Aviation Mental Health Symposium

NOVEMBER 1 & 2 | 2023
MURFREESBORO, TN

CONVERSATION

CONNECTION

COMMUNITY
**NOVEMBER 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00-1:15</td>
<td>Welcome</td>
<td>Dr. Van Patten</td>
<td>MT Center (Sam Ingram Building)</td>
</tr>
<tr>
<td>1:30 - 2:45</td>
<td>View from the FAA</td>
<td>Dr. Giovanetti, Dr. Angelici</td>
<td>MT Center (Sam Ingram Building)</td>
</tr>
<tr>
<td>3:00 - 4:15</td>
<td>Collegiate Aviation Research</td>
<td>Laila Stein, Collin McDonald, Aric Raus</td>
<td>MT Center (Sam Ingram Building)</td>
</tr>
<tr>
<td>4:30 - 5:45</td>
<td>Best Practices for Educators</td>
<td>Reyné O'Shaugnessy, Jason Lorenzon</td>
<td>MT Center (Sam Ingram Building)</td>
</tr>
<tr>
<td>6:15 - 7:30</td>
<td>Dinner and Keynote Speaker</td>
<td>Justin Ellixson-Andrews</td>
<td>MT Center (Sam Ingram Building)</td>
</tr>
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</table>

**NOVEMBER 2**

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 - 8:45</td>
<td>Welcome &amp; Kick Off</td>
<td>Dr. Prelis</td>
<td>SCCM 105</td>
</tr>
<tr>
<td>8:45 - 10:15</td>
<td>Student Support Programs</td>
<td>Paul Mosey, Harley Waters, Sky Overbo</td>
<td>SCCM 105</td>
</tr>
<tr>
<td>10:30 - 12:00</td>
<td>Education Research</td>
<td>Jason Lorenzon, Diana Semilia, Stacey McIntire, Jennah Perry</td>
<td>SCCM 105</td>
</tr>
<tr>
<td>12:00 - 2:00</td>
<td>Lunch on your own OR Lunch with WIA &amp; NGPA (tickets required)</td>
<td>Reyné O'Shaugnessy</td>
<td>BAS S118</td>
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<td>2:00 - 3:30</td>
<td>Round 1: What is Your Role?</td>
<td>Roundtable Discussion</td>
<td>BAS S279</td>
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<td>Medical and Mental Health Professionals</td>
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<td>BAS S305</td>
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<td></td>
<td>College Student Panel</td>
<td>Casey Davis, Quin McCarroll, Zoe Thompson, Beau Steelman</td>
<td>BAS S330</td>
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<td></td>
<td>Flight Training and Safety Staff</td>
<td>Roundtable Discussion</td>
<td>BAS S118</td>
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<td></td>
<td>Aviation Academic Instructors</td>
<td>Roundtable Discussion</td>
<td>BAS S301</td>
</tr>
<tr>
<td></td>
<td>Workshop</td>
<td>Jennah Perry</td>
<td>BAS S279</td>
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<td></td>
<td>Aviation Stress Management: The Science of Building Stress Resilience</td>
<td></td>
<td>BAS S305</td>
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<tr>
<td>3:45 - 5:15</td>
<td>Round 2: What is Your Interest?</td>
<td>Roundtable Discussion</td>
<td>BAS S330</td>
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<td>Peer Support Programs</td>
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<td>BAS S118</td>
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<td>Embedded Curriculum Concepts</td>
<td>Roundtable Discussion</td>
<td>BAS S301</td>
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<td></td>
<td>Aviation Medical Process and Communication Strategies</td>
<td>Roundtable Discussion</td>
<td>BAS S279</td>
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<tr>
<td></td>
<td>Future Research Ideas</td>
<td>Roundtable Discussion</td>
<td>BAS S305</td>
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<tr>
<td></td>
<td>Workshop</td>
<td>Jason Lorenzon</td>
<td>BAS S330</td>
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<td>Avoiding Turbulence: FAA Medicals from an Aviation Attorneys Perspective</td>
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<td>BAS S118</td>
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GREETINGS!

I would like to offer a hearty welcome to all attendees of the 2023 Aviation Mental Health Symposium organized by the Middle Tennessee State University Department of Aerospace. It is with immense pleasure that we welcome you to this pivotal event aimed at addressing a crucial topic in the aviation industry — mental health.

As an industry, aviation demands precision, attentiveness, and sound decision-making. Recognizing the critical role mental health plays in ensuring the safety, well-being, and performance of professionals in this industry, this symposium aims to shed light on this essential aspect.

Throughout this symposium, we will have the opportunity to engage in enlightening discussions, learn from experts, and share experiences related to mental health within the aviation community. The objective is to collaboratively work towards fostering a culture that prioritizes mental health, supports those in need, and ultimately enhances safety and productivity in our industry.

We sincerely appreciate our esteemed speakers, panelists, and presenters who have graciously dedicated their time and expertise to guide us through these vital conversations. Your insights will undoubtedly inspire and enrich our understanding of the intersection between mental health and aviation.

We would also like to express our gratitude to the organizing committee, volunteers, sponsors, and all involved, who have tirelessly worked to orchestrate this symposium. Your dedication has been instrumental in bringing this event to fruition, and we are deeply grateful for your efforts.

Let us come together, engage actively, and forge connections during this symposium. The bonds we create and the knowledge we share can be a catalyst for meaningful change within the aviation industry, leading to enhanced mental well-being and a safer, more resilient community.

Thank you for being an integral part of this critical initiative. We wish you an enlightening and productive experience at the Aviation Mental Health Symposium. Let's strive to make a difference!

Harley Waters
Student Wellness Coordinator
Middle Tennessee State University
THANK YOU TO OUR SPONSORS

It is an honor for us to host you for the 2023 Aviation Mental Health Symposium at Middle Tennessee State University. I trust that you will be able to discuss best practices and have many opportunities to network with everyone. I appreciate your participation in these sessions and the knowledge and experiences you share. This is such a critical issue within our industry that I am grateful to the Hauser family for providing us with the support needed to continue the discussion.

This symposium would not be possible without the hard work, dedication, and generous donations of many. I want to take a moment to recognize the forces that organized and funded this gathering.

Thank you to the MTSU Department of Aerospace students, faculty, and staff for their efforts and for starting the peer support program on campus. I appreciate the work of our Resiliency and Mindfulness Program (R.A.M.P.) committee and their guidance in putting together a phenomenal symposium agenda. I am also grateful to Harley Waters for her leadership on the R.A.M.P. committee and for coordinating this symposium. I want to thank our generous sponsors, Delta Air Lines, the UND John A. Hauser Mental Health Initiative Fund, the MTSU College of Basic and Applied Sciences, West Star Aviation, and Embraer, for their financial support. A feat this large is never possible without the hard work of many.

I look forward to meeting all of you and discussing future endeavors to help mentor and prepare the next generation of aerospace professionals.

Dr. Chaminda Prelis
Department of Aerospace Chair
Middle Tennessee State University

Delta

John A. Hauser
Aviation Mental Health Initiative Fund

Middle Tennessee State University
MTSU has reserved the Ingram parking lot for Aviation Mental Health Symposium attendees on Day 1. The address of this lot is 2269 Middle Tennessee Boulevard. It is located directly behind the Sam Ingram building where all Day 1 sessions will be held.

MTSU has reserved the BRAGG parking lot for Aviation Mental Health Symposium attendees on Day 2. The address of this lot is 1735 Blue Raider Drive. It is located between the BAS and SCCM building where all Day 2 sessions will be held.

These lots will be staffed by volunteers during check in each day. Parking in these lots is free.

If you choose, you may purchase a guest pass for $2 a day which will allow you to park in any non-reserved spot on campus.

Passes may be purchased in person at 205 City View Drive or online at mtsu.edu/parking/visit.

WHERE do I park?

Here are some addresses you might find handy!

BAS: 1642 MTSU Boulevard
SCCM: 1723 Blue Raider Drive
BRAGG Lot: 1735 Blue Raider Drive
Sam Ingram: 2269 Middle Tennessee Boulevard

Click for full map of campus
A self-proclaimed “avgeek,” Justin Ellixson-Andrews has spent his career advocating for others and helping to open doors for underrepresented communities within the field of aviation. As a kid, he was always enthralled by planes, never missing an opportunity to sign up for a discovery flight at a nearby airshow. It was after Justin's first commercial flight at age 6 that his parents would learn his infatuation reached far beyond airshows and would later develop into a lifelong career.

As Executive Director of NGPA, Justin oversees delivery of the organization's strategic vision, and serves as executive officer for the association. Prior to joining NGPA, Justin spent his career leading DEI (diversity, equity, and inclusion) recruitment and retention strategies, corporate social responsibility initiatives, and community outreach programs within the aviation industry. He previously served as the inaugural Chair of an employee resource group, advocating on behalf of the entire workforce on policies including LGBTQ+ inclusion and minority equality.

Justin attended Embry-Riddle Aeronautical University in Daytona Beach, Florida, where he earned a Bachelors in Aeronautics, a Masters in Leadership, and a Private Pilot Certificate. He currently resides in Grand Rapids, Michigan with his husband, Kyle, and their 'dog-child', Bernhardt or "Bernie" for short.
Dr. Penny Giovanetti is currently the Director, Medical Specialties Division at Headquarters, FAA. In that position, she is responsible for developing aerospace medicine policies and procedures, overseeing the process of medical appeals to the Federal Air Surgeon, providing oversight of FAA employee drug and alcohol testing, managing the FAA mental health professional service, supporting the Office of the Chief Counsel Enforcement Division, responding to National Transportation Safety Board recommendations, and providing aerospace medicine expertise and advice to the Federal Air Surgeon.

Dr. Giovanetti joined the FAA in August 2012, as manager of the Medical Officer Branch in Oklahoma City. She retired from the US Air Force in 2007 after a 27-year career as a flight surgeon, staff officer, and commander. She held numerous positions in aeromedical standards to include the Tactical Air Command Surgeon’s Office, Air Force Surgeon General’s Office and the US Air Force Academy. She was Commander of the USAF Medical Center at Wright-Patterson AFB and Vice Wing Commander of the 311th Human Systems Wing, host to the USAF School of Aerospace Medicine, just prior to her retirement. She has logged nearly 1,000 flying hours as a flight surgeon in military aircraft, and is a licensed private pilot.

She holds a doctorate in osteopathic medicine from Des Moines University; master’s degrees in Preventive Medicine/Environmental Health from the University of Iowa, and National Security Strategy from the National War College; and a bachelor’s degree in English from Stanford University. She completed a residency in Aerospace Medicine, and is a Diplomate of the American Board of Preventive Medicine in Aerospace Medicine and Occupational Medicine. She also completed a residency in Physical Medicine and Rehabilitation and is a Diplomate of the American Board of Physical Medicine and Rehabilitation. She is a Fellow of the Aerospace Medical Association.

Laila Stein is a recent graduate of Western Michigan University’s College of Aviation and an aspiring aviation researcher, currently located in the greater Indianapolis area. During the final years of her undergraduate education at Western, she combined her passions of aviation and data-centric storytelling in her Lee Honors College thesis titled “Mental Health in Aviation: A Study of Aviation Students on Their Perceptions of the Federal Aviation Administration’s Rules Governing Mental Health”.

Looking towards the future, Laila believes many aviation safety and culture issues can be solved through data collection, analysis, and implementation. As she prepares to apply for graduate programs that support her career goals, she continues to work within the aviation industry as both a certified flight instructor for Jeff Air Pilot Services and an adjunct professor for Ivy Tech Community College where she teaches private pilot ground school to area high-school students.
Collin McDonald has been a passionate aviation educator in both colligate and private settings for over a decade. He received his pilot’s license in 2009 and became a flight instructor a few years later. He has assisted in developing flight schools in the Middle Tennessee Region that are still training pilots today.

McDonald received his bachelor’s degree from MTSU in 2017 in Aviation Maintenance Management creating a diverse background as a pilot, flight instructor, and aircraft mechanic. His crowning undergraduate achievement was completion of a flight across the United States recreating the first transcontinental flight that was flown in 1911. This was part of an undergraduate creative project in the University Honor’s College at MTSU.

Upon graduation, McDonald relocated to Papua New Guinea where he served as an aviation missionary pilot providing logistical assistance to national and ministry organizations in remote regions otherwise impossible to access.

McDonald returned to MTSU in 2020 in pursuit of a Graduate Degree in Aviation Safety & Security. He served as a mechanic for the Aerospace Department for 2 years as well as taught as a Graduate Teaching Assistant in the Maintenance Management Program. Upon graduation in 2022, McDonald became a full-time faculty member for the Aerospace Department where he has taught Professional Pilot classes with a unique perspective as both a pilot and mechanic. His research has focused on aviation education and mental health of college students. McDonald looks forward to making a career of training the next generation’s safe and competent aviators.

Lieutenant Colonel Aric Raus currently serves as an Assistant Professor for the Department of Command and Leadership at the Command and General Staff College, Army University. Additionally, he is a Ph.D. Candidate in Industrial and Organizational Psychology at Liberty University’s School of Behavioral Sciences.

Aric’s research focuses on barriers to mental health seeking among aviation personnel, with a particular interest in differences based on aviation career field, gender, and age. Additionally, his research seeks to identify the acceptability of specific mental wellness self-help techniques, such as mindfulness training, transcendental meditation, and tailored cognitive behavioral therapy applications. He recently presented on aviation mental health at the 2022 National Training Aircraft Symposium and the 2023 University Aviation Association Educators Conference.

With nearly 25 years of military service, Lieutenant Colonel Raus has served in numerous leadership roles focused on Army Aviation, Aviation Maintenance, Peacekeeping, and International Cooperation.

Aric holds a Commercial and Instrument rating for Single and Multi-Engine Airplanes, along with Helicopters, starting his career flying a J-3 Piper Cub. He earned a Bachelor of Science in Aeronautic Science from Embry Riddle Aeronautical University. Aric flew the UH-60 “Blackhawk” as a Pilot-in-Command and Maintenance Test Pilot in the Army. He currently volunteers as a Civil Air Patrol Group Commander, a Committee Member of the Army and Navy Club, and a Board Member for the Military Officer Association of America. Aric met his wife, Victoria Ocasio, while they were studying at Embry-Riddle. They have two extremely active and outgoing children, Michael and Alejandra.
Captain (ret.) Reyné O'Shaughnessy stands as a prominent figure within the aviation industry, celebrated for her unwavering dedication to both pilots and the aviation industry. With a remarkable 35-year career as a commercial airline pilot, she has accumulated a vast reservoir of experience and expertise. As founder of Piloting 2 Wellbeing and cofounder of The Aviation Health and Wellbeing Institute, retired Captain O'Shaughnessy utilizes her extensive background to pioneer innovative approaches to enhance pilot health and performance.

Boasting a cumulative flight time exceeding 10,000 hours on heavy jet aircraft, including iconic models such as the B747, B 727, Airbus 300 310, and B757/767, her hand on experience speaks volumes about her proficiency.

Beyond the cockpit, Captain O'Shaughnessy has devoted over a decade to honing her skills as an aviation strategist, with a specific focus on health and mental wellness. Her dedication led her to become a certified practitioner in Mindfulness Based Stress Reduction (MBSR) from Brown University. Additionally, she holds a Bachelor of Science and Leadership with Honors (Phi Kappa Phi) from Duquesne University and has earned an Executive Certificate in Business from UC Berkeley, demonstrating her unwavering commitment to lifelong learning and professional excellence.

Captain O'Shaughnessy, the author of the best-selling book, This Is Your Captain Speaking: What You Should know About Your Pilot's Mental Health,” is a number one bestseller. She is now preparing to release her second book, which will be centered on the next generation of pilots. Titled Navigating the Skies for Success: A Collegiate Aviator's Guide to Mental Wellness, this upcoming book is set to be launched soon.

Captain O'Shaughnessy's holistic approach to aviation, encompasses both pilot welfare and strategic acumen, has undeniably solidified her position as a trailblazer and influencer within the aviation industry. Her insights have been featured on reputable platforms such as Fox News, NBC Nightly News, CBS, AOP and she is a sought-after speaker at conferences worldwide.

Jennah Perry is the Department Chair of Applied Aviation Sciences and an Associate Professor of Air Traffic Management in the College of Aviation at Embry-Riddle Aeronautical University (ERAU). Professor Perry holds a Ph.D. in Education from Northcentral University, a M.A.S degree in Aeronautical Science with specializations in Human Factors in Aviation Systems and Education Technology, and a B.S in Air Traffic Management. Over the past few years and in collaboration with the FAA (Air Traffic Control Collegiate Training Initiative Partnership Program), Dr. Perry identified the need, and initiated the development and implementation of an aviation stress management courses at ERAU Prescott, within the College of Aviation.

The Stress Management course is a comprehensive approach to aviation education and training, grounded in neuro-science, performance optimization, mental wellness, and strategic career success. Prior to her career with ERAU, Professor Perry spent 8 years working for Lockheed Martin Corporation as a certified Air Traffic Control Specialist, and is also an Instrument Rated pilot. In recent years, Professor Perry’s research areas have included aviation stress management, flight training, unmanned traffic management, UAS, and the scholarship of teaching and learning.
Mr. Jason Lorenzon is an FAA licensed Airline Transport Pilot with multi engine, and instrument ratings. He also is an FAA licensed Certified Flight Instructor, Instruments and Multi-Engine. He was one of the first pilot/lawyers to receive the Remote Pilot In Command sUAS Part 107 FAA Certificate in Ohio. Mr. Lorenzon is a Board-Certified Specialist in Aviation Law, awarded by the Florida Bar in June 2021. He was also the recipient of the Outstanding Faculty Award from the Kent State College of Aeronautics and Engineering in 2021. Mr. Lorenzon serves as a Safety Lead for the FAA Safety Team program. The National Association of Flight Instructors has designated Mr. Lorenzon as a Master Certified Flight Instructor for the second time in February 2023.

Mr. Lorenzon’s first passion was always aviation. When his parents would not let him achieve his dream of becoming a pilot, he would sneak to the Windsor Airport as a teenager and by the age of eighteen he received his Canadian Private Pilot’s License.

Currently, Mr. Lorenzon is an Associate Professor of Aeronautics. He recently served as Coordinator of the Aeronautics Program for the College of Aeronautics and Engineering at Kent State University until he was promoted to tenure track faculty position. He oversaw six undergraduate degree programs, and six minors. He teaches Aviation Law, Aviation Security, and Policy and regularly instructs as a Multi Engine Instructor for PROP majors at the Kent State Airport. He serves as Senior Attorney at Gertsburg Licata, LPA in Cleveland Ohio where he focuses his law practice on aviation law. He regularly flies a Diamond 40NG aircraft with his wife and his children who are all FAA Certificated Pilot

Paul Mosey started his MTSU career when he joined the Aerospace faculty as a temporary assistant professor in 2003. In 2006, he was hired into the MTSU Flight Training Center as Chief Flight Instructor/ Flight Training Manager, where he provided oversight of all flight training operations. As of fall 2021, Mr. Mosey became a Professional Pilot faculty member as an assistant professor.

Professor Mosey has taught courses in Theory of Flight, Introduction to Aerospace, Safety, Crew Resource Management, Certified Flight Instructor, in addition to Private, Instrument and Commercial pilot fundamentals. Mr. Mosey holds both rotor and fixed wing Air Transport Pilot licenses and is typed rated in the CH-53, H206 and J3200 model aircraft.

Mr. Mosey earned his undergraduate degree from Delaware Valley College and a Master of Aerospace Education from MTSU. He was an American Connection regional airline captain and is a former United States Marine Corps pilot and instructor, flying the CH-53 Sea Stallion and CH-57 Jet Ranger helicopters.

Mr. Mosey coaches the MTSU lacrosse club and is advisor to the Air Traffic Control Organization. He is also a member of both the Aerospace Safety Council and Aerospace Wellness Committee and is very active as coordinator of the Aerospace Veteran’s Group.
Harley Waters is a dedicated professional with a unique combination of roles as a Student Wellness Coordinator and Professional Pilot Faculty member at Middle Tennessee State University.

With a background that includes a Master of Aviation Education, Harley has seamlessly blended her passion for aviation with a commitment to supporting student well-being. Her career has been marked by the successful implementation of student support programs and conducting cutting-edge research on mental health within the college aviation community.

Harley's pioneering work includes the development of a peer mentorship program at Middle Tennessee State University, an initiative that has proven instrumental in fostering a supportive and inclusive learning environment. She has dedicated herself to improving student mental health, recognizing the vital role it plays in their overall success.

While Harley's contributions to student well-being stand out, she is equally recognized for her dedication to academic excellence. Her work is a testament to her commitment to both her professional and educational pursuits.

Harley Waters is a dynamic and compassionate professional who is shaping the future of student well-being in the realm of college aviation. Her commitment to mental health and her innovative approaches continues to have a profound impact on students and the academic community.

Sky Overbo has her doctorate degree in clinical psychology and is currently working towards licensure as a clinical psychologist. She graduated from UND in 2023 and completed her doctoral internship at the University of Tulsa, getting further experience with mental health care in the college population.

Sky has worked in a variety of settings in mental health care including college counseling centers, private practice, community mental health, and North Dakota Vision Services. Though this position at UND is a new one for both Sky and UND, she is excited to work with the aerospace community in making mental health more accessible.

Dr. Overbo supervises the peer support program, UpLift, at UND and offers training to the peers who offer support to other students and CFIs in the program. Further, she enjoys outreach to the students via presentations in lectures about various mental health topics, engaging in research surrounding barriers to accessing mental health care, and providing psychoeducation for students, faculty, and staff at UND.

In her free time, she spends time playing roller derby for the Grand Forks Sugar Beaters and volunteering as part of the team around the community. Sky’s last name recently changed after getting married this Summer to make it even more appropriate to the field of aviation (SKY OVER-the-rain-BO).
Stacey McIntire is the Associate Department Chair of Aeronautical Science in the College of Aviation at Embry-Riddle Aeronautical University. She currently holds a Master of Arts in Curriculum and Instruction with an emphasis in Language and Culture along with a Master of Science in Aeronautics with a specialization in Human Factors in Aviation Systems.

Her background is strongly embedded in education and her passion is with student success. Her work and research have included creating an Aviation English curriculum to support our non-native English-speaking flight students, along with being a co-creator of an augmented reality application to support flight students in their initial flight training.

Additionally, her most recent work has been on bringing awareness of mental health concerns in collegiate aviation. Her research resulted in the integration of a facility dog on campus to provide support to all students, faculty and staff.

Casey Davis is a graduate of Middle Tennessee State University’s Aerospace Program with a concentration in Professional Pilot. Currently, she is furthering her academic pursuits by working towards a master's degree in Aviation Safety and Security Management, solidifying her commitment to advancing safety standards in the aviation industry.

In addition to the master’s program she has recently begun to invest her time in educating and starting hard conversations around the FAA Medical Certificate process, as her experience was atypical compared to the standard process.

Substance abuse and mental health have been a large component to these conversations. By initiating conversations and educational initiatives surrounding substance abuse and mental health, Casey aims to challenge the existing norms and inspire positive change. Her goal is to combine the conversations surrounding the destigmatization of mental health with the topic of safety, to foster an environment of excellence and passion.
Zoe Thompson is a sophomore attending the University of North Dakota, majoring in Commercial Aviation and Psychology. She is currently pursuing her instrument rating. She is from Seattle, WA and loves everything aviation, especially seaplanes.

Her career goals include flying commercially, flight instructing, and flying seaplanes for hire. She also hopes to use both of her degrees in conjunction to be an advocate for mental health and create a safe and positive aviation community.

This is her first year as an UpLift Peer. She is also a resident assistant for the aviation living learning community at UND. She is also a member of the 99s and volunteers to conduct events with them. Outside of aviation she enjoys reading, cooking, and going for walks.

Quin McCarroll is a junior commercial aviation student at the University of North Dakota. He is currently working on his flight instructor certification and plans to eventually fly for the airlines.

At UND, Quin has been working with UpLift for 2 years and acts as the marketing director and as a peer supporter for the organization.

Quin hopes to eventually improve the aviation training community by providing support transitioning into the challenging and different world of aviation and providing the tools they need to succeed.

Outside of aviation Quin enjoys Curling, Skiing, Fishing and, and any activity that takes him outside.
Beau Steelman is a dedicated Professional Pilot student at Middle Tennessee State University, where he is honing his skills in aviation and pursuing excellence in the field. With a passion for flying and a keen focus on safety and precision, Beau is currently immersed in the pursuit of his Instrument Rating, further solidifying his expertise in aviation.

In addition to his aviation endeavors, Beau serves as the President of the MTSU NGPA (National Gay Pilots Association), demonstrating his commitment to fostering inclusivity and support within the aviation community. His leadership in this role showcases his ability to bring diverse individuals together in a collaborative and empowering environment.

With a Bachelor of Science degree in Criminal Justice, specializing in Law Enforcement and Emergency Management, Beau combines his aviation expertise with a strong foundation in public safety. This unique blend of knowledge and skills reflects his unwavering dedication to making a positive impact in both the skies and on the ground.

Dr. Arnold Angelici is the Regional Flight Surgeon for the Southern Region, Atlanta GA. Board Certified in Aerospace Medicine. He started working for the FAA in Oklahoma City as a contract researcher for the commercial space transport division (AST).

He was then recruited to continue working in the environmental and protection division (AAM600 at the Civil Aerospace Medical Institute). There he managed the research hypobaric altitude chamber. He was responsible for the conducting of altitude related research and equipment certification studies in from 2005 until 2008. Move to the Aerospace Medical Certification Division (AAM300) until 2011. Transferred to ASO300 in July 2011.

Dr. Angelici was in primary care private practice in Ohio for several years before coming to the FAA. While there, he learned to fly at Kent State Airport (IG3). There earning his private pilot’s certificate and instrument ratings.

He has the privilege to own and fly a North American T-6C Texan. He has accumulated over 1000 hours of flight time and has a FAST wingman card for formation flighting in his T-6C. He is a Warbird air show performer having flown in the Sun n Fun Aerospace Exposition air show and AirVenture airshow in Oshkosh WI.
Dining During Your Visit

There are many great options if you choose to dine on campus. We encourage you to visit the campus dining page to see locations, menus, and hours of operation for restaurants, coffee shops, and dining halls. 

mtsu.campusdish.com

If you would like to venture off campus for a meal, check out these local Murfreesboro spots:

visitrutherfordtn.com