

# HHP *visions*

College of Health & Human Performance Alumni and Friends Newsletter

Fall 2011

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## Wii are Fit: Study Helps Seniors Stay on their Feet

Swinging her arm back, Claudine Humphrey releases the ball down the alley toward the pins. She's bowling again. But this time it's different.

Humphrey is one of 15 seniors who play video games using a Nintendo Wii as part of research conducted at East Carolina University by Whitney Sauter, graduate student in the Recreation and Leisure Studies Department, College of Health and Human Performance.

The study looks at how interactive video gaming-based exercise, also called, "exergaming" can improve balance, prevent falls and maintaining

planned activity involvement. Participants in the study meet weekly at the Pitt County Senior Center and their age ranges from 62 to 91.

According to statistics from the Centers for Disease Control and Prevention, falls are the leading cause of injury-related deaths in older adults over 65 years of age. A major contributor of falls is balance dysfunction. Falls are also the most frequent cause of nonfatal injuries and inpatient hospital admissions. "It has been years since I bowled," said Humphrey, 85. As a former deputy civilian personnel officer for the secretary of the Army at the Pentagon, she and her husband used to bowl on church leagues at Fort Belvoir Military base.

Humphrey said she was hesitant about participating in the study at first. Now, she said she loves playing Wii and can see some improvement. "I have noticed that the stretching exercises for the ankles have made a difference when I work in my garden at home," said Humphrey. Sessions



Ms. Claudine Humphrey

begin with low-intensity stretching exercises and target maintaining or improving functional skills that reduce the risk of falls such as dynamic standing, weight-shifting, stepping, and reaching. "I have not missed a class and I recommend this game to others," Humphrey said.

Sauter said connecting seniors with Wii was a natural fit. "I chose Nintendo Wii sports game package for this intervention because it allows seniors to engage in simulated sports that they could have enjoyed in

*continued on page 2*



ECU graduate student Whitney Sauter and Ms. Jeanne Stone

## Alumnus Steps Forward in Paralysis Research

When Reggie Edgerton '61 took health, exercise physiology, and biology classes at East Carolina University while working at the campus infirmary, he had no idea that the foundation for a remarkable research career was being established. He also did not know this research would become a life-changing discovery for a man paralyzed from a spinal cord injury and could provide hope to millions of others.

Edgerton recently lead the clinical trial that used epidural stimulation of the spinal cord to help Rob Summers, who was completely paralyzed from the chest down, regain voluntary, conscious control of movement and other autonomic functions such as improved bladder and temperature

control. For more than three years following a motor vehicle accident, Summers was unable to stand, step, or exert any voluntary control of muscles in his legs. Doctors told him he would never walk again. Then he became the first human to participate in specific research involving epidural stimulation.

A 16-electrode array along with a small stimulating device and battery was surgically implanted in Summers' dura, the thick membrane surrounding the spinal cord. The device permits long-term electrical stimulation and activates the spinal nerves just enough to make them responsive to sensory signals coming from the lower extremities of Summers.



Dr. Reggie Edgerton

Edgerton said, "The stimulation is at a threshold intensity which does not actually induce a movement but enables the spinal cord to receive and interpret the sensory information which tells the spinal cord to stand

*continued on page 2*

## Message from the Dean

Greetings to all of you from all of us, in the College of HHP. As they say, change is certainly in the wind. That is what is garnering the attention and deep concern of faculty members at ECU and what might be the impact of changes to each individual faculty member and the college of HHP. The institution has taken on an ambitious project to examine each department and each degree program to determine the quality, productivity and centrality. This examination is driven by the need to set priorities and increase efficiencies. The institution received a 16% reduction in our state funding this year. For the first time since I have been at ECU we experienced no growth in enrollment by design and necessity. With such a loss in resources we could not insure we could meet current student needs if we continued to grow.

The major first step in the review process was to rate each of the departments on campus. I am pleased to share that all our departments came out very well. Now the committee will examine the 'right sizing' of departments and degree programs. Then they will look at the possibility of re-organizing the campus. This may not result in any major changes but then again they could be significant. We will let you know when we have any idea how it might impact HHP. Here is the link to the committee web site if you wish to learn more: <http://www.ecu.edu/ppc/>

Our College Advancement Council continues to help us in many ways. Led by Jim Post our fall meeting was expanded to include tours of many of our facilities and activities. The members seemed a bit overwhelmed by all the positive changes since they attended especially in the use of technology and the exceptional programs we have underway. We very much appreciate their keen interest, dedication, support and good advice.

Thank you all for your continued interest in ECU and HHP. We are trying to move to electronic editions as both a cost savings and just a better way to reach our growing alumni. We are on Facebook and that is another place you can find information about HHP. Past copies of the newsletter can be found online at <http://www.ecu.edu/cs-hhp/visions.cfm>. We are committed to reaching as many of our alumni and friends as possible.

Wishing you and your families an active, safe, and healthy holiday season.



Glen G. Gilbert, PhD  
Professor & Dean

### Wii are Fit, *continued from page 1*

the past but may be physically unable to do so now in a real-world environment," she said.

Along with physical and cognitive benefits gained from this intervention, Sauter has also noticed social benefits. Seniors have been able to foster healthy inner-competitiveness and demonstrate motivation to beat or maintain their personal high score from week to week.

Sauter works part-time as a therapeutic recreation specialist at Pitt County Memorial Hospital's Regional Rehabilitation Center. She will graduate in December with a Master of Science degree in Recreational Therapy Administration.

### Alumnus Steps Forward, *continued from page 1*

once pressure is placed on the bottom of the feet." After weeks of stimulation and locomotor training, Summers was able to stand independently for up to four minutes at a time and he could perform this repeatedly after brief periods of rest. He could also take steps with assistance. Finally, after six to seven months, he was able to voluntarily move his legs on command but only during epidural stimulation. "The results from the first subject that we have implanted using the stimulation strategies developed have significantly exceeded our expectations," said Edgerton. "These results have revealed a new and important conceptual discovery that could have a large impact on a wide range of neuromotor disorders."

Future research plans include repeating the procedure in four more subjects using the present technology and developing a more advanced device that will take full advantage of the capability of the spinal circuitry to control movement in the presence of stimulation.

Edgerton received his BS in Health and Physical Education from East Carolina University in 1961; his MS degree from University of Iowa in 1963; and his Ph.D. in Exercise Physiology from Michigan State University in 1968. In 2008 he received the HHP Centennial Award. He is a native of Pamlico County near Oriental, North Carolina and currently serves as professor at the University of California, Los Angeles.

## Study Examines Effectiveness of Electronic Health Messaging

East Carolina University health education professor Dr. Alice Richman received a Merck & Company grant of \$115,000 to study whether electronic reminders and educational messages might enhance HPV vaccine utilization, adherence and knowledge. The HPV vaccine consists of a three-dose series over a six-month time period. Volunteers will be culled from male and female students between 18 and 26 years of age who visit ECU Student Health Services for their first dose of the HPV vaccine.



Dr. Alice Richman

"One group of randomly assigned students requesting the HPV vaccine will receive the current standard of care – paper cards with their next vaccination date written in," Richman said. "Another group will receive electronic reminders and educational messages." Students in the second group will receive either an electronic message via e-mail or a text message each month for seven months.

The study began in October and will continue for more than a year. Richman is an Assistant Professor in the Department of Health Education and Promotion, College of Health and Human Performance.

### *Department of Health Education and Promotion*

The Department of Health Education and Promotion (HE&P) is off to yet another great start in fall 2011! HE&P is very proud to welcome three new faculty members at the rank of Assistant Professor; Dr. Jo Anne Balaney and Dr. Stephanie Richards to the Environmental Health Sciences Program and Dr. Monica Webb to the School Health Program. Dr. Balaney's research focus is on activated carbon fibers and occupational exposure assessment related to air quality. Dr. Richards research focuses on entomology related to infectious disease vectors and related viral pathogens. Dr. Webb's research focus is on high-risk behaviors by students, including alcohol, drug and sex-related risks. We look forward to working productively with Dr. Balaney, Dr. Richards and Dr. Webb in 2011-2012 and beyond.

HE&P behavioral researchers Drs. Alice Richman (PI) and Sloane Burke (Co-PI) received a \$115K grant from Merck & Co. Inc. to investigate if electronic reminders of scheduled appointment times coupled with electronic health education messaging about HPV and the HPV vaccine can increase HPV vaccine utilization, adherence, and knowledge among college students. This study launched in August 2011 and will run for a year and a half. Dr. Jennifer Cremeens, HE&P Assistant Professor, continues her grant research funded through the U.S. Department of Education on social marketing to reduce high-risk ECU and PCC student alcohol consumption. HE&P Associate Professor Dr. Craig Becker also continues to serve as Principal Investigator with grant Coordinator Ms. Amy Olson on a NC Department of Health and Human Services Tobacco Free Colleges grant. HE&P is also pleased to announce that faculty Dr. Melissa Haithcox-Dennis has completed a North Carolina HIV/AIDS needs assessment in cooperation with the Brody School of Medicine on HRSA Ryan White grant funded research. The HE&P Athletic Training Program continues to work closely with Pitt County Schools in providing certified athletic trainers to six county high schools.

HE&P faculty Dr. Sloane Burke and Ms. Karen Vail-Smith traveled to Switzerland and Italy along with 29 Health Education MA/MPH graduate and undergraduate students during summer, 2011; visiting the World Health Organization, the United Nations, the Global Fund to Fight Aids, the headquarters of the International Red Cross, and the

University of Geneva Hospital (see photo and link). They are planning to travel to Ireland, in May/June 2012 to visit Dublin, Cork, Killarney, Tralee and Bunratty and related local/regional/national health education and promotion and public health organizations.

HE&P alumnus Mr. Eric Nickens, Jr. (B.S., 2004; M.A., 2008) received a GlaxoSmithKline Child Health Recognition Award and the NC Public Health Association 2011 All-Star Award at the NC Public Health Association's 100th Annual Meeting in Charlotte on Wednesday, September 21, 2011.



*Clockwise from center: Dean Glen Gilbert, Dr. Deb Jordan, Dr. Tim Kelley, and Dr. Stacey Altman*

### *Department of Recreation and Leisure Studies*

The faculty in RCLS had a busy summer working collaboratively to revive and re-create a departmental strategic plan. Because of all the changes over the years, the department decided to 'start at the beginning' and create a framework to serve us for many years to come. We are pleased to share this with you so that all may help us to achieve our goals and directions. We believe in the core values of: high quality teaching, experience-based learning, diversity and inclusion, scholarship, evidence-based practice, engagement, and leadership. This means that we strive to embed these values throughout our teaching, service, scholarship, and outreach.

Our collective mission is: RCLS educates tomorrow's leaders in parks, recreation, tourism, and recreational therapy as well as provides scholarship and leadership to the region, state, and nation. We strongly believe that our roles are to serve and provide

leadership to a wide range of citizens at all levels. As a vision to focus us and help us to grow, we have agreed that we will be: ... the model professional education and training program of the nation through scholarship, innovation, technical assistance, and outreach thereby helping learners to develop the necessary competencies, interpersonal skills, and critical thinking to lead the professions in the coming decade. We strive to achieve these aims in all that we do. Lastly, we have selected the tag line of: "RCLS: Live well." We believe that this captures who we are, what we do, and the impact we have on others.

In terms of what alumni and other supporters might do to assist us in our goals, we ask that you join the RCLS Professional Society (alumni support group). As a group, these individuals assist the students, faculty, and programs of the department to achieve our desired future. In addition, please help us to recruit students to both the undergraduate and graduate programs so that we can share our concept of "living well." As always, please send queries and comments to us at: [www.wcu.edu/rcls](http://www.wcu.edu/rcls)

### *Department of Kinesiology*

Greetings from the Department of Kinesiology (the department formerly known as Exercise and Sport Science)! Folks on campus are getting used to our new name and we hope you are too. While our name has changed, our mission remains the same: promote physical activity for health (in its broadest sense). To that end, we continue to revise curriculum and the ways we deliver instruction to meet the needs of society well into the future. Students are increasingly able to apply theory while they work with clients in the Exercise Prescription, DanceAbility (adapted physical education), Home School Physical Education, and After School Activity programs and at Cypress Glen Retirement Community, Senior Games, and at other locales and events that work with us to provide service-learning opportunities. Additionally, three students working with the Biomechanics and Activity Promotion Labs won awards in the competitive ECU Undergraduate Research and Creative Activity Awards Program. They will use the awards to conduct research and practice their skills with subjects in the studies they proposed. Our graduate students are working hard as well. Many will soon travel to professional conferences to deliver research presentations and to compete with other universities in case studies and other competitions (e.g.

*continued on page 4*

## A Broader View: Making the Grade in the Global Economy

Snorkeling in the waters of the largest coral formation in the world, experiencing the viability of tourism within a village community in the South Pacific, studying global health initiatives and the cultural implications of sport in European countries, were among the summer activities of students in the College of Health and Human Performance.

Students in the **Department of Recreation and Leisure Studies** visited Australia and Fiji. The ecology and reef management policy at the Great Barrier Reef Marine Park in Australia was a highlight. While examining how zone management works to protect the reef and the marine life that it nurtures, students had the opportunity to snorkel in the warm waters.

Kaliah Lewis, of Burke, Virginia, was among the 13 students who participated. "The most memorable part of the trip was visiting the Namosi Fijian village and meeting the chief," she said. "The chief gave us permission to kayak down the Luva River. We saw the most amazing scenery and waterfalls." Lewis is pursuing an undergraduate degree in Recreation and Park Management. "The trip was unforgettable," said Lewis. Dr. Clif Watts and Dr. Paige Schneider, assistant professors, were the faculty members who led students on this trip. "I could see that students gained an appreciation for the type of tourism that has minimal impact on the culture and natural resources of Fiji," said Watts.

The **Department of Health Education and Promotion** offered a study abroad program to Switzerland and Italy. Global health was the focus of study for the 30 students who participated. Michelle Royal, of Raleigh, is pursuing a Master of Arts in Health Education loved experiencing different cultures. "The best part

about the trip was visiting the World Health Organization and The International Red Cross," she said.

Ms. Karen Vail-Smith, teaching instructor, said the program

included site visits to the Global Fund to Fight AIDS, United Nations High Commissioner on Refugees and the University of Geneva Hospital System. "I think we'd all agree that hiking to the base of the Matterhorn was an unforgettable experience," she said. Plans are underway for a trip to Ireland in May, 2012. For more information, please view [www.ecu.edu/hlth](http://www.ecu.edu/hlth).

The **Department of Kinesiology** offered a study abroad program to Germany, Netherlands, Austria, Switzerland and Italy. Nine ECU students looked at the organization of sport within the European society, sport operations in the global economy and the cultural implications of sports. Dr. Stacey Warner, assistant professor, led students on this trip that included visits to The International Olympic Museum, Federal International Football Association Headquarters, Red Bull Worldwide Headquarters, Ferrari Headquarters & Museum, Parma Panthers American Football Club, The Hague and German Sport Universities.



*Measuring tree growth, New Zealand*



*Red Bull Headquarters in Austria*



*World Health Organization in Switzerland*

### Department Updates, *continued from page 3*

at the SE American College of Sports Medicine and CSR Institute conferences). Students in the PhD program in Bioenergetics continue to be proud of the top 5 national ranking of the program and the number 1 ranking among ECU doctoral programs. All students are being encouraged to participate in one of the two study-abroad programs (sport management and exercise physiology) this summer and to get involved in career-related student organizations. The KINE Majors Club engages 111 of our 599 Kinesiology Majors and the KINE Graduate Student Organization involves nearly 100 students in leadership and service activities. External organizations have taken note. For example, three students earned awards from the American Kinesiology Association. Of course, these student activities and accomplishments happen in conjunction with the outstanding efforts of committed faculty members. New additions to the full-time faculty include Dr. Alessandro Quartiroli and Dr. Zac Domire. Research Note: Drs. DuBose and Sartore met the criteria to be named Research Fellows by prestigious national associations. We are grateful these individuals will be sharing their talents with us. We are also grateful to the alumni and friends of the department for continuing to mentor and serve our students by being role models, internship supervisors, sources of information and financial support, and in other capacities. For more information about us visit: [www.ecu.edu/exss](http://www.ecu.edu/exss)

# Military Programs

The **ECU Army ROTC** welcomes their new Commander, LTC Dan Heape. He was commissioned as a Second Lieutenant in the Field Artillery in June 1995. Previously, he was the Deputy G4 for the 101st Airborne Division (Air Assault) at Fort Campbell, KY and the Deputy J4 for the 101st Airborne Division (Forward) in support of Operation Enduring Freedom 10-11, Afghanistan. Army ROTC had another successful and exciting fall semester.



LTC Dan Heape

Over fall break, the Pirate Battalion sent an eight person team to Washington D.C. to participate in the 2011 Army Ten Miler. In the Army ROTC division, we had three cadets from the battalion finish the race in under an impressive 75 minutes. In October, the Pirate Battalion sent the Ranger Challenge team to Fort Pickett to

compete against other ROTC programs and we ranked number 5 out of 42 schools. Each football season, AROTC plays a big role in promoting school spirit by selling programs, presenting the colors, and firing the famous

cannon after every ECU score. Cadets also show their spirit by raising money for many different charitable organizations. Over the past three years the Pirate Battalion has raised over \$23,000 to give back to the families affected by the war and to honor the fallen.

The Pirate Battalion is working hard to achieve their academic and physical fitness goals this semester as well as continue to proudly represent HHP.

The **ECU Air Force ROTC** Detachment 600 welcomed their new commander in July 2011. Lt Col Serena Armstrong comes to us from the 4th Mission Group at Seymour-Johnson Air Force Base located in

summer known as Field Training. The training effectively evaluates the cadet's leadership potential while they go through various challenging scenarios, including team building, pistol, assault rifle marksmanship, and combatives (a mixed martial arts style of hand to hand combat). So far the cadets have been meeting for their weekly Leadership Laboratory and physical training sessions three times a week at the Student Recreation Center. While most



Lt Col Serena Armstrong

college students are still sleeping our cadets are most likely running a 2.2 mile circuit around campus or mixing things up with an "insanity" workout video. In September, 25 cadets visited the ECU challenge course. Many freshmen have never experienced anything as physically challenging and demanding as the



ECU Pirate Battalion Ten Miler Team

50-foot tower. Overall, the event brought them together as fellow cadets and will be a foundation for years to come. In December, two cadets will be commissioned and start their careers in the world's greatest Air Force.

Goldboro, NC. This fall the detachment also welcomed 24 new freshmen cadets and 7 new sophomore cadets.

Thirteen of our juniors completed a rigorous 4-week long "boot-camp" this

fall semester.

## ECU Expert Addresses Mosquito Control

Mosquito populations surge after rains like those brought by Hurricane Irene. ECU environmental health sciences professor, Dr. Alice Anderson in the College of Health and Human Performance is an expert on mosquito control and diseases. Below she addresses some common issues related to the pests.

- **How long does "mosquito season" typically last?** Mosquito season in N.C. lasts until late January. Activity is reduced after continuous temperatures below 50° F, but many mosquitoes can resume biting if the daytime temperatures rise above that.
- **Is it too late in the season for larvicide spraying to have a large impact now?** Larvaciding can continue all year. There are products that can be placed in wetland areas during the winter that only become activated when there is a thaw of water (90+ day briquettes) and others that are for shorter term placement. The key to larvaciding is finding where the mosquitoes breed. Surveillance and mapping are critical so that larvacides can be placed in locations that have a record of breeding. Mosquito control professionals use dippers to continually test wet areas throughout the year so that they can map the breeding areas. Ditches that breed can be treated with 30-day briquettes, or a ditch can be treated right after a flooding rain with granular larvicide. There are many options in a professional larvaciding operation.

- **What tips do you recommend to minimize the backyard from becoming a breeding ground for mosquitoes?** Backyards must be CAREFULLY inspected to locate even the smallest water holding objects. For example, tires are great for breeding. Even clogged gutters on houses, tree holes high in trees, a plastic teaspoon, a plastic shutter resting on the ground, can result in breeding mosquitos in 5-6 days during warm rainy weather. Some communities in other states have inspectors who can go on a citizen's property and inspect for these breeding sites, helping owners to eliminate them. In NC this is not allowed, but owners can "tip and toss" EVERYTHING. Saving rainwater in barrels is a good conservation move, but a SCREEN must be tight and placed on top to keep the barrel from being a mega-breeding site. There is a good resource for backyard education on the North Carolina Mosquito and Vector Control Association Website <http://www.ncmva.org/>. There is also a great educational game site called "Spot the bloodsuckers" at <http://archive.peabody.yale.edu/explore/spot-the-bloodsuckers/index.html>.



Dr. Alice Anderson

## Ms. Emilie Tilley Named ECU Outstanding Alumna

Ms. Emilie Tilley received the 2011 Outstanding Alumni Award from the ECU Alumni Association. This prestigious award recognizes outstanding and uncommon achievement in one's profession, and civic affairs or politics. As a widely recognized pioneer among women in educational administration, Tilley's career and high standards serve as an exceptional role model for students and other alumni.

Her parents discouraged her from a health and physical education teaching career because, at the time, this was a non-traditional field for women. However, she pursued her ambitions and graduated with a double major in Health and Physical Education and Social Studies in 1960. Initially, she taught elementary education at Kempsville Meadows Elementary School in Virginia and then taught health and physical education and coached hockey and gymnastics at Frank W. Cox High School also in Virginia. After earning a master's degree in teaching from the University of Virginia, she transitioned to administration. She was the first female administrator and the first female principal to serve in the Virginia Beach School System. She earned a stellar reputation while serving in several administrator roles. Following retirement, she was coaxed back to the school system to serve as a Hearing Officer for long-term suspensions and expulsions.

Emilie annually funds three scholarships in the College of Health and Human Performance. She was recognized by her peers as an outstanding leader who has brought honor to the University by being chosen as one of the "100 Incredible Women of ECU by the Women's Roundtable of ECU. She has been recognized by HHP as a "Centennial Leader" and continues to serve on the HHP Dean's Advancement Council.



## Dr. David Chenoweth Honored



As part of the Cornerstone Society reception, **Dr. David Chenoweth** was honored as Emeritus Faculty on October 28, 2011 on the purple hallway near the Wall of Honor in Minges Coliseum. Chenoweth taught at ECU 31 years and gained the admiration of those students whose lives he touched. He taught the first worksite health specific course in 1983 and supervised worksite health promotion internships in 17 states and Mozambique. In the fall of 1979, he joined the faculty at ECU and directed the undergraduate Worksite Health Promotion program for 25 years.

## HHP Welcomes New Major Gifts Officer

Ms. Marcy Romary has been in development at East Carolina University since 2003, first as the Director of Development for the College of Education and then as the Major Gifts Officer for the college. In 2008, she took on additional responsibilities as director of the Women's Roundtable at ECU and was named Senior Major Gifts Officer and Director of Women's Philanthropy. Marcy's assignment with the College of Health and Human Performance began in November. Half of her position is dedicated to the Women's Roundtable and half to the College.



*Marcy Romary*

Marcy is a graduate of Randolph-Macon Woman's College with a B.A. in Political Science and served on the Pitt County Board of Education from 2004 to 2010. She is a member of the Pitt County Arts Council Board of Directors and the Leo Jenkins Cancer Center Breast Center Advisory Board.

Marcy and her husband, Peter, have lived in Greenville for seventeen years and have one daughter, Elizabeth, who is a junior in high school.

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## Three Down, One to Go with Help from Prestigious Scholarship

Once, twice, three times a Pirate and he's not done yet. Ruben "Trey" Sloan III is proud to say that he is a three-time graduate of the College of Health and Human

the competitive four-year scholarship to attend the Brody School of Medicine. The scholarship provides an annual stipend of \$5,000 plus tuition, mandatory fees, medical insurance and a laptop computer. Renewal each year is contingent upon meeting all eligibility requirements and continued funding by the North Carolina General Assembly. "I was overwhelmed with a sense of relief and gratitude when I learned about receiving this scholarship," Sloan said. "Knowing that many of my expenses will be paid is a great feeling," he added. Scholars are selected on the basis of academic merit, financial need, along with a commitment to practice medicine in North Carolina following graduation.

Sloan entered medical school this fall as a distinguished graduate boasting a 3.96 grade point average. His affection for ECU is double fold. It is here that he met his wife, Kristi Sloan, and proposed under the cupola on campus. He earned a bachelor's and master's degree in Exercise Physiology and a doctoral degree in Bioenergetics and Exercise Science. Also a pirate, Kristi earned a bachelor's degree in Business Administration and in Nursing.



*Trey and Kristi Sloan*

Performance, East Carolina University and excited to continue his ambitious studies. The Deep Run native dreams of becoming a medical doctor to serve the citizens of his home state.

Thanks to the University of North Carolina Board of Governor's Medical Scholarship-Loan Program, he is one step closer to reaching this goal. Sloan is one of a handful of students selected to receive

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