

Fall 2007

INSIDE THIS ISSUE

[Spring & Summer Graduates](#)

[Recent Publications](#)

[Alumni News](#)

[Say Hello To...](#)

[This Is Why](#)

[Faculty, Staff and Student News](#)



Department of Exercise Science
Arnold School of Public Health
University of South Carolina
Columbia, SC 29208

FROM THE CHAIR



It is always exciting for me to begin a new semester. As I meet and talk with our students I am encouraged by their energy and enthusiasm. Many of them are already conducting important research on exercise performance, obesity, cancer and other health problems of the 21st century. Others are working with people who need help becoming more physically active, in order to lead healthier, happier lives. I am confident that many of our students of today will become leading exercise science researchers and practitioners of tomorrow.

One of the reasons for my confidence is that I have talked in recent months with several outstanding graduates of our program and have followed the career progress of others. These alumni truly are some of our nation's and the world's top exercise scientists. Dr. Melinda Irwin of the Yale School of Public Health is researching the effects of exercise on breast cancer biomarkers among cancer survivors and women at high risk. Dr. William Webster is Director of Clinical Cardiology Research for the Greenville Hospital System. He started the first cardiac rehabilitation program in South Carolina and developed guidelines for comprehensive cardiac rehabilitation programming in the state. Dr. Cris Slentz of Duke University Medical Center is studying the effects of exercise on visceral fat, which is associated with insulin resistance and other components of the metabolic syndrome. And on the other side of the world, Drs. Vicky Dover Lambert and Mike Lambert are studying obesity in South African children at the University of Cape Town. These are just a few examples of outstanding EXSC alumni who are leading our field in science and practice.

One of my goals is to ensure that the Department of Exercise Science continues to attract the nation's top faculty members, post-doctoral fellows, and students. In order to continue our tradition of training outstanding exercise scientists, and to maintain our position as the nation's top-rated doctoral program in exercise science, we must continue to invest in research, training, and technology for our post-docs and students. These investments will allow us to attract the best and the brightest to our program.

Over the next two years we will be establishing Alumni Fellowships for the Department of Exercise Science. These fellowships will be funded through the generosity of alumni from our department and will support the recruitment of top students who will be conducting cutting-edge research in our field. Won't you consider making a gift to support us with these fellowships? A remittance form is part of the last page of this newsletter. Thank you for your support! I appreciate your continued interest and confidence in our department and in the important work that our faculty and students are doing.

- Larry Durstine-

Notice: The first weekend in October Dr. Durstine attended Homecoming at Malone College in Canton, Ohio, where he earned his BS in 1973, and during the celebration there he was named Malone's ALUMNUS OF THE YEAR!

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

Tyrea S. Dulaney
Jonathan Donley
Ronald Evans
Denis Fedulov
Shannon Ann Foppe
Angel M. Ford
Elin Lewis Fowler
Juanita Fuller
Floyd Galiano
Scott Christopher Gams
Margaret Garret
Kimberly Dawn Gavin
Neva A. Gerke
Clayton Adam Gibbons
Alvin H. Ginn III
Stephanie N. Goodwin
Robert N. Goodwin
Robert Grassle
Kimberly Gromel
Chhaya Gupta
Chris Harnish

THE ACTIVIST

Fall 2007

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 Yarborough, Editor
Latoya Townes, Layout Design

CONGRATULATIONS SPRING & SUMMER 2006 GRADUATES!

BS

Katie Elizabeth Atkinson
John Edward Benson
Rachel Sonya Binder
Ashley Irene Blaney
Nicole Breves
Catherine Julia Carlstedt
Catherine Pauline Carpenter
Amanda Brooke Castles
Cayle Allen Chettinger
Paula Kaye Cooper
Justin Kyle Crider
Alvin Joseph D'Angelo
Tyrene Kaneille Davis
Ashley Diane Dezurik
Bridget Marie Dolinar
Christen Marie Donohoe
Caroline Ruth Durant
Amanda Elizabeth Eastham
Erin Yvonne Effner
Lauren Nicole Ekman
Anthony Scott Faulkner
Hyman Louis Fowler, Jr.
Amy Michelle Godwin
Timothy Lemuel Grant
Jacqline Chantel Gray
Tamara Brooke Hardee
Candise Latoya Harris
Elizabeth Ann Hershey
Kim Thein Nguyen Ho
Michael Patrick Hurley
Amber Nicole Johnson
Austin Kelly Julian
Tori Maryse Juram
Casey Michelle Kennedy
Melissa Jane Kimbrell
Dwayne Ansel King
Lauren Nicole Kohn
Jordan Andersen Lander
Lindsey Anne Lawson
Mary Ellen Lohman

MS

Brandy Marie Duncan
Susan Brooke Fulkerson
Kimberly Sheely Junis
Tristan Wesley Neville

PhD

Kristen Ann Baltgalvis
Raymond W. Thompson

Randall Lee Lowder
Ashley Lauren Mabus
Jennifer Lynne Marbach
Jason Westbrook McAlhaney
Patricia Anne McMenamin
Ashley Elizabeth Meyer
Kathryn Maureen Morris
Sidney Elmo Mullins
Keva Patrice Murph
Shannon Marie Murphy
James Christopher Myers
Jennie Whilden Odom
Mary Michaela Owens
Ralph Tyler Pace
Tomeka Park
Rina Manhar Patel
Shefali Atul Patel
Kimberly Michelle Phillips
Lashaundra Ieashia Potter
Amber Lynn Richards
Ryan Phillip Richardson
Katherine Nicole Sauer
Jennifer Marie Shiflet
Jerome Charles Sightler
Lauren Katrice Simms
Andrew Clifton Sires
Amanda Elizabeth Sligh
Farra Olivia Southern
Kelly Marie Spoon
Kimberly Renee Stutts
Dorothy Alicia Taylor
Latoria Lynn Thompson
Denise My Tran
Brittany Marie Vallie
Jena Marlow Weaver
Thaddeus Lee Werts
Jessica Leigh Williams
Mark Ryan Wilson
Jennifer Kay Young

DPT

Lydia Akins
Josh Canfield
Melissa Dureska
Caroline Evans
Whitney Lawton
Angela Merlo-Rains
Matthew Palmer
Erin Rivers
Janea Sweet
Stephanie Yurich

RECENT EXERCISE SCIENCE PUBLICATIONS

- Motl RW, Dishman RK, Saunders RP, Dowda Marsha, and Pate Russell R, "Perceptions of physical and social environment variables and self-efficacy as correlates of self-reported physical activity among adolescent girls," *J Pediatr Psychol*, 2007 Jan-Feb; 32(1):6-12. (Epub 2006 May 17.)
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- Carmichael Martin D., Davis J. Mark, Murphy E. Angela, Carson James A., Mayer EP, and Ghaffar A, "Role of brain IL-1 β on fatigue following exercise-induced muscle damage," *Am J Physiol Regul Integr Comp Physiol*, 2006; 291(5): R1344-8.
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- Davis J. Mark, Murphy E. Angela, Carmichael Martin D., Zielinski Mark, Groschwitz C, Brown Adrienne S, Mayer EP, and Ghaffar A, "Curcumin effects on performance and inflammation following muscle-damaging downhill running," *Am J Physiol Regul Integr Comp Physiol*, 2007; 292(6):R2168-73.
- Nieman D, Henson D, Gojanovich G, Davis J. Mark, Dumke C, Utter A, Murphy E. Angela, Pearce S, McAnulty S, and McAnulty L, "Immune Changes: 2 h of Continuous vs. Intermittent Cycling," *Int J Sports Med.*, 2007; 28(7): 625-30.
- Kripke D.F., JA Elliott JA, Youngstedt Shawn D., and Rex, KM, "Circadian phase response curves to light in older and young women and men," *Journal of Circadian Rhythms*, 4, 4, 2007.
- Beattie Paul F., Nelson RM, and Lis A, "Spanish-Language Version of the Medrisk Instrument for Measuring Patient Satisfaction with Physical Therapy Care (MRPS): Preliminary Validation," *Physical Therapy*, 87:793-800.
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- Fritz Stacy L, Pittman A.L., Robinson A.C., Canniff S.C., and Rivers E., "An Intense Mobility Intervention for Improving Gait, Balance, and Mobility for Individuals with Chronic Stroke," *Journal of Neurologic Physical Therapy*, 2007; 31.
- Sui X., LaMonte MJ, and Blair Steven N., "Cardiorespiratory Fitness as a Predictor of Nonfatal Cardiovascular Events in Asymptomatic Women and Men," *American Journal of Epidemiology*," Vol. 165, No. 12, 1413-1423.

NEWS OF ALUMNI

Garrick Messer (BS '02) married Jill Maureen Uebler Gaspi of Goose Creek, SC, on June 23, '07, at Memorial Chapel on Fort Jackson, with a reception following at the NCO Club. Garrick is now a fourth year medical student at USC and a second lieutenant in the SC Army National Guard, and Jill is a family nurse practitioner at Doctors Care Northeast.

On December 1, '07, Stephanie Charlotte Cox, (BS '02) a 2006 graduate of The Medical University of South Carolina, will marry Mitchell Justin Peterson of Lakewood, NY. Stephanie is a physician assistant at Carolina Neuro Specialists, and Mitchell, a graduate of St. Lawrence University, is employed by Guardian fiberglass in Winnsboro, SC.

Sheryl Sides Kimm (BS '94) writes that she and her family (husband Hans and children Erica and Caden) survived their first Canadian winter well.

Kristen Baltgalvis (PhD '07) is having to get used to cold temperatures at her post-doc job at the University of Minnesota in Minneapolis.

Robin Lollis Fritz (BS '97) has worked in cardiac, pulmonary and

oncology rehab at Anmed Health in Anderson, SC, for nine years.

Now a doctoral student in our Physical Therapy Program in the Exercise Science Department, Tristan Wesley Neville (MS '07) married Robyn Carson Parker on July 21 '07 at St. Luke's Chapel in Charleston. Robyn has a BS in early childhood education from Winthrop University, an IMA in physical education from USC, and is an elementary physical education teacher in Richland School District One.

Skylar Canniff Orton (Ph.D. '06) married Nick, who is British, in December '06 in Hawaii, and they're living in Denver, CO, where Nick does network security on computers and Skylar works at an outpatient ortho clinic in the city.

Kristin Hayward (BS '02) graduated from the Medical University of South Carolina in December '06 with an MS in Rehabilitation Sciences-Occupational Therapy. She works now at Palmetto Health Richland Rehab Care Center as a pediatric occupational therapist.

In Gainesville, FL, Laura and Joe McClung (PhD '04 & PhD '05 respectively) welcomed Matthew Tucker McClung into their family on July 31, '07. The little guy weighed in at 8 lbs. 12 oz.

SAY HELLO TO...

Mei Sui, Research Associate working with Dr. Steve Blair, came to US five years ago as a foreign student after she left her physician position in China. She had earned her M.D. degree in a beautiful city called Qingdao, completed her public health training at the University of Alabama at Birmingham in 2004, and moved to the Cooper Institute in Dallas, TX, to work on the Aerobics Center Longitudinal Study (ACLS). She is continuing to work on ACLS and other exercise clinical trial programs with Dr. Blair. Mei has a husband, Li, "no kids yet, and no pets either."

Matt Kostek, is a new Assistant Professor in the Applied Physiology Division of the Department. He earned his doctorate at the University of Maryland in Kinesiology and recently completed three years of post-doctoral training at Children's National Medical Center in Washington, D.C. His primary interests are in skeletal muscle growth and repair. He is currently completing analysis of a therapeutic drug trial in mice with muscular dystrophy, and additionally in manipulating gene expression levels in animal and cell culture models based on data that he has collected in humans. Dr. Kostek plans to continue his line of research utilizing human, animal, and cell culture models in order to understand the genetic components that dictate the exercise response in skeletal muscle. On a personal note, he and his wife Tammy and two children, Connor (3 years) and Caitlyn (9 months), have settled in near campus and are enjoying the slower pace of life in Columbia after having moved from the Baltimore/DC area.

Patrick Crowley, former Masters student in Exercise Science, is now an Instructor and oversees the Clinical Exercise Research Center. Patrick is originally from Spartanburg, SC.

Steven N. Blair is Professor in the Departments of Exercise Science and Epidemiology and Biostatistics at the Arnold School of Public Health, University of South Carolina; and Executive Lecturer in the Department of Kinesiology, Health Promotion, and Recreation, University of North Texas. He also is an Adjunct Professor in the School of Public Health at the University of Texas Health Science Center at Houston and the College of Education at the University of Houston. He is a Benjamin Meaker Fellow at the University of Bristol, England. Dr. Blair is a Fellow in the American College of Epidemiology, Society for Behavioral Medicine, American College of Sports Medicine, American Heart Association, and American Academy of Kinesiology and Physical Education; and was elected to membership in the American Epidemiological Society. Dr. Blair is a past-president of the American College of Sports Medicine (ACSM), National Coalition for Promoting Physical Activity, and the American Academy of Kinesiology and Physical Education. Dr. Blair is the recipient of three honorary doctoral degrees--Doctor Honoris Causa degree from the Free University of Brussels, Belgium; Doctor of Health Science degree from Lander University, U.S.; and Doctor of Science Honoris Causa, University of Bristol, UK. He has received awards from many professional associations, and is one of the few individuals outside the U.S. Public Health Service to be awarded the Surgeon General's Medallion. His research focuses on the associations between lifestyle and health, with a specific emphasis on exercise, physical fitness, body composition, and chronic disease. He has published over 390 papers and chapters in the scientific literature, and was the Senior Scientific Editor for the U.S. Surgeon General's Report on Physical Activity and Health. Dr. Blair's hobbies include jogging and

_(see HELLO-cont'd on next page)

NEWS OF FACULTY & STAFF

On September 4, 2007, Latoya Townes and husband Will welcomed little Willie Rudolph Townes, III (Tre'). Latoya is the Department's assistant to the graduate director as well as the exercise science administrative assistant and one of The Activist's editors.

Dr. Steve Blair is an international speaker. On April 18 '07, at the Karolinska Institute, Stockholm, Sweden, he was the keynote speaker on "Physical Activity and Health." On June 23, in Chicago, IL, at the meeting of the American Diabetes Association, his topic was "Does Fitness Protect Against Obesity-related Cardiometabolic Risk?"; and on June 29, he delivered the Puijo Symposium Honorary Lecture, "Physical Activity, Muscle Metabolism and Insulin Resistance" at The International 19th Puijo Symposium in Kuopio, Finland.

Dr. Paul Beattie has been appointed Chair of the Research and Development Committee for the Dorn VA Hospital in Columbia and has also been named as an Advisory Member of the Board of Directors for the Journal of Orthopedics and Sports Physical Therapy.

(HELLO...cont'd from page 4)

hiking. He and his wife Jane enjoy the theater, and his favorites are musicals. He grew up on a farm in Kansas, and has a brother, Aaron, who is a renowned cancer epidemiologist.

Angela Murphy is a Research Assistant Professor in the Division of Applied Physiology. She earned her doctorate degree and did her post-doctoral training here at USC under the mentorship of Dr. J. Mark Davis. Dr. Murphy's interests are in nutrition and exercise and their effects on infection, inflammation and cancer.

John McKenzie is our new lab manager in the Public Health Research Center. John got his BS in Biology (minor in Chemistry) from Francis Marion University, then served four years in the Navy. He'll be awarded his MS in exercise science this fall. John was married this past August, and he and his bride have just built a home on Columbia's northeast side.

Barbara Cuevas came to us this summer as an Academic Program Manager. She is the coordinator of the GoodBodies Program and third member of the exercise science undergraduate advisement team. She is also teaching an undergraduate exercise science course. She received her BS from USC in Exercise Science and will graduate in December with her MPH in Physical Activity and Public Health. Barbara has been married for 22 years and has two teenage daughters. She also has three rescued dogs that she refers to as her "babies."

John Baynes, a Carolina Distinguished Professor Emeritus, retired from the Department of Chemistry and Biochemistry last year, then un-retired and joined our department as Research Professor on July 1. Dr. Baynes is a former recipient of the University's Russell Award and Trustees Professorship, the South Carolina Chemist Award, and the South Carolina Governor's Award for Excellence in Scientific Research. He has received three consecutive MERIT awards from the NIH for his research on chemical modification of proteins in aging and disease. He was recently awarded a four-year, \$1.5M grant from NIH for continuation of this research - one of the longest continually funded NIH research grants in the University, over thirty years. Dr. Baynes works closely with Dr. Jim Carson in the Applied Physiology Division in an effort to understand the chemical mechanisms underlying insulin resistance and mitochondrial dysfunction in obesity and diabetes.

STUDENTS IN THE NEWS

In April '07 Julia Gambone, an exercise science honors college student, got 3rd place in Her category at the Discovery Day Awards Ceremony. She did her research in conjunction with Drs. Mark Davis and Martin Carmichael.

Congratulations to doctoral student Chris Kline, who recently received \$1500 from the Gatorade Sports Science Institute for his research application titled "Shifting human circadian rhythms with different exercise durations."

Former exercise science administrative assistant Renee Erich, lives with her family in Coatesville, PA, and is enrolled in the Master of Library Science Program at Pitt University.

Dr. Beattie presented "The Lumbar Spine: Strategies to Assist Treatment Planning for Patients with Low Back Pain" at the South Carolina Physical Therapy Association; 2007 Spring Conference in Greenville, SC, on April 13, '07, as well as "Does Fitness Protect Against Obesity-related Cardiometabolic Risk?" at the American Diabetes Association meeting in Chicago, IL, on June 23, '07.

Dr. Mark Davis was inducted into the Cal Poly Athletic Hall of Fame this spring, one of only five individuals selected for the class of 2007. He was honored at an induction ceremony and awards dinner on September 29 '07 at the Embassy Suites in San Luis Obispo, CA, and also at the Cal Poly vs. Northern Colorado football game that same day, during half-time ceremonies, as then again at a private VIP reception prior to the game at the University House. Dr. Davis's photo will hang in the Cal Poly Athletic Hall of Fame Room in San Luis Obispo.

MS student, Erin Elizabeth Geyer, married Matthew Ryan Kesteron on May 26 '07 at Corpus Christi Catholic Church in Columbia with a reception following at the Capital City Club. Erin is a registered dietitian with Palmetto Health Richland, and Matthew has a BS in Chemical Engineering from Pennsylvania State University and an MS in the same from Clemson University. He's employed at the Savannah River Site. They honeymooned in St. Lucia.

THIS IS WHY

by Paul Beattie, PT, PhD, OCS

A Young Soldier's Big Break

The Importance of Chances-- Second or Otherwise

In June 1970 I was a 19-year-old US Army soldier at a remote hilltop firebase in South Vietnam. One morning my captain moved me about 40 meters, from my fighting position on the perimeter to a new position inside the camp.

That night we were hit with a large ground attack, the point of which was directed at my previous position. The GI who'd taken my place was killed almost immediately. After surviving the all-night battle I realized that I'd been given the greatest gift of all—a second chance at life. I knew it was my responsibility to live it in a meaningful way.

A day or two later, I came upon a dirt-covered brochure that described careers in allied health. As I looked through it I saw a section on physical therapy, with a photo of a PT in a white lab coat gait-training someone in the parallel bars. I thought: What a wonderful thing—to help someone regain the ability to walk.

I started spending time with our medic, watching him and sometimes helping out. I began to feel my destiny was in health care. That brochure stuck with me, and one day I simply knew physical therapy was "it."

I wasn't due back home for 9 months, so I wrote to my high school guidance counselor for advice. My grades were never great, but my counselor arranged for me to take the SAT exam while I was still in-country. A few months later I did—sitting on my flak vest, with my M-16 rifle, 200 rounds of ammunition, and a few hand grenades nearby.



Shortly after arriving home in spring 1971 I interviewed for the new physical therapy program at Quinnipiac College in Hamden, Connecticut. With my deep tan and GI haircut, I got strange looks on campus. My anxiety level grew as I waited in a secretary's office.

Then I met Harold Potts. As a young man, he'd served with distinction in World War II. He'd attended college on the GI bill and become a successful PT, and now he was developing an innovative entry-level PT education program. My fate was in his hands.

We talked for quite a while and finally, without looking at my grades or SAT scores, he said, "After the war, Springfield College took a chance on me because I was a veteran. Now I'm going to take a chance on you."

I graduated in 1975 and started my career at the Manhattan Veterans Hospital. It wasn't long before the rightness of my path was indelibly confirmed. My patient was a 60-year-old World War II veteran who'd been prematurely aged by the Bataan Death March and 3 years as a Japanese prisoner of war. After the war he'd raised a family as a postal worker in New York City, but he suffered a stroke and became disabled at age 45. Still, he rode a city bus every day for years to perform volunteer work with disadvantaged children.

Now, he presented with multiple complications from diabetes. He was nearly blind and had just had his left leg amputated above the knee. He was already developing a hip flexion contracture. Remarkably, his goal was to dance at his daughter's wedding—in just 3 months. He was a poor candidate for a prosthetic leg, but somehow he talked us into it. When it was delivered, it looked huge against his emaciated body.

His wife and daughter arrived while we were helping him adjust the socket. I thought to myself, "This is one of the saddest things I'll ever see. There's no way he'll be able to walk." We all took deep breaths.

Suddenly he stood, and very slowly he brought the prosthesis forward. Then he advanced the other leg, and soon ... he was walking! At that moment, I was the PT in that dirt-covered photograph. What a wonderful thing—to help someone regain the ability to walk. And yes, he did dance at his daughter's wedding.

I've now been a PT for more than 30 years and have had many treasured mentors and experiences. But the moment when Harold Potts gave me my big break always will matter the most.

Someday a young veteran may come to you wanting to be a PT. Don't be afraid to take a chance.

Reprinted from Beattie, PF "This Is Why--A Young Soldier's Big Break", APTA, 2007, 120, 108 with permission of the American Physical Therapy Association. This material is copyrighted, and further reproduction or distribution is prohibited.

YES, I would like to help the Department of Exercise Science!

Enclosed is my gift of \$_____ to be used as follows:

___ Department support (Acct # 1A3493)

___ Department Fellowship support (Acct # A31450)

___ Enclosed check payable to the USC Educational Foundation.

___ Payment charged: MasterCard/Visa # _____
Exp. Date _____

Name _____ Class year _____

Address _____

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THANK YOU FOR YOUR SUPPORT!

Arnold School of Public Health * Exercise Science Office*
Attn: Dorothy Yarborough* 1300 Wheat Street * Columbia, SC 29208

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:

Dorothy Yarborough, Administrative Coordinator
Department of Exercise Science
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University of South Carolina
Columbia, SC 29208

Phone: 803-777-5267/Fax: 803-777-8422/E-Mail: yarboro@gwm.sc.edu

Print or Type the following form so we can update our alumni network.

Name _____ Phone # (____) _____ Year of Graduation ____ Degree ____

Current Address _____ City _____ State ____ Zip _____

E-mail Address: _____

What's new with you? Job change? Job title and position _____

Employer _____

Personal events (attach additional page if needed) _____

Other _____

THE ACTIVIST
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