

**2011 MAYOR'S ANNUAL FITNESS AND HEALTH
AWARD WINNERS
FITNESS**

Laurie Arbuckle

Laurie has completely changed her lifestyle and has lost approximately 90 pounds. She has changed her diet, participates in a 90 minute spin class, and she just completed the 7 mile Rockbridge Revenge Race in 1 ½ hours. She is excited about fitness and constantly pushes herself. Her excitement and can-do attitude has inspired everyone around her. Her dedication to a new healthy lifestyle has freed her from several health issues. Laurie is a true example of how diet and exercise can lead to a brand new life.

Shaina Galloway

Shaina participates in multiple sports with the Columbia Parks and Recreation Special Olympics Sports Program, which includes basketball, softball, track and volleyball. She goes above and beyond her involvement with the program to live a healthy life style. She trains regularly with a personal trainer, has adopted healthy eating habits, and recently completed the Roots and Blues 10K run. Shaina has maintained a significant weight loss of over 50 lbs. Her choice to focus on health has brought her confidence that is evident in all aspects of her life.

Jim Pastoret

Jim will turn 88 years old this winter and has had a lifelong passion with fitness and exercise. Although he lost his wife and partner of 60 years last winter, he has not missed a beat at the Activity and Recreation Center. He remains positive and determined to continue with his active lifestyle. Jim is a Professor Emeritus of Forestry at the University of Missouri. He rode a bike to and from work for 35 years. His exercise has consisted of bicycling, running, swimming, walking and weight lifting and an overall healthful lifestyle. He and his wife, Carol, worked out at the ARC for many years together and enjoyed socializing with friends along with the exercise. He has inspired his family to commit to a healthy lifestyle.

MENTOR

Skip Deming

Introduced to a game called “pickleball” at an Arizona RV resort, Skip induced people to learn the game in Columbia. Along the way, he took on assembling unique equipment, setting up courts with specified dimensions, and found places to play in all kinds of weather. He worked

with Columbia Parks and Recreation to specifically mark some tennis courts for pickleball. He arranged with the Columbia School Board to make the New Haven School Gym accessible for pickleball two nights a week when inclement weather prevented playing outside. Skip made pickleball part of the Show-Me Games and Senior Games. He still finds time to have “clinics” to teach the game and has become one of the states’ best performers. He also organized the “Show-Me Pickleball Club” complete with green or pink shirts. Members range from elementary school age to the senior citizen ranks. Skip has Columbia and the surrounding area playing Pickleball!

Caroline Dohack-McCrary

Caroline is a Columbia Daily Tribune Editor and Columnist. As Editor of the Lifestyle section of the Sunday paper, she chooses the subjects and writes the editorial and the main story. She admits to writing a “disproportionate number of fitness stories” and recently wrote that fellow columnist Irene Haskins told her “I wish you’d stop writing about exercise!”. Caroline’s response was: “Irene, I’m sorry for writing about exercise again. But if you want to take a walk on the trail, I’ll see you there.” Caroline has a family history of heart disease and she writes about exercise and health because she loves it and enjoys sharing her love of fitness with her readers. She has become a high profile advocate of health and fitness and an excellent role model to her readers.

WEIGHT LOSS

Boone County Sheriff’s Department

The Boone County Sheriff’s Department began its’ own “The Biggest Loser” competition on July 1, 2011. Tara Strain started the competition with 24 employees-- 14 women and 10 men. Every participant “bought” his or her spot in the competition for \$5. Participants added \$1 for every pound gained. Exercise classes were available to all who wanted to attend, as well as emails with healthy recipes. The competition ended on Friday, October 7. The department lost 182 lbs. total with 10 contestants finishing. They finished with \$164 in the pot which was split evenly between the male and female winner. The female winner lost 20 lbs. and the male winner lost 40lbs. It was a lot of fun and a great success.

Colleen Brown

Colleen has been an amazing example of persistence and dedication. She has not just increased her activity level and lost over 30 lbs., she has also made a life style of being healthy. She makes being healthy a priority—not a chore, not an exercise—it is part of who she is. She is a quiet person, but her actions speak louder than words. She doesn’t brag about her efforts or boast that she is going to work out or that she is losing weight—she just keeps doing what she is doing—

for herself and her health. Without even trying, she is a motivator. Colleen was a team captain for Columbia College's "Biggest Loser" competition and the WINNER for the women. Even though she deals with asthma, she continues to push herself and others. She is an inspiration.

Columbia College Wellness Committee

The Columbia College Wellness Committee, led by Bryan Curtis, established a "Biggest Loser" program and energized 83 participants to enter the 12-week program that began in January 2011. The participants were divided into 10 teams to promote mentoring, competition, and continued participation. The Wellness Committee conducted weekly weigh-ins. The program included formal weekly education and training activities such as a dietician presentation, food journal discussions, fitness center equipment orientation, healthy lunches, a Zumba class, and multiple health and fitness speakers. The participants' lost a total of 661 pounds and as a group reduced their weight by 4.4%, with an average loss of almost 8 pounds per person. Many of the participants are regular attendees at the fitness center and have continued to lose weight and maintain fit and healthy lives.

Paul Krewson

Paul lost 80 lbs. over a 2-year period, with the final 35 lbs. during the ARC 90-day Challenge, which he joined in January 2011. He WON the challenge by losing 7.8% body fat. His purpose in losing the weight was twofold: First, he wants to enjoy a long and healthy life and, second, he wants to be a good example for his children and to help them to make healthy choices. He accomplished his goals by eating healthy, limiting his calories and doing cardio and weight lifting exercises. In particular, he recommends not eating within a few hours of bedtime.

Billie Washburn

After going to the doctor for hip pain, and having the doctor tell her she just needed to lose weight, Billie got serious. She has lost over 75 pounds in barely over a year. She did this with focused determination. Her goal is to lose 10 more pounds by Christmas. Her lifestyle changes are many. She gave up her favorite restaurant, brings her own lunch instead of eating in the dining hall with friends, resists the temptation to snack, and exercises religiously. Her commitment to the gym was tested when offered overtime at work, and she agreed to work only if it did not cut into her exercise routine.

YOUTH

Brenna Cornelison

Brenna is a 5th grader at Fairview Elementary School. She has been a regular participant on the Fairview/Hillshire Walking School Bus route since she started in Kindergarten in the Fall of 2006. Because Brenna joined the program just as it was getting started, because she has barely missed a day when the walking school bus has been walking, and because her route is the longest in Columbia (1.75 miles)...for all of these reasons, it is certain that Brenna has walked the most miles on the Walking School Bus Program of all children in Columbia—an estimated total of 800 miles. She has been an advocate for the Walking School Bus, inviting her friends to join, and a mentor for younger children, helping model and teach them pedestrian safety skills.

Columbia Track Club

The Columbia Track Club is a not for profit organization that supports the recreational and competitive athlete. The Club was founded in 1968 by Bill Clark and Joe Duncan. In 1974 they developed a fitness program for the youth of Columbia emphasizing running and walking. The Summer program for kids ages 3-18 was established. The same format continues to this day—5 Wednesday evenings, 5 running events, a “for the family” fun walk, a long jump and a shot put, all for a dollar. Columbia Track Club also holds several other youth events throughout the year, from 3 “Kid’s Mile” events, to the Colt’s Cross Country teams. In the late 80’s they established a scholarship fund to assist graduating High School Seniors. Over thirty \$500 scholarships have been awarded with this program. CTC gave a total of 4 scholarships last year, 2 to Hickman Seniors and 2 to Rock Bridge Seniors.

Missouri High Steppers

Rolando Barry is the Executive Director and the 1979 Founder of the Missouri High Steppers. Their Mission is to provide opportunities for growth and development through enrichment activities centered around character building, leadership, HEALTH and life skills, education, career, sports, recreation, FITNESS, and the arts. The City of Columbia is one of the proud sponsors of this group, which is highly deserving of an Award emphasizing the health and fitness of today’s youth. Over 3,000 children have been formed into a rigorous drum and dancing team with performance dates all around the area. An article in the Columbia Daily Tribune, written by Henry Waters III, stated: “Barry’s accomplishment is one of the most impressive volunteer efforts our city has seen.”

Windsor Street Montessori School

The 2010-2011 Windsor Street Montessori School students participated in the “Read, Right, Run Marathon”, a program of Go! St. Louis. The Marathon emphasizes three areas: reading, “righting” the community through good deeds, and noncompetitive fitness running. Eighteen students, ages ranging from 6 year old Kindergartners to 9 and 10 year old 4th graders, participated. Each student kept a 6-month calendar, logging at least 26 books they read, at least 26 good deeds they undertook as a group or on their own and their running, generally done in 1-mile increments as a group, and totaling 26.6 miles, a marathon distance. Jennifer Goyne coordinated the effort with the support of school administrators and teachers. In April 2011 the students travelled to St. Louis to run the final mile of their marathon. Pairing fitness with community service and literacy has been a win-win-win situation for the school. Currently, the students are registering to take part in the 2011-2012 “Read, Right and Run Marathon” with talk of it becoming an annual event for the school.