

University of Maine at Farmington Media Release  
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### **UMF Student Named Outstanding Future Professional by National Organization**

FARMINGTON, ME (February 1, 2010)—University of Maine at Farmington student Kelley Damboise was recently honored as an Outstanding Future Professional by the Eastern District Association of the American Alliance for Health, Physical Education, Recreation and Dance. She is one of only two Maine college students chosen in 2009 for this distinction.

A UMF senior from Caribou, Damboise is majoring in community health education with a concentration in school health. She was recognized for this prestigious AAHPERD award for her academic achievement, campus and community involvement, leadership qualities and professional standing. As part of her award, she will receive an all-expense-paid trip to attend AAHPERD's annual professional conference held in Rye, New York this February.

"Kelley is a standout student who leads with a quiet manner," said Stephanie Swan, UMF lecturer in community health education. "We've worked closely together since her first community health class at UMF and she is a person who is constantly challenging herself and embracing learning. Her commitment to her profession is a model for anyone interested in pursuing a career in the community health field."

While completing her degree, Damboise has also invested her time at Maine youth recreation centers, helping young people live a healthy life. Locally, she served as the supervisor of an after-school program for fifth through eighth grade students at the Farmington Recreation Department. She facilitated a summer science and nature discovery camp for students from preschool age to fifth grade at the YMCA in Bar Harbor. Additionally, she helped direct, instruct and train youth sports teams at the Caribou Recreation Center.

"Living a healthy life factors into everything you do," said Damboise. "I was raised with a great sense of how to make healthy choices for myself. Now, UMF has given me the skills and knowledge I need to help make that a reality for others."

During her time at UMF, Damboise has participated in a number of campus organizations. She currently serves as the vice-president of the UMF Health Club, of which she has been a long time member. In keeping with her commitment to a healthy life style, she is an ardent member of the UMF Ultimate Disc Club, a highly athletic, non-contact sport that provides a safe, fun environment in which students can get exercise and compete as a team. She has actively participated with the Student Admissions Club, working as a campus tour guide. Damboise was also a member of the Maine Education Association's Student Program that offers students the opportunity to prepare for a career in teaching with professional development, community outreach and networking offerings.

With 22,000 members, AAHPERD is the largest organization of professionals supporting and assisting professionals involved in physical education, recreation, fitness, sport and coaching, dance, health education and promotion, and all specialties related to achieving a healthy and active lifestyle.

#### More about the UMF Community Health Education Program

Learning by doing is the keystone of the Community Health Education program. Classroom based research, on campus work opportunities, and service learning projects are led by faculty with a broad range of specialties including nutrition, stress management, human sexuality, environmental health, disease prevention and health promotion. The rich variety of core and program requirements is supplemented by elective courses to reflect the student's interests in the field of health education. Extensive fieldwork, including a required practicum and internship, prepare the students for future employment.

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For more information, please contact Bud Martin, UMF assistant professor of community health education at 207-778-7181, or [maurice.martin@maine.edu](mailto:maurice.martin@maine.edu); or Stephanie Swan, UMF lecturer in community health education, at 207-778-7571, or [stephanie.swan@maine.edu](mailto:stephanie.swan@maine.edu).

EDITOR'S NOTE: You will find photo at <http://www.umf.maine.edu/campus/docs/RP090-029.jpg>

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