

Spring 2022 Newsletter

Updates on Faculty

Dr. George Whitwell is retiring

The School of Mathematics and Sciences wishes Dr. George Whitwell the best upon his retirement at the end of the 2021 Fall semester. Dr. Whitwell had a career as a research chemist and as an operations manager, site manager and general manager using chemistry in the workplace before joining the Wesleyan faculty in 2006. Over the years, Dr. Whitwell taught a wide array of classes including but not limited to general chemistry I and II, analytical chemistry, inorganic chemistry, physical chemistry, and general physics I and II.



Dr. Whitwell's service to the College was extensive. He took on numerous leadership roles including Faculty Chair and served on a Provost Search Committee, the Faculty Personnel Committee, and the Technology Committee which he chaired. Within the School Mathematics and Sciences, he served as the Chemistry program coordinator, represented the school at open houses for prospective students, and advised students. Dr. Whitwell cared about his students and the College and wanted what is best for all of us. Further, he also served as a reader for an Honors thesis and as a judge

for the College's Student Symposium.

Beyond the School of School Mathematics and Sciences, he was also active. He attended art openings at Minges Gallery, plays sponsored by the theater department, Visiting Writers Series talks, Reading Roundtable discussions and Curb Appeal Day and was a regular attendee at the Fourth Monday Colloquia. For many years Dr. Whitwell was active in the broader community in his volunteer work with YMCA. He also assisted with the Special Olympics swim meet and worked for many years as the treasurer for the Northern Nash High School Marching Band Boosters. Dr. Whitwell was recently honored by being awarded Associate Professor Emeritus of Chemistry status by the college in recognition of his achievements at NCWU.

Dr. Mary Whitwell is retiring

At the end of the fall semester, Dr. Mary Whitwell retired from her post as the laboratory supervisor and Human A&P instructor in the School of Math and Sciences. During her eight years at Wesleyan, Mary was a great colleague and friend. Mary was a perfect fit for our science programs – intelligent, hardworking, empathetic, personable, reasonable, responsible, and an overall true asset to our programs. Her exceptional qualities were apparent in all aspect of her work at Wesleyan, where she single-handedly managed to organize 5 Biology faculty and their laboratory courses and supplies with a perfect attention to detail mixed with tact and grace. Mary also taught our Human A&P 1 and 2 for several years, taught

Pathophysiology, and developed and taught Animal Nutrition – and did an excellent job. As a trained veterinary doctor, her mastery of the content coupled with her genuine ability as a teacher served our students well. Her vast knowledge of anatomy, physiology, health, and medicine greatly enhanced the experience of her students and the biology program. She will surely be missed in the lab and classroom at Wesleyan. We wish her well as she explores the outer banks of NC in retirement.

Welcome Dr. Emily Weber



Emily Weber earned her PhD in Immunology and Microbiology at the University of Rochester Medical Center in Rochester, New York, focusing on role of monocyte-derived microvesicles in HIV pathology. In addition to her thesis research, she also conducted educational research focusing on the motivational impact during problem-based learning assignments. While as an Instructor of Biological Sciences at Fort Hays State University in Hays, Kansas, Dr. Weber redesigned the introductory laboratories and implemented a course-based undergraduate research experience (CURE) studying freshwater ecosystems. Her current research investigates how students' academic skills, such as time management and collaboration, influence their academic success. For her work in inspiring and mentoring undergraduate students, Dr. Weber was given the Fischli Excellence in Higher Education award by the students of the Fort Hays Honor Society.

Exemplary Teacher Award

The 2021-2022 the Exemplary Teacher Award went to Dr. Daniel Elias. This award is given to a faculty member of the College for their dedication and commitment to their students and the College. Nominations are made by students. Every year the award is being presented during Commencement. In addition, Dr. Elias also received the Fritz James Morrison Smith Professional Development Award.



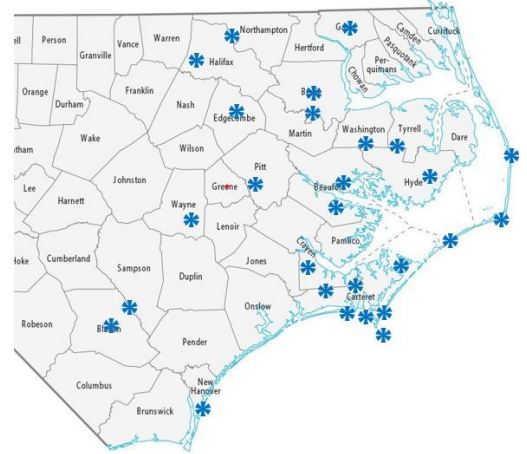
Sabbaticals

During the academic year 2021-2022 Dr. John Temple took a sabbatical



with two primary objectives: 1) to complete the data sorting and analysis for an ongoing research project using radio-telemetry to learn about thermoregulation in turtles on NC Wesleyan campus and 2) to broaden his understanding of local

wildlife natural history through professional development experiences at regional field sites and participation in regional/national conferences. The turtle dataset will serve as the foundation of an ongoing study of snapping turtle thermoregulation on NC Wesleyan campus. Dr. Temple spent a considerable amount of time researching, travelling to, and experiencing various field sites in eastern NC. Through those experiences he has broadened his breadth of knowledge on the natural history of Eastern NC and has become familiar with many new field locations. The map shows the range of locations that were studied.



Some pictures from Dr. Temple



Fox squirrel in Croatan National Forest



Cottonmouth at Cape Hatteras



Roanoke River National Wildlife Refuge

Faculty Development Awards



Dr. Meir Magal was the inaugural faculty recipient of the Duff Professional Development Grant. The award was used to support Dr. Magal attendance of the Southeast Chapter of the American College of Sports Medicine (ACSM) in February and the attendance of the ACSM annual meeting in San Diego, CA at the end of May.

Fourth Monday Colloquia

The faculty Fourth Monday Colloquium has been in existence at North Carolina Wesleyan College for over 30 years. During that time, the event has served as a valuable way for faculty to share their scholarship with colleagues from a variety of disciplines.

Dr. Amy Thompson was the presenter for the September 2021 Fourth Monday Colloquium. The title of



her talk was “The Life History of the Common Green Darner in Minnesota: Dragonflies, Chainsaws, and Ice”

Description: How do dragonflies survive harsh Minnesota winters? How will climate change affect these strategies? Insects can modify their development to avoid danger, maximize access to resources, and synchronize growth so perhaps one of these abilities is utilized for winter dragonfly survival. Dr. Ami Thompson's dissertation adventurously explored these questions by collecting four years of observational field data and by executing a temperature-response laboratory experiment. So, how DO dragonflies live through harsh winters? Attend this lecture to find out!

Dr. Bill Yankosky was the presenter for the February 2022 Fourth Monday Colloquium. The title of his talk



was “A Brief Math and Music Exploration: Applications using Modular Arithmetic and Group Theory”

Description: One of the beautiful things about mathematics is the fact it connects to so many other disciplines through applications and models. The connections between mathematics and music, which are not often explored in standard mathematics courses, are fascinating and worthy of highlighting. There are so many relationships between mathematical concepts and musical structures that several institutions have developed entire “Math and Music” courses. In this presentation, we specifically will focus on how some musical concepts can be used to introduce and illustrate basic principles and structures in the mathematical areas of Modular Arithmetic and Group Theory. These types of examples can be used in mathematics classes to help motivate and engage students.

Lunch & Learn Seminar

This "brown bag" seminar series is sponsored by the Departments of Health Promotion and Exercise Science, in partnership with the Exercise is Medicine on Campus Initiative and Wesleyan Wellness, and is open to all faculty, staff, students, and community members. These are brief (~ 30min) informal seminars designed to provide quick and easy to understand information about relevant health topics. Faculty Members Publications.

Dr. Brittany Bass was the presenter for the February 2022 Lunch & Learn Seminar. The title of her talk was “The Heart Truth: Wear Red in Support of American Heart Month-February”. Description: As educators, it is important that we remember healthy aging is relevant to all our lives both personally and professionally. Continuing to engage in regular physical activity as we age, helps to ensure that our bodies and our minds are performing optimally. A healthy mind and body throughout life allows us to continue our service as both educators and life-long learners.



Publications

Magal, M., Franklin, B. A., Dwyer, G. B. and Riebe, D. (In Press, 2022) Back to Basics: A Critical Review of the Methodology Commonly Used to Estimate CRF. *ACSM's Health and Fitness Journal*.

Bishop, C., **Ehlert, A.**, Wells, J., Brearley, S., Brennan, A., Coughlan, D., & Belfry, U. K. (In Press, 2022). Strength and conditioning for golf athletes: biomechanics, injury risk, physical requirements, and recommendations for testing and training. *Professional Strength & Conditioning*.

Youngstedt, S.D., Ginsberg, J.P., Kline, C.E., **Crowley, S.K.**, Reynolds, A.M., Burch, J.B., Han, S.Y. Bright light treatment of combat-related PTSD: A randomized controlled trial. *Military Medicine*. 2022;187(3-4): e435-e444.

Magal, M., Fann, S. L. and Thomas, K. S. Cardiovascular, Metabolic and Perceptual Responses to Preferred Walking Speed at Different Inclines and Post Exercise Postural Control in Healthy College Age Adults. *International Journal of Exercise Science*. 15 (2): 113-124, 2022.

Drea, C.M., Davies, C.S., Greene, L.K., Mitchell, J., **Blondel, D.V.**, Shearer, C.L., Feldblum, J.T., Dimac-Stohl, K.A., Smyth-Kabay, K.N. and Clutton-Brock, T.H. An intergenerational androgenic mechanism of female intrasexual competition in the cooperatively breeding meerkat. *Nature communications*, 12 (1): 1-11, 2021.

Crowley S.K. “Pathophysiology, Associations, and Consequences of Circadian Rhythm Sleep Wake Disorders.” In *The Encyclopedia of Sleep*, 2nd edition. 2021

Feito, Y. and **Magal M.** (Eds.). (2021). *ACSM’s Fitness Assessment Manual* (6th ed). Lippincott, Williams, & Wilkins. Baltimore, MD.

Thomas, K.S. and **Magal M.** Flexibility Assessments and Exercise Programming for Apparently Healthy Participants. (2021). In: *ACSM’s Resource for the Exercise Physiologist* (B. Gordon, Ed.) Lippincott, Williams, & Wilkins. Baltimore, MD.

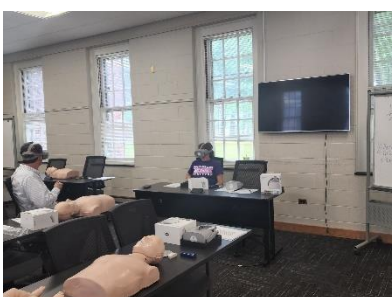
Whitwell, M. *The Resilient Triathlete-Recovery from a Multi-System Traumatic Injury* (2021). National Science Teaching Association. <https://www.nsta.org/ncss-case-study/resilient-triathlete>.

Bass, B. B. (2019). *Improved Delivery of the Discharge Plan by the Primary Registered Nurse and Its Impact on 30-Day Readmission Rates* (Doctoral dissertation, Grand Canyon University).

Other Faculty Accomplishment including Scholarly and Professional Activities

- Dr. Brittany Bass received her Board certification from the National League of Nursing on 4/7/22 as a “Certified Nurse Educator” after successfully completing the credentialing examination. This designation exemplifies the qualities of teaching excellence and scholarship. The academic nurse educator certification was created to establish nursing education as a specialty area of practice and create a means for faculty to demonstrate their expertise in this role.

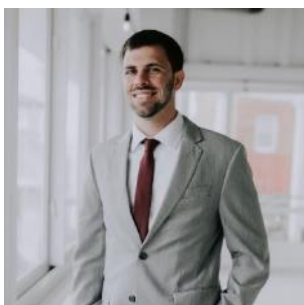
- Dr. Brittany Bass collaborated with Ayra Sundbom, Instructional Technologist and doctoral



candidate from Sam Houston State University, to perform a quasi-experimental research study in May 2022 which 1) explores the effectiveness of implementing a Virtual

Reality CPR simulation for improving knowledge and skills on the Basic Life Support exam and 2) explores the favorability of using a CPR VR simulation for recertification as measured through a self-efficacy survey instrument. Participants included staff and faculty seeking re-certification in CPR through the American Heart Association. This study hopes to provide evidence of the efficacy and favorability of using a CPR VR simulation as part of a CPR recertification course.

- Over Easter weekend and the during the first week of May, Dr. Ami Thompson flew to Texas to consult on the filming of a Nat Geo nature documentary. The nature doc series is called "Great Migrations" and ""is a production for National Geographic and Disney+. Using state-of-the-art remote cameras and drones and the latest tracking technology that can break down animal behavior every step of the way.
- Dr. Ami Thompson presented at The Nature of Cities Festival conference on Thursday March 31st with Katie-Lyn Bunney of the Monarch Joint Venture. Their session was titled: “Ecoliteracy and Conservation: The Confluence of Research, Policy, and Education”.
- Dr. Ehlert had a chapter accepted for publication in an upcoming Routledge textbook titled



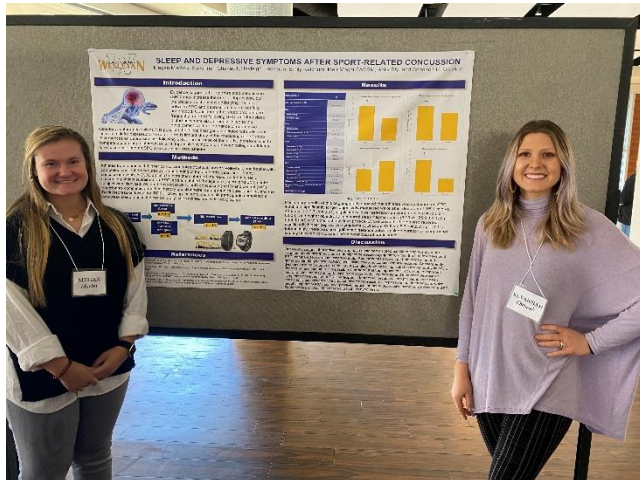
"Strength and Conditioning for Golf". The chapter focuses on the importance of swing speed and how training can increase it. I present a framework that summarizes the mechanical factors that underpin golf swing speed and its effect on performance. I also provide practical recommendations for designing effective training programs for elite golfers.

- For the second year in a row, the 2021 annual meeting of the American College of Sports Medicine conference was conducted virtually. Nevertheless, the EXS Department presented two posters:
 - Rolando Valladarez, a former honor's student who graduated in May 2021, presented a poster titled: "Playing Season Improves Off -Field Performance in Female NCAA Division III Footballer". Drs. Magal, Crowley, Thomas (Norfolk State University), Wolf (Norfolk State University), and Jessica Wall and Alissa Avery served as co-authors on the poster.
 - Dr. Crowley presented a poster titled: "Barriers to Physical Activity During the Covid-19 Pandemic". Drs. Braxton and Magal, and Madison Gill served as co-authors on the poster.

Students/Faculty Collaboration



On February 17 and 18, Drs. Crowley, Ehler and Magal, along with seven students, attended the Southeast Chapter of the American College of Sports Medicine (SEACSM) annual meeting in Greenville, SC.

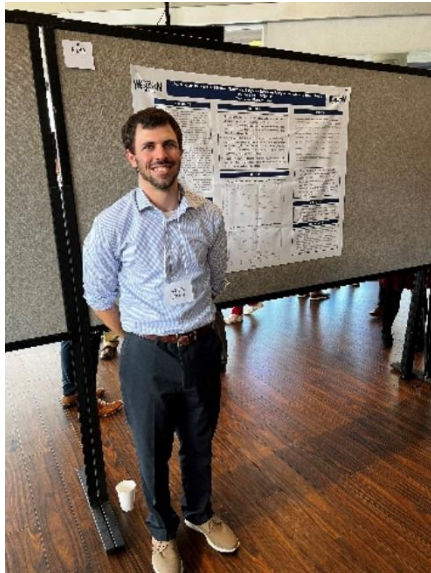


Honor's College Senior, Ms. Megan Mackey (Biomedical) and Ms. Savannah Chenault (Senior; Exercise Science) presented their scientific poster titled, "Sleep and Depressive Symptoms after Sport-related Concussion," as top 8 undergraduate student award finalists at the SEACSM. Dr. Shannon Crowley served as the faculty mentor for Ms. Mackey and Ms. Chenault's research project. Dr. Meir Magal, Ms. Kelly Bly, and exercise science students, Hayleigh Heckman and Emily Ketchum served as collaborators on the project.

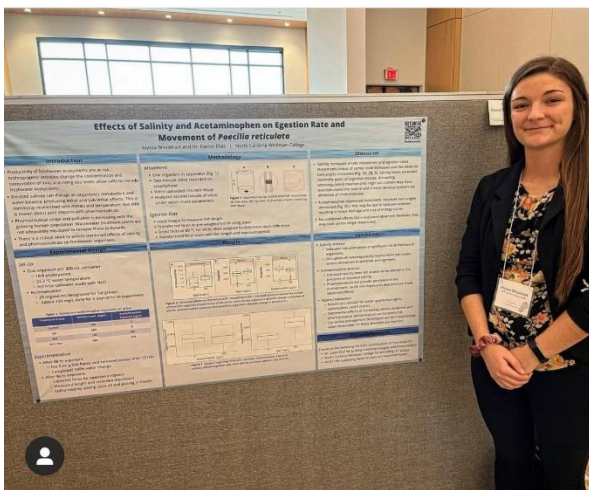


For the first time, students in our Exercise Science Program participated in the SEACSM Student Bowl. Savion Young, Matan Amitay and Savannah Chenault finished the competition in the top ten.

In addition, Dr. Alex Ehler presented a poster titled, “Associations Between GPS-Derived Training Metrics and Subjective Readiness Ratings In NCAA Female Soccer Players” and Dr. Meir Magal presented a tutorial titled, “ACSM Certifications: Defining An Exercise Profession And How To Succeed In The Exercise Profession.”



Under the mentorship of Dr. Daniel Elias, Alyssa Brookhart presented at the NC Academy of Science Annual Conference 2022. This research was completed over the summer and addressed the effects of salinity intrusion and Acetaminophen (Tylenol) individually and combined on fish. Overall there was an effect on movement and feeding rate.



Ms. Megan Mackey
Biomedical Science



Dr. Shannon Crowley
Exercise Science/
Health Promotion



Dr. Shannon Crowley (Associate Professor of Exercise Science), and Ms. Megan Mackey (Biomedical Sciences senior, and Taylor-Crocker Honor's College student) were interviewed on WHIG TV (serving Rocky Mount, Wilson, Nashville, Tarboro) on 3/23/2022. Topics included the Exercise Science Program, the Taylor-Crocker Honor's program, student research and accomplishments in Exercise Science, and the new Indoor Sports and Education Facility

Around Campus

Nursing - RN to BSN

NCWU is a proud partner with the DAISY Foundation.



The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes, by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Patrick and his family received from Nurses while he was ill inspired the creation of The DAISY Award for

Extraordinary Nurses, an evidenced-based means of providing Nurse recognition and thanking Nurses for making a profound difference in the lives of their patients and patient families.



The 2022 DAISY Honoree for an Extraordinary Nursing Student was provided to Ms. Felecia Pierce on May 11th at LifeCare Inc. Felecia was selected by her peers, colleagues and faculty for demonstrating extraordinary care of patients at LifeCare Inc, as well as, advocating and serving as the voice for the patients that need it. Lastly, Felecia serves as an extraordinary nurse leader through demonstration of professionalism and outstanding clinical skills.

Her staff at LifeCare Inc. were there during this surprise visit to support Felecia's achievements.

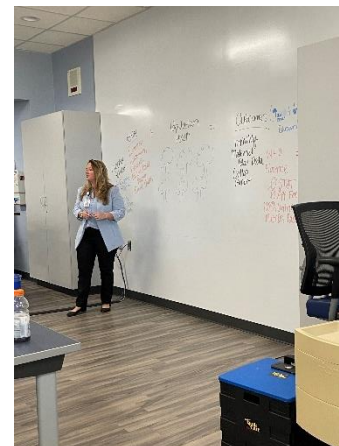
To learn more visit: <https://ncwc.edu/academics/majors-minors/rn-to-bsn/the-daisy-foundation/>

Dr. Dan Crocker, a recently retired local physician and Chairman of NC Wesleyan's Board of Trustees, has generously donated a second \$100,000 gift to support the College's RN to BSN program. This gift will provide funds for nurse faculty, nursing scholarships and other program developments to enhance this new degree option. "I am privileged to work with the NCWU Board, administration, faculty and staff as this institution provides a complementary nursing program to augment the excellent nursing programs that exist in our area community colleges (Edgecombe, Nash, Wilson and Halifax – to name a few)," stated Dr. Crocker. The nursing program at NCWU is just one of many ways the College works to improve the lives of our area's citizens while providing a first-rate education for its students."



From the first cohort ever at NCWU, Crystal Quinn, RN to BSN student has started her new position as RN Case Manager for Community Care of North Carolina, requiring a BSN.

Dr. Bass had a few great recruitment events for the RN-BSN Program.



From left to right, James Sprunt CC, Craven CC and Wayne CC.

Lastly, in recognition of the essential role of nursing education during the pandemic, and in celebration of its historic and continuing inspiration to nurses everywhere, the National League for Nursing has announced 2022 as the Year of the Nurse Educator!

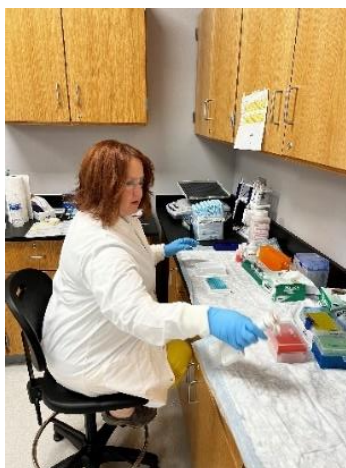


NCWU Office of Undergraduate Research (OUR)

Dr. Crowley created and launched the NCWU Office of Undergraduate Research (OUR) website (<https://ncwcresearch.com/>) in Fall 2022. Check it out for all things undergraduate research including: research and IRB guides, presentation and publication tips, finding research funding, faculty research areas, Taylor-Crocker Honor's College theses and presentations, available research software and equipment across campus, upcoming undergraduate research workshops for students and faculty, the annual OUR newsletter, the annual faculty-student research award, and more!

Indoor Sports & Education Facility (ISEF)

After a long wait, the Indoor Sports & Education Facility (ISEF) was officially opened in August 2021. On the academic side, the facility includes two 30 student classrooms, state of the art laboratory, wet laboratory and office space for the EXS and HLP faculty members.



Dr. Nancy Shaw Learning Center

On March 1 2022, North Carolina Wesleyan College broke ground on its new Shaw Learning Center. This facility was made possible by funds the College received from the Nancy A. Shaw trust. Dr. Shaw was a successful physician with ties to Nash County. Her trust's primary focus was to benefit the health and care of cats. The College announced in 2020 that it had received an initial \$2,500,000 from the Nancy A. Shaw trust to invest in its science and pre-vet programs. In total, NCWU has received over \$4,000,000 from the trust which will allow for the construction of the Shaw Learning Center, as well as the Shaw Environmental Center.



Shaw Learning Center Concept Image



Student Organizations, Group Accomplishments, and School Events

Health and Movement Science Club

In the beginning of October 2021, the Presidential Proclamation was signed by Dr. Duff, declaring October to be the official Exercise Is Medicine Month on Campus (EIM-OC) Month at Wesleyan. This past year the activity of the Health and Movement Science Club was the Fall Scavenger Hunt Fundraiser which took place on October 29th.





On October 22nd, faculty, staff and students joined Dr. Evan D. Duff for North Carolina Wesleyan Exercise Science and Health Promotion's annual Walk with the President. This annual event celebrates Exercise is Medicine on Campus month.

Exercise is Medicine[®] Silver Campus

NCWU received the Exercise is Medicine on Campus (EIM-OC) Silver distinction for the third year in a row. EIM-OC efforts were led by Dr. Shannon Crowley (EIM-OC advisor), the EIM-OC leadership team (Dr. Danielle Braxton, Dr. Meir Magal, Ms. Jessica Brys-Wilson), and the Health and Movement Science Club.

On April 12th, the HMSC club hosted a hybrid F2F and virtual professional panel event.

Health Movement & Science Club
Professional Panel
TUESDAY, APRIL 12TH AT 7:30PM AT
THE BUBBLE IN #110


 AUTUMN
HOLLOMAN
Occupational Therapist


 ALYSSA
HAMMOCK
Athletic Trainer


 DR. DANIELLE
BRAXTON
Health Professional


 ALEX BABINEAU
Exercise Physiologist


 DR. KATE BEATTY
Doctor of Physical Therapy

Please email Dr. Braxton at Dbraxton@ncwc.com with questions you have for our panelists or message our Instagram page at [@ncwc_hsmc](https://www.instagram.com/ncwc_hsmc)

CHECK
THIS
OUT



Science Club



This past academic year, the science club had biweekly meetings in the library the members organized a science fair, a science trivia challenge give-away, and green house cleaning.



March 23rd, Science fair event.

Below, the Ecology Lab during fall 2021 semester.



17th Annual Student Symposium

After a two years hiatus, the annual student symposium was back. Dr. Dimitri Blondel, Assistant Professor of Biology, started off the symposium with an oral presentation titled: “Genetic Biocontrol of Invasive Rodents: Using Gene Drives to Protect Island Biodiversity”. After the talk, the students presented their posters. The following courses were represented: *Methods in Biology* and *Environmental science lab*. Also, Alyssa Brookhart presented her independent summer research, Megan Mackey presented her honor’s thesis and Emily Ketchum presented a recent research project from the laboratory of applied physiology. In total, 25 students participated and there were 13 posters. The winners this year were:

1st Place (2-way tie, upper level):

Emily Ketchum

Do Measures of Neuromuscular Performance Differentiate Deceleration Performance in Female Collegiate Soccer Players

Alyssa Brookhart

*Effects of Salinity and Acetaminophen on Egestion Rate and Movement of *Poecillia reticulata**

1st Place (lower level):

Emily Elston

The Effects of Different Types of Water on Plant Growth

2nd Place:

Andrea Rizzo and Sanad Najemeddin

*Effect of Household Detergents Over the Growth of Pea Plants (*Pisum sativum*)*

Kappa Mu Epsilon (KME)

Kappa Mu Epsilon (KME) is a national mathematics honor society. The society was founded to promote the interest of mathematics among undergraduate students. Regularly enrolled students who have



completed at least three semesters of college work, completed at least three college level courses in mathematics including at least one semester of Calculus and attained a grade point average of 3.0 or better in all mathematics courses are eligible for membership.

This year the Kappa Mu Epsilon National Mathematics Honors Society inductees were: Jhonny Arnaldo Acosta Delvalle, Alessio Arturia, Liz Azalea, Sarai Bartolo Fabian, Joaquin Micheloni, Valentin Morelli Desanzo, Tristan Romain Vansteene, Ethan Wheelless and Alexis Whitfield.

Individual Student Accomplishments

Algernon Sydney Sullivan Award



The Algernon Sydney Sullivan Award honors the qualities exhibited by the life of Algernon Sydney Sullivan, lawyer, scholar, and orator, who was prominent in New York City social and civic activities from 1857 until the time of his death in 1888. This award is presented to the North Carolina Wesleyan student who best exemplifies academic achievement as well as excellence in character, leadership, service to the community, and a commitment to spiritual values. This humanitarian award is meant to recognize those who have selflessly given to others or served others in some way. This year's award recipient was Alyssa Brookhart, a Biomedical Science-Pre-Med and Environmental Science double major.

President's Cup



The President's Cup is awarded each year to the graduating senior who exhibits those characteristics considered most desirable in a student graduating from North Carolina Wesleyan College. The criteria to be considered for this award include a high standard of academic performance and embodiment of the ideals and aims of the College. This award is presented each year at May Commencement. This year's award recipient was Rebecca Mitchell, a Biology and Psychology double major.

Honor Student Projects from our School

The following division majors or minors worked on year-long research projects with faculty serving as their directors.



Enrique Chang (Biomedical Science-Pre-Med major, directed by Dr. Meir Magal)-
"Physiological Demands of Guitar Performance"



Rebecca Mitchell (Biology and Psychology double major, directed by Dr. Greg Preuss)-*"The Effects of Pet Ownership on the Mental Health of North Carolina Wesleyan College Students"*



Michelle Sackey-Ansah (Biomedical Science-Pre-Med major, directed by Dr. Daniel Elias)-*"The Impact of Wastewater Treatments on the Presence of Pharmaceuticals in Hospital Effluents"*



Jadejah Robinson (Mathematics major with a minor in Secondary Education, directed by Patricia Brewer)-*"The Advantages of Using Diagrams to Increase Student Success with High School Math Word Problems"*



Megan Mackey (Biomedical Science-Pre-Med major, directed by Dr. Shannon Crowley)-*"Sleep and Depressive Symptoms after Sport-Related Concussion"*



Hayleigh Heckman (Exercise Science major, directed by Dr. Meir Magal)-
"Assessment of Sport Concussion During the Playing Session in Collegiate Sports"



Alyssa Brookhart (Biomedical Science-Pre-Med and Environmental Science double major, directed by Dr. Daniel Elias)-*"A Small-Scale Approach to Coral Research"*

Samantha Valeros (Biomedical Science-Pre-Med major, directed by Amy Karnehm Willis)-*"Mammy" in Gone with the Wind to Tyler Perry's "Angry Black Woman"*

Honors Convocation Recognitions

This year's Honors Convocation was held on March 30, 2022. The purpose of this event was to recognize students for their academic excellence and academic service. This year and in addition to recognizing the biology, exercise science and mathematics award recipients, we also recognized the internship and ROTC Highest GPA and Golden Joe Awards recipients that were given to students at our school.

Biology Award

This year's Biology Award went to David Greyson Williams and Michelle Sackey-Ansah.

David Greyson Williams is a co-recipient of the Biology Award for the 2021-2022 academic year.



Greyson is a Biomedical Science major who has excelled academically during his time as a student at NC Wesleyan and has been a great addition to so many biology classes. Always willing to help his peers, Greyson is respected by his classmates who seek out his help due to his easy-going manner and ability to simplify and explain concepts. Greyson approaches each assignment with a unique curiosity, finding connections between topics and perspectives that even professors had not considered. It has been remarked by his professors that when they review Greyson's work, they will learn something new, gain a new appreciation for a topic, or find a new way of thinking about the topic. He is an excellent writer, a critical thinker, and a problem-solver. Greyson also has a strong personal character worthy of mentioning; he is responsible, respectful, courteous,

humble, proactive, and diligent. In short, Greyson has many exceptional qualities that make him the ideal recipient of the Biology Award and thus, the biologists strongly support Greyson for the 2021-2022 Biology Award.

Michelle Sackey-Ansah is a co-recipient of the Biology Award for 2021-2022. Michelle has been a great addition to the Biomedical Program. Michelle is a high academic achiever throughout the different courses in the major. She is responsible, thoughtful, inquisitive, and has a great rapport with faculty and classmates. She has taken courses outside her discipline (i.e., Environmental Science); thus, exploring diverse topics has made her a more well-rounded student. In addition to the normal load of courses and school responsibilities, Michelle is part of the Honors program and is currently assessing the impact of water treatment on pharmaceuticals concentration on wastewater for her Honors' thesis. For these reasons that accentuate her character and her academic achievements, the Biology Department strongly supports Michelle for the 2021-2022 Biology award.



Exercise Science Award

This year's Exercise Science Award went to Savannah Chenault and Savion Young.

Savannah is a co-recipient of the Exercise Science award for the 2021-2022 academic year. She is a hard-working, inquisitive, and bright student, who consistently demonstrates professionalism in both her academic and extracurricular activities. She is always proactive and diligent in her work, whether it be academics, student research, or volunteer work. For example, in addition to maintaining a high GPA, she has been very active in the Health and Movement Science Club, including serving as an officer in the Club. During her undergraduate program at NCWU, she also completed a complex research project titled, "Sleep and Depressive Symptoms after Sport-Related Concussion," which was selected as a top 8 finalist for the student poster award for the 2022 Southeast Regional American College of Sports Medicine annual meeting. She is also completing a rigorous 350-hour internship with Nash County Schools, working with occupational therapy services for children with special needs. The Exercise Science faculty find this recipient to be a bright and genuine student, who is well-liked by both peers and faculty, and an outstanding representative of the department, the school, and the college.



Savion is a co-recipient of the Exercise Science award for the 2021-2022 academic year. If we have to describe Savion in a word or two, it would be a "true leader". A student that not only cares about his future but also deeply cares about the wellbeing and the success of his peers and the EXS department. He excels in the classroom, possesses strong communication, team building and problem-solving skills. Out of the classroom, he serves as the President of the Health and Movement Science Club. Recently, he attended the 2022 Southeast Regional American College of Sports Medicine annual meeting and represented the college on student bowl team together with Matan Amitay and Savannah Chenault. Under his leadership, the team excelled and finished the competition in the top ten (out of 30), surpassing many regional state and private academic institutions. In addition to being an outstanding student and serving on the Health and Movement Science Club, he is also a MS4 (Senior) ROTC Cadet in the Falcon Battalion. In closing, The Exercise Science faculty find this recipient to be bright and cheerful person who interacts easily with students and faculty alike. He already achieved great accomplishments and we have no doubt he will continue to do so for many years.

Mathematics Award

This year's Mathematics Award went to Alessio Arturia and Jadejah Robinson.

Alessio Arturia maintains a high GPA in mathematics as well as total GPA. He is studious, conscientious, and driven to succeed. He is personable and collegial with his professors and classmates, and he serves his campus community through tutoring. He showed his determination and discipline the last two years by completing some of his classes remotely from his home country. This student is double majoring in mathematics and computer information systems and has plans for graduate work in a technical field.



Jadejah maintains a high GPA in mathematics as well as total GPA. She is studious, conscientious, and driven to succeed. She is a model student in the classroom. She asks good questions and is always striving to connect what she learns in the classroom with how she can use this information as a teacher. She has been active in the campus community and has served as an RA many times. She works well with others and has served as a tutor at the college. This student is a mathematics major, a secondary education minor, an environmental science minor and a member of the Taylor-Crocker Honors Program.



Internship Award

This year's Internship Award went to Angel Vaughan who is an EXS major. Ms. Vaughan completed 200 hours at a demanding internship at the Cardiopulmonary Rehabilitation Program at Nash-UNC Hospital during the Fall, 2021 semester, while also maintaining an extremely high GPA during her college career. I was not surprised that she received very high praise from her internship site. Angel is one of the hardest working and most respectful students I have encountered in my career. Evaluations of her work at her internship site were exemplary (see attached site supervisor evaluation). In general, my experience with Ms. Vaughan is that she is a dedicated, ambitious, collegial, and professional young woman with a strong work ethic.



ROTC Highest GPA and Golden Joe Awards



This year's ROTC Highest GPA and Golden Joe Awards went to Cadet Savion Young who is an EXS major.

Alumni Accomplishments

Graduate School Acceptance

Alessio Arturia, a 2022 MAT graduate, was accepted to the M.S in Mathematics Program at UNCW



Emily Ketchum, a 2022 EXS graduate, was accepted to the OTD Program at Shenandoah University

Brooke Hanson, a 2021 HLP graduate, was accepted to the M.S. in Clinical Counseling Program at ECU



Nadeem Jaber, a 2021 EXS graduate, was accepted to the OTD Program at Methodist University



Bryona Knight, a 2021 EXS graduate, was accepted to the OTD Program at Baylor University



Empris Smith, a 2021 EXS graduate, was accepted to the M.S. in Athletic Training Program at University of Lynchburg

Emily Sullivan, a 2022 EXS graduate, was accepted to the M.S. in Athletic Training Program at UNCW.



Savion Young, a 2022 EXS graduate, was accepted to the M.S. in Divinity at Regent University.

Attainment of National Certification

- American College of Sports Medicine (ACSM)
 - Alissa Avery-ACSM Certified Exercise Physiologist[®] (ACSM-EP)
 - Savannah Chenault-ACSM Certified Exercise Physiologist[®] (ACSM-EP) and ACSM Certified Personal Trainer[®] (ACSM-CPT)
 - Hayleigh Heckman- ACSM Certified Exercise Physiologist[®] (ACSM-EP)
 - Isaiah Matta- ACSM Certified Exercise Physiologist[®] (ACSM-EP)
 - Elijah Owenby- ACSM Certified Exercise Physiologist[®] (ACSM-EP) and ACSM Certified Personal Trainer[®] (ACSM-CPT)
 - Emily Sullivan- ACSM Certified Exercise Physiologist[®] (ACSM-EP)
 - Savion Young- ACSM Certified Exercise Physiologist[®] (ACSM-EP) and ACSM Certified Group Exercise Instructor[®] (ACSM-CPT)

* If you know an alumnus who isn't getting our newsletter, please email Wendy L. Brake with those email addresses to be added to our list serve (wbrake@ncwc.edu)