On May 5, 2004 UNCG held their eighth annual Excellence Day Awards. The events that transpired were extraordinary for the School of Health and Human Performance. At the University Excellence Awards Convocation the following individuals were honored:

Laurie Wideman an Assistant Professor in the Department of Exercise and Sport Science was awarded with the University Research Excellence Award. This award is given to the faculty member whose research shows a quality of excellence and service to both the academic and local community.

Lauren Tepper (03), who earned a Master of Fine Arts in Dance, was awarded with the Outstanding Master’s Thesis/Production Award.

Karen Mustian (‘03), who earned her Doctorate in Exercise and Sport Science, was awarded with the Outstanding Dissertation Award.

Sarah Olive (CSD) was awarded with the Gladys Strawn Bullard Service Award, which is only given to one undergraduate student at UNCG each year.

At the Undergraduate Research Assistant Presentations, HHP students represented over 25% of the total presentations (14 of 52). Janelle Tripoli (04) earned an honorable mention in the judging of the research presentations. Ms. Tripoli’s work with Dr. Allan Goldfarb was on the impact of different types of natural antioxidants on physiology during exercise. The following students (and faculty mentors) also had posters at the Undergraduate Research Assistant Presentations: Laura Arrington (Ann Dils), Tamara Begley (John Gamble), Jessica Cousen (Denise Tucker), Jennifer Davidson (Susan Phillips), Diane Hutchinson (Leandra Bedini), Kristy Jones (Jackie Cimorelli), Kelly Morris (Ginger Hinton), Megan Murray (Jackie Cimorelli), Jane Rego (Paul Davis), Betria Stinson

Above: (Left to right) Provost Edward Uprichard, Dr. Laurie Wideman and Chancellor Patricia Sullivan.
Message from the Dean

As our vision statement affirms, the School of HHP is a community of learners who value diversity, creativity, and balance in the life-long development of the total person. Through the School’s commitment to excellence in teaching, research, and service, its 5 departments – Communication Sciences and Disorders; Dance; Exercise and Sport Science; Public Health Education; and Recreation, Tourism, and Hospitality Management – strive to enhance the health and wellness of the people of the state, region, and nation. These values and this commitment to academic excellence have been hallmarks of our school since its inception, and no group better demonstrates these qualities than you, our alumni.

To guarantee that this tradition continues far into the future, on October 11, 2004, UNCG launched the advance-gift stage of a 2-phase capital endeavor, the “Students First” campaign. UNCG’s goals for the campaign are $78.2 million over the first 5 years and $142 million over 10 years. At the October 11 event to celebrate the beginning of the campaign, it was announced that in the advance-gift stage, UNCG had raised $20 million. To know that so many friends and alumni of UNCG have expressed their belief in the future of the university and HHP in particular was inspiring. Without a doubt, we are off to a grand start.

The theme of the “Students First” campaign is “the impact of one/the power of many.” The “impact of one” refers to one student, one faculty member, one university, one donor, and so on. It celebrates individuality, each person’s ability to make an impact, and the fact that no contribution is insignificant. “The power of many” conveys the significant multiplier effect of giving.

Why am I so excited about this campaign? Because it gives HHP’s community a unique chance to work with you to create the most relevant and powerful educational experiences possible for our students. HHP’s campaign goal is $2.9 million, which will be used to support scholarships, graduate assistantships and fellowships, excellence professorships and faculty professional development, academic program endowments, and The Center for Women’s Health and Wellness. Sustaining these targeted areas will keep us competitive nationwide by allowing us to attract the best students and faculty available, providing innovative learning experiences beyond the classroom, and helping The Center for Women’s Health and Wellness reach its goal of becoming the new face of women’s health research in North Carolina.

As a school known for its cutting-edge approach to health and human performance and its outstanding student body and exceptional faculty, who other than HHP is better positioned to prepare our next generation of public health educators; physical education teachers; exercise physiologists; sport psychologists; fitness leaders; athletic trainers; therapeutic recreation specialists; speech-language pathologists and audiologists; teachers, choreographers, and performers of dance; and specialists in hospitality and tourism management? We are perfectly poised and highly competent to meet this challenge, and I invite you to join us in this journey.

Our “Students First” campaign will be lead by HHP Director of Development Sharon Storm Brown, with support from the School of HHP Campaign Committee. All gifts to the School of HHP count toward the campaign. Gifts may be made now for immediate use or as planned gifts, committed now but not received by the school until a later time. Both outright gifts and planned gifts can have tax benefits through charitable deductions.

The excitement for the “Students First” campaign and all it will do to help us achieve our goals is palpable throughout the HHP community. Together, we can help the School build on the traditions of excellence established by you – our outstanding alumni – and meet the challenges faced by our present and future students.

Continued from page 1

(Sharon Morrison), Janice Swinton (Denise Tucker), Amber Veselka (Stuart Schleien), Jessica Wallace (Ginger Hinton).

At the evening Undergraduate Honors Convocation, no less than 8 of the 30 Student Excellence Award Winners were from HHP (not including Sarah Nelson, a Dance minor; and Vonda Sheppard, a PHE minor). The following HHP students received the Student Excellence Award: Emily Burrows (PHE), BJ Johnson, Jr. (ESS), Megan Murray (CSD), Cheryl Stewart (ESS), Janelle Tripoli (ESS), Brittany Utt (CSD), Jessica Wallace (CSD), Sarah Zeien (CSD). The Student Excellence Award is UNCG’s premier award to outstanding undergraduate students. This is truly a remarkable testimony to the talents of our students and faculty. Many thanks to the faculty who nominated the students for these awards, and congratulations to all of the recipients!
REUNION CLASS OF 1954

Dr. Joan S. Hult ('58) has retired from the University of Maryland and is working on a new book about women in sport. She has written more than 35 articles and book chapters. Dr. Hult has worked for both HBO and ESPN on projects dealing with women in sport. She also is a part owner in an athletic and sport consulting firm.

Sean Boswick ('96), Mark Seagraves ('96), and Anna Stafford ('98) have each earned National Board Certification, from the National Board for Professional Teaching Standards. This certification is awarded after a year-long process of analysis of teaching and a passing score on a written examination in exercise and sport science.

Fleta Windell ('70) was the winner of the TIAA-CREF Leaders in Liberty and Learning Award Program at the elementary level for Charlotte Mecklenburg Schools. Windell’s school received $1,000, and Windell received $2,000.

Jessica Wallace ('04) was awarded the Student Excellence Award by the North Carolina Speech, Hearing and Language Association this past April. Wallace served as the Vice President of the UNCG chapter of the National Student Speech-Language Hearing Association.

2004 Alumni Breakfast Largest Ever

More than 120 alumni gathered on May 15, 2004 at UNCG this year for the 29th annual School of HHP Alumni Breakfast. Dr. Ellen Essick ('84,'86,'04) served as the master of ceremonies for the festivities. This year, members of the class of 1954 were the honored guests, and 9 members of the class, as well as their faculty advisor, Mary “Sis” Van Dyke, were able to attend the event.

Chancellor Patricia Sullivan welcomed all HHP alumni who attended the breakfast and thanked them for their continued support of UNCG. Dean David Perrin greeted the gathered alumni and congratulated the newest additions, who graduated the day before. Dean Perrin also recognized the winners of the HHP Teaching Excellence Award and the Gail Hennis Graduate Faculty Teaching Excellence Award, Susan Phillips and Kathy Jamieson, respectively.

The Class of 1954 was recognized, and each member in attendance spoke briefly about lifetime accomplishments and memories of Woman’s College. It was a great gathering and wonderful to see old acquaintances reunited; for some, it had been decades since they were last together.
UNCG Alumna Tucker Taking Leadership Role

Winston-Salem — Growing up in Reidsville, Que Tucker wasn’t afraid to dream, but she had no idea what she would accomplish.

Tucker reached a new height in her career on Wednesday when she was named deputy executive director for the N.C. High School Athletic Association. She will replace deputy executive director Dick Knox when he retires in December.

The deputy executive director oversees the association’s 21-sport program and handles the officiating program.

Tucker, 52, joined the association in 1991 and handles the Student Services Program as an associate executive director.

“I pledge to do the best I can,” Tucker told the board of directors during its Wednesday meeting. “I don’t think you replace Dick. I think at the association it’s a team effort…I bring to this point my enthusiasm, my commitment to work hard and the desire to help young boys and girls in athletics be the best they can be.”

Tucker played basketball at Mars Hill, graduating in 1974. She earned her master’s degree in physical education from UNCG and served as a volleyball and basketball assistant coach here. She coached volleyball and basketball at Reidsville from 1978 through 1988.

“She knows the program, she has the confidence of the staff, she’s worked at different levels,” said Charlie Adams, the association’s executive director. “She’s been a player, coach, official. She has run a premier program at Student Services that has received national attention.”

Tucker is the first African American and female to serve as deputy executive director.

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The recipient of the 2004 School of HHP Distinguished Service Award was Dr. Richard Swanson. This award is given to an individual who, in his or her role as a member of the faculty, staff, or administration or as an alumnus or friend, has made an extraordinary contribution to the mission and advancement of the School of HHP.

Dr. Swanson came to UNCG in 1980 as Dean of the School of HHP and ably served in that capacity until 1992. Among his many accomplishments are supervision of a $16 million expansion of the HHP Building, reorganization from division to departmental structure, and addition of the first PhD program in exercise and sport science in North Carolina. Since returning to the Department of ESS in 1992, he has served as Interim Department Head (1995-1997) and Undergraduate Advising Coordinator (1998-2002). Dr. Swanson represents the School and has served the University as a UNCG Delegate to the UNC Faculty Assembly (1998-2001), one of 3 faculty members on the search committee that brought Chancellor Patricia Sullivan to UNCG (1994); as Chair of the Equity Subcommittee for UNCG NCAA Interim Certification (1995-1996 and 1999-2000); and on many other university, school, and department committees. Last year, he was called upon yet again to assist the school during a time of transition, serving as Interim Associate Dean of the School of HHP. In addition to his administrative talents, he is known as a wonderful teacher and distinguished scholar.

We wish Dr. Swanson well as he enters phased retirement from UNCG.

HHP Honors Students & Supporters:

On March 30, 2004, HHP held the 6th annual Honors Banquet. During the 2003-04 academic year, $66,300 was awarded to 31 undergraduate and graduate students in HHP. Chancellor Patricia Sullivan and Provost Edward Uprichard joined Dean Perrin in honoring the donors and the recipients of HHP scholarships. The School of HHP thanks all the sponsors of scholarships and Recognizes those who attended the Honors Banquet: Kate Barrett, Bobbi Carson, Tom and Joy Harris, Pat Heilscher, R.M. and Katherine Gladstone, Rosemary McGee, Ron Morrow, Marian Solleder, and Sue Stinson.
Soldier’s Mom Sends Soccer Balls to Iraq

Reprinted with permission of the Associated Press

Hickory — The care packages Dee Robertson sends to her son in Iraq have one unusual item on the list of contents: soccer balls.

The balls aren’t for her son, a soldier, or his platoon. They’re for Iraqi children.

Robertson, 51, is a physical education teacher at Catawba Intermediate School.

She’s sent 250 soccer balls so far to her 25-year-old son, Andy Blanton, who hands them out. Another 35 or so clutter her living room floor, awaiting the next shipment.

“The kids in Baghdad love soccer, but the balls are a hard commodity to come by,” she said.

“The people in the neighborhood have no money and no jobs, so they can’t buy them.”

Blanton, a first lieutenant in the Army’s 1st Cavalry Division, has been in Iraq since March 13. He works with Iraqi families, bonding with children and helping adults find jobs.

“In the neighborhood he’s in, they want us there, they want help,” she said. “They want a better life.”

Soccer to Iraqi children is like football in the back yard to American children, she said.

“They can be kids playing soccer and not be worrying about a roadside bomb,” Roberson said.

“What they’ve got compared to what we’ve got is nothing. Not soccer fields, but dirt fields.”

Her son has generally used the balls as rewards for good behavior.

“If a kid stays in school or gets good grades or points out a bomb like an improvised explosive device, they get a ball,” Robertson said.

They hope to start collecting uniforms so Blanton can form teams, similar to recreation leagues back home.

All the balls she has are donated from national and local companies such as Dick’s Sporting Goods and Hometown Sports of Hickory.

She got a timely e-mail from her son asking for more supplies while she was at a recent physical education conference in New Orleans.

“I printed out the e-mail and took it to all the retailers at the conference,” she said. “All of them said ‘yes,’ no questions asked. Some said ‘No, you don’t need to show me the e-mail.’ One even sent air pumps and needles with the balls.”

Two alumni made the top 50 female teachers in Golf For Women. Both Mary Beth McGirr ('80) and Annette Thompson ('66) have been selected as among the top golf instructors in the country. This is the (#) that McGirr and (#) that Thompson has been named to this list. Also, Andree Martin, a member of the Ellen Griffin Fund Committee, was named to the list of outstanding instructors.

Lavonne C. Nance ('46) passed away in March 2004. Nance, who was 78 years old, graduated from Women’s College (now UNCG) with a degree in physical education. She is survived by her husband, James E. Nance.

Judy Mikell Bohren ('62) passed away in Tampa, FL. Mrs. Bohren received her master’s of fine arts from UNCG in 1962.

Center for Women’s Health and Wellness Names New Director

Paige Hall Smith, Associate Professor of Public Health Education and Linda Arnold Carlisle Professor of Women’s and Gender Studies, became the first full-time director of The Center for Women’s Health and Wellness in August. According to Dr. Smith, the focus for the Center this year is to build infrastructure; develop collaborations for research within the school, across UNCG and within the community; and offer educational programs for faculty and women in the community.

“We are off to a good start,” said Smith. “We are collaborating with faculty at Moses Cone Internal Medicine on a study designed to improve the quality of care that reproductive-age women patients receive, and we are embarking on an interdisciplinary study to investigate the factors affecting the health and quality of life of women in later life.” In addition to these new studies, the Center is offering monthly grand rounds that bring to campus others involved with women’s health around the Triad.

On October 29, the Center hosted a research symposium entitled “Communicating Science and Publishing Research.” The goals of the symposium were to help the faculty and other members of the university community improve their ability to communicate with each other and to publish their work. “The complexity of the health problems we face today requires scientists from different disciplines to work together and to better communicate the results of their research to consumers,” said Smith. “In addition, continued research funding and job security require faculty publish research findings in professional journals. All of this requires that we find new ways to talk with each other and that we learn the ropes of scientific publishing.” Although geared toward faculty, the symposium was open to the public. For more information about the Center, call or e-mail Paige Hall Smith at 336-334-4735 or phsmith@uncg.edu.
UNCG Exercise and Sport Science Professor Lands Two Grants to Study Exercise and Diseases

A researcher at UNCG has received a pair of grants totaling $325,500. The grant money will be used to study proteins and their links to cardiovascular disease and diabetes, as well as exercise’s effect on these proteins in young women. Dr. Paul Davis, Assistant Professor in the Department of ESS, has received a $132,000 grant from the American Heart Association and a $193,500 grant from the National Institutes of Health.

With the first grant, a 2-year project, Davis will examine substances produced by fat cells that are linked to diabetes and heart disease. He will look at data collected from an exercise study of more than 700 participants of various ages and races to investigate whether exercise has an effect on adipocytokines, which are proteins released by fat cells that typically travel from cell to cell. Some are helpful, protecting against diabetes and plaque build-up on vein and artery walls, whereas others contribute to the progression of these diseases. “Basically, what we know about fat cells is that they don’t just store fat,” Davis said. “They also produce substances such as adipocytokines. Some of these are healthy and some of these are detrimental to human health – some contribute to heart disease. What we are looking at is how exercise can protect against this.”

In the second study, a related 3-year project, Davis will examine the exercise patterns of young women, a segment of the population that has not received much attention in recent studies. This study will be performed in collaboration with investigators at NC A&T. Davis and colleagues will study 60 sedentary, obese young women and whether various exercise regimens have an effect on their metabolism and adipocytokine production and, thus, their propensity for cardiovascular disease and diabetes. The study is important, Davis said, because in the past young women have been largely ignored in exercise studies examining cardiovascular disease and diabetes risk factors. He hopes this work will provide insight into a group that is becoming increasingly at risk for diseases related to physical activity.

Phenomenal Women: The Physical Education Majors of WC
Marjorie Leonard, 1939

Marjorie Louise Leonard was born on June 14, 1916, in Cumberland, MD. After graduating as a physical education major at Woman’s College of the University of North Carolina in 1939, Marge taught for a few years at Erskine College before returning to her alma mater as an instructor in 1941. Like other instructors, at some point in her career, she taught everything in the field of physical education, from swimming to tennis to gymnastics.

The camping experience was very important to Miss Leonard. She served as program director for 20 years at Camp Ilahee, a girl’s camp in Brevard, NC, and as a faculty member for Woman’s College Junior Major Camp. Among the most cherished memories of every physical education major who attended during the 40s, 50s, and 60s is Junior Major Camp, where digging your own latrines, pitching tents, and cooking over a campfire bonded classmates in a period of a few weeks.

Service to others was second nature to Marge Leonard. It wasn’t something she did, it was simply who she was. In a May 5, 1978 article about Miss Leonard in The Charlotte Observer, she is quoted as saying, “I would always say to my seniors, ‘It’s fine to research and publish, but don’t forget to care about the students you’re teaching. Don’t forget to be a human being.”

Marge never forgot. Stories abound regarding her quiet, generous nature. These tales range from buying a suit for a student’s first job interview to working in the gym until after midnight with a student scared to death of a backward roll. Students confided in her, sought her advice, and remembered that same advice many times in the years to come. Frances Hall, owner-director of Camp Ilahee, said about Miss Leonard in the 1978 Charlotte Observer article, “She was not only a great teacher, she was an influence on everybody she touched.”
Marge Leonard made a deep impression on people, leaving strong memories for those who knew her. The following is an excerpt from an article published in the December 1977 HPER Bulletin:

"Who’s the one you remember who would always tell you the truth – even when you didn’t want to hear it? Who’s the one you remember who refused to believe that ideals weren’t reality? Who’s the one you remember who didn’t believe that ethics were situational? Who’s the one you remember who did all of the nitty-gritty tasks and never complained or asked for more help? There really isn’t any answer to the above questions except one name – Marjorie Leonard.

There must be thousands of people who were deathly afraid of the water who now swim in security silently thanking Marge. There must be thousands of physical education teachers who hear themselves, without thinking, tell a student something that they learned from Marge Leonard. There must be thousands of professional situations which have been made richer because of the concern of Marge Leonard. There are thousands of us – her students, her colleagues – who are better people because of Marge Leonard.

Like so many people who carry lamps, Marge Leonard’s contribution can only be measured in the light that she has cast which has illuminated ways so that each of us could be what we wished to be. In a time when academic life suggests that worth is found in the production of professional products, Marge Leonard’s ‘products’ – her students, colleagues and friends – stand hand in hand and proclaim that we are better people because of our experiences with her.”

Marge retired in 1978, and continued to be of service to others. She was an active member of Pleasant Garden United Methodist Church, where she served on many boards and committees. She volunteered with both Meals on Wheels and Wesley Long Community Hospital, and was active in the Wesley Long Foundation. Marge Leonard died April 11, 1998, at Wesley Long Community Hospital.

In December 2003, The Marge Leonard Scholarship Fund was opened with a gift from Ruth Leonard Nixon, Marge’s sister. Friends, former students, and colleagues have joined in a grassroots movement to remember this special woman. Marge Leonard gave many students the “hand up” they needed. It is hoped that her legacy will be continued through this award. Endowment of the Marge Leonard Scholarship Fund will guarantee that Miss Leonard’s memory will be kept alive for future generations. If Marge Leonard touched your life in some special way, please consider making a gift to The Marge Leonard Scholarship Fund.

## PHE Alumni News

Beth Johnson (’02, PHE) has been selected to present her internship abstract, “The Role of Spiritual Wellness on the University Campus,” at the 132nd American Public Health Association conference, November 6-10, 2004, in Washington DC.

David G. Howard (’98) is working as a Research Associate at the Governor’s Institute on Alcohol & Substance Abuse, Inc, focusing on 3 projects:

1) NC Practice Improvement Collaborative, a 3-year federal grant from the Center for Substance Abuse Treatment with the objective of shortening the time between researched, evidence-based treatment methods to use by counselors in the field
2) Strengthening Treatment Access and Retention, a 3-year federal grant project from the Center for Substance Abuse Treatment geared at process improvement in treatment delivery at treatment agencies
3) National Institute on Drug Abuse Clinical Trials Network, a large federal endeavor, attempting to create better connections between substance abuse treatment research and practice by conducting clinical treatment research at community provider agencies versus “ivory tower” research institutions

## RPT News

Dr. Allan H. Goldfarb is President-Elect of the Southeast Regional Chapter of the ACSM. In this capacity, he was responsible for organizing the regional Southeast ACSM meeting, January 29-31, 2004, in Atlanta, GA, which included 10 invited speakers, 7 symposia, 12 tutorials, and 110 free communication sessions. In addition, a clinical tract offered more than 12 clinical presentations, case studies, and demonstrations.

Dr. Goldfarb was awarded an $86,500 contract to study the effects of antioxidants on exercise-induced oxidative stress. He will compare the effectiveness of a combined treatment of vitamin C and vitamin E with the antioxidant capacity of a fruit/vegetable extract and a placebo. This research is currently in progress, and the results will be presented next year.

Dr. Goldfarb has recently become Section Editor in metabolism/endocrinology of the Journal of Sports Science and Medicine.

The ESS Department is currently preparing to apply for program accreditation through the ACSM for Health and Fitness Specialist certification at the undergraduate level and Clinical Exercise Specialist certification at the graduate level. These certifications would make ESS graduates more marketable in a tighter employment market.

## ESS News

Congratulations to Diane Hutchinson, who received the UNCG Georgia Cooper Moore Service and Leadership Award ($1,000). This competitive award is in recognition of her University-wide service and leadership. She was nominated by Charlsena (last name?), Anne Powers, and Stuart Schleien.

Diane Hutchinson has also been awarded the UNCG Pamela A. Wilson Memorial Scholarship ($500), another University-wide leadership award. She was selected based on her service to the UNCG campus, as well as her volunteer work with community organizations. She was described as “someone who regularly and effectively addresses social issues and sees her role as someone who can and will make a difference.”
Lawther Lecture and Alumni Awards

Nationally renowned dance critic, historian, and choreographer Deborah Jowitt highlighted the annual lecture and awards ceremony to honor distinguished alumni at the School of HHP.

The 30th Ethel Martus Lawther Lecture was held on November 4, at 7 PM, in the auditorium of the Elliott University Center. Jowitt, who began dancing in the 1950s and remains a noted critic of dance, was the featured speaker for the 2004 Lawther Lecture.

Jowitt began to dance professionally in 1953 and began choreographing professionally in 1967. She began writing a regular dance column for The Village Voice in 1967, and her articles on dance have also appeared in The New York Times, Dance Magazine, Ballet Review, and Dance Research Journal. Jowitt has also published several collections, including Dance Beat and the award-winning Time and the Dancing Image. Her latest book, to be released this month, is Jerome Robbins: His Life, His Theater, His Dance, a biography of the man who choreographed Broadway classics such as “West Side Story” and “Fiddler on the Roof.”

For her work as a dance critic and historian, Jowitt has received awards and honors from the Dance Theater Workshop, the American Dance Guild, Dance/USA, and the Congress on Research in Dance. In 2002, she was granted a Guggenheim Fellowship.

The Lawther Lecture program also featured the Ethel Martus Lawther Alumni Awards presented to alumni of the School of HHP. The Department of Dance honored Ana María Macara De Oliveria, MA ’89, for her outstanding contributions to dance on the international level. The Department of Communication Sciences and Disorders honored Elizabeth (Betty) Tyler Marshall, BS ’73 and MS ’77, for her outstanding work in establishing services for underserved populations of children and adults who are speech, language and hearing impaired. The Department of Public Health Education honored Caroline Tisdale Moseley, MPH ’97, for her work in improving Guilford County’s treatment and prevention record for HIV/STD infections. The Department of Recreation, Parks, and Tourism honored Heidi Metzel Majors, BS ’94 and MS ’00, for her work to plan and implement programs and services designed to enhance the quality of life of community residents.

A WOMAN’S WORK

ON THE PLAYING FIELD OR AT HOME, WOMEN FACE DISTINCT PHYSIOLOGICAL CHALLENGES

BY LAURA SPINALE

When Barbara Drinkwater, PhD, FACSM, was growing up — as a kid in college — she took sports. In high school, she played every intramural game open to her. In college in the 1940’s, she joined the girls’ synchronized swimming, field hockey, basketball, and volleyball teams. Drinkwater would have liked to have pursued athletics further, but the mores of the time forbade women’s serious participation in those activities. Stymied in her athletic career in those days before Title IX (a civil rights law signed by Richard Nixon in 1972, prohibiting discrimination in education programs and activities receiving federal funds), Drinkwater eventually pursued a PhD in physiology. She enjoyed a long career, including a stint as president of ACSM (the College’s first female president), before retiring from a post as research physiologist at the Pacific Medical Center’s department of medicine.

Drinkwater remembers conducting a series of experiments early in her professional life to prove women’s fitness for organizing sporting events.

“There was a general feeling that women couldn’t participate in marathons because they couldn’t stand the stress of the heat involved, both internal and external,” Drinkwater said recently. “We gathered women who were running, put them in a hot room, and subjected them to extreme stress test. We had them exercise in a room that was 118 degrees and very wet. The telling factor was their ability to perform was not a matter of gender but of cardiovascular fitness.”

Drinkwater presented this data at a 1975 conference in Manhattan. The Olympic committee eventually acquiesced to science: It first allowed women marathoners to compete in 1984, at the Los Angeles Olympic games.

Drinkwater did much to prove women’s physical capacity for sports. But, as women take to the playing field in increasing numbers, they face their own health challenges. Research into those arenas is uncovering the real physical dangers women can face by pushing their bodies too hard without sufficient caloric intake to support their activities. Concurrently, researchers are uncovering the necessity of exercise and sound nutrition in keeping women’s bodies healthy as they age. While these issues are of concern to the entire female population, there are particular socio-economic hurdles that women of color face in keeping their bodies healthy.

Extreme Exercise

Exercise is good for you. It’s a simple fact, the physiological equivalent of 1 + 1 = 2. But female athletes who are careless about what they eat suffer from energy drain. Nancy Williams, PhD, FACSM, an
associate professor at Penn State’s Noll Physiological Research Center, describes this phenomenon as the difference between the calories you take in and the calories you burn. If women push their bodies but fail to consume the number of calories required to support that effort, their reproductive systems begin to shut down—a phenomenon, Williams said, evident in all mammals. Estrogen levels drop, women become amenorrheic, and, because of lower-than-average estrogen levels, begin to lose bone mass. Osteoporosis sets in. While there is some bone recovery in women who later begin eating enough to support their athletic endeavors, Williams said that bone density never fully recovers.

Anyone who has ever encountered an osteoporotic patient knows the havoc this condition can wreak. With bones brittle and weakened, agility decreases, and even a simple fall can lead to a life-altering injury. Broken hips are the norm. The cycle of insufficient caloric intake (sometimes resulting from disordered eating), amenorrhea and osteoporosis has come to known as the female athlete triad. Researches in the field have worked to warn the athletic community of this malady. In 1990, the ACSM’s Women, Sport, and Physical Activity group hosted a conference on the subject. Women’s physicians appeared on a plethora of news programs to discuss the phenomenon. Independently, various researchers and organizations have worked to alert athletes and coaches about the danger of the triad. Still, convincing the public is often problematic; especially since weight loss can initially improve performance.

“If you are a good runner, and you weigh 120 pounds, then you lose five pounds... chances are you’ll run faster,” Drinkwater said. “The athlete begins to think that she can improve her performance further by losing even more weight. This can lead to the disordered eating that’s at the heart of the female athlete triad. And there are coaches and athletes who value winning above all else.”

Where informing the public of the dangers of the female athlete triad has only partially succeeded in curbing the phenomenon, new research centered on how female athletes handle stress may further benefit those at risk.

Noting that “there’s a lot of pressure on athletes to perform, to show off their bodies,” in the athletic world, Williams believe that there is a strong psychological component to the female athlete triad. In a recent experiment, she subjected monkeys to situations similar to those faced by female athletes. One group of monkeys experienced an increased exercise regimen combined with a decreased caloric intake. A second group of monkeys were subjected to the same diet and physical exertions, along with known social stressors. The monkeys who suffered psychosocial stressors atop their diets and increased exercise regimen were far more likely to develop amenorrhea than the other primates involved in the study.

This article first appeared in Advances in Sports Medicine and Exercise Science: 50 Years of ACSM, under the title of “A Woman’s Work” pg. 38-43, is excerpted with the permission of the author Laura Spinale and publisher Faircount LLC.

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**New Dance Medicine Program**

*Story by Micah Jackson*

Thanks to the help of Dean David Perrin, Dr. Larry Lavender, and graduate student Jatin Ambegaonkar, a wonderful new service is being offered to dance students through a program called Dance Medicine. This program was implemented in January 2004, and UNCG is now one of several schools to offer this type of program.

The Dance Medicine Program is not an academic program of study but a clinic that provides sports medicine services to dance students. The program’s mission is a commitment by the UNCG Dance Family to achieve excellence in teaching, research, and service. The Dance Medicine Program’s vision is to provide service of the highest caliber with respect to injury prevention, evaluation, emergency care, and rehabilitation to all members of the UNCG Dance Family. This service is being provided by certified athletic trainers, who offer risk management, care and treatment of dance-related injuries, and rehabilitation for injured dancers.

The Dance Medicine Program is a collaborative project among the departments of ESS (athletic training), Dance, the Student Health Center, and Dr. Karl B. Fields from the Moses Cone Health System. The Dance Medicine Program has received enormous support from all interested parties and a very enthusiastic response from the dancers. The services are now being offered 10 hours a week and will be expanded if necessary. “It is a very different field of work,” says Ambegaonkar. “Bringing dance and medicine together is like merging two different languages; you have to learn the technical terms for dance and learn the technical terms for medicine.” Not only is he working within the program, he has also given lectures about the new Dance Medicine Program to students and faculty at UNCG.

Ambegaonkar received The Kate Barrett Professional Development Award which supported his travel to London to attend the International Dance Medicine and Science Conference. Faculty and students in the Department of Exercise and Sport Science’s Applied Neuromechanics Laboratory are also studying ways to prevent injuries in dancers. Comparisons in lower extremity movement patterns and strategies are being made with UNCG athletes in sports such as soccer, basketball, and volleyball.

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**Faculty News**

Dr. Vicky McCready of CSD was awarded the Honors of the Association by the North Carolina Speech, Hearing and Language Association. McCready is the founder of the North Carolina Association of Supervisors in Speech-Language Pathology, among many other accomplishments.

The following faculty were promoted or reappointed to a second probationary term in the spring of 2004:

- Promotion to Full Professor: Leandra Bedini, RPT
- Promotion to Associate Professor with Tenure: Randy Schmitz, ESS, and Denise Tucker, CSD
- Reappointment to a Second Probationary Term: Bob Aronson, PHE; Sharon Morrison, PHE; Tammy Schilling, ESS; Bob Strack, PHE; and B.J. Sullivan, DCE

**CSD News**

The Department of CSD requested and received approval from the Office of the President to change the title of the Master of Arts in Speech Pathology and Audiology to Master of Arts in Speech-Language Pathology.
New Faculty Spotlight

David Cardenas, Assistant Professor, RPT. Mr. Cardenas is finishing his doctorate at North Carolina State University. His teaching will focus on restaurant management and travel and tourism. His research interests include restaurant management, consumer involvement, and student development.

Jennifer Etnier, Associate Professor, ESS. Dr. Etnier received her BS degree from the University of Tennessee in 1988, MA from the University of North Carolina in 1990, and PhD from Arizona State University in 1995. Before coming to UNCG, she was an Assistant Professor at Wake Forest University and an Associate Professor at Arizona State University. Dr. Etnier’s research interests lie in the field of exercise psychology. Her primary research focus is cognition and aging. In particular, she is interested in designing studies to identify the mechanisms underlying the observed positive relationship between physical activity/aerobic fitness and cognitive function.

Vincent Francisco, Associate Professor, PHE. Dr. Francisco earned his MA from the University of Kansas in human development and his PhD from the same institution in child and developmental psychology. Dr. Francisco has worked with foundations, federal and state governmental agencies, and local community groups to improve health problems and economic disparities in the general population through the development of community prevention initiatives.

Jolene Henning, Assistant Professor, ESS. Dr. Henning earned her BA degree from Catawba College, MEd from the University of Virginia, and EdD from Ball State University. Dr. Henning, a certified athletic trainer, is the Director of the Entry-Level Master’s Athletic Training Education Program and will serve as the clinical coordinator this year as well. Her teaching specialty is athletic training/sports medicine, and her research interests include athletic training clinical education and administrative issues in athletic training education.

Yu-Chin “Jerrie” Hsieh, Assistant Professor, RPT. Dr. Hsieh earned her PhD from Purdue University in 2004. Her industry experience includes The Ritz Landis and Lai-Lai Sheraton Hotels in Taipei, Taiwan as well as several other hotels. This experience gives her a solid foundation for the integration of practical experience into her teaching, which will focus on hotel management and operations.

Renee Newcomer, Assistant Professor, ESS. Dr. Newcomer received her BA in psychology in 1994 from the University of Kansas, MA in sport psychology in 1997 from UNC-CH, and MA in counseling psychology in 1999 and EdD in sport psychology in 2000 from West Virginia University. Her primary research interest is examining the impact of psychological factors on health/injury status and how mental skills can facilitate staying healthy or regaining health after an injury.

Eva Nwokah, Associate Professor, CSD. Dr. Nwokah obtained her master’s degree from The School for the Study of Disorders of Human Communication, Guys Hospital Medical School, London, England, and her doctorate in developmental psycholinguistics from Cambridge University, England. Dr. Nwokah has practiced as a clinician in Canada and England and has taught communication disorders, linguistics, and developmental psychology in Nigeria, England, and the United States.

Ninevah Murray, Academic Professional Assistant Professor, CSD. Ms. Murray, a certified speech-language pathologist, joined the faculty of HHP in January 2004. She administers the clinical field experiences of CSD students by observing the students and the field supervisors to ensure quality clinical experiences.
New Associate Dean Position Created

Dr. Keith Howell has been appointed to the newly created position of Associate Dean for Research in the School of HHP. This position is responsible for providing research support services to HHP faculty members. Services currently include assisting with manuscript and proposal preparation, locating and communicating with funding sources, coordinating design and statistical consultations, and facilitating multidisciplinary project development. The office is organized to operate as a “one-stop shop” for faculty members, allowing them to focus their work on research content rather than administrative details and communications with other UNCG offices and external agencies.

The creation of this position is part of the School’s overall efforts to support faculty research and increase external funding through research contracts and grants. According to Howell, “The faculty’s external funding awards are essential for supporting students and adding to student learning as well as maintaining and attracting high-quality faculty members. In addition, any top-quality university carries out its social responsibility to generate knowledge and share it with others.”

Howell has been a Professor of Public Health Education at UNCG since 1982 and during the past 2 years has served as the School’s Director of Research. In addition to directing his own research and evaluation projects funded by local, state, and federal agencies, he has been a department head, Director of Graduate Studies, and Chair of the UNC System Faculty Assembly. He previously held tenured faculty positions at the University of Virginia and Northeastern University.

Meet The New Associate Dean of Academic Affairs

Story by Micah Jackson

Dr. Robert Mayo comes to HHP from the University of North Carolina-Chapel Hill where he served as Director of Speech-Language Services at the Craniofacial Center in the Schools of Medicine and Dentistry and an associate professor in the Division of Speech and Hearing Sciences. He was a National Institute of Health Postdoctoral Fellow at the Craniofacial Center from 1990 to 1992. His research has focused on examination of the aerodynamic and acoustic characteristics of persons with craniofacial anomalies and the study of public perceptions of communication differences and disorders. He is a Fellow of the American Speech-Language-Hearing Association.

Dr. Mayo received his bachelor’s degree from George Washington University in Washington, D.C., his M.A. from The Ohio State University, and his Ph.D. from Memphis State University. As Associate Dean for Academic Affairs, Dr. Mayo will foster interdisciplinary curriculum development, reassess the manner by which teaching is evaluated and learning is assessed, explore new and creative ways to mentor and support faculty in their teaching and advising responsibilities, and help to recruit a more diverse student body to the School.

CDS News

Louise Raleigh and Vicki McCready in the Department of CSD will be among the presenters at the Annual Convention and Golden Anniversary of the North Carolina Speech, Hearing and Language Association. Their topic, “Rock N’ Roll to Rap: Generational Differences in Clinical Education and the Workplace,” will address issues surrounding the impact generational differences have on professional and supervisory relationships in the practice of speech-language pathology. The presentation is sponsored by the North Carolina Association of Supervisors in Speech-Language Pathology and Audiology (NCASSPA). Ms. Raleigh, a UNCG alumna, is President of that organization.

Through the efforts of Lyn Mankoff, CSD is sponsoring a Supervisor’s Appreciation Forum, which will consist of a buffet lunch and program. Attendees from organizations in the community/region supervise our students for free at off-campus practicum sites. CSD is providing them with membership in the state supervisory association and our good will!

Date and results???? Ask Celia or Lynn. . Micah, do we have this?
University news

**Library receives $1 million**

Two children of former North Carolina First Lady Martha Blakeney Hodges have pledged the largest gift ever to Jackson Library at UNCG - $1 million to endow the Special Collections and University Archives.

The thousands of rare books, manuscripts and other materials will now be known as the Martha Blakeney Hodges Special Collections and Archives.

Martha Blakeney ’18 married Luther Hodges, who became gover- nor and served in the cabinet of President John F. Kennedy. She was the first chairperson of the Friends of the Library.

Two couples - Cheray and Luther Hodges Jr. of Chapel Hill and Donald and Betsy Hodges Bernard of Durham - each pledged $500,000 for the gift. Luther Hodges Jr. and Betsy Hodges Bernard are children of the former governor and first lady.

**Johnston Named Arts and Sciences Dean**

Dr. Timothy D. Johnston, a professor of psychology at UNCG, has been named dean of the College of Arts and Sciences, effective April 1.

Johnston succeeds Dr. Walter Beale, who has held the position since 1990. Johnston has been serving as interim dean since the start of the 2002-03 year.

A faculty member at UNCG since 1983, Johnston rose through the ranks, gaining tenure and promotion to associate professor in 1988 and promotion to professor in 1992.

**Elliott University Center Re-Opens**

After a complete renovation that has lasted two years, Elliott University Center unveiled its new space Jan. 13 - the first day of class for the semester.

Before the building closed two years ago, several thousand students passed through EUC daily. With the reopening, students again have an east-west walkway to cross the cam- pus. The renovation created a host of new meeting spaces and student lounges, a convenience store, and relocated and centralized service offices. There’s also a coffee house, art gallery, and office space for up to 80 student organizations.

Total cost was $23 million.

*The University of North Carolina at Greensboro is a leading student-centered university, linking the Piedmont Triad to the world through learning, discovery, and service.*