Recreation and Wellness Center Opens
January 4

“The opening of the Recreation and Wellness Center significantly increases students’ access to on-campus resources that support healthy lifestyle choices,” says Mark Hall, director of Campus Life Facilities.

The Recreation and Wellness Center grand-opening ceremony began with the ribbon-cutting at 11:30 a.m. on January 4, 2002. A week of festivities will follow at the new facility.

The new Recreation and Wellness Center began construction July 2000. The combination of the former Recreational Services and Wellness Center into one facility provides students not only social and recreational opportunities but also adds excellence to their mental and physical well being. Some of the facility features include:

- Multipurpose gymnasium
- Jogging track – 1/8 of a mile
- Two-level cardiovascular fitness and weight area
- Climbing tower – 41 feet high
- Group exercise rooms
- locker rooms
- Exterior: pool, sand volleyball, tennis courts

Intramural sports offers competitive and recreational opportunities. For more information, visit the Web site: www.imsports.ucf.edu

Fee paying students receive free membership with unlimited usage. Memberships for the new Recreation and Wellness Center are available for faculty and staff for $25 per month (initial memberships will be for six months) with limited hours. Also included in this package is access to all group exercise classes during open access hours and access to all intramural sports.

Hall says, “We are excited about the combination of fitness equipment, intramural sports, group exercise programs, wellness assessment and support services that will be available to students through this partnership between SDES and the Student Government Association.” For more information, hours or schedule of events, contact the Recreation and Wellness Center staff at 823.2408 or check the Web site: www.imsports.ucf.edu.

 Classes to Get in Shape

Twenty-six instructors have been hired to teach seventy-five group exercise classes each week. Classes include:

- Shamenobics
- HiloLow Step Combo
- Combo Class
- Hard Bodies w/Weight
- Kickboxing
- Boot Camp
- Yoga
- Spinning
- Stomp
- Abs on the Ball
- Funk
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Courses

Above: Challenge to the 42 foot tower at the Fitness Center for kickboxing and step aerobics classes.

Workshops to Help Off-Campus Students

The Off-Campus Student Resource Center is planning to hold workshops for the first time renter starting in January through March, every Tuesday and Thursday from 5 p.m. to 6 p.m. At the workshop, students will get an overview of the Off-Campus Resource Center and services provided and a quiz with prepared answers to teach seventy-five group exercise classes during open access hours and access to all intramural sports.

Housing Upgrading Room Reservation System

Students will soon be able to go on the Web to check the status of their housing application, as well as to find out their room assignment. The Web module is a new feature of the Room Management System (RMS) program. The Department of Housing has installed the upgrades and is currently running trials. When completed and operational, the system should provide excellent customer service for the prospective students.

Ground Zero:

“Life Changing Experience”

One of Student Development and Enrollment Services’ nurses, Michelle Edalpszaz, spent two weeks in November as a Red Cross volunteer at “Ground Zero” in New York City. Edalpszaz said the trip was a “life changing experience.”

Edalpszaz says, “A week before the September 11 attack, I was on a mini vacation in New York City drinking wine with a friend at the World Trade Center (WTC) plaza. I didn’t expect to be returning as a Red Cross nurse taking care of victims of the most devastating attack in the history of the United States. I watched along with the rest of the world from my TV; the World Trade Center (WTC) crumbled to the ground, taking many lives with it. I knew immediately I had to do something to help. I decided to participate in the intense disaster training courses with the Red Cross, which didn’t quite prepare me for what was about to unfold. Little did I know how soon I would be needed.

The Red Cross called me on November 2 and two days later, I was leaving for Ground Zero. On my flight to New York, my plane was forced to make an emergency landing at Washington, D.C. because there was a suspicious passenger making threats to the passengers and crew. He was arrested by FBI agents and removed from the plane. Upon arrival at the Red Cross headquarters in Brooklyn the following day, I was called to assist with a second disaster; the flight 587, heading for the Dominican Republic, had crashed in the Rockaway shin of Queens. I was part of the medical team that rushed to JFK Airport where the flight 587 passengers’ families had gathered to receive news. Unfortunately, there were no survivors. We treated people for shock and hysteria among many other conditions.

The following day I arrived at my assignment at Ground Zero. I was granted special “full access” to the very tightly secured disaster site. No picture could tell the story. Unless you actually see it you can’t comprehend the extent of the devastation, let alone what people must have gone through on that terrible day. As part of the Red Cross team, we worked long hard days, sometimes 15 hours a day, helping victims with emotional and financial problems, taking care of firemen and policemen with respiratory and eye problems, burns and blisters. We never wanted to leave, there was always someone there who needed help. Everyone let us know how much they appreciated being there. Everywhere I went people were thanking me. I felt I made a difference. Helping New York, has helped me, I felt privileged to be forced to make an emergency landing and the whole experience made me realize how fragile life really is and to truly appreciate every moment. Would I do it again? In a heartbeat!

A child from the Creative School for Children telling Santa (AKA Ron Ar nell, director of Assessment and Planning) what gifts he would like for the holiday season.

Studying the Around the Clock

During finals week, the Student Academic Resource Center (SARC) provided 24-hour service to students who needed a place to study after-hours. A total of 113 students took advantage of SARC’s extended hours as they prepared for exams. Some very dedicated UCF students (an average of 28 each night) studied in the SARC lab between the hours of midnight and 6 a.m. In additional to extended hours, SARC tutors facilitated review sessions from November 26 to December 6 which 273 students attended.

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Paul McQuilkin Retires

In keeping with his nature and reputation for not wanting any fanfare, Dr. Paul McQuilkin quietly left in late November to begin his retirement from SDES and UCF.

Paul began his career with UCF 31 years ago when he left De Pauw University to become Dean of Men, with the Student Affairs staff from 1971 until 1980. As Dean of Men, he supervised the University Housing Program and developed the Office of Veterans Affairs, Office of Veterans Certification and the Office of International Services.

From 1980–1985, he served as associate dean, Undergraduate Studies. He assisted the dean of Undergraduate Studies in the establishment of this new unit. During this time, he assisted in creating Athletic Advising, the Student Academic Resource Center and an outreach program for minority high school students. He also developed and administered a summer program for high school gifted students in engineering and computer science.

In November of 1985, he became responsible for the coordination of the $5.6 million budget and personnel for Undergraduate Studies. In October 1993, Paul began his role with Enrollment and Academic Services as associate dean responsible for the development and coordination of a $12.5 million budget and personnel initiatives.

With the merger of Student Affairs and Enrollment and Academic Services, Paul served as assistant vice president.

Administrative Affairs. His challenges grew to a $30 million E&O budget and personnel coordination of over $50 full-time personnel.

“Paul McQuilkin contributed many good things during his very successful period at UCF. His work with students and staff were very important,” says Dr. Huddleston, Vice President, Student Development and Enrollment Services. His quiet presence and sense of fairness will be missed.

Self Discovery Knights

Student Outreach Series sponsored by the Counseling and Testing Center explores a variety of student development concerns and self-improvement topics. Presentations are free to UCF students, faculty and staff and are held from 7 p.m. to 8:30 p.m. in the Pegasus Ballroom B.

Building Relationships - January 28

Time Management – February 4

For more information, contact Rich McLaughan at 823-2811 or check this web site: http://psyc.ucf.edu/~counstst/ –counstst.

Multicultural Student Center

The Multicultural Student Center (MCS) is a student service unit created by the University with a mission to provide the support and services needed to build a culturally inclusive community. The MCS is committed to creating a diverse and inclusive environment where all students can thrive.

Penn-Hellenic and Interfraternity Council (PIC) provided funds to support the Greek organization. The GSS program was continued in the fall 2001 semester with proactive academic performance and life skills support programs for 178 freshmen Greek organization participants.

People in the News...

Welcome About New SDES Employees

• David Albert, maintenance specialist, Student Union
• Ana Bondi, program assistant, Undergraduate Admissions
• Jane Broekhouse, marketing specialist, Carrier Resource Center
• Frances Echevarria, coordinator Academic Support Services, Multicultural Academic and Career Services
• Blais Thompson, assistant director, Student Affairs, International Student and Scholar Services. Thompson comes to UCF from Valencia Community College where she worked eight years as an academic and immigration advisor for international students.

Kudos to...

Dennis Congo, Supplemental Instruction coordinator in the Student Academic Resource Center, celebrated an article with David Bain of Pfeiffer College, Charlotte, North Carolina. The article, “A Board Work and Note Formatting Model for Learning Mathematics Coursen Work Using Writing,” was published in the December issue of ‘The Learning Center Newsletter.” The article is available at: www.attendance-trucking.com/Newsletter/Dec01.htm

Gree News

Joshua Martin, graduate assistant, Greek Affairs, and Stephanie Athridge, graduate assistant, were two recipients of the William J. Brennan Graduate Assistantship from the Order of Omega in Washington D.C. UCF was the only school to have more than one UCF representative.

Council (IFC) provided funds to support this program. The GSS program was continued in the fall 2001 semester with proactive academic success and life skill support programs for 178 freshmen Greek organization participants.

Leadership Week 2002

The National Consortium for Academics and Sports (NCAS) initiate community outreach programs, such as visiting the children at Florida Children’s Hospital and the student-athletes bring them to life. The athletes not only perform extremely well on the playing field and in the classroom, but also use their talents to make a difference in the lives of children by offering their love and friendship and serving as mentors and leaders in the hospital community.

“This has been a record year so far” said Suzi Katz, director of NCAS. “More student-athletes have been involved this year volunteering for multiple projects and initiating their own projects. Student-athletes are not required to volunteer their time, but want to take time out of their busy schedules to make these children smile. The coaches encourage their athletes to participate, and many of the UCF teams work as a whole on outreach events.”

Jimmy Johnson, a member of UCF’s football team says, “Anytime you’re given a chance to help someone in need, even if it’s something as simple like signing posters, each of us offers (student-athletes) an opportunity to put our situation as athletes into perspective.” This program not only helps the children at the hospital, but it also helps the athletes to understand the power of their leadership and friendship role.

Leadership Recognition Award


existing campuswide boards and committees including the Campus International Student Association, the African-American Student Union, the Hispanic American Student Association and the Caribbean Student Association. The government also affiliated existing campuswide boards and committees including the Campus Life Facilities Board to review the proposed mission and operations of the facility to ensure the needs of the student body were met. All efforts were successful.
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Kudos to...

Craig Ullom, Associate Vice President, Campus Life had this to say: “Paul will be deeply missed by the campus life staff. He had the exceptional ability to work with others to find solutions to challenging and complex academic, student life and safety issues. Paul is a trusted colleague, friend and mentor to his students, whose integrity and genuine caring is seldom equaled. His extensive experience in student development and leadership helps students throughout his career has indeed made a positive difference in our world.”

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With the merger of Student Affairs and University Housing in 1998, Paul was instrumental in initiating a variety of student development concerns and self-improvement topics. Presentations are free to UCF students, faculty and staff and are held from 7 p.m. to 8:30 p.m. in the Pegasus Ballroom H.

2002 Awards are due by 5 p.m. on January 31 in the Student Union, room 208. The Awards Reception will be held on February 21 in the Pegasus Ballroom from 2-4 p.m. For more information, contact Micki Pannozzo, LEAD Scholars Program, 823.3949.

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Awards.

Academic Advising Council Creates Resources

UCF’s Academic Advising Council is a collaborative effort among the colleges, schools and SDES to provide leadership for academic advising at UCF. The council has been busy this past semester creating resources to assist advisors in working with students.

At the start of the fall semester, a monthly advisor enhancement program was initiated. Programming included a variety of service and recognition, numerous workshops and events are provided for students, faculty and staff.

The “LEADERSHIP WEEK 2002” committee is accepting applications from faculty, A&E and USPS and students for the UCF Leadership Awards. If you are interested in nominating an individual(s) in the UCF community, visit: The “LEADERSHIP WEEK 2002” Web site at: reach.ucf.edu/%7Elead/P

LEADERSHIP WEEK 2002

A collaborative effort among various organizations on campus to recognize leadership at UCF will be held February 16-23. The committee is looking for nominations for students, faculty and staff.

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**Volume IV, No. 7**

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- Wellness suite
- Intramural sports offers competitive and teambuilding skills. For more information and schedules of events, contact the Recreation and Wellness Center at 823.2408 or check the Web site: www.imsports.ucf.edu.

**Classes of Impact**

The Wellness Center offers student wellness events, Comprehensive Health Assessment and Motivation Program (CHAMP) massage, biofeedback and stress management.

The center is offering an Open House on January 16, 22 and 31 from 9 a.m. to 7 p.m. Tours of the facility will be offered with a review of the equipment. UCF Activity and Service intramural sports, group exercise programs, wellness assessment and support services that will be available to students through this partnership between SDES and the Student Government Association. For more information, hours or schedule of events, contact the Recreation and Wellness Center at 823.2408 or check the Web site: www.imsports.ucf.edu.

**Student Development and Enrollment Services**

**SDES**

The divisional newsletter published throughout the year to provide information about SDES

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