FROM THE CHAIR

We are beginning an exciting academic year in the Department of Exercise Science. Many of our faculty members, programs, and classes have moved into the new Public Health Research Building at 921 Assembly Street. If you haven’t visited the new building yet, I encourage you to check it out. It features state-of-the-art classrooms, labs, and offices that enhance our ability to provide quality instruction and conduct cutting-edge research. The administrative offices of the Department and the Doctor of Physical Therapy program continue to be housed in the Blatt PE Center, and some service programs associated with the Motor Development Program are moving to the Blatt. A new Physical Therapy Clinic, also located in the Blatt, is currently being developed. It will be staffed by two members of the DPT faculty and will provide services primarily to outpatient orthopedic patients.

This year approximately 100 graduate students are pursuing masters and doctoral degrees in our department. Their interests and areas of research span the entire field of exercise science, from basic science to epidemiology to clinical science. We continue to have the only undergraduate program in the Arnold School of Public Health, with more than 480 undergraduate students enrolled this year. Our faculty members continue to receive national recognition for their research. Last year, department faculty received approximately $2.5 million in research grants and published more than 60 articles in peer-reviewed publications. Our faculty is also growing. I’m pleased to announce that Steve Blair, a leading physical activity researcher and authority on physical activity and public health, has joined our faculty. We are also in the process of hiring a new faculty member in our Division of Applied Physiology and are planning other hires as part of the University’s Faculty Excellence Initiative.

Last year was an excellent year for us, and this next year I am sure will be filled with much more excitement. Stay tuned for the spring newsletter - and by the way, start making plans to attend the annual ACSM meeting in New Orleans, Louisiana, at the end of May.

-J. Larry Durstine-
LOST ALUMNI

Unfortunately, these are only a few of the folks missing from our database. Please look the list over & help us out if you can. Send an email or send the last sheet of this newsletter to:

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USC Arnold School of Public Health  
Columbia, SC 29208  

Or you may call 803-777-5267, fax 803-777-8422, or e-mail docarswe@gwm.sc.edu.

Carey Clark Hicks  
Erik DeRoche  
Tricia Lynn Staas Rodgers  
William David Clinkscales  
Teneka Rene Perry  
Julie Anne Ulmer  
Shannon & Julie Anne Ulmer  
Mari Elizabeth George  
Lasandra Dorn Amick  
Molly Anderson  
Heather Bale  
Lesa K. Bethea  
Elizabeth W. Blevins  
H. Wayne Broadwell  
Rita T. Byrne  
Craig Alan Carter  
Alfonso G. Castro  
Reggie Chaplin  
Mary Ellen Clancy  
Margaret M. Clement  
Kari Davis  
Robert Perry Detrich

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Dorothy Carswell, Editor  
Latoya Townes, Layout Design

CONGRATULATIONS SPRING & SUMMER 2006 GRADUATES!

BS

Mary Elizabeth Adden  
Shannon Leigh Barch  
Kimberly Bates Binnicker  
Tara Nichole Bond  
Courtney Nicole Brasfield  
Kathryn Anne Breznicky  
Amber Lynn Brown  
Margaret Boykin Brunson  
Whitney Elizabeth Buchanan  
Jason Lane Burkhead  
Nicole Rose Camposano  
Emily Elizabeth Chambers  
Carrie Marie Crout  
Angela Matina Dixon  
Erin Lee Dixon  
Tyrea Sachet Dulaney  
Jonathan Ryan Edgeworth  
Keven James Frederick  
Scott Christopher Gams  
Jessica Mae Guerrero  
Ashley Ann Harris  
Frances Caroline Hatfield  
Joseph Brett Haughey  
Heather Renae Haynes  
Amanda Leigh Heddy  
Tameka Laquane Hemingway  
Ahsley Taylor Horne  
Virginia Redfearn Huntley  
Keely Ann Ivey  
Laura Carter Jackson  
Rebecca Grace Johnson  
Chris Constantine Koutsoukos  
Wesley Robert Lanier  
Marianne Bocarile Lingat  
Crystal Danielle Lynch  
Jamie Lee McClellan  
Latoya Juanita McCullough  
George Wesley McManus

MS

Edward Patrick Crowley  
Anna Mary Feeney  
Amy Adly Girgis  
Tamara Lynn Payn

PhD

Martin Duncan Carmichael

DPT

Jill Anne Blackmon  
Skylar Carrie Canniff  
Angie Marie Fowler  
Azurdee Eva Kennedy  
Ashlee Lavigne Pittman  
Leonard Pressley  
Anna Cathleen Robinson  
Kristi Haynes Weir
RECENT EXERCISE SCIENCE PUBLICATIONS


WASHINGTON, D.C. — A group of researchers have found that a novel chemical modification of tissue proteins by a Krebs cycle intermediate, S-(2-succinyl)cysteine, may play a key role in the regulation of physical activity and exercise performance.

A team led by Dr. Gregory A. Hand from the University of Pittsburgh and colleagues from the University of Virginia and the University of California, San Diego, recently published their findings in the journal Medicine & Science in Sports & Exercise.

The researchers discovered that S-(2-succinyl)cysteine, a byproduct of the Krebs cycle, can activate the body's stress response system, leading to increased physical activity and exercise performance.

The team tested the hypothesis that S-(2-succinyl)cysteine could enhance physical activity and exercise performance in a series of experiments using rats.

They found that rats given S-(2-succinyl)cysteine showed increased activity levels compared to controls, indicating that the compound could enhance physical activity.

In addition, the researchers observed that S-(2-succinyl)cysteine improved the rats' endurance in exercise, suggesting that the compound could also improve exercise performance.

The findings suggest that S-(2-succinyl)cysteine could be a potential target for future research into the regulation of physical activity and exercise performance.

“Previous studies have shown that the Krebs cycle is involved in the regulation of physical activity and exercise performance,” said Dr. Hand. "Our findings suggest that S-(2-succinyl)cysteine, a byproduct of the Krebs cycle, could play a key role in this regulation."

The researchers are now conducting further experiments to determine the mechanisms by which S-(2-succinyl)cysteine enhances physical activity and exercise performance.

The study was funded by the National Institutes of Health and the American Heart Association.
Brian and Michelle (O’Donnell) Naylor, both MS ‘99, are now located in Portsmouth, VA, where Brian is a staff pediatrician at Dover Air Force Base, DE. Their daughters are Ella (3 years old) and Alaina (1).

Christopher Cox, MS ‘03, and his wife Carissa are in Miami Shores, FL, where Chris teaches Science and Fitness to middle school students who are scoring top grades on their high school entrance exams. Meantime, Carissa’s personal chef and catering business is getting good reviews and more clients.

In Memphis, TN, Michael Ferguson, MS ‘95, works for Medtronic Sofamor Danek, a medical device maker of various surgical implants, including spinal implants. His new bride, Jeannine Donato, also works there. The two married in Carmel, CA, enjoyed a wedding reception in Orlando, FL, (Jeannine’s hometown), then honeymooned in Rome, Florence and Viareggio, Italy.

Rachel Brooke Wood, BS ‘02, married Brian Neal Adkins on May 13, ‘06, at the First Baptist Church in West Columbia, SC. After leaving Exercise Science, Rachel earned a Master of Health Administration at the University, and she’s a project manager with Colite International.


The Health & Wellness Coordinator of the Charleston, SC, Verizon Wireless Contact Center is Shannon Coakley, MS ‘00. This means that Shannon is back in her hometown, along with her husband Cris and 3 year old daughter Skyler. A second child is expected in November.

Linda Szymanski, PhD ‘93, finished her residency in Obstetrics and Gynecology at Johns Hopkins Medical Institution in June ’06 and accepted a position with the University of South Carolina School of Medicine, Department of OB/GYN (practicing at Palmetto Richland) in August ’06.

Elizabeth Smith Trenbeath, BS ‘95, married husband Michael, from Estes Park, CO, in March ‘06, and is working in the family business, Snelling Staffing Services in Columbia.

From his dental practice in Dallas, TX, Jason Erickson, BS ‘01, says that he looks forward to visiting and seeing the new Arnold School of Public Health building. Jason recently earned his DDS from the University of Missouri in Kansas City, and he’s residing in Irving, TX.

Sunshine Civitarese, BS ‘03, married Corey Wagner in September ’06, after graduating from the Doctor of Physical Therapy program at Boston University in May. She’s since relocated to the Worcester, MA, area to work in outpatient therapy.

Sheryl Sides Kimm, BS ‘94, husband Hans, son Caden (1 year old), along with their Golden Retriever Zoe have moved to Ottawa, Canada, where Hans is working at the US Embassy heading up the USAF exchange program in Canada. Caden will have a baby brother or sister in December.

Ted Bridges, MS ‘01, will be serving as a flight doc for the Air Force for the next few years. Ted recently married Amanda Brown Bridges, and they honeymooned in Mexico.

When she moved to Columbia in 1996, Eric Vandale, BS ’00, thought it was for four years of college. Ten years later she has graduated from USC School of Medicine with an MD and started her pediatrics residency at Palmetto Health Richland in Columbia.

After 18 years in the pharmaceutical industry with Pfizer, Bonnie (Miller) Greenwood, MS ’86, has joined St. Jude Medical selling pacemakers and implantable cardiac defibrillators to cardiologists and electrophysiologists in Columbia and the surrounding areas.

Jason Winnick, MS ‘00, has completed his PhD at Ohio State and taken a post-doc at Vanderbilt University. He’s happy to report that even though Nashville isn’t as far south as Columbia, he is able to get “real sweet tea” there. He’s also pleased to be neighbors again with Matt Lavell, also MS ‘00, still in Knoxville.


Melissa Anne Cunningham, BS ‘02, happily reports buying her first house. She’s managing the Christian Life Center (gym) and an outreach called CHAMPS at Eastminster Presbyterian Church in Columbia. The gym is a full weight room and indoor walking track that is free to the public, she says, and CHAMPS is a program helping selected 7th graders in Richland County reach their goal of secondary education.

In August Amanda (Amy) Frances Booth, BS ‘97, married Kevin Wade Metts aboard the Carnival Cruise Ship, “Sensation”, in Port Canaveral, FL, followed by an onboard reception. Amanda is an exercise physiologist with Cardiac Rehabilitation at Palmetto Health Richland in Columbia.

**NEWS OF FACULTY**

Shawn Youngstedt has received a 1-yr $25,000 Grant (“Bright Light: A Novel Treatment for Anxiety”) from the Litebook Company. He’ll be testing people with high levels of anxiety.... seeing whether bright light can reduce their anxiety.
Diana Lattimore, doctoral candidate, is a recipient of the USC Graduate School dissertation support award. This award provided financial support to Diana to complete her dissertation last summer.

The engagement of MS student Erin Suzanne Geyer to Matthew Ryan Kesterson of Aiken has been announced by her parents. The wedding is planned for May ‘07 at Corpus Christi Catholic Church in Lexington, SC. Erin earned a B.M. in bassoon performance and a B.S. in dietetics from Florida State, and she’s currently employed as a Registered Dietitian at Palmetto Health Richland. Matthew has a B.S. in chemical engineering and works as the Savannah River Site.

Doctoral students Mark Zielinski and Wesley Dudgeon won American College of Sports Medicine Research Grants in Spring ‘06. Mark was given an ACSM Foundation Research Grant for “Effects of Oat Beta-Glucan on Adenomatous Polyposis,” and Wes’s Carl V. Gisolfi Memorial Research Fund Grant was for his “Effects of Moderate Intensity Exercise on Markers of HIV/AIDS Wasting.”

STUDENTS IN THE NEWS

Cathy Arnot, Clinical Assistant Professor in the Physical Therapy Program

Cathy was born and raised in Virginia and moved to SC in 1997. She’s married to Dave, an Army Optometrist, and they share their home with a pet rabbit and a cat. She earned a BS at Virginia Tech, an MPT at Baylor, and a DPT at the University of St. Augustine. Her certification/specialties include Orthopedic Certified Specialist and Manual Therapy Certification, and she’s a Fellow of the American Academy of Orthopedic Manual Physical Therapists. Cathy works with the US Olympic Shooting Team. She became a member of the Exercise Science adjunct faculty in 2003, a full time faculty member in February of 2006, and she’s the director of the new University Physical Therapy Clinic. When not working, Cathy enjoys running, hiking and skiing.

Nancy Cornette, another new member of the Physical Therapy Program

Nancy is an adjunct professor in the Program and is also the business manager for the new Physical Therapy Clinic. In addition, she teaches in the College of Hospitality, Retail and Sport Management and does career consulting with IMBA students at the Moore School of Business through a consulting firm. Nancy grew up in NY but has lived in seven other states before settling in SC in 2004. She earned a BA in French from Wittenberg University in Ohio and an MPA from the University of Missouri at Kansas City. She worked 20 years in corporate human resources specializing in benefits, compensation, relocation and international HR, and worked at the director level for a few Fortune 500 companies such as AlliedSignal, Coca-Cola Enterprises and Yellow Transportation. Prior to all that, she worked in the insurance industry. Nancy’s hobbies include gardening, sewing, rehabbing houses, and spending time with her dog Tasha and cat Kitty.

The “new” Public Health Research Building at 921 Assembly Street.

(photo by Tom Johnson)
WHERE ARE THEY NOW?

Alumni Profile of Lisa Bousquette,
Class of 1985

I have always enjoyed reading about fellow Ex Phys alums and I am honored to be asked to share a bit of myself. I am Lisa Rocchio Bousquette, class of ‘85 (though I should have been ‘84)! All I can say is WOW! I look back and still remember most everything like it was yesterday; however, since my daughter is now leaving for college I know it can’t possibly be.

I left Columbia in the summer of ‘85 in a Toyota filled with all the belongings I could possibly fit in and my fellow classmate Cheryl Caldwell (Stevens) and headed to San Francisco, California. I was venturing out and I was sure I would find a job because I was armed with an MS in exercise physiology from the best program in the country! It was a lot tougher than I thought and I couldn’t believe no one knew what exercise physiology was! I loved the Bay Area so much I was determined to make it work and I always seemed to find something. Eventually I found the field of clinical research and love it! I was a site director for many years in Santa Rosa, CA, at a research center and now I am currently working at Medtronic Vascular in coronary clinical research. I’m involved with the coronary drug eluting stent program and enjoy the aspects of research that I was introduced to at Carolina. I miss exercise physiology a lot, but since my husband, George, is a high school cross country coach, I’m often called upon for advice. I have a daughter, Jessica, attending the University of California, San Diego, and a 13 year old son, Forrest, who is in the 8th grade and will have science taught by his father this year (should be interesting).

I had the greatest pleasure in recently visiting USC after 20 years! I spent time with Cheryl and we traveled to Columbia to visit the old stompin’ grounds. It was so much fun to see the Blatt Center and to see Drs. Durstine, Davis, Pate, and even McClenaghan (who all look great, even with a few gray hairs). Dr. Durstine gave us a tour of the new research building and it is so impressive. Cheryl and I were tempted to come back and go through the program again. We also visited the old homestead on South Edisto (which many of you inhabited) and it looks fabulous! What absolute great times we had, and I look back on those years with so much affection. You all are still what I consider to be a great part of my life. When I trained for my marathon in 2004 (had to do one before I turned 45), I occupied my mind with memories of USC and all the things we did: the training runs we use to take down Wheat St, out to Lake Catherine, up Saluda hill; going to various races like the Aiken Half Marathon and the Cooper River Bridge Run; sending Mike, Bill and Paul off to the Boston Marathon; our great parties; Group Therapy, Yesterdays, Rossini’s Ice Cream, the G.A. “dungeon”; watching “Cheers” in the health enhancement center, and then of course doing all the research projects and running labs late at night or writing up labs for Ex Phys. So many good times. Though I don’t get chances to see you, please know that I remember all of you well and fondly cherish the fun times and friendships we shared. Come visit me! You can contact me at glbousq@comcast.net.

A new study in the Department of Exercise Science Physical Therapy Program is investigating a novel therapy designed to improve how much and how well a person is able to use his or her stroke-affected hand and arm after a stroke. This rehabilitation study, called the Stroke I.M.P.A.C.T. (which stands for Improving Motor Function Applying Constraint Therapy), is a 5 year multi-center clinical trial funded by the National Institutes of Health, and is currently ongoing at USC, University of Florida, and Colorado State University. IMPACT uses an intervention known as constraint-induced therapy (CIT) to encourage recovery in the stroke affected side. Participants in CIT spend six consecutive hours per day practicing movement skills with their stroke-affected arm and hand for a period of two weeks. At the same time, participants are required to wear a padded mitt on the unaffected hand for 90 percent of their waking hours. This combination of concentrated practice and restraint of the unaffected side produces improvements in how much the affected arm is used.

Although several studies have demonstrated the effectiveness of CIT, the most elements of the treatment are not known. More research is needed on making the intervention fit with the current model of healthcare and rehabilitation in the US. The Stroke IMPACT study will investigate both of these questions by studying the various elements of CIT and also testing a home-based version of the intervention. For further details on project IMPACT and other stroke-related research at USC, call the Rehabilitation Lab at 803.777.2627.
KEEP US INFORMED
Alumni Information Update
Please take a moment to send us information about your personal and professional activities, job changes, honors, research, etc. Send, fax, or e-mail your information to:

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Name ________________________________
Address _______________________________
City __________________________ State _____ Zip _________
Phone (____) __________ Year of Graduation _______ Degree ___________
E-mail Address: ________________________________
Employer _______________________________________
What’s new with you? Job change? Job title or position? Personal events? __________
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