A LIFE OF SERVICE - ECU professor receives Holshouser award for work with veterans, others

For a career dedicated to improving the lives of others, East Carolina University professor Dr. Carmen Russoniello received the 2015 Governor James E. Holshouser, Jr. Award for Excellence in Public Service by the University of North Carolina system. The prestigious award annually recognizes public service by faculty of the 17 UNC-system institutions. Underscoring its commitment to service, East Carolina is the only university to receive the honor three times since it was first awarded in 2007.

“I’m awed by all that Governor Holshouser accomplished as a public servant and truly humbled to be recognized in his honor,” Russoniello said. He accepted the award to a standing ovation Oct. 30 during the monthly Board of Governors’ meeting in Chapel Hill.

Russoniello’s contributions have spanned decades, beginning with his service as a Marine Corps machine gunner and decorated Vietnam combat veteran. He has since focused on the use of recreational therapy in the form of biofeedback and gaming as an alternative to medicine for people with stress-related medical disorders, including veterans and victims of Hurricane Floyd.

“At ECU, we do value service. I’m a clinician, and as a clinician, I’m always looking for ways to help people,” Russoniello said. He has more than 20 years of clinical experience as a therapist/counselor and works as scientific advisor to Biocom Technologies.

He spends most of his time as professor in the Department of Recreation and Leisure Studies in the College of Health and Human Performance and director of ECU’s Center for Applied Psychophysiology.

“What I learned through public service is what my mom tried to teach me,” Russoniello said. “That doing for others is expected and the rewards are the thoughts and feelings that maybe I’ve made as much of a difference in other people’s lives as they’ve made in mine.”

In 2006, a program director from Camp Lejeune in Jacksonville asked him for help with treating Wounded Warrior Marines as they transition back into civilian life. Russoniello met some of the service men and women and saw himself in them.

Soon, a partnership formed between Russoniello’s biofeedback lab at ECU and the Wounded Warrior Battalion-East at Camp Lejeune. It has since improved the lives of hundreds of veterans who sacrificed greatly for the nation.

Read more: http://www.ecu.edu/cs-admin/news/russonielloaward.cfm
TEN YEARS OUT - ECU’s integrated approach to medical family therapy proving successful

Ten years after enrolling its first doctoral class, East Carolina University’s medical family therapy doctoral program is providing its graduates with 100 percent job placement.

More than 60 percent of the program’s graduates are employed as faculty in universities with family therapy and medical family therapy programs or medical schools. Others work in research, policy or administrative roles.

“Our students are sought after while enrolled in the program and after graduation for their research, policy, teaching and clinical skill sets,” said Dr. Jennifer Hodgson, director of the program. Hodgson created the program with Dr. Angela Lamson, professor and associate dean of the College of Health and Human Performance.

A unique skill ECU graduates possess is experience in integrated behavioral health care, which focuses on care for a patient’s mind, body and family. Integrated behavioral health providers work side-by-side with medical health care teams to assess, diagnose and treat patients and their families. This approach has demonstrated better health outcomes for patients, more efficient use of resources and increased patient satisfaction.

ECU’s program was the first of its kind in the nation and is one of two medical family therapy programs accredited by the Commission on Accreditation for Marriage and Family Therapy Education. On Sept. 5, the American Association for Marriage and Family Therapy (AAMFT) presented ECU’s program with the 2015 Training Award, which recognized their training model as well as significant contributions for advancing the medical family therapy field. “The medical family therapy angle is so new that few have really developed it,” said AAMFT executive director Tracy Todd.

Read more: http://www.ecu.edu/cs-admin/news/medfamtherap cfm
EASTERN EPIDEMIC

Researchers explore innovative treatments for Type 2 diabetes

Diabetes – a condition involving high levels of sugar (glucose) in the blood – is the seventh leading cause of death among North Carolinians. And Type 2 diabetes, wherein a person’s body is unable to use the insulin hormone to absorb glucose, represents more than 90 percent of all diagnosed adult cases in the nation.

Those statistics are among what’s driving East Carolina University scientists to seek new therapies for treating the disease – including one initiative aided by a five-year, $1.65 million grant from the National Institutes of Health.

Dr. Carol Witczak, assistant professor of kinesiology in the College of Health and Human Performance is spearheading research into how exercise reduces the onset of Type 2 diabetes.

She is focused on a protein called Calmodulin Kinase Kinase, which she previously identified as effective in moving glucose from the blood into both healthy and Type 2 diabetic muscle cells. She demonstrated that this protein functions in much the same way exercise does to build muscle and to stimulate muscle to consume more glucose, leaving less glucose to linger in the bloodstream.

“Most people with Type 2 diabetes don’t realize that exercise can lower their blood glucose levels independent of the other beneficial effects of exercise, such as weight loss or lowering blood pressure,” Witczak said.

Doctoral candidate Jeremie Ferey, who studies bioenergetics and exercise science, is working with Witczak on this project.

Read more: http://www.ecu.edu/cs-admin/news/diabetesresearch.cfm

Official ECU Tartan

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The design was first approved by the university marketing and licensing divisions, then registered with the Scottish Register of Tartans in 2011. ECU owns the copyright of the tartan design granted by the United States Copyrights Office. Therefore, use of the official ECU tartan design requires approval by the university administration. At present, CTA is the sole licensed collegiate manufacturer of official ECU Tartan products.

The partnership between ECU Merchandising Program and CTA is a mutually beneficial relationship where merchandising students gain experience in product development, pricing, sourcing, merchandising and marketing while CTA gains from students’ creative ideas and carries out the specific merchandising business actions. The process from researching to turning an idea into a final product is a profound learning experience that well prepares merchandising students for their careers. For each online sale of an ECU Tartan product, CTA gives a percentage of total retail sales back to the Merchandising Program Scholarship Fund.

For more information please contact: Dr. Runying Chen at 252-328-1329 or chenr@ecu.edu.

NO LIMITS - Golf ‘Fore’ All event removes barriers for players with disabilities

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Universal Design Accommodates All

Interior design seniors in a universal design course learned how difficult access can be for people with disabilities. Using special equipment that restricts movement to mimic the effects of aging or physical disability, students walked through buildings they visit every day. The difficulties they faced increased their understanding of how to design spaces that allow equal access to all.

Students designed a condo unit for a retirement or senior living community. In designing for this population, they considered universal access to make the spaces usable by people with all levels of mobility. Universal access should also allow owners of these units to age in place, an important consideration in today’s housing market for seniors.

Students first design an individual unit, then mirror that unit to create a floor layout for an individual building. They also look at building code considerations and study what the exterior massing of the building might look like based on the unit they have created.

Mr. Charles Gustina, Department of Interior Design and Merchandising, was the instructor of the course. “Interior designers today are expected to respond to all levels of client physical ability. It is not just the law but is also critical to creating a positive environment for clients,” Gustina said. “Our program trains students to design for this, and to meet all other requirements for their successful entry into the world of professional design.”

HHP Recognizes Cornerstone Society Members

HHP recognized 86 Cornerstone Society Wall of Honor members on Oct. 16. Membership is composed of generous donors who have contributed a minimum of $1,000 to the College between July 1 and June 30th.

Dean Glen Gilbert welcomed donors and thanked them for their generosity. Mr. Chris Dyba, Vice Chancellor for University Advancement, also expressed appreciation for our loyal supporters.

The names of members were published on a nameplate on the Cornerstone Society Wall located on the academic hallway of Minges Coliseum. Each member received a perpetual plaque recognizing their participation.

In Memoriam

Dr. Raymond Martinez, 89, passed away on December 16, 2015. He was recruited to ECU in 1954 to become the first head swimmers and diving coach. He led ECU swimmers to several team and individual championships and developed groundbreaking training practices which he brought into the classroom as a faculty member. He retired Professor Emeritus and administrator in 1986.

STUDENT SPOTLIGHT

Public Health Studies major Raashauna Payne has learned to balance campus involvement as an ECU Cheerleader and academic studies. Payne expects to graduate in 2016 and her career goals include working as an epidemiologist and having an impact on people around the world.
Social Work Students Studying Abroad, Staying Home

Twenty students majoring in social work had the opportunity to learn about the realities of human rights violations and the “Power of One” in the Global Citizenship course, funded by a BB&T Center Leadership Teaching Grant. Students engaged in a meaningful discourse about sensitive, critical topics with other students around the world.

Dr. Kelly Reinsmith-Jones, assistant professor in the School of Social Work, said it was the first time the group used ECU’s global classroom. “I wanted to bring the world to my students and afford them the chance to hear and see what students in other countries are experiencing and how global crisis impacts education and student experience,” Reinsmith-Jones said.

Students learned about what they could do as activists to make a difference locally and globally. Topics included immigration issues, human rights violations, The Declaration of Human Rights, The Convention on the Rights of the Child, and social work responses to human rights violations. Small student group conversations were held with others in Germany, Poland, Lebanon and Mexico.

Social Work Field Orientation

More than 140 students and community social workers attended the ECU School of Social Work fall field orientation on August 20. The event provided an orientation to social work internships for students and internship supervisors. It also offered students an opportunity to network with future employers.

Keynoting the event was Dr. Kim Strom-Gottfried, noted researcher, author and speaker on social work ethics. Strom-Gottfried is a professor at the UNC School of Social Work. The presentation prepared students for the ethical issues they may encounter and furthered the training of internship supervisors.

Similar to other professional practice disciplines such as nursing or teaching, social work internships are primarily academic experiences, in which students apply social work theories, knowledge and values to practice. The goal of the social work profession is to enhance the quality of life for individuals, families, groups, organizations and communities in a variety of practice settings.

ECU’s School of Social Work offers field placement opportunities throughout the eastern region of N.C. and in neighboring regions. Internships may include direct interventions with individuals, families and non-related groups; indirect practice interventions enabling social, organizational or institutional change; diversity of modalities, populations, and treatment issues; and a range of theoretical and teaching methodologies and models.

Summer Study Abroad Students Meet With Member of Parliament

Twenty-nine students participated in the Department of Health Education and Promotion’s (HEP) summer study abroad program “Public Health in England” from June 5 – June 19. The group received a briefing in the House of Commons from Member of Parliament and Majority Whip, Margot James. MP James, a former health marketing executive who now serves on several key Parliament health committees, discussed the UK’s National Health System and other topics of interest to the students. The study abroad program is coordinated by HEP Chair Dr. Don Chaney (pictured on the front right) and faculty member, Karen Vail-Smith.
Faculty Accolades, Achievements and Awards

Drs. Vic Aeby (HEP) and Tracy Carpenter-Aeby (SoSW): Presented two research manuscripts at the 10th European Research Network About Parents in Education International Conference at The Arctic University of Norway titled, “Ophelia Boiling/Relational Aggression Among Girls: Interventions for Parents and Schools” and “Listening to Student Voices: Perceptions of School Bullying.”

Drs. Vic Aeby and Lei Xu (HEP): Published the paper, “An Integrated Model of Emotions, Attitudes, and Intentions Associated with Undergoing Autism Genetic Testing,” in Psychology and Cognitive Sciences; Published the article, “Evidence-Based Social Work Interventions to Improve Client Attendance in Rural Mental Health: An Overview of Literature in Psychology and Cognitive Sciences.”


Dr. Craig Becker (HEP): Appointed to the National Wellness Institute Council on Wellness.

Drs. Craig Becker, Beth Chaney, and Deedee Glascoff (HEP): Published the paper, “The Salutogenic Wellness Promotion Scale for Older Adults,” in the American Journal of Health Education.

Dr. Matthew Fish (RCLS): Accepted into the 2015-2016 Engagement Outreach Scholars Academy (EOSA) to develop a biofeedback program that can be implemented in eastern North Carolina schools to increase adolescents’ resiliency to experiences that lead to extreme physiological arousal and negative health outcomes.

Dr. Lena Carawan (SoSW): Recipient of the 2014-2015 ECU Star Recognition for Highly Effective Teaching Practices.

Dr. Beth Chaney (HEP): Recipient of the 2015 Early Career Award from the American Public Health Association’s Public Health Education and Health Promotion Section.

Dr. Ron Cortright (KINE): Recipient of the 2014-2015 UPC Board of Governor’s Distinguished Professor for Teaching Award.


Dr. Ryan Martin (HEP): Research regarding addictive behaviors and gambling related problems was cited in the NY Times.


Dr. Charles Humphrey (HEP): Recipient of the HHP Outstanding Researcher Award.

Dr. Jake Jensen (HDFS): Keynote speaker for the ECU Student Success Conference; Manuscript titled “Finer Distinctions: Variability In Satisfied Older Couples’ Problem-Solving Behaviors” accepted for publication in Family Process; received the Issues in Aging Focus Group Award at the National Council on Family Relations conference for the paper, “The Good Fight: Older Couples’ Approaches To Conflict.”


Dr. Sandy Lookabaugh (HDFS): Selected as the first Nancy W. Darden Distinguished Scholar in HDFS. She will hold this honor for three years.
Dr. Nick Murray (KINE): Received the 2015-2016 ECU Interdisciplinary Research Collaboration Awards. The grant is titled: “In-Field Gait Analysis and Gait Retraining To Reduce Risk Factors Associated With Tibial Stress Fractures”


Dr. Tom Raedeke (KINE): Named a Fellow of the Association for Applied Sport Psychology; recipient of the 2015 HHP Outstanding Professional Service Award.

Dr. Damon Rappleyea (HDFS): Selected as the Journal of Marital and Family Therapy’s “Reviewer of the Year” and was honored by the editorial board at the annual conference of the American Association for Marriage and Family Therapy.

Dr. Alice Richman (HEP): Recipient of the 2014-2015 ECU Scholar/Teacher Award.


Dr. Natalia Sira (HDFS): Recipient of the 2014-2015 ECU Scholar/Teacher Award.


Dr. Stacy Warner (KINE): Elected to the North American Society for Sport Management executive board; selected as co-editor of Journal of Issues in Intercollegiate Athletics and selected to serve on editorial board of Journal of Sport Management.


The 12th annual ECU Apparel and Interior Merchandising Organization Fashion Show will be held Thursday, April 14, 2016 from 7:00-9:30 p.m. at Rock Springs Center in Greenville.

To purchase a ticket or for more information contact, Dr. Runying Chen in the Department of Interior Design and Merchandising at chenr@ecu.edu; 252-328-1329.

ALUMNI NEWS

Dawn Cash-Salau: Received the 2015 HHP Honorary Alumni Award at the College Recognition Ceremony on December 18.

Lauretta Lewis (SoSW): Received the 2015 ECU SoSW Distinguished Faculty Legacy Award at the 6th Annual Alumni and Friends Celebration.


Austin Mabry (IDMR): Worked for Style Fashion, a company that helps designers lead fashion shows during New York Fashion week in May. He is employed at The Loft in Times Square.

donna Mooneyham (RCLS): Received the Laurel Wreath Award as an ambassador of good will in athletics from Governor Pat McCrory and the State of NC.

Renee’ Pearson (SoSW): Received the 2015 ECU SoSW Distinguished Alumni Award at the 6th Annual Alumni and Friends Celebration.

Keeley Pratt (HDFS): Received the 2015 HHP Outstanding Alumni Award at the College Recognition Ceremony on December 18.

Doug Smith: Received the 2015 HHP Honorary Alumni Award at the College Recognition Ceremony on December 18.

Mona Townes (SoSW): Received the 2015 ECU School of Social Work Rising Star Alumni Award at the 6th Annual Alumni and Friends Celebration.

Jerry McGee (HHP): Received the 2015 HHP Outstanding Alumni Award at the College Recognition Ceremony on December 18.

Outstanding Alumni Award at the College of Recognition Ceremony on December 18.