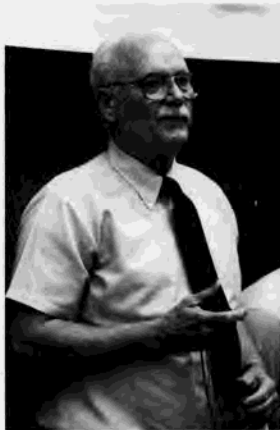




HPER Dimensions

SCHOOL OF HEALTH, PHYSICAL EDUCATION, AND RECREATION

FALL 2006



CELEBRATING 60 YEARS IN LIFE SCIENCES

An Ounce of Prevention,
A Pound of Cure

The Science of Wellness

I ♥ SEX*

*RESEARCH



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'A WORLD MADE BETTER' LIFE SCIENCES AT HPER

These are exciting times. A new Indiana University is rapidly emerging. In the past six months I have witnessed more change in the leadership, structure, mission, and goals of IU than I have seen in my 36 years as a faculty member in the School of HPER. This rapid change has been met with skepticism by some. For others it has been unsettling. But most have welcomed and embraced it. As I frequently remind my faculty colleagues: *Life is growth, growth is change, and change is good.* This change is being driven in large measure by two complementary and critically important undertakings: information technology, an area in which Indiana University is an acknowledged worldwide leader, and the life sciences, with IU emerging as a leader. I believe both will dominate IU's agenda for the next 10 years or more, and both are critically important to the future of the School of HPER.

As we celebrate HPER's 60th anniversary in 2006-07, it is only appropriate that this issue of *HPER Dimensions* focuses on the life sciences and the central role the School of HPER plays. For clarity, the term "life sciences" refers specifically to the "science of humanity." The university published its *Life Sciences Strategic Plan* earlier this year, and a key goal is personal health and

"Indiana University should engage in research and education (particularly state- and federally-funded education efforts) that will help residents of the state of Indiana to lead healthier, better, and longer lives."

wellness. According to the plan, "Indiana University should engage in research and education (particularly state- and federally-funded education efforts) that will help residents of the state of Indiana to lead healthier, better, and longer lives." Your School of HPER and its three academic departments and the Division of Recreational Sports are immersed in

significant research and scholarship, teaching and learning, and professional service and service delivery that are at the very heart of helping others lead healthier, better, and longer lives. In fact, our school's vision statement says: "We envision a world made better by its citizens actively pursuing healthy lifestyles."

As we enter this new era of change focused in large measure on the life sciences, you can be assured that the School of HPER and the academic program from which you graduated are playing a significant role in the prevention and rehabilitation aspects of personal health and wellness. Several of the current life science initiatives undertaken by our talented faculty are highlighted in this issue of *HPER Dimensions*. I hope you will take time to read each article and reflect on the powerful role the life sciences play in your life as you and yours continue the challenge of Living Well Through Healthy Lifestyles.

Live well,

David L. Gallahue, Dean



The artistic symbols repeated throughout this publication echo the tiles located in the HPER Building on the IU Bloomington campus. The section of the building in which the tiles are located was built in 1917. The tiles represent various symbols of health and movement throughout history and across cultures.



move

An Ounce of Prevention, A Pound of Cure

HPER plays key role in IU's life sciences strategy

by Jennifer Piurek

In the Biochemistry Lab, Sandy Tecklenburg participates in a research project to study mediators responsible for airway inflammation in asthmatic subjects as Louise Turner monitors her progress.



Charles Sprague participates in a lung capacity measurement in the Rehabilitation Lab.



In the Clinical Exercise Physiology Lab, Gregory Gember is immersed in a water tank to measure total body mass.



Researchers in HPER are studying the effects of physical activity throughout the life span on overall health.

“Indiana University should engage in research and education . . . that will help residents of the state of Indiana to lead healthier, better, and longer lives. The university should continue to expand efforts to inform residents of the state of Indiana about the importance of exercise and proper nutrition. The university should continue to expand efforts within the state of Indiana to reduce the prevalence of smoking, excessive use of alcohol and controlled substances, and risky sexual activities.” —Goal 7 of the Indiana University Life Sciences Strategic Plan

When people think about Indiana University’s relationship to the life sciences, the School of HPER might not be the first school that comes to mind.

Things changed in early 2006, when Dean David Gallahue and other HPER officials alternately met with IU President Adam Herbert, IU Interim Provost and Vice President for Academic Affairs Michael McRobbie, and Craig Brater, IU vice president for life sciences and dean of the IU School of Medicine. The meetings focused on HPER’s contributions to the university’s life sciences initiative.

“Life sciences are basically the science of humanity, and that’s what we deal with entirely,” says Gallahue. “So now here we are, going from the point where people didn’t connect HPER with the life sciences, to working with the top three administrators of the university. This is exciting stuff.”

FOSTERING WELLNESS

Over the summer, faculty and administrators on the School of HPER Life Sciences

Initiative Task Force brainstormed about how best to articulate and enhance HPER’s role in the life sciences. The Task Force is composed of representatives selected from each department and division, along with chairpersons, and a dean’s group.

Executive associate dean Jerry Wilkerson, who acts as facilitator for the Life Sciences Initiative Task Force, says the committee will culminate its brainstorming sessions with a proposal that focuses on HPER’s past, present, and future involvement with the life sciences. Wilkerson says the committee has already been able to address one of HPER’s principal contributions to the life sciences: behavior modification.

“We’re not necessarily the ones who treat disease, although we are doing work in health sciences that deal with different populations with diseases like diabetes,” says Wilkerson. “We try to determine behavior modifications to prevent long-term health issues.”

“There’s not a teenager on the street today who doesn’t know smoking is bad for them, but that doesn’t seem to stop them,” says

Wilkerson. “It takes more than knowledge. It takes a behavioral change, and that’s what we’re about. That will save a tremendous amount of money for the state of Indiana in the future because of the rising health costs that are affecting the economy.”

“The school brings a variety of perspectives to understanding health and wellness,” says Bryan McCormick, a Task Force representative from the school’s Academic Council and an associate professor of recreation, park, and tourism studies. “Most of us feel that the school has been involved in the life sciences for some time. The Task Force is working to identify ways to ensure that we’re recognized by the campus and university community for that contribution.”

As part of the Life Sciences Initiative, President Herbert has asked HPER to create a plan for a university-wide health and wellness program to be implemented in Bloomington. The school has also proposed a required health and wellness course for incoming freshmen.

Kathy Bayless, director of the Division of Recreational Sports and assistant dean of HPER, says the school has always had a role in the prevention side of the life sciences.

Bayless, associate dean Dave Koceja, and Chris Arvin, director of fitness and wellness in the Division of Recreational Sports, created a proposal for the faculty/staff wellness plan. It will function as a pilot program and will unfold over the next five to ten years. Throughout the year, two groups of faculty and staff will be observed; one will make a commitment to certain kinds of required activity, while the other will function as a control group, enabling the university to analyze the program's effectiveness.

The first year of the faculty/staff wellness plan will also be an opportunity to form partnerships between HPER and other schools on campus, which Bayless hopes will include the School of Nursing, the Physical Plant, IMU Food Services, and Residential Programs and Services.

"The possibilities are extraordinary," Bayless says. "One of the phrases those of us at the table are fond of saying is, 'The beauty of wellness is its inclusivity. The challenge of wellness is its inclusivity.' That means there are a heck of a lot of people, interests, and goals to try to hone in a shared fashion."

REAL-WORLD IMPACT

From studies of human development to learning how to lead hikers through the woods, Dean Gallahue says HPER's role in the life sciences as it relates to mental and physical health is immediately relevant. Indiana State Health Commissioner Judy Monroe gave an endowed lecture at HPER this year, a partnership through which HPER can positively affect the lives of Hoosiers throughout Indiana. "That has a tremendous economic impact on the state," says Gallahue. "We don't just look at the life sciences from a basic research standpoint, but we take basic research and make that next application."

Last year, HPER researchers looked into minimizing the presence of sugar-sweetened soft drinks in school vending machines. Through the grassroots activity of HPER and other national and local organizations, Bloomington schools are partnering with companies such as Coca-Cola to change the contents of school

vending machines to include bottled water and juice, with limited soda options in high schools and no soda in elementary schools.

HPER was also recently hired to create a health and wellness plan for CSX Corporation's 35,000 employees, many of whom suffer from sleep apnea. CSX provides rail, intermodal, and rail-to-truck services and is the largest railroad in the eastern United States.

HPER scientists, both in the field and in HPER's Exercise Physiology, Biochemistry, and Motor Control Labs, seek answers to questions about the human body, addressing issues such as balance in the elderly, prevention of childhood obesity, and increasing safety for divers.

HPER researchers are even devising a system for how to process grief. Kathy Gilbert, an associate professor of applied health science, represents the Academic Council on the Life Sciences Initiative Task Force. Her studies on death, dying, and bereavement are increasing awareness of the grieving process when someone loses a loved one or unborn child.

"If, socially, we have structures that are unsupportive of healthy grief, it can lead to shortened life span, increased illness, and depression," says Gilbert. "If you have someone whose response to loss is to increase their consumption of alcohol and tobacco, that's not a healthy lifestyle, but that's a very common response, particularly among men. Most of what we do in HPER that relates to the Life Sciences Initiative has to do with behavior and the decision-making process behind the behavior."

QUALITY OF LIFE

As part of its Life Sciences Initiative, HPER is proposing a new course tentatively titled "Bloomington Quality of Life (BQOL): A Campus and Community Working Together to Improve Quality of Life and Productivity." The course would be one of several health and wellness course options required of all incoming freshmen as part of an effort to increase the health, productivity, and quality of life of students, staff, faculty, and community members.

Wilkerson says the course would be based on the Living Well course that has been in existence for four years, which has themes of wellness relative to spiritual, emotional,

physical, intellectual, social, environmental, and occupational well-being. Each student acts as a mentor to someone in the class while also being mentored. Students keep a "feelings" journal, and guest speakers talk about subjects ranging from procrastination to eating disorders.

Lloyd Kolbe is a professor of Applied Health Science and serves on the dean's group of HPER's Life Sciences Initiative. Kolbe—who spent 20 years working in public health at the Centers for Disease Control and Prevention (CDC) before joining the faculty at HPER three years ago—says President Herbert and Interim Provost McRobbie have been visionary in focusing on the life sciences.

Kolbe cites Bloomington's 2005 law prohibiting smoking indoors in public and workplaces (and outdoors within 30 feet of entrances, exits, open windows, and ventilation intakes of public places and workplaces) as an example of how public health decisions can make a widespread difference in people's lives.

"This has an enormous environmental effect in terms of secondhand smoke," says Kolbe. "It also made a statement to impressionable young people that smoking is such a serious problem, it's prohibited in public places. That's one example of how changing the environment can do far more than just nagging people not to smoke."

HPER initiatives include working to make fresh, healthful foods available to low-income people to help prevent obesity, and offering a variety of opportunities for physical activity through HPER's Recreational Sports program, which Kolbe and others have identified as "arguably the best in the country."

In the near future, Kolbe says, virtually everyone interested in the advancement and preservation of our society will have to work together to develop a public health system, a concept that has been echoed by numerous public health documents from the World Health Organization, the CDC, and others.

"The driving engine of that can be the university, because it has the schools that are training the future leaders and have enormous impact on health and quality of life," Kolbe says.

The essence of what HPER does, says Dean Gallahue, is to bring purpose and meaning to people's lives so they will engage in healthy behaviors—not just because they know it's good for them, but because it means something to them personally. "Most people don't stop smoking because 'I'm going to die if I keep smoking.' No, they stop because 'My breath stinks and she doesn't want to kiss me,' or 'Cigarettes cost \$3 a pack and I don't have enough cash to invest in this habit,'" he says.

By participating in the Life Sciences Initiative, HPER can promote the concept of healthful lifestyles in a way that's specifically targeted to the Bloomington campus, bringing this "purpose and meaning" to people on an individual level.

Wilkerson says the first step to improving any health issue is improving nutrition and exercise habits. "That's what we're about—exercise, nutrition, healthy habits. We probably are tackling the hardest of all problems: changing human behavior," she says. "The Life Sciences Initiative Task Force has come to the realization that there are lots of people designing drugs, designing equipment, developing all of these things, but unless we can get people to utilize them, their quality of life will be less than adequate. We're looking at not only living longer, but at quality of life and enjoying living."

America's health care situation is "catastrophic," says Wilkerson. "We provide an opportunity for research that changes people's behavior relative to healthy lifestyle habits. We're not just treating a malady that already exists.

"I think we're just stepping up and saying 'this is who we are,'" she says. "We've been part of the life sciences from the beginning."

Top: Louise Turner reviews data as Sandy Tecklenburg exercises as part of a research study of asthmatic airway inflammation conducted in the Biochemistry Lab.

Bottom: Juame Padilla takes an arterial measurement from Gregory Gember in the Physiology Lab. Researchers are studying the role of diet and exercise in how arteries function.





The Science of Wellness

Alumni and advisors to the dean help improve lives and health on a national level

by Molly Brush

"Life sciences" conjures visions of researchers trying to cure cancer, or scientists mapping the human genome. But the life sciences are much broader, and the School of HPER and its alumni are doing important work at the forefront of the life sciences movement.

Consider the work undertaken by HPER alumni such as **Donald I. Wagner, John Seffrin, Steven Blair, Laura Kann, and David McSwane**. All are HPER Dean's Associates, and in their careers, they use their knowledge, skills, and expertise to improve the health and well-being of individuals, families, and communities in Indiana and beyond. From helping people make healthy choices to conducting research that influences public policy, their contributions are shaping the future of the life sciences.

PROMOTING PREVENTION



As professor of health promotion at the University of Cincinnati, **Donald I. Wagner** (H.S.D. '77) knows the importance of prevention education. In his role as director of

the Center for Prevention Studies at the university, he has helped develop several initiatives that focus on prevention education for youth, families, and communities.

In 1991, Wagner helped found the Ohio Resource Network (formerly the Ohio Prevention and Education Resource

Juame Padilla performs a blood assay in the Biochemistry Lab. Researchers are studying the role of antioxidants in combating the effects of a high-fat meal in physically-fit individuals.

Center), which provides alcohol and drug prevention training, materials, and technical assistance to youth service professionals in Ohio. As the Ohio Resource Network began to expand in the mid-'90s, he and his colleagues saw the need for a larger umbrella organization, and in 2001 they formed the Center for Prevention Studies. Wagner later helped develop two other initiatives within the center: Family-Based Prevention, which trains early childhood educators on alcohol and drug prevention using a positive youth development framework, and BridgeBuilders, a research project that examines the elements of a successful community-based prevention coalition.

Wagner and his colleagues at the Center for Prevention Studies are developing a new initiative that deals with the prevention of childhood obesity. They hope to base the project on the Ohio Resource Center's model of service delivery.

Wagner sees prevention education as a way to help individuals make smart choices that will help them maintain good health. "The role of health promotion, as I see it from our perspective as health educators, is to train and educate, to create more informed individuals who can make appropriate choices based on their values and the optimal health that they desire," he says.



As CEO of the American Cancer Society, former Applied Health Science chair **John Seffrin** has spent a great deal of his career emphasizing the role of prevention in health care.

A major part of his work has been promoting prevention as public policy, something he says is essential to addressing health care problems.

Seffrin says that society is getting closer to understanding the significance of prevention. For example, the FDA recently approved the first-ever vaccine for the human papilloma virus, the virus that causes cervical and uterine cancers. Globally, hundreds of thousands of

women die of these cancers each year, and this vaccine should eventually eradicate the cancers, he says.

There has been a documented downturn in cancer mortality rates for more than a decade, says Seffrin, because of a combination of prevention and improved treatment. But, ultimately, cancer is a disease that is much more preventable than it is treatable or curable, explains Seffrin. In fact, virtually two-thirds of all cancers are preventable.

"If you intervene on even a lethal disease entity like cancer with well-thought-out, evidence-based intervention, you can get results."

INFLUENCING PUBLIC POLICY



Steven Blair (M.S. '65, P.E.D. '68), former president and CEO of the Cooper Institute, had the opportunity to see his work influence public policy during his 26 years at the

institute. The Cooper Institute is a non-profit research and education foundation focused on physical activity and fitness in relation to health. During his tenure there, Blair conducted epidemiological research examining the effect of fitness on mortality rates.

Blair and his colleagues compared fitness levels of patients at the Cooper Clinic, a preventive medicine practice affiliated with the Cooper Institute, to their mortality rates. The findings were somewhat surprising.

"Our first report on fitness and mortality was published in the *Journal of the American Medical Association* in 1989, and what we found is that [of] both the women and the men, those who were merely moderately fit had a death rate that was half that of the individuals who were low-fit," he says.

According to Blair, the report influenced policy recommendations for physical activity, which began to change in the mid-'90s. Earlier recommendations had advocated vigorous exercise, but the

Cooper Institute's findings showed moderate fitness to be protective against early death. Policy statements such as the *1996 Surgeon General's Report on Physical Activity and Health*, for which Blair served as senior scientific manager, reflected these findings.

"In my mind, it's a direct line from those research findings to these public policy statements in the mid-'90s such as the *Surgeon General's Report*. I'm not saying that we take all the credit for that, but I think our work is certainly one of the things that's been influential," he says.

Laura Kann's (Ph.D. '87) work at the Centers for Disease Control and Prevention helps drive programs and poli-



cies that improve kids' lives. Kann serves as distinguished fellow and chief of the Surveillance and Evaluation Research Branch of the CDC's Division of Adolescent and

School Health. In her role, Kann oversees the division's surveillance activities, including the Youth Risk Behavior Survey, a nationwide survey of high school kids and their health behaviors.

The data collected from the Youth Risk Behavior Survey are used to help advocate for doing things better for kids, Kann says. For example, recent policies dealing with the content of school vending machines have been driven by data from the survey, such as percent of kids who are overweight, levels of fruit and vegetable consumption, and levels of physical activity.

"That data are working together to really paint an interesting picture about why we may need to change our programs or policies," she says.

Kann enjoys the fact that the research has a practical application. "We're making a difference. It's not just data collection to write journal articles or develop theories, but it's actually to change programs and policies that affect kids' lives," she says.

EDUCATING ABOUT SAFETY



Education is a large part of the work of **David McSwane** (M.P.H. '72, H.S.D. '80), professor of public and environmental affairs at the School of Public and Environmental

Affairs at Indiana University–Purdue University Indianapolis. As a researcher, McSwane's main interests are food safety and the prevention of food-borne illness. The impact of food-borne illness on public health is considerable, he says.

"The CDC in Atlanta estimates that we have somewhere in the vicinity of 76 million cases of food-borne illness every year. If you figure that we have a population of roughly 300 million, that means people's chances of contracting a food-borne illness are roughly one in four on an annual basis," he says.

McSwane uses his expertise in food safety to educate employees in the food service industry about how to prevent food-borne illness. He and his colleagues have developed textbooks and other training materials for use in industry training programs. He also delivers "train-the-trainer" programs that prepare potential trainers around the country to work with industry personnel. In the future, he hopes to establish a network of master trainers who can deliver these programs to as many in the industry as possible.

McSwane says that the primary message of his teaching and writing is that food-borne illness is preventable. "There's never been a case of food-borne illness that could not have been prevented, and it's really not rocket science in terms of what it takes," he says. "The real key is just getting the message to the people that need it most, and that's the people who are working in the industry."

SERVING THE WORLD

As part of her work at the CDC, **Laura Kann** travels to countries such as China, Egypt, Kazakhstan, Republic of Congo, and United Arab Emirates to train health professionals to administer the Global School-Based Student Health Survey, an

international version of the CDC's Youth Risk Behavior Survey. Though the global survey system is just a few years old, participating countries are already starting to amass data, which can be used to drive programs and policies that benefit youth in those countries.

Kann says that the best part of leading the training is working with people who are eager to learn. "It's a real honor to get to share what we know and what we do here with them and help further what they want to do for their kids," she says.

Donald Wagner, of the University of Cincinnati, has shared his expertise in health promotion with developing countries in Latin America. In the mid '80s, while serving as a Kellogg Fellow in international development, he began working with Partners of the Americas, a nonprofit international development organization. As a result of his experience with Partners, he was asked to serve as senior advisor for health promotion to the Brazilian Ministry of Health, helping create a national plan for health promotion.

While in Brazil, Wagner also worked on smoking cessation and tobacco education initiatives and served as consultant to the World Bank and the United Nations Development Fund on various projects. Later he acted as consultant to Belize in the development of HIV education initiatives.

Wagner recalls that there were some cultural differences surrounding the role of health promotion. "I did a lot of training while I was in Brazil because health promotion was not a common term, let alone an understood activity," he says. Wagner's experiences in Latin America inspired him to remain involved with Partners of the Americas, and upon his return to the United States, he joined its board of directors, later serving as chair.

The ultimate goal of IU's Life Sciences Initiative, says IUPUI's **David McSwane**, is to improve health and well-being, and that is consistent with the mission of the School of HPER.

"In the end, I think the goal we're all looking for is maintaining a higher level of wellness and health, and that is whether we're using the life sciences strategy or

whether we're using one of these more conventional wellness-based or prevention-based approaches," he says. "The result is hopefully still going to be the same, and that's going to be a better place to live and a higher quality of life and longer life expectancy."

2005–2006 SCHOOL OF HPER DEAN'S ASSOCIATES

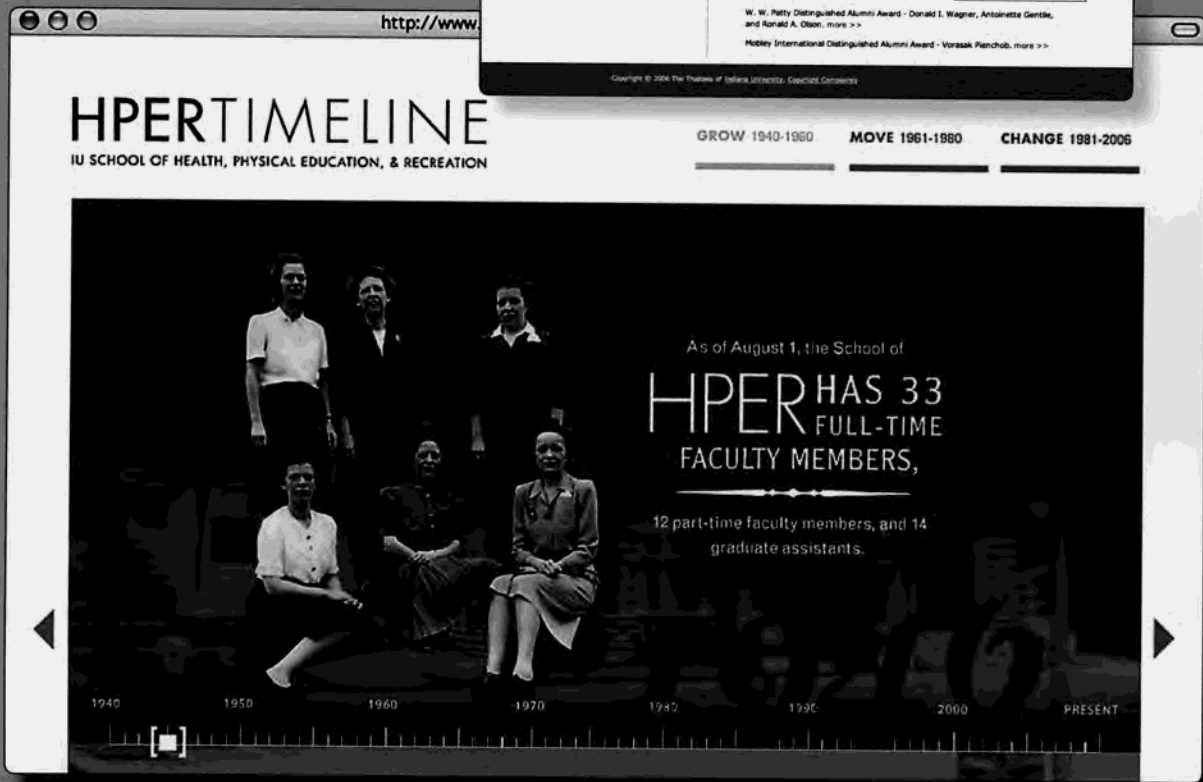
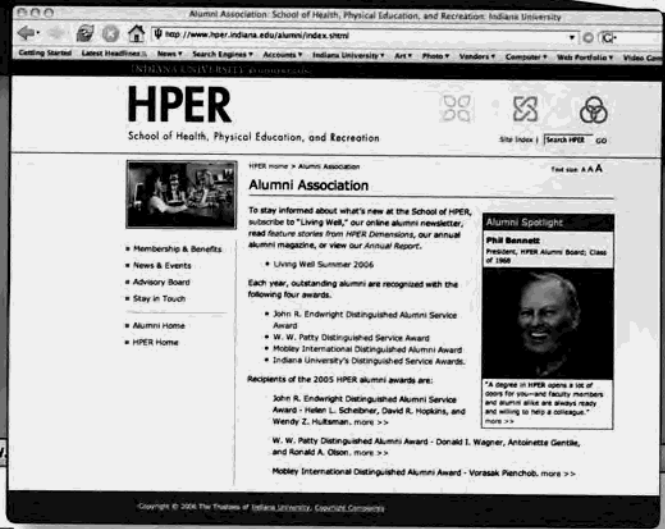
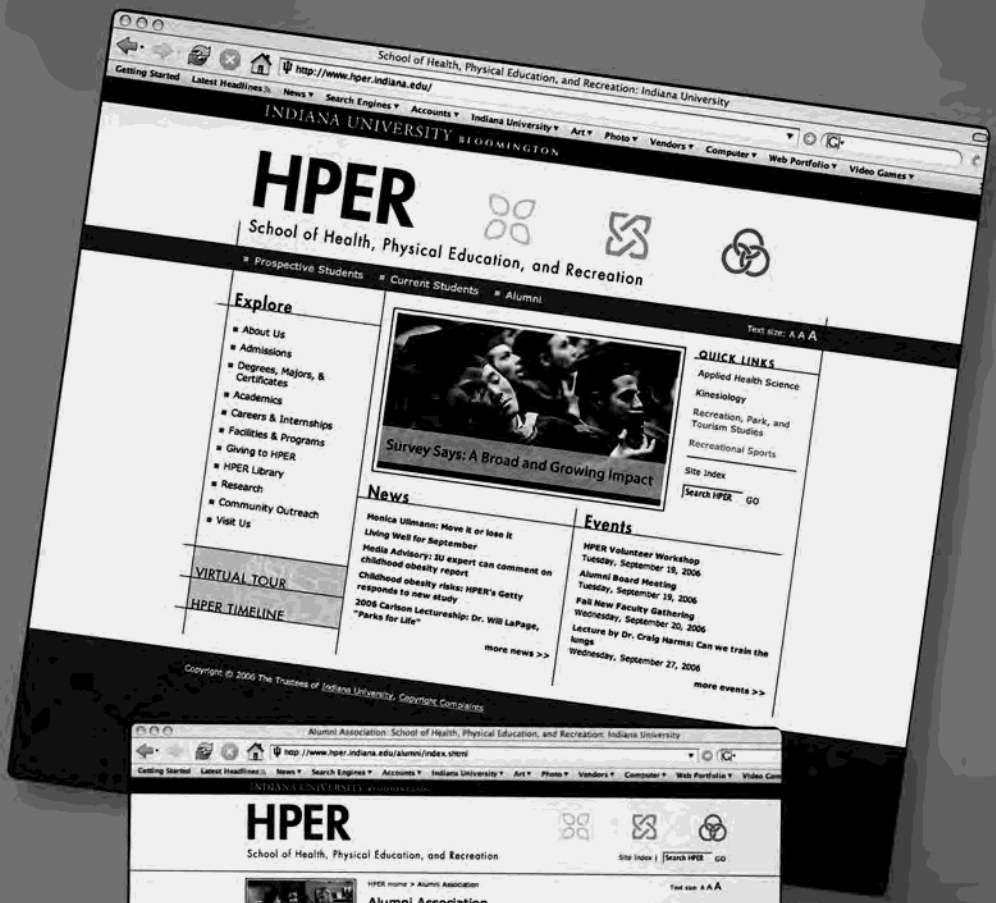
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Up and Running

HPER's new Web site

The School of HPER is celebrating our 60th anniversary with a dynamic, interactive Web site that features a new design and updated content. Visit the site (www.hper.indiana.edu) and discover how the School of HPER's faculty, staff, students, and alumni are contributing to the health and well-being of people all over the world. Designed and rebuilt by the IU Office of Creative Services in collaboration with staff and administrators from HPER, the site also features improved content for prospective students, a virtual tour, historical timeline, faculty profiles, and more. Plan to visit the site frequently for up-to-date news and information about events, research, and academic programs. It's a great way to stay connected.

www.hper.indiana.edu



I SEX*

*RESEARCH

Outstanding Early Career Researcher Award

by Ceci Jones

he black plastic cups sum up Michael Reece's academic interests. Each one screams "I ♥ SEX*" in bold white letters with an asterisk leading to the much smaller inscription "research."

Used as parting gifts for college students participating in a sex study during IU's Little 500 festivities (more about that later), the cups say as much about Reece's research interests as they do his sense of humor.

As the William L. Yarber Professor in Sexual Health in HPER's Department of Applied Health Science and the director of the school's Sexual Health Research Working Group, Reece has investigated topics ranging from the role of adult bookstores in sexual health promotion to the psychological impact of HIV infection. Since coming to IU in 2001, he has received nearly \$3 million in external research funding. His important work in a field that has been known to cause raised eyebrows

recently earned him HPER's Outstanding Early Career Researcher Award.

"I am sometimes asked how my work fits into HPER, and I always say that for a lot of people sex is a healthy form of exercise and recreation," jokes Reece, who admits to being pleasantly surprised about the award. "But seriously," he adds, "sex is a fundamental human behavior that has strong associations with the well-being of individuals and societies."



Michael Reece



"I am lucky to be at Indiana University and especially here at HPER. My peers are brilliant, and this school has really been true to IU's commitment to academic freedom."

An Atlanta native, Reece came to IU after completing his postdoctoral training with the W.K. Kellogg Community Health Scholars Program at the Bloomberg School of Public Health at Johns Hopkins University. Prior to his academic life, Reece worked for years in the field of HIV prevention, at one point serving as director of the HIV Prevention Unit in the Arizona Department of Health Services, where he allocated funding for all the state's HIV/AIDS programs.

But sexual health wasn't always his top priority. As an undergraduate at the University of Georgia, he majored in physics and astronomy and harbored dreams of working for NASA. When that didn't happen, he turned to veterinary medicine. ("I love dogs," he says, "but the first time I sheared a sheep I realized being a vet wasn't as glamorous as I thought.") It was an environmental health course in the vet program that introduced him to public health—and he hasn't looked back.

As founder and director of HPER's Sexual Health Research Working Group (SHRWG), Reece gets the chance to share his knowledge with graduate students. At SHRWG, graduate students in the health sciences work with a faculty member to design, conduct, and disseminate the findings of high-quality sexual health research.

One SHRWG project involves examining how adult bookstores could help educate people about sexual health. In the first study of its kind, Reece and his graduate students looked at adult bookstores and other adult retailers in 62 U.S. cities to explore how effective their staffs could be at educating their customers on safe sex interventions such as condoms and lubricants. "Millions of people turn to these stores every year looking for information about sex," says Reece. "Our findings are pretty conclusive that those interactions could be valuable 'teachable moments.'"

Other SHRWG work includes the Condom Fit and Feel study, which analyzes the effectiveness of the world's first sized-to-fit condom, the TheyFit™ condom.

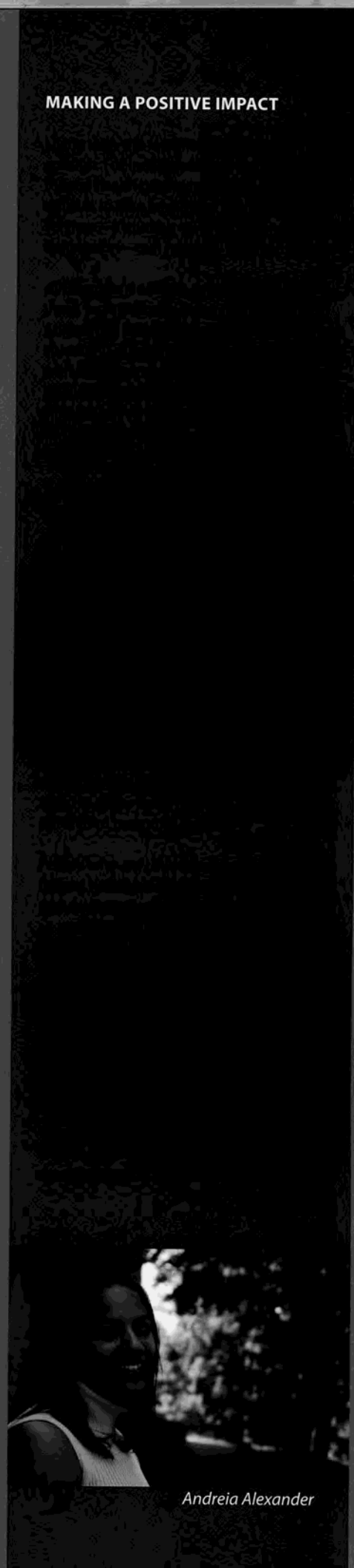
(Think clothing: Men wear different-sized pants—why should they wear the same-sized condom?) For decades men have complained about the discomfort caused by one-size-fits-all condoms and even forgo their use, sometimes at the risk of disease. Reece and his team worked with over 1,800 men, who completed close to 30,000 sexual diaries, and provided data on approximately 10,000 incidents of condom use. "We're working on our first analyses of the data, and for some men, fitting them with these condoms decreased breakage rates by 500 percent," says Reece.

And the "I ♥ SEX**" cup? That was part of the SHRWG study, Situational Factors and Their Influence on Alcohol Use and Sexual Behavior during a University Special Event, which examined how the Little 500's bacchanalian atmosphere influences the alcohol use and sexual behaviors of people on campus during the event.

The best thing about his work with SHRWG, Reece says, isn't the research—it's the students. "I really believe we're training the next generation of leaders in sexual health, and to have a part in that is really exciting."

In addition to his work with SHRWG, Reece also conducts important research in the area of HIV-related mental health. The foundation of this work includes a five-year project, funded by the U.S. Substance Abuse and Mental Health Services Administration, that investigates the best ways to provide mental health care to HIV-positive African American and Latino individuals. This work has been extended to Kenya and Moi University, with whom IU has had a long collaboration in the effort to fight HIV/AIDS.

Reece says that Kenyans with HIV/AIDS have similar issues as Americans with the disease, such as early feelings of anxiety and depression, but that there are some interesting differences between men and women that he wants to explore. And with the disease running rampant across Africa, the mental health of patients can easily be overlooked. "In America, we are only now realizing the importance of mental health care for people with HIV/AIDS," says Reece.



Andrea Alexander



The Prevention Prescription

IPRC improves lives in Indiana for nearly 20 years

by Ceci Jones

It's there whenever someone gets "carded" trying to buy tobacco. It's there when your son or daughter completes a gambling and drug-use survey at school. Every time a child connects with an inspiring mentor in a YMCA or Boys and Girls Club after-school program, opening their eyes to a whole new world of possibilities, the Indiana Prevention Resource Center (IPRC) is there, working to reduce problem gambling, and alcohol, tobacco, and other drug use across the state.

Since its inception in 1987, the IPRC has strengthened Indiana's prevention efforts through education, research, and resources. "We envision an Indiana prevention system that promotes and sustains healthy behaviors and environments," says Ruth Gassman, executive director of the IPRC and an associate professor in applied health science.

The state is clearly benefiting from the support. In 2006, the *Indiana Survey* revealed that:

- 39.4 percent of Hoosier youth who participated in the survey have never experimented with drugs or alcohol.
- Youth who engage in after-school

activities are less likely to experiment with alcohol, tobacco, and marijuana.

As Indiana's designated Regional Alcohol and Drug Awareness Resource Network (RADAR) State Center, IPRC provides comprehensive information on addictive substances, access to government publications, and referral services to all Indiana residents. The center is also poised to be a crucial part of IU's Life Sciences Initiative.

Mohammad Torabi, chair of the Department of Applied Health Science, says the center's goals mesh perfectly with HPER's life sciences mission. Torabi has been involved with the IPRC for the past 17 years as a researcher, administrator, and interim director.

"As far as the life sciences are concerned, we have a major impact on productivity and economic growth for the state," Torabi says. "A person who is hooked on tobacco and other drugs cannot be a healthy citizen, cannot be a productive citizen, and is a burden on the taxpayers."

IPRC programs [see sidebar] such as the Tobacco Retailer Inspection Program,

Afternoons R.O.C.K. in Indiana, and the Indiana Problem Gambling Prevention Initiative have a direct impact on the onset of initial drug use and engagement in problem gambling.

In addition to its programs, the IPRC provides grant assistance, program planning and administration, evaluation, community analysis reports, research and reference services, and education and training for prevention providers. Schools, health departments, social workers, coalitions, and program administrators rely heavily on the IPRC's research and evidence-based practices to address public health issues such as problem gambling, youth access to tobacco and alcohol, and substance abuse.

Barbara Seitz de Martinez, IPRC's deputy director and head librarian, says the center's Web site is one of the most accessed sites for information on alcohol, tobacco, and other drugs.

As the IPRC moves toward its twentieth anniversary, the center will expand its offerings to include secondary and tertiary prevention education, resources, and research.

An example of secondary prevention is the standardization of screening for alcohol, tobacco, and other drug use among primary care nurses, physicians, and other health care providers. "Research indicates that we can reduce substance use and related problems if we make screening part of the standard health care routine," says Gassman. While the IPRC has historically focused on primary prevention for youth, with the goal of preventing first use of tobacco, alcohol, and marijuana, "the fact is, most people in society have used these substances," says Gassman.

"We have to acknowledge that and apply interventions to appropriately address individuals' involvement with alcohol and other drugs. Early intervention reduces alcohol and other drug intake and lessens the overall costs to the health care system," Gassman explains.

Gassman says people tend to think of alcohol and drug addiction in extremes: those who've never touched a drug and those who are on skid row.

"We've been blind to the largest segment of our population, which includes those who are not addicted, but suffer from problems directly associated with their alcohol or drug use, such as injury, drug interactions, sleep disturbance, sexual dysfunction, and mental illness," she says. "Problem use" is defined as drinking and using other drugs above safe limits on a regular basis, causing further life complications such as steady unemployment, economic hardships, or family dysfunction.

"Many Americans may turn to alcohol and drug use to cope with physical or psychological hardships," says Gassman. "We're recognizing that all levels of prevention need to be integrated to best serve the public and fill the gap."

Torabi says that as he travels around the country, people tell him they want to model their prevention resource centers after the IPRC because it has been such a huge success for the state. "We are attacking the major public health problems in the state of Indiana," says Torabi.

Getting with the Program

TOBACCO SALES MONITORING AND ENFORCEMENT

The Tobacco Retailer Inspection Program works synergistically to reduce tobacco sales to minors through monitoring sales and enforcing legal sanctions on those who sell to youth under 18 years of age. Since the inception of TRIP in 2000, the IPRC has observed a 28 percent reduction in noncompliant stores statewide. This translates to fewer youth accessing tobacco products, which helps to delay first use.

AFTER-SCHOOL PROGRAMS

Afternoons R.O.C.K. in Indiana is a program administered by the IPRC in partnership with the Indiana Family and Social Services Administration's Division of Mental Health and Addiction, along with community-based partners such as Boys and Girls Clubs, faith-based entities, and other youth-serving agencies. The acronym "R.O.C.K." represents the mission of the program to provide Recreation, Object lessons, Culture and values, and Knowledge via active, entertaining, focused, and supportive prevention activities designed to teach youth about social and media influences, conflict resolution and refusal/resistance skills, gang and violence prevention, and the structuring of leisure time to be free of alcohol, tobacco, and other drug use. Afternoons R.O.C.K. in Indiana programs reach up to 15,000 youths, ages 10-14, across the state each year.

PROBLEM GAMBLING PREVENTION

In Indiana, three percent of the adult population are problem gamblers. Risk factors associated with youth substance abuse are also related to youth problem gambling. To reduce risk among youth, the Indiana

Problem Gambling Prevention Initiative (IPGPI) has collaborated with Indiana's Afternoons R.O.C.K. program to incorporate prevention activities beginning this fall. The IPRC monitors gambling behavior among youth through its *Indiana Survey*.

IPGPI provides information and technical assistance to Indiana organizations seeking to prevent problem gambling by children, adolescents, and young adults.

PREVENTION PLANNING WITH GEOGRAPHICAL INFORMATION SYSTEMS

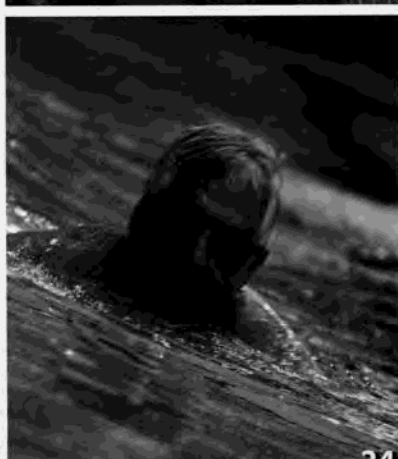
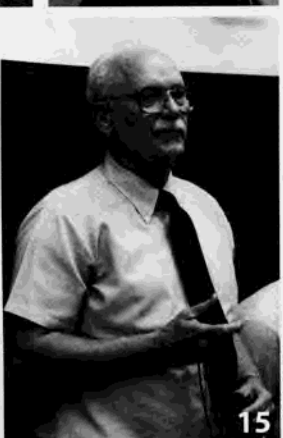
PREV-STAT is a geographical information system that allows prevention providers to hone in on a community's risk and protective factors for planning purposes. By tapping into rich sources of data such as the U.S. Census Bureau, PRIZM (a lifestyle segmentation data set), and CrimeRisk (a compilation of crime indexes and reports), and drawing from Indiana specific sources of data, PREV-STAT creates profiles for prevention planning and grant writing. PREV-STAT played a significant role in helping communities acquire more than 1.5 million dollars for prevention in 2005.

MONITORING RISKY BEHAVIORS

In addition to its programs, the IPRC monitors drug prevalence rates, gambling behaviors, peer perceptions, risk and protective factors, and the prevalence of specific violent behaviors among Indiana's sixth through twelfth graders through the *Indiana Survey*. Data from this survey help schools acquire grants to fund and sustain prevention and treatment needs.



School of Health,
Physical Education,
and Recreation, 1



HPER—Celebrating 60 Years

Moving, Growing, Changing for the Better



In 1946, the School of Health, Physical Education, and Recreation was established as the first program of its kind in the nation with a mission to improve quality of life and promote healthful, active lifestyles. “Move/Grow/Change” is the school’s theme this year as it celebrates 60 years of leadership in the field. Those principles are manifested in everything HPER does, from the scientific research in its Human Performance and Nutrition Science Labs to faculty researchers’ groundbreaking work in the areas of obesity, addiction, disease prevention, and aging well.

Over time, HPER’s reach has expanded and its programs and alumni have touched lives in each of the eight corners of Indiana, throughout the nation, and in communities around the world.

STRENGTH IN NUMBERS

From the school’s first graduating class of 61 students in the spring of 1947 to 732 graduates in spring of 2006, HPER has grown in student body, faculty, programs, course offerings, facilities, and reputation. HPER began with just four areas of study: separate departments of physical education for women and men; a Department of Health and Safety; and a Department of Recreation. At that time, there were 33 full-time faculty members, 12 part-time faculty members, and 14 graduate assistants.

Today, HPER has three departments and one division: the Department of Recreation, Park, and Tourism Studies; Department of Applied Health Science; Department of Kinesiology; and Division of Recreational Sports. Each department offers a multitude of majors, minors, and opportunities for

graduate and undergraduate studies. HPER has grown into the third-largest school on Indiana University’s Bloomington campus, with more than 100 full-time faculty members, 90 adjunct and part-time faculty, and 50 graduate faculty instructors.

More than 33,000 students on the Bloomington campus—roughly 80 percent of the student body—participate in recreational sports at HPER’s facilities each year. The Division of Recreational Sports adds an estimated \$2 million per year to the Bloomington and Indiana economies by hosting national and regional events such as the USA Swimming Speedo Championships.

GOING GLOBAL

Tony Mobley, who served as dean of HPER from 1976 to 2002, made HPER part of

A History of Achievement

- Dean Tony Mobley in front of the HPER Building.
- Dean Daniels proclaims in 1959, “We are in an era of research. The School of HPER is committed to a basic interest and responsibility in fundamental research aimed at developing new concepts.”
- Samples Gates at dusk.
- Willard W. Patty is appointed the first dean in 1946.
- Research project in the School of HPER, 1949.
- The present HPER building is completed in November 1960 and occupied in January.
- Dance classes were a popular early HPER offering. (1950 photo)
- A driver’s training course, 1958.
- President Herman B. Wells receives the deed to Bradford Woods on behalf of Indiana University.
- In 2002 HPER alumnus and sports broadcaster Dick Enberg receives an honorary doctoral degree and delivers the Commencement address at IU Bloomington.
- The School of HPER moves from Mottier House into Alpha Hall in 1951, making room for offices, laboratories, seminar rooms, and doctoral research.
- Larry R. Ellis, commanding general of the U.S. Army Forces Command and a HPER alumnus, returns to IU in 2003 to present the fourth annual Marian Godeke Miller Lecture.
- A graduate concentration in dance education is initiated in 1968 in the Department of Physical Education for Women. (1959 photo)
- In 1946 HPER is housed in Mottier House on Forest Place, and contains only offices for school administrators.
- Legendary swimming coach and professor James “Doc” Counsilman, 1978.
- U.S. Secretary of Education Rod Paige, who received his master’s and doctoral degrees from HPER, visits in September 2003 as part of his “No Child Left Behind” tour.
- The President’s Challenge Physical Activity and Fitness Awards Program is awarded to HPER in 1989 by the President’s Council on Physical Fitness and Sports.
- Brian Gordon analyzes movements of highly skilled athletes.
- Promotional image from a Department of Recreation and Park Administration (now the Department of Recreation, Park, and Tourism Studies) brochure in 1995.
- Division of Recreational Sports inaugurates the “Spirit of Sport All-Nighter,” now named “Spirit of Sport,” in 1976. Since its inception, the event has raised more than \$300,000 for the Special Olympics. (1983 photo)
- The new \$22 million Student Recreational Sports Center opens in 1995, effectively doubling the recreational sports space available to students on the Bloomington campus.
- All-female archery class, 1946.
- Jaume Padilla performs a blood assay in the Biochemistry Lab, 2006.
- Researchers in HPER are studying the effects of physical activity throughout the life span on overall health. (2006 photo)
- Sandy Tecklenburg exercises as part of a research study of asthmatic airway inflammation conducted in the Biochemistry Lab, 2006.
- Charles Sprague participates in a lung capacity measurement in the Rehabilitation Lab, 2006.



the world community in 1989 when he successfully negotiated a cooperative agreement in China with Beijing Sport University (then Beijing Institute of Physical Education). The agreement led to similar agreements with other overseas universities, an initiative that was prioritized and moved forward by David Gallahue, the school's current dean.

and Nutrition Science Labs and a library that houses more than 25,000 books and journals, 12,000 dissertations and journals on microfilm, and subscriptions to 250 journals. With the addition of the state-of-the-art Student Recreational Sports Center (SRSC) in 1995, HPER has 274,802 square feet of space, including indoor and outdoor sport and fitness facilities, a Tennis



Deans of the School of HPER (from left): W. W. Patty, 1946-1957; Arthur Daniels, 1957-1966; John Endwright, 1967-1975; Anita Aldrich (acting dean), 1975-1976; Tony Mobley, 1976-2002; and David Gallahue, 2002-present.

In 2001, Gallahue organized a delegation of 40 students, faculty, and staff from HPER for a "Great Wall Walk" in China with partners from Beijing Sport University. The event commemorated 10 years of cooperation between the schools and took the relationship to a new level. In 2005, a women's delegation of HPER professors and students returned to China to visit 3 of the nearly 20 universities with which HPER has cooperative agreements worldwide. "Over the past 36 years, I have had the honor of participating in the process of a good school becoming an exemplary one," says Gallahue, who began his career as an assistant professor at HPER in 1970.

Center, and two Olympic-size swimming pools—as well as diving and instructional pools.

Richard Mull, director of auxiliary operations and director of the IU Tennis Center/Outdoor Pool, was HPER's first director of the Division of Recreational Sports, a position he held from 1974 until 1991. In 1991, his concept for the SRSC became a reality. "The Student Recreational Sports Association allowed us to have a student voice in all aspects of recreational sports, to create a system for students to have meaningful learning experiences," says Mull.



NEW FRONTIERS

As the school's relationships have grown over 60 years, so has its physical space. HPER's administrative offices were initially located in Mottier House, which was too small for classrooms. Courses were taught at other buildings across campus. Kathy Bayless, director of campus recreational sports and assistant dean of HPER, recalls the early days of recreational sports at IU: "The Wildermuth Fieldhouse was a dirt floor; there were no outdoor playing fields; no deep water exercise; no Tai Chi, Pilates, or yoga. No one even knew what mind-body was."

The current HPER building, dedicated in 1961, has undergone numerous renovations and expansions. It contains 12,000 square feet of research and teaching laboratories, including Human Performance

MISSION POSSIBLE

Although the school's early focus was to train undergraduate students to become teachers of athletics, that focus has shifted to one of scholarly activity and graduate research.

HPER's commitment to public service and outreach improves quality of life in Bloomington and throughout the state. The Indiana Prevention Resource Center provides the state with data on tobacco and other drug use, as well as offering technical assistance and educational activities related to the prevention of AIDS and STDs in rural communities. At the award-winning Eppley Institute for Parks and Public Lands, academic pursuits are applied to issues of recreation, park land management, and public lands. The Great Lakes Park Training Institute—the longest-running professional development program of its

kind in the country—brings park executives and their staffs from throughout the United States and Canada to Bloomington to teach them up-to-date, hands-on techniques.

DIVERSE VISION

HPER has always strived to foster diversity both in its student body and faculty. Mildred Ball, who received her B.S. from HPER in 1960 and is now president-elect of HPER's Alumni Advisory Board, recalls being one of two black women in the entire School of HPER at the time she was a student. She nearly didn't gain admission to the school.

Ball arrived on campus a day after classes had started without transcripts from the school from which she was transferring. The man at the registrar's office argued with her for a few minutes and then called upon John Endwright, then assistant dean of HPER, to tell the girl she was wasting her time. Ball recalls the exchange: "I looked at the dean and said, 'Sir, I have a brother at the University of Washington; I have a brother at Iowa State Teachers College; I have a sister at Los Angeles State College; I have a brother here at Indiana University. I want to go to school, too.' He looked at me and said, 'Let her in.'"

Ball became a straight-A student and a dance instructor at HPER, as well as a model for sculptor Robert Laurent as he created the Showalter Fountain in front of the IU Auditorium.

Last year, HPER received an award from the Neal-Marshall Black Culture Center in recognition of six decades of "dedicated and exemplary leadership in the development and nurturing of outstanding minorities, women, and international professional leaders."

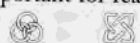
The Department of Applied Health Science's Center for Minority Health was established with the mission of positively affecting the health of all minorities, and the school's I-95 Project aims to recruit students for graduate programs from historically black colleges and universities along the Interstate 95 corridor. The HPER Undergraduate Minority Recruitment project focuses on bringing high school athletes to campus for camps and competitions.



In 1951 the School of HPER moved into Alpha Hall, which had been a women's residence hall. The building housed HPER offices, laboratories, seminar rooms, and doctoral research.

Each year, the National Girls' and Women's Sport Day Project brings 5,000 young women to Bloomington for an interactive program designed to introduce IU's academic programs. In 2005, HPER, Purdue, and Notre Dame collaborated to create two programs designed to develop leadership skills and promote tolerance: ISport (Indiana Sport), which trains youth recreation sport administrators from Kyrgyzstan; and USport (Unite through Sport), which involves developing a trainer program for the Lebanese Basketball Federation.

"Throughout the past 60 years, our vision of a world made better by its citizens actively pursuing healthy lifestyles has remained focused and passionately pursued," says Dean Gallahue, who will retire from his position in 2007.

"This is such an exciting time for HPER," Gallahue says. "We're doing things that are really important for real people's lives—and it's fun." 

RECENT RANKINGS OF HPER PROGRAMS

U.S. News & World Report ranked the Master of Public Health degree program as among the best in the country.

The American Journal of Health Education rated the Ph.D. program in health behavior No. 1 among non-schools of public health and fifth among all U.S. schools that offer the doctoral degree in higher education.

The Department of Kinesiology was ranked No. 1 in research productivity among Big Ten

Institutions at a meeting of Big Ten deans and directors.

Sports Illustrated on Campus called the Division of Recreational Sports "perhaps the best collegiate recreational sports program in the nation."

The Ph.D. program in leisure behavior is regarded as one of the field's top five doctoral programs in the nation, according to the NRPA/AAPRA Council on Accreditation (2004).

Survey Says: *A Broad and Growing Impact*

by Lesa Petersen

Phlebotomist. Art therapist. Sports news anchor. Safety and environmental coordinator. Pharmaceutical sales representative. Professor. Many doors are opening for graduates of the School of HPER in the twenty-first century, and our alumni are spreading to new disciplines like never before. The diversity of job titles held by recent HPER graduates represents our broad and growing impact in a wide range of fields.

They are the largest group of HPER alumni ever studied. Bachelor's, master's, and doctoral alumni from the classes of 2001–2004 responded to the 2005 HPER Alumni Survey in great numbers—nearly 40 percent who received the mailed survey reported on their experiences after graduation. The 2005 survey was mailed to all recent graduates and mirrors surveys taken of HPER alumni in 1999 and 2002, which were sent to a smaller sample of alumni.

Conducted by the HPER Career Services Task Force—career advisors Harriet Castrataro and Susan Simmons, and

Professor Craig Ross—the 2005 survey addresses alumni satisfaction with faculty, instruction, advising, and HPER facilities, but also focuses on the outcome: how our graduates are faring in their careers.

The survey addresses two primary concerns of prospective HPER majors and their parents. How long will it take to find a job, and how much can HPER graduates expect to earn?

Recent HPER graduates are having great success finding employment quickly in their fields of study—73 percent of undergraduates and 87 percent of graduate students landed jobs related to their majors within the first six months of the job search, and more than 50 percent of graduate students were employed in their fields within one month after graduation. Ninety-two percent of all respondents were employed in a full-time position within a year of graduation.

They're also earning good salaries. About one-third of undergraduate and graduate alumni were earning salaries in the range of \$30,000–\$39,999 per year. Twenty

percent of students with undergraduate HPER degrees and more than half of students with graduate HPER degrees were earning \$40,000 or more per year.

Graduates from the class years 2001–2004 are entering careers and graduate study programs with confidence. More HPER graduates are going to graduate school—20 percent of respondents pursued a master's degree (up from 16.4 percent in 2002), and 6.6 percent pursued a doctoral degree (up from 4.2 percent in 2002).

Eighty-five percent of respondents who enrolled in a graduate program believed they were prepared for further academic study. And an incredible 94.6 percent of respondents employed in their field of study said they felt prepared for their current jobs.

“As can be seen from the responses, the various academic programs and career services in the School of HPER have had a strong positive impact on our graduates as they enter the professional world,” Ross says. “Our graduates are contributing significantly within their fields of study.”

“New job titles from our alumni might surprise you—cardiac perfusionist, posture alignment specialist, family preservationist/reunification counselor, director of mascot operations, convention services manager—but we’re also seeing job growth in traditional HPER disciplines, such as nutrition, public and school health, recreation, and fitness,” Castrataro says.

Ross, Simmons, and Castrataro use the survey results to assess how HPER’s programs are addressing students’ career preparation. For example, the increased use of the Internet in the job search inspired hpercareers.com, where students and alumni can search for internships and jobs, post their resumes, and apply or recruit online. “We value the willingness of our alumni to provide us with information to enhance our services,” says Simmons.

It’s not surprising that the Internet is playing a larger role in finding the first job, but the increase is noteworthy. More than a quarter of respondents found the lead to their first job online, up from 10 percent in 2002. Newspapers and trade journals still play a role, and personal contact remains the most cited source at more than 40 percent.

As the degrees of separation between successful HPER alumni decrease, personal job contacts increase, positioning future HPER alumni for continued success after graduation. “We’ve had a lot of pioneers at IU who serve in national positions of leadership,” says Phil Bennett (B.S.’64, M.Ed.’68), president of the HPER Alumni Board and retired director of parks and recreation in Carmel. “Faculty members and alumni are always ready and willing to help a colleague.”

Looking for an intern?

Internships are a vital part of the educational process and career networking. And the new Career Services Web site is making it easy for HPER alumni to hire and mentor talented HPER student interns. HPER alumni are invited to register and post internship positions at hpercareers.com. The site is also a great resource for alumni who are seeking employment. Registration is free.



Lana Riley has used her B.S. in Applied Health Science in several jobs since graduation. She traveled throughout southern Indiana with the federally funded Vaccines for Children Program, educating health care professionals about the importance of pediatric vaccinations. She also worked at Riley Hospital for Children in infection control, and now she’s an account manager for Summex Health Management in Indianapolis. At Summex, she manages comprehensive wellness programs that target high-risk behaviors leading to illnesses such as diabetes, obesity, and lung cancer for clients throughout the United States.

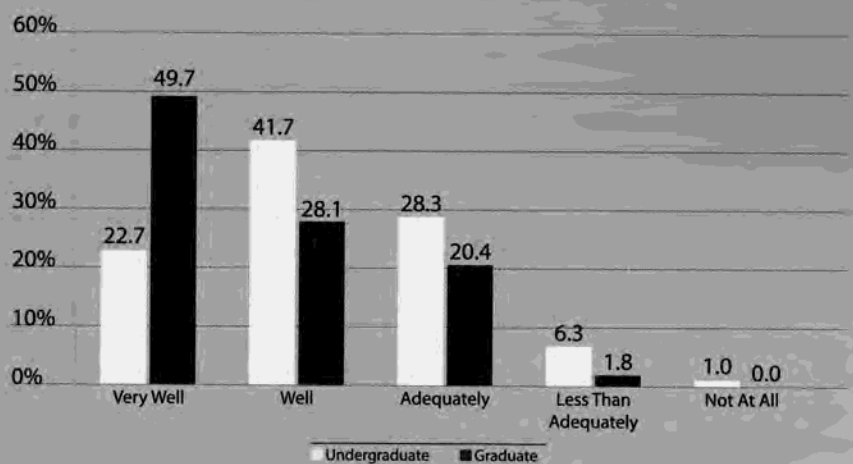
“My HPER degree has allowed me to focus on some of the major health factors in the world,” Riley says. “I love the field I work in and the people I work with, and I feel like I really make a difference.”



Zhiwei Pan, who holds an M.S. in Recreation degree, has found his HPER education essential to his job as a member of the Organizing Committee of the Beijing Olympic Games 2008. Previously a member of the Beijing Olympic Bid Committee, he traveled the world, meeting Olympic representatives and making a strong case for holding the Olympics in Beijing. Pan says that at HPER he gained an appreciation for cooperation among sporting opponents, nations, and cultures.

“My HPER professors taught me not only how to think creatively but also how to listen creatively and work with other people,” he says. “I personally believe that this is the foundation for successful work and for a balanced life. IU educated me to become a person with a sense of the importance of global service and responsibility.”

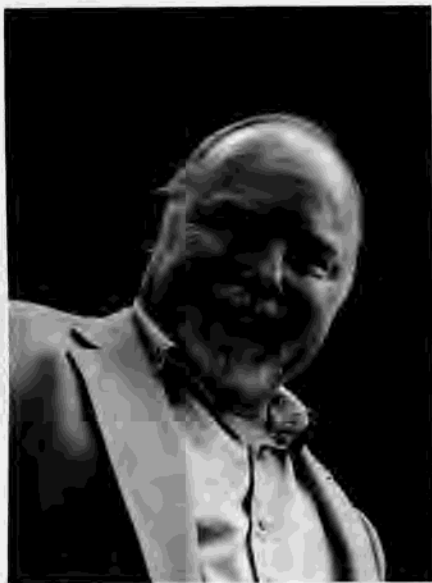
HPER PREPARATION FOR CURRENT JOB



How well did the HPER major prepare you for your current job?

Of the alumni who were employed in their major field of study, 94.6 percent indicated that they were adequately to very well prepared for their current jobs.

Retirements



DONALD J. BURNS

Kunja is a Korean word for a person of virtue and wisdom. For Don Burns, it serves as an apt description for how he has approached his teaching and his life.

In his words, *kunja* "is about constantly striving for excellence and balance, not only with physical technique, but in the entirety of our lives." Throughout his 36-year teaching career, he pushed this point in his martial arts classes at Indiana University by giving students opportunities to study all sides of martial arts: the physical (hurting and healing), mental (philosophical and intellectual), and spiritual (character development).

"Knowledge of all aspects of the martial arts will help students balance their development as martial artists and, more importantly, as human beings," says Burns.

When Burns retired in 2006, the IU martial arts program enrolled between 1,500 and 1,700 students per semester, making it one of the largest martial arts instructional programs in the United States. But for Burns, teaching wasn't about large enrollments; it was about motivating students beyond the grade and into life-long learning. "I really feel a sense of pride when my students finally get their black belt and start to teach their own club or classes after leaving Indiana University." Burn's dedication to the martial arts started early. He began learning and

teaching judo in 1961 while in the U.S. Air Force. There, he served as a physical conditioning specialist, a combative measures instructor, and a massage therapist. He took that experience and a brown belt in judo to Indiana University, where he began teaching for the School of Health, Physical Education, and Recreation in 1967.

After earning his B.S. in Physical Education in 1969, Burns pursued his master's, his training, and his teaching. In his second year of graduate school, he joined the HPER faculty as an instructor and martial arts coordinator. Two years later, he finished his M.S. in Physical Education and received his second-degree black belt in judo. Shortly after, he co-authored a textbook, *An Introduction to Judo for Student and Teacher* (1973; revised 1976) with Stephen Thompson.

Always interested in the self-defense applications of the martial arts, Burns expanded his knowledge of other martial arts, first with hapkido in 1974 and a year later with taekwondo. He received his seventh-degree rankings in hapkido in 1998 and in taekwondo in 2001. The fifth-degree level is considered a "Master" level.

Burns brought that training to his students. He founded the IU Hapkido/Self Defense Club in 1983 and completed two more books, *An Introduction to Karate for Student and Teacher* in 1977 and *An Introduction to Hapkido for Student and Teacher* in 1996. Since 1980, more than 350 students have received their black belts in hapkido, and more than 400 in taekwondo.

Along the way, Burns became certified in several special schools, including Silva Mind Development, Energetic Life Balancing Therapy, Touch for Health Therapy, and Japanese Restoration Therapy, and earned many honors and recognitions. His awards include five IU teaching awards, Seichem Master Tera-Mai Seichem, and Reiki Master Usui Shiki Ryoho, among others. Currently, he serves as the president of the U.S. Hapkido Federation.

True to his personal philosophy, retirement won't mean rest for Burns. He plans to travel and complete three books with his daughter Jennifer Beebe, who has a fourth-degree black belt in taekwondo and a third-degree black belt in hapkido. Don also plans to take more trips to Yosemite National Park to visit his daughter Bridget Rabon, who works as the general manager of the restaurants and hotels in the Yosemite Falls area of the park. One of Don's true joys is his wife, Janiece Jaffe, a jazz singer in the Bloomington area. With Janiece's performance career, they will together enjoy many opportunities to travel, home and abroad. Don also plans to continue to be active with the taekwondo and hapkido clubs on campus, as well as with workshops in massage and reiki and treatments to individuals.



JAMES S. SKINNER

James Skinner has been researching exercise and health for more than 40 years. As principal investigator, co-investigator, or member of an executive committee, he has helped secure research grants in excess of \$50 million. Most notably, he is one of the five principal investigators of the multicenter HERITAGE Family Study, the largest study ever funded by the National Institutes of Health with exercise as the primary experimental factor. This 12-year study, conducted at five universities, investigated the role of genetic factors on health and fitness of more than 750 healthy, sedentary family members

before and after a supervised program of exercise training.

Skinner brought this grant to IU in 1996 for the last one and a half years of data collection of the first five-year phase. This has resulted in more than 140 publications, all but one of which has an IU affiliation. Another 50 to 60 publications are expected over the next few years as the investigators analyze the enormous amount of data.

He has held a number of positions in his profession, including president of the American College of Sports Medicine and vice president of the International Council on Sports Sciences and Physical Education. He has received honors from such organizations as the American College of Sports Medicine and the International Olympic Committee.

Skinner currently lives in the mountains of western North Carolina, where he continues writing, lecturing, and consulting. He hikes regularly on the 300 miles of hiking trails and near the 250 waterfalls within a one-hour drive from his home, and he works with others to develop and maintain trails in the area where he lives.

Although he has traveled extensively—he has lectured in 57 countries—he plans to travel at least once a year to places he has never been. This past year, for example, he spent three and a half weeks on a safari in Kenya, Tanzania, South Africa, and Zimbabwe. This year, he will visit Tibet and western China after lecturing in Hong Kong and Beijing.

CONSTANCE (CONNIE) J. GROSS

Longtime staff employee Connie Gross will retire in January 2007 after serving nearly 46 years at HPER. No other faculty member or staff employee in HPER's history has worked longer for HPER, and her contributions to the school and to the university have been immeasurable.

When Gross started working at HPER on January 31, 1961, the school had just moved into its new building on Seventh Street. From the beginning, she was locat-

ed in the dean's office. She recalls that her desk "was in the records area where there were only two people: the recorder and me. There was also a long table where the advisors would bring their students and do their advising rather than in their respective offices. There were also filing cabinets all the way around the room." Gross describes the technological changes that have occurred over the years: "When I first started working, I typed on a manual typewriter, and slowly graduated to an electric typewriter, a typewriter with memory, and then the computer!"



Gross worked for John Endwright until he became dean in 1966. She worked for Assistant Dean James Belisle (who replaced John Endwright) from 1966 to 1976 and then for Dean Tony Mobley until his retirement in 2002. Gross is completing her career under David Gallahue, who became dean in 2002. During her tenure, she also assisted Ted Deppe, who served as associate director of graduate studies in addition to his chair duties in the then-Department of Recreation and Park Administration.

Throughout the years, Gross has performed a variety of functions as a support staff employee to the school deans, including typing and distributing application materials and admission letters to applicants, completing the school bulletin, coordinating and helping with the school's graduation send-off luncheons,

and payroll administration. One of her most invaluable roles was that of school scheduling officer, which she took on following the retirement of Jim Belisle.

Away from work, Gross's personal life has been filled with a variety of avocations, including church involvements, sorority work, and avid support of Indiana University athletics. She plans to continue these pastimes during her years of retirement.

While at IU, Gross has received many recognitions and honors, including the University Staff Award in 1985 and the School Outstanding Support Staff Award in 1992. Although these awards and mementos have been very meaningful for Gross, they are overshadowed by the recognitions bestowed upon her by colleagues and co-workers. These recognitions have been acts of reciprocity: an outpouring of love and affection toward her by those who have treasured her loyalty, reliability, keen judgment, and friendship (among many other attributes).

"I have known Connie for more than 45 years and worked closely with her for 26 of those years," says Tony Mobley, former HPER dean. "She is a wonderful person who is caring, thoughtful, cheerful, loyal, and a diligent hard worker. Connie is always a friend and counselor to everyone with whom she comes in contact, and she has the respect of everyone in the School of HPER and many others all across the campus. Nobody cares more about Indiana University and the students, staff, and faculty than Connie Gross."



Department of Applied Health Science

Mohammad R. Torabi, Ph.D., Chancellor's Professor and Chair

When he looks back at the past year in the Department of Applied Health Science, Mohammad Torabi, Chancellor's Professor and department chair, finds it difficult to single out a particular accomplishment that represents the year's successes. Rather, it is the sum total of all the research, teaching, and service that reminds him of how much the department has achieved.

"The department has made a difference in the health and well-being of our nation and our state," says Torabi.

The past year has been particularly productive in the area of faculty research, notes Torabi. The department has expanded the infrastructure for a research environment, constructing a new health behavior research lab that will help get external funding from the government and the private sector. In addition, an improved faculty mentoring system has helped faculty seek out external funding sources.

"We have grown more cohesive as a culture of productivity dominated the department," he says.

The Department of Applied Health Science is the centerpiece of the university's Life Sciences Initiative, in Torabi's view. One of the department's newest initiatives focuses on health disparities among minority populations. The Center for Minority Health, which was established this past year, conducts research, outreach, programming, and training around issues of health disparities. A high priority for the upcoming year will be to seek funding for the center.

The department also has continued to address HIV/AIDS prevention at both the national and international levels. The Rural Center for AIDS/STD Prevention, a partnership between IU, the University of Colorado, and the University of Kentucky, promotes HIV/AIDS and STD prevention

in rural America. In addition, faculty and graduate students in public health continue to research HIV/AIDS prevention and treatment in Kenya as part of IU's Academic Model for the Prevention and Treatment of HIV/AIDS (AMPATH). The department is also making strong contributions in the areas of school health and health promotion, nutrition and dietetics, and human development and family studies.

The upcoming year promises to be an exciting one for the department, says Torabi. With a strong commitment to promoting interdisciplinary research in the life sciences, the department is moving forward with several initiatives that support its mission. The department plans to expand the mission of the Indiana Prevention Resource Center, a clearinghouse for alcohol, tobacco, and other drug prevention information, to include treatment resources. The department also will undertake the process of rebuilding its Safety Management Program, revising the curriculum and hiring new faculty.

Torabi emphasizes that applied health science is an exciting, changing area of health right now.

"A lot is happening, and a lot needs to be done. This department is on the right path."

HIGHLIGHTS

- The department's doctoral program was ranked first nationally among non-public health schools and fifth among all schools.
- Professor Noy S. Kay led a group of students in June 2006 to China, Hong Kong, and Thailand to learn about health care systems and challenges in those countries.
- The department established an Agreement of Friendship and Cooperation with Peking University (China) for the purpose of promoting mutual understanding and academic, cultural, and personnel exchange

BY THE NUMBERS

During the 2005-06 academic year in the Department of Applied Health Science:

- There were 400 undergraduate majors.
- There were 88 master's and 29 Ph.D. students.
- More than 40,000 credit hours of applied health science courses were taught.
- The department received \$1.8 million in grants focusing on the areas of alcohol, tobacco, drugs, nutrition, and HIV/AIDS.
- Faculty members made 77 research presentations and authored 33 research publications.



A group of students from the Department of Applied Health Science visited China, Hong Kong, and Thailand in June.

Department of Kinesiology

John B. Shea, Ph.D., Professor and Chair

The past year was marked by a significant accomplishment that brought well-deserved recognition to the Department of Kinesiology: In November 2005, the American Academy of Kinesiology and Physical Education ranked the department's doctoral program seventh out of 62 programs in the nation. This accolade, from the most prestigious organization in the field of kinesiology, speaks to the high quality of the program and is a tribute to the faculty and staff who helped develop it, says John B. Shea, professor and department chair. Shea notes that it also will help bring research funding to the department.

Another noteworthy development: The National Academy of Sciences elected to include kinesiology in its taxonomy of scientific fields, placing it in the life sciences area. "This gives us a place at the table in the [university's] Life Sciences Initiative," says Shea. The combination of the doctoral program ranking and the new classification of kinesiology provides inspiration for the department to strengthen its commitment to research.

Kinesiology, the study of human movement, represents a large segment of the life sciences. For example, exercise physiology addresses the issue of obesity directly from the life sciences point of view. Biomechanics

uses the principles of mechanical engineering to help understand human movement. Neurophysiology examines the neurobehavioral basis of human movement. "We are the life sciences," says Shea.

This year also marked the end of a comprehensive program review in the Department of Kinesiology. During the review process, which lasted a year and a half, all of the department's academic programs were reviewed by a committee of peers. The committee's findings have been given to the department's administrative team, which has been working to implement the committee's recommendations. The findings will help it meet its goals and eventually move ahead in the program rankings.

As a result of the committee's recommendations, the department is undergoing some reorganization. Following that, the administrative team will lead a process to develop a mission and vision for the department. This is an important point of transition that will help define the department's future identity, says Shea.

The focus during the upcoming year will be on continued implementation of the recommendations from the program review, which will help move the department toward a shared vision of its future. Much effort will be given to moving the doctoral

program toward the number one position in the next round of program rankings.

"I want IU's graduate kinesiology program to be a household name," Shea says. He emphasizes, however, that the department must ensure that all its programs remain strong at every level. Without a solid base, the department cannot support a highly ranked doctoral program.

Shea is confident that the upcoming year will be a highly successful one for the Department of Kinesiology. "The future is very bright for our programs. We've got everything we need."

HIGHLIGHTS

- The Counsilman Center for the Science of Swimming was dedicated on February 25, 2006. The center is named for former IU swimming coach James E. "Doc" Counsilman and is dedicated to academic research about swimming performance.
- The Updyke Center for Physical Activity continued to provide wellness programs for 35,000 employees of CSX Transportation. The partnership between IU and CSX allows researchers to study the relationship between physical activity and wellness while employees improve their wellness.



The Updyke Center for Physical Activity provides wellness programs for employees of CSX Transportation.



Department of Recreation, Park, and Tourism Studies

(formerly known as Department of Recreation and Park Administration)

Professor Lynn Jamieson, Re.D., Professor and Chair

The Department of Recreation and Park Administration reached a milestone in 2006, celebrating its sixtieth anniversary as a department in the School of HPER. The department commemorated this occasion with a name change, officially becoming the Department of Recreation, Park, and Tourism Studies.

The name change was initiated to reflect the department's offerings in tourism management, an important part of its history. Courses in tourism management have been offered since the mid-1970s, and specializations were added at the undergraduate level in 1992 and the graduate level in 2004.

Department chair Lynn Jamieson notes with pride how well the faculty worked together to propose and discuss the name change and get it approved. "I'm working with a phenomenal faculty," she says.

Not only has the name of the department changed, the student population is changing too, says Jamieson. The department's enrollment has doubled in just a year, and its international student population is increasing, especially at the undergraduate level.

Jamieson also has noticed a change in the type of student coming to the department. She says that the students she sees today are more serious and want to do more for the world. They increasingly see themselves working with community leisure service delivery systems, environmental and adventure education, and inclusion services.

One of the department's goals is to raise awareness about its research areas to a broader audience. As part of the university's Life Sciences Initiative, the department is looking at the role of the environment in fostering healthy lifestyles. Several initiatives involving active living and healthy benefits of leisure are currently being developed.

"What happens to a person who is in an active leisure lifestyle? What is the environment doing for them health-wise?" Those are the questions department researchers are trying answer, says Jamieson. Most recently they have been collaborating with David Compton of the University of Utah to study the health benefits of parks and recreation.

Over the upcoming year, the department will continue to celebrate HPER's 60th anniversary with a range of special events and programs. The department also will undertake an extensive evaluation of its current programs.

"Our major effort will be to look at our curriculum to see what priorities and directions are indicated when preparing students for the many demanding professional roles they will fulfill," says Jamieson.

HIGHLIGHTS

- The department received a \$1.2 million grant to replace a wastewater treatment system at the Bradford Woods Outdoor Education Center with a constructed wetland. The project was made possible by a partnership between IU, the IU Foundation, and the Riley Children's Foundation.
- The department received money from the U.S. State Department to continue

its Unity through Sports program in partnership with Purdue University and the University of Notre Dame. The program brings youth sports professionals from Muslim and other countries to Indiana to learn about youth recreational sports. This year's participants will come from Algeria and Uganda.

FACULTY NEWS

- John Koenig began as director of Bradford Woods Outdoor Education Center in January 2006. Also added to the Bradford Woods team were Kim Evans, department secretary; John Mordhorst, assistant director of programs; Larry Sparks, assistant director of property and facilities; Michael Porter, research associate in client relations; and Alfred Edyvean, assistant director of marketing and special events.
- Assistant professor Richard Mull received the 2006 Office for Women's Affairs Athletic Award.
- Four new tenure-track faculty were hired: Rasul Mowatt, Leadership Development; Marieke Van Puymbroeck, Therapeutic Recreation; and Shu Cole and Charles Chancellor, Tourism Management. Michelle Mosely has been hired as a lecturer in the department and will be pursuing her doctoral degree.



As part of the Unity through Sports Program, IU provided training for coaches and sponsors to create youth sports leagues in Kyrgyzstan. In June Associate Professor Bryan McCormick made a follow-up visit to the Nookat region of Kyrgyzstan, where he photographed this volleyball game in one of the newly formed leagues.

Division of Recreational Sports

Kathryn Bayless M.S., Director and Assistant Dean



Since its establishment as a distinct unit in 1975, the Division of Campus Recreational Sports has promoted the importance of active, healthful lifestyles for the IU Bloomington campus community. This is no easy feat on a campus of 38,000 students and 7,500 faculty and staff.

To serve the diverse needs of the campus population, the division has worked to provide a broad spectrum of programs and services, says Kathryn Bayless, director of the division. "Our mission is to connect, inform, and inspire people to lead active, healthy lifestyles, so we've always challenged ourselves to be comprehensive, progressive, and inclusive," she says.

Last year the division began strategic planning to assess its future direction. As part of the process, the division evaluated its programs and services to determine how to further enhance the health and wellness of recreational sports participants. The result has been the development of several new initiatives designed to promote healthful lifestyles and improve wellness.

One of the biggest new initiatives in the division is the development of a university-wide wellness program for faculty and staff. Bayless notes that as IU positions itself as a leader in the life sciences, university leaders are increasingly aware of the importance of health promotion and disease prevention within the university community. Recently, President Herbert requested a proposal demonstrating how that may unfold on the IU Bloomington campus. With input from the Recreational Sports Advisory Board's Wellness Task Force and colleagues representing each academic unit within the School of HPER, the proposal set forth recommendations for both short-range and long-range programs and services addressing employee health and wellness.

Select aspects of this initiative that will launch in 2006 focus on increasing physical

activity through various activities centered on walking, jogging, and biking. Efforts are under way to provide maps highlighting campus walking and jogging options that will eventually lead to establishing campus trails. In addition, a "steps" campaign with the use of pedometers and other incentives will be unveiled in conjunction with the Jill Behrman Run for the Endzone. This is a 5K walk/jog event held on Saturday, October 20, 2006, that will also include an expanded wellness fair. A culminating event will take place on National Employee Health and Fitness Day, May 16, 2007.

Another initiative is the inclusion of health and wellness tips in the division's marketing materials and contributing information for the IU Active Living e-newsletter. This allows potential recreational sports participants to gain knowledge about health and wellness topics, such as nutrition or fitness, while learning about campus recreational sports opportunities and benefits associated with participation.

The division also engages in collaborative projects with other departments on campus. Two current projects are under way with colleagues in the Department of Applied Health Science. The first project is collaboration on a grant proposal prepared by Dr. Mary Shaw Perry to study the nutrition and physical activity of African American women on campus. The second project is being done in collaboration with Dr. Susan Middlestadt to survey the health behavior patterns and interests of employees within the Department of Campus Life. Results from both endeavors will help shape decisions within the division about how to better design and deliver programs and services.

Bayless says that as the initiative progresses, there will be multiple opportunities for the division to collaborate with units in the School of HPER, other campus departments, and service providers in the community. "This is year one of what we hope will


be a long-range, sustainable commitment on campus to emerge as a model wellness culture," she says.

Bayless emphasizes that the division's new initiatives are an expansion of its existing programs and services. "A couple of years ago we reduced our annual membership fee and made some facility improvements to further attract and retain faculty and staff. These new initiatives are just an evolution. These are the directions [in which] we've been positioning ourselves to keep moving," she says.

As the division moves forward with its new initiatives, it continues to uphold its commitment to providing comprehensive, progressive, and inclusive recreational sports opportunities. Research shows that more than 80% of students participated in campus recreational sports during the 2005-06 academic year. In addition, 1,300 faculty and staff members purchased memberships to recreational sports facilities. Bayless is pleased with those numbers: "I'd like to think that we're having a pretty good impact on health, wellness, and active lifestyles."

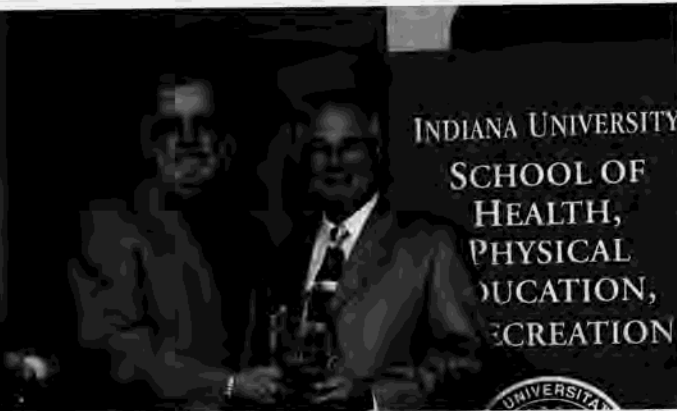
BY THE NUMBERS

During the 2005-06 academic year in the Division of Recreational Sports:

- The division served over 1.8 million users in self-directed use of facilities (swimming, weight training and cardiovascular exercise, racquetball, basketball, jogging, etc.).
- Personal trainers conducted 3,133 personal training sessions.
- There were 1,400 registered participants for Pilates, Tai Chi, and yoga classes.
- Ninety weekly group exercise sessions represented a record 78,858 participations.
- There were 21,946 participants in intramural sports.
- There were 46 club sports serving over 1,800 members. 



Dean David L. Gallahue, Helen L. Scheibner, and Mohammad R. Torabi



Dean David L. Gallahue and David R. Hopkins

HPER Alumni Awards

At a luncheon on October 31, 2005, at the Indiana Memorial Union, the School of HPER honored the recipients of its 2004–05 distinguished alumni awards.

THE JOHN R. ENDWRIGHT DISTINGUISHED ALUMNI SERVICE AWARD

The John R. Endwright Distinguished Alumni Service Award, established in 1986, is an annual award that recognizes outstanding service and contributions to the profession and/or the Indiana University School of Health, Physical Education, and Recreation by a graduate of the school. The award is a reflection of former Dean Endwright's commitment to strong ties between the school and its graduates. It was Endwright who, early in his career as an assistant to Dean Willard Patty, suggested that a school's foundation would only be as strong as the relationships it established with its alumni.

Helen L. Scheibner, H.S.D.

Helen Scheibner has dedicated her life and career to the betterment of public health for all citizens. After graduating from high school in Bloomington, she completed a bachelor's degree in education at Indiana University, followed by a master's degree in public health at the University of Michigan. In 1945, she began a professional career at the Indiana State Board of Health, to which she devoted 46 years of loyal service. During that time, Scheibner also served in other professional and volunteer capacities, including health and physical education representative to the Indiana State Department of Public Instruction; health education consultant to the Indiana State Board of Health; director of Local Health Services; executive director of the Indiana Public Health Foundation; and executive director of the Indiana Association of Public Health Physicians. She was also instrumental in the formation and incorporation of several professional organizations, including the Indiana Public Health Association. In 1972, Scheibner completed a doctorate in health and safety at Indiana University. She is the author of numerous articles and the recipient of several awards and honors.

David R. Hopkins, P.E.D.

David Hopkins has enjoyed a distinguished career in academic administration and instruction following the completion of his doctorate in physical education, with an emphasis in

measurement and evaluation, at Indiana University in 1976. Presently, he serves as provost at Wright State University. In previous years, he has held numerous other positions, including senior associate vice president for academic affairs and interim dean of the School of Business at Indiana State University (ISU); associate vice president for academic affairs at ISU; and chairperson and professor of physical education at ISU. Hopkins also held academic positions at the University of Texas of the Permian Basin in Odessa and at the University of Minnesota at Duluth. He has published many refereed research articles and abstracts, and he recently served as the project director of a major Lilly Endowment grant. He has presented at national conferences and is involved in professional activities. Prior to his doctoral work at Indiana, Hopkins completed bachelor's and master's degrees at the College of Wooster in Ohio.

Wendy Z. Hultsman, Ph.D.

Wendy Z. Hultsman, who completed her master's degree at Indiana University in 1977, has served in many professional recreation, parks, and tourism capacities during the past three decades. She presently serves as department chair and associate professor in recreation and tourism management at Arizona State University West in Phoenix. Her background includes many other professional roles in Indiana, Pennsylvania, Ohio, New York, and Kentucky. She is a highly respected speaker and has participated in dozens of presentations at professional conferences and meetings at both the local and national levels. Likewise, she is the author of numerous publications, including books that address park planning strategies, and functional planning and evaluation of park support systems. She is the recipient of awards from Arizona State University West, the Camp Fire USA Greater Arizona Council, the University Continuing Education Association, and SUNY Cortland. In addition to her IU degree, Hultsman holds a bachelor's degree from SUNY Cortland and a Ph.D. from Pennsylvania State University.

THE W. W. PATTY DISTINGUISHED ALUMNI AWARD

The Willard W. Patty Distinguished Alumni Award is presented annually to graduates of the School of Health, Physical Education, and Recreation who have demonstrated outstanding personal and professional achievement. Since the award's inception in 1976, recipients have characterized the ideals set forth by Patty, who was Indiana University's first dean of the School of HPER. Under his leadership, the school rose to national stature and produced some of the finest professionals in the fields of health, physical education, and recreation.

Donald I. Wagner, H.S.D.

Donald Wagner has had a distinguished career as both a faculty member and an administrator since the completion of his doctorate in health and safety at Indiana University in 1976. Prior to his doctoral work, Wagner received his bachelor's and master's degrees from the University of Cincinnati (UC), where he has been professor of health promotion since 1992. During the last 20 years, he has held numerous primary and secondary academic positions at UC, including associate professor of family medicine, adjunct associate professor of health planning and administration, and adjunct assistant professor of research in orthopedic medicine. Currently, Wagner serves as director of the Center for Prevention Studies at UC and director of graduate studies in the UC College of Education. In 1987-88, Wagner served as head of the Department of Health and Nutrition Sciences at UC. He has authored numerous articles and chapters, and is the recipient of several awards, including the Sylvia Boltz Tucker Award for Distinguished Service from the UC College of Education. He has served in capacities such as project director, co-director, principal investigator, and author for more than 80 grants and contracts.

Antoinette Gentile, P.E.D.

Antoinette Gentile has made important scholarly contributions to the fields of motor learning and development, neuromotor control processes, and rehabilitative strategies over the course of her distinguished career. Following the completion of her bachelor's degree at Brooklyn College, Gentile matriculated at Indiana University, where she completed both a master's degree and a doctorate in physical education with a specialization in motor learning/motor control. Later, she completed a Ph.D. with a specialization in neuropsychology at SUNY Stony Brook. She presently serves as professor of psychology and education at Teachers College, Columbia University, in New York City. At Teachers College, she has served in many administrative posts, including program coordinator in Movement Sciences and Education. She has assisted many students in her roles as research advisor and dissertation advisor. Gentile is responsible for numerous nationally acclaimed publications, including research studies that address instructional cues and parkinsonian gait; prehension in children with Down syndrome; and exercise programs for individuals with Parkinson's disease, among many others.

Ronald A. Olson, M.S.

Ronald Olson is chief of the Parks and Recreation Division in the state of Michigan's Department of Natural Resources, a post he has held since January 2005. He is responsible for ensuring the overall performance, effectiveness, supervision, and administration of all of the division's programs, which provide outdoor recreation opportunities for Michigan's citizens and visitors in the state's many state parks and recreational areas, Great Lakes harbors, and public water access sites. Prior to his present position, Olson served as associate city administrator in Ann Arbor, Michigan, for many years, a role that included his work as superintendent of parks and recreation. His professional experience also includes park and recreation work in Rockville, Maryland, and St. Joseph County, Indiana. Olson completed his bachelor's degree at the University of Minnesota and his master's degree in recreation at Indiana University.

THE MOBLEY INTERNATIONAL DISTINGUISHED ALUMNI AWARD

The Mobley International Distinguished Alumni Award, established in 2000, is presented annually to international graduates of the School of Health, Physical Education, and Recreation who have demonstrated outstanding personal and professional achievement. It was named for Tony Mobley upon his retirement in 2002. After serving 26 years as dean of the School of HPER, he was the longest-serving school dean in the history of Indiana University. Recipients demonstrate the ideals, leadership, and professionalism that helped to raise the school to international prominence under Mobley's leadership. This award reflects the growing stature of the school as a global leader.

Vorasak Pienchob, P.E.D.

Vorasak Pienchob is considered to be one of the most well-known authorities on physical education and sport science in Thailand. His leadership at Chulalongkorn University led to the development of the country's first-ever department of its kind to train physical education teachers. Today, 300 to 400 students each year are enrolled in the unit, which has progressed from a department of physical education to a full-fledged School of Sports Science. In addition to receiving a diploma from the College of Physical Education in Bangkok, Pienchob earned four degrees from Indiana University: a B.S. in Physical Education; an M.S. in Physical Education; an M.S. in Education; and a doctorate in physical education. During his professional career, Pienchob was a founder of the Thai Association of Health, Physical Education, and Recreation, for which he served as the general secretary and president. He also founded the Committee on Sport Psychology of Thailand. Since his retirement from Chulalongkorn University 16 years ago, Pienchob has remained active as a part-time lecturer, a speaker at various conferences and meetings, a curriculum consultant at the university, and a resource to current administrators and faculty members. Pienchob was instrumental in forming the Thailand Chapter of the Indiana University Alumni Association (IUAA), and he has received the Thomas Hart Benton Mural Medallion from IU and the President's Award from the IUAA. In July 2005, he received an honorary doctorate from Chulalongkorn University.

HPER CLASS NOTES

BEFORE 1960

NANCY J. ERICKSON CARLILE, B.S. '58, reports that she is still organizing recreational activities for family and friends in Star Valley, Wyo., and Sanibel Island, Fla. Her e-mail address is jcnc@juno.com.

ROBERT J. DUERR, B.S. '41, is active with round-dance groups and still enjoys life in Clarence, N.Y. He retired as a principal in the Buffalo Public Schools in 1984 and is a former president of the IUAA chapter that serves Buffalo/Western New York. His e-mail address is abduerr@aol.com.

THOMAS W. EVAUL JR., P.E. Dir. '59, P.E.D. '61, has been named to the Board of Trustees at Guilford College in Greensboro, N.C. A professor emeritus of pedagogy at Temple University in Philadelphia, Evaul continues teaching part time at Temple and at Rowan University in Glassboro, N.J. Evaul lives in Avalon, N.J.

CHARLES W. SNYDER, M.S. '59, was an educator for 43 years before retiring. He lives in Murrells Inlet, S.C., and can be reached at cs4888@sccoast.net.

1960s

Illinois Governor Rod Blagojevich appointed WILLIAM E. BRATTAIN, B.S. '60, M.S. '62, Re.Dir. '64, Re.D. '67, to the Illinois Arts Council. Brattain is associate vice president emeritus for student services at Western Illinois University and a former member of the IU Alumni Association Executive Council. He and his wife, Helen (Hancock), B.S. '61, live in Colchester, Ill. Their e-mail address is brattain@winco.net.

JAMES A. JONES, B.S. '60, M.S. '66, of Terre Haute, Ind., is a 2002 inductee into the Indiana Basketball Hall of Fame. He is married to Joyce (Thomas), B.S. '60, M.S. '68, and can be reached at jonesja@thnet.com.

1970s

MARK P. HANAK, B.S. '72, M.S. '74, was inducted into the East Chicago (Ind.) Sports Hall of Fame. An I-Man, he was a student football manager and student athletic trainer at IU. In his career, he has been assistant athletic trainer for the New England Patriots and the University of Notre Dame and head athletic trainer/director of sports medicine for the

Massachusetts Institute of Technology. Hanak is currently senior athletic trainer/instructor for the Department of Homeland Security's Federal Law Enforcement Training Center. He lives in Brunswick, Ga.

On February 1, the Georgia Women's Intersport Network presented JEANNE D. MANNINGS, M.S. '70, with its Pioneer Award, given to a member who has demonstrated leadership qualities in the promotion of women and girls in sports for more than 20 years at the local, regional, and national levels. Mannings teaches physical education at Adamsville Elementary School in Atlanta.

In April, PEGGY E. MARTIN, B.S. '72, Ph.D. '81, was inducted into the Mobile (Ala.) Sports Hall of Fame, following in the footsteps of her late father, who was inducted in 1997. She was a city swimming champion and a state diving champion, and in high school she excelled in basketball and volleyball and coached youth teams to championships. At IU, she played basketball, softball, and field hockey. Now at Central Missouri State University, she has been the volleyball coach for 31 years and is the winningest active volleyball coach in NCAA Division II. She was also CMSU's softball coach for 11 seasons. Martin lives in Warrensburg, Mo.

SUZANNE C. WILLEY, M.S. '77, P.E.D. '97, was named 2005 Division II Administrator of the Year by the National Association of Collegiate Women Athletics Administrators. She is director of athletics and an associate professor in health and physical education at the University of Indianapolis. A former member of the NCAA Division II Management Council, she served as the council's chair from 2004 to 2005. Willey earned 19 letters and 11 MVP awards during her four-year career as an undergraduate at U of I, and she coached five sports at the university in 23 years. She has taught for more than 25 years and was an assistant director of athletics at U of I for several years before being named director of athletics in 2003. She lives in Indianapolis.

1980s

HARLAN A. EAGLE, M.S. '86, executive director of Camp Odyssey at the Salisbury School on Maryland's Eastern Shore, was named the 2005 Outstanding Experiential Teacher of the Year by the Association for Experiential Education.

Fort Wayne, Ind., native WILLIAM B. FOY, B.S. '82, is head men's basketball coach at Paris (Texas) Junior College. His team, the Dragons, won the National Junior College Athletic Association national championship on March 26, 2005. The National Association of Basketball Coaches named Foy junior college Coach of the Year. He has compiled a 203-118 record during his 10-year tenure at Paris.

SAMUEL Y. LEE, B.S. '88, is an athletic trainer at Castle High School in Kaneohe, Hawaii. He lives in Kailua.

MARK A. POGUE, B.A./M.S. '89, directs community initiatives for Smokefree Indiana in Indianapolis. His wife, Melissa Bennet, B.S. '88, is assistant principal of Edgewood Junior High School in Ellettsville. They have a son, Trey, 11. The family lives in Bloomington and can be reached at mpogue@alumni.indiana.edu.

1990s

KOREY E. HOFMANN ANTONELLI, M.P.H. '97, lives in Lynn, Mass. She and her husband, Stephen M., Ph.D. '01, have a daughter, Audrey, 3. Stephen is manager of clinical trial materials for Microbia, Inc.

CHRISTOPHER M. ARTERBERRY, B.S. '98, M.S. '02, is associate director of fitness and wellness for DePaul University Campus Recreation. He lives in Chicago with his wife, Sacha L. Thieme, B.A. '97, M.S. '02, and their son, Max Arterberry, who was born in April 2005.

BRETT M. BURCHETTE, B.S. '97, is the associate director of athletics for external operations at Indiana State University in Terre Haute, Ind.

In August 2005, BRIAN M. DODGE, M.S. '99, Ph.D. '02, joined the faculty of the College of Public Health and Health Professions at the University of Florida. As an assistant professor in the social and behavioral sciences concentration, he teaches and is continuing his research in sexual health and HIV/AIDS. Dodge completed his postdoctoral training at the HIV Center for Clinical and Behavioral Studies at the Columbia University Department of Psychiatry and the New York State Psychiatric Institute. He was a fellow in the Behavioral Sciences Research in HIV Infection program. Dodge and his wife, Eriko, B.G.S. '01, live in Gainesville, Fla., with their dogs, Barney and Ernie. His e-mail address is bdodge@php.ufl.edu.

DAWN M. DUGAN, B.S. '92, of Danville, Ind., works for the family business, Dugan Chevrolet-Pontiac in Avon. Her e-mail address is ddugan@autobydugan.com.

ELAINE D. GUYER, B.S. '99, M.S. '00, is an assistant certified athletic trainer at St. Joseph's College in Rensselaer, Ind.

JENNIFER R. BELLIS HARTER, B.S. '97, worked as a sports reporter for major daily newspapers for seven years before changing careers to become a communications associate at the international headquarters for Christian Children's Fund in Richmond, Va. She and her husband, Gage, recently had their first child, Ema.

JOSE M. JIMENEZ, B.S. '95, M.P.H. '96, of Chandler, Ariz., writes, "I wasn't looking for an adventure with an altruistic twist, but it found me and I couldn't refuse." In June 2005, he traveled to Mexico with Liga International and the Flying Doctors of Mercy, whose mission is to improve the health of residents in Sinaloa, Mexico, by providing them with free health care. From October through June, people journey from miles around to bring their sick—babies with cleft palates, children with deformed limbs, adults with chronic diseases—to weekend clinics. On an average weekend, approximately 1,000 people are treated at clinics in the towns of San Blas, El Fuerte, and El Carrizo.

TOBI A. KERNS, B.S. '94, is a personal fitness trainer at Pacific Athletic Club in Redwood City, Calif., where he interned in 1994. An I-Man in football, he lives in San Mateo, Calif., with his wife, Lisa. Their daughter, Kaitlyn, was born on August 4, 2005.

ANDREA KUMLER, B.S. '97, of LaFontaine, Ind., is a physical therapist at Howard Regional Health System West Campus in Kokomo. She earned a doctor of physical therapy degree from the Krannert School of Physical Therapy at the University of Indianapolis. Her e-mail address is akumler@yahoo.com.

SHEILA M. PADGETT, B.S. '99, M.S. '01, of Louisville, Ky., is an academic counselor for the University of Louisville football team. Her e-mail address is spadgett@louisville.edu.

VINCENT A. PELLEGRINO III, B.S. '99, is the Western Golf Association/Evans Scholars Foundation sales and marketing director. The Evans Scholars Foundation provides undergraduate scholarships

for golf caddies. Pellegrino used to be the organization's associate tournament director, a position now filled by Gabriel D. Ottolini, B.S. '01. Pellegrino lives in Westchester, Ill.

JENNIFER W. ROSS, B.S. '99, is the suite/event coordinator at the RCA Dome in Indianapolis. Her e-mail address is jross@iccrd.com.

JAN WILLIAMS TALKISH, B.S. '91, has been in the field of therapeutic recreation for 14 years and now works part time as an activity therapist in West Columbia, S.C.

JULIE MUGGENBORG WILBANKS, B.S. '91, writes, "After almost 10 years working (and traveling) in training and development with a financial firm, I'm now a stay-at-home mom. [I am] president and CEO of Wilbanks, Inc. (wink wink), and putting my human development and family relations degree to ultimate use every day." Part time she runs home-based businesses, including Mary Kay and Home & Garden Party. She lives in Albany, Ga., with her husband, Fred, and sons, Matthew and Jackson. Jackson was born in September 2005.

2000s

CHRISTOPHER T. ARICK, B.S. '02, recently graduated from the National University of Health Sciences in Lombard, Ill., with a doctor of chiropractic medicine degree.

On June 11, 2005, REBECCA L. ELDRIDGE, B.S. '05, married Kevin E. Johnson, O.D. '05, on Paradise Island's Sunrise Beach in the Bahamas. She is a self-employed fitness specialist. Kevin practices optometry with Accurate Optical in Stevensville, Md. His e-mail address is kevinjohnsonod@gmail.com. The Johnsons live in Annapolis, Md.

JAMES F. HARRIS III, B.S. '02, of Bloomington, Ind., is director of annual giving for the IU Varsity Club.

"I want to see the world!" writes EVA H. JOHNSON, B.S. '01. She is teaching English in Korea after spending three years in Germany, a summer in Alaska, and six months on the Pacific island of Saipan.

REBECCA A. METZGER, B.S. '01, M.S.W. '04, is a case manager/clinician for Adult and Child Center, Inc., in Indianapolis. Her e-mail address is rmetzger@adultandchild.org.

"I'm 26, run marathons, and am thinking about returning to college for a second

master's degree. I am enjoying a White Sox world championship and the 2005 Bears playoff team," writes KONSTANTINE B. PAPPAS, M.S. '03, an athletics trainer in an outpatient orthopedic clinic in the southwest suburbs of Chicago. He also works part time in minor league baseball. He lives in Orland Park, Ill., and can be reached at chicagosports23@yahoo.com.

J. SEBASTIAN QUINN, B.S. '05, is a marketing assistant at XOS Technologies, Inc. The company, based in Sanford, Fla., offers technology solutions to professional and collegiate sports teams and leagues.

BRENDA M. STIDHAM, B.S. '01, B.A. '02, of Clio, Mich., is a news producer/sports reporter-anchor for WEYI NewsCenter 25 in Clio, which serves Flint and Saginaw. She started there in February 2005 after serving as an anchor, reporter, and producer on the weekends for WLUC-TV in Marquette, Mich. She writes, "I wasn't fond of the arctic chill or the lack of commerce, so I headed south when the time was right. While I enjoy news producing, I craved to get back on-air and cover sports. Luckily, my bosses and I created a schedule like no other. I produce our newscasts on some days. On others, I field report (live shots and all) and also co-anchor two weekly sports shows. Living just five hours away, I find time nowadays to venture home to Indiana to visit family and friends, and even to tailgate at IU football games. Plus, with an alumni chapter in Saginaw, I feel as though I can finally be more involved with my alma mater and show my Hoosier pride, which, when working with Wolverines and Spartans, is a MUST!"

The editors gratefully acknowledge the assistance of the Indiana University Alumni Association in compiling class notes. To submit information, write to the Alumni Association at 1000 E. 17th Street, Bloomington, IN 47408, or visit the IUAA on the Web at www.alumni.indiana.edu.

Don't forget to send a picture!

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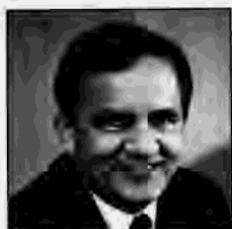
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In Memoriam: John M. Ross



The School of HPER lost a friend and colleague earlier this year with the death of HPER alumnus and longtime faculty member John Ross. From 1984 to 1994, Ross served as director of development and external relations for the School of HPER in association

with the IU Foundation. Ross died at his home in Waupaca, Wisconsin, on February 28, 2006.

A native of Stevens Point, Wisconsin, Ross earned his Bachelor of Science degree in conservation education from the University of Wisconsin-Stevens Point. He received a Master of Science degree in recreation and park administration from IU in 1963. He then joined the Department of the Interior's Bureau of Outdoor Recreation as a recreation resource specialist, working on legislation establishing wild rivers, reservoirs, and other federal recreation areas.

In 1969, Ross joined HPER's Department of Recreation, Park, and Tourism Studies faculty. During his 29-year career at IU, he developed and taught graduate and undergraduate courses such as Dynamics of Outdoor Recreation; Tourism and Commercial Recreation; Fundraising in Public and Nonprofit Agencies; Outdoor Artists and Writers; and Outdoor Ministry.

He was also the founder and director of the Center for Philanthropy and Americans Outdoors and a Senior Fellow with the Eppley Institute for Parks and Public Lands.

Since his retirement in 1998, Ross and his wife, Nancy, divided their time between their home of 38 years in Bloomington and their log home on the shores of the Waupaca Chain O' Lakes in central Wisconsin. He maintained an active interest in environmental issues during his retirement, particularly the water quality and shoreline restoration of the Chain O'Lakes.

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