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## Inspiration + Motivation

“Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”  
– Ferris Bueller

“Every human being has an impact on another.”  
– Patch Adams

“The problem is not the problem. The problem is your attitude about the problem.”  
– Jack Sparrow

“If the plan doesn’t work, change the plan, not the goal”  
– Tony Stark

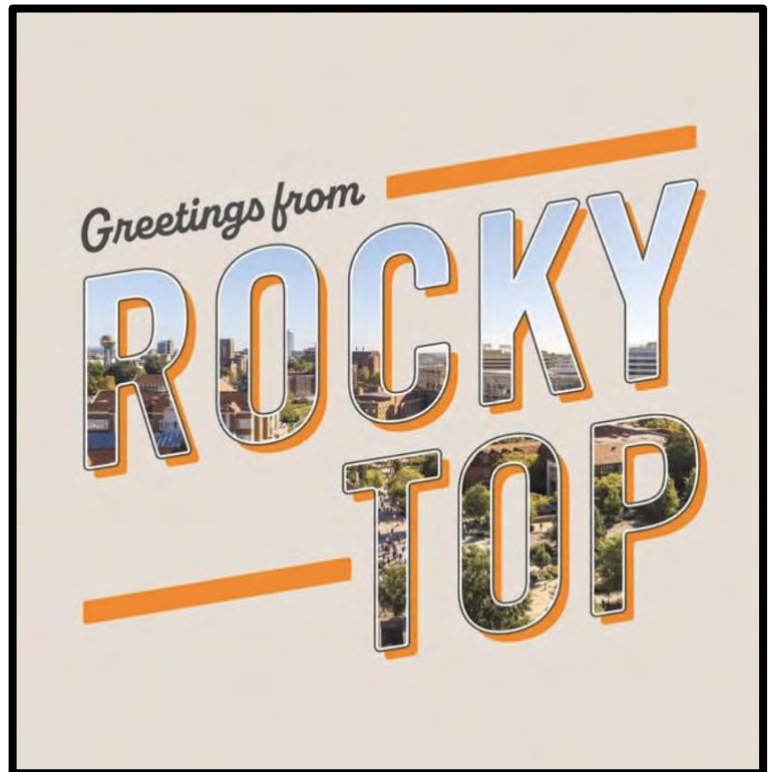
“The sky has no limits, neither should you.”  
– Usain Bolt

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# Public Health Memos

Spring 2026, Volume I



## Spring Semester Start!

Welcome new and returning Public  
Health Vols!

We missed seeing everyone around  
campus and are so excited to get back to  
highlighting all the incredible work being  
done!

# Professional Development Events!

Spring 2026

## PROFESSIONAL DEVELOPMENT EVENTS

Virtual on Zoom



FEB 25 12-1 PM EST

### Poster Design

Dr. Perion; Department of  
Public Health

Open to all  
public health  
undergraduate,  
masters, and  
PhD students



APR 13 12-1 PM EST

### Internship Searching and Strategies

Peyton Prothero and Dr.  
Tori Wagner-Greene,  
Department of Public Health



# CHES Study Group!

**PLANNING TO TAKE  
★ THE CERTIFIED  
HEALTH EDUCATION  
SPECIALIST (CHES)  
EXAM?**

**Join Dr. Perion's CHES Study  
Group!**

**Every Other Wednesday  
12:00pm-1:00pm via Zoom**

**<https://tennessee.zoom.us/j/4147356611>** ✨

# Call for APHA Abstracts!

Have research to share??

Interested in being an abstract reviewer??

The American Public Health Association is currently accepting abstracts and reviewers for their 2026 Annual Conference!



## Become a vital part of APHA 2026 as an abstract submitter or reviewer

The call for abstracts for the APHA 2026 Annual Meeting and Expo is open, and this year's meeting theme is "Together We Thrive: Health Across the Lifespan." We invite you to **submit an abstract** on this critical topic or another current or emerging public health issue, or **volunteer to be an abstract reviewer** and help shape the academic program.

The submission deadline is **Tuesday, March 31, 2026**.

# Internship Fair!

Interested in health, recreation, or sports management??  
Join us for the Health, Recreation, and Sports Management  
Internship Fair!

JOIN US FOR THE

## HEALTH, RECREATION & SPORT MANAGEMENT INTERNSHIP FAIR

FEBRUARY 24, 2026 | 4-6 PM  
STUDENT UNION, PILOT BALLROOM



Meet community organizations, explore opportunities, and make connections to kickstart your professional journey!



KINESIOLOGY, RECREATION & SPORT STUDIES  
PUBLIC HEALTH  
NUTRITION  
THE CENTER FOR CAREER DEVELOPMENT & ACADEMIC EXPLORATION

Do you have questions?  
Email [krssinternships@utk.edu](mailto:krssinternships@utk.edu)

## 40 Under 40 Recognition!

**Congrats to Public Health Vol Jeremy Kourvelas for receiving on being recognized as a Volunteer 40 Under 40!**

Jeremy graduated with his Master's in Public Health (MPH) in Community Health Education in 2022. While in the MPH program, Jeremy earned the Graduate Health Policy Certificate, served as the vice president of the Public Health Student Association, and worked as a GTA for Dr. Chen.

Currently, Jeremy assists in leading the Substance Misuse and Addiction Resource for Tennessee (SMART) Initiative as the official partner of the Tennessee Opioid Abatement Council, providing technical assistance to county governments on effective use of opioid settlement funds. Under his leadership, SMART expanded from a two-person team to nine staff members, scaling statewide program implementation and evaluation. Jeremy directs the SMART Policy Network, produces and hosts the SMART Policy Podcast, and delivers nationally recognized drug policy analysis. His innovative projects include overdose reversal stations in music venues and legislative evidence consultation, combating substance misuse and strengthening communities through evidence-based solutions.

Jeremy wishes to give a special shout out to Dr. Chen, Dr. Meschke, Dr. Russomanno, Dr. Myers, Dr. Kathy Brown, Dr. Jabson-Tree, and all his other professors for their wisdom, kindness and encouragement, and to all his MPH friends, especially Sara Bean and Peyton Prothero; both of whom he still regularly works with.



# Student Spotlight!

# Alumni Spotlight!

## **Congrats to Jose Francisco on receiving an Advanced Undergraduate Research Activity (AURA) award!**

Amanda Andrews (MPH '23) is a health science teacher with Knox County Schools, where she teaches the health science curriculum to high school students interested in healthcare professions. Through hands-on learning and career-focused instruction, she helps students explore multiple health care fields and community health while building a strong foundation in health literacy and wellness. Her Master of Public Health with a concentration in Community Health Education deeply informs her teaching, allowing her to emphasize prevention, health equity, and the social determinants of health in the classroom. This year, she has three students advancing to the State-level HOSA (Health Occupations Students of America) competition in Nashville, where they will compete in Public Health, Epidemiology, and Community Health Education events. By bridging public health principles with real-world healthcare careers, Amanda empowers students to see how education, advocacy, and community engagement can improve individual and population health outcomes.

Way to go, Amanda!

