

RECREATIONAL SPORTS REPORT

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GOODBYE, SKINNY JEANS

RecSports Body Image Awareness Campaign



Celebrate Every-BODY Week featured a jean drive, which encouraged students to get rid of their tight-fitting "skinny" jeans and donate them to the Shalom Community Center. The week also included nationally recognized guest speakers and a free movie showing.

This spring, Recreational Sports promoted body image awareness through Celebrate Every-BODY Week, Feb. 23–27. The following story will appear in the Fall 2009 *RS Guide*.

More than 24 million people in the United States suffer from disordered eating. This is not necessarily surprising, though, because society is setting forth a nearly impossible standard for the average person to live up to.

The statistics are shocking.

The average supermodel weighs only 117 pounds and stands 5 feet 11 inches tall. In contrast, the average female weighs 140 pounds at 5 feet 4 inches tall, and the average male weighs in at 190 pounds and is 5-foot-9.

The issue of body image affects everyone, and college campuses are certainly not immune. In fact, 80 percent of college-aged women feel dissatisfied with their appearance, while more than 78 percent of men choose an ideal figure different from their own, says Andy Fry, Recreational Sports (RS) assistant director of fitness wellness. These numbers go to show that even if you don't realize it, someone you know could be suffering from a body image disorder.

Jane* is a student here at IU who has experienced body image issues firsthand. Jane suffers from an eating disorder, which she has dubbed "ED." ED has been a part of her life for several years now, starting while she was still in high school. Jane had split up with her boyfriend and her parents had divorced. She felt alone. She turned to ED in her time of need.

"That's when ED started dating me," Jane says. "The flirting started with the loss of my first love and feeling of abandonment from my father. ED was there for me through it all."

Jane was on the dance team in high school, and says she felt like she was constantly being viewed as a "sex symbol" as motivation for the sports teams. The pressure she felt from having so many eyes on her contributed to her body image problems.

"I found more and more that I saw imperfections with myself and wanted to be perfect," Jane says.

Unfortunately for Jane, her desire for perfection was soon hindered by a diagnosis of severe scoliosis. She was forced to wear a brace for 22 hours a day, which severely limited the time she could spend dancing. She found herself turning to ED once again.

The decline in exercise due to the brace led Jane to search for other

(continued on page 7)

From the director

Taking inventory in a tight economy

"The greatest wealth is health." — Ralph Waldo Emerson

Given the challenging economic times, some may take exception to the above sentiment penned by Ralph Waldo Emerson.

Over the course of the past year, we have been very curious about where the economic downturn will lead in general, and how it will impact Indiana University and Campus Recreational Sports in particular.



Bayless

We still await final word on this outcome, but we have been incorporating cost reduction and cost containment measures as a regular part of our business practice. This way, we can address adjustments in consultation with the Student Recreational Sports Association (board members pictured below) and Campus Recreational Sports Advisory Board as warranted.

Still, we have had a very productive year and enjoy being able to share highlights with you in this newsletter.

—Kathy Bayless



See where the year took these members of the 2008-09 SRSA board on page 4.



Podcast hosts Kelli Archer and Telesha Smith record a show while Kaitlin Addison films.

RS podcasts reach thousands

Recreational Sports participants are able to learn helpful health, fitness and wellness tips from the comfort of their own iPod.

Recreational Sports weekly podcast series, the *RecSports Report*, includes interviews with students, RS participants and staff, and also provides tips to encourage students to live active, healthy lifestyles. Since the podcast series began airing in October 2007, the *RecSports Report* has seen more than 13,000 unique subscribers.

RS was one of the first organizations on campus to have a weekly podcast available. Podcasts can be viewed on a video iPod or from a computer. To access the RS weekly podcast, simply log onto www.recsports.indiana.edu and follow the links.

recsports.indiana.edu



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Campus Recreational Sports

Director & Assistant Dean, School of HPER Kathryn Bayless
 Associate Director Jacqueline Puterbaugh
 Director of Marketing & Sponsorship Kimberly Gray
 Assistant Director of Marketing Melissa Copas

Alumni Association

President/CEO Tom Martz
 Director, Alumni Programs Jennifer Gentry
 Editor for Constituent Periodicals Sarah Preuschl Anderson
 Class Notes Editor Bill Elliott



INDIANA UNIVERSITY
 CAMPUS RECREATIONAL SPORTS
 Bloomington

Campus Recreational Sports is part of the School of HPER.

Phone: (812) 855-2371 • Fax: (812) 855-8809

E-mail: recsports@indiana.edu • Web: www.recsports.indiana.edu

NIRSA Review: RS earns first for creative excellence

For the seventh year in a row, IU Campus Recreational Sports (RS) received a first place Creative Excellence Award from the National Intramural-Recreational Sports Association (NIRSA).

This is the highest honor awarded to campus recreation marketing departments. This year, RS received first place award for the Faculty/Staff Active Healthy Lifestyles Wall Calendar. RS also received second place for the *RecSports Report Weekly Podcast* and third place for the Spring 2009 edition of the biannual *RS Mag*.

Ashley Donaldson was recognized with the William N. Wasson Student Leadership and Academic Award. This award is given to top undergraduate and graduate students participating in or employed by the Department of Recreational Sports. The award gives NIRSA an opportunity to honor outstanding student leaders who are active participants, employees, and/or volunteers at their institution.

Stacey Hall received the Region III Award of Merit. This award recognizes the outstanding contributions of individual members, made on either a regional or statewide basis, within NIRSA. The award acknowledges exceptional performance or

dedication, encourages creativity and innovation, and establishes a standard of excellence in professional achievement.

Susie Mahoney was honored at NIRSA with the Horace Moody Award for Region III. This award recognizes a professional member who has made contribution to student development through encouragement, support, and performance.

NIRSA alumni awards

We also enjoyed having 50 alumni rendezvous over lunch to renew acquaintances and extend recognition to these two award recipients:

J. Kelly Powell, BS'84, MS'86, received the Professional Service Award for contri-



Mahoney



Hall

butions to the field of recreational sports. As an IU student, Powell worked within Campus Recreational Sports as a staff assistant and as an assistant director. From there, he entered into Morale, Welfare, and Recreation within the Navy and worked in various locations including Yokosuka, Japan. In the early 1990's Kelly was head of the Navy Fitness and Sport Program and also the director of MWR at an outpost at Adak, which is a small island off the southwest coast of Alaska.

In the mid 1990's, he became the Head of the Navy's Fitness and Sport Program, and worked in several positions in the Office of the Secretary of the Navy. In recent years, he has been the Head of the Navy's Mission Readiness Branch, headquartered in Tennessee, and most recently was named as an analyst for the Commander, Navy Installations Command.

Ben Smith, MS'08, received the Research Award for his study on "Motivational Factors for Participation in Club Sports at Indiana University". Smith is currently employed as the Aquatics Coordinator of Events at the University of Missouri.



New CircuitStrength Program offered

The school year wasn't the only thing that was new around Bloomington this year. IU Campus Recreational Sports debuted its new CircuitStrength Program, which kicked off during the fall 2008 semester.

CircuitStrength offers an efficient and challenging complete body workout, regardless of experience level. Instructors will teach participants a variety of functional exercises that will help make every day movements easier. Sessions last 30 minutes and are conducted on the HumanSport equipment located in the SRSC Strength Circuit.

Part of the appeal of CircuitStrength is its convenience. Many sessions are even held in the early morning, during the lunch hour, or just after 5 p.m.

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From the 2008–09 SRSA president

SRSA accomplishments & updates

Master plan for facility improvement

This school year has been a full one for the Student Recreational Sports Association (SRSA). At the November Indiana University Board of Trustees Meeting, IU's Campus Master Planning firm unveiled the first phase of the IUB plan for important improvements pertaining to Recreational Sports.

These included specific recommendations to renovate and expand the Wildermuth Intramural Center, add on to the SRSC, as well as upgrade and expand outdoor activity space areas. This last recommendation couldn't have come at a better time considering the poor field conditions at North Fee Lane and Woodlawn that significantly limit programming. After gaining this headway with the Campus Master Planners and extensive student support for the project, the recent economic turmoil represents something of a roadblock. Even though current hardships may defer implementation, the SRSA continues to advocate for these improvements.

See the chart on page 5.

SRSA honors student legacy

SRSA was able to provide input for another campus project during deliberations on the naming of the Wildermuth

Intramural Center. Central in those deliberations was the question of renaming the Student Recreational Sports Center the Bill Garrett Student Recreational Sports Center. To date, we have been assured that the name will remain "as is" since the Student Recreational Sports Center stands as the formal name to honor the legacy of all students who paid for construction of the center and who provide the largest portion of the operating budget through dedicated student fees.

IU Committee for Fee Review

Also this year, Kathy Bayless, Jackie Puterbaugh, and I presented to the IU Committee for Fee Review in early February. The Fee Review, comprised of seven students, takes place every two years in order to recommend how mandatory student fees should be allocated.

We presented information about the scope of programs and services provided through the student fee, the extensiveness of student participation, and aspects of participant satisfaction. We also presented about issues with programs, equipment, and facilities due to resource limitations. Recommendations from the committee were extremely supportive concerning Campus Recreational Sports. A final decision will be reached by the IU Board

of Trustees and announced as a part of budget construction in late spring.

Afternoon swim restored

SRSA participated on an important campus task force, set up to review a facility scheduling issue. In recent years, the afternoon recreational sports lap swim time in Royer Pool has been shared with the Councilman Center Indiana Swim Team (CCiST) in an effort to cooperate with their start up needs.

However, once CCiST requested exclusive use of the pool during the afternoon swim block, SRSA withdrew support since the requested time falls during a designated priority block for recreational sports participation.

In addition to sharing materials to educate the task force about the block schedule history and significance, SRSA prepared a formal resolution, also endorsed by the Campus Recreational Sports Advisory Board, calling for the preservation of the block schedule and restoration of all lanes for recreational sports participation.

The work of the task force culminated in April with a formal recommendation to preserve the block schedule policy and restore the afternoon swim as a priority for recreational sports participation.

— Alex Sidebottom

VOICE project results

Facility patrons, students weigh in on RS

Completed in late fall 2008, the Vision of the Ideal College Experience (VOICE) Project identified a number of considerations deemed important to students across campus. The report included the following specific references to and recommendations for Campus Recreational Sports and the importance of student life related to health wellness.

Among the 10 characteristics of the "ideal" student: Engaged in Health/Wellness Understands the importance of health and wellness, and participates in activities in line with Governor Mitch Daniels' *INShape Indiana* initiative

Under the engagement section: Intramurals and club sports need to continue to be supported at an institutional level. These activities are an ideal way for students to interact outside of the classroom, and contribute substantially to the overall satisfaction of student life on campus.

Student recommendations:

- The university should provide greater flexibility in the setting of student fees. Further, the university should explore alternative funding sources for CFR-supported organizations that require one-time, "non-operating" expenditures (Recreational Sports facility improvements).

- Every school, department, and organization (service area) on campus should have a functioning student advisory board to ensure that student concerns are heard on the foundational level, well below the level of the administration.

Facilities recommendations:

- The university needs to discuss the Recreational Master Plan at an institutional level, and begin planning for necessary facility improvements/additions as laid out in the Master Plan. Further, the university should ensure current services are not cut (intramural fields) and all additional services are more appropriately designed for use by students/faculty/staff during the workday (centralize).
- The university assess the current funding process for one-time expenses (non-operating), like the Recreational Sports Master Plan, to ensure necessary projects are not prevented by student fee increase restrictions.

This report was submitted directly to President McRobbie upon completion, and he has requested feedback from campus administrators on how to address the recommendations.

— Alex Sidebottom



INDIANA UNIVERSITY
SRSA
Student Recreational Sports Association



Ψ STUDENT
ASSOCIATION



ASSESSMENT: WHAT WE HAVE...

 <p>SRSC</p>	<p>No space to offer new wellness programs including: Healthy Cooking Classes, Massage Therapy, Fitness Testing, increased Personal Training</p> <p>Planned in the '80s, opened in 1995</p>	<p>Limited space designed for Group Exercise and Mind Body sessions</p> <p>Lack of access to the pools due to varsity swimming, diving and water polo practices and swim meets</p>	<p>No space designated for non-traditional activities including: table tennis, badminton, games, dancing and more</p> <p>Inadequate space for Strength and Conditioning resulting in over-crowding</p>
 <p>HPER</p>	<p>Limited strength and conditioning space</p> <p>Inadequate number of courts for team sports</p>	<p>No areas designed for Group Exercise and Mind Body sessions</p> <p>Activity spaces are unavailable most of the day between 8 a.m. - 4 p.m. due to academic classes</p>	<p>Jogging and walking track needs to be moved/elevated due to safety concerns and poor design</p> <p>Heating and ventilation system needs to be replaced and air conditioning added</p>
 <p>Fields</p>	<p>Inadequate number of fields for a campus this size</p> <p>Terrible condition of fields: poor condition of soil resulting in inadequate grass growth and pooling of water</p>	<p>Outdated lighting systems</p> <p>No space to offer sand volleyball, outdoor basketball, nature trails, outdoor concerts and other activities</p>	<p>In Fall, 2006 37% of all Intramural Sports games were effected by the weather (rain-outs and reschedules)</p>

Club Sports Federation overcomes challenges

This year, the Club Sports Federation (CSF) welcomed two new clubs, increasing the total number of clubs to 44 for 2008–09. The Run Club and Gaelic Hurling Club both joined in December and have begun practicing as official club sports.

Clubs in CSF have had many great accomplishments this year. The Men's Soccer Club won the NIRSA National Championships last fall, and several other clubs are looking forward to competing in their respective national competitions as the semester closed.

Through the excitement of welcoming new clubs, CSF also faced adversity. It needed to find ways to pay newly implemented rental fees for use of Mellencamp Pavilion. A total of eight clubs were affected. Each met with the CSF Executive Board to discuss practice times at Mellencamp. It was determined that all clubs would still be able to use the facility, and to help offset the cost, the CSF Executive Board approved the use of the CSF Emergency Fund. This is one of only a few times the fund has been used since its creation.

Throughout this process, much time was spent working with IU Athletic Department to implement a phasing in of the fee. As a result, the initial cost was decreased 50 percent.

Another issue faced by clubs involved damage done to Evan Williams Field by the summer 2008 storms. The drainage was fixed before clubs began practicing in September.

Though CSF faced difficult times this year, the challenges were eased by a re-introduction of the role of club liaisons.

The CSF Executive Board, comprised of Krystina Neuman (president), Conner Keefe (vice president), Krista Harty (treasurer), and Lydia Pumphrey (secretary), divided up the 44 clubs and worked with each club to assist in problems that they faced throughout the year. The club liaison process has also allowed each CSF Executive Board member an opportunity to get to know the clubs better and be more active in their roles.

Alternate reality game sends students on ‘Skeleton Chase’

With recruitment, marketing, and logistical assistance from IU Campus Recreational Sports, IU researchers are currently exploring how an alternate reality game (ARG) can be designed to improve players’ health and help college students develop healthy habits for a lifetime.

With Robert Wood Johnson Foundation grant support, Jeanne Johnston from the School of HPER, Anne Massey from the Kelley School of Business and Lee Sheldon from telecommunications conducted their initial study in fall 2008.

Freshmen students enrolled in the Briscoe Fitness and Wellness Living Learning Center played *Skeleton Chase*. They became part of the mystery story themselves and throughout the 8-week course of play, researchers observed critical indicators of fitness along the way.

A follow up study is underway. *Skeleton Chase II: The Psychic* is pitting 25 teams of students recruited from the general IUB student population against each other to



Massey, Sheldon, and Johnston

solve another “undisclosed” mystery that wrapped up in early April 2009.

The ARGs used in this research — *The Skeleton Chase* and *Skeleton Chase II* — are interactive stories using Bloomington and IU as a “game board”.

Over the course of play, players interact directly with the characters in the game’s story, solve plot-based challenges and puzzles, and often work together to analyze the story and coordinate real-life and

online activities. As students move around the campus and community they logged steps towards their goal of 50,000 steps a week.

Individual and team-based cash prizes provide additional incentive at various stages of the game.

IU Campus Recreational Sports collaborated by recruiting research participants and providing researchers direct contact with students to explain the ARG concept at kick-off events early in the spring semester.

RS also provided wireless data-capture devices at the SRSC and HPER. These devices measured step activity captured by accelerometers worn by each participant.

One exciting aspect of this collaboration is the unique opportunity for RS to evaluate the Games for Health concept. The project demonstrates the value of Campus Recreational Sports as a research laboratory within the School of HPER and across the IUB campus.

Intramural Sports Council increases participation

A major goal of the Intramural Sports Council for the 2008–09 year was to increase participation in intramural sports.

We spent some time last year brainstorming marketing ideas to get students excited about signing up and playing. We got to see some of our ideas put into action during the fall semester as the intramural staff created a lively atmosphere called IM Fest in high-traffic areas on campus during registration days. We were excited to see that participation numbers were up in virtually every sport during the first semester for a total of over seven percent! Much of the credit is due to the intramural sports and marketing staff, but we were happy to contribute to this achievement as a council. We are hoping this trend continues through the spring semester and beyond.

Our survey last year returned more than 900 student responses, and disc golf emerged as the clear choice for the newest Intramural sport. We had even more participants than we expected with 57 students competing. The event was held at Karst Farm Park, chosen as the location because of its outstanding, existing course. We added several new holes to the course to accommodate different skill levels, and the event turned out to be a major success. There were some extreme-



Disc golf is a new and popular intramural sport.

ly talented students that participated, and fun was had by all.

This spring semester we will also host a slam dunk contest in coordination with our ongoing three-point shootout. This event was also a result of our student interest survey, and we believe it will bring a lot of excitement to the HPER during intramural basketball.

Throughout the year, ISC worked on several major projects designed to fulfill our mission of providing an intramural

program that best matches what students want.

We are finishing up a redesign of our council’s Web site so that we can better receive direct feedback from students. We’re excited to bring it live very soon.

And we finished the year strong with a contest for students to design the next intramural champion t-shirt. We hoped to receive some creative submissions and to create buzz around campus about participating in intramural sports next year.



Swim to Summer a success again

The annual Swim to Summer program was once again an overwhelming success, with 140 students choosing to jump-start their summer by taking a dive into the pool. Swim to Summer is an aquatics program designed to encourage participants to use the pool, regardless of their skill level. Swimmers can choose from one of two groups: Crimson, with a goal of swimming 30,000 total yards, or Cream, with a goal of 10,000 total yards.

Swim to Summer ran from March 30 to May 3. Swimmers participating in the program also had the chance to complete a variety of weekly challenges for various prizes.

Participants earn mileage toward their goals through a point system. Examples of activities:

- **Recreational swimming:** 1 length = 25 yards
- **Aqua Jogging:** 10 minutes = 15 lengths
- **Deep Water Exercise:** 45 minute session = 40 lengths
- **RS Swimming Lessons:** 50 lengths (group or private lessons)

RS Director of Aquatics Emily Ward says swimming is a great way for anyone to exercise because it provides a full body workout without being hard on joints.

"People often think they have to be a skilled lap swimmer to use the pool for exercise," Ward says. "But that couldn't be further from the truth."

Body image

(continued from page 2)

ways to satisfy ED. If she couldn't exercise as much as he wanted, she had to eat less to make up for it.

"I started getting really secretive about my food intake and paying more attention to nutrition labels," Jane says.

Jane continued to struggle with ED after coming to IU. She says she "married ED" when a friend showed her a Web site where she could record her food intake each day. Fear of the "Freshman 15" led her to obsess over exercise.

"I would wake up at 4:30 in the morning just to get to the gym so that I would have enough time before meeting up with a friend for breakfast," Jane says.

A visit to her mom in Chicago during the summer between her sophomore and junior years at IU began Jane's path to recovery. She says her mom could not handle seeing her daughter at her lowest weight since middle school and constantly exhausted. Jane says she was also suffering from unexplained severe stomach pains, usually around mealtimes.

"[My mom] took me to the emergency room after one of the stomach pain incidents," Jane says. "The doctor told me, in front of my mother, that there was absolutely nothing in my digestive track which was what probably caused the pains."

The doctor recommended a specialist, and the specialist recommended that Jane be admitted as an inpatient at the eating disorder unit. Jane refused, though she did agree to meet with an outside dietician weekly for the remainder of the summer.

"I pretended to be trying my hardest and pretended to have the desire to get better, but I was secretly so ready to get to school and get back on track with ED," Jane says.

When she returned to IU that fall, Jane struggled for four weeks.

"I had blue lips, blue nails, hair loss, and a Tums obsession," Jane says. "I was sleeping all day and getting to my lowest weight. I would avoid the only friend that knew around meal times and before and after the gym. I had to do what I felt was best even if she didn't agree."

After four weeks back at school, Jane reached her breaking point. She says she became so frustrated that she started ignoring ED completely.

"The relationship wasn't going anywhere and I could never satisfy [ED],"

Jane says. "I binged for four days straight to the point of throwing up naturally. I had no control over myself and my intake of food."

Jane called her doctor back at home, who suggested she enroll in the eating disorder program that would teach her to balance food and be a normal eater again. She left school that same afternoon and returned home.

"I spent a full month in an intensive program that was eight hours a day of individual therapy, group therapy, nutrition classes, healthy exercise classes, and meals," Jane says.

She returned to IU last spring and found everyone was incredibly supportive to her and her situation. She has gained a little weight, but more importantly, she feels better about herself.

"ED is still here. Unfortunately he gets louder and louder in times of stress and anxiety to drown out the noise in my life," Jane says. "We tend to have our fights and sometimes I win but other times he wins. I'm willing to fight the fight and continue to send divorce papers, restraining orders, even death threats to ED."

Dr. Chris Meno of IU's Counseling and Psychological Services says there are several warning signs to look for if you are concerned a friend or loved one might be suffering from a body image or eating disorder. She says some signs include avoiding social situations due to worries about body size or shape, difficulty identifying things you like about your body, feeling good or bad about yourself based on the number on the scale, restrictive, rigid or inflexible approach to dieting or exercise, over-exercise or exercising despite illness or injury, and self-critical comments about body shape, weight, or appearance.

Meno also offers the following advice.

"Notice your own self-talk about your body and stop yourself from saying critical things. If you can't say something nice about your body, at least stop yourself from saying something critical," Meno says. "Also, wear clothes that fit and flatter you. Don't choose clothes based on the size on the label or the current fashion trends. And stop weighing yourself. Get rid of your scale!"

Fry agrees with Meno that positive thinking is a key to body image.

"Positive self-talk is very beneficial," Fry says. "Look in the mirror and instead of focusing on what you don't like, draw your attention to what you do like about your appearance." — *Kim Cullman*

Staff Notes



Greg Van Hook (above), IU Campus Recreational Sports (RS) business affairs accounting representative, received the IU Bloomington Support Staff Merit Award. IU Provost Karen Hanson presented the award to Van Hook and other winners during a ceremony. Greg's supervisor, Jim Tippin, RS director of financial affairs, commends Van Hook for his ability to find efficiencies in business practices that not only benefit RS but the university as a whole.

Douglas Delmage, graduate assistant for informal sports, joins RS from the University of Rhode Island where he earned his bachelors degree in Kinesiology.

Cody Heeter comes to RS as the graduate assistant for fitness/wellness-strength

and conditioning. Previously he attended The Ohio State University where he obtained his bachelors degree in Exercise Science Education.

Stacey Lee joins the RS team as the graduate assistant for intramural sports. Lee attended the University of California-Davis where she earned a bachelor's degree in exercise biology.

Cary Hair, program assistant for marketing and sponsorship comes to RS from the University of Evansville, where he received a bachelor's degree in exercise science.

Jeremy Roell comes to RS as graduate assistant for marketing and sponsorship. He has a bachelor's degree in kinesiology from IUB.

Megan Amadeo joins RS as assistant director of fitness/wellness-personal training. Amadeo has a bachelor's degree in exercise science from Florida State University and her master's degree in kinesiology from Indiana University. She previously worked at Georgia Institute of Technology and Florida State University.

Chris Arvin and **Christine Ruddick** were honored at the 20th Annual School of HPER Outstanding Support Staff and Professional Service Delivery Staff Award Ceremony for 10 years of service at Recreational Sports. Ruddick received the Outstanding Support Staff Award.

TOP 5 Ways Your Membership Makes IU Stronger

- **Creates a global alumni network**

More than 100 chapters worldwide offer alumni opportunities to network and serve IU

- **Keeps alumni informed about IU**

Membership supports the *Indiana Alumni Magazine*; the IUAA e-newsletter and Web site; and school, campus, and chapter communications.

- **Provides scholarships for students**

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Alumni Notebook

Alumni Profile

'RS has shaped my life'

Medical school and doctoral candidate Stacy Dixon, BS'04

Meet Stacy Dixon, BS'04. She is a student at Indiana University School of Medicine and is working to obtain both her medical doctorate and a doctorate of philosophy in Pharmacology. Her impressive resumé lists her research studies, the various publications to which she's contributed, along with numerous prestigious fellowships she's been awarded. Amongst those impressive standings is one line that simply states: Jill Behrman Emerging Leader Scholarship.

"I still to this day keep it as one of the awards on my resume because it has meant a lot to me," says Dixon. Dixon was the 2004 recipient of the Jill Behrman Emerging Leader Scholarship. She says that the prestige of the award helped her get into her PhD program and the monetary value has helped support her during medical school.

But it's more than just the title and financial significance that makes this award special to Dixon. "For those that know [Jill's] story, I think they value the scholarship," says Dixon. "Since winning the scholarship, I've been able to make it down almost every single year to participate in the Jill Behrman 5K."

A special event like the Jill Behrman 5K is nothing new for Dixon, who played an integral part of planning a campus-wide special event sponsored by RS for 30 years: Spirit of Sport. "I remember my first year of Spirit of Sport," says Dixon. "I hardly knew anybody and it was a great way to meet new people. I was very shy then and I think [Spirit of Sport] helped to bring out my personality. I had a lot of fun" Dixon didn't stay shy for long.

"I really enjoyed the people I worked with. I had some great mentors through the RS staff and I enjoyed getting involved with the student body," says Dixon.

Through volunteer leadership experiences, Dixon gained benefits that reached beyond the realm of Recreational Sports. "The networking, delegating tasks and learning how to motivate people—the whole leadership position aspect has



Dixon with Marilyn and Eric Behrman at Jill's House.

really helped me; not only in medical school, but also in my PhD program," says Dixon.

Dixon also served on the Student Recreational Sports Association Board of Directors and worked as a lifeguard and swim instructor. And, when she wasn't working at RS or serving in her leadership roles, Dixon could be found working out in one of the RS pools.

equipment available, the friendliness of the staff, and the extra activities—from fitness classes to intramurals—all of that I miss. It was amazing and is hard to come by anywhere else."

From a shy sophomore undergraduate, to a medical school and doctoral candidate, Dixon truly appreciates the experiences at Recreational Sports that helped her development. "I really do think that

"I had some great mentors through the RS staff and I enjoyed getting involved with the student body."

Dixon says the flexible hours were one of the things she liked best about working out at Recreational Sports. "I miss that my gym now isn't open until 11:30 at night!" says Dixon. "I also miss the amount of

RS has shaped my life. The people who mentored me, the people I worked with and the opportunities that were given to me through RS have really allowed me to grow as a person."

Class notes

Before 1960

George Taliaferro, BS'51, was the focus of a documentary, *Indiana Legends: George Taliaferro*, which broadcast on IU's public television station WTIU in December. One of the best-known football players ever to attend Indiana University, Taliaferro played on IU's only undefeated football team in 1945 and was the first African American drafted by the NFL. His post-football career included time as special assistant to IU President John W. Ryan, MA'59, PhD'59, LLD'88, where he was responsible for developing equal-opportunity policies for all IU campuses. Taliaferro's wife, Viola (Jones), JD'77, is a retired Monroe County (Ind.) Circuit Court judge and community leader in Bloomington. She was Monroe County's first African-American judge and placed particular emphasis on juvenile justice. In October, the IU Maurer School of Law-Bloomington honored her with the dedication of the Viola J. Taliaferro Family and Mediation Clinic. The Taliaferros live in Bloomington.

1970s

Thomas J. Templin, BS'72, MS'75, is a professor in the Department of Health and Kinesiology at Purdue University in West Lafayette, Ind. In April he received the Curriculum and Instruction Honor Award from the National Association for Sport and Physical Education during the national convention of the American Alliance for Health, Physical Education, Recreation, and Dance in Fort Worth, Texas. Templin began his career at Purdue University in 1977 as an assistant professor in the Physical Education Department. He has published more than 35 articles in academic journals including *Research Quarterly in Exercise and Sport*, the *Journal of Teacher Education*, and the *American Educational Research Association Journal*. Templin lives in Lafayette, Ind.

Alan J. Dansker, BS'74, JD'77, is a partner for the law firm Bingham McHale, where he works in the firm's health-care group. He was named an Indiana Super Lawyer for 2008 by *Law & Politics Magazine* and *Indianapolis Monthly*. Dansker lives and works in Indianapolis.

D.A. Dailey, BA'76, MS'79, is a health-facilities evaluator for the California Department of Public Health in Penngrove, Calif. He is also an author, writing in his free time, and recently released the book *Confessions of an Oenophile — An American Family Cookbook with Outskirts Press*. Dailey lives in Woodside, Calif.

Jonna Busse MacDougall, BA'77, MAT'81, JD'86, is assistant dean for institutional advancement at the IU School of Law-Indianapolis. She is also co-founder and president of Outrun the Sun Inc., a not-for-profit organization that she formed with fellow IU alumnae Anita Busse Day, BA'84, and Marci A. Reddick, BA'78, JD'84. Day serves as executive director of the organization, and Reddick serves as legal counsel. Three other IU graduates currently serve as board members — Keeter Davidson Sechrist, MD'80; Mary J. Tempel, MSN'97; and Steven T. Holland, MBA'83. Outrun the Sun recently received a Golden Triangle Award from the American Academy of Dermatology, honoring the not-for-profit's efforts to encourage sun safety and reduce the incidence of melanoma and other skin cancers. The organization also hosted the fourth annual Outrun the Sun Race Against Melanoma, a collection of competitive and non-competitive runs that took place on the IUPUI campus in June 2007. Proceeds from the event helped fund the Outrun the Sun Inc. Melanoma Research Scholar program, which supports melanoma investigators throughout the nation. MacDougall, Day, Reddick, Sechrist, and Tempel live in Indianapolis, while Holland lives in Carmel, Ind.

John "J.B." Spees, BA'77, retired from the FBI in March 2006 and then taught for the U.S. Navy for a year. He now works as federal law enforcement sales manager for Remington Arms Co. Spees's oldest child is a sophomore at Utah Valley University, and his daughter planned to attend Brigham Young University after graduating from high school. His youngest child is in fourth grade. "I will always be young in order to keep up with him," Spees writes. "Life is good in [Simpsonville] South Carolina, but I only get home to Indiana about twice a year."

In August, **Eileen E. Cravens**, BA'78, MD'82, won the world champion horsemanship title at the American Quarter Horse Association Bayer Select World Championship in Amarillo, Texas. The event is the world's largest single-breed horse show open to amateur exhibitors age 50 or older. More than 1,150 entries from the US and Canada competed this year. A self-confessed "late bloomer," Cravens, a Richmond, Ind., physician, has been showing quarter horses for around 10 years. Riding her 15-year old gelding, Lopin Leaguer, she took home the title and a prize package that included a trophy, championship jacket, a sterling-silver buckle, neck wreath, and a cash prize. The previous year she had been named "Bayer Select All-Around Amateur," after making

the finals in several different events. "I was thrilled [to win the championship]. It was much more exciting to win one single event and be a world champion than to be an 'all-around.' It is like winning the Olympics."

Byron K. Mason, BA'78, is a partner at the law firm Baker & Daniels in Indianapolis. He litigates commercial, product liability, and employment matters. In 2007 he was nominated and elected to the Federation of Defense & Corporate Counsel. He also serves on the executive board for the Indiana Sports Corp. and on the board of directors for Community Hospitals of Indianapolis. Mason was appointed to co-chair a 600-member group of the American Bar Association's litigation section. He has a three-year term as co-chair of the ABA's mass-torts committee. Mason lives in Indianapolis.

Mary Kitowski Solada, BS'78, JD'82, has been named a 2009 Best Lawyers in America®. She is a partner for the law firm Bingham McHale, specializing in land use and zoning law. Solada lives and works in Indianapolis.

Jenny A. Erickson, BS'79, is vice president for legislative and regulatory affairs for the Life Insurance Association of Massachusetts in Boston. After graduating from IU, she attended law school at Boston University and pursued a career as a public affairs attorney. Erickson lives in Dorchester Center, Mass.

Gary L. Redmond, BS'79, is founder and chief director of Construction Business Media, a business-to-business magazine publishing company in Palatine, Ill. The publisher of *Architectural Products* magazine and *Illuminate* magazine, he recently started publishing *Architectural SSL* magazine, a publication that addresses LED and solid-state lighting. Redmond and his wife, Barbara, live in Winnetka, Ill., with their youngest son, William. Their older son, Chris, is a student at IU Bloomington and their daughter, Lauren, is a student at Vanderbilt University. Gary can be contacted at gary@arch-products.com.

G. Michael Witte, BA'79, JD'82, is a judge for Dearborn Superior Court No. 1 in Lawrenceburg, Ind. He also serves as vice president of the IU School of Law-Indianapolis Alumni Board. Witte lives in Lawrenceburg.

1980s

Denise M. Kleinrichert, BA'80, is an assistant professor of management and ethics at San Francisco State University. She lives and works in San Francisco.

Jonathan S. Fried, BA'81, MD'85, is

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an attending physician in the emergency department of Clarian Arnett Hospital in Lafayette, Ind. He lives in Zionsville, Ind.

In October, Indiana University named **Frederick Glass**, BA'81, JD'84, as its new athletic director. A former partner in the law firm Baker & Daniels, Glass was president of the Indianapolis 2011 Super Bowl Bid Committee and helped pave the way for Indianapolis to host its first Super Bowl in 2012. He also played a key role in making the city a part of the permanent rotation for hosting the NCAA Final Four basketball tournaments. Glass joined Baker & Daniels in 1993, providing counsel on business and other legal issues, and has been honored on many occasions for both his legal skills and public service. He has been recognized as one of The Best Lawyers in America® for corporate law and an Indiana Super Lawyer for business and corporate law. Before joining Baker & Daniels, Glass served former Indiana governor Evan Bayh, BS'78, LLD'81, from 1989 until 1993. Glass and his wife, Barbara (Lannan), BS'96, have four children, and live in Indianapolis.

Michael K. Davis, BS'82, JD'87, is the city administrator of Middleton, Wis., which was named in 2007 by *Money Magazine* as America's best place to live for cities with populations less than 50,000. He has served in his current capacity for the past nine years and oversees 130 employees, 13 department heads, and a \$17 million budget. Davis also handles the personnel, public information, and economic functions of the city. He is the former deputy mayor and executive assistant to former Bloomington, Ind., mayor Tomi Allison. The current president of the Wisconsin City/County Management Association, Davis is married to Julann Jatzcak, vice president of the Wisconsin Women's Business Initiative Corp. They have three children — Andrew, 21; Patrick, 19; and Sarah, 12. Davis lives in Middleton.

Brent L. Arnold, BS'86, is an associate professor at Virginia Commonwealth University in Richmond, where he also serves as director of the university's Sports Medicine Research Laboratory. Arnold lives in Goochland, Va.

William E. Birmingham, BA'86, lives in Riverside, Ill., with his wife, Jane (Wiaduck), BA'87, a real-estate agent for Gaslight Realty in Riverside. The couple has four children.

Paul J. Gordon Jr., BA/Cert'86, MBA'88, is a director for the medical-devices company Synthes in West Chester, Pa.,

and also serves on the board of directors for a start-up medical-devices company. His wife, Elizabeth (Yurko), BS'86, recently joined the faculty at Temple University in Philadelphia, where she was named the Merves Scholar in accounting and an associate professor with tenure. The couple has two children and lives in suburban Philadelphia.

David S. Hedge, BA'86, is advertising director for the *Evansville* (Ind.) *Courier & Press*. He lives in Newburgh, Ind.

Kevin M. Kissane, BS'86, works for the Romano Bros. Beverage Company in Chicago. He is the Chicago-area president of the IU Evans Scholars Program and spoke at the organization's 2008 Winter Meeting and Luncheon on Feb. 2 at the Glen View Club in Golf, Ill. Kissane lives in Chicago.

Sheri L. Jacobs, BA'89, is managing director and chief consultant of the Chicago office of McKinley Marketing. In October 2007 she completed the Chicago marathon. It was her ninth and most challenging marathon due to the heat in Chicago at the time, she writes. Jacobs lives in Deerfield, Ill., with her husband, Matt Getter, and their daughter, Jillian.

Kristen A. Taddeo, BA'89, recently relocated from New York City to Cape Cod, where she is senior event manager for Fidelity Investments in Smithfield, R.I. She writes that she produces client events and incentive trips. Taddeo lives in Mashpee, Mass., and can be contacted at kristen-taddeo@msn.com.

1990s

Stephanie Walker Keenan, BA'90, is local sales manager for the television station WBBM in Chicago. She writes that she has been in television sales for 17 years, the last 10 of which have been at CBS. Keenan has been married 10 years to her husband, David, and the couple has three children — 7-year-old twin sons, and a 2-year-old daughter. The family lives in Chicago.

Michael C. O'Malley, BA'90, is an architect for Berry College's Memorial Library in Mount Berry, Ga. He lives in Rome, Ga.

Ariel E. Axelrod, BA'91, is a major in the U.S. Army. His daughter, Mackenzie Sarah Axelrod, was born on Aug. 16 at the National Naval Medical Center in Bethesda, Md., and joins older brother Noah. Axelrod and his wife, Robyn, live in Bartersville, Ind.

Eli D. Flournoy, BA'92, has been appointed the first director of international news source for CNN Worldwide. Having worked at CNN for 17 years, he previously served as a supervising editor for the organization's international desk. Flournoy has covered news stories in countries across

the world, including Angola, Indonesia, Israel, India, and Pakistan. He has also worked on-site for CNN affiliate stations in Malaysia, Hong Kong, and the United Kingdom. Flournoy lives and works in Atlanta.

Amy Pomeranz Essley, Cert'93, BS'94, is program coordinator for Big Brothers Big Sisters of Central Indiana. A recent graduate of the United Way of Central Indiana's leadership development program, Leadership United, she lives and works in Indianapolis.

Nathan S. Schickel, BA'95, lives in Indianapolis with his wife, Leslie, JD'07, an associate attorney for the law firm Feiwell & Hannoy.

Track I-Man **Token D. Barnthouse**, BS'97, MS'04, is sports and deployed forces support coordinator for the U.S. Navy, stationed in Guam. He writes that he provides fitness and sports programming to enlisted sailors and their families. Barnthouse's wife, Tracie (Brodhacker), BA'04, is a copywriter and account executive for DDB Advertising in Hagåtña, Guam.

2000s

Seong Bong Ha, BS'00, is a business education teacher for Glenbrook South High School in Glenview, Ill. He writes that he has finished his first year as head coach for the girls' varsity soccer team, finishing with a record of 20 wins, three losses, and two ties, along with the school's first conference title since 1995. Ha has also earned a national coaching diploma and a national goalkeeping coaching diploma from the National Soccer Coaches Association of America. He lives in Wheeling, Ill.

Alex Kyrias, BS'01, has accepted a position as the play-by-play voice of the Augusta (Ga.) Lynx hockey team, the AA affiliate of the Anaheim (Calif.) Ducks NHL hockey team. He lives in Marietta, Ga.

Dana Chianello Phillips, BS'01, MS'03, is a senior professional representative for Astellas Pharma U.S. Inc. She lives in Indianapolis.

Amanda A. Madden, BS'04, works for the education-services group of the National Collegiate Athletic Association in Indianapolis. She lives in Fishers, Ind.

Crystal D. Mahoy, BA'04, completed an MA in forensic psychology at the Chicago School of Professional Psychology in June. She began a PhD in clinical psychology at Indiana State University in the fall. She lives in Evansville, Ind.

Jami L. Bennett, BS'05, is an environmental health-and-safety specialist for the IU Office of Environmental, Health, and Safety

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Management in Bloomington, Ind. She lives in Indianapolis.

Paul E. York, BA'06, MS'08, is residential life coordinator at Colorado College in Colorado Springs, where he lives. He writes, "I get to enjoy incredible vistas, hiking, skiing, and more in an amazing place."

Abby M. Blankenberger, BS'07, is a graduate student at the University of Illinois at Urbana-Champaign, where she is pursuing an advanced degree in kinesiology. She lives in Urbana.

Adrienne M. Luegers, BS'07, is a health-screening specialist for Principal Wellness Co. She lives and works in Indianapolis.

Derrick M. Smith, BA'07, is earning a master's degree in health administration through the IU School of Public and Environmental Affairs and an MBA in business at IUPUI. He plans to graduate in 2011.

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