The APS K-12 Minority Outreach Fellowship is an excellent way to bring together students, teachers and scientists. It was so much fun being able to learn from the students and teachers and to also share what I know with them. I was glad to be able to explain some of the different physiology based careers available to them and emphasized that they have great potential to achieve their goals. The fellowship really helped me develop my teaching skills especially since the information had to be relayed to both children and adults. I gained so much insight into various ways to serve my community through teaching, not just science but also about the various paths we take to reach our goals. Participating in the fellowship has been one of the most rewarding experiences I’ve had and I am grateful for all that I learned.

**Teaching Forum July 19-25, 2009**
As a physiologist-in-residence, I had the opportunity to work with Dr. Barb Goodman, assisting the middle and high school teachers to incorporate physiology lab activities into their curricula. I enjoyed talking to the teachers about their summer research experiences and about their ideas and various ways of teaching science. I gained insight about the different learning and teaching styles and how to implement the different teaching styles. Everyone was so nice and it really felt like we connected during the week long forum. The teachers were very receptive and I enjoyed presenting some of the background information and discussing the various topics with the teachers. I was somewhat nervous at first but soon found that the forum was a warm, nurturing learning environment for all involved. I learned so much from the teachers and from Dr. Goodman. The teaching forum was extremely beneficial and I still refer to the notes provided.

**ABRCMS November 4-8, 2009**
This was one of the best conferences I’ve attended. It was good to see so many aspiring young scientists. I had the opportunity to judge undergraduate poster presentations and I was extremely impressed with their dedication and level of understanding. I enjoyed handing out the physiological science awards along with Dr. Rayna Gonzales. We worked well together as a team at the APS booth and I learned a great deal from her.

It was nice talking to the students about the benefits of membership and about their various career goals. In addition, I was able to share my experiences as a graduate student and post-doc and to offer insight and guidance on career development. It was so refreshing to be around the bright and enthusiastic leaders of tomorrow.
PhUn Week November 1 and December 7, 2009
We visited a Sunday school class at Phillips Chapel Baptist Church in Winston-Salem, NC with children ranging in age from about 4-12 years. The “draw a scientist” activity was a big hit and each child was able to explain what kind of scientist they drew. One of my favorites was a depiction of a “rainbow” scientist. The children and teachers also loved the “physiology of fitness” activity which demonstrates how the heart responds to exercise. They loved seeing the “heart” pump the “blood” around the classroom as the venous and arterial oxygen sensors tried to keep count of how much oxygen the muscles used. It really became interesting as we placed more demands on the heart. We discussed the importance of exercise and a proper diet and the children had a good understanding of this. They actually began to lead the discussion about hypertension and diabetes. We had some time left over before the end of the class and we did an exercise I learned from one of the teachers at the teaching forum. The Sunday school teacher still uses that exercise to this day. We also visited the Tutor for Success program which is run by volunteers that tutor elementary to middle school children. I’ve been a volunteer with this program for years and really enjoyed discussing physiology with the students. They also enjoyed the physiology of exercise activity. Towards the end, we had each child squeeze the heart provided by APS as long as possible without stopping. They were so competitive at first and did not want to stop, but they soon realized that their muscles began to tire. Based on that activity, we discussed just how important the various muscles of our bodies are. PhUn week is such a great way to help the youth of our communities understand the importance of health and fitness.