August 2014 marked an important milestone for the Department of Health and Exercise Science. Dr. Gay Israel, department head for the past 18 years, stepped down and passed the torch on to Dr. Barry Braun, who was selected as his successor (see page 2). Israel has been a transformational leader, building the department into a model that is respected nationally for outstanding research, teaching, and service.

Israel came to Colorado State University in 1996 from East Carolina University, where he was professor and the founder of the Human Performance Laboratory. Notably, in 2008, he was recognized as a “Centennial Leader” at East Carolina, a very short list of faculty whose influence on ECU’s first century merited such a distinction. The same commitment to excellence has marked his tenure at CSU; his clear vision for the teaching, research, and outreach programs has been instrumental in overseeing a shift from an emphasis on sports and physical education, to health, wellness, and disease prevention.

One of his greatest achievements in the research area is building the state-of-the-art Human Performance Clinical/Research Laboratory with a combination of $5 million in private and university funds. The lab, built in three phases, is considered one of the jewels of the CSU campus. In addition, he championed a department name change to emphasize health and spearheaded the creation of a Ph.D. program in Human Bioenergetics – one of only a handful in the country. Under his leadership, annual research expenditures have climbed from zero to sustained annual expenditures in excess of $1 million, with key funders such as NIH and other agencies supporting faculty research. The lab also maintains a prestigious Program of Research and Scholarly Excellence distinction from CSU.

In the outreach area, Israel founded the Heart Disease Prevention Program to assess known risk factors for cardiovascular disease in individuals, including a testing program offered to firefighters and other first responders. The Youth Sport Camps, which promote a healthy lifestyle to children, and the annual Homecoming Race have experienced rapid growth and are important outreach activities for the university. A hallmark of these programs is Israel’s ability to form relationships with physicians, health care providers, community partners, and donors. Over the years, the popularity of health and exercise science has grown immensely, with more than 1,400 students in the major. Israel has supported an environment of academic rigor at all levels, hired 15 of the current full-time faculty members and several advisors and instructors. Additionally, he secured funds last year for the construction of a new teaching lab addition to the Moby complex.

Israel doesn’t plan to leave the department just yet; he will transition into a part-time role for the next three years. He will continue to build relationships with the community and work to further the mission of the department.

Gay Israel, right, welcomes Barry Braun, new department head.
Braun takes the reins as next department head

Barry Braun, professor and director of the Energy Metabolism Laboratory at the University of Massachusetts Amherst, was selected to head the Department of Health and Exercise Science.

“Barry Braun is an award-winning teacher, mentor and scholar with outstanding academic credentials and experiences,” College of Health and Human Sciences Dean Jeff McCubbin said. “We are fortunate to recruit him and look forward to his leadership for the next phase of the Department of Health and Exercise Science. This is an exciting new hire for our college.”

Braun started his new position on Aug. 16. Gay Israel, who was department head for the past 18 years, moved into a three-year transitional role with HES.

Braun credited Israel with positioning the department to become one of the best units of its kind in the country, thanks to a burgeoning undergraduate program, top-flight facilities, excellent staff, and a young corps of dedicated, brilliant faculty who are brimming with energy and creativity.

Braun is the recipient of a UMass Amherst University Distinguished Teaching award, evidence of his commitment to supporting and rewarding teaching and outreach. He received his Ph.D. in nutritional sciences from the University of California, Berkeley; an M.S. in exercise science from UMass Amherst; and a B.A. in biology from the University of Pennsylvania.

Farewell from Gay Israel, department head emeritus

Greetings to all alumni and friends. We are pleased to send you this lucky thirteenth issue of the Alumni Messenger.

I hope you enjoy this edition of the newsletter as we share the good news of the department. Since you received the last newsletter, many exciting things have occurred. Dr. Barry Braun became our new department head on August 16 replacing yours truly. Faculty, students, and alumni have received a number of prestigious awards, three new staff members have joined the department, and two long-time employees retired (Dr. Loren Cordain and Daryl Braden). Faculty have obtained more external research grants, we opened an 1,840 square foot addition to the Human Performance Clinical/Research Lab and a 934 square foot Youth Sport Camps office area in May 2014, and we have a new teaching facility under construction.

In his great American tale A River Runs Through It, Norman Maclean writes, “I could find the words but not the sentences they could fit.” As I pondered my farewell comments, I thought of four words I wanted to use (privilege, grateful, thankful, and blessed) and it is my hope that the sentences below “fit” to convey my heartfelt feelings.

I’ve had the great privilege of serving as department head from August 15, 1996 – 2014 (18 years, ~ 6578 days). How can time pass so quickly? I am grateful for all the support and encouragement received from faculty, staff (at the department, college, and university level), administrators, alumni, and friends of HES, but even more so, I am thankful for the great work, energy, and resources these groups have collectively contributed to move HES forward during this time. What a great privilege to have been the hiring authority for 21 of the 24 full-time, very talented employees currently within the HES family. Finally, I have been truly blessed during my 38-year career in the academy to have a wonderful encourager, companion, and best friend, my wife Karan, at my side.

I am excited to begin a three-year transitional, half-time appointment within HES this fall serving as assistant to the department head for external relations. In this role, one of my primary duties will be to strengthen relationships with our alumni, donors, and friends. You have my unwavering gratitude for your generous contributions to our programs and scholarships over the past 18 years. We hope that you will choose to continue to be an important part of these exciting efforts by giving of your time, expertise, and financial resources. During the year, Dr. Braun and I plan to contact many of you personally to encourage you to become active donors. Meanwhile, the Alumni Messenger will keep you abreast of other initiatives within the department and news about our faculty, staff, students, and alumni.

Warmest regards with heartfelt gratitude!

Gay and Karan Israel

An equal-opportunity University.
From the department head

It is an honor and a privilege to write this welcome message as the new head of the Department of Health and Exercise Science. The chance to lead a department with such obvious excellence and so much potential was an irresistible magnet to draw me here.

The rationale for my interest in coming to HES is the unique opportunity and challenges it represents. The remarkable job done over 18 years by Dr. Gay Israel to successfully compete for resources, hire excellent young faculty and a terrific staff, build exceptional facilities, and grow thriving undergraduate and graduate programs, coupled with strong support from Dr. Jeff McCubbin, dean of the College of Health and Human Sciences, has positioned HES to become one of the best departments in the country. Having had the fortune to work in a department that was already there, I can see the path to becoming a top-ranked department and the key intermediate steps along the way.

One of my fundamental values is to be relentlessly transparent and engage you, alumni of the HES department, in a meaningful dialogue as we journey forward. We have a lot of exciting plans for the near future: creating the next strategic plan, hiring 4-6 new faculty members and providing more support for them in terms of staff, critically evaluating the undergraduate curriculum, expanding the capabilities and the footprint of the Human Performance/Clinical Research Laboratory, and continuing to grow a high quality doctoral program. All of these goals will be addressed within the context of four core values. For now, I will keep the descriptions very concise.

1. Each faculty and staff member is committed to being great at something.
2. The undergraduate major is a centerpiece and should be a transformative experience.
3. We need to invest our efforts in high priority areas.
4. Celebrate our achievements.

I doubt every element of my vision is perfectly consistent with the hopes and dreams of all HES faculty, staff, students, and alumni. But I can promise that we will ALL work together in a collegial and collaborative way to realize a strong, shared vision centered on a model undergraduate program, exceptional research, and strong community support. I look forward to expanding on these thoughts and getting your feedback, hopefully in person!

Barry Braun, Department Head
Barry.Braun@colostate.edu

New faculty and staff

Tami Boday

Tami Boday joined our advising staff in the fall of 2013 as an academic support coordinator. Boday received her B.S. in HES in 1998 with a concentration in health promotion and an emphasis in cardiac rehab. She also competed as a Ram for the CSU cross country and track teams. After graduation, she turned her internship into full-time employment as an exercise physiologist in the Cardiopulmonary Department at McKee Medical Center in Loveland, Colo. She eventually transitioned to the wellness specialist position at McKee. In time, her career evolved from hospital-based wellness into corporate wellness where she managed the day-to-day operations of the Hewlett Packard/Avago Wellness Center and also co-managed the national Hewlett Packard health promotion contract for 16 sites across the U.S. Over the years, she has worked in a variety of allied health care settings: both corporate and hospital wellness, area health clubs, and within physical therapy facilities. Outside of work, she enjoys spending quality time with her three young children and husband, Alex. Her family enjoys leading a healthy lifestyle, being active, eating well, and enjoying all that Fort Collins and Colorado have to offer. Her true passion is helping others, and working with freshmen and sophomores has been a great experience, helping them define their path while here at CSU.

Kimberly Burke

Kimberly Burke joined the department in July of 2014 as our director of the Adult Fitness Program and undergraduate instructor. She oversees the Adult Fitness Program working with two graduate and practicum students each semester to serve the Fort Collins community members and their fitness needs. Burke is completing her second CSU degree, having earned her B.S. in health and exercise science in 2012. She will complete her M.S. in health and exercise science in December 2014. She comes most recently from the graduate program within the department, and has three years of experience working with the Adult Fitness Program. Burke is from Colorado and loves all of the seasons, along with all things Broncos.

Bret Ellis

Bret Ellis joined the Department of Health and Exercise Science in November 2012 as our financial officer, overseeing the financial, human resources, and administrative operations of the department. He is a two-time CSU graduate – earning his B.S. in business management and (much later….) his M.B.A. He comes to us most recently from the CSU System’s Internal Audit team, and also has 17 years of controller and CFO experience for small businesses in Fort Collins and Santa Fe, N.M. Ellis is a dog lover (all animals, really), and serves as treasurer of the Board of Directors for the Larimer Humane Society. He is also an avid road cyclist and involved with CSU’s Campus Bicycle Advisory Committee.
Applause

Brian Butki was recognized with the 2013 College of Health and Human Sciences Outstanding Adviser Award.

Ryan Donovan received the 2014 College of Health and Human Sciences Outstanding Adviser Award.

Brian Tracy received the 2013 College of Health and Human Sciences Outstanding Teacher Award and was also honored with the Alumni Association Best Teacher Award.

Tracy Nelson was elected to the board of directors of the Health District of Northern Larimer County.

FROM LEFT: Brian Tracy, Brian Butki, Tracy Nelson, and Ryan Donovan.

Research grants  Grants Awarded since 2012


Dairy Research Institute: “Activation of Nr12 by CLA in milk to decrease the anabolic resistance of aging” ($200,000 total, 2014-2016) Miller, Ben and Hamilton, Karyn

LifeVantage: “Human studies of Protandim® minus Ashwagandha” ($147,811 total, 2012-2013) Bell, Chris, Hamilton, Karyn and Miller, Ben

NIH/NIA Interventions Testing Program: “Protandim®: B. monnieri (45% bacosides); S. marianum (70–80% silymarin); W. somnifera (1.5% withanolides); C. sinensis (98% polyphenols and 45% (-)-epigallocatechin-3-gallate); and C. longa (95% curcumin)” (2011) (Special program with no direct costs but NIA carries out a longevity study in collaboration with those proposing the compound of interest) Miller, Ben, Hamilton, Karyn and McCord, J.M.

USDA: “Interaction of delta-6 desaturase activity and dietary fatty acids in determining cardiometabolic risk” ($78,868 over two years) Pre-doctoral Fellowship; Mentor: Chicco, Adam

LifeVantage: “Activation of Nr12 to decrease the anabolic resistance of aging” ($75,000 total, 2014-2016) Miller, Ben and Hamilton, Karyn

USDA: “Fads2, maternal PUFA intake and childhood obesity” ($50,000 over two years) Chicco, Adam

USDA/Colorado Agricultural Experimental Station (USDA): “Fads2, maternal PUFA intake and childhood obesity” ($50,000 over two years) Chicco, Adam

Multiple Sclerosis Society: “Glucose uptake response to walking in patients with multiple sclerosis” ($44,000) Rudroff, Thorsten

Barth Syndrome Foundation: “Mechanisms of substrate-specific impairment of oxidative phosphorylation in taz-deficient cardiac mitochondria” ($40,000) Chicco, Adam

Wyoming INBRE UW-CSU HPCRL Collaborative Grant: “TRPV1 regulates Brown Fat Thermogenesis: Novel Therapeutic Potential to treat Obesity” ($50,000 over 2 years) Rudroff, Thorsten

Colorado Center for Drug Discovery: “Development of novel, selective delta-6 desaturase inhibitors for the treatment of cardiometabolic disease” ($30,000 over 2 years) Chicco, Adam

Harwin Performance, LLC: “Effects of Harwin Balancer Training on Balance and Physical Function in Older Adults” ($10,000) Reiser, Raoul

Wyoming INBRE UW-CSU HPCRL Collaborative Grant: “Evaluating the efficacy of curcumin and alpha acid to increase insulin sensitivity” ($119,188 over 2 years) Bell, Chris

Colorado Biolabs: “Preliminary evaluation of proferrin sport” ($36,244) Bell, Chris
Sheri Linnell began her career at Colorado State University in 1982 as the director of the Adult Fitness Program and faculty member in the Department of Physical Education, now the Department of Health and Exercise Science. Linnell was inspired to focus her career on her passion for health and fitness after being diagnosed and treated for breast cancer.

While still in graduate school in the CSU physical education department, Linnell organized the first annual Homecoming Race in 1981 in order to raise funds to support the Adult Fitness Program. In the early races, Linnell would encourage all of her Adult Fitness practicum students to volunteer or to participate. Many of the students were not runners and it was a way to get them to try a new activity. Linnell remembers one non-traditional aged student in particular who was intimidated and didn’t want to run. She got hooked on running after the race, and Linnell saw her once running up Trail Ridge Road to prepare for the Pikes Peak Marathon.

“I feel extremely fortunate to have shared a very large part of my career with such a wonderful person, whose generosity of spirit and internal serenity make her a kind, thoughtful teacher and friend,” says Cathy Kennedy, associate professor and coordinator of the health promotion concentration in the department, who teamed with Linnell on curriculum development.

After a successful career teaching students, directing the Adult Fitness Program, and managing the race for 28 years, Linnell retired in spring 2009, but her legacy lives on. The annual Homecoming Race continues and is now in its 34th year. In addition, the Sheri Linnell Scholarship, which was established in 2005 by friends, family, and colleagues, honors Linnell for her unwavering dedication to mentoring students.

Linnell was recently featured as part of the college’s Legacies Project, which honors emeriti faculty and retirees by gathering, archiving, and sharing personal and professional histories. In a video interview, Linnell reflects on her role as a supervisor for health promotion undergraduate practicum students.

“I came to really appreciate being able to encourage them and support their passion for helping others, because most of our students were enthusiastic about being in a helping profession, wanting to help folks regain their health or improve their health through exercise,” said Linnell. “I found that role to be really stimulating and rewarding, to be helping students advance into their careers and share my passion with others.”

Since retirement, Linnell has remained active and committed to the Fort Collins community. She has enjoyed volunteering for Habitat for Humanity, building homes for those who couldn’t afford them otherwise. She spends her free time back-country skiing and taking piano lessons. This past May, Linnell headed to the Puglia region of Italy for a month-long cycling trip with her husband, Tom. She also frequently travels to Seattle, Wash., and Teton Valley, Idaho, home to her grown children.

Visit www.chhs.colostate.edu/sherilinnell to view Sheri Linnell’s video and learn more about her impact at CSU and beyond. To make a gift in her honor, visit www.giveto.colostate.edu/sherilinnell

FROM LEFT: Sheri Linnell, Traci Schlegel – Linnell scholarship recipient, and Tom Linnell.
I feel like CSU was instrumental in my career successes and felt the need to give back to the areas of my interests,” explains Norma Price, who earned a 1954 B.S. in physical education from Colorado A&M and then a master’s in education in 1959 from Colorado State University. “I wanted to give money that would sustain the honor of Miss Forbes for a long time.”

In 2013, Price made a significant contribution to the Elizabeth Forbes Scholarship Endowment, so that more CSU students would understand the impact that her former professor had on this campus. According to Price’s account, Forbes was hired in 1920 by the Colorado Agricultural College as a young instructor to teach physical education classes for the female students in the college. In the late forties, she established the physical education major for women and developed curriculum with an emphasis on teaching techniques and skills in sports, dance, swimming, health, fitness, and recreational activities. The major also included a strong foundation of scientific courses.

“I was interested in sports and was excited when I found Colorado A&M had a physical education major for women, because I didn’t want to go to Boulder or Greeley,” adds Price. “I had only one good PE teacher in high school, but she left after my sophomore year. The new teacher wasn’t skilled in the subject, and I thought that, if I became a PE teacher, I could do a better job.”

But Price’s transition to college life wasn’t easy. “I was only 17 and came from a small rural town with a small high school. I struggled with the demands for high-level academic performance requirements, large classes, and being away from home,” says Price.

But Forbes, whom she met in September of 1950 during registration in the field house, took all the female physical education students under her wing. “She knew I was struggling,” adds Price.

Math and English courses were tough for Price, but it was a challenge in an archery skill that she remembers most. “I was missing the target by a mile,” explains Price. “I was embarrassed and thought I was going to fail, but didn’t know what I was doing wrong.” Forbes gave her an extra reading assignment on the sport, and she found that she was left-eye dominant. But, the program didn’t have any left-handed bows, so Forbes blacked out the left-eye in Price’s sunglasses. “In the next class, I was hitting the targets,” says Price.

She has loved the sport of archery ever since. In fact, Price has competed in senior games for more than 20 years and holds five National Senior Games records in the women’s archery compound fingers event. In all, she’s qualified for the National Senior Games 10 times in archery, shot put, discus, and javelin and has won more than 100 medals in State Senior Games and the National Senior Games. “One of the things that keeps me competing is seeing people 10 years older than I am participating,” says Price. “It shows me there is a way, if I keep healthy and fit.”

Price followed in Forbes’ footsteps in the classroom, as well. Price retired in 1991, after a 37-year teaching career, which ended with 21 years as a professor and coach at California State University at Sacramento.

If there is one word to describe Forbes, Price says it’s “dedication.” Forbes retired from CSU in 1959, after a 39-year career, and a scholarship was created...
Longtime donor and alumna Dr. Sue Jones ('59), right, traveled from Arizona to attend the College of Health and Human Sciences scholarship brunch last November. Jones started the Sue Jones Health and Exercise Science Scholarship in 1994. Ryan Conway was one of two recipients of the scholarship for 2013-14. Conway worked as a peer adviser in the department and in the HES main office. He completed an internship at Craig Hospital in Denver and is now employed there. He hopes to go on to study occupational therapy.

Student Service
The Majors Club participates in numerous service projects annually. Here they are shown helping officiate the Special Olympics swimming competition.

Scholarship recipients celebrate with donors

in her name. Since then, 43 students have benefitted in her honor. "I encourage her former students to continue to make contributions to her scholarship and invite all past recipients of her scholarship to donate," adds Price. “You couldn’t select a better scholarship that represents the department. Miss Forbes was a pioneer educator in the areas of health, fitness, and exercise for a lifetime.”

To the future students, who will benefit from the Elizabeth Forbes Scholarship and Price’s donation, she adds, “Miss Forbes would have told you to be the very best student possible, complete your degree, and then use that degree to be the best in your field that you can be.” Gay Israel, professor, added, “I know without question that Elizabeth Forbes would be honored by such a generous donation from Norma Price; however, I think she would be even more proud of the successful career and life her former student has lived.”

ABOVE: HES 2013-2014 scholarship recipients at the 2013 Scholarship Brunch. Twenty students benefited from the generosity of private scholarship donors last year, with more than $35,000 invested in student success.

LEFT: Longtime donor and alumna Dr. Sue Jones ('59), right, traveled from Arizona to attend the College of Health and Human Sciences scholarship brunch last November. Jones started the Sue Jones Health and Exercise Science Scholarship in 1994. Ryan Conway was one of two recipients of the scholarship for 2013-14. Conway worked as a peer adviser in the department and in the HES main office. He completed an internship at Craig Hospital in Denver and is now employed there. He hopes to go on to study occupational therapy.
The Translational Research in Aging and Chronic Disease Laboratory of Drs. Karyn Hamilton and Ben Miller has built its national reputation for research related to the slowing of diseases associated with the aging process. This extramurally supported research has allowed the TRACD team to make important insights into fundamental cellular processes that lead to aging and how to slow that process. However, recently some work not related to the primary goal of the lab has grabbed attention because of the study location and the study subjects. For the past three years, Hamilton and Miller have spent a significant amount of time in Alaska studying competitive sled dogs that race in events such as the Iditarod Trail 1000-mile race.

The study population is what gathers the attention of the general public. The sled dogs, now known as Alaskan Huskies, are remarkable in their ability to sustain a large amount of work over a prolonged period – and judging by the energy and enthusiasm the dogs display, they genuinely enjoy doing it. The winning time of the Iditarod this year was 8 days 14 hours and 9 minutes, including mandatory rests. As many people know, the environmental extremes of Alaska make the race a much bigger challenge than just running 1000 miles.

Hamilton and Miller initiated this research after Hamilton made contact with Dr. Michael Davis at Oklahoma State University. Davis is a Doctor of Veterinary Medicine who created a research infrastructure to help meet goals set by the Department of Defense. The larger purpose of the research has been two-fold: to train better military working dogs; and to apply lessons learned from sled dogs to the modern soldier. The research team has largely worked at the kennels of legendary musher Martin Buser (finisher of 31 Iditarods, winner of four Iditarods, and five-time winner of the humanitarian award) and current stars Aliy Zirkle and Allen Moore. Zirkle finished second in the Iditarod each of the last three years, while Moore won the Yukon Quest, another 1000-mile race, the last two years.

Miller and Hamilton are interested in the research because the unique and remarkable physiology characteristic of sled dogs makes them a valuable model for research aimed at human health. First, they are extremely aerobic animals capable of sustaining exercise for prolonged periods of time. The average person has a VO2max, the measure of aerobic capacity, of around 30-45 ml/kg/min. In top marathon runners, competitive skiers, or competitive cyclists this value goes up to around 75-

For more information:
The laboratory of Drs. Hamilton and Miller: tracd.colostate.edu
Happy Trails Kennel, home of Martin Buser: buserdog.com
SP Kennel, home of Aliy Zirkle and Allen Moore: spkenneldoglog.blogspot.com
90 ml/kg/min. The trained Alaskan Husky is somewhere around 240 ml/kg/min. Second, the sled dogs seem to gain their fitness at a remarkably quick rate. It has been shown that some compensatory changes in response to exercise happen within just a couple of exercise bouts. For the human, this would mean being able to run a marathon quite well after just a few training sessions. Lastly, the sled dogs seem to be able to acclimate to a wide variety of environmental stresses. Cold temperatures and high altitude are environmental challenges that seem to pose very little trouble for these dogs.

Miller and Hamilton have expertise in the measurement of fuel use and, along with Davis, they had an interest in determining what energy sources keep the dogs going over such a prolonged period. Hamilton and Miller have used metabolic "tracers" to examine exactly what kinds of fuels the dogs are using during exercise. As with most things related to these remarkable animals, the original hypotheses were wrong. The research team has been studying the dogs at two time points. The first time point is in January while they have been training, but have not competed in a 1000-mile race yet, and the second is immediately after the Iditarod. The studies have allowed the research team to explore the unique changes that occur to allow the canine athletes to sustain exercise over 1000 miles. For perspective, the Tour de France cyclists will burn 7000-8000 calories on the hardest day of the race, usually in the mountains. On the other hand, the Iditarod sled dogs will expend 10,000-12,000 calories on each day of the race even though they are 1/3 the weight of the cyclists. Identifying how the dogs rapidly adapt to exercise to enable them to sustain this remarkable energy throughput could have important implications in understanding human physiological and energetic adaptations.

More recently, Hamilton and Miller have been able to apply some of the methods and observations from their NIH-funded studies of aging to the sled dogs. Mitochondria are the cellular organelles that allow for aerobic energy production. Importantly, mitochondrial dysfunction is widely thought to contribute to the aging process. Using techniques to measure both how fast new mitochondria are being made, and how well mitochondria function, the researchers are hoping to find out more about the amazing ability of the canine to perform prolonged bouts of work. The lessons learned from the dogs and their ability to thrive in environmental extremes contributes to our growing understanding of potential ways to slow aging and prolong human health.

The trips to Alaska involve very long hours often under extreme working conditions for the research team. However, the dogs and their devoted mushers are hospitable and highly engaged in the research, which makes the work very enjoyable. According to the researchers, one trip to the kennels is enough to convince you that these dogs are among the happiest in the world given the love and care they receive from the mushers and kennel workers, and the dogs’ enthusiasm when doing what they love to do — run!
Retirees

Daryl Braden
Daryl Braden retired in February 2014 after 25 years of service to the Department of Health and Exercise Science as our locker room and equipment manager. “During Daryl’s time with the department, he provided exemplary support to programs for students, faculty and staff, and community members. Daryl always handled his responsibilities with a pleasant demeanor, and you could always count on him to pitch in to help after-hours or on weekends as needed,” said Dale DeVoe, professor and associate dean. Braden’s retirement was celebrated with a luncheon reception on February 26 with family, friends, coworkers, and the ever-so-special Noon Hour participants he served for so long. As a worker and colleague, he was consistent, dependable, caring, and generous and his patience was greatly appreciated for putting up with all the special requests by Noon Hour clients for so long. He was a good friend to these clients and the department throughout his 25 years with us. His retirement plans to date center around more time for family and fishing.

Loren Cordain
Loren Cordain, Ph.D. retired in December 2013 after 32 years of dedicated service. After joining the faculty in 1981, he was instrumental in transforming the department’s curriculum - especially at the graduate level - during his time as director of graduate studies. Cordain is internationally known for his popular books and is the father of the Paleo Diet movement. He is a New York Times bestselling author, with The Paleo Diet being one example, and he recently has appeared on Dateline NBC, Dr. Oz, and Larry King. Additionally, he was a prolific and innovative scientist and theoretician, publishing groundbreaking interdisciplinary articles in both the basic and clinical sciences. Cordain’s contributions have been recognized around the globe with numerous awards and prestigious lectureships.

Cordain arrived at CSU in 1981 after receiving his Ph.D. from the University of Utah. He immediately went to work establishing the Human Performance Laboratory, and remained its director until 1997. He quickly established himself as an exceptional teacher by receiving the department’s Outstanding Teacher Award in 1982 and 1984, and the Alumni Recognition Award in 1982. Throughout his career, Cordain was well-known as an excellent educator and graduate mentor. His graduate students won significant awards for their theses under his mentorship, including two University Outstanding Thesis Awards. Under his tutelage to date, 70 students have received their master’s degrees from Colorado State University.

Similarly, he was recognized early as a remarkable scholar, receiving the CSU chapter of Phi Delta Kappa’s Outstanding Researcher Award in 1983. The continued impact of his research was evidenced when he received the College of Applied Human Science’s Scholarly Excellence Award in 2002. In 2004 he received the American College for Advancement in Medicine’s Most Significant International Medical Publication Award for the Denham Harmon Lecture: “Hyperinsulinemic Diseases of Civilization: More Than Just Syndrome X.”

Cordain emerged in the 2000s as the world’s foremost expert on the Paleolithic diet. More than a weight loss program, his research model of Paleolithic nutrition, human genetics, and human health has opened a novel field of science and evidence-based medical practice that transcends traditional medical/scientific disciplinary boundaries. His publications have been both theoretical and empirical science, appearing in the most noted journals of science and medicine, and combine such scientific fields as physiology, nutrition, anthropology, dermatology, immunology, genetics, cell biology, and endocrinology. His work has impacted medical thinking regarding conditions such as acne, ophthalmology, cancer, diabetes, obesity, multiple sclerosis, and arthritis, and has stimulated novel research by scientists and clinicians in major institutions around the globe.

In recognition of his cutting-edge work, he has been a sought-after speaker around the world. Since 2000, he has given more than 100 invited lectures in multiple countries and continues to receive invitations in his retirement. His website, ThePaleoDiet.com, is a continued source of information and updated analyses in the field of Paleolithic medicine made available to both professionals and the public.

While Cordain was undeniably an outstanding teacher and scholar, he also was unselfish in his service, both to CSU and his profession. He was a leader in curriculum development for the department and served as director of the graduate program from 1981 until 1997. He chaired the departmental Tenure and Promotion Committee and helped mentor new faculty during much of his career. In the last several years he has reviewed numerous manuscript, book, and grant submissions for more than 25 publishers and organizations.

“I want to recognize each and every one of my students whom I had the pleasure to meet over my 32-year career at CSU. It was a two-way street: we learned a lot from one another, and I am a richer person for knowing all of you. As I began my academic career at CSU in 1981, I was proud of my Ph.D. dissertation and now want you all to know a few brief sentences I quoted in the acknowledgment section of that dissertation: ‘The real University has no specific location. It owns no property, pays no salaries and receives no material dues. The real University is a state of mind. It is that great heritage of rational thought that has been brought down to us through the centuries by a body of people who traditionally carry the title of professor, but even that title is not part of the real University. The real University is nothing less than the continuing body of reason itself’, Robert M. Pirsig. With humble heart and due respect, I aspire to be part of this tradition. I hope I have kept my dissertation promise to all of you,” said Cordain.

We, the Department of Health and Exercise Science, wish Loren Cordain and his family a well-earned retirement and all the best in the coming years. Thank you, Loren, for all you accomplished, for being an outstanding university citizen, and for being a friend and mentor to so many.
May 2014 – New Youth Sport Camps office space added 934 square feet ($188,000)
In 2014, we were able to construct a new office space for the Youth Sport Camps program. The program has been steadily increasing in size and scope over the past decade, and was quickly outgrowing its former location. The new offices include a welcoming reception area, a new office for the program director, Dr. Brian Butki, space for files and equipment, and a small room where campers can rest if they aren’t feeling well. Additionally, we were able to add a couple of offices for graduate students as well as new offices to allow for the continued growth of the camps program. As an added bonus to parents and campers, the offices are now located much more conveniently on the first floor of Moby-B. The entire suite is open, full of natural light, and very welcoming. We invite you to stop in to take a peek and say hello.

May 2014 – 1,840 square feet of space added to the Human Performance Clinical/Research Lab ($193,000)
In partnership with the College of Health and Human Sciences and the Office of the Vice President for Research, we were able to fund an 1,840 square foot addition to the HPCRL. Many alumni from the past 25 years may remember where Daryl and Chuck’s equipment room was in the men’s locker room on the first floor. Within this project, we were able to move the equipment room to the north side of the locker room and capture this critical space with direct adjacency to the old north wall of the HPCRL. The new space includes a large file room, two storage rooms, a Ph.D. office suite, a new clinical research lab (Dr. Braun’s lab), and large freezer room.

Summer 2014 – Fire sprinkler and asbestos abatement in Moby–B ($1.1 million from the state of Colorado)
Immediately after commencement in May, the department relocated to Ingersoll Hall, a student residence hall, for the summer as the second floor of Moby-B underwent asbestos abatement and was retrofitted with a fire suppression sprinkler system. Come check out the new carpet and fresh paint!

Fall 2014 – New HES Teaching Facility under construction adding 6,815 square feet ($2,087,364)
In partnership with CSU students through the University Facility Fee Advisory Board, the Provost Office, the college, and the Antioch Foundation, we have a new state-of-the-art teaching facility currently under construction on the north side of Moby-B. The facility will provide a critically needed large (2,780 sf) flexible lecture hall with seating capacity for 120 students. Furnishings and technology will allow rapid transformation of the room into group learning stations (pods). The facility will also provide a teaching lab (2,275 sf) which will allow more hands-on learning experiences in kinesiology, biomechanics, and neurophysiology courses.

To learn more about partnership opportunities, or for a tour of any of the spaces, contact Gay Israel at Richard.Israel@colostate.edu, or (970) 491-3785.
If you’re a firefighter in Northern Colorado or in one of several mountain communities, chances are you know Tiffany Lipsey, assistant director of CSU’s Human Performance Clinical/Research Laboratory in the Department of Health and Exercise Science. That’s because she directs the Heart Disease Prevention Program and its firefighter testing program, the most comprehensive in the state.

The HDPP, currently serving 17 of the state’s fire departments, aims to alert firefighters to potential issues and how to best deal with them. Firefighters are three times more likely to suddenly die from heart-related illness than the general public, with nearly half of firefighter deaths attributed to heart issues.

“We are in the business of changing the culture of how firefighters approach their health. Most people think we’re just going to tell them to exercise and eat right. While those habits are important, our assessment encompasses so much more,” Lipsey said.

“About half of all heart attacks have no preceding symptoms. Individuals who feel and look healthy may still be at risk of having a heart attack. That’s why a comprehensive heart health assessment is so important. By the time each firefighter completes the testing, we can gauge their risk of heart disease, metabolic issues such as
Firefighter assessments identify health risks, prevent heart attacks

Nearly 50% of on-duty firefighter deaths are due to heart attack

Firefighters face a risk of sudden cardiac death 3 times higher than the rest of the population

17 of Colorado’s fire departments are served by the CSU Heart Disease Prevention Program

More than 920 firefighters have benefitted from the HDPP heart health program

diabetes, and other concerns – and tell them how to maximize their lifestyle and habits for optimum health, or make sure they seek immediate medical attention.

Each firefighter completes two hours of testing in the HPCRL. Tests include measuring blood parameters, body fat, blood pressure, pulmonary function, flexibility, and muscular strength and endurance.

Firefighters also undergo maximal treadmill ECG tests that are reviewed on the spot by a cardiologist to identify heart-related concerns. After testing, the firefighter receives a comprehensive results summary and health action plan during a follow-up session. In addition to the tests at CSU, Lipsey travels to fire stations to conduct testing and provide follow-up sessions.

Lipsey cited several instances when firefighters believed they were in good health only to leave the testing session with lifesaving information. In one case, life-threatening heart abnormalities were discovered in a seemingly healthy firefighter. This likely saved his life, as the firefighter soon underwent open heart surgery with six bypasses.

“It has been exciting to witness the growth of the HDPP’s outreach to firefighter health under Tiffany’s leadership. More than 920 firefighters to date have benefitted from this comprehensive heart health program, which is available as well to the general public,” said Gay Israel, professor in the Department of Health and Exercise Science. In addition, the hands-on learning experiences for students working in the HDPP are priceless.
2012-2014 Donor Honor Roll

This list includes gifts and pledges received by the Colorado State University Foundation from July 1, 2012, to June 30, 2014. If you made a gift since this date, we will acknowledge you in the next issue of the Alumni Messenger. We sincerely appreciate the generosity of our donors!

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Alumni Connections
Cynthia Mousel (’62), HES alumna and donor, is pictured with Gay Israel at the Rocky Mountain Chapter of the American College of Sports Medicine Meeting in Denver. Mousel sat in on research presentations and had a great time visiting with HES graduate students. “What a joy it was to spend time with Gay Israel at the conference in Denver last March. I had the chance to talk with Dr. Israel and several CSU grad students about their research. Made me proud to be a CSU alum! I was impressed with the quality of the presentations and the diverse backgrounds of the presenters. The conference site and its location certainly contributed to the event. Time well spent,” said Mousel.

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As we keep you informed regarding news within the Department of Health and Exercise Science, we would also like to stay abreast of what you are doing.
E-mail us at: hesinfo@colostate.edu
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HES | Alumni Messenger 15
Homecoming 5K Race

Thank you once again to our devoted race sponsors for their support! The 33rd annual event raised more than $40,000 to support the Heart Disease Prevention Program.

At the annual College of Health and Human Sciences Homecoming Breakfast, Jeff McCubbin, dean, recognized Carol Vaughan representing RE/MAX Alliance for their Gold sponsorship of the Homecoming Race.