

HES ALUMNI Newsletter

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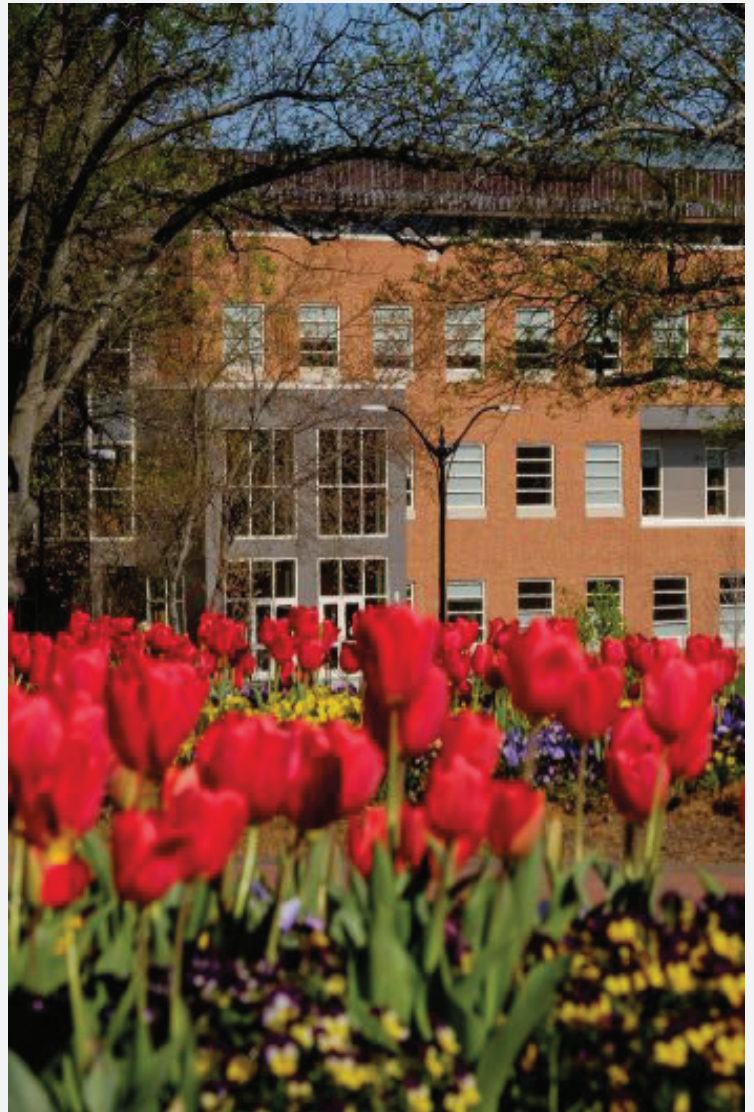


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Interested in knowing how to stay connected with us? Join the **WFU Health & Exercise Science** Community on SOCIAL MEDIA as we create quite the social buzz on our **Facebook**, **Instagram** and **Twitter** pages. Search for us on our social media sites by using **@wfuhes** to see the latest department news, tips on improving your quality of life, and so much more. We also want to know all the great things you're doing so we can share, repost and retweet on our page. Help us stay connected by following **@wfuhes**. We'll be waiting for your friend request!



In Memoriam
Bill Hottinger

Dr. William Hottinger's journey to Wake Forest University started in 1970 when he received a phone call from Michael Pollock (WFU faculty) saying "Hey, there's an opening in the Department of Physical Education at Wake Forest. Do you wanna come?" And he responded by saying "Sure! Where is it?" That same adventurous attitude is what helped to transform the department's mission from a curriculum taught by certified physical educators and part-time coaches, to a team of research focused doctorate holders educating students and the community on chronic disease prevention and rehabilitation.

Dr. Hottinger had a lifelong passion for physical activity with a focus in early childhood motor development. He transitioned to the role of department chair after serving 10 years as a faculty member. During his early years as chair, Dr. Hottinger realized there was a movement to make Physical Education more scientific. "What makes Bill such an important figure in our department is that although this movement was not his area of expertise, he recognized this would start a cascade of events that would not only positively enhance the department but also our community," said Dr. Michael Berry, immediate past chair. This led Dr. Hottinger to hire Dr. Jack Rejeski, Dr. Steve Messier, and Dr. Berry. All Ph.D.-holders, all still at Wake Forest, and all contributing factors to sizeable research grants to the department.

Dr. Paul Ribisl (retired chair) acknowledged the work of his predecessor and noted, "Dr. Hottinger revolutionized our curriculum ensuring every Wake Forest graduate received two semesters of a course on healthy living and physical activity." Even in his retirement years, Dr. Hottinger was still very much a part of the department. He was a part time instructor teaching courses in health and lifestyle, ice skating, and bowling.



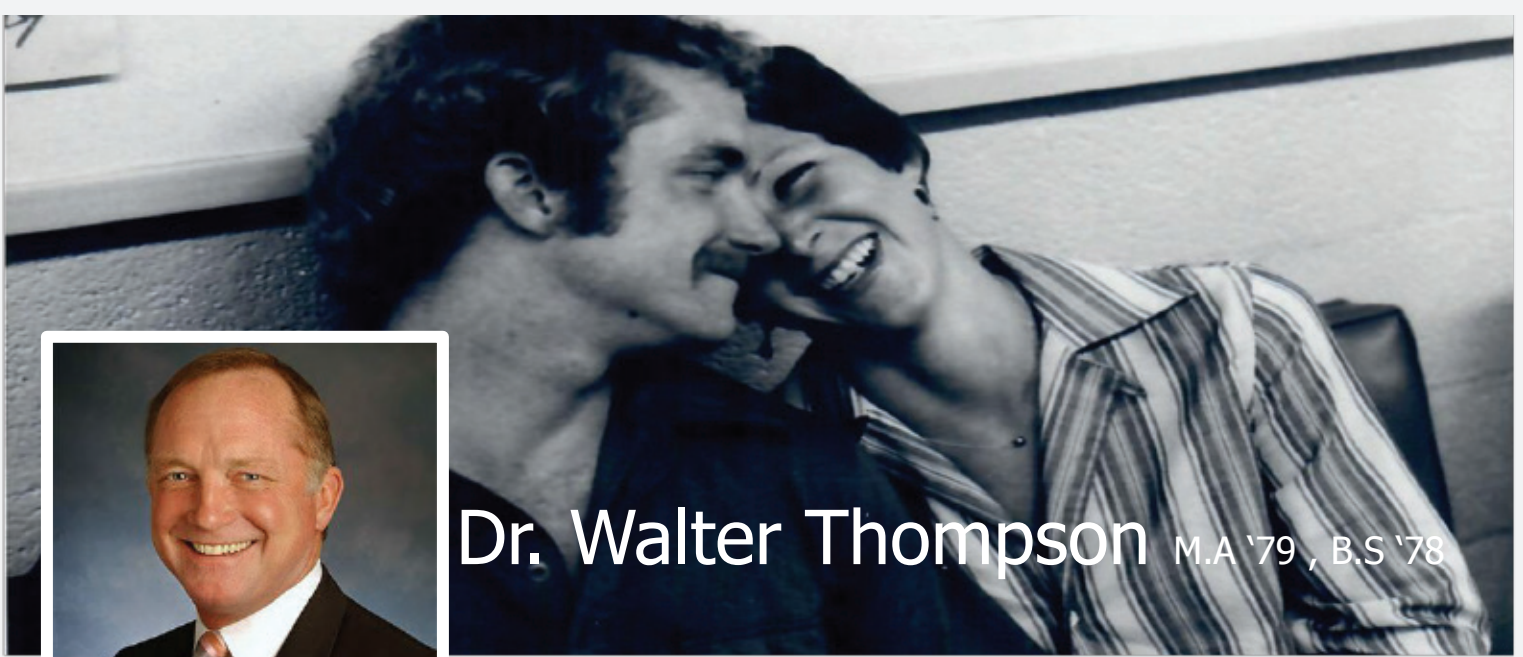
Mrs. Hottinger's first encounter with Bill was in a work meeting. After the meeting he offered to give her a ride home and she replied by saying "I'm sorry, but I have my bicycle." It was in that moment they both knew they shared a similar appreciation for physical activity. Dr. Hottinger and his wife were married for 57 years and worked together as a team in their marriage and later as parents to their three children.



Front row: Dr. William Hottinger (left), Marayna Hottinger, Audrey Peterson, Orijah Hottinger, Jaia Hottinger
Middle row: Dane Kottiel (left), Mrs. Jane Hottinger, Lynn Hottinger-Peterson, Ali Hottinger, Greg Hottinger
Back: Jeff Kottiel (left), Evan Kottiel, Jezai Hottinger (on shoulders)

While at the University of Illinois pursuing his Masters Degree, Dr. Hottinger met his wife Jane. When his soon to be wife first saw Dr. Hottinger she immediately thought, “Oh boy, his wife sure is lucky! He is so good looking I just know he’s married!” Dr. Hottinger later joined an ice skating class she instructed at the local ice skating rink. Once the University added skating to their curriculum, both Dr. Hottinger and Jane instructed the course until he accepted his first faculty position at Northeastern University. “While in Boston my husband realized he needed a Ph.D., so after two years we went back to the University of Illinois so that he could complete his doctoral degree and I taught figure skating,” Jane noted.

Dr. Hottinger was a visionary leader who had the foresight to lead a department from the Physical Education fundamentals of which it was founded, to the unfamiliar, groundbreaking territory of Health & Exercise Science. “He always found the good and strength in people, which was a good quality to have when leading a diverse group of faculty who had different ideas and perspectives,” said Dr. Rejeski. In the midst of this monumental transition he still managed to keep the essence of the department in tact. The department takes pride in serving the community on chronic disease prevention and rehabilitation, and preparing students for health professions. Dr. Hottinger’s vision mirrored the University’s motto. “The constant, it seems, is Pro-Humanitate,” said Dr. Ribisl. “Everything we do is for the betterment of humanity- namely to lead healthier and better lives.” And forty-eight years later, we continue to operate in his legacy.



Dr. Walter Thompson M.A '79 , B.S '78

Intro

♥ Married to [Deon Lee Thompson](#)

Regents' Professor and Associate Dean for Graduate Studies and Research at [Georgia State University](#)

Studied Exercise Physiology at [The Ohio University](#)

Studied Physical Education & Exercise Science at [Wake Forest University](#)

From [Sparta, New Jersey](#)

People don't forget firsts. If someone asked you who was the first man to walk on the moon or the first president of the United States, you would more than likely say Neil Armstrong and George Washington respectively. Someone could even ask you to recall your first love and as amazing, horrific, short-lived or long lasting as it was, you'll never forget it. The point is that while second and third are also important, those firsts are pretty powerful. Dr. Walter Thompson can relate to the power of firsts because he was in the first cohort to be offered the opportunity to attain a Master's degree in Exercise Science at Wake Forest University. "This opportunity wholeheartedly helped to shape my career path," said Thompson.

"Coming from a traditional blue collar family, attending college for anything less than free would have been a stretch. Fortunately, Coach Ray from Wake Forest came to Sparta High school in 1978 and offered me a track scholarship. The fact that I would get to experience life outside of New Jersey coupled with the security of having about 9 other Sparta High School graduates join me was even better," noted Thompson.

Because Walt was a student athlete he spent a lot of time in Reynolds Gymnasium.



“It wasn’t uncommon for us to share space with other athletes, organizations and the Winston-Salem community. On one particular occasion I remember a bunch of patients gathering in the atrium for exercise and I asked Dr. Ribisl what was going on and he explained about the Cardiac Rehabilitation program. This moment was my turning point from wanting to be a high school football coach to wanting to understand more about chronic disease and disability. Immediately after I completed my bachelor’s degree in Physical Education, I enrolled in their new Masters in Exercise Science Program.”

“But I can’t mention Dr. Paul Ribisl without mentioning Dr. Henry Miller. Dr. Miller exposed me to the American College of Sports Medicine (ACSM). I remember attending an ACSM meeting in 1981 while Dr. Miller was president and watching as he stood up in front of the membership to give his speech. I vividly remember thinking I want to do that one day.” It took a while to get there, but 37 years later, it became a reality. Walt served as ACSM president in the years 2017-2018.

Thompson noted, “If I could go back and teach my twenty year old self something, I would teach him better negotiating skills! I say this because I joined Lambda Xi Alpha my sophomore year and later became president of the fraternity. Let’s just say I became a faithful, 9 AM, Monday morning appointment with Dean Reece (Dean of Men) trying to bail the fraternity out of something we did over the weekend!”

Walt’s career path was intense and unusual from being among the firsts to explore the newly developed Masters in Exercise Science program, finishing a PhD in 18 months while married to his graduate school sweetheart Deon (M.A '78 , B.S '76), to creating an interdisciplinary research center at Georgia State University. “As crazy of a ride as it’s been, I wouldn’t change a thing. I am proud to be a part of a field that continues to discover new, groundbreaking ways to prevent chronic disease and disability.”

Thompson Family





Dr. Steven Larsen B.S '81

Intro

Worked as Podiatrist in [Private Practice](#)

Studies Financial Planning at [Boston University](#)

Studied Doctor of Podiatric Medicine and Surgery at [Des Moines University](#)

Studied Physical Education at [Wake Forest University](#)

From [Suffern, New York](#)

Think about the first time your eyes lit up with excitement after you learned something new. Consider a time when you learned something that was not only powerful but life changing, an experience that connected what was just a mere thought to reality. Some refer to these experiences as "aha moments". You know, when something just clicks in your mind and you see the world a little different because of your new found insight. The course that changed Dr. Larsen's life was Anatomy because "it challenged me probably more than any other course. We were one of the earliest undergraduate institutions to work on real cadavers in

lab." Steve remembers being in class with all the pre-med students and experiencing his first aha moment, "If they can go to medical school, so can I!"

Steve applied to Wake Forest for undergraduate school because his best friend applied, but when he saw the campus for the first time he said "oh my goodness, this campus is unbelievable". Being that Steve went to an out of state school, he tries to encourage students to do the same. "College is more than what you learn in the classroom; college is also about experiencing different cultures and interacting with different people who share different perspectives. It's learning on a whole new level," said Dr. Larsen.

“Get as much exposure as you can” is something that Steve preaches more now to others than he did to himself when he was in school. Just like many college graduates, Steve’s main focus after graduation was getting a job! “After searching for jobs on my own I decided to go to an employment agency and the woman helping me said she had a great opportunity for me and the job was a manager position at a shoe store. I immediately thought to myself, is she serious? I just got a bachelor’s degree from Wake Forest! In that moment I thought I was too good to be a manager of a shoe store, but after practicing medicine for 25 years I realized I should have taken it!” Steve believes people can learn valuable lessons in anything they do and can apply those lessons learned in different stages of life.

“Wake Forest, especially the Department of Physical Education, prepared me for the rigors of medical school. Honestly, Wake Forest was harder than medical school. While at Wake I was constantly faced with a heavy workload and my professors pushed me to think critically. Once I went to medical school, the workload was no surprise and I was able to continue with my same study strategies Wake birthed out of me.”

“Medicine is an amazing field because it opens up a lot of opportunities.” When Steve first decided to go into medicine, he went with the intention of going into sports medicine. “Once I really started digging into the field I discovered many different areas I could practice, like podiatric medicine. My career in podiatric medicine was nothing short of amazing and while at Wake I never even imagined I’d spend the majority of my career in the operating room.”

There certainly are pros and cons with any profession and the pros and cons are different depending on what stage of life you’re in. “Being a solo practitioner meant that I was always on call, constantly on the go, and always ready for my patients. My practice in a way became my lifestyle because it was very time consuming. Even though I loved it, I wanted to step back, reevaluate my life and explore life in a different way. Currently, I am taking classes in finance and we’ll see where that leads me.” Some may say Dr. Larsen is a professional student, but we know he’s just trying to get as much exposure as he can.





Intro

♥ In a Relationship with [Tracy Martin](#)

Pit Crew Coach at [Stewart-Haas Racing](#)

Studied Sports Fitness Management at [United States Sports Academy](#)

Studied Health & Sport Science at [Wake Forest University](#)

From [Statesville, North Carolina](#)

Life should be a sequence of adventures. Whether your adventures are loud and flashy, or quiet and quaint, whether it plays out on the court in front of thousands of people or in the privacy of your backyard, whether it involves making a difference in the world or bettering yourself. Your pursuit for adventure will allow you to experience things so outside the box that you're almost forced to become a better version of yourself. Kevin certainly is a man of adventure and experienced many adventures during his time at Wake Forest.

"One of my Anatomy adventures was riding in the back of Dr. Messier's Toyota or Nissan truck with a camper shell, holding on to our precious passengers, two cadavers, riding through town from Wake Baptist Medical Center to campus. My job was to keep them secure!" A professional company provides transportation now, but Kevin looks back on that unique experience with fond memories.

Kevin's Anatomy and Biomechanics courses had the greatest impact on him. "I literally wrote from the time we sat down until the time class ended. I burned through more notebooks in these classes than any other. I wanted to learn everything my professor had to say." The teaching, training and instruction left such an imprint that Kevin has been able to use these in every move that he's made professionally.

"Since graduating from Wake Forest I worked at an occupation health program as an Exercise Specialist where I started a Fitness for Life Program. This opportunity later led me to Davis Regional Medical Center where I started a state certified cardiac rehab program, pulmonary rehab program and aquatic program." During the time I worked in these programs with different populations my rehab philosophy remained constant, with an emphasis on strength training. I adopted this philosophy from the teachings I received in my undergraduate classes, the concepts of applying force and biomechanics to everyday life. "I worked with force gauges looking at the amount of force required to perform different activities of daily living. These patients for example, had to lift gallons of milk, requiring 8lbs of bicep lifts, and open doors that required 12lbs of push or pull."

After devoting more than 12 years to improving the quality of life in vulnerable populations, Kevin decided to do a professional 180 and work full time in professional motorsports. "The funny thing is, my first experience with NASCAR actually came while I was a cheerleader at Wake Forest. Goody's sponsored our team and I remember going to the North Wilkesboro race in 1986 to hand out Goody's powders and tablets. During the time I worked at the hospital, two of the NASCAR teams were nearby and I did some personal training for some of their pit crews. One day one of the pit crew teams said I should try it out and I've been there ever since. Racing is predominately biomechanics, from hitting lug nuts to the rotation of tires down to choreographing the movement patterns of my pit crew."



A lot of work goes into preparing for a 13 second pit stop for Sunday's race day! "Race day involves me getting up around 3 am to fly out to the competition site and being at the race track by 8 am ready to work the race. On my returning flight home, I start clipping race day film to review with the competition director and each team for Monday. Tuesday is dedicated to drills (pit crew choreography for pit stop), work outs with the team, reviewing NASCAR data on pit stops and handling any issues in preparation for the next weekend's race. Wednesday and Thursday is pit practice with similar car setup for race, review travel plans and TV coverage from other teams. Off Friday and Saturday and we're all back at it Sunday for race day!"

Adventure is not only about exploring new territory, but about venturing back to old territory. "After investing almost 16 years into the racing game, I've decided it's time not to travel". Kevin is returning to his clinical roots at Davis Regional Medical Center as an exercise specialist. The beautiful thing is that he's gained a quality of knowledge that can be applied to multiple areas. "I went to Wake for an education, and that's exactly what I got."



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♥ 2017 likes
They did it! Our first year graduate students gave great biomechanics research presentations!



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♥ 2018 likes
HES in Venice, Italy!



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♥ 2018 likes
We sure are going to miss our HES grad students...Congrats to the newest Alumni, Class of 2018!



wfuhes



♥ 2018 likes
Job well done on presenting "The effects of cellphone use on body biomechanics and gait!"



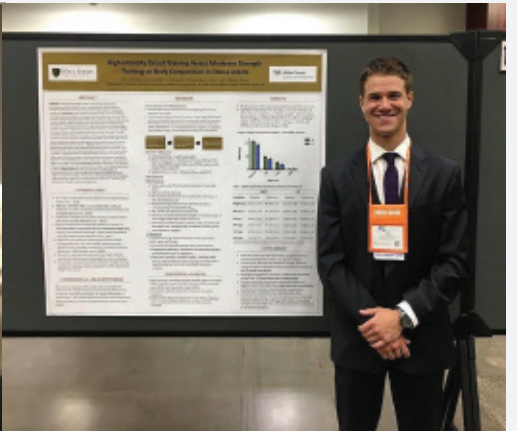
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♥ 2018 likes
Congrats @Lauren Shaver (and advisor Dr. Beavers) for winning the Three Minute Thesis Competition at the 18th annual WFU Research Day!



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♥ 2018 likes
@Neil McMillan '18, presents at SEACSM "High Intensity Circuit Training Vs Moderate Strength Training on Body Composition in Obese Adults"



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♥ 2018 likes
WFU STEM day!! HES participated in this statewide effort to expose more students to the opportunities available in STEM fields.



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♥ 2018 likes
Our HES undergrads represented us well at the 2018 SEACSM Student Bowl




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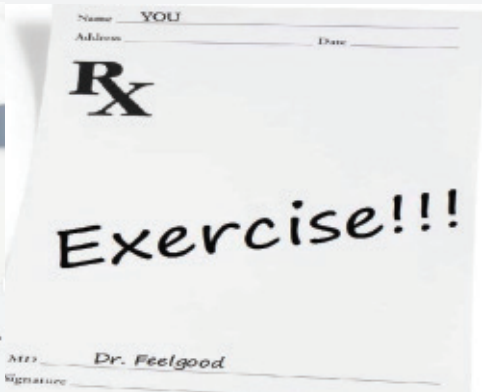
♥ 2018 likes
HES 360 Poster Fair Week!




NBCNEWS.COM

Strength training is good for your body and your mind **2018 likes**


@Dr. Katula explains “all exercise improves mood, but I think resistance training provides something different emotionally to people.”

 **2018 likes**

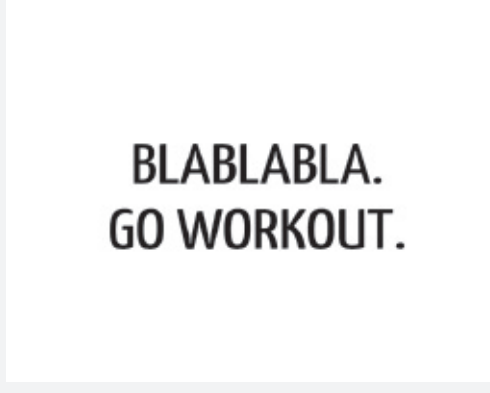
At least 150 minutes a week of moderate intensity aerobic exercise will help reduce premature deaths.

 **2018 likes**


GMA features @Dr. Messier explaining “weight loss of $\geq 20\%$ results in greater clinical outcomes and is achievable without surgical or pharmacologic intervention.”

 **2018 likes**


Congrats @Dr. Brubaker! “Transition from Risk Factors to Early Heart Failure: Prevalence, Pathogenesis and Phenomics (MESA 6)” has been funded by the NIH!

 **2018 likes**

No excuses! Performing 10 minute bouts of exercise through out the day for a total of 30 minutes is still beneficial.

 **2018 likes**

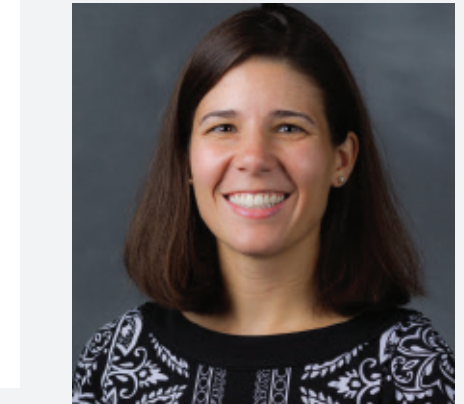
Congrats @Dr. Rejeski whose proposal “Long-term function and health effects of intentional weight loss in obese elders” has been funded by the NIH!

 **2018 likes**

We welcome @Andrea Cox to her new position as the Administrative Assistant for the HES department. We know you will do great!

 **2018 likes**

Exercise such as squats or chair sit to stands can help reduce fall risks in older adults!

 **2018 likes**

Congrats @Dr. Beavers on being selected for the 2018 WFU Grad Student Association Faculty Excellence Award!



PATTY KENNEDY

AND THEN THE PAGE TURNS...

06/30/2018

A Final Thank You

Patty's journey with the HES department began in 1989 when she met Paul Ribisl at the Arts Council drive on campus. A few years later, Paul became chair of the Health & Sports Science Department (now the Health & Exercise Science department) and needed a new administrative assistant, so she applied. "And even though I knew Paul, he took me through quite the interview process. I had to memorize information on every faculty, meet with the department collectively, and answer questions about each faculty member! That was such a stressful moment for me because they were all looking at me, and I was looking at all of them thinking oh gosh, what does he do?! But it all worked out because I got the job!" said Patty.

Patty became a part of this department during such a pivotal time because the department was evolving and heading in a new direction. This direction laid the ground work to increase scientific knowledge, and apply findings to diseased populations. "We were becoming research focused and well on our way to help prevent chronic disease and disability," Patty said.



"This department fit me perfectly because I was never a stranger to exercise and always enjoyed it. But like most people I only associated exercise with weight loss." Her zest for learning more about exercise and leading a healthy lifestyle matched the wealth of knowledge that was just right outside Patty's door. "So it was exciting for me. I've learned so

much over the years just because of what we do here" said Patty.

Although Patty may not be up the stairs or down the hall anymore she is still and will always be a part of this team. She'll just be "working" off campus.

ABOUT ME

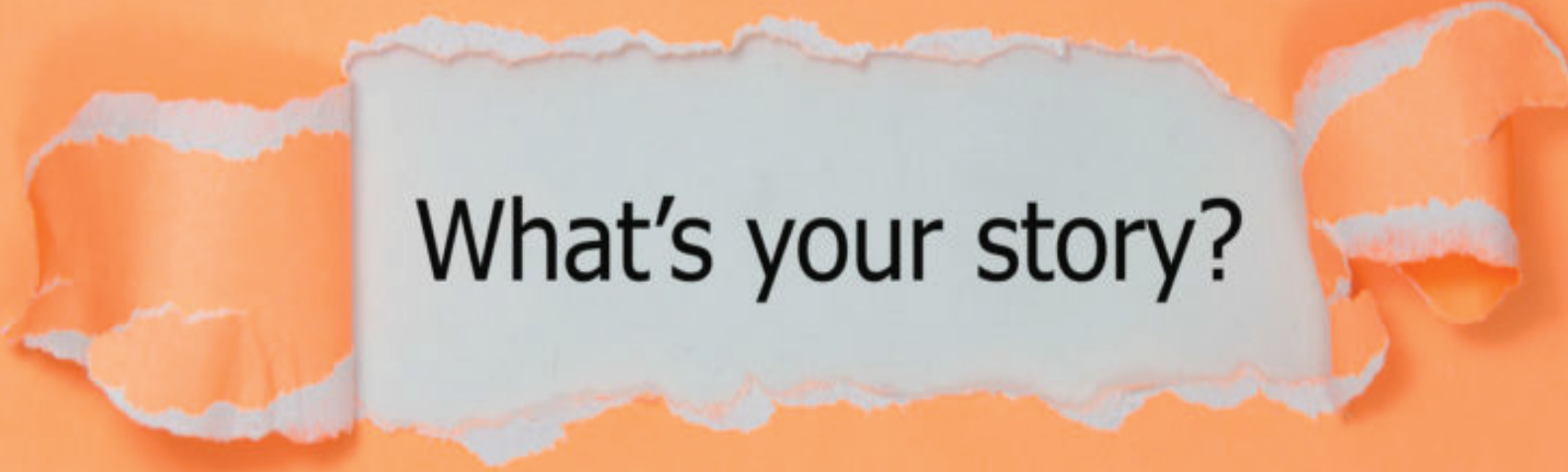


Hello! I have been the Administrative Assistant for the Health & Exercise Science department for 29 years. I have been married to my high school sweetheart, Charles for 51 amazing years. We have a 16 yr. old cat named Max and a newly adopted Beagle mix named Annie. One of my favorite things to do is work in my garden. I love cottage gardens and you will always see flowers in my yard! This retirement certainly is bitter sweet because this department has become an extension of my family. "The camaraderie and laughter - always the laughter, was my favorite part!"



During the past year we received an increased number of donations to the Department of Health and Exercise Science. We are extremely grateful for these gifts and for the generous support of our alumni and friends. These funds are being used to improve the quality and quantity of equipment in our undergraduate teaching laboratory (Applied Physiology Laboratory) and to support student (undergraduate and graduate) travel to professional conferences. During the past year we have received donations from the following individuals/families:

- Mr. and Mrs. Art Blackwell
- Mr. and Mrs. Larry Buchanan
- Dr. Tina Burleson
- Ms. Megan Duda
- Ms. Lolly Durotoye
- Mr. and Mrs. William (Bill) Faircloth
- Dr. and Mrs. Warne Fitch
- Mr. and Mrs. Kenneth (Whitley) Gasaway
- The Hamati Family
- Dr. Ashley Hardy
- Mr. and Mrs. Louis Howard
- Dr. Reed Humphrey
- Ms. Maddie Huster
- Mr. and Mrs. Kenlind Jackson
- Dr. and Mrs. Zeb Kendrick
- Ms. Kristen Klingler
- Ms. Amber Lenstrom
- Dr. Caroline and Jason McClain
- Ms. Alexandra Paetow and Mr. Christopher Falzon
- Dr. Patricia Perillo and Mrs. Lisa Speas
- Dr. Christie Ward-Ritacco and Mr. Christopher Ritacco
- Ms. Lauren Rogers
- The Rogers Family
- Mr. and Mrs. Xavier Ross
- Mrs. Linda Shaytar
- Mr. and Mrs. Aaron Smith
- Mr. and Mrs. Ransom Stokes
- Mr. and Mrs. Samuel Strober
- Ms. Jonsye Wurthmann and Mr. Scott Cutting



What's your story?

If you are an alumnus of the Department of Health and Exercise Science at Wake Forest University and would like to share your story and be featured in one of the upcoming issues, please contact Dr. Steve Messier at:

messier@wfu.edu

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