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"Come to the edge, life said. They said: We are afraid. Come to the edge, life said. They came. It pushed them and they soared."
Reduce the Risk of “Sitting Disease”

We work, commute, socialize, recreate, and relax in a sedentary and seated posture. Our culture and the demands of life promote sitting, and a lot of it. All that sitting could be detrimental to our health, even if we exercise. “Sitting disease”, it’s a phrase growing in popularity due to increasing research pointing to the negative impacts of all the time we spend sitting. Research suggests sitting for extended periods of time impedes the removal of fat from the blood stream and the functioning of “good” cholesterol, high density lipoproteins (HDL cholesterol), in removing plaque from our arteries. Therefore, high sitting time increases our risk for cardiovascular disease. Extended sitting time also brings along an increased risk for other problems such as type 2 diabetes, cancer, dementia and even all-cause mortality.

To reduce disease risk, the American College of Sports Medicine recommends that on a daily basis we move more throughout the day in addition to getting at least 30 minutes of moderate aerobic exercise. All should employ strategies and lifestyles to reduce overall sitting time. We want to find ways to stand or move one to three minutes for every half hour to hour of sitting time.

How to decrease sitting time:

- Try a desk that allows you to stand while you work. Check out Dr. Tseh’s office for ideas!
  - Go the extra “step” by utilizing a piece of equipment that allows movement at a desk (i.e. Treadmills for desks, pedal machines, etc.)
- Choose active transport whenever a destination is within walking distance. If you take the bus, get off a stop early.
- Park in a parking spot further back in the parking lot so you have to take more steps to get to the building/destination.
- Try walking meetings.
- Take a walk after lunch or dinner.
- Walk your dog, friend, child and/or significant other.
- When talking on the phone, do so standing or walking around.
- Every time you visit the restroom, take the long route.
- Take the stairs instead of elevators and escalators.
- Set a reminder or alarm on your phone or computer that will remind you to move around every half hour to hour.
- Try simple exercises such as 15 body weight squats or 1 minute of marching in place at your desk/homework space for a quick activity break.
- When watching television, get up and move around or do some exercises during the commercial breaks.

Happy moving!
We’ve had some wonderful faculty additions since our last newsletter. Let’s all welcome the new faculty to the SHAHS team!

Ms. Lindsey Nanney
Physical Activity and Wellness (PED 101)
Program Coordinator & Lecturer

Ms. Sara Miller
Recreation Therapy
Lecturer

Dr. Cara Gray
Recreation Therapy
Lecturer

Dr. Brandi Crowe
Recreation Therapy
Assistant Professor

Dr. Anne Glass
Gerontology
Program Coordinator & Professor

Dr. Hannah M. Priest
Public Health Studies
Assistant Professor

Dr. Lenis Chen-Edinboro
Public Health Studies
Assistant Professor
You may have noticed this summer that the SHAHS suite was under major construction.

We are happy to announce that the renovations have been completed! We invite you to visit our new space, check out the pictures below!
As part of the RTH 362 Adaptive Sports class, Dr. Brandi Crowe took seven recreation therapy majors and two athletic training majors to Colorado Springs, CO to volunteer at the United States Association for Blind Athletes’ Summer Sports Festival. USABA’s Summer Sports Festival provided 12 Veterans from across the United States who have a visual impairment an opportunity to participate in various adaptive sports including: rock climbing, goalball, archery, rowing, biathlon shooting, a 5k Color Run, track and field. During their volunteer experience, UNCW students had an opportunity to gain knowledge and skill in how to serve as a guide for athletes with visual impairment, while also learning about (and experiencing) the varied adaptive sports via interactions with the athletes, and some of the top coaches from across the U.S. UNCW students helped guide Veterans during the various sports events, and served as officials/referees at the Rocky Mountain State Games goalball tournament.

While in Colorado, the class had an opportunity to go whitewater rafting and explore the Garden of the Gods. The photo shown below is a picture of the class attempting to hold up (and/or tip over…depending on who you ask) the famous “Balanced Rock”, one of several red rock formations in the Garden of the Gods. The bottom right picture shows Brandi winning the prize for the Walk about T-shirt contest for CHHS.

Three RT faculty, Candy Ashton, Cara Gray, and Sara Miller are working with faculty from Social Work and Nursing to develop and implement interprofessional simulations with their students. On Aug. 28, Dr. Ashton, Dr. Noell Rowen from Social Work, and Dr. Tammy Arms from Nursing had their students participate in the simulation game, “Into Aging”. Students either helped facilitate the game or were participants in this experiential activity that simulated the aging process from independent living to assisted living to long term care, and even to death. In addition gaining insight into and empathy for the aging process, students were able to better understand the various roles of different professionals in caring for and facilitating quality of life for older adults.

In Oct., Ms. Miller and students in RTH 383 RT Interventions III, and Dr. Rowen (SSW) and Dr. Arms (SON), and their students will engage in another simulation, this time with a live simulated patient who is a 65 yr old farmer presenting to the Emergency Department (ED) with crushing injury to both lower legs after his tractor rolled on top of him. The simulated patient underwent surgery for Bilateral Below the Knee Amputation (BKA) and also developed Delirium Tremens (DTs) from alcohol withdrawal before he transferred to inpatient rehabilitation, where he and his family will meet our student therapists and receive nursing, social work, and recreation therapy services before discharging home.

In Nov., Cara Gray and her students in RTH370 Physical Rehabilitation and RT will participate with social work and nursing students, again using a simulated patient. Students will first practice assessing the patient in a hospital setting for discharge. The students will then participate in a multidisciplinary team meeting to confirm the course of treatment as the patient returns home to ensure comprehensive continued care. These simulations will be video-recorded for all students to watch in their classrooms, as well as used for reflective engagement for those who participated in the simulations. The student learning outcomes for the two simulations using simulated patients include: (a) demonstrating efficient communication and assessment skills; (b) prioritizing patient needs and embracing cultural diversity; (c) communicating clearly one’s roles and responsibilities; and (d) listening actively and engaging other health professionals in patient-centered problem-solving.
Awards

Congratulations to Dr. Steve Elliott for receiving the Distinguished Teaching Professorship award!

New Course

The picture on the left shows the NC Coastal Issue and Experience course taught by Dr. Jim Herstine and Dr. Jennifer Biddle. This transformative course seamlessly weaves academic, professional, and life lessons into the breath-taking backdrop of our state’s natural resources.

Grant Awarded

Congratulations to Dr. Sue Combs and Dr. Steve Elliott for receiving the Friends of UNCW Grant this past spring!

Funding

Congratulations to Dr. Dan Johnson, Dr. Sue Combs, Dr. Steve Elliott, Dr. Anne Glass and Dr. Wayland Tseh for receiving Cultural Activity Funding to support their respective projects.
New Publications

Congratulations go out to Dr. Randy Cottrell for his published findings in the *International Journal for Equity and Health* about mental stress among individuals living in Chinese cities.

New Publications

Congratulations to Dr. Lenis Chen-Edinboro for her published findings in the 2015 *Scientific Journal*. She reported that physical disorder and social cohesion were associated with sleep disturbances in adults over 50.

New Publications

Congratulations to Dr. Hannah Priest for her published findings in the *International Quarterly of Community Health Education*. Her article featured her work examining HPV intentions among college men.

Presentations

Dr. Anne Glass, our new Gerontology Program Coordinator, traveled to the UK in September 2015 to give an invited presentation at the University of Nottingham. Her talk was entitled, "Opportunities and Challenges for Collaborative Aging," and was presented at a seminar on "Collaborative Housing and Community Resilience." This Economic & Social Research Council seminar was part of a series organized jointly by the UK Cohousing Network with Nottingham, Newcastle, Lancaster, Leeds, London School of Economics, and Sheffield Universities.
Public Health Studies Accreditation

The Public Health Studies program will be one of the first standalone undergraduate Public Health programs in the United States to seek program accreditation through the Council for Education in Public Health (CEPH). The program will submit its self-study document on October 19th. The Public Health faculty has been working on this document for the past year and a half. When completed with all of its appendices it will be nearly 500 pages in length. On November 18th, a team of four CEPH site visitors will be on campus to conduct a thorough review of the program. It is expected that the final results of the accreditation effort will be announced in June, 2016.

Miracle League News

This past spring, Dan Johnson, Brandi Crowe, and Lisa Sprod received funding to conduct a pilot test of a physical activity program for adults with intellectual disabilities residing in a group home. Project G.A.M.E.S (Group Activities, Movement, Exercise and Sports). Faculty involved 10 students from RTH and EXS in the project that included physical activity programming and assessment four times a week for 8 weeks at the Miracle League and the group home. Results of the project included an average decrease of 10 points in resting heart rate and significant gains in balance and upper body strength for the 12 participants. G.A.M.E.S. will continue in the spring of 2016 with a day program for adults with intellectual disabilities.

RT Students and Faculty Traveled to Tanzania, Africa!

This past Spring and Summer, RT and other students from SHAHS had the chance to engage in two unique adventures. In May, Brandi Crowe took five RT students, in collaboration with a group of Clemson University faculty and students to Tanzania, Africa. The two-week experience was service-learning oriented; the first week spent in Dar es Salaam working with children at a local orphanage, and children participating in two inner-city afterschool programs. During the second week, students interacted with children at a primary school in a rural village at the base of Kilimanjaro, and took part in a 3-day safari in Serengeti National Park and Ngorongoro Crater. A majority of the time spent at the orphanage, afterschool programs, and primary school involved students engaging in structured and unstructured play/recreation/sport activities with the children. Students also assisted in service learning projects that involved painting dorms, planting trees, and setting up a water tank. Students also had an opportunity to assist teachers in the primary schools; providing 1:1 assistance to children during lessons.
Eta Sigma Gamma Chapter at UNCW

Congratulations to our Public Health Studies faculty and students on the installation of UNCW’s Epsilon Nu chapter of Eta Sigma Gamma (ESG)! Twenty one founding student members were also initiated.

ESG is the national health education honorary and its mission is to promote health education by elevating standards, ideals, competence, and ethics of professionally prepared persons in health education.

Special recognition goes to Dr. Kerry Whipple who has been the guiding force in establishing the chapter on our campus for over a year.
PHS Student Seeks Internship Abroad!

Take a look at these pictures all the way from Eldoret Kenya! Maureen Komo a Public Health Services student interned this summer at Kidiwa Primary school in Kenya. The program she worked for forms health clubs at local schools who are in need. Every week they visited different schools and discussed health topics and behaviors.

RST faculty and students host visitors from Germany!

From Friday Sept. 11 through Friday, Sept. 18 the RST major hosted 12 German REC/Tourism students, along with their professor, Dr. Ulrich Reinhardt, from The University of Applied Sciences Westcoast, which is located in Heide, Germany (65 miles from Hamburg). These visitors, Mr. Nix, Dr. Spivey, along with 8 of our own REC seniors, spent the entire week together, and visited many different tourism locations to conduct site visits and speak with practitioners. From local places such as Wrightsville Beach, Downtown Wilmington, Bald Head Island, and even Myrtle Beach, to as far as Chapel Hill and Charlotte, these students learned a great deal about recreation and tourism all throughout the state of North Carolina. In addition, Dr. Reinhart gave a very interesting and eye opening presentation in Lumina Theatre that had over 100 attendees, 94 of which were current RST students. By spending 14-16 hours together every day, the UNCW students and the Heide students became very close, very quickly. It was fantastic to see the bonds being forged by these 20 young adults during the week. It was an experience none of them will ever forget. Mr. Nix and Dr. Spivey would like to thank the Dean’s office and Dr. Lantz for the financial support of this project, and the SHAHS faculty, especially the RST faculty for allowing these students to participate in this global collaboration.
SHAHS Students & Alumni in the news

**Sole Sisters**

Michaela Moran, a Physical Education and Health student graduating Fall 15, started a non-profit organization a few years ago called Sole Sisters. Through the organization, Michaela and her sister have collected sneakers and donated them to places in need around the world. Last fall, Michaela applied for a grant for the organization, and they were lucky recipients. They are using the grant money towards helping Corazon de Vida Foundation, an organization bringing shelter and education to orphans in Mexico. This past June, the sisters volunteered in Tijuana, Mexico with the Corazon de Vidare foundation.


**Renewable Recreation LLC**

Parker Grissom, a May graduate of the Exercise Science program, has combined his passion of health and fitness with his entrepreneurial spirit. Two years ago, he started building an idea for a company that combines his passion for the environment with his passion for health and fitness. His idea was to convert a gym to net zero and maybe even produce excess energy for profit with the help of solar panels and wind turbines. Partnering with Cape Fear Solar Systems and a wind turbine company in the Netherlands, Grissom plans to pilot his company, Renewable Recreation LLC, at the Wilmington Athletic Club with only a few pieces of equipment to start.


**RT Alumni is finalist for WILMA’s Women to Watch Award**

Congratulations and good luck to Ms. Jennifer Bell, LRT/CTRS, UNCW RT alumni and part-time instructor, and Executive Director of ACCESS of Wilmington/The Miracle Field who is a 2015 finalist for WILMA’s Women to Watch Award. Thirty-five finalists were chosen from a field of almost 300 nominations, and Jennifer is one of the five finalists in the nonprofit category. Winners will be announced Oct. 23rd. We’ll keep our fingers crossed for her!
Seahawks Visit the Panthers!

This past spring, Dr. Kirk Brown took three of his athletic training students to the Carolina Panthers facility to meet with the Assistant Athletic trainer Kevin King. Kevin spent about 3 hours showing them around the facilities and talking to the students about what it takes to work in the NFL.
On The Job Training

Shown below, two Athletic training students treating injured New Hanover High School Football athletes during game.

This past May, our own Larry Honeycutt was honored with the “Golden Whistle” award for the many contributions he has made to officiating during his 47 years on the job.

Criteria for the award include demonstrating leadership, performance, service and training for the betterment of officiating, possessing officiating abilities emulated by fellow officials, being regarded as a person of integrity and character, and a minimum of 10 years of experience as an active official.

Rachel Best, a Community Health Education/Public Health Studies student was awarded one of the undergraduate major of the year awards from SOPHE this past April.
Welcome new SHAHS student worker staff!

Anna Harmon (Tuesday & Thursday 8A-1P)

**Major:** Recreation Therapy  
**Minor:** Psychology  
**Hobbies:** Watching Netflix, going to the gym, reading, baking, hanging out with my friends and boyfriend, playing games, going to the beach, cuddling my cat ♥ and spending time with my family.  
**Graduation Date:** May 2018  
**Plans after Graduation:** I am not 100% decided on everything yet, but I am hoping to move on to either OT or PT school (so many decisions!) once I am done at UNCW.  
Other: I am from Raleigh and have absolutely loved being at UNCW, it was the only school I applied to! I grew up playing soccer and in high school I did both color guard with my marching band, and winter guard during the off seasons. I’m really close with my two older brothers and my older sister, and we hang out any chance we get whenever I go home. I like to stay really busy and I have just joined Phi Mu where we work closely with the Children’s Miracle Network Hospitals. I am also in Phi Eta Sigma National Honor Society. I’m excited for the rest of my time here and can’t wait to see what it brings!

Brittany Gallagher (Tuesday & Thursday 1p-5p)

**Major:** Exercise Science  
**Hobbies:** Cheerleading, gymnastics, going to the gym, shopping, watching football (especially college – Go Clemson and Wolfpack!), watching Netflix, hanging out with friends/boyfriend, traveling, checking my social media accounts, going to the beach, and organizing my planner.  
**Graduation Date:** May 2018… Hopefully, unless I decide to take on another concentration or minor  
**Plans after graduation:** Currently I am undecided about which kind of career path I would like to take, but I am leaning towards going on to a Physical or Occupational Therapy school  
Other: I am from Gastonia, NC but I was born in Bethesda, MD, and have lived in San Clemente, CA and Rock Hill, SC as well due to my father’s military stations/assignments. I hope to have the opportunity to study abroad during my time here at UNCW (my dream is to go to Australia). I am extremely active with my sorority Sigma Alpha Omega and hope to join another organization associated with my major.
Elena Briceno (Monday, Wednesday, Friday 8A-11:45a)

**Major:** Business  
**Minor:** Recreation, Sports, and Tourism Management  
**Graduation Date:** May 2017  
**Plans after Graduation** My future goal after graduation is to become an Event planner, specifically weddings.  
**Other:** I am currently a member of Alpha Phi Fraternity on campus. I am Sisterhood Chair for Alpha Phi and I plan sisterhood events for the chapter once a month. I love being involved on campus and meeting new people.

Ragan Whitesell (Monday, Wednesday, Friday 1P-5P)

**Major:** Recreation Therapy  
**Minor:** Applied Behavior Analysis  
**Hobbies:** Cooking with my boyfriend, dancing, going to the gym, paddle boarding, shopping, reading, watching Netflix, cutting coupons, going to NC State football games, and just having a good time with friends, and family.  
**Expected Graduation Date:** May of 2018  
**Plans after Graduation:** After graduation I plan to move on to OT school with the hopes to one day be an Occupational Therapist.  
**Other:** I’m from the small town of Erwin, North Carolina and couldn’t be more excited to be at my dream school (This is the only school I applied to). I am a proud new owner of a paddle board and love to just go out and enjoy my “therapy” as I like to say. I love this job, but I would have to say being a big sister is my favorite job. I have always loved to travel so I am excited to potentially study abroad during my time here at UNCW. My heart and passion is working with people with Developmental Disabilities, and the hearing impaired.
Full Time

DEPARTMENT FACULTY & STAFF
Dr. Chris Lantz, Director
Dr. Steve Elliott, Associate Director
Dr. Kirk Brown (ATR Coordinator)
Ms. Andi Bender
Dr. Randy Cottrell (PHS Coordinator)
Dr. Lenis Chen-Edinboro
Dr. Jorge Figueroa
Dr. Hannah Priest
Dr. Kerry Whipple
Dr. Wayland Tseh (EXS Coordinator)
Mr. Christian Barnes
Dr. Robert Boyce
Ms. Tamlyn Shields
Dr. Lisa Sprod
Dr. Deb Dowd
Dr. Cara Sidman
Dr. Anne Glass (GRN Coordinator)
Dr. Elizabeth Fugate-Whitlock
Dr. Andrew Zeldin
Dr. C. Sue Combs (PEH Coordinator)
Dr. Jim Herstine (RST Coordinator)
Dr. Alexia Franzidis
Mr. Jeff Nix
Dr. Laura Spivey
Dr. Candy Ashton-Forrester (RT Coordinator)
Dr. Brandi Crowe
Dr. Cara Gray
Dr. Dan Johnson
Ms. Sara Miller
Ms. Lindsey Nanney (PED 101 Coordinator)
Ms. Marsha Todd
Mrs. Carol Way – Director & Assistant Director Admin.
Mrs. Tiffany Graham – Faculty & Student Admin,

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Be sure to “Like” the School of Health and Applied Human Sciences on FB and view our website to get updates on all events for the School. There are updates on graduation, special events, courses, exceptional students, faculty and much more!

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Alumni!
We’d like to hear from you!

Please send your news to:

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Our Vision
The School of Health and Applied Human Sciences (SHAHS) will be recognized as the Atlantic Coastal Region’s preeminent school of health and human sciences.

Our Mission
The mission of the School of Health and Applied Human Sciences is to promote the health and wellbeing of all persons through exemplary preparation of Health and Human Sciences professionals, community engagement, and research. We will realize this mission through relentless pursuit of strategic plan that affirms our strengths, targets growth opportunities, and pushes us to excellence. At the foundation of this plan are a set of core values.

Our Values

- Teaching. Learning. Excellence
- Superlative preparation of future leaders in the health and applied human sciences professions
- Stimulating learning environments characterized by pedagogical innovation, integration of cooperative and experiential learning, and promotion of scholarly inquiry and advancement
- Inter-professional/interdisciplinary collaboration and collegiality
- Powerful community partnerships and civic engagement activities that enhance the health and quality of life of those who reside in Cape Fear Region and beyond

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