

The Blog

Health professions need women as role models

Now more than ever, women have risen to occupy the highest ranks of medicine — as educators, care providers and researchers. That hasn't always been the case.



Teresa A. Dolan

When I entered dental school 27 years ago, only one-fifth of the students in my class were women, and there were few women faculty. More women faculty as role models would have eased my journey into the profession and would have provided insight on how to balance personal and professional responsibilities.

As the first woman dean of the University of Florida College of Dentistry, I am one of 10 women deans out of 56 dental schools nationwide. We're still in the minority, but the ranks of female dental faculty, especially those in leadership roles such as associate deans and department chairs, continue to grow as more women graduate and move into the dental profession.

This "changing face" of health-care providers is not limited to dentistry. About one-half of UF's medical and dental students are women. In the College of Pharmacy, more than 60 percent of students are female. Women comprise 80 percent of veterinary students and more than 70 percent of students in the College of Public Health and Health Professions. Student enrollment in nursing, one of the first disciplines to embrace women professionals and increasingly valued for its role in scientific exploration, is 94 percent female.

We've come a long way but still have far to go. We're all trying to figure out how to make this work, and there remain unwritten chapters in most people's lives. However, it is my hope that today's graduates will redefine women's roles in medicine and serve as role models for the future.

Teresa A. Dolan, D.D.S., M.P.H.
Dean and Professor

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Program puts UF community on path to good health

Healthy Gators logo on campus sidewalks to mark five routes

With help from Healthy Gators 2010 — a campuswide initiative aimed at producing a healthier University of Florida community — students, faculty and staff soon will be able to follow many paths to stress relief.

And we mean that literally. By December, campus sidewalks will be adorned with the Healthy Gators logo on five routes

ranging from one to five miles long.

Jill Varnes, vice chair of the UF coalition, said the group chose to focus on stress this year because the issue is especially important on a college campus, where the pressures of exams and teaching can affect students and faculty in different ways.

"The nature of academia is stressful," Varnes said. "There is good scientific

evidence that stress is related to a number of chronic conditions."

Healthy Gators 2010 is a coalition of more than 40 UF departments and organizations concerned about the well-being of all members of the campus community. The work of the coalition is being conducted in concert with national programs aimed at improving the health of Americans.

Over the course of the multiyear project, the group will conduct comprehensive assessments of campus health and subsequently will design, implement and evaluate interventions that will move UF toward a campus environment supportive of the development and maintenance of a healthy body, mind and spirit for all members of the UF community.

UF First Lady Chris Machen, who serves as chair of the Healthy Gators 2010 coalition, hosted a kickoff celebration last month for Gators on the Go, a free Web-based program that allows participants to track their physical activity on an ongoing basis.

"I believe that prevention is the best way to stay healthy," Machen said. "The hope is to get people moving and reducing their stress by daily exercise that they can do during their working day."

Physical activity is just one of the ways Healthy Gators 2010 promotes stress relief. A comprehensive Web site highlights services that are already in place on campus to help faculty, students and staff make healthier lifestyle choices. The site also includes lists of scheduled events.

"The program is so multidimensional," said Varnes, who is also a professor in the College of Health and Human Performance. "The Web site provides one-stop shopping for campus health resources and services."

To learn more, visit www.healthygators.hhp.ufl.edu.

By Panagiota Papakos



Bob Bird

University of Florida's First Lady Chris Machen, in white T-shirt, leads the pack as walkers return from a one-mile trek through campus as part of the recent kickoff for Gators on the Go. Machen is heading Healthy Gators 2010, a program that seeks to improve the overall health of the UF community and to lower stress levels of students, faculty and staff.

Happenings

Listings in this section are a sampling of events at the University of Florida compiled from the full calendar that appears on the Web at calendar.ufl.edu. To submit an event online, send an e-mail to calndar@nersp.osg.ufl.edu with the following information in this order: event date; event name, brief description and sponsor; time; location; costs; and contact information to include name, phone number and e-mail.

Today
8:30 a.m.-3 p.m., "Implementing Shared Governance at UF" faculty development conversation, Emerson Alumni Hall

Oct. 19
4 p.m., Center for Exercise Science talk on "Enhanced External Counterpulsation: Mechanism Behind the Benefits" doctoral candidate Darin Casey, Florida Gym, Room 1

Oct. 20
12:50 p.m., School of Music convocation, University Auditorium

Oct. 21
10 a.m.-2 p.m., Baby Gator Multicultural Festival, Norman Hall lawn

Oct. 21
7:30 p.m., L.A. Theatre Works' "The Caine Mutiny Court-Martial," University Auditorium

Oct. 22
2 p.m., Reading discussion, "American Pastoral" by Philip Roth, Hillel Library

Florida Museum of Natural History
"Biodiversity: A Biologist's Perspective," exhibit featuring scientific illustrations by UF botany doctoral student Camila Pizano, through Dec. 10

Galleries
"Jim Roche's Motorcycle Maps" through Nov. 9, University Gallery

In Focus

UF's new admissions director helps students find their niche

Zina Evans loved being in college. In fact, she enjoyed her college days so much you might say she never left.

Evans is the University of Florida's new director of admissions. She comes into the position with a lot of experience and a big desire to help expand the Gator Nation.

"I've been in a college environment for over 20 years, and I'm still not tired of it," she said. "I've never left college, and I keep trying to bring more people in with me."

At UF, Evans is already working hard on her main goal of continuing to attract the brightest students in the state and the nation. Evans said she hopes to give prospective students an opportunity to interact on a personal level with current UF students, faculty and staff through open houses and other events.

"We want students who will take an active part in their education, who will be diverse leaders and who will contribute to the community," Evans said.

Alumni also are part of Evans' efforts to increase UF's profile among potential students.

"Almost everyone already knows someone who is a Gator," she said. "We want to figure out how we can engage UF alumni in the actual admissions process. We want them to be active in a more formal way in promoting UF."

Evans' experience at the University of Maryland should serve her well at UF. As the associate director of admissions, she was responsible for generating interest in the university through the "Fear the Turtle" campaign to promote the University of Maryland name. Evans also was an admissions supervisor at the University of California at Berkeley and the director of research for the National Association for College Admissions Counseling. She has a bachelor's degree from the University of California at Irvine, a master's degree from the University of Rhode Island and a doctorate from the University of Maryland.

Evans says she feels at home on the UF campus and hopes to help incoming students find their way here.

"I want students to see there is a place

and a space for them. Everyone can find that perfect fit for them."

By Cory Frederick



Kristen Bartlett

Zina Evans wants to help incoming students find their way at UF.

Seen & Heard

Women in media focus of panel discussion

Diane McFarlin, publisher of the Sarasota Herald-Tribune, will join six other panelists at 6 p.m. Thursday in the College of Journalism and Communications' Gannett Auditorium (Weimer Hall 1064) for an open discussion on the role of women in the media.



Diane McFarlin

The panel discussion, "Women in Journalism: Where We're Going, Where We've Been," will be the kickoff event to Journalism Week and also will feature Mavian Arocha, editor in chief of Aventura magazine; Antonya English, a sports reporter for the St. Petersburg Times; Victoria Lim, a newspaper columnist and TV reporter for Media General; Kelly McBride from the Poynter Institute for Media Studies; Hilda Perez from the Orlando Sentinel; and Denise Reagan from the Florida Times-Union.

Other Journalism Week events include talks by Hearst Visiting Professor Betty Cortina, who is editorial director of Latina magazine. An open forum with the Journalism Advisory Council is scheduled for 6

p.m. Oct. 24 in Weimer Hall 3032.

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

UF convening sustainability conference

The University of Florida's Office of Sustainability will host "Sharing Best Practices and Visions for Florida's Future," a two-day, statewide conference on Oct. 25 and 26. The conference will be held in the Reitz Student Union with various activities featured on the Colonnade and North Lawn. Workshops and activities will last from 8 a.m. to 10 p.m. Oct. 25, and from 8 a.m. to 9 p.m. Oct. 26. Participants may choose to attend five of approximately 25 breakout sessions, with topics including alternative energy sources, global climate change and real world models of sustainable living.

Highlights of the conference are guest speakers Michael Shuman on Oct. 25 and Carl Hiaasen on Oct. 26. Hiaasen, a graduate of UF, is an award-winning journalist and author. Shuman is an acclaimed attorney and



Carl Hiaasen

economist and the author of "The Small-Mart Revolution: How Local Businesses are Beating the Global Competition."

The conference is geared to the faculty, staff and students of Florida's institutes of higher education and local community leaders; however, anyone with an interest in developing stronger local sustainability practices may attend.

Registration for both days is \$100 for general participants and \$35 for students. More details concerning deadlines, prices and scheduling are available on the Web at www.sustainable.ufl.edu/conference/index.asp.

Ex-president of Peru to speak at UF

"Poverty and the Future of Democracy in Latin America" is the title of a speech by former Peruvian President Alejandro Toledo at 7:30 p.m. today in the Reitz Student Union.

Toledo grew up in poverty, but with the help of two Peace Corps volunteers came to the United States, where he attended both The University of San Francisco and Stanford University. After graduating with a bachelor's, two master's and doctoral degrees, Toledo returned to Peru to run for president, beating Alberto Fujimori, who was running for a third term.

The free talk is open to the public.

Oct. 20
7:30 p.m., U.S. premiere of "Tania Perez-Salas Compania de Danza"

Oct. 21
7 p.m., UF Indian Student Association presents "Diwali"

Oct. 22
7:30 p.m., Orlando Philharmonic Orchestra with Poncho Sanchez

Academic Calendar

Oct. 20-22
Family Weekend 2006

Note This

UF set to begin annual flu shot program

The annual University of Florida Influenza Prevention Campaign will get under way the week of Oct. 23, with flu shots available to UF students, faculty and staff who fall into a high-risk category. The vaccine will be administered at the Student Health Care Center (Infirmary Building) on the main campus and Room D2-49 of Dental Tower in the Health Science Center.

Beginning Oct. 26, vaccinations will be offered to all faculty, staff and students at the main Student Health Care Center and all satellite clinics, as well as outreach clinics at the Reitz Student Union Colonnade and the Health Science Center Founders Gallery. FluMist nasal spray vaccines only will be available at the main Student Health Care Center and the Student Health Care Center at Shands clinics.

The cost for flu shots is \$5 for students and \$20 for faculty and staff. The nasal spray vaccine costs \$40 for students and \$50 for faculty and staff.

For more information on times and locations, visit the Web at www.shcc.ufl.edu or call 392-1161.

Ergonomics Week offers tips to cut pain

If you find yourself heading home after a long day in front of an office computer with pain in your neck and shoulders or aches in your hands and wrists, you may want to make time to visit Living Well during Ergonomics Week Oct. 23-27. Staff members from Environmental Health and Safety will be available from 11:30 a.m. to 2 p.m. on Monday, Tuesday and Wednesday and from 5 to 7 p.m. on Monday and Tuesday to answer questions from faculty and staff on how to modify their work stations to reduce pain. For more information, contact Todd Morrone at 392-1591 or tmorrone@ehs.ufl.edu. You also may visit the Web at www.ehs.ufl.edu/General/ergo.htm.

Don't forget ...

Benefits open enrollment ends Wednesday. Call 392-1225 or e-mail benefits@ufl.edu for information.