



School of Health Sciences

2025-2026 Newsletter

Updates on Faculty

Welcome Dr. Monica Massey



The School of Health Sciences is excited to introduce Dr. Monica Massey. In January 2026, the NCWU Nursing program welcomed Dr. Monica Massey as the BSN program coordinator and Assistant Professor of Nursing. Dr. Massey graduated from Barton College in 1996 with a Bachelor of Science in Nursing degree. She then completed an MSN-FNP degree in 2004 from Duke University and her Doctorate of Nursing Practice in 2011 from Union University in Jackson, TN. Dr. Monica Massey's main practice areas have been ER and ICU as an RN and public health, psychiatry, and primary care as an FNP. She has enjoyed teaching in both classroom and online education formats over the years. Outside of nursing, Dr. Massey works with her husband in running their plumbing business. She also loves to travel, especially to tropical locations. She currently has 3 fur children (1 cat and 2 dogs). Dr. Massey brings a wealth of knowledge and nursing experience across various healthcare settings to the nursing program. She has been an asset to the nursing program, and we look forward to her continued growth with the program over the upcoming academic year.

Welcome Ms. Tonia Grimsley



The School of Health Sciences is excited to introduce Ms. Tonia Grimsley, Visiting Instructor of Public Health. Ms. Grimsley is a 2024 graduate of the NCWU Master of Public Health (MPH) program and has most recently served as an Adjunct Instructor for both the undergraduate and graduate public health programs at NCWU. Tonia is an Edgecombe County native and resident of 31 years. She is married to Lee Grimsley, and they have two sons, Anders (7) and Leland (3). Her passions include baseball, advocacy, coaching cheerleading, children, and reading. Tonia attended East Carolina University as a cheerleader and graduated with a double major in Political Science and History. Upon graduation, she worked in the construction industry and continued to volunteer, until she landed her first professional role in the non-profit world in 2019. Now, Tonia is a Development Director for the American Heart Association where she covers Nash, Edgecombe, Wilson, and Pitt County Heart Walks as well as the Greenville Heart Ball. She is also the Head Cheerleading Coach at NCWU. She has a great passion for health equity, advocacy, and public health.

Welcome Ms. Ashley Silver



The School of Health Sciences is excited to introduce Ms. Ashley Silver, Visiting Instructor of Nursing and Simulation Lab Coordinator. Ms. Silver is a 2026 graduate of East Carolina University with a Master's of Science in Nursing with a concentration in Nursing Education. Ms. Silver also holds a Bachelor of Science in Nursing from Winston-Salem State University. She is a native of Eastern North Carolina and is looking forward to contributing to the nursing workforce in her community. She enjoys spending time with her family and her dog, Deanna. Ms. Silver brings a wealth of nursing knowledge to the program with extensive experience in various aspects of nursing over the past 15 years. Ms. Silver worked with the NCWU Nursing faculty in the Spring semester of 2026 for her preceptorship to complete her Nursing Education degree. She had a well-established rapport with the faculty and students. Therefore, we are excited to have her join us in a full-time capacity.

Tenure and Promotion



Congratulations to Dr. Shannon Crowley for being promoted to the rank of Professor of Public Health.



Congratulations to Dr. Tim Dornemann, Associate Professor of Exercise Science, for receiving tenure.



Congratulations to Dr. Meredith Gringle for receiving tenure and being promoted to the rank of Associate Professor of Public Health.

Publications and Scholarly Works

Peer-Reviewed Publications



- D. Riebe, **M. Magal**, L.A. Kaminsky, R. Ross, S. M. Phillips, S. Alhassan, R. Arena, R, et al. The Components of Physical Fitness: A Roundtable Statement by the American College of Sports Medicine. **Medicine and Science in Sports and Exercise**. 58 (8): 1827-1850, 2026.

- **Blaizes, C.** (2025). Leadership & Management. In *Nursing Concepts: A Practical Approach*. Philadelphia, Pennsylvania: FA Davis Company.

Peer-Reviewed Publications in Review

- **Crowley SK**, Flynn D, Anderson C. Health Information Seeking in Patients with Idiopathic Subglottic Stenosis: A mixed methods approach. *Journal of Communication in Healthcare*. (in review).
 - Burforda KG, Hana J, Piotrowskia E, Hughey SM, Schipperijnc J, **Crowley SK**, Bentone JS, Hipp JA. Implementing Emerging Methods to Improve Evaluations of Playground and Park Renovations: A Comparative Case Study on Park Use in Low-Income, Predominantly Black Communities. *International Journal of Behavioral Nutrition and Physical Activity* (in review)
 - **Gringle, M.R.** (2026). Blue(s) [proposal abstract.] *Under review for Color Inquiry special issue of Art/Research International*.
 - **Gringle, M.R.** (2026). Ghost Epistemologies in Verse (The Personal is Political is Ontological). *Under review in Angelaki*.
 - **Gringle, M.R.** (2026). Correspondence: A Liturgy Found With(in). *Under review in Liminalities*.
- Gringle, M. R.** (2025). Knead Her Punch Her Bake Her: Recipes to/for Lament. *Under review in Art/Research International*.

Conference Attendance and Presentations

In February 2026, Dr. Gringle and colleagues attended the Southern Nursing Research Society Conference in Austin, Texas, to present findings from their ongoing, interdisciplinary, interinstitutional research in a presentation entitled "If at First You Don't Succeed, Pilot, Pilot Again."



Dr. Blaizes presented at the Southeast Regional Conference for the Chi Eta Phi Sorority, Inc., a nursing sorority, in March 2026. Her talk was titled "Elevating Excellence through Evidence-Based Practice: Clinical Innovation, Research, and Practice Transformation."

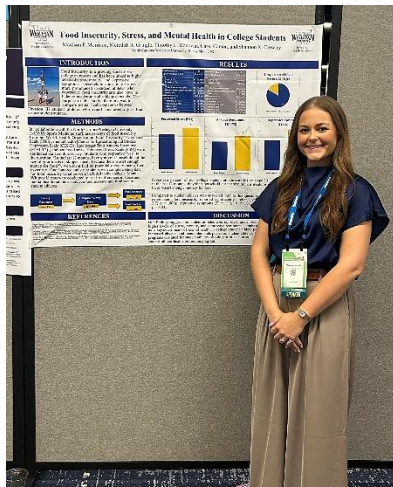


Drs. Shannon Crowley, Meredith Gringle, Ayra Sundbom & 2 NCWU students: Maxima Iglesias (Senior, Public Health) and Madison Morrison (MPH Graduate), recently attended the Society of Behavioral Medicine (SBM) 2026 Annual Meeting in Chicago, IL where they presented their faculty-student research work.

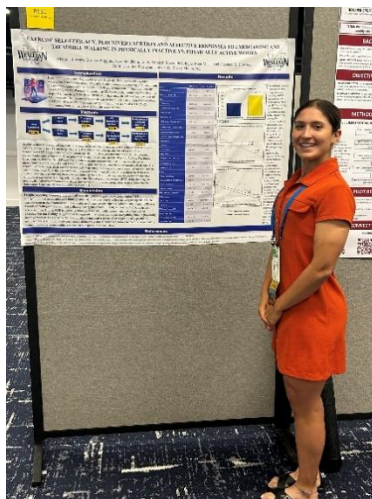
On February 26, 27 and 28, Drs. Dornemann and Magal and Ms. Vanessa Bachelor, along with four undergraduate students and three graduate students, attended the Southeast Chapter of the American College of Sports Medicine (SEACSM) annual meeting in Greenville, SC.



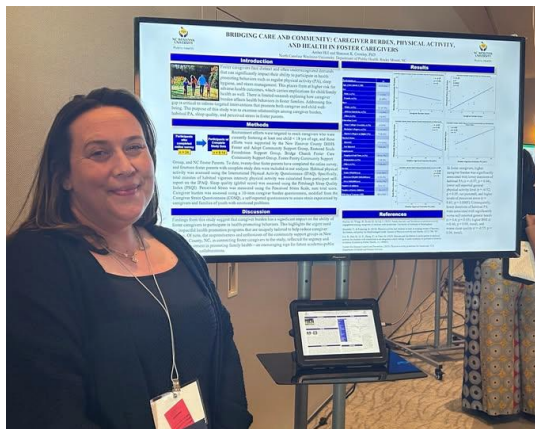
Madison Morrison (MPH program) presented a poster titled, “Food Insecurity, Stress, and Mental Health in College Student Athletes,” at the 2026 annual meeting of the Society of Behavioral Medicine in Chicago, IL. Drs. Shannon Crowley and Meredith Gringle served as faculty directors on Madison’s research project.



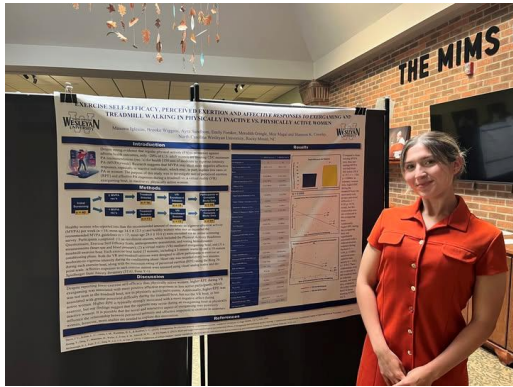
Maxima Iglesias (Public Health Senior) presented a poster titled, “Exercise Self Efficacy, Perceived Exertion, and Affective Responses to Exergaming and Treadmill Walking in Physically Inactive vs. Physically Active Women,” at the 2026 annual meeting of the Society of Behavioral Medicine in Chicago, IL. Drs. Shannon Crowley and Ayra Sundbom served as faculty directors on Maxima’s research project, and Dr. Meredith Gringle served as a collaborator on the project.



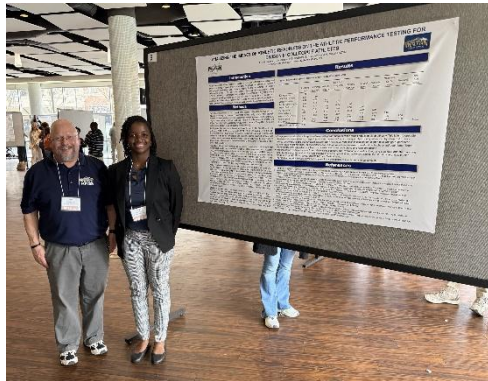
Ms. Amber Hill (MPH program), presented her work, “Bridging Care and Community: Caregiver Burden, Physical Activity, and Health in Foster Caregivers,” at the 2025 Annual Meeting of the North Carolina Public Health Association in Wilmington, NC. Dr. Shannon Crowley served as Amber’s faculty director on the project.



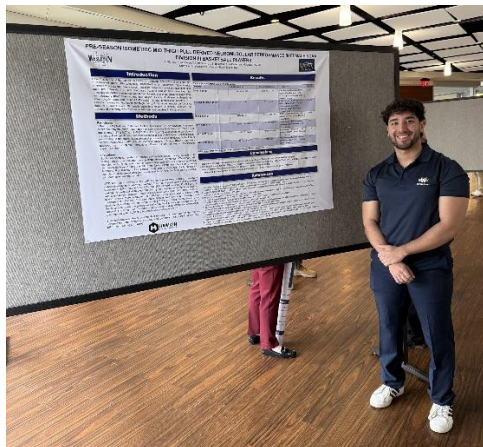
Public Health undergraduate student, Ms. Maxima Iglesias, recently presented her work titled, “Exercise Self Efficacy, Perceived Exertion and Affective Responses to Exergaming and Treadmill Walking in Physically Inactive vs. Physically Active Women” at the 21st Annual NCWU Student Symposium. Drs. Shannon Crowley and Ayra Sundbom served as directors, and Dr. Meredith Gringle served as a collaborator, on Maxima’s research project.



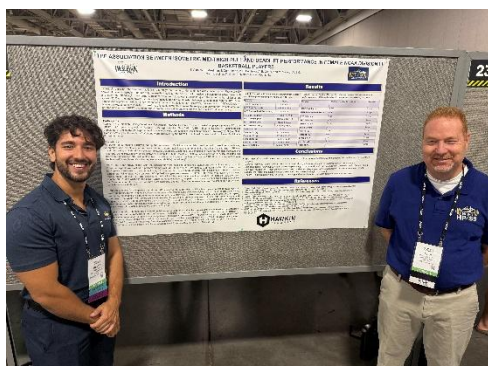
Mentored by Dr. Dornemann, Linda Nhiwatiwa presented her honors work titled: “Analyzing the Impact of Athletic Readiness on the Athletic Performance Testing for Division III Collegiate Athletes” at the Annual SEACSM meeting in Greenville, SC in February 2026. Other authors included in the presentation were Drs. Magal, Crowley, and Coach Batchelor.



Mentored by Dr. Magal, Thiago Gianico presented his honors work titled: “Pre-Season Isometric Mid Thigh Pull Derived Neuromuscular Performance in Female NCAA Division III Basketball Players” at the Annual SEACSM meeting in Greenville, SC in February 2026. Other authors included in the presentation were Drs. Dornemann, Carter, Mizelman, and Coach Batchelor.



Mentored by Dr. Magal, Thiago Gianico presented his complete honors work titled: “The Association Between Isometric Mid-Thigh Pull and Deadlift Performance in Female NCAA Division III Basketball Players” at the annual meeting of the American College of Sports Medicine in Salt Lake City, UT in May 2026. Other authors included in the presentation were Drs. Dornemann, Carter, Mizelman, and Coach Batchelor.



Dr. Meredith Gringle co-presented interdisciplinary, interinstitutional research, “If at First You Don’t Succeed, Pilot, Pilot Again,” at the Southern Nursing Research Society Annual Meeting in Austin, TX.

Drs. Dornemann and Magal, along with Dr. Marc Apkarian from Biola University, La Mirada, CA, presented a showcase slide presentation titled “The Kinesiology Accreditation Conundrum” at the 2026 Christian Society for Kinesiology, Leisure and Sport Studies (CSKLS) Summer Conference in Lookout Mountain, GA.

Dr. Dornemann presented a showcase presentation titled “Pressing Reset: The Blueprint for Original Strength” at the 2026 Christian Society for Kinesiology, Leisure and Sport Studies (CSKLS) Summer Conference in Lookout Mountain, GA.

Faculty Accomplishments including Scholarly and Professional Activities



Dr. Crystal Ostheim accepted an invitation to sit on the inaugural Elsevier New Product Advisory Council as a nursing expert for the 2025-2026 academic year. She has been invited to maintain her seat for the upcoming academic year as well.

Dr. Crystal Ostheim was invited to participate in the NC Health Talent Alliance (NC HTA). The NC HTA is a strategic partnership between the NC Center on the Workforce for Health, the NC Chamber Foundation, and AHEC regions aimed at addressing pervasive healthcare worker shortages in North Carolina. The initiative focuses on understanding the regional workforce needs and developing targeted programs to fill identified gaps.

Dr. Shannon Crowley served as a grant reviewer for the U.S. Department of Defense, Panel on Women's Psychological Health, December 2025.

Dr. Shannon Crowley was appointed as a founding board member for the Airway Stenosis Foundation.



Dr. Andrew Carter received the Registered Strength and Conditioning Coach Emeritus (RSCC*E) distinction from the National Strength & Conditioning Association.



Dr. Carter attained the National Strength and Conditioning Association (NSCA) Certified Performance and Sport Scientist Certification (CPSS).

Around Campus



Under the direction of Drs. Shannon Crowley and Meredith Gringle, the Master of Public Health (MPH) program has received approval of its initial application for accreditation from the Council on Education for Public Health (CEPH)—the nationally recognized accrediting body for public health programs. This approval, granted during CEPH’s April meeting, gives our MPH program official applicant status and allows the MPH program to move forward in the accreditation process, including completion of a comprehensive self-study.



Drs. Shannon Crowley and Meredith Gringle served as exhibitors and presented a talk about the NCWU Public Health Programs at the Eastern Area AHEC Health Sciences College Fair in Greenville, NC in August, 2025.

Lunch & Learn Seminar

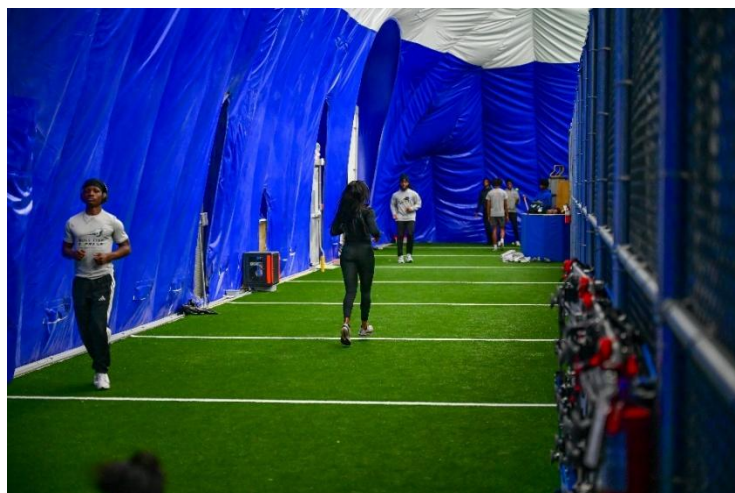
This "brown bag" seminar series is sponsored by the Departments of Public Health and Exercise Science, in partnership with the Exercise is Medicine on Campus Initiative and Wesleyan Wellness, and is open to all faculty, staff, students, and community members. These are brief (~30 min) informal seminars designed to provide quick and easy-to-understand information about relevant health topics. This past academic year (2025-2026), Ms. Kailyn St. John, a Graduate Intern for the MPH Program, directed the series.

- October 2025-presented by Dr. Amanda Hickey, Assistant Director of Career and Professional Development in the College of Natural Sciences at UMass Amherst. The title of her talk was: "Exercise as Medicine: The Role of Physical Activity in Cancer Prevention and Survivorship."
- February 2026-presented by Ms. Tonia Grimsley, Adjunct Professor of Public Health. The title of her talk was: "Heart Health in Eastern North Carolina."



For the first year, Coach Vanessa Batchelor, with help from Drs. Dornemann and Carter, tested, prescribed, and provided year-round strength and conditioning training to the vast majority of the athletic teams at NCWU. In addition, exercise science practicum and internship students and the graduate students actively participated in the daily training.





Under the leadership of Dr. Tim Dornemann, North Carolina Wesleyan University (NCWU) has strengthened its commitment to global education through a newly established international partnership



with Benguet State University (BSU) in the Philippines. The two institutions recently formalized their collaboration by signing a Memorandum of Understanding (MOU) that will foster academic cooperation, research, cultural exchange, and international learning opportunities.

Under the leadership of Dr. Meir Magal, North Carolina Wesleyan University (NCWU) has been recognized as one of only 200 universities and colleges worldwide 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 Health and Movement Science Club Pickleball Tournament, the Lunch and Learn Series for Health, and other physical activity events conducted by the NCWU Health and Movement Science Club helped NCWU earn a 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.



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.

Each year, nursing faculty members select an exemplary nursing student from the RN-to-BSN program to



receive the DAISY Award for Extraordinary Nurses. This is a distinguished award that is presented to nurses who have displayed a deep commitment to extraordinary clinical skill and compassionate patient care that will make a meaningful difference in the lives of the patients who are entrusted to their care. The nursing faculty selected Mya Hayun as the recipient for this year's DAISY Award. As mentioned, The DAISY Award is presented to one student annually who exhibits the exemplary skills and professionalism required of professional nursing practice. Mya has been a true asset to the nursing program.

CCNE Accreditation

NCWU has continued to maintain national accreditation through the Commission on Collegiate Nursing Education (CCNE) for both the prelicensure BSN program and the RN-to-BSN program. In addition to the growth in the prelicensure BSN program, the RN-to-BSN program has maintained at least 20 students in the program throughout the academic year.



Student Organizations, Group Accomplishments, and School Events

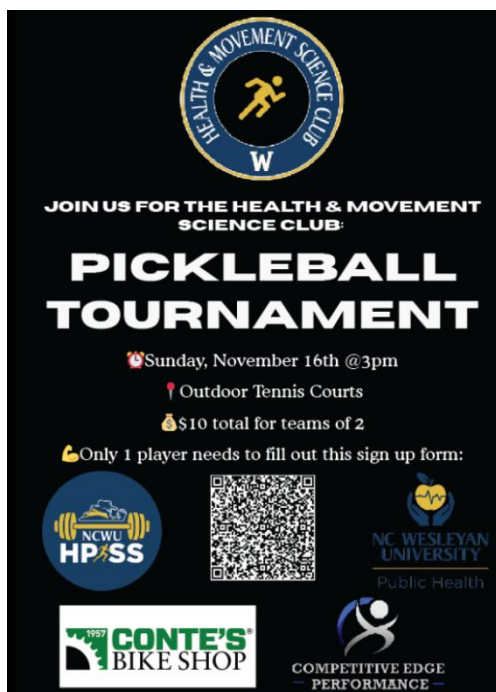


North Carolina Wesleyan University is one of only 200 universities and colleges worldwide to be honored by Exercise is Medicine® for its efforts to create a culture of wellness on campus. Activities such



as Walk with the President, Exercise is Medicine® On Campus (EIM-OC) mascot challenge, Lunch n' Learn Series for Health, and other campus wellness initiatives aided NCWU in earning a silver level designation from the EIM-OC program. On October 21st, 2025, 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. Together with Dr. Duff, the Health and Movement Science Club President, and members. Immediately following the signing, students, faculty, and staff participated in a Walk with the President around campus.



This past year, the Health and Movement Science Club hosted a Pickleball Tournament Fundraiser on November 16th, 2025.



Wear Red Day

The School of Health Sciences participated in the event that took place on February 6th, 2026. School members provided CPR demonstrations, Body Mass Index, weight and health Education, and blood pressure measurements.





Students/Faculty Collaboration



Public Health undergraduate senior and MPH 4+1 student, Ms. Caroline Savoy, completed her practicum with Dr. Meredith Gringle, planning and leading an on-campus event focused on supporting mental health and wellness awareness. The event, which featured Ms. Letesha Banes-Stanton, Lead Health Educator and Public Health Education Specialist with the Nash County Department of Public Health, and assistance from fellow Public Health students, featured mental health resources and stress management activities. Over 100 students, staff, and faculty attended the event!



Dr. Meredith Gringle and public health students Ms. Kailynn St. John and Ms. Maxima Iglesias participated in the 2025 American Heart Association Twin Counties Heart Walk, held on the NCWU campus and organized in part by MPH graduate and current Adjunct Professor of Public health Ms. Tonia Grimsley.

Individual Student Accomplishments

Awards



The President's Cup Award is an annual commencement honor recognizing a graduating senior who demonstrates the highest standards of academic performance and overall grade point average. This year's award recipient was Emily Foraker, an Exercise Science graduate (2026) and a current MPH graduate student.



MPH graduate, Nyra Govan ('25) was selected as one of the 2025 Carnegie Young Leaders for Civic Preparedness, a select group of young changemakers from across the country who are tackling real-world challenges in their communities.

Honor Student Projects from our School

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

Thiago Gianico (Exercise Science major, directed by Dr. Meir Magal)-*"The Association Between Isometric Mid-Thigh Pull and Deadlift Performance in Female NCAA Division III Basketball Players"*



Linda Nhiwatiwa (Exercise Science major, directed by Dr. Tim Dornemann)-*"Starters Versus Non-Starters: Analyzing the Impact of Athletic Readiness on Athletic Performance Testing for Division III Collegiate Athletes"*



Honors Convocation Recognitions

This year's Honors Convocation was held on April 2nd, 2026. The purpose of this event was to recognize students for their academic excellence and academic service.

Exercise Science Award

This year's Exercise Science Award went to Linda Nhiwatiwa.



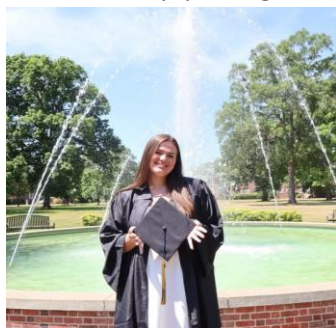
The recipient of this award demonstrates exceptional academic performance and exhibits strong communication, team-building, and analytical abilities. Beyond her classroom achievements, this honor student has actively engaged in research. Under the supervision of Dr. Tim Dornemann, she successfully completed an honors project titled "Analyzing the Impact of Athletic Readiness on Athletic Performance Testing for Division III Collegiate Athletes." In February 2026, she presented her research at the 2026 Southeast Regional American College of Sports Medicine annual meeting. During that event, she represented the university as a member of the student bowl team alongside Sam Colesano and Thiago Gianico. Last semester, she further demonstrated her expertise in exercise science by successfully passing the rigorous ACSM Certified Exercise Physiologist (ACSM-EP) certification examination. The Exercise Science faculty recognizes this recipient as a bright and personable individual who interacts effectively with both students and faculty. She has already achieved significant

accomplishments, and the faculty is confident she will continue to excel. Linda also received the Peer Tutor of the Year Award.

Public Health Awards

This year's Public Health Award went to Brooke Wiggins and Caroline Savoy.

Brooke's deeply thoughtful approach to all her work in and out of the classroom demonstrates the way she centers care as a cornerstone of her public health practice. As public health scholar Meredith Minkler reminds us, public health must "start where the people are." Brooke's keen observations, evidence-based applications, and gentle curiosity not only allow her to connect with diverse communities, but to build them. She recently demonstrated these strengths during her public health internship with the Down East Partnership for Children, where she contributed to designing and implementing physical activity initiatives for underserved children. Academically, Brooke has maintained a high GPA and has been on the



President's list for two semesters. Importantly, Brooke helped to conduct a novel faculty-student research project during her undergraduate program, which investigated affective and physiological responses to exergaming vs. treadmill walking in physically active women, and she will be presenting her findings at the 2026 Society of Behavioral Medicine Conference in Chicago, IL at the end of this month. Additionally, Brooke has been accepted into the NCWU Master of Public Health program, and we are confident she will continue to excel in the field of public health.

Caroline's passion for health equity shows in her incisive approach to public health advocacy. As social epidemiologist Nancy Krieger says, we must use our public health



knowledge to work to improve the conditions of people's lives. Caroline's NCWU-based health education and promotion programming illuminates her commitment not only to preventing disease but to assuring holistic health and wellness. Caroline designed and implemented student-centered health communication and programs through her public health internship with the Nash County Health Department and continues this work in her on-campus practicum, building and extending interprofessional collaborations to support student health and wellbeing.

Academically, Ms. Savoy is an active participant and an incisive leader in her classes. She was integral in designing the "Free Your Curiosity" Health Communication class project, which provided dorm-based health outreach to NCWU students, collected data about students' health needs, and formed the foundation for her internship and practicum work. Caroline was also accepted into the NCWU 4+1 MPH program and is currently taking graduate-level courses as she completes her undergraduate degree. We are excited to continue to follow Caroline as she pursues her public health career.

Nursing Award

This year's Nursing Award went to Brandy Massey.

Brandy Massey has been chosen as the recipient of the 2026 Nursing Award. Brandy has been a stellar



student in the BSN program at North Carolina Wesleyan University. She is always attentive and actively engaged in classroom, lab, and clinical activities. She produces excellent, thorough work and always submits her assignments on time and, oftentimes, well in advance of the due date. Brandy exemplifies the importance of the BSN degree, as an experienced LPN with a master's degree. She offers real-world experience as an ED nurse, and the students love to hear her gross and scary stories. In addition, it's a leap to go from LPN to BSN, so she should be recognized for setting this goal and

working to achieve it. She is literally having to relearn nursing from a different scope of practice. Brandy has a heart of gold and shows a strong desire to help her colleagues and classmates. Brandy has repeatedly stepped up as a leader in this cohort. She is the President of the Inaugural Student Nurses Association at North Carolina Wesleyan University. In addition, she serves on the NCWU Honor Board. Brandy will be presenting at the upcoming Omnium Conference, presenting her work on reducing hospital readmission rates through interdisciplinary community activities post-hospital discharge. The nursing faculty are incredibly grateful to have Brandy as a student in our program and look forward to helping her pursue her dreams.

Alumni Accomplishments

Graduate School Acceptance



MPH graduate, Benjamin Rothrock ('25) was accepted into the Doctor of Public Health (DrPH) program at George Washington University.



Logan Stolz, a May 2026 EXS graduate, was accepted into the Human Performance and Sports Science (HPSS) Program at North Carolina Wesleyan University.



Amber Pierce, a December 2025 EXS graduate, was accepted into the Master of Science in Athletic Training (MAST) Program at Appalachian State University.



Linda Nhiwatiwa, a May 2026 EXS graduate, was accepted into the Human Performance and Sports Science (HPSS) Program at North Carolina Wesleyan University.



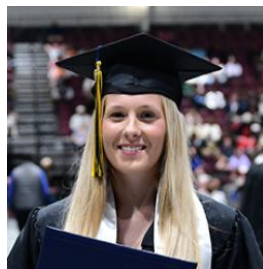
Ava Lowry, a May 2026 EXS graduate, was accepted into the Doctor of Physical Therapy (DPT) Program at Tennessee State University.



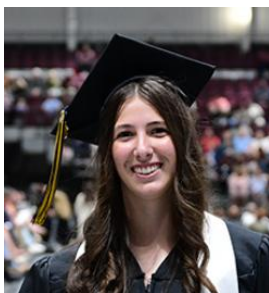
Isaiah Zaino, a May 2026 EXS graduate, was accepted into the Doctor of Physical Therapy (DPT) Program at Western Carolina University.



Thiago Gianico, a May 2026 EXS graduate, was accepted into the Human Performance and Sports Science (HPSS) Program at North Carolina Wesleyan University.



Beth Fothergill, a May 2026 EXS graduate, was accepted into the Master of Science in Physiotherapy Program at the University of East Anglia, UK.



Breanna Falls, a May 2026 EXS graduate, was accepted into the Doctor of Physical Therapy (DPT) Program at Tennessee State University.



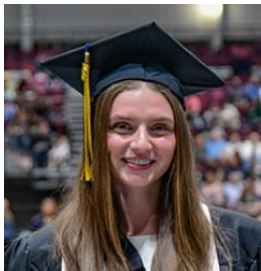
Andrew Brown, a May 2026 EXS graduate, was accepted into the Human Performance and Sports Science (HPSS) Program at North Carolina Wesleyan University.



Keira Boisvert, a December 2025 EXS graduate, was accepted into the Doctor of Physical Therapy (DPT) Program at Campbell University.



Hannah Byrd, a December 2025 EXS graduate, was accepted into the Doctor of Occupational Therapy (OTD) Program at South College-Atlanta.



Morgan Aycock, a December 2025 EXS graduate, was accepted into the Doctor of Occupational Therapy (OTD) Program at East Carolina University.



Emily Foraker, a December 2025 EXS graduate, was accepted into the Master of Public Health (MPH) Program at North Carolina Wesleyan University.

Attainment of National Certificates and Certifications

American College of Sports Medicine (ACSM) Certifications and Certificates



Brooke Wiggins (Public Health undergraduate) completed and passed both the ACSM/NYSHSI Youth Fitness Specialist Certificate and the ACSM/CDC Physical Activity and Public Health Specialist (PAPHS) Certificate



Maxima Iglesias (Public Health undergraduate), completed and passed the ACSM/CDC Physical Activity and Public Health Specialist (PAPHS) Certificate



Stephanie Brown (MPH program), completed and passed the ACSM/CDC Physical Activity and Public Health Specialist (PAPHS) Certificate



Destiny Johnson (MPH program), completed and passed the ACSM/CDC Physical Activity and Public Health Specialist (PAPHS) Certificate



Benjamin Rothrock (MPH program), completed and passed the ACSM/CDC Physical Activity and Public Health Specialist (PAPHS) Certificate

Linda Nhiwatiwa (EXS program) - ACSM Certified Exercise Physiologist® (ACSM-EP), ACSM Certified Personal Trainer® (ACSM-CPT), and ACSM Certified Group Exercise Instructor® (ACSM-GEI)

* 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 listserv (wbrake@ncwu.edu)

**I would like to thank Carl Lewis for kindly allowing me to use many of the pictures he took at the various events depicted in this version of the newsletter. **