The official countdown is on for our official move back into the newly renovated Carver, and we literally cannot wait to get back into the state-of-the-art facility as a department doing what we love to do: educate individuals to improve personal and community wellness and quality of life through human movement, health, and leisure experiences. The students, faculty, and staff of the Department of Health and Human Development all send you warm greetings and formally invite you to the Grand Opening Ceremony for Carver to be held on Friday, October 13, at 1:00 pm out in front of Carver. I know what you are thinking: Friday the 13th? Have you all finally cracked?! Well, that is still up for debate, but the ceremony coincides with a Board of Trustees meeting that day, and Advancement, Athletics, and HHD want to welcome and thank everyone who have worked so hard to help us realize this decades-long dream, including you all, our alumni and friends.

This spring, WWU made the bold declaration to hold commencement in the renovated Carver (Gym B) on June 10, and everyone from the architects to design folks worked at a feverish pace to get Carver ready for June 10, 2017. The move back in will be conducted in phases, so if you are in the Bellingham area, please stop by and see us in late August as we are unpacking our final boxes, getting settled into the facility, and busily preparing for classes to begin fall quarter. For a live webcam and other updates on the renovation project, [click here](#).

We have welcomed two new faculty members this year in Community Health (Dr. Claudia Wang) and Kinesiology (Dr. Kari Jo Hilgendorf). They have effortlessly acculturated themselves to HHD despite our disparate geographical disposition and have gotten off to a great start with their teaching and research. We have also welcomed a new Administrative Staff person, Denise Logue, who has been indispensable in helping us equip our labs and teaching spaces and assisting in the many tasks related to the move. It was also sad to say goodbye to Sherena Sierra, who provided the same type of support as we transitioned out of Carver. Sherena has been traveling all over the world, so our sorrow is tempered with our ability to live vicariously through her stories and posts of her adventures. We also had to say goodbye to Karen Schreuder, the longtime equipment manager for the department, who took a position in Academic Advising. Because she is still at WWU, we get to see her and still bother her about where all of our equipment actually is right now, but her daily presence will be dearly missed in the department.
Keith C. Russell continued...

This coming academic year, we will be welcoming Dr. Nick Washburn as a new faculty member in the PE Pedagogy Program; he will be arriving this summer with his wife, Alena, from the University of Alabama. We are very fortunate to have Dr. Washburn on board and look forward to seeing his vision for the program as we continue WWU’s excellence in producing the state’s most qualified PE teachers. LeaAnn Martin retired this past year (former Coordinator of PE, Chair of HHD, and Associate Dean/Dean of the College of Humanities and Social Sciences). You may recall from our last newsletter that an initiative was underway to endow a scholarship in her name and officially name the handball courts in the new Carver Academic Facility in her name and honor. I am happy to report that the funding campaign was successful, and we will be holding a formal naming ceremony in her honor on Thursday, October 5, 2017, so please look for invitations and communication about this event. For more information on this scholarship, please click here.

I wish to thank everyone who contributed to the various scholarships, endowments, and foundations in the department in the past year. Your donations make it possible for us to support and enrich students’ education in the form of scholarships, attendance at conferences and other learning opportunities, and the ability to work with state-of-the-art equipment in our labs and programs. We rely on and greatly appreciate your contributions. Please continue to help us support the next generation of alumni who go out into the world to create change and bring happiness and joy to others through their dedicated work in health and human development.

Best wishes for a healthy and adventurous 2018!

Keith

The KPE program is pleased to announce that we completed a successful faculty search this spring in the area of Physical Education, Pedagogy. Dr. Nick Washburn will begin his position as an Assistant Professor of Physical Education in the fall of 2017. Please read his faculty profile below for more information on his experience and interests. Welcome, Nick!

Again, during academic year 2016-2017, the KPE Program has been supported by several excellent part-time instructors. We were fortunate to have had Elise Krueger and Paul Horne teaching several courses in Physical Education. In addition, Jen Leita, Debbie Henrichs, and Paul shared their expertise by instructing courses in Kinesiology. We greatly appreciate their efforts, which help to ensure that we offer the broad range of courses necessary to meet our students’ needs. We would also like to acknowledge the excellent advising work of Stacy Halbakken, who continues to keep our Physical Education and Health Pedagogy Program students organized and on track for graduation. Thank you all for another productive year!
Western’s Sport and Exercise Psychology (SEP) Graduate Program hosted the Northwest Student Sport and Exercise Psychology Symposium (NWSSEPS) April 7-8, 2017. The purpose of the graduate conference is to provide an opportunity for students from the Pacific Northwest to present their original research and to also foster interaction between students and professionals in the field of sport and exercise psychology. The conference was a success and attracted nearly 50 student and faculty attendees from across the Pacific Northwest. The conference agenda featured two keynote speakers, Dr. Joseph Trimble of Western’s Psychology Department and Dr. Cassie Pasquariello of the University of Washington Athletic Department. We were also grateful to have Derrek Falor, a WWU Sport and Exercise Psychology Graduate Program alumnus, as an invited speaker at the conference. Derrek shared his applied sport psychology experience with conference attendees, emphasizing the key role of assessment in identifying athletes’ mental training needs. Dr. Keeler and Dr. Arthur-Cameselle are grateful for the SEP graduate students’ time and effort spent helping to organize and run the conference.

FACULTY UPDATES

Dr. Jessyca Arthur-Cameselle

Dr. Arthur-Cameselle’s second year at Western was just as exciting and enjoyable as the first. One of the highlights of the year for her was designing and teaching a new course for the kinesiology program called Mental Health Topics in Kinesiology. The course covers topics such as eating disorders, burnout, and depression in athlete and exercise populations as well as more in-depth coverage on the psychological aspects of injury. Regarding research, Dr. Arthur-Cameselle presented data from an interview study she conducted on the experiences of collegiate athletes with eating disorders at the Association for Applied Sport Psychology national conference in October of 2016. This August, she will present her survey research on factors that help and hinder athletes’ and non-athletes’ eating disorder recovery at the American Psychological Association’s national convention in Washington, D.C. Dr. Arthur-Cameselle is also very proud of her first cohort of graduate students, who have defended their theses and graduated this year.

Dr. Harsh Buddhadev

Dr. Buddhadev’s second year at Western was both productive and busy. This year, he will be traveling frequently to present his research. For example, he will present at the annual conferences of the American College of Sports Medicine (ACSM) in Denver and American Society of Biomechanics (ASB) in Boulder. At the ACSM annual conference at the end of May, Dr. Buddhadev presented on the effects of aging on sagittal plane joint powers during submaximal cycling. In addition, his graduate student, Daniel Crisafulli, also presented at the ACSM conference on the ergogenic effect of creatine-electrolyte supplementation on spring cycling performance. At the ASB annual conference in August, he will present on asymmetry in pedaling mechanics demonstrated by older individuals with knee osteoarthritis during submaximal cycling. Dr. Buddhadev secured an internal grant to develop a graduate class at WWU on biomechanical gait analysis. To gain insights for developing course material, he participated in the clinical analysis workshop hosted by Connecticut Children’s Hospital in Hartford in May. Apart from work, Dr. Buddhadev and his family are enjoying exploring outdoor activities around Bellingham. In June, he and his wife will celebrate their daughter’s second birthday.
Dr. Lorrie Brilla

Dr. Brilla attended the 2017 American College of Sports Medicine national meeting in Denver where two WWU graduate students presented their thesis projects. Both projects were supported by an external grant on creatine effects. One study examined sprint cycling, and the other assessed fatigability factors in lower extremity strength performance. Both students received Ross Travel Awards from Western's Graduate School to support their presentations. In addition to her research mentorship, Dr. Brilla continues as the Kinesiology Graduate Program Coordinator. In that role, she is responsible for program assessment and also facilitates the review of graduate admissions applications as well as graduate assistant awards. During the past year, Dr. Brilla served on the faculty search committee that successfully hired Dr. Washburn for the PE Pedagogy Program. She is also on the College of Humanities and Social Sciences Allied Health Task Force at WWU. Finally, much of Dr. Brilla’s time this year was focused on outfitting the renovated Carver laboratories with new equipment. She believes that the improvements to Carver’s laboratories should improve students’ experiences and help graduates of the program to be even more competitive as they seek employment.

Dr. Gordon Chalmers

Dr. Chalmers continues to plug away at teaching, service, and research, while continuing to serve as the Kinesiology and Physical Education Program Coordinator. In that role, he chaired the successful PE pedagogy search that resulted in the hiring of Dr. Washburn. After 20 years of working at WWU and doing physiology research on lab equipment in his office, Dr. Chalmers is reported to be mildly excited to have an actual research lab for the first time when the Carver renovation is complete. He looks forward to the many ways in which the new Carver facilities will open up novel teaching and learning opportunities for students and faculty.

Dr. Kari Jo Hilgendorf

Dr. Hilgendorf survived her first year as a professor at Western. Amid the steep learning curve of juggling many new duties, Dr. Hilgendorf is keeping afloat and trekking forward! She is forever grateful for her superb colleagues and faculty in both Kinesiology and Health and Human Development. In May, she presented a poster presentation at the annual meeting of the American College of Sports Medicine (ACSM) in Denver, Colorado. During the 2017 spring quarter, she became a member and also joined the research board of the Association of Children’s Residential Centers (ACRC). She is excited to embark on collaborations with phenomenal individuals at ACRC who seek to benefit and heal youth who have been exposed to maltreatment and plans to contribute to ACRC’s endeavors.

Dr. Linda Keeler

Dr. Keeler finished another busy year that involved many efforts related to national conference organization. She is finishing her second year of a 2-year appointment as the Program Co-chair for Division 47 of the American Psychological Association (APA): The Society for Sport, Exercise and Performance Psychology (SEPP). In that role, she is coordinating the SEPP content of the huge APA national convention that will take
place in Washington, D.C., in August of 2017. Last August, she travelled to Denver, CO, to help with that year’s APA convention and to Cleveland, OH, for the executive committee meeting to help plan this year’s convention. She has valued her experience working closely with a national executive committee. Dr. Keeler, Dr. Arthur-Cameselle, and WWU’s Sport and Exercise Psychology graduate students worked hard to bring the Northwest Student Sport and Exercise Psychology Symposium back to Bellingham in April of 2017. Hosting the regional conference is a tradition that Dr. Vernacchia maintained on a regular basis, and WWU’s graduate SEP program plans to once again uphold that tradition following this year’s successful conference. In addition, Dr. Keeler, Dr. Li (Community Health), and a former undergraduate student, Megan Jetter, were successful in publishing a collaborative research study on students’ knowledge of dysfunctional exercise and benefits. That paper stemmed from Megan’s independent study project a few years ago. Otherwise, Dr. Keeler is filled with anticipation to move into the renovated Carver building, which will feature the first suite for the Center for Performance Excellence and help expand student resources and clients served.

**Dr. Jun San Juan**

The academic year of 2016-17 was very special for Dr. San Juan because he was granted tenure and promotion to Associate Professor. In addition, he is very eager to move into the new Carver Academic Facility during the summer of 2017. The Carver Facility will house the new and improved Biomechanics Lab, which will be outfitted with a state-of-the-art motion analysis system. Dr. San Juan continues to mentor his students involved in presenting their research at both regional and international conferences. This year, his students presented at the Northwest Biomechanics Symposium at the University of Oregon in Eugene, Oregon, and at the International Society of Biomechanics Symposium at the University of Oregon in Eugene, Oregon, and at the International Society of Biomechanics in Brisbane, Australia.

**Dr. Dave Suprak**

In the 2016-17 academic year, Dr. Suprak completed his ninth year of service at WWU. He continues his research in the area of shoulder neuromuscular control. He also continues to publish his work on the biomechanics of upper extremity rehabilitation exercises, this year submitting a grant application to the National Institutes of Health to fund a multi-year project examining the effects of shoulder cartilage tear and repair on shoulder biomechanics and neuromuscular function. For this project, Dr. Suprak is collaborating with WWU’s Dr. San Juan as well as an orthopedic surgeon in the community. He is also collaborating with a graduate student to prepare a manuscript for publication on the effect of hand position on scapular kinematics in a traditional push-up exercise. In addition to teaching and research, Dr. Suprak serves on the university-level Academic Technology Committee, where he helps guide decisions regarding advancements in technology on campus for student education. He also remains active on the National Strength and Conditioning Association’s Washington State Board of Directors.

**Dr. Nick Washburn**

Dr. Washburn will join the Western family in the fall of 2017 as an Assistant Professor of Secondary Physical Education (PE). Prior to completing his Ph.D. in Sport Pedagogy from the University of Alabama (2017), he taught PE for four years. In addition, he has worked as a C.S.C.S. certified personal trainer and has also
coached football, wrestling, and baseball at various levels spanning middle school to college. At the University of Alabama, Dr. Washburn gained valuable experience working with preservice PE teachers and collaborating with faculty in research pertaining to the influence of perceived mattering, role stress, and emotional exhaustion on PE teachers’ job satisfaction. Dr. Washburn’s professional mission is to help future middle and high school PE teachers develop the resources necessary to provide their students with an enjoyable and relevant PE experience. His dissertation research examined how the satisfaction of teachers’ and students’ psychological needs for autonomy, competence, and relatedness influence instruction and learning within PE. He is excited to advance his research on motivation in PE to discover mechanisms that are successful in helping teachers better motivate their students to engage in class content as well as leisure-time physical activity. In his free time, Dr. Washburn enjoys spending time with his wife, Alena, and engaging in various forms of physical activity, especially golf and anything involving water. He is excited to contribute at Western and begin life in Bellingham.

Student Accomplishments

KIN Graduate Student Notes

Four graduate students in Exercise Science successfully defended their thesis projects in 2017:

- **Daniel L. Crisafulli** (M.S.): *Creatine and Electrolyte Supplementation Improves Repetitive Sprint Cycling Performance*
- **Sam Lyons** (M.S.): *The Effect of Knee Extension Angle on Knee Joint Position Sense Between Genders*
- **Matthew M. Thorsen** (M.S.): *The Impact of Crossramp Angle and Elliptical Path Trajectory on Lower Extremity Muscle Activation*
- **Hussain I. Aslan** (M.S.): *Acute Effects of Two Hip Flexor Stretching Techniques on Knee Joint Position Sense and Balance*

Three graduate students in Sport and Exercise Psychology successfully defended their thesis projects in 2017:

- **Taylor Leenstra** (M.S.): *A Qualitative Investigation of the Peer Mentor Experience in a Physical Activity Intervention for Mental Health*
- **Jason Haddix** (M.S.): *Comparing Aggressive and Impulsive Behavior in Concussed and Non-Concussed Athletes*
- **Arianna Martignetti** (M.S.): *An Exploration of the Relationship Between Burnout and Depression in Intercollegiate Athletes*

Kinesiology Undergraduate Student Notes

- **Emily Herde** (B.S.) completed her senior honor’s project under the advisement of Dr. Keeler, titled *Psychological Skills in Physical Therapy Practice: Perceptions and Behaviors of Physical Therapists.*
During the 2016 Association for Applied Sport Psychology Conference, alumni from Western's graduate program in Sport and Exercise Psychology attended a luncheon where they met current students and reconnected with Professor Emeritus Ralph Vernacchia (pictured far right). Five alumni attended the luncheon, including Matt Vezzani, Brian Zuleger, Derrek Falor, Katie Sweeney, and Jill Wierzba. It was great to catch up with some of our alumni and hear about the interesting work they are doing in the field of sport psychology. Go Vikings!
Student Accomplishments continued...

Kinesiology Awards for Graduating Seniors

Most Inspirational Graduating Senior
Robert Bremen

Most Outstanding Graduating Senior
Brynne Dykes
Graduate students and faculty at the 2017 Northwest Biomechanics Symposium at the University of Oregon.

Pictured from left to right: Joseph Cordell, Patrick Castelli, Nicole Kelp, Sam Lyons, Professor Harsh Buddhadev, Alec Grey, Professor Jun San Juan and Professor Dave Suprak
Dear alumni and friends,

It always feels special to write the annual newsletter to update you about our program, as it brings back experiences and memories: laughter, tears, disappointment, frustration, dreams, hopes, excitement, and much more. Looking back, 2016-17 has been an interesting and adventurous year as we experienced several challenges at the program level. As always, we survived and became stronger and better, which cannot happen without the support from our dear former colleagues and alumni like you. Through these difficult times, I deeply appreciate the strength and resilience of our program, the diligence and compassion of our students, and the devotion of our faculty members, with whom I feel confident to face any future challenges.

Program-wise, I am excited to announce that we are going to add four new classes to our existing curriculum starting fall of 2017: HLED 471 Professional Preparation Seminar, HLED 397A Theater & Education, HELD 397B Social Justice, and HLED 397C Health Advocacy and Policy. This is the result of careful examination of our curriculum, CHES competencies, and the trend of our evolving field. I believe that our students will greatly benefit from these new courses and will become well prepared in those areas.

The second great news announcement regarding the Community Health program is the grand reopening of Carver this summer after almost two years' renovation. With the completion of the Carver renovation, the Community Health faculty members will finally have offices next to each other. In addition, we will have a program suite that provides the space for students to rest, have group meetings, and conduct focus groups/interviews.

At the personal level, I took over one section of HLED 210, Introduction to Public Health, in addition to the courses I normally teach. Although it is a new class for me and consequently necessitated a high volume of course preparation, I was excited to teach HLED 210 because it provided me with a great opportunity to hear students’ perspectives regarding public health and to share my passion for this subject.

Besides teaching and service, my research efforts still focus on college student health with a growing area of interest and direction in the exploration of wellness among Chinese seniors through the lenses of family, community, and human capital. In addition, I highly value the experience of working with our students through HLED 465 Program Evaluation and Research Design. This year, students explored Food Insecurity Among College Students, Bullying and School Safety Among High School Students, Faculty and Staff’s Opinion Regarding Smoke-Free Campus, Deficiency of Sexual Health Knowledge Among College Students, and Prescription Stimulant Use and Perception Among College Students. For each study, students found interesting and useful results for future health programs. I am really proud of our students.

I hope you are all having a great summer!

Ying Li
News from Dr. Senna Towner

Happy Summer!

We are ending another exciting year for the Community Health Program. Yet again, we are working with a group of seniors who bring us tremendous pride; they are gracious, empathetic, kind, and invested, and we are confident they will take these traits with them into the community health field. Furthermore, with their questions and commitment, they have helped me learn, grow, and better understand community health.

On a different note, we are happy to say that our Community Health Program’s CEPH accreditation self-study is moving along smoothly. As any of you who have been through an accreditation process know, it is challenging yet rewarding. It gives us as a program the opportunity to reflect on our strengths and areas for growth. In addition, we have been able to explore how we compare to other undergraduate community/public health programs across the nation. As a result, we are even more confident that our program is strong and will meet CEPH accreditation standards. Some of our many strengths that line up with CEPH standards include our close work with community agencies, our 400-hour internship requirement, our alumni connections, and our solid curriculum.

Finally, on a personal note, our baby, Wylee Montana, was born last summer on August 13. Our little family could not be happier. Wylee is energetic, funny, and giggly. We are in baby heaven!

Take good care, and be in touch!

Warmly, Senna
Hello, everyone!

With blessings from my family, friends, and former colleagues, I very happily moved to Bellingham and joined the Western Washington University community in September 2016. How exciting! My dream of becoming a faculty member for the Community Health Program has become real. I am so grateful that Keith, Sue, Ying, Senna, Brittanie, and Steve Vanderstaay have continuously helped me to settle in at Western and in Bellingham.

My first day at Western started with a “Student-Centered Teaching Workshop,” which I truly enjoyed. Through this inspiring workshop, I not only learned the most effective teaching strategies, but I was also very fortunate to meet many brilliant faculty members across different disciplines at Western. They have become good friends and great resources, as we all share the same passion for teaching and are dedicated to becoming the best teachers we can.

When I started teaching the Foundations of Health Education and Nutrition courses, I was so impressed by the hard-working students. They have embraced quality of work and curiosity, and they also have big dreams to reduce health disparities, improve health care access, and achieve social, environment, and health justice. I cherish the students and their dreams of achieving health equity, which has motivated me to help in every way I can.

I am also very impressed and inspired by the professionalism of my colleagues as they advise our students and work on seeking national accreditation. I have had the privilege to be a part of the process of drafting the Council on Education for Public Health (CEPH) self-study. Through this, I have learned the national standards in public health, the unique strength of our Community Health Program, and the impression it has had on the cohort, the interactive classroom environment, and the strong connection with communities and alumni—all of which has made me feel honored and fortunate to be here.

Looking back at my past nine months at Western, I am very grateful that I have met and interacted with many wonderful people. It is a privilege to work at a great university with many supportive resources. While I am focusing on teaching for my first year, I also see many other opportunities that lie ahead. I am proud of the achievements we have made, and I am dedicated to contributing more in the coming year.

Best wishes, Claudia
This year, we are also very proud to share with you a myriad of former student accomplishments.

**Carisa Almquist (2016)**

works full time for the American Cancer Society (ACS) as a Patient Navigator for the Swedish Cancer Institute (SCI). Her role is to reduce barriers to care by providing support to patients and caregivers through connection to ACS programs and education, as well as SCI and community resources. Additionally, she has implemented a SCI Welcome Tour for new patients and secured a $10,000 grant to fund post-surgical camisoles for underserved breast cancer patients. She will soon be helping to oversee a team of ACS volunteers at SCI to increase patient outreach.

**Briana Brewer (2011)**

is currently attending the University of California San Francisco (UCSF) for graduate school to become an Adult and Geriatric Primary Care Nurse Practitioner. She will be graduating summer of 2018. She let us know that if anyone is interested in continuing on into clinical medicine, that she is available to talk and would love to help as they begin their health care journey.

**Cori Garcia Hansen (2010)**

was named as Director of the Area Health Education Center for Western Washington (AHECWW) in spring of 2017; the Center is located on Whatcom Community College’s campus.

With dual funding from the University of Washington and the Washington State Department of Health, the AHECWW works to enhance access to quality health care in rural and urban underserved areas and populations via strategic partnerships with academic programs, communities, and professional organizations.

The AHECWW strives to: (1) increase the supply and distribution of health professionals through recruitment and retention activities; (2) increase the diversity among healthcare professionals; (3) improve health care delivery; and (4) promote interdisciplinary and inter-professional education and training.

Over the past couple of years, Cori has been working in primary care and family medicine as a medical assistant and writing curriculum for health workforce development grants at Whatcom Community College. She continues to volunteer with the Bellingham Food Bank Garden Project, as an educator, and the Victory Garden Program, growing fresh food for the community. She is also a board member for the Montessori Peace Centers, a non-profit organization which is licensed by the Department of Early Learning for preschool and school-aged classes. Their goal is to eradicate child homelessness by providing free care for children in need.

Cori recently had the opportunity to travel to India to learn and work for a month at Navdanya, Dr. Vandana Shiva’s agroecology farm. Navdanya is not only a farm, but a center for social and environmental justice. “Navdanya is a movement for Earth Democracy based on the philosophy of ‘Vasudhaiv Kutumbakam’ (The Earth as One Family). They protect India’s biodiversity-based food heritage.”

She also traveled to Nepal to volunteer for a month with Projects Abroad and the Nepal Youth Foundation at MSPN – The New Life Center. This center provides a transitional home for HIV-positive children and their caretakers. They provide health education to help newly-diagnosed children and their families learn nutrition, self-care skills, and the complex medication treatment regimens. The center also provides educational activities, psychological support and counseling, and nutritious meals.

Cori says: “I feel like I am living up to my permaculture philosophy of community health: care for the people, care for the earth, and distribute surplus. Well, it’s been many years
in the making, but I am so thankful for the education that I received through the Community Health Program at WWU. I certainly have used all the content from each course in the program over the years! Thank you for the work you do and the community health leaders you produce. It would be fun to collaborate with you on an AHECWW project!"

**Maya Jolley (2016)**

moved to Salt Lake City, Utah, in the fall of 2016 and was hired at the University of Utah Center for Student Wellness as a health educator. The Center educates on all areas of wellness (e.g., stress, sleep, alcohol, nutrition), and after getting 40-hour training, she discovered her passion for sexual assault prevention. Maya teaches their Rape Culture and Bystander Intervention training on campus and is constantly rewarded and learning from her experiences in this role.

**Simone Mack (2015)**

is currently working at Domestic Violence & Sexual Assault Services of Whatcom County as the Children & Family Advocacy Coordinator. She is in love with this position as it challenges her to use all of her program development skills along with case management skills and caters to her passion for working with mothers and children. She trains and coordinates volunteer mentors and has successfully expanded not only DVSAS's Children's Program, but has developed new aspects of Children and Family Services for DVSAS. She finds such joy in helping children who have experienced trauma build resilience and learn non-violent communication through mentorship and play. Simone is also about to finish her Associates in Ministry from Woolston-Steen Theological Seminary and is excited to be expanding upon different facets of service in her life.

**Nora Maher (2013)**

was recently accepted to both the University of Washington and Indiana University for their Master in Public Health programs, but is currently living in Australia for a year with her partner. She took a leap of faith, quit her job, and left her friends and family for a guy! She is looking forward to seeing a new part of the world. Nora is also applying to the University of Sydney for a Master of Science in Medicine, but doesn't know yet where she will end up. She hangs out with Erika Bro from time to time for much needed girl time.

**Elizabeth Ruth (2016)**

received the highest score on the October CHES exam. As many of you who have taken the CHES exam can attest, Elizabeth's accomplishment is no small one! You can read about Elizabeth and her achievement in the CHES newsletter here: [NCHEC News](#).

This past year, **Isabell Sakamoto (2015)**

transitioned into a new role at Seattle Children's Hospital as a Project Coordinator for Nursing Professional Development. She also teaches Better Babysitters classes through Children’s. She is still doing Community Health and Injury Prevention Education through Children’s as well. Isabell is concurrently in school again, working towards a MS in Health Communications from the University of Illinois. She continues to volunteer with National Alliance on Mental Illness and the American Cancer Society.
Tori Sanchez (2015) moved in late May 2017 to Fairhope, Alabama, where she will be working for Comfort Care Hospice as their volunteer and community programs coordinator. She is very excited for the adventure that is ahead of her!

Amika Savage (2016) was accepted to Johns Hopkins Master of Science in Nursing program. Not only that, she was offered the Dean’s Scholarship; Amika did not apply to this scholarship, but it was offered to her because she was their top applicant! In addition, she was accepted to OHSU’s prestigious Doctor of Nursing Practice Family Nurse Practitioner Program! Amika has accepted her placement at OHSU, and she will move to Portland after returning from China where she is adventuring this spring.

In the past year, Cara Skillingstead (2013) has maintained her working relationship with Nepal-based Oda Foundation as a health advisor, overseeing various projects related to women’s health, clinical policies, and clean water access. She has also recently taken on the role of community engagement coordinator with them, which entails management of their organization’s sponsorship program.

Additionally, Cara has begun a volunteer position with the Victim Support Team through the Seattle Police Department. This is a domestic violence advocacy role which provides support and resources to survivors and victims of domestic violence and abuse.

Danika Troupe (2016) is a program coordinator with United General District 304 in Community Health Outreach Programs. She is currently the lead coordinator for three grants. She has launched Farm 2 School programs in two Sedro-Woolley elementary schools, which includes procuring produce from local farmers and serving it in taste tests and the hot lunch line as well as designing nutrition and farming education for the cafeteria. Danika also serves on the school’s health policy committee and gives recommendations on best practices such as Smarter Lunchrooms and physical activity promotion. She conducts Basic Food (formerly known as food stamps) outreach and education and assists clients with their application. Finally, she leads an underage drinking and marijuana prevention project. In this project, she works with diverse partners who have established a system for connecting minors using these substances to evidenced-based education classes in lieu of a misdemeanor citation. She recently wrote and secured a grant to expand this pilot program to all of Skagit County. Danika is the lead on designing the evaluation and assisting with the nutrition education for a Fruit and Vegetable Prescription Pilot Program in coordination with Peace Health. Finally, she is working with the Concrete Resource Coalition on their opioid emphasis where she has been building partnerships and designing a plan for a prescription drug take-back program.

Morgan Young (2012) graduated in spring 2017 from Bastyr University with a Master of Science in Nutrition. In August, she will head to University of Michigan Hospital to begin a dietetic internship with a concentration in clinical nutrition and pediatrics. Prior to starting graduate school, Morgan worked as a telephonic health coach using motivational interviewing to encourage clients to make positive lifestyle change.

We are so impressed with these exceptional graduates!
Senior Luncheon and Awards Ceremony

On May 21, 2017, we were honored to have Sue Sharpe, Executive Director of Chuckanut Health Foundation, join the senior cohort and our guests (Ms. Felicia Lynn and Drs. Evelyn Ames, Brittanie Lockard, Kelly Collins) to share her words of wisdom regarding career development. Sue congratulated students for choosing Community Health as their career path and advised students to stay bipartisan and work with people from both parties who are deeply passionate about public health. Everyone at the luncheon appreciated Sue’s talk and right timing of these practical tips and wisdom for life and career.

The Outstanding Community Health Major honor was awarded to Maddison Lind, and Rebecca McNurney received the Spirit of Health Education award. Emily Roozen and Maddison Lind scored the highest on the CHES proxy examination and will receive reimbursement for the cost of their national examination.

From left to right: Emily Roozen, Maddie Lind, and Becca McNurney
Greetings to all of you Recreation Program graduates out there doing amazing things in the world. I hope this letter finds you all happy, healthy, and thriving. If there is one thing that is constant, it’s change! So many things have changed in the program over the last few years it’s hard to know where to start, but at the core, we are still the same in our pursuit of service to others and our communities through recreation and leisure.

I have just finished my 13th year in the Recreation Program, and the last two years have seen unprecedented change. As we speak, the Carver Academic Facility renovation is wrapping up its two-year construction at an amazing pace. We have gotten to watch our old offices and homeroom, Carver 110, begin the transformation into the new homes they will become. In just a few months, we will be moving back into Carver, a new suite of offices, and a new homeroom. While we will miss our old spaces, we welcome the modernization of our buildings and appreciate the recognition of the need for adequate academic facilities for our majors.

Our newest faculty member, Dr. Melissa D’Eloia, has completed another successful year in the area of Therapeutic Recreation. She has been a wonderful addition to the program! As a researcher, much of her work is focused on the development and evaluation of therapeutic outdoor recreation programs for youth and adults with disabilities. Her publications have focused on establishing and testing program models that link specific characteristics of camps to developing a sense of belonging as an outcome for youth with disabilities. She enjoys conducting field-based research attuned to the needs of different organizations, while simultaneously investigating the connection between recreation and health for people with disabilities. She has also kept the traditions of Camp TEAM and Adapted Sports Day alive and well!

Dr. Keith Russell has taken over as the Chair for the Department of Health and Human Development. As always, he has done an amazing job chairing one of the largest departments on campus, while still teaching classes in the Recreation Program. As Keith moved into the Chair position, I assumed the responsibility of Program Coordinator. Over the coming year, with the help of the rest of the faculty, we will be working through the important task of our re-accreditation through the Council on Accreditation of Parks, Recreation, and Tourism and Related Professions. WWU’s Recreation Program has been accredited by COAPRT since 1986 and most recently received re-accreditation status in 2012. This important accreditation process allows our students to take both the Certified Parks and Recreation Professional exam, and the Certified Therapeutic Recreation Specialist exam.

As you will see from the individual updates from Jasmine Goodnow, Melissa D’Eloia, Keith Russell, and Lindsay Poynter, we are all doing our best to stay actively engaged in the profession, in our various fields of research, and in our service to our students. We all want to thank you, as always, for the amazing work you’re doing out there in Phase V…a Phase you never outgrow!

Dr. Randall T. Burtz, Recreation Program Coordinator
News from Melissa D’Eloia

My second year here at Western is soon coming to a close, and what a wonderful year it has been. Some highlights of this year have been watching the therapeutic recreation (TR) students design and implement individualized TR programs for the Max Higbee participants, and of course, Camp TEAM. Between these two experiences, the students in the Recreation Program have engaged in over 1,300 service hours, reaching 62 community members with developmental disabilities. I am so very proud of our students and all they have accomplished this academic year.

In addition to the Max Higbee TR student lab and Camp TEAM, I have been busy working on curricular changes to make sure the TR program’s learning outcomes are in line with COAPRT’s accreditation standards and pursuing new and interesting lines of research. I have recently published a manuscript in the *Journal of Parks and Recreation Administration*, which explored camp staff engagement in university-based day camps. I will also be traveling this summer to Chico, California, where I will work with some wonderful colleagues to collect data at a sports camp that serves youth with physical disabilities.

When I am not at work, you can find me enjoying the town of Bellingham and going on outdoor adventures with my husband (Greg) and my 4-year old son (Orion). We love how family-friendly Bellingham and the Western community is and are so grateful to be a part of it.

Cheers, Melissa

News from Jasmine Goodnow

It has been another great year here at Western! The final bricks have been added to Carver, and another strong Phase has entered the ranks. In their Introduction to Tourism class spring quarter, they busily prepped for their microadventures where they explored the PNW as local travelers. You might have seen them out on the trails, whizzing by on bicycles, or sailing in the San Juans. Not only is this Phase adventuring locally, five Recreation majors will also be traveling to Norway next fall to attend an international semester on Outdoor Education and Nordic Friluftsliv (“free air life,” an ancient Nordic philosophy that embodies the idea that returning to nature is returning home). We are very proud of these students and are excited by the new ideas and skills that they will bring back to Phase II.

Microadventures has been the theme of my year as well. Hannah Paramore (Phase IV) and I wrote a Sustainable Action Fund Grant to cover the cost of two microadventures and sustainable tourism education for 20 non-recreation students. Our first trip was a women’s empowerment whitewater rafting trip to Leavenworth. It was a wonderful trip full of big whitewater, Maiifest German dancing and songs, waterfalls, and tasty food. For our second micro adventure, Seattle Escape!, students participated in
Faculty Updates continued...

high and low ropes courses at Camp Long, watched a Mariners game, and searched for the Fremont Troll. I want to give special thanks to Hannah for all her hard work and the Sustainable Action Fund for their support!

Research and scholarship have taken me all around the PNW and the world. Last summer I engaged in my own micro adventures and then presented my research, “An Autoethnography of Sacred Travel: Microadventures as the Post-modern Pilgrimage,” at the International Adventure Conference in Tralee, Ireland. At the conference, I networked with other adventure travel industry experts and learned about their research as well. Soon my paper entitled “Travel and Insight on the Limen: A Content Analysis of Adventure Travel Narratives” will be published in Travel Review International.

It has been a busy, fun, and productive year. I look forward to traveling back east this summer to visit my family and friends and then moving back into Carver.

Jasmine

Reflections from Lindsay Poynter

Summertime called my family out to the San Juan Islands aboard our 16-foot Arima multiple times a week in search of the least-populated beaches. We communed with crab, anemone, and seals, and let the quiet lapping of water and warm sun seep into our bones. I filled my own cup remembering all the reasons wild places nourish my soul. Fall quarter I came back to work and, for the first time, taught Adventure-Based Programming. I adored my time with the Phase IV students in a room without technology, watching them let go, like the leaves, out of the Recreation Program and into their next adventures. Winter was dark and long this year. Phase II tends to be a bit like that—heads buried in work, covered in the challenge of group dynamics, wondering when the ice will melt. As I write this, spring is everywhere...finally. I just pedaled up to campus in the warm rain, the fragrance all around. Phase I is perfect for spring—new friends, passions blooming, warmer weather beckoning more play. I am still honored to be a part of the Recreation Program, observing the seasons of the Phase and growing right alongside our students.

Best, Lindsay
Come and see us in our new home at the start of September!