

EXS NEWS



**CREIGHTON UNIVERSITY EXERCISE SCIENCE
AND PRE-HEALTH PROFESSIONS NEWSLETTER**

Fall 2018

A Note from the Chair

Dear Alumni,

It's been a busy fall semester. In August, we welcomed three new faculty members – all are EXS alums and are introduced inside this issue. On September 10th, we held a family picnic in honor of Dr. Tom Baechle to celebrate his 40 years of service to the department and the university. The weather was perfect, and several members of his family were in attendance. The department presented him with a memory book full of notes and anecdotes from faculty, staff, and former students. If you would like to send him a note of gratitude and congratulations, I know he would love to hear from you (thomasbaechle@creighton.edu).



The faculty also unanimously agreed that, beginning spring 2019, the award given to our highest achieving seniors will be known as the Dr. Thomas R. Baechle Outstanding Major of the Year Award. Another high-light this fall involved a high school marketing class from Boyer Valley HS in Dunlap, IA who took the department on as their 'client' to get some real-world experience. The three students and their instructor came up with very creative ideas to improve our presence on the CU website and developed a logo and taglines to promote our brand. They visited the department on November 6th to professionally present their ideas and toured the department and university. Here are couple of their designs – let us know what you think!



Joan Eckerson, Ph.D.

 **Join the Movement**

 **Exercise Science
& Pre-Health Professions**
Training. Healthcare. Human Performance.

Contact Us

Let's stay in touch!

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Department of Exercise Science
and Pre-Health Professions**

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Faculty Updates

Emily Beller, Resident Assistant Professor **BS, Creighton University; JD, Creighton University School of Law**

Emily Beller is excited to re-join the Exercise Science and Pre-Health Professions Department as an Assistant Professor. Emily came to Creighton in 2012 and worked in the School of Law, where she served as a career counselor and the interim Assistant Dean of Career Development, and was later named the Assistant Dean for Student Affairs and Special Projects. Prior to joining Creighton University, Emily was a criminal prosecutor with the Douglas County Attorney's in Omaha for 6 years. Emily is teaching multiple sections of EXS 391 Career Preparation and Professionalism and is the EXS internship Coordinator.



Caleb Franco, Adjunct Instructor **BS, Creighton University**

Caleb Franco is an Omaha native and graduated in spring 2018 with a degree in Exercise Science and Pre-Health Professions. As an EXS undergrad, he served as a teaching assistant for several courses and was involved in research. He serves as the Human Performance Research Laboratory Coordinator and teaches laboratory sections of Exercise Physiology and Human Anatomy. Caleb plans to attend medical school next year.

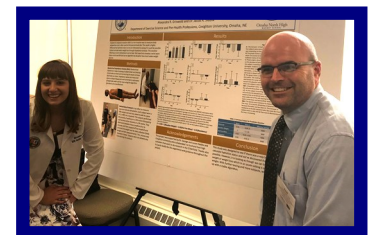


Hunter Peterson **BS, Creighton University**

Hunter Peterson attended Creighton University and graduated in spring 2018 with a degree in Exercise Science and Pre-Health Professions. He is currently pursuing his Master of Business Administration at Creighton while preparing to apply to medical school next summer. Originally from Minnesota, Hunter enjoys taking road trips back home with his German shorthaired pointer, Kaia, to visit family and friends on the lake. In Omaha, Hunter spends most of his free time engaging in activities such as weightlifting, hiking, biking, and kayaking. He is a Laboratory Assistant in the Exercise Testing and Training Lab and teaches Weight Training and Program Design.



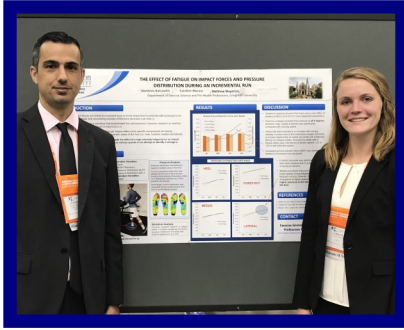
Dr. Jake Siedlik participated in the inaugural Haddix STEM Corridor Program during the summer of 2018. He's pictured here with his mentee Ms. Alexandra Griswold, a junior at Omaha North High School who spent 8 weeks working with Dr. Siedlik. She presented her research at a forum attended by Dr. Haddix earlier this fall, and was selected to provide a few opening remarks. Congratulations to both!



EXSEL News:

EXSEL hosted the annual Welcome Back BBQ on Wednesday, September 12th at Opus Courtyard. This annual event is a great opportunity for students and faculty in the Exercise Science and Pre-Health Professions Department to reconnect and to "kick-off" the upcoming academic year. The EXSEL Club has an exciting year planned under the leadership of the newly-elected exec team- **President: Jesus Santiago, Vice President: Matt Dvogan, Secretary: Wisam Najdawi, Treasurer: Chase Reyes and Public Relations Rep: Grace Kelly.** EXSEL officers recruited many new members at the Skutt Shutdown event and are planning to participate in a number of activities this fall including the WellFest Health Fair which was held in October.

Student News

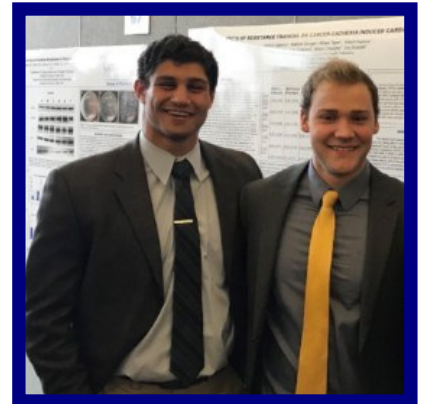


EXS faculty and students made several presentations this summer at the American College of Sports Medicine Annual Meeting in Minneapolis. We also enjoyed catching up with local alumni.



EXS major **Matt Sacco** was crowned 2018 Homecoming King. He's pictured above with Jackie Rivas.

EXS seniors, **Ashton Legenza** and **Wisam Najdawi** recently presented posters at the 21st Annual Meeting of the Nebraska Physiological Society. The conference was held on Saturday, October 20, 2018 at Mammel Hall on UNO's campus. The titles of their posters were 'The Effect of Resistance Training on Cancer-Cachexia Induced Cardiac Muscle Loss' and 'The Effect of Doxorubicin on Myocardial Extracellular Matrix Degradation', respectively. The research was supported by Haddix grant funding, and both students work under the direction of Dr. Eric Bredahl.



Alumni Spotlight : *Matt Mosman (EXS 2000) and Jessica Donner (EXS 2003) live in Spearfish, South Dakota and visited campus this summer with their 3 kids Lauren (8 yr), Hazel (4 yr), and Max (2yr), to show them their old stomping grounds. Matt was an ultra-endurance runner as an undergraduate and still competes in running and mountain bike races. He is the founder of EndurElite (<https://endurelite.com>), a sports nutrition company for endurance athletes. Look for his informational and entertaining videos on FB. Jessica was also a runner as an undergraduate and graduated from UNMC with her MD degree in 2007. She still enjoys running and is working as an OB/GYN at Spearfish Regional Hospital. Outside of work and school the entire family likes to hike, camp, bike, and spend as much time as they can outdoors.*



Recent Grads



Allison Tigner



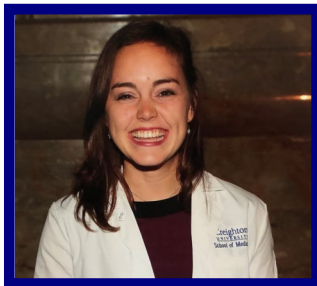
Amy Clysdale



Chelsey Dizon



Courtney Donahoe



Emma Munger



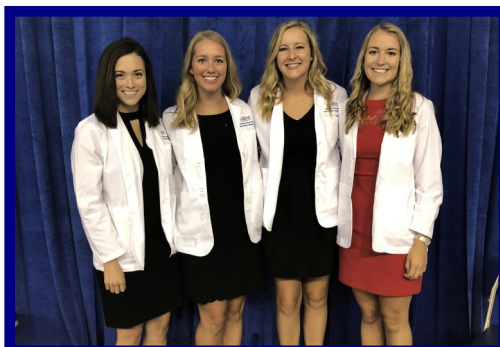
Alyssa Freitas



Sarah Hook



Kelsey Windisch



Rachel Reiner, Monica Williams, Anna Gerze, Liz Newton

Where did they go?

Congratulations to these 2018 EXS graduates who are attending professional or graduate schools:

Dental

- Joey Anderson (*Minnesota*)
- Will Moore (*Iowa*)

Masters in EXS

- Mackenzie Hatcher (*Kansas*)
- Brad Macdonald (*Houston*)

Masters in Business Admin

- Hunter Peterson (*Creighton*)

Medicine

- Emma Munger (*Creighton*)
- Lauren Strzelecki (*Indiana*)
- Allison Tigner (*Creighton*)

Occupational Therapy

- Courtney Donahoe (*Creighton*)
- Rylie Ellis (*Creighton*)
- Anna Gerze (*Creighton*)
- Liz Newton (*Creighton*)
- Grace Rauh (*Creighton*)
- Rachel Reiner (*Creighton*)
- Monica Williams (*Creighton*)

Physical Therapy

- Maria Beacom (*Creighton*)
- Derreck Caldez (*Creighton 2019*)
- Amy Clysdale (*Northwestern*)
- Chelsey Dizon (*Creighton*)
- Jordan Fritsch (*Creighton 2019*)
- Katie Green (*Univ College Dublin*)
- Paige Madsen (*Creighton*)
- Michaela Peck (*Creighton*)
- Hope Siegel (*Creighton*)
- Kevin Vincent (*Creighton*)
- Kelsey Windisch (*Creighton*)

Other Opportunities

- Sarah Hook—*Teach For America*
- Morgan Baldwin—*US Army*
- Jacob Wessling—*Institute for Latin American Concern*