

Volume 4, Issue 1
March 7, 2014

Welcome to our spring newsletter: First, let me wish a very happy and successful 2014 to all. This should be an exciting year for the Exercise Science and Health Promotion Department. In November, the department welcomed Ms. Karen Freitag as the new ESHP secretary. Ms. Freitag comes to us from the University of North Florida and brings a wealth of experience with her. Please be sure to introduce yourself to Ms. Freitag, and make her welcome. On February 24, 2014, the department's new lab manager, Ms. Marie Wells, began working with us. We are happy to welcome Ms. Wells to this very important position. Please introduce yourself to Ms. Wells and make her feel welcome, as well. Finally, the ESHP search committee for a permanent department chair has been reviewing the many applications received. It is expected that candidates for the chair position will begin interviewing in March, and that a new chair will be installed for Fall 2014. I have been enjoying my role as your interim chair. In fact, I will miss all the wonderful students, faculty, and staff with whom I have had the privilege to work. Wishing success and congratulations to all of our spring graduates. **Deena Louise Wener, Interim Chair**

WELCOME TO OUR NEW ESHP STAFF

Karen Lanning Freitag joined our department in November 2013. She is a native New Yorker, from Oswego County. Karen has lived in the Lake Worth, Florida area since 1984. She most recently returned from the University of North Florida in Jacksonville, where she lived for the last 6 years. Karen is happy to be reunited with her daughter in Boynton Beach, Florida. She is delighted to make FAU a permanent home. Welcome, Karen!



Marie Wells is our new laboratory manager. With years of experience in scientific analysis and academic laboratory training and instruction, she is a welcome addition to our department. She began her research studies, as a college intern for the USDA Agricultural Research Service. Following the



receipt of her undergraduate degree, she completed her MPH in community health education and went on to conduct research in the areas of molecular virology, molecular genetics and infectious diseases. After honing her lab skills, she did research that optimized molecular assays for the early detection of viruses that infected livestock and marine animals. Marie worked as a Laboratory Educator at Spelman College where she served as a *Population Biology, Ecology & Diversity* lab instructor. She also team taught the *Howard Hughes Medical Institute/National*

Genomics Research Initiative Phage course and instructed high school students during Spelman's *Science Career Exploration* summer program. Prior to joining FAU, Marie worked in the private industry, where she conducted laboratory testing for health risk levels associated with food and waterborne diseases. She has recently co-authored a journal article submitted for publication to *Journal of Bioremediation & Degradation*. Marie is a native of West Palm Beach, Florida, plus a graduate of Florida A&M University and the University of Florida. Welcome, Marie!

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WELCOME TO OUR NEW ESHP GRADUATE ASSISTANTS



Erin Connolly, BS, Florida Atlantic University, Sugar Land, Texas



Jamala Patterson, BA, University of Florida, Pembroke Pines, FL



Corina DeChiara, BA, Florida Atlantic University, Hollywood, Florida



Anthony Krahwinkel, BS, Ithaca College, Hapursville, NY



James Stephenson, MS, Florida Atlantic University, Raymond, ME

Alumni Update

Rus Camire, MS, 2013, started a position with Cosmed, USA in January. He is their applications and training specialist.

Alex Tavarez, BS, 2013, strength and conditioning coach at the New York Mets, started December 2013, and has worked at Saint Leo University.

Stephanie Ferro, BS, 2013, is currently living in Ponte Vedra Beach, Florida. She has been accepted at Northwestern University's Feinberg School of Medicine, Chicago, Illinois, September 2014. She will begin work on her doctorate in physical therapy, September 2014.

Anthony Desposito, BS, 2013, Intern Assistant Strength and Conditioning Coach at Webber International University, Babson Park, Florida.

Giuseppe Sacco, MS, 2012, Fitness Manager at Sony Computer Entertainment America (SCEA) managed by Bay Sport, Inc., San Francisco, California.

Rick Minichino, MS, 2011, NSCA-CPT, Wellness Director, La Posada, Palm Beach Gardens, Florida.

Trey Andrews, MS, 2011, is project manager at Yacht Chandlers in Fort Lauderdale, Florida.

Adam Berrones, MS, 2010, is a Ph.D. Graduate Teaching Assistant, Exercise Physiology, University of Kentucky.

Jenna Reed, MS, 2009, Adjunct professor of the year at Broward College. She received a plaque and a parking space on campus with her name.

Michael Lachmanen, BSE, 2009, works as a personal trainer at SVZ Performance in Fort Lauderdale, Florida.

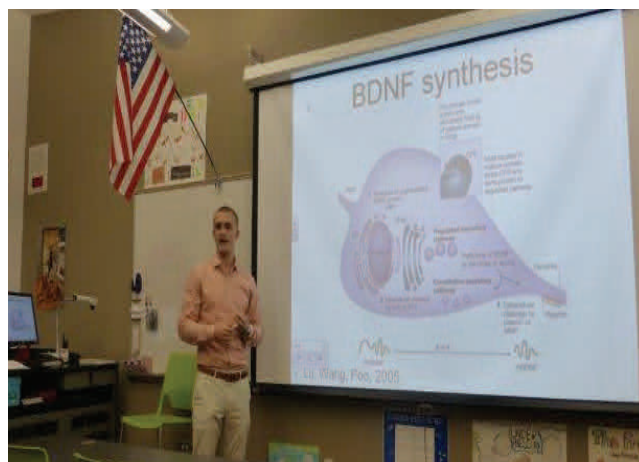
Henry Allen, MS, 2009, CHES, is an education and training specialist at the FDA in Washington, D.C.

Brad DeForest, BS, 2009, is a doctoral fellow and graduate teaching associate at the University of Tennessee—Knoxville. His research focus is biomechanics of knee osteoarthritis. He also teaches the applied anatomy laboratory classes.

Duval Kirkaldy, BSE, 2009, CSCS, LMT, started in October 2013 as the assistant basketball strength and conditioning coach at UCLA in Santa Monica, California. Prior to accepting that position, Duval was the head strength and conditioning coach for Liaoning basketball in China.



Michelle Panpania, Dr. Deena Wener, Evan Platonas



Thomas Mock, presentation

Alumni Update

Elizabeth Greenwald, MS, 2007, who is the South Florida Team Lead for Health Designs, a nationwide worksite wellness organization that specialized in health assessments, biometric screenings, and face-to-face health coaching. Beth still lives in the South Florida area.

Ellen Crook, B.S., 2007, completed her master's in exercise physiology at Florida State. She is currently working a sports trainer at Sanders Elite Training Performance in Jacksonville, Florida.

Billy Voltaire, BS, CSCS, 2007, completed his DPT, Physical Therapy, from Long Island University—Brooklyn Campus. He is currently at Florida International University, working on his MS in Athletic Training.

Alvin J. Cowans, BS 2004, DPM, Doctor of Podiatric Medicine and Surgery; podiatry resident, Miami, Florida, Barry Foot and Ankle Clinic at Mercy Hospital.

Gabe Somarriba, BSE, 2003, is an assistant professor and scientist at the University of Miami. He received this DPT, Physical Therapy, from the University of St. Augustine in 2009.

Marianne Jankowski, BS, 2002, received two masters from Walden University. She completed her doctorate in Health Science at Nova Southeastern University, where she is employed as the chair of the cardiopulmonary sciences.

Robert Fernandez-Vinas, MS, 2002, is the regional director at MediFit Corporate Services in the Dallas/Fort Worth area.

Shannon (Kearney) Watt, BS, 2001, works at Boca Woods Country Club, living in Boca Raton, Florida.

Heather Burnham, BSE, 2001, currently works as an admissions representative for the Design and Technology College, Dunedin, Florida.

Jennifer Ioli, BSE, 2000, senior sales representative for Apria Healthcare, a national health-care provider providing medical devices to patients. She currently resides in the Fort Lauderdale, Florida area.

Jo Wagenhals, BS, 1999, is Ocean Rescue Captain and EMT in Pompano Beach, Florida.

Mary LaGasse, BS, 1999, lives in Kihei, Hawaii, where she is an independent product consultant for Spa DoTERRA Essential Oils.

Nikki Kalavitis, BS, 1999, is the senior manager and event development for the New York Road Runners. She lives in the New York City area. She did a graduate internship at Disney Sports Attractions, Kissimmee, Florida.

Andy Hermida, BSE, 1998, is an MRI technician with Tenet Healthcare in South Florida.

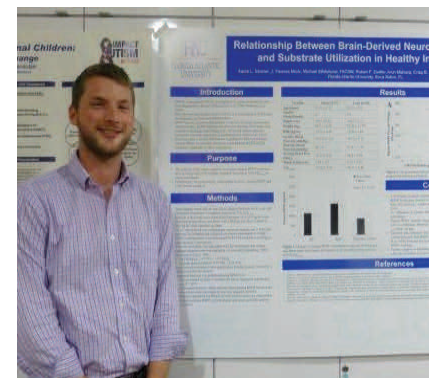
Jason Latona, BSE, 1995, MS, 1997, works at Boca West Country Club and teaches at Broward Community College as an adjunct. He lives in Coconut Creek, Florida with his family.



Dr. Graves and Sam Buckner, MS, 2013



Liz Pittinger, presentation



Aaron Slusher, presentation

Faculty published articles and other information

Huang, C-J., Mari, D.C., **Whitehurst, M., Slusher, A., Wilson, A.,** Shibata, Y. 2014. Brain-Derived Neurotrophic Factor Expression Ex Vivo in Obesity. *Physiology & Behavior*, 123, 76–79.

Huang, C-J., Webb, H.E., **Zourdos, M.C.,** & Acevedo, E.O. 2013. Cardiovascular Reactivity, Stress, and Physical Activity. *Frontiers in Physiology*, 4: 314.

Lowndes J, **Zoeller RF, Kyriazis GE,** Miles MP, Seip RL, Moyna NM, Visich P, Pescatello L, Gordon P, Thompson PD, Angelopoulos TJ. Hyperleptinemia is associated with CRP, but not Apolipoprotein E, and is reduced by exercise training. *Int J Sport Nutr Exerc Metabolism*. 2014, In Press.

Pittinger, Elizabeth S. and Graves, B. Sue. (December 2013). Swimming as exercise prescription for breast cancer patients. *Strength and Conditioning Journal*, 35 (6), 46-53.

Dr. C-J Huang received Fellow status with the American College of Sports Medicine, November 2013.



Exercise Science and Health Promotion Faculty & Staff

Left to right: Dr. Phil Huang, Chris Boerum, Anita D'Angelo-Herold, Dr Robert Zoeller, Dr. Debra Weiss (adjunct), Leslie Cribbs, Dr. Deena Wener (Interim Department Chair), Dr. Sue Graves, Dr. Donald Torok, Dr. Valerie J. Bristol (College of Education Dean), Dr. Michael Whitehurst, Peggy Donnelly, Karen Freitag, Dr. Michael Hall. Not pictured: Dr. Michael Zourdos, Coach Ian Pyka, and Dr. Tina Penhollow. December 2014.

**Presentations accepted for Southeast American College of Sports Medicine, Greenville, SC
February 13-15, 2014**

- Brazendale, K. **Graves, B. S., Penhollow, T., Whitehurst, M., and Pittinger, E.** Children's experiences in physical education and its effects on their physical activity participation outside of school. Thematic poster.
- Caslin, H.L., Crabb, E.B., **Huang, C-J.**, Bowen, M.K., Acevedo, E.O., Franco, R.L. Impact of Obesity on Norepinephrine and TNF- α Following Mental Stress. Poster.
- Crabb, E.B., Caslin, H.L., **Huang, C-J.**, Bowen, M.K., Acevedo, E.O., Franco, R.L. The Relationship between BARK1 and TNF- α in Obese Individuals Following Acute Mental Stress. Poster.
- Dolan, C.,** K.A. Schau, **J.M. Quiles, A. Klemp, B. Day, B.S. Graves, FACSM, and M.C. Zourdos.** An examination of center of pressure during the squat at various intensities as a marker of technique efficiency between experienced and novice squatters. Thematic poster.
- Graves, B. S.** and Moore-Harrison, T. Facilitating effective mentoring relationships. Tutorial.
- Huang, C-J.**, Webb, H.E., **Zourdos, M.C.**, Acevedo, E.O. Fight-or-flight and fitness: The SAM axis and your health. Symposium.
- Klemp, A.,** K.A. Schau, **J.M. Quiles, C. Dolan, B. Esagro, B.S. Graves, FACSM, and M.C. Zourdos.** A comparison of average velocity at maximal intensity in the squat as a marker of efficiency between experienced and novice squatters. Poster.

Undergraduates:

- Tamara Estevez** (mentor, **Dr. Michael Zourdos**) received one FAU Undergraduate Research Grant, "The effects of pre-cooling and sub-maximal warm-up on physiological measures and endurance performance in trained male runners." \$1,000. Spring 2014.
- Arun Maharaja and Alyssa Urtula** (mentor, **Dr. Chun-Jung Huang**) received another FAU Undergraduate Research Grant, "Pentraxin 3 Reactivity to Acute Exercise in Obese Individuals." \$1,000. Spring 2014.
- Rocky Blanco** received \$1000 for travel from the Federation of American Societies for Experimental Biology (FASEB)/Maximizing Access to Research Career (MARC) Program. The MARC Program Travel award is a component of a federal grant from the Minority Access to Research Careers Program of the national Institute of General Medical Sciences. He will attend the 42nd Annual Southeast American College of Sports Medicine's Conference, Greenville, South Carolina, February 13-15, 2014. **Dr. Graves** also received the faculty award from FASEB for the same conference.
- Lety Gonzales**, FAU ESHP senior, was awarded one of the five SEACSM Leadership & Diversity Training Program protégés. She was selected out of an outstanding group of applicants. She will receive funding for the 2014 SEACSM conference in Greenville, SC, plus ACSM membership.

Graduate students:

- Jamala Patterson**, BA, was awarded \$1,000, an endowed scholarship from Virginia D. Kelly Exercise Science & Wellness Scholarship. She, also, was awarded "Excellence in Research" by the Graduate & Professional Student Association with **Dr. Michael Hall** and FAU's level of acceptance for a Tobacco-Free policy, Fall 2013.
- Nicholas, Z.R.,** Peacock, C.A., & Silver, T.A. (2014). Comparison of Forearm Flexor Bundle EMG Activity Between Various Hand-grips During the Deadlift Exercise. *Medicine and Science in Sports and Exercise, 46(5) Supplement*. Abstract accepted for the ACSM National Conference, Orlando, Florida, May 2014.

ESHP students presenting at COE Student Achievement Council's 13th Annual Student Research Symposium, "Unheard Voices: Hidden Dimensions of Research," November 21, 2013.



Front row: Lety Gonzalez, Rocky Blanco. Back row: Dr. Donald Torok, Aaron Slusher, Thomas Mock, Dr. Michael Hall. Not pictured: Elizabeth Pittinger

Undergraduates:

Lety Gonzales, ESHP Club president, presented The role of perceived racial discrimination and stress in highly ethnically identified individuals (Dr. Michael Hall).

Graduate students:

Rocky Blanco, Leucine, mTOR, and cardiac protein synthesis: relationship, benefits, and future investigations (Drs. Whitehurst and Graves).

Thomas Mock, Comparison of high-intensity interval and continuous exercise on serum brain-derived neurotropic factor (Drs. Whitehurst, Huang, and Zoeller).

Elizabeth Pittinger, Does substrate utilization during exercise vary between oophorectomized "previvors" and age-matched premenopausal women?" (Drs. Graves, Zoeller, and Whitehurst)

Aaron Slusher, Relationship between brain-derived neurotropic factor and substrate utilization in healthy individuals (Drs. Whitehurst, Zoeller, and Huang)

THE CLUB



2014 Spring Events

Kicks Butts Day

Wed. March 19, 10am – 6pm

Brunch April 22, 10am-11:45

BBQ April 11 2-4pm

2013 2014 ESH CLUB OFFICERS

PRESIDENT ☺ LATISHA LETY GONZALEZ **VICE PRESIDENT** ☺ MICHAEL MASELLI

SECRETARY ☺ ALLY GAIER **TREASURER** ☺ JONGAMBOA

The FAU Exercise Science and Health Promotion Club, in cooperation with Tobacco-Free Florida, is working to create tobacco-free FAU campuses. With support from the American Lung Association of Florida, and in partnership with Tobacco-Free Florida and the Florida Health Department, we combat secondhand smoke by educating Florida Atlantic University (FAU) students, faculty and staff about the financial and health benefits of going tobacco-free.

Take some time to explore for yourself how dangerous tobacco can be to you and your loved ones and what you can do to quit today!

For more information, go to Tobaccofreeflorida.com.

Great American Smoke Out!

Last semester Fall 2013 ESHP collected 2460 cigarette butts on nov 21st in observance of Great American Smoke Out!



eshpclubfau@gmail.com

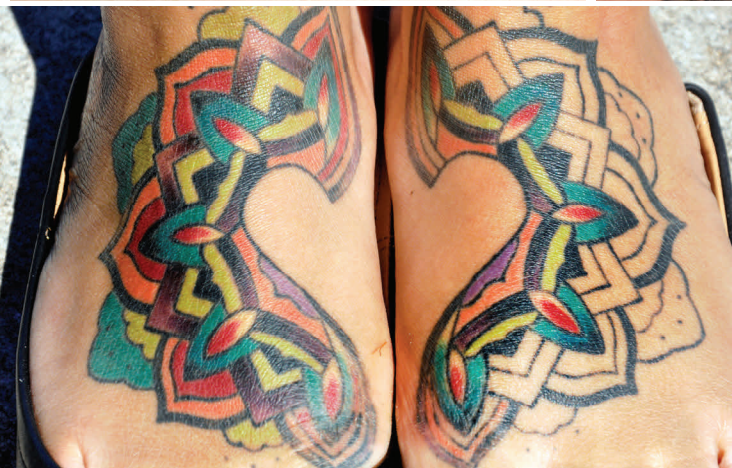
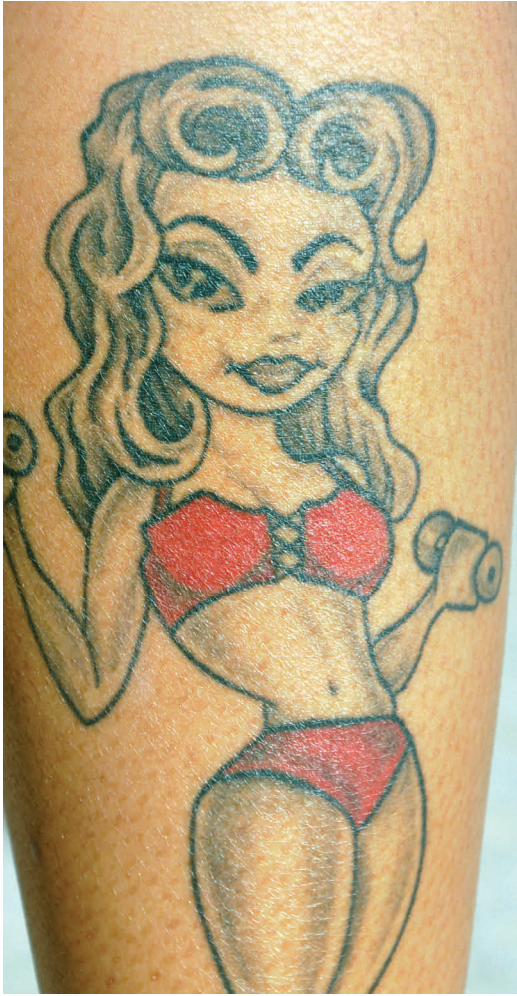
call or text! # (504)534-538

[facebook.com/groups/FAUESHPCLUB/](https://www.facebook.com/groups/FAUESHPCLUB/)

HEALTH PROMOTION

EXERCISE SCIENCE &

ESHP CLUB Tattoos



INTERNSHIPS, SPRING 2014

Nicholas Acosta	Alliance Health & Injury Center	Pablo Vega	Holy Cross Hospital
Shantelle Brissett	Alliance Health & Injury Center	Victoria Oakley	Impact Sports Performance
Griffin Colton	Boca Raton Orthopedic Group	Megan Supko	Institute of Human Performance
Jason Port	Boca Raton Orthopedic Group	Christopher Durham	Jewish Community Center
Ryan Desouza	Boca Raton Regional Hospital	Valerie Dixon	John Knox Village
Brett Hermon	Boca Raton Regional Hospital	Blaine Sherwood	Memorial Hospital West-Rehab Center
Alex Lavin	Boca Trauma & Rehabilitation	Valeria Bruno	Memorial Hospital West-Rehab Center
Danielle Leon	Boca Trauma & Rehabilitation	Robyn Vincent	Memorial Hospital West-Rehab Center
Danielle Aromashodu	Bommarito Performance Systems	Lindsey Rice	Motorola-Wellness Center
Rodney Harrell	Bommarito Performance Systems	Krystal Sember	Motorola-Wellness Center
Elizabeth Hautamaki	Bommarito Performance Systems	Shoshanna Rahming	My Speed Trainer, Inc. (MST Sports)
Robert San	Bommarito Performance Systems	Casey Miller	Nova Southeastern University
Omar Lopez	Broward Health and Wellness	Latisha Gonzalez	Palm Beach Co. Parks & Recreation
Robert Quiroz	Broward Health and Wellness	Cassandra Seifel	Palm Beach Co. Parks & Recreation
Michelle Pierre	Central Palm Medical Group	Anthony Conners	Palm Beach Institute of Sports Medicine
Erin McGarry	Cora Health Rehabilitation	Brandon Ebanks	Palm Beach Institute of Sports Medicine
Michael Howlan	Covenant Village of Florida	Nicole Miller	Palm Beach Institute of Sports Medicine
Max Blackburn	Davis Therapy Center	Matthew Peters	Plantation Medical Rehab & Wellness
Kyle Hunter	Davis Therapy Center	Luis Tribin	Plantation Medical Rehab & Wellness
Lawrence Jones	Davis Therapy Center	Alex Trebilcock	St. Andrews Country Club
Arun Maharaj	FAU ESHP Dept. Whitehurst	Blake Johnson	Tropical Chiropractic & Wellness
Luke Otfinowski	FAU ESHP Dept. Whitehurst	Chris Ruden	Tropical Chiropractic & Wellness
Courtney Bierman	FAU Office of Health & Wellness	Jose Casas	Westgate Parks & Recreation
Eric Williams	FAU Swimming	Louis Walsh	Weston Medical Rehabilitation
Laurin Evertz	FAU Recreation Center	Matthew Hodges	YMCA - Boca Raton
Natasha Thomas	FAU Recreation Center	Danielle Lefebure	YMCA - Boca Raton
Christopher Ricciardi	FPL - Juno	Michael Maselli	YMCA - Boca Raton
Miluska Bolko	Holy Cross Hospital	Alexa Pagliaroli	YMCA - Boca Raton
Ryan McCann	Holy Cross Hospital	Shawn Whyte	YMCA - Boca Raton
Paul Williams	Holy Cross Hospital	Shayna Elkin	YMCA - Boynton Beach

Fall 2013, Graduation

Bachelor of Science Degree

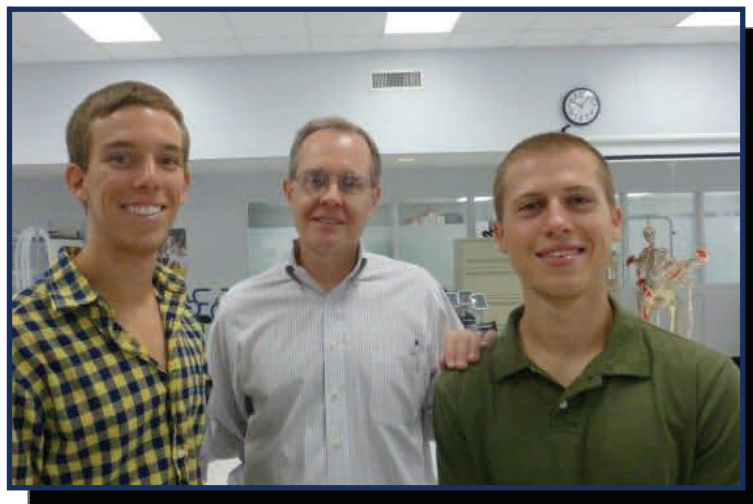
Sherif Abdel-Aal
Katelyn Meaghan Benedit
Gregory Paul Caruana
Gregory Edma
Edmond Durand Haney
Matthew Scott Held
Ricardo Andres Hidalgo
Mercedes Marie Levesque
Ashley Lauren Pittman
Devon Jean Preece
Taylor Reckert
Freddy Leonardo Rodriguez
Daniela Schiano
Melita Simplicie
Orlando Villacis

Master's Degree

Russel T. Camire
Michelle Papania
Evan Platonas

Bachelor of Science in Education

Maria Natalia Aleksinko
Imani Bailey
Emily Anne Carles
Antonio R. Cedeno
Melissa Marie Dobrowsky
Courtney Amber Dolnick
Stephanie Lynn Ferro
Craig Bradley Fisher
Eric S. Forero
Brittany Taylor Freeman
Ximena Consuelo Goddard
Tanina Marie Marinenko
Matthew J. Morse
Alysia Maria Naples
Diana Pardo
Danielle Marie Pfeffer
Justin M. Raymond
Courtney J. Siemer
Chantale E. Smith
Adam Stern
Allison Sanchez Talana
Remie Theodore
Melissa M. Uftring
Ivan Daniel Franca Valencia



Rus Camire, Dr. Robert Zoeller, and Evan Platonas

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"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."

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