On the Move

PEOPLE AND STORIES THAT INSPIRE ACTION

POWER SHIFT
Fat as fuel for endurance athletes

READY, SET, GO
40 years of setting bodies in motion

WHERE’S C DECK?
Corralling the crowd on game day in the 'Shoe
IN THIS ISSUE

INSPiRE
An annual publication for alumni and friends of the College of Education and Human Ecology at The Ohio State University

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On the cover: Giggles and squeals erupt as alumna Kate Newman’s first-graders at Bailey Elementary in Dublin, Ohio, play with a parachute. Newman calls out team names, and the children race beneath the canopy to change sides.
Movement is essential to longer and healthier lives, not to mention a source of joy and satisfaction. In this issue of Inspire, we explore innovative efforts to support people on the move, whether that movement is physical, mechanical or intellectual.

We introduce two top researchers, both new to our faculty, whose cutting-edge approaches enhance athletic performance. We then take you on a historic tour of just a few of our iconic physical education, health education and sport management faculty and alumni. We reveal the alumni and student team keeping order in the ’Shoe on hectic game days, as well as how one graduate keeps the tires rolling for NASCAR.

Sometimes, a life story is not so public. But it is just as compelling.

Coach Thad Matta said EHE student Derek Upp is tough, persevering and relentless. As a student manager for men’s basketball, Upp returns out-of-bounds balls during practice, goes on the road with the team and keeps stats.

This is amazing because Upp was born with a C6-C7 spinal cord injury, leaving him with incomplete quadriplegia. He has full use of his left hand and arm, more limited use of right arm and no functional movement of his lower extremities.

“Sports have always been a part of my life,” said Upp, who is studying sport industry. Hailing from Lancaster, Ohio, he’s agile on the wheelchair basketball court, plays quad rugby, rides a hand cycle and more.

He goes above and beyond his coursework regularly, for example assisting with No Limits Basketball, a Lancaster camp for youth with disabilities. And he recently coordinated a wheelchair basketball game for Ohio State’s men’s basketball managers and players. “It gave them a taste of what it’s like to play in chairs,” he explained.

Upp has no intention of slowing down after he graduates. “I’ve always been interested in coaching or managing in basketball,” he said. “I’m also interested in encouraging more people with disabilities to attend college.”

Kate Newman (’10 Physical Education), a physical education teacher at Bailey Elementary School, Dublin, Ohio, has a goal. She wants her girls and boys to have the knowledge, skills and confidence to be physically active throughout their lives.

The Newark, Ohio, native carries on the legacy of our Faculty Emeritus Daryl Siedentop, who pioneered the physical education model in which everyone plays, everyone wins. (see p. 12).

Newman prepares each child to take a role in their small group—as coach, assistant coach, statistician, equipment manager—as she was taught by associate professors Weidong Li and Phil Ward.

She loves seeing her students coach each other. “When a kid who might ordinarily be quiet is strong in a sport, for instance, in gymnastics, it’s awesome to see them come out of their shell and step up to help a teammate struggling with a skill.”

We all understand the thrill that Newman and her student coaches experience when the uncertain student gets it.

“They’re all so excited,” Newman said. “It’s a wonderful dynamic to see.”
First class in the rink and in the sky

Emily Clark is a celebrated roller skater. And, she has the travel miles to prove it.

The world-class USA Roller Sports dance division skater trains approximately 24 hours each weekend with her partner Mark Copley. With a partner who lives more than 1,000 miles away, the junior majoring in human development and family science has become very accustomed to spending as much time flying through the air as she does around the rink.

Generous sponsors pay for Clark and Copley, who lives in Tampa, Florida, to fly to each other’s city twice a month during the off-season. When it’s time to train for the world championship, their visits are beefed up to once a week. That, in addition to traveling to national and international championships, has accounted for her more than 450,000 frequent flyer miles.

“My skating has taken me to Frieberg, Germany, the Gold Coast in Australia, and Barcelona, Spain,” the Cleveland native said. “I wouldn’t trade it for the world. It has become a part of who I am.” Her skill has also earned her more than 50 medals, half of which are gold.

One of the hardest decisions that Clark has ever had to make was determining if she would continue skating while attending Ohio State. “It’s difficult to manage but I love them both too much to give one up.”

Today, Clark proudly balances academics, athletics and lounging, while soaring above the clouds.

Using his past to support the future of others

Witnessing domestic violence while growing up is the most difficult challenge that Aaron Murnan has faced. That hardship, though, led him to find his passion: helping disadvantaged women who are transitioning out of similar situations.

“Growing up in Cleveland with a family in disarray really made me appreciate my relationships with my friends and their families,” Murnan said. It was those very friends who encouraged the nontraditional student to transfer from Cuyahoga Community College to Ohio State. “It was at Ohio State where I began doing research that I loved.”

The couple and family therapy graduate student is working with his faculty advisor Natasha Slesnick, professor of human development and family science, to explore treatments for mothers who are homeless or use drugs and alcohol.

“A lot of people don’t understand the challenges that these women have faced and are facing,” he said. Many have been victims of childhood sexual abuse, intimate relationship violence and extreme poverty. His research is impacting women in transitional situations. His goal is to make even more of a difference.

“After graduation, I’d like to create a comprehensive program tailored to the needs these women have told me about, as opposed to needs that outsiders identify.”
Yesterday and today: The history of the Ohio Field

The Ohio Field was the original home of Buckeye football. Built at the intersection of High Street and 18th Avenue, Arps Hall now stands where the Ohio Field once rocked with excitement.

1898: Ohio Field was built with a capacity of 500.
1910: Bleachers and grandstands boosted the field’s capacity to 14,000.
1916: All-America halfback Chic Harley arrived and ticket demand soared.
1919: Here’s the Western championship game against Illinois with over 20,000 people watching from the bleachers. An additional 40,000 spectators perched on nearby roofs and fences.
1920: The Ohio Field was demolished, and the campaign to raise $1 million for an Ohio State stadium began.
1926: Ohio Field became but a memory. Arps Hall was built to house the newly founded College of Education.
2014: Ohio Field comes back to life, in front of Arps, thanks to a landscaping project that pays homage to its glory days.

Want to add some tension to your first date? Bring up immigration policy. Currently, it’s perhaps the single most debated topic in the nation. For higher education and student affairs doctoral fellow Mei-Yen Ireland, it’s an ideal conversation starter.

“Imigration is an inextricable part of this country’s history and sociopolitical environment. It is also an inextricable part of my own history,” she said. Ireland’s father emigrated to the U.S. from Hong Kong.

“I believe that higher education can be a strategy for equity and that access to and success in college are reciprocally tied to social issues.”

Her PhD dissertation focuses on the identity of undocumented students who attend community colleges in Ohio and have benefited from the Deferred Action for Childhood Arrivals (DACA) policy. Established by the Obama administration in 2012, DACA defers the removal action of students under 31 who came to the U.S. without legal authorization as children. In 2014, the deferral process was extended.

“I hope my study will provide important insight for policymakers and educators,” Ireland said. “DACA students are diverse, high achieving, resilient and hardworking, and their stories deserve to be heard.”

The hidden beauty of EHE

Test your knowledge. How well do you know your college? Hint: The photos above are linked to EHE buildings, programs and centers.

1. colorful fabrics are displayed in the historic costume and textiles collection located in Campbell Hall
2. students taking swimming classes within EHE’s sport fitness and health program enjoy the McCorkle Aquatic Pavilion
3. this work of art, painted by staff member Ryan Brandal is on display in EHE’s Office of Diversity and Inclusion
4. maps hall is an architectural beauty. Notice the emblazoned arch. This emblem is located on the east side of the building, facing High Street.
5. With an executive chef, the kids at the Schoonhoven family center at Weinland Park dine on fresh fruits and veggies each day.
6. The library on the Marion campus serves quite a bit of traffic from EHE students in the master’s of Education program.
Fat as fuel
Energizing physical performance, promoting health

BY JANET CICCONE

Jeff Volek has been considered a contrarian. He began studying low-carbohydrate, high-fat diets 18 years ago. Now his work is garnering renewed interest. A growing number of scientific studies support this approach for managing obesity and a range of clinical disorders.

Athletes have rushed to adopt it, and the U.S. military is exploring its potential. A low-carb eating pattern boosts performance and recovery, as shown by several new ultrendurance records set by athletes fueled by fat rather than carbs.

As a dietitian and scientist, Volek has dedicated his career to conducting low-carb experiments. The professor of kinesiology has studied subjects ranging from obese diabetics to ultralean, world-class endurance athletes.

Triathlete Sami Inkinen became prediabetic, despite following the national Dietary Guidelines for almost 20 years. Based on Volek’s research and advice, Inkinen removed most carbohydrates from his diet.

The ultimate test of the shift came when Inkinen and his wife, Meredith Loring, entered the 2014 Great Pacific Race, a two-person, unsupported 2,700-mile row from Monterey, California, to Honolulu.

“We rowed for 45 days fueled by almost 5,000 kilocalories each of saturated fat per day,” said Inkinen. “I finished healthier than ever.”

Inkinen and Loring also won the race and set a world’s record.

Ultrarunner Zach Bitter was doing pretty well on a high-carb diet. But after adopting a low-carb diet, he started finishing higher in the pack. Last summer, he broke the record for the American track 100-mile run.

Bitter, along with nine other high-caliber, fat-adapted runners, were recently guinea pigs in Volek’s lab. “For the first time we had a unique glimpse under the hood of elite, low-carb athletes. They are phenomenal fat burners,” Volek said, “with peak fat oxidation 50 percent higher than the highest rates ever recorded.”

“Low-carbohydrate research, most notably that done by Dr. Volek, has been a game changer in my performance and recovery,” said Bitter. “My ultramarathon training regimen has become not only manageable, but a source of greater health.”

One size does not fit all

On a broader level, Volek’s research shows that some people are simply not hard-wired to process a lot of carbs.

Witness the fact that for the four decades since the USDA published its Dietary Guidelines, Americans have been told to limit full-fat animal products, including red meats, eggs and dairy. “Healthy” carbs are recommended. However, many people choose sugars and processed starches instead.

In the same period, adult obesity rates have doubled, and they’re estimated to increase another 50 percent by 2030. Childhood obesity and diabetes diagnoses have tripled. Two-thirds of U.S. adults are overweight, one-third are obese and roughly 25 million have diabetes. The country also spends $250 billion annually to manage type-2 diabetes, a number expected to double by 2020.

These statistics are alarming but not surprising, in light of Volek’s research. “Obesity and type-2 diabetes are manifestations of insulin resistance, which can be regarded as carbohydrate intolerance,” he said. “As with any food intolerance, the primary treatment should be to limit the intake of that food category below the level that causes symptoms.”

Charting new paths to personalized diets

Volek is pioneering biological measures that show how we respond to food. One marker is palmitoleic acid. When this fatty acid increases in a person’s blood, the body is converting more carbs into fat, an early indicator of problems.

“A rising palmitoleic acid level is like the canary in the coal mine, signaling you are consuming more carbs than you can burn,” he said. “Higher levels are consistently linked to obesity, high blood sugar and triglycerides, inflammation, metabolic syndrome, type-2 diabetes, heart disease, some cancers and more.”

To prove the point, Volek and his team fed 16 people six diets with progressively more carbohydrates over nearly six months. Calories and protein stayed constant. The goal was to identify the specific point at which each subject started to accumulate palmitoleic acid.

“We started with the low-carb diet, or 50 grams or less of carbs per day. As the diets added carbs, the palmitoleic acid level went..."
Imagine racing 2,700 miles across the ocean, all alone in an open boat. Never once did competitors Sami Inkinen and Meredith Loring hit the wall, despite rowing up to 21 hours at a stretch. Photo courtesy of Sami Inkinen

But does it taste good?

Some people mistakenly think a low-carb diet is so restrictive, it can’t be followed long term. Volek’s study subjects disagreed. They preferred the lowest-carb diet that included a lot of low-starch vegetables, meats, eggs and satisfying butter and cream.

Volek believes that mainstream acceptance of a low-carb lifestyle as a tool for managing insulin resistance—and its secondary manifestations of obesity, metabolic syndrome and type-2 diabetes—is around the corner.

“A well-formulated low-carb, high-fat diet can reverse prediabetes and put type-2 diabetes into remission,” he said. “It can also provide an edge for some athletes and soldiers.”

As ultrarunner Zach Bitter said, “Dr. Volek is more than capable of taking the current research to a whole new level.”

A sample low-carb, high-fat lunch:

Broiled salmon and a side salad

**INGREDIENTS**

- 4 oz. Grilled salmon
- 1 tbsp Butter
- 2.5 cups Mixed baby greens
- 1/4 cup Diced tomatoes
- 1/8 cup Chopped red onion
- 1 oz. Feta cheese
- 4 each Black and green olives
- 1.5 tbsp Blue cheese dressing
William J. Kraemer never makes assumptions about science. As a preeminent scholar in the physiology and endocrinology of resistance training, he has spent the last 35 years proving many of the basic principles of kinesiology, the science of human movement.

Now the veteran professor is exploring new frontiers in whole-body neuroscience. Kraemer has a passion for improving the exercise prescription for optimal physical performance. His subjects include athletes, women, military warfighters, youth, the aging and special populations.

“Exercise is all about activating motor units, starting with the brain,” Kraemer explained. “The brain is very specific about how it responds to different workout protocols. The novel thing we’re doing is tying stimulation of the cortical brain to muscle activation to physical performance. We can look at the whole chain of events, and then at how it’s affected by nutrition, hydration and more.”

To see the changes, Kraemer’s neuromuscular laboratory has an impressive array of cutting-edge cellular and molecular instruments—high-tech tools for the advanced study of exercise. For instance, it integrates the electroencephalogram (EEG) technology, which measures brain activity, with electromyography (EMG), which measures the activation of muscle. He combines them with performance measures by using instruments such as force plates to determine the force and power produced in a movement.

He can also study the effect of different interventions, such as injury rehabilitation techniques or nutritional supplements. The goal is to see what best supports a person’s brain health, cognition, physical strength, agility and recovery from strenuous exercise.

The new venture was launched with long-time colleagues Carl Maresh, the new chair of the Department of Human Sciences, and Jeff Volek, professor of kinesiology, along with other faculty in the department. Together, they are exploring partnerships across Ohio State. For example, the lab can be used to learn more about recovery from injury or cancer.

“If an individual has sustained damage, such as a torn ligament, we can examine how it and the muscles are healing, how they work together in the recovery process. We can see how the brain copes with pain and how that affects recovery. Our ultrasound analyses can show how the tendons and muscle are simultaneously adapting, too. We can test responses to rehab interventions.

“Our aim is to make EHE and Ohio State known for whole-body neuroscience focused on neuromuscular-integrated biology,” Kraemer said. “We’ll have one of the few labs in the world with these combined capabilities.”
Neuroscience research connects brain, exercise, nutrition

BY JANET CICCONE

More at go.osu.edu/OnTheWeb2015

The EEG cap captures brain wave activity before, during and after the squat exercise performed by Marisa Ternes, undergraduate research assistant. Kinesiology doctoral student Catherine Saenz monitors the cap and other connections, such as EMG electrodes on Ternes’ muscles, for a full picture of the neuromuscular demands of the task.

Training soldiers for combat fitness

Kraemer brings many benefits to the college, thanks to his treasure house of knowledge. One area he has built over the years is how to prepare men and women for the physical demands of the military.

As a commissioned officer in the U.S. Army during the 1980s, he was the first to document that a combination of training types is needed for optimal fitness. “The military wants its physical training to be based on science, but when we first went to the research to learn the best way to prepare warfighters, there was nothing,” he said.

His studies showed that if women relied entirely on running for conditioning, their incidence of stress fractures dramatically increased. “You have to provide a total conditioning training program of both resistance training and running,” he explained.

It may seem like common knowledge, but as Kraemer puts it, “Science is a slow process. Some assumptions are right, but some are wrong. That’s why you do science.”

Countering the effects of physical exertion and jet lag

College athletes also capture Kraemer’s interest. Varsity players in every sport travel for their competitions. Yet National College Athletics Association (NCAA) rules allow limited time for such travel. Due to costs, universities often have athletes travel to and from competitions as quickly as possible.

Kraemer is the first to document what the stress looks like when athletes travel under such conditions. It is theorized that the human body needs 1.5 days to adjust for every time zone change. He asked, What else could support an athlete’s recovery from physical exertion from competition with such jet-lag and travel stress? He decided to see if full-body compression garments helped. His study flew participants from Connecticut to California. They stayed overnight, and the next day, were subjected to a workout similar to a highly competitive football game that caused muscle tissue damage. Then they flew home on the red-eye.

Half of the subjects wore full-body cotton undergarments for the entire trip. The other half wore compression suits by Under Armour. Kraemer clearly documented that the rapid to-and-from travel put the athletes in a more stressful physiological state than if they did not travel. However, “The musculature of those wearing the suits was compressed enough that it didn’t blow up with edema and swelling.” “Further, because they had less damage, speed, agility and quickness were better upon return.” Kraemer translates his results for average athletes. “If you’re crossing time zones to ski,
Innovation in kinesiology

Movement’s mystery and beauty inspires our study

Hop, skip, jump. Throw, hit, catch.

How hard can it be? Humans have asked since they first began perambulating.

In 1914, our college’s educators and researchers joined the chorus. By 1917, they were researching cognitive, emotional, physical and economic aspects of wellness, including social interaction and leisure.

Today, kinesiology adds physiological, mechanical and psychological mechanisms to the mix. But no matter what the name, EHE faculty and alumni pioneered innovations, making the field one of the most vibrant today.

Changing societies

Survival of the fittest (woman)

Like the captain of a ship, Phyllis Bailey can navigate her way through deep waters. In her 39 years at Ohio State, she steered intercollegiate women’s sports into new accessibility and competition.

She had to be a superb pilot as the university crashed against 1972’s federal Title IX mandates. She recalled being both excited and apprehensive about the future. At first, Ohio State (and many other institutions) didn’t acknowledge the changes ahead. “I reported that the women’s athletics program at Ohio State was going to become equal to the men’s program. All I got was a laugh.”

Bailey, the university’s first female associate athletics director, was charged not only with giving women equal opportunity to play, but also with ensuring teams had comparable facilities, coaching, travel budgets, scholarships, tutoring, scheduling and expenditures. She fought for better conditions for women on the Athletics staff.

Ohio State’s administration was hardly enthusiastic about the new fiscal demands. Women athletes were impatient with what they considered delays. Female coaches didn’t want to hear her advice: “You’ll have to go at least 75 percent of the way” to convince male coaches that change was not catastrophic.

On the other side, some male coaches thought plans were too aggressive, said Bailey, professor emerita of athletics and physical education. Rumors flew: Men’s teams would lose half their training time, half of their grant money and so forth. “There was a whole group of very angry coaches for men’s sports.”

Eventually, because of her careful strategies, the sides came together. “It was an amazing shift in every way. One by one they’d come along.”

Long before Title IX, Phyllis Bailey sought increased institutional support of female players nationwide. As a faculty member, she mentored women who became coaches and sports administrators. She is a member of the EHE and Ohio State Athletics halls of fame, and the Varsity “O” Women’s Alumnae Association presents a career achievement award in her name.

GEMMA MCLUCKIE
Building a worldwide web

Sixteen years after Title IX mandated equity for American women in sport, Etsuko Ogasawara chafed under the ongoing gender gap in Japan.

She was a coach for the Japanese men’s and women’s Olympics teams in 1988. “Yet as a woman, I was referred to as a chaperone,” she said, “even though I was a university professor and swimming coach.”

While attending Ohio State, collegiate programming for women opened her eyes to possibilities for changing the culture at home.

Ogasawara (’97 PhD Sports Management) used an American strategy, commercial sponsorship, to establish the Japanese Association of Women in Sport in 1999.

“I recall vividly the struggles she went through in launching that movement,” said Packianathan ‘Chella’ Chelladurai, faculty emeritus of physical education.

Over the years, Ogasawara rallied women across Asia, from Syria to Singapore. As co-chair of the International Working Group on Women and Sport, she organized the fourth World Conference in 2006, which attracted a record 700 delegates from 100 countries and regions.

Most recently, she chaired a project under the Japanese Ministry of Education, Culture, Sports, Science and Technology (MEXT). The result: MEXT introduced a statement in the 2013 Sport Basic Act, specifying the need to support female athletes.

An elated Ogasawara points out, “It means we changed a law.”

Raija Mattila of Finland has worked with Ogasawara for years. “For the global sports movement,” she said, “Dr. Ogasawara has proven to be a charismatic leader with unfaltering vision.”

Etsuko Ogasawara, of Tokyo, professor and former chair of sport management, Juntendo University, has served as vice president of the Asian Association for Sport Management. She received the 2012 International Pathfinder Award from the National Association for Girls and Women in Sport.

:: JANET CICCONE

Instilling values for living

For Don Hellison, play should have a lasting, positive impact on the lives of young people.

While working with underserved youth in Chicago, Hellison (’69 PhD Physical and Exercise Science) asked how to teach necessary life skills and values as well as movement.

The professor of kinesiology, University of Illinois at Chicago, found the answer in Teaching Personal and Social Responsibility, using physical activity to teach life lessons.

TPSR deemphasizes winning. Instead, it offers core values: respect, participation, self-direction and caring.

Educators teach respect for the rights and feelings of others by rewarding children for following directions and rules, such as not
Mending and minding

Health myths exposed, wellness embraced

In an era when the specter of HIV/AIDS terrified people, Linda Meeks and Philip Heit wrote the first medically based book about the disease for teens. Long before viral marketing, their work was reported worldwide.

It was 1988, and Heit and Meeks wanted parents and their children to know the facts, and how to stop the risky behaviors that transmit the virus.

“My purpose in life has been to educate and motivate people of all ages to take responsibility for their health,” said Meeks from her home in California.

Meeks and Heit, now professors emeriti of health education, prepared thousands of teachers, school administrators and allied health professionals to teach. They also helped parents communicate with their children about how to stay healthy.

In 1991, the co-authors launched Meeks Heit Publishing Company, creating health education textbooks, videos, CDs and multimedia programs for grades K-12 and college. Their 350 publications have improved the health of millions worldwide.

Meeks credits the Columbus chapter of the International Women’s Presidents’ Organization (WPO) for propelling her success. When she joined, “Suddenly, I was with 20 empowered women, each passionate about her purpose.”

With a deep desire to equip children living in poverty with nutrition knowledge and skills, Meeks has supported the college’s Simple Suppers for families with preschool children. She also is passionate about the Brutus Buckeye 4-S program: scholarship, spirit, student life and service. She helped

Fitness training, leadership, attendance, teamwork and fair play.

“Daryl Siedentop has been a game-changer in physical education—pun intended!” said Sandy Stroot, professor emerita of physical education and interim chair of the Department of Teaching and Learning. “All children, not just the highly skilled athletes, can experience the ‘thrill of victory,’ and learn to pick themselves up after the ‘agony of defeat.’ They learn the importance of working toward a common goal and how to be a part of something bigger than themselves.”

Siedentop’s idea has spread around the globe. In fact, New Zealand has included Sport Education in its national curriculum for almost a quarter of a century. He also was asked to present his work at major conferences in Australia and England.

Teachers, professors and policymakers should get the credit for recognizing Sport Education “as a way to better serve children and youth with a quality sports experience in the context of physical education,” said Siedentop, professor emeritus of physical education.

“Daryl’s most significant legacy is the more than 60 doctoral students and the faculty members he learned from, taught with and mentored,” Stroot said. “The Sport Education Model is the culmination of his passion for effective teaching.”

Daryl Siedentop authored 12 books and an invited white paper supporting the National Physical Activity Plan. After retiring from EHE, he directed the P-12 Project and the Teacher Quality Partnership. An EHE Hall of Fame member, he was recognized by AAHPERD, the National Association for Sport and Physical Education, the Council on Physical Education, the American Academy of Physical Education, the International Olympic Committee and the International Association for Physical Education in Higher Education.
initiate the Brutus Buckeye Ambassador Club to support the concept.

Today, Heit is fulfilling a dream through the Philip Heit Center for Healthy New Albany. "Partnering with Ohio State’s Wexner Medical Center, Nationwide Children’s Hospital and the city, we promote a culture of health as a model for communities nationwide," said the New Albany, Ohio, resident.

Data on members’ physical and educational activities lets them "see how they’re doing, and our research will show if we’re making a difference," Heit explained.

“What we’ve accomplished is a result of a team effort by those who care about the well-being of others," he said.

Philip Heit is humbled that New Albany, Ohio, named its 52,000-square-foot health complex in his honor. He established the New Albany Walking Club and the annual New Albany Walking Classic when his knees demanded he stop running marathons. The nonprofit Healthy New Albany manages the club, classic and more.

As a member of the WPO board of directors, Linda Meeks was the first to receive its President’s Award for organizational service. The Columbus chapter named her its 2012 Empowered Woman. She is an Association for the Advancement of Health Education Fellow. ☂️ JR

Building a bridge to life

Rarely has a coach been as successful as Ron O’Brien: His divers won nearly 200 gold medals. But O’Brien had another goal: Helping young people reach their potential.

O’Brien (’59 Education, ’61 MA and ’67 PhD Physical Education) broke dives into components so youngsters learned correct technique from their very first steps on a one-meter spring board. His approach produced champions like Greg Louganis, who dominated men’s diving in the 1980s.

However, O’Brien, of Islamorada, Florida, “spent as much time and effort helping athletes with very little ability as he did with the ‘stars,’” said Steve Skilken, an All-America competitor, and one of the Ohio State divers O’Brien coached from 1963-78.

O’Brien advises athletes, “No matter what field of endeavor you pursue: Reach for perfection, learn to accept less and be kind to yourself along the way.”

In accepting the 2014 Professional Achievement Award from the Ohio State University Alumni Association, he credited his success to his Ohio State education and to Buckeye diving coaches Mike Peppe, who recruited him for the team, and Bob Bartels, professor emeritus of physical education, who hired him as an assistant.

In 25 years in the National Football League, Spielman (’80 MA Exercise Science) has spotted high-impact players. His rookies become starters, get named All-Rookie and some even play in the Pro Bowl.

The 2014 draft brought a classic Spielman move. As a promising quarterback was ignored, the Minnesota Vikings’ executive vice president and general manager watched and made his plans.

When the Vikings’ turn came at the end of the first round, after a trade with Seattle, he snapped up Teddy Bridgewater, the 32nd draft choice. He was rewarded for his faith in the quarterback out of Louisville. Bridgewater had a terrific season and was voted by NFL fans as the Rookie of the Year.

When the Vikings start in 2015-16 against the Pittsburgh Steelers in the NFL/Hall of Fame game, wise fans will be waiting to see who else Spielman saw that others missed.

Rick Spielman of Eden Prairie, Minnesota, has worked in the National Football League for Detroit, Chicago and Miami. Before becoming general manager for Minnesota, he was vice president for player personnel for 10 years. His teams have won five divisional titles and advanced to the playoffs nine times. ☂️ GM

High-impact player

Rick Spielman knows how to pick men with the potential to take teams to the top.
When Ryan Patton looks at an elite six-man NASCAR pit crew, he sees a set of body types.

“A tire changer, he’s kind of lean, like a defensive back. Then the tire carriers, those guys are more like your running backs and safety linebackers. A jackman (who makes subtle chassis changes) is a defensive-end-type guy.

“So when you look at those athletes, their body sizes are all a little bit different, based on the job they do,” said Patton (’08 Sport and Leisure Studies, ’10 MA Sport Management) a member of legendary Hendrick Motorsports NASCAR Racing in North Carolina.

As a tire carrier for Jimmie Johnson, a six-time NASCAR Sprint Cup champion, the 6-foot 2-inch, 205-pound Patton hefts 30- to 80-pound, handmade Goodyear Eagles over the wall in a down-to-the-second routine to replace the worn ones.

Hendrick’s carefully selected, tightknit and extraordinarily fit crews strive to refuel, retire, repair and readjust—all in under 12 seconds.

Factoring in the human element

“Back in the day, drivers with the best cars won. Teams with the most sponsors had the best equipment,” so tire and gasoline replacement didn’t have to be as finely honed, Patton said. Then NASCAR took steps—sometimes bitterly contested by drivers—to level the playing field. “Today, the only area you can get an advantage in is the human element.”

For every one-and-a-half second delay in the pit, cars still on the track gain a 150-yard lead. “You are talking a difference of tenths of seconds between first and third or fifth,” Patton said.

In 2014-15, the crew’s goal is to ensure Johnson takes the No. 48 Lowe’s Chevrolet SS to his seventh NASCAR Sprint Cup Series Championship.

In Atlanta, Patton and his team complemented Johnson’s breathtaking driving to pull out a win. A bad qualifying position meant Johnson started at the back of the pack. Qualifying order is also important to determine where Johnson’s team will service the No. 48 car. Tracks only have a handful of good pit stalls, so the goal is to qualify in the top five positions every week.

The No. 48 car was sandwiched by two slower teams in the Atlanta pits. Early on, Johnson and the neighboring drivers braided around each other.

“When Jimmie would come into the pits, he would have to angle around one car,” said Patton. “When that car left while we were doing our pit stop, the car in the front stall had to angle around us until Jimmie moved ahead.” Pit road real estate is tight, and the crews have to dodge cars traveling at 55 mph to do their jobs.

The team rose to the challenge and gave Johnson the precious seconds he needed to win the race and earn a spot in this season’s Chase to the NASCAR Sprint Cup Series Championship.

High-performance crews

The crew, led by Chad Knaus, faces a long grind, with 36 Sprint Cup events almost every weekend between February and November. (They did get a break for Mother’s Day.) They also occasionally work the Xfinity Series and Camping World Truck Series events that run on the same weekends.

One of the oldest canards about automobile racing is that drivers don’t need to be fit. Not true.

Johnson, a triathlete, is interested in total physical fitness, USA Today reported recently. The article noted he treks 62 miles on his bike, jogs at every speedway and hits target heart rates on stationary bikes. His routine gives him mental sharpness, needed to respond in a split second while barreling up to 190 miles an hour through a thicket of equally determined competitors.
Patton said the pit crew takes a similar approach to performance. They work out with the research-based Hendrick strength conditioning program four times a week. Trainers monitor their weight and percentage of body fat, with target ranges depending on their jobs in the pit. A nutritionist advises them.

They also practice four times a week to get ready for the next track’s idiosyncrasies. Cars go faster on new tires, Patton explained, so it’s crucial to know whether a track is rough or smooth.

Pit stops can make or break a race and even having to change only two tires instead of all four saves about six seconds. All these factors go into the crew’s weekly training routine.

Patton pointed out that when he coached football players at Ohio State, the odds of winning stayed the same—50/50. But in NASCAR, only 1 car out of 43 gets the checkered flag.

“You have to have a perfect storm to win.”

**Taking the lead | Ryan Patton**

**RYAN PATTON:** Tire carrier for Hendrick Motorsports

**HOMETOWN:** Lima, Ohio

**CURRENTLY:** Charlotte, North Carolina

**BACKGROUND:** His father was a world champion in go karting, so Ryan knows and loves racing.

**OHIO STATE YEARS:** “The best of my life.”

Keeps in touch with friends made here. His mentors include Brian Turner, associate professor of sport management, and many others. Athletics internships and graduate assistantships brought him in contact with coaches Jim Tressel and Eric Lichter, who hired him to coach strength and conditioning. “Technique is the key.”

**HENDRICK:** Drafted by Hendrick Motorsports after an NFL type combine in 2011. Moved from development crew to drivers Kurt Busch and Dale Earnhardt Jr. Promoted to Jimmie Johnson in 2013.

**THE BEST THING ABOUT NASCAR?**

- Traveling
- Support from Buckeye Nation at races and on Twitter @rpatton22
- Calling 5 year old niece Madison to tell her the No. 48 car won
WHERE’S C DECK?

Go for command
Leaping hurdles to keep game day safe and fun

BY KAMILAH KING

When he enters Ohio State’s Horseshoe, alumnus Mike Penner experiences something that Buckeye fans never see: A stadium filled with pitch-black darkness. And absolute, total silence.

It doesn’t stay like that for long, though. After a few moments of calm, the madness begins for the senior associate athletics director. On football Saturday in the ‘Shoe, there is always an emergency.

Ice hits the fan

On one particular Saturday, November 22, 2014, to be exact, Penner and his team responded to a very specific emergency: Ice. And lots of it.

A slippery sheet covered the Columbus campus just hours before the Buckeyes faced off against Indiana University.

Upon hearing the weather forecast, Penner (’99 MA Physical and Exercise Science) jumped into action. Before fans even brewed their first cup of coffee at home, 1,800 pounds of salt were delivered to the ‘Shoe: close to 90 five-gallon buckets made it safe to climb up the stadium’s many sets of steps.

The Department of Athletics’ Event Management team knows that communication is key. With a network of more than 360 two-way radios, and the use of 14 frequency channels, personnel check in frequently to update each other about game day snags.

Emily Newell, a second-year PhD student studying sport management, said, “I’ve been to games before, but you would never imagine how many people are involved to make sure they go off without a hitch.”

During game day, the event management intern’s two-way radio never leaves her right hand. “Go for command, 10A,” she yells, radio etiquette for, “I hear you. Continue.” She has to make sure she’s heard over the roar of the crowd.

“You’d be surprised at some of the things I’ve heard over this radio.”

A few games ago, she received a call from a flummoxed intern who wasn’t sure how to answer a concern. A fan was claustrophobic and needed a quiet place to watch the game. She was moved to a nearby first aid room to watch the action via television.

Another call wasn’t as easy to solve, though. While entering a food pantry closet under the stadium, a young food service worker was bitten by a feral cat. Newell knew exactly what to do. The employee was taken to one of the stadium’s seven first aid stations (two are located on each deck and one in the south stands) where the physician on staff began treatment.

“On game day, you have to think quickly on your toes,” Penner frequently tells his team.

What not to say on game day

Only two words strike fear in all members of Penner’s staff: Lost child.

“That’s when the sweat starts pouring,” said Ericka Hoon, director of event management and Penner’s right-hand woman. “The first thing we do is make sure the parent or guardian stays where they are.”

Next, information about the missing child is collected. Height, weight, hair color and the specific Buckeye gear they’re wearing. Usually, parents have images of little Jesse or Jasmine on their smartphones. The photo
Go for command
Leaping hurdles to keep
game day safe and fun
BY KAMILAH KING

More at go.osu.edu/OnTheWeb2015

Even a cat’s bite doesn’t scare Emily Newell (’13 MA Sport Management), now a doctoral student. With her two-way radio, she is always prepared to save the day for Buckeye and rival fans.

Not your average stadium
Fun facts from the ’Shoe

| Total square feet:          | 536,850 |
| Number of acres:           | 14.5    |
| Height of scoreboard:      | 42 feet |
| Width of video screen:     | 90 feet |
| Height of flagpole:        | 146 feet|
| Concessions:               | 194     |
| Suites:                    | 81      |
| Family restrooms:          | 24      |

is emailed around to all public safety staff and the search is on.
“Absolutely everyone is on the look out.” Bathrooms are checked and concession stands scoured until the missing child is found and reconnected with parents.

Hoon’s EHE degree prepared her to jump feet first into solving a crisis. “I was fortunate enough to spend my internships with RecSports at Larkins Hall and McCorkle Aquatic Pavilion and with Athletics in event management,” the 2006 physical education and exercise science graduate said.

“I've seen my fair share of broken bones and fainting spells. Those experiences have allowed me to keep a clear head on game day.”

Hoon’s area oversees more than 1,000 seasoned Redcoats and ushers, the first faces that many fans see. Charged with providing superb service even to fans visiting from rival universities, Redcoats and ushers ensure that guests enjoy their attendance at the game.

For Redcoat Hal Barker the enviable position has allowed him to stay connected to one of his favorite school traditions. Redcoats have been on campus since shortly after St. John Arena was built in the 1950s.

At his station at the main entrance rotunda, Barker (’84 PhD Teaching and Learning) gets to see all of the action, including the most extravagant Buckeye costumes.

“So many crazy things happen at the Rotunda, when people have, shall we say, been overserved at one or more tailgate venues.”

Event management intern Andre’as Williams, a second-year sport industry major, shares Barker’s favorite part of game day.

“It’s the excitement of the fans. Watching them cheer on the Buckeyes, TBDBITL and special guests. For me, that makes our job of keeping them safe that much more important.”

Unlike a poker-faced Queen’s Guard, when you yell O-H to Redcoat Hal Barker, he’ll yell I-O right back at ya’. He has the best seat in the house to see Buckeye fans’ most imaginative game day costumes.

Ericka Hoon

COLLEGE OF EDUCATION AND HUMAN ECOSYSTEM

THE OHIO STATE UNIVERSITY
Building hope for homeless youth

Terry and Cindy O’Connell don’t want recognition for giving to Star House, the college’s drop-in center for homeless youth. They want to invite everyone to join them in helping the 1,200-1,500 young people who live on the streets, frightened and alone. As the only such service for these 14- to 24-year-olds in central Ohio, Star House provides research-based counseling and resources to help them move to productive lives.

The extended O’Connell family wanted to contribute a holiday meal. They collected food and many more items donated by friends and family. On their first visit to Star House, they met two employees who had once been homeless.

“Cindy and I were awestruck,” said Terry, a retired vice president of Time Warner Cable. “We were coming for just one afternoon to help, compared to these two unsung heroes who are devoting their lives to helping others come in off the streets.”

“We were hooked,” Cindy said. “We agreed it was time to give back in a meaningful and hopefully a lasting way.”

Terry worked with Natasha Slesnick, professor of human development and family science and Star House founder, to form an advisory board. The members are dedicated to the Star House mission to end youth homelessness in central Ohio.

Homeless youth typically avoid shelters and many social services because they distrust adults. Slesnick and her team, with their success in reaching this illusive population, faced a challenge.

The number of youth coming to the 1,800-square-foot house has burgeoned.

In 2013, Star House served 531 youth. In 2014, it served 724 youth in about 18,000 visits. At times, staff must turn youth away to avoid overcrowding, an untenable situation.

Terry’s first priority was to find Star House a larger location.

He recruited community notables to jumpstart fundraising. He negotiated the purchase of a 14,000-square-foot facility that will allow for additional, innovative programming.

“Too many young people do not have the basic needs every human deserves: food and housing. Many of our youth are victims of abuse of every nature,” he said.

His request is simple. “We need to raise more to fully renovate the new facility. It will enable our staff and multiple community partners to materially improve the services so desperately needed. Please join us in giving as much as you can. We promise your hard-earned money will make a profound difference in many young lives.”
Third-grader Astrid Chapman-Layland is enthusiastic about sharing her work with EHE student Claire Dressel, who is gaining experience in literacy tutoring, thanks to the Foster gift.

Dick and Louesa Foster of Columbus

Gladys Foster Anderson

For the love of reading

Just six months ago, third-grader Astrid Chapman-Layland lacked confidence in her reading and writing skills. But after working with tutors from the Department of Teaching and Learning, she has grown.

“For Christmas, she received a circuitry-building kit,” said her mother, Paige Chapman-Layland. “Once, hard words like electron discouraged her. Now, thanks to the tutors, she’s ready to tackle the unfamiliar.”

Helping more children like Astrid is why Dick and Louesa Foster created the Gladys Foster Anderson Early Literacy Fund and the Foster Fund for Community Literacy in honor of Dick’s mother. The funds were used for a community needs assessment to pinpoint the gaps in literacy support services in Columbus.

Led by Caroline Clark, professor of teaching and learning (T&L), findings suggest that some neighborhoods lack accessible literacy support services. Often, these services are staffed by volunteers with limited training.

The funds will create the Columbus Community Teaching and Learning Center (CTLC), a centralized, accessible learning hub housed at the Graham Primary School and Graham Expeditionary Middle School. There, T&L faculty, staff and students will work with Columbus-area students, teachers, families and community members to strengthen literacy learning and teaching.

The CTLC will also be a space for preservice teachers to learn side by side with community members. They will enter classrooms more knowledgeable and skilled in working with parents, and in learning about communities in humane, culturally sustaining ways.

“Our family is extremely pleased with how Ohio State has embraced the new program created from my mother’s fund,” Dick said. “We hope the CTLC will become an integral part of cooperation between Ohio State, Columbus City Schools and other partners to benefit parents and children.”

Leadership in early literacy

Gladys Foster Anderson always had a passion for teaching children to read. “I remember her drilling into me the importance of early reading, and not in a subtle way,” Dick Foster said with a chuckle. Anderson, a 1925 alumna of EHE, supported children’s literacy for more than 30 years. She built on her Ohio State degree by earning a master’s from Teachers College, Columbia University. She taught elementary students and served as a consultant to Scott Foresman and Company, an educational publisher. She prepared teachers at Ohio University and Ohio State. Even after retirement, she imparted her wisdom while supervising EHE student teachers part time. Gladys passed away in 2005.

“My mother devoted most of her life to championing children’s literacy,” Dick said. “I see no better way to honor her than through the endowed fund in her name.”
Students excel, thanks to donor support

Margo Bjorkman
Recipient of the Joseph C. Powell Scholarship

For 24 years, Margo Bjorkman has briefed U.S. Air Force commanders about how weather events would impact military operations. As a U.S. Air Force Academy graduate and a weather officer, she enjoyed teaching other units to use technology in weather forecasting. Now as an Air Force reservist, the nontraditional student has earned a master’s in science education. Her students benefit as she brings her real life experience to topics ranging from the atmosphere to earthquakes.

Mentor: Gail Hoskins, program manager, STEM master’s cohort, teaching and learning

Kenneth White
Recipient of the Joseph J. and Nina Mae Mattus Scholarship

As a former investment specialist and IRS revenue agent, Kenneth White sees how liberating it is to have command of one’s financial resources. To help more people achieve this goal, the PhD student is focusing his dissertation on how African American men gain financial information through relationships with family, friends and business associates and how it influences their financial behavior. His goal is to improve the flow of information in families, schools and communities.

Advisor: Michael Betz, assistant professor, human sciences

ANNUAL GIVING
Yearly gifts of all sizes provide important support to enhance the college’s excellence.

Human Ecology Alumni Scholarship

“After graduation, I found it hard to adjust to a world that didn’t revolve around this great university. Volunteering at my college, where we focus on nurturing student and alumni relations, has brought Ohio State back into my life. I have also applied my degree in human ecology and minor in business to my current position. I’m thankful for the doors that have been opened because of Ohio State.”

KELLY M. AUGHINBAUGH
(*13 Human Nutrition)
Customer Service, Nature’s One Inc.
Member, Board of Governors,
Education and Human Ecology Alumni Society
Hilliard, Ohio

ESTATE GIFT
Planning can be arranged through various gift instruments, such as a bequest in a will or a beneficiary designation of an asset. The purpose of the gift can be specified.

Mark L. Failla Endowment in Human Nutrition

“We have chosen to support extramural enrichment activities for graduate students in Ohio State’s Interdisciplinary Nutrition PhD program and MS program in Human Nutrition. Examples of possible activities include spending time in other national or international research settings to learn new technologies for their dissertation or thesis projects. Students may attend intensive workshops sponsored by federal agencies or special programs such as conferences organized by prominent organizations.”

MARK FAILLA
Faculty emeritus, human nutrition program
LORI FAILLA
Retired, The Ohio State University Wexner Medical Center
Powell, Ohio
Deidre Rosenfeld

Recipient of the
Earl W. Anderson Scholarship

While an undergraduate resident assistant (RA), Deidre Rosenfeld learned her respected lead RA had survived a sexual assault. This knowledge crystallized Rosenfeld’s interest. She wanted to help end this type of crime. During her 13 years as a college administrator, she has worked with sexual assault survivors as a support person and advocate. Her doctoral dissertation research asks survivors the best process to honor their quest for justice.

Advisor: Susan Robb Jones, professor, higher education and student affairs

Chi ‘Charlie’ Yao

Recipient of the
Marguerite E. Ellis Scholarship

Chi ‘Charlie’ Yao found his passion in life when he discovered body building and human nutrition. A dean’s list regular, his aim is to help others achieve their nutrition and fitness goals. In his experience, exercise is a way to enhance and add meaning to life. He advises the friends he coaches to enjoy the process and let it be a motivator, as it is for him.

Mentor: Casey Henceroth, senior assistant director, EHE academic advising

ENDOWED FUND  Your contribution, made once or over time, is invested and an annual distribution supports the purpose you designate. The principal remains intact so the fund generates support in perpetuity.

The Dr. Rudine Sims Bishop Scholarship in Children’s Literature

“When Rudine retired, her colleagues honored her by setting up a scholarship in her name. We contribute because we believe that literature can affect children’s lives; it can educate their hearts as well as their minds. We want to support teachers and teacher educators who understand the power of children’s and young adult literature to affirm, inform and empower all our children.”

RUDINE SIMS BISHOP
Faculty emerita, children’s literature

JAMES J. BISHOP
Founding director, Young Scholars, The Ohio State University
Columbus, Ohio

PRESIDENT’S CLUB  This special circle of friends makes a meaningful difference by providing leadership in annual giving support.

Fashion and Retail Studies Student Experience Fund

“It is an honor to provide leadership and funding to support experiential learning for Ohio State’s Fashion and Retail Studies students. Giving these students ‘real-time,’ in-the-field experience helps to build their professional toolkit as they grow into the leaders of tomorrow.”

ANNE MARIE TODD
Communications and Change Management, Lane Bryant
Chair, Fashion and Retail Studies Advisory Board
College of Education and Human Ecology
Blacklick, Ohio
YOUR COLLEGE’S RESEARCH

Children, families, schools and communities all benefit when EHE experts find solutions to complex problems faced by society. To paraphrase President Michael V. Drake at his March 2015 investiture, our public universities are tireless research engines for the state and the nation, expanding the boundaries of discovery. EHE faculty, students and alumni carry on the tradition with recent scholarship.

Youth read for love, not prizes

Researchers unexpectedly found that nearly two-thirds of children and adolescents did not sign up for library-based summer reading clubs to win prizes. Regardless of socioeconomic status, the young people considered reading interesting, important and useful. The study, one of the few of such clubs, recommends that libraries offer book discussions and author visits rather than prizes. 

**STEPHANIE LEVITT SHAULSKY**, doctoral candidate, her advisor **LYNLEY ANDERMAN**, professor of educational psychology, and **LAURA JUSTICE**, Distinguished Professor of Teaching and Learning

Students’ fan gear is clue to final score

The victor in the January 2015 college national football championship was reflected in the clothing of Ohio State students. A study at seven universities—including Ohio State—explains why fans are more likely to wear their team’s apparel after a win, and less likely after losses. The theory of Basking in Reflected Glory (BIRGing), uncovered in 1973 by visiting Ohio State professor Robert Cialdini, was again supported by the recent replication of the study.

**JONATHAN JENSEN**, doctoral student, and **BRIAN TURNER**, associate professor of sport management

Arguing with your spouse can make you gain weight

The double-whammy of marital hostility and a history of depression can increase the risk for how the body processes high-fat foods. Researchers studied men and women with a history of depression whose arguments with spouses were especially heated. After eating a high-fat meal, they burned fewer calories and had higher levels of insulin and triglycerides—two things in the blood that can lead to elevated risk for type-2 diabetes and heart disease—compared to participants without these risk factors.

**MARTHA A. BELURY**, Carol S. Kennedy Professor of Human Nutrition
Reading Recovery: Three times more effective

An independent study showed that Reading Recovery, an intervention for struggling first graders, is three times more effective than similar reading programs. Additionally, teachers trained in Reading Recovery are able to teach it correctly across the hundreds of U.S. Reading Recovery sites, which is a sign of systematic, high-quality training. The project director in the nationwide scale-up of Reading Recovery briefed Congressional leaders in Washington, D.C., last autumn about how the intervention uses research to improve student learning.  

JEROME D’AGOSTINO, professor of educational studies and project director, and EMILY RODGERS, associate professor of teaching and learning and project co-director

Hate the ‘dreadmill’?

Researchers have developed a new treadmill that automatically changes speed to match the pace of the walker or runner. It uses sonar to pinpoint exactly where the person is on the treadmill and to increase or decrease the belt speed. With no button to push to speed up or slow down, the experience is more natural, like walking or running outside. Athletes improved their results when using the new treadmill to measure their aerobic capacity with the maximal oxygen consumption (VO2 max) test.

STEVEN T. DEVOR, associate professor of kinesiology, and CORY SCHEADLER (’09 MA, ’13 PhD), assistant professor, Northern Kentucky University

Fast food may hurt school performance

The amount of fast food children eat may be linked to how well they do in school, a nationwide study suggests. The lead study author found that the more frequently children reported eating fast food in fifth grade, the lower their test score growth in reading, math and science by the time they reached eighth grade.

“There’s a lot of evidence that fast-food consumption is linked to childhood obesity,” the researcher noted, “but as this study shows, the problems don’t end there.”

KELLY PURTELL, assistant professor of human development and family science

Surprising results of banning chocolate milk

A paper by an EHE researcher was one of the most accessed articles noted by the editorial staff of the Journal of Nutrition Education and Behavior. The study found that if chocolate milk were banned from school cafeterias, students “would take 10 percent less milk, waste 29 percent more and may even stop eating school meals.”

DREW HANKS, assistant professor of consumer sciences
EHE Snapshot: Dennis Learning Center

Study Smarter

Whether they are struggling with the transition to college or fine-tuning their study habits, students across Ohio State turn to the Walter E. Dennis Learning Center to overcome obstacles and boost their academic skills. Director Christopher Wolters, professor of educational psychology, and his team carry on the center’s tradition of helping students develop their learning and motivation strategies, such as note taking, exam preparation and time management. Research shows students who take the study skills course achieve higher grades and are more likely to graduate.

In 2014, the DLC

- Served 1,199 students in 46 course sections
- Served 538 students in 783 one-to-one coaching sessions
- Served 6,341 students at 152 workshops about college success
- Advised 1,048 students or family members at 62 orientation events
- Collaborated with 19 other Ohio State offices on projects to improve students’ success

Endowed faculty boost research, student engagement, reputation

- Roger Goddard, nationally recognized for his research on the impact of K-12 school leadership and organization on teaching and learning, is the new Novice G. Fawcett Chair in Educational Administration. He studies collective efficacy, or the shared perception of teachers that their efforts as a whole will have positive effects on their students. Goddard published his first seminal study on collective efficacy with Wayne Hoy, his doctoral advisor and Fawcett Chair emeritus, and Anita Woofolk Hoy, professor emerita of educational psychology. Goddard (’98 MA/PhD Educational Policy and Leadership) comes full circle by rejoining his alma mater.

- As the new Casto Professor in Interprofessional Education, Antoinette Miranda is collaborating with other disciplines to help children in poverty improve academic achievement. Her new service learning course will create a partnership between a community school and students and faculty from multiple disciplines. This course will have a social justice focus. Miranda, a prominent school psychologist, will also teach the two Ohio State interprofessional courses offered by the college since 1973. They bring together a wide range of disciplines with similar goals but very different problem-solving approaches. Education, the health sciences, social work, medicine, law and theology traditionally take part. She will invite more disciplines to join.

4,000 students test teaching as a career

Teachers in six central Ohio public school districts like having Ohio State students in their classrooms so much, they want them three to four hours per day, three to four days per week.

A recent survey by Yvonne Goddard showed this huge vote of confidence for the First Education Experience Program (FEEP), a course that has helped an estimated 4,000 students explore the teaching profession since 2002.

A visiting associate professor and the new FEEP director, Goddard said by assisting their teacher mentors, students can decide if education is the right career choice for them. “My goal is to attract bright students from across Ohio State who might not have thought of education as a possibility,” she said.

Michael Casto, faculty emeritus of counselor education and FEEP director since 2002, estimates that Ohio State students devoted more than 400,000 hours in local classrooms during his tenure.
#1 STEP mom

Darcy Haag Granello relished mentoring 20 sophomores in Ohio State’s Second Year Transformational Experience Program (STEP). The professor of counselor education joined five other EHE and 73 Ohio State faculty in helping 2,000 sophomores expand their personal identities. STEP students choose broadening experiences such as service learning, research and more.

As head of Ohio State’s Suicide Prevention program, Haag Granello appreciated the chance to train fellow STEP faculty in how to help distressed students. “When you get to know students outside the classroom, you learn the level of distress many of them are in,” she said. Amy Barnes (’99 MA Higher Education and Student Affairs) brings her expertise as a senior lecturer in HESA to her role as STEP mentor. She and MA student James Larcus volunteered to present the StrengthsFinder assessment to all STEP students, launching discussions about understanding their talents and maximizing their potential.

“STEP shows students that faculty members care about their holistic development and success,” Barnes said. “It’s the largest faculty mentoring program at a U.S. university engaging students and faculty in meaningful long-term interaction.”

An inaugural program ranking

Claire Kamp Dush decided to go boldly where no faculty member had gone before. She took action last year because graduate programs in Human Development and Family Science had no public ranking system.

The associate professor created a detailed methodology that highlights competitive aspects of 51 programs. Universities across the U.S. have embraced her rankings. The web page has been viewed more than 6,500 times.

7% boost in EHE-inspired Buckeye spirit

Competition between Ohio State colleges and units to break giving-back records is a Buckeye tradition. Last year, an EHE staff committee drove up EHE giving to Campus Campaign.

“We visited in person with faculty and staff, asked about their interests, then shared funds in those areas,” said co-leader Kirsten Wycuff (’06 Human Development and Family Science), who worked the strategy with Kate Graff, Mary Karabinos, Kam King (co-leader), Melissa Ritchie and three former employees. “Our colleagues were excited to support their passions.” EHE’s giving increased to 41 percent, besting other units.

Catherine Montalto volunteers as an Ohio Staters Inc. chimer, playing the Orton Hall chimes for graduations, initiations or marriage proposals.

Financial security for students

Catherine P. Montalto was surprised during a January faculty meeting when Provost Joseph Steinmetz presented her with the 2015 President and Provost’s Award for Distinguished Faculty Service. The associate professor of consumer sciences is deeply involved in improving her college and university. In particular, she ensures that college students are knowledgeable about their financial decisions, especially important at a time when many are carrying large debt for education. She is a partner in Ohio State’s efforts to provide financial literacy training.

Items like the Campus Campaign thank-you card helped EHE Advancement receive a Gold Award for Best Advancement Stewardship program from District V of the Council for the Advancement and Support of Education.
Honoring your own
2015 EHE Hall of Fame Class and Alumni Awards

This year’s honorees, chosen by the EHE Alumni Society, have carried their influence far beyond the campus gates. The impact of their contributions has been felt by millions who may never know whom to thank, even as they benefit. Join us in congratulating this year’s honorees, whose work has aided many people around the world.

HALL OF FAME

Gay Su Pinnell
of Columbus, Ohio
’68 MA Education, ’75 PhD Early and Middle Childhood Education

Seldom does a researcher actually see the impact of her studies, but carefully collected data show Gay Su Pinnell has ensured that 2 million first graders have happily graduated to second grade, secure in their ability to read and write.

She established The Ohio State University as the premier worldwide center for the study of literacy education, including research.

Reading Recovery, the Literacy Collaborative and her tool for setting reading levels of books for grades K 6 show Pinnell’s determination to develop a rigorous up to date theoretical base. Her dozens of publications, most with co author Irene Fountas, are standards in the field.

In 4,100 schools across the U.S., highly trained Reading Recovery teachers tutor an average of eight students and teach an additional 40 in classrooms. Approximately 75 percent of Reading Recovery students reach the average range of their class by the end of first grade. They do well on standardized tests and maintain their gains in later years. This is impressive, given that each student began in the lowest 20 percent of their first grade class.

The Literacy Collaborative for grades K 2 or 3 6 ensures that all teachers use the same principles. A $3 million federal project found students’ average rates of learning increased by 32 percent in the third year of implementation.

Among her honors are the Albert J. Harris Award from the International Reading Association, which inducted her into its Hall of Fame; the Charles A. Dana Award for Pioneering Achievement in Health and Education; and the Governor’s Award from the state of Ohio. She received Ohio State’s Alumni Award for Distinguished Teaching, as well as The Ohio State University Alumni Association’s Professional Achievement Award. Lambda Theta honorary recognized her contributions to the professional growth of teachers.

ALUMNI AWARDS

William ‘Bill’ L. Bainbridge
of Jacksonville, Florida
’79 PhD Educational Leadership and Business Administration

Bill Bainbridge has been credited with creating the elixir that school districts require for successful reforms. A nominator said of the University of Dayton distinguished research professor, “One of his best attributes is the ability to take a commonsense approach to solve complex problems.” As a forensic educator, he uses scientific methods to support creation of high-quality schools. He applies his knowledge of private and public education and administration through SchoolMatch, the comprehensive research and information service he founded in 1986. As its president and CEO, he has guided the organization in consulting with more than 1,000 boards of education, law firms, corporations and government agencies on a wide range of legal issues. They include child custody, school-related accidents and sports injuries, and cases of sexual abuse and assault. His gift, a nominator said, is “communicating in terms the lay public can understand.”

Neal E. Craft
of Wilson, North Carolina
’78 Human Nutrition

With an international reputation as one of the world’s premier nutrition scientists, Neal Craft is a business owner and researcher who addresses public health problems affecting human development and health. He has devoted his career to the analysis of fat-soluble vitamins, carotenoids and phytochemicals and is considered a world leader in identifying and quantifying them. He developed a novel method to accurately
diagnose vitamin A deficiency, helping millions in Southeast Asia. Additionally, his dedication to teaching and service has led him to counsel young as well as experienced investigators, continue to publish research to solve world problems and devote considerable effort to humanitarian causes, both personally and professionally, helping those who cannot help themselves.

**CAREER ACHIEVEMENT**

**Debra D. Bragg**
*of Champaign, Illinois*
'80 MS Home Economics Education, '85 PhD Vocational Education

Community colleges across the nation use practices that promote student success today because of the influence of Debra Bragg. Through her work at the University of Illinois, community college systems in Illinois and five other states have adopted her Pathways to Results initiative. This work allows colleges to continuously improve the equity of and access to their programs and processes so more students graduate and find employment. Her work has gained international attention as well as garnered millions in support from organizations such as the Bill and Melinda Gates Foundation, the National Science Foundation and the Lumina Foundation.

**New Leader**

**Sarah Odum**
*of Galloway, Ohio*
'06 MA Higher Education and Student Affairs

University faculty design curriculum—a certain set of courses—to guide student learning. But getting approval to create or update an Ohio State class can be tedious and confusing. Sarah Odum streamlined EHE’s process to smooth the chain all the way to the state education department. Her expertise was invaluable during many transitions since 2006. Included was the massive task of revising 1,300 courses for the college’s move to semesters. In addition, she mentors students, fosters employee relationships and is active in the higher education student personnel field. As one nominator said, “She’s the ultimate team player.”

**Posthumous honor**

**Carole A. Vickers**
*of Harlingen, Texas*
'69 PhD Home Management

Carole Vickers made valuable contributions that helped home economics refocus its purpose during significant societal change. As a leader of the American Association of Family and Consumer Sciences and the American Council on Consumer Interests in the 1970s and 1980s, she successfully guided the profession forward, emphasizing its ability to strengthen the lives of people and families in contemporary society. During her 40-year career, Vickers also was an early promoter of computer-assisted education and developed some of the first television coursework for consumer educators. While dean of education at Marshall University, she transformed the home economics program.

**Stanley J. Weiss**
*of Chevy Chase, Maryland*
'61 MA, '63 PhD, both Experimental Psychology

Selflessly serving the psychology field throughout his nearly 50-year career, Stanley Weiss was instrumental in determining the fundamental processes controlling operant and Pavlovian behavior. His research concentrated on the biological constraints on learning as well as drug use and abuse, among other subjects. Weiss created the American University experimental psychology doctoral program, which has employed and produced several important psychologists. His contributions to experimental psychology earned him the highest accolades possible for the field—the B.F. Skinner Lectureship and invitations to Cambridge University and the Pavlov Medical University.

**Join me in showing your Buckeye Love**

**BY DONNA GARRISON BALL**

'77 EDUCATION, PRESIDENT, EHE ALUMNI SOCIETY

In February, alumni shared #BuckeyeLove stories on social media. It made me realize how proud I am to be an Ohio State alumna. My Buckeye Love comes from a successful career as an educator. I was able to touch the lives of more than 10,000 students over 35 years. I’m not sure I realized as a beginning teacher what it meant to have an Ohio State education degree. Once I became an elementary school principal, I interviewed perspective teachers and saw that Ohio State grads bring exemplary knowledge to their classroom practice.

After retirement, it seemed only natural to contribute to the university that enriched my career. Giving back was my original goal, but as a volunteer for EHE, I am also “paying it forward.” As part of our annual alumni giving, my husband and I contribute to EHE scholarships. In this way, I support the teachers of tomorrow.

As I complete my term as president of the EHE Alumni Society, please know that I’m prouder than ever to be a Buckeye. I encourage you to join me in showing your Buckeye Love. 😊

EHE Alumni Society President Donna Ball accepts the 2014 Outstanding Alumni Society Award from Archie Griffin, former president and CEO of The Ohio State University Alumni Association.
Leadership moves

Denver J. Fowler, ’03, of New Albany, Ohio, was named the 2015 Ohio Assistant Principal of the Year by the Ohio Association of Secondary School Administrators (OASSA). Now an assistant principal at Gahanna-Jefferson City Schools, he will join the University of Mississippi as an assistant professor in August.

Fowler was recognized for his award by the U.S. House of Representatives and Congresswoman Joyce Beatty.

At his brothers’ sides

Todd Suddeth, ’15 PhD, of Columbus, leads Ohio State’s nationally recognized freshman early-arrival program to give black men a head start. A program director for the Todd A. Bell National Resource Center on the African American Male, he founded the Band of Brothers campus fellowship and is active in the national My Brother’s Keeper initiative.

1980s

David H. Devier, ’81 PhD, of White Pigeon, Mich., took office last year as president of Glen Oaks Community College. The Ada, Ohio, native was formerly vice president of academic and student affairs at Clark State Community College.

Linnette Goard, ’80, ’85 MS, of Lagrange, Ohio, an OSU Extension Family and Consumer Sciences educator since 1986, received the Epsilon Sigma Phi Excellence in Extension Award to recognize her teaching, research and service.

Jane Hawes Grimes, ’88, of Noblesville, Ind., is CEO of Autism Companion magazine.

1990s

The Society of Health and Physical Educators (SHAPE) America honors EHE alumni

• Ketra Armstrong, ’96 PhD, of Ypsilanti, Mich., received the 2015 Charles D. Henry Award for distinguished service to ethnic minorities. She is associate dean for graduate and faculty affairs, professor of sport management and co-director of the Michigan Center for Sport Management, School of Kinesiology, University of Michigan.

• Jacalyn Lund, ’90 PhD, of Liburn, Ga., is president-elect of SHAPE America. She is professor and chair, Department of Kinesiology and Health, Georgia State University.

• Camille P. O’Bryant, ’96 PhD, of Atascadero, Calif., received the 2015 E.B. Henderson Award for increasing involvement of ethnic minorities or underserved populations. She is professor of kinesiology at California Polytechnic University.

• Carla Vidoni, ’05 PhD, of Louisville, Ky., assistant professor of education and human development, University of Louisville, is a 2015 SHAPE America Research Fellow for promoting physical activity during early childhood.

Patrick E. Finley, ’96 MA, of Long Island City, N.Y., is founding co-principal of the Metropolitan Expeditionary Learning School in New York City. Its 6th- through 11th-grade hands-on curriculum is a Department of Defense Learning Partner.

Nancy E. Sherman, ’92 PhD, of Peoria, Ill., received her third Fulbright Scholar grant to teach substance abuse and career counseling in Kaliningrad, Russia, during the 2014-15 academic year. She is a professor of education at Bradley University.

2000s

Lars Dzikus, ’98 MA, ’05 PhD, of Maryville, Tenn., is a tenured associate professor of sociocultural studies, Department of Kinesiology, Recreation and Sports Studies, University of Tennessee. Recently he studied the leisure activities of American professional basketball players competing for teams in other countries.

Emily Ho, ’00 PhD, of Corvallis, Ore., is the endowed director at the Linus Pauling Institute and professor in the College of Public Health and Human Sciences, all at Oregon State University.

Brian L. McGowan, ’07 MA, of Terre Haute, Ind., assistant professor of student affairs and higher education, Indiana State University, received the 2014 Melvene D. Hardee Dissertation of the Year Award from the National Association of Student Personnel Administrators.

Jessica Storm Steele, ’09, of Columbus, is governance chair of Y.E.S. (Young Executives for Success), affiliated with Dress for Success, aiding women in finding careers. She is director of development in the College of Business, Ohio University.
Sara Williams, '07 MA, of Chillicothe, Ohio, a counselor at Unioto High School and past-president of the Ohio School Counselor Association, testified before the State Board of Education against proposed changes to Ohio’s “5 of 8” employment rules.

Jeremy Wurtzman, '08, of Bloomington, Ind., was inducted into the Ohio State Athletics Hall of Fame in 2014. The first Buckeye to win the ITA National Intercollegiate Indoor singles championship, he now is head coach of men’s tennis at Indiana University.

2010s

Aaron Craft, ‘14, of Findlay, Ohio, is the 2015 recipient of The Ohio State University Alumni Association’s E. Gordon Gee Spirit of Ohio State Award for his devotion to the university and promotion of school spirit with integrity and honor.

Noor Elgallad, ‘14, of Orlando, Florida, is a business development manager for Hilton Worldwide. He started with Hilton Worldwide as a bartender and intern in Columbus, then interned in New Orleans. Last year, Hilton selected Elgallad from 1,500 candidates to be a sales manager trainee in Orlando.

Kyle T. Gleich, '10, of Blacklick, Ohio, was named to the President’s Council at the Western and Southern Life Insurance Company for helping clients attain protection and retirement goals. Less than 4 percent of the company’s field sales force is appointed to the council.

Ristina Gooden, '12, of Columbus, was promoted to program manager for events at Ohio State’s Office of Advancement. She serves on the Board of Governors, EHE Alumni Society.

Evan Nieto, ‘14, of Columbus, is the general manager of Flanagan’s Dublin. He recently accepted the position of alumni advisor for Kappa Sigma. Through his leadership, his fraternity brought in its largest pledge class in history.

Joel Pettigrew, '11 MA, of Dorchester, Mass., received the 2014 Region VIII Significant Volunteer Award from the Association of College Unions International (ACUI). He is student activities and events program coordinator, Division of Student Life, Massachusetts Institute of Technology.

Sew splendid

Sue Cavanaugh, ’69, ’74 MA, of Columbus, became an award-winning textile artist after her retirement as a development officer from the College of Education. In about 30 multidimensional quilt installations for galleries and museums, she explored the meaning of “gathering.” Recently she received a grant to create her hand sewn shibori during a residency in Dresden, Germany.

Barbara Bash Nicklaus, ’61, of Palm Springs, Fla., received the U.S. Golf Association 2015 Bob Jones Award for her support of golf programming for youth, the Nicklaus Children’s Health Care Foundation and charitable giving through the Memorial and Honda Classic tournaments.

Miniature golf

Bart Baresh Nicklaus and Jack Nicklaus

Barbara Bash Nicklaus and Jack Nicklaus

He shoots! He scores!

Talent like this is one reason why John Havlicek will be inducted on November 20, 2015, into the College Basketball Hall of Fame. Havlicek, ’62, of Weston, Mass., was an All America selection and a member of the 1960 national championship Buckeyes team. During his three years as a starter, his team held a 78-6 record.

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Rhonda Johnson is honored to be Columbus Mayor Michael Coleman’s education director. After devoting herself to the role of president of the Columbus Education Association (CEA) for 10 years, she widened her ability to address more than what happens in the classroom.

“I get to advocate for families so their children have the resources they need to be successful in school and in life,” she said. “I get my endorphins from helping people fix problems.”

One wonders if Frank W. Hale Jr., the highly respected vice provost for diversity and inclusion at Ohio State, was clairvoyant when he recruited Johnson with a minority fellowship in 1977. The Tusculum, Alabama, native has brought the benefit of her supportive spirit to Columbus in so many ways. After earning a master’s in business education in 1978, Johnson joined the Northwest Career Center at Columbus City Schools. During her 16 years there, she prepared hundreds of students for jobs in banking and financial institutions. She also learned when to call the CEA to help teachers. In the process, she developed relationships with many teachers.

Those relationships led to her election as vice president of the CEA under President John Grossman. They worked with the college’s dean, Nancy Zimpher, and Professor Sandy Stroot to create and implement the PAR program. Used to mentor new teachers, the model has been implemented across the country.

Upon Grossman’s retirement, Johnson was elected CEA president. She is most proud of the union’s leadership in getting domestic partner benefits for school personnel. But she’s not one to take an adversarial approach.

“You can’t get anything done unless you have collaborative relations,” she said. “I try to sit down and work it out with the person. Then you can help teachers, you can help kids.” — JANET CICCONE

Josh Livingston

“As a designer, I’m naturally engaged in what’s new and what’s next and Rogue pushes that envelope.”

Move with NYC style

Race wear inspires perfect wardrobe for men in the Big Apple

There’s a leather jacket and there’s a leather jacket made by Rogue.

Pure New York: confident, stylish, brash. Always on the go. Inspired by race wear, the menswear company offers a unique attitude and ergonomic fit usually associated with sportswear. It’s perfect for the fast-paced lifestyle of bad boys living in the Big Apple.

Driving all stages of apparel design and product execution, Josh Livingston (’01 Fashion and Retail Studies) embodies the aesthetic of Rogue. “In three words, I would describe it as masculine, dynamic and driven,” he said. “As a designer, I’m naturally engaged in what’s new and what’s next and Rogue pushes that envelope.”

Rogue has attitude. With enough strength to beat the bad guys, the company’s City Jacket hugged Mark Walberg throughout the “Transformers 4” blockbuster. Similar leather racer-style jackets have been spotted on singer-songwriter Chris Martin and actor Hugh Jackman.

Livingston hasn’t always made clothing for the rugged type, though. After graduating from Ohio State, he worked in the land of all things preppy. He moved from a position as a technical designer for Abercrombie & Fitch to a product development manager for Ralph Lauren. “Leaving the buttoned-down corporate world and diving into a boutique brand was refreshing,” he said.

“I was ready for something completely different and I found that in Rogue.” — KAMILAH KING

Rhonda Johnson was named one of the “Women You Should Know” by Columbus’ Women for Economic and Leadership Development (WELD).
A utility player hits a homer

Playing it smart behind the scenes

After 35 years behind the scenes, Mark Weidemaier is very visible in the Major League Baseball spotlight.

Last summer, Weidemaier ('80 MA Sport Management), who scouted for several MLB teams, stepped up as defensive coordinator and advance coach for the Nationals in Washington, D.C.

Field manager Matt Williams, who was hired from the Arizona Diamondbacks, brought Weidemaier to Washington. Under their leadership, the Nationals ended the 2014 season 17 games out in first and won the National East Division championship.

It wasn't beginner's luck. "I think some people would be amazed how intense the preparation is," said Weidemaier, of Liberty, North Carolina.

He sifts through a massive amount of data, "spray charts, this hitter versus our pitchers, advance scouting reports, which pitchers are attacking the hitters, and what not" for every one of the MLB's 162-game marathon seasons.

The only way to survive the grind is by having fun, and Weidemaier is an old-time baseball jokester and story teller. One player told the Washington Post, "He's hilarious."

"Washington has really taken the Nationals to heart," said Weidemaier, a native of Upper Arlington, Ohio. "We're right in the forefront of fan interest."

May I have this dance?

Designs fit for (classroom) royalty

Homecoming angst? Not for the Scott High School homecoming court in Toledo. They know they will be the belles of the ball, thanks to gowns designed by special education teacher Trevor Thomas Black ('78 Textiles and Clothing), a 1974 Scott alumna. "These students are our best representation of Scott and I want them to look their best," she told the Toledo Blade. The girls never forget her skill. Many former homecoming queens and princesses ask her to design their wedding ensembles.

"These students are our best representation of Scott and I want them to look their best."
Olympic medal the USA had ever won.

Beal’s strategy made a huge impact on the game much more exciting to watch. “The two-receiver system allows for better individual specialization,” Beal said. “Players are able to focus on what they’re best at.”

A gutsy coach, he continuously pushed himself and his players.

Beal’s strategy made a huge impact on the U.S. record. Within two years, he took a team that placed 13th at the 1982 Federation Internationale de Volleyball World Championship to winning gold at the Los Angeles Games. Even more important, the gold was the first Olympic medal the USA had ever won.

The Americans built on that beginning, and by 2012, many volleyball players had become household names.

As CEO for 10 years, Beal has improved the USA Volleyball governance structure, almost tripled membership and tripled the programming budget.

Beal uses his role to attract youth through projects such as the USA Volleyball Beach Junior tour, created in 2006. Indeed, national data show girls’ high school volleyball gained 9,426 players in 2013-14, the largest increase for any sport.

“Through sustained competitive success and new programs such as a professional league in the USA, we can reach our Million Volleyball Participant initiative goal.”

Doug Beal (’81 PhD Physical Education and Exercise Science) earned Most Valuable Player and All-America honors while at Ohio

research interests centered on educational administration. His work and writing would fit today’s policy debates: School and community relations, the impact of court decisions, the legality of school financing, and the use of volunteers in the schools. His service included directing Ohio State’s satellite college prep program in Lakewood, Ohio, from 1958-62. He was the Ohio School Boards Association central region manager from 1958-63, working with 14 counties.

William D. Umstattd

Associate Professor Emeritus William Umstattd spent 17 years in the Industrial Technology program at a time when the college moved to innovative core courses that prepared students to teach industrial arts. The Dublin, Ohio, resident died April 4, 2015, at age 85. His work took him to Indonesia to enhance the quality of teaching staff at technical schools. He also was assistant editor for the Journal of Industrial Teacher Education and prepared instructional manuals for the U.S. Department of Energy. His academic leadership was honored by the International Technology Education Association, as well as by ITEA’s Ohio chapter. Epsilon Pi Tau educational fraternity granted him a service award and Laureate Citation.

Ready, continued from p.13

Dig deep like Doug

Digs, spikes and hits have never been the same since Doug Beal pioneered volleyball’s revolutionary two-receiver system in the mid-1980s.

The U.S. Men’s National Volleyball Team head coach’s passing system made the game much more exciting to watch. “The two-receiver system allows for better individual specialization,” Beal said. “Players are able to focus on what they’re best at.”

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Mind and muscle, continued from p.9

for instance, allow time to acclimate before taking on activities that require physically challenging skills.”

Kraemer expects the new lab to move kinesiology light years ahead with discoveries like these. The technical nature of his work reveals answers that may be impossible to guess in advance. Or they may appear completely obvious.

Yet as he likes to say in making decisions about exercise, “In God we trust; for you, let’s see the data.”

State, and was on the U.S. National Team from 1970-76. The Volleyball Hall of Fame inducted him in 1989, and he was a finalist for the Federation Internationale de Volleyball’s Greatest Coach of the Century.

KAMILAH KING
EHE impact:
Improving lives in Ohio, the U.S. and worldwide

7,500 Shakespeares in love
In five years, central Ohio students improved their academic results while acting out the powerful stories of the Bard. EHE’s professional development program inspires teachers based on the Royal Shakespeare Company’s Stand Up for Shakespeare manifesto.

8,200+ Ohio State students get fit
This year (summer, autumn, spring), the Sport, Fitness and Health program within EHE enrolled 8,204 students. More than 60 courses engaged students in kickboxing, badminton, pilates, judo, fencing, square dancing, and even flag football.

10 big honors for human nutrition
Human Nutrition and Kinesiology faculty had a banner year in 2014 for their work related to what we eat. They became editors of prestigious journals. They won awards from major organizations, such as the American Society of Nutrition, and more.

391 students from around the world
During autumn semester 2014, international students from 38 countries joined EHE. A few of the countries include Australia, Chile, China, Colombia, Germany, India, Korea and Saudi Arabia.

18th most influential dean
Dean Cheryl Achterberg is the 18th most influential dean of education in the United States, according to a survey by Mometrix Test Preparation. Researchers based their decision on EHE’s awards and honors, degree program rankings and how much our new educators are paid.

$86 million nurtures readers nationwide
Since 2010, EHE faculty and staff have conducted 12 research projects funded by the U.S. Department of Education. Each focused on helping pre-K through 12th-grade youth improve their reading and writing skills.
EHE ON THE WEB  More at go.osu.edu/OnTheWeb2015

Inspiring movement
Enjoy photos and videos of students and alumni who inspire movement

Power shift
EHE researchers improve minds and muscles through whole-body studies

Chasing the checkered flag
Watch NASCAR athlete Ryan Patton refuel, retire, repair and readjust in under 12 seconds

Your campus
Discover what’s hot with our students in and out of the classroom

Your generosity
Donors’ gifts fund dynamic students, programs and research

Innovation in kinesiology
EHE physical activity experts pioneer unique innovations

Your news
Your fellow alumni have exciting news and updates to share

Your college’s research
Learn more about how EHE research advances your well-being and learning

EHE In Touch e-news
Move in sync with EHE by signing up for the redesigned In Touch monthly e-newsletter

Get social!
Like us: Facebook.com/OSUEHE
Follow us: Twitter.com/OSUEHE and Instagram.com/OSUEHE
Join us on LinkedIn: The Ohio State University EHE Alumni group
2016 Education and Human Ecology
ALUMNI AWARDS AND HALL OF FAME INDUCTION

Call for Nominations

In every graduating class, distinguished alumni are contributing to the world around them. Bring recognition to your classmates, yourself or former faculty and administrators of your college.

Categories

Hall of Fame: EHE alumni, former faculty and former administrators from an education or human ecology program are eligible. Induction is the highest honor the college bestows. Nominees must have made significant contributions to education and human ecology as models for all others in their fields. They have distinguished themselves nationally or internationally, making positive contributions to society and bringing extraordinary credit to The Ohio State University.

Alumni Award of Distinction: Presented to alumni who have made a difference in the lives of others through outstanding professional, personal or community contributions in their field.

Alumni Career Achievement Award: Honors EHE alumni who have proven records of career accomplishments and have made outstanding contributions to their professions.

Alumni Meritorious Service Award: Presented to alumni for dedicated service to the College of Education and Human Ecology and/or The Ohio State University. Nominees must have supported the college/university by: making considerable commitment in terms of time, effort or service; assisting through creative, innovative input; and/or making significant financial contributions.

Alumni New Leader Award: Granted to EHE alumni, age 36 or younger at time of nomination, for significant professional accomplishments or service to the college.

Nomination process

The EHE Alumni Society is accepting nominations for the Hall of Fame or Alumni Awards until Wednesday, Dec. 30, 2015. More information, including a new application process, is available online at go.osu.edu/EHEnom2016. Letters of support, vitae and other documentation must be submitted with the application packet by the deadline.

Not connected to the Internet? Contact Sean Thompson at thompson.1355@osu.edu or 614-688-5392.

EHE Three-Point Schott

Let’s MOVE on the ice and the court

Come cheer on our star EHE players this coming year when we feature three Buckeye athletic teams.

Join your fellow Buckeyes before each event for fun and food.

Our Three-Point Schott, named for the Schottenstein Center, features:

- Men’s Ice Hockey
- Men’s Basketball
- Women’s Basketball

Stay social and up to date on event dates and ticket information by following EHE on Facebook, Instagram and Twitter: facebook.com(OSUEHE), instagram.com(OSUEHE) and twitter.com(OSUEHE). Remember to check the Alumni News and Events listings (ehe.osu.edu) and read the EHE In Touch monthly alumni and friends e-newsletter. You can opt-in to In Touch by emailing your name and graduation year to ciccone.2@osu.edu.

Alumnus Leonard Haynes III was inducted into the college’s Hall of Fame in 2012 by Dean Cheryl Achterberg, right, and Lynne Hutchinson of the EHE Alumni Society Board of Governors.

Not connected to the Internet? Contact Sean Thompson at thompson.1355@osu.edu or 614-688-5392.

EHE Three-Point Schott

Let’s MOVE on the ice and the court

Sport industry major Craig Dalrymple takes on University of Michigan.
ISN’T IT NIFTY?
BRUTUS IS 50!

No matter your age, it’s always great to be a Buckeye! Join us to make the 2015 EHE Homecoming the best tailgate ever.

HOMECOMING | REUNION WEEKEND
FRIDAY – SUNDAY, OCT. 9–11, 2015

Tailgate and game: $120 for adults, $110 for children 3-12, $85 for children under 3
Tailgate only: $35 for adults, $25 for children 3-12, children under 3 are free

FRIDAY: Homecoming Parade and Pep Rally
SATURDAY: EHE Alumni Tailgate at 9 a.m. Includes the best tailgate food on campus. Cheer on the Buckeyes as they take on the Terrapins of Maryland.
Tailgate and football ticket reservation deadline: Sept. 11, 2015

Visit go.osu.edu/EHEreunion15 for complete details, including game ticket availability and eligibility.

Questions? Sean Thompson at thompson.1355@osu.edu or 614-688-5392. No Internet? Request an information packet from Nancy Swearengin at swearengin.1@osu.edu or 614-292-2743.