

# Performance

COLLEGE OF HEALTH & HUMAN PERFORMANCE



UNIVERSITY OF  
FLORIDA

# Performance

Spring 2004

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## 2003-2004 Leadership Team

David Bowles, MS, Director, Recreational Sports Programs

Bertha Cato, Re.D., Associate Dean, Academic and Student Affairs

Steven Dodd, PhD, Chair, Applied Physiology and Kinesiology

Stephen Holland, PhD, Chair, Recreation, Parks, and Tourism

Jill W. Varnes, EdD, CHES, Interim Dean

Robert Weiler, PhD, Chair Health Education & Behavior

Charles S. Williams, PhD, Senior Associate Dean, Facilities and Operations



**Performance** is an annual publication for alumni and friends of the University of Florida College of Health & Human Performance.

Please direct letters to:  
Editor

**Performance**

College of Health & Human  
Performance  
PO Box 118200

Gainesville, FL 32611-8200

email: [Performance@hhp.ufl.edu](mailto:Performance@hhp.ufl.edu)

DEAN: Jill Varnes

MANAGING EDITOR: Bertha Cato

ASSISTANT EDITORS: Bertha Cato  
Jean F. Mullen  
Morgan Pigg

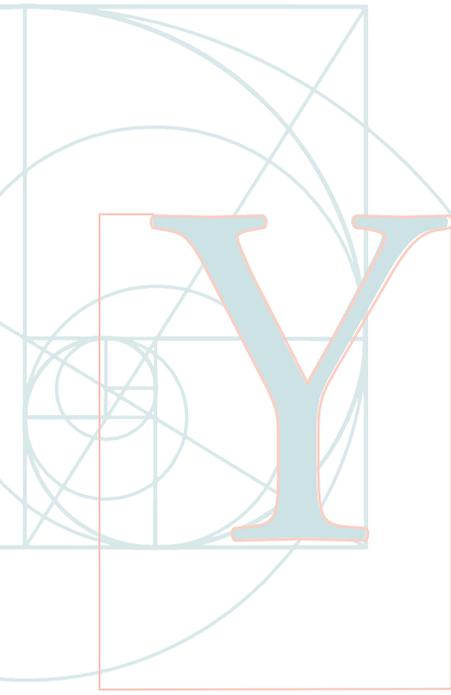
CONTRIBUTING WRITERS: Bertha Cato  
Kim Hart  
Jean F. Mullen  
Paula Rausch

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ES, there is a new face here, after 18 years of leading the college, Pat Bird decided to step down and seek new challenges. After a little over three years appointment in the Provost's office, I was named interim dean on July 1, 2003. As a graduate of the college and a faculty member since fall of 1979, I could not be more excited about this opportunity to serve my colleagues, the college, and the university. We also have a blend of old and new in the college's leadership team with three new department chairs: Steve Dodd, Steve Holland, and Bob Weiler.

As the university marks the end of 150 years since creation, the college is in the midst of recreation! Many of the changes that have taken place over the past few months resulted from a Provost review committee having conversations with faculty and alumni of the college. We also took a look at some trends across the country in trying to determine if we could improve how we educate our students while becoming more efficient in the process. The primary result of these deliberations was a college-wide reorganization resulting in movement of some faculty and specializations.

The physical education program and three faculty members dedicated to that program have relocated to the (newly renamed) Department of Health Education & Behavior. With this move we will once again offer the baccalaureate degree in physical education. We now have both pedagogy programs in one department, and are encouraged that this will provide some excellent opportunities to capitalize on the state and national attention focused on what schools can do to impact obesity in children. The synergy of having expertise in physical activity and knowledge about nutrition and the diseases associated with obesity in one department suggests great promise in external funding opportunities.

Another change is the move of the sport management specialization to the Department of Recreation, Parks, and Tourism (where a name change is being considered). There are many programs around the country that house these areas in one department. We are proposing degree programs at the bachelor's and master's levels with a major in sport management. These departmental reorganizations have resulted in a smaller but more focused Department of Exercise and Sport Sciences, who also now has a new name:

Department of Applied Physiology and Kinesiology.

At a fall retreat, the faculty completed work on a college-wide strategic plan built upon the work of the departmental plans. We will use this plan to guide our decision-making and identification of key initiatives for our future. The advisory council is taking on a stronger role as they assist us to stay abreast of the industry trends and continue our fund development efforts. This year, two new members join the advisory council: Terry Bagwell Pappas (BS '71), and Kevin Clair (MS '84) (see the alumni news section). The council chair this year is Sue Stoops. We had a fall meeting and have the spring meeting and Distinguished Alumni Recognition March 26 -27, 2004.

Other happenings include a search for a development officer and an internal search for an Associate Dean for Research and Graduate Programs. Send us your news. We love to hear from our alumni and friends and stop by for a visit if you get the chance.

Thanks for your continued support!

Jill W. Varnes, EdD, CHES (BS '73, MA '74)  
Interim Dean and Professor



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## UF STUDIES

### Find Key To Preventing Strength And Muscle Loss With Aging

**H**air dye and wrinkle cream can erase some of the outward signs of aging.

Now Christiaan Leeuwenburgh, associate professor in the Department of Applied Physiology and Kinesiology, and colleagues may have discovered a way to turn back the clock on the physically devastating loss of strength and muscle mass. In tests on rats, the researchers found lifelong calorie restriction not only significantly reduced the death of muscle fibers and the resulting loss of muscle tissue, it also halted the decline in strength that naturally occurs with aging.

In fact, calorie restriction worked so well the rodents experienced almost no muscle loss after middle age, the point at which those fibers typically stop growing. More surprising, their muscles remained as strong in old age as they had been in early-to-mid-life, when they typically reach their peak. At a time when people are living longer, the findings hold tremendous possibilities for preventing falls and hip fractures, major causes of disability and death in the elderly, according to Leeuwenburgh.

“As we age, the key issue is very simple: We become weaker. Now we’ve found in these studies that we can prevent the loss in (muscle) function, and we can prevent cell death. That’s exciting, very exciting,

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Dr. Leeuwenburgh works in his lab with his co-investigator.

to Leeuwenburgh. Just how many remains unknown.

Muscles house mitochondria, the energy-producing structures of cells that also control apoptosis. When mitochondria are damaged, they can release free radicals, which are proteins that cause cells to die. The researchers found significantly elevated levels of these destructive proteins in the fast-twitch muscle fibers in a rear leg muscle of 11, 26-month-old rats – the equivalent of about 70 to 80 years in people – that were allowed to eat as much as they wanted.

In another group of nine rats whose calorie intake was restricted over their lifetimes by 40 percent relative to their counterparts', however, the levels of these proteins remained the same as those of the young 12-month-old rats -- the equivalent of 30 to 40 years in people.

Leeuwenburgh and co-researchers Anthony Payne and Stephen Dodd also found that muscle strength – measured by passing an electric current through muscles to cause contraction and mapping the resulting force by computer – declined with age by 27 percent in a fast-twitch front leg muscle of 10 rats that ate as much as they wanted.

Among 10 that had been calorie restricted over their lives, however, strength remained the same, not only when researchers looked at the ratio between strength and body

mass but when they analyzed the amount of muscle with respect to body mass. No significant differences were found in a rear leg muscle of rats that contained mostly slow-twitch fibers.

In addition, while the space between muscle fibers – called extracellular space – typically increases as normal rats and people age, the researchers did not find this in the calorie-restricted rats. That might also help explain some of the functional declines in muscle that occur over time.

The idea of cutting calories to boost strength might seem radical to some, according to Leeuwenburgh, who restricts his own calorie intake. But he said that while their total calories were cut by 40 percent, the calorie-restricted rats received the required amounts of protein, vitamins, minerals, and other nutrients. In people, 40 percent would amount to cutting out, on average, a loaded fast-food hamburger and fries a day.

“We all know that if we want to get stronger, we need to perform resistance exercises, and we definitely need to eat proteins,” said Leeuwenburgh. “These animals are not malnourished– they simply get less food.”

**Paula Rausch**

because a lot of people, my grandfather for example, fell at an old age and that was because he had weak muscles, and he died very shortly after,” said Leeuwenburgh.

Each year, more than one-third of Americans over 65 sustain falls, the leading cause of injuries and injury-related deaths. The total cost of fall injuries for people 65 and older was \$20.2 billion in 1994, and that is expected to reach \$32.4 billion by 2020, according to the Centers for Disease Control and Prevention.

Muscle cell damage in people begins about age 40 and eventually leads to the destruction of progressively larger areas of muscle and accompany-

ing weakness. People can lose as much as half of their type 2 muscle fibers – the so-called fast-twitch type that control quick movements – over their lives. Leeuwenburgh and colleague Amie Dirks found this damage is caused by apoptosis, a genetically programmed series of events leading to cell death. Apoptosis can occur as a normal process to destroy old cells in order to make new ones, or as a result of disease or illness.

While this programmed cell death has been found in other types of muscle, the UF study is the first to discover evidence of it in skeletal muscle fibers, which contain numerous nuclei, many of which must die in order to kill the fiber, according

## UF STUDIES

### Find Cause Of Muscle Damage In Those With Poor Circulation

**D**R. ANDREW JUDGE, visiting assistant professor, and colleagues in the Department of Applied Physiology and

Kinesiology recently completed research identifying the cause of severe muscle damage that occurs when people with poor circulation work up a good sweat: free radicals. Now they hope to use the information to unlock the secrets of how to shut down those pesky body wastes.

The discovery eventually may help sufferers of a type of poor circulation called peripheral vascular disease get the exercise that's so beneficial to them without the pain that often accompanies it. Peripheral vascular disease affects one in 20 people over 50, or about 8 million Americans, and leads to about 100,000 amputations every year, according to the Society of Cardiovascular Interventional Radiology.

"Exercise is prescribed to patients with this condition because we know that it has a number of positive effects, but it may also damage the muscles," said Judge. "Ultimately, our goal is for these patients to be able to exercise without causing this damage."

Prior studies revealed this damage occurred, but this research is the first to pinpoint its source as free radicals –

highly reactive molecules resulting from all the chemical reactions occurring in the body, which have previously been linked to cardiac problems, aging-related disorders, stroke and even cancer.

The researchers also looked at important pathways for production of the free radicals in rats and will use the information to develop treatments to help reduce the muscle damage they

cause in people with peripheral vascular disease. Results from the pair of studies will be published in *Atherosclerosis* and the *American Journal of Physiology*, respectively.

"Before now, no one had ever shown that exercise with blood flow restriction from blocked arteries would cause this damage in skeletal muscle," said Judge. "We then looked at some of the major pathways for the free radicals to see if we could lessen it in some way."

Because of its excellent cardiovascular benefits, exercise is often prescribed as one of the best ways to increase blood flow in people suffering from peripheral vascular disease, which causes the blood vessels to become narrowed or blocked by fatty deposits.

The condition restricts the flow of oxygen to muscles, causing severe pain and cramping during exercise, and although this pain subsides during rest as the oxygen demands of the muscle decline, the studies showed this process causes significant free radical damage to muscle cells.

For the study, Judge and co-researcher Stephen Dodd mimicked the human form of the disease in rats by blocking the major artery delivering blood to the muscles and then made them exercise. After the increased oxygen demands of exercise, examination

of the muscles showed significant damage due to oxidative stress, a condition that may result from the presence of free radicals that react with and modify cellular proteins and lipids. Following exercise with restricted blood flow in rats, they found an approximate 50 percent increase of oxidative stress to both proteins and lipids.

Kerry Stewart, associate professor of medicine and director of Johns Hopkins Heart Health at Johns Hopkins University Bayview Medical Center, said the UF studies demonstrate several physiological pathways by which limited blood flow leads to muscle damage with exercise.

"Although the studies were done in rats, they provide insight into what causes muscle damage in the legs of humans with peripheral arterial disease, a condition that also limits blood flow because of blocked arteries," said Stewart. "These studies are important in that they increase our understanding of why muscle damage occurs."

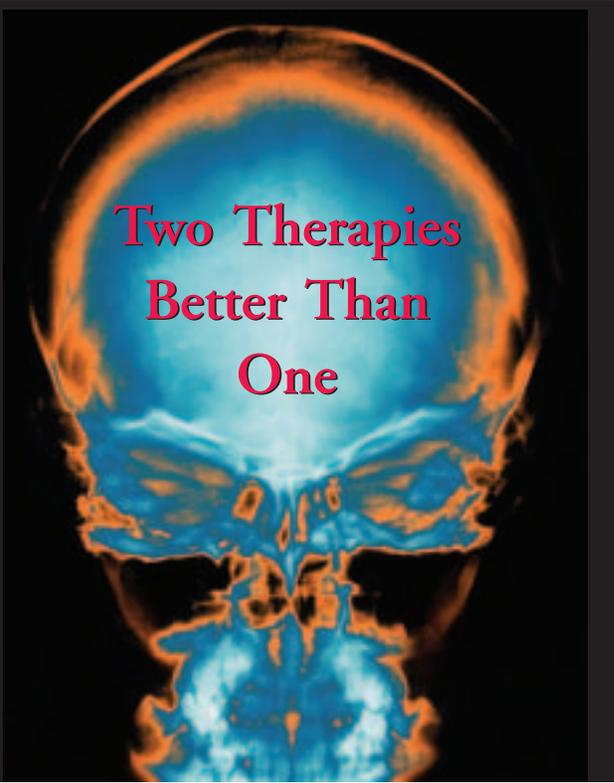
While the studies provide important evidence about the mechanisms of this muscle damage, they should not be interpreted as a reason for people with reduced blood flow not to exercise on a regular basis—the most consistently effective treatment for the condition.

"Regular exercise, which is done several times per week, has been shown to produce beneficial adaptations that would gradually reduce oxidative stress and muscle damage over a period of several months," said Stewart.

Judge said he hopes further research will lead them to find an effective supplement to block the initial oxidative muscle damage so patients with poor limb circulation can continue their exercise regimens with less discomfort in order to receive the greatest benefits. By understanding the mechanisms that produce the damage, it will be possible to develop the best counter-measure to reduce it.

Kim Hart

# Stroke Recovery



## Two Therapies Better Than One

**F**or millions who have lasting paralysis after a stroke, the key to regaining movement may lie in a combination of therapies, according to a new study led by James Cauraugh, professor in the Department of Applied Physiology and Kinesiology and co-director of the Center for Exercise Science. People with chronic weakness and partial paralysis who moved both arms simultaneously in conjunction with mild electrical stimulation to their affected limb regained significantly more motion than those who moved only their paralyzed arm or received no therapy at all.

Study participants who received combined therapies regained greater movement in their impaired arms, as well as improved their reaction times. They also were able to sustain muscle contractions longer, indicating they were capable of stronger and more consistent voluntary con-

trol. Before therapy, many participants were unable to perform simple tasks. According to Cauraugh, “Most of these people just want to be independent. They don’t want to depend on a significant other to help them eat, help them drink, hold the phone or use the remote control.

The research was funded by the American Heart Association and published this past summer in the *Journal of the American Heart Association*. “You can’t regain a previous life because of this protocol, but you can be significantly better off than if your arm is just hanging at your side,” said Cauraugh.

Many of the 600,000 Americans who suffer strokes annually experience a spontaneous recovery of motion within the first year afterward. For most – 60 percent or more – however, overcoming persistent disability on one side of the body proves elusive, particularly as time passes.

Mack Statham, 64, had little use of his right arm after his stroke four years ago, requiring that he learn to do everything with his left hand. After undergoing the combined therapy, however, he’s been able to resume golfing and can now eat with his right hand.

“Everything except writing has improved 100 percent,” said Statham. “I can do all the things I used to with my right arm. Even more important, my friends can tell a difference. I can’t say enough good things about the program.”

After finding in two prior studies that mild active electrical current restored motion to impaired fingers, wrists, and hands – some of the most difficult movements to regain – Cauraugh wanted to determine if

combining the therapy with motion training to both arms could enhance motor recovery. When administered to the muscles of a paralyzed arm, mild electrical current – called electromyogram or EMG-triggered neuromuscular stimulation – is thought to help the brain establish alternate pathways that activate the impaired limb to replace those disrupted by stroke damage and to boost the body’s control so the arm can move through a full range of motion.

In addition, although traditional rehabilitation focuses on treating paralyzed limbs only, evidence indicates working both arms together in a coordinated fashion also enhances motion because the brain’s signal to the impaired arm is supplemented by its impulse to the unaffected one.

“We found the two protocols improved motor performance after just six hours of training,” said Cauraugh. “It expedites motor recovery so these people can be more independent, and they feel good about the movements they can do. And if it improved this much with just six hours of training, then chances are that by extending the period of time, additional improvements would be found.”

**Paula Rausch**

## THE CENTERS

### Center for Exercise Science

**THE CENTER FOR EXERCISE SCIENCE (CES)** provides a state-of-the-art research program to investigate the comprehensive effects of exercise on humans and other animals. Specific areas of research include physiological adaptation to both acute and chronic exercise, the effects of exercise and nutrition on cardiac and skeletal muscle aging, the rehabilitation of patients suffering from stroke and cardiopulmonary diseases, care and rehabilitation of athletic injuries, the biomechanical analysis of human movements, cognitive processes involved in movement skill, and finally, the psychology of exercise and sports.

This year the CES has again achieved great success in both scientific scholarship and in the procurement of extramural

funding. In 2002-2003, CES faculty delivered 51 research presentations at national and international scientific meetings and published 68 research articles in peer-reviewed journals.

Furthermore, CES faculty members are currently principal investigators on 33 research grants and co-investigators on many more. To put these accomplishments into a financial perspective, CES researchers are currently serving as principal investigators on research grants totaling more than \$2 million per year. These accomplishments have led to the CES experiencing its most successful year ever.

In reference to extramural research funding, it is noteworthy that CES researchers have been successful in competing for highly competitive, peer-reviewed research grants awarded from numerous prestigious funding agencies. For

example, CES researchers are currently principal investigators on grants from the National Institutes of Health, National Science Foundation, American Lung Association, American Heart Association-Florida, Multiple Sclerosis Association, and the Florida Biomedical Research Program. Together, these research projects will benefit the state of Florida and society in general by providing important new scientific information that can be used to prevent and treat health-related problems such as cardiovascular disease, age-related muscle loss, muscular-skeletal injury, and multiple sclerosis. In addition, this research directly benefits the University of Florida by providing research experience for both undergraduate and graduate students, offering additional income, and improving the university's national and international academic reputation.

## Center for Tourism Research and Development

**THE CENTER FOR TOURISM RESEARCH AND DEVELOPMENT (CTRD)** focuses university-wide expertise and resources on the opportunities and challenges of Florida's largest industry. With expertise including hospitality and amusement park operations, nature-based tourism development, and coastal fisheries management, the Center for Tourism Research and Development provides research in recreation and tourism, and offers research skills and service expertise to public and private organizations throughout the state. During the most recent academic year, faculty affiliated with the center published 30 research papers and made over 37 national and international presentations.

The purpose of the CTRD is to facilitate interdisciplinary research projects focusing on a wide range of travel and tourism opportunities. These projects are intended to provide accurate, objective, and up-to-date research products to serve Florida's tourism industry. This past year, the center expanded its funded research base by over \$1 million. CTRD is also charged with expanding knowledge of travel and tourism behavior, planning, development, and management.

Recently Dr. Lori Pennington-Gray participated in the Gulf of Mexico States Accord Working Group and

Executive Committee meetings held in Merida, Mexico, where she co-chaired meetings on two tourism initiatives in the Gulf: "Planning for a Gulf States Scenic Highway," and "Nautical Staircase." The Gulf of Mexico States Accord was established through the Florida Department of State as a way to increase trade, tourism, and educational/scholarly exchange between Florida and Mexico.

In the fall of 2004, CTRD, along with the UF Institute of Food and Agricultural Sciences (IFAS) and the Southern Rural Development Center at Mississippi State University, will join together to host the 2004 National Extension Tourism Conference. The conference will be held September 27-30, 2004 in Kissimmee, Fla. The theme for the conference will be "People, Places, and Partnerships." For more information about the conference, visit the National Extension Tourism Conference Web site at [www.srdc.msstate.edu/04tourism](http://www.srdc.msstate.edu/04tourism).

## Florida Center for Health Promotion

**THE FLORIDA CENTER FOR HEALTH PROMOTION (FCHP)** was established in 1988 to provide research and development activities for drug and alcohol education, HIV/AIDS education, nutrition education, physical activity, smoking prevention and cessation, and stress management. In addition to professional development and training opportunities, the FCHP faculty

also conduct research to develop health promotion strategies for racial, ethnic, and cultural groups of all ages.

Due to scientific advances occurring during the 20th century, morbidity and mortality caused by infectious diseases have declined markedly. Unfortunately, these diseases have been supplanted by chronic and degenerative disorders resulting from improper diet, lack of exercise, substance abuse, stress, unintentional injuries and pollution in addition to an expanding array of lifestyle and health behavior problems. Fortunately, with appropriate health education interventions, many of these problems can be prevented or controlled.

In June 2003, Dr. Bill Chen, Dr. Delores James, and Dr. Jiunn-Jye Sheu completed a two-year project serving as the external evaluators for program STRIKE (Student Tobacco Reform Initiative: Knowledge for Eternity) funded by Research Triangle Park, North Carolina, and the Florida Department of Health. Aimed at students attending Florida's colleges and universities, the purpose of the program was to increase awareness of the harmful effects of tobacco use, to increase the prevalence of tobacco cessation, to increase the number of students involved in tobacco prevention activities, and to amend policies so as to establish tobacco-free campuses statewide. In addition to developing the eval-

uation design, Drs. Chen, James, and Sheu developed and analyzed the results from the Statewide Florida Annual College Tobacco Survey.

Another recent study conducted by the center analyzed the prescription drug information contained in three types of health education materials designed for middle and high school students. The study found that textbooks cover prescription drugs extensively, but focus mainly on issues pertaining to abuse. Furthermore, they noted that information in curricular materials makes prescription drugs appear safe, and that numerous important topics are overlooked in the materials.

Findings from the study will guide the development of a drug abuse teaching and resource guide to help teachers plan and implement lessons about drug abuse prevention. Funded by Purdue Pharma, L.P., the principal investigators for this project include Dr. Robert Weiler, Dr. Rebecca Cline, Ms. Melissa Morris (PhD Student, Department of Health Education & Behavior) and Ms. Camille Broadway (College of Journalism and Communications).

## Health and Human Performance Students

Contribute to Health Communication Efforts at the Centers for Disease Control



The College of Health and Human Performance's (CHHP) program is one of fewer than two-dozen programs in the country with a formal specialization in health communication. The Department of Health Education & Behavior has offered a graduate certificate program in health communication since 2001. Of the eleven students who have completed the certificate program, three have gone on to the Centers for Disease Control and Prevention (CDC) as Fellows in Health Communication.

### *What Is Health Communication?*

Health communication represents an area within the larger field of communication that addresses many of the same issues confronted by health educators. According to Dr. Rebecca Cline, faculty member in Health Education & Behavior, "Health communication is an area of theory, research, and practice related to understanding and influencing the interdependence of communication (symbolic interaction in the forms of messages and meanings) and health beliefs, behaviors and outcomes."

Health communication is a rapidly growing field that has become a vital part of national public health efforts as evidenced by the recent development of offices of health communication at the Centers for

Disease Control and Prevention, the opening of the Health Communication and Informatics Research Branch at the National Cancer Institute in 1999, and the recognition of health communication as central to the "prevention agenda for the nation," as identified in the Healthy People 2010 objectives developed by the U.S. Surgeon General and the U.S. Department of Health and Human Services (January, 2000). In addition, the 2002 Institute of Medicine report, "Who Will Keep the Public Healthy," recognized communication as one of eight areas significant for training health educators and public health professionals for challenges of the 21st century.

### *CHHP's Presence in Health Communication at CDC*

All three Health Communication Fellows work at the Division of Nutrition and Physical Activity (DNPA) under the guidance of Dr. Judith McDivitt, chief of Health Communication. McDivitt noted, "Having access to students or new graduates who have high quality training in health communication has been a very positive experience. The three UF students who have come to work with the Nutrition and Physical Activity Communication Team have made a substantial contribution to our work." The students have found themselves actively involved in important projects with significant and growing responsibilities.

Lori Kuhlman, UF's first health communication intern at



Left to Right: Jamie Fisher, Lori Kuhlman, Cookie Filomeno, and Dr. Judith McDivitt

make a more significant contribution to numerous projects at DNPA. She is currently working on a DNPA Web site redesign project which entails interviewing CDC stakeholders and assessing their needs. In addition, she is serving as the project manager for

a Web site under construction for the CDC and the World Health Organization Collaboration for Physical Activity. The purpose of the Web site is to provide a resource on global health programs that focus on physical activity and health promotion.

Although she points out that tremendous dedication is required in order to learn the inner workings of a public health system, Cookie believes that this opportunity with the CDC will provide her with strong professional skills and experience as a health educator. She said: "I continue to learn new ways to approach target audiences and problem-solving techniques. I believe that the knowledge and skills that I have gained during my graduate program at UF have provided me with a solid foundation to make significant contributions to the CDC and the future of public health."

Jamie Fisher, who completed her master's degree in May 2003, spent a summer as a Health Communication Fellow at the CDC. Jamie quickly became involved in numerous and diverse projects. She appre-

ciated both the opportunity to engage in new learning experiences as a Fellow and the freedom to choose projects she felt passionate about. As a member of the Nutrition and Physical Activity Communication Team, she was able to gain invaluable experience in the fields of health communication and social marketing. Jamie worked on developing a social marketing network that will enhance the sharing of resources, tools, techniques and strategies among state health department staff and experts in the field.

Ultimately, the project would address the strengths and the shortcomings of states' use of social marketing to address nutrition and physical activity. Jamie used many key skills as she developed a health communication plan for the release of the new American College of Sports Medicine physical activity guidelines. She sought to ensure that the information and recommendations provided were effectively communicated to the target audience in a clear, simple, and consistent fashion. Jamie enthusiastically offered this advice: "Anyone considering a career in community or public health [should] apply for a Fellowship with the CDC. It's a great place to gain experience!"

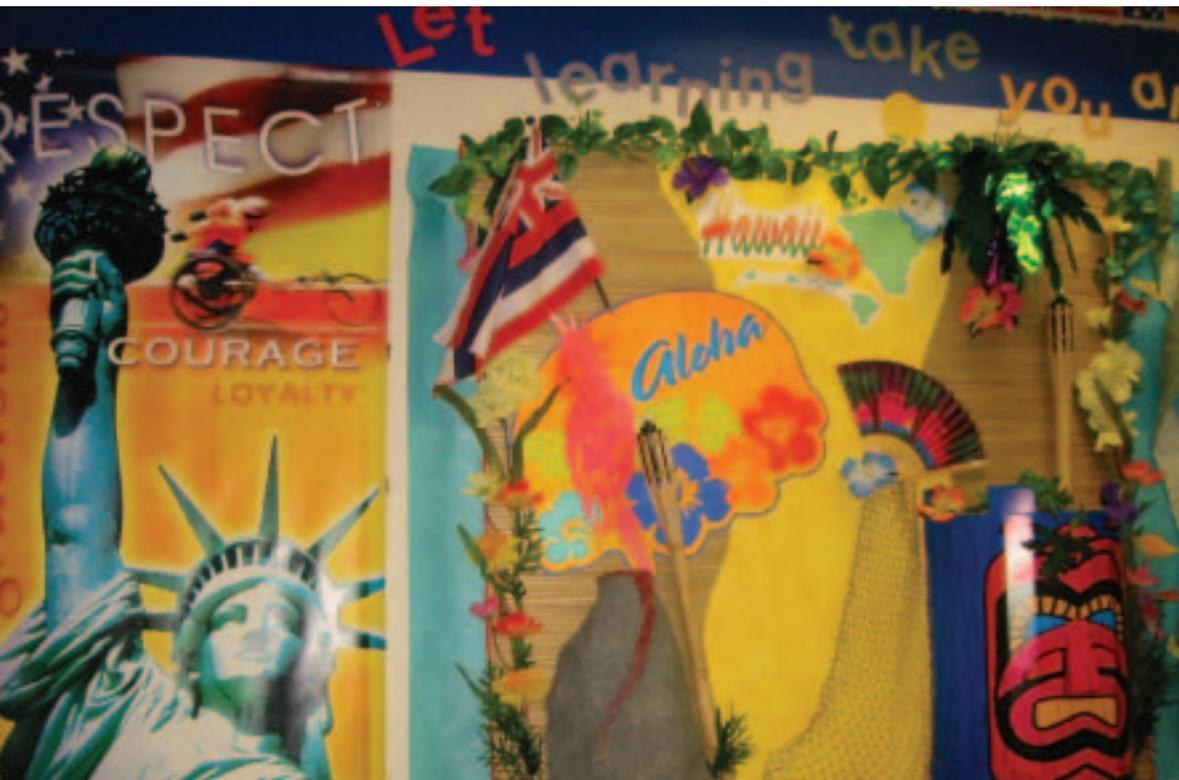
CDC said: "As a second-year Health Communication Fellow for CDC's Division of Nutrition and Physical Activity, I am having an exhilarating experience!" Lori's experiences include developing, implementing, and evaluating a social marketing plan for the Kroger Walkability Project, which seeks to increase walking by using the new walkway and to decrease driving between two CDC locations. She also coordinates the development of a Web site on health communication and social marketing for DNPA, serves as project manager for the DNPA Web-Redesign Research project and participates in the divisions content analysis of media coverage of physical activity recommendations.

According to Lori, "Being at CDC has been a rewarding, albeit humbling experience for me. I feel honored that I am able to work with the most highly respected experts in the nation who dedicate themselves to...the highest standards of professionalism. My colleagues have proven to be exceptional role models in showing me what it means to be 'public servants' that work effectively and collaboratively. I feel good

about the work I do at CDC, and I am grateful that my education has prepared me to make a valuable contribution in the fields of public health and health communication. I greatly appreciate the mentoring of Dr. Rebecca Cline in the UF Department of Health Education & Behavior, and my current supervisor at CDC, Dr. Judith McDivitt."

Lori advises future students to make an effort while in school to do two things: Learn about the wide variety of opportunities that exist post-studies, and develop relationships with your mentors. In doing so, students will benefit from the wealth of knowledge faculty members possess regarding opportunities in the field, networking with other professionals and tailoring programs to meet students' individual needs.

Arlynn "Cookie" Filomeno began working at the CDC in order to complete a three-month Fellowship that met her master's degree internship requirements. Upon completing her internship, her employment at CDC was extended to a full year. Cookie reports that this extension has allowed her to



Students at Brooksville Elementary School.

## Sue Stoops Alumni Profile

**T**he term “fighting Gator” is not reserved exclusively for athletes who compete in recreational sports or in intercollegiate athletics at the University of

Florida; Gator graduates take that tenacity with them throughout their lives. Sue Stoops, who was recently named chair of the College of Health and Human Performance (CHHP) Advisory Council, has put her “fighting Gator” spirit to work for many years as an educator.

After graduating from the college in 1968 with a degree in Health Education, Stoops returned to Hernando County to become a teacher and eventually became county supervisor. In the world of health education, the ability to put forward reasoned arguments on a variety of volatile issues is essential. Stoops combined this invaluable skill with her “fighting Gator” spirit, resulting in a premier health education program in Hernando County.

When the opportunity to become principal of Brooksville Elementary School (BES) presented itself, Stoops was ready for the challenge and anxious to return to a position that would grant her more direct interaction with both the students and their families. Stoops seized the opportunity to develop new, innovative programming and implemented crucial changes based on significant research results. In fact, Stoops stipulated that as a condition of her acceptance to this new appointment, BES would become a fundamental school. Her terms were agreed to, and as a result, students experienced mandatory uniforms, behavioral accountability and required parental involvement. Following up on the superintendent’s inspired idea to add an international educational component to the curriculum, lessons at every grade level were developed for the study of a particular country. This allowed the students to learn about the country’s population, culture, food, and geography. Thanks to Stoops’ determination and willingness, Brooksville



Stoops family at Amelia Island—front- Tracey, Noelle and Sue; back – Teri with Nathan, Jim, Andy, Tim with Cameron and Jon Douglas.

Elementary School has become a model for the county.

Stoops went to battle for BES when, in June 2003, the school's FCAT scores were registered, and a grade of B was assigned. Resolved that this inaccurately represented her school and its students, Stoops investigated the grading system and found that a formula comparing students' gains in scores from year to year was used to determine the school's FCAT grade. She discovered that some of the BES students had been inadvertently omitted from the evaluation. Furthermore, the formula had failed her when, although the lower scoring students were able to hold their own, the higher scoring students made too significant a gain to be properly calculated.

Stoops roused the BES staff into action and a letter of appeal was sent to the Florida Department of Education. All files were reexamined, and Representative

David Russell, Jr. (R-Brooksville) lent a hand to this worthy cause. In the end, the Gator spirit prevailed, and BES saw its grade changed from a B to a well-deserved A.

As chair of the CHHP Advisory Council, Stoops intends to use the same tenacity to revitalize the work of the Advisory Council, starting with getting the members more actively involved in the college. "I think the college has made an excellent decision in (re-creating) the development officer position," said Stoops. "This is a position that is valuable to the fund raising efforts of the college, but it is equally valuable to our ability to stay connected to the alumni of the college." Stoops wasted no time getting her plans under way, holding the Advisory Council's first meeting November 14-15, 2003 and marking the first time a fall meeting has been held. A spring meeting is planned for March 26-27, in conjunction with the Distinguished

Alumni Induction banquet slated to be held Friday, March 26, 2004.

Stoops is a proud Gator Alumna who has shown remarkable commitment to the College of Health and Human Performance. An outstanding educator, wife, mother, and grandmother, she is married to Tim Stoops (no relation to Bob), has three children (Tracey Douglas, Jim Biggart II, and Andy Biggart) who are all UF graduates, a stepdaughter Noelle Stoops who plans to attend UF, and two grandsons.

1950

**Fred Rozelle**

BS '50, recently completed his service as president of the University of Florida's athletic letterman club, the "F" Club. One of the important tasks faced by the club each year is the selection of new inductees to the Athletic Association Hall of Fame.

1951

**William A. Valentine III**

BS '51, retired as a physical education supervisor for grades K-6. William also taught health and physical education and coached various sports. He continues to serve as a volunteer in Polk County. William has five grown children who reside in the Tampa Bay area.

1954

**Doug Dickey**

BS '54, retired last year from the University of Tennessee in Knoxville where he served as athletics director from 1985 until 2003. In December of 2003, Doug was inducted into the College Football Hall of Fame. He was honored for his head-coaching career at Tennessee and at Florida (1970-78).

1965

**Linda Cowart**

BS '65, recently retired from the Palm Beach County school system after over 35 years as a teacher, coach, and administrator. At the time of her retirement, she was the supervisor for Health, Physical Education, and Driver Education. In October 2003, Linda was recognized by the Florida Alliance for Health Physical Education as the district administrator of the year. Linda has been a driving

force behind the implementation of Brian's Gym in Palm Beach County schools, a fitness program that demonstrates the connection between physical fitness and academic fitness.

1968

**Donne Hale, Jr.**

BSPE '68, is the community warranty manager for Pulte Homes and secretary of the USA Track and Field. Donne worked as a track and field official at the 1996 Olympics. He has been married to his wife Dain for 19 years.

1971

**Terry Bagwell Pappas**

BSPE '71, retired USAF pilot continues to work for NASA as a research pilot and is based in Houston. Terry (or Bags as he was called back in the day) was on campus this past fall and took some time to visit his old baseball coach, Dave Fuller. You may have seen Terry's picture in the winter 2003 *Today* magazine. He has recently agreed to join the college's advisory council.

1974

**Darlene Werhnyak**

MPE '74, has 29 years' experience in education. She is currently the athletics director at Meadowcreek High School in Norcross, Ga. She competes in statewide amateur golf tournaments and was the 2001 state runner-up in the Women's Amateur Championship.

1984

**Kevin S. Clair**

MSESS '84 was in Gainesville for several Gator games and also gave a presentation to graduate students interested in

worksite wellness programs. Kevin is president and chief executive officer of Health Solutions, provider of wellness programs for a number of large corporations including General Motors. Kevin and wife Tracey Polson recently purchased a house in Florida; Tracey's daughter Lauren is a freshman at UF. Kevin is one of our newest advisory council members.

1988

**John Million Turco**

BSESS '88, served as an officer in the U.S. Marine Corps. He currently practices criminal defense law in Las Vegas, Nev. He is a partner in the law firm Mayfield, Turco & Gruber. John has argued (and won) twice before the Nevada Supreme Court. He is married to the former Miss Carrie Goleniak. They have a son, Giovanni Joseph Turco.

1990

**Alan Levine**

BSHSE '90, is now deputy chief of staff for Governor Jeb Bush after a number of years in hospital administration. Alan has great memories of UF and the college and has agreed to share his perspective with graduates at the May commencement.

1993

**Joni Ellis**

BS '93, received a national Partners in Flight award at the Wildlife Management Institute's North American Conference this March for her work with bird conservation outreach.

1995

**Ronald Jay Aldy, Jr.**

BSESS '95, recently took a new job as a poultry key account

consultant. On September 28, 2002 he married the former Sonya Entrekina.

**Chris Ambrosio**

BSESS '95, graduated first in his class with the only 4.0 GPA from Florida State University with a master's in Sport Management in 2001. He was a member of the Phi Kappa Phi academic honor society and a symposium lecturer. Chris has written on the topic of professional sport franchise expansion and relocation and the related legislative and legal issues involved in stadium construction and redevelopment. Currently, he is completing his Juris Doctorate residency as a Phi Delta Phi member at St. Thomas University College of Law in Miami.

**1997**

**Tracey Biggart Douglas**

BSRPT '97, husband Jon Douglas, and brother Andy Biggart are building a new Gainesville restaurant. The Po'Boys Cajun Creole will have a New Orleans theme and authentic po'boy sandwiches as well as other traditionally New Orleans fare. Tracey does not expect to be back waiting tables, however, as she has an exciting full-time job planning special events for the University of Florida Alumni Association.

**1998**

**Yaphett Kashif Powell**

BSESS '98, is a sports entertainment lawyer in the Los Angeles office of Kirkpatrick & Lockhart LLP. He is also the owner of North \*Star Entertainment, an independent record label and

production company with operations in Florida and California; he resides in Brentwood, Calif.

**2000**

**Dave Pearson**

MSESS '00, recently passed his state physical therapy board exam and has accepted a physical therapy/athletic training position with Heartland Rehabilitation in Jacksonville (Mandarin), Fla.

**2001**

**Coury Knowles**

MESS '01, teaches adapted physical education at several schools in Seminole County and is head baseball coach at one of the local high schools. Coury was named Seminole County School District's Teacher of the Year for the Exceptional Student Education Department and will compete against other schools for the Seminole County Teacher of the Year award.

**2002**

**Mason Shamis**

BSESS '02, is currently a medical student at Florida State University and plans to complete his degree in 2007.



Terry Bagwell Pappas



Doug Dickey



## Ruth Alexander 35 years of impact at UF

**I**n sports terminology, Ruth Alexander is an impact player. She came to the University of Florida in 1969 as an associate professor and chair of the Department of Physical Education for Women (the sister department to the physical education program for men). In 1976 the college was reorganized into three academic program departments. Dr. Alexander began dividing her time between coordinating the fledgling women's athletics program and teaching in the Department of Exercise and Sport Sciences where she held the rank of professor.

In 1972 Title IX opened the door for women's involvement in athletics at UF and many other schools across the country. The women's sports program at UF began with gymnastics, swimming, and track and field; volleyball and softball were added in 1974. It was Alexander who crafted the ambitious plan that would create the foundation of what today is one of the most successful women's athletics programs in the country. Alexander notes that in 1975 UF met initial compliance with Title IX guidelines, but everyone agreed "...that we were not anywhere near where we should have been."

In 1987 Alexander was named distinguished service professor by the university, the only faculty member in the college to be so recognized. In

December 2003, she was again honored with a President's Medallion in recognition of her many contributions to the university and to the nation as a fitness leader. This recognition is one of many she has received across her extensive career. Others include induction into both Milligan College Hall of Fame in Tennessee and the University of Florida's Athletic Hall of Fame. She has served on both the President's Council and Governor's Council on Physical Fitness and Sports and is listed in several Who's Who biographical dictionaries.

Recently, Alexander has been the backbone of a burgeoning sport management program. She has successfully facilitated dual degrees with the College of Business and the Levin College of Law. Wherever people discuss sport management programs, they always mention Ruth Alexander. Whether it is an academic conference or visiting industry professionals the comments are consistent. Her colleagues attest, Ruth Alexander is synonymous with sport management and the University of Florida.

According to faculty member, Dr. Gregg Bennett, "These sentiments are likely due to the fact that Dr. Alexander is indeed a rare academician; one who is greatly admired by both academic and industry professionals. For example, she has been a champion for and supporter of women's athletics at UF for over three decades. Her early

administration and continued support of our women's programs has undoubtedly been a foundation for the unrivaled success our teams enjoy today.

"In an era when it is rare for a professor to work for the same institution for over 35 years, I must say that it has been an honor to work for and with Dr. Alexander. Everyone loves and respects her, especially our faculty. On a personal level, she has truly been an incredible mentor and friend during my time at the university. I don't know if I could ever repay her for the guidance and kindness she has shown me during my tenure here. I know everyone is quite proud of her service to the university, and I really have never heard of another academician who has done a better job representing a program, college, and university than Dr. Alexander."

None of these accomplishments is more significant, however, than her success as a mother of four sons (Kern III, King, Klinton, and Kane) and grandmother of two girls. Throughout her academic career she served as a role model for young women seeking to find a way to balance family and profession. Few have done so with as much success as Ruth Alexander.

Dr. Ruth, we will miss you.

## Gators Are More Than Gator Fans

Most of us have known for some time now that “it’s great to be a Florida Gator!” Now, research findings indicate that there is more truth behind this statement than we may ever have imagined. In a study published in the *Journal of Leisure Research*, Drs. Heather Gibson, Cynthia Willming, and Andrew Holdnak examined the connection between Florida Gator football fans and the concept of leisure.

Sociologists claim that sport is an integral part of society because it facilitates the creation of relationships and identities among those with common interests. Florida Gator fans provide plenty of evidence for this contention in the orange and blue clothes they wear, the often-outrageous Gator accessories they possess, the colors of the cars they drive, and even the great distances they will travel for a single football game. These occasions provide a connection with the University of Florida that fans desire and also serve to exemplify the concept of leisure.

In order to further understand this concept, the researchers conducted a three-year study examining the behaviors of fans, focusing on those who travel to football games. Gibson, et.al. developed a questionnaire and conducted numerous interviews with Gator fans prior to home football games. They evaluated the fans with regard to the characteristics of serious leisure: perseverance, long-term commitment, significant personal effort, durable-self benefits, unique ethos, and identification.

Their findings overwhelmingly indicated that individuals construct a large portion of their identity around being a Florida Gator fan. Fans have perseverance, which has been illustrated in both the pre-Spurrier and the post-Spurrier football eras.

Most people did not become fanatics overnight; some have been committed to the Gators for as long as 50 years. Within the sample of fans studied, an average of 34 years of dedication to the team was noted. Often, this correlated to the presence of family alumni. As the tradition of attending UF continues throughout the gener-

ations, so does the intensity of the support given to the Gators.

Study participants identified both social interaction and a sense of belonging as motivators to their continued enthusiastic support. They described the football season as an opportunity to reunite with family and friends who share this common bond. In fact, many fans have remained loyal to the same group of tail-gaters for over 20 years—raising children and watching them grow, get married, and begin to bring their own children to the games.

Findings also indicated that the Gator family extends across the globe, with the fans’ enthusiasm and commitment remaining strong even while outside of Gainesville. Fans have formed Gator clubs, remained faithful to television programs featuring Gator athletics and stayed up-to-date thanks to *The Gainesville Sun* subscriptions, Internet chat rooms, and e-mails with other Gator fans. For many fans, being a Gator is central to who they are and to their social lives, satisfying a key component of serious leisure.

For those who have earned the rank of esteemed alumni, pride in their accomplishment, in their university, and in all things Gator provide the distinction between a Gator and a Gator fan. To paraphrase one of the study respondents, there are three kinds of people in Florida: Gators, wannabe Gators, and Gator bait. It’s great to be a Florida Gator!



## Kicking Off the New Year!

The College of Health and Human Performance “Welcome Back Kick-Off” in August was a new event for our college and one that we will welcome back next year (pun intended).

With a new interim dean, three new department chairs, and a new department director, Health and Human Performance is truly experiencing a new beginning. Add to that enthusiastic new students and you might imagine a state of confusion. Not so at CHHP – with balloons bobbing, music playing and bagels, muffins, coffee and juice flowing, the morning kick-off event, held in the Florida Gym, was full of Gator energy and good will.



Orange and blue were the colors of the day, with the university mascots, Albert and Alberta, joining in on the excitement. Each of the college’s clubs and organizations staffed a table to answer questions and recruit new members. Dr. Jill Varnes, interim dean, welcomed the students and introduced the department chairs, faculty, and staff.



The Office of Student Affairs, led by Associate Dean Dr. Bertha Cato, Judith Traveis, Stephanie Revelli, Telisha Martin, DeEtta Hanssen, Jean Mullen and recently added Mila Henderson, enthusiastically greeted students as they arrived at the event. The recent centralization of undergraduate academic advisement created something to talk about. Students responded positively to the event, noting that it was both fun and informative.

# Dr. Patrick J. Bird

## Steps Down as Dean



**A**fter 18 years as dean in the College of Health and Human Performance, Dr. Patrick (Pat) Bird stepped down June 30, 2003. Bird describes his tenure as dean as “absolutely the highlight of my professional career and a won-

derful experience working with great faculty, administrators, staff and truly fine students.” But, as with any job you have done successfully for a number of years, a certain amount of routine sets in and you look forward to new challenges.

The college changed a great deal over the 18 years, including a new name that was consistent with new directions in research and in academic preparation of students. Some of the major accomplishments under Bird’s tenure as dean include:

- enrollment increased from approximately 500 students to 2,000,
- a doctoral program (Ph.D.) with a number of concentrations was established in 1990,
- research awards increased from \$50,000 in 1985 to \$2.2 million per year,
- research laboratories and academic facilities, as well as student fitness centers and recreational areas, were constructed and renovated at a cost of over \$30 million,
- \$7.2 million was raised from alumni and friends,
- the student recreational sports budget increased to \$3 million per year from \$350,000,
- the Living Well program for faculty and staff, which includes cardiac rehabilitation, was greatly expanded in facilities and in enrollment.

“I feel very good about the changing direction of the college over the years,” Bird said. “We’ve changed the college from what was a good place to train physical education teachers, coaches and recreation leaders to a college whose exceptional teaching and research programs are now devoted to helping people of all ages improve health, fitness and quality of life. Today, each of our departments is among the top three to five in the U.S. based upon our 2001 national benchmarking of enrollment, degrees awarded, GRE scores and research awards with peer departments nationally. This is truly an outstanding accomplishment of our faculty.”

Provost David Colburn stated, “We are forever in his gratitude for his leadership and many accomplishments.”

Major General (Retired) Maurice Edmonds, former chair of the college’s advisory council, noted, “Dean Bird had the vision that reconnecting our alumni to the college was an essential and integral part, not only of building a higher level of alumni involvement and support for the college, but of enhancing the national reputation of our programs. Out of that vision evolved the College Advisory Council and the Distinguished Alumni Recognition Program. The growth of our college and of our alumni support is a testament to Dean Bird and his magnificent leadership.”

Before coming to UF, Bird was a professor and associate dean for academic and student affairs in the School of Education at the University of Virginia. Prior to that he was an associate professor in education at the University of Minnesota. While dean at UF, Bird wrote a weekly column for 13 years called “Keeping Fit,” which appeared in *The Gainesville Sun*, *St. Petersburg Times*, as well as other regional newspapers of *The New York Times*.



## International Performance

### *German Exchange*

The College of Health and Human Performance has been participating in an exchange program with the University of Darmstadt in Darmstadt, Germany for over 10 years. In the summer of 2002, students and faculty from UF visited the Darmstadt campus for a period of two weeks. Eleven graduate students and three faculty from the college participated in this international exchange program supported by a grant from the Carlo and Karin Giersch Foundation. The purpose of the program is to provide for academic, research, and social exchange between German students and faculty and American students and faculty. During the visit, students and faculty presented on various topics of their research, attended classes and visited places of interest in Germany, France, and Switzerland. Among the highlights of the trip were visits to

the International Olympic Museum in Lausanne, Switzerland, mountain biking in the French Alps, and participating in a German Sports Festival.

This past September, students and faculty from the University of Darmstadt visited the college and were able to participate in various classes, engage in research presentations, and enjoy many sights around Florida. Highlights of their trip included tours of our college's labs and facilities, tubing down the Ichetucknee River, playing volleyball on the beaches of Florida, and attending a University of Florida football game.

The program continues to serve academic, research, and social objectives. Our college has been very fortunate to be continually selected to participate. Participating students are chosen as representatives of various specialty areas based on their scholarly qualifications. Participating faculty include Drs. Daniel Connaughton, David Fleming, and Mark Tillman.

### *Olympic History in Greece*

Through an amazing new study abroad course, 22 students traveled to Greece last spring to explore the home of the ancient Olympic Games. The College of Health and Human Performance offered the inaugural course, "Olympic History in Greece," to all majors at the undergraduate and graduate levels. Led by Karen Ehlers, program director, and Dr. Paula Welch,

CHHP emeritus faculty, the class participated in group learning projects on the ancient Olympic Games prior to their Spring Break flight to Athens and their total immersion experience. Each small group was required to create a Web site by researching an assigned historic Greek site. The Web site shared the Greek site's historical, cultural, and political significance. This provided the students with a strong base of knowledge of ancient Greece prior to their exploration of the ruins and culture in person.

Recounting this experience, graduate student Jess Braunstein stated, "This was the classroom come to life. There is no better way to learn than through experience; the rich history of Greece combined with the excitement of the upcoming games shot the Olympic spirit through our group. This was a complete sensory learning experience that will last a lifetime."

The students spent five days traveling through Greece, discovering the land and embracing the culture that began the Olympic tradition. The journey began with two days in Athens as the class was guided by a Grecian scholar through a tour of the city, highlighting such sites as the modern Olympic stadium, the Parthenon at the Acropolis, and the Temple of Zeus among others. After two nights in the capital, the class ventured to Olympia



#### EES Majors tour the ruins in ancient Olympia

From left to right: Daniel Lassman, Michael Temkins, John “Brad” Brooks (kneeling), Beth Ciafrone, Jessica Braunstein, Matthew Ellis, Yosuke Tsuji and, Karen Ehlers, the instructor.

via bus, stopping on the way at an archeological site in Corinth. The class then spent two days and nights with a guide and scholar exploring the quaint town of Ilis (ancient Olympia), the ancient Olympic stadium, and the Modern Olympic Museum before traveling back to Athens. The return trip afforded a final stop at another of the Panhellenic sites, Nemea, where its ancient games were held in an area where human activity is known to have been present since prehistoric times. With one final day in Athens, students were on their own to explore to their heart’s content. Some remained in Athens and re-explored, while others caught a boat to nearby

islands or rented a car to discover more ruins at Delphi.

At the end of their journey, it was agreed: students, mentors, and faculty shared the excitement and delight in the discovery of ancient and modern Greece and its Olympic history. “I absolutely had no idea this course would become one of the most rewarding teaching experiences of my career. The students were enthusiastic prior to our departure, but they literally exploded with an academic passion for the history and culture of Greece that I could have never achieved in a classroom,” said Karen Ehlers. The course has been included in the college’s spring schedule once again to provide another opportunity for

students to travel abroad and discover firsthand the rich heritage of the Olympic Games.

#### *Interning with the World Citizenship Program*

The Coca-Cola World Citizenship Program began in 1998, stemming from a partnership between the University of Florida International Center (UFIC), The Coca-Cola Foundation, the University of Florida, and None Governmental Organization (NGO) partner organizations. The program provides graduate students with a unique international internship experience with its partner organizations. This past summer, Slande Celeste, a graduate student in Health Education & Behavior, was selected to participate in the World Citizenship Program. Slande used the experience to meet the internship requirement for a master’s degree.

Slande interned at World Vision International: Haïti in the Health/AIDS department where she was assigned an extensive variety of tasks over the three months of the internship. Of the experience, Slande noted, “The value of my internship experience is beyond measure, academically and professionally. I will always consider this internship as the opportunity of a lifetime.”

Fluent in English, French, and Creole, she was given the task of translating a variety of documents, including the HIV/AIDS Prevention

and Education Handbook, The Ministry of Health's National Strategic HIV/AIDS/IST Plan for Haïti, the resolution from the National Conference for Protestant churches on HIV, and internal documents and reports from French or Creole to English. She also assisted in the development of a survey tool to assess HIV related knowledge, attitudes, and behaviors among the World Vision Haïti staff. This information enabled Slande to use her health educator skills to create a quality education program.

In addition to the work Slande performed for World Vision, she had the opportunity to further expand her own knowledge base by participating in workshops with other World Vision employees and volunteers.

Interning for World Vision Haïti provided Slande an opportunity to apply her knowledge and skills while interacting with real people over the course of their everyday lives. Slande noted, “The experience enabled me to gain insight into people’s lives and to better understand how what we learn in school can make a difference in the lives of those we are preparing to serve through our profession.” Slande continues to work for World Vision Haïti seeking to improve the lives of people through health education.

▶ 25 Articles continued  
Scott K. Powers Named to First  
UAA Endowed Professorship

## PASSPORT TO PERFORMANCE

*“A journey of a thousand miles begins with a single step.”*

*Confucius*

Two of the college's goals outlined in its Strategic Plan call for enhancing the quality of graduate and undergraduate programs by increasing the number of fellowships, scholarships, and awards given to students. Within the last three years, the CHHP has added two new Ph.D. fellowships — the David and Linda McCaughey, and the Norma M. Leavitt fellowships — and four new scholarships — Charles W. Fessler, Sr. & Miriam A. Fessler, Alan C. Moore, Federick E. Rozelle, and the Charles McPhilomy scholarships. These initiatives, which began with a single contribution, have increased the college's overall number of fellowships, scholarships, and awards. Confucius said “A journey of a thousand miles begins with a single step.” As you read this article, you will immediately realize that our students continue to excel in both quality and accomplishment. The generous contributions of our alumni and friends enable our students to continue to achieve. This article reveals some of the unique research our students are pursuing, reports some very high career aspirations of our students and presents some significant goals students have achieved and are aspiring to accomplish.

During the 2003-2004 academic year, the college awarded four fellowships, 11 graduate scholarships, and 25 undergraduate scholarships. Award recipients were recognized at a special Scholarship Convocation held in February, in which the new interim dean, Dr. Jill Varnes, along with many of the donors, presented the awards. The Scholarship Committee along with Dr. Bertha Cato, CHHP student affairs dean, assisted in the presentations. The Scholarship Committee consisted of Dr. John Chow from the Department of Applied Physiology and Kinesiology, Dr. Brijesh Thapa of Recreation, Parks and Tourism and Dr. John Todorovich, Health Education & Behavior. Most of the donors, advisory council members, faculty, and staff attended the Convocation. The theme was “Passport to Performance.”

**Three former faculty members established the Robert Allen/Owen Holyoak/Paul Varnes Scholarships in 1998.** Scholarships are presented to graduate and undergraduate students with a demonstrated commitment to be of service to others either through military or community service.

### Undergraduate Recipients

*Erica Ayres* is a senior pursuing a double major in natural resource recreation management and environmental science. Erica is one of the few undergraduates who works as a research assistant in the Department of Recreation, Parks, and Tourism. She maintains a 3.81 GPA and hopes to attend graduate or law school in the future.

*Edwin Brockman* is a senior majoring in sport management. Edwin is an executive member and vice president of the Student Sport Management Association (SSMA). He also mentors an elementary student twice a week as a volunteer.

### Graduate Recipients

*Maria Teresa Baquero* is a graduate student in Health Education & Behavior where she maintains a 4.0 GPA. Maria works in collaboration with the UF Student Health Care Center and Planned Parenthood of North Central Florida to educate high school, college, and low-income adults on HIV. She is the president of Women in Science and Engineering and the Undergraduate Research Society.

*Kevin B. George* is a graduate student in sport management. He currently works as a graduate assistant for intramural sports. Last summer he worked for the Navy Morale, Welfare & Recreation in La Magdalena, Italy. Kevin has obtained an extensive amount of experience as a sport manager while holding a 3.81 GPA.

**The Patrick J. Bird Dissertation Research Award** is presented to a Ph.D. candidate to assist in expenses related to completion of his or her doctoral dissertation.

### Recipient:

*Tracey Phillips* is pursuing a Ph.D. in exercise physiology and holds a 3.8 GPA. Tracey's

research interests lie in examining the role of inflammatory processes as potential contributing factors to aging and functional declines. She also enjoys volunteering as a general assistant in the emergency room at Shands Hospital. Upon completing her doctoral work she hopes to secure a postdoctoral or faculty position.

**Dean Emeritus C.A. Boyd Scholarships** are designated for any major in the college with special consideration at the undergraduate level for students who play and enjoy golf.

### Undergraduate Recipient

*Erin R. Barnes* is a senior in the athletic training program. Erin is currently involved in a practicum with UAA football where she works 60 hours a week. She hopes to become the head athletic trainer for a Division I college football team.

### Graduate Recipient

*Angela Chuck* is a second year graduate student studying sport psychology. She is a member of the Jamaican National Swimming Squad and is currently training for the 2004 Olympics. Her research interests include anxiety and confidence in athletes, specifically in relation to optimal performance. Angela holds a 4.0 GPA.

**James Daniel Eggart Memorial Scholarships** are given to undergraduates and graduates in any major in the college with preference to graduates of a Pensacola-area high school.

### Undergraduate Recipients

*Dana McNorton* is a health education & behavior major. She has an impressive amount of volunteer experience including working in Shands Hospital and Camp SKAMP, a camp for children with physical disabilities. Dana plans to graduate in May and will use her scholarship funds to assist her in attending medical school where she hopes to become a physician assistant.

*Omari I. Bernard* is a senior majoring in exercise and sport sciences with an emphasis in fitness/wellness. Omari is the Alpha Epsilon Delta Volleyball director and works as a fitness supervisor/personal trainer at the Southwest Recreational Center. Omari plans to attend graduate school in the future.

**Graduate Recipients**

*Michelle Bonilla* is a second year graduate student specializing in sport management. She plans to attend law school and concentrate in sport and entertainment law while completing a doctorate in sport management. Her career goals include working in the sports industry as a contract lawyer or negotiator for a professional team. Michelle holds a 3.73 GPA.

*Ryan D. Woodruff* is a graduate student in biomechanics. For the last four years he worked for the University Athletic Association as head manager for the swimming and diving team.

**The Thomas F. Hayes IV Memorial Scholarship** is given to either an undergraduate or graduate student who is an active cyclist and participant with Team Florida Cycling Club.

**Undergraduate Recipient**

*Elisabeth Schneider* is a junior majoring in exercise physiology and an active member of the Team Florida Cycling Club. For the upcoming spring and the following summer and fall semesters, Elisabeth plans to travel and study in Melbourne, Australia. She hopes to one day become a doctor of osteopathic medicine.

**Graduate Recipient**

*Lori Palmer* is a second year graduate student specializing in sport management. She is a member of Team Florida Cycling Club and was voted "Female Rider of the Year" by her teammates. Lori holds a 3.81 GPA.

**The Norma M. Leavitt Scholarships** are given to undergraduate and graduate students who are pursuing a professional teaching degree.

**Undergraduate Recipients**

*Caroline Thompson* is a senior exercise physiology major with a 4.0 GPA. She is the captain of UF cheerleading squad and volunteers in the pediatric unit at Shands Hospital. Caroline's research interests include the effects of exercise on multiple sclerosis. She hopes to pursue a master's degree in physical therapy and work with either pediatrics or general rehabilitation.

*Lindsay Skinner* is a junior exercise physiology major with a 3.97 GPA. She is a member of the Alpha Phi Omega National Service Fraternity.

**Graduate Recipients**

*Thomas Baker, III* is a Ph.D. student majoring in sport management. As a teaching assistant, Thomas teaches sport law classes at the undergraduate level. He is a graduate of Loyola University School of Law. Thomas holds a 4.0 GPA.

*Kim Fournier* is a Ph.D. student specializing in biomechanics, who teaches Biomechanical Basis

of Movement as a university level instructor. Kim has worked on a variety of research projects. She holds a 4.0 GPA.

*Christopher Kevin Wirth* is a second year graduate student in the Department of Health Education & Sports with a specialization in sport pedagogy. He is currently the physical education/health teacher at Millhopper Montessori in Gainesville. Christopher holds a 3.66 GPA.

**The Charles W. Fessler Jr., and Judith D. Fessler Undergraduate Scholarships** are awarded to recreation, parks and tourism and exercise and sport sciences majors, respectively. Mr. Fessler established these scholarships as a way to assist students in pursuing their degrees.

**Charles W. Fessler, Jr. Scholarship Recipient:**

*James K. Nice* is a senior majoring in recreation, parks and tourism with an emphasis in travel and tourism. His career goals include providing recreational programs to underprivileged children and teens. James held an internship with the University of Florida Alumni Association.

**Judith D. Fessler Scholarship Recipient**

*Jennifer D. Gavrich* is a recreation, parks and tourism major specializing in commercial recreation. She is an active member of Alpha Chi Omega and volunteers with the Boys and Girls Club. Jennifer holds a 4.0 GPA.

**Charles W. Fessler, Sr. and Miriam A. Fessler Scholarship** is awarded to a recreation, parks and tourism or an exercise and sport sciences major, respectively. The award was established to assist students in achieving their career goals.

**Recipient**

*Abby A. Ritchie* is a senior recreation, parks, and tourism major with a 3.85 GPA. She has held various leadership positions including the secretary of Leisure Education and Parks Services Organization, representative for College Council, and Secretary/Treasurer for Reformed University Fellowship.

**The Lee-McCachren Scholarship** is given to graduate students who have exemplified excellence in teaching within the Sport-Fitness Program. The awardees must be of outstanding character with a strong, competitive spirit and a high level of enthusiasm for life and professional pursuits.

**Recipient**

*Amy L. Hagan* is pursuing her Ph.D. in the Department of Exercise and Sport Sciences with a specialization in exercise and sport psychology. Amy works as a teaching assistant in the Department of Exercise and Sport Sciences. She has published several refereed publications,

including one on "Affective Responses of High and Low Body Satisfied Men to Viewing Physique Slides," and "The Relationship Between Exercise Dependence Symptoms and Perfectionism." Amy holds a 3.82 GPA.

**The Alan C. Moore Scholarship** is established to support the Department of Exercise and Sport Sciences undergraduate students who have demonstrated leadership in teacher education and been involved in community service.

**Recipients**

*Amanda P. Cornett* is an athletic training major with a 3.75 GPA. She worked for a year as the student athletic trainer for UF softball and is currently the student athletic trainer at Hawthorne High School.

*Tracyann Doran* is a senior athletic training major with a 3.69 GPA. She has worked as a student athletic trainer for UF Cross Country and Track and Field and is currently taking part in an athletic training practicum at P.K. Yonge Developmental Research School.

*Keith Elizabeth Pena* is a junior exercise physiology major with a 3.68 GPA. Keith's research interests include reducing leg pain through low-intensity exercise through the study of peripheral arterial occlusive disease. She hopes to attend medical school and become an orthopedic surgeon.

**The Potter/Chafin Scholarship** is given to a major in the college who enjoys and actively participates in tennis.

**Recipient:**

*Katherine Parsons* is a senior in the athletic training program and maintains a 3.35 GPA. She currently works as the student athletic trainer for the University football team. Katherine has three years of volunteer experience with World Changers.

**The Frederick E. Rozelle Scholarship** is awarded to an undergraduate student in the Department of Exercise and Sport Sciences who plans to become a teacher.

**Recipient**

*Philip Laird* is a senior exercise and sport sciences major with a 4.0 GPA. He is a member of the varsity cross country and indoor/outdoor track and field teams.

**Herman W. Schnell Memorial Scholarships** are awarded to one undergraduate and two graduate students majoring in exercise and sport sciences. Applicants should have demonstrated a high level of scholarship, interest in tennis and skills in physical activities.

### Undergraduate Recipient

*Abraham Andres Chileuitt* is a senior majoring in sport management where he holds a 3.81 GPA. He has worked for two years with the Division of Recreational Sports as an official for intramural sports. Abraham is also a member of the Florida Recreational Sports Board of Directors Facilities Committee.

### Graduate Recipient

*Ryan Caserta* is pursuing his Ph.D. in exercise and sport sciences, with a specialization in sport psychology. Ryan holds a teaching assistantship in which he instructs classes in tennis, social dance and Latin Dance. Ryan holds a 4.0 GPA.

**The Stevens Scholarships**, established by B.K. and Betty Stevens, provide funds for both graduate and undergraduate students.

### B.K. and Betty Stevens Graduate Scholarship Recipient

*Stephen Coombes* is pursuing a Ph.D. in the Department of Exercise and Sport Sciences with a specialization in motor learning and control. He has published numerous articles and book chapters with titles including "Adults with dyslexia: theta power changes during performance of a novel motor task." Stephen holds a 3.89 GPA.

### Naomi Stevens Memorial Scholarship

Naomi Stevens was the first wife of B. K. Stevens. She served for a number of years as guidance counselor at Gainesville High School.

### Recipient

*Amanda Tucker* is a senior majoring in recreation, parks and tourism with an emphasis on commercial recreation and hospitality management. In January she assumed an internship position at the Kahala Mandarin Oriental in Hawaii.

**Charles McPhilomy Scholarship** provides funds for students in the teacher preparation program.

### Recipient

*Erin Saunders* is a senior health education & behavior major with a 3.87 GPA. She works

with the Gator Well, Student Health Care Center as a resource for students seeking health information and services on campus. Erin also serves as the public relations officer for the Florida Association of Professional Health Educators.

**The Chris Patrick Athletic Training Scholarships** Honors outstanding student athletic trainers from the University of Florida's undergraduate athletic training education program. **Chris Patrick**, the assistant athletic director for Sports Health, is a member of the NATA, SEATA and ATAF Halls of Fame. He is also the former chairperson of the Southeastern Conference Sports Medicine Committee.

### The following ESS majors were recipients:

*Katherine LuCante* is a graduate student in the athletic training program and maintains a 3.7 GPA. She is the head athletic trainer at Oak Hall School. She has a research interest in patellofemoral pain.

*Emily Mintner* maintains a 3.6 GPA and currently serves as the student athletic trainer for the UF football team. She pursues research in the emotional and physiological effects of career ending injuries to athletes who are still in their prime.

*Kelley Palmer* maintains a 3.6 GPA and is the student athletic trainer for the UF women's basketball team. She plans to pursue graduate studies in physical education and focus her research on methods to stimulate children to be physically active.

Other recipients of the **Chris Patrick Athletic Training Scholarships** during the 2003/2004 academic year were *Suzanne Allain, Kaysee Brinkley, Stacy Lieberman, and Cynthia Warner.*



Graduate Recipients

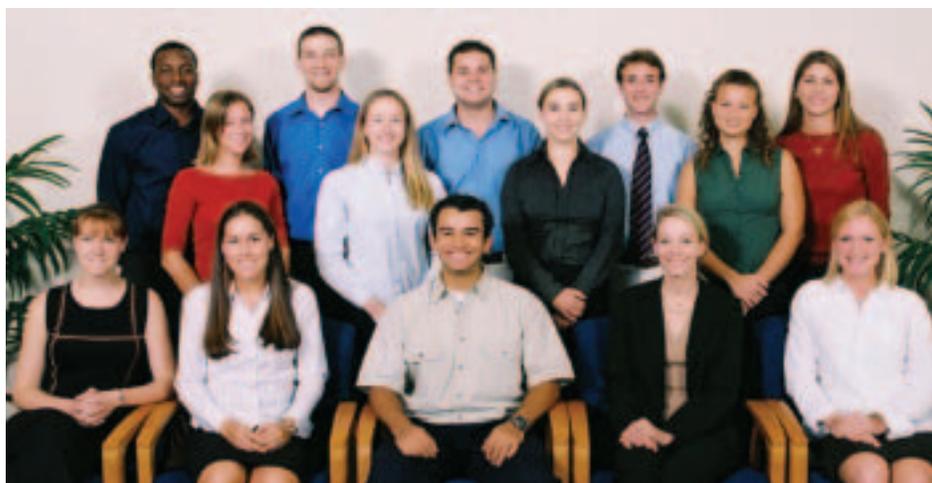
Back row left to right: Ryan Caserta, Ryan Woodruff, Kevin George, Stephen Coombes  
Middle row left to right: Christopher Wirth, Kim Fournier, Thomas Baker III, Angela Chuck  
Front row left to right: Maria Baquero, Amy L. Hagan, Lori Palmer, Michelle Bonilla



Frederick E. Rozelle Scholarship Recipient  
Philip Laird



Lee-McCachren Graduate Scholarship Recipient  
Amy Hagan



Undergraduate Recipients

Back row left to right: Omari Bernard, Edwin Brockman, James K. Nice, Philip Laird, Dana McNorton  
Middle row left to right: Lindsay Skinner, Caroline Thompson, Erica Ayres, Amanda P. Cornett  
Front row left to right: Amanda Tucker, Erin Saunders, Abraham Chileuitt, Abby A. Ritchie, Elisabeth Schneider

## Scott K. Powers Named to First UAA Endowed Professorship

The University Athletic Association (UAA) recently announced a gift of \$750,000 to establish the first UAA endowed professorship. Athletics Director Jeremy Foley anticipates that this will be the first of what he hopes will be an ongoing program to recognize the faculty who make UF the great academic institution that it is today. The first UAA professorship will be housed in the College of Health and Human Performance. This is an exciting first for the UAA and for the college.

Dr. Scott K. Powers, professor and director of the Center for Exercise Science, has been selected to hold the UAA professorship. Powers earned an Ed.D. from the University of Tennessee in exercise physiology in 1980 and also earned a Ph.D. in physiology from Louisiana State University in 1985. His research interests focus on cardiac and skeletal muscle function in both health and disease.

Powers' research has investigated exercise-induced changes in cardiac antioxidant systems and the role of antioxidants and "stress proteins" in providing myocardial protection against ischemia-reperfusion injury. Further, Power's laboratory is studying the contribution of free radicals to respiratory muscle dysfunction during prolonged mechanical ventilation.

His research has been supported by grants from the National Institutes of Health, American Heart Association, and Florida Biomedical Research Program, the American Lung Association. Power has amassed over \$10.7 million in external grant funds, serving as principal investigator on 15 different studies and co-investigator on three. He is the co-author of four textbooks, numerous book chapters and has contributed to over 140 scientific papers in high impact journals such as the *American Journal of Physiology*, *Free Radicals in Biology and Medicine*, *American Journal of Critical Care Medicine*, and the *Journal of Applied Physiology*.



Powers has contributed to his profession through active involvement in the American College of Sports Medicine by serving on numerous committees, the board of trustees, and as vice-president during 1997-1999. He is also an active member of the American Physiological Society and currently serves on several committees within the organization. Further, Powers serves on numerous scientific journal editorial boards and NIH study sections; he is a Fellow in the American College of Sports Medicine and the American Academy of Kinesiology and Physical Education.

Although Powers is a highly regarded scientist who holds distinction as a graduate research professor, he is also a highly regarded teacher and mentor to graduate students. His student course evaluations consistently rank among the highest in the college earning him teacher of the year awards on more than one occasion. His doctoral students consistently praise his availability and interest in them as people as well as their role as students. As a colleague Scott Powers is a consistent force in helping others to achieve success. On learning of Powers' appointment, Morgan Pigg (HEB) said, "Scotty always shows a positive and supportive attitude toward our college and university. I feel fortunate to know him as a colleague and friend."



Allen-Holyoak and Varnes Undergraduate  
Scholarship Recipients  
Erica Ayres and Edwin Brockman



Danny Eggart Scholarship Recipients  
Omari Bernard and Dana McNorton



Allen-Holyoak and Varnes Graduate  
Scholarship Recipients  
Maria Baquero and Kevin George

**Dr. Chris Leeuwenburgh (DAPK)** was an invited speaker in England, Germany, and Spain this past year. He spoke at Queens' College in Cambridge, England at the International Association of Biomedical Gerontology (IABG) 10th Congress. The purpose of the IABG is to make the general public more aware of biomedical aging research's potential to increase the span of healthy productive life, and to decrease the social and economic problems of age. Furthermore, it seeks to promote greater communication among biomedical aging researchers internationally.

The focus of the Symposium of the German Society for Sports Medicine in Potsdam, Germany, was to increase understanding of skeletal muscle physiology and biochemistry in order to then fully comprehend their importance in sports medicine. The Kinesiology Department is located in the beautiful former quarters and gardens of the Prussian Kings.

In Cadiz, Spain, Dr. Leeuwenburgh discussed the source and origin of programmed cell death and potential strategies to prevent cell death with age in his lecture, "Oxidants and Antioxidants in Biology."

**Dr. Christine Stopka (HEB)** is actively consulting with the NASA-Kennedy Space Center to help create a model Adapted Physical Activity program for their employees with disabilities. The goal is to establish the program as a template to be adopted by all other NASA installations, of which there are about three dozen throughout the country and the world. Dr. Stopka's expertise in sports medical considerations for individuals with disabilities; exercise therapy for people with peripheral vascular disease; and adapted physical activities and equipment, is both nationally and internationally renowned for its ability to empower others to maximize their poten-

tial. Graduate students **Sharon Barak** and **Hee Sun Jun** work with Dr. Stopka in the fields of exercise therapy for people with peripheral vascular disease and adapted aquatics.

**Dr. Bertha Cato (RPT/Associate Dean)** was an invited facilitator at the 2003 Research Roundtable of the National Recreation and Park Association Congress and Expo in St. Louis, Mo. Dr. Cato provided examples of evaluation and assessment instruments, as well as materials explaining a variety of methods and procedures for conducting assessment and evaluation of parks and recreation facilities, programs, services, personnel, policies and participants. The congress allowed a mix of practitioners and academicians to discuss and explore the rewards and challenges of assessment and evaluation in an organization dedicated to the conservation of parks, and to the education of recreation and leisure to professionals and citizen advocates.

**Dr. Jiunn-Jye Sheu (HEB)** has been responsible for the operation and development of the Instructional Technology Lab. The lab has created an updated Web page with features focusing on instructional technology including multimedia presentation, distance learning and a Web-based search engine for instructional media, and is expanding its services to health education and health promotion professionals. Besides providing hands-on experience, the lab offers research applications such as ProCite, Web-based survey, power analysis, Epi-info, SPSS, JMP, LISREL and Remark Office OMR to assist faculty and graduate students' research projects.

**Dr. Scott Powers (DAPK)** presented a series of lectures relating to antioxidants, exercise, stress and muscle atrophy: venues included Frontiers of Cardiology in Winter Park, Colo.; the American College

of Sports Medicine in San Francisco, Calif.; the International Olympic Committee Consensus Conference on Sports Nutrition in Lausanne, Switzerland; the British Physiological Society Annual Meeting in Dublin, Ireland; the International Association of Biomedical Gerontology in Cambridge, England and the Turkish National Sports Medicine Congress in Cappadocia, Turkey.

**Dr. Barbara Rienzo (HEB)** published a book, with co-author Dr. James Button in Political Science (UF) titled *The Politics of Youth, Sex and Health Care in American Schools* (Haworth Press). Based on their national empirical study of school-based clinics in the U.S. as well as in-depth, qualitative studies of five representative communities, the work was also presented at the national conference of the National Assembly on School-Based Health Care in Washington, D.C. Dr. Rienzo continues to serve as associate director for education for the UF Center for Spirituality and Health, and coordinates more than 10 courses offered through a wide range of departments across the university.

**Dr. Randy Braith (DAPK)** organized symposia on Heart Failure and Heart Transplantation for both the American College of Sports Medicine international meeting, and the American Association of Cardiovascular and Pulmonary Rehabilitation national meeting. Joining Dr. Braith in these symposia were his former doctoral students **David Edwards, Ph.D.**, assistant professor, University of New Hampshire; and **Pete Magyari, Ph.D.**, assistant professor, Lynchburg College Virginia and his present doctoral student, **Gary Pierce, M.S.** Dr. Braith was also invited to present Cardiology Grand Rounds at the Cleveland Clinic Foundation Hospital. He made a summary presentation of his 10 years of research experience

with post-transplant hypertension in heart transplant recipients.

**Dr. W. William Chen (HEB)** attended and presented two papers at the 12th World Conference on Tobacco or Health in Helsinki, Finland. Co-authors of the papers on the evaluation results of the tobacco control initiative among Florida college students included **Dr. Delores James** and **Dr. Jiunn-Jye Sheu**. Dr. Chen was also invited to serve as an external examiner for the Master of Science degree program in Health Education and Health Promotion at the Chinese University of Hong Kong. As an external examiner, Dr. Chen will be responsible for assessing all the courses required for the degree program and for conducting on-site visits to evaluate both the program and the students. This three-year appointment will continue into 2004.

Congratulations are in order for **Dr. Ruth Alexander, (RPT Distinguished Service Professor)**. **Provost David Colburn** honored Dr. Alexander with the University of Florida's Presidential Medal. This honor is in recognition of Dr. Alexander's outstanding, dedicated and continuous service to the university in a manner that brings recognition and distinction to this institution. This is a wonderful honor for both Dr. Alexander and for the college.

**Dr. Mark Tillman (DAPK)** presented his hip torque profiles in above knee amputees at the Symposium on Exercise and Movement in cooperation with the Technische Universität Darmstadt in La Clusaz, Germany.

**Dr. Virginia Noland (HEB)** gave a presentation to the Governor's Task Force on the obesity epidemic. The presentation included the findings from the Florida Five County Physical Activity and Healthful Nutrition Project completed last year in collaboration with the Florida Prevention

Research Center at the University of South Florida and the Florida Department of Health.

**Dr. Chris Janelle (DAPK)** chaired the Exercise and Sport Psychology Division 47 program for the annual conference of the American Psychological Association in Toronto and presented two papers. He was also an invited participant on a symposium dealing with "Current Directions in Emotion Research" at the annual conference of the North American Society for the Psychology of Sport and Physical Activity.

**Dr. Robert Weiler (HEB/Chair)** was awarded a \$187,700 research contract from Purdue Pharma, L.P. for conducting a content analysis of prescription drug information contained in health education materials and to develop a teacher's resource guide to help teachers plan and implement lessons on drug abuse prevention for middle school students. **Dr. Rebecca Cline (HEB)** is a co-investigator on the content analysis.

**Dr. Pete Giacobbi (DAPK)** presented a series of studies on the relationship between exercise and stress emotions at the annual conference of the American Psychological Association, the North American Society for the Psychology of Sport and Physical Activity and the Association for the Advancement of Applied Sport Psychology. In addition, Dr. Giacobbi was awarded a research grant from The First Tee of St. Augustine, Fla. The First Tee is a nationwide organization dedicated to providing children and youth opportunities to play golf. The First Tee also teaches youth effective communication techniques and ways to cope with stress and anger.

**Dr. Cari Autry (RPT)** was selected from a national competition of applicants to receive the 2003 SPRE Leadership Award, awarded by the Society of Park and Recreation

Educators (SPRE) branch of the National Recreation and Park Association. The award was competitive and is awarded to Ph.D. students who show promise of succeeding in their profession and who have strong potential to be a leader in the SPRE in future years. Autry was awarded a complimentary registration to the NRPA Congress in St. Louis, and will be acknowledged at the SPRE banquet and asked to participate in SPRE board meetings as an emerging professional in our field.

**Dr. Heather Gibson (RPT)** served as guest editor for "Sport tourism: An introduction to the special issue" of the *Journal of Sport Management*. In addition, Dr. Gibson presented "Destination images and benefits south from an

international ski and snowboard trip: A follow-up study" at the European Association for Sport Management Congress in Stockholm, Sweden.

**Mr. Timm Lovins (Director of Living Well)** was honored for his contributions to Gainesville's success as the first Gold "Well City" in the U.S. Living Well sponsored a number of programs: Focus ("Special Needs" exercise programming), which provides post-op programs specially developed for recovery from hand, shoulder, hip and knee orthopedic surgery; a "Healthy Back" program; "Cardiac Rehabilitation" and the "Personal Best" Running Club, which participated in the Gator Gallop, MS Run and Race Judicata.

Jean F. Mullen

## Obituary

### *B.K. Stevens*

B.K. Stevens died May 18, 2003. Mr. Stevens received his teaching degree from UF and was a member of the original faculty when the college was established in 1946. He taught high school social studies, was a coach at Santa Rosa High School in Milton, Fla. and later taught at P.K. Yonge Developmental Research School. Mr. Stevens was a faculty member in the professional curriculum in the College of Physical Education and Health at UF until he retired in 1976. He and his wife, Betty, former UF Dean of Women, continued to maintain an active interest in the college, where he was a member of the College Advisory Council. The Stevens have consistently supported students through scholarships and fellowships. B.K. is survived by his wife, Betty Stevens.

### *Dr. Wayne Thomas Sandefur*

Dr. Wayne Sandefur died July 20, 2003 at the age of 89. Dr. Sandefur was a graduate of Purdue University. He obtained a master's degree and doctorate in health education from Indiana University. Dr. Sandefur was a U.S. Army veteran of World War II, and was twice awarded the Silver Star and Purple Heart.

Dr. Sandefur taught and coached at Reitz Memorial High School in Evansville, Ind. and at Biloxi High School in Biloxi, Miss., where he also served as assistant superintendent of schools. He was a professor of health education at UF from 1953 until 1979, and served as chair of the department of professional curriculum in the College of Physical Education and Health from 1959-1970.

Survivors include his wife of 61 years, Sarah Rhodes Sandefur of Gainesville, daughters Sally Roach of Clearwater, Becky Hite of Gainesville and Ginny Sidlowski of Knoxville, Tenn. and three grandchildren.

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