

Fall 2009

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FROM THE CHAIR



This year we celebrate the Department of Exercise Science's 20th anniversary. And what an amazing 20 years it has been! From humble beginnings, we have grown into one of the top exercise science programs in the country, a leader in teaching, research, and service. And just how humble were our beginnings? In 1989 the Department consisted of 6 faculty members, 70 undergraduate students, and 40 graduate students. We set up shop in the basement of the Blatt Physical Education Center. We offered three degree programs (BS, MS, and PhD) and received approximately \$150,000 in research funding. And we were the first exercise science department to join a school of public health.

So just how far have we come? In 2009 we have 30 faculty members, 710 undergraduate students, and 153 graduate students. We offer 5 degree programs - BS, MS, MPH, PhD, and DPT. Our faculty and programs occupy office and lab space in four buildings, with most of our research programs housed in the new Public Health Research Center. This year we submitted 74 applications for external research funding and received 43 research grants totaling \$6.7 million dollars. And we are a leader in the emerging national focus on physical activity and public health.

In our 20th anniversary year we are continuing to grow, expand, and lead. This year we hired Roger Newman-Norlund, PhD as an assistant professor in the Division of Motor Control and Physical Therapy. Roger's focus is on brain changes related to exercise and sports, neuroimaging, and rehabilitation following stroke and brain injury. We also hired Steve Barth, a recent graduate of our M.S. program, as an instructor in our undergraduate program. Members of our faculty hold six NIH R01 grants and one NIH MERIT award. Angela Murphy, research assistant professor, received an NIH R21 grant this spring. Faculty members published 94 peer-reviewed articles this year, many in leading journals such as the British Medical Journal, Stroke, Circulation, Pediatrics, Journal of Applied Physiology, Journal of Biological Chemistry, and Physical Therapy. And a member of our faculty, Russ Pate, is leading the efforts to develop the first National Physical Activity Plan, a comprehensive plan to help all Americans meet the 2008 Physical Activity Guidelines for Americans.

We also are working to ensure that the Department of Exercise Science is recognized as a rigorous science program and that our students are eligible for Palmetto Fellows and LIFE Scholarship science supplements. When the department was formed 20 years ago it was classified under the Parks, Recreation, Leisure and Fitness Studies category in the U.S. Department of Education's Classification of Instructional Programs (CIP) code system. At that time, no science code included exercise science or kinesiology. In recent years, the Department of Education added a science code that covers exercise science. This year we applied to the South Carolina Commission on Higher Education



UNIVERSITY OF
**SOUTH
CAROLINA**

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

LOST ALUMNI

These are only a few of the folks missing from our database. Please help us find them by looking over the list and if you spot anyone whose whereabouts you know, send an email or the last sheet of this newsletter with that info to:

Dorothy Yarborough,
Department of Exercise Science
USC Arnold School of Public Health
Columbia, SC 29208

Or you may call 803-777-7453,
fax 803-777-8422, or e-mail
yarboro@mailbox.sc.edu.

William Joseph Miller ('83)
Shannon Moseley ('94)
Liane Mosher ('94)
Kimberly Jean Munn ('92)
Scott Murdoch (86)
Elizabeth Nauss ('98)
Cheri Lyn Noiseux ('00)
Krista Nordeen ('97)
Chad Norris ('00)
Larissa Ann Oberrecht ('03)
Michelle Ann O'Donnell ('99)
Daniel Bryon Olivarri ('98)
Disha Parvatam ('06)
Kim Patrick (?)
Kathryn Beth Pekarsky ('99)
Hala Phillips (?)

THE ACTIVIST

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The Activist is published biannually by the
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Dorothy Yarborough, Editor
Latoya Townes, Layout Design

CONGRATULATIONS SPRING/SUMMER '09 GRADUATES

BS

Casey Amato
Schayla Ardis
Lindsey Ashley
Randolph Badger, Jr.
Melissa Bailey
Kyle Baker
Jack Bal
Dana Blomquist
Molly Boiter
Laquisa Boyd
Amy Branham
Kelsey Bristol
Alison Bunchman
Mary Butler
Katherine Carpenter
Bethany Clark
Jessica Cokins
Merridy Cole
Ryan Cronin
Puja Dalal
Matthew Daylami
Allison Dill
Brett Driver
Randall Echols, Jr.
Drew Hernandez
Ryan Felder
Blake Fletcher
Holly Ford

Lauren Freeman
Charles Gandy
Alicia Genwright
Mykenzie Gibbs
Alysia Gorski
Jill Hansen
Sean Henriquez
Ashley Hoffman
Jacob Holley
Katherine Holton
Madison Horne
Jessica Horton
Alyssa Howard
Melissa Jackson
Keturah Johnson
Sarah Kenney
Marie Leach
Jessica Livingston
Erin Louie
Chandra Mansell
Abigail Mays
Benjamin McCollum
Ashley McCoy
Curt McGill
Eric Monsch
Matthew Mounce
Christopher Nance
Meghan Nepote
Sarah Nichols

Ella Nixon
Julia Orr
Larry Page
Erin Parmelee
Jacqueline Parton
Mary Pascutti
Felicea Patel
Krishna Patel
Rachel Paull
Hieu Phan
Drewid Plyler
Shannon Pouliot
Brittany Price
Laura Randall
Erica Reynolds
Lindsay Robinson
Regan Root
Kala Roundtree
Amanda Scircle
Samuel Scoma
Tara Scott
Samantha Shaw
Lauren Shull
Kimberly Simmons
Ashley Smith
Katrina Steiner
Terrilyn Stephens
Renee Stuart
Lana Taylor

Geoffrey Temple
Emily Tennant
Jacobi Thrower
Krisitie Tillman
John Tucker
Justin Warren
Brittani Wright
Andrea Young
Meagan Yount

MS

Traci Barrilleaux
Steven Barth
Jessica Brown
Tjuana Durden
Anne Floyd
Justin Hooker
Matt Jepson
Drew Rybarczyk
Justin Hooker

PhD

Meghan Baruth
G. William Lyerly

MPH

Justin Burcham
Jean Butel
Catherine Carlstedt

DURSTINE

FROM PAGE 1

to change the Department's undergraduate and graduate programs to a CIP code in the Biological and Biomedical Sciences category - Exercise Physiology. When approved, the new code will reflect the scientific focus, instructional rigor, and research emphasis of the Department.

We continue to work on developing a scholarship fund. This endeavor is one of the most important areas for development within the department and involves your financial support as alumni and friends of the Department of Exercise Science. The money you give is used for student scholarships, and the financial needs of our graduate and undergraduate students are great. The Alumni Scholarship Fund is used exclusively to provide scholarships to students in the Department. In the past, some gifts have been made to this fund, and we thank you for those contributions. The amount of money in this fund is still small, and I am asking for contributions to this Scholarship Fund. Donations are made quickly and easily by going online to our website at <http://sph.sc.edu/exsc/> and clicking on the Ways to Give link, which is found as the last item under Featured Links on the right side of the page. Look in particular for the Arnold School of Public Health and the Department of Exercise Science listings, and make your contribution directly to the Exercise Science Department. If you need help in making your donation to the department, please call our development office at (803) 777-3471, or e-mail shaney@mailbox.sc.edu. Thank you for your support of our students and the Department of Exercise Science.

One last item is that we plan to cap this 20th year anniversary with a symposium and celebration next spring. The symposium will feature national speakers and the celebration will highlight the accomplishments of our faculty, staff, and students. I look forward to sharing more details with you in the coming months.

-J. Larry Durstine-

RECENT EXERCISE SCIENCE PUBLICATIONS

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- Wilcox Sara**, Sharkey J, Matthews AE, Laditka JN, Laditka SB, Logsdon RG, Sahyoun N, Robare J, and Liu R, "Perceptions and beliefs about the role of physical activity and nutrition on brain health in older adults," *The Gerontol*, 49(S1), S61-S71, 2009.
- Jaggers Jason R**, **Sui Xuemei**, **Hooker Steven P**, **LaMonte Michael J**, Matthews CE, **Hand Gregory A** and **Blair Steven N**, "Metabolic syndrome and risk of cancer mortality in men," *Euro Jour of Cancer* 45 (2009) 1831-1838.
- Lobelo Felipe**, **Pate Russell R**, **Dowda Marsha**, **Liese Angela D**, and Ruiz Jonathan R, "Validity of Cardiorespiratory Fitness Criterion-Referenced Standards for Adolescents," *Med Sci Sp Exer*," Vol 41, No 6, pp 1222-1229.
- Lyerly George W**, **Sui Xuemei**, Lavie CJ, Church Timothy S, **Hand Gregory A**, and **Blair Steven N**, "The Association Between Cardiorespiratory Fitness and Risk of All-Cause Mortality Among Women With Impaired Fasting Glucose or Undiagnosed Diabetes Mellitus," *Mayo Clin Proc* 2009; 84:780-6.
- Ballard-Barbash R, Hunsberger S, Alciati MH, **Blair Steven N**, Goodwin PJ, McTiernan A, Wing R, and Schatzkin A, "Physical activity, weight control, and breast cancer risk and survival: Clinical trial rationale and design considerations," *J Natl Cancer Inst* 2009; 101:630-43.
- Anaya AS, Church Timothy S, **Blair Steven N**, Myers JN, and Earnest CP, "Exercise Dose-Response of the VE/VCO₂ Slope in Postmenopausal Women in the DREW Study," *Med Sci Sp Ex* 2009; 41:971-6.
- Hèroux M, Janssen I, Lam M, Lee DC, Hébert JR, **Sui Xuemei**, and **Blair Steven N**, "Dietary patterns and the risk of mortality: impact of cardiorespiratory fitness," *Int J Epidemiol* 2009; epub April 20.
- Lee Duck-Chul**, **Sui Xuemei**, Church Timothy S, Lee IM, and **Blair Steven N**, "Associations of cardiorespiratory fitness and obesity with risks of impaired fasting glucose and diabetes in men," *Diab Care* 2009; 32:252-67.
- Peel J Brent**, **Sui Xuemei**, Matthews CE, Adams SA, Hébert JR, Hardin JW, Church Timothy S, and **Blair Steven N**, "Cardiorespiratory fitness and digestive cancer mortality: findings from the Aerobics Center Longitudinal Study," *Can Epidemiol Biomarkers Prev* 2009; 18:1111-7.
- Blair Steven N**, and Morris JN, "Healthy Hearts—and the universal benefits of being physically active: physical activity and health," *Ann Epidemiol* 2009; 19:253-6.
- Dwyer T, Magnussen CG, Schmidt MD, Ukoumunne OC, Ponsonby AL, Raitakari OT, Zimmet PZ, **Blair Steven N**, Thomson R, Cleland VJ, and Venn A, "Decline in physical fitness from childhood to adulthood associated with increased obesity and insulin resistance in adults," *D Care* 2009; 32:683-7.
- Murphy E Angela**, **Davis J Mark**, **Brown Adrienne S**, **Carmichael Martin D**, **Carson James A**, VanRooijen N, Ghaffar A, and Mayer EP, "Benefits of oat B-glucan on respiratory infection following exercise stress: role of lung macrophages," *Am J Physiol Regul Integr Comp Physiol* 2008; May;294(5):R1593-9.
- Nieman DC, Henson DA, McMahon M, Wrieden JL, **Davis J Mark**, **Murphy E Angela**, Gross SJ, McAnulty LS, and Dumke CL, "Effects of -glucan on immune function and upper respiratory tract infections in endurance athletes," *Med Sci Sports Exerc* 2008; Aug 40(8): 1463-7.
- Davis J Mark**, **Murphy E Angela**, **McClellan Jamie L**, **Carmichael Martin D**, and Gangemi JD, "Quercetin reduces susceptibility to influenza infection following stressful exercise," *Am J Physiol Regul Integr Comp Physiol* 2008; Aug 295(2): R505-9.
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- Murphy E Angela**, **Davis J Mark**, **Carmichael Martin D**, Gangemi JD, Ghaffar A, Mayer EP "Exercise stress increases susceptibility to influenza infection," *Brain, Behavior and Immunity* 2008; Nov 22(8): 1152-1155.
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- Chase Nancy L**, **Sui Xuemei**, **Lee Duck-Chul**, and **Blair Steven N**, "The association of cardiorespiratory fitness and physical activity with incidence of hypertension in men," *Am J Hypertens* 2009; 22: 417-24.
- Peel J Brent**, **Sui Xuemei**, Adams SA, Hébert JR, Hardin JW, and **Blair Steven N**, "A prospective study of cardiorespiratory fitness and breast cancer mortality," *Med Sci Sports Exerc* 2009; 41:742-8.
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- Fritz Stacy L**, Blanton S, Uswatte G, Taub E, and Wolf S, "Minimal Detectable Change Scores for the Wolf Motor Function Test," *Neurorehab & Neural Repair*, Accepted for Publication July 2009.
- Warren-Findlow J and **Hooker Steven P**, "Disentangling the risks associated with weight status, diet and physical activity," *Prev Chronic Dis*, 2009;6(4) .
- Fritz Stacy L**, and Lusardi M, "White Paper: Walking Speed: the Sixth Vital Sign," *J of Geriatric PT* 2009, 32 (2):2-5.
- Pate Russell R**, Stevens J, Webber L S, **Dowda Marsha**, Murray D, Young D R, and Going S, "Age-Related Change in Physical Activity in Adolescent Girls," *J of Adolescent Health*, 44 (2009) 275-282.
- Lee IM, Matthews CE, and **Blair Steven N**, "The legacy of Dr Ralph Seal Paffenbarger, Jr—Past, present, and future contributions to physical activity research," *PCPFS Res Digest* 2009; 10:1-8.

(SEE MORE PUBS PAGE 4)

ALUMNI UPDATES

At Ohio State University's Exercise Science Department, **Rebecca Nguyen (MS '05)** is in her third year as Program Manager, and she loves it. She plans to continue to work there when she starts her PhD program next fall.

Sadie (McElhone) Perry (BS '98) and husband Steve, a '99 graduate of Criminal Justice at USC, welcomed baby Kate in May 2009. Big brother Sam Walker is pleased.

Erin Woodle (BS '05) is in the Master's Program at The George Washington University, studying to be a Physician's Assistant.

The Millstone at Adams Pond in Columbia was the site on September 26 of the wedding of **Amanda Hope Richardson (BS '02, DPT '07)** and William "Wes" Edward Snodgrass IV. Amanda is employed by Supplemental Healthcare of Charleston and Carolina Kids Therapeutic Interventions, LLC, of Columbia; and Wes works with Heritage-Crystal Clean of Cayce.

In February 2009 **Lauren Marie Schoenleber (BS '08)** married Paul Andrew Pepin, and Lauren - currently employed by Greenville County

Schools - plans to enroll in Physician's Assistant School in 2010. Husband Paul is a 2008 graduate of USC's Chemical Engineering.

Frances Caroline Hatfield (BS '06), an occupational therapist at Palmetto Health Richland in Columbia, married Tyler Scott Speer in Sumter, SC, on April 4, 2009.

At Hilton Head Middle School, **Kimberly (Gromel) Gartner (MS '99)** teaches 7th and 8th grade. She has two children, Haleigh, 6, and Payce, 4.

Kristen Baltgalvis (PhD '07) added a son, Cody, to her family in February. Cody weighted in at 9 lbs. 5 oz!

Brent Peel (MS '08) has just begun Med School here at the University of South Carolina. He says it's challenging but exciting.

On August 15, at Buckridge Plantation in Neeses, SC, **Mary Elizabeth "Bess" Adden (BS '06)** of St. Matthews, SC, married Michael Larry Jones of West Columbia. Bess is a Technical Account Manager at Zeus Industrial Products, and the groom, an '01 graduate of Clemson

University with a BS in Computer Information Systems, is Assistant Bureau Chief at the South Carolina Department of Health and Human Services.

Tonia (Zehr) Miller (MS '01) and husband Cary look forward to the November birth of a son, their first child. Tonia is still teaching physical education in Greensboro, NC.

Brett Allen Driver (BS '09) married Chelsea Elizabeth Eisenhower on July 18 at Columbia's Northeast Presbyterian Church. She is a nursing student at USC and employed by Providence Hospital, and Brett works at AT&T in Columbia.

Nic Greene (MS '05) and wife Liz are expecting a baby girl in early December. Nic's first research manuscript was published in the September edition of *Medicine & Science in Sports & Exercise*. He is completing his doctoral program at Texas A&M University, where he has helped in manuscript development - as shown by his having authored and co-authored numerous publications.

SAY HELLO TO.....

.....**Jessica Smith**, a new administrative assistant for the Department. She was born in Columbia, grew up in Lexington, and attended the University where she was a member of the marching band. Jessca came to us from the School of Music, and at one time she worked for the SC Secretary of State. She is single with "one dog-child", Lexie.

.....Instructor **Steve Barth** who will be working with Terry Moore and Barbara Cuevas in undergraduate advising. He is not entirely new to the Department, having just completed the MS Exercise Program here and working as a Teaching Assistant in the Department's Anatomy and Physiology series. Prior to coming to South Carolina, Steve was a high school science teacher and running coach for more than ten years. He has a daughter Emmie who is beginning first grade this fall.

.....**Roger D. Newman-Norlund**, who was born in Buffalo, NY. A lifelong love of science led to a B.A. in Psychology from SUNY Geneseo in 1999 and a Ph.D. in Cognitive Neuroscience from Dartmouth College in 2005. After spending the past four years as a postdoctoral researcher in the Netherlands, Roger and his wife Sarah returned stateside with two new additions, Darwin (3 yr.) and Olivia (1 yr.). Roger hopes to combine his expertise in functional and structural neuro-imaging with interests in exercise, sports and rehabilitation. In his spare time, Roger plays tennis, goes to the 'Y', chases his children around the house and patrols his yard for new fire ant hills.

MORE PUBS

FROM PAGE 3

Dowda Marsha, Dishman Rod K, Porter D, Saunders RP, and **Pate Russell R**, "Commercial Facilities, Social Cognitive Variables, and Physical Activity of 12th Grade Girls," *Ann bev med* (2009) 37:77-87.

Davis J Mark , Murphy E Angela, and **Carmichael Martin D**, " Effects of the Dietary Flavonoid Quercetin on Performance and Health," *Curr Sprts Med Rep* 2009, 8(4): 206-213.

Frizzell Norma, Rajesh Mather, Jepson Matthew, Nagai R, **Carson James A,** Thorpe SR, and **Baynes John W**, "Succination of thiol groups in adipose tissue proteins in diabetes: Succination inhibits polymerization and secretion of adiponectin," *J Biol Chem*, Jul 10 2009.

Henson DA, Nieman DC, **Davis J Mark,** Dumke CL, Gross S, **Murphy E Angela,** **Carmichael**

Martin D, Jenkins D, Quindry J, McAnulty SR, McAnulty L, Utter A, and Mayer EP, " Post-160-km Race Illness Rates and Decreases in Granulocyte Respiratory Burst and Salivary IgA Output are Not Countered by Quercetin Ingestion," *Int J Sports Med* 2008; Oct 29(10): 856-63.

FACULTY & STUDENT NEWS

Tom Johnson, Director of Information Technology in the Arnold School of Public Health, and his wife Christina welcomed their first child, a son, Evan Thomas, on July 2.

Larry Durstine was best man on May 2 at the wedding of his younger son Michael Nathan to Anna Christine Keith at Eastminster Presbyterian Church in Columbia. Anna is a graduate of the Medical University of South Carolina and a pediatric nurse at the Children's Hospital in Charleston; and Michael earned his BS in Economics from Hampden-Sydney College in Virginia and is employed with Carolina Office Systems in Charleston.

The National Heart, Lung, and Blood Institute of the National Institutes of Health (NIH) recently awarded Suzi Baxter (Institute for Families in Society) and **Russ Pate**, of the Research Consortium on Children and Families (RCCF) an R21 grant for their research project titled "Integrated Recall of Diet and Physical Activity in Children."

Former Administrative Assistant **Renee Erich** reports that daughter Paige is now 8, son Conner is 4, and Renee herself still craves California Dreamin's salmon nachos.

Angela Murphy just hit on an R21 entitled "Curcumin and Quercetin in Colon Cancer: Role of Macrophage-Induced Inflammation" from the National Cancer Institute/NIH.

Sara Wilcox, with S. Wegley, M.G. Ory, and **Marsha Dowda** presented "Maintenance of physical activity change in the Active for Life initiative," at the March annual meeting of the Society of Behavioral Medicine in Montreal, Quebec.

Jim Carson will present his recent research findings on cachexia to an international conference in Barcelona, Spain, December 5-8. He'll be speaking to a wide array of health experts at the 5th Cachexia Conference. Cachexia is a mystifying condition that causes its victims to develop whole body wasting and it accounts for 20-40 percent of

all cancer-related deaths. For the past year Dr. Carson has headed a team of USC scientists - including **Mark Davis** and **John Baynes** - studying the responses of specially bred mice to the role of inflammation in the development of cachexia.

Stacy Fritz has been a busy presenter:

- Intensity of Physiotherapy practice for Neurological Rehabilitation; Physiotherapy Department, Nanawati Hospital, Mumbai, India. July 2009
- Importance of Intensity in Stroke Rehabilitation. Physiotherapy College Raipur, India. July 2009
- Importance of Intensity & Evaluation in Stroke Rehabilitation. Srinivas College of Physiotherapy, Mangalore, India. July 2009.
- Utilization of Video Gaming and Brain Function: A Researcher's Perspective. National Athletic Trainers Association, National Meeting, Feature Presentation, San Antonio. June 2009.
- Are We Underdosing our Patients? Colorado State University, Occupational Therapy Department, Spring Research Seminar, Keynote Speaker. April 2009.

Russ Pate is co-editor of a newsletter, "Making the Connection," regarding the relationship between the University of South Carolina and the Greenville Hospital System University Medical Center. The newsletter is positioning the USC/GHS Academic Health System as the "brand" for the relationship.

The Office of Research and Economic Development funded 31 University proposals received in response to the 2009 Research Opportunity Program (ROP) solicitations. Among them was **Michael Beets'** "Parents' Perception of Promoting Healthful Dietary and Physical Activity Behaviors of Children with an Intellectual Disability: A Qualitative Study." **Russ Pate** was co-PI.

Also, at the April 3 Awards Ceremony on Graduate Student Day, the Department of Exercise Science shone. Doctoral candidate **Chris Kline** won the Charles Coker Fellowship. Doctoral candidate **Will Lyerly's**

Oral Presentation, "Maximal Exercise ECG Responses and Coronary Heart Disease Mortality Among Men with Metabolic Syndrome" placed third. Doctoral student **Tatiana Warren's** poster presentation, "Is Waist Circumference Independently Associated with Hypertension in African American Women?" and doctoral student **Angela Merlo's** poster presentation, "Intensive Mobility Training in Individuals with Chronic Neurological Injuries: A Case Series," placed third.

Congratulations to **Mark Zielinski**, doctoral candidate, who has been offered a post-doc with James Kruegar and Washington State University in Pullman, WA. Krueger is a world-leading authority on sleep and immune function.

Graduate student **John Sieverdes** was awarded a fellowship from the National Swimming Pool Foundation for his work on swimming-related research.

Junior student **Heather Grace Welch** was named a winner of the 2009 National Novo Nordisk Donnelly Award at an Advanta World Team Tennis Pro League match in Philadelphia in July. She was presented the award by WTT co-founder Billie Jean King. Heather, who has Type I Diabetes, received a \$5,000 scholarship to be used for education, tennis development and/or medical care.

Megan Baruth, Sara Wilcox, Deborah Kinnard, Tatiana Warren, and Marsha Dowda presented "Objectively measured physical activity participation in African American adults," at the March annual meeting of the Society of Behavioral Medicine, in Montreal, Quebec. Their presentation received as SBM Meritorious Student Poster Award.

Post-doctoral student **Norma Frizzell** traveled to Palm Cove, Australia, in August to make a presentation to the 10th International Maillard Reaction Society Meeting. Her title: "Succination of Adiponectin and Adipose Tissue Proteins in Diabetes."

WHERE ARE THEY NOW?

Alumni Profile of **Bonnie Greenwood**,
Class of 1986

It is really a great honor to be asked to write in the Exercise Science newsletter. As prior issues would arrive I would quickly open them and go to the alumni column to see what direction my '01 colleagues (like Lisa and Tom) have gone in. I too have gone in a different direction from exercise physiology, but to be honest my heart will always be there. If I had it to do over, I would have gotten that PhD in Exercise Phys., and would be working at an Olympic Training Center. Oh...to dream!

Following graduating with my MS in 1986, I pioneered the route to the Medical School in the Biomedical Sciences program. After a few years of stretching cardiac myocytes and looking at collagen alignment, I realized that was not for me. I settled into a job with Pfizer Pharmaceuticals where I worked/lived in Spartanburg, SC for 2 ½ years. I quickly accepted a promotion to Cardiovascular Representative which moved me back to Columbia. In this role, I called on all the Cardiologists and Nephrologists in the state. After a total of 18 years with Pfizer, I left for greener pastures with St. Jude Medical. I now work selling pacemakers, defibrillators and Bi-Ventricular ICDs. I love the diversity of this opportunity as we incorporate sales, operating room experience, emergency room device checks, and lots of patient interaction. Job satisfaction is at an all-time high when you take a person with a heart rhythm that would have been fatal, and you realize that

your device saved their life. In this new career, I found myself reporting to another Exercise Science alum (Dave Muller '86). We've had some great discussions about those 7AM Cardiac Rehab sessions after a long night in Five Points. As I recall, there was more than one occasion when participants would find Dave and Tom



sleeping in their cars outside the Blatt!!

On the personal side, I married my husband Patrick in 1994. Being the ripe age of 34 at the time, and knowing I wanted six children, we got started right away. I delivered my last in 2004. We ended up with the "Brady Bunch" of 3 girls and 3 boys. All are active (as you can imagine), with the oldest into competitive cycling. I have frequently thought about dropping him off for Dr. Davis to use as one of his subjects in the Gatorade Studies. As a family we remain active in hiking, swimming, camping and cycling. In March of last year my activity level came to a screeching halt when I was diagnosed with Dermatomyositis. It is an autoimmune disease which destroys the muscles and skin. It took me for a ride before they could get it under control. I could not lift a ketchup bottle, move a wet T-shirt from the washer to the dryer or go up/down stairs. It was a big change for the one who used to teach two back to back classes of aerobics to the USC football team. Prednisone has gotten it under control, but has added 50 pounds to my

body!! The goal now is to get me off the prednisone, re-start my adrenal glands and not allow it to flare up again!!

Recently while I was on call I ran into Dr. Durstine at one of the hospitals. He invited me to be a part of an Advisory Group for the Dept. of Exercise Science.

We were given the opportunity to see the new facility and learn of the direction of the program. The old "dungeon" is gone!!! Although we had some great times in the Blatt PE Center, the new facility is

State of the Art. Graduate Students have DESKS and good lighting!! Dr. Davis has a REAL lab, and the exercise testing facilities are unbelievable. The research has gone deep into the cellular level and is cutting edge. It really made me long to be a graduate student again. I can't believe that it has been over 20 years since I got my MS from the Dept of Exercise Science, but for those of you who have not seen the new facility, time changes EVERYTHING!! We (at SJM) recently had the opportunity to collaborate with the Department on a CV screening project for the Richland County Sheriff's Department. It was a great opportunity to "connect" again with the Department that had such a huge influence in my life.

I do hope that everyone is doing well. I really miss the days of Lisa, Paul, Tom, Bill, Mike, Camille, Molly, Sue Sadri and everyone else who participated in the co-op on South Edisto. I would love to hear from any of my long lost colleagues. Please feel free to drop me a line at BGreenwood@sjm.com.

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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Department of Exercise Science
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University of South Carolina
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Phone: 803-777-7453
Fax: 803-777-8422
E-Mail: yarboro@mailbox.sc.edu

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? _____



(Courtesy of Tom Johnson)

Public Health Research Center, 921 Assembly Street

Stop by and see what we're up to!



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