While under threat of enemy fire in Iraq that could come at any time without warning, U.S. soldiers there and elsewhere need all the protection they can get.

Enter James Thagard. He is designing bullet-resistant body armor that soon may protect soldiers’ arms, legs and shoulders. Thagard, an FSU graduate and visiting assistant professor at the FAMU-FSU College of Engineering, is developing both the composite materials and ergonomic designs for body armor meant to work in conjunction with the existing protective vests now being used. The U.S. military primarily uses a vest called the Interceptor that is made of Kevlar fiber and fitted with ceramic plates in front and back. It is designed to block shrapnel, pistol and some rifle rounds. But it only protects the torso, leaving arms and legs exposed. Thagard wants to remedy this.

He and his team are developing composite materials that are lightweight, tough and can be molded to be comfortable, yet highly effective.

By using a hybrid recipe of ballistic fibers and nanoparticle-toughened polymers, Thagard has prototyped protection that is lightweight and nonrestrictive for soldiers.

“I think anybody who meets the soldiers or has just seen pictures of wounded people with injuries, including loss of arms and legs, would want to help prevent future injuries,” Thagard said.

Thagard is on the faculty of the Florida Advanced Center for Composite Technologies within the college. He received his master’s

Thagard on front line of body armor development

February / March 2005

(Continued on page 2)

Healthy cooking with a dash of ‘cool’

From tasty recipes for women on the go to professional advice on how to stay fit while still eating rich foods, FSU alumna and former CNN anchor Carolyn O’Neil serves up “The Dish on Eating Healthy and Being Fabulous!” her new book published this past summer by Simon & Schuster Atria Books.

“There is nothing else like this written by a credible nutritionist,” O’Neil said.

A certified dietitian, O’Neil is a public speaker, media consultant and journalist with more than 20 years of study and television reporting on food, nutrition and cuisine.

Throughout her career reporting on food choices, diets and nutrition studies, she has met many women — professionals or not — who want to look their best, live healthy lifestyles and eat right.

They all seem to agree that most diets are hard to integrate into their busy schedules, whether dining out with colleagues and clients, or eating on the run to meet work or family obligations.

O’Neil and her co-author, nutrition writer Densie Webb, wrote “The Dish” for such women — acknowledging that diets don’t have to focus on deprivation.

“Women of all ages have been telling us, ‘I don’t want another diet book,’” O’Neil said. “We wanted ‘The Dish’ to be the very first diet book aimed at glamour girls of all ages and sizes. It’s not just a lifestyle, it’s a way of thinking that can adapt to your unique life and your personal tastes.”

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Using the language of pop culture to appeal to the modern reader, O’Neil has cleverly given chapters names like “The Dish on Cheating.” It gives tips on how to stay healthy while indulging in the occasional order of French fries or slice of cheese.
The Florida State University website provides a variety of resources and services for students, faculty, and the community. The website includes information about academic programs, research initiatives, and university events. It also offers access to online learning materials, academic advising, and student support services. The website is designed to be user-friendly and accessible, with clear navigation and comprehensive information about university operations. The website plays a crucial role in the daily lives of students and faculty, providing essential information and resources that support academic success and personal development.
more than $3.5 million was private-
resident faculty were hired and
the decision was made Dec. 6,” she
SACS, said the stamp of approval is
al 10 years.
FSU’s accreditation for an addition-
and Schools (SACS) reaffirmed
January 2000.
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ty throughout FSU to
will result in a better student expe-
ning initiative throughout FSU to
development student leadership that
Florida. A resident of Florida for more
30 years, Shikarpuri has
honorary member of the Florida Bar.
and president of the cham-
and his brother-in-law, the Rev.
and Bowden’s wife,丽
The window depicts Bowden
window and Bowden’s wife,丽
Addition, a three-
game on Nov. 20. In
FSU dedicated
Kandahar, Afghanistan, and speaks

of the year, to the state Board of
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With Moody’s tenure as principal of
the state legislature.
and an easy choice and a fulfilling
For me, it was a rather
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the Nautilus deep-sea rig
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By Vida Veitch

Staff Writer

Scott Rogers likes to observe the political culture and the ideological spectrum of the Internet through the eyes of candidates and political parties. He reviews texts by candidates on the political culture side of the political spectrum and the political theories kind of like — sushi. A fun,” Rogers said. While 70 per cent of Americans say that the Internet is valuable in their lives, he is researching and working in the political arena, Rogers, 30, hopes his Web site will help revitalize the American political system. "I have 30 people working in the scientific portion and 250 people who focus on the environmental protection portion of the Serbian government, elected for a four-year term. The term itself depends on the support of the Parliament,” Popovic said. "I'm used to being able to get support through budget money and develop programs in both sectors. Most of the challenges are political.”

"I thought it was my duty to fight for the protection of Serbia and Montenegro. I thought it was my duty to fight for the protection of Serbia and Montenegro. I thought it was my duty to fight for the Protection of Serbia and Montenegro. I thought it was my duty to fight for the Protection of Serbia and Montenegro."

Scott Rogers, a political science professor at the University of Kansas, worked on the Web site as a political consultant and was involved in the political science and environmental protection in the Serbian government, elected for a four-year term. The term itself depends on the support of the Parliament,” Popovic said. "I'm used to being able to get support through budget money and develop programs in both sectors. Most of the challenges are political.”

"I thought it was my duty to fight for the protection of Serbia and Montenegro. I thought it was my duty to fight for the protection of Serbia and Montenegro. I thought it was my duty to fight for the Protection of Serbia and Montenegro. I thought it was my duty to fight for the Protection of Serbia and Montenegro."
A 2,000-square-foot chapter house is built in the heritage dormitory-style apartment buildings. The beauty of Heritage Grove provides community for university's fraternities. It pays homage to the university's history of Greek life and provides a space for the Greek community. It's a place for students to gather and socialize.

The project is a result of the creative thinking of two alumni, Seminole Boosters President Sandy D'Alemberte and local attorney Doug Mannheimer. They identified that the university's Greek community was reaching the end of its useable life and needed a new chapter house.

The sustainability of the project was important to both Mannheimer and D'Alemberte. They wanted to build a chapter house that would not only be energy efficient, but also environmentally friendly. The chapter house is designed to be as energy efficient as possible, with features such as solar panels and a geothermal heat pump. The location of the chapter house is also important, as it is located within the Heritage Grove community, which is known for its sustainable practices.

The chapter house was designed to have a minimum impact on the environment. It was built using sustainable materials and methods, and it was designed to minimize energy consumption. The chapter house also features a rainwater harvesting system, which collects and reuses water for landscaping and other non-potable uses. The chapter house also includes a green roof, which helps to reduce the building's energy consumption and provides habitat for wildlife.

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At the end, it is the story of a life affair. Burt Reynolds is one of the best known actors of Hollywood’s golden age. His professional life is the story of Seminole football’s ascent to greatness, for Burt Reynolds is the only actor and alumnus of Florida State University who has been so closely linked to our university, and of his passion and lifelong commitment to FSU.

Burt Reynolds—just may be our biggest fan

As a Lady Would Say by Sheryl Shade (B.A.’95)
Rutledge Hill Press, Nashville, Tenn.

Premise: Books, Amhurst, NY
Jeremy Bentham wrote not only on political philosophy, but also—dramatically, in some cases—on religion. In this book, McKown presents us with Bentham’s definition of religion, describing how Bentham’s attacks on Christianity of his time, which denounced human life in the here-and-now for Bentham’s imagined future utopia of stateless, spiritually fulfilled people, fully cemented his utilitarian philosophy of the greatest happiness for the greatest number of people.

Beating the Brokers: Major League Trading Strategies for the Individual Investor by Rick Swaine (B.A.’72)
Hurst Communications, Berwyn, Pa.

For 30 years, one trading strategy has been at the core of both bull and bear markets alike: trend following. For 30 years, this unique method has been employed with great success by some of the greatest traders in the world.

Ballplayers who Overcame Disabilities by Rick Swaine (B.A.’72)
Hurst Communications, Berwyn, Pa.

Few baseball fans are aware of the number of ballplayers who have overcome disabilities to successful play. This book tells the story of the race 12 Hours of Sebring: 1970 text and images by Harry Hart (B.A.’73), foreword by Mark Andretti

Rutledge Hill Press, Nashville, Tenn.

Hurst Communications, Berwyn, Pa.

Mid-rise luxury Village and apartment homes
TouchTown Web access with personal e-mail Wellness program Heated pool and spa Exercise and fitness center

Walking paths State of the art health center Bank Town Center Country store Dining choices Great neighbors

Ten Books by FSU graduates and faculty

New Books by FSU graduates and faculty

The Classics. “Burt told me he acquired his History, art, architecture, social commentary, the size of his personal library,” Hall said.

In the 1970s and 1980s, Sue Hall developed a close relationship with her former husband and Burt Reynolds. As Coach Bowden was deeply involved in the Seminole football’s ascent to greatness, then so was Burt Reynolds, who was a devoted academic and intellectual. As Coach Bowden was deeply involved in the Seminole football’s ascent to greatness, then so was Burt Reynolds, who was a devoted academic and intellectual. As Coach Bowden was deeply involved in the Seminole football’s ascent to greatness, then so was Burt Reynolds, who was a devoted academic and intellectual. As Coach Bowden was deeply involved in the Seminole football’s ascent to greatness, then so was Burt Reynolds, who was a devoted academic and intellectual. As Coach Bowden was deeply involved in the Seminole football’s ascent to greatness, then so was Burt Reynolds, who was a devoted academic and intellectual. 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Robert Dibello (B.S.) was an attorney in New York, was elected Westminster County judge.

Francis Shoppard (B.S., J.D.) was named the first partner in Runnings, Kirkland & Culpeers in Orlando, Fla., formerly with Beach County schools after 21 years, is now the general counsel for the State University of Florida, Tallahassee.

Alice Howes Dukett (B.S.) completed her doctorate in educational leadership and was promoted to assistant director of the region XIV Comprehensive Center at ETA, Tampa, Fla.

Brian R. Young (J.D.), a licensed trial instructor, slogan and board-certified trial lawyer, is running for county judge in Volusia County.

Robert Palmer (B.S.) joins the HNTB corporation as chief transportation planner, Jacksonville, Fla. HNTB offers engineering and planning services.

Bruce S. Hamburger (B.S.) together with V.O. (B.S.) Birkfeld has formed the law firm of Birkfeld & Hamburger, Jacksonville, Fla.

Patrick Brady (B.S.) has moved to a new office in Fort Lauderdale, where he continues to provide insurance and financial services through Allstate Insurance Co.

Kurtis T. Baurer (B.S., L.L.D.), founding partner of the law firm, Harris, Baurer, andShafer, has been named to the Million Dollar Advocates Forum, an organization of trial lawyers who has reached verdicts of $1 million dollars or more.

Penny Bourry Deutsch (B.S.) is recently named executive vice chair of the Charlotte County local advisory council, the members of which are appointed by Gov. Jeb Bush, to oversee the welfare of the children, disabled and aged in that county.

David Fitzpatrick (B.B.S.) is the president and CEO of Central Florida Real Estate Ventures Inc., an affiliate agent of Coldwell Banker Inc., Orlando.

To submit items for in Memoriam, please write to the CAES Alumni Office, 1212 N. Monroe St., Tallahassee, Fla. 32306-2660.

For more information about the benefits of a unitrust, call me at the FSU Foundation at 850-644-3351.

When deciding to make a charitable gift, donors must consider goals and the assets being gifted. Besides the actual gift, a need to live off of the income to support education, medical care or for children; the fact that real estate is often its only salable asset; a desire to support multiple charities; that whence charitable giving is concerned, it comes into play. This type of charitable trust, which was created by federal legislation in 1972, is a flexible and effective way to make a gift that can provide income and planning services.

At a trust is created when a donor gifts property into the trust. Generally, the trust will distribute income to the beneficiaries. If, for example, a donor gives property to a trust with principal and income, the beneficiaries will receive income from the trust. When deciding to make a charitable gift, donors must consider goals and the assets being gifted. Besides the actual gift, a need to live off of the income to support education, medical care or for children; the fact that real estate is often its only salable asset; a desire to support multiple charities; that whence charitable giving is concerned, it comes into play.

The Charitable Remainder Unitrust: A Flexible Estate Filing Option

The Charitable Remainder Unitrust is an excellent vehicle for individuals who want to provide income for themselves during their lifetimes and provide for their loved ones after death. The unitrust is not a substitute for an estate tax planning device. It is a form of income tax deduction that is tax free to the donor.

When a donor gifts property to a trust, the income is taxed at the same rate as the benefits of a unitrust. The unitrust is a flexible and effective way to make a gift that can provide income and planning services. The unitrust is a flexible and effective way to make a gift that can provide income and planning services.

In Memoriam

Fred Jones (B.S. '01), a former Florida State University student who served with Preventice after 33 years of federal service, leaves a legacy of dedication to the business of human services. According to his daughter, Jennifer, he was a tireless worker who has served with Preventice in Brooklyn, N.Y., New York City, Atlanta, Ga.

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America’s electric power grid is long overdue for an overhaul. Now, Florida State University will play a major role in identifying ways to upgrade and modernize Florida’s and the nation’s power grid, thanks to a $5 million federal grant.

FSU will lead a consortium of research institutions funded by the U.S. Department of Energy that will include other Florida universities, public utilities and industries in a multifaceted effort to understand, improve, safeguard and modernize the state’s extensive electric power grid.

“There has been little improvement in the nation’s electric delivery system for several decades,” said Steinar Dale, director of FSU’s Center for Advanced Power Systems (CAPS), which will spearhead the project.

“With the innumerable changes in technology and the advent of new superconducting materials, electricity can and should be moved more reliably and efficiently for the benefit of all electric consumers.”

Money for the research project is contained in a $388 billion omnibus spending bill passed by Congress to fund most federal agencies in 2005. President George W. Bush recently signed the bill into law.

Americans don’t have to look far back to see glaring examples of the problems facing the nation’s electric power grid. There was the huge August 2003 outage that left 50 million people across eight states in the Northeast and Canada, including all of New York City, without power for a day. In 2000 and 2001, Californians were plagued by almost continuous rolling blackouts throughout the state.

CAPS, which is already involved in extensive research and development to help build the first all-electric warship for the U.S. Navy, will be assisted in the project by the National High Magnetic Field Laboratory, the FAMU-PSU College of Engineering and other state universities.

“CAPS’ work with the Navy to understand how to move electric power around a ship also applies to how power is moved to meet the needs of people in a metropolitan area, state or region,” Dale said. “We think the relationship with the Navy and now the Department of Energy will make FSU a major contributor in solving many of our citizens’ energy problems.”

The lack of investment in the country’s power grid has led to a decline in the United States’ manufacturing capabilities and closures of many power engineering educational programs.

FSU leads charge to modernize America’s power grid
By David Cox
Media Relations Office

The FSU-led project will identify how the system can be made more reliable and less vulnerable to events that could lead to cascading power outages, including exploitation by terrorists. The largest university-based, real-time digital simulator will model proposed modifications in the grid to help engineers understand the effect of changes without having to experiment on the grid itself. The project also will include research on superconducting technology to facilitate more efficient transmission of energy than is currently capable with aluminum and copper.

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FSU Photo Lab / Ryals Lee

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The Champion’s Choice
Tommy Waits has seen FSU from many vantage points since 1952. He started as a student, became the director of the FSU Alumni Association and has remained a dedicated admirer and fan. His most recent retirement as president of the Florida Hotel and Motel Association has given Waits pause to ponder his next involvement with FSU.

"Watching FSU grow over the years has been incredible," Waits said from his College Avenue office where Westcott stands on the next hill over. "I have nothing but warm and wonderful feelings for FSU in every way possible. Since I experienced it as a student, I have seen many changes. When I was a student, Smith Hall used to be by itself in the cow pasture."

While a student in the '50s, Waits was in the Flying High Circus and the Student Government Association, was a cheerleader and joined the Kappa Alpha fraternity.

"When I started at FSU, I was a little older because I was in the Marines during the Korean War," Waits said. "But other veterans were around and I think we really appreciated our situation being in college at FSU. I know I did."

Waits recounted a few special experiences that have remained with him.

"Leading cheers wasn't something I ever thought I would be doing, but it was great," he said. "While in the circus, I was the Emmett Kelly Clown, rode the bicycle with four girls holding on, did adagio and was a rigger, which was a good deal because it was a weekend job and we traveled a lot. I saw John Nuggest come in and give his famous Magic of Believing speech to the students. I got everybody pumped up and emotional. And that's when the idea of really believing in FSU began to move me and I think many around me. It was a tumultuous time in our country and on campus. There were academic freedom issues, student protests and some campus fires. It was an interesting, exciting and challenging time to go through."

Waits graduated in 1956 with a bachelor's degree in accounting. Though he spent five years as an auditor for the state of Florida, he answered the call to return to his alma mater as director of the Alumni Association, a post he held for 13 years.

"I served under five FSU presidents," Waits said. "I wore many hats in those days. The Alumni Association was just getting started and I answered the call to return to his alma mater as director of the Alumni Association, a post he held for 13 years."

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After working for FSU, Waits went on to found the Florida Hotel and Motel Association. After serving as its president and CEO since then, he retired this past December.

"Our trade association represents the interests of hotels, motels, their owners, operators and managers," Waits said. "We act as their spokesperson and protect their interests and concerns in the Legislative arena and deal with the regulatory agencies. It's been a real challenge. Hotel operators are wonderful people, and I've enjoyed it tremendously."

These days, Waits wants to spend more time with his grandchildren, participate in volunteer work, conduct a little bit of business and have some time to devote to attending FSU football and baseball games to support his beloved Seminoles.