

College of Health and Human Performance

Performance

Emmitt Smith
Comes Home



Student Crowned
Miss Florida



Letter from the Interim Dean



Welcome to the inaugural fall edition of *Performance*. The College's Advisory Council has suggested, on more than one occasion, we increase our communication activities with alumni and friends of the College. More than a year ago we implemented the PerformancE-News, an e-mail newsletter for alumni to provide you with more up-to-date information of the events and accomplishments of the College. The E-news reached all those for whom we have a current email address (if you are not receiving the E-news and want to, please fill out the enclosed reply card). There are still a number of our alumni who do not use e-mail, so we considered publishing *Performance* twice a year.

The primary issues we had to consider were fiscal. The cost of an additional *Performance* magazine, printing and mailing, were major factors in our decision making process. Although our recent development efforts have been very successful, we are cognizant of the need to ensure we continue to use your contributions in a way that is useful to the college and valued by you. We certainly hope that this fall publication will be informative and be perceived as valuable. Whether you graduated 50 years ago or five years ago, your College continues to evolve in an ever-changing world to produce cutting-edge research and graduate the most capable individuals within our disciplines.

In these pages you will read about successful students, productive faculty and committed staff. The college is proud of its students recognized as Anderson Scholars and Southeastern Conference Academic All-SEC, its faculty research funding and discoveries; and its staff that focus on supporting one another by encouraging exercise and supporting our troops by organizing care packages to be sent to HHP's adopted units in Iraq. Also included is an annual report that will illustrate our successes as well as those areas we have identified for improvement.

I hope that you will continue to be as proud to be a part of the College of Health and Human Performance as we are proud to have you as a member of the HHP alumni and friends. Please update us on the main events in your life so that we may join in the celebration of your accomplishments and share those accomplishments with other HHP Gators. Send pictures, join us for alumni socials if we are in your area, and come by for a visit to see first-hand all that is going on in your College.

Have a wonderful holiday season!

A handwritten signature in black ink that reads "Jill Varnes". The signature is written in a cursive, flowing style.

Dr. Jill W. Varnes
Interim Dean and Professor

Performance

Vol. 11 Issue 2
Fall 2005

Publisher
Dr. Jill Varnes
Interim Dean

Editor
Michele Dye
Director of Communications

Assistant Editors
Jessica Brennan
Amy Lamp
Melissa Wohlstein

Design and Typesetting
Michele Dye

Staff Writers
Jessica Brennan
Amy Lamp
Carrie O'Neill
Kathleen Pai

Photographers
Jessica Brennan
Michele Dye

Contributing Writers
Erin Renee Carter
Jayme Gough
Meredith Jean Morton
Lonnie Phillips
Melissa Wezniak

Editorial Assistance
University of Florida Foundation

Printing
StorterChilds Printing Company Inc.
Gainesville, Fla.

Performance is published twice a year for alumni and friends of the College of Health and Human Performance at the University of Florida.

Performance
College of Health and Human Performance
University of Florida
PO Box 118200
Gainesville, FL 32611
352.392.0578



Contents



These women have balls.

Find out how you can exercise while sitting at your desk. Page 24.



All roads lead to Rome.

HHP students toured Rome, learning all about the history of sport. Relive HHP master's student Lonnie Phillips' journey. Page 16.



Slip and slide.

HHP's Adapted Aquatic program helps many local children with various disabilities learn how to swim and feel safe around the water. Page 14.



All hail, Florida, hail!

See if you can spot yourself or some of your classmates at our HHP alumni socials. Page 35.



Coach Butler

HHP alumna and former Gator basketball standout Amanda Butler takes the reigns for the Charlotte 49ers women's hoops team. Page 28.



"It's not bad for a girl who grew up with a bunch of Georgia Bulldogs!"

HHP alumna Sue Stoops (left) was one of six alumni inducted into the HHP Alumni Hall of Fame. Page 9.

Stories

UF Launches Healthy Gators 2010	5
Varnes Named NCAA Faculty Rep	8
Women's Day of Health and Beauty	10
Global Gators	19
Scholarship Convocation	20
It's Easy With Cabeze	22
Beauty Queen on a Mission	26

Research

AHB Research Institute	11
Center for Exercise Science	12

Special Section

2004-05 Annual Report	41
-----------------------	----

In Every Issue

Dean's Letter	Inside Front Cover
News Briefs	2
Class Notes	30
Faculty News and Notes	36

Thombs Named Director of Research Center

Dr. Dennis Thombs, associate professor in the Department of Health Education and Behavior, has been appointed director of the Florida Center for Health Promotion.



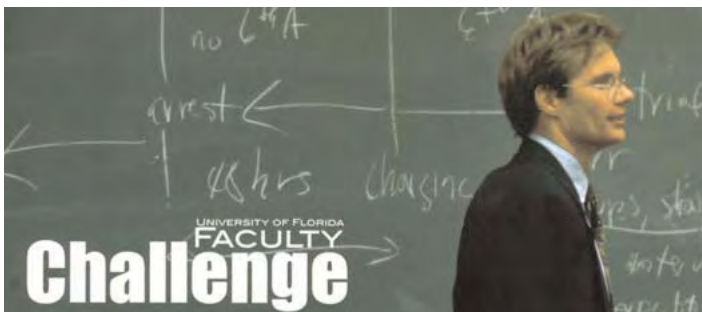
Thombs

FCHP, established in 1988, provides research and development activities for drug and alcohol education, HIV/AIDS education, nutrition education, physical activity, smoking prevention and cessation, and stress management.

Thombs said his foremost goal for the Center is to secure a greater amount of externally funded research.

“Additionally, I hope to build up the Center’s visibility and increase the research projects under its vision,” he said.

Thombs joined the faculty of the College of Health and Human Performance in April 2005. Previously, he held the position of professor in the Department of Adult, Counseling,



“In order for the University of Florida to reach its potential, we must find ways to do a better job supporting our faculty.”

-President Bernie Machen

The University of Florida Faculty Challenge is an initiative to raise \$150 million in private support to give faculty the tools they need to enhance classroom instruction and conduct world-class research. Reaching that goal is a critical step in the University of Florida’s strategic plan to become one of the nation’s premier universities.

For information on how you can help, call (352) 392-1691 or write to the University of Florida Foundation at P.O. Box 14425, Gainesville, FL 32604. Visit the Web site at www.uff.ufl.edu/FacultyChallenge

Health and Vocational Education at Kent State University, and an adjunct professorship in Public Health at the Eastern Ohio University’s Master of Public Health Program.

HHP Hosts Student and Faculty Meet and Greet

The 2005 Student and Faculty Meet and Greet sponsored by HHP’s College Council on March 17, 2005, was a great success.

“The purpose of this event was to give students an opportunity to mingle with faculty members in a relaxed environment,” said Brittany Heidrich, member-at-large of the College Council and TRSM undergraduate student.

Judy Traveis, director of undergraduate student affairs, said the College Council did an outstanding job organizing the event, and she was delighted to see the turnout of the faculty and students at the event.

Students also appreciated the chance to meet and network with the faculty of HHP.

“It was nice to interact with our professors in a setting outside of the classroom,” said Charis Brown, a HEB graduate student.

Gatorade Research Director Stresses Proper Hydration

The Center for Exercise Science in the College of Health

and Human Performance sponsored guest lecturer Dr. Robert Murray, director of the Gatorade Sports Science Institute, and his presentation, “Science of Sports Drinks” on May 12, 2005.



Murray

The response to the lecture was extremely positive from both faculty and students of HHP. Murray’s lecture focused on various topics related to the chemical balance of Gatorade, this balance’s role in increased fluid absorption in the body, Gatorade’s impact on an athlete’s performance, and the link between the science and marketing of Gatorade.

Murray emphasized the need for future research in the area of taste change during exercise and what ingredients should be included to biologically induce athletes to consume greater amounts of fluid.

“This research has the immediate possibility to save lives in the athletic area,” said Keith Naugel, athletic training doctoral student, who was one of the attendees.

HHP Raises Money for Charity

For the second consecutive year, the College of Health and Human Performance received a “battered boot” from the March of Dimes. This award is given to organizations that raise more than \$2,000.

The College raised \$4,842, the second highest total by a UF group. Shands Patient and Family Resources had the best campus total at \$8,660.

Members of the Dean’s Office participated in the March of Dimes WalkAmerica on March 19. The 9-mile walk aimed to raise awareness about premature birth.

HHP collected donations, as well as sold college T-shirts, bags, candy and beanie babies.

Leave Your Mark at UF

The brick paver program offers alumni an opportunity to support the future of the University of Florida while becoming a part of UF’s history.

Personalized brick pavers in the plaza of Emerson Alumni Hall can be ordered online for yourself, a friend or a loved one. Pavers are available in three sizes and all proceeds generated from this project go to enhance alumni and academic programs at UF and fund scholarships for College of Health and Human Performance students.

Lecture Raises Obesity Awareness

The 20th Annual D.K. Stanley Lecture, funded by the Frederick Family Fund Endowment and sponsored by HHP, was held on March 24, 2005. This year’s lecture, “Physical Activity Promotion for Obesity Prevention in Youth,” was presented by

Dr. Russell Pate of the University of South Carolina.



Pate

The lecture focused on the nation’s growing concern with increasing obesity levels of adolescents and its association with their lack of physical activity. Pate stressed quality over quantity in physical education.

Pate gave three guidelines for parents to use to combat the youth obesity problem.

He recommended limiting children to one hour of screen time, getting them outdoors and cautioning parents about the foods they bring into their homes.

“Dr. Pate gave an excellent presentation on physical activity in children,” said Dr. Lesley White, assistant professor in the

Department of Applied Physiology and Kinesiology. “His research has played a pivotal role in the development of guidelines for the prevention of childhood obesity.”

UF Forms Silver Society

The University of Florida Alumni Association is starting a new and exciting tradition.

The first Silver Society event, which celebrates the 25th anniversary of UF alumni’s graduation, will be held during Spring Weekend.

On April 22, 2006, the UFAA will honor the Class of 1981. Honored guests and friends will enjoy a cocktail hour with hors d’oeuvres followed by a sit-down dinner at Emerson Alumni Hall. The event will feature a keynote speaker followed by recognition of the Silver Society. Society members will receive a silver Gator pin, a certificate and a medallion.

The UFAA will send a save-the-date postcard in November 2005. Registration information for Spring Weekend will be sent in January 2006.

The College of Health and Human Performance looks forward to meeting its Silver Society.

HHP to Invade Tallahassee

We know our College of Health and Human Performance alumni in Tallahassee are tired of all that garnet and gold. So HHP decided to spread some much-needed orange and blue cheer during Florida-Florida State week.

On Tuesday, Nov. 22, 2005, HHP will host its first alumni event in Tallahassee. The “Beat the ‘Noles” social will be held at the Ramada Inn and Conference Center from 6-8 p.m.

Mingle with HHP alumni and faculty while you enjoy hors d’oeuvres, drinks and plenty of Gator spirit!

Invitations were mailed in mid-October. Please RSVP to Michele Dye at 352.392.0578 ext. 1280 or mdye@hhp.ufl.edu by Nov. 18, 2005.

One lucky alumni will win an autographed Billy Donovan basketball.

Don’t forget to make your way to Gainesville to cheer on the Gators men’s basketball team as they take on the ‘Noles Friday, Nov. 25. The two rivals will battle it out in The Swamp Saturday, Nov. 26 at 3:30 p.m.

Students Named Anderson Scholars

Eight College of Health and Human Performance students were named Anderson Scholars at the Fall Convocation on Sept.

22, 2005, recognizing their outstanding academic achievements at the University of Florida.

The following students were awarded certificates of distinction for maintaining at least a 4.0, 3.94 and 3.87 GPA, respectively, in their first two years at UF. Earning highest distinction were exercise and sport sciences students Michelle Davis and Brittany Ware. Sports management junior Heather Mahurin received a certificate of high distinction. Exercise and sport sciences juniors Stephanie Brook and Roger Gaskins III; applied physiology and kinesiology students Laura Massey and Lisa Carter; and health education and behavior junior Kathleen Stopka all received a certificate of distinction.

GatorSHADE Goes Global

University of Florida faculty members are teaching children about the dangers of skin cancer in an entertaining and easy way through the interactive GatorSHADE program.

The GatorSHADE program was established in 1994 by Dr. Carol Ash, Eminent Scholar, professor and Kirbo Endowed

Chair in Oncology Nursing. The program aims to explain the hazards of overexposure to ultraviolet rays and promote sun-safe practices that help prevent skin cancer. GatorSHADE founders are sharing their program with the world through an interactive Web site designed to make the GatorSHADE curriculum available to both educators and consumers.

Dr. Jill Varnes, interim dean and professor in the College of Health and Human Performance, has helped Ash promote sun-safe practices for children and adults through media, special events and public schools.

The goal of the curriculum is to increase awareness in young children and instill in them safe sun habits that they will carry with them into adulthood.

“We need to warn about the dangers of overexposures to ultraviolet rays and educate how to protect ourselves and our loved ones,” Varnes said.

For more information, visit www.gatorshade.ufl.edu.

-Jessica Brennan, Michele Dye and Amy Lamp



Sport management student Stefan Pastor (left) was named Academic All-SEC for the 2004-05 school year. Pastor was a member of the 2005 NCAA Champion 4x400-meter relay team (indoor). Photo courtesy of UF Sports Information.

HHP Student-Athletes Honored by Southeastern Convergence

Nineteen College of Health and Human Performance student-athletes were placed on the 2004-05 Academic All-SEC list for spring sportss.

The University of Florida led all SEC schools during the 2004-05 academic year with 236 honorees in SEC Championship sponsored sports (freshman combined with spring and fall honorees). The total is the highest in school history.

This year exercise and sport sciences led the way with six students making the SEC Academic Honor Roll. Sport management had five students honored, followed by exercise

physiology with two. In addition, event management, commercial recreation, travel and tourism, recreation programming, health science education, and recreation, parks and tourism each had one student honored from its program.

Name	Sport	Major
Adam Davis	Baseball	Event Management
Michael Pete	Baseball	Exercise & Sport Sciences
Andrea Vander Lende	W. Golf	Commercial Recreation
Kristen Butler	Softball	Sport Management
Ashlie Goble	Softball	Sport Management
Stefan Tell	M. Tennis	Sport Management
Sekou Clarke	M. Track & Field	Travel & Tourism
Kurt Lee	M. Track & Field	Exercise Physiology
Stefan Pastor	M. Track & Field	Sport Management
Garrett Penton	M. Track & Field	Exercise Physiology
Dwight Ruff	M. Track & Field	Recreation Programming
Dara Altman	W. Track & Field	Exercise & Sport Sciences
Diane Avigne	W. Track & Field	Exercise & Sport Sciences
Sara-Beth Cooper	W. Track & Field	Sport Management
Elynore Kabbord	W. Track & Field	Exercise & Sport Sciences
Rachel Longfors	W. Track & Field	Health Science Education
Tiandra Ponteen	W. Track & Field	Recreation, Parks & Tourism
*Albert Matheny IV	M. Cross Country	Exercise & Sport Sciences
*J.B. Walsh	M. Swimming & Diving	Exercise & Sport Sciences

* Freshmen honored on SEC Freshman Academic Honor Roll. Based on grades from the 2004-05 school year

-Amy Lamp

Making UF a Healthy Campus

By Jessica Brennan | Staff Writer

The official kickoff for Health Gators 2010, a campuswide initiative to increase awareness and improve health at UF, was held Oct. 26, 2005, in the Reitz Union Colonnade.

More than 500 faculty, staff and students gathered at the kick off where they were able to learn more about the health organizations and opportunities on campus, take part in free health screenings, receive flu shots at a discounted cost and pick up Healthy Gators merchandise.

The kickoff was accompanied by free stress screenings on the Student Health Care Center front lawn. Participants were able to fill out a questionnaire regarding anxiety, stress and depression and talk one-on-one with a mental health professional. Free food donated by Momo's Pizza, Book Lovers Café and Burrito Brothers also was available to those who participated in the screenings. Pita Pit donated gift \$10 gift certificates and Pepsi supplied bottles of Aquafina.

Dr. Jill Varnes, HHP Interim Dean and vice chair of Healthy Gators 2010, introduced UF First Lady Chris Machen, chair of Healthy Gators 2010. Machen, a former practicing nurse, spoke to attendees about the importance of the project and its goals.

"The Healthy Gators 2010 initiative is a proactive effort; an effort to do something now, in order to prevent problems later," Machen said.

She stressed that it is the personal responsibility of every one of us to teach future generations about healthy living.

"As adults we can show our children the right way to eat, exercise and avoid unhealthy behaviors," Machen said. "And we can help them realize that living a long time is only good if we feel good."

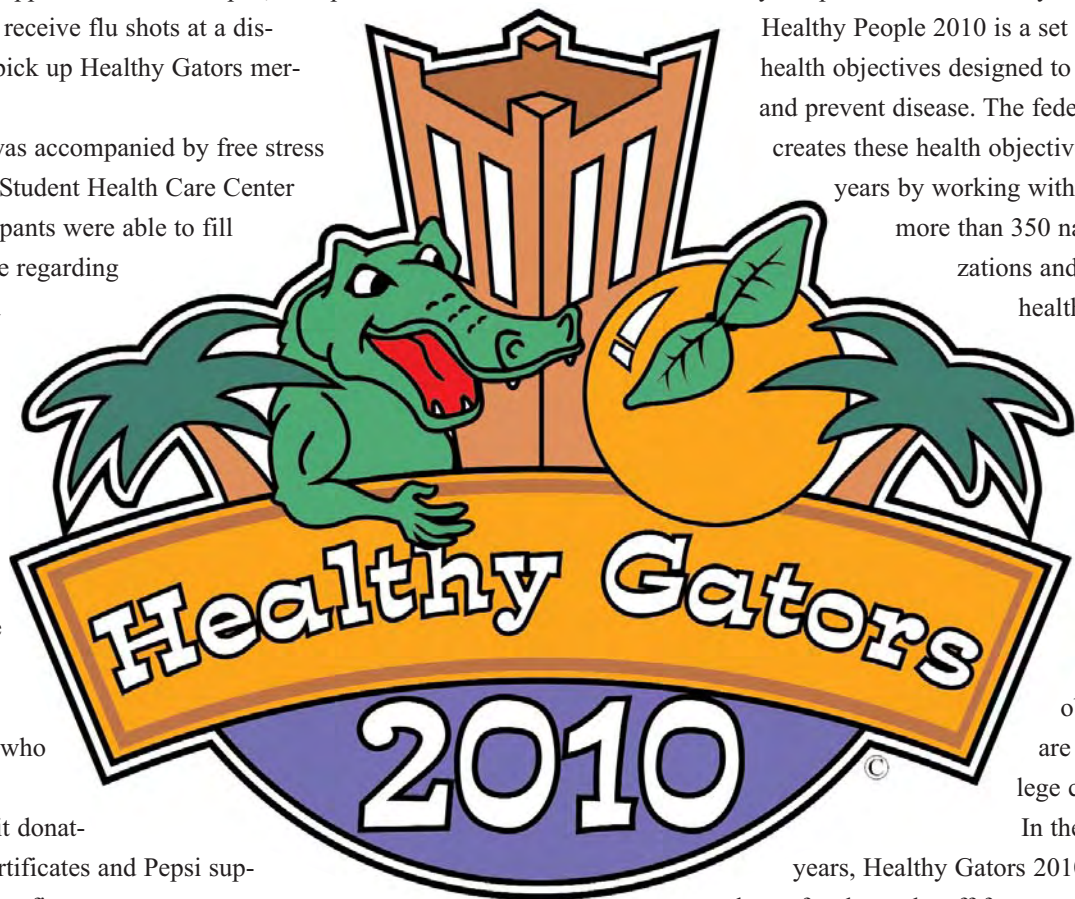
Healthy Gators 2010 is an extension of the nationwide initiatives Healthy People 2010 and Healthy Campus 2010.

Healthy People 2010 is a set of national health objectives designed to promote health and prevent disease. The federal government creates these health objectives every 10 years by working with an alliance of more than 350 national organizations and 250 state health, mental

health, substance abuse and environmental agencies. Healthy Campus 2010 focuses on the Healthy People 2010 objectives that are relevant to college campuses.

In the upcoming years, Healthy Gators 2010 will bring the students, faculty and staff from many UF departments and organizations together to work toward the common goal of creating a healthier campus. The mission of Healthy Gators 2010 is to promote a campus environment supportive of the development and maintenance of a healthy body, mind and spirit for all members of the UF community.

For more information regarding Healthy Gators 2010 or to learn more about the various health related opportunities on campus please visit www.healthygators.hhp.ufl.edu.



Emmitt Smith Comes Home

The 82nd Homecoming parade was proud to have former Florida Gator running back and NFL rushing leader Emmitt Smith serve as one of the 2005 Grand Marshals.

Smith, who completed his degree in recreation from HHP in 1996, returned to his alma mater for a variety of Homecoming activities.

"I had the pleasure to be the Grand Marshal," Smith said. "It was a privilege."

The parade took place at noon on Oct. 7, 2005, along University Avenue between Gale Lemerand Drive and Main Street.



MICHELE DYE

The UF Homecoming parade is the largest student-run parade in the nation and is observed by more than 100,000 students, alumni, faculty, friends and residents of Alachua County and its surrounding areas.

Smith was also the honored guest speaker at the Florida Blue Key Homecoming Alumni Reunion. The new event brought together generations of dedicated and successful alumni for food,

drinks and entertainment before Gator Growl.

Smith told his story about how he became a Gator. He said Auburn was recruiting him hard, but his mother wouldn't allow him to be anything but a Gator.

"I'm thrilled and honored to say that I'm a Gator," Smith said. "I had the distinct pleasure of watching my Gators play for the national championship in baseball this year."

Smith, who received a standing ovation after his speech, also spoke at Gator Growl and gave the football team a pregame speech before the Gators defeated the Mississippi State Bulldogs.

-Amy Lamp and Michele Dye

Dr. Linda Thornton Endowment



Dr. Linda Thornton, known as Dr. T to her students, began teaching in the College of Health and Human Performance in 1969. She was one of four women who was instrumental in establishing the women's athletics program at UF. A two-time HHP Teacher of the Year, Thornton retired from teaching in 1998 but remains active in the College.

Dr. T's former students are leading the charge to raise \$100,000 to create the Dr. Linda Thornton Endowment which will award a scholarship to an HHP student. In addition, Dr. T's old classroom will be named after her.

If you are interested in supporting the Dr. Linda Thornton Endowment, please contact Melissa Wohlstein at 352.392.0578 ext. 1268.



Senior Airman Jeffrey Solis presents Interim Dean Jill Varnes with a flag, signed by the troops HHP sponsored in 2005.

Solider Surprises Dean

By Amy Lamp | Staff Writer

Interim Dean Jill Varnes was moved to tears when Senior Airman Jeffrey Solis, 21, of the Air Force Security Forces presented her with a signed flag as a thank you for supporting his unit while stationed in Iraq.

HHP faculty and staff, along WCJB TV 20 News, gathered together Sept. 6, 2005, to surprise Varnes with the presentation of an American flag that was signed by the entire two units that HHP sponsored while in Iraq for six months.

“Thank you for making a difference,” Solis said. “It really helped.”

The care packages were sent two to three times a month for six months and contained everything from snacks, games, books, lip balm, sunscreen, calling cards, to Girl Scout Cookies.

Solis said the boxes made it in good condition.

“The boxes lasted for about six seconds,” Solis said. “We really appreciated it.”

DeEtta Hanssen in the Office of Student Affairs came up with the idea for the College to sponsor the troops.

Professors, faculty and staff of HHP donated money and items to send over to the adopted units.

“Sometimes they would not have time to eat, so they would just throw the snacks in their pockets and go to work,” said Janice Douglas, Solis’ mother and executive secretary to Senior Associate Dean Charles Williams.

“It felt great knowing people at home still cared about us,” Solis said.

This was Solis’ second time being deployed to Iraq. When asked if he was going to be deployed to aid in Hurricane Katrina relief efforts, he said he had no way of knowing.

“Hopefully I will be home for more than six months this time. Hopefully,” he said as he squeezed his mom’s hand in reassurance.

The College supported the 13 men in Solis’ unit along with another unit; a total of 26 soldiers.

Varnes said the flag was fabulous, and plans on framing it and hanging it in the office.

HHP Walks Campus into Shape

By Kathleen Pai | Staff Writer

Gators on the Go held its closing event at Yon Hall on March 31, 2005, celebrating the end of the eight-week program that promotes a healthy and active lifestyle.

Participants were required to log a minimum of 5,000 steps a day, which they tracked with their pedometers.

“I’ve lost 30 lbs. from just walking,” said Janice Douglas, executive secretary in the College of Health and Human Performance’s Dean’s Office.

“Gators on the Go gave me an incentive to walk. Some days I could get in 8,000 to 10,000 steps. I’m always on the go!”

The fee for the program was \$10 and included access to the program Web site, tracking system, health and wellness tips, healthy recipes, health calculators, a flexibility guide and guidelines for resistance training. A pedometer was provided for those who did not have one.

“I think it’s a great incentive to be able to look online and track my progress,” said Ansley Dreadin, a UF senior. “I’m a very visual person, so having that visual aid helped make things a lot easier for me. It also made me realize how much I already walk everyday and how much of a difference it would make if I just walked a little more.”

Gators on the Go, an eight-week program, encourages the UF community to get physically active. It is sponsored by the College of Health and Human Performance, and Living Well Faculty and Staff Wellness Center.

For more information, please visit <http://gatorwalk.hhp.ufl.edu>.

Varnes Makes History

By Michele Dye | *Staff Writer*

Interim Dean Jill Varnes was named the University's new NCAA faculty representative in May 2005, becoming the first woman to serve in that position at UF.

Varnes is UF's seventh NCAA faculty representative, succeeding Dr. Nicholas Cassisi, who retired in June as a professor of otolaryngology and senior associate dean for clinical affairs at UF's College of Medicine. Cassisi served as UF's NCAA and SEC faculty representative from 1991-2005.

"Jill Varnes is a respected faculty member and administrator who is well-prepared to serve the University and its athletics programs," UF President Bernie Machen said. "She has significant support from the faculty and athletics."

The NCAA faculty representative's role encompasses several areas, with an emphasis on eligibility and compliance. The faculty representative works with members of the University Athletic Association staff to ensure UF student athletes meet all NCAA, conference and institutional requirements for eligibility for practice, financial aid and intercollegiate

competition. They also work with the UAA to have periodic reports developed on the academic preparation and performance of student-athletes for each of UF's

20 varsity teams. The faculty representative works with the UAA to put a comprehensive and effective rules education and compliance program in action on the campus.

Varnes began her career as a UF faculty member in 1978. She holds a doctorate in education from the School of Health, Physical Education and Recreation at the University of Southern Mississippi in Hattiesburg; and master's and bachelor's degrees from the University of Florida.



"Jill Varnes is a respected faculty member and administrator who is well-prepared to serve the University and its athletics programs."

**-President
Bernie Machen**





hall of fame

By Kathleen Pai | *Staff Writer*

the College of Health and Human Performance inducted six members into the HHP Alumni Hall of Fame, March 18, 2005, at Emerson Alumni Hall.

“We are here tonight to honor individuals who have shared the experience of being part of the University of Florida and the College of Health and Human Performance,” Interim Dean Jill Varnes said. “This event is one of the highlights of the year.”

Class of 2005 HHP alumni Tom Holton, Martha F. Owens, Celia Regimbal, Sue Selph Stoops, Larry Travis and James Yancey Jr. were the eighth class to be inducted at a banquet held in their honor.

“This is one of the greatest things we do here at the college,” Varnes said.

Regimbal said she can distinctly remember the day she got the letter informing her she was named to the HHP Hall of Fame.

“It was probably one of the most exciting moments of my life,” Regimbal said.

She said she was deeply honored to receive this award.

“I have to say the University of

Florida had a huge impact on my life as a faculty member and taught me you had to have compassion for your students,” Regimbal said. “I don’t think back on my time here and not smile.”

Travis said he was grateful for the opportunities HHP gave him and is honored to be part of this wonderful occasion.

“Almost 50 years ago, I was just a kid from Miami,” Travis said. “I wouldn’t have been able to come to UF without my athletic ability, but the thing that helped me in my career were the people I was involved with here.”

Owens said she was speechless for once in her life.

“I actually thought I was the first person to graduate from the college but someone challenged that idea,” Owens said. “I’m just the oldest recipient of this award.”

Stoops said she agrees with Tom Holton that in order to be successful, you have to hang with good people, and she said she’s hung with good people, most notably Dr. Jill Varnes.

“It’s not bad for a girl who grew up with a bunch of Georgia Bulldogs!” Stoops said.

The induction ceremony concluded

with the presentation of the Billie Knapp (B.K.) Stevens Service Award. The award was presented to Jimmy Carnes, the former head coach of UF’s track and field team.

“I do truly appreciate receiving this wonderful honor,” Carnes said. “It’s such an honor to win this award, especially because it is named after B.K. Stevens, who has always meant so much to me.”

From the time of his retirement until his death, B.K. Stevens always exemplified continued service and an active interest in the affairs of the College. He and his widow, Betty Stevens, made significant contributions to the College through monetary donations and active engagement.

Varnes described the experience of being inducted into the Hall of Fame best.

“Sometimes it’s the anticipation that makes an event better than anything else in the world...that moment right before...that moment is greater than the thing itself,” Varnes said.

Pictured at top, from left to right: Celia Regimbal, Martha F. Owens, Sue Selph Stoops, James Yancey Jr., Tom Holton and Larry Travis



A Beautiful Day

By Jayme Gough | *Contributing Writer*

Women of all ages applauded as the keynote speaker walked onto the Reitz Union auditorium stage.

“Ladies and gentlemen,” she began. She paused and surveyed the room. Smiling, she changed her opening address to just “ladies.”

Linda Cirulli-Burton, a motivational speaker, kick started A Women’s Day of Health and Beauty at the Reitz Union Grand Ballroom on June 4, 2005.

“I hope and pray that this will become an annual event,” Cirulli-Burton said. All women need a day where they can focus their mind, body and spirit on themselves, she said.

Cirulli-Burton asked members of the audience to think of one positive thing in their life, and share it with the person sitting next to them. A strange giddiness fell over the crowd as they giggled and smiled at each other’s experiences.

Triumphantly, she explained that the positive energy the audience felt around the room was a direct result of women focusing on the good in their lives. That energy stayed with the crowd throughout the day as they looked at exhibits and attended sessions related to women’s healthcare and beauty.

WUFT-TV, National Center for Outreach and University of Florida College of Health and Human Performance sponsored the event in partnership with WGFL-TV, The Gainesville Sun, Asterick Communications, Ilene’s for Fashion and Just for Kids II.

Susan White, director of education and outreach at WUFT-FM and organizer of the event, said the emphasis of the event was for mothers and daughters to come together and learn.

BEAUTY continued on page 31

Brief Consult May Influence Adolescent Exercise, Drug Use

By Melissa Wezniak | *Contributing Writer*

A brief one-on-one consultation may increase exercise and decrease alcohol and cigarette use in adolescents at three-month post-treatment, with some positive effects seen one-year later, according to a new University of Florida study.

“Long-term sustained effects for cigarette and marijuana use, and both vigorous and moderate physical activity, were found among adolescents using marijuana and/or cigarettes prior to intervention,” said Dr. Chad Werch, director of the Addictive & Health Behaviors Research Institute and the lead investigator on the study.

“These later findings suggest that the brief consult, titled Project SPORT, provided by a trained health care provider and lasting about 12 minutes in length, was particularly useful for those adolescents most in need of intervention because of their current drug consumption,” Werch said.

These results support a recent previous study by Werch and his colleagues suggesting that a brief sport-based consultation tailored to adolescent’s health habits may reduce alcohol use, while

increasing exercise frequency.

“Currently, few studies of brief interventions have reported affecting multiple, co-morbid health damaging and health promoting behaviors such as Project SPORT,” Werch said.

“Given the challenges with implementing typical prevention programs in today’s schools which are focused on standards testing, brief interventions like Project SPORT may provide a more realistic alternative to reaching adolescents with critical prevention interventions than standard full-semester length curricula,” he said.

“Preventive intervention effects as extensive as those found in this study, involving multiple health behaviors and a range of important risk and protective factors, are relatively uncommon in the literature, especially among brief interventions,” Werch said. “Considering the brevity of Project SPORT, these findings are particularly noteworthy and indicate that these types of personally delivered and integrated health communications are cost-effective.”

To date, most health behavior programs are longer in duration or more intensive, and target only a single behavior risk factor, such as exercise or alcohol misuse in separate programs.

“The problem is that up until now, we have had very few effective interventions that can modify multiple health behaviors of adolescents. Especially both health risk and health promoting behaviors,” Werch said.

Project SPORT is based on a new model for integrating the prevention of health risk behaviors such as substance misuse, with the promotion of health enhancing behaviors such as physical activity. This is accomplished by activating images and attributes that youth value.

“This is what advertisers and marketers do all the time to motivate youth and adults to purchase their products and services,” Werch said. “By tapping into the images that youth value, such as being fit and in-shape, confident, and strong, we can both link and motivate multiple health behavior change.”

In the study, which appeared in the journal, *Prevention Science*, 604 high school students were randomly assigned to receive the brief consult or commercially available health promotion materials. Differences between the two study groups were compared at three-months and 12-months after the implementation of the intervention.

Project SPORT participant’s demonstrated significant positive effects at three-months post-intervention for alcohol consumption, alcohol initiation behaviors, alcohol use risk and protective factors, drug use behaviors, and exercise habits, and at 12-months for alcohol use risk and protective factors, cigarette use and cigarette initiation.

CONSULT continued on page 36
In addition, drug using adolescents





Exercise in Cold Water May Increase Appetites

By Meredith Jean Morton | *Contributing Writer*

Exercise in cold water instead of warm water may increase people’s appetites, making it harder for them to lose extra pounds, a University of Florida study finds.

Results indicate people may consume more calories after exercising in cold water, according to Dr. Lesley White, a UF researcher who designed the study to better understand why aquatic exercise is often less successful than equal amounts of jogging or cycling for people who want to lose weight.

“It’s possible that individuals who exercise in cooler water may have an exaggerated energy intake following exercise, which may be a reason why they don’t lose as much weight,” said White, an assistant professor in the College of Health and Human Performance. “So it may not be the exercise itself that causes the problem because you can match the exercise energy expenditure; rather it’s the increased eating after the exercise is over.”

White said her research is not meant to suggest that swimming or aquatic exercise is ineffective for building physical fitness. In fact, water exercise is suggested for people who are overweight because the buoyancy given by the water makes exercising easier for people with joint or balance problems.

“Water exercise is an excellent activity for many people, particularly those with joint disorders, thermal regulatory problems and balance or coordination difficulties,” she said.

“However, an earlier study reported that women who swam did not lose as much weight as those who jogged or cycled.”

For her study, published in February in the *International Journal of Sport Nutrition and Exercise Metabolism*, White tracked the energy used by 11 UF students as they rode a stationary bicycle submerged in water for 45 minutes. The students exercised in cold water of 68 degrees Fahrenheit and warm water of 91.4 degrees Fahrenheit. The same students, ages 21 to 31, also spent 45 minutes resting.

The study found the students used a similar amount of energy during the exercises, 517 calories in the cold water and 505 in

the warm water. Students expended 123 calories while resting. After each exercise session and the rest period, the students were allowed into a room to measure their blood pressure and heart rates. They were left to rest for one hour in the same room and had free access to a standard assortment of food of known caloric values. However, the students didn’t know their caloric intake was going to be measured.



White

“We found during the recovery period, when the subjects had access to an assortment of foods, significantly more calories were eaten after exercise in cold water compared to exercise in warm water or at rest,” White said.

Caloric intake after exercise in cold water was 44 percent higher than exercise in warm water and 41 percent higher than in the resting periods. The students consumed a mean 877 calories after exercise in cold water, 608 calories after exercise in warm water and 618 after resting periods.

“This is a preliminary study, which suggests that environmental conditions during exercise may influence post-exercise appetite,” White said. “Individuals should consider the kinds of foods they eat after exercise.”

White suggested that body temperature might have some influence over post-exercise appetite.

A previous study by her colleague, Dr. Rudolph Dressendorfer, indicated that body temperature at the end of exercise can affect post-exercise appetite.

“Aquatic exercise is widely used in weight-loss programs, especially for those people with orthopedic concerns,” said Dressendorfer, an adjunct professor with the faculty of physical education and recreation at the University of Alberta and a physical therapist. “The practical implication of this study is that cold water temperature could frustrate weight loss by increasing caloric intake. This study also provides some theoretical insight to the mechanism of appetite after exercise.”

Endurance Exercise May Protect Against Injury in Heart Attacks

By Erin Renee Carter | *Contributing Writer*

Endurance exercises such as running and cycling may protect older people from cardiac injury during a heart attack, according to a new University of Florida study.

Through experiments with rats, the researchers discovered that exercising one hour a day for three consecutive days offers the heart just as much protection in the animal as if it ran five days a week for 10, said professor Scott Powers, director of the Center for Exercise Science and a contributing author to the study.

The finding contradicts the conventional belief that it takes weeks or even months of exercise training to reap the benefits of exercise. It turns out that protection against a heart attack can be obtained in just three days and lasts more than a week.

“You stay protected up to about nine days,” Powers said. “By day 18, you’re completely back to where you started. So the only way to maintain it is to be active.”

In the study, which appeared in the journal, *Experimental Gerontology*, young and old rats ran on a treadmill at about 60 to 70 percent of their exercise capacity. Exercise increased their levels of the antioxidant superoxide dismutase, which provides cardiovascular protection. Additional experiments have shown that exercise-induced increases in this antioxidant are critical for the heart to develop the full protective benefits of exercise.

Powers said in about 90 percent of heart attacks, blockage created in the vessels triggers a clot that can damage the heart. “If you don’t break down the clot, the heart cells are going to die,” he said.

Powers added even if the clot dissolves naturally, damage still occurs when blood flow is restored to the heart because the oxygen level is increased and forms an unhealthy abundance of free radicals that damage the heart muscle. This process, called ischemia reperfusion injury, makes the heart weaker and decreases its working capacity, according to the study.

Powers said that it is “because you can think of the heart as the engine that runs the car. So if you chop off cylinder after cylinder from the engine, eventually it’s going to be underpowered.”

In humans, exercises such as cycling, swimming, running and walking may cause heart muscle cells to produce more antioxidants that protect the heart during the onset of a heart attack.



Powers and John Quindry, postdoctoral fellow and a contributing author to the study, also concluded exercise protects against cell death caused by apoptosis, or programmed cell death, which had been previously unknown.

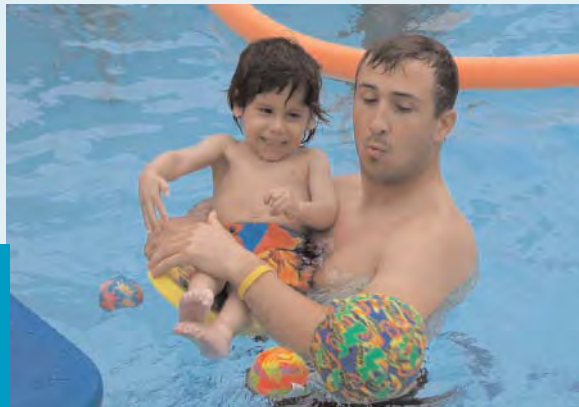
Powers said the study may help to determine why endurance exercises provide the heart protection. Once that is known, researchers could design better exercise strategies, or develop a drug approach to turn on the genes that are activated during exercise.

“That would be extremely useful for people who are wheelchair-bound, aren’t ambulatory, or just people who have orthopedic problems or won’t exercise,” Powers said.

Li Li Ji, professor of kinesiology at the University of Wisconsin-Madison, said the UF research is important because it shows that independent of age, endurance exercise can reduce injury sustained during a heart attack.

“These experiments for the first time demonstrate that exercise can protect the heart against ischemic insult in both young and old animals,” he said.

The study also was conducted by doctoral candidates Joel French and Youngil Lee and former UF assistant scientist Karyn Hamilton.



Photos by Michele Dye

Splash Splash Splash

By Jessica Brennan | *Staff Writer*

Each spring for more than a decade now, during the months of March and April, visitors to the Florida Pool observe a pool full of ordinary children taking swimming lessons. However, there is nothing ordinary about the program occurring.

First of all, the instructors are college students in a course offered by the College of Health and Human Performance who will earn a national certification after completing the course. Second, each child is usually taught in a one-on-one environment, a luxury that

from Terwilliger Elementary, Metcalfe Elementary and Howard Bishop Middle School, who have some form of physical or medical disability, or developmental delay, attend swimming classes taught by UF undergraduate and graduate students enrolled in HHP's Adapted Aquatics course.

"The long classroom work was well worth it," said Travis Broome, a master's student in adapted physical activity. "The smiles on the children's faces were our payback."

In 2005, the program grew to 75 stu-

dents from Howard Bishop Middle School participated in Guard Start, an introductory lifeguarding program. Students are taught basic water safety and life-saving techniques. The purpose of this program is to give students greater confidence in their personal abilities around the water as well as increased self-esteem in their capacity to help others. This program culminated with a lifeguard challenge highlighting the Guard Start students' new skills, as well as the students' earning the official Guard Start certification.

Although the advantages to the chil-

HHP students run the UF Adapted Aquatics Swim Program, giving disabled children a one-of-a-kind opportunity to learn how to swim, increase their strength, endurance, flexibility and coordination in a weightless environment, all while improving their self-esteem and social skills in a fun atmosphere.

few other swimming programs in Gainesville provide. Finally, each one of these children swimming around the Florida Pool has a disability.

The delightful exclamations, bright smiles and energy levels of these children would seem to exemplify any group of children in a swimming pool. Perhaps that is what makes this course so attractive to all involved. In this environment, disabilities are not the focus, but abilities are.

Abilities such as walking, which may not be possible on dry land, now is achievable in an aquatic environment where one is 80 percent lighter. Relaxation, a feeling that eludes many children with autism, now is experienced. Self-reliance is a concept some may never fully realize. However, through swimming, each individual accomplishment is the product of the child's own hard work.

The UF Adapted Aquatics Swim Program is a one-of-a-kind opportunity offered free of charge to students with disabilities in the Gainesville area. Students

who participated twice a week for one month. The adapted aquatics program is not only a chance for these students to work on their physical skills essential for effective swimming, but it is an opportunity for them to perform skills they are not capable of doing on land.

"This allows the instructors to work on aspects such as strength, endurance, flexibility, balance and coordination in a weightless environment," said Dr. Christine Stopka, professor of the Adapted Aquatics course.

This kind of contact also enables the students to interact with others, enhancing their social skills, in addition to seeing and feeling personal achievement, and raising their self-esteem.

"I found it amazing to watch the student's physical and emotional progression from day to day, as well as from the beginning of the class to the end," said Keith Naugle, doctoral student in athletic training.

In addition to these benefits, the stu-

dents are countless, they are not the only people to gain from the aquatic instruction. UF students serving as instructors learn many valuable tools to carry throughout life.

Many of the students planning to pursue careers in the medical field find this course is a wonderful introduction to therapeutic modalities used in rehabilitation.

"Of all the classes that I have taken at UF, Adapted Aquatics has definitely been my best educational experience," Broome said. "Yet, the course has also made me a better person."

For students involved in all fields, this course serves as an eye opener. UF students become comfortable with a population that often has a stigma placed upon them and come to find that they are more like each other than they are different. Further, students find that one person is able to make a difference in another's life through the commitment they display each day in class.

SWIM continued on page 27

All Roads Lead to Rome

By Lonnie Phillips | *Contributing Writer*

Editor's Note: Sport Management graduate student Lonnie Phillips kept a journal during the study abroad trip to Rome, Italy to learn about the history of sport. HHP students spent a week in Rome during spring break as part of a three-credit course.

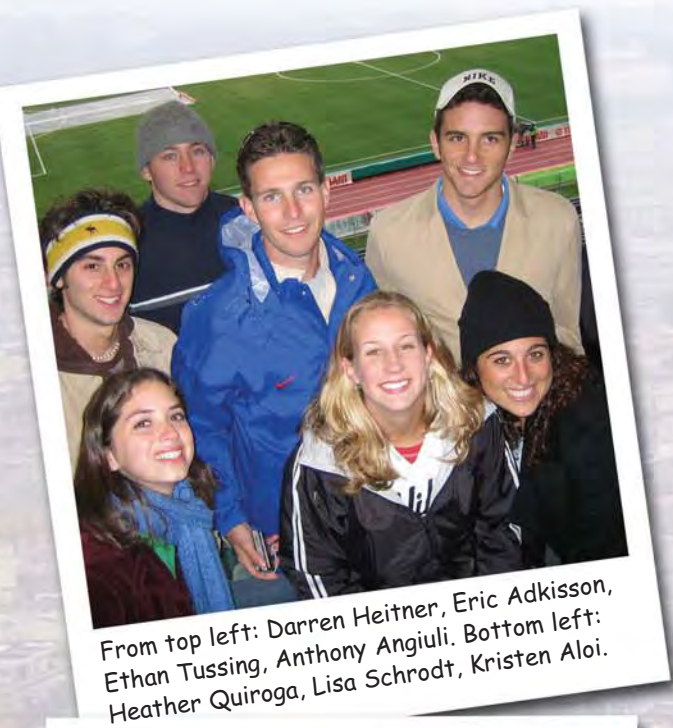
Feb. 27, 2005

After arriving at our hotel mid-morning, we quickly enjoyed the comforts of a warm Italian shower, which was a welcome relief following our nine-hour transatlantic flight. Many of us decided to immediately sample the Italian cuisine by devouring a few Pannini sandwiches. We departed the hotel at 1 p.m. and were escorted by our outstanding tour coordinator, Maria, and bus driver, Marco, to the Olympic stadium for a soccer match between SS Lazio (local Roman team) and Parma (team from northern Italy). We were very pleased to discover our seats were located under the stadium's overhang because it was about 40 degrees, windy and raining. An overwhelming number of Lazio supporters arrived early, as one would expect from European "fútbol" fans! They were definitely in a raucous mood. SS Lazio played a brilliant first half and led 1-0 following a penalty kick. The home team (Lazio), however, came out lethargic in the second half, much to the chagrin of the crowd... it reminded of us of how our beloved Gators played against Mississippi State in 2004. The home team held on and scored a second goal in the last two minutes to win the match, 2-0. The entire stadium was singing and dancing in the stands. It was a great experience for many of us, as we

had never experienced the craziness of a European "fútbol" game.

Feb. 28

After a restful night's sleep, we awoke with the excitement of our first full day in Rome. Maria met us in the hotel lobby and introduced us to our tour guide, Antonio.



From top left: Darren Heitner, Eric Adkisson, Ethan Tussing, Anthony Angiuli. Bottom left: Heather Quiroga, Lisa Schrodt, Kristen Aloï.



The Trevi Fountain



Jessica Braunstein and Tara Sampson

Antonio turned out to be a wealth of Roman knowledge and very funny, which made it even better -- if that's possible.

We began our morning at the Golden House of Nero, which was supposed to be Emperor Nero's house, but actually served as a Pavilion for citizens of Ancient Rome to gather. The fact that the home was nearly 1,000 feet across (so it was huge) and all underground was fascinating to us. It originally was built around a beautiful lake where the Coliseum now stands. It was interesting to learn that most people believe Nero built the Coliseum to kill the Christians; however the Coliseum was actually built after Nero died so the myth is just that, a myth. We moved from Nero's house to the Coliseum, and it was every bit as spectacular as we had read about in books. As a group studying the history of modern sport, we were like little kids at Christmas time in the Coliseum. After taking a group picture with everyone's camera we were given time to tour the arena on our own and enjoyed every minute of it.

We left the Coliseum and continued our walk to the Roman Forum. Just imagine, we were walking on the same ground where famous Romans such as Julius Caesar, Brutus and Cicero walked. During our walk through the Forum the temperature dipped into the 30s and the rain began to fall, but nothing could dampen our excitement or spirit. We walked from the Forum to our lunch site and enjoyed all kinds of Italian cuisine.

After lunch we made our way past Piazza Navona to the Pantheon. The Pantheon was extremely beautiful and by far the most impressive structure we had seen so far on the trip. The sheer size and amazing works of art were beyond words. Remember, it was raining at this point and because the Pantheon was built as a tribute to the gods, there is a hole in the top of the dome (so the gods could watch over everything), but, remarkably, very little rain came inside.

March 1

After a wonderful night of unescorted touring of Rome (which included the Trevi Fountain, Spanish steps, etc.) we met Maria, our tour coordinator, and proceeded to the Olympic Stadium for a behind-the-scenes tour. The tour was informative and the stadium quite impressive. However, the highlight of the day was having the pleasure of meeting a team of researchers on the field. They were using blue tooth technology, accelerometers and soccer players to determine how different cleats react to different playing surfaces. The researchers allowed us to watch how they ran their test and analyzed the data. It was truly fascinating for a group studying modern sport. Likewise, many of the ladies in the group were extremely pleased to have photo opportunities with the "good-looking Italian" soccer players.

After leaving the stadium, we made our way to the Baths of Caracalla. This was the second-largest public bathhouse built by the emperor Marcus Antoninus. The baths were built for the commoners to improve the morale of the citizens. It was a place where people could participate in sports, exercise, read books, watch stage shows, take hot and cold baths and get massages. The baths were very advanced for the time period, and the mosaic tile floor was absolutely amazing.



Tanya Eberhardt, Savannah Leanard, Kristen Aloï and Erin Brown enjoyed meeting the fútbol stars in the Olympic stadium.



Dr. Dan Connayghton, Savannah Leanard, Heather Quiroga and Lonnie Phillips in the Coliseum.



Heather Quiroga, Kristen Aloï and Lisa Schrodtt in the Vatican City.

After leaving the Baths, we drove by the Circus Maximus. Back in the day this was a very popular location for people to come and watch chariot races. Presently, it is nothing more than a field for people to jog and walk their dogs. Even still, it was fascinating to see and to reflect on the sporting interest of the Romans.

After a lunch at the local bus station, we took a short bus ride to the catacombs via the Apian Way. I do not think anyone in our group was very excited about visiting this site, but our mood soon changed when we began to explore the tunnels and caves that extended for 13 miles underground!!! It seemed like we just kept going deeper into the earth and were amazed to see the number of small chapels built so far underground.

Our tour ended with the catacombs, and it was time to do some shopping, site seeing and to enjoy the Roman wine and food. Many in our class decided to experience the Roman nightlife first hand and had a very entertaining evening of dancing and meeting the locals.

March 2

We began our Wednesday morning with an early wake-up call and a two and a half hour drive to the city of Pompeii. The drive across the Italian countryside was absolutely beautiful -- snow capped mountains, olive tree farms, and the stunning beauty of the Mediterranean. We arrived at Pompeii and met our tour guide, who was the epitome of a Napolitano woman -- strong hands, quick wit and an insatiable passion for life. Our entire class was in awe at the immense size of Pompeii. This city, buried by the eruption of Mount Vesuvius in 24 A.D. and left untouched for 1,700 years, gave us an accurate glimpse into the life of a Roman. We walked along their streets, looked in their shops, toured their homes and gained a better understanding of how much alike modern civilization the Pompeians were. In addition to indoor running water, they had banks, fast food restaurants and barber shops.

March 3

Thursday morning arrived, as did the event that many of us had been looking forward to all week. Our trip to the Vatican City to see St. Peter's Basilica and the Sistine Chapel. We were not let down. The Sistine Chapel was more beautiful and impressive than any of us had imagined. It was truly overwhelming and too hard to put into words. As we walked out of the chapel, our group was a buzz with what they had just experienced. Everyone was so impressed by what they had just experienced they could not stop comparing notes. Our tour guide, Antonio, led us from the chapel to St. Peter's Basilica. The church, which is the largest Roman Catholic Church in the

world, was majestic. The mosaic art, sculptures and enormous size of the Papal Alter were breathtaking. To gain an understanding of just how large the church is our tour guide pointed out a "small" stain glass window at the front of the church that contained a dove. The wingspan looked to be approximately 1-2 feet in from our point of view when it was actually close to 7 feet! Amazing! We finished our tour and were given the rest of the day to ourselves. Many of us decided to climb the 500 steps to the top of the Basilica, and we were not disappointed. The birds-eye view of the city of Rome and all its beauty was awesome. Even though it was a cold, rainy, windy day, the city still was stunningly beautiful.

March 4

Friday was a free day for our class and half the class decided to use the day to shop in Rome. The other half decided on a day excursion to Florence and was not disappointed. We were able to see Michelangelo's David, climb to the top of the Duomo, and shop at some of finest stores in the world. Many of us, on a college budget, decided to shop at the large outdoor markets. This was an educational lesson for many of us Americans as we never have had to haggle with street vendors but the experience was wonderful and actually fun.

As the night came to an end, many of us were sad because we realized that we would be flying home in the morning. The trip was far better than any of us had imagined, and we were so blessed to have the opportunity to experience Italian culture at its finest. If given the opportunity many of us would jump at the chance to return to this area of the world. As many of our classmates decided to enjoy the sunshine and beaches associated with spring break, we chose the cold, rainy conditions of Rome but feel our experience was so much better.

Global Gators



HHP Teams Up With University in Brazil

In May 2005, the College of Health and Human Performance made further strides to expand its international academic partnerships by reaching a cooperative agreement with Sao Paulo State University in Brazil.

“Sao Paulo State University, Rio Claro is the best college in the state of Sao Paulo known for its research and teaching on the disciplines of physical education and sport science,” said Dr. William Chen, associate dean for research and academic affairs.

Chen was joined by Drs. Heather Gibson, Mark Tillman and John Todorovich in representing HHP during a follow-up meeting of the two universities in Sao Paulo, Brazil.

“Faculty members from Sao Paulo State University learned of HHP’s reputation as a leading center for research and teaching in the areas of health education, recreation and sport science, and sent representatives to visit our College last year,” Chen said. “This trip was our opportunity to explore their program and forge an academic relationship with them.”

During this trip, the two universities signed a cooperative agreement for future collaboration.

“The agreement, which was signed, is a broad based contract to form a collaborative relationship between the two schools which will serve as the ground work for future projects,” Chen said.

The potential benefits for the two universities are endless.

“In the future, we hope to exchange research, hold faculty seminars and develop post doctoral programs together,” Chen said. “We may even pursue a student exchange program further down the road.”

-Jessica Brennan

HHP in Greece and Rome

During spring break, March 11 - 18, 2006, UF students will have the opportunity to earn three credits while studying in Rome or Greece.

Students studying in Greece will visit the ancient Olympic sites of Athens, Delphi, Olympia and Nemea while taking courses taught by HHP faculty for UF GPA credit and will focus on understanding the role of the history and formation of the most influential athletic competitions in the Western World.

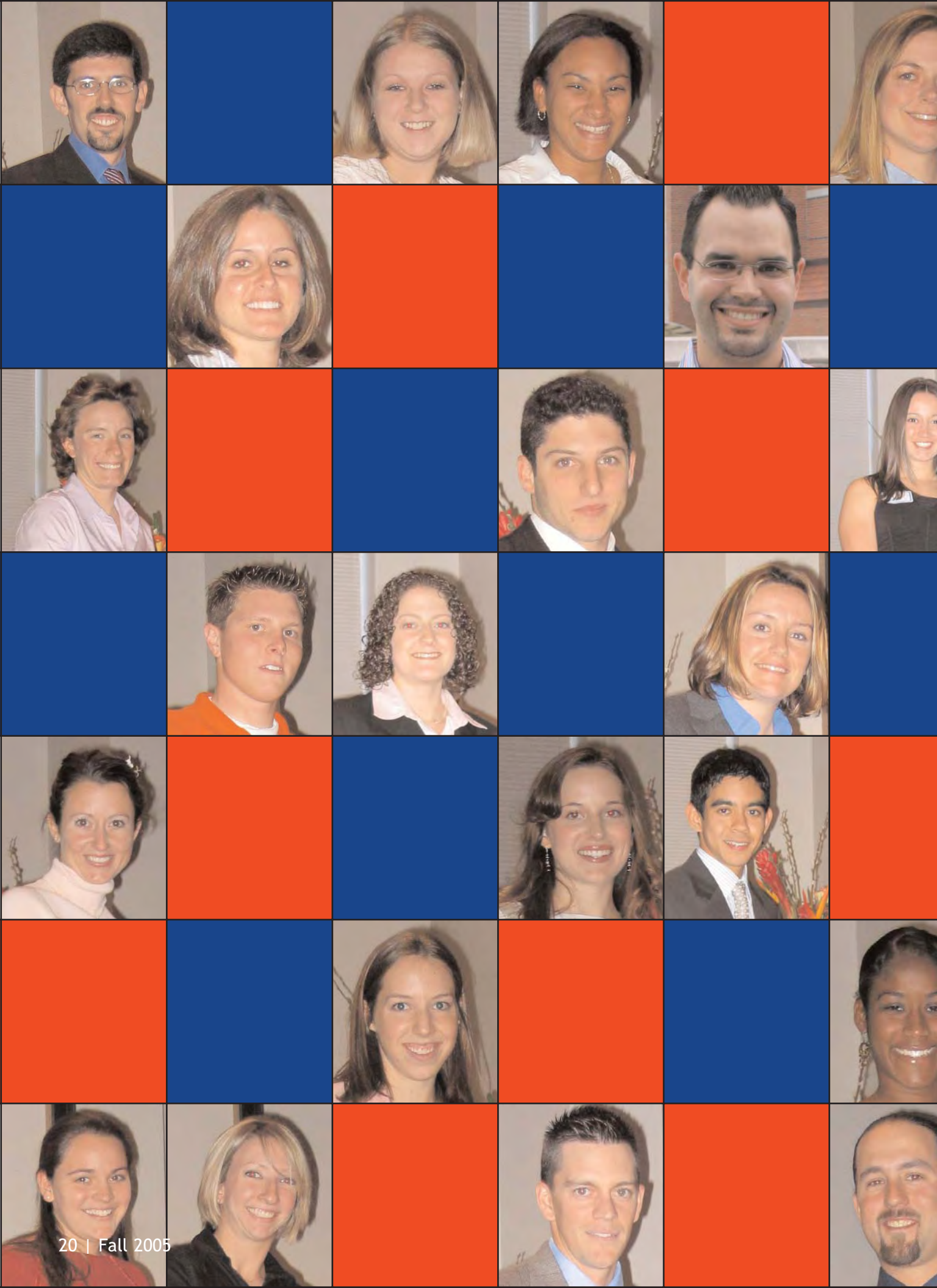
In Rome, students can take the course International Sport Topics in Rome, which aims to understand how knowledge of the history of sport, physical activity and recreation can contribute to an understanding of modern sport, physical activity and recreation.

Both programs are open to all majors, undergraduate and graduate students with an interest in international sports.

HHP in Taiwan

The College will offer a new study abroad opportunity during May 8-15, 2006 in Taipei, Taiwan. The course, International Health Topics, will focus on Taiwan’s health education and health promotion strategies, and compare them to those in the United States. The course is open to all undergraduate students with an interest in health education.

-Amy Lamp





I don't even know how to say thank you to someone who is giving you money to help with your education.



-Senior Natalie Whitney

brainiacs

By Kathleen Pai | *Staff Writer*

Thirty-five outstanding students in the College of Health and Human Performance were honored for their academic achievements and contributions to the community at the annual Scholarship Convocation Feb. 4, 2005, at Emerson Alumni Hall.

The College hosts this annual event to honor scholarship recipients and donors. The event featured a catered luncheon and an awards ceremony.

Senior Natalie Whitney, who wants to become a doctor, said she is very grateful for the scholarship.

"I don't even know how to say thank you to someone who is giving you money to help with your education," Whitney said. "It's really something I'm appreciative of, and I hope the donors recognize it and know how I feel."

Scholarship recipients and their families, faculty and staff, and friends of the College were among the 200 guests.

"I think we should have these events several times a year to allow us old folks to see each other again," alumnus M.B. Chafin said. "We can also meet the new folks and admire how terribly smart they are nowadays."

The generosity of former HHP graduates and friends of the College has made it possible for these scholarships to exist.

"Because I had so much visibility while I was here, especially as an athlete, my name was plastered all over the community as well as the state," alumnus Perry McGriff said. "It opened doors for me and allowed me to do things that I would've never been able to do without the recognition of the University of Florida. I'm proud to be able to give back."

If you would like to establish a scholarship for HHP students, please contact Melissa Wohlstein at 352.392.0578.



It's Easy With Cabeze

By Jayme Gough | *Staff Writer*



The creator of the new business, Cabeze, has a superhero's name.

Chet Justice, a 34-year-old College of Health and Human Performance alumnus, tries to live up to it. He played baseball for the University of Florida and even participated in an Ironman competition. But all superheroes have their kryptonite, and Justice's kryptonite was alcohol.

"I came to UF on a baseball scholarship in fall 1991, but I failed out of school," Justice said. "I was a big drinker at the time, and I always thought I'd play professional baseball."

Growing up in a military family, he had spent much of his life moving. When Justice came to Gainesville, he knew he was home. He decided to stay and work in Gainesville, despite dropping out of college.

"I realized I was an idiot and wasn't ready for college," he said. "But when I went back in 1996, I decided to concentrate and enjoy learning. I quit drinking entirely for three years."

Justice earned his degree in health science education with an emphasis in community health. Afterward, he found a job and a wife. He began drinking again, though never as hard as he did during those first years at UF.

"Looking back on myself, I kept thinking 'Wow. I'm lucky to be alive,'" he said.

Four months after the birth of his first child, Justice and his wife, Kris, went to dinner to celebrate her birthday. They came up with a way to keep their children from making the same mistakes they made in college.

"Kris and I were sitting at dinner,

laughing about who would be allowed to drink tonight, and who would be the designated driver," he said. "We got to talking about our son, and what we would do to keep him from drinking and driving."

Justice said he and his wife discussed giving cab money to their son. They quickly realized that if someone had given them money just for cab fare when they were in college, that cab fare would have been spent on another round of drinks. Justice thought the best way to ensure a safe trip home was to create a pre-paid gift card that could only be used for a cab rides.

"Cabeze was born that night," Justice said. "But it wasn't until November 2003 that we started talking seriously about creating a company. I mean, we couldn't find anything like it in the country."

Justice and his wife started looking

for investors.

“Everyone said it was a great idea, but no one was really willing to invest in the idea,” Justice said. “By November of 2004 we’d managed to get 13 investors, but none of us have business degrees, so we’re learning as we go.”

Cabeze cards come in \$25, \$50 and \$100. They can be purchased online at www.cabeze.com, and used for any Gainesville Cab/City Taxi ride. Justice also hopes to see Cabeze cards work as a group multi-use card, allowing organizations such as sororities and fraternities to purchase cards and assign them to members. Each member’s cab fee would be drawn from the organization’s account.

Additionally, he hopes to join forces

with alcohol distributing agencies to help them provide a community relations campaign.

Justice has discussed Cabeze with UF Student Government President Joe Goldberg, the Panhellenic Council, UF baseball coach Pat McMahon and Interim Dean Jill Varnes of the College of Health and Human Performance, who is a member of the Committee on Alcohol and Other Drug Education and Policy.

Justice had taken Varnes’ Worksite Health Promotion class in college and was happy to be reacquainted with her.

Varnes said Justice was an active participant in class.

“He asked good questions and was a good thinker,” she said.

Varnes said Cabeze has a lot of

potential.

Justice said he also is learning more about dealing with students.

“Right now, I am laying the groundwork for this company and building support in the community,” he said.

Justice said he is not worried about competition from other businesses looking to decrease drunk driving.

“I’m trying to change the way people drink,” he said. “Taking a cab is the best way to ensure a safe way home, especially if someone else is paying for it. Tow to go programs are irresponsible, because you still have the temptation to drive home. They are not well advertised, and a lot of students don’t realize they have the

option of getting their car towed.”

Even though Justice still is working to get his company off the ground, he has big dreams.

“I’m not afraid to dream about a Super Bowl halftime show brought to you by Cabeze,” he said.

She said she knows Justice is grap-

with alcohol distributing agencies to help them provide a community relations campaign.

“A company like Miller could purchase cards with a set dollar amount on them and then distribute them in bars or in six-packs of beer,” Justice said.

Still, Justice’s company has had a rough start. As of now, only about 50 cards have been purchased. Justice works by day as a data analyst at the Partnership for Strong Families, leaving only nights and weekends to work on Cabeze. The birth of his second child also left little time to work on the business.

“I had a dark few months,” Justice said. “Then I started working with UF’s chapter of the American Marketing Association. Students all thought the idea

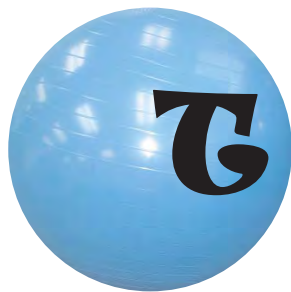
Pictured left to right: Kristina Kate Justice, Kristina Tharpe Justice, Chet D. Justice and Chet J. Justice. Photo courtesy of the Justice family.





Balls-y Ladies

By Jayme Gough | *Staff Writer*



The College of Health and Human Performance is on the ball...literally.

It started with Cher Harris, 31, outreach educational programs coordinator and her big, purple exercise ball. Staff and faculty would pass by Harris' office and see her sitting on a ball while typing at her computer. Her high-backed office chair was abandoned in the corner of the room.

“I started using it in 1999 when I was getting my master’s in exercise physiology at the University of Indiana; the balls were just getting popular,” Harris said. “There are so many health benefits that go along with sitting on the ball, and when I explain that to people, they get curious and want to try it themselves.”

Harris started a trend that spread quickly among the College’s faculty and staff. Currently, 11 faculty and staff members have traded their office chairs for exercise balls, including the College’s Interim Dean, Dr. Jill Varnes.

“We spend a lot of time at work,”

Varnes said. “We need to have some fun, and this a safe way to get some low-impact exercise and burn a couple extra calories while working.”

Varnes particularly likes the way you cannot roll from your computer to your printer on the ball the way you could in an office chair with wheels. She likes that the ball forces her to walk around the office more.

Sitting on an exercise ball makes you aware of your posture, Harris said. In the beginning, it is difficult because if you slouch you feel very unstable, and if you aren’t used to keeping your back straight, your muscles will hurt by the end of the day.

Harris explained when a person slouches, they depend on their lower back muscles to hold up their torso instead of their abdominal muscles. This causes lower back pain, weak abdominal muscles, cartilage deterioration and permanent spine curvature. As a slouching person ages, they eventually are unable to straighten their spine and end up with a

hump.

“I would say posture is the most important part of being fit and healthy because it affects all activities and everything you do in daily life,” Harris said.

It is especially important for women because of bone density issues, Harris said. Women are more susceptible to osteoporosis than men are because bone density decreases during menopause as women lose calcium, and the bones in the spine break or shrink in height. Sitting straight will decrease harmful stress on the back that worsens osteoporosis.

“Sitting on the ball has made all activities much easier,” Harris said. “I don’t have any back pain and my core muscles are strong.”

DeEtta Hanssen, 34, is a program assistant in the College’s Office of Student Affairs. She has sat on the ball for the past two weeks and said she already feels the impact the ball has had on her quadriceps, gluteus muscles and legs.

“Students notice and say things like ‘nice seat’ or ‘that’s different,’” Hanssen said. “It makes a lot of students smile, because you don’t realize what you look like when you start bouncing without thinking.”

Hanssen said as she became acclimated to the ball, tedious office tasks became less difficult to complete.

“I did a lot of data entry into a computer today, but I don’t feel the mental fatigue I normally would have begun to feel by now,” Hanssen said.

Harris suggests

beginning ball-users start by sitting on the ball in one-hour intervals.

“It sounds ludicrous, but sitting up straight in the beginning is tiring,” Harris said.

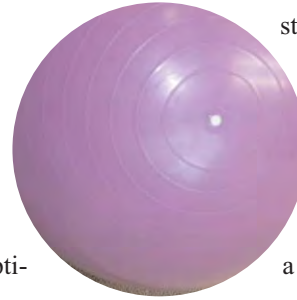
She said Kmart sells the balls for about \$13. For most people, a 65 cm diameter ball is the right height for a desk seat, but it can vary with a person’s height. If it is too high,

the ball deflates easily, and if it is too low, the ball is cheap enough to purchase again without breaking the bank.

“The College has its own air compressor for our balls,” Harris said. “But using a hand or foot pump to blow up the ball can be a small work out in itself.”

She also suggests beginners keep their legs shoulder-width apart while sitting on the ball to provide a strong base of support.

“The ball is great,” Harris said. “Besides sitting on it, you can exercise your whole body on it anywhere, whether it is an office or a dorm room. Plus it’s fun. I sit here and bounce all day, exercising without even thinking about it.”



OPPOSITE PAGE: Cher Harris, Melissa Wohlstein, Interim Dean Jill Varnes, Janice Douglas and Jessica Brennan traded in their desk chairs for balls. Photo by Michele Dye. THIS PAGE: DeEtta Hanssen sits on the ball at her desk. Photo by Jessica Brennan.

Beauty Queen on a Mission

By Amy Lamp | *Staff Writer*

With just a phone call, the life of HHP exercise and sport sciences senior Mari Wilensky dramatically changed.

The 21-year-old Jacksonville native was in an airport on her way home when she got the call that told her the winner of the 2005 Miss Florida state pageant, Candace Cragg, had resigned. As the first-runner up, Wilensky was now to assume the title of Miss Florida and the \$15,000 scholarship.

"I wasn't jumping up and down at first," Wilensky said. "It was a little emotional for me because I didn't know what to do. I was in a sorority and in my last semester of college and would have to give all of that up. It was tough. But, then I decided that this was the opportunity of a lifetime, and I had to take it!"

For Wilensky, who will graduate from HHP in December 2005, much more than her title has changed.

"My everyday life has changed in every way," she said. "I do not think there is one day where I am not doing something as Miss Florida. I love it though."

Having the title of Miss Florida has given Wilensky the chance to expand her community service platform, Literally At Risk, which focuses on motivating at-risk elementary students to read via the distribution of personalized books to their schools, and also emphasizes the importance of physical fitness and health.

Her platform now is partnering with Imagination Library, a Dolly Parton program and part of the Dollywood Foundation. The program stresses the importance of literacy at birth and gives children a book every month up until their fifth birthday.

"We are going to be able to reach thousands of children through the partnership," Wilensky said.

Speaking engagements also give Wilensky the opportunity to advance the cause of literacy. Wilensky recently spoke to students at Florida Community College in Jacksonville.

"Being Miss Florida has given me more opportunities to reach more people and speak about my passions," she said.

Wilensky's ambitious plans for the year include visiting Gov.



"Being Miss Florida has given me more opportunities to reach more people and speak about my passions."

-Mari Wilensky, Miss Florida

Jeb Bush and going to Washington, D.C., to speak about her platform. Through her visits, she hopes to gain sponsorships that will make it possible to get personalized books into the hands of children.

Even with all of the responsibilities that go hand-in-hand with the title of Miss Florida, Wilensky doesn't take any of them lightly or for granted.

"I think everything I do as Miss Florida is my biggest responsibility," she said.

Besides promoting her platform, Wilensky wants to highlight the importance of the Miss Florida Scholarship Pageant and the Miss America Organization, both of which she feels need more recognition.

"The Miss America Organization affords so many amazing

young women great opportunities and scholarships,” she said. “This program gives more scholarships to women than any other organization gives to women in the world.”

Eager to let others share in her experience as Miss Florida and to help the pageant attain a higher visibility around the state, Wilensky is posting her monthly activities on the Miss Florida Web site. She recently sang the National Anthem at a Florida Marlins game and a Jacksonville Barracudas hockey game.

“I want to be a busy and effective Miss Florida and hopefully, Miss America,” she said.

Wilensky will proudly represent the state of Florida in the Miss America Pageant in January 2006, and says she is trying to prepare for it in every way possible. Her preparation routine includes vocal training, fitness training, speaking engagements for interview practice and keeping up on current events.

“Being Miss America has been a dream of mine for as long as I can remember,” she said. “Now I am one step closer to making that dream a reality. But I am still shocked that this is all happening.”

Wilensky credits the College of Health and Human Performance for helping prepare her and better equip her for new role.

“I was able to gain even more experience toward my career through HHP and through the professors who are always there to help,” she said. “Dr. Christine Stopka is someone I always think about when I talk about my college experience through this pro-

gram. She introduced me to so many amazing programs in my field where I was able to get hands-on experience and work with so many groups of children, who had a significant impact on my life.”

She also gives credit to her exercise and sport sciences curriculum for helping her plan the exercise routine that got her in shape for the Miss Florida Pageant.

Wilensky said her biggest challenge has always been believing in herself. Yet, her experiences in HHP, the people she has met, and friends she has made have all helped her overcome that challenge and realize how important it is to just be herself.

“Take advantage of the opportunities you have to make a difference in helping others believe in themselves,” she said. “The College is a family of its own and we are so lucky to have that bond.”



SWIM from on page 15

“I try to teach my instructors to have confidence in their teaching abilities,” Stopka said. “I want them to empower the children to believe in our course motto, ‘If I can do this, I can do anything!’”

Such personal confidence was exemplified by one participant, a six-year-old girl with spina bifida that resulted in paralysis from the hips down. She was asked by the TV 20 news team what her plans were for the summer. As she was transferring from the pool to her wheelchair, she smiled broadly and replied, “My mom doesn’t know how to swim, so I have to teach her!”

The impact of this course is made more evident each year, as an increasing number of students from former classes show up to continue to volunteer their time to the youngsters.

“It is an absolute joy to be surrounded by people who donate their free time to this project,” Naugle said. “You know these are people who love what they do.”

The adapted aquatics program is highly dependent upon contributions of the UF and Gainesville community. Each sea-

son, funding needs exceed \$1,500 to cover such expenses as transportation, equipment, Guard Start instructional materials and certification costs, and T-shirts for students and instructors. A special thanks goes out to all 2005 sponsors for their generous contributions:

Alachua County Chapter of the American Red Cross
Coastal Boat Sales
Community of Gainesville
Gemini Apparel and Accessories
Global Custom Security Investigations
Mr. and Mrs. Mandich
Pizza Hut
Jan Powell
Publix
Showcase Restorations and Co., Inc.
University Athletic Association

If you would like to donate time or money to the UF Adapted Aquatics Swim Program please contact Jessica Brennan at 352.392.0578 ext. 1362 or jbrennan@hhp.ufl.edu.



Queen of the Court

By Jessica Brennan | *Staff Writer*

The elite group of NCAA Division I women's basketball coaches has a brand new member. Amanda Butler, an HHP alumna and former member of the UF women's basketball team, was named women's basketball head coach at the University of North Carolina Charlotte on April 19, 2005. Butler becomes the first Gator graduate to become head coach of an NCAA Division I women's team.

Butler earned her bachelor's degree in exercise and sport science from HHP while playing guard on the women's basketball team from 1990-94. She earned a reputation as a standout both on and off the court. Butler finished her UF career second on the all-time career assist list, leading the team in assists three of her four years. Additionally, she finished in the top five in both career three-pointers made and three-point field goal percentage. Throughout, Butler earned scholastic recognition as a three-time academic All-SEC selection.

Butler said she has many fond memories of her time at UF. However, there is one that sticks out above the rest.

"I remember sitting in Coach Ross' living room watching the bids for the 1993 NCAA Tournament on television," Butler said. "We knew that we deserved it, but these things don't always pan out. Then, the announcer said, 'Lady Gators pack your bags.' It was a very defining moment for the women's basketball program."

After earning her B.S. degree in 1995, Butler continued her academic career earning a master's degree in sport management. Butler believes that this time spent as a Gator was very influential in preparing her for her professional coaching career.

"As a coach, your role is to be a supervisor of people," Butler said. "I feel that my edu-



Amanda Butler's team will face the Florida Gators on Nov. 30, 2005. Tipoff is slated for 5:30 p.m. in Charlotte, N.C.

COURT continued on page 28

Our professors do more than teach. They're building a nation.

Our faculty have a unique responsibility. They are more than teachers; they are the architects of a nation. Last year more than 10,000 new members joined The Gator Nation, including more National Merit Scholars than any other public university and students from all 67 Florida counties, all 50 states and more than 100 countries. They are inspired and directed by more than 4,000 of the finest faculty members on the planet. We are The Gator Nation.



UNIVERSITY OF
FLORIDA

The Foundation for The Gator Nation.

www.ufl.edu



Class Notes

1950s

William A. Valentine III (BSPE, 1951) is a retired educator. Valentine retired in



Valentine

2001 as a substitute teacher at Griffin Elementary School in Lakeland, Fla. Valentine said he “loved teaching elementary children. I loved teaching health and physical education to youngsters.” Valentine has three sons and two daughters living in Tampa, Fla.

Don Hester (BSPE, 1953) is retired and lives with his wife Rochelle in West Palm Beach, Fla. Hester taught and coached at UF from 1957-1992.

Frank Orlando (BSPE, 1957) is the director for the Center for Youth Policy and Law at Nova Southeastern University Law School. Orlando, a retired circuit court judge, also is a legal consultant for the Annie Casey Foundation.

Joel D. Wahlberg (BSPE, 1958) is CEO of Beta Technology Inc., which he founded in 1994. Wahlberg is a member of the University of Florida Foundation Inc. Board of Directors. Wahlberg co-founded the Gator Club in Houston, Texas in 1973 and currently serves as an advisory board member. He received a Distinguished Alumnus award from UF in 1985. He and his wife, Shirley, live in Houston.

1960s

Millard Burke (BSPE, 1960) lives in Salem, Ala., with his wife, Sue. Burke, a

retired LTC in the U.S. Army, owns Southern Employment Service.

Frances Diane (Butterfield) Morisset (BSPE, 1965; MPH, 1969) is a revenue officer for the Internal Revenue Service. Morisset lives in Englewood, Colo. She says, “Being a revenue officer is like an umpire—you call outs and safes and enforce the rules.”

Cheryl Carr Courtney (BSPE, 1967) is a retired educator and lives in Dania Beach, Fla.

Larry A. Powell (BSPE, 1967) is a program specialist for the Alzheimer’s Association (Florida Gulf Coast Chapter). In addition, Powell is the team manager and player of the Polk Bald Eagles, Florida Half Center (over 50) Softball Team. He is president of Greater Winter Haven Track Club. Powell resides in Winter Haven, Fla.

1970s

Chuck Hansen (BSPE, 1970) is a paramedic with Lauderhill Fire Rescue in Lauderhill, Fla. Hansen will retire soon after 30 years of service.

Greg Hilley (BSPE, 1970) is a special education teacher at Temple High School in Texas. Hilley coached tennis at Temple High for five years.

Robert L. Stephens (BSPE, 1972) is a driver education teacher in Pinellas County. He also coaches football and track.

Thomas Glenn Hoffman (BSPE, 1974)

is a trial attorney for T. Glenn Hoffman and Associates. He is an HHP distinguished alumnus and a member of the UF Hall of Fame.

Terry Strattan (BSPE, 1974) is a teacher at Richardson Middle School. Strattan resides in Lake City, Fla.

Larry Dean Candeto (BSPE, 1975) is a driver education instructor at DeLand High School, and an assistant coach for football and baseball. Candeto is married to the former Rosie Hauser (33 years). The couple has two children, Tammy (27) and Craig (22).

Gary Curtis (BSPE, 1976) has been an elementary school physical education teacher for 26 years. Curtis also is a commissioner for the Town of North Redington Beach, Fla.

Susan (Sykes) Morton (BSHSE, 1977) is a flight attendant for Delta Airlines. Morton and her husband, Stuart, live in Ft. Lauderdale, Fla.

1980s

Ken Cigala (BSPE, 1982) is a physical therapist at Memorial Regional Hospital in Hollywood, Fla.

David Fujan (BSHSE, 1983) is a senior litigation manager (medical malpractice) for Pro Assurance. He lives in Tamarac, Fla.

Stephanie A. Lennon (BSHSE, 1983) is a teacher and athletic trainer at Oak Ridge High School in Orlando, Fla. She was the 2005 Florida Athletic Trainer of the Year.

Alan Bickwid (BSR, 1984) is the vice president of sales for Hollywood Reading Classes. Bickwid, a professional shuffleboard player, lives in Ft. Lauderdale, Fla.

Dr. Alexis McKenney (BSR, 1984) is an associate professor at Florida International University and lives in South Miami, Fla.

Jessecia Olsen (BSHSE, 1985) is the product manager at Meta Health Technology in Tampa, Fla.

Jennifer (Weir) Anglin (BSR, 1986) is the aquatic program coordinator for Palm Beach County Parks and Recreation (Special Facilities and Beaches Division). Anglin was promoted to her current position in 2004 after working for PBC Parks and Recreation for the past nine years. She managed the department's first water park and recreation facility for the last four years.

Sally Stickel Darlin (BSESS, 1988) is vice president of operations for CORA Rehabilitation Clinics and is a licensed

physical therapist and athletic trainer. Darlin resides in Winter Springs, Fla.

1990s

Paul Oberdorfer (BS, 1990; MS, 1992) is a physical therapist and athletic trainer in Zephyrhills, Fla. He is married to the former **Monica Gonzalez** (BSR, 1993).

Elijah Fletcher III (BSESS, 1991) is the coordinator of sport medicine at Baptist Health South Florida. He is the head athletic trainer at Gulliver Preparatory Schools and lives in Miami, Fla.

Jennifer (Wilson) Carlstedt (BSR, 1993; MSRS, 1995) is a stay-at-home mom and involved with the Junior League in Tampa, Fla.

Scott D. Pearson (BSR, 1993) works for Campus Crusade for Christ in Washington, D.C. His wife, **Cynthia (Howell) Pearson** (BSR, 1994) also works for Campus Crusade for Christ.

Jonathan Albert, M.D. (BSESS, 1995) is

a physician, specializing in internal medicine and pediatrics. He joined his first practice in July 2005 in Denver, Colo.

Ronald Jay Aldy (BSESS, 1995) was married Sept. 28, 2002 to Sonya Lea Entseki. The Aldys welcomed their first baby girl, Sklyer Rhea Aldy on Feb. 9, 2005. Jay is a sales manager for Holmes Foods Inc., and lives in Spring, Texas.

Dr. Liliana Rojas-Guylor (BSHSE, 1995; MA, 1997) is an assistant professor at the University of Cincinnati Health Promotion and Education Program. Her research agenda focuses on women's health and minority health. She received her Ph.D. from Indiana in 2002.

Leandra (Petruska) Cramer (BSESS, 1997) is a health teacher at Stanton College Preparatory in Duval County. Cramer lives in Jacksonville, Fla.

Gary K. Porter Jr. (BSESS, 1997) is an athletic trainer for the City of Gainesville. He is an athletic training doctoral student at UF.

Ivy Siegel (BSR, 1997) is the campus life event coordinator at Florida International University Broward Pines Center.

Kim Veirs (BSESS, 1997) is a physical therapist, ATC, Pilates certified, and rehabilitation specialist at Heartland Rehab Services. Veirs lives in Margate, Fla.

James Ryan Bartolomeo (BSHSE, 1998) is a reproductive and endocrine consultant for Ferring Pharmaceuticals. Bartolomeo sells infertility drugs to couples going through IVF. He lives in Raleigh, N.C., and is expecting his first baby on March 9.

Bryan Harr (BSR, 1998) is a marketing associate for Sysco Food Services of



South Florida. Harr resides in Miami Beach, Fla.

Justin Peters (BSESS, 1998) is president and founder of Sarasota Biotechnology Inc. Peters founded the company in December 2002, which specializes in in-home rehabilitation, personal training and athletic performance enhancement. Peters, who is a certified athletic trainer and CSCS, resides in Bradenton, Fla.

Clinton Charles Wynn (BSESS, 1998) is a sales representative and athletic trainer for Premier Orthopedics Inc./DJ Orthopedics LLC. Wynn was the massage therapist and athletic trainer for the 1999 U.S. Women's National Soccer Team, which won the World Cup that year. Wynn resides in New Port Richey, Fla.

Sandi Lundin (BSESS, 1999) is a physical therapy assistant student at People First Rehabilitation. Lundin received her master's degree in sport administration from Florida State in 2000.

Kristi (Kish) McClellan (BSHSE, 1999) is the assistant director of fund development for the Girl Scouts of the Deep South Council, Inc. McClellan lives in Mobil, Ala., and has a son, Joshua Michael, born on Dec. 2, 2003.

Maureen Kelly-O'Brien (BSHSE, 1999) is the assistant residence director for Alterra Health Care. O'Brien earned her master's degree in clinical social work from Florida State.

Lisa Ann Palmer (BSESS, 1999) is a chiropractic doctor and team physician at the Palmer Chiropractic and Sports Medicine in Altamonte Springs, Fla.

2000s

Roseanne (Vullo) Breckels (BESS, 2000;



HHP alumni met up at the annual National Athletic Trainers Association (NATA) conference in Indiana. Pictured left to right: Michael Milek, Mike Evans (MSESS, 2004), Geoff Dover (Ph.D., 2005) and current APK student Kathryn Ottopal.

MESS, 2002) is the lead exercise physiologist and weight management program coordinator at the National Training Center in Clermont, Fla. She married **Joel Breckels** (BSESS, 2001) on March 5, 2005. They live in Clermont.

Amybeth Hale (BSESS, 2000) does internet research for Jonathan Scott International. Hale lives in Cincinnati, Ohio, where she owns a sports nutrition business in addition to her job at JSI.

Jodi Hodges (BSR, 2000) is a real estate agent at Bob Hodges and Sons Real Estate, Inc., a fourth-generation real estate business that was established in 1924. Hodges lives in Ft. Lauderdale, Fla.

Tricia J. Hubbard (BSESS 2000, 2002) is a doctoral candidate in kinesiology at Penn State University. She recently accepted an assistant professor position at the University of North Carolina-Charlotte.

Gregory S. Weldo (BSESS, 2000) is an independent Advocare member for Advocare. He lives in Estes Park, Colo.

Adam Hartle (BSESS, 2001) is the game analysis coordinator for the Gator football team. Hartle is in his sixth season with the Gators. He served as an assistant football video coordinator as an undergraduate student (1997-2001). He coached at Mandarin High School (Jacksonville, Fla.) from 2001-2003 and returned to Gator football as an intern in 2004.

Michael Luzzo (BSR, 2001) is an event planner for Destination and Design Logistics. He lives in Hollywood, Fla.

Brock Mikosky (BSESS, 2001) is vice president of Partnership Custom Homes in Jacksonville, Fla.

Michael J. Robishaw (BSHSE, 2001) is a teacher at Charlotte High School in Port Charlotte, Fla. Robishaw also is the girls' basketball varsity coach.

Ansley Wilbanks-Thomason (BSR, 2001) is a housewife and stay-at-home mother to Hayley Katherine Thomason, born on July 17, 2004. Thomason was married on Oct. 18, 2003 to a Norfolk Southern Railroad Engineer.

Erik Strange (BSR, 2002) is a firefighter for the City of Seminole Fire Rescue. Strange, who was a member of the UF football team from 1997-2001, was married on July 3, 2004.

Jody Crollick (BSESS, 2003; MESS, 2005) is a physical education teacher at Seven Springs Elementary School. Crollick lives in New Port Richey, Fla.

Stephanie M. D'Angelo (BSR, 2003) is a law student at University of District of Columbia David A. Clarke School of Law.

Shaun Dellone (BSR, 2003) is a senior claims adjuster for Progressive in Jacksonville, Fla.

Eric Delynko (MSRPT, 2003) is a back-country/permits ranger at Zion National Park. Delynko resides in Springdale, Utah.

Courtenay (Clarke) Garcia (BSESS, 2003) is a graduate student in health administration in the College of Public Health and Health Professions at UF.

Ashley Greer (BSHSE, 2003) is a telecom analyst senior for EDS. She lives in Jacksonville, Fla.

Stacy St. Clair (BSR, 2003) is a realtor with Watson Realty Corp. in Jacksonville, Fla.

Angie Tupas (BSR, 2003) is a field representative with United American Insurance in Jacksonville, Fla.

Jeanna Wyse (BSR, 2003) is the assistant director of club relations and special inter-

COURT from page 28

cation gave me a firmer hold on the administrative aspects of sports. I had some awesome teachers like Dr. Welch, Dr. Alexander, Dr. Holyoak, really all of them. They were wonderful mentors.”

While working toward her graduate degree, she served as an assistant coach for the Lady Gators. During her two years coaching, the Lady Gators posted back-to-back 20 win seasons, appeared in their first SEC Tournament championship game and played in the NCAA Tournament both years, including an Elite Eight appearance in 1997.

After finishing her master's degree, Butler moved on to Austin Peay where she was an assistant coach from 1997-2001. Here, she guided the team to the 2001 Ohio Valley Conference Tournament championship and an appearance in the NCAA Tournament. She also coached Brooke Armisted, the first player in Austin Peay history to be drafted into the WNBA.

In 2001, Butler arrived in Charlotte, the future site of her first head-coaching job. As the associate head coach to Katie Meier, Butler was heavily involved in forming the nation's 24th-ranked recruiting class. During her four years at Charlotte as an associate coach, Butler helped guide the team to four winning seasons and three-straight postseason appearances. In 2003, the 49ers won their first Conference USA regular season title and made their first appearance in the NCAA Tournament.

Now, as the head coach, Butler finds herself in a new role with the team.

“The opportunity is very exciting,” Butler said. “I have been with this team now for four years, so it makes the transi-

tion very comfortable and easy. But that does not diminish my excitement. It feels great.”

Butler has very high hopes for this year's team.

“I feel that this is the most talented team that we have had and will be the most successful,” Butler said. “We have four seniors and all starters are returning, except the point guard.”

Butler credits her former coaches and HHP teachers for guiding her career.

“I have been lucky enough to have had great bosses in Coach Ross, Susie Gardner now at Arkansas and Katie Meier,” Butler said. “They shared their philosophy and approaches to the game with me.”

“The most important thing is to choose great people to work for. They may not be the biggest coaches in the industry, but they have to be people who you can learn from and respect.”

Butler hired fellow HHP alumna and Lady Gators player, Kelly Stevenson as the director of basketball operations. Her responsibilities include scouting opponents, exchange, team travel and working with team managers.

Stevenson graduated in 2004 earning her degree in exercise and sport sciences with an emphasis in sport management.

“Both the coaching classes and additional business classes that I took really helped me in getting this job and prepared me for the work that I am doing here,” Stevenson said.

This course work will continue to impact her career, as she looks to the future as a women's basketball head coach.

“I am very excited to be working for a Gator,” Stevenson said. “My future goal is to become a head coach and maybe someday work in administration as an athletic director.”

ests groups for the University of Florida Alumni Association.

Brian Allen (BSR, 2004) works at the Suburban Hotel of Pensacola. He is getting his real estate license and looking for a career in the sports recreation field.

Susan W. Agnello (BSR, 2004) is a corporate staffing administrative specialist at JM Family Enterprises Inc. She is the manager of new hire events. Agnello lives in Boca Raton, Fla.

Andrea Asmann (BSR, 2004) is the head lifeguard and recreational assistant for Aquatic Alliance in Jacksonville, Fla. She also is a swim instructor.

Kelly Stevenson (BSESS, 2004) is the director of basketball operations for the women's basketball team at UNC-Charlotte. Stevenson joined the 49ers in the summer of 2005. She works with head coach **Amanda Butler** (BSESS, 1995).



Stevenson

Obituaries

Candace Parker (MESS, 2002), a recent graduate of the College of Health and Human Performance, died in a traffic accident in April 2005 at the age of 28.

Parker was a popular member of the faculty at East Ridge High School in Clearmont, Fla., located outside of Orlando. At East Ridge, she taught physical education and coached girl's varsity soccer and junior varsity softball.

This was her first teaching position since earning her master's degree from HHP with a specialization in pedagogy. While at UF, Parker also taught tennis, racquetball and softball in the Sport and Fitness Program.

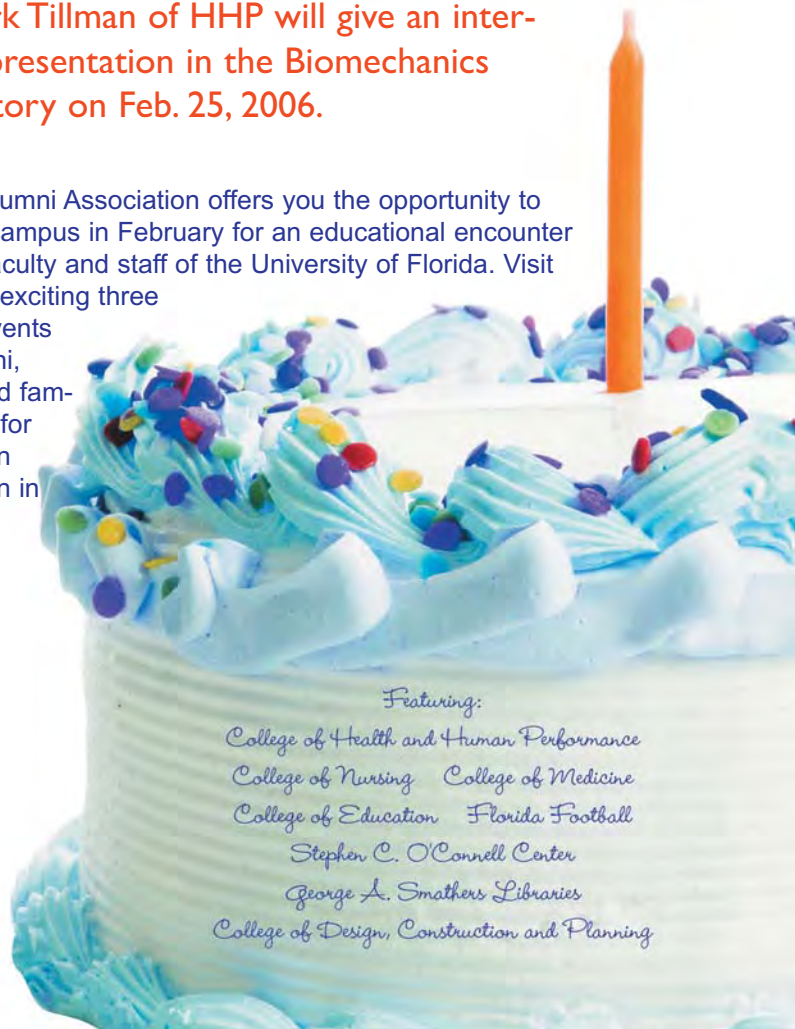
"She was an outstanding representa-

Back to College

Feb. 23-25, 2006

Dr. Mark Tillman of HHP will give an interactive presentation in the Biomechanics Laboratory on Feb. 25, 2006.

The UF Alumni Association offers you the opportunity to return to campus in February for an educational encounter with the faculty and staff of the University of Florida. Visit UF for an exciting three days of events with alumni, friends and family. Watch for registration information in the mail.



Featuring:
College of Health and Human Performance
College of Nursing College of Medicine
College of Education Florida Football
Stephen C. O'Connell Center
George A. Smathers Libraries
College of Design, Construction and Planning

tive of our program and profession during her shortened career," said Dr. David Fleming, assistant professor in pedagogy. "She will be sincerely missed by many."

Jim Juday (BSR, 1974), of Mackinac Island, Mich., formerly of Florida, died unexpectedly Sept. 19, 2005, at Munson Medical Center in Traverse

City, following a Sept. 7 bicycle accident on Mackinac Island.

Please send alumni updates to Michele Dye at mdye@hhp.ufl.edu or mail the reply card inserted in this magazine.

Faces & Places



1



2



3



4



5



6



7



8



9



10

1 Shaun Dellone (BSR, 2003) tries to get a hole-in-one at the Jacksonville Alumni Social.

2 Perry McGriff addresses the Class of 2005 at HHP's spring commencement ceremony.

3 HHP alumni sing happy birthday to Interim Dean Jill Varnes at the alumni social in Jacksonville, Fla.

4 Gators gathered at the HHP alumni social in Gainesville, Fla., on Feb. 10, 2005 at Emerson Alumni Hall.

5 Jody Crollick, Jeanna Wyse, Jesseca Olsen and Interim Dean Jill Varnes enjoyed a fun evening of bowling at Splitsville in Tampa, Fla., with other HHP alumni.

6 These Gators enjoyed a fun evening at Howl-at-the-Moon on Ft. Lauderdale Beach. HHP hosted its first alumni social at the popular piano bar.

7 At the end of the social at Howl-at-the-Moon, HHP alumni sang "We Are the Boys."

8 Emmitt Smith talks with Perry McGriff and his wife, Noel, at the Florida Blue Key Alumni Reunion during Homecoming.

9 HHP faculty Dr. David Fleming and Dr. Mark Tillman, along with Living Well Director Cassie Howard participated in the Gator Gallop.

10 HHP senior and current Miss Florida Mari Wilensky waves to the crowd during the 2005 Homecoming Parade.



Calendar of Events

November 2005

- Nov. 3-5 Grand Guard Reunion
Nov. 22 Tallahassee Alumni Social

December 2005

- Dec. 9 HHP Holiday Luncheon
Dec. 17 HHP Commencement at 9 a.m. Phillips Center for the Performing Arts

February 2006

- Feb. 3 Scholarship Convocation
Florida Museum of Natural History Reception
Feb. 23-25 Back to College Weekend

March 2006

- March 24 Stanley Lecture
HHP Hall of Fame Dinner

April 2006

- April 21-23 Spring Weekend

For more information on HHP's events, contact Michele Dye at 352.392.0578. More events will be added in the upcoming months.

CONSULT from page 11

In addition, drug using adolescents who received Project SPORT showed significant changes on alcohol consumption, drug use behaviors, and drug use initiation at three-months, and drug use behaviors and exercise habits at 12-months.

“Another advantage of an intervention like Project SPORT is that because it emphasizes a positive, health promoting theme, it may be more successful in attracting and retaining adolescents to participate in the program, compared to common risk-based prevention programs,” Werch said.

“Future research is needed to replicate these findings using adolescents from other settings, including different high schools, health clinics and worksites,” Werch said. “In addition, research is needed testing boosters or re-interventions aimed at extending the outcomes obtained from brief interventions which, like for Project SPORT, appear to have decayed some over time.”

This study was funded by the National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse.

BEAUTY from page 10

“In most homes women drive the health initiative,” White said. “We figured that if we could educate women about health matters, we will be educating the entire family.”

Miryam Fontalvo sat with her mother in vitamin specialist Monica Cooper’s Simple Nutrition Tips for Growing Girls and Women session.

Fontalvo, an engineer with two daughters of her own, asked numerous questions.

She asked about vitamins that help premenstrual cramps and bloating, soothe the stomach, and prevent colds and infections. Originally from Columbia, Fontalvo translated Cooper’s responses to her mother in Spanish.

Cooper explained vitamin supplements are an important aspect of women’s health because items like soda, birth control and fruit grown in nutrient-weak soil prevent women from receiving the proper amount of nutrients.

“The vitamins found in these plants were put on this earth for a reason,” Cooper said. “Once you realize what these plants do for the body medicinally, you’ll be amazed.”

After the nutrition session, Fontalvo and her mother left to meet up with Fontalvo’s two daughters for lunch and the fashion show.

Attendees ate chicken Caesar salads while watching women of all ages model clothing from Ilene’s For Fashion, Dillard’s, Einstein’s Garage & Boutique and Just for Kids II.

The women visited the many varied exhibits during breaks between sessions, lunch and speakers.

Elizabeth Croce, 12, received a haircut from representatives of Gregory Marshall Blonde Salon, one of the exhibitors.

“I’m having fun helping my mom with her homeopathic booth,” Croce said as hair stylists blow-dried her long hair. “They have so many things to do here.”

Mary Kay, Avon, Clinique and The Body Shop offered samples and makeup tips.

Women took naps on the Biomat, a jade mat that claims to cleanse and heal the body by emitting long wave infrareds. Other women visited booths explaining the benefits of massages and acupuncture. There was even a booth explaining the health benefits of belly dancing.

“Belly dancing has always been about women’s health,” said Marjorie Malerk, a belly dancer and instructor at Belly Dancing & Zambra Mora Fitness Dance Aerobics. “It is helpful with birthing because the dance uses all reproductive muscles and other muscles around the area.”

Marlerk said belly dancing is a form

of low-impact aerobics and a way to improve and build bone density. She said many of her older clients who suffer from incontinence improve with the classes.

After lunch, the women attended more educational sessions. Karen Freberg and Christina Johnson of the University of Florida’s Living Well program offered fitness advice for women unable to attend a gym.

Freberg suggested women stand up while talking on the telephone, mow the lawn and stretch high or squat low when reaching for things at the grocery store.

“Two hours of gardening burns up to 500 calories,” Freberg said. “That’s equivalent to a McDonald’s Big Mac. Shopping for three hours burns off a Taco Bell Burrito Supreme or 444 calories.”

Johnson showed women simple exercises they could do in the office or at home. She suggested women purchase a yoga ball and replace a chair in the office with it.

“Sitting in a desk chair already balances you, but sitting on the ball strengthens the muscles that stabilize you, muscles you wouldn’t normally use,” Johnson said.

As the event wound to a close, the exhibitors packed up their booths and the women collected raffle prizes.

“Hopefully, we can add and keep the word annual in the name of this event,” White said.



UF Alumni Association Connecting Gators Since 1906

Become a part of the Gator Nation...Join the University of Florida Alumni Association today!

Membership includes:

- Affiliation with your local Gator Club
- Access to social events, game watching parties, academic seminars and volunteer opportunities
- Free entry into Gator Nation Tailgate and other special events
- Discounts on Gator merchandise, Fightin' Gator magazine, rental cars, hotels and more

- UF Today magazine
- UFAA annual calendar
- Career networking services
- Young alumni programming
- Much, much more

For more information about the UFAA and how to join, visit www.ufalumni.ufl.edu. Annual and lifetime memberships are available. Stay connected and join today!

Go Gators!

Faculty News & Notes

Department of Applied Physiology and Kinesiology

Dr. Randy Braith was awarded the Research Foundation Professorship Award. This professorship recognizes faculty who have established a distinguished record of research and scholarship that is expected to lead to continuing distinction in their field.

Dr. Steven Borst was promoted to rank of associate professor in May 2005 and recommended to the UF Board Of Trustees for tenure.

Dr. John Dobson joined the faculty of APK as a lecturer. Dobson came to HHP from the College of Charleston where he was an assistant professor. Additionally, Dobson served APK as a visiting assistant professor from August 2001-July 2003.

Dr. Geoff Dover received his Ph.D. on Aug. 6, 2005. Dover is the coordinator for the graduate athletic training program.

Dr. Peter Giacobbi was elected as a HHP Faculty Senator in August 2005 and was also elected to the Academic Freedom, Faculty Quality and Faculty Welfare Policy Council of the Faculty Senate.

Dr. Heather Hausenblaus was promoted to the rank of associate professor in May 2005 and recommended to the UF Board of Trustees for tenure.

Dr. Laura McClung joined APK as a visiting assistant professor. McClung is from the University of South Carolina School of Medicine where she carried out her postdoctoral fellowship.

Dr. Scott Powers received the 2005 Citation Award from the American College of Sports Medicine, which is granted to an individual or group who has made significant and important contributions to sports medicine and/or the exercise sciences. These contributions may include, but are not limited to, research and scholarship; clinical care; and/or administrative or educational services in sports medicine or exercise science. Powers was promoted to rank of distinguished professor in May 2005.

Department of Health Education and Behavior

Associate Dean Bill Chen was elected a HHP Faculty Senator in August 2005.

Justin Harden joined the faculty of HEB as a lecturer. Harden previously worked for the Sport and Fitness Program and received his M.S. from HHP in April 2005.

Dr. Barbara Rienzo was elected in May 2005 by the UF Faculty Senate to a three-year term on the Academic Freedom, Tenure and Professional Relations and Standard Committee.

Dr. Sadie Sanders was recognized by the Florida Department of Health for her outstanding contribution to the Reducing Racial and Ethnic Health Disparities Advisory Committee. Sanders is a senior lecturer in HEB and received her doctorate degree from HHP.

Dr. Dennis Thombs joined the HEB faculty as an associate professor and director of the Florida Center for Health

Promotion. Thombs previously held the position of professor in the Department of Adult, Counseling, Health and Vocational Education at Kent State University, and an adjunct professorship in Public Health at the Eastern Ohio Universities' Master of Public Health Program. His primary research interest focuses on college student alcohol consumption.

Interim Dean Jill Varnes was named the NCAA Faculty Representative by President Machen in May 2005.

Dr. Robert Weiler was promoted to the rank of professor in May 2005.

Dr. Chad Werch has published "A multi-health behavior intervention integrating physical activity and substance use prevention for adolescents" in the journal, *Prevention Science*.

Department of Tourism, Recreation and Sport Management

Alyssa Ferguson joined the sport management faculty as a visiting lecturer. Ferguson previously worked in the Dean's Office as a graduate assistant and received her M.S. from HHP in April 2005.

Dr. Heather Gibson was invited to speak at the World Aging & Generations Congress in St. Gallen, Switzerland Sept. 29 - Oct. 1, 2005. The conference was held at the University of St. Gallen and about 600 people from around the world attended.

Dr. Stephen Holland was elected in May 2005 by the UF Faculty Senate to a three-

year term on the Lakes, Vegetation and Landscaping Committee.

Dr. May Kim joined the sport management faculty as an assistant professor. Kim was an assistant professor at East Stroudsburg University.

Dr. Sonja Lilienthal joined the Department of Tourism, Recreation and Sport Management as an assistant professor in sport management. Lilienthal was previously employed at San Jose State University.

Dr. Richard Makopondo joined the faculty of Tourism, Recreation and Sport Management. Makopondo came from San Jose State University where he served as assistant professor and coordinator for commercial recreation and tourism and the master's specialization of international tourism. Makopondo also has extensive experience in the area hospitality management.

Dr. Lori Pennington-Gray was promoted to rank of associate professor in May 2005 and recommended to the UF Board of Trustees for tenure.

Dr. J.O. Spengler was promoted to the rank of associate professor in May 2005 and recommended to the UF Board of Trustees for tenure. Spengler is the lead author on a sport and recreation risk management book slated for publication by Human Kinetics later this fall. He also is under contract with Sagamore Publishing Company to write the third edition of his recreation law book. **Thomas Baker**, a TRSM Ph.D. student, will join the book as a co-author. Additionally, Spengler continues his work with the Robert Wood Johnson Foundation's Active Living Research (ALR) Program on several fronts. He is nearing the end of the first year's work on a \$225,000 grant investi-

gating physical activity in parks, serving as a reviewer for ALR grant proposals and taking the lead on two new ALR projects. Most importantly, the Spenglers recently celebrated the birth of their son, Matthew, who was born on July 31 and joins his two-year-old sister, Caroline.

Dr. Charles Williams was elected in May 2005 by the UF Faculty Senate to a three-year term on Land Use and Facilities Planning Committee.

Ph.D/Master's Students

Jessica Doughty, Michelle Harrolle, Mike Mann and **Eric Model** received the Graduate Student Teaching Award for 2004-05.

TRSM Ph.D. student, **Soo Hyun Jun** recently received a plaque recognizing her for the Travel and Tourism Research Association Best Illustrated Paper Award for the paper entitled "The Role of Web-based Planning and Purchasing Behaviors in Pretrip Contexts." TTRA also awarded her the Master's Student Research Merit Award for her thesis, entitled "Internet Uses for Travel Information Search and Travel Product Purchase in Pretrip Contexts." on June 15, 2005 at the TTRA Annual Conference in New Orleans.

Ying Li was elected treasurer for the Student Assembly of the American Public Health Association. Li, a Ph.D. candidate in HEB, was awarded a one-year fellowship from the Society for Public Health Education (SOPHE) to extend her training in injury prevention and control. Funded by the CDC's Center for Injury Prevention and Control, the fellowship is designed to recognize, assist and train students working on research or practice-based projects in either unintentional injury prevention or violence prevention from the perspective of health education

or the behavior sciences. As part of her fellowship, Ying will receive a \$1,500 stipend, fellowship certificate, free student membership in national SOPHE for one year, complimentary registration at the SOPHE Annual Meeting in Boston in November 2006 and space to display her research poster.

Coleen Martinez, graduate student in the Department of Health Education and Behavior, won "Best overall graduate student poster" at the 3rd Annual Women's Health Research Day.

Staff

Amanda Foote, senior secretary in the Department of Health Education and Behavior, received a University of Florida Superior Accomplishment Award, sponsored by the Division of Human Resources.

Ophelia Gilliam, who has worked as a custodian in the College for many years, received a Divisional Superior Accomplishment Award.

Jamie Hupp was recognized with an Outstanding Service Award for exceptional service on behalf of the Addictive & Health Behaviors Research Institute for 2004-2005.

Holly Turner joined the staff of HEB as undergraduate programs coordinator. Turner received her M.S. from HEB in April 2005.

Melissa Wezniak was recognized with an Outstanding Service Award for exceptional service on behalf of the Addictive & Health Behaviors Research Institute for 2004-2005 and also was recognized for years of outstanding service in advancing the health of young people with the Lifetime Service Award.

Ph.D. Dissertations

Department of APK

Name: Eric Model

Defense Date: April 12, 2005

Title: Creation and Validation of The Dual Motivational Profile Scale.

Name: Gerard Rozea

Defense Date: April 7, 2005

Title: Torque Steadiness During a Concentric-Eccentric Isokinetic Movement.

Name: Geoffrey Dover

Defense Date: July 5, 2005

Title: Multiple Daily Tens Treatments Do Not Improve Pain and Function Following Exercise-Induced Injury of The Shoulder.

Name: Aaron Duley

Defense Date: Feb. 10, 2005

Title: Affective Information Processing and Anxiety: Attentional Bias and Short-Lead Interval Startle Modification.

Name: Gary Pierce

Defense Date: June 22, 2005

Title: Endothelial Dysfunction and Arterial Stiffness in Heart Transplant Recipients.

Name: Ira Smith

Defense Date: June 10, 2005

Title: Effects of The Calpain Proteases on The Ubiquitin-Proteasome Pathway and Protein Synthesis Signaling in Rat Skeletal Muscle.

Name: Jessica Staib

Defense Date: July 22, 2005

Title: Exercise Induced Expression of Myocardial Heat Shock Protein 72: The Impact of Temperature and Mechanical Load.

Name: Darin Van Gammeren

Defense Date: June 23, 2005

Title: Mechanisms of Mechanical Ventilation-Induced Oxidative Stress in The Diaphragm.

Name: Joshua Selsby

Defense Date: Aug. 15, 2005

Title: Does Heat Treatment Facilitate Muscle Re-growth Following Hind Limb Immobilization.

Department of HEB

Name: Hui Bian

Defense Date: Feb. 16, 2005

Title: Construction and Validation of Obstructive Sleep Apnea Questionnaire That Assesses Dentists' Knowledge, Opinion, Education Resources, Clinical Practice, and Physician Cooperation in Obstructive Sleep Apnea Cure.



UF SPORTS INFORMATION

Honoring a Legend

A scholarship has been named in honor of Coach Dave Fuller celebrating his 28-year career dedication to the University of Florida and the academic guidance he provided students throughout those years.

Terry Bagwell (Bags) Pappas, College of Health and Human Performance class of 1971 and a former baseball player under Fuller, has formed the Dave Fuller Scholarship to support HHP students' academic and personal growth endeavors.

Fuller taught physical education in HHP during the College's first years. Fuller's belief in the College was so strong that it was passed on to his daughter, Patricia Fuller (BSR, 1970), who played on the women's intramural tennis team.

In addition to the impact Fuller had on the College, Fuller left his mark on the UF baseball program, serving as the head coach for 28 years. Fuller also was the assistant coach for freshman football and the intramural boxing coach.

Fuller had experience in both football and baseball, playing minor league football and major league baseball. In addition, Fuller served in the Navy during World War II, where boxing training

was required for combat.

During Fuller's baseball tenure from 1948-75, he directed Florida to three NCAA Regional appearances, three Southeastern Conference Championships and four SEC Eastern Division crowns. Honored as the SEC Coach of the Year in 1952, 1956 and 1962, he is the program's winningest coach with a record of 557-354-6.

There are several accomplishments that Fuller says he is most proud of.

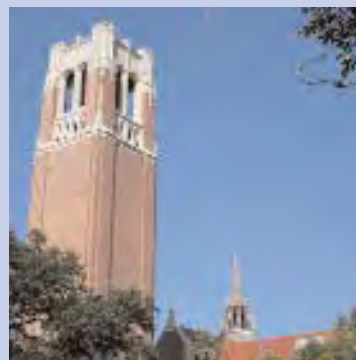
"I am most proud that there are players who make an effort to stay in touch," Fuller said. "On my 90th birthday, I got a call from one of my former players wishing me a happy birthday. That really meant a lot to me. Throughout the rest of the day, I got 15 more calls from players. That reminds me that I have made an impression on players' lives, and that is my most proud achievement."

HHP hopes to raise \$100,000 for the Dave Fuller Scholarship Fund and are currently looking for contributions to this scholarship. If you would like to make a donation please contact Director of Development Melissa Wohlstein at 352.392.0578 ext. 1268.

-Jessica Brennan

College of Health and Human Performance

2004-05 Annual Report



Letter from the Director of Development



It is hard to believe that I have been at the College for almost a year. Within the first year as the new Director of Development, I can attest to the positive strides the College of Health and Human Performance has made. It is always a pleasure to meet alumni across the Gator Nation. Throughout the year, I have had the pleasure to witness, first hand, the accomplishments that have taken place in the College. Here is what has been going on.

The College of Health and Performance Scholarship Convocation took place on Feb. 4, 2005, at Emerson Alumni Hall. Close to 25 students received financial awards from 13 endowments and nine annual scholarships. More than \$33,000 were awarded to these students. Since February 2005, the College of Health and Human Performance has increased both annual and endowed scholarships. To date, we have four new scholarships to award in February 2006.

The spring and summer were quite eventful. The College hit the road and conducted Dean socials across the state. We started in Gainesville with our first social of the year and then headed to Tampa, Fort Lauderdale, and Jacksonville. We will end the year with our "Beat the 'Noles" social in Tallahassee, Tuesday, Nov. 22, 2005.

The President's Council Reception in Orlando and Gainesville honored University of Florida leadership donors. I would encourage those of you who are at that level to become a part of this ceremony--it is a wonderful testament of the impact we have on this University.

Why am I sharing all of this with you? First and foremost, it is vital to have all alumni become ambassadors and spokespersons for our College. You, as our alumni, are one of our greatest assets! You can open doors and introduce us to other alumni, friends and corporations who will be interested in supporting our future. This can be in financial support, student support or getting involved with the College on one of the many committees. As the College of Health and Human Performance looks to celebrate its 60th Anniversary in 2006, we would like you to take ownership and help us celebrate.

Finally, thanks to all of you who have supported the College of Health and Human Performance during the 2004-2005 fiscal year. Enclosed in the next few pages is the first annual report of the College. Many of you have provided annual, major and planned giving support. There are many creative vehicles for giving, and it is gratifying knowing so many of you have invested in the College and our mission. We encourage you to continue your support of the College in the years to come.

While I am traveling, I hope to have the opportunity to meet as many of you as I can. If ever you are in Gainesville, I welcome you to visit the Florida Gym and reacquaint yourself with the College.

As I continue my journey with College of Health and Human Performance at the University of Florida, I hope to be able to share many future success stories with you.

On behalf of everyone at the College, I wish you and your families a wonderful and happy holiday season.

GO GATORS!

A handwritten signature in black ink, appearing to read "Melissa Wohlstein". The signature is written in a cursive style and is positioned above a solid black horizontal line.

Melissa Wohlstein

Special 2005 Opportunity to Help with Hurricane Relief Without Reducing Regular Charitable Support

The plight of the people of the Gulf Coast touched the hearts of all Americans after the devastation of Hurricane Katrina, and many are extending a helping hand—both literally and figuratively—to the victims of this disaster. Thanks to special legislation, taxpayers will not have to choose between doing their part for hurricane relief and their regular support of favorite charitable organizations.

While, under existing law, the maximum amount of cash contributions deductible in any one year is 50 percent of adjusted gross income, that limit is being increased to 100 percent of adjusted gross income in the case of certain cash gifts made during the stipulated period.

Example: A taxpayer whose adjusted gross income for 2005 is \$250,000 already has made charitable contributions of \$50,000 prior to Aug. 28, 2005. The taxpayer can make additional deductible charitable contributions of up to \$200,000 in 2005. This would reduce her adjusted gross income and her income-tax liability to zero.

Highlights

- Individual contributions, unrestricted or restricted, may be made to any qualified public charity whether or not the charity is engaged in Katrina relief.
- Gifts must be outright gifts of cash made between Aug. 28 and Dec. 31, 2005.
- Cash gifts will not be subject to the tax reduction rule that reduces itemized deductions by 3 percent of the amount by which adjusted gross income exceeds \$145,950.
- A contribution to a private foundation, a supporting organization, or a donor-advised fund would not qualify for the higher limit.
- Corporate deductions (normally limited to 10 percent of taxable income) are deductible up to 100 percent if gifts are made to Katrina relief during the allowed time period.



2005 Gift Opportunities with IRAs and Qualified Retirement Plans.

Because of the increase in the deduction limit, taxpayers over the age of 59 years and 6 months have a special opportunity for the rest of 2005 to withdraw funds from their qualified retirement plans and IRAs and make additional contributions to charity. Such withdrawals will be added to adjusted gross income and will be fully deductible, thereby eliminating any tax on the withdrawal.

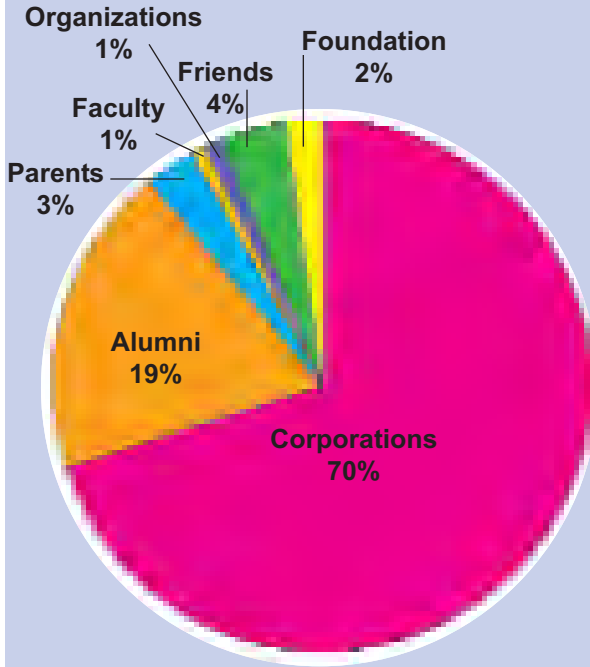
Clearly this plan would appeal only to those who have sufficient assets to meet their personal needs. This plan is not without potential pitfalls. The increase in adjusted gross income because of the withdrawals could adversely affect the available deduction for medical and casualty losses and for personal exemptions.

And while the charitable deduction for the contributed withdrawals is not subject to the 3 percent reduction rule for itemized deductions, the increase in adjusted gross income could result in the reduction of other itemized deductions and personal exemptions.

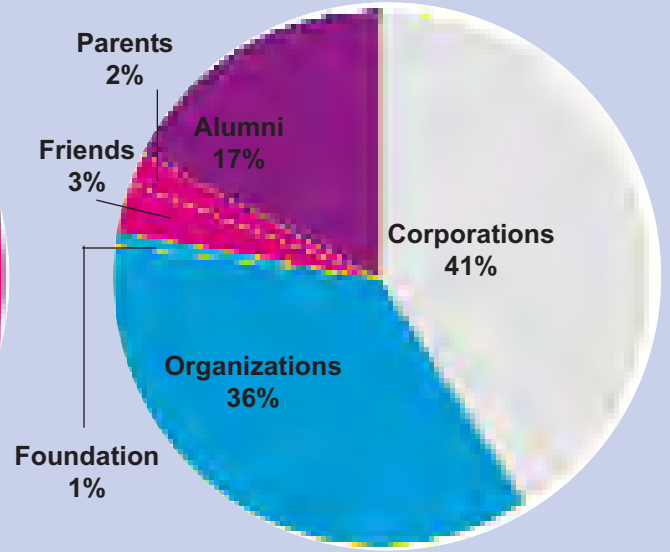
Donors should consult their tax advisers about both the optimum amount to contribute in 2005 and the advisability of making such contributions.

If you would like to make a gift, please contact Melissa Wohlstein at 352.392.0578 ext. 1268

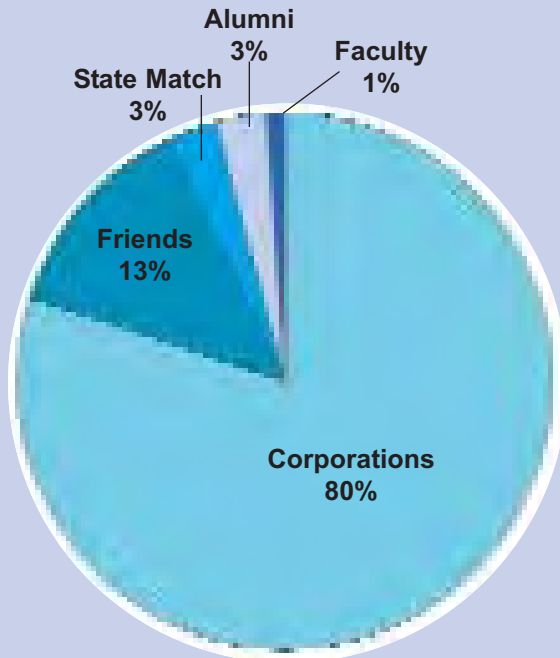
Support Dollars



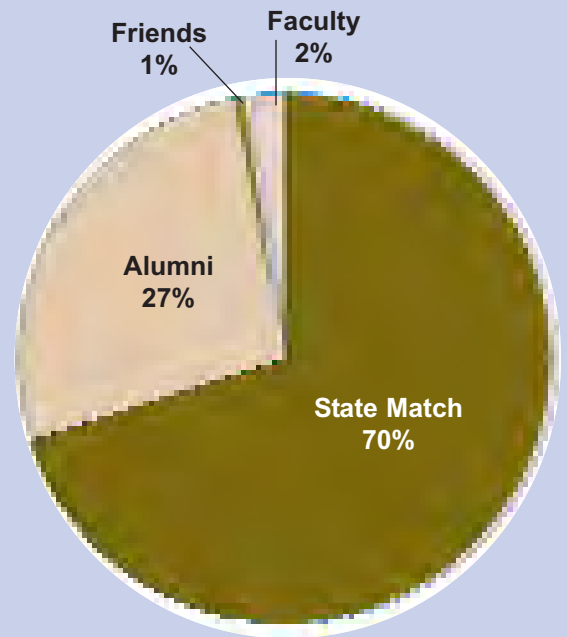
2004 Annual Support



2005 Annual Support



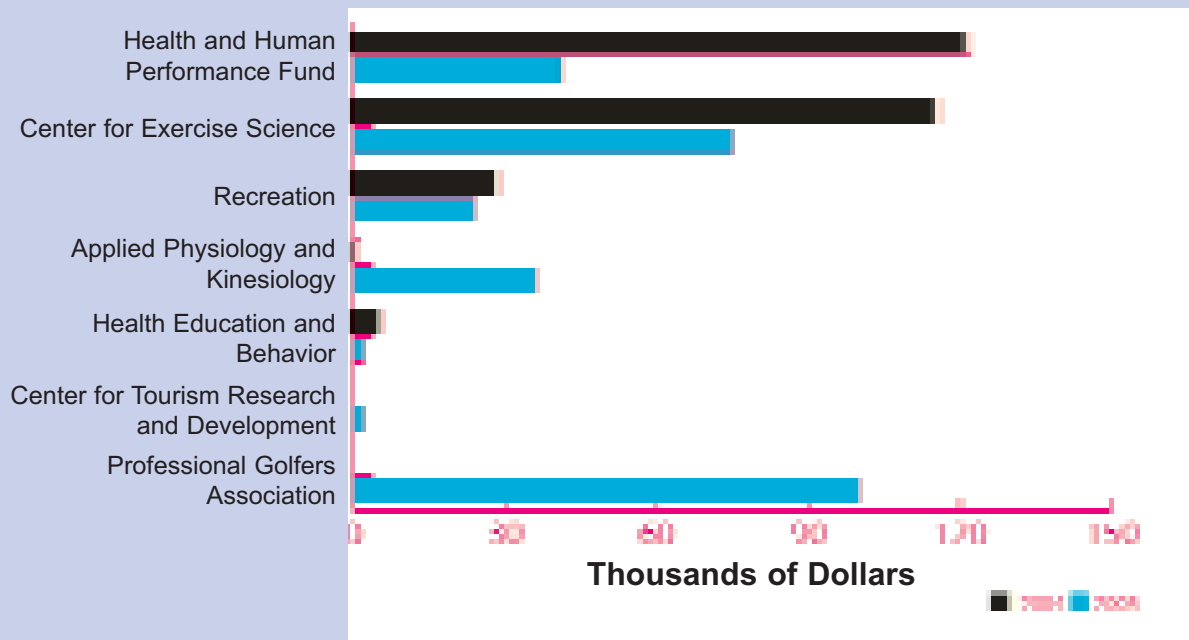
2004 Endowments



2005 Endowments

Allocation of Dollars*

Annual Dollars



*Donors designate where funds are allocated.

What is a University Endowment?

Endowments are permanent funds that provide support for academic and athletic programs at the University of Florida. Private gifts to the UF Foundation create these endowments, which may be matched with funds from an employer of the state of Florida.

Donors determine the purpose for which endowment income may be spent. Some common purposes include:

- professorships and other faculty positions;
- scholarships or graduate fellowships;
- support for an academic program of a college, department or other division of the University;
- academic research;
- purchase of journals, books, art, technology or new equipment.

Endowments are critical to the University because they generate predictable, growing streams of income in perpetuity that create and sustain university teaching, research and service programs.

The College of Health and Human Performance would like to thank the supporters of the following endowments:

Allen/Holyoak/Varnes Scholarship

Betty C. Stevens Endowment

B.K. and Betty Stevens Scholarship

Dean's Enrichment Fund for Teaching and Research

Frederick Family Fund

Jane Adams Ph.D. Fellowship

Leavitt/Lee-McCachren/Boyd Scholarship

McCaughey Graduate Fellowship

McGriff Scholarship

Potter/Chafin Scholarship

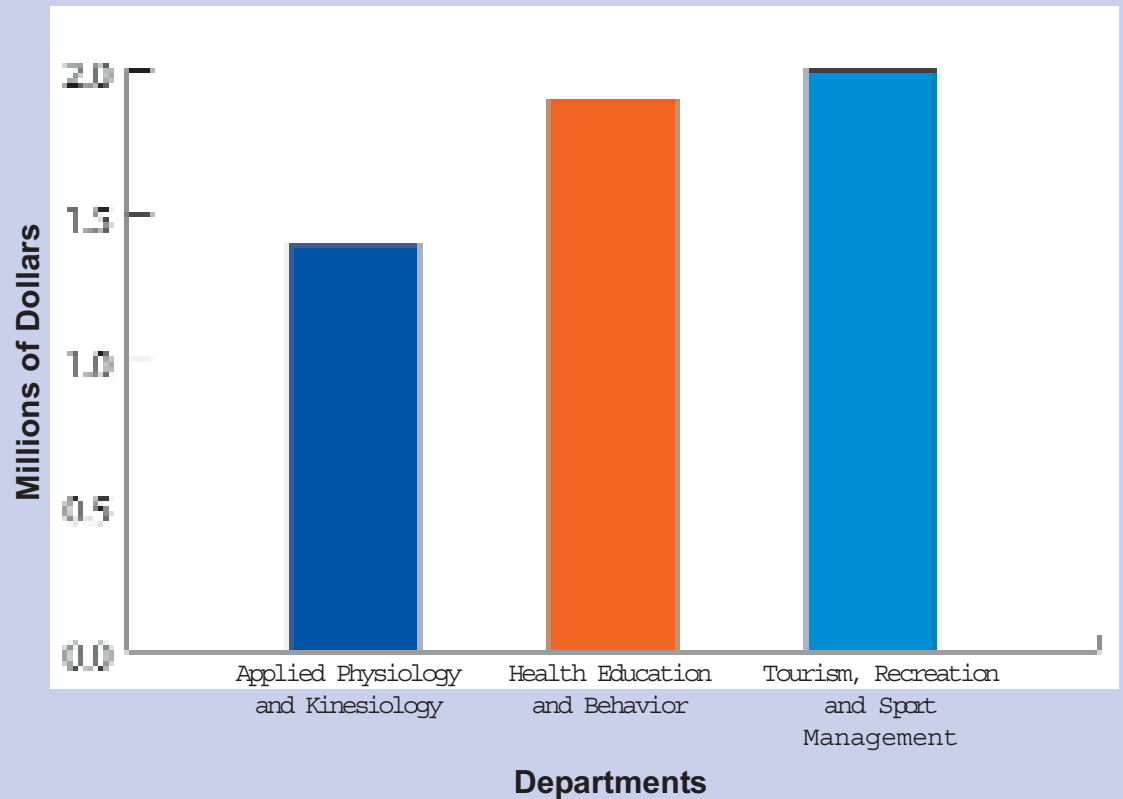
Rozelle Sport Management Endowment

Stevens Term Professorship Fund

UAA Endowed Professorship

If you are interested in creating an endowment, please contact Melissa Wohlstein at 352.392.0578 ext. 1268

Research Grants and Contracts



In 2004-05, the College of Health and Human Performance was awarded more than \$5.3 million in grants and contracts.

Research Grants and Contracts

- This data is derived from the official Notice of Award (NOA) of the UF Division of Sponsored Research (DSR).
- The awarded amount this year (5.3 million) increased more than 100 percent when compared to the awarded amount in 2003-04 (\$2.6 million).
- The Department of Health Education and Behavior (HEB) increased their grants and contracts significantly due to contribution from the newly established Addictive & Health Behavior Research Institute (AHBRI).
- The Department of Tourism, Recreation and Sport Management also increased their grants and contracts significantly due to the large grant from the Florida Department of Education 21st Century Community Learning Centers Evaluation Project.

2005-06

Advisory Council Members:

Mr. Walter “Wally” Armstrong, III
Mr. C. David Ayers
Mr. Dana Bedden
Mrs. Wende Blumberg
Mr. Jimmy Carnes
Mr. Kevin Clair
Mr. Steve Coombes
Mr. Robert “Bob” Cushman
Mr. Frank Dempsey
Maj. Gen. Maurice O. Edmonds
Mr. Charles Fessler Jr.

Dr. Michael N. Fulton
Mr. Dennis W. Guenther
Mr. T. Glenn Hoffman, Esq.
Mr. J. David Huskey Jr.
Mr. John Jett
Mr. Alan M. Levine
Mr. Larry P. Libertore Jr.
Mr. Frank M. Lorenzo Sr.
Mr. Louie D. Merchant
Mr. Perry C. McGriff Jr.
Ms. Melissa Morris
Mr. Robert J. “Bob” Murphy Jr.
Mr. Terry Pappas
Ms. Michelle A. Park

Ms. Phyllis L. Reddick
Mr. Peter Ricci
Mr. Frederick E. Rozelle Sr.
Mr. William J. “Bill” Sims
Mr. Emmitt J. Smith III
Mr. John A. Smith
Mr. & Mrs. Steve Spurrier
Mrs. B.K. Stevens
Mrs. Sue Selph Stoops
Dr. Linda Thornton
Ms. Diane C. Trexler
Mr. M. Kent Tucker
Dr. Paula Welch (CHAIR)

Dr. Betty C. Stevens Funds Reading Room

By Jessica Brennan | *Staff Writer*

There is a new addition to the Florida Gym. The Dr. Betty C. Stevens Reading Room opened to students on Monday, March 14, 2005.

This room serves to provide students with a quiet, comfortable place to meet and study away from the noisy hallways of the Florida Gym. Room 240 is open from 8 a.m. to 5 p.m. to all students of HHP. Wireless Internet access is available to those students with computers.

“From 1949-86 the College had a reading room on the third floor,” said Dr. Charles Williams, Senior Associate Dean and professor in HHP. “With the renovation in ‘86, that room was done away with. The Betty C. Stevens Reading Room serves as a replacement for that.”

A committee of four sport management graduate students from a master’s level facility management course were assigned to develop a plan for the renovation and room design. In July 2004, the students presented their proposal to Betty Stevens and the HHP department chairs and deans.

One of the student committee members, Alyssa Ferguson said the creation of the Dr. Betty C. Stevens Reading Room is a novel idea.

“Most colleges on campus that I know do not offer such a place,” Ferguson said. “It will be utilized greatly by the students.”

A gift of \$100,000 from Stevens provided the College with the ability to create this room. Stevens came to UF in the 1940s as Dean of Women and served as associate professor of behavioral studies before retiring. In addition to this very generous

donation, she and her late husband have established undergraduate and graduate scholarships that are awarded each year to students of the College who show interest in being of service to others and demonstrate successful scholarship.

“Dr. Betty C. Stevens has been an advocate for students

since coming to the University of Florida in the 1940s to serve as Dean of Women,” Interim Dean Jill Varnes said. “When she married one of our faculty members, B.K. Stevens, she became one of the College’s strongest supporters, a role she continues today. It is wonderful that she combined her love of students and the College to provide the funding for us to create a comfortable, inviting gathering place for study and conversation.”



Honor Roll of Donors

\$100,000 and More

Professional Golfers' Association of America

\$50,000 - \$99,999

Shands at the University of Florida

\$25,000 - \$49,999

University Athletic Association, Inc.

University of Arkansas

\$10,000 - \$24,999

Frederick E. '53 & Charlotte G. Rozelle

Paul R. '60 & Jill W. Varnes '74

\$1,000 - \$9,999

American Alliance for Health Phys Ed & Dance

Bank of America Foundation

Patrick J. Bird & Mary G. Newell

Charles W. Fessler, Jr. '68

Jeremy N. Foley

William J. & Cheryl M. Harman

Harold A. & Lois R. Herman

Susan A. Boehm Hoffman

Chip & Mary F. Lane '78

Yea-Ying Liu

Betty A. Majors

The Hon. Perry C. '60 & Mrs. Noel M. McGriff

Paul F. '66 & Sandra C. Morton

Terry B. Pappas '71

Michelle A. Park '76

Principal Financial Group Fdtn., Inc.

Thomas J. & Kathy G. Shannon

State Farm Cos. Foundation

Irene E. Stevens

Angus '51 & Judy B. Williams '51

Jui-Chen Yang

\$100 - \$999

Accenture Foundation

Craig S. Allen '94

Vincent W. Amigh '95

Deborah R. Anderson '93

Meredith Babb

Thomas A. Bates '82

Kathryn L. Batt '81

Pamela C. '69 & John Edwin Beard

Frank E. Benavides '95 & Ericka V. Vega

Janice Berkebile '84

Adam E. '89 & Patricia L. Berko

Robert F. Boddy '67

Clarence J. '78 & Rebecca B. Bodie

Caroline S. '82 & Thomas R. Bolf

Quientella D. Bonner '83

Clyde O. Butz '60

Kim E. Caramelli '84

Douglas J. '93 & Mrs. Tutita M. Casa

Gary R. '78 & Karen L. Chisling '77

Jeffrey N. '73 & Julie C. Christianson

Kevin M. Clair '84

Donald W. Cox '71

Nancy L. Crafton '81

Laurie K. '98 & Scott M. Daigle

Edward L. Davis '60

Don L. '70 & Linda Deal

David '58 & Sheila DeRuzzo

Betsy L. Dobson '79

Stephanie L. Donley '92

Jimmy Douglas '79 & Janet E. Fisher

Brian C. Focht '00

Gainesville Country Day School

Kay A. Garrison '76

Lauri C. Garvey '83

GE Foundation

Leith E. George '73

Robert W. Gilbert '52

Douglas R. '94 & Rebecca R. Godbey

Mrs. Jean Maynard Gonzalez '67

Edwin H. Gratton '60

Elizabeth J. Gresley '96

Pope '61 & Margaret T. Griffin

Dennis W. '72 & Jackie T. Guenther

Daniel J. Hakemian '95

Amybeth P. Hale '00

Renee M. '84 & Scott Andrew Hall

Patti F. Hamilton '80

Madge O. Harlan

Stephanie M. Hatch '99

Robert C. Hewitt '89
Stephen M. & Sarah G. Holland
Honeywell International Foundation
William D. Hurse '56
Jane T. & Lyle M. Ishol
Anthony R. James '73
William M. Jameson '99
Albert N. Jeffrey, Jr. '80
Debra K. Johnson '77
Michael C. Johnson '90
Michael J. Junod '87
Mike J. Karaphillis '56
Jodi V. & David M. Kudelko '99
Clarence D. Landress '66
John P. Lenihan '01
Barbara A. Leonard '83
Carla A. Lucas '80
Timothy G. MacDonald '75
Daniel R. MacDonell '79
Richard S. MacKenzie
Merline A. Malcolm '88
Della-Jean M. Mays '76
Michael A. McCall
Michael J. '71 & Patricia E. McGinnis '68
James S. McKinney '71
Pete L. '99 & Cynthia C. McKinney
Ronald E. McMillin '76
Charles E. McPhilomy '52
Douglas L. Mercer '65
Lou D. '66 & Mary H. Merchant
Julie A. Michas '88
John M. Milling '75
Jack Moore
Lynn W. Moore '84
Henry T. Morgan '55
Donna R. '74 & Steven R. Mountain
John F. '56 & Betty J. Neller
Maureen M. Nemicik '62
Frank A. Orlando '57
Donna L. Pastore '83 & Dennis P. Clum
Duane C. Peacock '56
Brenda N. Pena '85
Margaret A. Petrillo '68
Pfizer, Inc.
Jerry H. Posey '63
Herbert R. Powell, Jr. '73
John W. Powell
John Power '86

James H. '65 & Sandra B. Purcell
Joann Ferguson '78 & Thomas J. Purdie
Susan C. Puryear-Lynch '02
Megan E. Pyfferoen '03
Celia L. Regimbal '70
Hope E. Reid '96
Francois G. Rene de Cotret '03
Kathi A. Riggs '83
Wesley A. Royal '70
Sara R. Sanner '98
Terry A. '79 & Aleta J. Schmidt
Mrs. Shannon M. Schreiber '96
Margaret B. Schuemann
Lynda A. '94 & Thomas J. Selover
Joshua Selsby
Lt. Col. Don W. '51 & Barbara L. Shaffer
Charles P. '71 & Sue K. Siler
D. Kim Sine '81
Mrs. Ashley K. Siner '94
James E. '76 & Sharon S. Skiles
Bradley R. Smith '77
Mrs. Pauladene H. '85 & Joel E. Smith
Southern Nuclear Operating Co.
David E. Stanton '74
John H. Stauff '64
Thomas C. '79 & Carol B. Stewart
Jody L. Stowers
William H. Swartz, Sr. '66
Target Copy of Gainesville, Inc.
Maureen E. Terwilliger '71
Peter A. Tharpe '98
Lt. Col. David G. Titus '86
Richard C. Tober '82
Larry L. Travis '69
Larry W. '76 & Linda K. Tuggle
Frances M. '66 & Vernon V. Vandiver, Jr.
Richard G. Vasquez '69
Wachovia
David W. Wagner
Christi F. Walker '81
Stephanie S. Warren '91
Heidi S. Webb
Rodman B. & Elise T. Webb
Lynne L. '81 & Peter H. Wells
Alice J. White '64
Lois M. Williams '69
Julie A. Wilson '86
Edward O. & Willa J. Wolcott

Adam F. Zimmerman '93
David P. '93 & Sheryl L. Zwierski

Less Than \$100

Jerri L. Abrams '69
Susan W. Agnello '04
Leonard L. Allen '69
Kris M. Altman '84
Mary V. Aman '92
Stephen W. Amos '81
Cynthia S. Anderson '76
Lynda J. '90 & Blair A. Anderson
Michelle D. Anderson '90
Mary L. Andreu '71
Ina E. Antikainen '01
Jane L. Aquilino '76
Thomas W. Arnold '74
Christi L. Arrington '01
Marcia A. Arthur '82
Brooks P. Atwater '03
Susan B. '80 & James L. Babcock
Morrell '58 & Elizabeth P. Bailey
Pamela R. Baker Stone '84
Thomas H. Bell '74
Elizabeth K. Benz '03
Richard B. Bergquist '50
Susan M. Betchner '85
Katherine A. Bevans-Backes '80
Scott A. '90 & Jane M. Blaue
Boeing Co.
Brian J. Borland '89
Jill B. '90 & Albert L. Boulenger, Jr.
Grant D. Bowlus '89
Abbie E. Brace '01
Elvis N. '90 & Loretta M. Brandon
Loren A. Broadus, Jr. '51
Brian J. Brown '03
Lawrence S. '92 & Laurel L. Bruce
Jennifer S. Buchanan '91
Erica N. Burch '04
Michael D. Burdges '63
Patrick J. '78 & Betsy L. Byrne
Catherine C. Cabreza '98
M. Grace Calhoun '94
Alison W. '97 & Jon W. Cannon
Julia J. Carson '95
Paul W. Cash '76
Scott E. '98 & Christina S. Cash

Stephanie E. Cater '05
Nancy S. '81 & James L. Catlett
Jeffrey L. Cesta '88
Selwyn T. Chalker III '67
Sanjay Chauhan '01
Brad S. Chissom '56
Ronald K. '73 & Cynthia K. Christen
Citrix Systems, Inc.
Lesley L. Cleveland '56
Bill F. Cockcroft '60
Alisa B. Cohen '78
Heidi W. Collins '98
Lynn E. '94 & Craig K. Collins
Pamela G. '85 & Maj. Kevin P. Collins
John L. Combs '74
Jason M. Conroe '01
Lori L. Conway '86
Kathleen L. '78 & J. Thomas Cooley
Nicole G. Copeland '96
Elsa M. Costello '62
Sheryl L. '77 & Eric M. Costello
Susan L. Cowperthwaite '72
Mrs. Leandra J. Cramer '97
Ronald D. '68 & Marsha L. Creese
Bing '72 & Louise B. Crosby
Daniel J. Crum, Sr. '50
Tim Peter Culbertson '71
Ronald L. Darst '69
Janice W. Davis '74
Donna J. Dawson '97
Robert De Maria '71
Juanita D. Deal '89
Joyce C. Dean '71
Jeffrey M. '94 & Cynthia A. Delott
Delta Air Lines Foundation
Linda G. Diaz '93
Casey A. Didio '97
Erin J. Dolley '97
Finley J. Duncan '64
Debora A. Edwards '86
Mark P. '84 & Kelli J. Edwards '86
Eli Lilly & Co. Foundation
Kelly A. Erickson '90
Robert J. '63 & Eleanor B. Erwin
Patricia A. Evans '80
Steven R. Ewing '89
Richard R. '72 & Laurie C. Ezzell
Pamela J. Farrington '83

Barry R. '76 & Maryann Fasold
Neal B. Fessenden '80
Philip L. Fisher '80
Derrick L. Fitts '99
Molly A. Foley '86
Brady G. Foore '02
Janet B. Forbess '77
Michelle A. Frank '82
Jason L. Franklin '98
Carolyne R. Freeman '91
Michelle M. Frost '04
Steven L. Frost '96
Julie F. '84 & D. Blake Frye
Robert N. Fulmer III '77
John F. '59 & Joan R. Gaines
Staci C. Gambach '91
Margaret Q. Gannon '84
Kathleen A. Garvey '88
Kimberly N. Gifford '96
Wilbur H. Gifford, Jr. '65
John W. '56 & Betty Gilbert
Susan L. Gladstein '76
P. Vincent Gocke '89
Joseph M. '00 & Barbara A. Goodman
Charles P. '91 & Bonnie M. Goodwin '90
Joel Gordon & Bernice Gordon Family Fdtn
Brian W. Graham '04
Chad G. Greer '75
Jodi L. Greeson '01
Lindsay G. Gremillion '04
Gina C. Gwara '81
Theresa A. Hanson '03
Kristin D. Harmel
Leonard J. Harper '63
Jonathan F. Heck '91
Elizabeth J. '02 & Robert A. Heekin, Jr.
Eric F. '94 & Jennifer J. Hellkamp '95
Anthony J. Henderson '93
Karen W. '86 & C. David Henley, Jr.
Jeffery A. Hensley '88
John D. '60 & Rochelle C. Hester
Jeffery D. '95 & Kelley G. Higgins
Jason C. Hill '94
Greg Hilley '70
Curtis J. Hinson '97
Christine C. '95 & Alan J. Hochman
Marcia A. Hoppenstein '77
Donna J. Houk '88

Elizabeth Ann Howard '80
Laura E. Howard '00
Kelly N. Hubbard '95
Alicia P. Huey '98
Lillian I. Iversen '01
Rodney B. Jackson '02
Gail G. Jacobs '92
Genevieve R. Jacobs '66
Kristen L. Jagger '02
Christopher M. '97 & Heather M. Janelle
Robert M. Jenkins '49
Teneshia S. Jenkins '04
Julian Johnson, Jr. '66
Jacqueline D. Johnson '89
James C. Johnson '75
Patsy R. Johnson '57
Roney A. & Rhonda Y. Jones
Tiffany A. Jones '72
Jennifer J. Kane '86
Latisha S. Kelley '96
Susan P. Kelly '01
Marlyn M. Kenney '69
John A. '66 & Gloria M. Kenworthy
Christine E. '90 & Mark C. Kilby
April D. Kindrick '93
Julia L. King '87
Maryellen Kirwan '71
Susan T. Kisner '66
Sharon M. Knight '82
Coury M. Knowles '01
Mindy M. Kraft '98
Robert A. Krause '69
Elizabeth A. Krouch '85
Brian M. '90 & Carla I. Kurtz
Michael A. '96 & Jennifer K. Landis '95
James F. & Judith B. Lang
Mrs. Raelene B. Lawless '93
Michael D. Leatherwood '70
Charles J. '77 & Kathy A. Lechner
Barbara E. Leddy '72
Betty C. Lee
Sandra S. Lee '66
Stephanie A. Lennon '83
Chantale E. Levy '98
Ronald J. Lewis '74
Jacqueline P. Littlejohn '99
Kelly E. '00 & Jon B. Livingston
Nancy G. Longanecker '77

Renee M. Lopez '04
 Candace L. '91 & Michael A. Lovchuk II
 Mrs. Debbra R. Love '77
 Tammy J. Lundell '89 & Eric P. Cherna
 Loretta T. Macenka '91
 Connie '85 & David G. Maltby
 Bonnell B. Martens '78
 Sheryl A. Maskell '80
 June M. Masters '72
 Robert B. McCallum, Jr. '76
 Laura W. McChesney '97
 Richard A. '75 & Cheryl L. McGinnis
 Allan F. McVey '64
 Allyson T. '93 & Sanford L. Meeks
 Laura E. Method '86
 Pamela F. Meyer '88
 Melinda L. Millard-Stafford '80
 Erika B. Miller '03
 Tammy D. '86 & William J. B. Miller III
 Jodi L. '92 & Andrew E. Mirman
 Prof. Alan C. & Elizabeth R. Moore
 C. Bruce Moore '66
 Harold C. Moore '73
 John S. Morgan '82
 Kathryn L. Morgan '87
 Lisa E. '01 & Shayne R. Morin
 Grant M. Moro '02
 Patricia A. Morrison '75
 Susan S. '77 & Stuart S. Morton
 Mrs. Latrisia C. Murray '92
 Mary E. Musselman '71
 Sarah A. Myrand
 Elisa Marie Myzal '93
 Philip S. Nachman '77
 Suzan J. Nash '74
 Michael A. Netherclift '82
 John L. Nevarez '87
 Amy E. Newberg
 Rodney H. Newman '92
 Tony H. Nguyen '95
 Kevin J. Noa '75
 Paula E. Northuis '77
 Amanda H. '96 & Jeremy R. Nowak
 Dianna L. '83 & William G. Nulty
 Mrs. Shannon L. Nunnally '95
 Laurie K. '82 & Thomas A. Obreza
 Jack E. O'Brien '58
 Robert E. O'Dare '59
 Heather N. Olmsted '00
 Stacey Z. Owens '93
 Mary T. Pace '84
 Christopher G. Papangelou '01
 Becky Parks '76
 Becky L. Parnell '02
 Andrea V. '86 & Joseph D. Paschal '86
 Sheetal Patel '03
 Patrick J. Patterson '94
 Debra S. Pearman '75
 Alysia A. Peddy '96
 James R. Perkins '71
 Susan J. Peters '66
 Mrs. Jean C. Pfendler '95
 Erce V. Phillips III '86
 Melissa A. Phillips '01
 Sara B. Pickren '01
 Melissa J. '83 & Paul K. Pletcher
 Thomas L. Pokorski '92
 Angela S. Pollack '88
 Brent E. Posey '94
 Andrea K. Preston '90
 Linda M. Prince '86
 Sharon B. Printy '97
 Mrs. Jan D. '68 & John H. Pritchard
 Marilyn J. Purdy '73
 Kathleen B. Quelland '91
 Ellen L. Raskin '81
 Harold P. '60 & Betty Reddick
 Lynn C. Reese '93
 L. B. '52 & Ernestine Y. Register
 Anne G. Rheins '90
 Mark J. Richard '89
 Maureen S. Rio '00
 Michael T. Rizzi '00
 John C. Roll '89
 Tony D. '93 & Denise M. Rowell '92
 Gerard D. Rozea '05
 Susan T. '86 & Alan M. Rutner
 Lisa D. Saccoman '92
 Diane Z. '80 & Chuck E. Samuels
 Stephen C. Sandberg '82
 Andrea D. Sasser '03
 Florence G. Saulsberry '88
 John S. Scales '03 & Sarah V. Rogover
 Joseph W. Schaefer '57
 Robyn L. '98 & Gene Schafer
 Julie A. '84 & Randy W. Schwartz

Deborah B. Seoane '82
Kristofor O. Sewer '03
Rickey S. Sheffield '81
Crystal H. Shreve '99
Richard L. Siler '77
Michele A. Silver '83
Susan R. Slinkard '01
C. Todd Smith '94
Diana S. Smith '90
Mary Anne Smith '95
Sonya A. Smith '89
Rory B. Spanier '98
Barbara S. Speas '83
Michael D. Spiegler '91
Donald C. '70 & Cecelia T. Staley
Elizabeth F. '80 & Steven D. Stark
Roger J. '91 & Mary A. Steinberg
Shawn C. Stewart '99
James D. Stites II '75
Laurie L. Stixroad '80
Jo Young Stout '70
Eric M. Straehla '78
Carey L. Strickland '96
Rebecca M. Strominger '57
Michael D. Sushil '77
Lisa A. '87 & Ltc. Kenneth F. Sweat
Jennifer M. Sweet '93
Debra H. Tackett '78
Leanne Talbert '83
Cathleen F. Taylor '74
John TenBroeck '67
Keith M. '82 & Joyce L. Tetstone
Mary T. Thigpen '01 & Robert D. Respass
Mava L. Thomas '58
Steven M. Thompson '99
Yvonne M. Thompson '69
Gordon M. Thomson '87
Donald J. '81 & Mrs. Lou Ann M. Trew
Janice M. '81 & Colonel Horace S. Tucker, Jr.
Kenneth W. '66 & Karen S. Turja
Teri L. '90 & Philip J. Tyer
UPS Foundation
Brian L. '95 & Mrs. Janene B. Urichko
Enrique J. Urrutia '03
Roberta J. '84 & Lambert Vaes
Barbara G. Van Camp '82
Kristi L. Vandenberg '90
Lori A. Vazquez '92

Carrie Young Vosmeier '98
Mrs. Jean S. Waglow
Leslie D. Walsh '94
Elizabeth H. Warlick '01
Lisa M. Weeks '78
Carolyn P. '93 & Thomas A. Weiler, Jr.
Leslie M. Weitzel-Nicoll '85
Wells Fargo Foundation
Mollie Hollar '95 & James A. West
Leslie S. Wetzel '75
Melissa P. Wezniak
Janet Whidden '79
Jacqueline K. White '75
William K. Wiles '84
Sarah Z. Wilhelm '99
David M. Wilkens '96
Holly R. Wilson '99
David J. Wisgirda '95
Stacey J. Worley '91
Luther H. Wrenn, Jr. '78
Montez Wynn '75
Jennifer L. Zidel '00
Aimee J. Zmroczek '93

Beat the 'Noles!

UF College of Health and Human Performance Alumni Social



Catch the Gator spirit! Meet Interim Dean Jill Varnes, HHP faculty and other Tallahassee-area alumni, sample hors d'oeuvres and cheer for the Gators!

Tuesday, Nov. 22, 2005, 6-8 p.m.

Ramada Inn & Conference Center
2900 N. Monroe St.
Tallahassee, FL 32303

R.S.V.P. by Nov. 19 to Michele Dye at
mdye@hhp.ufl.edu or
352.392.0578 ext. 1280



PO Box 118200
Gainesville, FL 32611