

UNIVERSITY OF IOWA

HEALTH AND HUMAN PHYSIOLOGY NEWSLETTER

SPRING 2024



HONORING EXCELLENCE

Celebrating the Achievements of Ben Hunnicutt & Warren Darling

HHP

NEWSLETTER

Led by Professor Luc Carr, students spent 17 vibrant days in Madrid and Valencia, uncovering the secrets of Spain's healthy lifestyle and culture. p. 27



HHP EXTRAS



From shadowing experts in inclusive sports to practicing field-specific skills, the Experience in Adaptive and Inclusive Sports/SRM Field Experience offers students a chance to engage deeply with the world of adaptive recreation. Explore more on page 15.



We are proud of our graduate and professional students for their dedication and hard work. Wishing each of them the very best as they embark on their new career paths and life journeys. Celebrate with us on page 26.



We cheered on the Iowa Women's Basketball team with pride, especially celebrating our own Kate Martin, SRM M.A., who was drafted by the Las Vegas Aces in the WNBA Draft! Our students and alumni are making great strides—learn more about their achievements on page 19.

FEATURES

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Juniper's Big Adventure When a young owl named Juniper was found outside the Field House, the Health and Human Physiology team, alongside local experts, worked tirelessly to ensure her safety. Discover how their efforts turned a challenging situation into a heartwarming success story.

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Celebrating a Legacy of Impact Dr. Warren Darling's 35-year tenure at the University of Iowa is defined by his dedication, mentorship, and pioneering research. From leading as Department Executive Officer to profoundly influencing students and colleagues, discover the enduring legacy of a remarkable academic and friend.

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A Legacy of Leisure Dr. Ben Hunnicutt's 50-year career has reshaped our view of work and leisure. Through his influential books and lectures, Ben has sparked global discussions on the importance of leisure in our work-focused society. Discover how his ideas and advocacy have left a lasting impact.



FRESH FACES, NEW IDEAS: WELCOME TO THE TEAM!

HHP is excited to introduce our new team members: Shannon Ingleby, MA, Carson Kephart, MS, and Lecturers Lauren Steinke, MS, and Kelli Saginak, MA Ed.D.

Discover more about their impressive backgrounds and roles on page 15.





MASTHEAD



Staff Editor

Mikey Waller is the the Curriculum Coordinator for the Health and Human Physiology Department. She graduated from the University of Iowa in 2023 with a BA in English and creative writing on the publishing track.



Designer

Naomi Martinez is the Marketing and Communications Specialist for the Department of Health and Human Physiology and designer of the newsletter. She graduated from the University of Iowa Tippie College of Business with a BBA in Marketing and a minor in Media Management.



Writer

David Gould, MA, is a faculty member and honors program associate. He previously served as an administrator at the University of Iowa's Belin-Blank International Center for Gifted Education and Talent Development, the Associate Director of Professional Student Development in the College of Liberal Arts & Sciences, a lecturer in the Department of Health and Human Physiology, and the first Obermann Center Public Scholar at the University of Iowa. Mr. Gould also worked with the Downtown Project in its effort to transform Las Vegas into the "most community-focused large city in the world."



Writer

Kelli Taeger, PhD, is a an Associate Professor of Instruction in the Department of Health and Human Physiology and has been a faculty member since 2017. She received her MS in Exercise Science and PhD in Science Education at the University of Iowa. Prof. Taegar teaches courses in Human Anatomy, Human Anatomy Laboratory, Human Growth and Motor Development, and a First Year Seminar called "No Guts, No Glory: What's Going on Inside Your Body."

Welcome to the Spring 2024 Department of Health and Human Physiology newsletter!

Through the combined efforts of our staff, faculty, graduate students, and undergraduate students, we ended the 2023-2024 academic year with an incredible list of accomplishments and success stories.

Two new faculty and two new staff members have joined the department this spring. We are also looking forward to several new staff and faculty who are set to join us over the summer and at the beginning of the fall semester.

We also celebrated the retirement of Professors Benjamin Hunnicutt and Warren Darling after 49 and 37-year remarkable careers at the University of Iowa, respectively. We express our deepest gratitude for their work at the University of Iowa, dedication to their research, to Health and Human Physiology students, and for their service to this department.

Our faculty and students have attended multiple conferences, given invited regional, national, and international presentations this spring, as well as received numerous grants and awards alongside high-impact scientific publications among other accomplishments.

Multiple departmental sponsored events, such as the "TAILgate" with therapy animals Drax and Wilkie, the End of the Year Showcase featuring student research experiential learning successes, Therapeutic Recreation and Sport and Recreation Management program Convocations, and our Gisolfi Seminar Series, brought together students and their families, faculty, alumni and distinguished guest speakers to campus this spring.

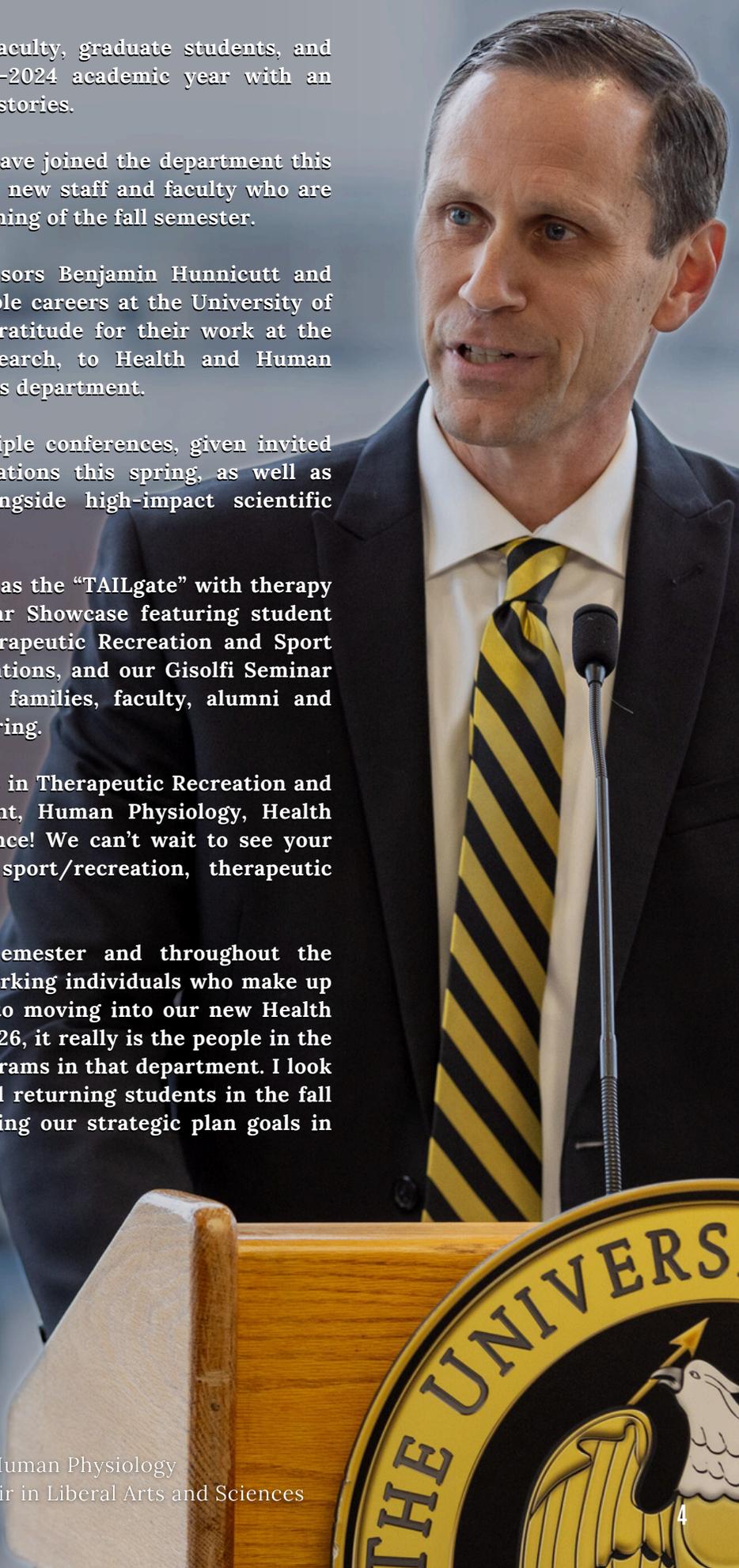
A special congratulations to our May graduates in Therapeutic Recreation and Child Life, Sport and Recreation Management, Human Physiology, Health Studies, Health Promotion, and Exercise Science! We can't wait to see your impact on the health sciences, research, sport/recreation, therapeutic recreation, child life, and exercise fields.

The department's continued success this semester and throughout the academic year can be attributed to the hardworking individuals who make up our HHP community. While we look forward to moving into our new Health Sciences Academic Building in the spring of 2026, it really is the people in the building that define a department and the programs in that department. I look forward to welcoming our faculty and new and returning students in the fall and continuing the momentum toward achieving our strategic plan goals in 2024-25!

Thank you and Go Hawks!



Gary L. Pierce, PhD, FAHA, FAPS
Professor and Chair, Department of Health and Human Physiology
Russell B. Day and Florence D. Day Endowed Chair in Liberal Arts and Sciences





FRESH FACES, NEW IDEAS: WELCOME TO THE TEAM!



Graduate Coordinator

Shannon Ingleby, MA, started her career in higher education while teaching and living in China. Her other professional positions have included admissions at Adler University and international student advising at Illinois Institute of Technology in Chicago. Her most recent role was at Kirkwood Community College, specializing in international student visa advising and strategizing international admissions and recruitment. She has held several positions within a professional organization for educators including conference planning and coaching new professionals to the field. She most recently participated in a Fulbright experience to Japan which broadened her knowledge of international higher education. She holds an M.A. in Clinical Mental Health Counseling from Adler University and a B.A. in Psychology from Central College in Pella.



Instructional Services Coordinator

Carson Kephart, MS, grew up in Iowa and got his bachelor's in Biology here at the University of Iowa. He recently completed his master's in Evolution and Ecology at Ohio State University where he studied the evolution of biodiversity in parasitic wasps. Carson loved teaching throughout his graduate degree and is excited to be working with graduate student TAs and instructors in Anatomy and Physiology labs!



Assistant Professor of Instruction, Co-Director of the Health Coaching Pathway

Lauren Steinke, MS, completed her undergraduate and graduate degrees at the University of Iowa, and is thrilled to be sticking around HHP as a faculty member. She teaches courses like lifestyle medicine and health services as well as some experimental courses like the health coach internship and the community guided practicum. Go Hawks!



Professor of Instruction, Co-Director of the Health Coaching Pathway

Kelli Saginak, MA Ed.D, completed her B.S. in Psychology at the University of Central Florida (1986), M.A. in Counseling at Rollins College (1989), and Ed.D. in Counselor Education and Supervision at Idaho State University (1997). She has taught in the following areas: counseling and coaching skills; group counseling and coaching; lifespan development; child and adolescent development, health, and wellness, addictions, social and cultural foundations/cultural competency, and comprehensive school counseling. She served as a professor in the School Counseling Program at the University of Wisconsin Oshkosh.

DAY OF EMPOWERMENT

📅 1/26/24



The 2nd Annual Day of Empowerment was held on January 26th, 2024 and featured a panel of speakers including students, community professionals, and university staff. Charlie Taylor, Chief of Staff and Communications for the Division of Access, Opportunity, and Diversity, facilitated the conversation between participants and attendees. Panelists included: Dr. Rohit Nair, Clinical Assistant Professor of Preventative and Community Dentistry Holly Huynh, 2nd year Doctor of Pharmacy candidate, and Anthony Embry, Athletics Academic and Diversity Coordinator

PEDIATRIC PLAY LAB OPEN HOUSE

📅 3/01/24

The Pediatric Play Lab Open house was a great way to collaborate and connect with the community and university partners for therapeutic recreation and child life. Program faculty met some new faculty from other departments, had clinical supervisors from the child life program over, and shared new ideas to collaborate with faculty to use this space within our department. The Pediatric Play Lab is a shared space for research with children and adolescents, a space for special events, such as support groups, and a space for teaching and learning for students in assessing children, providing therapeutic play opportunities, and navigating developmentally appropriate tools and toys for reaching goals with children and adolescents.



The Child Life program is the only nationally endorsed program in Iowa.



KICK-OFF AT HANCHER

📅 2/03/24

The Health and Human Physiology Department celebrated the start of the spring semester at Hancher Auditorium. Presentations on the SRM Symposium by Alex Voss and Dan Matheson, new therapy dog Drax in the TR Program by Adrienne Johnson, the PACS Lab by Jess Gorzelitz, the Community Health Collaborative (CHC) by Luc Carr, the Health Coacing Pathway by new faculty Lauren Steinke, along with remarks from Gary Pierce all highlighted the progress of the department since the fall semester. Everyone enjoyed food, drinks, and games, and there was a surprise visit from a distinguished guest: Herky!





DISABILITY FILM FESTIVAL

 3/20/24-3/22/24

The Therapeutic Recreation and Child Life Programs teamed up with Film Scene to hold the first annual Disability Film Festival. Three independent films were shown: Full Circle, Being Michelle, and A Friend Indeed: The Bill Sackter Story.



CARL V. GISOLFI SEMINAR SERIES

 1/26/24

Topic: *Unraveling Mechanisms that Support Bioenergetic Adaptations*

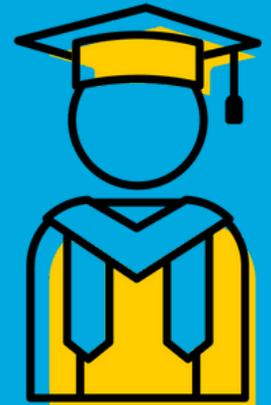
Erin Stephenson, PhD, is an assistant professor at Midwestern University. Her research discusses recent work that identifies a putative mecha-

nism through which reductions in physical activity may drive metabolic inflexibility and disrupt metabolic health. The presentation will also cover proof-of-principle work that demonstrates how systemic increases in mitochondrial content can counteract many of the maladaptive effects of diet-induced obesity on energy expenditure, fat oxidation, and systemic glucose.

GRADUATE AND PROFESSIONAL STUDENT APPRECIATION WEEK

 4/1/24-4/5/24

The first week of April was graduate and professional student appreciation week. The department celebrated with donuts and coffee for the dedicated students working towards their MS, MA, and PhD degrees. Through the “Grad Brags” series, faculty and mentors highlighted the strengths and best qualities of the following students: Nelson Brands (MA, SRM), Andrea Babcock (MS, HHP), Kylee West (PhD, HHP), Macy Ennecking (MA, SRM), Jackie Dziejwior (PhD, HHP), Jess Gaumer (MA, SRM), Kelsey Schwartz (PhD, HHP), Mark Flores (PhD, HHP), Kalie Williams (MS, HHP on Child Life Track), Tessa Bartell (MS, HHP on Child Life Track), and Kate Martin (MA, SRM).



SPECIAL OLYMPICS COLLEGE CHAMPIONSHIP WEEK

 4/8/24-4/12/24

Students were encouraged to grab a bag of chalk to decorate campus sidewalks with the prompt “What does inclusion mean to you?” in celebration of Special Olympics College Championship Week. Other events included the kick-off event, a river walk clean up, a call to interact with posts, and an adaptive sports day at the Field House, hosted by UI Recreation Services and the Therapeutic Recreation program.

CARL V. GISOLFI SEMINAR SERIES

 4/19/24

Topic: Daily stress, depression, and neurovascular-immunological dysfunction

Dr. Jody Greaney earned her doctoral degree at the University of Delaware and completed a postdoctoral fellowship at The Pennsylvania State University, working under the mentorship of Drs. Lacy Alexander and Larry Kenney. Dr. Greaney was an Assistant Professor in the Department of Kinesiology at The University of Texas at Arlington for several years. In August 2023, she joined the Department of Health Behavior and Nutrition Sciences at the University of Delaware as an Assistant Professor. Her Cardiovascular Psychophysiology Laboratory is currently investigating the mechanisms and moderators of neurovascular dysfunction in human depression, with the ultimate goal of identifying novel therapeutic intervention strategies to prevent, slow, or reverse depression-associated cardiovascular disease. Dr. Greaney's research has been supported by the National Institutes of Health and the American Heart Association, and she is actively recruiting trainees to join her new laboratory.



CARL V. GISOLFI SEMINAR SERIES

 4/19/24

Topic: Balancing the Scales: Exploring Nutritional Interventions for Counteracting High Sodium Diets

Dr. Austin Robinson is an Associate Professor at Indiana University. He seeks to determine integrative strategies to prevent and treat cardiovascular disease, the leading cause of death in America. His research interests are examining the impact of health behaviors such as nutrition, sleep, and physical activity on cardiovascular physiology in health and disease. He is also interested in racial disparities in cardiovascular health and the underlying social determinants and physiological mechanisms that contribute to these disparities. He has secured funding from the National Institutes of Health (NIH), American Heart Association (AHA), and American College of Sports Medicine (ACSM). He is actively involved in service for all of these organizations along with the American Physiological Society. Outside of work, he likes to exercise, read, garden, and hang out with his wife, Sofia, and their dog, a pit bull rescue aptly named Chaos.



TAILGATING WITH WILKIE AND DRAX

 4/30/24

In collaboration with the Division of Student Life, the Therapeutic Recreation Program invited students to play games, enjoy snacks, and learn stress management techniques with UI's two therapy animals Wilkie and Drax at Hubbard Park.



SCHOLARSHIP AWARDS



END OF YEAR SHOWCASE

 5/03/24

The showcase began with the undergraduate honors oral presentations and were followed by Louis E. Alley Lecturer Jessica Woo. Dr. Woo, MHSA and PhD, is from the University of Cincinnati College of Medicine's Department of Pediatrics and presented on "Harnessing the Power of Lifecourse Cohorts in Cardiovascular Epidemiology."

After the lecture, the department celebrated the 2024-2025 scholarship winners. The showcase finished with a poster session for students to share a variety of projects and research.



RETIREMENT OPEN HOUSE LUNCHEON

 5/06/24

The department celebrated the retirement of Professor Ben Hunnicutt and Professor Warren Darling. Staff, faculty, students, colleagues, friends, and family attended the event. Remarks from Dr. Gary Pierce and former DEO and professor Kelly Cole, highlighted Dr. Darlings career. Remarks from Dr. Pierce, David Gould, and Professor Dan Matheson honored the career of Dr. Hunnicutt. The department congratulates them both on their retirement!



Dr. Warren Darling and Professor Ben Hunnicutt have a combined experience of 85 years.

UI COMMUNITY TEAMS UP FOR OWL RESCUE

BY MIKEY WALLER



In the first meeting of the morning, Health and Human Physiology DEO Gary Pierce glanced out of his office window and saw an extremely unusual view. A bird, frantic and persistent, attempting to scale the edge of the brick wall. With a closer look, he realized he was looking at a young owl who had fallen from a nest and ended up outside the academic entrance of the Field House. Due to the non-stop traffic of cars, bikes, and buses, as well as pedestrians heading to classes, work, appointments at the nearby UI Hospitals and Clinics, or getting a workout in, he asked the department's Curriculum Coordinator, Mikey, to make some calls for help.

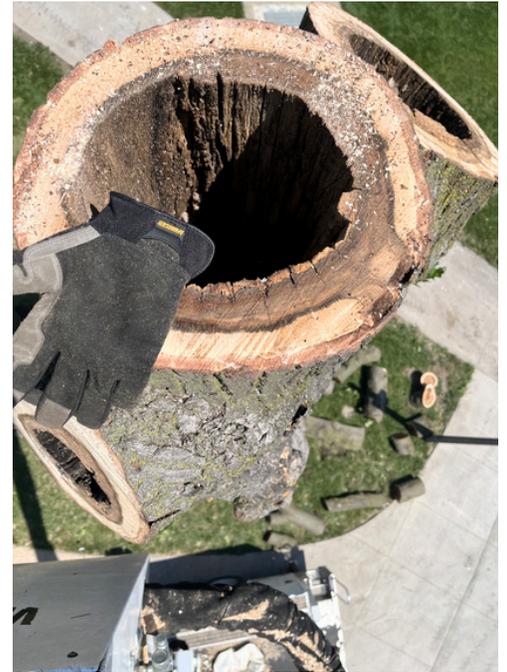
trapped in a soccer net. In this case, the young owl was not yet able to fly but could climb. The Iowa Raptor Project recommended leaving the owl alone and not interfering. After nightfall, climbing back up the tree would be significantly easier without the constant noise and traffic.

By 9:00 am, several other HHP staff jumped to help ease the owl's distress. This included asking friends and neighbors with raptor experience for advice, making signs to inform those who walked by that the owl was not injured and should not be touched or chased, frequently checking to ensure the owl stayed in a safe area, and of course, naming her. After many failed attempts to climb the building, the newly named owl, Juniper, withdrew to the outside corner of Dr. Pierce's office, wet from the rain and exhausted. However, she wasn't alone. Her two siblings watched the commotion from the tree above and her parents could be spotted moving from tree to tree nearby, occasionally swooping down or calling out. Many HHP students and faculty stopped to ask questions and requested updates on Juniper after they returned from classes and meetings. Everyone was rooting for her return to the tree.



Later in the day, Juniper gained the energy for more attempts, including a light post and another small tree close to the one her siblings remained in. She got close, and those watching her progress held their breath as she almost made it. HHP staff made more signs and changed their locations outside the building as she moved around. In the afternoon, a student, who had not seen the signs and was concerned Juniper was injured and abandoned, made a call to the RARE Group (Raptor Advocacy Rehabilitation & Education). RARE, based in Iowa City and founded in 2015, is dedicated to the rescue, rehabilitation, and conservation of birds of prey throughout Iowa. HHP Emeritus Professor Kathy Janz plays a vital role in RARE's organization and was more than willing to help however possible. When called, RARE volunteer Colin Shirk was available to come assess the situation. He found Juniper hiding in the bushes and HHP staff Abby, Edina, Lauren, Naomi, and Mikey were on standby to help. Concerned that Juniper would not make it up the tree due to the distressing environment and too many uncontrollable factors, Colin thought it best to place Juniper back in the tree. The staff welcomed Colin and Juniper into the main office and started making calls.

Just when it seemed like the efforts would be a dead end, Faculty Support Specialist Abby spotted a landscaping cart drive by and ran after it. She caught up with the landscaper and he was able to contact two UI tree trimmers. They arrived with a bucket truck and the willingness to take time from their workday to help Juniper. After a quick lesson from Colin, a tree trimmer held Juniper and placed her back in the tree. The group of HHP staff and UI facilities staff watched from below, relieved after six hours of collective efforts to keep her safe.



Juniper and her family remained safe in the trees until all three young owls learned how to fly. Unfortunately, Juniper's oak tree was cut down in July for safety reasons after it endured storm damage, but it will always be remembered as the owl tree. The Health and Human Physiology Department is grateful to everyone who assisted in Juniper's rescue: Iowa City Police, the Iowa Raptor Project, RARE and Colin, UI Facilities and Landscaping, and all staff, students, and faculty who were rooting for her!



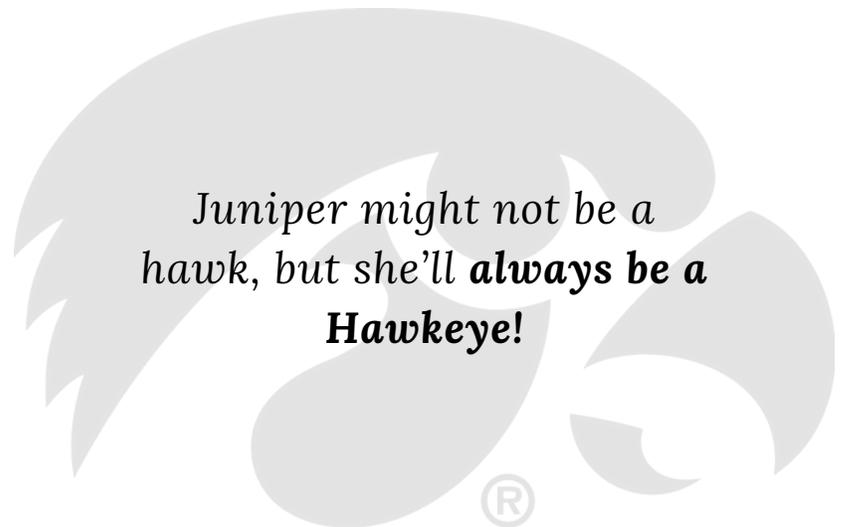
The RARE Group

April 19 · 🌐

👉 Have we told you it's baby season?! 😊

Thank you to the staff at [Health & Human Physiology at the University of Iowa](#), and the landscaping crew for stepping up to get this little one up in its nest tree and out of harm's way.

Its siblings watched us from a nearby branch, and the parents kept a close eye on us through the entire process.



Juniper might not be a hawk, but she'll always be a Hawkeye!



DYK?

Our post about Juniper is the second post to surpass 100 likes on the HHP Instagram account.

DEPARTMENT ACCOMPLISHMENTS

Congratulations to Sarah Lowenberg, a Visiting Instructor, on her acceptance to the Carver College of Medicine!

Congratulations to Prof. Jess Gorzelitz for securing her NCI R01 Diversity Supplement in collaboration with Prof. Mary Charlton in the College of Public Health to be funded for 2 years (2023-25)! This supplement will support her study “An exploration of pathways for exercise referrals in rural cancer community settings.” Total cost for the supplemental grant: \$363,438!

Congratulations to Prof. Anna Stanhewicz, for being highlighted in the OVPR’s January newsletter for her successful NIH grant!

Congratulations to Prof. Nate Jenkins’ undergraduate student mentee, Thomas Hart for the 2024 Barbara A. Horwitz and John M. Horowitz Outstanding Undergraduate Abstract Award for his abstract (Anxiety symptom severity is associated with increased arterial blood pressure and arterial blood pressure variability in apparently healthy young adults) submitted for presentation at the 2024 APS Summit in April.

Prof. Jenkins was featured in the UI Daily Iowan on Jan 29th for his recent \$3.7 million NIH grant on how adverse childhood events may influence the likelihood of developing cardiovascular diseases in adulthood.

Congratulations to Prof. Luc Carr on the CLAS article highlighting his work with ROTC where students in the CHC are performing body composition tests for all new cadets. This work was also highlighted by DI TV and the Iowa Now Newsletter.

Congratulations to Prof. Dan Matheson for once again leading a team of Iowa law students at the Tulane University International Baseball Arbitration Competition in mid-January. The travel team landed top 8 out of 41 teams in the mock-hearing tournament, and one of our writing teams took first-place honors in the written-only competition.

Congratulations to Prof. Kelli Taeger for being featured as a faculty in 1 of 6 CLAS departments about the P3-funded Hawkeye Introductory Course/Excellence in Teaching and Learning (HIC/ETL) program that supported curricular improvements in large introductory STEM courses in CLAS, including HHP:1100 Human Anatomy, where Prof Taeger updated assessments and grading strategies and added anatomical models to the library for checkout, as just a couple curricular changes to improve learning in the course.

Congratulations to HHP Administrator Justin Kahler who received the 2023-2024 CLAS Mary Louise Kelley Staff Excellence Award, that is selected by the CLAS Staff Council. Justin was nominated by HHP Profs. Gorzelitz, Jenkins, Talbert and Stanhewicz, and is given annually to recognize staff members of the CLAS who performed exceptional service or contributed ideas that improved the work of the department or the college.

Congratulations to our faculty recognized by the Office of the Provost for “making a positive influence on students during their college experience” in the 2024 student exit survey. The following faculty were named 10 or more times by students in the exit survey: Profs. Kelli Taeger, Mike Winker, Alex Voss, Aaron Schneider, Clay Peterson, Packy Moran, Kathy Mellen and Adam Blalock

Congratulations to Dan Matheson and the SRM program for a successful panel discussion: Pay for Play: Should College Athletes be Considered University Employees? The panel discussion was highlighted in *The Athletic* article that appeared in the *New York Times*.

HHP showed great success at this year’s 2024 American Physiological Society (APS) Annual Summit Conference in Long Beach, CA April 4-7, coming home with many wins!

- Prof. Nate Jenkins received the APS Shih-Chun Wang Young Investigator Award and the APS Environmental and Exercise Physiology Section New Investigator Award.
- Prof. Jenkins also chaired the foundational scientific session entitled: “Physiology of Adversity: Interactions of Structural, Psychosocial and Lifestyle Determinants on Cardiovascular Health”.
- Prof. Nate Jenkins’ graduate students Thomas Hart, Alyssa Carlson and Kylee West present posters
- Thomas Hart also received the Barbara A. Horwitz and John M. Horowitz Outstanding Undergraduate Abstract Award
- Prof. Vitor Lira’s graduate students, Ryan Allen and Wangkuk ‘Sonny’ Son, present posters
- Prof. Gary Pierce’s students Emma Somers and Kristen Davis presented posters.
- Prof. Anna Stanhewicz’ S graduate students Kelsey Schwartz (predoctoral research award) and Grace Mauer (EEP Section Women in Physiology Research Award) presented short oral presentations and posters, and each won Predoctoral awards.
- Undergraduate student Lizzy Wetzel presented a poster and received the Barbara A. Horwitz and John M. Horowitz Outstanding Undergraduate Abstract Award
- Prof. of Instruction Jennifer Rogers presented an invited oral talk on “Evaluating an Undergraduate Human Physiology Curriculum using Professional Skills Mapping Tool.”



Congratulations to Prof. Nate Jenkins for being recognized by his Alma Mater, Messiah University with the 2024 Young Alumnus Achievement Award!

In late April, the PACS lab prepared and served a meal to 40 patients and families staying at the Hope Lodge from the American Cancer Society.

Prof. Nate Jenkins has again been invited to join the Cardiovascular and Respiratory Disease Study Section for July 2024.

Congratulations to Erin Talbert and Jess Gorzelitz were selected to attend the “What She Said- A Workshop on Empowering Women’s Voices in Celebration of Women’s History Month.” This workshop was sponsored by the Obermann Center for Advanced Studies.

Congratulations to Prof. Jess Gorzelitz on her contributions to the article “Simple Resistance Exercises Improve Overall Health and Reduce Death Risks” published March 24, 2024 in the Scientific American.

Congratulations to Prof. Ben Hunnicutt for being invited back to the podcast, “Talk of Iowa” on Iowa Public Radio on April 12 to highlight his career and talk about the balance of work and leisure and what he plans to do in retirement after his 49 year career at Iowa. His research on reduced working hours has recently received national and international attention from news outlets, highlighted by a CLAS news article.

Congratulations to Prof. Jess Gorzelitz, on being awarded the 2024 ACS Seed Grant through the Holden Comprehensive Cancer Center!

Congratulations to Prof. Anna Stanhewicz for being elected Fellow of the American Heart Association!

Congratulations to Prof. Erin Talbert for being one of 15 early to mid-career faculty invited to participate in the National Cancer Institute Think Tank for the systematic effects of cancer and the advancement of study in this area.

Congratulations to Prof. Jess Gorzelitz for her interview with CLAS to discuss scientific communication with the broader community.

Congratulations to Prof. Erin Talbert who was invited to participate in the Carver College of Medicine's Mini Medical School on the role of obesity in cancer. Dr. Talbert taught community members about how obesity impacts outcomes for people diagnosed with cancer in a medical school-style lecture.

Congratulations to Andrea Short and the Exercise is Medicine on campus initiative for being one of only 83 universities and colleges around the world to be honored with Gold status by Exercise is Medicine® (EIM) for its efforts to create a culture of wellness on its campus.

Congratulations to Profs. Jess Gorzelitz and Erin Talbert on a successful presentation at the Holden Comprehensive Cancer Center Community Advisory Board - Researcher Meeting on April 24th. The purpose was to identify potential collaborations between Community Advisory Board members and Holden researchers to further the goals of both groups to eliminate the burden of cancer on Iowans.

Congratulations to Profs. Erin Talbert and Jess Gorzelitz who were awarded funding from the American Cancer Society's Institutional Research Grant! Dr. Talbert, \$40,000 for her project and Dr. Gorzelitz, \$40,000 for renewal funding of her project.

Congratulations to Prof. Anna Stanhewicz who recently published a paper in the journal Hypertension called: Sex Differences in Oxidative Stress-Mediated Reductions in Microvascular Endothelial Function in Young Adult E-Cigarette.

Kaila Brustkern, the full time research assistant Dr. Pierce's lab, was awarded the 2024 University of Iowa Outstanding Staff Award. She was formally recognized at the University of Iowa Faculty and Staff Awards Ceremony that took place at Hancher Auditorium on Tuesday, April 30th.

Professors Stephanie Borst and Kelli Saginak were accepted to the Design4Online Fall 2024 Program. Congrats to them both!

Stephanie Borst also published an article titled, “Safety and tolerance of the ketogenic diet in patients with Zellweger Syndrome.” Hans Zellweger who discovered and named Zellweger syndrome was a physician and professor in pediatrics at the University of Iowa.

Dr. Vitor Lira, an Associate Professor in Human Physiology, was appointed as an Associate Editor of the American Journal of Physiology: Regulatory, Integrative and Comparative Physiology. His 2.5-year term of office began on February 1, 2024.

Dr. Jess Gorzelitz was featured on *Research Pod*, a podcast discussing muscle strengthening and ways to improve strength in cancer patients. Her episode discussed the benefits of exercise, including weightlifting, after a cancer diagnosis.

Congrats to the Sport and Recreation Management Program for topping the leaderboard of One Day for Iowa!

Congratulations to Prof. Kara Whitaker who chaired a symposium on “Moving for Two: How 24-hour Behaviors n Pregnancy Impact Mom and Baby” and delivered an invited lecture at the American College of Sports Medicine (ACSM) meeting in Boston May 28-31, 2024.



Congratulations to the faculty below who were promoted effective July 1, 2024!

- **Nathaniel Jenkins, PhD**, promoted to Associate Professor with tenure
- **Kelli Taeger, PhD**, promoted to Associate Professor of Instruction
- **Ray Fagenbaum, PhD**, promoted to Professor of Instruction
- **Emily Mozena, MA, CCLA, CTRS, RWWP**, promoted to Professor of Instruction
- **Kathy Mellen, PhD**, promoted to Professor of Instruction

Congrats to **Profs. Anna Stanhewicz** and **Nathaniel Jenkins** who both delivered invited lectures at the 12th Annual North American Artery Society meeting in Denver, CO on June 14-15.

Dr. Stanhewicz's talk was entitled. "Microvascular Endothelial Dysfunction in Young Adults E-Cigarette Users".

Dr. Jenkins' talk was entitled "Early Life Psychosocial Stress and Premature Cardiometabolic Disease: Role of Accelerated Vascular Aging".



SRM students have been busy gaining practical experience over the summer. A total of 130 students are engaged in field experience coursework. About ½ of those students are enrolled in one of three practicum courses working on real-world projects with organizations such as NASCAR, the San Diego Padres, and the John Deere Classic PGA tournament; the other half of students are performing internships at all levels of the sport and recreation industry and maximizing their professional development through faculty interaction and assignments in a structured internship course.

- Congratulations to **Prof. Dan Matheson** who recently led a group of 21 students in a NASCAR *Marketing and Communications* experiential learning trip as part of the course SRM:4197 SRM Sport and Recreation Field Experience. Students in this course worked on projects for the inaugural Iowa Speedway NASCAR weekend. Students from SRM, Journalism and Mass Communication, Communication Studies, Enterprise Leadership, Marketing, and Business Analytics and Information Systems worked together on project teams to perform market research and develop and present creative promotional campaigns designed to increase Gen Z ticket purchases and TV viewership of the Iowa Corn 350, NASCAR's first-ever Iowa Speedway Cup Series race.
- Congratulations to **Prof. Packy Moran** who led 25 students for an experiential learning trip to the San Diego Padres and other partner organizations for the SRM:4197 Sport and Recreation Field Experience course.
- Congrats to **Prof. Jeremy Parrish** who is leading the Business of Golf practicum course and is heading to the Quad Cities to experience the inner workings of a PGA event, the John Deere Classic PGA tournament, in support of the class' project work.

Congratulations to the faculty below on some recent peer-reviewed research publications since May:

Exercise to Prevent Accelerated Vascular Aging in People Living With HIV. Jones R, Robinson AT, Beach LB, Lindsey ML, Kirabo A, Hinton A Jr, Erlanson KM, Jenkins NDM. *Circ Res.* 2024 May 24;134(11):1607-1635. doi: 10.1161/CIRCRESAHA.124.323975. Epub 2024 May 23. PMID: 38781293 Review.

Acceptability of Performing Resistance Exercise Breaks in the Workplace to Break Up Prolonged Sedentary Time: A Randomized Control Trial in U.S. Office Workers and Students. Rogers EM, Banks NF, Trachta ER, Barone Gibbs B, Carr LJ, Jenkins NDM. *Workplace Health Saf.* 2024 Jun;72(6):234-243. doi: 10.1177/21650799231215814. Epub 2024 Feb 5. PMID: 38314504

The association of structural versus load-dependent large artery stiffness mechanisms with cerebrovascular damage and cortical atrophy in humans. Armstrong MK, Jain S, Nuckols V, Pewowaruk R, Zhang X, DuBose L, Sodoma M, Madero B, Voss MW, Pierce GL. *Geroscience.* 2024 Jun 20. doi: 10.1007/s11357-024-01254-5. Online ahead of print. PMID: 38902456

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Lastly, congratulations to the graduate students/postdocs below and their mentors for these recent presentations at national meetings this summer:

- **Jacob Gallagher, PhD** (postdoc, Kara Whitaker mentor) presented a poster at the 2024 ACSM meeting in Boston (May 28-31)
- **Jackie Borrowman, PhD** (PhD graduate; Kara Whitaker mentor) presented a poster at the 2024 ACSM meeting in Boston (May 28-31)
- **Colin Gimblet, PhD** (PhD graduate; Gary Pierce mentor) gave an oral abstract presentation at the North American Artery meeting in Denver, CO (June 14-15)
- **Kristen Davis, MS** (PhD student; Gary Pierce mentor) gave an oral abstract presentation at the North American Artery meeting in Denver, CO (June 14-15).
- **Jenna Springer** (MS student, Luc Carr mentor)-presented an oral abstract at the International Society of Behavioral Nutrition and Physical Activity in Omaha, NE (May 2024).

TEERING UP A CAREER IN GOLF

A unique practicum gives University of Iowa students behind-the-scenes access to golf venues and events, including a tournament on the PGA Tour.

Read at stories.uiowa.edu/business-of-golf-practicum



**COMMUNITY WELLNESS GUIDED PRACTICUM
HHP:3820:0001 TAUGHT BY PROFESSOR KATHY MELLEN**

Course Description: This course is designed to expose students and future health professionals to the fundamentals of culinary medicine in order to both improve personal health and more effectively counsel clients, patients, and community groups on diet and nutrition. The emphasis of this course is on using fundamental culinary skills for the basic preparation of healthy and delicious whole foods. Through demonstrations and hands-on practice of fundamental culinary skills, students will learn the basics of culinary medicine.



DYK?

Dr. Kathy Mellen received the Closing the Gap Grant at the 2024 Career Impact Awards.

EXPERIENCE IN ADAPTIVE AND INCLUSIVE SPORTS/SRM FIELD EXPERIENCE

TR:4197/DST:4198/SRM:4197 TAUGHT BY PROFESSORS ADRIENNE JOHNSON, KRISTINA GORDON, AND ANNA JENSEN

Course Description: This course is offered as a collaborative practicum field experience between programs in Therapeutic Recreation, Disability Studies, and Sport and Recreation Management. The experience consists of shadowing and practicing field-specific skills under close supervision of a professional at the organization, subject matter expert, or faculty member in the areas of inclusive recreation. Students receive regular feedback, and overall performance evaluations, and meet learning objectives for practicum experience that align with professional competencies and/or academic preparation.



A LEGACY OF LEADERSHIP

BY KELLI TAEGER

DR. WARREN DARLING'S UNWAVERING COMMITMENT TO HHP

The enormity of Dr. Warren Darling's impact during his more than 35 years at the University of Iowa is impossible to measure. He began his academic career at the University of Iowa in 1987 as an Assistant Professor and worked his way up the ranks to Professor in 2007, and then named Department Executive Officer (Chair) of the Department of Health and Human Physiology in 2016. Gary Pierce, PhD, Professor, and current DEO of the HHP Department appreciates Warren's many contributions, "I am truly grateful for Professor Darling's service to HHP as DEO from 2016-2022. Warren led the department through some of the most challenging times, including exponential growth in the number of undergraduate majors to become the largest department on campus, changes in college leadership multiple times, lack of administrative staff in the department, significant facilities/space constraints, and all the challenges that came with the COVID-19 pandemic. I know Warren spent countless hours advocating for HHP faculty and students to the college and university throughout these challenges, which I now more fully appreciate as I near the completion of my second year as DEO. Thank you again, Warren!" Anyone who has worked with Warren can attest that he has worn many hats beyond those listed on his official Curriculum Vitae, including mentor, collaborator, supporter, and friend.



L to R: Dr. Gary Pierce, Dr. Kelly Cole, and Dr. Warren Darling at the Retirement Luncheon

“ I WOULD DESCRIBE WARREN AS SOLID, LEVEL, AND STEADFAST, AND SOMEONE YOU CAN ABSOLUTELY COUNT ON PERSONALLY AND PROFESSIONALLY.

- DR. KELLY COLE,
ASSOCIATE PROFESSOR AT HEALTH AND HUMAN PHYSIOLOGY

Warren discovered his love for the study of movement in high school when he was involved in sports and took a physiology of exercise class. He majored in kinesiology at the University of Waterloo with a focus on biomechanics. During his last year, he took Neural Control of Movement, in which some time was spent focusing on movement disorders. With encouragement from the professor of that course, Warren entered graduate school at the University of Waterloo where he earned a master's degree in biomechanics, followed by the University of Western Ontario where he earned a PhD in physiology, with a focus on neural control of movement. He completed a post-doctorate at the University of Wisconsin Madison in the Speech and Motor Control laboratories, where he first met Dr. Kelly Cole, a fellow postdoctoral student. As fate would have it, Drs. Darling and Cole both accepted faculty positions at the University of Iowa, where they remained colleagues for almost 30 years. When asked to reflect on his time working with Warren, Kelly, who is currently the Chair of the Department of Public Health and Exercise Science at Appalachian State University, responded, "He has been a close friend, faculty colleague, and scientific collaborator. I would describe Warren as solid, level, and steadfast, and someone you can absolutely count on personally and professionally. Warren also possesses a quick, critical scientific mind, and is always on point. It has been a joy to know him and his family for all this time, and to work closely with him as scientists and educators."

During his time at the University of Iowa, Warren has mentored over 25 MS and PhD candidates, served on over 40 dissertation committees and over 50 comprehensive examination committees. In this role, he has inspired many future researchers and healthcare providers. Andrew Butler, who was Warren's inaugural PhD student and is now the Dean of the School of Health Professions at the University of Alabama at Birmingham stated, "Warren was an incredible mentor who shaped my entire professional trajectory. I began my journey full of curiosity but lacking the skills of a scientist. Dr. Darling patiently taught me how to think critically, analyze and interpret data, and present my work with clarity. His guidance extended beyond the scientific realm, instilling a strong sense of professionalism. I am eternally grateful for the opportunity to have worked with Dr. Warren Darling; he fundamentally changed my career and my life."



Marc Pizzimenti, PhD, and Associate Professor of Anatomy and Cell Biology at the University of Iowa, appreciates Dr. Darling's approach to mentorship as Warren has offered continuous support throughout his career, remarking, "Warren has always encouraged his students to explore the underlying theories and anatomy most relevant to their research or teaching. Under his guidance, I was challenged to test hypotheses using multiple approaches. This often meant re-designing equipment or procedures to more fully probe the research questions. His kindness and gentle persuasion were most impactful." Dr. Pizzimenti's appreciation for Warren goes beyond the classroom and laboratory walls. "Moreover, his prowess on the badminton court had me rapidly exploring ALL areas of the court on my side of the net."

Babita Bisht, PhD, and PT in the Department of Internal Medicine at the University of Iowa, commented, "Warren gave me the greatest opportunity of my life when he took me in as his graduate student. He showed us how to be caring, supportive, respectful, and really, really smart. Warren was always there in the lab starting early in the morning, with his office door open, to answer any questions we had. He never micromanaged my work but was always there to guide and support whenever I needed. I feel so grateful to have a mentor and colleague like him."

Aging studies accelerated at UI

Grant-funded traineeships funded, staffed

From news services

The University of Iowa Center on Aging has appointed seven individuals to one-year pre- and post-doctoral traineeships.

Funded by an Institutional National Research Service Award from the National Institute of Aging, the trainees, their research projects and their faculty sponsor are:

- Janice Alexander, preventive medicine, "Literacy and Health Services Utilization in Older Blacks," Dr. Robert Wallace, professor and head, department of preventive medicine, sponsor.
- Jane Armer, Ph.D., nursing, "Health Promotion and Well-being Among Three Groups of

National program

The National Research Service Award currently supports a total of seven pre- and seven post-doctoral trainees. Funds are directed toward full-time multidisciplinary research and training activities in all areas of geriatrics and gerontology. The program is intended to prepare fellows for academic careers in gerontology and geriatrics, or to bring a special emphasis on aging research to a broad spectrum of professional career disciplines.

- Culturally Diverse Elderly," Toni Tripp-Reimer, Ph.D., professor of nursing, sponsor.
- Andrew Butler, exercise science, "Sensorimotor Transformation in Elderly and Patients with Unilateral Cerebellar Dysfunction," Warren Darling, Ph.D., assistant professor, exercise science, sponsor.
- James Cerhan, M.D., Ph.D., preventive medicine, "Blood Transfusion History and Cancer Risk in the Elderly," Dr. Robert Wallace, professor and head, department of preventive medicine, sponsor.
- Lars Gilbertson, Ph.D.,

- biomedical engineering, "Reducing the Number of Hip Fractures Due to Falls in the Elderly," Vijay Goel, Ph.D., professor and chair, department of biomedical engineering, sponsor.
- Paul Lindower, M.D., internal medicine, "Beta Adrenergic Modulation in the Elderly: Echocardiographic Studies," Byron Vandenberg, M.D., assistant professor of internal medicine, sponsor.
- Sandra Steen Law, D.D.S., dentistry/oral medicine, "Adherence of Candida Albicans to Epithelial Surfaces,"

Iowa City Press Citizen • Thursday, August 5, 1993

Jan Hondzinski, PhD, and current Professor at the Louisiana State University School of Kinesiology, feels indebted to Dr. Darling, "I consider Dr. Darling an excellent researcher, mentor, and humble academic. As my PhD advisor, he made me feel important by encouraging my ideas and redirecting them as needed. His trust in my skills as a researcher, even when I questioned them, gave me the confidence I needed to achieve many goals in academia. I will consider this extraordinary human my primary academic mentor for life and thank him for his encouragement throughout the years."

Sara Hussain, PhD, and current Assistant Professor in Kinesiology and Health Education at the University of Texas at Austin, was first an undergraduate student in Warren's Skeletal Muscle

Physiology course and then benefitted from his informal advice as she pursued her PhD. Of Warren, she said, "He is an incredibly detailed and mechanistically-grounded thinker, and always has excellent insights on how I can improve the work. Warren is far more than a mentor and colleague – he is a friend and one of the absolute best people I know. He is a fixture of Iowa movement neuroscience and an excellent example of the type of person and scientist I strive to be."



DYK?

An esteemed soccer coach of the Iowa City Arsenal soccer team, Warren led teams to local, state and national titles.

Dr. Darling's research, which focuses on neural control of upper limb movement, has resulted in 96 publications in refereed journals such as the Journal of Comparative Neurology, Experimental Brain Research, and Experimental Neurology, and is nothing sort of brilliant. He is especially proud of collaborations with Drs. Ergun UC, Terry Wahls, and Robert Morecraft. Ergun UC, MD, who is the Director of the Movement Disorders Division in the Department of Neurology at the University of Iowa Hospitals and Clinics, is grateful for his time spent working with Warren, "It has been a pleasure and privilege to collaborate with Warren. He has been instrumental on a key aspect of my research career: Exercise in Parkinson's disease. Warren is a very kind, honest, intelligent, knowledgeable, and trustworthy person. You can always count on him for support and friendship." Terry Wahls, MD at the University of Iowa Hospitals and Clinics, emphasizes that[WMR1] "Warren Darling has been a key mentor for me as I began doing clinical trials testing the efficacy of diet and lifestyle in the setting of MS. He has been a wonderful teacher, mentor, and friend. He is a huge part of why our research has been successful and impactful."



Warren's collaboration with Robert Morecraft, PhD, who is a Professor in the School of Medicine at the University of South Dakota and earned his MS and PhD from Iowa, has been particularly productive, with the potential to have a lasting impact on the treatment of strokes. Bob explained, "Dr. Darling and I initiated our longstanding collaboration in 2002 where we started a research program studying the recovery of hand and finger movements following injury to the cerebral cortex in non-human primates. We combined different and unique backgrounds and skills that resulted in receiving 8 major external research grants (6 from the National Institutes of Health; and Division of Neurological Disorders and Stroke) and published

over 20 major research papers spanning 22 years. Our work highlighted the importance and contribution of spared motor areas of the cerebral cortex in the recovery of upper extremity movements following stroke. We were very fortunate to have professional and compatible research teams that worked well together and will always fondly remember the group gatherings and cookouts we enjoyed."

Dr. Darling's engagement and productivity in research have been dedicated, thorough, and impactful in every sense of the word[WMR1]. It must also be noted that he has been an exceptionally effective teacher in the classroom. During his years at Iowa, he taught Human Anatomy lecture and lab, Skeletal Muscle Physiology, Physiology of Aging, Advanced Physiology of Aging, and Seminar in Motor Control. Former graduate student and current faculty member, Dr. Clay Peterson, PhD, remembers his experience in Warren's class, "He always wanted the best for his students and mentees. He was great at challenging your thought processes with insightful questions. He let students find their own way as opposed to holding their hand through the entire process."



It will surprise no one that Warren plans to stay busy during retirement. He will continue to do research, working toward additional publications with his long-time collaborator, Dr. Robert Morecraft, and will remain a Faculty Advisor of the Sailing Club (a role he has held since 2004). He is also looking forward to spending time gardening, traveling, and enjoying his family. When asked what he would like his legacy to be, Warren responded that he hopes people think he has been fair and that his research will continue to be impactful. Looking to the passionate words of colleagues, collaborators, students, and friends, it is clear that he has spent his career going beyond requirements and expectations. Each day of steadfast, patient work has led to an ever-growing community of individuals whose lives, careers, and fields of study are on a better path because of Dr. Warren Darling.



BEHIND THE MAN

Dr. Warren has contributed and authored over 50 publications.

Visit <https://pubmed.ncbi.nlm.nih.gov/?term=Warren%20Darling>

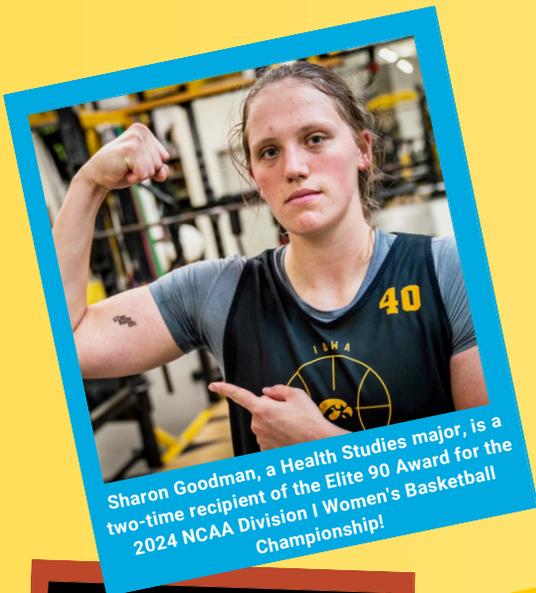


PROUD FANS OF THE IOWA WOMEN'S BASKETBALL TEAM

While we all cheered on the Hawkeye Women's Basketball team during their incredible season, the Health and Human physiology Department and the Sport Recreation and Management program are especially proud of the students and alumni that play essential roles on the team while gaining experience that supports their professional development in the sport industry.



Kate Martin, SRM M.A., was drafted by the Las Vegas Aces during the second round of the WNBA Draft!



Sharon Goodman, a Health Studies major, is a two-time recipient of the Elite 90 Award for the 2024 NCAA Division I Women's Basketball Championship!



Hannah Bluder (SRM B.S. '20) has been the Director of Operations for the women's Hawkeye basketball staff since 2020!



Gabbie Marshall, pivotal in the Hawkeyes' second NCAA Championship run, graduated in 2023 with a degree in Health Studies!



Sydney Affolter is currently majoring in SRM and Health Studies!



Molly Davis, who graduated with a degree in Health Studies in 2024, now serves as a graduate assistant for the Evansville Purple Aces!



Kennise Johnson is currently pursuing a degree in SRM!



Will McIntire, SRM M.A., joined Rutgers University Women's Basketball staff as the Director of Scouting & Technology!

FELLOWSHIPS

Congratulations to undergraduate student Kayla Kolpin in the Molecular Physiology Lab, who was awarded an Office of Undergraduate Research Summer Fellowship for 2024. Kayla will work with Prof. Erin Talbert on a project investigating the effects of a class of drugs called MEK inhibitors on skeletal muscle cells.

On February 27th, Elizabeth Munoz Cuadra, an undergraduate student majoring in Human Physiology, was awarded the John and Elsie Mae Ferentz Research Fellowship for the Spring 2024 semester. This Fellowship was established by Mr. Kirk Ferentz as a memorial to his parents, John and Elsie Mae Ferentz. Mr. Ferentz's goal is to provide support and encouragement to undergraduate students who conduct research under the guidance of a tenured or tenure track faculty in the College of Liberal Arts and Sciences. Elizabeth is conducting research on mechanisms leading to age-related muscle atrophy and weakness under the mentorship of Associate Professor Vitor Lira.

Undergraduate student Nathan Stephens, majoring in Human Physiology, was awarded a Summer 2024 ICRU Fellowship to support his research at Dr. Vitor Lira's lab. Nathan will be studying a new pathway modulating atrophy and hypertrophy in skeletal muscle. This research may reveal new targets for therapy aiming at preserving muscle mass and force during immobilization and hospitalizations.

A TOTAL OF 60 HHP STUDENTS INVITED TO JOIN PHI BETA KAPPA SOCIETY

Across the Exercise Science, Health Studies, Health Promotion, Human Physiology, Sport and Recreation Management, and Therapeutic Recreation Programs, 60 undergraduate students have been invited to join Phi Beta Kappa Society for their academic excellence and integrity. Out of the 10% of U.S. colleges and universities that have Phi Beta Kappa chapters, only 10% of their arts and sciences graduates are invited to join. Congratulations to our dedicated students who achieved this honor!

UNDERGRADUATE SCHOLARSHIP WINNERS



C. Pauline Spencer Scholarship: Lauren McCartney, Alyssa Mizzi, Grace Sindt, and Jayden Salmon

M. Gladys Scott Scholarship: Micah Poellett, Megan Sills, Julianne Van Arnun, and Sarah Hrubecky

Dr. Sofi R. Boutros Fund: Thomas Hart and Kenzie Newton

Benjamin B. and Clae Mae Brom Scholarship: Taylor Wittkop

Margaret Osborn Scholarship: Nicholas Wagner

Miriam Taylor Scholarship Fund: Matthew King

Bess Whittaker Scholarship: Kenzie Newton

Dr. Margaret Fox Scholarship: Elizabeth Dickman

McCloy Memorial Fund: Thomas Hart



OPPORTUNITIES AWAIT

The University of Iowa has hundreds of scholarship opportunities available.

Visit uiowa.academicworks.com/opportunities

WORK AND LEISURE REIMAGINED

THE LEGACY OF BEN HUNNICUTT

BY DAVID GOULD

Mary Oliver closes *Poem 133: The Summer Day* with a question: “Tell me what is it you plan to do with your one wild and precious life?” Interestingly, that is the same question Ben Hunnicutt has asked in four books, and thousands of lectures, over a 50-year career.

Though Ben’s first book, *Work Without End: Abandoning Shorter Hours for the Right to Work* (Philadelphia: Temple University Press), was published six years before I arrived in Iowa City, I remember the University of Iowa campus still buzzing over the book’s success when I got here. These were good days to be known as a “Leisure Studies professor” and Ben’s questioning of the new theology of work had reignited a public debate. During this time, Ben regularly appeared in the national media, e.g., the *Charlie Rose Show*, *ABC News*, *The New York Times* and played a central role in the popular PBS special, *Running Out of Time*.



In 1994, I was accepted into the Leisure Studies graduate program and picked to be Ben’s first teaching assistant. Two years later, I stood alongside Ben as he spearheaded a national conference entitled, *Our Time Famine: A Critical Look at the Culture of Work and a Re-evaluation of ‘Free’ Time*. The list of presenters who traveled to Iowa City to join in the gathering was astounding. It included feminist writer and activist Betty Friedan, acclaimed sociologist Arlie Russell Hochschild, economist Juliet Schor, and former United States Senator Eugene McCarthy. Not wanting to miss out on the event, economist John Kenneth Galbraith, 88 years old at the time and unable to travel, prepared a special video presentation. Even the Canadian government sent an observer. It was a transformational event indeed to witness some of our country’s leading sociologists, economists, and labor leaders gather in the Iowa Memorial Union to discuss how a more equitable, meaningful organization of work and leisure could be achieved. There were no honorariums offered or formal dinners planned, but this gathering of thought leaders chose to interrupt their big city lives to come to Iowa, nevertheless. Why? Because it was the home of Ben Hunnicutt.



BEN IS A TOWERING FIGURE IN THE HISTORY OF WORKTIME. HIS ANALYSIS OF DEVELOPMENTS IN THE FIRST HALF OF THE TWENTIETH CENTURY US REMAINS THE DEFINITIVE ACCOUNT. FOR ME PERSONALLY, WORK WITHOUT END HAS BEEN ONE OF THE BOOKS THAT MOST INFLUENCED MY THINKING AND MY OWN RESEARCH— THAT PUTS BEN IN A CATEGORY WITH KARL MARX, PIERRE BOURDIEU, AND JOHN MAYNARD KEYNES.

- JULIET SCHOR, ECONOMIST AND SOCIOLOGY PROFESSOR AT BOSTON COLLEGE, APRIL 28, 2024

A beloved teacher, who is persistently learning, Ben’s classes are constantly evolving to reflect national issues of the day. While the majority of Ben’s fifty-year academic career has focused on the historical mystery behind “the end of shorter hours,” it has meaningfully intersected with countless disciplines including sociology, economics, women’s studies, classics, tourism, American studies, religion, health and wellness, and positive psychology. One need only look at how Ben’s four major books – *Work Without End*, *Kellogg’s Six-Hour Day*, *Free Time: The Forgotten American Dream*, and *The Age of Experiences: Harnessing Happiness to Build a New Economy* – are utilized around the world to see the impact of his scholarship. On our campus alone, the same work has been included in courses with content as diverse as work and family issues and social innovation.

In turn, Ben's graduate courses are populated by a variety of young scholars hoping to add a unique layer to their studies. A longtime admirer of Ben's scholarship, former University of Iowa President Willard "Sandy" Boyd once described Ben as among the "most important" UI faculty members of his tenure.

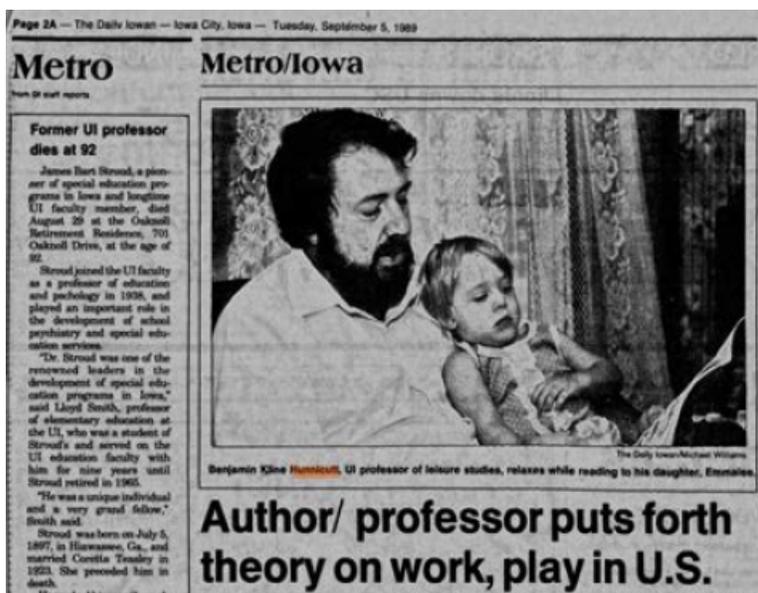
Being the torchbearer for a forgotten American Dream has never been easy, however. As higher education has slowly doubled down on preparing students for the workforce, and consumption continues dangerously unchecked, Ben's message of more and more lives living freely has often been ignored. In fact, Ben writes about how a 2014 Politico article found him in the crosshairs of FOX News, receiving hate mail and death threats simply for choosing to teach and write about leisure.

A tireless advocate for the liberal arts, Ben argues that the eternal questions— "Who am I?" "Why am I here? "What is the meaning of my life?"—once framed in a context of loyalty to ideals bigger than oneself, are now being answered through the lens of work. Who am I? I'm a banker. A doctor. A teacher. A maid. "Purpose once reserved for the activities of the soul," explains Ben, "is now found in the religion of work." While financial success has certainly varied among Ben's countless students, the common thread that runs through everyone Ben has mentored is a life committed to family, community, and service to others – the characteristics of a "good society."



HIS WRITING HAS BEEN PATHBREAKING. MOREOVER, UNLIKE ME, HE HAS ACTUALLY PRACTICED WHAT HE PREACHES IN THE FREE TIME IN HIS OWN LIFE, EVEN AS HE HAS CONTINUED TO TEACH AND WRITE WAY PAST THE AGE OF HIS PEERS."

- GARY CROSS, DISTINGUISHED PROFESSOR EMERITUS OF MODERN HISTORY, PENN STATE COLLEGE OF THE LIBERAL ARTS, APRIL 28, 2024



It has been said that Ben not only walks the talk but dances it. While I can still plot the 1920 – 1940 American fight over working hours on a blackboard, and lead a discussion on Plato's Phaedrus, my favorite lessons from Ben are more subtle. Like the time a film crew came to interview Ben for the PBS special *Running Out of Time*. The visit took place during a historic flood, and the interview was moved inside Ben's home to avoid the rain. When the interview was over, Ben played the piano for his visitors, before leading them on a hike along the flooding Iowa River. Ben then returned home to care for his grandson, and there is a scene in the documentary where Ben is seen pushing his grandson on a swing and tenderly singing "Swing Low, Sweet Chariot." Ben didn't need to tell the filmmakers what he would do with more free time, he simply showed them.



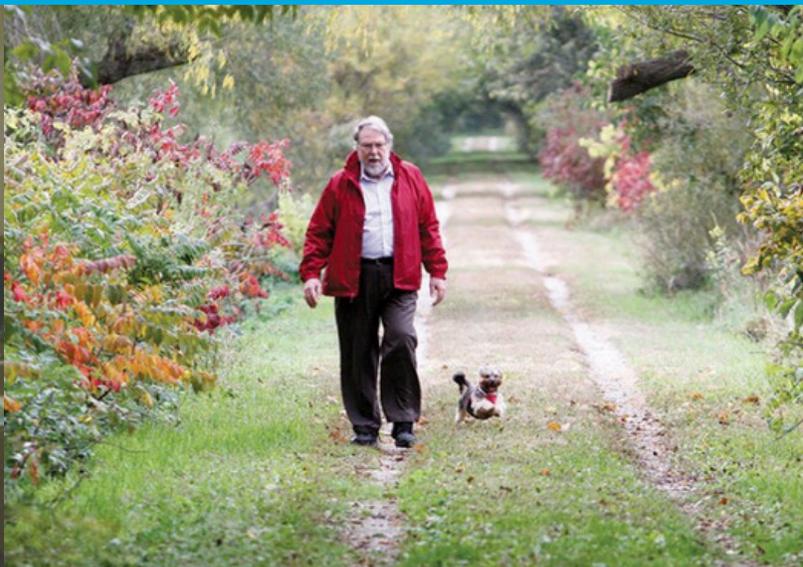
"WHEN AMERICA WOULD SEEM TO HAVE FORGOTTEN THE STRUGGLE FOR MORE TIME, BEN REMINDED US OF IT. AND WHERE MANY BECOME PESSIMISTIC ABOUT CONTROLLING THE MONOPOLIZATION OF LIFE BY WORK, IN THE AGE OF EXPERIENCES, BEN HUNNICUTT POINTS TO POSITIVE TRENDS."

- ARLIE HOCHSCHILD, PROFESSOR EMERITUS OF SOCIOLOGY AT THE UNIVERSITY OF CALIFORNIA, BERKELEY, APRIL 25, 2024

Over the past month, I have corresponded with a number of distinguished scholars who see Ben's work as fundamental to their own. Interestingly, the word that comes up over and over to describe Ben is "pathbreaking." As economic and social theorist Jeremy Rifkin wrote me, "There are times in history where a single individual steps forward on the world stage with a new idea for improving the lot of humanity." And Rifkin concludes, "We have an entire generation now coming of age who I think will be more than grateful."

“When I first read Work Without End sometime in the late 1980s, I felt as if the missing piece of a large and frustrating jig saw puzzle had finally been found and put in its rightful place. Since then, Ben Hunnicutt’s work has been an ever-present guide to my own, explaining and exploring the most profound calculus that trades leisure for labor and how that misanthropic deal has done so much to reshape consciousness and conflict for tens of millions of workers both high and low.”

NELSON LICHTENSTEIN, RESEARCH PROFESSOR, DEPARTMENT OF HISTORY, UNIVERSITY OF CALIFORNIA, SANTA BARBARA, MAY 1, 2024



“I learned so much from him over those years we taught together. My eyes were opened significantly about what “leisure” means in the deepest and most profound sense; I was introduced to many new fascinating ideas, scholars, and writers; and I was able to learn so much even just by watching a master teacher at work.”

THOMAS DEAN, SENIOR PRESIDENTIAL WRITER/EDITOR, OFFICE OF THE PRESIDENT, UNIVERSITY OF IOWA, MAY 2, 2024

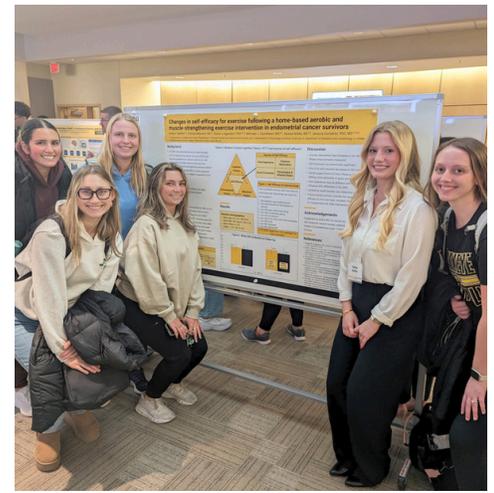


DYK?

Ben and his wife Francine are often found ballroom dancing!

BIOGRAPHY

Professor Benjamin Hunnicutt received his MA and PhD in American History from the University of North Carolina, Chapel Hill. He has served as chair of Leisure Studies and head of the Division of Physical Education at the University of Iowa. He has worked as a consultant to unions and businesses interested in shorter work hours and the potential of leisure to improve the community and workplace. Dr. Hunnicutt is a member of the Academy of Leisure Sciences and past co-director of the Society for the Reduction of Human Labor. He has been a professor at the University of Iowa since 1975. For most of his academic career he has focused his research and writing on the historical mystery: “the end of shorter hours.” With writers such as Joseph Pieper and Hannah Arendt, he has also explored the “rise of the world of total work”—the unique modern glorification of work as a crypto-religion and the resulting trivialization of leisure that for centuries was progress’ ultimate destination. Dr. Hunnicutt is the author of several books, book chapters, and articles, including *Work Without End: Abandoning Shorter Hours for the Right to Work* (1987), *Kellogg’s Six-Hour Day* (1995) *Free Time: The Forgotten American Dream* (2013), *The Age of Experiences: Harnessing Happiness to the New Economy* (2020). Currently, he is working on a two-volume history of work, tentatively entitled: *The Rise and Fall of Work* (the second volume subtitled, *Saving Work, A Failing Faith*) and a trade, self-help book, *What to Buy To Make You Really Happy, And Then Some*. Dr. Hunnicutt has written for *The Wall Street Journal*, *Politico*, and the *Huffington Press*, and appeared in a variety of nationally and internationally broadcast television and radio programs including: *ABC News*, *NBC News*, the *Canadian and British Broadcasting Corporations*, the *Today Show*, the *Charlie Rose Show*, and appeared in the PBS special, *Running Out of Time*, and the German Television documentary “*Frohes Schaffen - Ein Film zur Senkung der Arbeitsmoral.*”



AWARDS, HONORS, AND PRESENTATIONS

Congratulations to Ryan Allen, HHP PhD student in Prof. Vitor Lira's lab, who was selected for the "Dare to Discover" downtown Iowa City banner campaign by the Office of the Vice President for Research.

Congratulations to Prof. Kara Whitaker's Postdoc Jacob Gallagher who received a 2-year NIH-NHLBI funded Postdoctoral Diversity Supplement to Dr. Whitaker's ongoing Offspring Study.

Well done to Prof. Jess Gorzelitz's graduate student Kaitlyn Steffen for a successful presentation on PACS data at UI Spring Undergraduate Research Festival (SURF) in April!

Congratulations to Prof. Kara Whitaker's Post Doc Jacob Gallagher who won the 3-minute thesis competition at American Heart Association Epidemiology/Lifestyles conference!

PhD. student Kelsey Schwartz also published a paper in *Journal of Applied Physiology* titled: *Angiotensin II type 2 receptor-mediated dilation is greater in the cutaneous microvasculature of premenopausal women compared to men.*

PhD student Jackie Dziejwior was featured in an article by CLAS for her work as a student researcher. In response to a question about the research environment in CLAS, she responded, "CLAS (and specifically the Department of Health and Human Physiology) has been incredible in shaping the beginning of my scientific career by providing opportunities to grow both professionally and personally. I've enjoyed an interdisciplinary education that supports collaboration across various fields of research. This has instilled in me the value of having various approaches to one problem and that the best science happens when we work together."



GRADUATE SCHOLARSHIP WINNERS

C. Pauline Spencer Scholarship: Jenna Springer

Dr. Sofi R. Boutros Fund: Justin Deters

Elizabeth Halsey Scholarship: Kelsey Schwartz

Mary Monroe Bell Scholarship Fund: Grace Maurer

Miriam Taylor Scholarship Fund: Ryan Allen

Homewood Memorial Scholarship Fund: Lisa Van Wiel

Ray-Tai & Ray-Fong Chang Scholarship Fund: Ruda Lee

Louis E. Alley Scholarship Fund: Emma Somers and Wangkuk Sun

McCloy Memorial Fund: Yunjie Luo



CLEVELAND SPORTS SALES WORKSHOP AND JOB FAIR

The SRM program showed up in a big way for the Cleveland Sports Sales Workshop and Job Fair in February. Eleven upperclassmen had more than 140 meetings with sales managers from 38 pro teams, which led to multiple job and internship offers. The group heard from Cleveland Cavaliers CEO Nic Barlage, sports sales training pioneer Charlie Chislaghi, and sports job website Teamwork Online President Buffy Filippell, and they met with an inspirational recent UISRM alum, Sam Bocken (UISRM B.S. '20, M.A. '21), now Inside Sales Manager for the Chicago Fire MLS team.



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION AND IOWA GIRLS HIGH SCHOOL ATHLETIC UNION FIELD TRIP

In May, students went on a field trip to learn from and network with Iowa high school athletics administrators and coaches. Professor Mike Winker took students to the Iowa High School Athletic Association and the Iowa Girls High School Athletic Union, the governing bodies for boys and girls 7th-12th grade sports and activities in the state, and students received amazing insider access to further their education.



IOWA HIGH SCHOOL ATHLETIC DIRECTORS ASSOCIATION STATE CONVENTION

The UISRM program sponsors the Iowa High School Athletic Directors Association State Convention each spring and sends students to serve as volunteers and attendees with faculty member Mike Winker. Seventeen students assisted at the registration table, running the corn hole tournament charity fundraiser, checking speaker technology, taking attendance at presentations and assisting wherever IHSADA staff needed support. When not volunteering, students attended convention functions and presentations to network and learn alongside the state ADs. Professor Winker, a member of the Iowa HS AD Hall of Fame, delivered the official opening welcome at the convention general session and presented a session topic on "Post-Convention Survival Tips" for ADs.

START YOUR CAREER

Sport and recreation management students can pursue careers in professional sport front offices, college athletics departments, league offices, sport marketing agencies, campus recreation, municipal recreation, and many other areas.

Visit sportmanagement.clas.uiowa.edu/undergraduate/careers



TWIN CITIES FIELD TRIP

In April, the SRM program led an epic field trip to the Twin Cities to learn from and network with execs at the Vikings, Timberwolves and Wild! We were hosted by Hawkeyes at each stop who helped show students what's possible on their professional journey.



DYK?

The Sport and Recreation Management program is the only program in Iowa at a major state university.

ONCE A HAWKEYE

ALWAYS A HAWKEYE

The department congratulates each undergraduate and graduate student who completed a degree in the Health and Human Physiology Department. We can't wait to see what you do next!

THERAPEUTIC RECREATION PROGRAM CONVOCATION



SPORT AND RECREATION MANAGEMENT PROGRAM CONVOCATION



GRADUATE STUDENT THESIS DEFENSES AND GRADUATIONS

CEP MS: Matt Andrews, Brian Brookhart, Abigail Burbridge, Miguel Jacobo, and Muyun Lin

CL MS: Kennedy Albertson, Libby Brosius, Greta Coenen, Maya Greer, Sarah Griffiths, Sara Joerger, Madison Trow, and Samantha Corso

SRM MA: Grace Clouser, Grant Conway, Emma Cooper, Erick Parra Cortes, Cade Hennigan, Kate Martin, Will McIntire, Luke Ramundo, Lucas Russell, Molly Rygh, Spenser Schwinn, Ben Sheridan, Cobie Siebrecht, Felicity Taylor, and Lexi Tofanelli

HHP MS Thesis: Andrea Babcock, Nicholas Farkas, Aaron Tran, Kenzie Unke, and Immaculate Edwin

HHP PhD: Jackie Dzewior, Colin Gimblet, and Charlie Jedlicka



CHILD LIFE EXPERIENTIAL LEARNING STUDY ABROAD IN CAPE TOWN

Led by Professor Bri Swope, 27 students partnered with the Stellenbosh Kinderkinetics program to explore and learn about interventions in school settings. They visited primary schools, programs for kids and adults with various abilities, learned about ChildSafe and the work they do with prevention and education, and played at Red Cross Children’s Hospital and the Association for Persons with Disabilities and more. The also snuck in a few adventures along the way!



DYK?

In 2022, Bri Swope received the Distinguished Associate Professor of Instruction Award, which recognizes candidates for advancement to Associate Professor of Instruction who excel in teaching, institutional and professional service, and their record of publications at the time of advancement.

HEALTH AND HUMAN PHYSIOLOGY EXPERIENTIAL LEARNING STUDY ABROAD IN SPAIN

Professor Luc Carr led students in an extensive study abroad experience in Spain, spending nine days in Madrid and eight days in Valencia. They learned about the culture, lifestyle, healthcare, and nutrition of the cities to gain an in-depth understanding of why Spain is considered one of the healthiest countries.



AN ADVENTURE OF A LIFETIME

Explore Dr. Carr’s journey in the “healthiest” cities in the world by reading his blog.

Visit: <https://uiprofabroad.blogspot.com/>





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HOW 'BOUT THEM HAWKEYES

2024 Health Studies graduate Sharon Goodman is a two-time recipient of the Elite 90 Award for the 2024 NCAA Division I Women's Basketball Championship!

Read more on page 20.



CONNECT WITH US!



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[NEW SRM PROGRAM WEBSITE](#)

