

OCTOBER-DECEMBER 2019

Sprinter or Long-Distance Runner?

By Dr. Alice E. Schluger

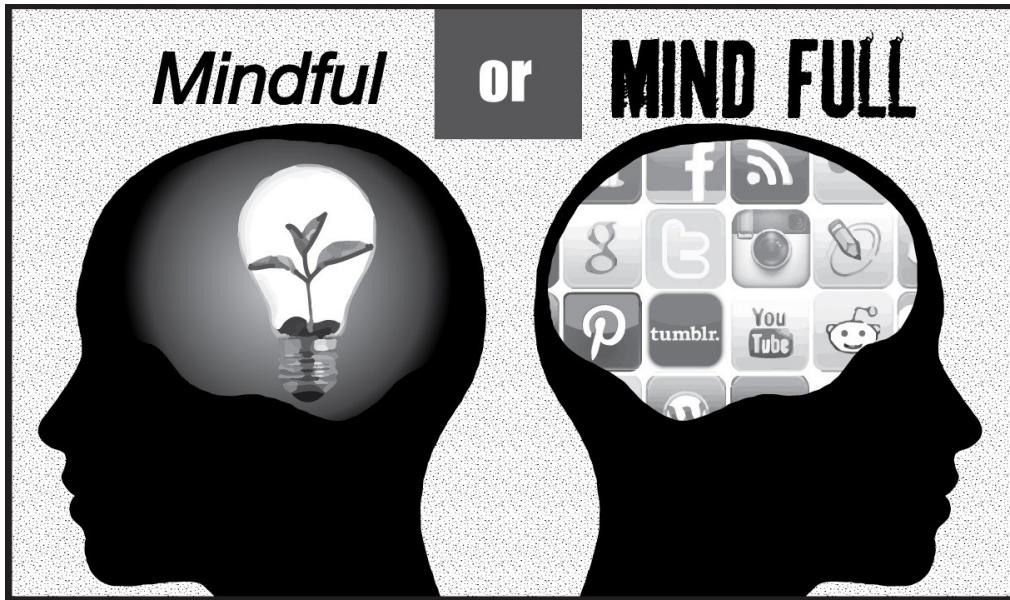


Photo Source: <http://www.changeisreel.org/wp-content/uploads/2015/10/mindful-mindfull.jpg>

With the fast-paced, dynamic environment we are exposed to everyday, it's easy to get caught up in the inevitability of life on "speed mode." These real or self-imposed pressures infiltrate our daily existence and become a constant tug-of-war between multitasking, efficiency, and effectiveness. The age-old dilemma of attempting to cut corners while still trying to achieve the desired result is hard to ignore. Moreover, instant gratification is now the expected norm and patience is increasingly becoming an elusive virtue. This notion of instant gratification has even permeated

the sports world. For example, there is an ongoing debate as to whether sprinting or long-distance training is the best option. Both will improve cardiovascular health and bone density, but reflect different mindsets, objectives, and levels of endurance. From the outside, sprinters appear to be physically stronger and more muscular. In contrast, long distance runners tend to be leaner, but have more mitochondria (powerhouse cells) that use oxygen and produce energy (Tang, n.d.). This analogy appears to mirror the path to degree completion in terms of time investment, learning styles, and student expectations of the value of education. Obtaining a Doctoral degree is tantamount to running a marathon in many respects. Students need to learn to pace themselves in order to maintain productivity and perspective over the long haul. One nagging question remains: Should reaching the "finish line" in less time take precedence over the longstanding benefits of academic achievement and overall well-being?

Online Learning -- Speed vs Stamina

The online learning platform continues to flourish and become increasingly popular in higher education (Nguyen, 2015). Online learning offers many advantages to students that are not as readily available through traditional educational settings. The accessibility and flexibility of the virtual classroom and the convenience of learning at their own pace is important to students with busy lifestyles. The option of accelerated, short courses in many online degree programs is also highly attractive to students. Nonetheless, the pros and cons of this approach from an academic and holistic standpoint deserve a closer look.

Student Perspectives

Attending college can be overwhelming at times, so it's crucial to incorporate techniques that relieve stress and anxiety. As students go through their coursework, they should take the time to regroup and acknowledge their accomplishments along the way. Those who decide to pursue advanced degrees are members of an elite group. It takes an inordinate amount of hard work and dedication to attain your ultimate career goal. Is it simply a race to the finish line or is there a higher purpose to this commitment? It's easy to get distracted and veer away from a healthy mindset during this rigorous process. If you choose to run a "smart race" your physical and psychological well-being will remain intact. Absorbing the content of each course, becoming a more critical thinker, and maintaining a healthy balance between body and mind are paramount considerations.

Sprint Continued

By choosing to pace yourself over time, you may avoid additional stress and creating unnecessary internal pressure. Incorporating a more mindful approach may allow you to focus intently on the content of each course and engage more fully in the weekly discussion assignments. Taking one course at a time does not mean you are a slow-poke or an underachiever by any means. It is important to follow a weekly exercise routine, address nutritional needs, get an adequate amount of sleep, and participate in recreational activities that you enjoy. If you can maintain a sensible work/life balance between graduate school and the outside world, you will be one step ahead of the pack. During times of stress, remind yourself to stay in the present moment and remember to breathe!!

Community Spirit

The sole marathon runner is fueled by the support of teammates and the community. The cheering and encouragement from spectators during the race are essential for inspiration and intensifying motivation. Similarly, it is the responsibility of faculty and advisors to guide students to complete a successful journey. The value of mindfulness can be incorporated into the classroom thorough role modeling. A sense of purpose must also be evident to students from the outset of the course. Building a cohesive community in the virtual classroom facilitates the attainment of curriculum goals, while also promoting positive peer relationships and effective communication. Instructors should create a cooperative rather than competitive atmosphere among students. This promotes individuality and self-reflection as to what each student wants to accomplish. Providing constructive feedback to facilitate mastery of the course material is also essential (McKeachie & Svinicki, 2006). This will create an environment that allows students to succeed by demonstrating belief in their capabilities. An emphasis on organization and attention to detail should be reinforced to discourage hasty or suboptimal work. Instructors may also suggest that students keep a journal to express their thoughts, concerns, and feelings during stressful periods. This solid foundation will carry through to other avenues in life far beyond the parameters of the classroom setting.

Benefits of Mindfulness

Research has demonstrated both psychological and physiological benefits of mindfulness practice and meditation (Bamber & Kraenzie Schneider, 2015; Ireland, 2014; Yang, Holzel, & Posner, 2015).

1. Mindfulness practice improves self-regulation, including attention control, emotion regulation and self-awareness.
2. Mindfulness practice enhances attention through the effect on the anterior cingulate cortex to strengthen neural connections.
3. Mindfulness practice lowers stress hormones by acting on fronto-limbic networks.
4. Meditation practice has the potential to enhance present-moment awareness.
5. The default mode networks (including the midline prefrontal cortex and posterior cingulate cortex, which support self-awareness) can be altered as a result of mindfulness training.
6. Mindfulness meditation can facilitate the cultivation of a healthy mind and increased well-being.

Athletes often utilize mindfulness techniques to achieve peak performance and train their bodies to thrive. Students can employ similar practices in their education to foster healthier lifestyles for optimal learning and greater academic success. We can all benefit from the power of observation and staying centered to calm or energize ourselves. Becoming more mindful does not have to consist of a formalized time-consuming meditation practice. A state of mindfulness can be accomplished in as little as five minutes during the day! Just pausing helps us think and allows our brains to catch up with our emotions and reduce stress. This is also advantageous for decision-making, creativity and concentration, but we must be first be tuned into what our minds and bodies are

communicating to us.

Here are a few simple techniques to harness your awareness and be in the present moment (Williams & Menendez, 2015).

- ⇒ Focus inwardly and simply notice what you're experiencing in your body and how you are feeling. A body scan is a powerful tool to increase sensory awareness.

Mindful (*adj.*)

—Being conscious or aware of something

- ⇒ Pay attention to your breath. Take deep breaths to increase calmness and sharpen concentration. Deep belly breaths also assist with becoming more present.
- ⇒ Slow down and focus your attention on one task at a time. Multitasking is unproductive in the long run and increases stress.
- ⇒ Be more mindful in your normal daily routine, such as walking, eating, or doing chores and take notice of the sights, sounds and sensations around you.
- ⇒ If your mind begins to wander, return your attention to one specific image, sound, or cycle of breath.

The Road to Well-being

The use of mindfulness can enhance the ability to sustain the long process of earning a degree with your stamina and sanity still in check. This practice also helps to prevent burnout and a loss of interest or perspective along the way. This is not usually the case for most of the “sprinters” in who compete for time to completion as a primary motivating factor. While you may receive your degree relatively expeditiously, it may not have the most successful outcome. A lack of organization and attention to detail may be inevitable consequences of this hurried approach. Just as in a marathon, taking the long route is arduous and daunting at times, but the overall feeling of accomplishment is that much more satisfying.

Being a “long-distance runner” in any context requires perseverance and diligence but has substantial benefits in the end. Taking this a step further, well-being is a process that must be learned and implemented. A holistic approach to peak performance takes practice but is a key strategy for endurance and self-awareness in all aspects of our lives. Going the distance is an acquired skill that takes discipline, hard work, and determination, but ultimately builds strength and resilience. Mindfulness practice enables us to immerse themselves in the immediate task at hand and enjoy the ride along the way. It's up to you whether to be mindful or “mind full” as you navigate through this exciting journey. Keeping your eye on the prize and meeting challenges with mindfulness will be its own priceless reward at the glorious finish line!

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Disasters and Money

By Dr. Wayne Briner

Wildfires, hurricanes, and floods. What do they all have in common? Money. Yes, there are other issues; loss of life, being displaced, losing property, and lots of inconvenience. Even if you manage to get out of it without loss of life, and most of us will, we will all be dealing with the literal cost of it all. It can add up fast and trying to recover as much of those losses as we can will become very important very fast.

This article goes through some of the basics on how to do some work up front to mitigate some of the losses and some of the frustration associated with the financial impact of disaster.



Photo source: <http://blog.nasafcu.com/2017/09/manage-money-natural-disaster/>

First, have some cash; real hard cash. In many of these events ATMs, e-readers and other cell and internet based services go out and being able to buy supplies and gas with cash can save the day. How much? Hard to say. If you can hide \$200 away somewhere for these kinds of emergencies that would be great, and more is always better especially if you drive a large vehicle, but, there are limits.

Second, you need pictures of your property and possessions, and you need them recent and before anything happens. This will help you with insurance claims and with FEMA assistance. If you cannot prove you had it, you may not get paid for it. For example, if you cannot prove there was drywall in your basement before the flood, you may not get help with it after the flood. Just walk through the house and take pictures from all the directions. Open the doors to closets and large cabinets, and certainly of anything very expensive. Take those photos and store them on the cloud so they don't get lost during an event.

Third, if you suffer damage from an event, be sure to NOT clean up anything, or let anyone else clean it up, until you get photos of all the damage. You must be able to prove that your property suffered from the kind of damage you claim. In fact, volunteers that show up to help a town cleanup are often frustrated because they are told to sit and wait several days until all the damage is documented. Photograph everything, even the yard. You may well want to wait for insurance adjustors and property inspectors to come by before starting any sort of clean-up. This can be frustrating since everyone wants to get their life back on track. But, the entire process is going to take a while to work through.

When it comes to clean up, there are things to keep in mind as well. Some organizations will do it for you, and do it for free, and often do it better than you can. But, they cannot get to everyone at once, so again, it can take some time. Contact your local disaster response officials to get you in touch with the cleaning crews. If you do it yourself, just be careful. Depending on the event, some sites are technically considered hazmat zones. Debris, both sharp and heavy, will abound. Chemicals, animals, insects, and carcasses can make the situation even more hazardous. Get your tetanus vaccination. Wear gloves, heavy shoes, and heavy work clothes. On top of all that save all your receipts.

If people help you, keep track of that help, who, hours worked, and what they did. Work with the disaster response personnel to help log those hours. That kind of assistance can actually help the town get FEMA money. Ask your town how to dispose of debris. Most towns will have a plan to have you put it out along the curb and gather it in a specified manner. They will also tell you how to separate it, and what to do with hazardous materials. You can also get a lot of free stuff from local volunteer groups, although, it can be kind of random. The Red Cross and Salvation Army are often good places to start seeking all sorts of assistance.

Most insurance companies are fine to work with, and honest, it just takes time. Some are not so honest. Disaster legal aid will be available through a number of agencies if issues with insurance arises. Scams and shady contractors will appear as fast as the disaster that happened, so be very careful of them. Contact the Better Business Bureau or the local Chamber of Commerce if you are suspicious. Some towns have started issuing permits to vendors after disaster events to help sort out the bad guys.

If you had a flood and did not have flood insurance things will get sticky as insurance companies and FEMA try to separate direct flood damage from everything else. You cannot buy flood insurance at the last minute or after the fact. In all honesty, without flood insurance you will, probably, qualify for very low interest loans. Some organizations will donate material and replace damaged HVAC equipment if you meet certain requirements (some of those are surprisingly lenient). But, all this can take some time, and patience is sometimes hard to come by. Don't expect things to come back exactly to normal or what it was like before.

What if it is not your disaster, but, the town next door or the state next door? Want to help? Give money! We are all tempted to fill a few bags with things we really don't need and give them to some group to help people who have lost everything. The generosity is understood but often ends up being the towns "second disaster" as semis of things that really are not needed end up piling up at relief centers taking up space and time. This is especially true of clothing. In reality it probably cost more to transport the donated goods than what the goods are worth. Cash gets the victims exactly what they need right when they need it. It helps sustain the surrounding economy when purchases are made there. Some non-profit groups will give victims cash donations to help meet all those random expenses, but the money has to come from somewhere. Cash is a one-size fits-all universal motor for disaster relief.

Faculty Notes

HOW TO HELP AFTER A DISASTER

The best way to help is with CASH DONATIONS to TRUSTED ORGANIZATIONS.

- Cash is efficient, flexible to use, and requires no packaging or transport.
- Trusted organizations will ensure your money goes to help those in need.



FEMA

Obesity, Occupational Hazards and Joviality, Oh my!

By Dr. Nina Bell

Santa Claus is more commonly recognized by American children than the President or the Pope...or even baby Jesus. About 10 years ago, researchers published a study that found "Santa Claus was the only fictional character more highly recognized than Ronald McDonald."

Considering the fame of Santa Claus, public health practitioners have constantly questioned whether the jolly fellow is truly a good role model. The concern is so great that researchers have developed a number of studies over the decades that have become known in public health circles as "The Santa Claus Studies." The focus has been on a variety of issues surrounding the famous man who lives at the North Pole from occupational health concerns and personal physical risk factors for disease to his jolliness and other personality traits.

The question continues to baffle: How can jolly ole Saint Nick be a good role model when he has numerous poor behaviors? In the past, the traditional overweight Santa has been used to sell multiple unhealthy products such as cola and candy as well as cigarettes. While the latter has been banned from use in advertising today, the concept of Santa marketing high-fat, high-sugar foods still exists.



Photo Source: <https://kdmr.com/news/2018/dec/24/christmas-tell-your-children-real-santa-claus-story/>

A 2017 article in Great Britain's newspaper, *The Independent*, a physician noted that Mr. Claus probably has multiple morbidities which could become debilitating such as gout and diabetes. "If Mr. Claus was a patient at my practice, I would be encouraging him to adopt a vastly healthier diet and take more exercise in the New Year." Because UK residents leave brandy and cookies out for Santa rather than milk and cookies as done in the US, the physician also noted that "I'd be keen to address his binge drinking as well."

Countries that revere Santa Claus as a holiday icon have higher levels of childhood obesity, according to numerous international Santa Claus studies. Because of his round belly and obvious overweight physical condition, Santa Claus has taught our children (albeit, subtly) that obesity is associated with good cheer and happiness. While that may seem like a ludicrous suggestion, let's look at a few of our traditions in connection with health habits. First, we are asked to leave Santa a plate of cookies and a glass of milk or brandy (as in the UK) for him to enjoy during his visit to our home. However, his waistline really can't afford the sugar and fat in the cookies let alone the alcohol that he will drink before driving off your roof in his sleigh. So, not only are we

encouraging high-fat, high-sugar foods, we're also endorsing drinking and driving – even if it is only when he leaves the UK. The carrots Americans often leave for the reindeer would be a much better snack choice for Santa himself.

Second, the Santa "helpers" found at the thousands of malls and department stores across the nation are not necessarily the best "helpers." According to studies of these Santa Clauses, most countries, including the United States, do not require checks for mental health, immunizations, or other medical conditions for these mall/store employees. Thus, a Santa could potentially carry unknown viruses, Tuberculosis, or other infectious diseases that could become an unwelcomed gift given freely to your child as he or she sits on Santa's lap.

However, Santa Claus is basically like the rest of the nation – suffering from obesity and diseases connected to being obese. Considering that the trend in the United States shows obesity is still increasing (currently at 40% for adults, 18.5% for children), we should be focusing on a different role model – especially for our youth.

Beyond Santa's personal weight issues, his environment was also studied and deemed to be unhealthy. His homeland can spark significant bouts of depression. He is from the North Pole and in December, Santa's busiest time, it is covered in 24-hour darkness. How can one be motivated, chirpy and planning for the biggest delivery of the year when there is such a significant lack of sunshine? Wouldn't it be more likely that he would descend into madness from being starved of light and warmth? This particular study also pointed out that the physicality of Santa's work is extremely difficult for an older, overweight man flying around the world, faster than the speed of light, in sub-zero temperatures, carrying parcels of heavy games consoles and bicycles. How would that affect the body and mind?"

Also, Santa's job might actually cause hypoxia considering that he flies at heights equaling Mount Everest at 8,848 meters. The barometric pressure alone would cause unconsciousness within minutes not to mention the extreme temperatures at that altitude.

Then, there is the issue of sleigh driving, under the influence or not. Recent studies confirm that sleigh driving carries a significantly high risk of injury. Frankly, there was one disturbing report of

Santa's sleigh crashing on a remote tropical island, albeit during wartime (documented in the "I Saw Grampa Cussing Santa Claus" portion of the "Simpsons Christmas Stories" episode of "The Simpsons"). What about a first aid kit? How are sleighs equipped? Are they even required to be licensed? These are all issues that are driving current concerns about Santa Claus' overall health and well-being.

Let's consider the reindeer in relation to Santa's health. Reindeer are susceptible to fleas and ticks; therefore, it is highly likely that Santa has Lyme Disease. Who is maintaining the reindeer? Is there a veterinarian at the North Pole? There is no information available on that topic leading us to



Photo Source: <https://santaclausvillage.info/photos-videos/photos/reindeer-of-santa-claus-arctic-circle-rovaniemi-lapland-finland/>

Faculty Notes

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assume Santa himself is the caretaker – but is he qualified? Therein lies a potential ethical issue that the Humane Society should be addressing.

Finally, studies have considered the cardiovascular health of Mr. Claus in relation to an uneven distribution of his workload. We know very little about Santa's activities from January through November, so it is very reasonable to assume he is unemployed for a large portion of the year. The holidays are packed with activities that demand working beyond the traditional 8-hour day for Mr. Claus. It is far more likely to believe Santa Claus is experiencing extremely long working hours, which is a violation of labor laws and rights. Besides the legal issues, this working atmosphere can cause undue stress on the body and risking his cardiovascular health.

Frankly, Santa Claus has been doing this job for centuries. That begs the question: where is the older worker succession plan? While we do not know Santa's exact age but we do know that work of this nature cannot continue without adverse health effects. It would be prudent for Santa to consider a succession plan. Does Santa even have offspring to take on the role? Further research should be considered to look into this possibility before Santa dies from overworking, obesity, or other stressors due to his age, health, and occupation.

Despite the concerns, Santa remains jolly. How? Well, that's been studied as well. A group of Canadian researchers took a look at why Santa seems so happy considering his occupational hazards and health risks. A survey of people of various weights and levels of depression showed that jolliness is actually connected with activity – regardless of the person's physical traits. Looking at Santa, he is the one who monitors the elf's workshop, he allegedly feeds and maintains his reindeer fleet, and he is also in charge of the Reindeer Games which keep his team healthy. Activity does equate to jolliness giving Santa quite the edge – especially around this time of year.

So now what? While Santa Claus' overall presence at this time of year does involve the spreading of good cheer to all, it's important to remove his connections to unhealthy personal habits, occupational stressors, and unwanted diseases. Teach your child to focus on Santa's message of giving instead so you and your family can experience true jolliness this season. Have a super Holiday Season!

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Photo Source: <http://gatewayindustrieswv.org/wp-content/uploads/2017/12/Happy-Holidays-Gateway-2017-.jpg>

All About Squash

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By Dr. Karin Parramore

Despite its name, winter squash is the perfect fall vegetable. The mild flavor and full texture add body to soups and stews, and squash makes an excellent roasting vegetable, pairing beautifully with root vegetables. Most varieties have a dense, smooth flesh, although certain varieties are chosen specifically for their ability to make long strands, like the aptly-named spaghetti squash which can indeed stand in for the grain-based edible.

Some squashes like butternut are moist, and add a richness and smooth texture to any dish. Other varieties, like Kabocha, are quite dry and work well as a base for patties or vegetarian loaves, both savory and sweet. Delicata, as the name suggests, is very tender, and unlike other varieties has an edible shell. Thinly sliced and roasted, these beauties make an excellent snack and are so tasty when dipped in a yogurt-based dressing.

Winter squash has gotten something of a bad rap in the recent focus on low-carb eating. While it is true that one cup of winter squash contains 10 grams of sugar they are also very high in fiber, which slows the release of the sugars, guaranteeing an excellent energy source over time. As one cup contains a mere 40 calories this vegetable can be a great addition to most meals, but I love it at breakfast when I need to be most alert and energized. Because of its mild sweetness it marries well with fruit—halved, baked, and stuffed with nuts and raisins, it is a great substitution for grain-based breakfast foods like oatmeal.

Perhaps even more importantly, winter squash contains a wide variety of carotenoids, the precursor to Vitamin A. In fact, that same cup of squash can provide up to sixty percent of the RDA for carotenoids. Vitamin A is known to help with eye health, and strengthens skin and hair. It has also been shown to be protective against many different kinds of cancer like breast, colon, lung, and skin cancer.

Cooking options

Typically boiled or mashed, many winter squashes can be sliced thin on a mandolin and flash fried or broiled to stand in for potatoes. It is an excellent addition to root vegetable roasts, offering a milder foil for sweet potatoes or offsetting the bitterness of parsnips, for example. Winter squash melds beautifully with curries, and winter squash curried soup is a staple at our house. Finish the soup with a dollop of yogurt to balance the heat of the spices and add some crusty bread.

Chinese medicine

There is a long tradition of dietetic healing in Chinese medicine. Foods are categorized by their primary flavor—bitter, salty, pungent, or sweet, for example—and “prescribed” to help with imbalances. Bland or sweet foods go to the middle—the organs of digestion, understood to be the stomach and spleen, small and large intestine. As the middle is described as the place from which all balance is generated it is the first place to treat in most imbalances. For anyone suffering from any kind of digestive problem, eating bland or sweet foods can really help. Even in the western medical perspective this idea can be seen in the BRAT diet—bananas, rice and applesauce are all sweet or bland and can help with digestive distress.

Foods in Chinese dietetics foods are also categorized by color, and yellow foods are typically seen as benefiting the organs of digestion. Interestingly, winter squash is often flavored with turmeric and ginger, two herbs that are also yellow and great for digestion.

The next time you see a beautiful fall display of these versatile and delicious vegetables, I hope

Grocer's Corner

Contributors

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Dr. Nina Bell, MCHES, is the Editor-in-Chief of the Health Promotion Quarterly newsletter. She is an Associate Professor with Ashford University, serving also as the program chair for the BA in Health Education program. She earned her MPH and PhD in public health from Walden University and a BA in Journalism from Indiana University of Pennsylvania. In her spare time, she teaches group fitness classes and trains for triathlons.



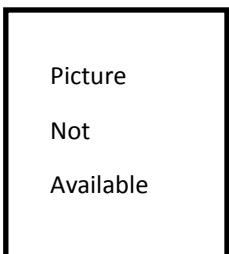
Heather Auger is the copy editor for Health Promotion Quarterly. She is also the English 121 Lead Faculty for the Division of Gen Ed and has been with Ashford for 6 years. She lives in Southern California, where she earned her dual degree in English Composition & Rhetoric and Literature at CSUSB. She enjoys spending time with her family and can often be found outside in her garden or at one of the group exercise classes at the local YMCA.



Dr. Alice E. Schluger is an Adjunct Faculty Instructor at Ashford University. She has taught graduate courses in Health & Wellness Psychology at the University of the Rockies since 2012. She earned a PhD in Psychology (Health Psychology specialization) from Capella University and a Master of Arts Degree in Community Health Education from New York University. She is also a Life/Wellness Coach and a Certified Wellness Professional.



Dr. Wayne Briner received his doctorate from Northern Illinois University in 1987 followed by a post-doctoral fellowship at Tulane and LSU schools of medicine. He has been in higher education for nearly 30 years working in the both the face to face and online environment. Currently he is a professor on the College of Health Human Services and Science teaching the masters in psychology program. Dr. Briner serves as the chair for the 12 county Community Organizations Active in Disaster for Northeast Nebraska; serves on the steering committee for the Rural Region One Medical Response System; and serves on the local Fire and Rescue Department.



Dr. Karin Parramore full time faculty at Ashford University in the Bachelors of Complementary and Alternative Health program. Karin holds a masters in Oriental Medicine from the National University of Natural Medicine in Portland OR. Karin is passionate about travel and spends most of her free time moving about the world.

How to Be a Contributing Writer for HPQ:

All faculty, students, and staff of Ashford University are eligible to contribute to this quarterly newsletter. You are most welcome to write articles, send photographs, submit recipes, comic strips, etc. of your own work to be included in the newsletter.

If you have any questions, please reach out to Dr. Nina Bell, Editor-in-Chief at:

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October

Health Literacy Month
Breast Cancer Awareness Month
National Bullying Prevention Month
6—Mad Hatter Day
13—Train Your Brain Day
16—World Food Day
18—Chocolate Cupcake Day
30—Candy Corn Day



November

American Diabetes Month
Lung Cancer Awareness Month
Peanut Butter Lovers Month
Vegan Awareness Month

4—Common Sense Day
6—Election Day
13—World Kindness Day
15—Great American Smokeout
17—Take a Hike Day

December

1—World AIDS Day
1-7—National Influenza Vaccination Week
7—Letter Writing Day
25—No “L” Day
31—Make Up Your Mind Day



Photo Sources:

Pumpkins: <https://www.history.com/news/the-halloween-pumpkin-an-american-history>

Turkey: <https://www.history.com/topics/thanksgiving/history-of-thanksgiving>

Holly: <https://grannysu.blogspot.com/2014/12/the-holly-and-ivy.html>

Follow these links for more unique holidays to celebrate this quarter:

- ⇒ <http://www.emotionscards.com/locations.html>
- ⇒ <https://www.timeanddate.com/holidays/fun/>
- ⇒ <https://healthfinder.gov/NHO/nhoyear.aspx?year=2019>

Health & Fun Celebrations

HPQ Back Issues

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HPQ Back Issues

If you missed it, you can read the last issue of HPQ—The April-June 2019 Issue by clicking on the picture below:

HEALTH PROMOTION QUARTERLY
A publication from the College of Health, Human Services, and Science

JULY—AUGUST 2019

Graduation 2019

Cap décor Traditions

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All HPQ issues can be found here:

https://www.ashford.edu/online-degrees/college-of-health-human-services-and-science/hpqnewsletter?_ga=2.133618702.12946699.1560119182-985794045.1547751336

Here's to your health!

If you would like to be a part of future editions of the Health Promotion Quarterly newsletter, including being featured on the cover, please contact:

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