Ashley Arwood, Wounded Warrior

Many changes have taken place in the last eight years on campus at Pittsburg State, and for one returning student. Ashley (Entrikin) Arwood graduated from Rich Hill High School in 2005 and attended classes at PSU from August 2005-May 2007. Upon completion of her sophomore year as a Physical Education Major with an emphasis in Coaching, Ashley decided to follow her family’s overwhelming tradition of military service as she joined the United States Marine Corps. “My grandfather, father, uncles, cousin, and many other extended family members have served and I always felt compelled to do the same,” Ashley said. On May 21, 2007 she did just that. “My brother and I both went to boot camp on the same day and graduated together on August 17th, but only saw each other twice throughout the 13 weeks of training since males and females are kept separate throughout the process.” Upon graduation she went to schools in Fort Leonard Wood, MO and Lackland Air Force Base, San Antonio, TX to become a Military Police Officer and K9 Handler.

In April 2008 Ashley was assigned to her first duty assignment at Camp Pendleton, CA. For a short time there were a few other female K9 handlers there. Once settled at her new location Ashley was paired with her first K9 partner, Military Working Dog Alma F433, an Explosive Detection Dog. “Alma was almost seven years old when I got her with three deployments to Iraq under her belt, so really she taught me instead of the other way around. She knew it all and I learned a lot from her.” In December 2008 Ashley received orders to a new unit on Camp Pendleton that would be comprised of dog teams solely used for deployment purposes. While in this new unit Ashley was the only female in her platoon from December 2008-January 2011. She was able to bring Alma with her and they worked together until Alma began to have health problems in mid-2009. At that time she was paired with her second working dog, Hugo M594, a Patrol/Explosive Detector Dog. Ashley describes him as a handful. “He was only one year old when I got him and he was the total opposite of Alma. Hugo was a 75lb ball of energy that could hardly be contained while Alma was very docile.”

After a few months of long hours spent training Hugo, the pair was deployed to Afghanistan for a 7 month tour from November 2009-June 2010. Ashley was the first female Marine K9 handler to deploy to Afghanistan, and is still the only one to do so with an Explosive Detection Dog. During their time overseas the team was successful in finding IED’s as they led patrols of Marines in Helmand Province. Continued on pg. 7
Alumni Spotlight — Dr. Tim Puetz

Timothy W. Puetz, PhD, MPH is a Presidential Management Fellow at the National Institutes of Health (NIH). The Presidential Management Fellows (PMF) program is a prestigious two-year government fellowship established by Executive Order to attract to federal service outstanding citizen-scholars from a variety of academic disciplines and career paths. He is currently on detail at the Executive Office of the President in the Office of Management and Budget’s Health Division working as a Program Examiner in charge of the Substance Abuse and Mental Health Services Administration (SAMHSA) portfolio. In this capacity, Tim is responsible for the formulation and execution of the SAMHSA budget in addition to performing policy, program management, and regulatory analyses; reviewing and clearing legislative proposals and testimony; and working with Congressional Committees or Committee staffs on budgetary or program matters.

Prior to joining NIH in 2012, Tim had worked in management positions in military, non-profit, and Federal government organizations. His professional work experience includes serving in the United States Army in both the Medical Service Corps and Infantry to include a tour in Afghanistan and working in non-profit organizations dedicated to armed conflict and mental health. During his military service in Afghanistan, Tim oversaw the implementation of over a dozen organizational and program policies in conjunction with key local national political, religious, and military leaders leading to the introduction of over $500 million worth of production materials, activities, and processes related to humanitarian need and nation building into seven districts and two provinces. During his non-profit organization work, Tim partnered with the Republic of Liberia’s Ministry of Health and Social Welfare in conjunction with The Carter Center’s Mental Health Program to examine the accessibility of psychotropic medicines through the evaluation of the national pharmaceutical supply chain. Tim also has worked as a Program Evaluation and Management Specialist at the Centers for Disease Control and Prevention (CDC) in the Division of Strategic National Stockpile (DSNS). The DSNS is a national repository of large quantities of medical countermeasures, vaccines, and other medical supplies stored in strategic locations around the nation. These assets are designed to supplement state and local public health departments in the event of large-scale public health emergencies. Continued on page 3.
Tim has also remained active in the area of public health research. His research has focused on the intersection of physiology and psychology, especially as it relates to the effects of physical activity on anxiety, depression, fatigue, and pain in patients with chronic disease. Tim has conducted research related to the effects of exercise on feelings of fatigue in cancer survivors, psychological outcomes associated with exercise during and after pregnancy, the effects of sports related concussion on return to play, and the effect of caffeine on pain perception in endurance athletes. Tim has published over a dozen scientific papers and two book chapters in the area of physiological psychology.

Tim received his Bachelor of Science in Physical Education in 2001 and Master of Science in Human Performance and Wellness in 2003 from Pittsburg State University and a Doctor of Philosophy in Biopsychology from the University of Georgia in 2006. He has also earned a Master of Public Health in Behavioral Science and certificates in Mental Health, Socio-contextual Determinants of Health, Global Complex Humanitarian Emergencies, and Human Rights from Emory University in 2012. He is currently pursuing a Master of Business Administration in Strategic Management from Indiana University in conjunction with the Institute for Defense and Business.

Tim currently lives in Washington, DC where he is an active advocate for veterans’ health. He works closely with the Wounded Warriors at Walter Reed National Military Medical Center. Tim also is an avid outdoorsman and runner completing several ultra-marathons and recently finishing a week-long transect of the North Dakota Badlands as part of a scientific expedition to examine the effects of oil development on the natural and cultural resources in the area. While at Pittsburg State University, Tim was two-time HPER physical education student of the year, AAPHERD graduate student of the year, and five-time Academic All-American in Track and Field and Cross-Country.

**Happy Halloween!**

Mrs. Grimes’ Theories II class dressed up in their Halloween costumes for class.
Community Activities

Dr. Julia Spresser's Theories and Fundamental of Activities III course taught basic gymnastics skills to 1st and 4th graders at George Nettles Elementary school on Sept 19, 2013. To prepare for their practice teaching, students made two lesson plans and a skill handout for participants. Skills taught were: forward roll, headstand, handstand, cartwheel and round-off. Our future physical educators introduced, demonstrated, and explained using key cues for their focus skill. They then spotted lead-up and skill attempts, gave feedback and concluded by restating key cues along with another demonstration. Valuable connections and experiences were gained. Teaching episodes were video taped and photographed for future analysis by practice teachers. Many skills were learned or enhanced through our teaching experience. Thank you George Nettles for allowing us this fabulous opportunity to hone our teaching abilities.
Dr. Spresser's Theories III Class presented a gymnastics unit to K-12th grade students at George Nettels Elementary.

Dr. Jewett’s Dance Appreciation classes have sponsored community events at area schools and a retirement village.

Laura Covert presented at the Nebraska Recreation & Park Association Convention.

HHPR Graduate Assistants, Hillary Dickey and Lindsey Gordon are conducting research on childhood obesity and have presented their information at various schools.

Laura Covert took her Adult Health and Development class to Via Christi for hands-on activities on November 4th.

Dr. Jewett took her Dance Appreciation class to Lakeside Elementary on October 9th.

On October 30th, Dr. Jewett took her Dance Appreciation class to Carrington Place.

Dr. Jewett’s Dance Appreciation class had a Dance Sharing Day with Gran Villa Residents on October 31st.

Dr. Jewett’s Dance Appreciation class will be marching in the Christmas parade.

Dr. Jewett’s dance classes are practicing routines for flash mob performances at the men’s and women’s basketball games.

Dr. Mike Leiker and Dr. Mike Carper along with several Exercise Science majors attended an American College of Sports Medicine conference in Warrensburg, Missouri, October 17-18th, 2013.

Dr. Dan Ferguson’s Time in Guatemala

Dr. Ferguson spent 4 weeks in Guatemala this past summer learning to Teach English as a Foreign Language (TEFL). Teaching non-English speakers is completely different from any other form of teaching because in the beginning the students do not understand a word you are saying. He took the class in Antigua, Guatemala which is a beautiful colonial city, but there was no time to enjoy it with class from 9:00 a.m. until 4:00 pm every day followed by 2 hours of observing English teachers, writing up the observation and turning it in along with 2 or 3 chapters of reading nightly.

But the experience was well worth it to receive a certificate that will allow him to go to any location in the world and be qualified to teach English. English is the language of business worldwide and having even a basic ability to speak it can mean the difference between living at a subsistence level and having enough income to buy your children shoes so they can go to school.
HHPR Graduate Assistants 2013-2014

Lindsey Gordon
Carl Junction, Missouri

Jake Doller
Lake Waukomis, Missouri

Mica Rosenow
Joplin, Missouri

Hillary Dickey
Pittsburg, Kansas

Kaylah Williamson
Galena, Kansas
“Hugo kept me and everyone that walked behind us safe from everything he was capable of detecting.” One thing neither dog nor handler had control over was a Rocket Propelled Grenade (RPG) that was shot at them near the end of their deployment. Ashley recalls, “I don’t have much memory of what happened or the moments immediately after, but I do remember that when I became coherent all I could think about was whether or not Hugo had been injured.

After being through so much with such an amazing partner he became as important to me as my right arm, I didn’t know what I would do without him.” Hugo proved to be fine after the incident, he found another IED a few days after the incident, Ashley was not as lucky. “I didn’t think I was really hurt, so I didn’t seek medical attention. I chalked up the headaches to dehydration and my leg pain to tendonitis.” However, after a few more weeks of working as normally as possible, Ashley realized that there was something wrong. Her leg was so swollen that she could hardly walk and she was no longer effective on patrols with Hugo. “I was very disappointed that I could no longer work. A lot of Marines depended on us to keep them safe. I had a perfectly capable dog, but my body wasn’t allowing me to do what I needed to.”

Since their return to the U.S. in June 2010, Ashley has had three surgeries on her leg, multiple outpatient procedures, injections, and draining of fluid from the joint. “It’s all very painful, but I’m thankful to have what I do.” Ashley was also diagnosed with post -concussion syndrome and a traumatic brain injury. “It’s frustrating at times to deal with headaches, memory loss, and not being able to retain information like I used to. I’ve learned a lot about myself in the last few years and I understand that I can’t do things like I used to. It’s definitely had an effect on my study habits from the first time I was a student here.”

Since being medically retired from the military and returning to her hometown of Rich Hill in July 2013, Ashley has again decided to peruse her goal of being a Physical Education Teacher and a Coach. “A lot has changed since I left campus in 2007. My first day back this semester, I went to the Weede where my PE classes had been before. I didn’t even know the Rec Center existed!” Through all of the changes there are still many things that remain the same. “It’s obvious that the pride of being a Gorilla hasn’t faded. The nature of the students hasn’t changed one bit from my first two years here. I love seeing that.”

As Ashley reflects on the changes over the years she talks about her husband, Tyler (a new PSU student) and their daughter, Alli, as well as Alma. Alma retired from the military in mid-2011, shortly before Alli was born, and the Arwood family adopted her. “It’s great to have her home and to see her and Alli play, they are best friends. Although Alma’s medical condition is getting worse we enjoy spoiling her and loving her for as long as we can. She served her country honorably and we love being able to thank her for it by giving her our home to live in.” Hugo still remains in service and he completed an additional deployment with another handler while Ashley was recovering in California. “The moment he’s ready to come home I’ll be on a plane to get him. As much as I want him to be at home with me now, I’d rather he continue to have the opportunity to keep my brothers and sisters safe for as long as he can.”

Ashley was interview by CNN about her experiences. The link to the interview is available at: http://www.cnn.com/video/data/2.0/video/world/2010/04/01/lawrence.afghan.ied.sniffer.dog.cnn.html Thank you Ashley for your service!
Dance Appreciation students taught a variety of dances recently at both George Nettels and Lakeside Elementary School in Pittsburg. Approximately 24 dance students worked with 25 1st graders and 25 5th grade students at George Nettels dancing the Cupid Shuffle, Chicken Dance, modified Square Dancing and Monkey in the Middle. Another class of Dance Appreciation students worked with kindergarten students from Lakeside Elementary teaching a variety of rhythm and dance moves including the Hand Jive, Cupid Shuffle, Cha Cha Slide, and more. Dance Appreciation students also plan to visit local assisted living facilities this semester, perform a flashmob at a home basketball game, and participate in the 34th Annual Pittsburg Christmas Parade on December 2nd.

Earlier this summer, The National Strength and Conditioning Association (NSCA) renewed Pittsburg State University as an Educational Recognized Program through May of 2016. The NSCA Education Recognition Program (ERP) recognizes regionally accredited academic institutions for their educational programs that have met, and continue to meet, educational guidelines recommended by the NSCA. The NSCA now offers the opportunity for ERP schools to host an Exam Prep Symposium (EPS), which is designed to provide students a review course containing the most relevant CSCS and NSCA-CPT exam content.
KAHPERD Conference at Emporia

HHPR Department faculty and student attending KAPHERD

Recreation Major of the Year - Jena Baumgarten

Appreciation Awards went to Dr. John Oppliger and Dr. Janice Jewett

Kathy Ermler Technology Award – Dr. Mike Leiker

Recreation Educator of the Year – Dr. Scott Gorman

Physical Education Major of the Year – Jacob Stevenson
Dr. Ferguson was recently elected to serve on the Board of Directors of the American Therapeutic Recreation Association (ATRA). He was installed as Board Member At Large during the business luncheon at the ATRA Conference which was held in Pittsburg, Pennsylvania, September 28-October 3. As a board member he will be involved in all major decisions of the national organization which represents 38,000 recreation therapists in the United States and many more in Canada. His duties will include working with the Higher Education Task Force to give direction to the training of all recreation therapists. He will also coordinate the efforts of the International Task Force as ATRA moves forward to become the world leader in therapeutic recreation and to serve persons with special needs world wide.

The HHPR Department participated in the First Annual College of Education Cajun Boil. Dr. Mike Carper (far right) helped with preparing the delicious food.

Left to right: Dr. Robert Hefley, Erica Ray, and Dr. Janice Jewett “dressing” for the event.
A special THANKS to those who gifted the HHPR Endowment in 2013

Bob Ahrens
Mary J. Coplen
Rebekah Crawford
Virginia Daniels
Susan and Ron Downing
Jack and Jean Gilmore
Scott and Beth Gorman
Richard and Stephanie Grinage
Rob Hefley
John and Kathy Oppliger
Pam and Guy Owings
Duane Rankin
Marian Simpson
Gary Thompson
Happy Holidays from the HHPR Department!

John Opolzer
Mary
Erica Ray
Rob Hols
Stephanie Miller
Mike
Shelly
Laura Court
Julie Gresser
Emily Miller
Sandy Brackmeyer
Janice Jewett
Scott Desman
Bill Stobart
Sue Downing
Den Ferguson