

NPS Business Meeting Update And Final Report

ATHLETIC PERFORMANCE

The Human Factor

What you need to know!



October 11, 2014

**University of Nebraska Medical Center
Durham Research Center Auditorium**

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President's Report

On behalf of the Nebraska Physiological Society (NPS) and the NPS council, I am pleased to report on the activities of our society for the year. Many thanks go to the members of the NPS Council, NPS staff, and staff of UNMC's Department of Cellular and Integrative Physiology for their work with NPS throughout the year, and especially in helping organize this year's annual meeting. We also thank our generous sponsors that helped make this meeting possible.

One of the best parts about being a physiologist is knowing that my research and teaching helps us understand more about life. Physiology is the study of the integrative nature of life, and is a translational science that incorporates information from an array of fields, from biochemistry to environmental science. As physiologists, is it easy for us to see the relevance of our work, but we also appreciate that it is not only our responsibility to advance our knowledge in the field of physiology, but also communicate the relevance of this work to the public. One of the goals of the American Physiological Society and this Nebraska chapter is to foster the communication of physiology concepts and research to the public, either to teachers and students in area schools through our PhUn week activities, or through other public outreach campaigns. This year we decided to focus the majority of our efforts on public outreach events, including making public outreach a focus of this year's annual meeting.

Some of NPS' outreach activities this year included: an outreach booth at the 2014 NE SciFest event, an outreach presentation and booth at the Nebraska Association of Teachers of Science (NATS) annual meeting, successful APS Chapter Activity Grant award (written by Alicia Diener) to help fund future outreach activities involving the Vernier LabQuest system, numerous outreach events at Omaha-area schools, and lastly, NPS council members gave APS awards to high school students for excellence in physiology research. At the GNSEF, Jameson Collier from Wayne Junior Senior High School was given an APS award for his project "Gender as a Variable of Hypoxic Sensitivity" and at the NJAS, Brittany Boyd from Zoo-Academy- Papillion La Vista G12 was given an APS award for her project "The effect of Temperature on the *Cyanea Lamardckii* Polyp Strobilation".

Our annual meeting this year was held on Saturday, October 11th at the Durham Research Center on the University of Nebraska-Medical Center's campus from 9 am-12:30 pm. The theme of the event was exercise physiology, and was officially titled "Athletic Performance, the Human Factor". The keynote address "The Sports Gene: Inside the Science of Extraordinary Athletic Performance" was given by David Epstein, an acclaimed science writer and New York Times Bestselling author. Following the keynote address, we had a Physiology, Health and Wellness Expo and Break-out sessions. The speakers featured during the breakout session included: Dr. Patrick Lambert (Creighton University), Anne Stanco (Innovative Wellness, Inc.), Dr. Kris Berg (UNO), Christie Toland (Natural Grocers), Dr. Jenna Yentes (UNO), Sandy Bikus (Mind Body Spirit), Dr. Dusty Slivka (UNO), and Sarah Paasch (Karma Yoga). There were 21 sponsors/organizations that had a booth at the expo or contributed items for door prizes for the event. With the help of Vicky Cerino from UNMC's Public Relations Department, this event received significant media attention, with interviews and event information presented on local radio (KIOS FM), newspaper (Omaha World Herald), TV (KETV channel 7), and numerous other media outlets.

We had a record attendance for an annual NPS meeting, with 187 attendees. Of those 187, over 100 were non-NPS members, a good indicator that our goal of increasing public awareness about NPS, APS, and communicating the importance of physiology-related research to non-scientists at this event was achieved. While we will likely not sponsor an outreach event like this every year, the success of this year's meeting sets the stage for future NPS councils to try alternative annual meeting formats that can continue to make this chapter of the American Physiological Society one of the most active and innovative in the country.



Carol Fassbinder-Orth, Ph.D.
Nebraska Physiological Society President

In Coming President Message

Greetings. It is a privilege to be allowed to serve the Nebraska Physiological Society as your president for the 2014-2015 iteration of the society. Thank you for entrusting me with this responsibility. It is with a great sense of enthusiasm and excitement that I undertake this position. It may seem somewhat unusual that I am president of this organization since I am a physiologist in neighboring South Dakota. However, I believe it is a testament to the previous leaders of this organization that the programs and activities of the NPS have attracted attention well beyond state borders. In particular I wish to thank Carol Fassbinder-Orth. As outgoing president, you have left some very large shoes to fill (figuratively speaking of course). This year's public outreach meeting was fantastic thanks to your work, that of the Council and of course Cellular and Integrative administrative staff who do a lot of the heavy lifting.

The ongoing programs of the NPS in the scientific and public arenas are essential to meeting the needs of physiologists in the region and the public's curiosity about physiology. As we look to the next year I hope to continue to grow these wonderful activities. Potential ways to achieve this will be to increase our membership and to expand our visibility. I look forward to working with you all to meet these goals in what I am sure will be another exciting year for the NPS. I welcome any and all ideas that you may have to further the NPS.

Doug Martin, Ph.D.
Nebraska Physiological Society Vice President

Nebraska Physiological Society 2014-2015 Officers

President	Doug Martin, Ph.D. University of South Dakota
President-Elect:	Yifin Li, Ph.D. University of South Dakota
Past President:	Carol Fassbinder-Orth, Ph.D., Creighton University
Secretary/Treasurer:	Neeru Sharma, Ph.D. University of Nebraska Medical Center 3 year appointment: 2014-2015, 2015-2016, 2016-2017. Position expires in 2017
Councilor:	Lie Gao, Ph.D., University of Nebraska Medical Center 3 year appointment 2013-2014, 2014-2015. 2015-2016 Position expires 2016
Councilor:	Babu Padanilam, Ph.D., University of Nebraska Medical Center 3 year appointment 2012-13, 2013-14. 2014-15. Position expires in 2015
Councilor:	Adam Case, Ph.D., University of Nebraska Medical Center 3 year appointment: 2014-2015, 2015-2016, 2016-2017. Position expires in 2017
Executive Director:	Cindy R. Norton, CAP-OM, University of Nebraska Medical Center
Student Council Member:	Shamma Rahman, University of Nebraska Medical Center
CAC Representative:	Harold D. Schultz, University of Nebraska Medical Center 3 year appointment 2012-13, 2013-14, 2014-15

MEET YOUR NEW NPS COUNCIL MEMBERS

President-Elect

Yifan Li, Ph.D. University of South Dakota



Dr. Yifan Li is associate professor of physiology at Division of Basic Biomedical Sciences, University of South Dakota Sanford School of Medicine. Dr. Li graduated from Chengde Medical College, China, and received his Ph.D. from Beijing Medical University (Currently Peking University Health Science Center), China. From 1999 to 2004, He pursued his postdoctoral training at the Department of Cellular and Integrative Physiology of University of Nebraska Medical Center under the supervision of Dr. Kaushik Patel. In July 2004, Dr. Li took a faculty position of assistant professor at University of South Dakota Sanford School of Medicine, and

was promoted to associate professor in 2010. Dr. Li's research interest is neurohormonal regulation of cardiovascular function. His previous work was focused on the central mechanisms of autonomic dysfunction in cardiovascular diseases. In recent years, he has been particularly interested in the mechanisms and functional significance of parasympathetic dysfunction in cardiovascular diseases and aging. His research has been supported by research grants from American Heart Association and NIH. He has published over 45 research articles in peer reviewed journals. He has supervised several graduate student, medical students, and undergraduate students pursuing research in his laboratory. Dr. Li teaches cardiovascular physiology for medical students, physician assistant students, and physical therapy students. Dr. Li is a member of American Physiological Society, Nebraska Physiological Society, and American Heart Association. From 2011 to 2013, he served as a NPS council.

Councilor

Adam J. Case, Ph.D. University of Nebraska Medical Center



Adam J. Case earned his B.S. in biochemistry with biology and chemistry minors from the University of Iowa graduating with highest distinction in 2004. He received his Ph.D. in free radical and radiation biology also from the University of Iowa in 2011. His Ph.D. training focused on the examination of mitochondrial redox changes in the development of the mammalian hematopoietic system. Dr. Case is currently a postdoctoral fellow working in the laboratory of Dr. Matthew Zimmerman at the University of Nebraska Medical Center. His current research examines the interactions between the immune and cardiovascular system. Specifically, Dr. Case examines how T-lymphocytes contribute to hypertension, as well as how the hypertensive phenotype can affect T-lymphocyte activation. Moreover, examining how redox signaling is involved in these processes is of particular interest in his research.

Dr. Case has published approximately 20 peer-reviewed papers in journals of various disciplines. He has been continuously funded throughout his scientific career receiving external grants from the Department of Defense, the American Heart Association, and the National Institutes of Health. He has received numerous awards from several national societies including the American Physiological Society, American Heart Association, Federation of American Societies for Experimental Biology, as well as the Society for Free Radical Biology and Medicine. Dr. Case currently serves as a member of the Trainee Council for the Society for Free Radical Biology and Medicine as well as for the American Heart Association High Blood Pressure Research Excellence Award Selection Committee. Dr. Case has been a member of the Nebraska Physiology Society for two years, and looks forward to the opportunity to serve as a council member.

Secretary/Treasurer

Neeru Sharma, Ph.D. University of Nebraska Medical Center



Neeru Sharma is an Instructor in the Department of Cellular and integrative physiology, University of Nebraska Medical Center. She obtained her PhD in Biochemistry from India. Neeru's research focuses on intracellular signaling cascades in the paraventricular nucleus (PVN) of the hypothalamus contributing to the exaggerated sympathoexcitation. The molecules and the signaling pathways involved in this regulation will be important therapeutic targets for better management of cardiovascular diseases. She has demonstrated that neuronal nitric oxide (nNOS) is down regulated in the PVN via nNOS associated proteins CAPON and PIN. Recently, Neeru is awarded with first faculty grant (Scientist Development Grant) as principal investigator from National Center of the American Heart Association to further elucidate the molecular mechanism of nNOS regulation during heart failure conditions. She has presented her research at many national and international meetings. She is a member of American Physiological Society, Nebraska Physiological Society and American Heart Association and also involved in the APS outreach event – PhUn week activities.

Student Councilor

Shamma Rahman

University of Nebraska Medical Center



Shamma Rahman is a second year graduate student in the Department of Cellular and Integrative Physiology at University of Nebraska Medical Center. She completed both her Bachelor of Science and Masters of Science degrees in Biochemistry and Molecular Biology from University of Dhaka. She joined UNMC for graduate studies in 2013. She is currently working under the supervision of Dr. Erika Boesen and her project involves the elucidation of the roles of Eps 15 Homology Domain containing proteins (EHD proteins) in the kidney. She is a member of American Physiological Society (APS), Nebraska Physiological Society (NPS) and American Society of Nephrology (ASN). In November 2014, she will be attending her first national conference (Kidney Week, ASN) to present her work. Aside from being a graduate student and working in the lab, Shamma likes reading, cooking and travelling.

Chapter Advisory Committee Report 2014

Michael Sturek, Ph.D., Dept Cell/Integrative Physiology, Indiana Univ Sch Med., Indianapolis, IN, was elected Chairman of the Chapter Advisory Committee for 2014-2016.

The Missouri Physiological Society Chapter has been recognized as an official APS chapter. In May, 2013 the APS Council approved the chapter bylaws. The formation committee is currently working on electing officers and other chapter status requirements. The new chapter recent held their first annual meeting jointly with the Iowa Chapter on September 20, 2014 in Kansas City.

The Greater Washington D.C. Area Physiological Chapter formation committee has submitted a petition to be recognized as an official APS chapter. The committee is composing bylaws and meeting other chapter status requirements.

The Pennsylvania Physiological Society Chapter formation committee has submitted a request to be recognized as an official APS chapter. The APS Council has approved the petition. The committee has composed bylaws and are meeting other chapter status requirements.

Other existing chapters (13) are: Arizona, Gulf Coast, Indiana, Iowa, Kentucky, Michigan, Midwest (dormant), Missouri, Nebraska, Ohio, Oklahoma, Puerto Rico, and Tennessee.

An overview of chapter activities for 2013-2014 is provided in the attached CAC Report to Council.

NPS was awarded a second Chapter Activity Grant for \$2000 to purchase a fourth physiology resource kit for K12 outreach activities, and travel funds to attend the Nebraska Academy of Teachers of Science (NATS) meeting in September 2014. Chapter Activity Grant submitted by Alicia Schiller.

Chapter Advisory Committee Report to APS Summer 2014 Council

Michael Sturek, Ph.D., Professor and Chair, Indiana University School of Medicine
6/20/2014

Condensed Summary for The *Physiologist*

The local APS Chapters continue to promote the future of physiological sciences overall and the APS as more grassroots involvement at the graduate, undergraduate, and high school levels. An overall goal is for the activities of the Chapters to further influence public policy. The number of Chapters in good standing is currently 13 and one Chapter is typically added per year. A main activity is the annual meetings typically, which typically have ~60-120 participants in a 1-2 day meeting. Novel methods for promoting poster attendance, etc. have been used. There is an increasing emphasis on career development in the changing research and education environment. A major emphasis is on trainee involvement in running meetings. The Chapter program had 4 of 13 active chapters involved in outreach / advocacy activities in the past year, so this essential function will be improved in the coming year. Involvement of smaller colleges in the Chapter activities greatly improves outreach to undergraduates.

Current Chapter Advisory Committee Members

Chair: Michael Sturek, PhD, Indiana University School of Medicine, Indianapolis, IN
Past Chair: Harald Stauss, MD, University of Iowa, Iowa City, IA

Chapter Presidents:

Arizona: Kiisa Nishikawa, PhD, Northern Arizona University, Flagstaff, AZ
DC-Chapter: Dexter Lee, PhD, Howard University, Washington, DC
Gulf Coast: Jason Gardner, PhD, Louisiana State University, New Orleans, LA
Indiana: Mari Hopper, PhD, University of Evansville, Evansville, IN
Iowa: Jacqueline Brittingham, PhD, Simpson College, Indianola, IA
Kentucky: Suresh Tyagi, PhD, University of Louisville, Louisville, KY
Michigan: Greg Fink, PhD, Michigan State University, East Lansing, MI
Midwest: No Chapter President named
Missouri: Marco Brotto, PhD, Univ. Missouri School of Nursing, Kansas City, MO
Nebraska: Carol Fassbinder, PhD, Creighton University, Omaha, NE
Ohio: Paul Schaeffer, PhD, Miami University, Oxford, OH
Oklahoma: Jyoti Abraham, Bascone College, Muskogee, OK
Pennsylvania: Donna H Korzick, PhD, Pennsylvania State U, University Park, PA
Puerto Rico: Guido Santacana, PhD, University Puerto Rico Sch. Med., San Juan, PR
Tennessee: Nick Ragsdale, PhD, Belmont University, Nashville, TN

Chapter Representatives:

Arizona: Layla Al-Nakkash, PhD, Midwestern University, Tucson, AZ
DC-Chapter: Rupa Lalchandari, MD, Georgetown University, Washington, DC
Gulf Coast: Michael J. Ryan, PhD, University of Mississippi, Jackson, MS
Indiana: Michael Sturek, PhD, Indiana University, Indianapolis, IN
Iowa: Julia Moffitt, PhD, Des Moines University, Des Moines, IA
Kentucky: Robin L. Cooper, PhD, University of Kentucky, Lexington, KY
Michigan: Jason Carter, PhD, Michigan Technological University, Houghton, MI
Midwest: No Chapter Representative named
Missouri: Marco Brotto, PhD, Univ. Missouri School of Nursing, Kansas City, MO
Nebraska: Harold D Schultz, PhD, University of Nebraska, Omaha, NE
Ohio: Lynn Hartzler, PhD, Wright State University, Dayton, OH
Oklahoma: Alexander J Rouch, PhD, Oklahoma State University, Tulsa, OK
Pennsylvania: Donna H Korzick, PhD, Pennsylvania State U, University Park, PA
Puerto Rico: Caroline B Appleyard, PhD, Ponce School of Medicine Ponce, PR
Tennessee: Zhong Mao Guo, MD, PhD, Meharry Medical College, Nashville, TN

Duties of the Chapter Advisory Committee

- Elect a chairperson, who is a member of the committee.
- Meet annually at the spring meeting of the Society.
- Review and update the Chapter Bylaws.
- Maintain a User's Manual.
- Assist Chapters with their local community outreach activities.
- Present an annual report to Council at the Summer Council meeting.
- Interface Chapter missions with relevant activities of APS Council and/or APS Committees by updating Chapter members in each State on current issues, such as animal rights, ethics in science publication, public policy issues, women in science issues, career opportunities in academia and industry.
- Make recommendations to Council regarding strengthening of the Chapters' role in programs, publication, public affairs, and governance of the Society.

Summary of Chapter Advisory Committee Business Meeting

The Chapter Advisory Committee (CAC) met on April 28, 2014 at the Experimental Biology meeting in San Diego, CA. The minutes of this meeting are attached to this report (Linda, I so not have your minutes). The following are the most important topics addressed at the business meeting.

1. New Chair

Past Chair Dr. Harald Stauss introduced Dr. Michael Sturek as the incoming Chair of the CAC. Dr. Sturek thanked Dr. Stauss for his outstanding service to the CAC. Sturek then gave an overview of the importance of the Chapters in public policy and influencing the future of physiological sciences overall and the APS specifically. Sturek emphasized the need for advocacy and outreach programs. Two themes encouraged were encouraged. 1) "Take Action!" can be achieved by connecting with lay public with a personal connection regarding the need for increased research funding. 2) "There's No Free Lunch" can be used to require meeting participants to contact their congressional representatives and senators before their "free lunch" for the meeting.

2. Chapter Advocacy Outreach Program

Alice Ra'anan, Director of Government Relations and Science Policy, presented in place of Dr. G.L. Edwards, Chair of the Animal Care and Experimentation (ACE), on the need for more outreach and advocacy. An example is the "Stand up for Science" video about donating to diabetes treatment and research. Speakers, 3/year, are funded by APS for Chapter presentations.

3. Interaction and Communication with Trainee Advisory Committee

Dr. Jessica Bradley, LSU Health Science Center, Trainee Advisory Committee Liaison. There is now a trainee representative for each chapter. A trainee survey is being conducted. There was a lengthy discussion of the necessity for using social media to reach out to trainees. Multiple media should be considered, e.g. Twitter, LinkedIn, MySpace, Research Gate, Instagram, Facebook.

4. Annual reports from the Chapter Representatives

These were the major part of the meeting. The detailed reports are included in the attached minutes. Summary of key points:

- Attendance at annual meetings typically is ~60-120.
- Typically 1-2 day meeting
- Novel methods for promoting poster attendance, etc.
- Increasing emphasis on career development.
- Strive for trainee involvement, running meetings
- Just 4 of 13 active chapters conducted outreach / advocacy activities
- Strongest, most outreach occurs when smaller colleges are involved.

Arizona – Dr. Layla Al-Hakkash

2 day meeting; ~100 attended

Outreach / advocacy presentation by Dr. Kevin Kregel on NIH funding, effects of sequestration.

1 minute poster advertisement on microphone; in auditorium, before poster session

Washington, D.C. – Dr. Naz Moaddab, Dr. Dexter Lee

New; 2013 meeting 63 attendees; expanding; need assistance for establishing non-profit

Includes DC, Maryland, Virginia.
Outreach / advocacy – planning to visit Capitol Hill

Gulf Coast – Dr. Michael Ryan; Dr. Jason Gardner presented
Spans Louisiana, Mississippi, Alabama.
Trainees run most of the meeting.
Career Development session
Unique in that meet every other year.
Outreach / advocacy – Will include in future meetings
Will seek more participation of University of Alabama at Birmingham.

Indiana – Dr. Mari Hopper presented; Dr. Michael Sturek
A “Phun Bus” was used for transportation of attendees from Indianapolis to Evansville (~3 h drive).
Record Chapter attendance of 190.
Break-out discussion sessions included career paths and teaching methods; involved more discussion and participation.
High school students were ~30% of attendees, which was made possible by significant community involvement with faculty at high school level.
Social media assisted in recruitment of students.
Online registration greatly facilitated running of the meeting. These methods are being shared in the “Operating Manual” of best practices for Chapters.

Iowa – Dr. Jackie Brittingham, Dr. Julia Moffitt, Dr. Josh Selsby
Outreach / advocacy was on research funding.
Trainee involvement in running the annual meeting was emphasized.

Kentucky – Dr. Irving G. Joshua
March meeting “captured” people ready to go to Experimental Biology.
Outreach / advocacy not conducted, but will start at next meeting.
Inadequate funding for the annual meeting was an issue. This prompted a discussion among all participants and included several excellent approaches:

- 1) corporate sponsors
- 2) Faculty have higher registration fees than students.
- 3) Keynote speakers may donate their honorarium to the Chapter, as occurred in the Indiana Chapter.
- 4) Decrease costs by having the educational institution as the venue.
- 5) Have an honorary, named lectureship.
- 6) Make individual donation possible on the registration.
- 7) Smaller colleges promote such meetings and may provide venue at discounted rate.

Michigan – Dr. Gregory Fink, Dr. Jason R. Carter, Dr. Sue Barman, Erica Wehrwein (not present)
New chapter, having first meeting with 115 participants from 15 different colleges, universities.
Including a social event with the meeting (i.e. attending baseball game) promoted meeting.
Strongly recommended partnering with other Chapters when starting and getting a tutorial on meeting.

Missouri – Dr. Marco Brotto
Harald Stauss and Harold Schultz helped incorporation, etc.
Community colleges showed keen interest in K-12, etc.
Will extend membership to Industry, political policy makers.
Will seek publishers (textbooks) for funds, since this generates revenue for publishers.

Nebraska – Dr. Carol Fassbinder-Orth [not present], Dr. Harold D. Schultz, Dr. Keshore Bidasee
An exercise theme was very effective in getting involvement.
Outreach / advocacy – Graduate students did physiology demonstrations to high schools.

A speaker from the Omaha Henry Doorley Zoo showed the wide application of physiology to careers not typically considered.

Break-out sessions promoted involvement and active participation.

Expansion more into the high school level is sought for the annual meeting, but the limitation is the Friday meeting date.

The exercise theme enabled a commitment of funds from local exercise clubs.

Ohio – Dr. Paul J. Schaeffer; Dr. Dan Halm

An “oral blitz” accompanied the poster presentation in which the student presented salient features in a limited time.

Oklahoma – Dr. Jyoti Abraham, Dr. Alexander J. Rouch

A main strength of the Chapter is involvement of small colleges, not Oklahoma University and Oklahoma State University.

An “integration” theme of pure physics and biology was promoted more.

Integrating clinical and basic science in medical curriculum makes these activities more important.

Undergraduate discussions with pre-med advisors and medical faculty to discuss curriculum preparation for medical school was well-received.

Pennsylvania – Dr. Donna Korzick

This newest chapter is still working on the bylaws and non-profit status documents.

Puerto Rico – Dr. Caroline B. Appleyard

Outreach / advocacy – Phun week included lots of activities; hands-on, etc.

A website for all preparation greatly facilitated the meeting.

Facebook works when used for the correct purpose.

Tennessee – Dr. Nick Ragsdale, President

Representative was not present.

Review and Update of Chapter Bylaws

Currently, there are 13 active APS Chapters, 1 dormant Chapter (Midwest Chapter). All 13 active Chapters are in good standing. The new Pennsylvania Chapter is still working on the bylaws and non-profit status documents. The DC and Missouri chapters are still seeking tax exempt status.

User’s Manual

Sturek needs to see documents before providing more commentary.

Local Community Outreach Activities

Similar to 2013, the Chapter Activity Grant program further strengthened these activities.

Example: Nebraska – A physiology resource kit provided by Chapter grant was very helpful for high school demonstrations, etc. and resulted in outreach to 1200 persons.

Chapter Activity Grant Program

Four applications are being considered for funding in 2014 (Arizona, Washington DC, Indiana, Nebraska). See attached applications.

Interface Chapter missions with relevant activities of APS

The major interface is in education of trainees. A greater emphasis on grass roots outreach and advocacy will further promote physiological sciences and the APS.

NPS Outreach Activities

Several NPS members completed NPS outreach activities during the year at the following places:

- Andersen Middle School
- Lincoln Southeast High School
- Elliot Elementary
- UNMC High School Alliance
- Lincoln East High School
- Norris High School
- Rohwer Elementary
- NE SciFest
- NE State Science Meet
- Geneva Public Library
- Nebraska Association of Teachers of Science (NATS) Annual Meeting

NPS was awarded a second Chapter Activity Grant for \$1,986 to purchase a fourth physiology resource kit for K12 outreach activities, and travel funds to attend the Nebraska Academy of Teachers of Science (NATS) meeting in September 2014. Chapter Activity Grant submitted by Alicia Schiller.

**Nebraska Physiological Society
Statement of Condition
September 30, 2014**

Checking Account

Year to Date Balance \$4,501.41

Account with UNMC

Year to Date Balance \$4,531.67

YTD NET POSITION

\$9,033.08

Other Funds Available

12 month CD #10006129-2-001

Year to Date Balance \$4,892.19
Reinvested October 2014

Lee Zucker CD #10006129-2*

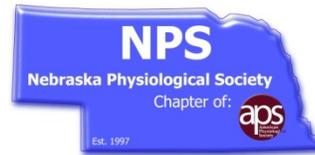
\$ 628.93
**Funds are only available for student awards
Reinvested October 2014*

Chapter Activity Grant*

\$ 1,976.00
*Funds to be used to purchase additional Vernier LabQuest unit and
To support two NPS members to participate in the Nebraska Association of Science Teachers (NATS)
meeting.*

MEETING EVALUATION

2014 Nebraska Physiological Society Meeting
Athletic Performance with David Epstein
October 11, 2014



A Survey Monkey link was sent out to 165 attendees. 61 responded and 5 opted out.

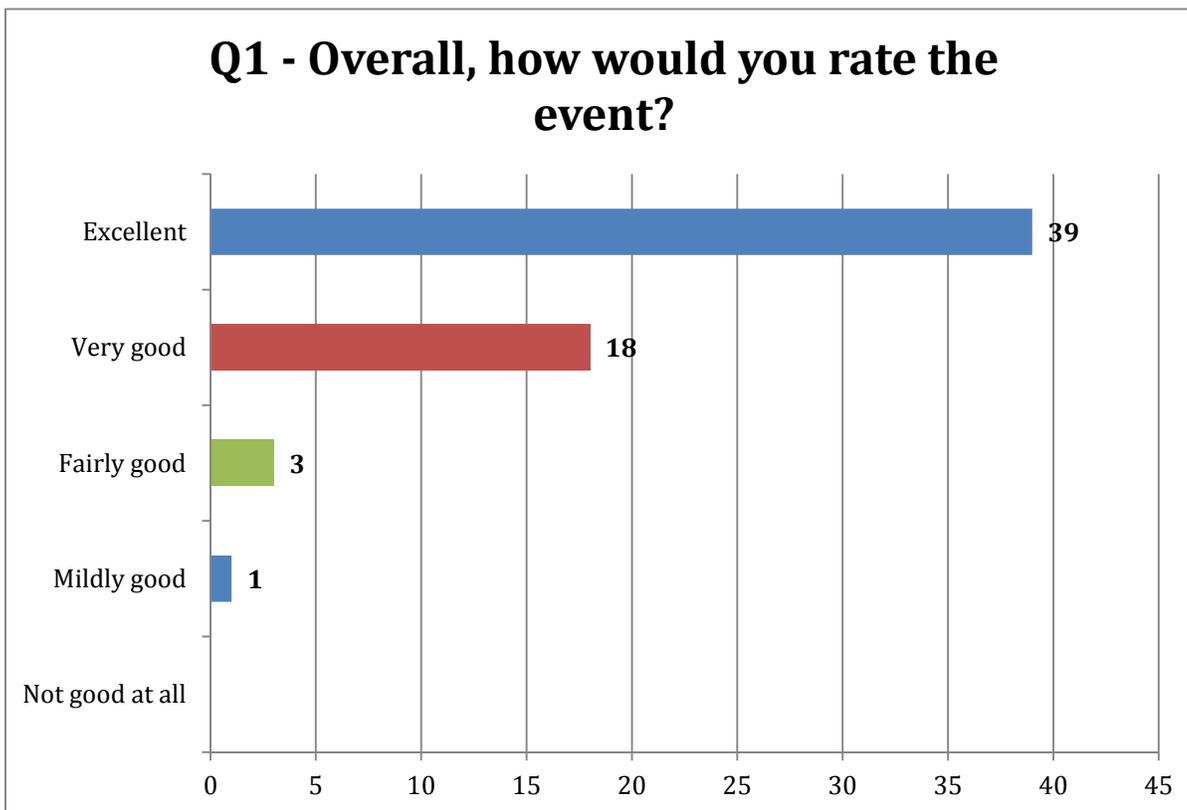
Email Text:

Tell us what you think! We'd love to get your feedback

Thanks so much for attending our event! We would love to get your feedback on what you thought. What you liked, what you thought could have been done better, or any other feedback you have to share. It will only take a few minutes - we really appreciate your participation!

Question 1 – Overall, how would you rate the event?

Answered: 61, Skipped: 0



Question 2 - What did you like about the event?

Answered: 55, Skipped: 6

- The public outreach nature of the Event. Also, David Epstein was great!
- The guest speaker and subject. The breakout sessions I attended.
- Lectures
- David Epstein's talk was very engaging and interesting
- The variety of talks available to attend.
- Organization, broad community interest/sponsors. The speaker was very effective and I heard lots of positive comments afterward.
- I liked the fact that it was only a half day, was informative and exciting, and well attended by the public
- The community outreach/education focus --- a very worthwhile endeavor for the NPS.

- Key note speaker. Saturday morning venue.
- The keynote speaker was excellent. Having a speaker of this caliber (I thought) was a great decision by the planning committee. Great break-out sessions as well. I would love to see this type of event continue in years to come (as we can afford it!)
- the talks
- David was a fantastic speaker and made me truly interested in the subject.
- Speaker was very entertaining
- Variety of topics
- outreach to exercise physiology community
- It was timely, in so far as, the book came out a little over a year ago and the event tied in well with it.
- It was well organized with an interesting speaker.
- Interesting talks
- David Epstein's presentation was amazing! I learned so much!
- I really like the breakout sessions, although I only attended some of them. The keynote speech was great, too.
- Really enjoyed how it was geared more towards sports science
- Excellent keynote speaker. The first of the two breakouts I went to (hydration) was also pretty good, although the presenter probably could have made his presentation even more lay-friendly than it was (it was still pretty clear).
- Excellent key note speaker!
- The keynote speaker
- Key note speaker was good. Venue was excellent. Organization was very good.
- David's presentation and breakout session topics
- I enjoyed the outstanding presentation by David Epstein.
- David Epstein's presentation was hands-down the best part of the whole function.
- Liked the involvement of the public unlike previous NPS meetings. It was open for the public who seem to be really interested and excited.
- Keynote was awesome
- Multiple topics, organization behavior.
- Awesome keynote
- good
- The break out session selection was very good
- Several talks that could be selected.
- Free Stuff!!!
- Excellent speech by the key note speaker
- The personal stories Mr. Epstein told!
- Comfortable seating and the refreshments were over the top!
- The presentation was fantastic. Speaker extremely skilled at communicating science. The question and answer session was valuable too.
- The main speaker and it was a half day
- The variety of speakers
- The keynote speaker.
- Keynote speaker was excellent; venue was beautiful and well-suited to this event.
- Epstein's talk was great. Liked the different approach for the day.
- David Epstein was very good. Liked the format starting with an "entertaining" keynote speaker and then a number of different breakout sessions.
- Talk was very good, interesting. I did not stay for the rest, both lack of interest and other commitments. I think this kind of "public" event was good, but not for very many future meetings, perhaps as a separate kind of meeting.
- Topic was fascinating
- The breakout sessions were information and interesting.

- Keynote speaker; idea of breakout sessions
- The David Epstein presentation.
- Very organized and informational.
- It was very interesting and applicable to a wide audience, both scientific and non-scientific.
- I think it went very well. I got good remarks from attendees.
- Very prof put together!!

Question 3 - What did you dislike about the event?

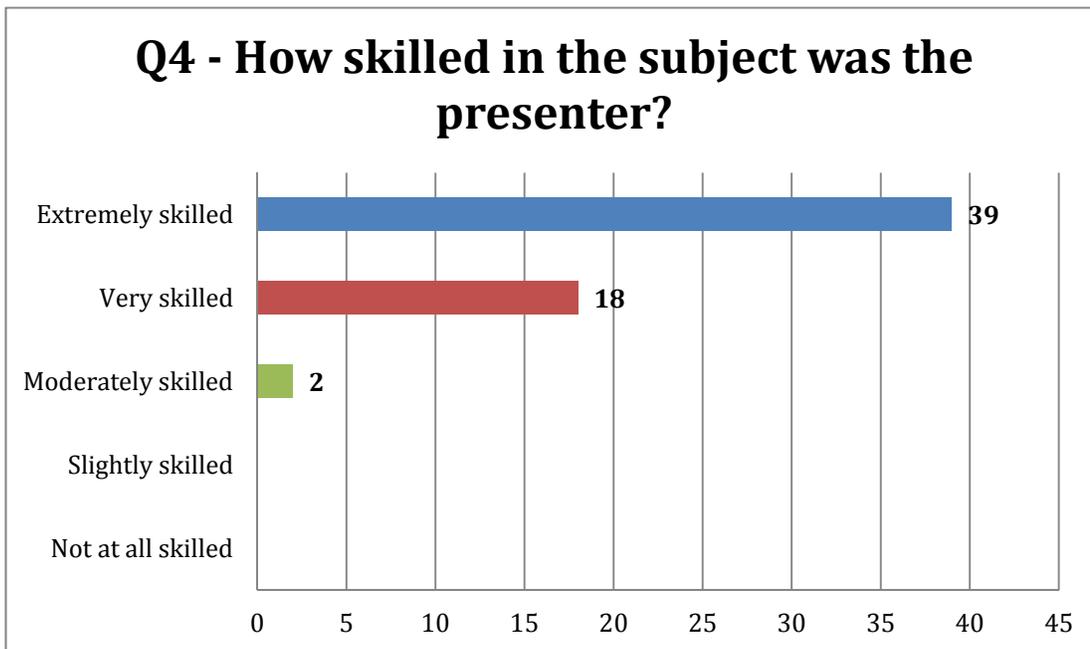
Answered: 41, Skipped: 20

- There were not enough attendants.
- none
- Breakout sessions were somewhat elementary
- How general each of the topics was; I understand it was made available to the public, but a bit more specificity would have been nice.
- Better advertising was needed... to get more people, and to advertise food and door prizes
- The Eventbrite registration was simple; however, the need to download their App to get a mobile "Ticket" was annoying and not very effective. Since we were never asked to show a ticket, that whole exercise proved to be a waste of time.
- The breakout sessions. It would be nice to just have 2-3 and repeat each of them the second hour, so a person could select which ones to attend. Also a little more time for 'visiting' between keynote speaker and breakout sessions
- NOTHING!
- The early morning start
- Break out events.. just kinda meh (only word to describe)
- Being on a Saturday
- nothing
- Nothing.
- That it was on a Saturday.
- Was rushed between events or talks. There was not time between talks if I wanted a book signed, to discuss research with others, or grab a coffee.
- None.
- The second breakout I went to, on emotional wellness, started out seeming a little unfocussed and I ended up leaving after about 10 mins.
- Dislike the distance between the 2 groups of tables....would have been nice to have all the sponsor tables in one central location.
- Not enough time for the exhibits
- A bit more time between events would have been welcomed.
- Nothing
- NA
- I enjoyed the entire event from beginning to end. I was grateful for the opportunity to attend.
- lack of healthy food available.
- I think the breakout sessions could have been better or may be have 2 breakout sessions so that you have good attendance.
- Nothing
- N/A
- Nothing
- No posters for students
- Dearth of opportunities for exchange of scientific ideas in the department (or with members of NPS from South Dakota -- were there any here?)
- it was really hard to decide which session to go to because I wanted to go to more than one each session
- nothing

- The key note speech was not directly applicable to the average guy- a talk on how to lose weight, strengthen muscles would have been better
- The Yoga breakout session didn't really teach me anything.
- No particular complaints
- nothing
- I really missed the scientist-to-scientist interaction and talks about research and real physiology.
- Perhaps there was 1 too many breakout sessions. 3 at each time zone would be great.
- I did not dislike anything in particular.
- N/A
- Prefer week day.

Question 4 - How skilled in the subject was the presenter?

Answered: 59, Skipped: 2



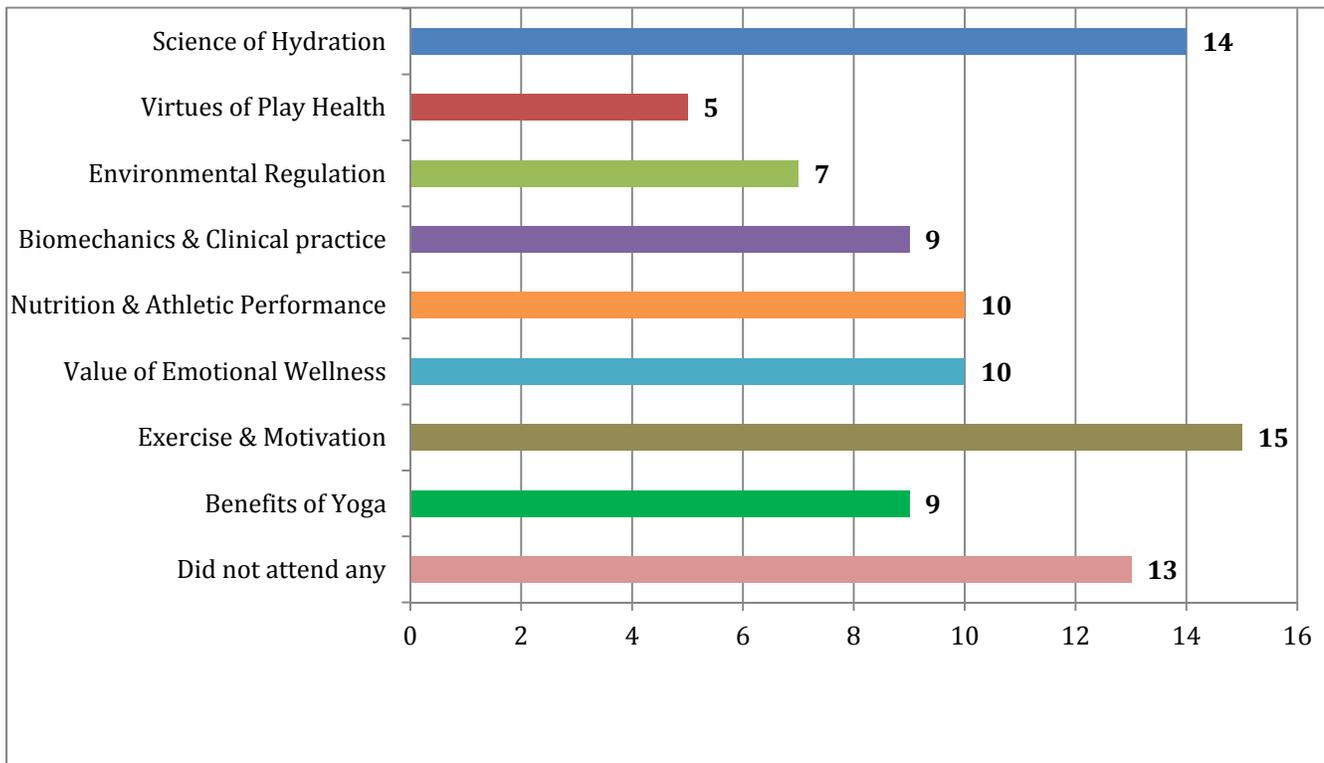
Comments:

- Great use of visuals. Helped a lot! Effective use of comparisons and covered most of what is in book!
- Thank you for providing this learning opportunity.
- David Epstein was great

Question 5 - Which breakout sessions did you attend (mark all that apply)?

Answered: 59, Skipped: 2, Attendance at breakouts: 79

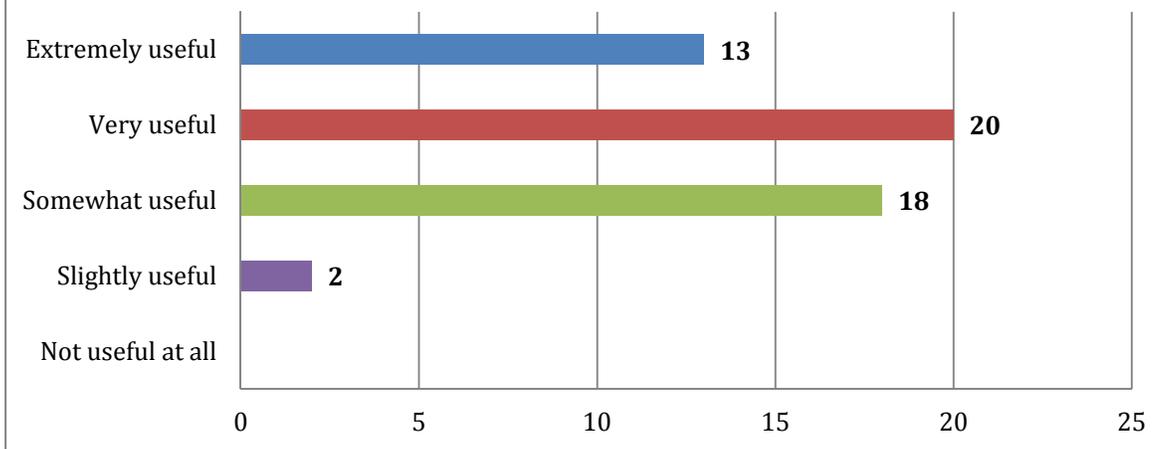
Q5 - Which breakout sessions did you attend



Question 6 - How useful was the information presented at the event?

Answered: 53, Skipped: 8

Q6 - How useful was the information presented?

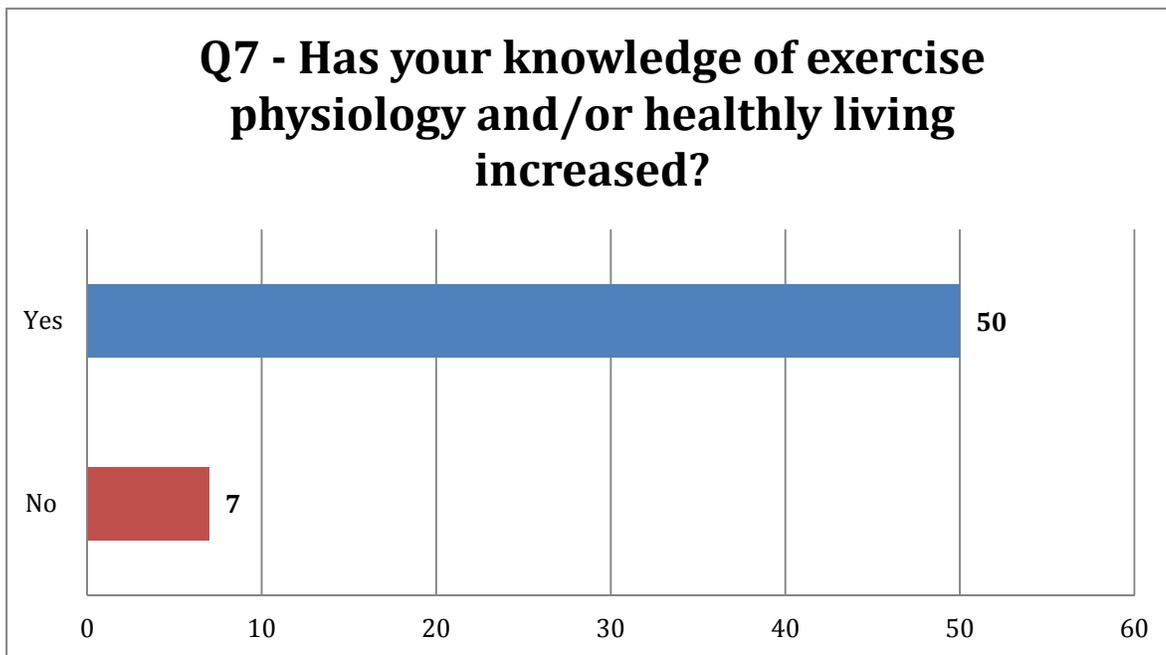


Comments:

- Much of it was presented at a general level for a wide variety of practitioners and it was not as helpful for those of us who are members of the field in which the topics were being presented

- Technical difficulties in Stanco's talk were distracting from her content.
- The first speaker, Dr. Patrick Lambert, had a very nice talk but it was not very well designed for the lay audience. Dr. Jenna Yentes did a very good job speaking to a lay audience, and giving an overview of her work.
- It seemed too much like a scientific "seminar" given that the audience was intended to include individuals without a scientific background.
- I was expecting the nutrition session would focus more on supplements taken by athletes other than the normal diet and vitamins.
- Lambert needed to present more in the way of how an individual could take the information he was providing and apply it to their athletic endeavors.
- The scientific part (not necessarily for general public) could be more significant.
- Useful for the hydration talk, not at all useful for the yoga talk.
- Not applicable - I was this breakout session presenter.
- Like the new concept for the meeting but felt that some sessions were "dumbed-down" for lay-person interaction which made the sessions less effective for the Society members. It maybe helped the general population but did not create the normal learning opportunities and discourse for the members that pay the bills.
- I mostly found it interesting but not truly "useful" in any applicable way.

Question 7 - Has your knowledge of exercise physiology and/or healthy living increased?
Answered: 57, Skipped: 4

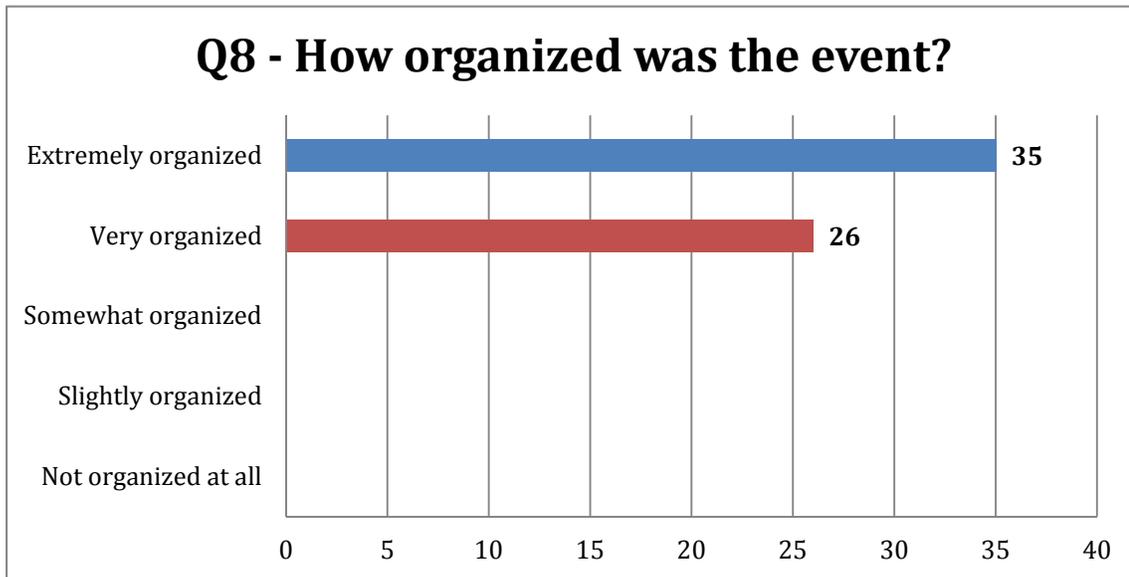


Comments:

- I learned a lot about exercise physiology.
- Not applicable
- It was really much more about the "edge" in sports and really no "physiology" at all (the main talk).
- I do this for a living.
- Was not able to attend any of the events.

Question 8 - How organized was the event?

Answered: 61, Skipped: 0



Question 9 - How did you hear about this event?

Answered: 53, Skipped: 8

- NPS email
- I'm the member of NPS
- I'm in CIP.
- UNMC
- NPS
- UNMC Today
- Department
- radio
- The week publication - just happened to see it - so glad I did!
- Through my tri-coach - Sandy Bikus
- Poster in DRC 1 Lobby
- Matt Z
- Physiology Professor, Dr. Carol Fassbinder-Orth
- An e-mail was sent to me by WELLCOM inviting me to consider being a presenter for a break-out session.
- Email from the Society.
- UNMC NPS emails (member)
- Email
- UNMC announcements
- Nps member
- UNMC today
- My boyfriend is a graduate student at UNMC and he informed me of the event.
- NPS members, UNMC Today, and News media.
- Nursing school.
- The web.
- colleague
- I am the president of NPS

- On campus emails.
- Department
- signs in Sorrell Center
- NWU flyers around campus/roommate attending
- I was involved in the early planning discussions
- I work at DRC, but the advertising could have been better.
- I am an NPS member
- NPS sources
- through UNMC
- email
- I am one of Dr. Fassbinder-Orth's students
- class
- Co-worker
- From Dr. Irv Zucker.
- work/poster
- Dr. F-O
- Posters in hallways at Creighton
- Advertisement at school
- NPS email communication.
- Professor at school
- Departmental email
- Flyers around Sorell, Physiology instructor and email/facebook notifications.
- e-mail
- Poster and email
- Through company email.
- A mutual friend of mine & David Epstein's told me about it.
- Council Member

Question 10 - Is there anything else you'd like to share about the event?

Answered: 26, Skipped: 35

- Great work everyone!
- none
- Nothing else to share.
- Great event. Must be done every 3 years
- Great outreach to the community! Wonderful venue, relaxed time to learn and socialize. Good meeting!
- it was perfect
- I truly enjoyed it and as a college student majoring in a different field, was still very intrigued, engaged, and impressed.
- Just that it was very well put together and if there is another in the future, I'd like to attend.
- Loved the breakout groups. There were topics that covered a wide variety of topics. Keep it that way.
- I liked the event in and of itself, and understand the motivation behind giving this a try. However, I think I'd rather see events of this type with an outreach focus be an extra NPS-sponsored event rather than a replacement of the annual meeting, which provides an opportunity to network with other geographically close physiologists and biologists.
- Very enjoyable and informative
- your schedule allowed to attend only two breakout sessions while you had many other interesting sessions
- I would have liked additional time between the sessions. I missed 50% of the first session due to standing in line for an autographed book. Minor inconvenience as I completely enjoyed the entire event. Thank you!
- Any announcement about the NPS being on social media would have helped in bringing it to public attention.
- NA
- The chiropractor there was awesome! Unfortunately, some of the other expo people left before everyone was done. Oh, thanks for the wonderful door prize too!!

- Fantastic event. I would like to see more of these and the speaker was outstanding.
- The food and door prices were a nice extra touch!
- Well done! I look forward to attending future events. Can you please add me to your e-mail group list?
- Great event
- Mainly that I would prefer our regular meeting format, sharing ideas and progress. But also doing more of these community outreach things also, just in separate sessions focused on different audiences. How about a focus on cell signaling and regulation for a future year's meeting? And bring in pharmacologists to hob-nob with physiologists! Expand the audience and the interactions.
- Was stimulating intellectually
- great event
- If there is a next time, we probably should mention food will be served.
- No
- do it again! recording of Epstein :)

DOOR PRIZE WINNERS!



Chair Massage [Kaye Talbitzer \(ktalbitz@unmc.edu\)](mailto:ktalbitz@unmc.edu)



Soccer Ball 1 [Pearl Sorensen \(psorensen@unmc.edu\)](mailto:psorensen@unmc.edu)
Soccer Ball 2 [Kim Kavan \(kimberly.kavan@unmc.edu\)](mailto:kimberly.kavan@unmc.edu)



Gym Membership Gift Pack [Melissa Clouse \(melissaclouse@creighton.edu\)](mailto:melissaclouse@creighton.edu)



30 minute Massage 1 [Lisa Sund \(lisajaneruns@gmail.com\)](mailto:lisajaneruns@gmail.com)
30 minute Massage 2 [Adam Goodrick \(adamgoodrick@creighton.edu\)](mailto:adamgoodrick@creighton.edu)
30 minute Massage 3 [Michael Rezich \(michaelrezich@creighton.edu\)](mailto:michaelrezich@creighton.edu)
30 minute Massage 4 [Bryan Becker \(bryan.becker@unmc.edu\)](mailto:bryan.becker@unmc.edu)



Gym Membership [Mina Hanna \(mina.hanna@unmc.edu\)](mailto:mina.hanna@unmc.edu)



Dr. Irving Zucker



Fit Bit Zip 1 [Deb Davis \(debra.davis@unmc.edu\)](mailto:debra.davis@unmc.edu)
Fit Bit Zip 2 [Daniel Buss \(dabuss01@wsc.edu\)](mailto:dabuss01@wsc.edu)
Fit Bit Zip 3 [Toby Warden \(Toby.Warden@unmc.edu\)](mailto:Toby.Warden@unmc.edu)
Fit Bit Zip 4 [Joseph Tanaka \(jxt11420@creighton.edu\)](mailto:jxt11420@creighton.edu)



Sunset Tour for 2 [Sheila Quinn \(shiela.quinn@interpublic.com\)](mailto:shiela.quinn@interpublic.com)



Gift Certificate 1 [Alexandria Munger \(Alexandria.C.Munger@gmail.com\)](mailto:Alexandria.C.Munger@gmail.com)
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Gift Certificate 5 [Jocelyn Jones \(jocelynjones@unmc.edu\)](mailto:jocelynjones@unmc.edu)



Gym Membership [Laura Bilek \(lbilek@unmc.edu\)](mailto:lbilek@unmc.edu)
Gym Membership [Ibrahim Ibrahim \(ibrahim.ibrahim@unmc.edu\)](mailto:ibrahim.ibrahim@unmc.edu)
Gym Membership [Erin McElroy \(emcelroy@stretch-n-grow.com\)](mailto:emcelroy@stretch-n-grow.com)



Gift Card [Dylan Goto \(dylangoto@creighton.edu\)](mailto:dylangoto@creighton.edu)



UNMC Sweatshirt [Lindsay Bartels \(lbartels@qcincincentives.com\)](mailto:lbartels@qcincincentives.com)
UNMC Vest [Erika Boesen \(erika.boesen@unmc.edu\)](mailto:erika.boesen@unmc.edu)
UNMC Tote Bag [Thu Tran \(tran.thu.d@gmail.com\)](mailto:tran.thu.d@gmail.com)



Nebraska T-shirt 3 [Alice Baker \(albaker@nebraskamed.com\)](mailto:albaker@nebraskamed.com)



Gift Card [Alair Vega \(alvegs@yahoo.com\)](mailto:alvegs@yahoo.com)



Gift Card to Whole Foods [Pearl Sorensen \(psorensen@unmc.edu\)](mailto:psorensen@unmc.edu)
Hot/Cold Therapy Wrap 1 [Gabriel Taylor \(gtaylor1395@gmail.com\)](mailto:gtaylor1395@gmail.com)
Hot/Cold Therapy Wrap 2 [Johnnie Hackley \(jhackley@unmc.edu\)](mailto:jhackley@unmc.edu)
Health Nut Bouquet [Eileen Marks \(eileen.marks@unmc.edu\)](mailto:eileen.marks@unmc.edu)



Gym Membership [Alicia Schiller \(adiener@unmc.edu\)](mailto:adiener@unmc.edu)



Nebraska T-shirt 1 [Michael Walek \(mjw55879@creighton.edu\)](mailto:mjw55879@creighton.edu)
Nebraska T-shirt 2 [Katherine Burgoyne \(KAB75368@creighton.edu\)](mailto:KAB75368@creighton.edu)
Nebraska T-shirt 3 [Harold Schultz \(hschultz@unmc.edu\)](mailto:hschultz@unmc.edu)

Athletic Performance The Human Factor What you need to know!



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