

Fall 2006

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## 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. Byde  
Craig Alan Carter  
Alfonso G. Castro  
Reggie Choplin  
Mary Ellen Clancy  
Margaret M. Clement  
Kari Davis  
Robert Perry Detrich

### THE ACTIVIST

Fall 2006

The Activist is published biannually by the  
Department of Exercise Science,  
Norman J. Arnold School of Public Health,  
University of South Carolina,  
Columbia, SC 29208

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 Feeny  
Amy Adly Girgis  
Tamara Lynn Payn

### PhD

Martin Duncan Carmichael

Cristiaan Cole Mestler  
Rebecca Addison Montague  
Valerie Jean Musick  
Nicole Naomi Nakagawa  
Bich Ngoc Thi Nguyen  
Sarah Paige North  
Erica Anne Oberg  
Jennifer Rae Parton  
Heather Nicole Pearson  
Porscha Angelic Pollock  
Jacob Andrew Poole  
Carrie Amelia Prescott  
Jenna Lea Rogers  
Jennifer Lynn Rogers  
Caroline Jean Ruppert  
Christal Lynette Scarborough  
Joshua Adam Sleister  
Allison Wise Shaw  
Ryan Arthur St. John  
Jenelle Davis St. Vincent  
Vatsal Suthar  
Jennifer Madonna Sutton  
Amanda Zade Taylor  
Lawrinda Michelle Thomas  
Amanda Leigh Thurber  
Jonathan Davis Todd  
Timothy Johnson Varghese  
Katharine Jane White  
Michael Thomas Whitehouse  
Sarah Kim Whitman  
Sophia Jane Ankie Wijthoff  
Drew Gregory Williams  
Sarah Caroline Williams  
Abby Kate Williamson  
Katherine Rebecca Wright  
William Carl Wyatt  
Corie Dion Young

### 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

- Rod K. Dishman, Derek P. Hales, Karin A. Pfeiffer, Gwen Felton, Ruth Saunders, Dianne S. Ward, Marsha Dowda and Russell R. Pate. "Physical Self-Concept and Self-Esteem Mediate Cross-Sectional Symptoms Among Adolescent Girls," *Health Psychology*, Vol. 25, No. 3, 396-407, 2006.
- Y.P. Chiu, Stacy L. Fritz, K.K. Light, and C.A. Velozo, "Use of item response analysis to investigate measurement properties and clinical validity of data for the Dynamic Gait Index," *Physical Therapy*, 86:778-787, 2006.
- Martin D. Carmichael, J. Mark Davis, E. Angela Murphy, A.S. Brown, James A. Carson, and A. Ghaffar, "Recovery of running performance following eccentrically biased downhill running: Relationship to Brain IL-1," *Brain Behavior Immunity*, 19:445-452, 2005.
- James Buggy and J. Mark Davis, "Motivating physical activity in animal models," *International Journal of Exercise Psychology* 3 (3): 302-321, 2005.
- D.C. Nieman, J. Mark Davis, D.A. Henson, S.J. Gross, C.L. Dumke, A.C. Utter, D.M. Vinci, James A. Carson, A. Brown, S.R. McNulty, L.S. McAnulty, and N.T. Triplett, "Muscle cytokine mRNA changes after 2.5 h of cycling: influence of carbohydrate," *Medicine and Science in Sports & Exercise*, 37(8): 1283-1290, 2005.
- Kristen A. Mehl, J. Mark Davis, R.G. Berger, and James A. Carson, "Myofiber degeneration/regeneration is induced in the cachectic ApcMin/+ mouse," *Journal of Applied Physiology*, 99:2379-2387, 2005.
- A.S. Brown, J. Mark Davis, E. Angela Murphy, Martin D. Carmichael, James A. Carson, A. Ghaffar, and E.P. Mayer, "Gender Differences in macrophage antiviral function following exercise stress," *Medicine and Science in Sports & Exercise*, 38(5):859-863, 2006.
- Joseph M. McClung, J. Mark Davis, M.E. Wilson, E.C. Goldsmith, and James A. Carson, "Estrogen status and skeletal muscle recovery from disuse atrophy," *Journal of Applied Physiology*, 100(6): 2012-23, 2006.
- Katrina D. DuBose, Cheryl L. Addy, Barbara E. Ainsworth, Gregory A. Hand, and J. Larry Durstine, "The relationship between leisure-time physical activity & the metabolic syndrome: An examination of NHANES III 1988-1994," *Journal of Physical Activity and Health*, 2(4): 470-487, 2005.
- D.C. Nieman, D.A. Henson, C.L. Dumke, D. Oley, S.R. McAnulty, J. Mark Davis, E. Angela Murphy, A.C. Utter, R.H. Lind, L.S. McAnulty, and J.D. Morrow, "Ibuprofen use, endotoxemia, inflammation, and plasma cytokines during Ultramarathon competition," *Brain Behavior and Immunity*, March 20, 2006.
- Dianne S. Ward, Marsha Dowda, Stewart G. Trost, G.M. Felton, Rodney K. Dishman, and Russell R. Pate, "Physical Activity Correlates in Adolescent Girls Who Differ by Weight Status," *Obesity*, 14(1), 97-105, 2006.
- D.P. Hales, Rodney K. Dishman, R.W. Motl, Cheryl Addy, Karin A. Pfeiffer and Russell R. Pate, "Factorial Validity and Invariance of the Center for Epidemiologic Studies Depression (CES-D) Scale in a Sample of Black and White Adolescent Girls," *Ethnicity & Disease*. 16, 1-8, 2006.
- John R. Sirard, William F. Riner, Kerry L. McIver, and Russell R. Pate, "Physical Activity and Active Commuting to Elementary School," *Medicine & Science in Sports & Exercise*, 37(12), 2062-9, 2005.
- Stewart G. Trost, Kerry L. McIver, and Russell R. Pate, "Conducting Accelerometer-based Activity Assessments in Field-based Research," *Medicine & Science in Sports & Exercise*, 37(11 Suppl), S531-43, 2005.
- R.W. Motl, Rodney K. Dishman, Dianne S. Ward, Ruth P. Saunders, Marsha Dowda, G. Felton, and Russell R. Pate, "Perceived Physical Environment and Physical Activity Across One Year Among Adolescent Girls: Self Efficacy as a Possible Mediator?" *Journal of Adolescent Health*, 37:(5), 403-8, 2005.
- Dawn K. Wilson, A.E. Evans, J. Williams, G. Mixon, John R. Sirard, and Russell R. Pate, "A Preliminary Test of a Student-Centered Intervention on Increasing Physical Activity in Underserved Adolescents," *Annals of Behavioral Medicine*, 30(2), 119-24, 2005.
- Stacy L. Fritz, K.E. Light, S.N. Clifford, T.S. Patterson, A.L. Behrman and S.D. Davis, "Descriptive Characteristics as Potential Predictors of Outcomes Following Constraint-Induced Movement Therapy for People after Stroke," *Physical Therapy*, 86:825-832, 2006.
- K.D. Phillips, R. L. Sowell, M. Boyd, Wesley D. Dudgeon and Gregory A. Hand, "Sleep quality and health-related quality of life in HIV-infected African American women of childbearing age," *Quality of Life Research*, 14: 959-970, 2005.
- Wesley D. Dudgeon, K.D. Phillips, James A. Carson, R.B. Brewer, J. Larry Durstine and Gregory A. Hand, "Counteracting muscle wasting in HIV-infected individuals," *HIV Medicine*, 7:299-310, 2006.
- Paul F. Beattie and R.M. Nelson, "Clinical Prediction Rules: What are they and what do they tell us?" *Australian Journal of Physiotherapy*, 52:157-163, 2006.
- M.A. Grandner, D.F. Kripke, I.Y. Yoon and Shawn D. Youngstedt, "Criterion validity of the Pittsburgh Sleep Quality Index: investigation in a non-clinical sample," *Sleep and Biological Rhythms*, 4:129-138, 2006.
- Shawn D. Youngstedt and Christopher E. Kline, "Epidemiology of exercise and sleep," *Sleep and Biological Rhythms*, 4:215-221, 2006.
- Steven P. Hooker and Lisa A. Cirill, "Evaluation of Community Coalitions Ability to Create Safe and Effective Exercise Classes for Older Adults," *Evaluation and Program Planning*, 29(3): 242-250, August 2006.
- N.L. Alderson, W. Yuping, M. Blatnik, N. Frizzell, M.D. Walla, T.J. Lyons, N. Alt, James A. Carson, R. Nagai, S.R. Thorpe, and J.W. Baynes, "S-(2-succinyl)cysteine: a novel chemical modification of tissue proteins by a Krebs cycle intermediate," *Archives of Biochemistry & Biophysics*, 450(1):1-8, 2006.

## NEWS OF ALUMNI

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.

Sadie McElhone, BS '99, married Steve Perry, BS '99, in August of 2003, and they welcomed son Sam Walker Perry, in April 2006. The Perry's live in Irmo, SC, and Sadie is employed by TAP Pharmaceuticals.

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.

In September, Deanna Kriedel, MS '99, married William Henry Bath, Jr (Duke '96 and MBA Michigan '00) in Charleston. They honeymooned in St. Kitts.

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.

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## 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.



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

(photo by Tom Johnson)

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## SAY HELLO TO.....

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.

## AND TO.....

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.

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## STUDENTS IN THE NEWS

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.”

## 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](mailto: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 their stroke-affected arm and hand for a period of two weeks. At the same time, are required to wear a padded mitt on the unaffected hand for 90 percent of their hours. This combination of concentrated practice and restraint of the unaffected improvements in how much the affected arm is used.



skills with  
participants  
waking  
side produces

effective  
the CIT

Although several studies have demonstrated the effectiveness of CIT, the most elements of the treatment are not known. More research is needed on making 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.





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