Welcome to Tiffany Graham

Tiffany is our new Administrative Associate. She comes to SHAHS from Men and Women United for Youth and Families, LLC where she worked as a Youth Workforce Case Manager. Prior to that, she worked for two years in the Admissions Department at Mount Olive College as a Student Support Services Associate. Tiffany has a passion for youth and is a firm believer in education. She enjoys working with others in helping them achieve their academic and career goals.

In her free time, she enjoys decorating; event planning; design; traveling; and spending time with family and friends. Tiffany attended Fayetteville State University (BA: Business Administration/Minor: Marketing). Please stop by the HAHS Office to say hello to Tiffany.

Earl Allen Memorial Scholarship Golf Tournament - April 27th

This golf tournament is open to all CHHS faculty, staff and students, plus anyone from the community. The purpose of the event is to support the Allen Scholarship in Exercise Science and Physical Education and Health Teacher Licensure. The event will be held at Echo Farms Golf and Country Club. The format is a four-person scramble with a shotgun start scheduled for 9:00 am. Please contact Christian Barnes (SHAHS) for more details at barnesc@uncw.edu.

Current and past 4 Recipients of Scholarship: Kelly Hewitt (EXS ’12-’13); Laura P. Shupe (EXS ’11-’12); Miriam C. Lewis (PEH ’10-’11); Andrea L. Clodfelter EXS (’09-’10); Justin Garza PEH (’08-’09).

Dr. Thomas Earl Allen, PhD
1938 - 1993

Dr. Earl Allen’s service to the University of North Carolina Wilmington spanned over thirty years. His contributions to the School of Health and Applied Human Sciences, including the establishment of the exercise physiology lab, were essential in the growth and development of the physical education and exercise science programs. Dr. Allen served our university with pride and excellence.

Volunteers Needed for Basketball Special Olympics

Wednesday March 13th, 9am-1pm in Trask & Hanover Gyms

Please contact Dr. Combs at Combsc@uncw.edu
Six Exercise Science students, Amanda MacCreery, Kelsie Cappetta, Kelly Hewitt, Nicole Miller, Alden Dyer and Kayleen Young, presented their research at the Southeast American College of Sports Medicine (SEACSM) Annual Meeting in Greenville South Carolina, February 14-16, 2013. They were accompanied by their research mentors Dr. Wayland Tseh and Dr. Robert Boyce. These students are to be congratulated as their work was chosen after a peer review process by SEACSM and their abstracts are published in the proceedings of the conference. SEACSM is the regional chapter of the American College of Sport Medicine.

**Exercise Science Students at the Southeast American College of Sports Medicine**

**EFFECTS OF ACUTE HYDRATION ON BODY COMPOSITION**
MacCreery, K. Cappetta, K. Hewitt, and N. Miller

**IMPROVING HUMAN ANATOMY AND PHYSIOLOGY GRADES WITH ELECTRONIC LEARNING**
K.A. Young, R.W. Boyce, B. Nixon, H. League

**EFFICACY OF WEIGHT-LOSS COMPETITION IN CHARLOTTE MECKLENBURG POLICE DEPARTMENT**
Lauren Hollifield has been selected as a 2013 Outstanding Major of the Year by the National Association for Sport and Physical Education (NASPE). Lauren will be formally acknowledged during a recognition ceremony held Thursday, April 25, at the AAHPERD Convention in Charlotte, NC.

Scuba Speaker Series Day and Shawn Nasseri Scholarship

The Recreation, Sport Leadership and Tourism Management program was proud to host a Scuba speaker series on October 25, 2012. Over 100 attended the event that featured both national and local professionals in the industry. Featured were Mr. Dan Orr, President of the Divers Alert Network (DAN) a dive safety and education association, and Mr. David Ochs, Chairman of the National Association of Underwater Instructors (NAUI) a professional certification authority. Also speaking and sponsoring the event was Mr. Shawn Nasseri, owner of Scuba Now, a local dive company. All three speakers were invited to promote and educate students on scuba diving, along with possible career fields related to scuba diving. Shawn Nasseri also presented the Nasseri Scholarship in Recreation, Sport Leadership and Tourism Management to Cameron Grist. The $2500 award is a competitive one based on academic excellence and dedication to their chosen industry. It is for a full-time undergraduate of senior standing majoring in Recreation, Sport Leadership and Tourism Management with a Grade point average of 3.5 overall and in the major itself.

Cameron has a 3.89 overall GPA. She is also a member of the National Honors Society of Collegiate Scholars, multiple recipient of the Chancellor’s Achievement Award, on the Dean’s List, actively involved in the Recreation Majors Association serving as President and past Vice President, and serves as the Community Service Chair for her sorority, Alpha Delta Pi.

Cameron expressed great appreciation for the Nasseri Scholarship in helping her achieve her professional goals. "My career goals are to become a professional event planner for Carolinas Healthcare Foundation which help fund research for the various diseases that people face daily. My father is my inspiration for the career path that I have chosen because he faces the fatal illness of Lou Gehrig's disease. Upon receiving this scholarship, I have helped cover some of my tuition at UNC Wilmington and have taken the financial burden off of my family. I am so grateful and blessed to have won this scholarship; it could not have come at a better time!"

The award was created by Mr. Shawn Nasseri, owner of Scuba Now and Principal and Founder of Computer Soft, LLC. Mr. Nasseri feels that tourism is vital to our community and would like to give back to the university by assisting students.
Kelly Hewitt, Exercise Science major and President of the newly-founded Exercise Science Student Majors Club, will graduate this Spring and embark on her long-term goal of Physical Therapy school (DPT) at UNC Chapel Hill.

Kelly’s “road to excellence” began in Corpus Christi, Texas where she was born (middle of three children) and raised until moving with her family to Maryland, and then to Charlotte, NC, and subsequently to UNC Wilmington. What brought her to UNCW? “It seemed like a perfect-sized school for me, good reputation, and the beach location was a nice perk.”

Kelly hit the ground running and has not stopped since. Interested in the medical/health field, Kelly was encouraged by her then University College Advisor, Shelly Myers, to investigate several majors, including Exercise Science, and to volunteer in a Physical Therapy setting. Upon doing both, Kelly was hooked with a career path clear in her sights.

According to several of her professors, Kelly has made “an impact” in the classroom, touting a 3.93 UNCW GPA, and beyond. One of her professors described her as a “role model” for other students.

Last fall, Kelly, seeing that there was no EXS Majors Club, took the initiative with some fellow majors, to embark on the process of establishing such a club at UNCW. The club is off to an ambitious start with several volunteer opportunities and the development of a “Love of Place” calendar with photos to be shot this spring.

Kelly describes herself as “driven, likes to be busy, passionate, honest.” She likes to immerse herself in as many opportunities as she can, focusing on bettering herself as a future professional, and helping others. When asked if she had some advice to others...her reply “Never stop trying to be more involved. Immerse yourself with no regrets.”

As Kelly’s undergraduate experience draws to a close this Spring, and her graduate experience begins next fall, her road to excellence, with no regrets, continues.

“Steps for Sandy” Brings Community Together for a Great Cause

Hurricane Sandy devastated much of the New Jersey shoreline. A local high school “stepped” up to aide in the recovery effort. “Steps for Sandy” was a 5K held on Saturday, February 9, 2013 to raise money for Point Pleasant Beach High School in New Jersey, which was damaged by Hurricane Sandy. Taylor Thomas and Drew Hudspeth (both Ashley High School Teachers and co-advisors for Student Council) planned and implemented the event with help from their students. Steven Trotter, UNCW Assistant Director of Campus Recreation, coordinated the time keeping and finish line with assistance from Megan Foster, Noel Hanselmann, Ashley Smith and Kayla Williams (UNCW Community Health Education student volunteers), Dr. Michelle D’Abundo (Community Health Education Faculty) and Marvin McFadyen (Elections Director in New Hanover County). The volunteers did an excellent job and learned a new skill in the process. Ashley Smith was interviewed about volunteering and was featured in the WECT video that aired on 6’clock news.

The Point Pleasant Borough Schools posted a Hurricane Sandy Aftermath information page on their website (http://www.pointpleasant.k12.nj.us/Sandy.htm) that includes suggestions for ways to donate to the recovery effort. “Steps for Sandy” not only raised $2784 for Point Pleasant Beach High School, but brought many members of the community together for a great cause!
RTH Students Present Research at National and State Conferences

**Amanda Palm** presented a poster of her Departmental Honor’s research, *Applying the Experiences of LGBT in Sport and Physical Activity to Recreation Therapy*, at the American Therapeutic Recreation Association Annual Conference in Phoenix, Arizona on Oct. 15, 2012. This study was partially funded by Texas A & M University’s Center for Diversity in Sport.

**Jordan Perry** and **Jordan Basden** will present the preliminary findings of their study, *The Effects of Participating in Wheelchair Basketball*, at the North Carolina Recreation and Parks Association—Therapeutic Recreation Division Annual Conference in Cary, NC in March 2013. This study is part of Jordan Perry’s Departmental Honor’s project and was partially funded by the TR Division.

**Kelsea Yelton** is working with Kendall Creath, GRN-MS student, on a research project to evaluate the impact and effectiveness of the Virtual Dementia Tours conducted by Home Instead Senior Care. The VDT is a simulation activity that places caregivers in situations where they must use restricted senses to accomplish everyday tasks. The simulation is intended to give the caregiver an idea of what it is like to live with Alzheimer’s disease or other forms of dementia, to increase their empathy and positively affect their caregiving.

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**Association of Recreation Therapy Students (ARTS)**

This year, under the leadership of Heather Warner, Charis Smith, Rachael Burbick, and Sequita Glover, ARTS has conducted fundraisers for the Miracle League of Wilmington, participated in the Annual Polar Plunge for Special Olympics, hosted a Valentine’s Day party for children at the Child Development Center, and secured $1000 from SGA to support 25 RTH students to attend the North Carolina Recreational Therapy Association’s Student Professional Issues Forum (SPIF) at Western Carolina University. All members of the RTH faculty accompanied the student to SPIF.

In addition, ARTS is organizing a field day at the NC Boys and Girls Home in Lake Waccamaw that will include the student service clubs from the College of Health and Human Services. If clubs want to participate they should contact Heather Warner, [hnw7574@uncw.edu](mailto:hnw7574@uncw.edu).

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**Recreation Therapy Announcements**

- **Dr. Dan Johnson** received the **Diversity and Inclusion Award** through the Office of Institutional Diversity and Inclusion.
- **Dr. Judy Kinney** has been nominated for the **Excellence in e-Learning Award** for her on-line course, Recreation Therapy and Child Life for the Hospitalized Child.
- **11th Annual Accessible Recreation Day**—Friday, April 19th, 10 AM to 2:30 PM, UNCW’s Student Recreation Center
- **Miracle Field of Wilmington, Grand Opening**—Saturday, May 18th, 10 AM, Olsen Park
HAHS are hosting an alumni social event on Thursday April 25th in Charlotte, NC. This event is open to all HAHS alumni attending the AAHPERD Convention and HAHS alumni who live in the Charlotte area. The event will take place between 6-8pm at the Blackfinn restaurant next to the Charlotte Convention Center. There will be free food and lots of UNCW gifts for the attendees. Alumni planning to attend are asked to register at https://tswww.uncw.edu/events/signup.aspx?event=300. For more information, please contact Steve Elliott at elliotts@uncw.edu. Additionally, CHHS / HAHS will have an exhibit in the main exhibit hall throughout the duration of the AAHPERD convention.

CHHS / HAHS Faculty and Staff Participate in Charity Run

On March 2nd, several faculty and staff from CHHS / HAHS participated in the Komen NC Triangle to the Coast Race for the Cure 5K walk / run in downtown Wilmington. At the awards ceremony following the race, the CHHS team was acknowledged as the largest College/University Team and Becky Hardy finished 1st in her age category. Special thanks to CHHS Team Captain Kerry Whipple!
Gerontology Students featured in Sigma Phi Omega Newsletter

Gerontology honor society students were recently included in the national Sigma Phi Omega newsletter for their work with the NC Alzheimer’s walk.

For the third year in a row, members of UNCW’s Delta Omega chapter participated in the November 10th “Alzheimer’s NC Walk 2012.” Student walkers fundraised by getting sponsors to help support the organization’s mission to focus on North Carolina families dealing with Alzheimer’s disease and related dementias.

Submitted by: Elizabeth Fugate-Whitlock, PhD

Physical Education and Health Majors Club Holds 5th Parents Night Out Event

On Friday February 15th, the PEH Majors Club hosted another Parents Night Out. Twenty Eight children aged between 3-13 attended while their parents enjoyed a Valentine’s day date night. Activities in the gym included parachute games, indoor soccer, yoga, and dancing. Three Trask classrooms were set up to allow the children to play Wii physical activity games on the classroom big screens.

March 25th, 2013: “I Am” 7:00 pm, Lumina Theater.

This film chronicles the journey of Sonali Gulati, an Indian lesbian filmmaker, who returns to Delhi from the U.S., eleven years later, to re-open what was once home, and finally confronts the loss of her mother to whom she had never came out. As she meets and speaks to parents of other gay and lesbian Indians, she pieces together the fabric of what family truly means. The event is co-sponsored by the College of Health and Human Services Cultural Activities Fund, Lori Messenger (SSW), Kae Livsey (SON), Steve Elliott (SHAHS) and David Monahan (Film Studies), and the LGBTQIA Resource Office.
“I Can Do It” Program Participants Visit Local Organic Gardens

Led by Dr. Combs and adjunct instructor Jordan Weber, HAHS students have been providing mentoring for physical activity programs for individuals with disabilities in the Wilmington community through its “I Can Do It, You Can Do It! Program.” This program utilizes mentors who are matched with individuals with disabilities with the expressed purpose of assisting participants to safely and successfully participate in recreation and leisure-time pursuits of their choice in the communities in which they live. This program has been supported through a $45,000 grant from the U.S Department of Health and Human Services, Office of Disability.

Recently, the participants and their mentors visited an organic community garden in Wilmington, NC. The day started with information about how to harvest fruits and vegetables and what seasons they are most abundant. Participants learned that the soil is comprised of soil, worms, compost and moss. The excretes from the worms provide "black gold" which is loaded with nutrients that improve the health of the crop. Without the delicate and complicated process of seeding and watering, the seeds will not bloom accordingly. Students each had a square foot to plant 16 radish seeds. They first picked the weeds and leaves off the top of the soil, then pushed a 1/2 inch hold into the dirt 16 times into each square foot. The participants thoroughly enjoyed this hands-on learning activity.

Jordan Weber received a Bachelors degree in Science from SUNY Brockport and achieved k-12 certification in Physical Education and Health at UNCW in 2010. Last year he received a Masters Degree from ECU in Health Promotion. Jordan has a passion for teaching children with special needs and serves as a mentor / coordinator in the "I CAN DO IT" program. Some activities that Jordan has brought to the program include yoga, pilates, fitness and strength training, step aerobics, and gardening. His main goal is to connect the value of health and physical education at home through learning at the "I CAN DO IT" program. His passion for health and people do not stop in the classroom, he researches on his own and collects data consistently to provide many answers for students, and teachers alike. Jordan advocates breathing practices for mental health, tea drinking for digestive health, steaming and juicing vegetables for nutrition, yoga and pilates for physical health, and controlled healthy portions for overall health.

Coming in May, 2013

“Health Matters” will be running a special "retirement edition" in May to say farewell to Dr. Ellie Covan, Dr. John Bennett, and Ms. Vickie Parker. Please send any personal stories and photos you have of these three "UNCW & HAHS Legends" to Steve Elliott at elliotts@uncw.edu.