As each spring semester draws to a close, I like to reflect on the Department’s challenges and achievements over the past year. Although we faced a number of challenges in 2010-2011, it’s the achievements of our faculty and students that stand out as I look back over the year. Our faculty, for example, continues to secure research funding and conduct world-class exercise and physical activity research. Recent new funding includes a large grant from Coca-Cola to Steve Blair and colleagues to conduct an energy balance study, and a large NIH sub-contract, through the Battelle Memorial Institute, to Russ Pate and colleagues to participate in a nationwide study of community-based childhood obesity programs. In addition, Greg Hand received an NIH grant to study a home-based exercise program designed to reduce cardiovascular disease risk in people with HIV. These studies join our impressive portfolio of research funded by the Department of Defense, National Institutes of Health, American Heart Association, American Diabetes Association, and other leading biomedical research organizations – total funding is approaching six million dollars.

Faculty members also received numerous awards and honors this year. In the fall issue of The Activist I mentioned recognition that Paul Beattie, Sara Wilcox, Steve Blair and Russ Pate received earlier this year. Since then, Steve Blair has received two additional awards. He was named the 2010-2011 Dean Helen B. Hilton Chair at Iowa State University’s College of Human Sciences and was the Henry Montoye Lecturer at the January 2011 meeting of Southeastern ACSM (SEACSM). Also this year I was honored to receive a Citation Award from ACSM.

Not to be outdone by the faculty, our students and graduates also had a very good year. Of the eight students nominated for research awards at the recent SEACSM meeting, five are students in our department – Diana Diaz, Sara Mahoney, Ben Gordon, Brad Gordon, and Jamie McClellan. Ben Gordon, a student of Mark Davis, won the award for his presentation, “Increased expression of brain inflammatory cytokines following downhill running in mice.” Two of our recent graduates, Chris Kline and Jim White, received appointments to prestigious post-doctoral positions. Chris, who worked with Shawn Youngstedt in the Chronobiology Laboratory, has begun a fellowship in translational approaches to sleep medicine at the Sleep Medicine Institute, University of Pittsburgh. Jim, a student of Jim Carson, accepted a position at Harvard Medical School working on regulation of energy homeostasis in the laboratory of Dr. Bruce Spiegelman. And one of my former students, Dr. Paul Davis, associate professor at UNC Greensboro, was recently elected president of SEACSM. Paul’s research focuses on the effects of exercise on cardiovascular disease risk factors, including traditional and nontraditional risk factors in women.

In the past few years, I have asked you to contribute to the Department’s Alumni Scholarship Funds which is used exclusively to provide scholarships to students in the
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.

Ernest N. Ahlborn ’92
Carrie Lyn Alkire ’98
Lasandra Dorn Amick ’91
Molly Anderson ’81
Angela Austin ’81
Sigrid J. Austria ’99
Melissa B. Bailey ’09
Heather Bale ’09
Lesa K. Bethea ’83
Jeremiah B. Blankenship ’05
Elizabeth W. Blevins ’94
Lindsey L. Ashley ’09

CONGRATULATIONS FALL ’10 GRADUATES

BS
Kelly D. Adrian
Sabrina J. Andrews
Caitlin E. Audette
Kate E. Burnett
Jessica P. Cash
Kathleen C. Chatara
Lindy Craft
Philip B. Disher
Soraya D. Graham
Sallie E. Gurganus
Joshua L. Horton
Randall L. Huber
Emily M. James
Austin S. Lam
Spencer D. Lanning
Chelsea T. Leroux
Kathleen E. Lewis
Sarah M. Mathis
Justin Ryan L. Maulion
Ellen D. McRae
Larry Middleton
Max R. Minnillo
Michael A. Mize
Curtis W. Murphy
Monika A. Nickels
Adam H. Pridgen
Brittany L. Ramsey
Ashley N. Relucro

Lauren E. Roof
Keir A. Sittloah
Carlisle S. Smith
Kylie J. Softchek
Kayla W. Springs
James M. Stoudemire
Jacobi R. Thrower
Jarman L. Tisdale
Lauren T. Trout
Anya L. Wallace
Megan L. Wolfe
Jeffrey A. Zimmerman

DPT
Vance Arthurs
Karen Bonney
Ashley Creel
Joshua Deese
Jeffrey Derenzo
Brian Draddy
Brandy Duncan
Scott Gams
Welsey Lanier

Rebecca Molini
Shannon Murphy
Tristan Neville
Timothy O’Neal
Jenna Sires
Farra Southern
Brandon Vaughn
Bradley Wells
Sophia Wijithoff

MS
Jenna L. Bartlett
Emma A. Fletcher
George R. Gadow
Christopher J. Golden
Karina C. Howell
Bianca M. Larsen
Drew C. Mobley
Billy M. Ray
Ashley N. Rippy
Sharvari S. Waghmare

PhD
Angela R. Merlo
Jason R. Jaggers

MPH
Kimberly A. Stanistreet-Clouston

THE ACTIVIST
Spring 2011
The Activist is published biannually by the Department of Exercise Science
Arnold School of Public Health
University of South Carolina
Columbia, SC 29208

Dorothy Yarborough, Editor
Latoya Townes, Layout Design

DURSTINE
FROM PAGE 1

Department. Your contributions have made attending USC possible for several students, and I am asking you once again to make a contribution to this Scholarship Fund. You can donate quickly and easily by going online to our website at http://sph.sc.edu/exsc/ and clicking on the Ways to Give link found on the right side under Featured Links on the right side of the page. Look for the Arnold School of Public Health and the Department of Exercise Science listings, and make your contribution directly to the Department. If you need help in making your donation to the Department, please call our development office at (803) 777-3471, or e-mail magradey@mailbox.sc.edu. Thank you for your support of our students and the Department of Exercise Science.

In closing, we are once again planning a reception at the Annual ACSM meeting at the end of May in Denver Colorado. Plan to attend. Also, if in the future you have an opportunity to come to Columbia, please let me know, and I will show you around our new building.

-J. Larry Durstine-
<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steven P. Hooker, A Feeney, B Bluto, KA Pfeiffer, K McVeer, DP Heil, J-Vena, M LaMonte, and S.N. Blair</td>
<td>&quot;Validation of the Actical Activity Monitor in Middle-Aged and Older Adults: This study was designed to validate the Actical activity monitor in middle-aged and older&quot;. <em>J Phys Act Hlth</em> 2011; 8; 372-380; © 2011 Hum Kin, Inc.</td>
</tr>
</tbody>
</table>
| Ulmman G, Williams HG, Hussey J, Durstine JL, and
ALUMNI UPDATES

Alison Shaw (BS ’08) is in the Doctor of Physical Therapy Program at the Medical University of South Carolina, expecting to be a part of the class of 2012.

Will Lyerly (PhD ’09), professor at Coastal Carolina, reports that he and his wife are happy in their new house in Conway, SC.

On March 26 at Shandon Presbyterian Church in Columbia, Chad Walker (BS ’05) married Elizabeth Holmes Sawyer. Chad is a Master Police Office with the City of Columbia, and his bride, who received a Bachelor of Arts in psychology from USC, works with that department on campus.

Benjamin Ross McCollum (BS ’09) of Florence married Katherine Marie Hutchinson (DPT ’09) of Columbia on November 13 of 2010 in the Lexington Presbyterian Church. He is employed by the Richland County Emergency Medical Services and is a volunteer firefighter with Upper Richland County Fire Rescue, and Katherine, who also graduated from Furman in 2006, works with Palmetto Health Children’s Hospital Special Care Center in Columbia and with Levine Children’s Hospital in Charlotte, NC. The couple will reside in Lexington.

Melissa (PhD’06) and Chris Bopp continue to thrive at Pennsylvania State University where she is an assistant professor and he an instructor. Little Maggie is now seven and finishing first grade.

Emma Fletcher (MS ’10) has been accepted into a four-year program at the University College Dublin, into the only veterinary program in Ireland.

On April 1-3, 2011, six M.S. graduates from the 1982-1984 Exercise Science Department reunited in Charleston, SC along with their families for the Cooper River Bridge Run. The weekend was enjoyed by all and highlighted by a visit from Larry Durstine and his wife Linda, along with a visit with Mike and Vicki Lambert (1984) via Skype from Cape Town, South Africa. The six were Sam Cox, Mike Gronsoe, Laurie Goodyear, Karen Leatherman, John Long, and Paul Smith. “See you at Falmouth 2012,” was heard as they departed.

In May Bradley Rebekah Bowling (BS ’11) married Nicholas Michael Crout (BS ’10) at the Lexington Baptist Church in Lexington, SC.

On June 25, Jonathan Davis Todd (BS ’06) will marry Mary Faith Ellis of Irmo. The groom-to-be earned a Master’s Degree in healthcare administration at USC and is currently pursuing a Doctorate of Public Health at the University while being employed at Blue Cross Blue Shield of South Carolina. Mary Faith is a graduate of the College of Charleston with a Master’s in special education who teaches preschool children with developmental delays in Lexington-Richland schools.

MORE PUBLISHS

FROM PAGE 3


SAY HELLO TO........

…..Brandy Dashnaw, MAEd, Project Coordinator for the Children’s Physical Activity Research Group (TRACK, SHAPES, and the NHLBI Childhood Obesity Study in Dr. Russell Pate’s office within the CPARG group). Brandy has been at USC since December 1, 2010, and prior to that, she worked at East Carolina University as a Training Specialist in the Office of Grants and Contracts. Her undergraduate degree is in Elementary Education from Western Kentucky University, and her MAEd is in Adult Education from East Carolina University. When not working, Brandy enjoys biking, swimming, painting, and spending time with her wild and crazy doggies.
Steve Blair was the recipient of the 2010 Henry J. Moroyte Scholar Award, presented at the Southeast Chapter of the American College of Sports Medicine in Greenville, SC, on February 4, 2011. Criteria for The Monteoye Scholar Award include the history of scholarly contributions (e.g., publications, presentations, grants, preparation of students); the contribution to scholarships at annual SEACSM meetings; and the history of active involvement in advancing the mission of SEACSM.

Stacy Fritz gave an Invited Presentation in Columbia in February at the Aging Research Day: Aging and Mobility conference: “Gait Speed: The Sixth Vital Sign.”

The Faculty of 1000 has selected and evaluated an article by Timothy Church. “Effects of aerobic and resistance training on hemoglobin A1c levels in patients with type 2 diabetes; a randomized controlled trial. (JAMA 2010 Nov 24), placing his work in their library of the top 2% of published articles in biology and medicine. Faculty of 1000 is a website for scientists providing rankings and commentary on current scientific research papers. The inclusion of Dr. Church's article is quite an honor and will significantly increase its visibility.

Roger Newman-Norlund and his wife Sarah welcomed Suzannah Rose into their family on November 27. “Rosie” arrived weighing 8 lb. 2 oz. and joins an older sister and brother in the family.

Raja Fayad and his student Kirby Lattwein received two awards from Magellan foundation Mini-Grant Program and research program. These grants will be directed to study the role of Selenium and Adiponectin in chronic inflammation-induced colon cancer.

Steve Blair has been awarded the Hilton Chair at Iowa State University and will make four scheduled visits there this academic year, during which his hope is to expand the knowledge and research related to physical activity and health.

Norma Frizzell was an invited speaker at the Japan Maillard Reaction Society (JMARS) annual meeting in Tokyo, Japan, on September 17, 2010. Her presentation was entitled: ‘Succination is a meeting in Tokyo, Japan, on September 17, 2010. Japan Maillard Reaction Society (JMARS) annual meetings; and the history of active involvement in advancing the mission of SEACSM.

Stacy Fritz gave an Invited Presentation in Columbia in February at the Aging Research Day: Aging and Mobility conference: “Gait Speed: The Sixth Vital Sign.”

The Faculty of 1000 has selected and evaluated an article by Timothy Church. “Effects of aerobic and resistance training on hemoglobin A1c levels in patients with type 2 diabetes; a randomized controlled trial. (JAMA 2010 Nov 24), placing his work in their library of the top 2% of published articles in biology and medicine. Faculty of 1000 is a website for scientists providing rankings and commentary on current scientific research papers. The inclusion of Dr. Church's article is quite an honor and will significantly increase its visibility.

Roger Newman-Norlund and his wife Sarah welcomed Suzannah Rose into their family on November 27. “Rosie” arrived weighing 8 lb. 2 oz. and joins an older sister and brother in the family.

Raja Fayad and his student Kirby Lattwein received two awards from Magellan foundation Mini-Grant Program and research program. These grants will be directed to study the role of Selenium and Adiponectin in chronic inflammation-induced colon cancer.

Steve Blair has been awarded the Hilton Chair at Iowa State University and will make four scheduled visits there this academic year, during which his hope is to expand the knowledge and research related to physical activity and health.

Norma Frizzell was an invited speaker at the Japan Maillard Reaction Society (JMARS) annual meeting in Tokyo, Japan, on September 17, 2010. Her presentation was entitled: ‘Succination is a meeting in Tokyo, Japan, on September 17, 2010. Japan Maillard Reaction Society (JMARS) annual meetings; and the history of active involvement in advancing the mission of SEACSM.

Sara Wilcox is one of two USC professors who will lead a project called “Promoting Healthy Weight in Pregnancy and Postpartum Among Overweight/Obese Women.” The study is funded by a grant of $181,250 by the Eunice Kennedy Shriver National Institute of Child Health & Human Development/ National Institutes of Health.

Palmetto Health and the EXSC Physical Therapy Program have established a comprehensive clinic in downtown Columbia to study and treat mobility issues in South Carolina’s aging population. Called the Palmetto Health-University of South Carolina Mobility and Research Clinic, it’s located on Farrow Road and welcomed its first patient in March 2010.

Steve Blair was one of the authors of a study, led by Timothy S. Church regarding people with type 2 diabetes, a new study in JAMA that sheds light on effects of aerobic exercise, resistance training.

Research Poster Presentations at the Combined Sections Meeting in New Orleans, LA, in February 2011:


Peters D, Fritz SL, Merlo A, Rivers ED. Examining the Effects of Wii and Playstation Game Play on Dynamic Gait and Symmetrical Weight Bearing in Individuals with Chronic Stroke: A Preliminary Study.


Abstract presentations by Mark Davis’ lab at the Southeast American College of Sports Medicine annual meeting in Greenville in February 2011:

JL McClellan, JM Davis, T Tae, JL Steiner, MD Carmichael and EA Murphy. Effects of muscadine grape extract on intestinal inflammation in the ApcMin/+ mouse.

SE Mahoney, JM Davis, JL McClellan, MD Carmichael, M Pena and EA Murphy. Effects of 5-fluorouracil chemotherapy on voluntary physical activity.

BT Gordon, EA Murphy, JL McClellan, MD Carmichael and JM Davis. Increased expression of brain inflammatory cytokines following downhill running in mice.

Steiner JL, JM Davis, Carmichael MD, EA Murphy, JL McClellan and SE Mahoney. Characterization of a mouse model of cancer related fatigue using measures of physical activity.

Patricia Sharpe was one of the presenters of “Body image and socio-cultural context among underserved women enrolled in a weight loss controlled trial” at the November American Public Health Association Annual Scientific Meeting in Denver, Colorado. In addition, she was part of a group that presented “An examination of social and environmental marginalization among Latinas in the South Carolina Midlands and Texas Border communities.”

Russ Pate joined leading health and medical experts from throughout the United States at the National Press Club in January for a panel discussion on solving America’s epidemics of child obesity and mental illness.

Steve Blair has been named the 2010-11 Dean Helen LeBaron Hilton Chair at Iowa State University’s College of Human Sciences. His selection for the Hilton Chair is one of several recent accomplishments. Earlier this month, Dr. Blair received the 2010 Folksam Prize in Epidemiological Research, an award presented at an installation ceremony at the Karolinska Institute in Stockholm, Sweden, an institute considered one of the world’s leading medical universities.

Grant Awards

“Fort Jackson Identifying Health Barriers Project: Soldier Health Promotion to Examine and Reduce Health Disparities (SHPERHD),” PI: J. Mark Davis; Sponsor: US Army Medical Research Acquisition Activity/DOD.

“Exercise and quercetin in colon cancer: Role of Macrophages,” PI: Angela Murphy; Sponsor: American Institute of Cancer Research.

Terry Moore and one of her UNIV 101 students, Lacey Humphries, applied for and received a Magellan Apprentice grant. They will be working with Harriet Moore’s project in the spring. The proposal is called “The Effects of Nintendo Wii and Wii Fit on the Stability, Balance, and Coordination of Adults Fifty and Older.”
WHERE ARE THEY NOW?

Alumni Profile of Sue (Petty) and Ron Yarab, Class of 1985

It does not feel like it has been 26 years since we were on the campus of USC as undergraduate students in the Exercise Science program. Maybe because all of our favorite professors are still there doing great things in the academic world and still look as good as they did in 1985. Ron and I both graduated with a BS in Exercise Science. Our professors, Dr. Durstine, Dr. Davis, Dr. Williams, and Dr. Pate taught us many things that we use every day in our professions as a Physical Therapist and Physician.

While in college our time was filled with both athletic and academic activities. I participated on the Coquette dance line for 3 years at USC and Ron was all conference and academic all conference on the USC track team. We made numerous life-long friends during our time at the University of South Carolina, and we still visit the campus frequently for Gamecock football games. In the Exercise Science program, Ron did HDL lipid research with Dr. Durstine, and we still use the basic principles of that research project in some of the patients we treat today. After we graduated from the Exercise Science program in 1985, we got married and we both went to the Medical University of South Carolina where I studied Physical Therapy and Ron started his medical degree. After I graduated from Physical Therapy in 1987 we moved back to Columbia and Ron received his Medical Degree from the University of South Carolina in 1989. After Ron’s graduation from medical school we moved to Toledo, Ohio for two years while he completed his internship and first year of residency, and I worked as a staff Physical Therapist at the Medical College of Ohio. After Ron’s first year of residency he transferred to the Ohio State University, one of the top Physical Medicine and Rehabilitation programs in the country, to finish out his medical residency. While Ron was finishing his residency, I finished an Advanced Masters in Orthopedic Physical Therapy at the University of Indianapolis.

We both were nearing completion of our studies but had an illness in the family and actually moved back to our hometown of Youngstown, Ohio, which was supposed to be a temporary stay. This actually turned into a very good business opportunity for us and today Ron and I operate a private Physical Medicine and Rehabilitation and Physical Therapy clinic in Youngstown, Ohio, and we have been doing so since 1993. Our clinic specializes in musculoskeletal pain and electrodiagnosis, which gives us a whole population of de-conditioned individuals to use the skills we learned during our time at USC. I specialize in geriatric orthopedic physical therapy, and am board certified as a clinical specialist in this area by the APTA. Also in the course of our practice we have found how important general conditioning and exercise is to the general population, and we have opened up two Pilates Reformer studios. I have advanced training in Stott Pilates method. We also offer yoga and zumba classes in our studio as well (www.allpointsmedicine.com).

Our professional lives keep us busy, but we always have time for fun and recreation. Ron fills his excess daily time with exercise. He recently has been doing P90X and has lost 30 pounds. He also is a semi-professional race car driver and amateur tattoo artist, and he races in the Rolex Grand-AM Sports Car Series. He recently completed the 24 Hours of Daytona in 8th place, which was a great feat as they were the highest placing all-amateur team. Ron’s racing also raises money for research; he races for the Children’s Tumor Foundation (www.racing4research.org). This year they have raised over $600,000 for research for neurofibromatosis (look it up, this is supposed to be educational). Over the life of the program, which is only three years, they have raised over $1,400,000. Ron also runs some local dirt track races at Sharon Speedway in the late model division, which is more of a wrestling match than racing. Being at the track is an exhilarating and at the same time relaxing experience away from our medical practice.

When I am not organizing Ron’s race schedule I enjoy community volunteer work and helping the Children’s Tumor Foundation. Ron and I have no children, but we have a loving Maltese named Daytona who has flown all around the country with us, though she’s not a big fan of the coach section. Daytona has become a fixture at the Rolex 24 race in Daytona as well as at multiple race tracks across the country with Skip Barber Racing. She also enjoys going to NASCAR races to visit our fellow graduate Dr. Scott McNair who is a NASCAR physician for Hendrick Motor Sports.
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? __________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

Public Health Research Center, 921 Assembly Street

Stop by and see what we’re up to!

(Courtesy of Tom Johnson)