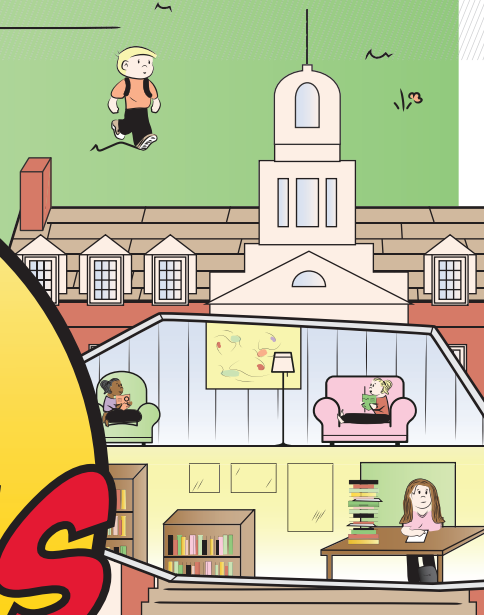
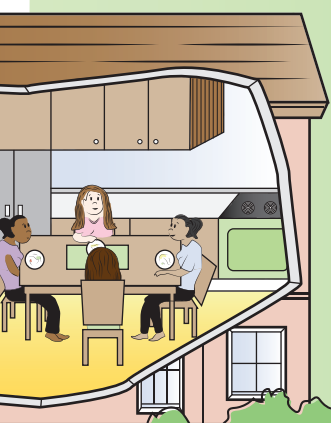
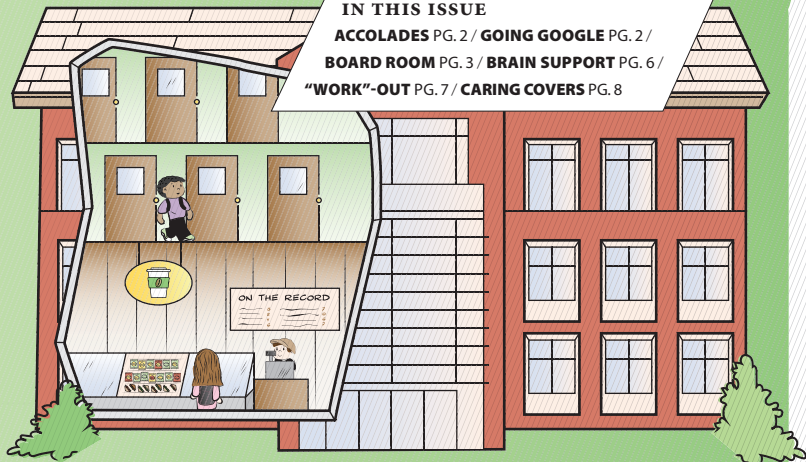


# btc

BETWEEN *the* COLUMNS  
A NEWSLETTER for FACULTY & STAFF  
of the UNIVERSITY of MARYLAND

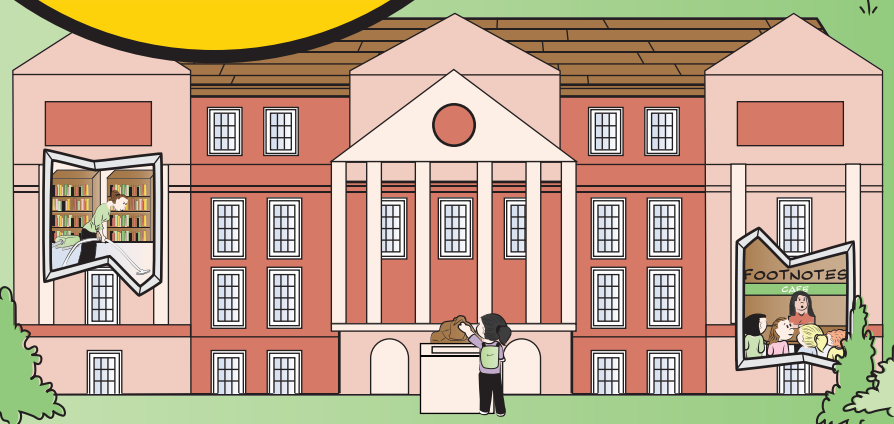
February 2016

IN THIS ISSUE  
ACCOLADES PG. 2 / GOING GOOGLE PG. 2 /  
BOARD ROOM PG. 3 / BRAIN SUPPORT PG. 6 /  
"WORK"-OUT PG. 7 / CARING COVERS PG. 8



# THE UMD CIRCUS

See How a Student's Journey  
Draws on Faculty, Staff



## ACCOLADES

UMD was named the **2015 Most Easily Accessible Venue** by readers of *Unique Venues* magazine.

**Sacoby Wilson**, an assistant professor in applied environmental health, received the American Public Health Association's Damu Smith Environmental Achievement Award.

**Anil K. Gupta**, the Michael D. Dingman Chair in Strategy and Entrepreneurship for the Robert H. Smith School of Business, was named by Thinkers50 as one of the world's 50 foremost business thinkers.

Computer science Professor **Ben Shneiderman** was named a fellow of the National Academy of Inventors.

**Zhanqing Li**, a professor in the Department of Atmospheric and Oceanic Sciences, was elected a fellow of the American Association for the Advancement of Science.

Adjunct Assistant Professor **Gretchen Campbell** and biophysics Professor **Devarajan (Dave) Thirumalai** were elected fellows of the American Physical Society.

A professor in the Department of Counseling, Higher Education and Special Education, **Alberto Cabrera** was given the Mentor of the Year award from the Association for the Study of Higher Education.

**Jinhee Kim**, an associate professor in the Department of Family Science, was elected president of the Association for Financial Counseling and Planning Education.



## UMD GOES ALL-GOOGLE

**FACULTY AND STAFF MEMBERS** relying on campus Microsoft Exchange and Outlook systems won't be doing so much longer.

Starting this month, the Division of Information Technology (IT) is migrating everyone to Google Apps for Education, a suite of email, calendar and collaboration services that offer secure access, unlimited storage space, improved message organization and easy sharing.

The move will centralize IT operations, which are now spread across 13 email systems on campus. Students have been using Google Apps for Education for four years.

"With Google's next-generation applications, we can collaborate with colleagues, students and other constituents more easily than ever before," Eric Denna, vice president for information technology and chief technology officer, wrote in a letter to campus announcing the change.

He added that this change will also reduce infrastructure and support costs.

Individual units will be notified when their employees are about to transition. The migration will be complete by the end of 2016.

For more information, visit [it.umd.edu/goinggoogle](http://it.umd.edu/goinggoogle).

**UNIVERSITY OF MARYLAND  
GIVING DAY**  
3 • 3 • 16

**TERPS EVERYWHERE** will come together on March 3 for UMD's Giving Day—a 27-hour period to support UMD in academics, athletics and the arts. You can change lives by giving to scholarships, Greek life, the Mighty Sound of Maryland marching band, Alternative Breaks, Student Entertainment Events and more. Participate in faculty-staff challenges throughout the day to win matching funds for your favorite cause. Visit [givingday.umd.edu](http://givingday.umd.edu) and check the leaderboard there to follow the competitions between colleges and schools.

## Rolling the Dice and Finding Success

*Alumni-owned Board Game Café Thrives*

BY KAREN SHIH '09

IT'S 3 P.M. DURING EXAM WEEK, and College Park's only independent coffee shop-board game parlor is full of students fueling their studies with locally roasted brews, sandwiches and pastries.

Co-owner Ben Epstein '02 (left) keeps picking up his long-cooled lunch panini and putting it down, unable to eat when there are customers to be served and cooks to be helped.

The hubbub makes him happy. He co-founded Board and Brew at the Varsity with friend Brian McClimens '01 (right) in June 2014 and it's on track to be profitable by the two-year mark, years earlier than the average for a small business.

"We knew we were bringing in something completely different," he says.

The pair took different routes after college, where they got hooked on Settlers of Catan, the "gateway drug" of serious board games. History major Epstein managed branches of TG1 Friday's and Panera, as well as former local chain Chicken Out, and computer science major McClimens joined the U.S. Naval Research Laboratory, where he still works part-time. But their love of strategy brought them together constantly.

It seemed natural to return to College Park, where they knew students, faculty and staff wanted an alternative to bars and pizza shops, and open their dream: a board game café.

There were risks, of course. Stores in the city see a 20 to 50 percent drop in business during breaks, according to their research, and the Varsity's retail space has seen significant turnover, even among established chains. But by organizing tournaments that draw people from throughout the D.C. area to play its more than 500 games and reaching out to the local community—new Mayor Patrick Wojahn is a big fan—Board and Brew has steadily grown its clientele.

"It's crazy how many people live here but go other places when they go out," says Epstein, who sees opportunities for the university and city to engage locals in the pursuit of a better college town, also known as the "Greater College Park" initiative. The owners hope that with increased investment and development, their stretch of Baltimore Avenue will become more walkable, with more parking, and that marketing efforts like Restaurant Week will be improved.

Though it's taken 80-hour workweeks away from their families, they've turned Board and Brew into enough of a success that they're considering a second location in Washington, D.C.

"If you're not passionate about it, you might as well not do it," Epstein says.



# THE UMD CIRCUS

See How a Student's Journey Draws on Faculty, Staff

BY LAUREN BROWN

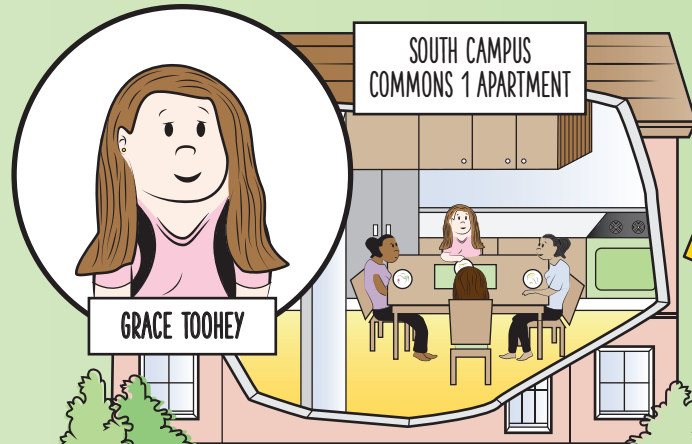
JUST LOOKING AT UMD senior Grace Toohey's schedule is exhausting.

A double major in journalism and government and politics, the Honors College student spent long Tuesdays and Thursdays in the fall interning at the McClatchy Co. in D.C., on Fridays she gave tours to prospective students as a Maryland Imager, and she squeezed a full course load and extracurriculars into three weekdays.

While her schedule was unique to her, it was also typical: Every student's experience is

shaped, or even transformed, by the faculty and staff members who make UMD run, from the academics who create new courses to the electricians who keep the lights on.

So while Toohey could never be confused with Billy, Dolly, Jeffy or P.J., the kids from Bil Keane's comic strip "The Family Circus," her travels around campus on a typical Monday echoed the winding, dotted-line paths the siblings sometimes take through the neighborhood. In many ways, the campus is exactly that. **M**



6:45 P.M.  
RETURN HOME TO MAKE DINNER WITH ROOMMATES

ALL FOUR MET FRESHMEN YEAR IN HAGERSTOWN HALL.

FACILITIES MANAGEMENT STAFF TENDS TO 15,148 TREES, PLANTS AND FLOWERS.

8:30 A.M.  
OFFICE HOUR FOR MARYLAND IMAGERS AT ROSSBOROUGH INN

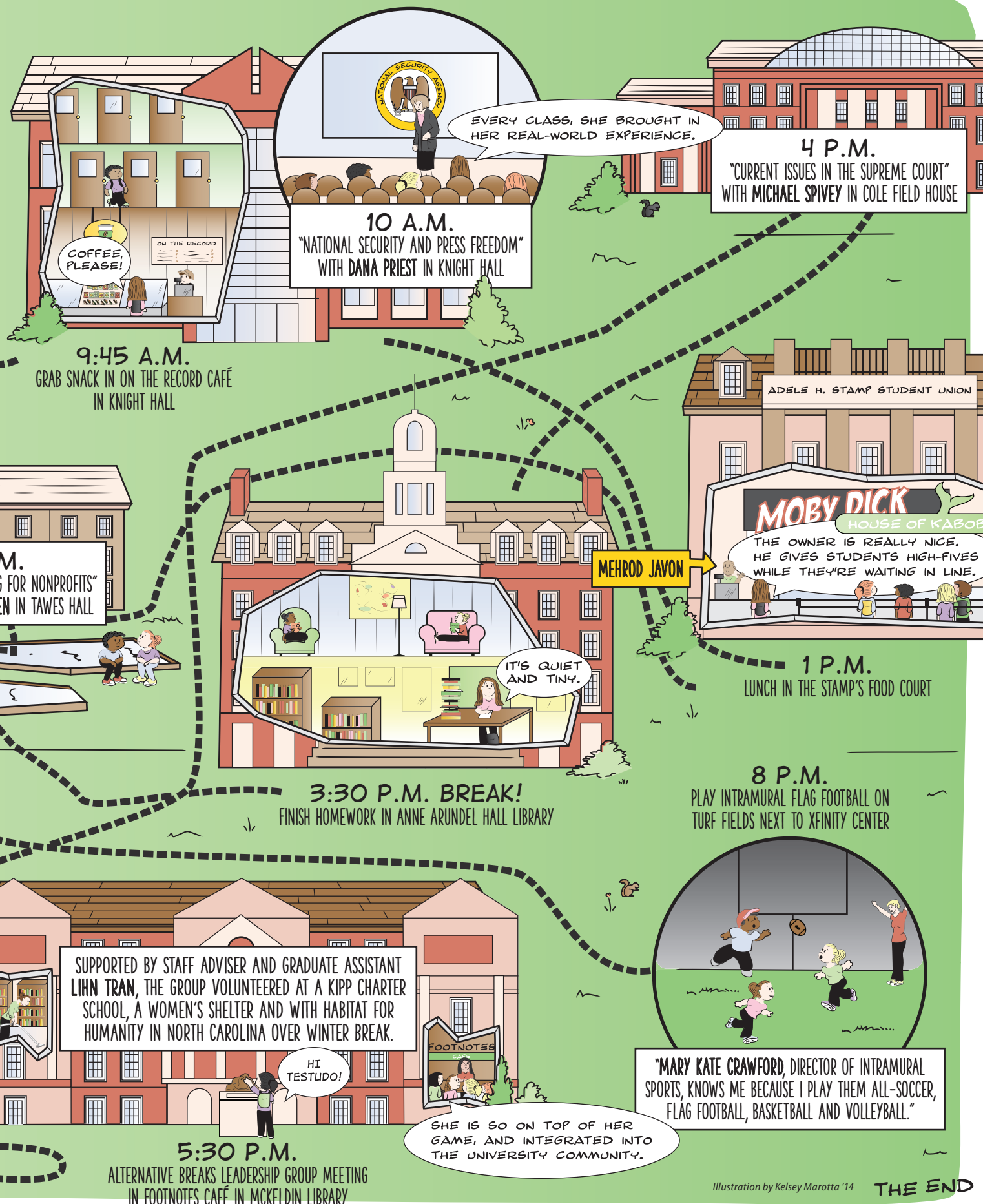
HOUSEKEEPING SERVICES EMPLOYEES CLEAN 100+ BUILDINGS DAILY

SUPPORTED BY STAFF ADVISER AND GRADUATE ASSISTANT LIHN TRAN, THE GROUP VOLUNTEERED AT A KIPP CHARTER SCHOOL, A WOMEN'S SHELTER AND WITH HABITAT FOR HUMANITY IN NORTH CAROLINA OVER WINTER BREAK.

5:30 P.M.  
ALTERNATIVE BREAKS LEADERSHIP GROUP MEETING IN FOOTNOTES CAFÉ IN MCKELDIN LIBRARY

SHE IS SO ON TOP OF HER GAME, AND INTEGRATED INTO THE UNIVERSITY COMMUNITY.

"MARY KATE CRAWFORD, DIRECTOR OF INTRAMURAL SPORTS, KNOWS ME BECAUSE I PLAY THEM ALL—SOCCER, FLAG FOOTBALL, BASKETBALL AND VOLLEYBALL."



# Brain Builder

## Working Your Body Could Help Reverse Cognitive Decline

BY CHRIS CARROLL

IT'S COMMON KNOWLEDGE that exercise maintains health as we age, but a University of Maryland researcher and his team found that working out may even reverse brain shrinkage and cognitive decline associated with early Alzheimer's disease.

Lead researcher J. Carson Smith, associate professor of kinesiology, put 30 sedentary people between ages 61 and 88 through a 12-week walking program. Half were healthy, while the rest were experiencing unusual memory loss and other symptoms of mild cognitive decline (MCI).

Using MRI tests, Smith determined that those who increased their overall physical fitness—both the healthy and cognitively declining participants—actually grew the outer layer of the brain, known as

the cortex. Those with MCI showed greater growth than healthy people in two areas of the brain that typically atrophy with dementia. They also improved their performance on standard memory tests used to measure cognitive function.

The results were published in the November issue of the *Journal of the International Neuropsychological Society*.

“There's hope for exercise in the fight against Alzheimer's disease,” Smith says of the condition affecting 5.3 million Americans. “Exercise is a potent stimulus to help preserve brain structure and cognitive function, even in people who have memory problems.”

Brain growth in the study, while small, was significant.

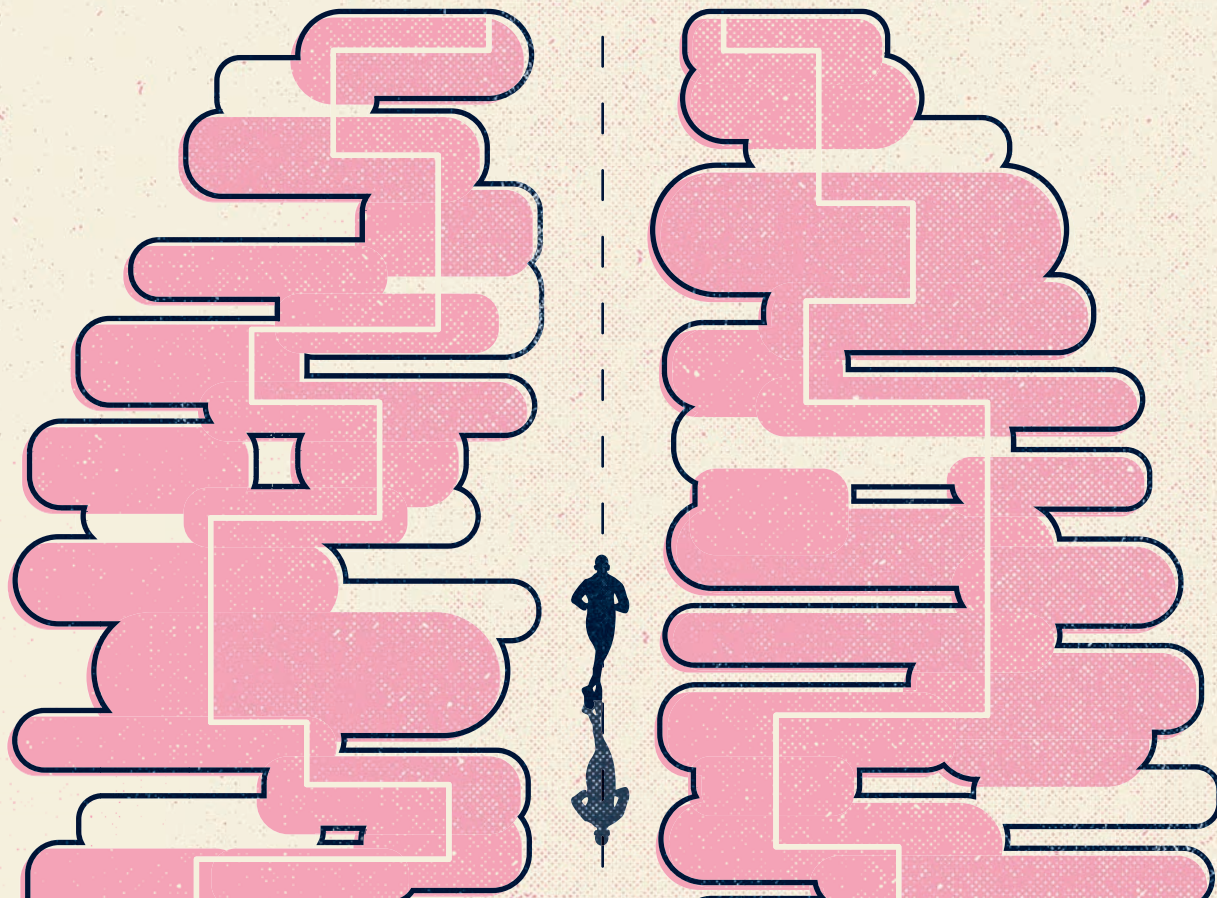
“Synapses and neurons are obviously very small, so a small

amount of change in thickness could represent thousands of neural connections that were not present before,” Smith says.

It didn't require a hardcore program to see the benefits—just moderate 30-minute walking sessions on a treadmill four times a week, with trainers providing gentle encouragement to work harder to improve fitness. Future studies could examine if there's increased benefit from more intense exercise, which in animal studies resulted in more neural growth.

Smith's next step is to study the effects of a longer, six-month exercise period.

“It's pretty astounding that we can see the results that we have in just 12 weeks,” he says. “Maybe we would see more of an effect if we extended the study.”



.33  
MILE

43  
CALORIES

15  
MINUTES



## Getting a “Work”-out

### A Firsthand Account of Stepping Into UMD's Active Office

BY LIAM FARRELL

#### I'M WRITING THIS WHILE WALKING.\*

Not outside, but inside. The computer is stationary. My top half, mostly so; my legs, however, are moving.

I'm in the new “active office” on the second floor of the School of Public Health Building, a room with a treadmill desk (literally, a flat desk at waist height with a treadmill underneath it) that some SPH faculty and staff have used since October to add a dose of exercise to otherwise sedentary workdays. There's been a lot of talk recently about the negative health effects of sitting for long periods of time (“Sitting Will Kill You,” blares one subtle headline), so I figured I'd give it a try.

It is an odd sensation, but I'm at a slight advantage in doing my work. As a former political reporter, I've often talked and taken notes while in motion.

And it does feel invigorating. I have a terrible back and a bad knee and hip, the product of playing sports with little talent or regard for my joints. Throw in an ill-fated snow shoveling moment in 2009 with long hours spent at a desk, and you have the recipe for creakiness.

While my legs pumped away on the machine, a conversation with a colleague went fine, but my

handwriting was somehow even more illegible. After a few years of using a smartphone, typing and surfing the web on a laptop was a breeze. And even at a low speed, I needed to shed my sport coat.

Could I do this all day? Well, that's not practical or reasonable, and Ross Miller, assistant professor of kinesiology, recommends using active workstations as “inactivity interrupters” to break up an hour or two of sitting with 10 minutes of standing or walking.

In the 15 minutes I kept track, I burned 43 calories and went about a third of a mile; not numbers to catch the UMD track team's eyes, but I had no other official reason to step outside my office and the treadmill desk got my blood flowing and eased some back tension.

I call that a successful treadmill experiment—just watch out when getting off.

Anyone interested in trying out the active office can contact Polly Sebastian Schurer at [pollys@umd.edu](mailto:pollys@umd.edu) to reserve a time.

\*For clarity, some editing was done at a later, stationary, point in time.



UMD President Wallace Loh introduces speaker Florent Groberg '06, retired U.S. Army captain and Medal of Honor recipient, during the Winter Commencement ceremony in December.

#### DIVERSITY Tip

By Kumea Shorter-Gooden  
chief diversity officer and associate vice president

We often say, “**call them out**” to refer to **challenging someone on a problematic statement or behavior**. But since our goal is to help the person understand what was offensive and change their words or actions, I think it makes more sense to “**call them in**.” This may seem like a simple semantic difference, but **it reflects an attitudinal and tonal difference**. Are we challenging the person to push them away? Or are we challenging them to help them to grow?

**STARTING A DIALOGUE**  
UMD this semester is launching Maryland Dialogues on Diversity and Community, a series of events, lectures and discussions for faculty, staff, students and alumni. It will feature a March 2 talk by noted activist and writer Kevin Powell. Learn more and find the full slate of activities at [umd.edu/MarylandDialogues](http://umd.edu/MarylandDialogues).



## MADE WITH “LOVE”

### Do Good Challenge Team Recycles T-shirts Into Blankets

BY NATALIE KOLTUN '16

**KNOWING THE HAPPINESS** her mother’s quilts brought her own family, Robin Chiddo ’06 wanted to share that comfort with people who really need it: families struggling with a child’s illness.

So Chiddo, director of affinity partnerships and giving at the UMD Alumni Association, launched the Love Blanket Project, a nonprofit organization that crafts blankets from donated T-shirts, each embroidered with the sign language symbol for “I love you,” to make a sterile hospital more like home.

“It’s really a way to make them feel like they’re not battling this disease by themselves,” Chiddo says.

She recruited Nora Pittmann, manager of new donor strategies and a UMD graduate student, for her experience with nonprofit fundraising to help prepare for this spring’s Do Good Challenge. The competition, held by the School of Public Policy’s Center for Philanthropy and Nonprofit Leadership and the Robert H. Smith School of Business, seeks to inspire innovative philanthropy in the campus community.

Chiddo also partnered with Deaf Initiatives, an organization that trains and employs deaf seamstresses, to create the blankets and provide practical job skills to a community of people who often have difficulty entering the workforce.

T-shirts are abundant and inexpensive, and thus, Chiddo says, easy

to donate. After 12 shirts are stitched together and backed with a fleece lining, the completed blankets are delivered to families at the University of Maryland Medical Center and the Children’s National Health System, where Chiddo and Pittmann have donated 110 blankets, including 60 on Valentine’s Day.

In November, the pair received \$250 from the Ladies First Fund, a program of the Do Good Challenge that aims to encourage women on campus to head philanthropic projects. Aside from potentially winning prize money to support the project, Chiddo says, participating in the eight-week challenge will boost the project’s exposure to prospective volunteers and mentors.

“The challenge structure mobilizes people to take action right now,” says Sara Herald, associate director of social entrepreneurship at the Dingman Center for Entrepreneurship. “This team is unique because having a Maryland alumna and staff join with a Maryland student really makes for a homegrown initiative.” **M**

**FEARLESS IDEAS** Every issue of *Between the Columns* features examples of how UMD transforms the student experience. In this issue, we further highlight those efforts with a **M**. We’ll do the same in future issues on our efforts to turn imagination into innovation, discover new knowledge and inspire Maryland pride.

*Between the Columns* is published twice per semester by University Marketing and Communications. Story ideas are welcome and should be sent to Liam Farrell, managing editor, at [lfarrell@umd.edu](mailto:lfarrell@umd.edu) or by calling 301.405.4629. The mailing list is generated through University Human Resources. Any changes to names and addresses should be made through [ares.umd.edu](http://ares.umd.edu).



#### Between the Columns

University Marketing and Communications  
2101 Turner Hall, 7736 Baltimore Ave.  
College Park, MD 20742