Recently, while preparing a report for the Provost, I identified all of the collaborative relationships and projects in which the Department's faculty and staff are participating. The length and breadth of the list amazed me. In fact, calling it a “list” seems inadequate. It was more like a matrix of projects, people, and relationships - reaching from the Columbia campus to universities around the world and including everything from community service in local organizations to research with international colleagues.

On the Columbia campus, Department of Exercise Science faculty are participating in the Center for Colon Cancer Research, three Centers of Economic Excellence, the Cancer Prevention and Control Program, the Center for Research in Nutrition and Health Disparities, and the Behavioral-Biomedical Interface Program, just to name a few. Our faculty is collaborating with faculty members in dozens of schools and departments within the University, including the College of Education, School of Medicine, School of Nursing, College of Engineering and Computing, Department of Psychology, and Department of Biological Sciences. In the Columbia community, faculty and staff are providing health screenings to fire fighters and police officers, conducting physical activity interventions in preschools and churches, providing motor development programs for children with developmental needs, and teaching fall prevention skills to older adults.

In South Carolina, faculty members collaborate regularly with colleagues at Palmetto Health, the Greenville Hospital System, the Department of Veterans Affairs, Clemson University, and the Medical University of South Carolina. Collaborations include the McCausland Center for Brain Imaging, the Troop Recruitment Improvement Study, the South Carolina Clinical and Translational Research Institute, and the Institute for Advancement of Health Care. Around the country and around the world, the Department is working with researchers at the University of Georgia, University of Illinois, Department of Defense, Pennington Biomedical Research Center, University of Bristol (UK), Northwest University (Australia), and many other institutions. Research collaborations include studying changes in physical activity that occur between childhood and adolescence, developing an exercise program for people with HIV/AIDS, evaluating new treatments for people who have suffered a stroke, studying the effects of physical activity on the progression of colon cancer, and participating in the world’s largest study on genetic and environmental influences on children’s health.

Clearly, universities have not escaped the economic challenges that our country is facing. Despite the difficult times, however, our department is continuing to engage in collaborative research, teaching and service. I believe that our collaborative relationships make us stronger and will position us well for the challenges of the future.

-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 ’96
Tara Peery MS ’03
Adrian Pinasco MS ’01
Canis Ploch ’09
Laura Pruitt ’98
Kristen Pollard ’96
Alicia Purdy ’98
Jodi Pusser ’98
David Ramsdale ’99
Alan Reed ’85
Steven Reyes ’89

CONGRATULATIONS FALL ’09 GRADUATES

BS
Ashley E. Ahl
Bonnie L. Bennett
Samantha D. Brewer
Amber M. Brown
Katherine L. Carpenter
Matthew C. Chappell
Sarah H. Cline
Shannon L. Coon
Jessica N. Foxworth
Alicia J. Genwright
Colby L. Ginyard
Natasha M. Hastings
Faith A. Hodges
Valyn E. Hughley
Jisha Joy
Larry D. Kimbrell
Kaci R. Kimmons

MS
Justin M. MacDougall
Andrew D. McEllen
Jonathan R. McKinney
Catherine B. McLain
Katie M. McWilliams
Christopher M. Mireea
Christopher Douglas Nance
Latavia S. Perry
Jessica M. Prevatte
Adriane N. Price
Mirna Rodriguez
Kazuma Shino
Joanna M. Sneed
Duston P. Thomas
Brantley M. Thompson
Caitlin A. Thompson
Ashley D. Woodruff

PhD
Mark R. Zielinski

DPT
Lane Bailey
Meredith Bugenske
Rachel Clagett
Julie Davis
Kathryn Downer
Jim Floyd
Anquin Gant
Sara Hibbs
Katie Hutchinson
Courtney Kelso
Brooke Miller

THE ACTIVIST
Spring 2010
The Activist is published biannually by the Department of Exercise Science 
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Dorothy Yarborough, Editor 
Latoya Townes, Layout Design

SAY HELLO TO........

Melissa Mattison, Grants Administrator, hails from Laurens, SC, graduated from Winthrop University in 2002 with an accounting degree. She came to exercise science by way of the Office of Research and Graduate Education where she was their Research Development Funding Coordinator. Melissa will marry Chris Bair on June 5, 2010.

The new Project Coordinator for the Children’s Physical Activity Research Group is Lisa Green - Williams, who was born in Pageland, SC. She earned her Bachelor’s in Political Science from Winthrop University and an MPA from Appalachian State University. She is currently a PhD candidate in the Department of Political Science who lives in Bethune, SC, with her husband, step-son and “two furry canines.”

Kerry McIver is now the Measurement Coordinator on the SHAPES and TRACK Projects, and was previously a Projects Coordinator in the Department. She was born in Asheville, NC, but grew up in Southern Pines and Cary, NC. Kerry earned her Bachelor’s in Exercise and Sports Science and then a Master’s in Exercise Physiology from East Carolina and a Doctorate from USC. She returned to ECU to teach for 18 months before deciding to return to Columbia. Kerry is single, and her mother, father and brother live in Raleigh, NC.

Beth Lach, new administrative assistant onboard, grew up in Downers Grove, IL, a western suburb 30 minutes outside of Chicago. She received her BA from Western Michigan University and her MFA right here at the University of South Carolina. Her degrees are in Theatre Performance, and she has studied acting at the university level for seven years. While in graduate school she fell in love with SC weather, having lived in IL and MI for 22 years. Beth is a collector of religious iconography: statues, relics, art; and black and white photography. Her cat Isis is her closest friend and confidant, having been right beside her as they moved from place to place. Beth is excited about having recently become godmother to her nephew Carson Beall, her sister’s second child.

We’re on Facebook!
University of South Carolina Department of Exercise Science
Become a fan today and reconnect!

26th Annual ACSM Health Fitness Specialist Workshop
June 16 and 17, 2010

ACSM 1-day CEC Workshop: Weight Management for the Fitness Professional
June 18, 2010

For more information, visit: www.sph.sc.edu/exec/hfsl
or contact Chris Kline at 803-777-7296
or klinec@mailbox.sc.edu
RECENT EXERCISE SCIENCE PUBLICATIONS


Guzman ML, Sharp PA, Burroughs EL, Fields R, and Hallenbeck J. “Newspaper content analysis in evaluation of a community-
The Department received a lovely Christmas card from Tabitha Washington Willis (DPT ’07), with photos of her with husband Doran and son Nigel. They’re residing in California.

Megan Baruth (PhD ’09) divides her time between Fort Collins, CO, where her husband is an assistant basketball coach at Colorado State University, and this university, where she is doing a post doc with Steve Blair.

Gina Wessinger (BS ’01) is very busy! She’s a Health & Wellness Coordinator in the Verizon Wireless Health & Wellness Center; she teaches Pilates at the YMCA; and she is pursuing a Masters Degree through an online program from the University of California of Pennsylvania.

Joe and Laura (Fulk) McClung (PhD ’04 & ’05) now include in their family a son Tucker and a daughter Audrey. Joe is a Research Fellow in the Division of Cardiology at Duke University Medical Center, and Laura is a Senior Sales Consultant in the Neuroscience Division at Eli Lilly & Co.

After earning a Master of physical therapy from Old Dominion University (2000) and her Doctorate of Physical Therapy degree from the University of Tennessee-Chattanooga (2008), Page (Scruggs) McDowell (BS ’97) lives in Chesnee, SC, and works at Gibbs Regional Cancer Center. She married Jason McDowell in December 2004, and they welcomed a daughter in June 2006.

Adam Christopher Endress (BS ’04) married Jessica Dale Larrabee in March 2009 in Cocoa, Florida. Adam went on to graduate from the Medical School of South Carolina and is employed as a physical therapist at Physiotherapy Associates in Colorado Springs, Colorado. His bride graduated from Johns Hopkins in International Studies and Spanish and is employed with the Colorado Springs school system.

Tachel Denise Hanks (BS ’03) has been at Palmetto Health Richland Hospital as a Nuclear Medicine Technologist since 2006.

Carol (Tsuchihashi) Whittlesey (MS ’96) has moved with her husband from North Carolina to Kansas.

Lots of news from Ashley Poole (BS ’04): she moved to Nashville, got engaged, and started nursing school in a matter of months. By the time you’re reading this, Ashley is probably a married woman... the wedding is set for sometime in May.

Mary Elizabeth “Bess” (Adden) Jones (BS ’06) was married on August 15, 2009. She and her husband live in West Columbia, SC.

Melissa (Ward) Malhotra (BS ’98) received a Master of Rehabilitation Science-Physical Therapy from the Medical University of South Carolina and works for Rehab Solutions, a contract rehab company. She married in July 2008 and lives in Fort Mill, SC.

On December 8, 2009, Nic Greene (MS ’05) and wife Liz welcomed little Amelia Noelle Greene at St. Joseph’s Health Center in Bryan, Texas. Nic is a PhD student at Texas A&M.

From Manchester-by-the-Sea, MA came another Christmas card to us all, this one from Maria Burgess (PhD ’91) and beautifully adorned by her three offspring: Joe, Ellen and Will (also pups Mac and Lucy).

Michael Ferguson (MS ’96) is the new Global Director of Clinical Outcomes and Translational Research in the Office of Medical and Health Affairs with Philips Healthcare.

Congratulations on the February 15 birth of daughter Eloise Reese Hewitt to Jennifer (Whelchel) Hewitt (BS ’99) and husband Jimmy, recently relocating to North Augusta, SC, from Hawaii.

MORE PUBS FROM PAGE 3


Steiner JL, Davis JM, Murphy EA, McClellan JL, Gordon BT. “Effects of exercise training on mitochondrial biogenesis in the muscle and brain.”

Jung SH, Davis JM, Murphy EA, McClellan JL, Carmichael MD. “Effects of quercetin on brain inflammation in a mouse model of Alzheimer’s disease.”

Barker CP, Davis JM, Davis B, Carmichael MD, Murphy EA, Newman-Norland R, Rorden C. “Quercetin and caffeine effects on brain activation in a fatigued state: an fMRI study.”

Chen S, Davis JM, Pallardy S, Steiner J, Carmichael MD, Murphy EA. “Effects of herbal supplementation on mental energy during prolonged cognitive demand.”


Presentations


Bread Medical Foundation meeting, Los Angeles CA, February 13th 2009: “Adipose tissue Macrophages: Role in the Development of Structures in Crohn’s Disease” Venkatish Potemone, Ali Keshavarzian, Marc I Brand, Theodore Sucriddles, Herand Abcarian, Emma Fletcher, Bianca Larsen, Giana Fantozzi, Raja Fayad


Papers presented at the Southeast American College of Sports Medicine Conference in Greenville South Carolina held on Thursday February 11-13th:

• McClellan JL, Davis JM, Murphy EA. “Curcumin reduces the MCP-1 response in ApcMin+ mice.”

• Gordon BT, Davis JM, Murphy EA, McClellan JL, Carmichael MD. “Brain MCP-1 mRNA expression is increased in the ApcMin+ mouse model of colon cancer.”

• Steiner JL, Davis JM, Murphy EA, McClellan JL, Gordon BT. “Effects of exercise training on mitochondrial biogenesis in the muscle and brain.”

• Jung SH, Davis JM, Murphy EA, McClellan JL, Carmichael MD. “Effects of quercetin on brain inflammation in a mouse model of Alzheimer’s disease.”

• Barker CP, Davis JM, Davis B, Carmichael MD, Murphy EA, Newman-Norland R, Rorden C. “Quercetin and caffeine effects on brain activation in a fatigued state: an fMRI study.”

• Chen S, Davis JM, Pallardy S, Steiner J, Carmichael MD, Murphy EA.”Effects of herbal supplementation on mental energy during prolonged cognitive demand.”

• Kostek M, Fritz SL, Moreau N. “Neural Rehabilitation: from Molecule to Muscle to Man” Symposium Presentation.
On January 17 at 4:55 p.m., Jacob Wilcox Schatz joined the family of Sara Wilcox, husband Jeff Schatz and big brother Sam. Jacob weighed in at 7 lbs. and 12 oz.

Department chair Larry Durstine’s name is in print again, this time on the third edition of a textbook he wrote in collaboration with a team of his exercise science peers. ACSM’s Exercise Management for Persons with Chronic Diseases and Disabilities offers both exercise and health professionals the latest research and applications for integrating exercise into the treatment of 49 chronic diseases and disabilities.


The Physical Therapy Program in the Department of Exercise Science at the Arnold School of Public Health, directed by Bruce McClenaghan, has been reaccredited by the Commission on Accreditation in Physical Therapy Education (CAPTE) of the American Physical Therapy Association. CAPTE noted that the program is meeting its mission based on the academic performance of its students which includes a 92.5 per cent graduation rate and a 100 per cent pass rate on the national board examination. The commission also noted the high percentage of students who do research and disseminate the results of their work. Currently the program also has a 100 per cent employment rate for its graduates over the past three years. Dr. McClenaghan says that this full ten-year accreditation is acknowledgement of the program’s strength and unique mission in delivering physical therapists to the health care community of the state.

Shannon Cornelius, doctoral student of Shawn Youngstedt, has been awarded a grant in the amount of $6,000 from the University’s McCauland Center for her project entitled “Effect of Bright Light Therapy on Neural Response to Newborn Crying in Women with Postpartum Depression.”

Steve Blair’s proposed Center of Economic Excellence Technology Center to Enhance Healthful Lifestyles was selected for funding by the South Carolina Centers of Economic Excellence Endowed Professorship program. The award amount is $3 million. USC will recruit an Endowed Chair of Technology Applications for Health Behavior Change, who will have recognized expertise in research on health behavior change which will include successes in disseminating diet and physical activity interventions and delivering these interventions via mass communication and other cost-effective approaches.

Patricia Sharpe has been awarded a two-year Research Supplement to Promote Diversity in Health-Related Research ($266,000) to her R01 entitled Behavioral/support intervention for diet and exercise among underserved women from the National Institute of Diabetes and Digestive and Kidney Diseases. Sara Wilcox, is also a research mentor on the project.

Sara Wilcox received two grants from the CDC that begin 9/30/09. Evaluation of a Self-directed, Packaged Physical Activity Program for Adults with Arthritis, is a 3-year study, and Co-Investigators are Bruce McClenaghan, Patricia Sharpe, Katherine Leith, and Robert Moran. The Healthy Aging Research Network Collaborating Center is a 5-year study. Drs. Wilcox and Leith are the Principal Investigators, and Co-Investigators are Steven Hooker, exercise science, and Daniela Friedman.

Paul Beattie has been elected as a Catherine Worthingham Fellow of the American Physical Therapy Association. APTA’s Catherine Worthingham Fellow membership category was established to recognize those persons whose work has resulted in lasting and significant advances in the science, education, and practice of the profession of physical therapy.

At the Southeastern American College of Sports Medicine conference in Greenville, SC, in February, doctoral student Jennifer Steiner received the second place award for her presentation on “Effects of exercise training on mitochondrial biogenesis in muscle and brain.” Two other doctoral students from Dr. Davis’ lab, David Jung and C’iana Barker, were also among the ten finalists for the student awards.

Doctoral student C’iana Barker was awarded an ACSM student grant award for her proposal “Effects of transcranial brain stimulation on central nervous system fatigue.” Funding ($5,000) is for one year and will begin July 1 2010.

Congratulations to Jennifer Steiner, doctoral student, who received the first place award in the oral presentation section at the University’s Graduate Student Day. Jenny’s presentation was on the effects of exercise training on mitochondrial biogenesis in the muscle and brain.

Congratulations to Mike Stoudemire, Graham Jones and Keith Burns (shown left to right above) for winning the inaugural Exercise Science Student Bowl at the University of South Carolina’s Arnold School of Public Health. This team represented USC in the Southeastern American College of Sports Medicine (SEACSM) regional Student Bowl competition, February 2010 in Greenville, SC. Unfortunately, according to Keith, “There were 15 teams and we finished tied for 6th with 11 other teams. So, the top five teams finished with points and then the last 10 teams all tied for last with no points. We bet it all on the last question and unfortunately didn’t do so well.” Nice try, fellows!

Jorge A. Banda, MS, doctoral student under Steve Hooker’s supervision, has recently been awarded both a fellowship and a scholarship. The Charles Coker Trustee Fellowship was awarded to him by the USC Graduate School at Graduate Student Day, and with this fellowship $3,500 is associated. Jorge has also been accepted into the Built Environment Assessment Training (BEAT) institute, a one-week long institute at the University of Pennsylvania that includes a $1,275 scholarship.

Doctoral student Steve Chen has been awarded a Graduate Summer Dissertation Fellowship, given to outstanding doctorate students who have demonstrated excellence in their doctoral studies at the University, who have an exceptionally worthy dissertation project, and for whom summer support would facilitate their completing their studies in time for August graduation.
WHERE ARE THEY NOW?

Alumni Profile of Paul Smith, Class of 1984

I always look forward to receiving the next issue of The Activist and especially the alumni profile page. So to say that I was humbled and honored to be asked to write my profile is an understatement. The education, relationships, and support that I received from the university, faculty, staff, and colleagues there have been instrumental in my career and life.

After leaving the program in the summer of 1984 I continued my education at the University of Indianapolis, where I graduated with an MS in physical therapy in 1986. I began my career as a PT in Akron, OH, and moved back to Greenville, SC, and worked for the local hospitals until 2000. I had always considered opening my own private physical therapy practice and finally found the courage - along with the constant support of my wife and daughters - to take the leap of faith in more than one way. Over the past 10 years the blessings have multiplied from an office with a secretary and me, to four offices and 16 employees in Greenville, Spartanburg, and Easley. My wife is an occupational therapist, which allows us the pleasure of working together two to three days per week, and she also serves a steady source of guidance.

Some things don’t change with time and then as now I still have a love for golf, running, and of course the Andy Griffith Show. My pleasant memories of running (or are those two mutually exclusive) are still vivid, especially the Cooper River Bridge Runs and the trip to Boston in 1983 to run the marathon with Mike Lambert and Sam Cox. To follow up, I had not run a marathon since 1983 and was able to requalify for Boston again in 2003 and so far have returned every year since. (Thank goodness for “old geezer” qualifying times.) While I have been afforded many running opportunities over the years, running with my oldest daughter Catic in her first 10K is an experience I’ll always cherish. Also, as the business has expanded we have been able to adopt the role of corporate sponsor for a local road race and a kids’ triathlon, thus proving that it is far more gratifying to be able to give than to receive.

Through my association with the golf community and physical therapy I have had the opportunity to treat and become friends with many of the PGA Tour players, to include: Jay Haas, his son Bill Haas, Charles Warren, and the 2009 U.S. Open Champion Lucas Glover. My youngest daughter Muffy has played on her high school golf team since the 7th grade. During that time I have volunteered my services to the team, and to their credit they were able to earn back-to-back state titles. While state titles were exciting, the accomplishment of beating dad for the first time still ranks high in both our memories.

While I am very grateful for all the Lord’s blessings I have received, my pride and joy is my family. Deb and I met on my last physical therapy clinical in Rochester, NY, in 1986. We were married in 1989 and have lived in Greenville for the past 21 years. I am the first one to admit that I definitely married up and would not be where I am without her. In 1990 we were blessed with the birth our first daughter Catic, and again in 1993 with her sister Muffy. It is hard to believe that enough time has passed that I have taken each of them to USC for campus visits. Catic is a freshman at Anderson University, and Muffy will be a high school senior next year. I am like any other parent and could talk for hours about my girls. Thankfully, the two of them take after their mom, and along with Deb are truly my pride and joy.

Living within a couple of hours from Columbia, I have had the opportunity to see the amazing facilities that are so deserved. Each time I have returned to USC Dr. Durstine has always welcomed me, usually a daughter at my side, and treated us as visiting dignitaries. Those of you who know me are probably wondering if Dr. Durstine is losing his mind to treat me in such a manner, but as all of us are aware he is just that kind of person. I know I am grateful - along with any graduates of the exercise science program - for the efforts that Drs. Durstine, Pate, Davis, and Blair and other faculty members have given to build a program of such repute. Being a physical therapist I also have a soft spot for the PT program that Dr. McClenaghan has fostered since my time at USC.

If you have been kind enough to read this far, I want to thank you for your time. As for the Bonnie, Camille, Cheryl, Dave, Johny, Laurie, Lisa, Mike F., Mike “Pecan” L., Sam, and Vicki, like Bob Hope used to say, “Thanks for the memories.” I apologize to anyone that I may have forgotten to name, but I already qualify for senior discounts, so I have a valid excuse. My e-mailing abilities, as with my running times have deteriorated with time, but I would welcome the opportunity to catch up with anyone who may feel like contacting me at paul@smiththerapy.com. I thank you again and may God Bless.

REMINDER
ACSM Annual Meeting
June 2-5, 2010
Baltimore, Maryland
Headquarters Hotel: Hilton Baltimore
For information about the EXSC
Department Social,
see us on Facebook or call
Dorothy Yarborough at 803-777-7453
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
Department of Exercise Science
Arnold School of Public Health
University of South Carolina
Columbia, SC 29208

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? ____________
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(Courtesy of Tom Johnson)
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