Dear UDARF Members,

Judy and I just returned from the outstanding Yosemite and Sequoia National Parks in California. Though the drought there is noticeable, they remain two of our national treasures. The pine trees reach 130 feet and Sequoias 300 feet and over 3,000 years old, making one feel insignificant among these giants, but also thankful that we have the rain we do here. It has been a beautiful, magnificent autumn in Delaware.

We had a very interesting talk by Barbara Viera at our "My Intellectual Journey" event Nov. 5. Barbara was the UD volleyball coach for 27 years and compiled a 62 percent winning record even though her teams lacked athletic scholarships for 20 years, often competing against teams who did have them. She was known for not only mentoring hundreds of students but being particularly helpful to other coaches nationwide. (Read more about her talk on page 3.)

We anticipate another stimulating presentation on Dec. 1 from Dr. John Jungck, director of the Interdisciplinary Science Laboratory on south Academy Street. He will speak on how art and science can be combined in an innovative interdisciplinary fashion.

In anticipation of our Newsletter moving to digital only format by 2016, the board wishes to assure members easy access by simply reading the emails sent by us and clicking on the document icon at the bottom of the page to read the Newsletter. As long as you can read your emails, the process is simple. If you have trouble accessing it, several of our members including Clella Murray at cbmurray@udel.edu can download a paper copy to send to you.

And one last reminder to renew your UD identification cards at the Student Services building on Lovett Avenue, as the old cards with the image of Memorial Hall will expire at the end of 2015.

Best Wishes,
Bob Taggart, President

MANGONE AWARD HONORS GIFTED YOUNG SCIENTIST TANIA L. ROTH

Tania L. Roth, assistant professor of psychological and brain sciences, has been selected by the University’s Francis Alison Society to receive the 2015 Gerard J. Mangone Young Scholars Award.

The award recognizes promising and accomplished young faculty. The recipient is chosen by fellow faculty members who have received the Francis Alison Award, the University’s highest competitive faculty honor.

Roth, a behavioral neuroscientist, studies what happens to the brain when stress occurs early in life, exploring how that experience can cause molecular changes to DNA. She works in the area of behavioral epigenetics, or the study of specific molecular modifications that change gene expression and produce short- and long-term effects on physiology and behavior.

Earlier this year, Roth received an Early Career Impact Award from the Federation of Associations in Behavioral and Brain Sciences Foundation.

About the award

The Mangone Young Scholars Award is named in honor of the late Gerard J. Mangone, who joined the UD faculty in 1972 and created the UD Center for the Study of Marine Policy, renamed in his honor in 2003.

Dr. Mangone, University Research Professor in the College of Earth, Ocean and Environment, received the Francis Alison Award in 1983. In 2010, he received an honorary degree from UD. He died on July 27, 2011.

NEXT UDARF LUNCHEON SET DEC. 1

The next UDARF meeting, scheduled on Tuesday, Dec. 1, will feature John R. Jungck, director of the Interdisciplinary Science Learning Center. He will discuss "STEAM: Including the Arts in STEM Education."

All reservations are made online at www.udel.edu/UDARF (click on the Online Reservation Form). Be sure to note any dietary restrictions (vegetarian, vegan, gluten free, etc.) in the Comments box of the online form.

Checks, payable to the University of Delaware, in the amount of $17 per person are due at the door. No cash nor credit/debit cards please.

The absolute deadline for registration is Tuesday, Nov. 24

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W

ile researchers and health care professionals both consider osteoarthritis as a serious and growing medical problem for America’s seniors, help also is available to slow or prevent the onset of this progressive disease.

Lynn Snyder-Mackler, Alumni Distinguished Professor of Physical Therapy, discussed current osteoarthritis research and treatment options during the Oct. 7 luncheon meeting of the University of Delaware Association of Retired Faculty (UDARF) in Clayton Hall.

During her presentation “So You Have Knee Pain? What Can You Do About It?,” Snyder-Mackler highlighted the causes, symptoms and treatment options based on the latest research and rehabilitation practices.

The Mayo Clinic notes that osteoarthritis, the most common form of arthritis, involves the wearing away of the cartilage that caps the bones in body joints. With rheumatoid arthritis, the synovial membrane that protects and lubricates joints becomes inflamed, causing pain and swelling. Joint erosion may follow.

“What happens is that our joints fall apart,” Snyder-Mackler said. “I’m going to talk about what you can do about it, based on our research here and that of our colleagues nationally and internationally.”

A growing problem

The prevalence of doctor-diagnosed arthritis in people 18 years or older from 2005 to 2030 is projected to rise substantially, Snyder-Mackler said.

“That increase is remarkable for a number of reasons, not the least of which is an obesity epidemic,” Snyder-Mackler said. “One in 14 adults nationwide say they have activity limitations from arthritis.”

Reported limitations in functional activities include grasping and reaching due to arthritis of the hands, and carrying, pushing, walking, bending, stooping and kneeling—things related to what happens in the lower extremities, including the knees, Snyder-Mackler said.

Systemic factors include age, sex, ethnic characteristics, bone density, estrogen replacement therapy, nutritional factors, genetics and other factors.

Local factors include impairments, joint laxity, muscle weakness and movement disability, Snyder-Mackler said.

“My work and that of our colleagues here and around the world has been directed at the local factors, the things we can do something about,” Snyder-Mackler said. “We think if we can change what is going on in these areas, we can stop the progress of osteoarthritis.”

While previous recommendations called for stopping exercise with the appearance of symptoms, current research indicates that not exercising may actually make matters worse, Snyder-Mackler said.

“Exercise is a good and efficient treatment for osteoarthritis,” Snyder-Mackler said. “You might need to stop the pounding-type exercises, but to stop being active and doing weight-bearing exercises altogether is a bad thing.”

Recommended exercises, which should initially be under professional supervision, include muscle strengthening, balance exercises and aerobics to get the patient’s heart and lungs going, Snyder-Mackler said.

“If you are starting from ground zero, don’t start with a big comprehensive program that includes aerobics and muscle strength training at the same time,” Snyder-Mackler said. “Doing one type of training at a time at the beginning will give you a better outcome.”

For individuals with poor aerobic capacity due to heart and lung problems, it also is best to do strength training and aerobic training exercises on different days, Snyder-Mackler said.

“These programs should be supervised for the first 12 sessions,” Snyder-Mackler said. “Eventually, you will be able to do these on your own.”

Snyder-Mackler also noted the research efforts of colleagues Joseph Zeni and Daniel White, both assistant professors in the Department of Physical Therapy.

“Research by Joseph Zeni, who specializes in knee rehabilitation after injury, knee replacement and osteoarthritis, indicates that exercise shows strong response and slows the progression of the disease,” Snyder-Mackler said. “There is an association between loss of knee motion and the development of osteoarthritis, particularly in those who have had a traumatic knee injury in the past.”

In a recent study, White demonstrated that a diet and exercise program can delay the onset or reduce the incidence of knee pain, Snyder-Mackler said.

“Dan has looked at people who are at risk for knee pain and osteoarthritis and found that people who took at least 6,000 steps per day on average were less likely to have problems with osteoarthritis than individuals not doing at least that number of steps per day,” Snyder-Mackler said. “He also found that as you add to the number of steps daily, you reduce the risk of mobility loss by 16-to-18 percent.”

Professional supervision in the beginning of any rehabilitation or preventive exercise program is highly recommended, Snyder-Mackler said.

“Strengthen, stretch and walk at least 6,000 steps per day,” Snyder-Mackler said. “It’s important to stick to it. Walk, hike, get up and do something.”

Snyder-Mackler also noted the wide range of services available to the community at the Health Sciences Complex at the University’s Science, Technology and Advanced Research (STAR) Campus, including the acclaimed physical therapy clinic.
VIERA DISCUSSES HER INTELLECTUAL JOURNEY

Former University of Delaware volleyball head coach Barbara Viera almost didn’t get the opportunity to complete her high school education, go to college or realize her dream of becoming a teacher and a coach.

The New Bedford, Massachusetts, native shared her story during a “My Intellectual Journey” lecture sponsored by the UD Association of Retired Faculty on Nov. 5 in the Marriott Courtyard Newark-University of Delaware campus hotel.

Viera recalled growing up in New Bedford and her life experiences on the way to becoming one of the most successful coaches in UD varsity sports history.

“I was one of four sisters, and I was the one who was my father’s little girl,” Viera said. “I did everything with my dad.”

While her sisters played all played sports, Viera described herself as the one who competed with a passion that would strongly influence her educational and career choices.

“When I was in the sixth grade, I decided that I wanted to be a physical education teacher and a coach,” Viera said. “From that point on, I was going to pursue that direction.”

An excellent student, especially in mathematics, Viera played field hockey, basketball, volleyball, softball and track at Westport High School in Massachusetts.

While guidance under teacher and mentor Barbara Wardell helped build success as a student and athlete, a serious economic crisis in the family nearly forced Viera to give up her dream of going to college.

“My dad lost his job, and the family discussed what the children could do to help out,” Viera said. “The decision was made that one of the children should quit school and work to help support the family. I was devastated. This did not fit into my plans. I didn’t want it to happen.”

Viera’s high school physics teacher, who also was Portuguese, heard about her situation and stepped in to help out.

“He called my parents and asked to come to my house and talk to them. He convinced my parents to let me stay in school,” Viera said. “I owe my career and everything to him.”

The next stop on her educational journey was the University of Massachusetts at Amherst, where Viera found herself in the first class of female students to major in physical education.

Because there were no varsity sports for women while she was a student at Massachusetts, Viera became committed to seeing that women would one day have the opportunity to compete and play sports at all levels.

“I decided I would try to change that aspect and to make it possible that women could play any sport that they wanted to play, and could win scholarships and benefit from that,” Viera said. “This became a goal of mine.”

Following teaching and coaching jobs at the junior high and high school level, Viera enrolled in Springfield University. It was during this time that she learned about an opening for a teacher and a coach UD.

“I interviewed and was hired as an assistant professor with coaching responsibilities,” Viera said. “There were three women’s

ALUMNI GIFT TO SUPPORT FACULTY RECRUITMENT AND RETENTION

Allan Ferguson was in the very first engineering class taught by the late Jon Olson at the University of Delaware.

“He was absolutely brilliant, and here we were, these young, malleable minds, ready to learn the really complex things he would teach us,” the 1965 chemical engineering graduate recalls. “And then he gave the first exam.”

Ferguson flunked, but he wasn’t the only one.

And yet failing that exam might have been one of the best things to happen. As legend has it, Olson went home and told his wife, “They didn’t get it,” to which she responded, “Maybe you ought to talk in an everyday kind of way.”

So he did. It’s a story Dr. Olson would relate to Ferguson in later years, and a lesson that continues with Ferguson today to “keep it simple.”

During his 20-year career as a chemical engineer for several Johnson and Johnson divisions, followed by senior operating positions at two biotech companies, then 20-plus years in international venture capital investing in early-stage biotech and medical device companies, Ferguson would often think back on that anecdote.

“I’ve been good at figuring out ways to simplify—to make things cheaper, better, faster; to analyze problems; to not accept the norm,” he says. “From professors like Jon Olson and Bob Pigford and Jack Gerster, I learned how to break down the complexities into simple parts and prioritize those parts into a solution—all the while thinking outside-the-box.”

“My professors taught me how to analyze and assess problems, to look at them more broadly,” Ferguson says.

In honor of such mentorship, the Fergusons recently committed $3.5 million to establish the Allan and Myra Ferguson Distinguished Chair of Chemical and Biomolecular Engineering.

The Double Dels seek to continue “that tradition of excellence, of quality teaching.”

“I love the smile on his face when he talks about what he learned from his professors and classmates,” says Myra. “We want to support professors are gifted with the art of teaching, who want to share their knowledge, who have that desire to nurture young minds à la Gerster/Olson/Pigford.”

“Great faculty are the heart of a University, which is why we’re so grateful for this gift,” says Acting President Nancy Targett.

“Allan and Myra aren’t just helping us recruit and retain rising stars in the field. They’re supporting the mentorship and scholarship that will take UD to new heights.”

Continued on page 4
IN MEMORIAM

John Stephens (Steve) Crawford, professor emeritus of art history, passed away Oct. 9 after a short battle with cancer. He was 72. As a professor at UD, Dr. Crawford taught a wide range of classes in art history over a 31-year career before retiring in 2000. He was awarded UD's Excellence in Teaching Award and served as acting dean during his tenure.

Philip Goldstein, professor emeritus of English, University of Delaware-Wilmington, presented two papers at the Reception Study Society conference on Sept. 25-26 in Fort Wayne, Indiana, one on “Toni Morrison’s A Mercy: The Critique of Patriarchy and History’s Lost Opportunities,” and the other on “Mark Twain’s Detective Fiction: From Pudd’nhead Wilson to the Double-Barrelled Detective Story.” He also presented a paper Nov. 7 on “Toni Morrison’s Beloved: The Forgotten History of Slavery and Patriarchy” at the Society for the Study of American Women Writers in Philadelphia.


Richard F. Heck, Willis F. Harrington Professor Emeritus of Chemistry and a 2010 recipient of the Nobel Prize in Chemistry, died Oct. 9 in Manila, where he lived. He was 84. His pioneering research changed the world in many fields, including pharmaceutical manufacture and discovery, DNA sequencing and electronics. He retired from UD in 1989.

IN BRIEF

Nina Athanassoglou-Kallmyer, professor emerita of art history and a specialist in French art from the 18th to the early 20th centuries, has been appointed the next editor-in-chief of The Art Bulletin. The flagship journal of the College Art Association, The Art Bulletin has been the most prestigious journal in art history worldwide for nearly a century. After a year as editor designate, Athanassoglou-Kallmyer will serve a three-year term, from July 2016 through June 2019, with the March 2017 issue her first as editor. After her editorship, she will remain on the journal’s editorial board as past editor through June 2020.


Costel “Cos” Denson, retired vice provost of research, former interim dean of the College of Engineering, professor of chemical engineering, is the recipient of an honorary doctor of science degree from Lehigh University. The Faculty Honorary Degree Committee and Board of Trustees voted unanimously to award him the degree at Lehigh’s 147th commencement ceremony on May 18, 2015, in honor of his advances in the sciences.

Leslie F. Goldstein, Morris Professor Emerita of Political Science, presented a paper on Oct. 10 at the annual meeting of the MidAtlantic Law and Society Association in New York City. It’s title was “Mendez v. Westminster: the Case that Brought Together Puerto Ricans, Mexican Americans, African Americans, Japanese Americans, and Jewish Americans, and Changed the Face of America.”

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