Dr. Nathan Stokes joined the Family and Consumer Sciences Nutrition and Dietetics faculty in the spring of 2014.

Although Dr. Stokes teaches a variety of courses in the Dietetics program, the one you will hear about most often is NFA 326-Quantity Food Production. The students in this class operate and manage Café Burrier under his direction. Many people from across campus have taken note of the great food served in the Café, and it is becoming more and more popular. Even President Benson has enjoyed a delicious meal more than once. Dr. Stokes has created a partnership with the EKU Red Barn Garden which provides fresh produce in the Café, grown by the horticulture students in the Agriculture Department. He is hopeful that they will be able to provide meat in the near future. This partnership offers a wonderful opportunity to teach students about the use of local produce in foodservice as well as showcase the produce being grown by students.

In 2014, Dr. Stokes and his NFA 326 students were involved with planning and catering the first ever FCS Homecoming tailgate event. That event was such a success, he has been asked to have the class cater the second College of Health Sciences Homecoming tailgate event scheduled for this weekend - October 24, 2015. Dr. Stokes’ NFA 326 students are involved in all aspects of the event which is a great learning experience for them.

Since coming to EKU, Nathan has successfully defended his dissertation, graduated with his PhD, and had one article accepted for publication as well as another accepted and in the process of revision.
Faculty out in the field!

Dr. Eric Fuchs, ATC, EMT and Dr. Mathew Sabin, ATC along with EKU AT Program Students Kelly Coyne and Amanda Dixon, served as members of the medical staff for the 2015 UCI Supercross BMX Americas World Cup hosted in Rock Hill, SC. This was Dr. Fuchs’s second time serving as part of the medical team for the UCI Supercross BMX Americas World Cup as he served as part of the 2014 medical staff.

Dr. Fuchs was invited by Novant Health to come and serve as part of the medical team for this year’s event. “I was very grateful to be given the opportunity to work as part of the medical staff this year, and I appreciate Novant Health and there excellent sports medicine staff, for inviting me and allowing me to extend this opportunity to students and faculty in our program to assist with a world cup event”. This kind of experience allows our students to see how event sports medicine works and gave them a great opportunity to not only practice clinical skills but network and make excellent connections with in the athletic training and sports medicine profession.

Opportunities like these do not come along often and EKU’s AT Students and faculty are very grateful to Novant Health Sports Medicine and fortunate to be a part of this event. We are looking forward to the 2016 event in Rock Hill, SC and the World Championships for Supercross BMX in 2017.
CHS is everywhere!
Public Health students participate in the 4th Annual Latino Health Fair in Lexington, August 2015. The stress of juggling multiple jobs and being in a new environment far from families and friends can be harmful to your health. It can lead to high blood pressure, poor eating habits and anxiety. “There are lots of health concerns” in the Latino community, said Rosa Martin, director and founding member of the Latino Health Fair. “Mostly diabetes and high blood pressure are really high in the community. Also, depression.”

For those reasons, Martin is coordinating the fourth annual Latino Health Fair in conjunction with the three-day Festival Latino de Lexington, organized by the Foundation for Latin American and Latin Culture and Arts, and Lexington Parks and Recreation. About 400 people attended last year’s health fair, she said. While Latinos tend to eat very healthfully in their native countries, where people grow a lot of the fresh fruits and vegetables they consume, many in the United States have succumbed to the lure of fast food, Martin said. This bad habit contributes to many of the health issues seen in the community.

Adding to the problem she said, many in the Latino community do not have the proper information about where to find bilingual doctors or where to go in case of an emergency. The Latino Health Fair — which will have services for children and adults — provides help. Those attending the fair will be able to have their hearing and vision checked, get their blood pressure taken, and, for women older than 40 who have not had a mammogram in the past year, schedule an appointment for a mammogram. About 35 booths will be set up offering health-related materials such as tips for healthy eating, and professionals will discuss wellness services available in the community. Most of the health care providers will be bilingual, and there will be a translator if needed.

“The benefit is for all the Spanish people,” said Diana Varon, a past participant in the health fair. “Some people who don’t have health insurance can go and get their free services.” Free HIV testing will be offered and there will be interactive activities such as Zumba, a healthy eating demonstration and children’s activities including inflatable toys and face painting, organizers said. The Lions Club will perform the hearing and vision checkups and will provide glasses or other services to those who do not have the financial means to pay for them. Gisella Astolfo, a frequent attendee at the fair, said the best thing about it is the vast amount of material available.