



March 1, 2004

Alumni and Friends:

Here is the latest *Good News* from ULM. After reading this e-mail I hope you will forward it everyone on your ULM Buddy List. Each time we add an alumnus or friend to this list, we help spread the *good news* about our University.

ULM Power lifters Qualify for Nationals

Two ULM students on the power lifting team won first place and qualified for Nationals at a recent meet. Brad Gulotta, in the 132-pound class, lifted a combined total of 910 pounds. Cody Bauman, in the 242-pound class, lifted a combined total of 1360 pounds. These students competed against other Louisiana universities and won first place. ULM will take nine team members to the power lifting nationals held in April.

ULM Partners with Outreach Organization in the Name of Good Health

One instructor at the University of Louisiana at Monroe is using her skill to help those in need. She is not using food, books, or clothes. Instead, the instructor is focusing on health. Through instructor Tommie Church, ULM is working in conjunction with "Rays of Sunshine", or ROS, a local volunteer-based rehabilitation center. Church has begun to provide ROS clients with an exercise program as a part of their weekly schedule. The goal of the project is to give the patients some help in their recovery by providing them with a program of cardio, aerobic, walking and group exercises.

"The program helps improve self-esteem, and their entire mental condition as well as helping their bodies grow stronger in defense of whatever effect an abusive lifestyle might have had on them," said Church.

Church started the program last fall as community outreach while studying at Texas Women's University. This semester she is working with an average of ten to twelve patients ranging in age from twenty to fifty years old. The patients come to ULM three days a week to participate in the program. Along with the exercise, patients are encouraged to keep a healthy diet, but are allowed to work within their own personal abilities to serve their individual needs.

"They are in a controlled situation here; they decide what they can or cannot do and how far they push themselves," Church said. Along with providing the program for the patients, Church is planning on studying their progress in order to determine specifically what effects regular exercise has on the patient, both physically and mentally, and to see whether it would be beneficial to utilize the program for the long term.

ULM Alumni Association Updates

- > **March 5th** - Drumbeat will be mailed
- > **March 26-27** - Hall of Fame Weekend / Annual Alumni Association Meeting / La Louisianne Crawfish Boil / Football Scrimmage / Baseball Game / Softball Double Header! *contact the Alumni Center at 800-261-0174 for more info*
- > **Browse on the Bayou** - Saturday, March 27th - know of a student interested in ULM? *contact the office of Recruitment & Admissions - 318/342-5430.* Recruitment and Admissions have moved into their new offices located in Sandel Hall (formerly Sandel Library) next to the new bookstore.
- > Check out these alumni home page additions: (www.ulm.edu/alumni)
 - . update your record on line with our new update form
 - . a new calendar of events will be added this week so you can see where the next social event will be held
 - . the bookstore is now linked to the alumni page (www.ulmbookstore.com/ulm)

GOOD NEWS is e-mailed around the 15th and 30th of each month by your ULM Alumni Association. This e-mail contains a brief sampling of all the good news surrounding our university. For a complete listing of all of the *good news*, please visit the ULM web site at www.ulm.edu If you would like to be removed from this list, please contact Tommy Walpole (contact information is below). Thanks for your continuing support of ULM and I hope you'll help spread the *good news*.

Good News Count: 509