

# MAX!



## SUCCESSFUL FALL CONFERENCE

The 2010 Fall Meeting of the New England Chapter of the American College of Sports Medicine was held in Providence, RI on November 11<sup>th</sup> and 12<sup>th</sup>. We nearly set a record for attendance with 786 people registered. Students attended in force and outnumbered professionals by nearly two to one. Experts in the area of obesity descended on Providence to deliver their latest scientific findings. Rena Wing, Ph.D. from Brown University in Providence, RI and George Bray, Ph.D. from the Pennington Biomedical Research Center, Baton Rouge, LA were the two keynote speakers. There were 38 presentations given including a Past Presidents lecture by Jaci VanHeest, Ph. D. (UConn) and a Highlighted

Symposium by COL Gaston Bathalon, Ph.D., R.D. (USARIEM). Seventeen schools from all over New England sent teams to compete in the 7<sup>th</sup> annual College Bowl. Congratulations to Fitchburg State University for their win and we wish them luck as they travel to the ACSM meeting in Denver, CO in June. I want to thank all of those who presented and attended the Fall 2010 NEASCM meeting. Your presence made this meeting an engaging and enjoyable experience.

There is much to look forward to in the coming year. Our Spring meeting is right around the corner on April 15<sup>th</sup>. This year's focus is on Complementary and Alternative Medicine. A great slate of speakers

has been assembled for a stimulating and educational day. Our Fall 2011 meeting will be here before we know it and will be held November 3<sup>rd</sup> and 4<sup>th</sup> in Providence, RI. (continued on page 2).



**Laurie Milliken, Ph.D.**  
President NEACSM  
UMASS-Boston

(continued from Page 1)

Speakers are already being lined up and they look great! This may be a record setting year for attendance.

The New England Chapter of ACSM is a very active and productive chapter but this doesn't happen on its own. Many people work hard for this success. I would like to thank last year's Past President, Jaci VanHeest for her contributions to the Chapter and for her unwavering support. In addition to Jaci, several other Executive Committee members completed their service to the chapter who I would also like to thank: Maria Urso, Jeffrey Anderson, Anne Lasinsky, Melissa Roti, John Castellani, Karen Croteau, Heinrich Doll, and Richard Wood. Please welcome our newest Executive Committee members: William Kraemer, our new President-Elect, Scott Crouter, Peter Ronai, Justin Brown, Peter Latchman, Allyson Howe, Mario Munoz, Summer Cook, and Disa Hatfield. And thanks are not enough for the Executive Director, Dino Costanzo, the Processing Coordinator, Donna Murphy, the other continuing members of the Executive Committee, and the Board of Trustees.

I wish you all a successful and productive year!

## **NEACSM Scholarship Recipients 2010**

The NEACSM scholarships were awarded at the Annual Fall meeting. Each of the students were recognized by Executive Board member Dr. Holly Noun. Congratulations to each of the following student awardees for 2010.

The Undergraduate Scholarship was awarded to Edward Dostaler (SCSU). Edward's advisor is Dr. Robert Axtell.

The Lawrence E. Armstrong Minority Scholarship was given to TaShuana Goldsby (UCONN). TaShuana works with Dr. Linda Pescatello.

The Mark Connelly Memorial Masters Scholarship was awarded to Kurt Sollanek (SCSU). Kurt was a student working with Dr. Robert Axtell.

Steven Malin (UMASS Amherst) was the David N. Camaione Doctoral Scholarship for 2010. Steven works in the Dr. Barry Braun's laboratory.

Be sure to look at the NEACSM website for scholarship opportunities for 2011.



TaShuana Goldsby, Dr. Larry Armstrong, and Dr. Holly Noun



Dr. Holly Noun, Kurt Sollanek, Dr. Robert Axtell



Dr. Holly Noun, Steven Malin, Dr. David Camaione

## FREE COMMUNICATION WINNERS



Congratulations to the 2010  
Free Communications  
Student Winners

Undergraduate Award:  
**Amanda Libertine, UMASS-  
Amherst.**

Examining the accuracy of  
self-reported sitting time  
questionnaires compared to  
an objective measurement.

Masters Award:  
**Kurt Sollanek, USARIEM/  
SCSU.**

Potential impact of a 500-ml  
water bolus and body mass  
on plasma osmolality  
dilution.

Doctoral Award:  
**Steven Malin, UMASS-  
Amherst.**

Addition of metformin  
attenuates the exercise  
training effect on whole-  
body insulin sensitivity in  
men and women with  
prediabetes.

[Photo (l-r) Kurt Sollanek,  
Amanda Libertine, Steven  
Malin, Dr. Maria Urso]

## An Evidence Based Approach to Complementary and Alternative Medicine

April 15, 2011 at the Holiday Inn in  
Boxborough, Massachusetts

Complementary and alternative  
based medicine has become  
increasingly popular over the last  
decade and there are many  
questions regarding the efficacy of  
these treatments and practices.  
The presenters at this conference  
are recognized authorities in their  
field. As researchers, they are  
highly published in peer reviewed  
scientific journals and have  
received numerous grants to study  
various alternative treatments and  
practices. As professionals or  
professionals in-training, we are  
often questioned by patients and  
clients about complementary and  
alternative medicine. The purpose  
of this meeting is to provide a  
foundation to address these  
questions using an evidence based  
approach.

Speakers:  
Nutritional Supplement Research:  
Beyond the Status Quo  
Samuel N. Cheuvront, Ph.D., R.D.,  
FACSM- Research Physiologist and

Principal Investigator in the Thermal  
and Mountain Medicine Division at  
the U.S. Army Research Institute of  
Environmental Medicine  
(USARIEM), Natick, MA.

Connective Tissue: A Body-Wide  
Mechanically Responsive Network  
Helene M. Langevin, M.D.,  
Research Associate Professor of  
Neurology, Orthopedics &  
Rehabilitation and Director of the  
Program in Integrative Health at the  
University of Vermont College of  
Medicine

Yoga Participation Class  
Danielle Day, Ph.D. and John  
Castellani, Ph.D., FACSM

Yoga as a Therapeutic Intervention  
Sat Bir Singh Khalsa, Ph.D.,  
Director of Research for the  
Kundalini Research Institute,  
Research Director of the Kripalu  
Center for Yoga and Health and an  
Assistant Professor of Medicine at  
Harvard Medical School at Brigham  
and Women's Hospital.

Nerve Biomechanics and Pain  
Geoffrey Bove, DC, Ph.D.,  
Associate professor at the  
University of New England College  
of Osteopathic Medicine.

Friday  
April 15,  
2011



**Silent Auction A Success: Moving  
Toward the 3rd Annual Silent  
Auction 2011**

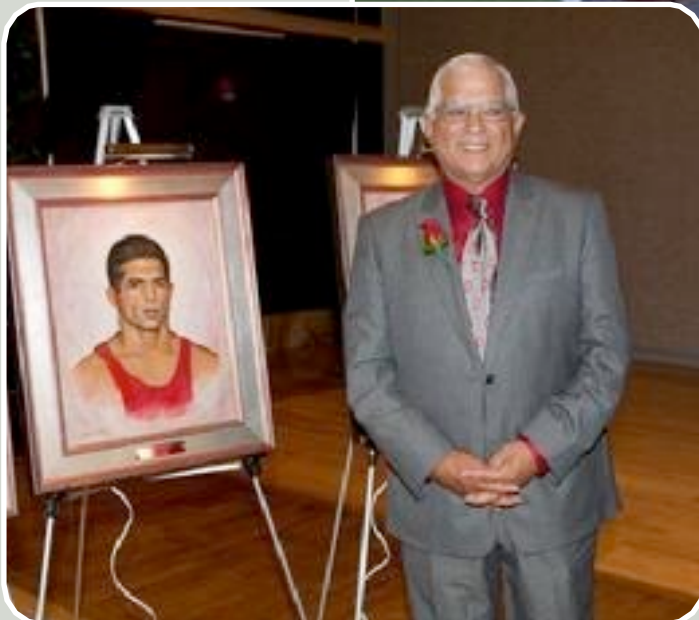
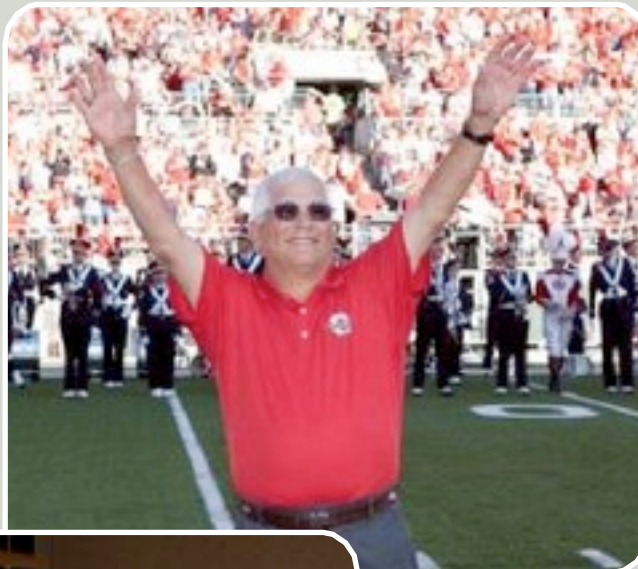
**YOU CAN MAKE A DIFFERENCE!**  
Get ready for the Third annual  
Silent Auction at our NEACSM  
conference in November. As you  
already know, the Camaione Fund  
supports student activities like  
scholarships and the College Bowl,  
and we rely on the generosity from  
individuals like you to support  
these and other student  
opportunities.

**HOW YOU CAN HELP!**  
Please consider donating items like  
autographed and sports  
memorabilia, gift certificates,  
presentations, or gift baskets.  
Thank you, in advance for your  
willingness to support the  
Camaione Fund and make a  
difference in our NEACSM  
community! If you have an item  
that you wish to donate, please  
contact:  
Lara Carlson, PhD, FACSM  
NEACSM Camaione Fund  
Development Chair  
[lcarlson@une.edu](mailto:lcarlson@une.edu) or  
207-602-2810.

***Dave Camaione Inducted into Ohio State University Hall of Fame***

Dr. Camaione was  
inducted into the OSU  
Sports Hall of Fame.  
He was honored for  
his fine collegiate  
wrestling career.

NEACSM congratulates  
Dr. Camaione for  
this wonderful honor!



**NEACSM EXECUTIVE  
COMMITTEE 2010**

**Presidents**

Laurie Milliken, President  
William Kraemer, President Elect  
Robert Kenefick, Past President

**Members at Large**

Sean Walsh  
Holly Noun  
Scott Crouter  
Dain LaRoche  
Wayne Wescott  
Danielle Day

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Robert Axtell

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Dino Costanzo

**Processing Coordinator**

Donna Murphy



## ACSM and NEACSM

The American College of Sports Medicine promotes, and integrates scientific research, education and practical applications of sports medicine and exercise to maintain and enhance physical performance, fitness, health and quality of life.

## NEACSM OFFICE

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## Charlie Chatterton, NEACSM Honor Awardee 2010

The New England Chapter of the American College of Sports Medicine is proud to announce Dr. Charlie Chatterton as the 2010 Honor Award recipient. Dr. Chatterton has been a member of the faculty at Eastern Connecticut State University since 2000. In 2007, he became Assistant Chairman of the Department of Health and Physical Education. Dr. Chatterton served the New England Chapter as Connecticut State Representative from 1998 -1999, Member-at-large from 2001-2003, and President in 2004. He currently serves as the Regional Chapter Representative.

Dr. Chatterton is well known throughout the state of Connecticut and New England as an unparalleled advocate for enhancing the health and wellbeing of children and young adults through the promotion of physical activity. He currently serves as the President of the Connecticut Association for Health, Physical Education, Recreation and Dance, and has recently served as Chairman of the Connecticut Governor's Committee on Physical Fitness. Dr. Chatterton frequently writes for the Connecticut State Department of Education, and serves on the Connecticut State Department of Education's School Health and Mental Health Advisory Council.

Dr. Chatterton has been recognized by the Governor of Connecticut for his tireless work toward raising awareness of poverty through physical activity. To

honor his selfless dedication to raising awareness of poverty; his commitment to our Chapter; and his devotion to his students; NEACSM is proud to name Dr. Charlie Chatterton as the recipient of the 2010 Honor Award. Congratulations Charlie!



## Thank You

NEACSM would like to thank Bob Kenefick for a successful term as President of the Chapter. Thank you Bob!



# Images from College Bowl



# FALL MEETING 2010



april 15

# SPRING 2011

REGISTER ONLINE

[www.neacsm.org](http://www.neacsm.org)

