Our own Dr. Tom Holman is named Chamber of Commerce University Educator of the Year and follows that up with the college of Health and Human Services Teaching Award.

Our Spring Distinguished Lecturer was alumnus Dr. Jeremy Loenneke who is on faculty at Ole Miss. He delivered an excellent lecture for our students.

The Health Promotion students implemented the Steer Sober campaign to raise awareness about driving under the influence.

The faculty of HHPR combined to publish 14 peer-reviewed journal articles and two book chapters.

The recreation program was reaccredited and underwent a name change to Recreation and Park Administration.

The Sport Management students continue to put on excellence events to raise funds for scholarships. Every fall the students continue to organize a 5K walk/run to help fund a department scholarship.

I hope everyone had a happy and healthy year!

Joe Pujol, Ed.D., FACSM, EP-C, ETT
Department Chair and Professor of Exercise Science
Southeast Missouri State University student Zack Buck of St. Louis put his survival training to the test when he auditioned and qualified for an episode on Discovery Channel’s “Naked and Afraid.” The segment aired May 7, 2015 and chronicled his 21 days of survival in the Rupununi Savannah of Guyana.

“Imagine being dropped off in a hot, humid tropical grassland and being told to go that way and survive. Knowing all the plants in Utah and Missouri does not help you when you have never been to South America,” Buck said. “We had to trial and error things, looking at different trees and plants for what they could provide us and going on treks to find food that sometimes paid off and sometimes not.”

Those that didn’t pay off contributed to him losing 28 pounds over the three-week period. But he says he now knows his limits.

“I do not take for granted what I have. Where walking out into the sun can kill you or standing up can make you blackout due to malnutrition, this challenge is no joke. It’s deadly if you make the wrong choice,” he said. “Perspective is what I have gained, and I am blessed to have had the opportunity to live like a bum for 21 days and come out on top.”

“Naked and Afraid” follows two people, a man and a woman, who are dropped off naked at a remote location somewhere in the world and must survive for 21 days. Each person can bring one personal item from home.

Buck brought a custom M18 knife made by a blacksmith from Indiana. He says it is heavy but is a “wood chopping machine great for carving bush craft but difficult for cleaning game with its wide tip. It is nice to see such craftsmanship that reminds you of something you would see a knight carrying around England.”

Buck said as he watched the “Naked and Afraid” show, he became interested in it. He also knew a friend, Luke McLaughlin, who was a participant in the show’s third season.

“I enjoy survival television and was hooked when I started watching the first season of Dual Survival on Discovery Channel. I always thought that would be a fun experience and a great way to test your skills. After a few years of training, I felt I was ready to take the challenge,” he said.

Buck’s survival episode was filmed in October 2014. He took time off from Southeast to prepare for “Naked and Afraid” in Utah, where he spent two summers and most of last year working with at-risk youth in the state’s western desert. There, he learned to bow and hand drill embers from sticks, make primitive weapons like bolas or a four-pronged spear, strong cordage strengthening sinew or plant fibers for use.

“All of this was possible because I took a chance and went to work in Utah for three separate summers. I learned to be patient, rock a party on attitude when things get tough, the bad times will pass, and that we are given all of our survival needs in life. I am thankful for that,” Buck said.

In addition to his experience in Utah, Buck says his experiences in Southeast’s Department of Health, Human Performance...
and Recreation helped prepare him to survive for 21 days on the show. He took a course called “RC 450: Outdoor Adventure as Treatment,” a course required for the Outdoor Adventure Leadership minor at Southeast with Dr. Tom Holman, associate professor of health, human performance and recreation. This led him to a wilderness therapy company called Outback Therapeutic Expeditions, where he “indirectly learned the primitive living skills I needed to go on the show and survive,” Buck said.

Buck, who is pursuing a Bachelor of Science in recreation with an emphasis in outdoor adventure leadership at Southeast, says he plans to finish his remaining three classes to graduate from Southeast and is enrolled in classes for this summer.

Looking back on his three weeks in South America, he says he enjoyed all the sounds he could hear, from howler monkeys swinging during the night to a “symphony of birds” waking up for the day.

“I remember struggling in the middle of the challenge and hearing a hummingbird hum, reminding me of my grandparents who loved hummingbirds. This made me feel like I was being watched over and gave me a sense of relief,” Buck said.

He says some sounds annoyed him, especially mosquitoes that kept him from sleeping while buzzing in his ears at night. He only had five minutes of peace in between the flies of the day and mosquitoes of the night.

But he says he is passionate about the outdoors.

“I enjoy providing people with the chance to get outside, to be able to get people off of a screen for a few seconds and experience being outside, to feel the wind on their face, smell the sage brush, or hear a hummingbird hum – it seems to be rare today,” Buck said.

He says he came to Southeast because of the opportunity to play football. He walked on to the team as a defensive end in 2007 and played through 2009. He also met his wife at Southeast.

He enjoys spending time with his wife and playing board games like Settlers of Catan, training his survival skills, walking his dogs at the park, playing sports like football or volleyball and peaking mountains. He loves to explore and road trip, hike, backpack, swim, and “seeing what a tourist trap town has to offer.”

“I am just a normal guy that knows primitive living skills. I am currently working on running survival-based clinics in Cape Girardeau,” Buck said.

He encourages any students interested in learning to make fire from sticks or be updated with survival-based posts and clinic information to email him at zbbucks@yahoo.com, like his Facebook page, and follow his Twitter page.

To Southeast students, he offers some advice.

“Pursue something that will make you happy. Volunteer with a service fraternity and you will find that giving to others makes you happy too,” he said. “Realize that college is about getting your degree and real life happens after college, so don’t make the mistake of thinking it lasts forever.”
**Faculty Highlights**

Beth Easter, Ph.D., M.S., B.S.
Professor of Sport Management

**EDUCATION**
Doctor of Philosophy, Education, Sport Administration, University of Kansas

Master of Arts, Christian School Administration, Grace Theological Seminary

Bachelor of Science, Physical Education, University of Kansas

**RECENT PUBLICATIONS**


**PERSONAL INFORMATION**
Dr. Easter is a member of the Show Me Center Board of Managers and is a Faculty Athletics Representative. She attended the Faculty Athletics Representative Institute in Indianapolis, Indiana in May 2015. She enjoys hiking and camping with family during the summer. Last year’s adventures included white water rafting, paddle boarding and visits to Arches, Yellowstone, Glacier, Grand Tetons and Rocky Mountain National Parks.

Mike Church, M.S., B.S.
Instructor of Physical Education

**EDUCATION**
M.S. Guidance and Counseling, Truman State University

M.S. +30 Course Work in Physical Education and Educational Administration, Eastern Illinois University and Indiana State University

B.S. Ed., Physical Education and Health, Truman State University

**PERSONAL INFORMATION**
Church teaches a variety of courses in the areas of coaching, psychology and sport. One of his areas of concentration is the development and preparation of teachers and coaches. He was a teacher and head coach in the public schools in Illinois for 10 years. In addition, he was an associate professor and assistant basketball coach at Eastern Illinois University for 23 years. He has served as an officer on numerous committees for both the Illinois Association for Health, Physical Education, Recreation and Dance and the Southeast District for AAHPERD. He is a former District All Area Coach of the Year in Illinois high school basketball. He has coached in two NCAA Division I Men’s Basketball Tournaments and one NIT Tournament. Currently, he serves as a volunteer assistant basketball coach at Cape Central High School, working with his son, head coach Drew Church.

**Athletic Training Students Presented at the Mid-American Athletic Trainers Association Meeting**
Student Highlights

HHPR Students recognized at the 2015 Student Life and Leadership Awards Banquet

Torey Byrd was awarded the 2015 Provost’s Award for the College of Health and Human Services.

HL 490 Health Promotion Program Planning and Evaluation students Brenda Adkins, Imani Baker, Kimberley Campbell, Nima Gopali, Macy Heisserer, Jeremy Jernigan, Brittany Johnson, Emily Rybolt, Brandy Talbott and Briana Young were awarded the 2015 Experiential Award for the College of Health and Human Services.

Sports Management Students Attended the “Breaking into Sports” Conference
At the conclusion of my Master’s program at SEMO, I looked back at how much I learned and grown. My time as a graduate teaching assistant was invaluable in providing experience and knowledge in teaching and curriculum. I taught both activities and health classes. As Dr. Sofo’s graduate assistant, I had the pleasure of assisting him on research as well as presenting some of my own. I presented research on the Relationship Between Pre-service Teacher’s Teaching Styles and Value Orientation at MOAHPERD in 2013. I assisted Dr. Sofo with data collection for his research on Prospective Classroom Teachers’ Intentions to Integrate Health Education Across the Curriculum. I also helped in his PE methods courses. I am excited to move on to my next adventure as a camp director at Ballwin Parks and Recreation. As the camp director, I oversee the daily operation as well as organize large camp trips once a week to a variety of locations. This year’s field trips included the City Museum, the Zoo and Castlewood State Park. I enjoyed my time at SEMO and will cherish my experiences. I am excited to see what is in store for my career over the coming years.

/ Cathy Krebs, 2015
B.S. in Education
M.A. in Secondary Education

We can’t wait to see what you do!
Tell us about your upcoming event!

To submit an event for next semester’s newsletter contact Dr. Jason Waggoner at jwaggoner@semo.edu.