Bob Gotshall retires from teaching, launches legacy

In 2011, Robert W. Gotshall, Ph.D., brought his 20-year CSU career to a close at the end of the fall semester, but his impact on the fields of health and exercise science and biomedical science will carry on for generations to come. His career and influence were celebrated at a retirement reception on Nov. 29.

Gotshall’s research and mentoring (for most of his total career of 38 years) were in the area of cardio pulmonary physiology. In recent years, he examined dietary and other non-pharmacological interventions to reduce the severity of exercise-induced asthma. For 13 years, he also served the Department with distinction as the graduate program director and was part of the team that developed the Ph.D. program. He has held numerous and varied service roles at the college and university level as well during his tenure.

Gotshall won both the College Scholarly Excellence Award and College Superior Service Award, and was recognized at the university level with the highest faculty service award given by CSU, the Oliver P. Pennock Distinguished Service Award. “Bob’s dedication to provide a high level of service and contribute his best efforts in all he does is clearly evident,” says Department Head Gay Israel. “He will be greatly missed.”

In Gotshall’s honor, the Department is pleased to announce that donors, Sean and Rebecca Shelly of the Elf Foundation, have endowed a scholarship in Bob’s name. The Robert W. Gotshall Graduate Scholarship will support a graduate student who would like to continue on in the department and earn a Ph.D. in human bioenergetics. “We have a tremendous respect and appreciation for educators like Bob,” explains Sean.

“I am pleased that the Shelleys chose to establish a scholarship endowment in my honor,” said Gotshall. “I would like to express my gratitude for their gracious generosity to health and exercise science. It shows a willingness to invest in students and demonstrates faith in the lasting quality of our program.” Israel echoes this sentiment: “This endowed scholarship is a perfect match between donor intent, honoring Bob Gotshall’s long and prestigious career, and providing support for outstanding graduate students each year in perpetuity.”

Gotshall and his wife, Barbara, who also works at CSU, have contributed to the scholarship and plan to continue to do so in the future. They hope others will as well. “The decision to leave a legacy is something very intimate and personal,” said Bob Gotshall. “It says something about the donor that he or she is willing to make an impact that is forever.”

Students in the program are conducting vital biomedical research, which has immediate and lasting benefits for human health, including the areas of aging, cardiovascular disease, obesity, and diabetes. Gotshall sees this scholarship as critical, because graduate students often have limited access to financial aid. To make a secure online gift to help grow the endowment for this scholarship, visit www.advancing.colostate.edu/gotshallscholarship.

Health and exercise science is the most popular major at CSU with more than 1,300 students enrolled!
Greetings from Jeff McCubbin, Dean of the College of Applied Human Sciences

I am honored and excited to serve the College of Applied Human Sciences as the next dean. Since beginning here at Colorado State University in July 2011, I’ve had the pleasure of getting to know many of our alumni and I look forward to meeting many more of you throughout the coming year.

Research, outreach, and teaching in the Department of Health and Exercise Science is critical to how we will tackle health-related problems facing society such as child obesity, maintaining function and independence in our aging population, and the increased impacts of diseases such as diabetes, sarcopenia, and cardiovascular disease. There are tremendous opportunities for new partnerships to advance our ability to understand and translate knowledge about health. As friends and alumni of the department, you can help our faculty form these essential partnerships.

Our vision is to be recognized as a world-leader in research, teaching, and service. The 2012-2016 Campaign for Colorado State University, the nam- ed dedication of our faculty and staff, include our commitment to advancing health and exercise science and to disseminate that knowledge through academic and outreach programs. Under- standing the etiology, prevention, and treatment of chronic disease is central to the mission.

Mission

The mission of the College of Applied Human Sciences is to discover new knowledge through excellence in research in the areas of health and exercise science and to disseminate that knowledge through academic and outreach programs. Understanding the etiology, prevention, and treatment of chronic disease is central to the mission.

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From the department head

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New faculty and staff

Tracy Nelson, associate professor, has been named the associate director of the Master of Public Health program in the Colorado School of Public Health, which includes Colorado State, Anschutz Medical Campus at CU-Denver, and the University of Northern Colorado. Nelson also received the 2012 Superior Faculty Service Award from the College of Applied Human Sciences.

Adam Chicco was the winner of the College of Applied Human Sciences 2011 Tenure-Track Faculty Scholarship Excellence Award.

Robin Neech was honored with the 2012 Superior Staff Service Award from the College of Applied Human Sciences.

Brian Butki received the 2010 Outstanding Teacher Award from the College of Applied Human Sciences.

Ben Miller won the 2010 College of Applied Human Sciences Tenure-Track Faculty Scholarship Excellence Award.

In 2012, the Human Performance Clinical/Research Laboratory was named a Program of Research and Scholarly Excellence by Colorado State University. The HPCL first received the designation in 2008, and is reconsidered every four years.

Batavia

Tracy Nelson

Stephanie "Mo" Moreira

Prior to joining the department in August 2011, Mo Moreira served as a residence director in Housing and Dining Services at CSU since 2008. Moreira graduated from the University of South Alabama with a B.S. in physical education in 2006. Afterwards, she went on to receive her M.Ed. degree in 2008 from the University of Vermont in higher education and student affairs administration.

While at CSU, Moreira has been heavily involved with undergraduate students, specifically those interested in the sciences. In her residence director role, she collaborated closely with the College of Natural Sciences in getting students access to resources, providing timely and useful programming, and building connections between students and CNS faculty and staff. In addition, she is passionate about the areas of social justice and diversity, student retention, and student development. She has served on the steering committee for Campus Step Up A Social. In 2012, she spent the first four years and collaborated with campus partners to provide resources to students on academic probation.

Karla Perez-Velez

Karla Perez-Velez also began in the department in August 2011. She completed her undergraduate studies at Coastal Carolina University with a B.A. in sociology and a minor in marine science. During her undergraduate studies, Perez-Velez recognized her passion for being in environments and working with students that she continued her studies in the field of student affairs. Focusing on student affairs in higher education, she received her M.A. in education from Western Kentucky University in 2009.

In her graduate studies, Perez-Velez researched immigration issues and the needs of immigrant students on our campus colleges. She moved to Colorado in 2010 from Kentucky to continue her work with college students and begin her Ph.D. in higher education and student affairs leadership at the University of Northern Colorado.

Tara Holloway

Tara Holloway joined the department in July 2012. Holloway received her undergraduate degree in business and her master’s in counseling and psychology from Troy State University.

After she earned her undergraduate degree, she worked in marketing for a large chain of convenience stores in Florida. In 2002, Holloway was offered an opportunity to work in higher education advising non-traditional military students. She quickly recognized the need to help students balance their class schedule along with their work schedule and family while achieving their educational goals. Over the next nine years, she gained experience in advising, recruitment, and retention. She has served as a designated school official for international students and a Veterans Affairs certifying official. She eventually oversaw the administrative side of 17 university extension campuses across 12 different states.

Her academic philosophy is simple: if you give students the tools to be successful, they will be successful. She sees students as individuals and focuses her advising solely on promoting college success. Holloway recently relocated to Fort Collins along with her husband, Aaron, and their two dogs. When they are not taking advantage of the Colorado State University, they are daily remodeling their home in old town.

Kellie Walters

Kellie Walters, director of the Adult Fitness Program, joined the department in August of 2010. Walters received her undergraduate degree in kinesiology with an emphasis in fitness, nutrition, and health from San Diego State University. She then moved to Colorado State and earned her M.S. under the mentorship of Ray Brown. During her graduate career, she worked as a research assistant in the Physical Activity Laboratory focusing on the biomechanics and energetics of walking uphill in obese persons, and as a graduate assistant with the Adult Fitness Program.

After completing her coursework, Walters moved to Michigan where she worked at Central Michigan University as an intern for student development. Walters lives in Fort Collins with her husband, Micah, and their two dogs. You may have seen her running with her dogs along the Spring Creek Trail.

Thorsten Rudloff

Thorsten Rudloff, director of the Integrative Neurophysiology Lab, joined the department as an assistant professor in August 2012. Rudloff received master’s degrees in sports science and physical therapy from the German Sports University in Cologne, Germany.

After working as a sport physical therapist for German professional soccer clubs for several years, he obtained his Ph.D. in sports and exercise science from the University of Cologne, Germany in 2002. In 2002 he moved to the U.S. where he worked as a senior research associate with Professor Roger Enoka at the University of Colorado, Boulder.

His research interests lie in the neurophysiology of fatigue in healthy and clinical populations, non-invasive imaging techniques (Positron Emission Tomography, Computed Tomography, Magnetic Resonance Imaging, Ultrasound), and the neuromuscular capabilities in children through development. Rudloff lives in Westminster with his son Tyler. His hobbies include soccer and weightlifting.

Art Solow

On May 19, 2011, CSU Hall of Fame Coach Art Solow passed away at the age of 86. Solow guided the men’s swimming teams from 1955-1975, winning one team WAC championship and producing 14 NCAA All-Americans and 25 individual WAC champions. Solow, a graduate of Eastern Michigan University, served with the U.S. Navy in WWII on an ammunition ship in the South Pacific. Solow arrived at CSU in 1959 to coach in a small pool located in the Glenn Morris Field House and took on the duties of an instructor in the physical education department, which at that time was part of the athletic department.

In 1966, the new pool at Moby opened and Solow’s teams took off in the national rankings of swimming, diving, and water polo. Solow’s career with the Rams swim teams was one of the most successful of any coach in school history. In 1972 he was named the NCAA District 7 Swimming Coach of the Year following his team winning the school’s only WAC championship in men’s swimming. He sat on the member’s board of the NCAA Swimming Rules Committee from 1972 to 1974 and in 1971 Solow was named by the College Swimming Coaches Association of America as a “Master Coach.”

In the spring of 1975 he resigned as the head coach of men’s swimming and concentrated on his duties as a professor in the physical education department. Solow’s daughter Karen said, “Dad put all of his heart and soul into coaching. I think he was ready for a change, and he loved teaching. He wanted to focus on working with pre-service teachers.” In 1995, Solow was inducted into the CSU Sports Hall of Fame.

Irmel Louise Williams Fagan

Irmel Louise Williams Fagan passed away at her Fort Collins home on July 28, 2010, at the age of 96. Fagan was the director of Physical Education for Women at CSU and was instrumental in the development of the dance program.

After her graduation and several teaching jobs, Fagan began teaching at the junior college in McCook, Neb. There Irmel met and eventually married Robert L. Fagan. They spent the early years of their marriage in New Orleans, La., where Bob was involved in the military during World War II. After the war, the couple moved to Estes Park, Colo., where they co-owned and operated Longs Peak Inn along with several other family members. When the inn was sold, the family moved to Lakewood, Colo., so Bob could complete law school at the University of Denver. But in January of 1956, Bob died suddenly of heart disease.

With five children to raise, Fagan moved to Fort Collins where she had been offered a position at Colorado State University (Colorado A&M). She spent 23 years at CSU, first as a physical education and dance teacher. It was during this time that she attended the University of Northern Colorado (Colorado State College) and graduated with her master’s degree.

After the retirement of Elizabeth Forbes, Fagan became director of Physical Education for Women at CSU until her retirement. It was during this time that she fully developed the dance program.

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Elise Donovan, (‘11, Ph.D.) knew she wanted to find practical applications for her passions. With a bachelor’s degree in exercise science from the University of Toledo, and a master’s in molecular biology from Long Island University, Donovan craved a clear, direct connection of her studies to the real world.

“She was impressed with the new Ph.D. program in human bioenergetics offered at Colorado State, and particularly the emphasis by faculty members Ben Miller and Karyn Hamilton on taking research from the lab bench to the bedside, and back. In 2007, Donovan was among the first four students accepted to pursue a Ph.D. within the Department of Health and Exercise Science, where Miller and Hamilton became her co‐mentors. “I felt like I got two for the price of one!” she says of the team approach.

“I’m grateful for the breadth of experience Dr. Miller and Dr. Hamilton provided,” she says. “They also noted the healthy departmental culture of worldwide scientific collaboration and network building.

At CSU, Donovan’s research focused on two health concerns related to obesity: coronary artery disease and diabetes. She studied proteins in coronary artery cells that play a role in the development of atherosclerosis. Also, she looked at cells that may be early triggers for diabetes development. The overall goal of her research was to find interventions that can slow or prevent the development of disease.

Donovan benefited from a new scholarship created by the Bariatric Center of the Rockies, a partnership between Valley Hospital and Northern Colorado Surgical Associates. “The scholarship was a huge help,” she explains. She enjoyed working with the Bariatric Center surgeons, who share her passion for connecting research to the real world through patient outreach projects. “This was another advantage of pursuing my Ph.D. at CSU,” she says, “because very few universities without medical schools have partnerships with community medical practices and surgeons like this.”

With her dissertation complete, Donovan is already applying her knowledge and research skills. In Jan. 2012, she began a post-doctoral fellowship at the Liggins Institute at the University of Auckland in New Zealand. She was drawn to their focus on developmental origins of chronic disease and evolutionary medicine, which lead to real-world interventions.

To prospective students, Donovan highly recommends the Department of Health and Exercise Science. She notes the large corps of successful faculty with a wide range of research, from cells to people, and from biomechanics to cell physiology.

“The collaboration, open doors, and great departmental support for students are wonderful. My success as a student at CSU is a direct translation of the leadership in this department,” she said.

**Ph.D. student and Bariatric Center of the Rockies bring research to the real world**

**While at CSU, Abby Wyeno (‘12) majored in health and exercise science, health promotion concentration, and served as a leader at CSU in more ways than one. She was the president of the College of Applied Human Sciences Dean’s Leadership Council, as well as a member of the CSU Golden Poms. The DCL is made up of undergraduate students from each of the majors in the College. They attend College events and participate in leadership and service activities. You can recognize them by their green College polo shirts!**

Wyeno has been an integral part of DCL activities such as planning for the annual holiday party sponsored by the Council for underprivileged children and families served by an outreach center in north Fort Collins.

As a member of the Golden Poms in the CSU athletics department, Abby performed at football, basketball, and volleyball games, helping to cheer the Rams to victory.

Last year, she had a practicum with the Adaptive Recreation Organization of Fort Collins teaching weekly swim lessons and participating in a ski trip for children with mental and physical disabilities.

“My degree in health and exercise science with a concentration in health promotion has given me wonderful opportunities to work directly in the field as a part of my educational experience. “I was able to get a feel for what aspect of health promotion I am most interested in. AB3 helped me discover how much I love interacting with people with special needs and prompted my interest in pursuing a teaching career in special education,” said Abby Wyeno. After completing a required internship for her degree, Wyeno is looking forward to launching her career as a teacher.

**HES student champions leadership and service**

Erika Rice (‘99) an athletic trainer at The Orthopaedic Spine Center of the Rockies in Fort Collins, was selected by the United States Olympic Committee to serve as an athletic trainer at the 2012 London Summer Games.

Rice has lived in Fort Collins for 16 years, receiving a degree from Colorado State University in exercise and sports science (now health and exercise science), which has been integral to her career.

“My interest in athletic training started as a student at CSU where I studied exercise and sport science,” Rice said. “After I was certified, I had the opportunity to come back and work as an assistant athletic trainer for CSU. I was there for about a year and a half before I started at the Orthopaedic and Spine Center of the Rockies.”

Having applied for an internship at the U.S. Olympic Training Center in November of 2011, Rice was offered a position at training facilities located in the middle of London Olympic village. “The trip to the London Olympics, where I worked as an athletic trainer for the USOC, was an amazing experience,” Rice said. “I was able to meet many outstanding athletes and other providers from across the country.”

During the 2012 Olympics, Rice said she was one of at least four CSU alumni in the Olympic village. “Becky Hammon and Jenay DeLoach were both there competing, and Erik Phillips, who was a student athletic trainer with me at CSU, was also there working with an Egyptian athlete. It was pretty exciting that we were all in London at the same time.”

Between working long hours in the Olympic village training room during one of the largest sporting events in the world, Rice was able to see some iconic moments firsthand during London 2012. “I had the opportunity to attend the USA vs. Japan women’s soccer gold medal match. The excitement of this game was awesome,” Rice said. “Attending the medal ceremony and watching the U.S. flag being raised with 80,000 people was enough to give me goose bumps.”

**HES alumna serves as trainer at London Olympic games**

**Erika Rice by the Olympic rings in the Olympic village, which she says was a popular spot for groups from many countries to take photos.**
valuable hands-medical supervision provided by Luckasen and his long-term collaborative relationship with the cardiac rehabilitation program. In 1977, he began recognized the need for them to have access to a Public Service Award. Luckasen is well known Alumni Association with the Charles A. Lory September 2011, he was recognized by the CSU leader in Fort Collins for more than 34 years. In talent, has been a visionary medical innovator and also extend to the College of Natural Sciences and expansion of the lab, he served on the Capital Luckasen's generosity the Heart Center of the Rockies also made a significant leadership gift students. Her commitment to starting a fund and heart healthy. For more than 30 years, she has devoted much of her life to helping others become physically fit and heart healthy. Sheffield’s twin passions have come together in an effort to support health and exercise science students. Her commitment to starting a fund for an endowed scholarship will carry forward her mission by helping HES students who share her passion for group fitness instruction. Students in health and exercise science also harbor a budding passion for helping people be healthy, whether they follow the path of a career in corporate fitness, cardiac rehab, as a medical professional, in scientific research, or one of many other wellness and medical careers. Through her com-mitment to inspiring others following in her footsteps, and also her commitment to the community, she is making a difference in the lives of many. She supports many non-profits in the Fort Collins area, believing strongly in advocating for women’s self-sufficiency and building strong arts programs. The gift follows Sullivan’s sponsorship of the Microscope Room in the Human Performance Clinical/Research Laboratory in memory of her husband, Doug Sullivan. The HPCRL is a growing facility dedicated to cutting-edge research seek-ing answers to questions surrounding diabetes, heart disease, obesity, and aging. Sullivan credits her mentor’s in HES with helping her gain the expertise to assist others, “Obtaining my master's degree not only gave me the scientific knowledge that I was yearning for, but it also gave me the research ability to help partici-pants, and allowed me to enjoy teaching all the more.” Department Head Gay Israel said, “Jane’s legacy will help students pay for their education and achieve their dreams, which will have an ultimate effect on many people, as our students go out and inspire others to live in a healthy way. As an endowed fund, it will pay a sizable annual scholarship to a student each year. Thank you to Jane for her foresight and her heartfelt gift.”

**Gifts support research and health**

**Jane Sullivan (’90, M.S.) has had a lifelong interest in science and health.** When other little girls were playing with dolls, Sullivan preferred to explore the miniature world through her mi-croscope. Additionally, as an aerobics instructor for more than 30 years, she has devoted much of her life to helping others become physically fit and heart healthy. For more than 30 years, she has devoted much of her life to helping others become physically fit and heart healthy. Sheffield’s twin passions have come together in an effort to support health and exercise science students. Her commitment to starting a fund for an endowed scholarship will carry forward her mission by helping HES students who share her passion for group fitness instruction. Students in health and exercise science also harbor a budding passion for helping people be healthy, whether they follow the path of a career in corporate fitness, cardiac rehab, as a medical professional, in scientific research, or one of many other wellness and medical careers. Through her com-mitment to inspiring others following in her footsteps, and also her commitment to the community, she is making a difference in the lives of many. She supports many non-profits in the Fort Collins area, believing strongly in advocating for women’s self-sufficiency and building strong arts programs. The gift follows Sullivan’s sponsorship of the Microscope Room in the Human Performance Clinical/Research Laboratory in memory of her husband, Doug Sullivan. The HPCRL is a growing facility dedicated to cutting-edge research seek-ing answers to questions surrounding diabetes, heart disease, obesity, and aging. Sullivan credits her mentor’s in HES with helping her gain the expertise to assist others, “Obtaining my master's degree not only gave me the scientific knowledge that I was yearning for, but it also gave me the research ability to help partici-pants, and allowed me to enjoy teaching all the more.” Department Head Gay Israel said, “Jane’s legacy will help students pay for their education and achieve their dreams, which will have an ultimate effect on many people, as our students go out and inspire others to live in a healthy way. As an endowed fund, it will pay a sizable annual scholarship to a student each year. Thank you to Jane for her foresight and her heartfelt gift.”

**Jane Sullivan at a recent signing ceremony celebrating her new scholarship with Dawn Jeff McCabe, left, and Department Head Gay Israel, right.**

**Planned gift supports Health and Exercise Science**

Cynthia Moussal at the College Homecoming Breakfast.

“A great atmosphere in my household lent itself to academics and created a sense of expectation,” says Cynthia Moussal (’62), who grew up in a home that was filled with books, music, and the arts. Her interest in science and medicine was peaked during her four years at CSU as a physical education major was the late Benjamin Fagan, head of the department. Moussal was recently honored at the College of Applied Human Sciences Homecoming Dinner. Recognition Breakfast for her planned gift to benefit the Human Performance Clinical/Research Labora-tory among other beneficiaries at CSU. Moussal also spoke at the breakfast as a representative of the 50 year alumni club.

“I want to encourage others to take a look at what you are really passionate about, what resonates deep in your soul, and consider giving financial support to those areas. An institution like CSU does not go on without support, and I feel very blessed to be able to include CSU in my estate planning.”

**Human Performance Clinical/Research Laboratory celebrates expansion**

At the Human Performance Clinical/ Research Laboratory, a CSU Program of Research and Scholarship Excellence, re-searchers are working to solve the mysteries of cardiovascular disease, obesity, diabetes, and aging in a state-of-the-art facility dedicated to finding answers to questions that impact our health. The HPCRL first opened its doors in 2000, and was expanded in 2008. The lab was yet again in need of expansion space – a true testament to the success of this growing program. In 2009, the department broke ground on a 3,800-square-foot addition, and in late 2010 a celebration of the comple-tion of the project was held.

“The combination of this expanded world class facility, state-of-the-art equipment, and an outstanding and energetic faculty will result in transformational research affecting the lives of every people here. The $2.8 million addition and renovation was made possible by a collaborative effort among the Vice President for Research, College of Applied Human Sciences, and the Department of Health and Exercise Science. I would also like to thank our donors for the expansion project for helping us ‘enable our mission to transform lives,’ said Gay Israel, department head of Health and Exercise Science.

Several donors made leadership gifts to support the lab expansion. Thanks to donors, the lab has eight of the new spaces named with individual gifts ranging from $10,000 to $15,000 with more naming op-portunities still available.

• The Griffin Foundation was one of the original donors for construction of the lab and they have made a new leadership gift – 15 times greater than the initial gift – to name the Family Lab.

• Poudre Valley Health System, one of the original donors as well, has made another leadership gift in honor of the Human Cardiovascular Physiology Lab.

• Schuster Family Foundation rep-resented by Darlene Schuster, a 1980 graduate of Occupational Therapy, has named one of the Ph.D. student office suites in the new facility.

• Gay and Julie Luckasen have made a gift in honor of the Department Head, receipting her master's degree in 1990.

• Several members of the Pettine Family made gifts in honor of Dr. Al Pettine, who was a faculty member in the Department of Physical Education, the predecessor to Health and Exercise Science. The Pettine Family supports the surgery area of the lab.

• Gay and Karen Israel have named a lab office suite in honor of Joe and Lyndal Davis, Karen’s parents. Gay and Karen and Joe and Lyndal were each room donors for the original lab in 2000.

• Jane Sullivan has named the microscope room in memory of her late husband, Doug Sullivan. Jane’s gift named the department of the depart-ment, receiving her master's degree in 1990.

**Life-changing research**

Faculty leading research projects in the HPCRL hope to achieve breakthroughs with numer-ous implications for our quality of life. Cutting edge research funded by the National Institutes of Health, American Heart Association, American Diabetes Asso-ciation, and Office of Naval Research, among oth-ers, has reached $1.8 million in annual expenditures. The lab houses several inovations that are led by faculty members in health and exer-cise science. These researchers share a passion for finding ways to prevent diabetes, heart disease and obesity, and to promote healthy aging. For example, in the Human Cardiovascular Physiology Laboratory, Frank Dinnillo, a University Montfort Professor, is studying how pancreatic blood vessels dilate and contract during stress such as exercise and low oxygen situations. Blood vessel behavior ultimately determines blood flow and oxy-gen delivery to muscle tissue. Studying how blood vessels work may eventually help people with acute or chronic heart or vascular conditions, especially as they age.

In the Energetics/Mechanics Laboratory, Ray Browning is developing and testing new physical activity training programs for those with impaired mobility and reduced mobility, which can improve physical function, and other interventions can contribute to disease prevention and treatment. In the Clinical Interventions Laboratory, epidemi-oologists and exercise scientists are working to uncover the risk factors for chronic disease – both genetic and dietary factors, such as the effect of fish oil supplements on human health. Dean Jeff McCabe, vice president for research, notes, “The integrative Biology Laboratory are trying to determine if inhibition of the nervous system will alleviate the symptoms of insulin resistance typically observed in obese rodents and in people with diabetes. By using a variety of models such as skeletal muscle cells, mice, and humans, Ben Miller studies how drug treatments improve the heart muscle while studying the making of mitochondria. In the Core Wet Labora-tory, Adam Chico studies how changes in how our behavior ultimately affects our health, and diabetes, and hypertension may contribute to the development of cardiovascular disease.

To read more about research being conducted in the HES, including a list of current funded grants, go to www.hes.cahs.colostate.edu/research.
Celebrating strength in numbers

Collective giving is a powerful way of pooling donations to make a larger impact on campus and beyond. Last year, gifts from most donors averaged $100, yet we were still able to provide meaningful scholarships, fund student travel, bring industry speakers into the classroom, and sponsor important research projects.

Many Colorado State University alumni were scholarship recipients or had favorable faculty members that inspired their career paths, which has motivated them to make a gift. If you are inspired to give back and support initiatives in the Department of Health and Exercise Science, go to www.advancing.colostate.edu/HECS.

Kate Bohn O'Donnell, Ph.D.
Director of Development/Alumni
Office of Advancement/Health and Exercise
Science
2012 CSU homecoming race is a success

Thank you to our 2012 CSU homecoming race sponsors for their support! More than 1,400 runners and walkers participated in the 32nd annual race which raised more than $30,000 for the Heart Disease Prevention Program.