

Performance

Team



GATOR *Life*
College of Health &
Human Performance



UNIVERSITY OF
FLORIDA

Spring
99

Performance

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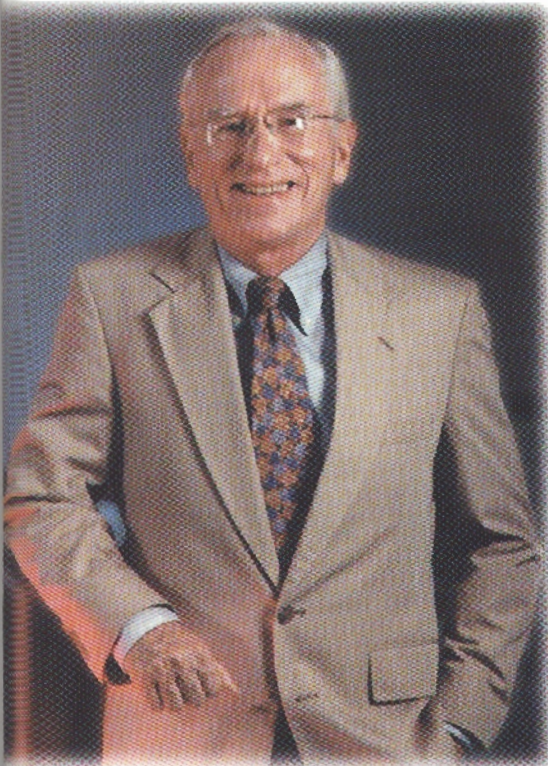
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Message from Dean Bird



A Shift In Focus:

As you are aware, our enrollments have substantially increased over the last 14 years, from about 600 students to 1,822 students last fall. Most of this growth has been at the undergraduate level. Of our current student population, 1598 are undergraduate and 224 graduate students. In the past two years, however, College enrollments have begun to level off. This is by design, not from lack of student interest. We simply have neither the faculty nor the space for further significant undergraduate growth.

In addition, under the Florida Board of Regent's new university classification plan, the University of Florida is recognized as a "Research I" institution. In effect, this caps undergraduate enrollments but lifts all limits on developing other programs and allows us to strive to be the best research university in the nation. The University, and each of its colleges, are now turning more of their attention to graduate education. Currently, the UF graduate student population is 19% of its total student population. For the College this figure is only 13%. These percentages are quite low compared to the 27% average for the top ten public universities in the country. So, we have some catching up to do.

OUR PLAN. The College plan is to generally maintain the size of its undergraduate population while more than doubling its graduate enrollment to about 500 students. Achieving this goal will require that we compete successfully with our peer institutions in attracting a greater number of the best graduate student candidates from the top institutions in the US and abroad.

To do this, two things have to happen. *First*, we must continue to increase the breadth and relevancy of our graduate offerings. This has to be accomplished without weakening our existing and highly successful graduate programs. (One example of this success is that 100% of our Ph.D. graduates are employed in appropriate and highly desirable positions in their fields of study.) *Second*, our graduate growth must be adequately funded. This will require that we receive additional state resources and that we continue to increase our generation of funds from grants and contracts as well as through private giving. Here we are already showing good progress.

New Graduate Offerings. The College has recently developed several new graduate degree options. These include a combined MS/MBA degree with the College of Business in the area of Sports Management; a combined MS/JD degree with the College of Law in the area of Sport Law; and new Ph.D. options in Athletic Training, Biomechanics, Clinical Exercise Physiology, Sport Psychology, Tourism Research and Development, and Therapeutic Recreation. Furthermore, our best students now have access to combined BS/MS degrees in each department. These programs allow for a seamless transition from undergraduate to graduate education, and they decrease by about one semester the time for earning a Master's Degree. Next year we hope to announce the start of a new **Master of Public Health Degree** that is now being reviewed for approval.

Increased Funding. Regarding the financing of this effort, our Provost, Betty Capaldi, has provided us with some increased funding based upon projected graduate enrollment growth for the next year. And contract and grant activity is on the rise. In 1998, the faculty for the first time exceeded the \$1 million mark in securing new external funds for their research and to help support graduate students. In addition, we are three-quarters of the way to meeting the College Capital Campaign goal of \$2,100,000, a good portion of which is specified for Graduate Fellowships by the donors.

A BRIGHT FUTURE. This shift in focus begins another important chapter in the history of the College. Graduate education is the bedrock of a "Research I" institution and adds richness to the undergraduate experience by raising the overall expectations, intellectual level and excitement of the academic enterprise. Growing the College graduate programs is the next step in elevating our national and international position as a leader in education and scientific activities that help us all improve and maintain our health, fitness and quality of life. I will keep you posted on our progress.

Cordially,

Patrick J. Bird, Dean

college

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ORGANIZATION

- * Department of Exercise & Sport Sciences
- * Department of Health Science Education
- * Department of Recreation, Parks & Tourism
- * Division of Recreational Sports

ENROLLMENTS, MAJORS

- * 1,598 Undergraduate
- * 224 Graduate

SERVICE PROGRAMS

- * Division of Recreational Sports (19,000 participants per year)
- * Faculty/Staff Wellness Center (800 members)
- * Sport & Fitness Courses (7,000 students enrolled per year)

BUDGET SOURCES

- * 50% Tuition & Fees
- * 30% non-State sources (\$2.5 million)
- * 20% State Tax Dollars

COLLEGE FACILITIES

- * Research and Development
 - Center for Exercise Science
 - Florida Center for Health Promotion
 - Center for Tourism Research and Development
 - Faculty/Staff Wellness Center
- * Teaching and Recreation
 - 39 acre recreation park
 - 2 Pools, 50-meter (Indoor & Outdoor)
 - Racquetball Courts, Outdoor (32)
 - Roller Rink
 - Softball Complex (4 fields)
 - Tennis Courts (40)
 - Track Facility
 - Volleyball Courts, Outdoor (7)
 - Water Front Park (80 acres)

new

Advisory Council Members



Walter (Wally) Armstrong is currently President of Gator Golf Enterprises, Inc. For the past 30 years Armstrong has played professionally and taught golf across the US and throughout the world. As a Gator golfer, Armstrong earned All-American honors in 1966 and joined the PGA in 1974. According to Armstrong, who earned bachelor and master degrees from UF, he founded Gator Golf Enterprises in order to concentrate on teaching. He has produced over two dozen golf instructional videos including the first video targeted to women. Armstrong has developed a number of videos designed to teach children the game including one in which his son (then age 11 years) does most of the instruction. Wally and his wife Debbie have 3 children and currently reside in Maitland.



Cari Autry, newly appointed student member, received her B.S. in Biological Sciences from North Carolina State University in 1989. After six years in a research laboratory Autry entered the University of North Carolina at Chapel Hill where she earned a M.S. in Recreation Administration with a specialization in Therapeutic Recreation in 1997. In January 1998 she began the Ph.D. program in the Department of Recreation, Parks and Tourism specializing in Therapeutic Recreation and minoring in Special Education. Cari is also a Certified Therapeutic Recreation Therapist and is a member of NRPA's Student Branch.



Bruce Biddle, President of Bear Archery Inc. is an avid outdoorsman from New England who is quickly acclimating to the Gainesville area. Biddle received his M.B.A. from Harvard, and spent over 25 years as the President and CEO of the Scandia Trading Company, a highly successful apparel company. He has also served as a consultant to a number of businesses in the area of strategic marketing. As the new President of Bear Archery he has added bow hunting to his list of outdoor activities. Bruce and his wife Betsy have 3 grown children, located across the country, and two grandchildren.

Continuing Members

Robert E. Allen of Vero Beach

C. David Ayers of Gainesville

Fran S. Carlton of Orlando

Jimmy Carnes of Gainesville

Derek de la Pena Student Representative, ESS

Frank Dempsey of Vero Beach

Maurice O. Edmonds of Ponte Vedra Beach

Charles W. Fessler, Jr. of Jacksonville

T. Glenn Hoffman of Islip, NY

J. David Huskey, Jr. of Ft. Lauderdale

Charles W. LaPradd of Gainesville

Alan Levine of Tallahassee

Larry Libertore, Jr. of Lakeland

Catherine Archibald Longstreth of Gainesville

Frank M. Lorenzo of Tampa

Edward D. (Ed) Mathews of Haines City

Perry C. McGriff, Jr. of Gainesville

Robert J. (Bob) Murphy of Boynton Beach

Ray H. Rollyson of Plant City

Fred E. Rozelle of Gainesville

William J. Sims of Silver Springs

Emmit Smith, Pensacola and Dallas, TX

John A. Smith of Jacksonville

Stephen Orr Spurrier of Gainesville

Billie Knapp Stevens of Melrose

Kristine Stouffer, Student Representative, HSE

Diane Trexler of Ocala

Angus and Judy Williams of Tampa



Real estate makes a great charitable gift... and reduces estate taxes, too.

Estates that are "land rich and cash poor" can create tax headaches for you and your heirs, who may wind up selling assets under pressure simply to pay the IRS. Many Gators who want to support the University of Florida in our *It's Performance That Counts* campaign are making charitable gifts of real estate that also benefit their estates.

Here are some gift ideas to help reduce estate taxes and reduce the illiquidity problems that plague estates with large percentages of real estate. Two of these suggestions could even result in sizeable current income tax deductions, which you might use to purchase insurance that can benefit your heirs.

Outright Gifts of Real Estate

An outright charitable gift of long-term appreciated real estate may entitle you to the following tax benefits:

- a charitable contribution deduction on your income taxes equal to the fair market value of the property (based on a qualified appraisal),
- avoidance of capital gain taxes on the appreciation in the asset,
- removal of this asset from your estate.

Given to UF through the University of Florida Foundation, this outright gift can be used by the university to help support an educational purpose of interest to you. As I write, there have been more than 20 gifts of real estate in the university campaign, worth nearly \$3 million to UF.

Life Income Vehicles

These vehicles make it possible to convert non-income-producing real estate into an income-producing asset and support UF at the same time. If you are worried about capital gain tax or estate tax on long-term appreciated property, a charitable remainder trust (CRT) could be the answer.

Consider the advantages of the CRT:

- you receive a current income tax deduction for the present value of the charitable remainder interest (based on a qualified appraisal),
- you avoid capital gain tax on the appreciation (no capital gain tax is paid when the CRT sells the property),
- you and your spouse retain income from the CRT for life (or may pass it to others for their lives),
- your charitable remainder supports a purpose of your choice at UF, and
- the asset is removed from your estate for estate tax purposes.

The money you save in income taxes, remember, can be used to purchase insurance that could provide your heirs with more inheritance than they would receive from appreciated property in your estate that is subject to estate tax.

Reducing Estate Taxes

Here are two other suggestions for reducing estate taxes:

- (1) *Give property to UF through a will, codicil or trust.*

Consider including a bequest of property to the UF Foundation (for UF) in your estate planning documents. At your death, the property goes to the Foundation where it is sold to benefit the university as you instructed. Your estate receives an estate tax deduction for the value of the property. Capital gain tax is never paid on the appreciation.

- (2) *Make an outright gift to UF, retaining a "life estate."*

Any personal residence (house, condominium, vacation home) or farm can be transferred to UF with you or your spouse retaining all rights to use and occupy the property during your lives. (NOTE: *The right to sell the property requires the joinder of UF.*)

You may receive a current charitable contribution deduction on your income taxes equal to the remainder value and avoid estate tax. The funds you would otherwise have paid in estate tax can be put into another asset for your heirs.

New Flip Trust Opportunity

Finally, the IRS is currently reviewing the possibility of blessing a new gift vehicle called the "Flip Trust." This trust begins as a net-income-only unitrust and "flips" to a fixed-percentage unitrust once its real estate assets has been liquidated. The proposed regulations contain specific criteria for establishment of a Flip Trust that call for careful consideration, but if you like the security of a fixed-percentage CRT and would like to fund a trust with real estate that may not be producing sufficient income for distribution, a Flip Trust may be the answer.

For more information on these gift options, please call **William D. Frederick, Director of Development** (352) 392-7612 x 225. We will be delighted to review with you and your advisors the tax and other benefits of making such a gift.

At the University of Florida, your gift produces tangible results in improved performance, productivity and quality.

1937-1998 A Tribute to Michael Pollock



He will miss his smile most of all. He was a research scientist, a professor, a husband, a father—and to his co-workers and friends a man with a smile. Always ready to listen, help and lead. He could still be an 8-year-old in some ways, on some days. His sense of excitement at the "little things in life" was contagious.

At an informal "pot luck" luncheon for faculty and staff, we decided to have a little fun with a contest featuring childhood pictures. Pollock was one of the first to submit his favorite picture—an 8 year old "Dennis the Menace," eyes full of mischief and wonder and a grin the size of Texas. On the days leading up to the contest he would question, "how many pictures do we have? May I bring a guest? Is anybody bringing cake or cookies?"

On the day of the luncheon Mike was there, big smile, guest in hand looking at the pictures and saying, "will anyone guess that's me?" When it came time to put a name to the pictures, he was both delighted and surprised that so many guessed the impish 8-year-old to be the highly regarded scientist, Dr. Michael Pollock.

Pollock was perhaps the nation's most respected expert on how much and how hard adults should exercise. His research included determining that low-impact exercises, such as rapid walking, are better than jogging for the elderly and that weight training can build stronger bones and prevent osteoporosis. According to Barry Frank, President of the American College of Sports Medicine, Pollock was a giant in the "field of exercise science, a man largely responsible for the knowledge base we have today in exercise training and cardiac rehabilitation."

Michael Pollock received his B.S. degree in physical education from the University of Arizona, and masters and doctorate in exercise physiology from the University of Illinois. He taught and conducted research at Illinois, Wake Forest, and the University of Wisconsin at Milwaukee. He also spent several years at the Institute for Aerobics Research and the Texas Heart Institute prior to coming to UF in 1986. At UF he held joint appointments in our College as well as the College of Medicine. In addition to being a Professor, he was the Director of the Center for Exercise Science.

He was an active leader in professional organizations including service as President of the American College of Sports Medicine. Pollock authored three books, more than 300 journal articles and was the recipient of numerous recognition awards.

Still, considering all the honors bestowed upon Michael Pollock over the years, what he was most proud of were his children. Mike was a unique, caring individual who is missed and well remembered.

Our faculty, staff and students mourn the passing of Michael Lee Pollock, June 5, 1998.

GATORLife

cover story



Jerri Spurrier (BSESS '98) fitness instructor and Frank Dempsey (BSPE '51) GatorLife participant.



GatorLife participants: front—Leon Bliziotis; 1st row L to R: Frances McDonald, Colleen Dempsey, Barbara Sealy, Nancy Anderson, Mary Halyard, Jo Anna Lewis, and Gillie Russell; back row — Frank Dempsey, Eugene Paul, Paul Halyard, and John Adair.

Last summer marked the beginning of a very successful venture called **GatorLife**. This one week program was developed to help individuals 50 years of age and older who are serious about improving their quality of living. The focus of **GatorLife** is on providing practical information and developing the skills necessary to maintain the highest level of personal health and fitness.

Faculty from the College, the Health Science Center and various departments staff the program. Participants receive a series of assessments ranging from fitness and body composition to nutritional status. Workshops on such topics as behavior change motivation and goal setting and stress management are also offered. This year's **GatorLife** participants were fully involved in health promoting activities including aerobic dance, massage, weight training, swimming, Tai Chi, as well as exercising on treadmills, stepping machines and bicycles. To illustrate that living a healthy life does not mean giving up fine dining, the entire **GatorLife** group experienced a palate-pleasing dinner at a four-star restaurant.

Physical Health is only one aspect of total wellness, in celebration of the esthetic needs of the healthy person, the group was hosted for a reception and a private tour of the new **Natural Science Museum**. Long walks, canoeing and other activities at the University's lakefront park, Lake Wauberg, created opportunities for exercise while enjoying the beauty of nature.

GatorLife activities are carefully designed and orchestrated by a team of professionals led by **Dr. Charles Williams**, Associate Dean and **GatorLife** Program Director. Dr. Williams and the **GatorLife** staff seek to provide a unique opportunity for alumni and friends to renew their personal well being as well as Gator spirit! All programs are individualized, but the group experience is one of the elements that make the program so much fun.

Plan now to join us for the next session of **GatorLife** the week of May 23-29, 1999. Each session's enrollment is limited to 25 people to ensure the kind of individual attention you deserve. The cost is \$1500.00 per person and includes all aspects of the program, room and board—virtually all expenses of the week and a priceless investment in the rest of your life.

To make your reservation, please contact the University Of Florida, **GatorLife**, P.O. Box 118200, Gainesville, FL 32611-8200, (352) 392-8189. For more program details check out our web site: <http://www.hhp.ufl.edu/gtrlife>.

TESTIMONIAL COMMENTS

"Don't even think about not going. The experience is one of the most wonderful memories of my life..." BARBARA SEALY

"This week was absolutely the most wonderful thing that I have ever done just for me. I learned so much and feel that I have the basics to become physically fit and healthy." JOANNA LEWIS

"You can't spend your money in any better way!" JOHN ADAIR

"The most informative, interesting and helpful and fun week of my life. The knowledge we gained was unreal!" NANCY ANDERSON



Activities included time on the water at Lake Wauberg

Honors and Accolades

DR. R. MORGAN PIGG, JR. (HSE) received a National Honor Award from *Eta Sigma Gamma*. This award is the highest award given by the *Health Education Honorary*, to individuals whose lifetime work and accomplishments are deserving of note and are in accord with the goals of *Eta Sigma Gamma*. He has also been selected to receive the Howe Award at the American School Health Association meeting held in Colorado Springs. This is the highest award given by the ASHA.

DR. ROBERT N. SINGER, Chair (ESS), has been elected to serve as Associate Chair of the Organizing Committee for the *International Conference of Sport Psychology*, Beijing, China. He was invited to give the keynote presentation at the Conference.

DR. W. WILLIAM CHEN, Chair (HSE), was selected to serve as the Vice President for Scientific and Technical Development of the North American Regional Office, International Union for Health Promotion and Health Education for a three-year term. As VP, he is the principal officer for their scientific and technical work to advance the theory and practice of health education and promotion.

DR. STEVE DORMAN (HSE) was selected to receive the Professional Health Educator of the Year Award from the *Florida Alliance for Health, Physical Education, Recreation, and Dance* at the FAHPERD Convention in Orlando. **Dorman** also was selected to receive the 1998 *Southern District AAHPERD Professional Health Educator* award.

DR. RUTH ALEXANDER, Distinguished Professor (ESS), has been reappointed a member of the *Governor's Council on Physical Fitness and Amateur Sports*.

DR. CANDACE ASHTON (RPT) has been elected by her peers as Recreation Representative to the *National Consortium for Physical Education and Recreation for Individuals with Disabilities*.

DR. MARYBETH HORODYSKI (ESS), has been elected Secretary/Treasurer for the *Southeast Trainers Association*. Dr. Hordyski was an invited guest at the University of South Carolina, where she gave a presentation on Strength Issues Related to Functional Ankle Instability.

DR. DAN CONNAUGHTON (ESS) received a "Public Service Commendation" from the UF Police Department for his involvement with UPD's Wellness Program and their Bicycle Training Program.

DR. SCOTT POWERS (CES) has been elected Second Vice President of the American College of Sports Medicine for 1998. ACSM is the largest (16,500 members) and oldest sports medicine and exercise science organization in the world.

DR. JILL VARNES (HSE) received the 1998 Presidential Award from the *Florida Alliance for Health, Physical Education, Recreation and Dance*. Jeannie Fifer, President of FAHPERD made the presentation at the October meeting in Daytona Beach.

DR. ANDY HOLDNAK (RPT) was elected to the board of directors of the Resort and Commercial Recreation Association. In addition, he was presented with their Achievement Award at the national meeting. This is the Association's highest award and has been presented only twice in the last 18 years.

Dr. Holdnak also serves as facilitator for the state director's conference of Florida Recreation and Parks Association.

DR. BARBARA RIENZO (HSE) was recently notified that she is among those listed in *Who's Who Among America's Teachers, 5th Edition* (1998).

DR. RUTH ALEXANDER (ESS) was elected to the Sunshine State Games Foundation Board of Directors. She was also selected to the Milligan College (PA) Athletic Hall of Fame.

DR. DELORES JAMES (HSE) was elected Emerging Leader by the Florida Dietetic Association and the American Dietetic Association. She will be recognized for her accomplishments at the ADA national convention. **REPRESENTATIVE BOB CASEY** will present Dr. James the Florida Award.

DR. HORODYSKI also was awarded the Bronze Gator Award by the Gainesville Sports Organizing Committee. This award is given to the person who provides service to Gainesville and surrounding areas for the enhancement of sport. She was awarded this honor for her efforts in directing sports medicine coverage for the Sunshine State Games,

Florida Law Enforcement Games, and various high school athletic events sponsored by the GSOC.

PAM DEMICHELE (ESS) received a Service Award from the Red Cross honoring her for her service and dedication to excellence.

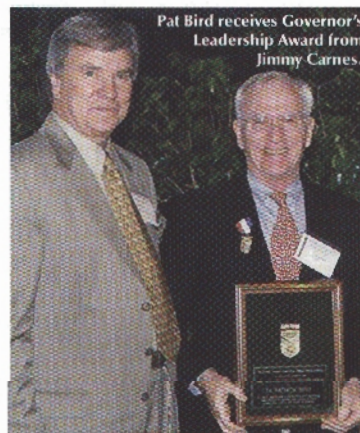
YAPHETT POWELL, a 1998 graduate in ESS was awarded a \$15,000 Deans Merit Scholarship to the University of Miami School of Law.

LISA N. PEALER (HSE) has received the national 1998 American Association for Health Education Scholarship.

PAUL FIOLKOWSKI, MA, ATC doctoral student in Biomechanics in ESS has received a \$1000 Scholarship from the Southeast Athletic Trainers Association.

SHANNON DOMEIRE a senior in ESS was selected the 1998 Homecoming Queen. Shannon's specialization is Sport Management.

HEATHER OLSEN, Health Science Education senior was named Health Education Major of the Year by the American Association for Health Education.



frisby's Ode to the Coach

David Frisby was on the University of Florida Judo Team from 1965-69. He represented the U.S. at the World Judo Championships in Vienna in 1974. He is now the police chief of Monticello, Florida. The UF Coach who taught Frisby life-lessons that are with him still was Richard (Dick) Reisinger. So often we fail to let those who have made a difference in our lives know about their impact. That is what Frisby's Ode to the Coach, is meant to do, to let Coach Reisinger know of his impact. For all those who have had a coach or a mentor impact your life, excerpts from Frisby's Ode To The Coach: Life and It's Lessons.

In college back in the 60's, I had a coach. Since then, I have had other mentors, some supervisors and even some coaches. But only one of them is "Coach."

He was the gardener who planted the seeds that have been flowering at each stage of my life. Coach taught me that playing was useful and fun, but competing was vital. By accepting the challenge of competition, I was designing and building myself, then testing and improving myself....

Coach taught me to become energized by failure and not to fear it. If I won a contest, then my training, my plans and my tactics paid off. Coach taught me that the planning, the struggle, the growing, the journey was everything.

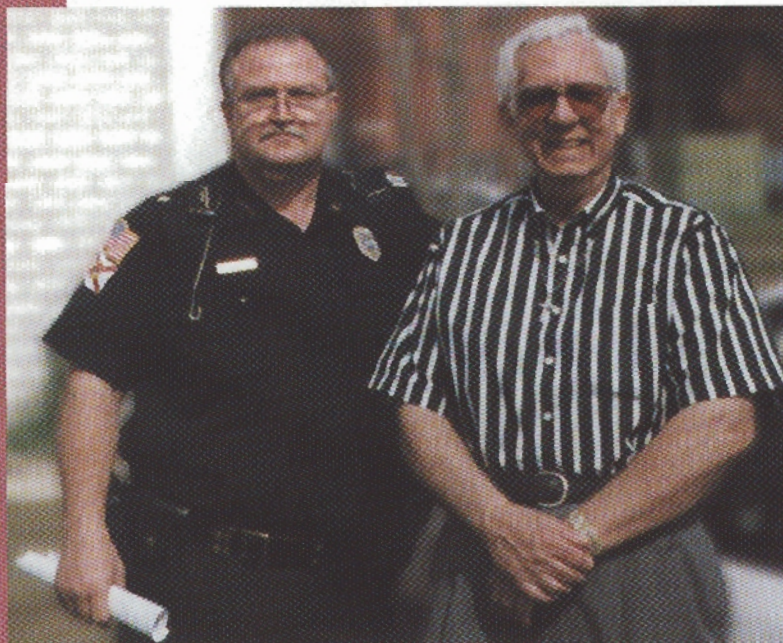
He introduced me to the habit of doing as well as I could each time - and then to review my performances so I could do better next time. The person I was yesterday was the person to beat. The critical competition was with the person I was, so I could become who I intended to be.

As I left college and moved on in life, I did not fully understand the lessons Coach had taught me. We seldom discussed ideas in those days. Coach taught lessons to his boys on a physical level. When the boys became men, those lessons became pegs where the intellect could hang ideas. Someone who has competed can remember, understand and believe. I suppose others can learn some other way. I do not know.

Thanks to Coach, I won many collegiate and state championships. Later I competed internationally, where I won some and lost some.

Very few of those medals and trophies are still knocking around on my shelves. Most I have lost or given away. I learned the glory of winning fades with time.

The real legacy, the important gifts, were the attitude and the life habits. The attitude remains. The seeds have all blossomed. Coach's lessons are fresh, and in use, every day.



David Frisby and Dick Reisinger

Dr. Thornton Retires

She is one of those people you just cannot imagine not having around. After 29 years plus as a member of the College, Linda Thornton has retired to Indiana. Yes that's right, she moved to cold country. A gala retirement celebration was held on October 24, 1998 to honor this long-time faculty member. Over 200 faculty, friends, former and current students came together to tell stories and share a laugh with their teacher, mentor, friend.

Dr. T, as her many students over the year's have called her, is a person the word irreplaceable was meant to describe. It is not so much that she will be hard to replace in the classroom, although it does seem that whenever she was eligible for a teaching award she won it. But it is the many other elements of Linda Thornton, the person, which creates a void that no other can fill. Linda was always one to recognize the efforts of others; many can remember the "gold star" she would bestow. As one person put it, Linda Thornton represents the heart of the College.

Linda Thornton, Associate Professor in Recreation, Parks and Tourism (RPT) retired on April 7, 1998. Linda began her career in the College as an instructor in the Women's Physical Education Program and coordinated the Women's Intramural Program. She is one of the women credited with the establishment of UF's Women's Athletics Program. When the College was reorganized in 1974

Linda became a faculty member in RPT. Over the years she has served as undergraduate coordinator, academic advisor, and faculty advisor for the Leisure Education and Parks Student organization.

Now Linda will spend her time in "re-creation", something she has been helping others to do for years. Best of retirement, Dr. T!



Dean Patrick Bird presents Dr. Linda Thornton with retirement plaque



Linda Thornton and Ron Hall (BSR '96; MSRS '98)

Linda Thornton is presented a special "Lady Gator" by Jan Hager (BSPE '75) at her retirement dinner.



facts



Dr. Bertha Cato



Dr. Andy Holdnak



Dr. Barbara Rienzo



Dr. Robert Singer

DR. ROBERT N. SINGER, Chair, (ESS) made an invited keynote presentation "Future Perspectives on Sport Psychology" at the International Congress, Man in Sport: New Ideas, Technologies, and Perceptions, in Moscow, Russia.

Dr. Singer was also active in presenting at the annual meetings of the North American Society for the Psychology of Sport and Physical Activity in Chicago. In addition, he presented "Sport Psychology, Striving for Excellence" at an invited Post Doctoral Institute by the American Psychology Continuing Education Program in San Francisco.

DR. MARYBETH HORODYSKI (ESS) served as a panel member on the topic of Women with Families in the Academic Setting, sponsored by the Association of Academic Women.

DR. RANDY BRAITH (CES) recently received research grants from both the American Heart Association and the American Lung Association to study bone metabolism in organ transplant recipients.

DR. ROBERT BELAND (RPT) has been selected to serve as Associate Director for Education in the Center for Gerontological Studies. His appointment will continue until August, 1999. Dr. Beland has been an active Faculty Associate in the Center since 1980. His research is in the area of therapeutic recreation with a current focus on bibliotherapy approaches.

DR. MILLEDGE MURPHEY (ESS) with doctoral students **BRIAN FOCHT** and **LESTER BOUCHARD** presented the research study, "The Influence of Chronic Martial Arts Participation on Self-Efficacy, Anger, and Pain Perception" at the annual national conference of the Association for the Advancement of Applied Sport Psychology in Cape Cod.

DR. HEATHER GIBSON (RPT) presented at the Fourth International Conference of the Leisure Studies Association, held at Leeds Metropolitan University, UK.

DR. HAL LERCH (ESS) has been invited by the University of Darmstadt, Germany, to join their faculty in the Sports Institute as a guest lecturer for the Summer A term, 1999.

He will teach an American Sport History course to German students in their native tongue.

DR. PATRICK J. BIRD, Dean, served as Chair of the Leadership Campaign for the UF Community Campaign for 1998. **JEAN E. MULLEN** assisted as Leadership Campaign Manager. Their total donations were \$40,000 over last year's contributions.

DR. CHRIS JANELLE (ESS) coordinated a symposium presented at the annual meeting of the American Psychological Association in San Francisco.

DR. PAULA WELCH (ESS) presented a paradigm to the Ivy League at Princeton University for a study of the history of women's competition in the Ivy League.

HEALTH SCIENCE EDUCATION faculty made a total of 9 presentations at the *National School Health Conference of the American School Health Association*. Presenters included: **DRS. STEVE DORMAN, DELORES JAMES, BARBARA RIENZO, JILL VARNES, ROBERT WEILER, AND LISA PEALER**. The nine presentations were the most presentations made by a single University that has a Health Education Preparation Program.

Dr. Bertha Cato (RPT) delivered a presentation at the *National Recreation and Parks Association*, in Salt Lake City, on *Scholarly Writing and Social Change: The Costs and Benefits*. The presentation was part of the Leisure Research Symposium, which focused on writing for social change.

DRS. RANDY BRAITH (ESS), **MARYBETH HORODYSKI** (ESS), **DELORES JAMES** (HSE), and **ROBERT WEILER** (HSE) were promoted from Assistant Professor to Associate Professor. All four were also awarded tenure.

DR. JEFF BAUER (ESS) was an invited speaker at the 7th Annual Post-Polio Seminar in Ocala. He spoke on UF's interest and plans for establishing research in the area of monitoring and preventing falls in that population.

DR. RANDY BRAITH (ESS) was invited to present heart transplant research at the 70th Scientific Session of the American Heart Association in Orlando. The title of

his presentation was "High-Dose ACE Inhibition Reverses Extracellular Fluid Volume Expansion in Heart Transplant Recipients."

DR. ROBERT N. SINGER, Chair (ESS), participated in the mid-year meeting of the Executive Committee (as Past President) of the Division of Exercise and Sport Psychology in LA. In addition, he was an invited presenter of "The Science and Practice of Sport Psychology," at California State.

As a member of the National Recreation and Parks Association's Benefits Task Force, **DR. BERTHA CATO** (RPT) helped to develop a strategic plan to spearhead the benefits-based management movement for the delivery of Parks, Recreation and Leisure Services.

DR. WILLIAM CHEN, Chair, (HSE), attended the XVI World Congress on Health Promotion and Health Education held in San Juan. He is a member of the Scientific Committee for the International Union for Health Promotion and Education. Dr. Chen and **DR. BERTHA CATO** presented a paper on "Logic Model and Project Wise-Up: A Case Study."

DR. THOMAS W. KAMINSKI (ESS), presented a workshop on Functional Ankle Instability at the SEATA Annual Symposium in Atlanta. Kaminski was also an invited speaker at the Gainesville Sports Organizing Committee's annual Sports Medicine Symposium sponsored by Gatorade.

The Undergraduate Athletic Training Education Program, in conjunction with the *Sports Health Care* area of the University Athletic Association, were spotlighted on the "Hubert's Heros" segment of the Gator Sports Show by **MICK HUBERT** shown on the Sunshine Network. Dr. Kaminski and several of the undergraduate student athletic trainers assigned to the UAA were spotlighted.

DR. RANDY BRAITH (ESS) was awarded a joint appointment as Associate Professor in the Department of Physiology, College of Medicine, UF. He will contribute to Physiology through collaborative research in the area of blood pressure and body fluid homeostasis.

The Florida Department of Corrections held a workshop at UF under the direction of **DR. CHARLES WILLIAMS** (Associate Dean). The purpose of the workshop was to train Correctional Officers to administer Wellness Programs to inmates. Presenters included: **DRS. DAN CONNAUGHTON** (ESS), **Robert Weiler** (HSE), and **RON SIDERS** (ESS), with **KATHERINE PARKER**, Registered Dietitian, **PAM DEMICHELE**, **MICHELLE BROWN**, **JULIE JENSEN**, **SEAN GAGNON**, **TONY MUSTO**, **LISA PEALER**, **CASSIE HOWARD**, **EMERITO RAMOS**, **CACY CATONE**, and **ADAM BASKIN**.

DR. JILL VARNES has been busy on the speakers tour this year, giving keynote presentations at Florida, Iowa, Virginia and Texas AHPERDs. In addition, **VARNES** presented Stress Reducing Ideas for Educators at the Oklahoma AHPERD and Advocating for your Profession at the Wisconsin AHPERD.

DR. CHRIS STOPKA and graduate students, **LEIGH MARTIN**, **SERGIO ROMERO**, **NEIL GILLESPIE**, **JAMIE POMERANZ**, and post-bac student **TRACY BENHAM**, gave two presentations at the FAHPERD Conference. Dr. Stopka, Leigh Martin, and Sergio Romero spoke on "Best Practices in Exercise Therapy," and she, Neil Gillespie, Jamie Pomeranz, and Tracy Benham spoke on "Inexpensive Equipment Ideas for Adapted Aquatics."

Seven students and four faculty members from Darmstadt University (Germany) were hosted by the ESS department. This is the sixth time that faculty and students from Darmstadt and UF have participated in an exchange. The goals are to promote culture, knowledge, understanding, and friendship.

UF's faculty participants were **DRS. JIM CAURAUGH**, **SUE WHIDDON**, **HAL LERCH**, and **CHRIS JANELLE**. Others included **MIKE MONDELLO**, **MARK TILLMAN**, **SEAN GAGNON**, **COOPER OSBOURNE**, **NICOLE GLAROS**, **JASON KELSO**, **MARTIN SHORT**, **ANDI CHIMENTO**, **MISSY WHITTLEMORE**, **LORI NEWCOMB**, and **MATTHEW JANELLE**.

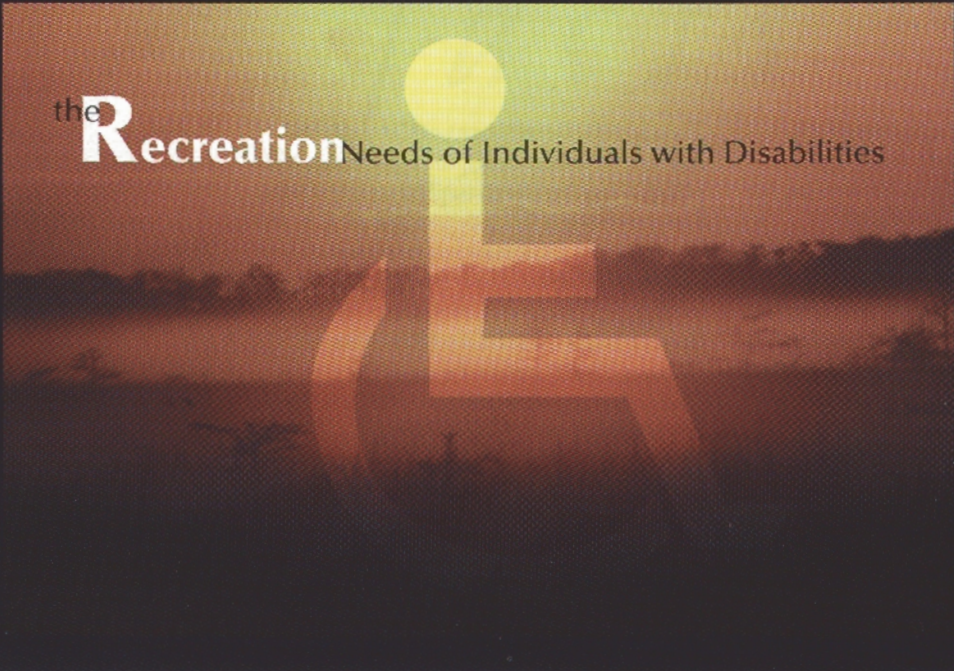
DR. JEFF BAUER (ESS) presented a paper at the U.S. Tennis Association's 4th International Conference on Science and Medicine

in Tennis. The talk was "The effect of tennis elbow braces on vibration transmitted through the forearm." In addition, Dr. Bauer traveled to Tallahassee to participate in an open meeting of the National Institute on Disability, Research and Rehabilitation. Funding opportunities needed in technology advancement to assist disabled persons was the discussion topic.

DR. MILLEDGE MURPHEY (ESS) taught coaching certification workshops for the North East Florida Education Consortium this past summer. These workshops were the direct result of the grants that HHP received during 1985-87 from the Department of Education for the purpose of developing standards for certification of Physical Education Teachers and Coaches in Florida's secondary schools.

DR. I. F. WAGLOW passed away on December 30, 1998. Waglow was Department Chair of the Required Men's Physical Education Program in our College for close to 25 years. "Wag," as he was affectionately known among his peers, was responsible for making the Men's program one of the finest in the country during an era when physical education was in its heyday. Waglow was at UF when the College was just being established (in the forties). He was a scholar, state and national leader, and beloved by his faculty. Dr. Waglow is survived by his wife Jean, son Rick and 3 grandchildren. We will miss him.

(continued on inside back cover)



the **R**ecreation Needs of Individuals with Disabilities

The provision of recreation programs that are inclusive in nature, that is, usable and enjoyable by everyone regardless of ability, should be the primary mission of public recreation. People with disabilities will become more involved in public recreation only when they become more aware of what is available, when they feel welcome, and when they know the services they need are built into the system” states Department of Recreation, Parks and Tourism researcher Candace Ashton, Ph.D., CTRS.

Ashton conducted focus groups to determine the community recreation needs of persons with disabilities and their families. The focus groups conducted in a community of 45,000 people involved children and adults with disabilities, and parents of children with disabilities (n=91). The focus group participants identified issues concerning their recreation wants and needs, and what they perceived as barriers to their involvement in or enjoyment of recreational programs. The participants also suggested ways to overcome these barriers in order to increase participation by persons with disabilities.

The needs assessment found that people with disabilities in that community were, for the most part, unaware of what the Parks

and Recreation Department had to offer. Those who did know about the department and its services were either unable to participate or did not want to participate. Individuals were unable to attend because either support services (e.g., sign language interpreters) were not available or they assumed they weren’t available, or because they did not have or could not afford specialized transportation. Individuals who chose not to attend did so because of previous negative experiences with trying to have their children involved in inclusive recreation activities.

Ashton noted several strategies that City/ County Recreation Departments could adopt to encourage greater participation among individuals with disabilities. These strategies ranged from hiring a full-time Mainstream Specialist, to working with local recreation therapists in health care settings to provide leisure education to patients prior to discharge. The focus of the patient education would be information on how to access community-based recreation resources (both public and commercial) to continue recreation pursuits that meet both therapeutic and recreation needs.

Study: Batters Being Thrown For A Curve

UF researchers say it takes hitters longer to identify a curveball.

BY LISA GAYLE GRAYSON

A baseball season that earned new fans and respect because of the summer's home-run race has had doctors curious about the success of players at the plate.

A team of University of Florida researchers discovered that it takes a batter longer to identify a curveball than a fastball. Interested in understanding the mental processes and brain activity in situations where there is a moving object, the researchers statistically concluded that it takes 150 milliseconds longer for the hitter to realize the difference in pitches.

"They have to identify the rotation of the ball, so I tend to agree that that is correct," UF baseball coach Andy Lopez said. "In other words, hitters are more in tune from day one to be hitting fastball rotations." In a yearlong project headed by Dr. Robert Singer, chairman of UF's Department of Exercise and Sport Sciences, five former Gator baseball players analyzed random pitches on video. The researchers measured the brain activity of the athletes as they pushed a button as to whether they thought a fastball or curveball was being thrown.

"It's kind of fascinating if you're thinking about it," Singer said. "With regards to keeping your eye on the ball, like coaches always tell batters, there's been research that it's literally impossible to do that. When a pitched ball goes at 90 mph at 60 feet, 6 inches away, it's probably 43-hundredths of a second that it takes the ball to really go to the plate...You're going to

swing and anticipate where that ball is. You're not really going to have the ability to see the ball go off the bat."

"They have to identify the rotation of the ball, so I tend to agree that it is correct. In other words, hitters are more in tune from day one to be hitting fastball rotations."

ANDY LOPEZ

UF BASEBALL COACH

Singer's tips to improve reaction time include not reaching or committing too early to what the pitcher delivers. A pitcher uses the same motion on a fastball and a curveball, but uses a different grip to change the velocity.

Lopez said the Gators practice hitting curveballs by setting pitching machines to that pitch's rotation. "They're hitting off fastballs the majority of the time, so you just try to approach it that way and hope that they develop good muscle memory and good repetitions from it," he said. Although the researchers believe this information can be equated to all levels of baseball, research hasn't been conducted with players other than at the college level. The study was published in the December issue of the journal "Research Quarterly for Exercise and Sport."

UF Study Shows Participation In Sports Gives Adolescent Girls Positive Self-Images

Participating in sports can have benefits for adolescent girls that reach beyond simply staying physically fit. Participants in athletic activities have better images of their own bodies, higher levels of self-esteem and more trust for others, according to Heather Hausenblas, assistant professor in the Department of Exercise and Sport Sciences.

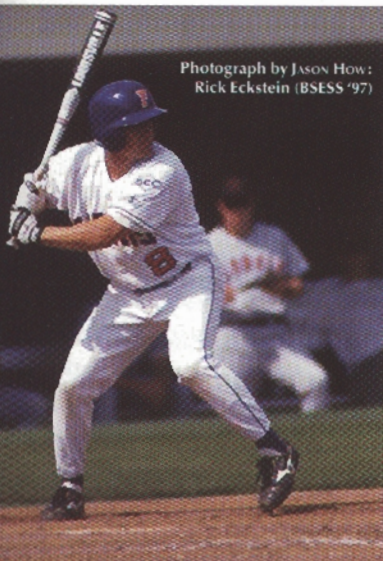
Involvement in activities like sports and exercising provides many positive benefits beyond physical fitness. Sports participation and exercise promote psychological well being, such as increases in self-esteem and decreases in stress and anxiety. Hausenblas' study recently published in the *Journal of Sport Behavior* gave 10 self-report tests to 114 female participants, most of whom were in high school. The participants comprised three groups; non-athletes

as the control group; general athletes in sports such as volleyball, lacrosse and soccer; and elite competitive divers. "We chose divers because they compete and train in revealing attire that places their physiques on evaluative display," Hausenblas said. "There is a high aesthetic quality to their sport, so we hypothesized they might be more prone to experience higher anxiety about their physiques." Included in the testing were eight sub-tests in the Eating Disorder Inventory-2, which is designed to detect indicators of eating disorders, such as low levels of trust for others, body dissatisfaction and low self-esteem. The participants also were tested for social physique anxiety, or anxiety over what other people think of their bodies.

"We found that the divers had the lowest social physique anxiety compared to the other groups," Hausenblas said. "From these results, we can say that athletes in general are not a high-risk group, compared to non-athletes." In fact, participation in athletics may increase positive emotions in other ways. Results of the study indicated athletes felt they had control over their lives 53 percent more than non-athletes did and they had 31 percent less body dissatisfaction than did non-athletes. Hausenblas also found that athletes had 22 percent more trust for others than non-athletes.



Photograph by Jason How:
Rick Eckstein (BSESS '97)



Major Gifts Add Members to the *Dean's Cabinet*

Dean Patrick Bird recently announced four major gifts to the College in conjunction with the University of Florida's capital campaign, "It's Performance That Counts." Due to the timing of the gifts, they will appear in the year 2000 Honor Roll. The College is pleased to recognize these outstanding alumni and friends for their financial and personal support.

MAURICE O. EDMONDS

Maurice O. Edmonds graduated from the University of Florida in 1953 with a B.S. in Physical Education and Health and subsequently earned a Master of Science degree in Counseling at Shippensburg State College. General Edmonds served his country with distinction for 35 years of active duty in the United States Army. He held command assignments throughout the United States, Europe, Asia and the Pacific and served two combat tours in Vietnam. He retired from active duty as a Major General following service as Deputy Chief of Staff for Training and as a Commander of the U.S. Army Soldier Support Center and Fort Harrison.

After retirement, Maury began a second successful career with IPALCO Enterprises, where he held the responsibilities of Vice President of General services and Vice President for Human Resources at

Indianapolis Power and Light Company. He retired in 1996 after three years as Vice President for Corporate Affairs at IPALCO Enterprises. Maury is a member of the College Advisory Board.

Maury's wife, Jane, received her Master of Science in Physical Education from the University of Florida. They have two sons. Neal graduated from UF and Mark graduated from UCF.

WILLIAM D. AND MARY ANN FREDERICK

William D. Frederick graduated from the University of Florida in 1958 with a B.S. in Liberal Arts and Sciences (LAS). After active duty in the U.S. Army, he joined Allied Stores Corporation's Maas Brothers division as an Executive trainee. Bill worked with Maas Brothers for 18 years, rising through the ranks from Department Manager to Vice President for Sales Promotion. In 1977, he joined Allied's Joske's of Texas as Senior Vice President, Director of Stores. He returned to Maas Brothers in 1979 as Senior Vice President, Merchandising and Sales Promotion. In 1983, Frederick was promoted to President and CEO of Jordan Marsh, Florida with executive offices in Miami. He retired from retailing in 1987 after 28 years with Allied Stores Corporation.

Bill began a second career in 1987 as a development officer with the University of Florida Foundation. He served as the Director of Development for the College of Engineering, Director of Regional Campaigns and retired again in 1994. That retirement was short-lived, Bill

joined the College of Health and Human Performance as Director of Development in 1995.

Mary Ann Frederick graduated from the University of Florida in 1959 with a B.S. in Education. She taught for a while and then became a full time housewife to concentrate on raising three children. Mary Ann was an active civic leader, serving as President of the St. Petersburg Junior League and continuing as a very active volunteer with the church and with the children's schools. Upon moving to Gainesville, Mary Ann returned to school, and in 1994 received her Master of Arts in Religion.

The Frederick's three children all graduated from the University of Florida: Bill, Jr., B.S. (LAS), Deborah, B.S. (LAS) and John B.S. (HS/PT).

CHARLES W. LAPRADD

Dr. Charles W. LaPradd graduated from the University of Florida in 1953 with a B.S. in Physical Education. He was captain of the football team in 1952 and won first team All-Southeast Conference and Consensus All-American honors. After four years on the UF football team, he was offered a contract with the Green Bay Packers. However, injuries from an automobile accident in 1953, just after graduating from UF, halted his professional sports career. LaPradd then returned to school and graduated from FSU with a master's degree in secondary school administration and, subsequently, a Ph.D. in Higher Education Administration.

From 1957 to 1961, Charlie coached for the Seminoles. This was followed by two years with the Florida State Department of Education and one year as Assistant Dean of Men at FSU. In 1965, he was selected to be president of St. Johns River Community College in Palatka, a position he held until 1972. In 1972, he returned to Gainesville to establish LaPradd Distributors and to become involved in other business and publishing ventures.

Charlie is a retired U.S. Air Force Lt. Colonel and U.S. Army Paratrooper. He is a member of the University of Florida Hall of Fame, Blue Key, the UF Athletic Hall of Fame, the President's Council and served as president of Gator Boosters and Vice President of the F Club. In 1997, he was recognized as a Distinguished Alumni of the College. He is also a founding member of the College Advisory Board.

BILLIE K. AND BETTY C. STEVENS

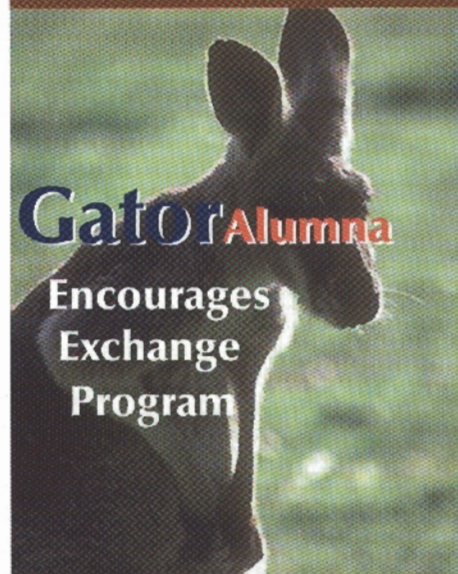
Billie K. Stevens, a native of Marianna, Florida, entered UF in 1930, and with the exception of three years, was at UF until his retirement in 1976 as Professor Emeritus. After earning his B.S. degree in 1934, Professor Stevens pursued graduate work at Columbia University and New York University.

B.K. holds the distinction of being a charter faculty member of the College, which was established in 1946. Prior to that, he was the first male physical education teacher at P.K. Yonge Developmental Research School. During B.K.'s 30 years as a College faculty member, he assisted many students

in the completion of their college education due to his generosity and caring. This concern and willingness to help others did not stop with retirement. He has been an integral part of the College's Capital Campaign and has served on the College's Major Gifts Committee.

Betty C. Stevens graduated with a B.S. degree from Auburn University and received her master's degree and Ph.D. from Syracuse University. She was Director of Graduate Programs in the Student Personnel Administration at Syracuse. In 1966, Stevens became Dean of Women at the University of Florida. Three years later, in 1969, she was appointed Associate Professor of Behavioral Studies in the University College, a position she held until her retirement from UF in 1976.

Billie K. and Betty have for many years supported the College through their counsel and financial support through scholarship endowments.



The Department of Recreation, Parks and Tourism hosted 4 students from Australia during the fall term. The students, all from the University of Western Sydney (UWS) are the first to come to UF in an exchange program which will provide the opportunity for Recreation, Parks and Tourism majors from UF to attend a semester of classes in Australia. The program has been established through the efforts of IHP alumna, Dr. Janice Scarinci (BSR '91; MSRS '94) who is currently on the faculty at UWS, and Dr. Steve Holland, Associate Professor in Recreation, Parks and Tourism and Director of the Center for Tourism Research and Development. According to Holland, approximately 6 Recreation majors will be heading for Australia to study in the next year.



Aussie exchange students L to R Caroline Fonda, Rachel Lucas, Angie Harradine, Ranjana Leya Bonney with Dr. Janice Scarinci (BSR '91; MSRS '94) and Dr. Larry Dwyer University of Western Sydney.



1951

C.H. "Mac" McKINNON BSPEH/MAPH

C.H. "Mac" McKinnon was recently elected to the Palm Beach City Commission. McKinnon retired several years ago from the Palm Beach County School System where he coached and served as athletic director at Lake Worth High School.

1969

PEGGY SIMPSON BAUER BSPE

Peggy was recognized as Hernando County's Teacher of the Year for 1998. She currently teaches 10th grade English at Hernando High School in Brooksville.

1973

DOUGLAS A. CAREY BSR

Doug wrote that he could not attend this year's reunion due to his recent move to RAF Lakenheath, United Kingdom, where he accepted the position of Youth Director. But he says there is no doubt in anyone's mind who enters his office that he is proud to be a "Florida Gator Alumni," as his UF diploma is one of the first items (as well as additional Gator paraphernalia) that people see as they enter the office.

1980

LAWRENCE MACK BSHSE

Lawrence graduated from UF with a Masters in Urban and Regional Planning, followed with a Masters in Healthcare Management from California State University, and a Doctorate in Health Services Management from LaSalle University. He is currently working at Children's Hospital in Los Angeles as the Director of Ambulatory Care Services Program Operations and planning to pursue the study of law.

1982

LORI POOR GAUDREAU BSR

Lori Gaudreau was recognized as the 1998 Teacher of the Year in Pinellas County. She has been teaching in Pinellas County since 1988, and is currently a fifth-grade teacher of specific learning disabled (SLD) children. Lori and her husband, Charles, reside in Clearwater, with their two daughters.

BERRY W. PATRICK BSR '82/ JUDITH ARONSON PATRICK BSR '83

Berry and Judi have moved to Heidelberg, Germany. Berry is a Department of Defense civilian working for the U.S. Army Europe Headquarters. He is a training specialist responsible for business and financial management courses provided to directors and managers that operate community and family support programs throughout Germany, Belgium, and Italy. Judi is busy raising 4 active boys (Jacob - 12, Jordan - 9, Justin - 7 and Joey - 3). The Patricks say that their move from Guantanamo Bay, Cuba to Heidelberg, Germany took them from the Caribbean to Castles and that they love the excitement of all their travels!

1983

JOHN KNOTTS BSR

John Knotts, a third-generation family hardware store owner, enjoys his slice of "Mayberry" in downtown Plant City, FL. Though John and his brother, Andrew, left Plant City to attend UF, they say they never imagined doing anything but running the business.

Lyle Levesque BSPE

Lyle is a clinical consultant for the BSM Consulting Group, specializing in cardiology. He lives in Milton, FL.

1986

THERESA ANDREWS BSR

Theresa went on to get her MSW and is now a Clinical Social Worker at the University of Virginia Medical Center. In March 1998 she was named the Outstanding Clinical Social Worker of the year!

1987

VALERIE J. STUDNIK BELEN BSHSE

Valerie has recently joined the ranks of the telecommuters, at least part of the time. This past fall she decided to leave the University of South Florida's Student Health Care Center to spend more time with her rapidly growing two sons. Her new position as pre-school coordinator for her church will allow her to do most of her work from home.

1988

JULIE MILLS MICHAS BSHSE/MHSE

Julie's husband, Paul, finished his residency at Tulane, and he, Julie, Michael, Christopher and Nicholas headed for Shalimar where they bought a home about 10 minutes from both sets of parents. Paul is settling into his orthopedic practice, and Julie teaches aerobics a couple of times a week.

1989

Jeanine M. Lahey Sponsler BSHE

The Sponslers, Jeanine, Warren and daughter Morgann welcomed Abigail Marie to the family this past September. Jeanine is taking a leave from St. Joseph's Hospital (Tampa) Wellness Program where she has been supervisor to a number of UF's health science education interns over the past several years

CHRISTINA WOLAVER WADE BSESS

Christi Wade, an accomplished gymnast, is co-owner of Christi's Fitness in Vero Beach and has been named one of only 11 master trainers in the U.S. for the Keiser Cup.

1990

ELVIS N. BRANDON, IV MESS

Elvis is living in Hermitage, TN, and working as a certified Athletic Trainer and licensed Physical Therapist Assistant for Baptist Sports Medicine.

RENEE LYN PERRY BSHSE

Renee is currently working as a counselor at an Eckerd Wilderness Camp for troubled teens in North Carolina. She is hoping for a caretaker position at the Tom Brown Wilderness Survival School. She enjoys learning about the many primitive living techniques for survival and wants to eventually teach these skills to others.

1993

BOB CUSHMAN BSHSE

Bob attended the University of South Carolina where he obtained a Master of Healthcare Administration (MHA). His current endeavor involves the development of a healthcare information resource on the Internet...

www.healthanswers.com. Health Answers generated about 2 million page views a month, which equates to roughly 500,000 visitors.

1994

NANCY MARLEY BSHSE

Nancy is now an active member of the University of Washington's Department of Intercollegiate Athletics as the Assistant Swim Coach for the Huskies.

CHRIS BERNUTH BSESS

After completing a master's degree in sport psychology at the University of Montana in 1997, Chris has been accepted into the University of Missouri, Columbia. He begins working on his Ph.D. in counseling psychology in August of this year.

1995

DEANA TALARICO BSR

Deana is a sales manager at the Charlotte Marriot Executive Park and is also working on an MBA at Queens College.

KELLY MATHEWS BSESS

Kelly has been accepted into the Physician Assistant program at Nova Southeastern University and began her coursework in June 1998.

1996

BETHANY BROCKMAN BSHSE

Bethany is attending graduate school at the University of South Florida. She is in the Master of Public Health program specializing in Epidemiology.

1997

SAMUEL CRANE BSHSE

Sam is currently attending Tulane majoring in Public Health, emphasizing international health.

LISA HARPER BSR

Lisa is working as a Product Development Specialist at Hello Florida! Inc., a full service destination management company in Orlando. She is responsible for planning transportation, special events, and theme parties. Her corporation also meets and greets individuals at the airport and acts as the hospitality staff for corporate and incentive groups that visit Orlando.

AVERY L. LOWRY BSR

Avery is completing an internship experience with Florida Special Olympics and working for Delta Airlines reservations in Tampa.

JEANNE LUDWIG MESS

Jeanne recently left the USOC and USA Hockey to work at Pinehurst National Golf Club to assist with tournaments and marketing. She lives in Southern Pines, NC



"FUTURE ALUMNI" HHP College Council Officers "DJ" Amadio, member at large; Gladys Bernett, Secretary; Kimberly Jackson, Treasurer; Wil Wiesen, BOCC representative; and Andrea Karpel, President. (not pictured Randi Friedman, Vice-President; and Robert Costa, member at large)

Scholarship Convocation

Annual

The annual Scholarship Convocation just gets better and better! This year's convocation luncheon was held Friday, January 22, in the Florida Gym. Twenty-three majors in the College were presented with scholarship checks totaling over \$16,000.00. The convocation is one of the ways that we are able to honor the donors whose contributions make these awards possible.

Through the generosity of our alumni and friends and the diligent efforts of **Dean Patrick Bird** with guidance from **William (Bill) Frederick**, College development officer, we have seen a steady growth in the number of scholarships and the amount of each award over the past ten years. Members of the College Council served as hosts for the event and **Andrew Holdnak**, chair of the scholarship committee announced the recipients as **Dean Pat Bird** presented the awards. Other members of the Scholarship Committee were **Delores James, Douglas DeMichele, Tom Kaminski, and Jill Varnes**.

Last year three former professors of the College, **Robert Allen, Owen J. Holyoak** and **Paul R. Varnes**, established both graduate and undergraduate scholarships. **Allen** and **Varnes** both graduates of the College, retired from the Departments of Exercise and Sport Sciences (ESS) and Recreation Parks and Tourism (RPT) respectively. **Varnes** served as RPT Department Chair for over 30 years. **Holyoak** came to UF from Utah as an Assistant Professor in the Professional Curriculum. With the reorganization of the College, **Holyoak** became the first to Chair the Department of Exercise and Sport Sciences. Receiving the **Allen/Holyoak/Varnes** scholarships this year, are graduate students **Brian Focht**, and **Thomas (TK) Koesterer**. **Focht** received his MESS in May of 1997 and immediately began his doctoral work in ESS. His letters of recommendation consistently recognize his commitment to quality instruction and service in the field of exercise science. **Koesterer** comes to UF from the US Military Academy at

West Point where he was an instructor and Athletic Trainer for five years. He is currently completing doctoral work in exercise physiology.

The undergraduate **Allen/Holyoak/Varnes** award goes to **Scott E. Balog**, a senior in ESS. **Balog** has worked in the Recreational Sports Program, for Housing as a Resident Assistant, volunteered with Living Well and assisted with the *GatorLife* program.

The **Patrick J. Bird Dissertation Research Award** was established by **Pat Bird**, Dean of the College to assist students with the costs related to the completion of their doctoral dissertation. This year's recipient of the Bird Dissertation Research Award was **Heather Vincent**. Heather received both her bachelor and master's degrees from the University of Massachusetts at Amherst. Her research will examine the relationship of genetically induced obesity and over feeding induced obesity to cardiovascular disease in laboratory mice.

C.A. Boyd, former Dean of the College (1970 until 1986) was an avid golfer and the undergraduate scholarship that bears his name includes a love of the game as one of the criteria for selection. This year's recipient of the undergraduate Boyd Scholarship is **Ryan J. Davis**, a senior majoring in ESS specializing in Athletic Training. Ryan is an active golfer having played the sport for about 11 years. He is currently the student athletic trainer for the Men's Gator Tennis Team.

The graduate **Boyd** scholarship was presented to **Holly Wilson**, graduate student in the Department of Health Science Education (HSE). As a graduate assistant, **Wilson** teaches HSC 2100 Personal and Family Health; she is also an officer in Florida Rotaract, a unit of the Rotary Club International.

The **H. Spurgeon Cherry, Jr.** scholarship was established by friends and former students of **Cherry**, Chairman of the Depart-

ment of Intramurals and Recreation. This scholarship is given annually to a student nominated by the faculty. This year's recipient, **Trek Hackney**, received his BS in ESS in December of 1998. He is currently employed as an exercise specialist with the Optimum Performance Training, Inc in Bradenton. **Trek** noted in his application, "I sincerely appreciate the guidance and time devoted by each of my professors."

The **James Daniel Eggart Memorial Scholarship** was established by Mr. Eggart's family in accordance with his request. **Wilfred (Wil) Wiesen** a 1995 Escambia High School graduate is a senior in Recreation, Parks and Tourism who plans a career in hotel/resort management. **Idler Bonhomme**, a senior in Therapeutic Recreation is the second **Eggart** recipient. **Bonhomme**, a native of Haiti graduated from Immokalee High School in Collier County. A member of Rho Phi Lambda Professional National Honor Society, **Bonhomme** plans to attend graduate school and practice in a public rehabilitative facility.

The **Charles W. Fessler** and the **Judith D. Fessler** scholarships were established by Mr. Charles Fessler as a way to give back to the College and University which contributed so much to he and to his wife Judith. The **Charles W. Fessler** scholarship is designated for a Recreation, Parks and Tourism major. This year's recipient is **Jennifer Jones**. Since coming to UF after a tour of duty in the Army, **Jones** has achieved notable academic success; and currently serves as President of Rho Phi Lambda. As one of her letters of recommendation suggests **Jones** is willing to do the work required to meet her own high standards and by her actions motivates others to do their best work.

The **Judith D. Fessler** award is presented to an Exercise and Sport Sciences senior who is a native of Florida. This year's recipient is **Melissa Williams** a member of the Gator Track and Field Team who has consistently been on the SEC Scholar-

Athlete Honor Roll. **Williams'** goal upon completion of her BS is to attend medical school. Her long record of academic achievement and service to others are clear indicators that she will meet her goal.

The **Thomas F. Hayes, IV Memorial Scholarship** was established by the family of Thomas F. Hayes IV an avid cyclist and member of Team Florida Cycling. Selected to receive the award this year is **Carla Haupt**. A Therapeutic Recreation major, **Haupt** is actively involved on campus both through her sorority, Delta Gamma, and through student professional organizations.

The **Norma M. Leavitt** fund was established by friends and former students of Dr. Leavitt and enhanced through a contribution from her estate. This year, one undergraduate scholarship and five graduate scholarships were given. The undergraduate recipient was **Margaret M. Revette**, a senior in the physical education and athletic training specializations in ESS. Graduate students receiving the **Leavitt** scholarships include, **Cassandra Howard**, master degree candidate in ESS, specializing in Exercise Physiology. **Howard** served as the first coordinator for the **GatorLife** program. **Jennifer Elaine Leach**, master's student in RPT, received her BS degree in psychology from UF. **Leach** hopes to fully utilize her psychology background and her recreational therapy degree to assist older adults in maintaining the highest level of functioning. **Jessica Ann Schulman**, a doctoral student in HSE, received her BS and MPH degrees from UCLA. **Schulman** is a Registered Dietitian who has served on several nutrition based research trials, including being a research assistant on the Women's Intervention Nutrition Study (WINS).

The fourth recipient of a **Leavitt** scholarship is **Kristine Stouffer**, a doctoral student in HSE. As noted by one of her letters of support, **Stouffer** "displays a deep interest in and commitment to Health Education." She is dedicated to using her skills to

find ways to assist and support others to live a healthy lifestyle. The fifth recipient of a **Leavitt** graduate scholarship is **Mary T. Thigpen**. After receiving BS and MS degrees in physical therapy, **Thigpen** became a doctoral student in ESS working with Dr. James Cauraugh in the area of motor control. **Thigpen's** work as an adjunct instructor and graduate teaching assistant has given her the incentive to pursue teaching as a career.

The **Lee-McCachren Scholarship** was established as a tribute to two outstanding teachers, P.A. Lee and Jim McCachren. This award, given to a graduate student who is teaching in the Sport Fitness program, is by faculty nomination. **Susan Wasson** is this year's awardee. **Wasson** received her BS degree in Food and Resource Economics from the College of Agriculture at UF. Nominating faculty describe her as an outstanding and effective teacher.

The **Herman W. Schnell Memorial Scholarship** is given to a student who demonstrates scholarship, leadership and skill in physical activities. **Schnell** served as Chairman of the Department of Physical Education for Men from 1949 until his death in 1958. Receiving the **Schnell** scholarship this year are **Michael Coffey** and **Arleen Hernandez**. **Coffey** is a senior in ESS, specializing in athletic training with a minor in business administration. **Coffey** is employed by the Student Recreation Fitness Center and is an ACE certified personal trainer. **Hernandez** is also a senior in ESS with a specialization in sports management, and is obtaining a minor in Business Administration. While at UF she has participated in club volleyball and worked with the Student Recreational Fitness Center.

B.K. Stevens, faculty member from 1947 until his retirement in 1976

maintains an active interest in supporting the College. This year two undergraduate students will receive **Stevens'** scholarships, **Andrea Karpel** senior in Recreation, Parks and Tourism has served as an officer in LEAPS and the HHP College Council, currently serving as President. **Karpel's** plans after graduation are to work as a youth program director. The second **Stevens'** recipient is **Bradley Earl Williams**, a senior in ESS specializing in sports management. **Williams** is a member of the National Guard, a Gator Cheerleader, and is active as an adult leader with the Boy Scouts.

Also recognized at this year's convocation were recipients of the undergraduate athletic training scholarships. The **Chris Patrick Scholarships** are funded by the University Athletic Association to encourage academic excellence in the athletic training program. Students are provided funds to support full-time instate registration fees for up to 12 hours of course-work for two full semesters. Spring 1999 Chris Patrick Scholarship winners are: Kristy Bernard, Ryan Davis, Tricia Hubbard, Katie Hunter, Kimberly Kimmel, Karen Lynch, Julie Robinson, Mike Taylor, Stephanie Weaver



Undergraduate scholarship recipients left to right: Idler Bonhomme, Carla Haupt, Margaret Revette, Wilfred Wiesen, Scott Balog, Andrea Karpel, Melissa Williams, Arlene Hernandez, Michael Coffey, Jennifer Jones, and Bradley Williams. (not pictured Ryan Davis, Mary Thigpen)



Graduate scholarship recipients left to right: Kristine Stouffer, Heather Vincent, Holly Wilson, Jennifer Leach, Jessica Schulman, Thomas (TK) Koesterer. (not pictured Brian Focht, Cassandra Howard, Susan Wasson)

Alumni Spotlight



Maury and Jane Edmonds with Gator mascot Albert.

Major General Maurice O. Edmonds (Maury) graduated from the University of Florida in 1953 with a BS degree in Physical Education and Health. He subsequently earned a Master of Science degree in Counseling at Shippensburg State College. Upon graduation from UF, he was commissioned as a second lieutenant in the Army. His military life included a wide range of staff, schooling, and command assignments throughout the U.S., Europe, Asia, and the Pacific. He served two combat tours in Vietnam, and retired in 1988 after a 35-year career.

During his army career, Edmonds received numerous awards, including the Department of Defense Distinguished Service Medal, the Department of Army Distinguished Service Medal, the Silver Star, the Defense Superior Service Medal, the Legion of Merit, and the Distinguished Flying Cross. Edmonds retirement from military service was followed by a second career as Vice President of General Services and Human Resources at Indianapolis Power and Light Company (IPALCO) and Vice President of Corporate Affairs at IPALCO Enterprises, the corporate holding company.

Maury and his wife, Jane (Adams) Edmonds (MSPE '58) traveled extensively while with the army. Their two sons, Neil and Mark, were born in Heidelberg, Germany. Neil, a graduate of UF is a businessman in Virginia, and Mark, a graduate of UCF is a career Army officer in Hawaii. Maury and Jane still enjoy touring and traveling. This past year they have visited Ireland, Scotland, England and Japan. But they say they always block out the fall months for Gator football.

Edmonds was a featured speaker at this past year's Advisory Board meeting where he talked about the tremendous influence HHP had on his life. He mentioned **Jack McGriff**, his faculty advisor who made it clear that he cared about him and his success as a student; **Dr. Cliff Boyd**, a marvelous teacher and professor—who never left a stone unturned to ensure his students were prepared to enter and succeed in the real world; **Coaches Jim McCachren and Paul Severn**, who taught not just basketball skills and coaching techniques, but how to conduct oneself in dealing with young people.

And Edmonds mentioned his classmates and good friends, **Charlie LaPradd** and **Fred Rozelle**, who set the right example of what a student and a man ought to be.

While Maury Edmonds didn't follow a traditional teaching and coaching career, he never-the-less spent his life as a teacher and coach in public service—and as a mentor for those whom he touched. Edmonds to this day feels he owes a lot to the University of Florida and our marvelous College. He has worked hard, and accomplished much to leave a legacy with meaning. A legacy left in the body and soul and character of those young men and women he has touched with his teaching. Maury truly believes that you earn a living by what you get; but you build a life by what you give. According to Maury, "the College today is so much better than it was in my day, and I believe it does a great job of preparing students to both earn a living and build a life. And I am enormously proud to be a graduate of it."

FIRST *for the* *College:*

Varnes Serves As AAHPERD President

In the fifty-year history of the College we have never had a member serve as President of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) until now. In April of 1998, Dr. Jill Varnes, Professor of Health Science Education and Assistant Dean assumed the office of President of AAHPERD. In the over 125 years of the organization, Varnes is only the second Floridian to serve as President and is the first health educator in over 20 years to be elected to lead the 30,000 plus members.

Varnes received her bachelor and master degrees from the University of Florida in 1973 and 1974 respectively. Her involvement with the Florida AHPERD began while an undergraduate student. As an undergraduate Varnes completed a research study of body composition in community college students using a protocol developed by Jack Wilmore. After submitting an abstract the study was accepted for presentation in the Research Section at FAHPERD, and was subsequently published by the FAHPERD Journal. She credits encouragement and support from her professors at UF as the primary factor in her commitment to, and involvement in, professional organizations.

In 1974 Varnes began teaching health and physical education at Dunnellon High School in Marion County. She created a lifestyle related sport and fitness program in physical education, and was largely responsible for Dunnellon High School being designated a Presidential School by the President's Council on Physical Activity and Sports. While at Dunnellon, Varnes was the driving force in the expansion of the girls athletics program from two sports to six.

Varnes received her Doctor of Education from the University of Southern Mississippi, Hattiesburg in May of 1978. After serving as a consultant for health education with the Florida Department of Education Varnes joined the faculty in the

Department of Health Science Education in the College. Throughout this time period she retained an active involvement with FAHPERD, the Southern District AAHPERD and AAHPERD. She has served in various leadership positions including President and has received honor awards from all three organizations.

According to Varnes, "The professors in the college provided a consistent message with regard to professional involvement. That message was one of responsibility for the profession and the populations served by health educators, physical educators, recreation professionals, and dance educators. Regardless of ones employment setting the belief that individuals involved in any of our disciplines could have a positive impact on the quality of life for those we served was the foundation of all learning."

AAHPERD Presidents serve 3-year terms of office, which include the years as elect and as past-President. Varnes will pass the gavel at the annual AAHPERD convention April 20 - 24, 1999 in Boston. Plans are underway for a University of Florida, College of HHP social on Friday, April 23. If you will be attending the AAHPERD convention, plan to stop by and catch up with old friends and colleagues.



Jill Varnes, President AAHPERD (2nd from left) with Paul Varnes, HHP Professor Emeritus (far left) and Judy Swedburg, Regional Director Elderhostel Quebec, and Randy Swedburg, President-elect American Association for Leisure and Recreation.



Jill Varnes (center front) with state AHPERD and District AHPERD leaders at the 1998 Leadership Development Conference.

college honor roll

Fiscal year 1998 was a record setting year for the development program of the college. Through your generosity, \$1,063,418.00 was committed to advance the college and to assist in the continuing enhancement of nationally and internationally recognized programs. We are most grateful to our donors. Your help is vital to the effort of your college and we ask you to continue your support. When I can be of assistance to you in planning a gift for the college, please contact me.

*Cordially,
Patrick J. Bird, Ph.D.*

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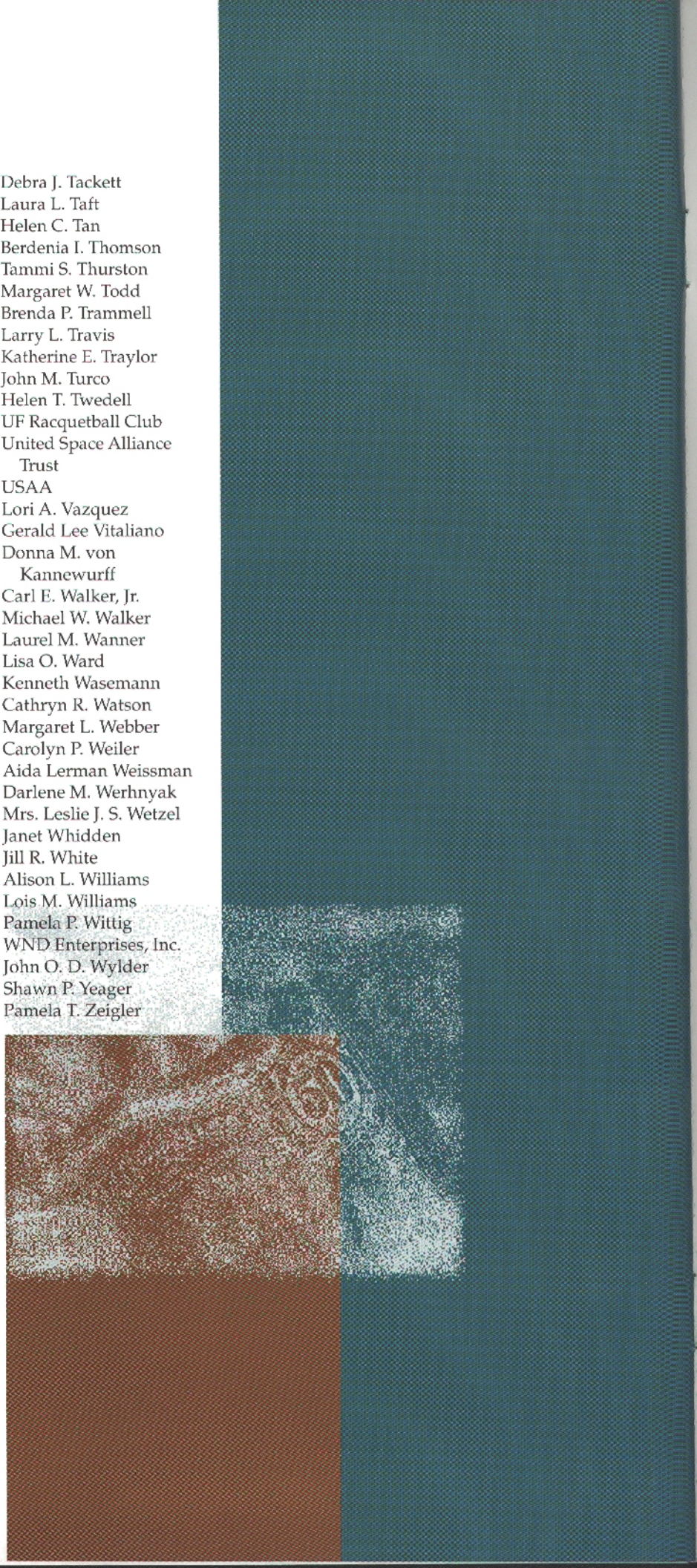
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new faculty

Join the College

five



Dan Connaughton

DAN CONNAUGHTON, Ed.D., is an Assistant Professor in the Department of Exercise and Sport Sciences, specializing in the areas of sport law and management. Dan received his doctoral degree in athletic administration from Florida State University. He received a master's degree in physical education from Bridgewater State College, a master's degree in recreation and a bachelor's degree in exercise and sport sciences from the University of Florida. Prior to his faculty appointment, Dan served as the Director of the Living Well Program, the University of Florida's employee wellness program.

Her interests include traveling, rollerblading, tennis, and reading. Heather says she is getting acclimated to the Florida weather, and is enjoying it.

SADIE B. SANDERS joined the Department of Health Science Education as a visiting Assistant Professor. Dr. Sanders received her B.S. in Physical Education with a minor in Health Education from Tuskegee University, a M.S. in Health Education from the University of West Florida and a Ph.D. in Health Behavior with a minor in Medical Sociology from the University of Florida.



Heather Hausenblas

Originally from Cape Cod, Massachusetts and currently residing in Micanopy, which he describes as "Utopia."

DAVID FLEMING joined the Department of Exercise and Sport Sciences this academic year. He brings extensive and varied teaching and research expertise from the field of education. Dr. Fleming received his undergraduate and Master's degrees from The Citadel, then entered the public school system in South Carolina as a teacher and coach at the secondary level. Fleming left the public school system to continue his graduate work and teach in the College of Education at the University of South Carolina specializing in sport pedagogy. While teaching in the undergraduate and graduate teacher preparation programs, he was also the elementary physical education teacher for the University's professional development school. In addition, Fleming engaged in participatory research as a consultant with a curriculum development program (The Physical Education Institute) that he helped initiate. The USC graduate school ultimately recognized his research on curriculum reform in secondary physical education with the top award for research in education in 1998.

Her professional experiences include serving as a clinical intake specialist/utilization manager and a health education specialist for a drug and alcohol treatment program. Sanders has an extensive background in public/community health having worked in a number of governmental agencies including a program director for the Florida Department of Juvenile Justice in a detention/treatment facility. In addition, she has worked as a drug and alcohol counselor for an adolescent residential substance abuse school, and adult high school level.

Sadie has nine siblings, four brothers and five sisters. She enjoys horse back riding and college and professional level football and basketball.

R. TIMM LOVINS became Director of the Living Well Employee Wellness Program in August of 1998. Timm received his Bachelor of Science degree from Kansas State University in 1981 and his Master of Science in Exercise and Sport Sciences from UF in 1991. Immediately prior to returning to UF Timm was the Wellness Director at JFK Hospital in Boynton Beach. Timm and his wife Lena have one 5-year-old daughter Tori.

HEATHER HAUSENBLAS is an assistant professor in the Department of Exercise and Sport Sciences. Her area of specialization is exercise psychology. Her research interests include the psychological effects of exercise, exercise adherence, group dynamics, eating disorders, and body image. She recently co-authored a book titled "Group Dynamics in Sport."

Heather received her Ph.D. in sport and exercise psychology from the University of Western Ontario in Canada in 1998, and her undergraduate degree in psychology from McMaster University in Hamilton, Ontario, Canada in 1993. She was born and raised in Northern Ontario. Among the recognitions that she has received are the 1996 Sport Science Award of the International Olympic Committee for her scientific work in the field of sport and physical education.

Fleming also has extensive coaching experience in various sports. He has coached several state champion track and field athletes and team championships at the public school level as well as at the corporate level, with his 1997 team placing third in the nation.

Dave and his wife Shawn have three children, Lauren (10), Chelsea (6), and Max (1).



David Fleming



Sadie Sanders



Timm Lovins

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