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New Undergraduate Recognition and Celebration
The perfect way to wrap up time with Department of Kinesiology
In an effort to commemorate the accomplishment of earning a degree and to better acknowledge its many talented students, the Department of Kinesiology this past spring held its inaugural Undergraduate Recognition and Celebration event.

The festivities took place on Saturday, May 16, in a large tent adjacent to the UW Natatorium immediately following the university’s commencement ceremony at Camp Randall Stadium. The Department of Kinesiology’s celebration included brief talks from several faculty members and a short recognition ceremony in which students received a gift and a letter from Professor and Department Chair Dorothy Farrar-Edwards.

“This is a very competitive program and we have exceptional students, and we really wanted to recognize them for all of their hard work and all that they have accomplished,” says Farrar-Edwards. “All of the Department of Kinesiology programs are very difficult to get into. We feel like these students are working extremely hard and doing wonderful things — but we don’t always take the time to acknowledge their achievements. This event was a way to do that.”

For years, UW–Madison had held four different commencement ceremonies each spring at the Kohl Center. But beginning in the Spring 2013, the university started hosting one large ceremony at Camp Randall Stadium — with roughly 6,000 graduates together in a single venue and another 40,000 or so friends and family sitting in the stands, taking in the event.

“Having commencement at Camp Randall was certainly neat and there was a real ‘wow’ factor that gave you great pride to be graduating from such a great place,” says Tanner Neubauer, who earned his undergraduate degree in exercise movement science this past spring from the Department of Kinesiology. “But then to be able to come over to the Natatorium — and celebrate this accomplishment with our Kinesiology community that has been such a big part of my life these last few years — was truly special. It was also nice to be able to show my family where I spent so much time and who the different people were who had been teaching me. It was great.”

Adds Farrar-Edwards: “I think some of the parents were even happier than the students, because it gave them the opportunity to meet the faculty and our academic staff. It also allowed them to learn a bit more about all of the great things that their students have been doing and what they learned. It was really a lovely event.”

The celebration also allowed the department to recognize and highlight the many opportunities its graduates will have moving forward.

“Our students are going into high-demand fields and are very, very successful,” says Farrar-Edwards. “We have a high rate of acceptance into occupational therapy, physical therapy and physician assistant programs. Many go on to medical school and graduate programs in exercise and movement science. There are lots and lots of opportunities for our students moving forward. They are going on to great things and we wanted to celebrate that with them.”

In all, 54 graduates — plus an additional 400 family and friends — took part in the Department of Kinesiology’s event, which included sandwiches, refreshments, ice cream and cake.

Due to its success, Farrar-Edwards says the department plans to run the Undergraduate Recognition and Celebration event each year.

“I think that’s a great idea,” says Neubauer. “It was a wonderful way to wrap up my time with the Department of Kinesiology.”
The 2015-16 academic year is upon us, and I would like to take this opportunity to update our alumni and friends about the exciting things happening in our department.

As we are all aware, the unprecedented budget cuts to the university have put all departments in the School of Education and across campus in a challenging situation. Though one would expect spirits to be low in our department, we could not be more excited about the direction we are heading.

Our undergraduate enrollment continues to grow and we are turning out fantastic students. Last May we hosted our first Kinesiology graduation event, which by all accounts was a great success (see the cover story). We also just recently hosted our second annual undergraduate welcome party.

We have exciting new research from our exceptional faculty members. New strides in neuroscience from many in our department are producing nationally recognized results. Professor Dane Cook and his work with Gulf War veterans is featured in this issue of “On the Move.”

The plans for our new building are proceeding on schedule, and we couldn’t be more thrilled at the prospect of having all of our faculty and programs together in a state-of-the-art research and teaching space.

I would like to thank our very generous alumni who play such a key role in keeping our teaching and research missions performing at such a high level. To help us continue to grow, please consider donating to the Department of Kinesiology by visiting supportuw.org/giveto/Kines.

As always, we encourage you to drop us a line, and if you plan to be on campus please stop in to say hello. We would love to see you!

Take care,
Dorothy Farrar-Edwards

From the Chair:

At its inaugural Undergraduate Recognition and Celebration event, the new graduates were asked to share a thought about the Department of Kinesiology.

Following are a few examples.

“The faculty and staff in this program did a great job in making Kinesiology a community.”

“I enjoyed the many out-of-class opportunities that this program provided. These experiences allowed me to meet amazing people and helped direct me toward my professional pursuits.”

“I have made my best friends at this university within Kinesiology, and the family atmosphere is the best aspect.”
Cadmus-Bertram’s Fitbit study a hit with media outlets

A study co-authored by Lisa Cadmus-Bertram that examined whether or not fitness trackers really improve health garnered significant media attention in June, with reports from the Associated Press and Reuters news agencies being picked up by newspapers and online publications across the globe.

The assistant professor with the Department of Kinesiology is the lead author of a paper appearing in the American Journal of Preventive Medicine that’s titled, “Randomized Trial of a Fitbit-Based Physical Activity Intervention for Women.”

The Associated Press reported: “Sales of fitness trackers are climbing, and the biggest maker of the gadgets, Fitbit, made a splashy debut on the stock market (June 18). But will the devices really help you get healthier?”

In one of the few completed clinical trials of fitness trackers, the Associated Press explains how Cadmus-Bertram’s study found that overweight middle-aged and older women who used a Fitbit got about an hour of additional exercise a week, while a group of women that were given pedometers didn’t improve. Cadmus-Bertram tells the AP she thinks that if the women had received more support they might have experienced even bigger gains. But the study involved a specific group of women — they were around 60 years old, white and affluent. And they still didn’t reach the activity goals that experts recommend.

The Associated Press report also noted that Cadmus-Bertram is preparing to launch additional studies on Garmin’s Vivofit tracker and plans to test the LED-based heartbeat sensors in some activity trackers to see if their measurements are accurate.

Searchable database project earns technology infusion grant

In an effort to help faculty and students implement innovative projects designed to bolster teaching and learning, UW–Madison’s School of Education during the 2014-15 academic year awarded a dozen Replicable Instructional Technology Infusion (RITI) grants.

Four faculty members with the Department of Kinesiology — which is housed within the School of Education – joined forces and submitted a winning proposal titled, “Searchable Database of Pedagogical Exemplars.” Grants of up to $2,000 per student or $5,000 per faculty member were available, while total project funding could top those figures if applicants teamed up with others.

Department of Kinesiology Associate Professor Kreg Gruben (biomechanics), Associate Faculty Associate Cindy Kuhrasch (physical education teacher education), Associate Professor Andrea Mason (motor behavior) and Associate Clinical Professor Andrew Winterstein (athletic training) were awarded a total of $20,000 for a project that will create a rich and searchable video and image database to better teach students about movement across a range of Department of Kinesiology disciplines.

Similarly, assistant professor Kristen Pickett, who is a faculty member with the Department of Kinesiology’s Occupational Therapy program, submitted a winning proposal titled, “First Person Video to Enhance Student Learning, Knowledge Retention and Future Clinical Application.” This project utilizes the lightweight and wearable GoPro digital camera system and allows students to improve their learning of OT assessment techniques by wearing the camera during an assessment — and then reviewing the video at a later time.
On the Move – Fall 2015

Schrage named a Vilas Associate

William Schrage, an associate professor with the Department of Kinesiology who is focusing on how nerves and blood vessels control blood flow in response to exercise and environmental stressors like low oxygen, was selected earlier this year for an appointment as a Vilas Associate.

The university’s Vilas Associates Award competition recognizes new and ongoing research of the highest quality and significance. Recipients are chosen competitively by the Divisional Research Committees of the Office of the Vice Chancellor for Research and Graduate Education on the basis of a detailed proposal. This Vilas Associate appointment provides partial summer salary for 2015 and 2016, and also provided $12,500 in flexible research funding for each of the next two fiscal years.

Schrage’s BioDynamics Lab studies how conditions like obesity alter blood flow control, and how this may contribute to cardiovascular disease later in life.

Student-led projects land UW backing

Students with the Department of Kinesiology are leading a project that received funding this spring through UW–Madison’s Ira and Ineva Reilly Baldwin Wisconsin Idea Endowment competition.

One of the mini-grant awards went to students Morgan Lange and Bruin Armwald, who are with the Department of Kinesiology’s Athletic Training program. They are heading a project titled, “Athletic Training Students for Brain Safety: Developing a State-Wide Network.”

This initiative will expand local efforts in promoting brain safety to a broader audience in communities across the state by establishing brain safety organizations on university campuses throughout Wisconsin and providing them with start-up community education toolkits.

Meanwhile, Kristen Cassarini, a student with the Department of Kinesiology, was selected to receive a 2015-16 Wisconsin Idea Undergraduate Fellowship, the Morgridge Center for Public Service announced in April. Her project is titled, “TEAM (Time for Education, Awareness, and Management of) Concussion: A Community Resource for High School Students and their College student mentors; Madison, Wis.”

This project will allow Cassarini to help build a collaborative group setting to support high school teenagers who have experienced concussions.

Department news ticker …

- UW–Madison’s Alison Brooks and David Bell earlier this year were awarded a grant from the American Medical Society for Sports Medicine (AMSSM) to analyze the potential problems associated with student-athletes at the high school level specializing in a single sport. Bell is an assistant professor with the departments of Kinesiology and Orthopedics and Rehabilitation, and the director of the Wisconsin Injury in Sport Laboratory. The grant, worth $20,000, will allow the investigators to survey high schools of different sizes throughout Wisconsin.

- The Big Ten Network’s “Forward Motion” news program in December aired an uplifting and powerful report about a summer adaptive fitness camp for children with disabilities that is hosted by the Department of Kinesiology. “The biggest perception I want to change is the perception that kids with disabilities can’t do the things that other kids are doing,” Tim Gattenby says in the report. Gattenby leads the camp and is coordinator of adaptive fitness and personal training with the Department of Kinesiology. The Forward Motion report highlighted a range of ways in which this “No Limits” camp was truly a life-changing experience — for the kids, their families and the UW–Madison students who are majoring in kinesiology and helping out at the camp.

- Students from the Department of Kinesiology’s Physical Education Teacher Education Program in April helped train a cohort of high school students from the area about how to become site leaders for summer programming run by Madison School & Community Recreation (MSCR), which is the public recreation provider for residents of Madison. Cindy Kuhrasch, who coordinates the Physical Education Teacher Education program, trained the UW–Madison students and put together the training session and teaching materials, as well as facilitated the training event.
Most have heard that “exercise is good for you,” and generally understand how staying active can help with everything from controlling weight and combatting health conditions, to boosting one’s mood and bolstering energy.

But how, exactly, does exercise help? And to what extent can it have a beneficial effect?

“Those of us in the field of exercise physiology can sometimes fall into a trap of imagining that exercise is a cure-all for everything that’s going on in your body — and that’s not the case,” says UW–Madison’s Gary Diffee, the Department of Kinesiology’s Marsh Professor. “And when it comes to the effects of aging on cardiac or skeletal muscle function, we still have a lot to learn.”

For years, Diffee — who arrived on the UW–Madison campus in 1992 to conduct post-doctoral work before joining the Department of Kinesiology as a faculty member in 1997 — focused his research on basic muscle physiology and exploring how muscles change and adapt to things like aging, disease and exercise.

One study he conducted examined how heart muscles of rats that routinely exercised differed from sedentary hearts. The results showed that, while there were some differences with exercise, the effects of exercise on heart function were not dramatic. This isn’t surprising, Diffee now says, considering that the heart is pretty good at what it does. Even in people who don’t exercise, it beats about once per second every second one is alive.

So Diffee started to ponder, if exercise doesn’t make muscles significantly stronger, what is it about staying active that keeps people healthier and helps slow the aging process in both cardio and skeletal muscle?

Recently, Diffee and those working with him in the Virginia Harrison-Marsh and William Hector Marsh Center have started more closely examining the metabolic processes, or the way in which cells provide energy for contraction. In particular, Diffee explains that there is growing evidence that an organelle in cells called the mitochondria, which provides energy for the cell to operate, changes as one gets older.

Furthermore, studies conducted by Diffee and those in the Marsh Center — which is dedicated to promoting research activities and education in the area of physical activity, exercise and movement — indicate exercise plays a role in minimizing age related changes in mitochondria, which could help explain why exercise slows the decline of muscle function.

“We’re still asking some very fundamental questions and trying to figure out the basics of the processes going on in these cells,” says Diffee. “Every time you find some answers in research, you then have a whole new series of questions worth looking into.”

Diffee can’t help but let out a laugh while describing his latest research, noting, “The professors I had as an undergrad would find it very surprising that I’m a lab researcher.”

Diffee explains that as an undergraduate, he struggled with biology and started to associate success in that course-work with being able to memorize various scientific terms and concepts.

So in addition to his work in the lab, Diffee also is committed to being a great teacher. He explains to his students how science and biology are less about a series of facts to be memorized and more about a set of mysteries to be solved. Diffee again this fall is teaching an introduction to kinesiology course to a cohort of UW–Madison freshmen enrolled in a First-Year Interest Group titled, “Physiology of Human Performance.”

“I want to bring this idea of thinking creatively and problem solving and being a good detective — things I was missing as an undergraduate — to both my work in the lab and to my students as a teacher.” says Diffee.
Cutting edge research center finds new home with Department of Kinesiology

The Tactile Communication and Neurorehabilitation Laboratory (TCNL), a unique research center that’s on the leading edge of developing solutions for sensory and motor disorders, has found a new administrative home with UW–Madison’s Department of Kinesiology.

TCNL, which was founded in 1993, joined the Department of Kinesiology on July 1, 2015, after previous stints with UW–Madison’s College of Engineering and the School of Medicine and Public Health. It is led by highly regarded researchers Yuri Danilov, Kurt Kaczmarek and Mitchell Tyler, each of whom has more than two decades of experience in their respective fields of neuroscience, electrical engineering and biomedical engineering.

“My career feels like it has come full circle,” says Tyler, a mechanical and biomedical engineer who is TCNL’s clinical director. “I originally came to UW–Madison in 1987 for a one-year research fellowship and was teaching a kinesiology course. Getting the chance to once again explore new opportunities and to collaborate with those across the Department of Kinesiology is very exciting.”

Kinesiology is generally described as the study of human movement, including exercise physiology and psychology, sensory and motor control, and behavior — all areas that fit nicely into TCNL’s research portfolio. The lab has recently focused its efforts on enhancing the rehabilitation process for those struggling with movement control, particularly balance and gait, lost to traumatic brain injury, stroke or ailments such as multiple sclerosis and Parkinson’s disease.

“We are thrilled to have them with us,” says Professor Dorothy Farrar-Edwards, chair of the Department of Kinesiology. “They are making some incredibly interesting progress in finding answers to very serious problems for which there currently are not a lot of great treatments.”

Perhaps most notably, TCNL earlier this year was awarded a five-year contract from the Department of Defense to conduct research examining the effectiveness of its traumatic brain injury therapy, with an aim to eventually help military personnel. Many afflicted suffer from a range of residual and debilitating problems such as gait and balance disturbance, headaches, chronic pain, cognition, memory and attention issues, and more.

“The worst part,” says Tyler, “is many of these veterans also feel hopeless. There currently is nothing else out there that has been proven to help. Their nervous system seems to be stuck and not able to reset itself. We want to see if we can provide solutions — and hope.”

The five-year study will use the Portable Neuromodulation Stimulator (PoNS) device, which passes electrical stimulation into the brain via the tongue. TCNL researchers have shown that both using the PoNS device — developed in their lab — in combination with more traditional therapies can reduce symptoms, such as balance issues, related to traumatic brain injury.

“By using the PoNS device, it appears we are somehow unlocking this innate rehabilitative process within the brain,” says Tyler. “We hope we can eventually demonstrate how this therapy can be applied outside a clinical setting and be part of long-term care.”

TCNL will offer students with the Department of Kinesiology and from across the university an array of research opportunities in areas as varied as neuroscience, bioinstrumentation, biophysics and neurorehabilitation.

Similarly, the Department of Kinesiology is home to a range of faculty and staff dedicated to researching ailments such as traumatic brain injury, Parkinson’s and stroke, while utilizing cutting-edge neuroscience and imaging techniques.

“There are a lot of great opportunities to create synergy between TCNL and the Department of Kinesiology,” says Tyler. “We’re just beginning to scratch the surface of discovering the brain’s potential to heal itself if given the right tools and the right environment.”
Ann Ward, who spent more than two decades teaching, advising and overseeing a range of programs within the Department of Kinesiology, retired over the summer.

“I started to realize that there were a lot of things I was having to say no to, in terms of projects I enjoy outside of work,” says Ward. “I help coordinate a food pantry garden and want to do more golfing, biking, running and those sorts of things. It was time.”

The number of ways in which Ward’s work touched students, faculty and staff across the department was truly remarkable.

A sampling of Ward’s contributions include:

• Providing leadership for three Department of Kinesiology undergraduate majors — Physical Education Teacher Education, Exercise and Movement Science, and Athletic Training. In this role, Ward developed curriculum and revamped the undergraduate majors to better serve students, oversaw applications for admission, and put in place a tracking system to ensure that students graduated on time.
• Overseeing undergraduate advising for students across the department. In addition to managing four advisors, Ward provided academic and career advice for approximately 100 students each semester.
• Coordinating field experiences for student practicums and guiding the expansion of these invaluable experiences. Practicum placements for students within the department exploded from about three per semester to 50 per semester during her tenure.
• Teaching nine different graduate and undergraduate classes during her time on campus, in addition to developing three advanced undergraduate/graduate courses.

“Ann was deeply committed to, and involved with, this department in so many important ways,” says Professor Dorothy Farrar-Edwards, chair of the Department of Kinesiology. “She has really been the advocate and the moving force behind all of our curriculum updates over the years, making sure that what we’re teaching is the best, most important information.”

Ward earned her Ph.D. from UW–Madison in 1984 in biodynamics and exercise physiology before spending a year conducting post-doctoral work with the University of Wisconsin Medical School. After spending seven years at the University of Massachusetts’ Medical School in Worcester and another year at the University of Massachusetts, Amherst, Ward returned to UW–Madison for good during the 1992–93 academic year as a visiting associate professor with the Department of Kinesiology.

Over the years Ward took on increasing responsibilities, being named undergraduate program coordinator in 1998 and being promoted to faculty associate in 2007.

What most students and even some faculty and staff may not realize is the range of extensive and influential research work that Ward conducted over the years.

Ward, who is recognized nationally as an expert in exercise testing and training, and the role of physical activity in improving health, conducted numerous clinical trials evaluating the effects of exercise on weight loss, hypertension, heart disease and breast cancer. She authored 90 research publications, 12 book chapters and four books and booklets. Much of her research provided the foundation for the American College of Sports Medicine Guidelines for Exercise Testing and Prescription. She not only developed one of the most widely used methods for estimating percentage body fat, but also developed two of the most widely used tests for assessing aerobic fitness.

“I really enjoyed conducting research,” says Ward. “But I was ready for a change when I came here and I never looked back.”

When asked what she’ll miss most about working in the Department of Kinesiology, Ward says, “The students. They have so much energy and are so enthusiastic and really looking forward to their careers. We truly have great students here, and I’ll definitely miss them.”
Cook awarded grant to examine perplexing illness in Gulf War veterans  

Many veterans of the Gulf War, which took place from 1990-91, suffer from a complex and chronic illness that can cause pain, fatigue and cognitive problems.

UW–Madison’s Dane B. Cook notes that prior research into Gulf War Illness (GWI) has mainly focused on various individual physiological systems in an effort to find answers to this ailment that is poorly understood.

But thanks to a recent grant he received from the Department of Veterans Affairs, Cook hopes to more closely examine how these various systems are affected together as they relate to GWI. The hope is that this research can identify the mechanisms involved in GWI, and in the long run help veterans better deal with the range of issues caused by the illness, for which there are currently no confirmed effective treatments.

Cook, a professor with the Department of Kinesiology and a research physiologist with the Department of Veterans Affairs, explains that much of the research that has been done to date on GWI has categorized and looked at the types and severity of symptoms experienced by veterans. Some studies have looked separately at the immune system, for example, while others have examined things like heart rate, blood pressure regulation and how the brain is operating.

“But none of them have looked at how these separate but related physiological systems interact,” says Cook, who has spent the past decade studying the psychobiological mechanisms of pain and fatigue, and how exercise can help understand and treat these phenomena.

For the next four years, Cook will more closely study GWI by working collaboratively with researchers at the War Related Illness and Injury Study Center in East Orange, New Jersey.

Unlike with healthy individuals, prior research has shown that patients with chronic multi-symptom illness, like GWI, have a worsening of symptoms when they exercise—a condition called post-exertion malaise. To accomplish their goals, Cook and colleagues will use acute exercise to stress these physiological systems and importantly test how they interact and whether these interactions are responsible for the veterans’ symptoms.

Cook and his team hypothesize that dysfunction across multiple physiological systems interact to produce and maintain the symptoms of GWI.

“I expect we’re going to see changes in how the autonomic nervous system regulates blood pressure and heart rate,” says Cook. “We’re going to see up-regulation in pro-inflammatory cytokines—proteins that can cause fatigue and pain. And we’re going to see that these systems are communicating with one another. These communications are going to help explain why that veteran became more sick when he tried to exercise.”

In order to study this complex issue, Cook and his colleagues will also utilize neuroimaging experiments using functional magnetic resonance imaging (fMRI). This process will also allow the researchers to explore neural responses related to pain, fatigue and exercise.

Cook hopes this research will significantly enhance our understanding of GWI and will begin to determine the physiological systems that are most impaired. He says the findings from this research will help us better understand not only ailments inflicting Gulf War veterans, but also disorders affecting veterans from our current and future affairs.

“It would be better if we thought more proactively about veteran health,” says Cook. “If this (our research) can do a tiny part to drive that, then that would be great. But that’s not the purpose of this research. The purpose of this research is to understand the pathophysiology of today’s Gulf War veterans and use this information to guide future treatments for the men and women who have selflessly served this country.”

In addition to Dane Cook’s work, several other faculty members with the Department of Kinesiology also are involved in cutting-edge neuroscience work, including:

Dorothy Farrar-Edwards: Alzheimer’s disease and stroke
Brittany Travers: Motor skills and autism
Bill Schrage: Link between fitness, blood flow in the brain and obesity
Jill Barnes: Risk factors for cardiovascular disease and dementia
Kristen Pickett: Gait and Parkinson’s disease
Thanks so much for responding to our email request for alumni updates! If you have not received this request for updates, it may mean we don’t have your current e-mail address. To update your alumni record call 608-890-1430 or visit: http://education.wisc.edu/soe/people/for-alumni-friends/update-your-alumni-record

James Horsfall — BS 1949
James, who majored in physical education and was a member of the men’s basketball team, reports that “restoration of streams and woodlands in agricultural areas has interested me for years” and an “opportunity and perceived need existed in western Grant County where I was born and grew up.” James has contributed grant money over several years to the River Ridge School District for the planting of trees along State Hwy. 35 — the Blakes Fork Creek between Bloomington and Patch Grove, Wisconsin — which is along a portion of the Great River Road. The school accepted the funds and through the efforts of Mr. Kory Stalsberg, one of the teachers at the RRHS, a program for this purpose was established. Another project, James reports, was the purchase and lease of a 40-acre farm to his grandson to establish an organic vegetable farm — Square Roots Farm in Fall River, Wisconsin.

Marilyn Grabin Putz — BS 1954
Marilyn taught high school and junior high school physical education in Highland Park, Ill., San Mateo, Calif., Madison and Denver for many years, after which she received a master’s in Individual and Family Counseling. She now works for an animal hospital as a pet loss counselor. Marilyn writes: “Majoring in physical education (in good old Lathrop Hall) was one of the most fun, challenging and meaningful experiences of my life. I took away an endless amount of skills, both mental and physical and would never trade that for anything.”

Beryl Greenspon Levine — BS 1963
Beryl taught physical education for two years at a middle school in Palatine, Ill. She married in 1965 and has three children who are now grown and have children of their own. She is a grandmother to four boys. Beryl worked at Lincoln Park Zoo for over 12 years in the retail shops. Now retired and divorced, she volunteers at a no kill animal shelter working with dogs. Over the past 20 years she has traveled to countries all over the globe. Beryl writes: “My very favorite destination was Antarctica and also my favorite place on earth. Other destinations were China, Norway, Iceland, Canada, So. Africa, Russia, Australia, New Zealand and Alaska. Life is good!”

Konstance Klumpar McCaffree — BS 1964
Konstance taught physical education and biology for the first few years in Illinois, Indiana, New York and Pennsylvania before completing her Ph.D. at New York University in sexual health education. She taught junior and senior high school health for many years and also prepared teachers for teaching in the University of Pennsylvania Department of Education, as well as beginning a program in preparing teachers at Widener University. Now retired from active teaching in the classroom, Konstance does adjunct work at Widener and is a supervisor for those seeking certification from the American Association of Sexuality Educators Counselors and Therapists in sexuality education. She currently serves as the president of AASECT and just completed two terms of the presidency cycle with the Society for the Scientific Study of Sexuality.

William F. Straub — Ph.D. 1966
After earning his doctoral degree, William worked as a physical education teacher and coach in Saugerties, N.Y. He then spent a couple of years at The New York State Education Department as an associate in physical education and recreation. He also was the associate dean of HPER at SUNY Cortland, followed by 24 years of teaching and research at Ithaca College. At one point, William returned to Madison after being away for 20 years and did a post-doc with Professor William Morgan in 1988 in sport psychology. Now in retirement, he has a small private practice in sport psychology.

Doris Debra Berndt — BS 1972
Doris retired from her position as director of WEA Professional Development Academy and is currently living in Fitchburg, Wis.

Kathy Tritschler — BS 1972
After 30 years of teaching exercise science courses, Kathy retired this past June as a full professor from the Department of Sport Studies at Guilford College in Greensboro, N.C. Kathy and her wife, Eliza, plan to remain in the Greensboro area. In retirement, they will be doing lots of kayaking, bicycling and lap swimming!

Christine Ann Gowey — BS 1978
Christine is celebrating the publication of her first children’s book, “Zip and Zap Take A Nap.” The book explores adrenal fatigue in an illustrated format that captures the imagination, making it easy for kids and parents to understand and discuss. Her second book, “Moranda and the Mountain” takes Moranda and her friend Corky on an adventure to a magical, purple, crystal mountain. Both books are available on Amazon.

Dan Benson — BS 1982
Dan is starting his 33rd year as a high school teacher and coach at Homestead High School in Mequon, Wis. He also serves as the department chair for health and physical education.

Jack Edwards — BS 1982
After four years working as an RN clinical coordinator in Asheville, N.C., Jack returned to Florida in May of 2015. He is currently the administrator of The Cape Coral Surgery Center and The Lee Island Coast Surgery Center.

Margaret Lechner — MS 1983
Margaret is in and out of prison a lot facilitating AVP (Alternatives to Violence Project) workshops. She also works in local communities and with AVP International. www.AVPUSA.org

Kristin Lynn Skarie — BS 1984
Kristin sailed with the Summer 2014 Semester at Sea Voyage as a Resident Director along with 449 college students, 103 family and life long learners, 68 faculty/staff and over 100 dedicated ship crew. They visited 11 port cities in Europe and Scandinavia. Students worked on nine credits of academic classes, lectures, field labs
and independent study via the academic sponsor, the University of Virginia. While on the voyage, Kristin was a TEDx speaker in Helsinki, Finland, sharing her story of a year-long experiment to buy nothing new with the exception of food and other consumables. In addition to running her higher education consulting company Teamworks, Kristin shares tips to take better care of your corner of the planet to have a more simple and abundant life. These tips are based on her book, “A Year of Nothing New — Tools for Living Lean and Green.” Kristin is also wrapping up her eighth year as a Pencil Partner Volunteer with the Rochester City School District to teach fourth graders how to build community and self-confidence in their classroom.

**Sue Shattuc — MS 1987**
Sue is currently a freelance grant writer, writing grants for a variety of needs — technology, arts, education and social services to name a few. Since graduating, Sue has worked in cardiac rehab settings across the country, managed a department at The National Institute for Fitness and Sport in Indianapolis where she did human performance testing for individuals ranging from weekend warriors to international Olympic and professional athletes. In Seattle, she was a research coordinator for a nuclear cardiology physician investigator at the University of Washington before moving to Portland, Ore. where she currently resides.

**Theodore Hirschfeld – BS 1987**
Theodore served as head AT for Team USA during the 2015 IAAF World Youth Championships held in Cali, Colombia in July 2015. He currently works as an athletic trainer for Carolina Family Practice and Sports Medicine at Duke University Health System.

**Dr. Richard L Hruby Jr. – BS 1994**
Dr. Hruby owns his own chiropractic business, Hruby Chiropractic Wellness. He is passionate about helping those in both the Greenfield and Waukesha communities through not only creating individualized wellness plans, but also in conducting a variety of Corporate 8 Weeks to Wellness Presentations for local employers who are looking to reduce health care costs. Furthermore, Dr. Hruby also works with civic groups and places of worship to help with fund-raising events. In his spare time, Dr. Hruby enjoys a variety of recreational activities including golfing, distance running, tennis and coaching youth hockey.

**Nancy Getchell – MS 1989, Ph.D. 1996**
Nancy was promoted to full professor at the University of Delaware in the Department of Kinesiology and Applied Physiology.

**Stephanie Fall – BS 2006**
Stephanie was the District 4 recipient of the 2015 Gatorade Secondary School Athletic Trainer Award. She also organized and presented at continuing education events for “Emergency Review in Athletics: Appropriate Care of the Spine Injured Athlete” in Hudson, Wis., and “Concussion Management: Evaluation, Treatment, and Return To Play” in Stillwater, Minn.

**William Adams – BS 2009**
William is in the final year of his doctoral studies in the Department of Kinesiology at the University of Connecticut. His upcoming dissertation is focusing on the effects of ad libitum versus prescribed fluid replacement on performance and recovery after exercise-induced dehydration. For the upcoming academic year, he will be continuing his work as the Director of Sport Safety Policies for the Korey Stringer Institute (KSI), where he oversees efforts to assist high school athletics/activities associations adopt and implement evidence-based best practice recommendations for sport safety. Within the past year, William has also published four book chapters in edited books on topics related to both exertional heat stroke and cold-induced injuries. He also has published seven peer reviewed articles.

**Laura Slowinske – BS 2009**
Laura earned her doctorate of physical therapy degree from the University of Illinois at Chicago in 2013 and has been working as an orthopedic and pelvic floor physical therapist at the Rehabilitation Institute of Chicago for two years.

**Daniel Dwyer – BS 2010**
Daniel is attending Boston University School of Medicine.

**Anthony Gutierrez – MS 2010**
Anthony is currently a practicing prosthetist in the northwest Indiana area. He specializes in outcomes-based care and amputee limb health within a prosthesis. Anthony currently serves on a committee to push utilization of outcome measures across the field.

**Hannah Carimi – MS 2013**
After graduating with her master’s, Hannah earned her international MBA from Tel Aviv University. She is the founder and CEO of BrideFIT, an internet-based personal training company helping brides effectively and healthily get into their dream wedding shape. Hannah writes: “I love my company and being able to work internationally and knowing that my coaches and I are making a global difference in the way people see health.”

**Cory Munden – BS 2013**
Cory is beginning medical school at George Washington University in Washington, D.C.

**Mac Weninger – BS 2014**
Mac is currently attending the Medical College of Wisconsin.

**Keith Thraen Borowski – Ph.D. 2015**
After finishing his Ph.D., Keith became affiliated with the department of Kinesiology as a postdoc in Lisa Cadmus-Bertram’s Physical Activity Epidemiology laboratory.

**Amy Odendahl – BS 2015**
Amy just moved to Des Moines, Iowa, where she is beginning her doctoral program in physical therapy at Des Moines University.
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