The 2013 Summer Term has started out great, as always. Three ESHP faculty were awarded several internal grants. Dr. Zourdos, Dr. Huang, and I were informed in May, we received the technology fee grants submitted in February (totaling, $112,285; $80,000; $132,292, respectively). With these particular grants, we are in the process of updating and ordering additional equipment for the ESHP laboratories for student and research use. For those of you unfamiliar with these grants, they are funded through student technology fees, which are awarded through an application process.

In May, our department graduated one of the largest undergraduate classes to date, 50 students. Many of them are pursuing additional degrees at this time. We had a great graduation celebration breakfast prior to the ceremony, where parents and other relatives attended.

Over the past few months, several previous students have visited us. To see what the past ESHP alumni are doing, please see the update within this newsletter. You will also see the faculty publications, presentations and abstracts, too.

ESHP faculty traveled to the American College of Sports Medicine Conference in Indianapolis, Indiana for presentations and conference meetings. These are listed in the faculty section of this newsletter. During the conference, I was selected to have a Level 3 mentoree through the ACSM Diversity Program. I am honored to be able to continue to participate in this type of national program.

One additional event to mention was the Awards for the Third Undergraduate Research Symposium, April 5, 2013. For the oral presentations, Bradford Day, Erin Connolly, and Tamara Estevez won first, second and third place, respectively. Alan Wilson placed first for his research poster. This event was the first one where ESHP undergraduate students participated.

If you have not been to campus lately, you may want to come and visit the conversion of GY 170. Many of you may remember this as the classroom where you took first aid/CPR class or met early in the morning for practicum. The department converted the room into our new ‘strength’ laboratory. Faculty and several graduate students are currently planning upcoming research with the new equipment.

As always, I do extend the invitation for you to come by for a tour, when you get the chance.

Congratulations to the recipients Sam Buckner, graduate student, and Alan Wilson, undergraduate student, for the Department of Exercise Science and Health Promotion Outstanding Student Awards for the 2012/2013 academic school year. They received plaques at the College of Education Awards ceremony, May 2013.
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OUR NEW GRADUATE ASSISTANTS

John Crimmins
Rochester, NJ

Chad Dolan
Myrtle Beach, SC

Jared Hoare
Rockhampton, Australia

Manuela Loebig
Neuquen, Argentina

Zachary Nicholas
Wellington, FL
Gary T. Barrette, Ed.D., teaches Physical Education in the Elementary School course at the Jupiter Campus. Dr. Barrette, a native of Niagara Falls, N.Y., earned a doctoral degree from Columbia University (1978), a master’s degree from the Pennsylvania State University (1969), and a B.A. from the College of Wooster, Ohio (1963). He is a community activist serving as the President of the Board for the Florence De George Boys & Girls Club in West Palm Beach, also serves as Vice Chair of Northwood GREENlife, and is Vice President of Elite Coaching Consultants, LLC. He is a resident of West Palm Beach, Florida and enjoys golf, swimming, and reading.

Christine Brooks, Ed.D., teaches a new course for FAU entitled Coaching Track and Field. She grew up in New Zealand and moved to the U.S. in 1970 to pursue her MS in biomechanics from Penn State University. She completed her doctorate at University of North Carolina, Greensboro. After completing that, she spent 14 years at the University of Michigan in the School of Kinesiology. She lives with her husband in Cocoa Beach, Florida. She currently swims, bikes, and enjoys lovely beach walks. Her main hobby is teaching online courses.

Jason Jerome, M.S., teaches the Care & Prevention of Athletic Injuries course for FAU since 2012. He is originally from Aurora, IL. He earned his Master’s Degree in Sports Medicine from the University of Miami in 2006. He served as a Core Training specialist for the Miami Hurricane Athletic Department, working with numerous alumni from the NFL and MLB. He currently is the owner and Director of Athletic Development for Impact Sports Performance, a premier sports performance/sports medicine facility in Boca Raton, FL. Prior to his work in the Boca area, he was employed by the University of Miami, responsible for rehabilitating Olympic, professional, and collegiate athletes from various sports, including football, track and field, and volleyball.
Heather C. LaJoie, Ph.D., has been an adjunct professor for the past nine years. She teaches Weight Management classes at Florida Atlantic University. She received her Associate of Arts degree from The University of Florida, Bachelor's of Science Degree from Florida State University, and Master's Degree and Ph.D. in Health Studies from The University of Alabama. As a Florida native, she was born and raised in West Palm Beach, Florida. She enjoys serving the community, as both a volunteer and consultant, for the School District of Palm Beach County and Palm Beach County Health Department. Her two passions have always been the education and medical fields.

Melissa Lee, M.S., M.B.A., teaches Stress Management and has taught for FAU since 2002 on and off. She obtained her three degrees from FAU. She is originally from South Florida. Her current full-time position is Operating Room Medical Device Sales/Clinician for St. Jude Medical Spinal Cord Stimulation. She enjoys living in downtown West Palm Beach where she walks to everything!

Juan Carlos Santana, M.Ed., CSCS, has taught the Combative Athlete Training class at the Boca Campus since 2012. He is a native from Cuba and was raised in Miami. He graduated from FAU in 1993, BS, and in 1994, M. Ed. He is the CEO of Institute of Human Performance in Boca Raton. He loves teaching “all things training” all over the world. He is proud to be the 2012 Exercise Science and Health Promotion FAU Alumni of the Year recipient.

Dara Wittenberg, M.S., teaches the Coaching Endurance Athletes course at the Boca Campus. She is an undergraduate from NC State and a graduate from the fabulous FAU. She is originally from London, England. Her full-time position is being a multisport endurance coach with TriCoachDara.com. She has taught for Exercise Science and Health Promotion since 2011. She loves to travel, Nepal in 2012, climbing Grand Teton in 2013 and maybe Cambodia to Angor Wat by bicycle in November. She loves to run and ride long distances. Her cat named Boo keeps her in line, when she is at home.
**ESHP SUMMER 2013 INTERNSHIPS**

<table>
<thead>
<tr>
<th>Company/Group</th>
<th>Intern Name</th>
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<tbody>
<tr>
<td>Adolph &amp; Rose Levis</td>
<td>David Aiper</td>
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<tr>
<td>Alliance Health &amp; Injury Center</td>
<td>Nicole Barreto</td>
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<td>American Lung Association</td>
<td>Annie Lee</td>
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<tr>
<td>Boca Raton Orthopedic Group</td>
<td>Kristian Donev</td>
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<td>Boca Raton Orthopedic Group</td>
<td>Thomas Miskela</td>
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<td>Boca Raton Regional Hospital</td>
<td>Rebecca Desir</td>
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<td>Boca Raton Regional Hospital</td>
<td>William Lagrosa</td>
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<tr>
<td>Boca Trauma &amp; Rehab</td>
<td>Hugo Botero</td>
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<tr>
<td>Boca Trauma &amp; Rehab</td>
<td>Hanan Elmasry</td>
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<td>Bommarito Performance Systems</td>
<td>James Andriella</td>
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<td>Bommarito Performance Systems</td>
<td>Shantee Cooley</td>
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<td>Bommarito Performance Systems</td>
<td>Simone Forbes</td>
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<td>Bommarito Performance Systems</td>
<td>Michael Jean-Baptiste</td>
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<td>Bommarito Performance Systems</td>
<td>David Siegel</td>
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<td>Broward Health and Wellness Center</td>
<td>Edmond Haney</td>
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<td>Broward Health and Wellness Center</td>
<td>Rachel Simons</td>
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<td>Central Palm Medical Group</td>
<td>Jomarie Mauricio</td>
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<td>Cora Health Rehabilitation</td>
<td>Nicole Kuss</td>
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<td>Cora Health Rehabilitation</td>
<td>Cortney Norwood</td>
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<td>Covenant Village of Florida</td>
<td>Stephanie Rappel</td>
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<td>David Posnack JCC</td>
<td>Christopher Cardoso</td>
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<td>Davis Therapy</td>
<td>Layton Cocks</td>
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<td>Davis Therapy</td>
<td>Elizabeth Mendes</td>
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<td>FAU Athletic Training Room</td>
<td>Joao Lazarin</td>
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<td>FAU Athletic Strength and Conditioning</td>
<td>Noah Tenenbaum</td>
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<td>FPL (NextEra Health &amp; Wel Being)</td>
<td>Casey Allen</td>
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<td>Golden Orthopedic</td>
<td>Lori Manali</td>
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<td>Holy Cross Hospital</td>
<td>Maria Evans</td>
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<td>Holy Cross</td>
<td>Aixandra Baldini</td>
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<td>Tiffany Petry</td>
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<td>Memorial Health Care System</td>
<td>Melissa Benhaim</td>
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<td>Memorial Hospital West</td>
<td>Christine Limpabandh</td>
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<td>Miami Dolphins</td>
<td>John Jones</td>
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<td>Motorola - Wellness Center</td>
<td>Alexandria Fogarty</td>
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<td>Motorola - Wellness Center</td>
<td>Alejandra Lamardo</td>
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<td>Palm Beach County Parks &amp; Rec</td>
<td>Michael Calhoun</td>
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<td>Palm Beach Institute of Sports Medicine</td>
<td>Stephanie Ferro</td>
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<td>Plantation Medical Rehab and Wellness</td>
<td>Kirsten Attipoe</td>
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<td>Select Medical Physical Therapy</td>
<td>Natalie Maya</td>
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<td>St. Andrews Country Club</td>
<td>Britton Neil</td>
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<td>Synergy Systems Scandinavian</td>
<td>Ryan McBride</td>
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<td>Tropical Chiropractic and Wellness</td>
<td>Lynsey Gaines</td>
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<tr>
<td>Tropical Chiropractic and Wellness</td>
<td>Diego Rabarozzi</td>
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<tr>
<td>Tropical Chiropractic and Wellness</td>
<td>Matthew Chotiner</td>
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<td>Weston Medical Rehab</td>
<td>Xavier Rodriguez</td>
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<tr>
<td>YMCA - Boca Raton</td>
<td>Marjorie Eldira</td>
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<tr>
<td>YMCA - Boynton Beach</td>
<td>Steven Payne</td>
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</tbody>
</table>

Amanda Otero-Palacios and Kyle Allicandro at their internship site, Nova Southeastern University Strength and Conditioning, during Spring 2013.
GRADUATION SPRING 2013

**MASTER'S DEGREE**

Laura Canteri  
Joseph Lopez  
Taylor Miksell  
Jessica Rhoades  
Frank Witkowski

**BACHELOR'S DEGREE**

Gabrielle Adams  
Kyle Alicandro  
Courtney Amendola  
Nicholas Becker  
Alyssa Boren  
Stephanie Colasanti  
Ryan Colquhoun  
Erin Connolly  
Anthony Desposito  
Widlin Dieujuste  
Chad Dolan  
Jeffrey Doyle  
Tiffany Erdman  
Juan Flores  
Stacy-Ann Gaynor  
Haimanot Geleta  
Ashley Gibson  
Angelina Giust  
Dianna Grimm  
Martin Haider  
Zachary Hobrock  
Kelsie Hoy  
Dorothy Huyhn  
Crystal Jozwicki  
Eric Kessler  
Ryan Klopfer  
Matthew Koch  
Ashley Lantes  
Joshua Lide  
Willem Mars  
David McAlpine  
Jessica Molosh  
Dagion Mullings  
Michala Nowak  
Amanda Otero-Palacios  
Chelsea Paletti  
Joseph Paquin  
Akash Patel  
Amanda Pelco  
Philippe Renaud  
Britney Roberts  
Blanka Romero  
Priscilla Sapp  
John Saxton  
Leana Simone  
Amanda Singleton  
Alexander Tavarez  
Alex Warila  
Kimberly Wolf  
Courtney Zwetsch

Graduate students Taylor Miksell, Laura Canteri, Frank Witkowski and Joseph Lopez, May 6, 2013, before their graduation.

**ALUMNI UPDATE**

Isaac Crespin, BS, 2012, after graduation is completing another internship at the Israel Sport Center for the Disabled, Ramat Gan, Israel.

Chris Dorka, MS, 2012, is now a personal trainer & nutrition instructor at The Wellness Forum in Columbus, Ohio.

Laura Dery, BS, 2011, has started a company, Armageddon Ambush – The Extreme Mud Run. She spends her time between Colorado and Florida.

Reed D. Phinisey, BSE, 2011, started this past fall as a graduate assistant for strength training & conditioning and the Personal Training Supervisor with Campus Recreation at University of Nebraska. Lincoln.

Patrick Quinn, MS, 2011, started a new position as Gatorade’s Market Development Manager, G Force, South Florida.

Corie Mae Callaluca, 2010, was an FAU teaching graduate assistant. She completed her MS at the University of New Hampshire in Kinesiology. She is currently working in sports research at New Balance in the greater Boston, Massachusetts area.

Erik Beiser, BSE, 2009, MS from Louisiana Technology University, was recently promoted to the Strength and Conditioning Coordinator for the Minnesota Twins.

Erica Goldstein, MS, 2009, graduated from the Nutrition and Dietetics Program at the University of North Florida and was accepted into the Mayo Clinic Dietetic Internship Program, Jacksonville, FL.

Gabriel Somarriba, BSE, 2003, is still at the University of Miami and has joined the faculty in the Department of Pediatrics. He earned his doctorate of physical therapy and has his own clinic on the University of Miami campus while also splitting his time in research, as an Assistant Professor/Physical Therapist.

Heather Watkins (Schueler), BSE, 1999 of Hollywood, FL, travels worldwide working on luxury yachts.

**FACULTY UPDATE**

College of Education Scholar of the Year!

Congratulations to Dr. Tina Penhollow (Department of Exercise Science and Health Promotion) for receiving the College of Education Scholar of the Year Award, Associate Professor Rank, May 2013.

**Publications:**


Book Chapter:

Presentations/Abstracts:


ESHP CLUB

FAU club finds over 5,000 cigarettes butts in an hour

When Florida Atlantic University’s Boca Raton campus held “Butt Day”, April 3, 2013, they invited Transforming Our Community’s Health (TOUCH) partner American Lung Association (ALA) to aid in a clean up. What they found was cigarette butts – more than 5,100 of them, actually.

FAU’s Exercise Science and Health Promotion Club (ESHP) Butt Day was a day to learn about the dangers of tobacco products and increase awareness for the need of a university-wide tobacco-free policy. While FAU currently has designated smoking areas, they do not have a smoke-free campus policy in place. The butt hunt found cigarette butts and cartons littered throughout the campus, the majority outside of the 19 designated smoking areas.

This was the second clean up ALA hosted on the Boca Raton campus in less than a year. Last July, the ESHP Club members picked up nearly 10,000 cigarette butts in 40 minutes, also outside of the designated smoking areas. Club President Luke Otfinowski was present for both clean ups.

“Events like this really bring the issue to light,” Otfinowski said. “I hope this campus will eventually adopt a smoke-free campus policy.”

OUR NEW ESHP CLUB OFFICERS FOR FALL 2013

Welcome to our new ESHP Club Officers, President Latisha “Lety” Gonzalez, Vice President Brett Herman, Secretary Ally Gaier, and Treasurer Jon Gamboa.
Jamala Patterson’s research with Dr. Hall on second-hand smoke in multi-family housing, won second place at the Fourth Annual Graduate and Professional Student Association, GPSA, research day, Spring 2013.

ESHP Graduate student, Thomas Mock with Dr. Huang, at the ACSM conference in Indianapolis, IN, May 30, 2013.
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Exercise Science and Health Promotion Department
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E-mail: ESHPinfo@fau.edu

Website: http://www.coe.fau.edu/eshp
Facebook page: www.facebook.com/pages/FAU-Department-of-Exercise-Science-and-Health-Promotion/343365107553

"The ESHP Department promotes and integrates scientific research, education, and practical applications of exercise science and health promotion to maintain and enhance physical performance, fitness, health, and quality of life."