



Spring 2024 Newsletter

Updates on Faculty

Mrs. Gail Stafford is retiring

The School of Math and Science wishes Mrs. Gail Stafford well as she says goodbye to Wesleyan after the Spring 2024 semester to begin her well-earned retirement.



Mrs. Stafford joined the NC Wesleyan Faculty in 1990 and has been a pillar at the University throughout the past 34 years. She has provided tremendous leadership to Wesleyan by serving as the Chair of the School of Mathematics and Science on 3 separate occasions in addition to other roles. She is a member of NC Wesleyan's Chapter of the national mathematics honor society, Kappa Mu Epsilon, as well as the University's Circle of the national leadership honor society, Omicron Delta Kappa.

However, Mrs. Stafford's true calling has always involved working with students both in and out of the classroom. During her time at Wesleyan, Mrs. Stafford has taught over 25 different mathematics and education courses at least once, directed honors projects and served as honors thesis committees, and for many years both

coordinated the State Mathematics Finals competition held here at Wesleyan and wrote exams that were used statewide for the contest. She was always available to help students and push them to succeed. Her dedication to students was recognized when she received Wesleyan's Exemplary Teacher Award in 2006-07.

While Mrs. Stafford will be sorely missed, we are happy that she will be able to enjoy spending time with her family, continue her amazing needlework, and play even more bridge.

Dr. Brent Dozier also added the following: "Two words that describe Gail are mentor and professionalism. When I first came to Wesleyan, Gail made sure to guide me on which committees I needed to be on as well as other professional activities helpful in advancing toward tenure. Gail also displayed leadership, taking on roles and duties that required the wisdom of an experienced faculty member. I will miss all of this as well as the laughs she brought to our hall. Gail cannot be replaced since she is, as we mathematicians say, unique."

Tenure and Promotion



Congratulations to Dr. Aaron Allen for receiving tenure and being promoted to Associate Professor of Mathematics.

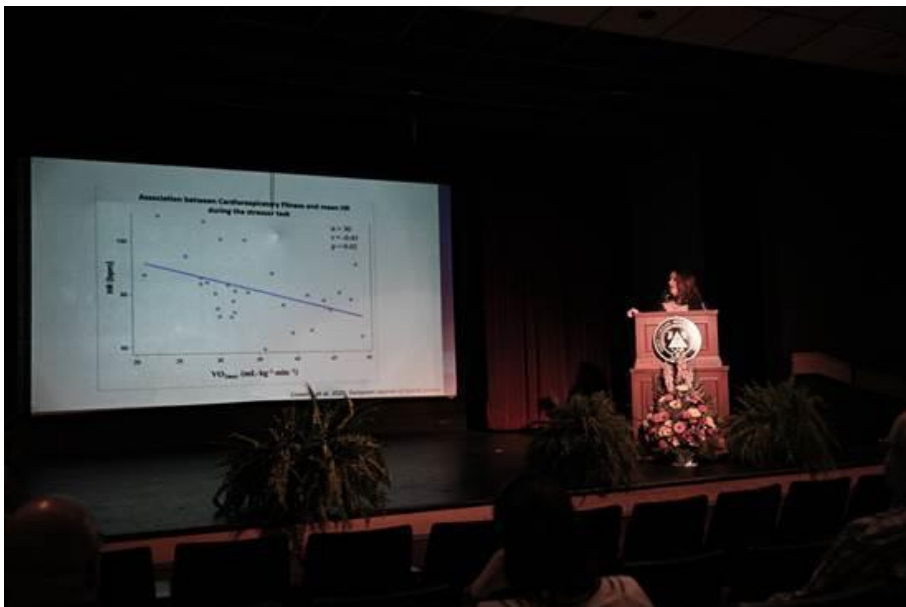
New role

Congratulations to Coach Vanessa Batchelor on being named Head Strength and Conditioning Coach and Field Experience Supervisor for the newly developed Master of Science degree in Human Performance and Sports Science (MS-HPSS). Vanessa will also continue to serve as an Instructor of Exercise Science.



Jefferson-Pilot Professorship Lecture

The Jefferson-Pilot Professorship is considered the College's highest honor for a member of the Faculty and is given in recognition of scholarship, teaching, and community service.



On Thursday, April 25th, 2024, Dr. Shannon Crowley delivered the 2023-2024 Jefferson-Pilot Professorship Lecture entitled: "Biopsychosocial Aspects of Physical Activity in the Prevention of Stress-related Mental Health Disorders."

Description: Epidemiological evidence suggests that physical inactivity is strongly associated with increased risk for depression and anxiety disorders. However, to date, the mechanisms by which physical

activity might help to prevent the development of these disorders is less clear. Depression and anxiety disorders share a common chronic stress etiology, and physical inactivity and sedentary behavior have been associated with dysregulation in physiological (e.g., stress hormones) and behavioral stress responses (e.g., affective responses, sleep disturbances, etc.). In the context of prevention, therefore, it is possible that identification and promotion of the stress-buffering properties of regular physical activity has the potential to reduce the incidence and burden of stress-related mental health disorders.

Faculty Development Awards

Dr. Tim Dornemann received the Inaugural Dan and Linda Bell Fellowship for Professional Development Award. Dr. Dornemann will use the award to work on a study abroad course and bring service learning training to that course and others here on campus.



Drs. Shannon Crowley, Meredith Gringle, and Ayra Sundbom received the 2023-2024 Leslie H. and Evelyn G. Garner Award. Funds from the Garner Award will be used to order new VR headsets and cortisol assay supplies to conduct a research project investigating affective and cortisol responses to Virtual Reality Exergaming vs. traditional treadmill running/walking. This project will support an Honor's Program student's senior thesis and student research experiences in the undergraduate and graduate Public Health Programs, and findings from this study will be used to enhance student learning in Public Health courses.



Fourth Monday Colloquia

The faculty Fourth Monday Colloquium has been in existence at North Carolina Wesleyan University 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. John Temple, professor of Biology, presented for the September 2023 Fourth Monday Colloquium. In his talk titled: "A Sabbatical is a Wonderful Thing – Reconnecting with the Natural History of Eastern NC." Dr. Temple discussed the many interesting and diverse opportunities for exploration of the natural history of Eastern NC within an hour or two of the NCWU campus. His talk focused on experiences from state and national parks and wildlife refuges, woods, creeks, rivers, lakes, swamps, sounds, barrier islands, and the ocean.



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. Meridith Gringle was the February 2024 Lunch & Learn Seminar presenter. The title of her talk was "How Stigma Can Impact Our Healthcare." She discussed how stigma can influence access to healthcare and impact our relationships with healthcare providers. She also discussed how we can all be part of efforts to dismantle stigmatization in healthcare from structural approaches to provider/practitioner training to how we talk about and react to health issues in our own lives.
- Dr. Crystal Ostheim presented the April 2024 Lunch & Learn Seminar. Her talk was titled "Self-Care and Avoiding Burnout in Professional Settings."



Publications

- P. M. Gallo, B. Langton, **M. Magal**, R. Reed, J. Whitworth and F. Neric. (In Press, 2024). ACSM CCRB Update on Recertification and Continuing Education Credit Provider Policy. **ACSM's Health and Fitness Journal**.
- **Gringle, M. R.** (2023). Engaging Resistance: A Poetic Hermeneutical Phenomenology of Mothering. **Art/Research International**, 8(1), 245-269.
- Welborn, A. C., Nichols, T., **Gringle, M.R.**, & Lewallen, L. (2023). Neonatal intensive care nurses' accounts of care for mothers/families with substance-exposed pregnancies: A critical discourse analysis. *Journal of Advanced Nursing*, 1-14. <https://doi.org/10.1111/jan.15807>

Conference Presentations and Webinars

- **Gringle, M.R.**, Welborn, A., & Nichols, T.R. (2024) "...you know, bad news travels fast": A narrative case study of caring for mothers and infants experiencing substance exposed pregnancy". Museum of Motherhood Threads of Connection; Sorry/Not Sorry, Tampa, FL.
- **Gringle, M.R.**, Welborn, A., & Nichols, T.R. (2024) Neonatal intensive care nurse perspectives on hospital organizational structure. Southern Nursing Research Society Conference, Charlotte, NC.

- Welborn, A., **Gringle, M.R.**, & Nichols, T. (2024). Care-provision for families with substance-Exposed Pregnancy and Traumatic Stress in NICU Nurses Caring for Infants and Families with Substance-Exposed Pregnancy. Southern Nursing Research Society Conference, Charlotte, NC.
- M. Amitay, S. Spinache, JT Kelly, KR. Hutchinson, IM. Neall, **VB. Batchelor, SK. Crowley, JR. Hoffman**, and **M. Magal**. Sex Differences in Mid-thigh Isometric Pull Performance Comparing Traditional Bar Grip and Pelvic Belt Methods. **Medicine and Science in Sports and Exercise**, 55(9): S540-541, 2023. (Presented; ACSM Denver, CO)
- KR. Hutchinson, IM. Neall, **VB. Batchelor**, M. Amitay, **SK. Crowley**, JR. Hoffman, and **M. Magal**. Neuromuscular Performance Is Associated With 20- And 40-meter Sprint Times in Female Collegiate Soccer Players. **Medicine and Science in Sports and Exercise**, 55(9): 833S, 2023. (Presented; ACSM Denver, CO)
- IM. Neall, KR. Hutchinson, **VB. Batchelor, SK. Crowley**, JR. Hoffman, and **M. Magal**. The Relationship Between Jump Performance, Isometric Mid-Thigh Pull and Reactive Strength in Female Soccer Players. **Medicine and Science in Sports and Exercise**, 55(9): S830, 2023. (Presented; ACSM Denver, CO)
- **SK. Crowley**, T. Vansteene, R. Cyusa, TL. Donovan and **M. Magal**. Sedentary Behavior, Sleep, And Depressive Symptoms After Sport-related Concussion. **Medicine and Science in Sports and Exercise**, 55(9): S472-473, 2023. (Presented; ACSM Denver, CO)
- **M. Magal** and D Riebe. Back to Basics: A Critical Review of the Methodology Commonly Used to Estimate CRF Webinar. May 8th, 2023.
- M. Amitay, S. Spinache, K. R. Hutchinson, I. M. Neall, **V. B. Batchelor, S. K. Crowley, J. R. Hoffman** and **M. Magal**. A Pilot Study Comparing the Traditional Bar Grip and the Pelvic Belt Methods to Measure Mid-Thigh Isometric Pull Performance in Collegiate Male Athletes. **International Journal of Exercise Science: Conference Proceedings**, 16(2): 343, 2023. (Presented; SEACSM Greenville, SC)
- I. M. Neall, K. R. Hutchison, M. Amitay, **V. B. Batchelor, S. K. Crowley, J. R. Hoffman** and **M. Magal**. High and Low Performer Differences in Countermovement Jump Derived Neuromuscular Performance in Female NCAA Division III Soccer Players. **International Journal of Exercise Science: Conference Proceedings**, 16(2): 91, 2023. (Presented; SEACSM Greenville, SC)
- K. R. Hutchison, I. M. Neall, M. Amitay, **V. B. Batchelor, S. K. Crowley, J. R. Hoffman** and **M. Magal**. Pre-Season Countermovement Jump Derived Neuromuscular Performance in Female NCAA Division III Soccer Players. **International Journal of Exercise Science: Conference Proceedings**, 16(2): 90, 2023. (Presented; SEACSM Greenville, SC)
- T. Vansteene, R. Cyusa, T. Donovan, **M. Magal**, and **S. K. Crowley**. The Effect of Physical Activity After Concussion on Concussion-Related Sleep Problems. **International Journal of Exercise Science: Conference Proceedings**, 16(2): 71, 2023. (Presented; SEACSM Greenville, SC)

Other Faculty Accomplishments, including Scholarly and Professional Activities

- On Monday Oct. 16th, 2023, Dr. Ami Thompson gave a talk about r dragonfly research for the Rocky Mount Serria Club.



- Dr. Ami Thompson was invited to be the Keynote Speaker at the annual Minnesota Dragonfly Society Conference, which took place in January 2024.
- In January 2024, Dr. Meir Magal was invited to join the Wake Tech Community College Health and Fitness Science Advisory Committee.



- Dr. Emily Weber was awarded \$1500 from the National Association of Advisors for the Health Professions to attend their National Conference in the summer of 2024.
- Dr. Gringle has been accepted to the International Association for Research on Service-Learning and Community Engagement (IARSLCE) 2024 Practitioner Scholar Community Cohort. The goal of the association is to build member capacity around practitioner-scholar identity and around developing scholarly projects focused on service-learning and community engagement.
- Dr. Gringle is a member of a research group that received a grant from the Appalachian State University Office of Research and Innovation to conduct a pilot study assessing the “story completion” research method to explore perinatal substance use. She is excited to partner with the NUR colleagues in the Wesleyan Nursing program as part of this work!
- Dr. Gringle has also been awarded the James Morrison "Fritz" Smith, Jr. Professional Development Award.
- In March 2024, Dr. Gringle presented her work “...you know, bad news travels fast”: A narrative case study of caring for mothers and infants experiencing substance-exposed pregnancy at the Museum of Motherhood Annual Academic and Arts Conference, entitled Threads of Connection: Sorry/Not Sorry—Confronting mother (and other) blame—healing and resistance in contemporary culture and beyond.

- Dr. Dornemann has participated in a National Strength and Conditioning Association (NSCA) Coaches Conference roundtable on January 4, 2024, titled: “Build a Better Strength Coach: Trends from the Field Informing CASCE Accreditation.
- Dr. Dornemann has been invited to join a workgroup in Colorado Springs that will focus on developing exam prep materials for the National Strength and Conditioning Association Certified Performance and Sport Scientist certification exam.
- From June 10 to July 11, 2024, Dr. Dornemann will travel to Thailand and the Philippines. While laying the foundation for a future travel abroad course, he will conduct strength and conditioning and corrective exercise clinics at the University of Makati, Benguet State University, Chiang Mai University, and Chiang Mai Sport University.

- Dr. Shannon Crowley was appointed as an Institutional Representative of NCWU for the North Carolina American Council on Education (ACE) Network of Women Leaders.



- Dr. Shannon Crowley completed and passed the Physical Activity and Public Health Specialist (PAPHS) Certificate Course, developed by the American College of Sports Medicine in partnership with the Centers for Disease Control (CDC). This certificate focuses on the essential competencies needed to design, implement, and evaluate physical activity efforts that lead to improved public health.
- Coach Vanessa Batchelor earned an advanced credential through the National Strength and Conditioning Association (NSCA) as a Certified Performance and Sport Scientist® (CPSS®). This highly regarded certification in Exercise and Sport Science fields emphasizes applying scientific principles to improve athletic performance and prevent injury.
- **Certified Nurse Educator-** In June 2023, Dr. Crystal Ostheim sat for the certification exam offered through the National League for Nursing and successfully received board certification as a Certified Nurse Educator.

- **Completion of Terminal Degree-**Dr. Lesley Gillian completed her degree program through UNC-Chapel Hill School of Nursing and received her Doctorate of Nursing Practice (DNP) degree in May 2024. The title of her DNP project was “Improving Early Career Nurse Resilience Toolkit: A Pilot Project.”



Students/Faculty Collaboration

In early May, a group of students and alumni from North Carolina Wesleyan University traveled to Iceland. Dr. Daniel Elias, an associate professor of environmental science, led the group, assisted by Dr. Katie Beeman from NCWU and Dr. Eean Grimshaw from the Oregon Institute of Technology.

Their adventure started in Reykjavik, where the group visited the Parliament, the Cathedral, and the City



Hall. Continuing their walk, they explored Hallgrímskirkja Church, Reykjavik's most iconic building. The day after, they embarked on a whale watching excursion where they observed minke whales and humpback whales breaching the waters.

The group visited Gullfoss Waterfall and Geysir, learning about geothermal activity and Iceland's volcanic past. They enjoyed hot springs at Sky Lagoon, with views of the Atlantic Ocean. Followed by a great eating experience and lessons in eco-friendly farming at Fridheimar Tomato Farm and a cooking class that night learning how to make Icelandic lamb soup and crepes.



Seljalandsfoss and Skogafoss Waterfalls were impressive features of Iceland's diverse ecosystems. At Solheimajokull Glacier, the group gained insights into the profound impacts of climate change on glacial landscapes.



The journey culminated at Reynisfjara's black sand beach, where they observed the connection of land and sea habitats. The group departed Iceland with amazing memories, from exploring Reykjavik's iconic

landmarks to marveling at geothermal wonders and glacier landscapes. They are ready for their new adventure to the Galapagos Islands!



On February 22 and 23, 2024, Drs. Dornemann, Magal, Ms. Vanessa Bachelor, and seven students attended the Southeast Chapter of the American College of Sports Medicine (SEACSM) annual meeting in Greenville, SC.

Dr. Shannon Crowley, and an interdisciplinary team of NCWU students including Dunya Qasem (Exercise Science), Gustavo Rivas Ramirez (Exercise Science), Adrinah Sweet (Psychology), Justin Huynh (Psychology), and Michael Pullen (Psychology and Sociology), recently collaborated with researchers from NC State University and the World Playground Research Institute to observe and record park utilization using a modified System for Observing Play and Recreation in Communities (SOPARC) tool. Findings from this study will be used to help support the mission of the World Playground Research Institute to promote children’s health, well-being, physical activity, and positive development through evidence-informed playground planning and design.



Around Campus

Exercise Science Program

North Carolina Wesleyan’s Exercise Science program has received full reaccreditation from the Commission on Accreditation of Allied Health Education Programs (CAAHEP). CAAHEP’s Committee on Accreditation of Exercise Sciences (CoAES) conducted a comprehensive review of all of the program’s academic offerings, facilities, and faculty qualifications and recommended a ten-year reaffirmation. The Exercise Science program’s next comprehensive review will take place in 2034.



In October 2023, Mr. Wayne Souza (Class of 1973) pledged a transformative gift to North Carolina



Wesleyan University to advance the University's nationally accredited program in Exercise Science and Dr. Meir Magal, Named Inaugural Souza Professor of Exercise Science. The gift allowed the Exercise Science Department the opportunity to purchase cutting-edge equipment to be placed in ISEF, enhance the



practical skills of undergraduate students, develop a working relationship with the Athletic Department, and work toward creating a graduate program. The equipment has been placed in three areas in ISEF: the Strength and Conditioning Performance Area, the High-Intensity Interval Training (HIIT) Hallway, and the Turf Area.

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



FOR EXTRAORDINARY NURSING FACULTY

**HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES**

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.



Each year, the nursing faculty at NCWU choose an exemplary student to receive the DAISY Award during Nurses' Week. The DAISY Award is an internationally recognized award for honoring nurses and nursing students. DAISY is an evidence-based form of meaningful recognition. Its success spans more than two decades and has been featured in research studies for effective nurse recognition within healthcare organizations (DAISY Foundation, 2024). DAISY Award recipients are chosen based on academic performance, passion for nursing, and ambition to improve patient safety and quality of care in future

leadership roles upon degree completion. Due to increased enrollment in the RN-to-BSN program with several deserving students in the program, the nursing faculty chose to award three students with DAISY Awards this year. On May 5, 2024, Drs. Crystal Ostheim and Lesley Gillian presented a DAISY Award to Rue Coley, RN at Coastal Plain Hospital in Rocky Mount, NC.

Also on May 5, 2024, Drs. Crystal Ostheim and Lesley Gillian also presented a DAISY Award to Victoria



Edwards, RN at the Women's Center at UNC Nash Health Care.

On May 6, 2024, Drs. Crystal Ostheim and Lesley Gillian presented the DAISY Award to Sonya Wester,



RN, at Eastern North Carolina Medical Group in Rocky Mount, NC. Sonya's daughter, Kaley Bailey, RN, who is also a student in NCWU's RN-to-BSN program, was present for the recognition ceremony.

The nursing faculty at NCWU are extremely proud of these three students and feel confident that they will make profound impacts on their patients and colleagues throughout their nursing careers.

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

Increased Enrollment in RN-to-BSN Program and Prelicensure BSN Program

In conjunction with university administration and the APS leadership team, the nursing faculty have made significant adjustments to the recruitment, admissions, and advising processes for the RN-to-BSN program over the past year. These endeavors have shown great success, leading to substantially increased enrollment in the RN-to-BSN program. In Spring of 2023, there were two students in the program. There are now 26 students in the program, with additional students scheduled to begin coursework this summer.

North Carolina Wesleyan University has received approximately \$2 million in grant funding from multiple sources to aid in developing a prelicensure BSN program. The nursing faculty are currently working with the university administration on building this program. The prelicensure BSN program is tentatively scheduled to begin accepting students in Fall 2025.

Student Organizations, Group Accomplishments, and School Events

Health and Movement Science Club

On October 12th, 2023, President Evan Duff signed a proclamation announcing October as Exercise is Medicine on Campus (EIM-OC) month. Students, faculty and staff then joined him on our annual Walk with the President around campus. In the picture, together with Dr. Duff, offices of the Health and



Movement Science Club, Zach Marquis on the right, Dunya Qasem in the middle, and Maxima Iglesias on the left.



This past year, the activity of the Health and Movement Science Club was the Halloween Hustle Costume Run/Walk Fundraiser, which took place on October 29th, 2023.



**HALLOWEEN
HUSTLE**

OCT. 29, 2:00 PM

Costume Run/Walk

Dress your best for this spooky-themed 2 mile run/walk around the NCWU campus trail!

\$\$ prizes given for BEST COSTUME & top finishers!

Early Bird Price before Oct. 15th - \$15
After October 15th - \$20
Day of Race - \$30

NCWU Campus
3400 N Wesleyan Blvd
Rocky Mount, NC 27804

Register with QR code



BOOKS & BEARS ALLEGRA PRINT & IMAGING TIPSY & MATO BARLEY & BURGER BOX HAUSE



North Carolina Wesleyan University received the Exercise is Medicine on Campus (EIM-OC) Silver

Exercise is Medicine® Silver Campus

distinction for the fifth 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. NCWU is one of only 145 universities and colleges around the world to be honored by Exercise is Medicine® (EIM) for its efforts to create a culture of wellness on its campus. Faculty/Staff Personal Training,

Wesleyan Wellness initiatives, the Walk with the President, the Lunch and Learn Series for Health, and other physical activity events conducted by the NCWU Health and Movement Science Club helped NCWU earn Silver level designation from the Exercise is Medicine® On Campus (EIM-OC) program. Exercise is Medicine is a community-impact initiative of the American College of Sports Medicine.

19th Annual Student Symposium

Dr. Meredith Gringle, Assistant Professor of Public Health, started off the symposium with an oral presentation titled: "Effectively Addressing Perinatal Opioid Use: The Science Needs Art".

After the Dr. Gringle talk, the students presented their posters. The winners this year were:

1st Place Lower-Level Category:

Dunya Salem - *Does Texture Protect Caterpillars from Predation?*

2nd Place Lower-Level Category:

Mackenzie Landers, Wesley Owens, Stephanie Valle - *How Ladybug Spots Affect Predation*

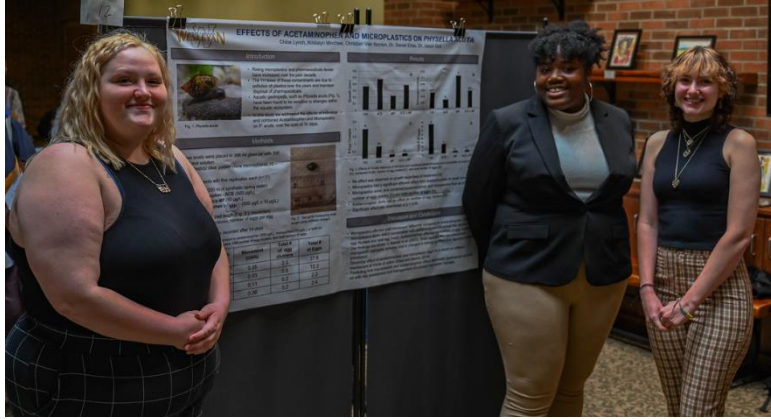


1st Place Upper-Level Category:

Chloe Lynch, Kristalyn Minchew, Christian Van Norden - *The Effects of Acetaminophen and Microplastics on *Physella acuta* Movement, Growth, and Reproduction*

2nd Place Upper-Level Category:

Gracie Wade - *Investigating and Observing Feline Activity Through the Eyes of Hunger*



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 “B” or better in all mathematics courses are eligible for membership. The NCWU chapter of KME inducted four new members this spring: (pictured L to R) Chance Savage, Ashley Riley, Victoria Seggiaro Parma, and Niana Gunter.

Pi Day

On March 14, the math department collaborated with the ZTLC, the science club, and several other volunteers to serve pies for Pi Day. (Note that the date 3/14 correlates to the first 3 digits of the famous mathematical constant pi.) In total, 26 pies were contributed in a variety of flavors, including apple, coconut, lemon meringue, chocolate pudding, and even a savory offering of shepherd's pie made with goat meat.



At the end of the day, only 2 slices of pie remained! Dr. Aaron Allen started the Pi Day tradition at Wesleyan in 2022 and is happy to see it grow; he is looking forward to an even bigger Pi Day event next year.



Student and class activities on and off-campus

In September and October 2023, Dr. Ami Thompson took BIO 402, Ecology Methods Lab, students on several field trips, including the Bee Mark Recapture, Nature Hike with Adam, and Student Network for



Amphibian
Pathogen
Surveillance
(SNAPS)
Swabbing at the
Nash Community
College nature
trail.



On April 30 2024, Dr. Blondel's BIO 300 Animal Behavior class visited the Duke Lemur Center (DLC),



located in Durham, North Carolina, as a capstone experience at the end of Spring semester. The DLC is the largest lemur sanctuary in the world, housing ~200 lemurs across 13 different species. Students got to see many of these lemurs in their outdoor and wooded enclosures, got a tour of the research and veterinary care facilities, and learned about the current lemur research programs conducted by scientists from around the world. As part of the BIO 300 course students

learned behavioral data collection methods, and for the final portion of the DLC field trip they were able to spend time with the lemurs making behavioral observations.

Students in Dr. Gringle's course Health and Society, working in partnership with the NCWU Writing



Center, completed a Photovoice project exploring the theme "Health at Wesleyan." Photovoice is a visual research and assessment method that uses photographs to express community views and help establish an agenda for change. Photovoice uses pictures and captions to tell stories and raise awareness about an issue. Pictures and captions are displayed and shared with the wider community. Dr. Gringle and her students were delighted to exhibit this work in the Pearsall Library and share it with the wider Wesleyan community, including President Duff, Provost Lane, and Dean of Students, Dr. Modlin.



Individual Student Accomplishments

Honor Student Projects from our School

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

Lexi Reinert (Mathematics major, directed by Bill Yankosky)- *“Two Simplified Post-Quantum Cryptosystems Demonstrated on the TI Graphing Calculator”*



Desiree Walker (Environmental Science major, Directed by Daniel Elias) – *“The Impact of Climate Change and Human Activities on Whale Populations”*



Quincey Packer (Biology major directed by Emily Weber) – *“The Efficacy of Facemasks Against Respiratory Airborne Pathogens”*



Shanice Tillery (Biology and Environmental Science major directed by Fred Sanborn) – *“Does Product Type Affect Brand Loyalty Among Different Age Groups and Gender Identities.”*



Honors Convocation Recognitions

This year's Honors Convocation was held on April 3rd, 2024. The purpose of this event was to recognize students for their academic excellence and academic service. This year, in addition to recognizing the biology, environmental science, exercise science health promotion, and mathematics award recipients, we also recognized the John Paul Jones History, Excellence in Academic Support, and Internship Awards recipients that were given to students at our school.

Biology Award

This year's Biology Award went to Quincey Packer and Claudina Fernandez Laurita.

Quincey Packer is an exemplary biomedical student, demonstrating excellence both in and out of the classroom. He is a fantastic student to have in the class, not only in his ability to master complex



concepts, but also showing an inquisitive mind asking thought provoking questions. Quincey is also extremely hard working, sharing his talents and giving back to the NCWU and other local communities. As a peer tutor, Quincey has helped numerous other students succeed in difficult and challenging subjects and is known for his positive and encouraging attitude. He excels in juggling mentorship of local high school marching bands, while himself performing in the NCWU marching band, all while maintaining a stellar academic record and keeping up with his other collegiate activities. It is a testament to his impact on NCWU that multiple faculty and staff outside both in and outside the Biology department have remarked how much Quincey will be missed when he

graduates. His excellent work ethic and personable demeanor will greatly serve his patients as he pursues a career as a Physician Assistant.

Claudina Fernandez Laurita is an extremely deserving recipient of the Biology Honors Award. In the



classroom, Claudina has excelled in a rigorous curriculum, demonstrating a comprehensive command of challenging materials. Furthermore, Claudina possesses a bright, inquisitive nature, often asking engaging questions and going above and beyond in her coursework exploring new ideas. Claudina is also a delight to have in the classroom, encouraging and supporting her peers and forming positive relationships with faculty. Outside the classroom, Claudina has exhibited a tremendous work ethic and drive, especially in pursuing her passion for the medical field. She has found and pursued numerous external opportunities, such as shadowing physicians or conducting biomedical research in the summer. Claudina was selected in the summer of 2023 to participate in the competitive Summer Biomedical Research Program (SBRP) at East

Carolina University in Greenville. While there, she was involved in a project focused on cancer nanotechnology using nanoparticles, magnetic fields, and cancer cell lines. Claudina's curious intellect, dedicated work ethic, and passion for helping others are sure to help her make a significant impact on the medical field.

Environmental Science Award



Andrea Rizzo is the recipient of the Environmental Science Award 2023-2024. Andy is a double major in Environmental Science and Biology. She's known for her hard work, proactive nature, and critical thinking skills. I'm glad that Andy chose to add Environmental Science to her majors, as she's truly passionate about sustainability and is an advocate for protecting our environment. She is excelling academically in all her courses, and she also maintains a great rapport with both classmates and faculty. Currently, Andy is mentoring students in Environmental Science Lab as they research the impacts of microplastics and pharmaceuticals on the environment. Her outstanding work ethic, proactive approach, and ability to inspire others make her a deserving recipient of the

Environmental Science Award. Andy's contributions exemplify the importance of passion and dedication in addressing environmental challenges.

Exercise Science Award

This year's Exercise Science Award went to Zach Marquis.

Zach is a former collegiate football player who excels academically and possesses impressive analytical skills. Outside the classroom, he serves as the Vice-President of the Health and Movement Science Club. Recently, he represented the university on the student bowl team with Gustavo Rivas and Vicky Farji at the 2024 Southeast Regional American College of Sports Medicine annual meeting. Additionally, last semester, he demonstrated his knowledge and understanding of exercise science by taking and passing the challenging ACSM Certified Exercise Physiology (ACSM-EP) certification exam. He is scheduled to graduate from NCWU in May 2024 and has already been accepted into Slippery Rock University's Master of Science in Athletic Training Program starting in August 2024. In conclusion, the Exercise Science faculty finds this recipient to be a respectful and bright person who interacts easily with students and faculty. He has already achieved significant accomplishments, and we have no doubt he will continue to do so for many years to come.



Health Promotion Award

This year's Health Promotion Award went to Sheniya Bethea

Ms. Bethea is a hard-working and conscientious student who maintains a high level of academic rigor in her coursework. In addition to excelling academically, Ms. Bethea recently passed the Physical Activity and Public Health Specialist Certificate Course, developed by the American College of Sports Medicine in partnership with the Centers for Disease Control, and she is currently pursuing a Youth Fitness specialist certificate from the American College of Sports Medicine.



Sheniya was also recently accepted into the Master of Public Health program at NCWU. Sheniya is professional, respectful, and well-liked by peers, her professors, and individuals in the community. In fact, her site supervisor for her public health internship recently stated, "Sheniya is amazing! I wish we could keep her forever!" Overall, Sheniya is an outstanding representative of the department, the school, and the college, and we know she will go on to do great things in public health!

Mathematics Award

This year's Mathematics Award went to Alexis Whitfield.

Alexis Whitfield has demonstrated excellence inside and outside the classroom during her time at Wesleyan. She is a senior who is double majoring in Math and Computer Information Systems. Alexis has



consistently excelled in all of her math courses by displaying an ability to understand and communicate mathematical ideas in a clear, concise and accurate manner. Last spring, she was inducted into the Kappa Mu Epsilon (KME) mathematics honors society. Furthermore, Alexis has provided outstanding service to the University by serving as a tutor for various math courses in the past few years. Even though she stays very busy with academics, Alexis also excels outside of the classroom as an athlete on the Battling Bishops softball team. Alexis truly exhibits all the qualities the math award is intended to recognize, and the math program is proud to present her with the outstanding math major award.

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 is Lexi Reinert, a Mathematics major.



ODK Inductees from the School of Mathematics and Sciences This Year
Meir Magal, Andrea Rizzo and Victoria Seggiaro Parma.



Alumni Accomplishments

Graduate School Acceptance

Savannah Chenault, a 2022 Exercise Science graduate, was accepted into the Post Professional Occupational Therapy Doctorate (PPOTD) Program at the Medical University of South Carolina.



Sheniya Bethea, a 2024 Health Promotion graduate, was accepted into the NCWU Master of Public Health Program (MPH) at North Carolina Wesleyan University.

Maddison Morrison, a 2024 Biology graduate, was accepted into the NCWU Master of Public Health Program (MPH) at North Carolina Wesleyan University.



Felicia Pierce, a 2024 RN-BSN graduate, was accepted into the NCWU Master of Public Health Program (MPH) at North Carolina Wesleyan University.



Zach Marquis, a 2024 EXS graduate, was accepted to the Master of Science in Athletic Training Program at Slippery Rock University.

Attainment of Nationally Recognized Certifications and Certificates

- American College of Sports Medicine (ACSM)
 - Sheniya Bethea- Physical Activity and Public Health Specialist Certificate and Youth Fitness Specialist Certificate.



- Jalen Hardy- Physical Activity and Public Health Specialist Certificate.



- Zach Marquis-ACSM Certified Exercise Physiologist® (ACSM-EP) and ACSM Certified Personal Trainer® (ACSM-CPT)
- Santiago Scida-ACSM Certified Exercise Physiologist® (ACSM-EP)



- Gustavo Antonio Rivas Ramirez- ACSM Certified Exercise Physiologist® (ACSM-EP).



* 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).

** I want to thank Carl Lewis kindly for allowing me to use many of the pictures he took in the different events that are depicted in this version of the newsletter.