Chapel Hill to China

This month’s Olympic Games in China will have plenty of Carolina connections. Twenty current and former Tar Heels will compete or serve as alternates in Beijing. (Not that we’re counting, but UNC will have twice as many athletes there as the next closest ACC program, FSU with 10.)

Among those who will be competing is a member of the Tar Heel staff, Nadine Faustin-Parker, a 1999 UNC grad who is now Director of Operations for the track and field program. The Beijing Games will be her third, following Athens and Sydney. She runs the 100 meters for the Republic of Haiti, which is her parents’ home country. (See page 3 for more information on Nadine and former Tar Heel Olympian Sue Walsh.) Best of luck to Nadine and the rest of the Tar Heels headed for China!

Stay tuned to the Tar Heel Olympic Central page on TarHeelBlue.com throughout the Games for updates on the Tar Heels in competition, as well as features and blog entries.

A rundown on who’s going:

• Field Hockey – Kate Barber, Rachel Dawson, Katelyn Falgowski, Jesse Gey, Carrie Lingo and Amy Tran

There are six Tar Heels on the 16-player roster, with Barber the team captain, Lingo the vice-captain and Tran the starting goalkeeper. Dawson, Falgowski and Gey all were members of the 2007 NCAA Championship team at UNC. Falgowski, a rising sophomore, is the youngest player on the squad and the only one with remaining college eligibility. The U.S. is competing in Olympic field hockey for the first time since 1996.

• Women’s Soccer – Lori Chalupny, Tobin Heath, Heather O’Reilly, Lindsay Tarpley, Kacey White and Robin Gayle

There are four Tar Heels – Chalupny, Heath, O’Reilly and Tarpley – on the 18-player U.S. roster, plus White as an alternate. Heath, a rising junior at UNC, is the youngest player on the team. O’Reilly and Tarpley were gold medalists in Athens in 2004. Gayle will compete for Canada.

• Men’s Soccer – Dax McCarty

McCarty was added to the team last month and joins Eddie Pope as the only Tar Heels to make a U.S. Olympic men’s soccer roster. Pope played in the 1996 Atlanta games.

• Track and Field – Shalane Flanagan (10,000 meters, 5,000 meters, U.S.); Blake Russell (marathon, U.S.); Alice Schmidt (800 meters, U.S.); Erin Donohue (1,500 meters, U.S.); Nadine Faustin-Parker (100 meters, Haiti); Dominique Demeritte (200 meters, Bahamas); Vikas Gowda (Discus, India)

Donohue and Schmidt will be making their first Olympic trips. Flanagan and Gowda competed in Athens, where Russell was an alternate. Faustin-Parker and Demeritte competed in both Athens and Sydney.

UNC track and field assistant coach Anthony Parker will serve as head coach of Haiti’s team, of which his wife, Nadine Faustin-Parker, is a member.
DEPARTMENT NEWS

Warm Welcomes

• Paul Gonella is the new Director of Player Personnel for football. He has spent the last three years as the head football coach at Cambridge (Mass.) Rindge & Latin High School. An All-New England free safety at Springfield College, he earned degrees at Salem State College and Mississippi State, where he also served as a defensive graduate assistant.
• David Hoots has joined the Outdoor Facilities staff. A 2006 UNC graduate, he was a men’s basketball manager while in school. Following graduation, he worked at Carefree Ranch in Chapel Hill, where he trained horses and did landscaping work. Yes, the name is familiar — older brother Eric is Video Coordinator for men’s basketball.
• Scott Jackson has joined the baseball staff as an assistant coach and also will serve as recruiting coordinator. A 1998 Campbell graduate, he spent last season as an assistant coach at Liberty and coached at UNC Wilmington prior to that. He also has worked at Campbell, Barton and Wofford and coached the Wilmington Sharks of the Coastal Plain League. He and his wife, Sabra, have a son, Ryan.
• Christopher Luke is the new Director of Football Video Operations. He comes to Chapel Hill after four years as Assistant Video Coordinator at Texas A&M. A graduate of Eastern Illinois, he also spent two years at Missouri. He and his wife, Sabra, have two sons, Travis (3) and Truman (born in April).

Welcome to the Carolina family, Paul, David, Scott and Christopher!

Fond Farewells

Several longtime members of the Carolina family are leaving Chapel Hill this month or have left recently. Best wishes to everyone!
• The Rams Club bids farewell to Russell James, who will become Assistant AD for Major Gifts with the Gamecock Club at the University of South Carolina. Russell has been a part of Carolina since he stepped foot on campus as an undergrad in 1990, earning his bachelor’s and then his master’s in 1998. He started at the Rams Club in 1997 as an intern and has served in several different capacities before his latest position of Major Gift Director. Russell, his wife, Colleen, and their three kids (Max, Ryan, and Emily), are excited for this opportunity but will certainly miss their (North) Carolina family dearly.
• Also headed for Columbia is the Holbrook family. After 15 years on the UNC baseball staff, Chad has taken over as Associate Head Coach/Recruiting Coordinator for the Gamecocks. Jennifer (still with us for a few more weeks!) has worked in the Carolina men’s basketball office for the past eight years and been coach Roy Williams’ administrative assistant for the last five.
• All the best to Chad, Jennifer, Reece and Cooper!
• Following 10 years in the Athletic Department and four years prior to that on campus as an undergrad, Chris Allen is packing up and heading to Washington, D.C., where he hopes to work for a broadcast company. In addition to his hard work for football, Chris provided outstanding year-end videos for the All-Sports Banquet and has been involved in many other projects for the department. Good luck, Chris!
• Carrie Komar, assistant rowing coach for the past two years, has left UNC to pursue other interests.
• Catherine Vogt, assistant swimming coach for the past three years, is headed for Southern California, where she will join the Trojan swimming staff.

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Happy Birthday in August to ...

Brenda Haithcock  Football  August 1
John Shoop  Football  August 1
Roy Williams  Men’s Basketball  August 1
Delaine Marbry  Olympic Sports  August 2
Jack Karstaedt  Outdoor Facilities  August 3
Jerry Greenwood  Football  August 4
Scott Forbes  Baseball  August 4
Chris Harris  Outdoor Facilities  August 10
Michael Hrivnak  Outdoor Facilities  August 10
Sarah Haney  Rowing  August 10
Anne Sadler  Rams Club  August 11
Ken Cleary  New Media  August 14
Dawn McPherson  Rams Club  August 15
Johnny Cake  Finley Golf Course  August 16
Kaye Chase  Men’s Basketball  August 16
Angie Bitting  Smith Center  August 18
Diane Lowe  Rams Club  August 20
Charlotte Smith  Women’s Basketball  August 23
Tripp Phillips  Men’s Tennis  August 26
Jonas Sahratian  Men’s Basketball  August 26
Carlos Somoano  Men’s Soccer  August 29

New Tar Heel

Scott Forbes, recently promoted to Associate Head Baseball Coach, and his wife, Mandy, welcomed daughter Ally on July 11. She joins big sis Hannah, who is 4. Congratulations to the whole family!

More Wedding Bells

• Congratulations to Jonathan Miller, Assistant Director of Ticket Operations, who married Shelley Hoyle on July 18 in Charlotte.
• The pair has been dating since college — Jonathan went to UNC and Shelley to East Carolina, but they met through mutual friends in Greenville. Shelley now works for Carmen! Carmen! salon at The Streets at Southpoint mall. The happy couple honeymooned in St. Lucia. (See envy-inducing photo at right!)
• John and Michelle (Greco) Brunner, married in June, weren’t able to provide a photo for the July newsletter, as they were busy honeymooning in Costa Rica as that issue went to press. So, better late than never, here’s a lovely wedding photo of the Brunners. Fun to see our coworkers out of their usual UNC polos, no?
Nadine Faustin-Parker
• Director of Operations for Track and Field

Born and raised: I was born in Brussels, Belgium, and moved to the States with my family at a really young age. I was raised in Long Island, N.Y., in Manhasset.


Family: Husband Anthony L. Parker (assistant track and field coach at UNC and my coach), mother Micaele Faustin, father Daniel Faustin, brother Edward Daniel Faustin and sister Anne Micaele Faustin. God blessed me with a great family and husband. My support system has made me and continues to make a world of difference in my life.

Athletic background: In high school, I played volleyball and competed in track and field. In college I was a member of UNC’s undefeated women’s ACC teams from 1994-1998. I was All-American and All-ACC while on the team. I have been competing on the European Circuit since 1999 representing the Republic of Haiti in the 100m hurdles. I am a two-time Olympian (semifinalist), two-time Pan American finalist, three-time Caribbean and Central American Games medalist, and World Championship semifinalist.

Job description: Complete annual reports, prepare and submit the annual budget, help coordinate recruiting visits, help coordinate and assist with team travel, web page maintenance, complete administrative paperwork, set up and work the speed camps, and I have many other various day-to-day tasks.

What’s something about your job that other people would be surprised to know? That my position was only created two years ago – I can only imagine how tough it was for the coaches.

What’s the best thing about your job? The best thing about my job is that God blessed me with the opportunity to work in an environment that I love. I love track and field. It has helped shape me into the person I am. I have been blessed with the opportunity to give back to youth who dream to excel in the sport as I have.

Favorite local restaurant: Favorite local restaurant is a place called Friendly’s. They make the best banana split dishes. The only one I know about is around the corner from my mother and father’s home in N.Y.


Favorite TV show: Everybody Loves Raymond
Last movie you saw and grade you’d give it: The last movie I watched was Hancock, starring Will Smith. I give it a B+. I think he pulled it off.

A fun fact about you: I love to laugh.

Biggest pet peeve: Disorder – I don’t like a messy house, a messy office, or messy car.

Dream job: To be Senior Athletic Director at a major university

Sue Walsh
• Director of Endowment & Stewardship, The Educational Foundation

Born and raised: Born and raised in Hamburg, N.Y. (outside of Buffalo)

Education: BSBA in Business Administration with a concentration in Accounting from UNC

Family: Three children – Sarah (rising junior at UNC), Shelby (rising senior at Jordan High in Durham) and Shawn, a rising seventh grader at St. Thomas More

Athletic background: The most outstanding swimmer in the history of the UNC program, Walsh won 10 individual national championships and one relay title and held American records in three events. She won the Patterson Medal in 1984 and was a member of the 1980 U.S. Olympic team. (Editor’s note: Had Walsh provided this info, it might have read, “Swam at UNC”)

Before UNC: Spent a year in the national headquarters of Ernst & Whinney CPAs in Cleveland, Ohio, and then three years with the same firm in Denver, Philadelphia and Raleigh

Job description: Cultivate and steward our major gift donors, specifically those who have endowed scholarships

Prior position at UNC: Volunteer swim coach for the Tar Heels 1987-89 before joining the Educational Foundation in 1989

What’s something about your job that other people would be surprised to know? Most of our donors did not play a sport at Carolina, nor even attend the University, but they support the Tar Heels nonetheless. Also, half of our Annual Fund contributions come from those at the Big Ram level and below.

What’s the best thing about your job? Of course, the people with whom I work! And also, being able to “pay back” the University for the scholarship I was given, as well as helping other student-athletes have the same opportunity as I to attend the best University in the country!

Favorite pastimes: Spending time with my three children…exercising…and eating!

Favorite restaurant: Trilussa La Trattoria on Franklin Street

Favorite book: All of Nicholas Sparks’ novels…like to live vicariously through the main female character in the books.

Favorite TV show: SpongeBob (It makes me laugh no matter how many times I watch an episode with my son!)

Last movie you saw and grade you’d give it: The Black Knight (four and a half stars, but a little too violent for me)

A fun fact about you: I hated swimming when I first tried it and wanted to quit after one day! Thankfully, my parents were more stubborn than I!

Biggest pet peeve: When people leave a voicemail message and want me to call them back, but don’t include their phone number!

Or the people who pull out in front of you in traffic, as if they are trying to get somewhere fast, and then go 5mph! I don’t do “slow” very well as you may know!

Dream job: One where when I take the day off and someone does...
August in North Carolina means temperatures and humidity are on the rise. With the increase in temperature comes the increase risk of heat injuries—especially with those individuals increasing their training regiments or those not acclimated to the heat and humidity of the southeast. Although we can not prevent the heat index from rising, there are a number of different ways we can combat the heat and hopefully prevent heat illnesses from occurring.

One of the first steps in preventing exertional heat related illnesses from occurring is the recognition of various signs and symptoms associated with heat illness. There are three basic types of heat related illness: Heat Cramps, Heat Exhaustion, and Heat Stroke. While both heat cramps and heat exhaustion can be debilitating, heat stroke is a severe medical emergency.

**HEAT CRAMPS**

Muscle cramping and tightening are a result of a loss of fluid and electrolytes (sodium and potassium) from the body due to increased sweat loss. The loss of these electrolytes and the fluid loss disrupts the normal sodium-potassium pump that is necessary for muscles to contract and relax. The result is uncontrolled muscle contractions usually in the calves, hamstrings and quadriceps that can be very painful. Treatment for this condition includes removal of activity, fluid and electrolyte replacement, cooling the body temperature, light stretching of the involved muscle, massage and ice to the cramping muscles.

**HEAT EXHAUSTION**

Heat exhaustion is a result of exercising in a hot environment without proper fluid replacement. The signs and symptoms include profuse sweating, mild hyperthermia (body temp <104 degrees F), headache, dizziness, nausea and pale clammy skin. Athletes suffering from heat exhaustion must be removed from activity, cooled until body temp is <101, and rehydrated through sport drinks and water. If the athletes breathing, heart rate and temperature do not normalize after fluid replacement, transport to a hospital should be considered.

**HEAT STROKE**

Unlike heat cramps and heat exhaustion, Heat stroke is a medical emergency. An athlete suffering from heat stroke has lost the ability to regulate his or her body temperature. Their sweating mechanism shuts down, the core body temperature is > 104, their skin is red, hot and dry and they may suffer unconsciousness. The focus of treatment is cooling the body. Immersing in cold water, applying ice bags and getting the athlete to the hospital are paramount. Heat stroke can be fatal.

The best way to treat these heat related injuries are to prevent them from occurring. Prevention is based on having a good plan for replacing fluids and being able to identify risk factors that may predispose an athlete to heat illness.

Risk factors can be both intrinsic and extrinsic. Intrinsic factors include fitness level, body fat content, level of acclimatization and overall health. Extrinsic factors may include environmental conditions, duration of exercise, availability of fluids. Controlling both the intrinsic and extrinsic risk factors will reduce the chances of suffering heat illness. Simple suggestions include exercising earlier in the morning or later in the evening, carrying fluids in a pack during exercise, decreasing your exercise time on hot days, exercising in shaded areas or taking breaks during your activity to replace fluids and cool your body.

One of the most important strategies is to have a plan to maintain hydration levels. Waiting for your thirst mechanism to kick in is too late to properly rehydrate. Dehydration more than 2% of your body weight has a detrimental effect on performance. Proper hydration strategies include:

- Drinking water or sports drinks continuously throughout the day
- Avoiding caffeine, alcohol or carbonated beverages
- Drink a minimum of 16 oz. of fluid (water or sports drink) 2 hours before exercise
- Drink 10-12 oz. of fluid 15 minutes before exercise
- Drink approximately 32 oz. of fluid for every hour of exercise. Avoid beverages with >8% carbohydrate
- Drink a minimum of 20 oz. of fluid for every pound lost during exercise

Beating the heat will require good planning, quick recognition and treatment of heat stresses and most important—proper fluid replacement strategies.

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**Human Resources**

**Afterschool at Morehead Planetarium**

The Morehead Afterschool Program (MAP) is expanding! Now, elementary-age children from any public or home school in the area can enroll in this one-of-a-kind science education program at Morehead Planetarium and Science Center.

MAP will chaperon transportation via Chapel Hill Transit from four elementary schools. Parents provide transportation for children from other elementary schools.

In addition, MAP is adding a special discount if three or more children from the same family enroll in the afterschool program.

For more details, visit [www.moreheadplanetarium.org/go/after-school](http://www.moreheadplanetarium.org/go/after-school) or call 843-7951. Online registration is open now.
Honor Roll

All-ACC Academic Teams
The conference has announced All-ACC Academic teams for most of the spring sports and UNC is well represented.
Tar Heels honored were:
• Men's golf: Barden Berry, Chase MacFarland, Henry Zaytoun III
• Women's golf: Sydney Crane, Ann Laney
• Baseball: Colin Bates, Adam Warren
• Men's Lacrosse: Michael J. Burns, Ryan Flanagan, Chris Hunt, Grant Zimmerman
• Women's Lacrosse: Corey Donohoe, Meg Freshwater, Erica LaGrow, Chelsea Parks, Kelly Taylor, Kristen Taylor
• Rowing: Lindsey Barrow, Lisy McIntee, Kathryn Winz, Katie Wood, Ruby Woodside
• Softball: Cassie Palmer, Emily Troup, Breanna Brown
• Men's Tennis: Benjamin Carlotti
• Women's Tennis: Laura Reichert, Katrina Tsang

Look for the track and field honorees in next month's newsletter.

More Honors for Berry
Barden Berry, a senior from Kinston, N.C., was selected the ACC Men's Golf Scholar-Athlete of the Year after being named to the All-ACC Academic Men's Golf team for the third consecutive year.
Berry also was named a Cleveland Golf All-America Scholar, as chosen by the Golf Coaches Association of America (GCAA). This is the second time he has been selected for the honor. He earned Dean’s List honors in each semester at UNC.

Olympics Staffing News
In addition to those competing in China, several Tar Heels are there working behind the scenes.
• Kevin Best, Deputy Director of Athletic Communications, is serving as the Information Manager for all events at the National Stadium, including all athletics competition, the men’s soccer final and the opening and closing ceremonies. He and a staff of 24 will handle all venue requests for rights-holding broadcasters, from NBC to ARD/ZDF (Germany) to NHK (Japan). Kevin will manage the mixed zone, the area where all post-race/game interviews occur.
• UNC fencing alum Bob Largman is again serving as Team Leader for the U.S. men’s and women’s fencing teams. He held the same role in 2000 and 2004.

Almost that time again
Hard to believe the summer’s almost over, but... the summer’s almost over. Classes start Aug. 19 and fall competition gets underway not long after that.

Home contests in August:
• Women's soccer: Aug. 22 at 7 vs. Charlotte
• Men's soccer: Carolina Nike Classic, Aug. 29 (Florida International at 7:30 p.m.) and Aug. 31 (VCU at 4:30).
• Football: McNeese State, Aug. 30 at 6 p.m.
The volleyball team’s first home game is Sept. 5 and field hockey’s is Sept. 7.
Look for all the fall sports schedules in the September issue of the department newsletter.

Faustin-Parker (continued from page 3)

Greatest athletic achievement: My greatest athletic achievement was excellence to the semifinals at the 2004 Olympics. It was a bittersweet moment because only the top four advanced to the finals from both semifinals heats and once I realized I was not top four the tears started to cloud my eyes. Then when my time was posted on the scoreboard, I realized I had run the fastest I ever had in my running career and there was no reason to hang my head low. I left everything on that track and later learned I raced in the fastest semifinals ever run in Olympic history.

What would you do with a completely free day? Wake up really early and drive to New York to visit my family.

If you could have dinner with anyone, who would it be and why? If I could have dinner with anyone it would be God. I’m a strong believer in the Lord and believe God would give me wise advice about life.

What are some little-known talents that you have? I love to write poems and draw.

Walsh (continued from page 3)

If you won the lottery, what’s the first thing you’d buy? If I won the lottery the first thing I would buy is land in Haiti to build an Olympic Training Center. Secondly, I would contribute to the UNC Spike Shoe Track Club :-)