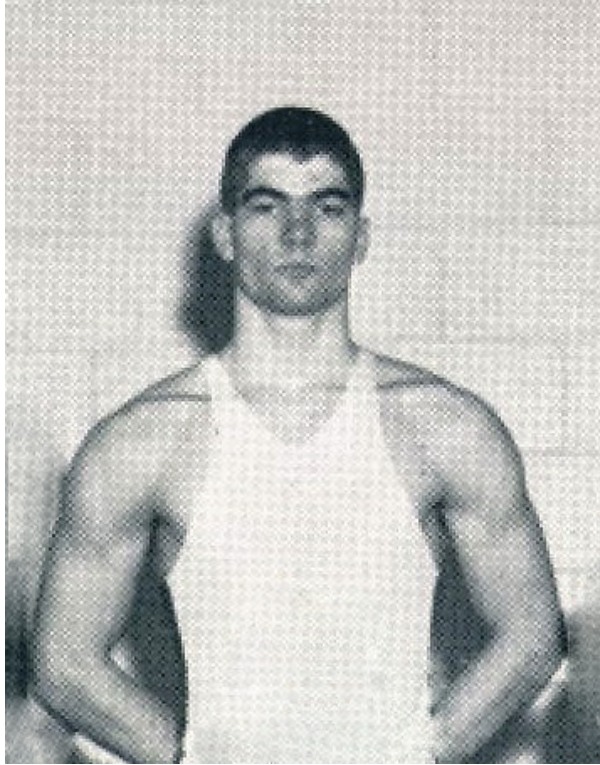


OKEMOS HIGH SCHOOL



THE FIRST STATE WRESTLING CHAMPION *And Still Winning*

High School Best

- Champion Athlete & Olympic Tryouts
- Academic top 10
- Leader: Team Captain /Honor Society/Student Parliament/ Clubs Officer/Radio show host

College Best

- Athletic Champion
- Doctor of Medicine

Career Professional Best

- Top Doctor in America

By Sherrie Paty Barber '66
Nomination by Bob Bratzler '64
Edited by Rod Ellis '65

Fred Stehman
Class of 1964



“The First State Wrestling Champion” does not begin to herald the success and accomplishments of Fred Stehman. Let me give you a preview to see where this is going...as an Okemos High School athlete, he was not only the first, but the second also to win the State Class B Wrestling Title (Pat Karslake won later that day in the '63 season.) He lettered and excelled at football and track as well as their captains, “Outstanding HS Athlete” at the High School Olympic tryouts in 1964, was an academic top 10 graduate in the Class of 1964, joined all the school clubs as an officer and co-hosted a show on WILS radio. Not even close to peaking out in high school, Fred was a Big 10 Champion at U of M, on his way to becoming a Doctor of Medicine in gynecologic oncology and one of America’s top doctors for cancer and cancer research...and all this from an Okemos kid that played a clarinet!!

Celebrate with us to honor one of the “best and the brightest” from Okemos High School. Fred will be forever honored in our Alumni Hall of Fame as a Distinguished Alumni who has pursued a passion and made a significant contribution to his field of study. He makes us proud to be from the same school.

Thanks to the big effort of everyone involved in this nomination of Frederic Bates Stehman, MD, Class of 1964, to the Okemos High School Alumni Hall of Fame.



Rodney Ellis, President

Okemos Alumni Association

April 1, 2018

By Sherrie Paty Barber '66

Nomination by Robert Bratzler '64

Edited by Rod Ellis '65

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Frederick Bates "Fred" Stehman

Son of Dr. Vernon A. (1915-2003) and Elizabeth (Bates) (1919-2010) Stehman, **graduated in 1964 from Okemos High School**. Fred's father was a World War II Army Medical Corps veteran who later became a noted deputy director of the Michigan Department of Mental Health. His mother, Helen, was a World War II USNR (Waves) veteran, attaining the rank of Ensign. His mother is interred in Arlington National Cemetery, Arlington, Virginia.

Fred was an active participant in clubs, on committees, with seminars and in sports during his 4 years in high school. Football: 4 years,



Fred Stehman lights the candle of leadership, one of the four values of Honor Society, at the fall initiation.

Wrestling: 4 years and Team Captain junior and senior year, Track: 3 years, Band: 4 years, Pep Band: 4 years and President Senior year, Varsity Club: Junior year and Vice President Senior year, French Club: 2 years plus Vice President Senior year, Student Parliament:

Junior and Senior years, Class Treasurer: Sophomore year, Silver Bells Committee: Sophomore and Junior years, Prom Committee: Sophomore and Junior years, Honor Society: Junior and Senior years, English Seminar: Senior year, Government Seminar: Senior year, Forensics: Freshman year, WILS radio Representative: Senior year.



Sue Garlinghouse and Fred Stehman broadcast OHS activities on WILS while disc jockey Bob Carey looks on. Sue and Fred reported once a month.

While a student at OHS **Fred was twice Class B State Champion** wrestler at 145 and 154 pounds. During the 1962-63 school year Fred, wrestling at 145 pounds, became **the first state champion matman in Okemos history**. The OHS team was overall 7-7 in competition and came in 9th at the state tournament.

Lansing State Journal (Lansing, Michigan) Sunday 9 February 1964

Several outstanding wrestlers, being groomed for regional and state competition later this month, rank among the best in the area.

Fred Stehman has been the mainstay on Okemos' team. The 154-pound defending Class B state champion has won 11 matches thus far and lost only to Everett's Tom Baker in the Lansing Invitational tournament.

Stehman compiled a 19-3-1 record as a sophomore, was 25-0-0 in his junior year and this season is 17-1-1.

During his sophomore year, Stehman was awarded the Okemos coaches' trophy as the outstanding grappler.

The 1963-64 record was 15-1 with Fred at 154# repeating his state championship title. The OHS wrestling team took league 1st place, regional 1st place and 3rd place state.

The Chieftains finished third in the state matches which were held at Michigan State University. Fred Stehman and Pat Karlake finished as state champions and Dave Martin and Fred McGlone finished fourth.

1964 Tomahawk

Lansing State Journal (Lansing, Michigan) Thursday 13 February 1964

OKEMOS WRESTLERS BEAT ST. JOHNS, 33-9

St. Johns - Okemos ran its dual meet winning streak in wrestling to eight straight by trouncing St. Johns, 33-9, here Wednesday night. The victory gave the Chiefs a season record of 12-1. Scoring pins for Okemos were Mike McGilliard at 95 pounds, Fred Stehman at 154 and Pat Karlake at 165. Stehman is the defending state class B champion at 145 pounds.

Lansing State Journal (Lansing, Michigan) Friday 21 February 1964

OKEMOS MATMEN CLOSE YEAR WITH 45 TO 3 VICTORY

Okemos High finished its best wrestling season in the school's history Thursday with a lopsided 45-3 victory over Boys Training School here Thursday.

The victory was the Chiefs 15th in 16 starts, losing only to Eaton Rapids. Okemos and Eaton Rapids tied for the Capital Circuit title.

Five Chiefs scored pins in the final meet. They were Mike McGilliard, 95; Fred Stehman, 145; Wally Reese, 154; Dave Williams, 180; and heavyweight Fred McGlone. McGilliard and Stehman finished the year with a 23-1 and 21-1 records. Stehman and Pat Karslake, who did not wrestle against BTS, each had 14 falls during the year.

1964

Okemos Grapplers Place Third in State



First row: Larry Gober, Mark VanDeventer, Dave Martin, Mike McGilliard, Pete Georgiady, Pete Willingham, Doug Willingham, John Thomas. *Second row:* Fred McGlone, Dave

Williams, Dan Cope, Fred Stehman, Pat Karslake, Steve Senzig, Wally Reese.

Lansing State Journal Sunday 15 March 1964

CLASS B WRESTLING CHAMPIONS

Fred Stehman, 154-pound and Pat Karslake, 165-pound, both of Okemos.



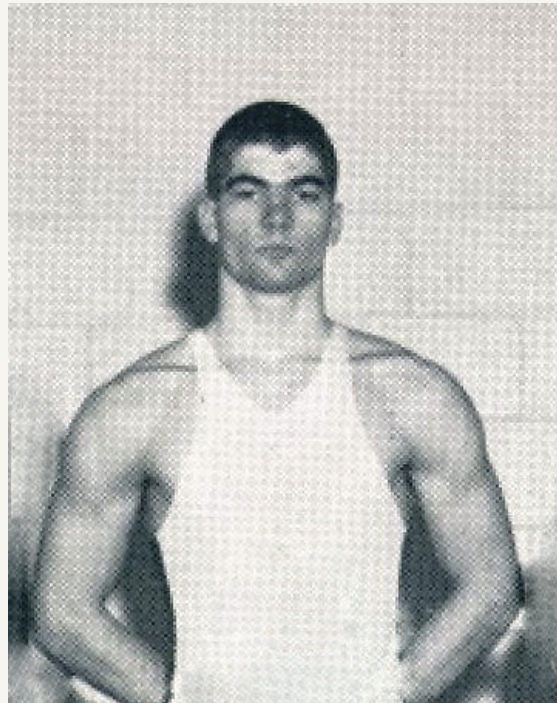
CLASS B WRESTLING CHAMPIONS—Six Lansing area high school wrestlers from three teams copped individual wrestling championships in the recent Class B tournament at East Lansing. They are (left to right) Pat Karslake, 165-pound, and Fred Stehman, 154-pound, both of Okemos; Roger Boehmer, 145-pound, and Lloyd Freese, 138-pound, both of Michigan School for the Blind, and Gordy Bourland, 112-pound, and Gary Bissell, 103-pound, both of Haslett. (State Journal Photo)

The Holland Evening Sentinel (Holland, Michigan) Monday 20 April 1964

OLYMPIC WRESTLING WINNERS NAMED

Zeeland - Winners began making plans today for a trip to the New York World's Fair following victories Saturday night in the U.S. Olympic region tryouts in the Zeeland gym before 500 fans.

Three trophies were presented by Mel Boonstra, president of Zeeland Chamber of Commerce. Dave Porter of Lansing Sexton high School was given a trophy for the fastest pin (13 seconds) while Fred Stehman of Okemos, second in the 154-pound class, was named the outstanding high school wrestler competing.



Fred was also an accomplished clarinetist.



First row: Fred Stehman, Tom Tunks, Will Schultz, Fred Mc-Glone, Jim Somers, David Overhouse. **Second row:** Bob Bratzler, John Ruswinckel, Gary Sturk, Chuck Burke, Clifford Olstrom.

Lansing State Journal (Lansing, Michigan) Monday 11 May 1964

OKEMOS BAND, ORCHESTRA TO STAGE JOINT CONCERT

Four graduating senior clarinetists (Janne Rutherford, Sue Garlinghouse, Donald Black, and Frederick Stehman) will play the Rondo movement from the Mozart Clarinet Concerto in unison with band accompaniment.

Both the symphony band and the concert orchestra are conducted by Don S. Mueller.

Fred academically graduated among the top 10 students in his class. He then went on to further his education at University of Michigan where he was an **All-American and Big Ten Champion** in wrestling.

Lansing State Journal

Monday 14 March 1966

ner. Former Okemos star Fred Stehman, now at the University of Michigan, captured 160-pound honors.

Fred captures the AAU State Championship

Local Mat Club Wins AAU Title

Lansing Wrestling Club captured five individual titles to win the team championship at the Michigan AAU State championship at Eastern

scored 86 2/3 by Michigan with 51 and Flint 5.

ing Club athletes were Pat Mer-Larry Spitzley, John Rol-Hopkins at 191.

Everett state champion Greg Johnson, named to the All-City team Sunday, won the 115 title while former East Lansing star Jack Zindel, now a freshman at Michigan State, was the 177 winner. Former Okemos star Fred Stehman, now at the University of Michigan, captured 160-pound honors.

Wrestling

It was a clean Michigan sweep in wrestling at Columbus. Michigan State and Michigan finished one-two in all events, with Michigan State outpointing Michigan, 92-78.

Five Spartans and four Wolverines won championships. Michigan State was headed by titlists Don Behm in the 130-pound division, former 130-pound champion Dale Anderson in 137, former 137-pound champ Dale Carr in 145, George Rodman in 167 and Mike Bradley in 177.

Michigan got titles from Bob Fehrs, his third straight in 123, Fred Stehman in 152, Jim Kamman in 160 and Dave Porter in heavyweight.

Detroit Free Press Monday 6 March 1967

Big Ten Championships

Fred Stehman, title at 152

Lansing State Journal (Lansing, Michigan)

Sunday 5 March 1967

STATE GETS 92 POINTS; U OF M 2ND

5 Michigan State Wrestlers Take Individual Titles

Columbus, Ohio - Michigan State pinned the rest of the field in the big Ten wrestling championships here Saturday afternoon in amassing a record point total of 92 pints.

MSU gained five individual championships, two runners-up and a third place in nine weight classes. The previous record was 89 by Michigan.

The Wolverines were second with 78 points, and four individual titlists, including heavyweight Dave Porter. The former Lansing Sexton high standout pinned MUS's Jeff Richardson in the second period.

UM's Fred Stehman of Okemos, won the 152-pound championship over Dave Campbell, 12-5, of Michigan State.

On 17 July 1971 Fred married Helen Elizabeth Sellinger in St. Louis, Missouri.

Lansing State Journal (Lansing, Michigan) Thursday 22 July 1971

STEHMAN-SELLINGER

Miss Helen Elizabeth Sellinger became the bride of Frederick Bates Stehman Saturday in St. Raphael Church in St. Louis, Mo. The reception was held at Sunset Country Club.

The bride is the daughter of Mr. and Mrs. Francis J. Sellinger of St. Louis Hills, Mo. The bridegroom is the son of Mrs. Elizabeth B. Stehman of 2062 Tomahawk, Okemos and Dr. Vernon A. Stehman of Milan.

The bride's sister, Miss Patricia Elaine Sellinger of St. Louis Hills, was maid of honor. Miss Martha Jonson of Chicago, Ill., Miss Pamela Man of Ann Arbor and the bride's sister, Miss Elizabeth Sellinger of St. Louis Hills, were attendants.

Michael J. Harrelson of Dearborn was best man. Lee Haller of Ann Arbor and the bride's brothers, James Sellinger and John Sellinger of St. Louis Hills, were groomsmen.

After a honeymoon in the West, the couple will make their home in Ann Arbor.

The Indianapolis News (Indianapolis, Indiana) Thursday 14 February 1985

Never fear if the chemistry doesn't seem like it is there. Sometimes all it takes is a little stirring up to create the desired reaction.

Dr. Fred Stehman, who specializes in obstetrics and gynecology, recalls how he and his wife Helen didn't particularly like each other when they met at a keg party in college.

"We kept running into each other on campus. After a while, we got to know one another and our attitudes changed," he said. "I remember that I kept proposing to her, and she kept putting me off. We were living in Michigan at the time. I finally had to give her an Oct. 21 expiration date, like Kellogg's, before she accepted."



Student Parliament representatives for the Class of '64 were Peggy Gray, Fred Stehman, Glen Gronseth and Bob Bratzler.

1964 Tomahawk



Remembering the days...recreating the moment at their 45th class reunion in 2009

Lansing State Journal (Lansing, Michigan) Wednesday 14 June 1972

A doctor of medicine degree has been awarded by the University of Michigan, Ann Arbor, to Frederick B. Stehman, son of Mrs. E. B. Stehman, 2062 Tomahawk Circle, Okemos.



Fred did his physician residency at University of Kansas, is licensed to practice medicine in the State of Indiana with certification by the American Board of Obstetrics and Gynecology. He is affiliated with Indiana University Health University Hospital and Eskenazi Health. Fred presently is a member of the American Society of Clinical Oncology - ASCO and American College of Obstetrics and Gynecology - ACOG.

Dr. Stehman is a renowned physician. His life saving practice of medicine is as legendary as our memory of his prowess and achievements in athletics and academics at Okemos.

We are proud to say that we went to high school with Fred Stehman!

Bob Bratzler '64

Sherrie Paty Barber '66

Rod Ellis '65

The Board of Directors of the Okemos

Alumni Association

Okemos High School Class of 1964



A brief look at his...

professional awards, honors and recognitions (list not up-to-date):

- **America's Top Doctors** Castle Connolly, 2014, 2013, 2012, 2011, 2010, 2009, 2008, 2007, 2006, 2005, 2004
- **America's Top Doctors for Cancer** Castle Connolly, 2013, 2012, 2011, 2010, 2009, 2008, 2007, 2006, 2005
- **Indianapolis Monthly** Castle Connolly, 2013, 2011, 2010, 2009, 2007
- **Fellow (FACOG)** American Congress of Obstetricians and Gynecologists

publications & presentations

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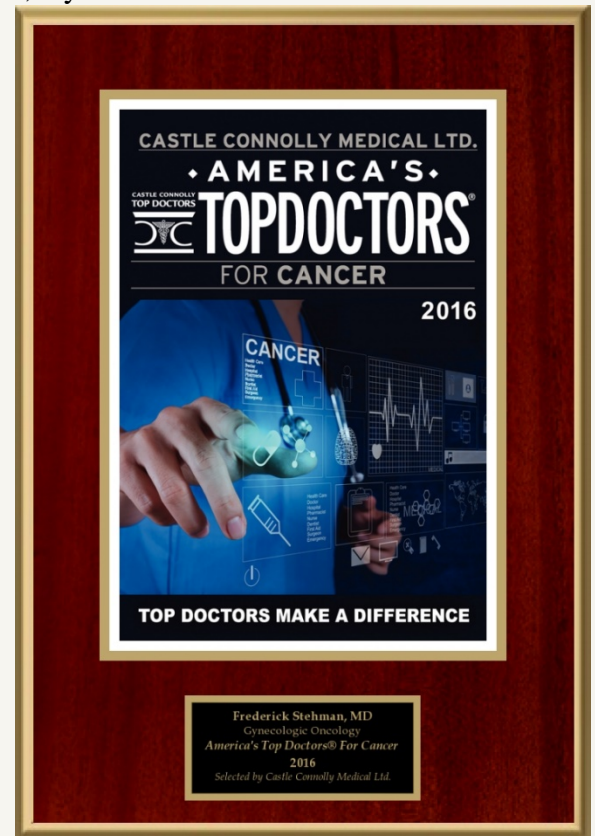


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