FROM THE CHAIR

For me, the beginning of a new academic year is a time to take stock of where we are and where we’re headed as a department. As I look at our growth and progress over the last few years, I’m simply amazed. We currently have 170 graduate and 800 undergraduate students and are the largest department in the Arnold School of Public Health. As a matter of fact, we’re larger than the entire school was 10 years ago! And we’re attracting quality students who are preparing to take their places as leaders in exercise science and public health and are receiving recognition for their leadership, scholarship and research. Tatiana Warren’s research, for example, was featured this summer in the New York Times and on National Public Radio. Jorge Banda, Ciana Baker, Jamie McClellan and Stephen Chen recently received fellowships and grants from the American College of Sports Medicine, Association of Schools of Public Health, and the Graduate School.

Department faculty members also are achieving recognition that reflects the high caliber of their scholarship and research. Paul Beattie was named the 2010 Catherine Worthingham Fellow of the American Physical Therapy Association. This award recognizes individuals who have made significant advances in the science, education and practice of physical therapy and is the Association’s highest honor. Steve Blair received the 2010 Folksam Prize in Epidemiological Research from the Karolinska Institute in Stockholm, Sweden, one of the world’s leading medical universities. Russ Pate received the USC Educational Foundation’s 2010 Outstanding Service Award. Dr. Pate has served the University as department chair, associate dean, and vice provost for health sciences, and the field of exercise science as president of the American College of Sports Medicine and chair of the Coordinating Committee of the National Physical Activity Plan. Sara Wilcox received the USC Educational Foundation’s 2010 Research Award for Health Sciences. Also, hearty congratulations goes to Dr. Wilcox and Greg Hand on their promotion to full professor.

In addition to excellent scholarship and service, the Department continues to excel in research. Our research awards in FY2010 totaled $4.5 million, the highest of any department in the Arnold School. Both junior and senior faculty members continue to compile impressive research records. Raja Fayad, assistant professor, was named a target investigator for the University’s NIH-funded Colorectal Cancer COBRE program. This program targets promising young investigators and will provide Dr. Fayad with the resources needed to develop a competitive NIH R01 application. Faculty members held seven NIH grants and three NIH sub-contracts during FY2010, as well as grants from the Department of Defense, the Robert Wood Johnson Foundation, and the Coca-Cola Company. And, one of our post-docs, Jennifer Trilk, received the Arnold School’s first NIH post-doctoral fellowship.

This is an exciting time to be a part of the Department of Exercise Science. Our field is at the forefront of research in obesity, cancer, and other chronic diseases, and our department is taking a leading role in training the next generation of exercise scientists, clinicians, and teachers. I look forward to a great year.

-J. Larry Durstine-
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.

Austin Okocha ’78
Kim Partich ?
Tara Peery MS ’03
Adrian Pinasco MS ’01
Carisa Ploch ’09
Laura Pruitt ’98
Kristen Pollard ’96
Alicia Purdy ’98
Jodi Pusser ’98
David Ramsdale ’99
Alan Reed ’85
Steven Reyes ’89

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CONGRATULATIONS SPRING/SUMMER ’10 GRADUATES

BS
Linsay E. Alexander
Ashlynn L. Asnip
Amber R. Barker
Jonathan R. Barrentine
Courtney J. Benjamin
Shannon P. Bigbie
Jamie M. Blackmon
Kacie J. Brewer
Morgan Brown
Rebecca C. Burnside
Alana D. Byrum
Sarah E. Callahan
Brittany K. Cannon
Lauren E. Cary
Brittany T. Causey
Reginald J. Clyburn
Nicholas M. Crout
Molly M. DeMello
Elizabeth A. Douglas
Mary A. Eckard
Carrie G. Ellen
Kandice R. Evelizer
Ryan A. Felder
Laura E. Fitzgerald
Constance L. Floyd
Ashley M. Ford
Charles L. Foster
Shannon E. Fulkerson
Alicia J. Genwright
Kelli L. Giles
Callie E. Griffith
Anna G. Groome
Morgan E. Hale
Shelley L. Halstead
Erica L. Hammer
Kathryn M. Hannon
Whitney W. Hartman
Gerald E. Harvey
Shelly M. Hill
Merri N. Hinton
Trenton J. Hiott
Eric R. Hite
Kaci B. Honeycutt
Jill E. Hubbuch
Casey E. Hudson
Waymond L. Jackson
Lindsey N. Johnson
Graham M. Jones
John H. Kindred
Kara L. Knuth
Megan A. Kochman
Breanne L. Kokovich
Kenzie W. Korman
Christopher M. Lawson
Dayna A. LeBlanc
Rachel L. Leonardis
Kyle E. Logue
Brian C. Madison
Denicia L. Manigault
Robert P. McLaughlin
Jake C. McMillin
Ariel McNeil
Terrin N. Mobley
Bailey E. Munson
Sarah E. Nameth
Katherine A. Nicholson
Jaclyn M. Nietzer
Christina A. Palma
Rosemary A. Parker
Derek M. Parshall
Mollie B. Patton
Julia M. Petty
Phillip D. Pierce
Stephanie L. Purser
Ashleigh D. Rash
Meredith E. Ray
Kaitlyn R. Rickher
Lindsey C. Riddick
Stephanie A. Ritter
Lindsey B. Rogers
Stephanie F. Rogers
Stacey R. Ross
Mia B. Rothenberg
Brent E. Rumanek
Desiree R. Sanders
Aaron D. Searles
Kelsey E. Shatney
Charlotte A. Shatten
Jewel E. Sheehan
Indi A. Shelton
Marian J. Shepard
April P. Sherrill
Breanna Y. Smith
Marc O. Smith
Sarah G. Spencer
Tatiana D. Spotts
Joshua A. Stevens
Sangeeta Vijayagopalan
Kimberly A. Venci
Lindsey R. Walker
Terrence L. Walker
Benjamin M. Walker
Nicholas G. Watson
Shannon R. Weakley
Ericka M. Weaver
Michael P. Weidman
Kathryn A. Wetzol
Edward C. Will
Patrick C. Wright
Samantha P. Yates
Taryn A. Zack
Mary L. Zmuda

MS
Ashley Artese
Mary Creger
Aaron Lane
Aunya Nance
Nicole Reese
Megan Wallner

MPH
Kyle Craig
Jevettra Devlin
Amber Funk

PhD
R. L. Felipe Lobelo
Jennifer R. O’Neill
Sara L. Shuger
RECENT EXERCISE SCIENCE PUBLICATIONS


SAY HELLO TO .......

........Rachael (Hardy) Whitaker, a new instructor who is also an undergraduate advisor in the Department. Rachael just married Matt Whitaker this past October 16 in Black Mountain, NC, her hometown. She has a BS from Furman and an MS from our department; and she and Matt, who earned his BS from this department and then finished MUSC’s Physical Therapy Program, make their home in Chapin, SC, with their dog Missy. In what little spare time Rachael has she enjoys both reading and running.
**ALUMNI UPDATES**

**Beth Ryland (MS '87)** is a physical therapist in Outpatient Physical Therapy at Carolina Physical Therapy and Sports Medicine in Columbia.

**Mary Allison Creech (MS '99)** has moved with her husband to Newton, NC, from her hometown of Raleigh. He’s taken a job on the west side of Statesville, which she says is very pretty country.

**Benjamin Ross McCollum (BS '09)** is engaged to marry **Katherine Marie Hutchinson (DPT ’09)** on November 13, 2010. Ben is employed with Richland County Emergency Services and is a volunteer firefighter with Upper Richland County Fire Rescue, and Katherine works with both Palmetto Health Children’s Hospital Special Care Center in Columbia and with Levine Children’s Hospital in Charlotte, NC.

**Matt Gaskins (BS ’05)** received his MD from USC this year and began his residency in psychiatry at Palmetto Health Richland in July.

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**Whatever happened to that girl who sat right next to me in 224 in ’03? Hmm, I wonder what that guy from Myology is up to after 20 years. Remember those endless hours in the Graduate Lab analyzing assays with labmates you saw more than your significant other? As we all know, Facebook has become a popular medium for staying in touch with family and connecting with old friends and classmates. The Department of Exercise Science has joined the ranks of many others and jumped on the social network’s bandwagon. Our website, www.sph.sc.edu/exsc, keeps you informed on our research and up-to-date information on our academic programs. Our Facebook page is an interactive means of keeping up with our alumni and current students. We don’t want to lose touch just because you graduate. Once you’ve entered our program, you are family! We’ll post topics to get you to interact more, as well as keep you abreast of conferences and events going on in our department and beyond. We encourage you to keep in touch. Log on and “like” us today!**

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**MORE THAN JUST WORK...**

Every year in September the Greater Columbia Marine Foundation hosts the largest Mud Run in North America. The race attracts thousands of people from all over the Southeast and beyond. The Ultimate Challenge Mud Run is over 4.2 miles, and has 30 obstacles that have to be crossed by each team requiring team work and a lot of determination. The 4.2 mile course is an all-terrain race conducted on dirt roads, improved and unimproved trails through the training area. These trails include mud holes, walls, trenches and other obstacles that require swimming, crawling, climbing and jumping. Some people come to compete, but many come just to complete! — (excerpted from usmcnudrun.org). Several of our faculty and students participated in the 2010 Mud Run in Sandy Run, SC on September 25.

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Left: Doctoral Candidate Steve Chen
Right: Assistant Professor Ray Thompson
The HRSA-funded “South Carolina Public Health Training Center” in The Norman J. Arnold School of Public Health is funded at $3.25 million for 5 years ($650K per year). The proposal’s P.I. was Greg Hand, and he worked with Lillian Smith, Director of the School’s Office of Public Health Practice and Director of the Training Center. This funding will provide a critical resource for infrastructure development towards the goal of someday soon creating an Arnold School “public health virtual campus.” There is funding for enhancing distance capabilities, but primarily the center will be a wonderful resource to support practice-based students as they move through our various degree programs. Additionally, it will “establish an easily accessible, competency-based training program for SC’s public health workforce, and develop/enhance state-wide practice-based research collaborations in all public health disciplines.”

Shawn Youngstedt received a DoD supported grant, “Exercise: A Novel Treatment for Combat PTSD.” He is also lead investigator in an ongoing study- financed by the Veterans Administration and involving troops processed through Columbia’s Dorn Hospital - researching whether bright light therapy can play a part in relieving post-traumatic stress disorder (PTSD) among those troops.

Larry Durstine was recognized with the Citation Award from the American College of Sports Medicine (ACSM), proof of significant and important contributions to sports medicine and the exercise sciences. He accepted the award on Friday, June 4, at the ACSM’s 57th annual meeting in Baltimore, MD.

Angela Murphy was recently recognized for her outstanding work on the National Cancer Institute grant she received, which was titled “Curcumin and Quercetin in Colon Cancer: Role of Macrophage-Induced Inflammation.” Her work has been selected for inclusion in the 2010 Annual Report on NCI Research in Complementary and Alternative Medicine.

Mei Sui and her family welcomed baby Arwene Shanzlin Qiao on March 29, 2010. She weighed in at 6 pounds and 9 ounces.

Mei Sui received an award letter for her R21 application titled “Understanding Patterns of Change in Obesity and Physical Activity in Adults.” Her application was funded on the first submission (no revision required!) and received a Priority/Impact Score of 10, which is the lowest (best) score possible under the new NIH scoring system.

The GoodBodies Program, a weight management program for overweight children and teens supported by the Department, entered a video contest sponsored by We Can!® (Ways to Enhance Children’s Activity & Nutrition.) The contest was open to all We Can! Community sites, and there were nine finalists. The winning video was chosen by the amount of votes on Facebook.

Barbara Cuevas was notified on behalf of the National Heart, Lung, and Blood Institute, and the entire National Institutes of Health We Can!® team, that GoodBodies won the video contest and $1,500 to help support the program’s battle against childhood obesity.

The 2010 Folksmen Prize in Epidemiological Research was awarded to Steve Blair, one of the world’s foremost researchers in the field of physical exercise and its effects on health. The prize will be awarded at the Karolinska Institutet’s installation ceremony in the Berwald Hall, Stockholm, Sweden, on November 3, 2010.

Russ Pate is a co-principal investigator on a study which includes scientists from Battelle, the University of Kansas and the University of California, Berkeley, collaborating with scientists throughout the United States on a national study of community programs to reduce childhood obesity. The study, funded by a $23 million grant from the National Institutes of Health to the Battelle Memorial Institute in Columbus, Ohio, is one of the largest efforts to date to determine which intervention and prevention community programs work best to halt the number of children who are becoming overweight and obese. Researchers will focus on 300 communities throughout the nation.

Jennifer Trilk, a post-doc student who works with Russ Pate in the Department’s Children’s Physical Activity Research Group, was recently awarded a F32 Post Doctoral Fellowship Award from the National Institutes of Health. This prestigious award is the only one that has been awarded at the University.

Doctoral student Wonwoo Byun was selected as a winner of the Karen Hornbostel Award by the ACSM Cancer Interest Group at the 2010 ACSM annual meeting in June.

Jorge Banda, doctoral student, was in May awarded one of four new ASPH/CDC/PRC Minority Health fellows. There are currently 37 PRCs, and each one was allowed to submit one fellowship application. Thus Jorge’s application, which he took the lead in writing, was deemed extremely competitive and worthy of approval. This is an outstanding award that provides a substantial annual stipend and some additional funds for research and travel purposes for at least two years. Jorge’s project is titled “Examining the relationship between park and neighborhood characteristics and park use in rural, low income communities,” and is a key component of the PRC’s core research project in Sumter County. In time, Jorge will have his research featured at annual ASPH/CDC/PRC and other national meetings that spotlight the fellows and their work.

Congratulations to doctoral student Jamie McClellan for receiving the runner up ACSM Nutrition Interest Group Student Award in May ’10. She was invited to attend the Nutrition Interest Group meeting at the National ACSM meeting in Baltimore in June, was introduced during the meeting and given an opportunity to give a brief summary about her work. Jamie also received a cash award.

In July, doctoral student Tatiana Warren was interviewed by the New York Times Magazine for her published manuscript this past May in MSSE. Here’s the link: http://well.blogs.nytimes.com/2010/07/14/phys-ed-the-men-who-stare-at-screens/. Tatiana was also interviewed in July by ABC-Columbia News, and on August 3 on The TakeAway, a Public Radio International show.

Melissa Mattison married Christopher Bair on June 5 at the Hartness-Thornwell Memorial Presbyterian Church in Clinton, SC. After a wedding trip to Colorado, the couple is residing in Lexington.
Alumni Profile of Sam Cox, Class of 1983

With a freshly minted diploma from Wake Forest University, I was excited about entering USC’s Master’s Program in Exercise Physiology in August 1981. Over the course of the next two years I enjoyed some of the best memories of my life. Challenged academically under the tutelage of Drs. Russ Pate and Larry Durstine, et. al., serving in the S.C. Army National Guard, running 80+ miles per week all over Columbia, and forging friendships with the likes of Johnny Long, Mike Fronsoe, Mike Lambert, Paul Smith, Vicki Dover, Karen Leatherman, Laurie Goodyear and a number of other great folks, my time at USC proved intellectually rewarding, but perhaps what I remember best are the bonds of friendship developed there. I reflect often and fondly on my time in Columbia, and still keep up with several folks. So to catch up on my life these past 27 years, where do I begin? Perhaps just some of the highlights, both exciting and mundane, are the way to report.

After completing my MS in 1983 I entered active duty in the Army, with my time in the Regular Army lasting from 1983-1988. I spent time in San Antonio, TX, Petersburg, VA, and Indianapolis, IN, followed by three years in Germany, which was a life-changing experience in many ways. I was privileged to travel over a considerable portion of Western Europe, and even forayed into Communist Eastern Europe on occasion as I fought the Cold War as a Medical Service Corps officer. I left the army in 1988, accepted a commission in the Army Reserves, and spent the remainder of my army career as a part-time soldier (affectionately known as “weekend warriors”) in Washington, Oregon, Florida, and Virginia, along with some duty in Panama, Brazil, and Paraguay until retiring in 2002.

After getting out of the army in 1988, I returned to the States from Germany and worked a year in Seattle, putting my Exercise Physiology degree to work as the Director of Fitness and Wellness at Seattle Tennis Club. I did some personal training on the side, and even had a few sessions working with up and coming billionaire Bill Gates. While I enjoyed the work, I had for some time felt a burning desire to go back to school and study my first love—awakened during my overseas travels—history. So, from 1989-91 I returned to school, Oregon State University in Corvallis, OR, and received a second bachelor’s degree, the BA in history, and while there coached a local high school cross country and track team, worked as a history teaching assistant at the university, consulted as a personal trainer, and continued my service in the Army National Guard.

Following my west coast adventure in Seattle and Corvallis, I returned to the southeast to attend the College of William and Mary for the MA in history, which I completed in 1993. While in Williamsburg, I once again was a graduate assistant, continued my service in the army, this time in the reserves, and teaching history as a long-term substitute at a local Catholic school, where I also coached cross country and track. Upon completion of my degree (essentially starting anew, having already the BS and MS degrees, I now had in hand the BA and MA degrees), I moved to Jacksonville, FL, to teach history at St. Johns Country Day School, a PK-12 independent school. Working there six years, 1993-1999, where I became chair of the history department, dean of students, and head cross country and track coach, it is also where I met my wife, Erin Bobel Cox, who was a French teacher at the school. We married in 1998, and then moved to Roanoke, VA, in 1999, where we have remained since.


So, we have lived in the beautiful Blue Ridge Mountains of Roanoke since 1999 and love the area. I got a late start with having a family but wouldn’t trade my family—or my varied experiences—for the world. I have continued to run over the years, actually enjoying a fair degree of success after leaving Columbia so many years ago, though have recently been plagued by injuries. I have enjoyed the great blessing of visiting thirty countries and four continents, a lovely and supportive wife who puts up with my many idiosyncrasies, three beautiful children who thankfully take after their mother, two 115-lb. Bernese Mountain Dogs (Winston Churchill and Prince Caspian), and a home overlooking both the mountains and the city. I love my job, far removed as it is from my academic study at USC, and would welcome contact with all those from the early 80’s at USC. Fall trips to the mountains are wonderful, and we would welcome any visitors to our home! I thank the gifted and dedicated professors who guided my studies while struggling to find myself at USC and the great student colleagues who quickly became my friends. God has truly blessed me in the twenty-seven years since leaving Columbia.

I can be contacted via email at twocoxes@cox.net or phone at 540.725.1646.
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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(Courtesy of Tom Johnson)
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