University of Wisconsin-Madison, was diagnosed with Parkinson's, a neurological disorder that affects an estimated 1.5 million Americans. The disease targets the basal ganglia, the part of the brain that controls balance and movement. Gradually, the brain cells die off, causing tremors, muscle rigidity and ultimately severe disability.

Ironically, she had conducted research on Parkinson's disease years earlier. Her study, comparing the strength and speed of arm movements of healthy people to Parkinson's patients, had been published in the journal *Movement Disorders* in 1992. She also has an aunt who had Parkinson's disease.

So when she began noticing that her left hand was not functioning quite right, Jo-Anne had a premonition. While washing her hair, her right hand was moving in circles, but her left hand wasn't. Her fingers fumbled when retrieving keys from her left pocket. "My doctor suggested carpal tunnel or writer's cramp. But," she points out, "I'm right handed."

A neurologist confirmed her self-diagnosis. Like anyone would, Lazarus felt stunned and frightened. Then, she realized that her scientific training in motor behavior gave her a unique edge for confronting the disease.

"I began reading everything I could get my hands on," she relates. "The more I read,

the more questions I had. I decided I had better continue my research on Parkinson's, to better understand the underlying causes and ultimately to discover new treatment options."

From Athlete to Scientist

Growing up in Windsor, Ontario, Jo-Anne has always had a competitive spirit. Right now, her opponent is an insidious disease with no cure, but in high school, she unleashed her energy into five sports: basketball, badminton, tennis, track and field, and volleyball. She focused on basketball at the University of Windsor, and earned a place in the college's hall of fame. She played point guard for Team Ontario in the Canada Games, the country's premier sporting event.

"I knew I wanted to work with children and physical activity, so I took a job at a learning disability center. The children also had motor problems. They would do odd things, like drop the ball on one foot and kick with the other," she explained. "It was as if their brains had their wires crossed. This was very intriguing to me."



Dr. Jo-Anne Lazarus, Ph.D. '86, Professor of Kinesiology, University of Wisconsin-Madison

Her curiosity brought her to Michigan and Kinesiology's doctoral program in motor development. "It was a terrific program," she declares, citing in particular the lab rotations that exposed her to various areas of movement science.

"My advisor, **Dr. John Todor**, said, "You can't study 'atypical' until you know what 'typical' looks like. He encouraged me to study the mechanisms of motor control; not just what motor behavior looks like, but why the behavior is occurring. I cannot say enough good things about John Todor or my experience at Michigan."

Pursuing an interest in neurology and the brain, she began a post-doc in rehabilitation medicine at the University of Wisconsin-Madison. She is now tenured, teaching graduate and undergraduate classes in motor control, motor development, and adapted physical activity while pursuing her research. "I came up with this theory that effort really informs the brain, activating the correct motor parts of the brain that control movement.

"People with Parkinson's have difficulty with repetitive movements, like finger tapping or waving goodbye," she explains. "The back-and-forth, back-and-forth, movement is what gets disrupted.

"But it turns out that if I tap harder, I can go on tapping indefinitely," she says with growing excitement. "You see, all of the brain cells are not dead; some are just dormant. Effort activates the dormant cells."

She has tracked the activity through fMRIs—functional magnetic resonance imaging brain scans of herself and other Parkinson's patients and control subjects. She is writing grants to expand the pilot study and she is recruiting more subjects.

Experimenting With Acupuncture

The intense tapping effort seems to stimulate the basal ganglia part of the brain affected by Parkinson's. So does an emerging procedure called deep brain stimulation (DBS), a surgery which involves drilling a hole through the skull, and inserting an electrode (a thin, insulated wire) to the targeted brain area. The wire is passed under the skin of the head, neck and shoulder and connected to a battery-operated device called a "neurostimulator," implanted in the chest, similar to a heart pacemaker.

The electrical impulses sent from the neurostimulator up along the extension wire and into the brain block the electrical signals that cause PD symptoms. Lazarus hasn't ruled out DBS, but she is looking for ways to achieve the results non-invasively. One way, she believes, may be acupuncture.

Lazarus combines acupuncture with homeopathic medicine, believing that these natural remedies clear the body's system and help the energy flow.

Jo-Anne began acupuncture treatments to relieve fatigue three years ago. But in fall, 2006, she and her acupuncturist began experimenting with treatments specifically targeted to Parkinson's.

"It sounds weird, but there are energy channels in our bodies, including a particular acupuncture meridian called the stomach channel that goes from the tip of your second toe up to your face and into your brain," she explains. Over the months, the acupuncturist's treatments have become more refined, and the results more encouraging. "At first, I left his office feeling less stiffness and fatigue for several hours," she reports. "Now, I feel better for a week or longer."

Lazarus combines acupuncture with homeopathic medicine, believing that these natural remedies clear the body's system and help the energy flow. Though the cause of Parkinson's is unknown, many scientists suggest that it may result from exposure to environmental toxins or injury, combined with a genetic predisposition. Like Lazarus, 15 to 25 percent of Parkinson's patients report having a relative who has the disease.

Since Parkinson's is a progressive disease, Jo-Anne is especially encouraged that her condition has remained stable. On the 120-point scale used to measure PD, she was originally diagnosed at 18 points. Nine years later, she is at 16 with the help of her medication. "On average, a patient would advance 3 to 5 points per year, so that by now, I would be registering at 27 to 50," she reports. "But that hasn't happened."

She is still at stage one Parkinson's, meaning that the symptoms are still on one side of the body. Moreover, she is not yet taking Levodopa, which she describes as the most widely used and effective drug for treating Parkinson's. Considered the "gold standard" for therapy, Levodopa is converted into dopamine by an enzyme in the brain, allowing for normal functions of movement control. The down side is that over time, patients need increased dosages which can cause the drug to stop working as well as unpleasant side effects. Instead, Jo-Anne takes two newer medications, selegiline and mirepex, in concert with the acupuncture and homeopathic treatment.

She has also experimented with stopping the medications and undergoing a brain scan before and after acupuncture treatments and homeopathic remedies. The scans show more activity in the basal ganglia after the acupuncture and homeopathics. She presented the results in 2006 to the World Parkinson Congress in Washington, D.C.

Her colleagues in the scientific community may not be convinced yet, but they are certainly intrigued. And, her ideas are finding a national forum. She has been named to the Parkinson's Disease Foundation, the first national organization to establish a People with Parkinson's Advisory Council. She will also be the Motor Development Senior Scholar Lecturer for the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) at its 2007 national conference in San Diego, California.

Nearly a decade after a diagnosis that would have led many people to despair, Jo-Anne Lazarus remains excited and hopeful. "I really think I'm on to something," she declares.

Instead of her nemesis, she has made Parkinson's her passion for trying to find some answers. "All of us are going to get some kind of illness as we get older. Mine just happened to be one that I was already familiar with. It's part of my work, it's part of my life. I'm just trying to figure out ways to make life better for myself and for others." **M**

Scholarship Winners for the 2007 Freshman Class

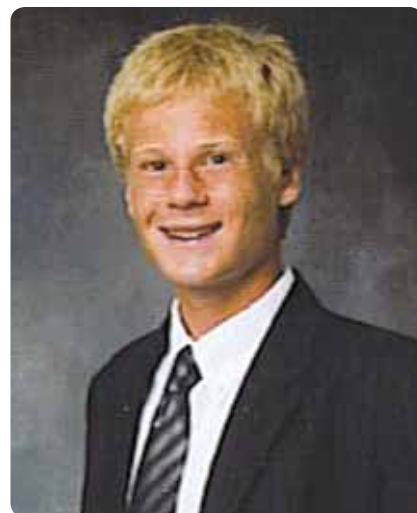
Three academically outstanding freshmen have enrolled in Kinesiology thanks to two University scholarship societies.



Lauren Emerson



Kimberly Martinez



Charles Mouch

The Sydney J. and Irene Shipman Scholarship

Shipman scholarships provide incentive merit scholarships for talented prospective undergraduate students admitted to the University of Michigan. Fifteen Shipman Scholarships are awarded annually with a monetary value of \$12,000 per year for four years of undergraduate study plus room and board (about \$8,000 per year).

Kinesiology Shipman Scholars

Lauren Emerson, New York, New York and **Kimberly Martinez**, Livonia, Michigan, received Shipman Scholarship Awards. Lauren Emerson will major in one of the sciences at Kinesiology this fall. While in high school, Lauren was part of the International Baccalaureate program and played basketball. A series of sport-related injuries has helped motivate Lauren to pursue a career in sports medicine. Kimberly Martinez plans to study Movement Science. Kimberly is aiming for a career in physical therapy specializing in sports medicine. In high school Kimberly participated in pom pom, student government, various clubs and National Honor Society. She also volunteered her time with the Early Literacy Volunteers Program.

Stamps Scholars Program

Penelope W. and E. Roe Stamps established the Stamps Scholars Program, which provides \$10,000 annual merit scholarships to outstanding undergraduates for up to four years. The University and schools and colleges provide additional need-based and merit-based financial aid to the recipients.

Kinesiology Stamps Scholar

Charles Mouch, Troy, Michigan, graduated from Athens High School where he was very involved with the SADD club and worked as a stocker at a local supermarket. His hobbies include distance running, swimming, playing violin for the school orchestra and attending youth group. He also enjoys mountain biking at nearby Metroparks. He plans to major in Movement Science.



Dr. Dee W. Edington was honored at a dinner December 12, 2006 celebrating his 30 years of achievements and contributions to Kinesiology at Michigan.

More than 200 people including faculty and staff, research colleagues and family and friends from around the country attended the event, which had to be moved from a smaller venue to the Michigan Union as reservations piled in.

The participants paid tribute to Edington's career as Chair of the Department of Physical Education, evolving to Director of Kinesiology, and as Director of his research unit, the Health Management Research Center.

Dean **Beverly Ulrich** initiated the idea. "While the unit typically acknowledges faculty when they depart or retire, Bev felt Edington's contributions to Kinesiology and the field of exercise physiology/movement science merited special recognition," said Director of Development **Jim McIntyre**.

And anyone who knows Edington realizes he is unlikely to retire....ever.

The party was intended to be a surprise, timed in conjunction with HMRC's annual Corporate Consortium meeting. HMRC administrative assistant **Lucinda Schooks** assembled an invitation list. The plans were well underway when Edington abruptly changed the date of the Consortium meeting to accommodate a corporate consulting trip. At that point,

Edington's wife Marilyn brought him in on the secret.

Edington said he was very moved by the large assembly of guests representing so many phases of his life. The speakers included corporate clients representing Steelcase, WE Energy, and Foote Health System, and Australian Health Management, HMRC staff **Elaine Schnueringer** and **Louis Yen**, and Kinesiology Student Services Director **Shelly Kovacs**. Dean Ulrich recalled highlights of her predecessor's career path, and Jim McIntyre emceed the event.

David Cordani, president of CIGNA HealthCare, marked the occasion by announcing that CIGNA and the HMRC have entered a five-year licensing agreement to jointly research the impact of health and wellness promotion on health care costs and employee health. CIGNA will have access to the HMRC's health risk assessment, computer models and analytics developed by Edington and the HMRC Staff over the past three decades.

"If American companies are going to maintain a competitive edge in the world, they must provide healthy and productive work environments for a healthy, productive work force," Edington says. "In 2003, I determined that I would go any place, any time, to deliver that message."

Over the next three years, Edington canvassed the country, logging some 230 trips and presentations. "When I asked people why they have health insurance, they replied, 'to protect me in case I get sick.' We have to change that to say, 'I value staying healthy.' We have a disease care system in this country, but we need a true health care system. We need to focus on vitality."

"The interest has never been greater in the 25 years since I began work on this issue," he told the audience. "We are shifting emphasis from the problem to the solution. I have never felt more positive."

Dr. Kenneth Blanchard, author of the *One Minute Manager* book series, recalled the 35-year friendship that began when he and Edington were faculty members at the University of Massachusetts. "Dee is a visionary who cares about creating opportunities for people to grow. Great leaders don't say 'it's all about me; they say, 'it's about us.' He wanted the party to focus on the Center, not on himself," Blanchard said.

"He believes life is about serving, not being served. That's a wonderful model for all of us and that's what we are celebrating tonight."



1 Dean Beverly Ulrich highlights Dee's leadership as director of the Division of Kinesiology from 1976 to 1999.

2 Dee with his wife Marilyn.

3 Dee thanks the more 200 colleagues, friends, former students and fellow faculty members for honoring his 30 years of service.



Opening Doors Opening Minds

by Pat Materka

At Villa Martha Home for Children in Lima, Peru, even the smallest residents wash and line-dry their clothes, care for farm animals and gather vegetables for their meals. Ten-year-olds prepare meals and sew clothing while keeping up with their schoolwork.

Sharing a bunk bed in a room with 20 of the little girls last summer, Kinesiology junior **Emily van de Water** was deeply affected by their positive spirit. “They never complained about the chores or the things that were missing in their lives.”

Van de Water learned about the orphanage while exploring volunteer opportunities over the Internet. She targeted South America as a means of increasing her fluency in Spanish. But the experience changed more than her language skills; it altered her perspective on life.

“Especially the things we take for granted, like paved roads and hot water for showers,” she said, adding that on a few days, there was no running water at all.

She and her sister spent a month with the approximately 150 children, sharing their chores, helping with homework and “just giving them a lot of love.”

Volunteering at the orphanage gave van de Water and her sister a chance to travel to Machu Picchu and backpack among the Inca ruins. They visited Bolivia and Argentina as part of their “crash course in South America.”



"There are things you will see and people you'll meet in another country that you can not imagine. The lessons you'll learn cannot be taught in books. You have to go out and do it. There is no better time than when we are college students to explore the world.

Expanding the Opportunities

If she could, **Dean Beverly Ulrich** would bottle the international experience and pass it out to every Kinesiology undergraduate. Short of that, she is determined to convince them that going abroad—whether to study, do research, intern or volunteer—is doable, affordable and fun.

"Kinesiology is already global in reputation and outreach," she observes. "Most of our faculty are engaged in international research and they are invited speakers around the world. Our graduate students take part in the research projects, and frequently accompany their mentors to international conferences."

But undergraduate students are less apt to know about global opportunities or may feel hesitant to pursue them, she says. When deans of the schools and colleges across campus addressed the issue at their annual meet-



"This experience has changed the way I value everything in my life," she says, "especially the people I care about." —Emily van de Water



ing, they quickly concluded that Michigan lags behind many of its peer institutions in providing undergraduate experiences abroad.

"The Office of International Programs in LS&A does a wonderful job, and our students have made use of its services. But the individual schools and colleges should do more to promote and expand these opportunities," Ulrich declares. "None of the deans feel complacent."

To that end, Kinesiology has hired a full-time staff person, **Sandra Wiley**, as International Program Coordinator and established the Center for Global Opportunities in Kinesiology. She is charged with significantly expanding the



number of undergraduate students who participate in international study and research experiences. Besides actively publicizing and promoting existing programs, Wiley will be developing new ones, including negotiating exchange agreements with foreign universities that have outstanding Kinesiology programs.

Things like getting a passport, figuring out where to live, or what to do in the case of a medical emergency can be daunting. Wiley will counsel students on the logistical concerns for living and studying abroad and work in concert with student services staff to make sure credits transfer. She will also address the cultural issues to enable students, staff and faculty to interact more effectively and comfortably with their hosts.

If financial concerns are a barrier Ulrich emphasizes that a semester abroad may cost less than in Ann Arbor. "In the agreements we set up with other universities, students pay tuition to their home school, and the credits

they earn are transferred to Michigan. Housing and living expenses in some countries may be even less expensive than here," she points out. "And if you have financial aid, it will go with you."

Nonetheless, one of Ulrich's key goals for the program is to generate funding. "I don't want any of our students to be denied the opportunity to go abroad because they can't afford it. I think Kinesiology alumni will readily see the value of these efforts and will be willing to support it. I hope they will learn about this and say, 'here's where my \$25 or \$100 contribution will really make a difference.'"

Living and studying abroad challenges students to view their career options from many more vantage points, she argues. "Being exposed to other politics, religions and cultures raises our awareness of what it means to be a world citizen. People begin to think more openly and creatively when they problem-solve with people who are different from themselves.

"Besides that, it's fun! It's exciting and empowering to move outside your comfort zone."

Countdown to the Olympics

Two Kinesiology students did just that last summer through U-M's Global Intercultural Experience for Undergraduates. Since 2002, the GIEU has sent small groups of faculty and undergraduates to live and study together in diverse regions of the world,

"I don't want any of our students to be denied the opportunity to go abroad because they can't afford it. I think Kinesiology alumni will readily see the value of these efforts and will be willing to support it."

—Dean Beverly Ulrich

including Moscow, Ethiopia, Alaska and Beijing, China.

Leading the Beijing project is Kinesiology Associate Research Scientist **Dr. Louis Yen**. A graduate of Beijing Sports University, Yen came up with the idea of helping students in sports management and health management explore internship opportunities in various Chinese venues, including the 2008 Olympics.

"The Olympics will require 100,000 volunteers, 90 percent of whom will come from China, and 10 percent worldwide," Yen explains. "Michigan is the first American university to express interest in sending volunteers to the Olympics. Through the connections we

made last summer, we have been told that the Olympics will use 40 to 60 student volunteers from U-M."

Sport management majors **Melanie Grant** and **Haley Smith** were among the 11 students chosen to join Yen on the 2006 GIEU project. "Interacting with Chinese students at Beijing Sports University and Tianjin Medical University gave me a unique perspective on a different style of college life," Grant comments.

Smith, a U-M figure skater, appreciated that the timing of the summer program did not interfere with classes or her skating commitments. "Not only did I get to apply the work I have done in my classes, I got to see a whole different side of myself," she reports. "It was a fantastic experience and one that I will never forget."

Lester Monts, Senior Vice Provost for Academic Affairs, and two Kinesiology faculty members, **Dr. Wei Yun Chen** and **Dr. Susan Brown**, accompanied the 2006 Beijing trip.

Like Yen, Chen earned her bachelor's and masters degrees from Beijing Sports University. She shares his enthusiasm for creating cultural and research exchanges between

SANDRA WILEY LEADS CENTER FOR GLOBAL OPPORTUNITIES

Sandra Wiley brings more than 15 years' experience to her new role as Kinesiology's International Program Coordinator.

Since 1992, she has been affiliated with the School of Public Health Population Fellows Program, placing and supporting more than 300 fellows (U.S. citizens) in developing countries, launching their careers in international public health. In addition, she helped diversify the program by being part of the team that designed and secured funding for a program which awarded fellowships to foreign nationals.

Wiley traces her global awareness to her study abroad travel to Austria while an undergraduate at the University of Notre Dame. "This experience influenced me to major in cultural anthropology, German and administration, and permanently changed my world view," she says. She has since traveled throughout Western Europe as well as



to Yemen, Turkey, Haiti, Mexico, Guatemala, Croatia and Russia.

Besides identifying resources for students on where to study, intern, volunteer or conduct research abroad, and counseling them on all aspects of living abroad, Wiley is working with faculty to identify leading universities worldwide and negotiate reciprocal exchange agreements. She will also serve as liaison to other campus international programs, and develop policies to support international undergraduates.

Beijing and Michigan. "Definitely, it is time for American students to know about life outside the USA," she says.

"Not only did I get to apply the work I have done in my classes, I got to see a whole different side of myself." —Haley Smith

Citizens of the World

For **Dr. Susan Brown**, the 2006 Beijing project underscores the complexity of producing a meaningful intercultural exchange—especially across great geographic distance. While deemed a success, there were some missed opportunities. For example, the students hoped to see more of the facilities related to the Olympics, but government restrictions prevented them from going to sites that were being developed. Faculty at the two universities had not been told in advance of the U-M visit, so the opportunity to meet and discuss shared research interests did not materialize.

Yet some 60 people assembled for Brown's talk—the first she has ever presented using a translator—on her research about how the brain utilizes different sensory feedback depending upon whether a person is right- or left-handed. "When you are using both hands to manipulate objects, the dominant hand is under visual control," she explains. She illustrated her point with a slide of a three-year-old Chinese boy holding a rice bowl while using chopsticks, evoking a warm response. The audience asked questions, via the translator, about how right- and left-handedness relates to physical activity and athletic performance.

So the seeds are sewn for collaboration and educational exchange between Beijing and Michigan. Yen has been asked to repeat the GIEU in Beijing in summer 2007. Among several activities, students, including four Kinesiology students, will be invited to help develop and evaluate the English language materials for 2008 Olympic volunteers.

Yen and Brown both noted the advantages held by the two students who had taken courses in spoken Chinese. "I would even make a semester of Chinese—or at least an evening course to learn key phrases—a requirement," said Brown, adding that she regretted not doing this herself. "I think

it's arrogant to expect that one can muddle through the language barrier."

Exploring another country's language and culture is a life-altering experience, she declares. It permanently changes your viewpoint. "It causes each of us to be a little less self-centered; to think about our position in the world, instead of the job we hold or the city we live in."

Emerging Ties with Spain

One of the first steps in launching the Center for Global Opportunities in Kinesiology has been to ask each department to identify four or five universities around the world with strong programs and courses to that would benefit undergraduates. Many faculty members already have connections that can lead to these agreements.

Like Dr. Louis Yen and his relations with Beijing University, **Dr. Rosa Angulo-Barroso** has been in contact with colleagues at two universities in Barcelona. She spent her last sabbatical in Spain drafting a proposal for an exchange program between those universities and Michigan. "Our Kinesiology students can take classes there and earn credits that will transfer, and vice versa," she said. "The proposal offers reciprocal opportunities for faculty as well."

"I am convinced that my international education has made me a stronger scholar."

—**Dr. Rosa Angulo-Barroso**

The Spain proposal, now under review, will likely be Kinesiology's first official agreement, Dean Ulrich said.

Angulo-Barroso was 16 when she traveled from Spain to Okemos, Michigan, as a high school exchange student. "That planted the seed that led me to learn English and eventually move to America," she says. "I am convinced that my international education has made me a stronger scholar."

Voices of Experience

The most convincing ambassadors for travel/study abroad are the students who have already done it. Kinesiology recently launched an ongoing series of informational programs where students will share their experiences and answer questions. **Patrick Georgoff**,

Jordan Lubeck and **Katie Degesie**

gave presentations about their varied experiences in Vietnam, the UK and Honduras.

Ian Handsman, **Amy Sheldon** and **Kota Takahashi** have posted advice and photos on the Kinesiology's new study abroad Web site www.kines.umich.edu/current/goglobal/.

Ian Handsman, a senior in sports management, took courses at the Institute of Italian Studies in Florence, Italy, an affiliate of Drake University. By scoping out neighborhoods on line, he was able to find an apartment ahead of time for himself and two friends within a few blocks of the school, museums, and other tourist attractions.

"I had traveled to England and France with my family, but never to Italy. Florence was a great choice because of its incredible history, art and culture. And because of its small size, you don't spend a fortune on taxi cabs. Everything is within walking distance."

Handsman says that such courses as international business and international marketing gave him new insights on business from a global perspective. His courses in public relations, advertising and Italian counted as elective credits. "Some other students I met took classes like 'wine appreciation' and 'history of the mafia,' and regretted it. Take courses relevant to your major," he urges.

Other advice: Arrive a few days early to get your bearings and learn your way around. Also, try to schedule your classes Monday through Thursday so that you can travel on weekends. Plotting trips with a group of friends, Handsman took trains nearly every weekend to Switzerland, Holland, Spain, and other destinations. "I met the most amazing people, learned to communicate in an entirely new language, and gained a different perspective on the world. I recommend this to every student. It is unlike any other experience."

Movement science senior **Amy Sheldon** chose Kings College in London so that there would be no language barrier to her biomedical and health science courses. She took 16 credit hours related to her planned career as a physician's assistant specializing in orthopedic surgery. "But to be honest, the classes were secondary; my main purpose in going abroad was to see other countries, to get a completely different educational experience outside of academics."

While some people are apprehensive about going abroad, Sheldon thrives on the adventure. Going to overnight camp as a kid made her comfortable about being plunged into new settings. She came to U-M from Boston without knowing a single person and made new friends immediately.

Last winter, many of those friends were also studying abroad in programs scattered throughout Europe. She traveled on a Euro rail pass for four weeks, visiting them in a half-dozen countries.

Kota Takahashi, now studying biomechanical engineering at Catholic University, says that the graduate level courses he took in Sydney, Australia confirmed his desire to continue his education. "I liked the idea that graduate study is more self-paced. Getting motivated to study is never an issue when I truly enjoy the subject," he says.

"Going abroad was a way to learn more about myself. I felt my first three years in college went by so fast I could not absorb everything. Living in Australia for five months allowed me to escape from the real world and reevaluate my identity." —**Kota Takahashi**

He chose Australia so that he could fulfill his Movement Science requirements. **Dr. Dan Ferris** steered him to the right courses and academic advisor **Angie Sullivan** made sure that the credits would transfer. "Be sure to involve your advisors in arranging your study abroad courses," he emphasized.

For Takahashi, who was born in Japan but grew up in Ann Arbor, "going abroad was a way to learn more about myself. I felt my first three years in college went by so fast I could not absorb everything. Living in Australia for five months allowed me to escape from the real world and reevaluate my identity. Questions like: what are my passions? Am I Japanese or am I American? What are my career goals?

"Although I still struggle with some of these fundamental questions, I now have more decisive answers," he concludes. "One definite fact that I learned is that Ann Arbor, Michigan is my favorite place in the world." **M**

CONNECTKINES ALUMNI + KINESIOLOGY STUDENT = M



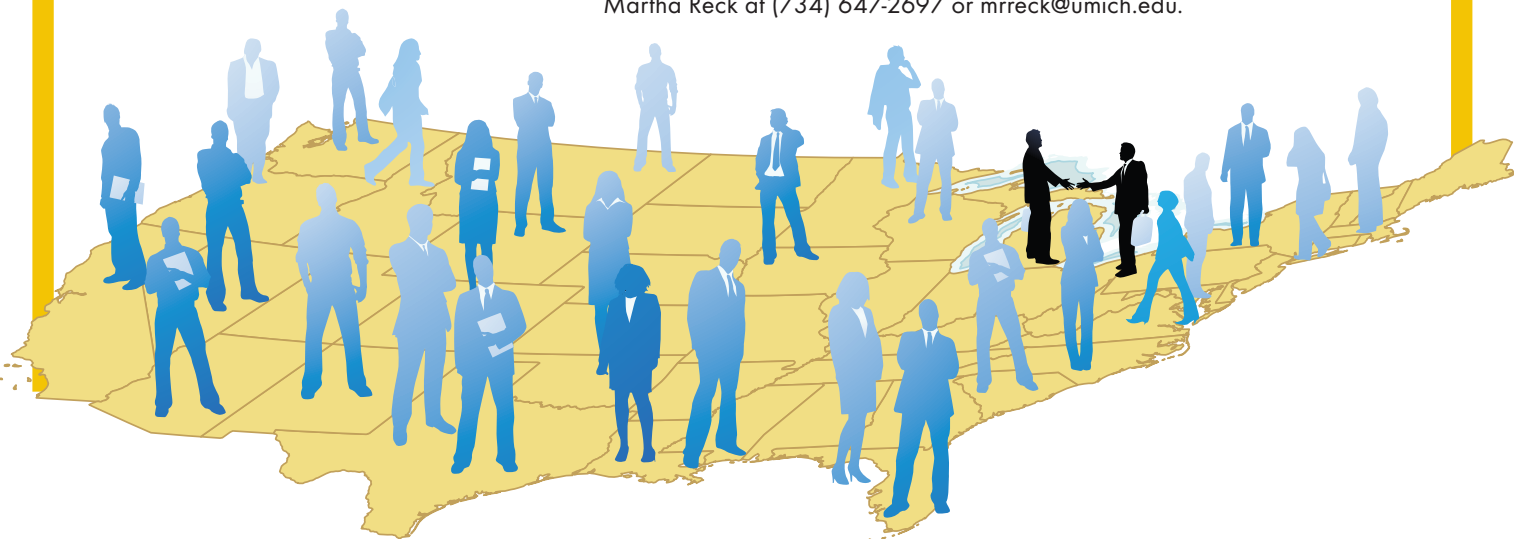
CONNECTKINES is the career network of Michigan Kinesiology graduates. It offers current students and alumni the opportunity to contact those who are working in career fields of interest.

- Connect with old friends
- Network with someone in the same field
- Meet someone in the same geographic area
- Answer questions about your field
- Provide information about internships and graduate school
- Share your passion for your field as a guest speaker

To join or volunteer please visit:

www.kines.umich.edu/alumni/connectkines.html

If you have questions regarding this program please contact Martha Reck at (734) 647-2697 or mrreck@umich.edu.



IN CROSSING BORDERS, UNDERGRADUATES COMBINE WORK, STUDY, AND RESEARCH

U-M Kinesiology Movement Science senior Patrick Georgoff posted these observations on the Web site of Crossing Borders, a new student-run, non-governmental organization (NGO) aimed at "bridging the divide between university research and its impact on the developing world."

The ambitious and idealistic new organization was formed in 2005 by Georgoff and several other U-M students who were dissatisfied with traditional study abroad options. As a pre-med student, he originally considered a program that would rotate him among several hospital clinics in South Africa. The fee was \$3,000.



"Life and death at the Commune Health Station take place in a very unspectacular fashion. Medicine in rural Vietnam is exceedingly simple, yet very effective. You could call the unsanitary conditions, lack of technology and severely deficient supplies crude, but to do so implies that the practice of medicine in Vietnam is sub par. Where Vietnamese doctors lack in clinical knowledge, they make up for in practical, applicable knowledge. They know the people they are treating."

"This summer was a humanitarian mission. It was a research exploration. It was a cultural exchange. It was development work, and it was a tourist adventure. I saw the beautiful destinations of Vietnam and planned for Vietnam's future. And best of all, those of us who took part in these activities are the ones who planned them, from beginning to end, and that makes the reward that much sweeter."

"I just was not happy with the 'pay this amount—gain this experience' model. The programs I looked at seemed designed to benefit me as a student," he says, "but I was looking for a way to help others."

So in fall 2005, Georgoff and a group of friends founded Crossing Borders, which is committed to giving undergraduate students the opportunity to design, plan, finance, implement and analyze the results of humanitarian/research projects in a field and location that aligns with their academic and research goals.

Vietnam was chosen as the first site in summer 2006, as two of the U-M founders were Vietnamese students and knew where help was needed. They spent the school year planning and fundraising. Nine students made the first trip, an eclectic group whose backgrounds spanned kinesiology, economics, public health and sustainable development.

Bringing suitcases loaded with donated medical supplies, the group settled in the Van Khuc and Dieu Luong communes of Phu Tho province northwest of Hanoi. Four students lived with a Vietnamese family, while Patrick and four others lived in the Commune Health Station.

For 10 weeks, Georgoff slept on a rock-hard mat under a mosquito net after days reaching 110 degree temperatures. At the medical clinic he stitched up wounds and helped deliver seven babies. He woke at 4:30 a.m. to walk half-an-hour to market for the day's food, including live chickens that he learned to kill, pluck and boil. "Being part of the Vietnamese daily lifestyle was an unforgettable experience," he said.

The group's core research project addressed child malnutrition. "We compared the effects of a sustainable intervention—soy/peanut milkshakes made by a woman in the village—versus non-sustainable manufactured high energy/protein biscuits to see if they produced equal growth," he explains. "We took extensive anthropometric measurements to assess the food's impact on the children's height and weight."

"The initial data show that the locally-produced milkshake is nutritious and effective. The children, even the three-year-olds, eagerly devour it each morning. One of our Vietnam partners, the National Institute of Nutrition, is continuing the study."

In addition, Georgoff and the other team members taught English language classes to a group of Vietnamese teenagers and young adults three times a week. They joined with local youth unions for an evening of song, dance, food, games and cultural exchange. When disastrous flooding struck Bac Can, an area north of their residence, the Crossing Borders team funded the distribution of over 6,400 of the UNICEF protein biscuits to flood victims.

What is unique about Crossing Borders, Georgoff emphasizes, is that it is designed by students, but not for them. "We provide the platform for students to get involved. We encourage them to design their own humanitarian and research projects, and raise funds to carry out their goals."

Crossing Borders will be anchored at the University of Michigan, but Georgoff expects it to spread to other campuses. The organization has received support from several U-M units including Kinesiology, and is featured in the Michigan Difference campaign. Georgoff and other team members are in the process of writing grant proposals to a number of foundations as they develop future projects, including HIV/AIDS prevention, in Vietnam and other countries.

**To learn more about
Crossing Borders and the participants'
personal experiences, visit
www.crossingbordersonline.org.**

U-M Sport Injury Prevention Center is Cornerstone of \$12 Million Gift from the Judy and Fred Wilpon Family Foundation

As a freshman baseball pitcher for the Wolverines in the mid-1950s, Fred Wilpon tore his rotator cuff in his pitching arm and was forced to hang up his glove. Though he was unable to pursue his dream of a college and pro baseball career, the University of Michigan honored his athletic scholarship. Fred went on to earn his bachelor's degree in 1958 and returned to his home in New York to start a career in commercial real estate. Fred and his wife Judy, also a 1958 U-M graduate, have given back to their alma mater with three gifts totaling \$12 million through their family foundation.



promoting the health of athletes of all ages and abilities. The interdisciplinary center will bring together specialists in such disciplines as kinesiology, orthopedic surgery, bioengineering, public health and sports medicine to generate new insights into the root of injuries and the means to prevent them.



Fred and Judy Wilpon attending the inaugural Sport Injury Prevention Center Research Symposium on campus in April.

In many cases, sport-related injuries bring on degenerative joint disease and other mobility impairments that take their toll over a lifetime. By current estimates, nearly half of these injuries could be prevented. The goal of the Center's research teams is to cut the injury rate by 50 percent.

"Through my own life experiences, I know how much happiness that sports activities, both as a player and fan, can bring a person," Fred Wilpon said. "Judy and I wanted

to help create this center at Michigan through our family foundation to ensure that children and adults who love sports can enjoy them to their fullest with reduced risk of injury and impairment. Educating them and providing the best medical advice available helps make this a possibility."

Rebuilding of the baseball and softball stadiums

The Wilpons' \$4 million gift, along with other gifts received, will provide U-M student-athletes and fans with exceptional facilities for baseball and softball. The stadium areas will be named the Wilpon Baseball and Softball Complex in honor of Fred's parents, Frances and Nathan Wilpon.

Need-based scholarships

The Wilpon gift also provides \$3 million to fund need-based scholarships to undergraduate students in the College of Literature, Science,

and the Arts (LSA). The effect of the gift will be magnified by a dollar-for-dollar match from the President's Donor Challenge for financial aid, established by President Coleman. The new endowed scholarship fund will be named the Irene and Morris B. Kessler Presidential Scholars Fund in honor of Judy Wilpon's late parents. The scholarships will assist LSA in meeting its goal of having the resources to provide need-based scholarships for 1,000 students by 2009.

Fred Wilpon is chairman and chief executive officer of the New York Mets, co-founder and chairman of the Board of Sterling Equities, and co-founder and chairman of the Brooklyn Baseball Company which owns the Brooklyn Cyclones, a minor league team. As principal owner of the New York Mets, Wilpon has helped manage the franchise to become a major contender in Major League Baseball. The New York Mets are constructing a new stadium that will be operational on opening day 2009.

Wilpon is also senior partner of SportsNet New York, a regional sports network serving the New York metropolitan region in partnership with Comcast and Time Warner. **M**

Excerpts from U-M News Service press release

Assistant professors Riann Palmieri-Smith (left) and Scott McLean (second from left) demonstrate to Fred Wilpon (second from right) and Dean Beverly Ulrich a therapy apparatus used to treat people with sport related injuries.

The commitment provides \$5 million to create the Sport Injury Prevention Center, \$4 million for the rebuilding of baseball and softball stadiums and \$3 million for scholarships for undergraduate students with financial need. A dollar-for-dollar match from the President's Donor Challenge will increase the impact of the Wilpons' \$3 million commitment to \$6 million for financial aid.

Sport Injury Prevention Center

The gift will provide a \$5 million leadership gift to U-M Kinesiology and to the Department of Orthopaedic Surgery to create the Sport Injury Prevention Center. It will focus on preventing sport-related injuries and

Online Auction to Fund New Bernard "Pat" Maloy Scholarship:

Four-year Scholarship Intended for Kinesiology Student touched by cancer

by Alice Rhein

Starting October 15, Kinesiology alumni and U-M fans will be able to "click and bid" on University of Michigan sports memorabilia and other professional sport team items, game tickets and unique sport-related packages.

The online auction will raise funds for the Bernard "Pat" Maloy Scholarship, a beloved associate professor who died of esophageal cancer on November 28, 2001. This will be the first Kinesiology scholarship for incoming freshman, according to **Alicia Marting**, assistant director of development. "This is a point of pride for Sports Management alumni," says Marting. "It is an ambitious effort and it speaks to the kind of person (Pat) was."

Mitchell & Ness

As one of the auction's major sponsors, Mitchell & Ness Nostalgia Company, Philadelphia, is contributing hundreds of collectors' items of collegiate and professional sportswear and paraphernalia.

Though wholeheartedly supported by Kinesiology, this project is moving forward with the aid of alumni, and in the driver's seat is **Noel Aaron Cimmino**, ('94 BA Sp. Mgt.), who proposed the scholarship and is co-chair of the committee along with **Nora Maloy**, (PhD '00 SPH) Pat's widow.

Touched by Cancer

"Pat meant a lot to me," says Cimmino, who credits Maloy for providing him direction in his studies and possible career directions, which eventually led him to law school. "I've always wanted to do something in his honor that would create a lasting legacy and I know a lot of his former students felt the same way about him."

Cimmino also had multiple members of his family touched by cancer, and along with the physical damage, he also saw the emotional and financial impact it has on an entire family. Now a Southfield lawyer, Cimmino says the scholarship committee, which includes a dozen alumni who work in various sports-related jobs throughout the country, will award the first scholarship when the endowment reaches \$100,000. The goal is to have a \$400,000 pool, and award a \$5,000 a year scholarship for four years each year. The online auction is the kickoff to support the scholarship, and will likely be followed by a direct mail campaign and a second auction in 2009.

Pat's Legacy

The fact that this scholarship was entirely the idea of Pat's students was very touching to Nora. "When we were approached by Noel, we were overwhelmed that Pat's students would go to such great efforts to honor him and provide support for students impacted by cancer," says Nora, who was married to Pat for 31 years. "He loved teaching and he loved his students. He saw one of his most important roles as a faculty member

to mentor individual students not only in their current academic issues, but also in regards to their future plans." Cimmino says he's hoping to get the word out to others to bid, bid, bid. The auction opens Monday, October 15 following Homecoming weekend and will have staggered end dates lasting for a few weeks. The committee is still looking for more items for the auction, in the form of autographed sports memorabilia, game tickets, or experiential donations like spots in a fantasy camp.

Not only is this scholarship a wonderful legacy to Pat, it will also help students live through one of life's greatest challenges. —Nora Maloy

Online Auction Donations

"The Web site has a function that allows you to email the committee with potential items you wish to donate," says Cimmino, who has already procured dozens of items including a football and helmet signed by New England Patriots (and former U-M) quarterback, Tom Brady.

Supporters can also contribute to the scholarship by simply making a donation at the Web site or signing up as a sponsor. **Sean McKinney**, President of the auction's first sponsor Mitchell & Ness was moved to help support the auction after learning of Pat Maloy's impact at U-M. "We are pleased to be partnering with the University of Michigan on such a great cause. It is clear that Professor Maloy touched many lives within the University of Michigan community, particularly the Sports Management program, and we are honored to be able to help carry on his legacy at Michigan."

"Pat would be thrilled to have a scholarship intended to help students touched by cancer," says Nora. "Pat taught many of us how to live and taught some of us how to live with cancer. Not only is this scholarship a wonderful legacy to Pat, it will also help students live through one of life's greatest challenges."

To take a sneak peek at items already donated, visit www.umich.cmarket.com and check back often before October 15 for new posted items.

Dr. Tom Templin (PhD. '78) returned to campus for the February Kinesiology Seminar Series Lecture. His talk was on his research underwritten by the Spencer Foundation, "Emotions in teaching: A study of affective events theory." Templin and his colleagues are attempting to identify what contributes to job satisfaction in the teaching profession.



1 and **3** Tom Templin, (Ph.D. '78), lectures in the newly renovated Bickner Auditorium with state-of-the-art presentation technology.

2 Tom and Bev Ulrich

Their preliminary findings indicate that teaching is deeply affected by the emotions of the teacher, his or her colleagues in the school setting and the organizational structure supporting the school building and the system. The study introduced some state-of-the-art technology using PDA's for some of its data collection. Teachers participating in the study were "buzzed" on the PDA's eliciting responses to questions related to their emotions. This was combined with a classic research tool; financial incentives for the participants.

The Kinesiology Seminar Series is a monthly speaker's program during fall and winter terms in which visiting scholars from the four Kinesiology disciplines come to campus to meet with students and faculty. Alumni and friends are invited to participate in the Friday lecture held at noon in Bickner Auditorium. For more information visit: www.kines.umich.edu/research/seminars.html#kinsem.

Observatory Lodge nears completion

by Alice Rhein

By the time December break rolls around, Observatory Lodge will be the new home to classrooms, offices and research areas according to **Nahariya Faulkner**, facilities coordinator for U-M Kinesiology.

"We are slated to complete construction August 24. After that there is interior design work will take place. Our move-in date will be in October and over the winter break," she says. As with any large construction project, timing plays a big role, so when temperatures reached way below zero degrees Fahrenheit when the roof was scheduled to be reslated, that had to wait. Faulkner says the project team just moved assignments around and kept the process on a smooth course.

Observatory Lodge, which was originally a 30,600 square foot five-level apartment building, hasn't been occupied for almost a decade. The 1930 Tudor revival will maintain its grand exterior, and the lobby's historical elements will also be restored and preserved, but the rest of the interior is being completed renovated.

Faulkner says two new elevators and a new staircase are being installed, mechanical, electrical, plumbing and life safety systems are being completely renovated, and the entire building is being outfitted for wireless Internet. "We will have a larger research area for the Center for Motor Behavior and Pediatric Disabilities, and expanded research space for the Curriculum and Teaching Lab and the Motor Control Lab. Sport Management also will now have two spaces dedicated for research."

In fact, not all of CCRB will be vacated. Twelve research labs will remain in the CCRB for Movement Science and Athletic Training along with Bickner Auditorium. The rest of the Kinesiology facilities in the CCRB will be renovated. One lecture hall will be converted to a student computer lab, faculty offices, the conference room and some research space will be redesigned.

Overall, Kinesiology will gain about 18,000 net square feet of space when construction is complete. This will allow the program to add small group meeting and study space for students along with services focused on career planning and placement.

To follow construction progress, check the Observatory Lodge page: www.kines.umich.edu/faculty/facilities/.



For project updates including photos,
please visit the U-M Architecture,
Engineering and Construction Web site at:
[www.aec.bf.umich.edu/projects/
OBLodge/index.html](http://www.aec.bf.umich.edu/projects/OBLodge/index.html).

Public Communication is Essential, Former NFL Commissioner Stresses

"The twin pillars of success of the National Football League are football and community," former NFL Commissioner **Paul Tagliabue** told an audience of several hundred gathered February 16 at U-M's Rackham Auditorium.

"Public communication is at the heart of everything we do," he emphasized, citing the importance of clear thinking, goals and values, and credibility in articulating that vision to the audience. Tagliabue, 66, led the NFL from 1989–2006, a period of unprecedented growth in the numbers of teams, stadiums, game attendance and television viewership.

"Business issues are easy," he remarked. "Negotiating \$25 billion in television contracts was not that complicated. The hard ones are those that have a personal impact on a player's life."

Dr. Richard Wolfe, director of Kinesiology's Center for Sports Management facilitated the initial contact and invitation that led to Tagliabue's talk. The event was sponsored by the Jaffe Center at the Ross Business School in cooperation with the Michigan Center for Sports Management. Future collaborations between the two Centers are in the planning stages, Wolfe noted.

In response to a student asking how to gain a position in sports management, Tagliabue had two pieces of advice: "Take on the hard challenges, and meet them. And get as much exposure as possible to fields outside of sports, because one of the most valuable assets you bring to a career in sports is experience elsewhere. Finally, don't over-plan your life," he added. "Be open to anything."



1



2

1 Former NFL Commissioner Paul Tagliabue autographs a football for the Maloy On-Line Auction.

2 Tagliabue visits with Sport Management and Ross Business School students following his lecture.



Kinesiology Welcomes Scott McLean

Scott McLean joined the Kinesiology faculty in January as assistant professor, athletic training and movement science. A native of Australia, McLean is a biomechanist whose research interests include identifying the underlying mechanisms of sports-related injuries.

Prior to joining Kinesiology, he was with The Cleveland Clinic Foundation for seven years where he investigated potential mechanisms of ACL injury and the underlying influence of gender.

Using a combination of human experimentation, state-of-the-art musculoskeletal modeling and cadaveric modeling, McLean is gaining insight into the underlying mechanisms of sports-related injuries with the ultimate goal of finding more effective injury screening methods and prevention strategies. He is also interested in underlying shoulder problems in young throwers, and how anatomy, morphology and neuromuscular control combine to precipitate injury risk.

McLean completed his Ph.D. in the Department of Human Movement Studies, The University of Queensland, working in the area of ACL injury research. His current research, funded by the NFL Charities, looks at the effects of fatigue on ACL injury risk in the NFL athlete.

He is also a co-investigator on an NIH-funded project looking at identifying female athletes at high risk for ACL injury.

McLean is a reviewer for many publications including the American Journal of Sports Medicine. He is also on the editorial board of the Journal of Science and Medicine in Sport and Medicine and Science in Sports and Exercise. He is a member of the American College of Sports Medicine, the International Society of Biomechanics and Sports Medicine Australia.

McLean teaches biomechanics and is looking forward to developing graduate courses for the fall. He lives in Ann Arbor with his 3-year-old daughter, Lavinia.

For more information on his research, visit the Injury Biomechanics Lab webpage: www.kines.umich.edu/research/chmr/ibl.html.

Development Report



In this issue we recognize the hundreds of alumni and friends who have helped provide us with the margin of excellence allowing us to build the reputation that U-M Kinesiology enjoys today. Often times the spotlight is focused on “mega gifts” from selected alumni, friends or foundations that come to the university. While these gifts are critical to launching new initiatives, it’s the annual gifts that keep all of us going on a day-to-day basis.

I want to shift that spotlight to five of those listed in our Honor Roll:

Tom and Sarah Templin—Tom and Sarah have established a fund in honor of **Shirley Cooper**, his mentor professor. Tom (Ph.D., '78) is a professor of Health and Kinesiology at Purdue University. Three years ago, he and Sarah began funding a fellowship program to help graduate students travel overseas as part of their graduate study. The first two recipients were selected this winter. Tom and Sarah are planning to increase their support in the years to come. All of this will be done through electronic fund transfers. They have also used monthly giving plans to increase their capacity to support other causes.

Jean Hunt—Jean does her part for Kinesiology every day when she comes to work as one our three IT specialists. She helps keep the network up and running while also serving as Kinesiology’s Webmaster, an ever-increasing challenge as we attempt to increase our use of technology and the Internet. Jean has chosen to make a monthly gift to Kinesiology through payroll deduction.

Steve Rinke—Shortly after graduating from U-M Kinesiology, Steve (BS '96) established an annual giving plan through Michigan Gift Link (www.giving.umich.edu/pdfs/giftlink.pdf). Each month, a gift comes to the Kinesiology Annual Fund, and through the years has amounted to a significant level of support.

Bill and Sheri Dufek—When it comes to Kinesiology few alumni know their alma mater like Bill (BSED '79). While in school, he dated and became engaged to Sheri. As their relationship blossomed, it made it more important for him to study harder. His father Don was on staff and his future father-in-law, Prof. Emeritus **Guy Reiff**, was one of his professors. Last year, Bill was instrumental in surprising his college roommate, **Mike Leoni** and his wife Diane with working with Mike and Diane’s family and friends in establishing the Nicholas Leoni Endowed Research Fund. Bill and Sheri are completing their pledge through automatic quarterly payments to their credit card.

Jerry and Lisa Meter—Jerry (BSED '80) and Lisa are making a monthly gift through an electronic fund transfer that qualifies them for the Presidents Club, a \$15,000 commitment. In addition to the monthly contribution, they are taking advantage of the matching gift program offered by Steelcase, his employer, thereby doubling his support to Kinesiology. Their gift is designated to the Kinesiology Annual Fund. Jerry and Lisa’s son Nick received his Kinesiology BS PE degree last spring and is now working in California. One of Nick’s first lessons from Dad since graduating was giving back to his alma mater. Nick made his first gift to the Kinesiology Annual Fund in January.

Though each of these donors have different reasons for giving, they have found that through monthly giving programs such as automatic credit card charges and the Michigan Gift Link, they can make a difference in helping us achieve a margin of excellence in Kinesiology.

For information on giving through Michigan Gift Link or other unique ways of making personally meaningful gifts to Kinesiology, visit our Web site at www.kines.umich.edu/alumni/how2give.html.

Thank you for your support.

Jim McIntyre
Director of Development
mjmcinty@umich.edu | (734) 615-4272

Campaign Gift Opportunities



Sheri and Bill Dufek, BS Ed. '79

The move to our new home in Observatory Lodge offers U-M Kinesiology the opportunity to recognize individuals, alumni groups and organizations who want make a special testimonial gift to the Kinesiology Endowed Alumni Distinguished Fellowship program. Donors making outright gifts of cash or securities, five-year pledges or irrevocable planned gifts will have the opportunity to identify a room.

These gifts will be earmarked for an endowment allowing Kinesiology to offer two promising graduate scholars full four-year doctoral fellowships. Ultimately, Kinesiology plans to offer four such fellowships. Currently, there are no distinguished fellowships available exclusively for Kinesiology graduate students.

For more information on honoring an individual or group through a gift to the Kinesiology Endowed Alumni Distinguished Fellowship program, contact **Alicia Marting**, assistant director of development at (734) 615-9678 or amarting@umich.edu.

Observatory Lodge Donor Naming Opportunities

- * Dean's Office Suite \$80,000
- * Dean's Conference Room \$100,000
- * 39 Faculty/Staff Offices \$25,000 each
- * 4 Classrooms/Seminar Rooms \$75,000 each
- * Student Study Center \$125,000
- * 20 Graduate Student Instructor Cubicles \$5,000

How Gifts to U-M Kinesiology Are Recognized

U-M Kinesiology recognizes annual gifts designated to the Kinesiology Annual Fund or to one of the endowments, research programs or departments at the following levels:

- * Dean's Society \$25,000
- * Cum Laude Partners \$10,000 to \$24,999
- * Partners Cabinet \$5,000 to \$9,999
- * Partners Circle \$2,500 to \$4,999
- * Partners in Leadership \$1,000 to \$2,499
- * Bell Society \$500 to \$999
- * Barbour Society \$250 to \$499
- * Waterman Society \$100 to \$249

In addition to the U-M Kinesiology recognition program, donors are recognized by the University for their cumulative gifts at the following Presidential Society levels:

- * Angell Society \$1,000,000
- * Ruthven Society \$500,000
- * Hutchings Society \$100,000
- * Tappan Society \$50,000
- * Presidents Club \$15,000

The Presidential Societies recognize cumulative annual gifts, multiple-year pledges and planned gifts.



Jerry Meter, BSE Ed. '80

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 Christine F. Schneider,
 '71, BS Ed.
 Brian D. Slack, '71, BS Ed.

1972

Carol L. Love, '72, BS Ed.
 Reginald McKenzie, '72, BS Ed.
 Ann A. Meranda, '72, AM,
 '87, MS
 Dr. Herbert W. Olson, '72, Ph.D.
 Murray Bennett Plotkin,
 '72, BS Ed., '74, MS

Charles W. Quebbeman,
 '72, AB Ed.

Dr. James M. Rankin, '72, BS Ed.
 Dr. William L. Taylor, Jr.,
 '72, BS Ed., '77, AM

1973

Dr. Annie Lee Jones, '73, Ph.D.
 Melissa J. Lange, '73, BS Ed.
 Dr. Susan Moxley, '73, AM,
 '74, Ph.D.
 Ronald John Rolak, '73, BS Ed.
 Dr. Alan W. Salmoni, '73, AM,
 '74, Ph.D.
 Alfred L. Williams, '73, AM,
 Ann Lee Williams, '73, AM,
 Dr. Craig A. Wrisberg, '73, AM,
 '74, Ph.D.

1974

William F. Davids, '74, BS Ed.
 Donald R. Eaton, '74, BS Ed.
 Michael C. Hollway, '74, BS Ed.,
 '75, AM
 Dr. Pamela J. Kloote, '74, BS Ed.,
 '78, DDS
 Daniel Q. Minert, '74, BGS,
 '77, MS
 Denise Jo Baron Parr, '74, BS Ed.
 Dr. Sheryl M. Szady, '74, BS Ed.,
 '75, AM
 Maureen C. Whitehead,
 '74, BS Ed., '82, AM

1975

Clare Canham-Eaton,
 '75, BS Ed., '76, AM LS
 Constance P. Hill, '75, BSN,
 '86, MS
 Catherine P. Moorehead,
 '75, BGS, '85, MS
 Lincoln B. Schoch, '75, AB Ed.
 Ilene L. Weinstein, '75, AM
 Howard N. Zelaznik, '75, MS

1976

Mary Elizabeth Borst, '76, BS Ed.
 Thomas H. Joyce, '76, BS Ed.
 Julie Else Kantz, '76, BS Ed.
 Lloyd C. Schinnerer, '76, BS Ed.
 Denise Z. Staudt, '76, BS Ed.,
 '84, MS

1977

Cathy A. Kalahar, '77, BS Ed.,
 '81, AM
 Gretchen Parcells Madison,
 '77, BS Ed.
 Cathy S. Nachman, '77, BS Ed.
 Carol Ann Ray, '77, BS Ed.
 Dennis Wadhams, '77, MS

1978

Catherine M. Foss, '78, BS Ed.
 Linda F. Gardner, '78, AB Ed.

Gregory K. Grambeau, '78, BS Ed.
 David L. Johnson, '78, MS
 Dr. Susan M. Madley, '78, Ph.D.
 Dr. Kenneth L. Shapiro, '78, MS
 Dr. Thomas Jay Templin,
 '78, Ph.D.

1979

Dr. Judith A. Bischoff, '79, Ph.D.
 William F. Dufek, '79, BS Ed.
 Dr. Susan H. Jenio, '79, BS Ed.,
 '81, AM
 Stella Natalya Voreas, '79, MS

1980s**1980**

Melon Dash, '80, MS
 Marilyn K. Freda, '80, BS Ed.
 Dr. David Lee Geenen, '80, MS,
 '85, Ph.D.
 Mary F. Grossman, '80, MS
 Martha Redding Laughna,
 '80, BS Ed.
 Gerard Albert Meter, '80, BS Ed.
 David Jonathan R. Waymann,
 '80, MS

1981

Dr. Marvin J. Boluyt, '81, MS,
 '90, Ph.D.
 John Lyman Spring, '81, EDS

1982

Douglas E. Clementz, '82, BS Ed.
 Beatrice A. Hardy, '82, BS Ed.
 Karyn L. Kampfer, '82, BS Ed.
 Janet E. Rimar, '82, MS
 Dr. Daniel S. Rooks, '82, MS
 Dr. Dominick A. Taddonio,
 '82, Ph.D.
 Karen N. White, Ph.D., '82, BS,
 '85, MS, '90, MS
 Dr. Louis T.C. Yen, '82, MS,
 '90, Ph.D.

1983

Jane H. Brownrigg, '83, MS
 Dr. Kathryn I. Clark, '83, MS,
 '90, Ph.D.
 Tracy Gibbs Fitzgerald,
 '83, BS Ed.
 Craig S. Tillman, '83, BS, '86, MS

1984

Gregory R. Moriarty, '84, BS Ed.

1985

Vincent L. Bean, '85, BS Ed.
 Sarah Peterson Berg, '85, MS
 Sally Thomas Buck, '85, BS,
 '87, MS
 Christopher K. Daw, '85, MS
 Patricia Donohue-Ebach,
 '85, BS Ed., '86, MS

Julie D. Fenster, '85, BS
 Suzanne J. Golz, '85, BS,
 '86, MS
 Mark A. Mees, '85, BS, '89, AM
 Scott A. Murray, '85, BS,
 '86, MS
 Gilbert G. Zimmermann,
 '85, BS, '87, MS

1986

Deborah A. Furman, '86, BS
 Patricia L. Steinmuller, R.D.,
 '86, MS
 Margaret Fisher Tewksbury,
 '86, BS, '88, MS

1987

Cecilia M. Fagan, '87, BS,
 '90, MS
 Salvador J.A. Guajardo, '87, BS
 Peter R. Handley, M.D., '87, BS
 Carol B. Schultz, '87, MS
 Alicia A. Seegert, '87, BS
 Garde K. Thompson, '87, AB

1988

Dr. M. Daniel Becque, '88, Ph.D.
 Carlitos R. Bostic, '88, AB
 Christopher W. Cogswell,
 '88, BS
 Jerome H. Curby, '88, BS
 Michael A. Jolly, '88, AB
 Michael C. Leoni, '88, AB
 Harlow B. Meno, '88, BS
 Gregory C. Molzon, '88, AB
 Steven W. Sarns, '88, MS

1989

Claud G. Allaire, '89, BS
 Pamela J. Cotter-Wangbickler,
 '89, BS
 John Randall Johnson, '89, BS
 Sean Lafontaine, '89, AB
 Karen M. Mincavage, '89, BS
 Michelle L. Segar, '89, AB,
 '95, MS, '97, MPH
 Michelle N. Simoff-Krings,
 '89, MS
 Carol A. Young, '89, MS

1990s

1990

Tammie M. Adduci, '90, BS
 Michael J. Bezdek, '90, AB
 Tom E. Dohring, '90, AB
 Pamela C. Fisher, '90, BS
 Michael T. Gaynor, '90, AB
 Kimberly Ann Hadlock, '90, BS
 Amy J. Hill, '90, AB
 Stacey K. Katlin, '90, AB
 Craig F. Koppelman, '90, AB
 Laura Ann Melvin, '90, BS
 James C. Peters, '90, BS
 David P. Seamans, '90, MS

Marc Aron Spencer, '90, AB
 Dr. Amy J. Walsh, '90, BS

1991

Christopher R. Bohn, '91, AB,
 '00, BS
 Dr. Maria D. Heck, '91, AB
 Shawn P. Johnston, M.D.,
 '91, BS, '95, MD
 Kurt A. Phillips, '91, MS
 Melinda S. Schmidt, '91, BS
 Matthew J. Walters, '91, AB

1992

Michelle L. Armer, '92, AB
 Lisa M. Brooks, '92, MS, '92, MS
 Kelli A. Capra, '92, AB
 Lisa M. Doherty, '92, AB
 Sabrina Guadagnino, '92, BS
 Scott A. Hanel, '92, AB
 Scott A. Harris, '92, BS,
 '95, MPH
 Jonathan S. Hott, '92, BS
 Byron R. Kimmey, '92, BS
 Amy T. Longcore, '92, BS,
 '94, MS
 Alisa M. Morningstar, '92, BS
 Marybeth Reardon, '92, MS
 Charles R. Smith, '92, AB
 Timothy L. Uhl, '92, MS
 Henry M. Watts, '92, AB

1993

Timothy W. Adams, '93, AB
 Alfie L. Burch, '93, AB
 Anthony B. Collard, '93, AB
 John P. Foley, '93, AB
 Marc E. Gold, '93, AB
 Andrew F. Miller, '93, AB
 Timothy J. Paske, '93, AB,
 '97, BS
 Katherine P. Rogers, '93, BS
 Douglas L. Schultz II, '93, BS,
 '95, BS, '97, MPT
 Marcy A. Sznawajs, '93, BS
 Frank J. Velasquez, Jr., '93, BS

1994

Kristin L. Benit, N.D., R.N.,
 C.P.N.P., '94, BS
 Noel A. Cimmino, '94, AB
 Heidi K. Haite, '94, BS
 James M. Jernigan, '94, AB
 Jose M. Kottoor, '94, MS
 John C. LaBreche, '94, AB,
 Dr. Karin Allor Pfeiffer, '94, BS
 Coren J. Shakarian, '94, AB
 Patricia R. Townsend, '94, AB

1995

Carey G. June, '95, AB
 Tina M. Nielsen, '95, BS, '03, MS
 Kenneth F. Perpich, '95, AB
 Rebecca O. Richeson, '95, BS

1996

Rochelle A. Balacuit, '96, BS
 Erika E. Blake, M.O.T.R./L.,
 '96, BS
 James H. Blake, '96, AB
 Dr. Peter B. Blank, '96, BS
 Brett A. Cooper, '96, AB
 Kathryn M. Gleason, '96, AB
 Maria G. Hendricks, '96, BS
 Michael J. Lyons, '96, BS
 Dana J. Marcus, '96, AB
 Wendy L. Martin, '96, BS
 Mary Jane Michaels, '96, BS
 Jon C. Nichols, '96, BS
 Joshua M. Richelew, '96, BS,
 '00, MS
 Stephen M. Rinke, '96, BS
 Ted L. Simmons, '96, AB
 Michael Lee Teeter, '96, BS

1997

Karin M. Brinkman, '97, MS
 Kristin Hartmann Burda,
 '97, BS
 Christina M.C. Evers, '97, BS
 Robin D. Herceg, '97, BS
 Dr. Andrew D. Hoch, '97, AB
 Stephen J. McCarthy, '97, AB
 Jennifer J. Petersen, '97, BS
 Sarah L. Plum, '97, BS, '97, AB,
 Erin C. Roos, '97, BS
 Joanna F. Virgne, '97, AB
 Richard B. Willis, Jr., '97, BS

1998

Steven H. Basmajian, '98, BS
 Elise M. Buggs, M.B.A., '98, AB
 Andrew B. Chidester, '98, AB
 Adrienne L. Edwards, '98, AB
 Christopher M. Floyd, '98, AB
 Robert M. Haddad, '98, AB
 Jonah R. Ries, '98, AB
 Molly E. Schroeder, '98, AB
 Anne P. Sievers, '98, AB, '99, AM

1999

Brian J. Aparo, '99, BS
 Jennifer R. Buckingham, '99, BS
 Deodge M. Hill, '99, BS
 Brook G. Smith, '99, AB
 Leigh S. Smoker, '99, AB
 Andrew Tran, '99, AB
 Philip J. Welch, '99, BS
 Christopher R. Ziemann,
 '99, AB

2000s

2000

Channing C. Bennett, '00, BS
 Laura Morgan, '00, AB
 Frank A. Sestito, '00, BS
 Jonathan M. Zemke, '00, AB

2001

Nick Berger, '01, AB
 Dana M. Dziekan, '01, AB
 Teresa P. Jan, '01, AB
 Michelle L. Kammer, '01, BS,
 '04, BSN
 Christopher W. Lemaster,
 '01, AB
 David M. O'Hara, '01, AB
 Sue-Lin D. Seith, '01, MS
 Bridget Warner, '01, AB
 Alecia O. Willie, '01, BS

2002

Adrienne D. Gabriel, '02, BS
 Jennifer S. Graf, '02, MS
 Lacie L. Kaiser, '02, AB
 Dr. Cathy A. Larson, '02, Ph.D.
 Maria C. Lijoi, '02, BS
 Colt C. McCutcheon, '02, AB
 Scott K. Panique, '02, AB
 Mandy S. Pate, '02, AB
 Todd M. Schafer, '02, AB
 Shamika S. Smith, '02, BS
 Jonathan K. Sweeney, '02, BS
 Alana R. Yavers, '02, AB
 Craig A. Ziolkowski, '02, AB

2003

Brandi Blessett, '03, BS
 Joseph M. Gartner, '03, AB
 Megan L. Krone, '03, BS
 Karen J. Kubota, '03, BS
 Timothy J. Leveque, '03, AB
 Dalit Oren, '03, AB
 Hilary A. Perry, '03, BS
 Marc R. Ressler, '03, AB
 Lauren A. Sunness, '03, AB

2004

Dana E. Brody, '04, BS
 Latrice J. Brown, '04, BS
 Brent A. Cummings, '04, BS
 James C. Gary, '04, AB
 Jeffrey F. Levine, '04, AB
 Jonathan M. Mraunac, '04, AB
 David B. Remias, '04, BS
 Kristel L. Rodriguez, '04, AB
 Amyre C. Satterwhite, '04, AB
 Jennifer E. Smith, '04, AB
 Matthew J. Trevor, '04, AB
 Danielle L. Wexler, '04, AB

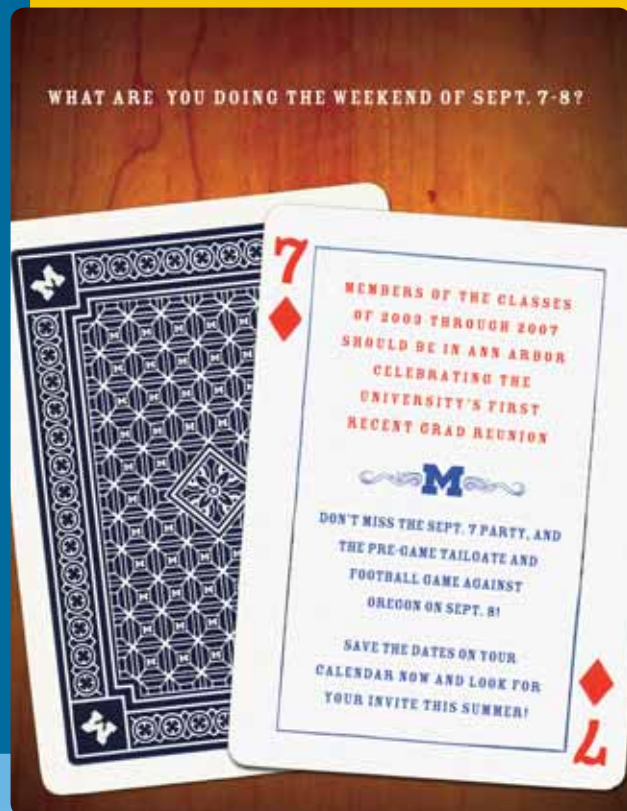
2005

Kristin L. Anderson, '05, BS
 Lindsey M. Cook, '05, BS
 Tracy A. Egnatuk, '05, AB
 Lauren E. Gegg, '05, AB
 Adrienne T. Hortillosa, '05, AB
 Parisa M. Kiani, '05, AB
 Stacey J. Moses, '05, AB
 Joseph L. Pawlik, '05, AB
 Jason R. Ryznar, '05, AB
 Ari L. Tran, '05, AB
 Kathleen M. Walton, '05, AB

Making Movement Greener

Kinesiology makes environmentally responsible choices in the publication and distribution of *Movement* in order to help the University community support the environment. These include:

- Papers with 10% post-consumer (recycled) content
- Vegetable-based (non-petroleum) inks
- Smaller size requiring less paper and reduced weight for mailing
- Local production, reducing the distance *Movement* is shipped prior to mailing



Calendar of Events

Movement for Life Invitational

Monday, August 20, 2007
University of Michigan
Golf Course

University-wide Young Alumni Reunion (Classes 2003-07)

Friday September 7, 2007

Homecoming Weekend

October 12-13, 2007

Friday, October 12

Kinesiology activities:

- Homecoming Luncheon featuring the Alumni Achievement Awards
- Bernard "Pat" Maloy Scholarship Online Auction Kickoff
- Alumni Career Networking
- Class of 1957 50th Anniversary Reunion
- Reunion Reception

Saturday, October 13

University-wide activities:

- M Go Blue Tailgate
- Football Game: Michigan versus Purdue
- University-wide Reunion Party for the Class of 1957

Bernard "Pat" Maloy Scholarship Auction Goes Live on the Web

Monday, October 15
www.umich.cmarket.com

For more information on any events please contact Jim McIntyre, Director of Development, at (734) 615-4272 or mjmcintyre@umich.edu.

movement



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