In previous editions of our newsletter, I have shared with you some details about the roles of several groups of individuals who are critical to the function of the department. I have told you about the person who manages our website (May 2009), our science education teaching fellows (December 2009), the all-important administrators responsible for the day-to-day function of the department (May 2010), and the graduate and undergraduate coordinators (December 2010). In this edition of the newsletter, I want to tell you about our postdoctoral fellows.

A postdoctoral fellow is a person who has completed a doctoral degree, usually a PhD, and has decided to spend a few years in the laboratory of an identified mentor before taking the next step in establishing a career. The typical duration of a postdoctoral fellowship is three years. The two main reasons for undertaking postdoctoral training are to improve the competitiveness of a résumé or to decide if a career in academia is an option worth pursuing. Whatever the reason for becoming a postdoctoral fellow, these individuals are critical for the research mission of a science department. Postdoctoral fellows are usually the day-to-day managers of the projects that are conducted in a laboratory. Their responsibilities include maintaining the accuracy of the scientific methods, supervising graduate and undergraduate students, ensuring the practice of the highest standards of ethical conduct and scientific integrity, and writing manuscripts and grant applications. In this capacity, the fellows provide the lab director, the faculty member, with time to focus on global issues related to lab personnel, pursuit of funding opportunities, writing and editing manuscripts, supervising the training programs of graduate students, performing service activities, and attending to teaching responsibilities.

The department currently includes approximately 30 postdoctoral fellows, six of whom are featured in the accompanying images. The postdocs in Professor Lowry’s lab perform studies on neural mechanisms underlying emotional behavior, whereas those in Professor Seals’ lab are involved in research on age-associated changes in the vascular system. Dr. Hale is in the final stages of postdoctoral training and will soon begin an academic position at the University of Melbourne in Australia. Our previous IPHY fellows have obtained a range of positions as indicated by the following examples of current positions held by former postdocs.

Postdocs Amy Sindler (seated), Allison DeVan, and Brad Fleenor from the Seals lab.

Postdocs Jodi Lukkes, James Fox, and Matthew Hale from the Lowry lab.

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### Post-Docs

<table>
<thead>
<tr>
<th>Fellow</th>
<th>Mentor</th>
<th>Yrs at CU</th>
<th>Current Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ben Greenwood</td>
<td>Fleshner</td>
<td>2005-10</td>
<td>Assistant Research Professor, IPHY University of Colorado Boulder</td>
</tr>
<tr>
<td>Craig McGowan</td>
<td>Kram</td>
<td>2006-07</td>
<td>Assistant Professor, Biology University of Idaho</td>
</tr>
<tr>
<td>Evangelos Christou</td>
<td>Enoka</td>
<td>2000-06</td>
<td>Associate Professor, Applied Physiology University of Florida</td>
</tr>
<tr>
<td>Greta Hoetzer</td>
<td>DeSouza</td>
<td>2003-04</td>
<td>Sr. Regional Scientific Manager AstraZeneca LP</td>
</tr>
<tr>
<td>Iratxe Eskurza</td>
<td>Seals</td>
<td>2003-06</td>
<td>Endocrinology Fellow, Internal Medicine Harvard Medical School, Boston</td>
</tr>
<tr>
<td>John D. Johnson</td>
<td>Fleshner</td>
<td>2002-07</td>
<td>Assistant Professor, Neuroscience Kent State University</td>
</tr>
<tr>
<td>Katrina Maluf</td>
<td>Enoka</td>
<td>2002-05</td>
<td>Associate Professor, Physical Therapy University of Colorado Denver</td>
</tr>
<tr>
<td>Lisa Lesniewski</td>
<td>Seals</td>
<td>2006-10</td>
<td>Assistant Professor, Medicine University of Utah</td>
</tr>
<tr>
<td>Michael Mestek</td>
<td>DeSouza</td>
<td>2007-09</td>
<td>Sr. Research Scientist, Respiratory Covidien, Boulder, CO</td>
</tr>
<tr>
<td>Phillip Gates</td>
<td>Seals</td>
<td>2000-05</td>
<td>Senior Lecturer, Biomedical Sciences University of Exeter, England</td>
</tr>
<tr>
<td>Sarah Kennedy</td>
<td>Fleshner</td>
<td>2005-08</td>
<td>Medical Science Liaison, Immunology UCB Pharmaceuticals</td>
</tr>
<tr>
<td>Sharon Mexal</td>
<td>Stitzel</td>
<td>2005-07</td>
<td>Senior Scientist, Behavioral Pharmacology Cenomed Biosciences, Irvine, CA</td>
</tr>
<tr>
<td>Stéphane Baudry</td>
<td>Enoka</td>
<td>2007-09</td>
<td>Assistant Professor, Movement Sciences Université Libre de Bruxelles, Belgium</td>
</tr>
<tr>
<td>Wilson Chung</td>
<td>Tsai</td>
<td>2006-10</td>
<td>Assistant Professor, Biology Kent State University</td>
</tr>
</tbody>
</table>

On behalf of the faculty and students, I salute our postdoctoral fellows for their significant contributions to the research and teaching missions of the department.

### 41 Years at University of Colorado Boulder — Dale Mood

After graduating with a Ph.D. degree from the University of Iowa in 1970, I found that there were not many faculty positions available in physical education at the university level. The choices included Rio Grande, OH, Ithaca, NY, Lubbock, TX, Lincoln, NB, and Boulder, CO. I was lucky enough to be offered the position at CU-Boulder with a starting salary of $10,500. During my 41 years at CU-Boulder, I have been in five different departments, but have remained in the same department that hired me — the Department of Men’s Physical Education and Recreation (MPER). Between then and now, I was in the Department of Physical Education and Recreation, the Department of Kinesiology, the Department of Kinesiology and Applied Physiology, and the Department of Integrative Physiology.
In 1973, the Department of Men’s Physical Education merged with the Department of Women’s Physical Education and Dance to become the Department of Physical Education and Recreation (PER). At this time, the dance faculty joined the Theatre Department to become the Department of Theatre and Dance. I was elected chair of PER in 1982, which coincided with the retirement of several faculty and the development of a national trend to change physical education into kinesiology. After I made a presentation to the Board of Regents, they approved our request and we became the Department of Kinesiology (KINE) in 1985, and the recreation faculty moved to the School of Business. I resigned the chair’s position in 1990 to become Associate Dean for Student Academic Affairs in the College of Arts and Sciences, a position I held until 1998 when I returned to the then Department of Kinesiology and Applied Physiology (KAPH). At about that time, the Dean of the College of Arts and Sciences decided to encourage some faculty from biology to merge with those in KAPH to form a new unit, which became known as the Department of Integrative Physiology (IPHY).

When I arrived on campus in 1970, there was no Recreation Center, Coors Events Center, President’s House, Dal Ward and Stadium Boxes, Math Building, Benson Building, Eaton Humanities Building, Wolf Law Building, IBS Building, ATLAS Building, Visual Arts Complex, or Center for Community Building. Of course, Old Main was here! There have also been major renovations (Hale, Koelbel, and Old Main), new structures built (parking garages, dorms), and the acquisition of east campus, south campus, and the research park. And we have had eight US presidents and 11 CU presidents during my time on the faculty.

Some of the most interesting changes have been in the curriculum offered by the five departments: MPER, PER, KINE, KAPH, and IPHY. The focus of MPER was to prepare students for one of two professions: physical education teacher for the public schools or recreation director for the YMCA or other similar organizations. Our students graduated with a BS degree, which was the only professional degree in the College of Arts and Sciences. Our graduate students could earn an MS degree, but we did not offer a PhD degree. We also provided physical activity courses for all students in the College of Arts and Sciences as they were required to complete 2 hours in physical activity before graduating. This requirement was eliminated in 1979.

MPER comprised ~17 faculty, 200 physical education majors, and 200 recreation majors. We had one research facility, which was known as the exercise physiology laboratory. As with most CU departments at the time, our mission focused on teaching. As the name changes suggest, however, our mission has changed over the years to match the career opportunities available for our students. Our current undergraduate curriculum does not prepare the students for any single profession; rather it provides a range of opportunities that students can individualize to maximize their preparation for a specific career goal. Our 1,700 majors underscore the popularity of this approach. Furthermore, the research activities of the faculty have also increased exponentially. The faculty now direct 17 independent research laboratories that collectively bring ~$6 million to the campus each year.

It has been an interesting and exciting journey, and I would like to thank God, my family, my colleagues, and my students for their patience, guidance, and companionship along the way. I have been blessed!
People Updates

Niki Bannister found that an MS (2007) degree in integrative physiology prepared her well for Peace Corps service in the Republic of Vanuatu, an archipelago located in the South Pacific. Currently she is still finishing her service as the only community health volunteer on Tongariki, a small rural island (1.5 mi x 2.5 mi) with a population of 350 villagers. When first arriving on Tongariki, she surveyed villagers’ knowledge, attitudes, and health practices and was able to establish criteria for what would become her main project: “A Healthier and Brighter Future for Tongariki.” The project focuses on educating the community on health topics and practices such as hygiene, common illnesses and treatments, first aid, family planning, HIV/AIDS, and non-communicable diseases. Last year, families that participated in the project were required to attend the six health awareness talks, dig a trash pit for non-biodegradable waste, and build a hand-washing station. The families were rewarded for participating in the project by earning a solar lantern that would help them save money and give them a brighter and more environmentally friendly source of light. This year Niki is concentrating on teaching health classes at the primary school, improving the infrastructure of the clinic, and coordinating a national HIV/AIDS workshop for village health workers. She plans to return to the states in August 2011 to attend the Master of Public Health program at Columbia University.

After completing a BA in kinesiology in 1996, Constantine (Deno) Pappas went on to the University of Colorado School of Medicine, followed by an Internal Medicine internship at Saint Joseph Hospital in Denver and a residency in Physical Medicine and Rehabilitation, also through the University of Colorado. As a physiatrist subspecializing in spine medicine, he is now in private practice at DenverSpine, a multispecialty clinic priding itself in the comprehensive management of patients with spinal disorders. He finds that many of the principles founded through his studies in kinesiology have blended well with his medical training in promoting health and functionality in his patients. He, his wife Myrna, and two labrador retrievers enjoy living in Denver, spending time with their family and friends as much as possible, and actively exploring the great outdoor opportunities that abound in Colorado.

After graduation (BA, May 2010), Duyet Le spent time vacationing and enjoying some quality time with his family and friends. He did take time, however, to interview for dental school at the University of Pennsylvania, University of California at San Francisco, and the University of California at Los Angeles. Given the superb training he received at CU-Boulder, he was admitted into all three programs. After much careful thought, he has decided to pursue his education in dentistry at UCLA. He is currently working as a dental assistant in Denver, which is helping to prepare him for the rigors of his chosen profession. In his spare time, Duyet trains with a hip hop team for exhibitions and competitions. Perhaps this will be a useful skill in his dental practice.

Verity McArthur (BA 2008) worked at Array BioPharma as an intern in the Biostatistics and Data Management Department after she graduated from IPHY. Her responsibilities included analyzing the efficacy of drugs in clinical trials. She moved to Denver in the Fall of 2009 and began working at National Jewish Health, where she was a research assistant in the COPD Gene Lab. In that capacity, she learned to analyze lung scans of patients with varying degrees of COPD. She is currently completing her first year in the pharmacy program at the Anschutz Medical Campus of the University of Colorado Denver. She expects to graduate with a PharmD degree in 2014. She also works as an intern pharmacist at National Jewish, where she enjoys counseling patients about their medications. She lives with her Maltipoo Daisy and enjoys traveling and a combination of Starbucks and yoga to deal with the stress of graduate school.
Kelly Rothman-Klein graduated from our concurrent BA/MS program in December of 2009. After graduation, she decided to continue her education and enrolled in the Accelerated Bachelor of Science in Nursing program at Regis University. While finishing her third degree, Kelly worked as a nurse’s aide at The Children’s Hospital in Aurora, hoping that a permanent position might become available. She succeeded in this goal and after graduation was hired on as a registered nurse in the surgical unit at the hospital. Kelly enjoys spending the summers at a private swim club in Boulder, coaching, and hanging out with her husband (Nate) and the kids on the team. Kelly and Nate have bought a house and she spends much of her time decorating and furnishing their new home!

Prior to graduating in Spring 2009, Tracy Temmel (BA) knew she wanted to spend the upcoming summer months in Colorado enjoying the local scene and the many activities available in Boulder. She was hired as a personal trainer by a local health club and worked with diverse groups of people to develop individualized fitness programs. Two projects were memorable. The first was developing a Girls’ Teen Fitness Group to provide a fun and non-intimidating setting for teenage girls to exercise together. The second was a 30-Day Introduction Course designed for individuals who had little prior experience in a health club setting. These experiences helped her develop a great appreciation for the health care system and maintaining an active lifestyle. While working at the health club, she worked as a physical therapy aide and as a chiropractic assistant. She is currently enrolled in the physical therapy program at the University of St. Augustine for Health Sciences in San Diego, CA. She expects to complete a Doctor of Physical Therapy degree in 2013.

After graduating from IPHY in May of 2009, Jillian Hargrove (BA) stuck around Boulder for a few more months, taking classes through CU’s continuing education program until December rolled around. Early in 2010, she moved down to New Zealand to explore the country with a handful of dear friends. She returned to Colorado in May 2011, and has been working in retail at locations in downtown Boulder to pay the bills (and stay as close to Chautauqua as possible). Although sometimes she still misses New Zealand’s wilderness, she is looking forward to beginning the physical therapy program at Regis University in Denver this August, where she will be working towards her Doctor of Physical Therapy degree until 2014.

Clara Hunt (BA, 2010) was faced with many of the uncertainties experienced by other graduates: Where will I live? How can I afford to pay rent? Where will I get a job? She was warned that economic times were difficult and jobs were scarce. She decided to return to her parents’ home in New Jersey so that she would have the flexibility to look for a job that would provide her with the direct clinical hours required for physician assistant school, while not having to worry about earning money to pay for rent, utilities, and food. Her daily activities have included running, babysitting, and applying for jobs. She has also become involved with a group called Foundation for Peace. The mission of the Foundation is to organize community service trips from the US to Haiti. She is currently involved in the effort to construct a medical clinic, and will travel to Haiti in May for the ground-breaking ceremony. Meanwhile, she has managed to obtain a full-time position at Overlook Hospital as a patient care technician. The position will involve direct patient contact and expose her to a range of health-care opportunities. She began training for this position in April, but managed to squeeze in a bunch of other experiences before entering the “real world.”
Tim Noteboom (PhD 2000) graduated from IPHY in the Neurophysiology of Movement Laboratory under the direction of Dr. Roger Enoka. His dissertation focused on the influence of arousal/anxiety on motor performance. Tim has been on faculty in the School of Physical Therapy at Regis University in Denver since the program began in 1995. In addition to teaching orthopedic management and research design to graduate students in the Doctor of Physical Therapy (DPT) program, which typically includes many IPHY graduates, he is Director of the Department of Post-Professional Studies that includes a primarily online Transition DPT program for post-licensure physical therapists. His recent publications and conference presentations have focused on developing radiographic markers of neuromuscular deficits in patients with whiplash-associated disorders and on the integration of evidence-based decision making in clinical practice. Tim lives in Lafayette, Colorado, where he enjoys road cycling and hiking. His wife, Kim, is an emergency physician at Boulder Community Hospitals and their three daughters, Mason (12), Ellis (9) and Harper (6), attend Boulder Valley schools and are active in dance, theater, basketball, and skiing. This spring Tim & Kim will be making their 2nd trip to Addis Ababa, Ethiopia, along with 10 Regis PT students, to perform clinical education and service learning activities to promote health care in this developing country.

Angela Plum (BA, 2002) graduated from CU-Boulder with a double major in kinesiology and applied physiology (KINE) and psychology. After graduation, she worked in our department for 1.5 years with Dr. Kerrie Moreau on studies looking at the influence of hormone replacement therapy on the cardiovascular system. In fall 2004 she began in the masters program in occupational therapy at Colorado State University. While in Fort Collins she met her future husband (Eric Richards) and at the end of 2006 after completing the MS degree they moved to Colorado Springs. The photo shows Angela on her honeymoon in Aruba. Angela has worked at a rehabilitation center (The Center at Centennial, CO) with geriatric patients for the last four years. When time permits, Angela and Eric fix-and-flip houses, but this activity will likely decline now that they are expecting a son (Taittinger Stewart Richards) in July.

Kathleen Gavin (MS 2005) completed a masters degree in integrative physiology under the supervision of Dr. Doug Seals. Her masters project was on hormone replacement therapy, exercise, and vascular function, which instilled a passion for women’s health and understanding the important role of estrogen within the body. After graduating from CU-Boulder, Kathleen moved just down the road to Denver where she worked as a professional research assistant with the IMAGE (Investigations in Metabolism, Aging, Gender and Exercise) Group in the Division of Geriatric Medicine at the University of Colorado Denver, led by Dr. Wendy Kohrt. Working with the IMAGE group allowed Kathleen to combine her interest in sex hormones with a focus on metabolism. After three years with the IMAGE group, Kathleen decided to take the plunge and go back to school for her PhD. She is currently a doctoral student in the Bioenergetics and Exercise Science program at East Carolina University in Greenville, NC, under the guidance of Dr. Robert Hickner. Her dissertation project focuses on the role of subcutaneous adipose tissue estradiol in regional lipolysis and adipose tissue distribution in premenopausal women. In her time outside of school, Kathleen enjoys running, biking, swimming, coaching gymnastics, and spending time on the beaches and rivers of eastern North Carolina. Kathleen is also an avid sports fan and enjoys watching and rooting for her favorite professional and college sports teams, including the Buffalo Bills and Sabres, the Syracuse Orange, and of course, the Colorado Buffaloes!!
Brent Apgar (BA 2000) completed an undergraduate degree when the department was known as Kinesiology and Applied Physiology. After several years of working in physical therapy clinics around Boulder, he decided to pursue a graduate degree in chiropractic medicine. He spent four years at Western States Chiropractic College in Portland, Oregon, and completed a Doctor of Chiropractic degree before returning to Boulder to begin his own practice (Synch Chiropractic). While an undergraduate student, Brent developed a passion for rock climbing and mountain sports, and his practice focuses on providing rehabilitation care and performance coaching for athletes in such disciplines as rock climbing, bouldering, and alpine climbing. His interest in the evolution of sports medicine within the relatively new sport of rock climbing has led him to undertake the challenge of writing a book on strategies to prevent some of the common overuse injuries experienced by climbers. When Brent is not working with patients or studying some aspect of human physiology, he can be found climbing one of the many crags along the Front Range.

Hanna Kirlin (BA 2008) signed up for the Peace Corps soon after graduation and returned home to North Carolina and worked as a Teen Coordinator at a local YMCA while waiting to hear from the Peace Corps. Her invitation arrived and in 2009 she was assigned to Morocco and placed in a small mountain Berber village in the Gorge Dades. Her initial responsibilities included serving as an advocate for the local health clinic, teaching health lessons at a primary school, and staffing the HIV/AIDS information table at local festivals. As a result of a trip through the Atlas Mountains to serve as a translator and assistant for a group of physicians from the US who were distributing maternity packets and material on hygiene, Hanna became passionate about the health needs of the nomads. She has been involved in documenting the health needs of these people and will present a report to the Ministry of Health and the Ministry of Education this summer. She hopes that it will be possible to develop programs to vaccinate the children, provide access to health care, and offer some schooling opportunities for the nomads. At the same time, she also teaches health and English at the high school, and helps out at a local health club. Once her Peace Corps assignment in Morocco ends, Hanna has decided to continue her African adventure and has volunteered to participate in the same kinds of activities at the Musana Children’s Home in Uganda (http: www.musana.org) for six months. Who knows what she will do next?

Greta Hoetzer (PhD 2003, postdoctoral fellowship 2004-05) completed both doctoral and postdoctoral training in the laboratory of Professor Chris DeSouza. Her dissertation focused on the influence of hormone therapy on endothelial fibrinolytic function, whereas her postdoctoral studies examined the influence of aging and aerobic exercise on circulating endothelial progenitor cells. After completing her training in IPHY, Greta accepted a position as a medical science liaison with AstraZeneca Pharmaceuticals and moved to Huntington Beach, CA. After two years in California, a position became available in Colorado and she was able to move back to Boulder. Her work involves providing support for the Cardiovascular Division in AstraZeneca Pharmaceuticals and her areas of responsibility include Colorado, Montana, and Wyoming. She married Dan in 2005 and they have two daughters, Keira (2008) and Paige (2009). They love to spend free time, as much as is possible with two young children, pursuing outdoor activities (biking, skiing, snowboarding) and, of course, enjoying good food and drink with family and friends.
Annemarie Silver (MS 2003, PhD 2005) earned her doctorate in integrative physiology under the guidance of Dr. Doug Seals. After graduating, Annemarie moved with her husband Mark Silver (PhD 2005 Aerospace Engineering) to the Boston area for a postdoctoral fellowship at Boston University. Following the postdoctoral fellowship, she took a one-year adjunct professor position at Assumption College in Worcester, Massachusetts, where she taught anatomy and physiology. Annemarie then became a clinical research scientist at ZOLL Medical Corporation in Chelmsford, Massachusetts, where she currently works. ZOLL Medical manufactures resuscitation products including defibrillators, mechanical CPR devices, CPR feedback devices, data management products, and intravascular temperature management solutions. At ZOLL, Annemarie is involved in pre-hospital and hospital cardiac arrest research and also participates in product development, strategic planning, and marketing activities. Through her work, she has traveled extensively throughout the United States and overseas to present at conferences, work at research sites, and seek out business development opportunities. After the birth of her daughter, Teresa (age 2), Annemarie switched to a part-time work schedule. Annemarie and Mark recently welcomed a son, Adam, to their family. Aside from spending time with her family and friends, Annemarie enjoys running, playing soccer, and rowing. Although Annemarie and Mark miss Colorado, they enjoy living in New England.

After graduating from IPHY in 2006, Travis Vickers (BA) decided to swap the mountains for the coast and moved to Santa Monica, California. While enjoying the sun, he obtained an EMT license through the David Geffen School of Medicine at UCLA. He then spent the next year working on an ambulance with the Santa Monica Fire Department as a 911 responder and volunteering at a local hospital. In his spare time, he spent seven months working as the Line Producer and Stage Manager for a theatrical run of The Dog in the Manger at the MET Theatre in Hollywood. Having used this time to reaffirm his love for medicine, he applied to medical school in 2008 and was accepted into his first choice, Touro University in Northern California. He has spent most of the time over the last two years back in the classroom or in the library, with the occasional excursion to Napa for some wine tasting and Tahoe for some snowboarding. He is now finishing up his third-year clinical rotations at Emanuel Medical Center in Turlock, California. In 2012, he hopes to begin residency as an orthopedic surgeon in either Colorado or California.

Sharanya Thummalapally (BA 2010) had a unique opportunity soon after graduation to obtain some public health experience by interning with the United Nations Development Program (UNDP) in Belize. There she worked with the HIV/AIDS Program Officer, helping to implement a grant from the Global Fund to fight AIDS, Tuberculosis, and Malaria (GFATM). As principal recipient of funds under the GFATM grant, UNDP disperses funds and provides capacity support to various organizations or sub-recipients, who then use these funds to implement HIV programs. Along with the National AIDS Commission, a close partner of the UNDP HIV/AIDS Program, she organized a rally for World AIDS Day. Targeting youth aged 15-24 years, the rally included skits, songs, demonstrations, testimonials, and even free HIV-testing. The rally, one of the highlights of her internship, focused on various communication strategies to change behavior. This experience sparked her interest in health behavior and health education, while her internship overall convinced her to go into public health. She applied to several masters programs in public health programs and will begin an Masters of Public Health at Emory University in the fall of 2011.
Jason Rengo (MS 2009) returned to the Twin Cities after graduating from our masters program and worked as an assistant coach for the University of Minnesota Cross Country/Track and Field teams during the 2009-2010 season. His tenure with the Gophers was highlighted with titles at both the Indoor and Outdoor Big Ten Track and Field Championships and the Distance Medley Relay racing to a 3rd place finish at the 2010 NCAA Indoor Nationals. In addition to coaching, he instructed anatomy and physiology courses during the spring semester. Eventually, he decided to pursue a career in cardiac rehabilitation and in October of 2010, moved to Burlington, Vermont, to begin work with Fletcher Allen Health Care’s Cardiology Department. As a Senior Exercise Physiologist, he supervised patient rehabilitation after a cardiac event, performed entry and exit stress testing, and contributed to research on the efficacy of current therapeutic practices. Outside of work, he continues to train for the 2012 Olympic Trials for the 3000m steeplechase. After a rough winter in Vermont, he is looking forward to heading out to California to race in more favorable conditions.

Emily Ishkanian (BA 2004) parlayed an undergraduate degree in kinesiology into a career in dentistry. After graduating from CU-Boulder, she was accepted into the School of Dental Medicine at the University of Nevada in Las Vegas. As a dental student, Emily spent time coordinating care and volunteering in a dental clinic that served individuals recovering from drug addiction, and she was recognized nationally for her fundraising efforts for the American Student Dental Association. She completed a doctoral degree in dentistry in 2010 and is currently working as an associate in a private practice, Green Valley Dental. She is also a part-time member of the faculty at the UNLV School of Dental Medicine, where she supervises and mentors students on the clinic floor and is pursuing a fellowship degree with the Academy of General Dentistry. Emily is grateful for the strong educational foundation she received in the kinesiology major. Although Emily no longer lives in Colorado, her sister Allison (CU Finance 2009) resides in Denver, which provides Emily with opportunities for frequent visits to Boulder to renew her Buff spirit.

Kudos to Faculty

Professor Rodger Kram received one of four 2011 Boulder Faculty Assembly awards for Excellence in Teaching. He is an expert in biomechanics and directs a research program that focuses on the mechanics and energetics of locomotion. He teaches the core course in biomechanics for IPHY majors and elective courses on topics that range from basic electronics to myth busters for undergraduate and graduate students. He has developed novel laboratory exercises for the biomechanics course, which culminates with the development of an invention project that was recently featured in the Colorado Daily. He has also offered a virtual seminar for graduate students in which international experts “attend” one class session and participate in an interactive question-and-answer session with the students about some recent research published by the expert. In addition to supervising graduate students, Professor Kram is an active and motivating mentor for undergraduate research students. He works with these students in a more intensive, one-on-one style, often over the course of several years. Each of the undergraduates he accepts in his lab works on an individualized research project; they do not simply assist with an ongoing research project of a graduate student or postdoctoral fellow. We are fortunate to have such a dedicated and innovative teacher in our department.
Her colleagues have recently honored Professor Monika Fleshner by electing her as president of two professional societies. She is the 2011-2012 president of the PsychoNeuroImmunology Research Society (PNIRS), which comprises individuals who study the interactions between the immune and nervous systems and the consequences for behavior and health. The ~400 members in the Society comprise scholars with expertise in behavioral medicine, endocrinology, immunology, infectious diseases, neuroscience, pharmacology, physiology, psychiatry, psychology, and rheumatology. Dr. Fleshner’s responsibilities as President-Elect are to serve on a number of committees for the Society that shape the scientific content of the annual meeting, manage the budget, and chart its future development. The annual meeting will be held in San Diego during the time that Professor Fleshner is president.

Professor Fleshner is also president-elect for the International Society of Exercise and Immunology, which comprises ~200 members from 20 countries. As the name suggests, the purpose of the Society is to foster the exchange of information and the development of knowledge on the influence of exercise on the function of the immune system. The Society organizes a biennial scientific meeting with the 2009 meeting held in Tubingen, Germany, the 2011 meeting to be held in Oxford, UK, and the 2013 meeting to be held in Australia. As Professor Fleshner will be president at the time of the 2013 meeting, she will unfortunately have to travel to Australia for that meeting.

The research activities of a number of IPHY faculty are often featured in the lay press. One person who has received considerable attention is Assistant Professor Christopher Lowry, who directs the Behavioral Neuroendocrinology Laboratory. His research focuses on how serotonin, a neurochemical found in neurons in the brainstem, controls physiologic and behavioral responses. His laboratory has pioneered the identification of stress-related groups of serotonergic neurons that are likely to be involved in the pathophysiology of some psychiatric disorders, including anxiety and affective disorders such as major depressive disorder. In a 2007 study, http://www.ncbi.nlm.nih.gov/pubmed/17367941, Professor Lowry and his team found that treatment of mice with the bacterium, Mycobacterium vaccae, activates a group of serotonergic neurons that projects to brain structures involved in cognitive and affective function, and has antidepressant-like effects on behavior. M. vaccae is a nonpathogenic environmental bacterium found in the soil and untreated water sources that has anti-inflammatory effects on the immune system; Professor Lowry and his colleagues suggest that the absence of M. vaccae and related microorganisms in Western societies has led to an increased vulnerability to a number of chronic inflammatory conditions, including major depression http://www.ncbi.nlm.nih.gov/pubmed/18328783; http://www.ncbi.nlm.nih.gov/pubmed/21135322.

May 2011 Bachelor of Arts


May 2011 PhD, MS, and BA/MS

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