

COLLEGE OF
AHS NEWS

The newsletter of the College of Applied Health Sciences at the University of Illinois at Urbana-Champaign

Celebrating 50 Years

Join Us for Our Anniversary
October 26-28, 2007



A MESSAGE FROM THE DEAN

As we reflect on the 50th anniversary of the College of Applied Health Sciences, I'd also like to take a moment to look ahead to what the future has in store for us. In keeping with the theme of the new University fundraising campaign, our future is indeed "brilliant." As we begin the new academic year, I'm pleased to extend a welcome to six new faculty members. These individuals, who are introduced in the pages of this newsletter, bring our total full-time-equivalent faculty number to 59, a new high point in our recent history.

These new faculty members are joining a College that has had a truly impressive record of achievement in research, teaching, outreach, and student services. Our programs, which rank among the top programs in our fields of study, are addressing some of society's most critical needs in a richly collaborative environment within the College and across this nationally and internationally recognized campus. We look forward to the contributions they will make to our collective efforts.

As part of the "Brilliant Futures" Campaign, the College of Applied Health Sciences is seeking support for our faculty, students, programs, and facilities. To date, I'm proud to share that we have reached 50% of our \$20 million goal, including a recent gift of \$2.5 million to support five professorships in our Center on Health, Aging, and Disability. The Shahid and Ann Khan Professorships in Applied Health Sciences will make it possible for our faculty to engage in research that will enable people of all ages and abilities to lead healthy, independent, productive lives.

Facilities improvements offer promise for the future as well. We are beginning the first steps in building a north addition to Huff Hall, an exciting project that will provide needed space for our Center in addition to our expanding academic programs. The new Speech-Language Pathology Clinic facilities are being completed and the clinic will be relocated to the South Campus Research Park in September, and construction of the residential facility for the Beckwith Program will commence this fall with a groundbreaking ceremony. More information about each of these programs can be found within this issue of the newsletter.

As we look ahead to an exciting future, it's important to reflect on the people and programs that have made our progress possible. The College will be celebrating its 50th anniversary with a variety of social, educational, and celebratory events, including recognition of our first AHS Distinguished Alumni Award recipients. We hope that everyone—alumni, former and current faculty, students and staff—will join us!



Tanya M. Gallagher

AHS

College of Applied Health Sciences
University of Illinois at Urbana-Champaign

www.ahs.uiuc.edu

AHS News is produced semi-annually by the Office of Development and Alumni Relations, College of Applied Health Sciences.

Editor: Kent Reel

Designer: Gretchen Wieshuber, Studio 2D

Contributors: Melissa Mitchell, UI News Bureau

For more information about AHS News, or to submit information for publication, please contact the editor at (217) 244-6600 or alumni@ahs.uiuc.edu

Dean: Tanya M. Gallagher

Associate Dean: Bo Fernhall

Assistant Dean for Academic Affairs: Jen Themanson

Assistant Dean for Development/Alumni Relations: Sara Kelley

Assistant Dean for Administration and Technology: Bill Goodman

The University of Illinois at Urbana-Champaign is an equal opportunity, affirmative action institution.

Department and Unit Heads

Kinesiology and Community Health: Wojtek Chodzko-Zajko

Recreation, Sport and Tourism: Cary McDonald

Speech and Hearing Science: Adrienne Perlman

Division of Disability Resources and Educational Services: Brad Hedrick

AHS Alumni Board

David Bobert, BS 1971; Karen Darner, BS 1967, AM 1968; Robin Hall, BS 1966, MS 1975; Laura Kann, BS 1982, MS 1983; Saul Morse, AB 1969, JD 1972; Harold Wimmer, BS 1977, MS 1978

A NEW CAMPAIGN FOR UI, AHS

LARGEST FUNDRAISING CAMPAIGN IN OUR HISTORY INCLUDES \$20 MILLION FOR AHS

On June 1, 2007, the University of Illinois launched the largest fundraising campaign in its history with a dinner and reception at Chicago's Navy Pier. The event was attended by more than 1,100 alumni and supporters of the University and kicked off the public phase of the UI's capital campaign, "Brilliant Futures: The Campaign for the University of Illinois."

This campaign has a University-wide goal of \$2.25 billion, including \$1.5 billion for the Urbana campus. The goal for the College of Applied Health Sciences is \$20 million. Nearly half of that goal was raised during the "quiet phase" of the campaign, during which we set priorities to ensure that Illinois is regarded as *the* preeminent place for interdisciplinary studies related to health, aging, and disability.

With this as a focus, the College identified its major campaign initiative: the development of the Center on Health, Aging and Disability. Utilizing our highly acclaimed academic units (Kinesiology and Community Health; Recreation, Sport and Tourism; Speech and Hearing Science) and our renowned Division of Disability Resources and

Educational Services, the Center will integrate our interdisciplinary research, outreach, and policy-making efforts, while enhancing our degree programs and helping us attract the best faculty. It will also sustain our exemplary educational and outreach opportunities that have been a hallmark of this College for more than 50 years.

To accomplish this objective, the Center will:

- ▶ Support innovative research, education, and outreach efforts on the University of Illinois campus and with peer institutions that address the many facets of health, wellness, and quality of life.
- ▶ Facilitate outreach and internship programs that will enhance the quality of educational experiences on campus related to health, aging, and disability and better prepare our graduates to serve the growing population of at-risk children and adolescents, older adults, and persons with disabilities in the state and nation.
- ▶ Engage policy makers, industry leaders, and consumers regarding the health and quality of life of at-risk children and adolescents, older adults, and persons with disabilities.

The Brilliant Futures Campaign will be a major source of funding during the \$20 million drive. The money raised will be used to support the Center in addition to student leadership programs, scholarships, and the AHS Library. A portion of these funds will also be used to expand facilities within the College. A north addition to Huff Hall will be built for \$15 million, of which \$6 million will be dedicated to space for the new Center.



THE CAMPAIGN FOR THE
UNIVERSITY OF ILLINOIS
AT URBANA-CHAMPAIGN

*We're
confident that
this campaign
will provide
a brilliant
future for
many. Please
join us!*



photo by Michael Deane

UI President B. Joseph White and AHS Associate Director of Development, Jean Driscoll, discuss the similarities between preparing for an athletic event and launching a major fundraising drive during the "Brilliant Futures" campaign kickoff event at Navy Pier in Chicago.

AHS CAMPAIGN PRIORITIES

CENTER ON HEALTH, AGING, AND DISABILITY

A major initiative of the College is the development of the Center on Health, Aging, and Disability. The Center will serve as a catalyst around which discoveries can be made, critical societal issues can be addressed, and exemplary educational and outreach opportunities can be provided. Utilizing the campus's recognized excellence in science and technology, the Center for Health, Aging, and Disability will impact the lives of individuals, families, and communities by promoting health, self-sufficiency, economic independence and quality of life across the lifespan. Each of the following can be named in honor of the donor, a family member, or colleague:

New Facilities (\$6.0 M)

Additional funds are needed to expand space within the College. A north addition to Huff Hall will be built for \$15 million, of which \$6 million will be dedicated to space for the new Center.

Center Director/Chair (\$2.0 M)

An Endowed Faculty Chair will allow us to recruit a nationally renowned senior scholar to lead activities at the Center.

Nine Endowed Professorships (\$4.5 M)

Funds will be used to attract and retain faculty distinguished for excellent teaching and research.

Six Endowed Graduate Fellowships (\$0.9 M)

Fellowship funds provide the best means of attracting the brightest graduate students.

Research Activities (\$1.5 M)

Funds help us maintain, upgrade, or purchase state-of-the-art lab and computer equipment, and provide seed money for pilot research projects.

Model Programs (\$1.5 M)

Many of our public outreach and community programs set national standards and help make a difference outside of our classrooms.

OTHER COLLEGE PRIORITIES

Academic Enrichment and Leadership Program (\$2.3 M)

This innovative program provides ongoing advising and academic support services to first-generation and under-represented college students. With the assistance of an academic "coach," students learn strategies that enable them to adjust to campus life and succeed in the classroom. Our goal is to ensure that students from all backgrounds have an opportunity to succeed.

Ten Undergraduate Scholarships (\$0.25 M)

Scholarships enable us to continue to recruit talented, motivated, and diverse students. A minimum gift of \$25,000 can establish a named undergraduate scholarship.

Applied Health Sciences Library (\$0.2 M)

The Applied Health Science Library is one of the major academic libraries of its kind. Our collection is consulted by scholars around the world. Funds will help us grow our library in a way that reflects our emphasis on health, aging, and disability.

Expanding the Annual Fund (\$0.85 M)

Every gift counts toward the campaign goal, and our success depends on the generosity of thousands of fellow alumni, faculty, parents, and other friends of our college. This fund provides us with flexible resources to meet immediate, day-to-day needs in the College, and provides support for research, teaching, and scholarships. Gifts can be directed to the College or a specific department.

TOTAL CAMPAIGN GOAL \$20,000,000

For more information on how you can get involved with the Brilliant Futures Campaign please contact:

Office of Development and Alumni Relations
College of Applied Health Sciences
110 Huff Hall
1206 S. Fourth Street
Champaign, IL 61820
217-244-6600

KHAN'S ENDOW PROFESSORSHIPS FOR NEW CENTER

Shahid (ENG '71) and Ann Carlson Khan (LAS '80) understand that research allows people to lead healthy, independent, productive lives. Their generous donation of \$2.5 million to the Center on Health, Aging, and Disability will fund five professorships to make this research possible.

As a University of Illinois student in the 1970's, Ann Khan remembers her pride in attending a university that was so accessible. "Everyday, I saw students coming and going to class in wheelchairs and was impressed with their ability to manage the demands of college just like any other student. At the time I had no idea that the U of I was unique."

Ann and her husband, Shahid, have since learned that their alma mater is widely recognized for its many disability "firsts." These include curb cuts, the first bus with a lift, the founding of wheelchair sports, and the development of architectural accessibility standards that were later adopted nationally.

"Thinking about wounded soldiers coming back from the war who are now faced with disabilities makes me realize that there is still tremendous need in this area," Ann shares. "Our population is also changing. The survival rate of premature infants who may have special needs and the

growing number of aging people means that we must invest in research that allows people to lead healthy, independent, productive lives."

The Khans' gift of five endowed professorships to the Center on Health, Aging, and Disability will sustain and advance this critical agenda.

"We've made other donations to Kranert, the stadium and the library," says Shahid. "But I consider that 'hardware.' We wanted to focus on the 'soft' side now, something that directly touches people with disabilities and could change their lives. We're giving back to the community and to the University that changed our lives."

"With a commitment to building interdisciplinary teams, the Khan Professors will foster collaborations that will yield sophisticated advances to improving human health and well-being," said Dean Tanya Gallagher. "We are tremendously grateful for this generous and meaningful gift."



Shahid and Ann Carlson Khan

TIM NUGENT HONORED

Professor and founding director of the Division of Disability Resources and Educational Services, Timothy J. Nugent, received two additional honors to his long list of accolades recognizing his life's contributions to disability rehabilitation and education.

On April 19, Champaign Mayor Gerald Schweighart presented Tim Nugent with a street sign dedicating Tim Nugent Way. The honorary street is located on Stadium Drive from Neil Street to First Street. The dedication ceremonies were held at the Division of Disability Resources and Educational Services and included a reception for all invitees.

On May 13, during Commencement ceremonies, Nugent received the Chancellor's Medallion from Chancellor Richard Herman recognizing his work in the development of functional rehabilitation and training programs that are still in use today. The Chancellor's Medallion was created in 1999 to be given to people whose service to the campus exceeds all expectations and precedents.



Josh Birnbaum photo



Reproduced by permission of The News-Gazette, Inc.

LOOKING FORWARD THROUGH OUR PAST: LEADERS IN THE COLLEGE OF APPLIED HEALTH SCIENCES



GEORGE A. HUFF

1901–1924
Director, Physical Training

1924–1932
Director, Department of Physical Welfare and Athletics

1932–1937
Director, School of Physical Education



LOUISE FREER

1915–1949
Director, Department of Physical Education for Women



SEWARD C. STALEY

1937–1957
Director, School of Physical Education

1957–1961
Dean, College of Physical Education

Fifty years ago, in 1957, the College of Physical Education was established. The roots of the College, now titled the College of Applied Health Sciences, can be traced to 1895 with the establishment of the Department of Physical Training. As the 50th anniversary is celebrated, we can also pause to reflect back on the forerunner of the College, the School of Physical Education, which was established in 1932 with two departments: Physical Education for Men, and Physical Education for Women. In 1957 the Board of Trustees approved the formation of the College. Simultaneously they also approved the establishment of the new Department of Health and Safety (later known as Community Health and presently the Department of Kinesiology and Community Health), and the Department of Recreation, now known as the Department of Recreation, Sport and Tourism. A few years following this development, in 1962, the Division of Rehabilitation-Education Services (now the Division of Disability Resources and Educational Services) received its own title within the College. In 1991, the Department of Speech and Hearing Science became a part of the College.

For generations, the men and women who have led the College are noted for their contributions to their respective fields, influencing countless students with their professional endeavors and abilities. Here are a few who have left their mark.

ADMINISTRATIVE LEADERS

KINESIOLOGY

Physical Education for Men

1895–1901: Henry Everett
1901–1937: George Huff
1937–1957: Seward Staley
1958–1964: C.O. Jackson
1964–1968: Earle Zeigler
1968–1972: Rollin Wright

Physical Education for Women

1895–1907: Ella Morrison
1907–1909: Jeannette Carpenter
Lincoln
1909–1915: Gertrude Moulton
1915–1950: Louise Freer
1950–1966: Laura Huelster
1966–1970: Alyce Cheska
1970–1971: Laura Huelster

Note: In 1972 PEM and PEW merged, with Rollin Wright heading the Department. In 1987 the name changed to the Department of Kinesiology.

2005–present: Departments of Kinesiology and Community Health merged with Wojtek Chodzko-Zajko as Head

1972–1985: Rollin Wright
1985–1993: Karl Newell
1993–1999: James Misner
1999–2000: Robert Sprague
2000–2004: Wojtek Chodzko-Zajko

COMMUNITY HEALTH

1957–1969: Howard Hoyman
1970–1980: William Creswell
1980–1984: Donald Stone
1984–1994: R. Warwick Armstrong
1994–1999: Lee Crandall
1999–2000: Thomas O'Rourke
2000–2004: Janet Reis

Previous Names:

1957–1984: *Department of Health and Safety Education*
1984–1992: *Department of Health and Safety Studies*
1992–2005: *Department of Community Health*

1957: College of Physical Education Established

1960

1970

1980

1990

2000



KING J. MCCRISTAL

1961–1973
Dean, College of
Physical Education



ALLEN V. SAPORA

1973–1974
Acting Dean, College
of Physical Education

1981–1982
Acting Dean, College
of Applied Life Studies



ROBERT E. HERRON

1983–1987
Dean, College of
Applied Life Studies



MICHAEL J. ELLIS

1989–1998
Dean, College of
Applied Life Studies



TANYA GALLAGHER

1998–2006
Dean, College of
Applied Life Studies

2006–
Dean, College of
Applied Health Sciences



CYRUS MAYSHARK

1974–1975
Dean, College of
Physical Education



PHYLLIS J. HILL

1976–1977
Acting Dean, College
of Applied Life
Studies



KENNETH S. CLARKE

1977–1981
Dean, College of
Applied Life Studies



LARRY BRASKAMP

1987–1989
Acting Dean, College
of Applied Life
Studies

COLLEGE NAMES

1957–1975:
College of Physical Education

1975–2006:
College of Applied Life Studies

2006–Present:
College of Applied Health Sciences

RECREATION, SPORT AND TOURISM

1957–1966: Charles Brightbill
1966–1973: Allen Sapora
1973–1990: Joseph Bannon
1990–2000: William McKinney
2000–present: Cary McDonald

Previous Names:

1957–1962: *Department of Recreation*

1962–1975: *Department of Recreation and Municipal Park Administration*

1975–2004: *Department of Leisure Studies*

2004–present: *Department of Recreation, Sport and Tourism*

DIVISION OF DISABILITY RESOURCES AND EDUCATIONAL SERVICES

1948–1985: Timothy J. Nugent
1985–1989: Joseph Larsen
1989–1990: R. Warwick Armstrong
1990–1996: Paul Leung
1996–present: Brad Hedrick

Previous Names:

1948–1962: *Rehabilitation Program*

1962–2004: *Division of Rehabilitation-Education Services.*

2004–present: *Division of Disability Resources and Educational Services.*

Note: The Division became a part of the College in 1962.

SPEECH AND HEARING SCIENCE

1958–1981: John J. O'Neill

1981–1986: Robert Bilger

1986–1992: Marlyn O'Neill

1992–2000: Peter J. Alfonso

2000–2007: Ron Chambers

2007–present: Adrienne Perlman

Note: The Department of Speech and Hearing Science was established in 1973; however, degree programs in speech pathology and audiology were offered through the Department of Speech (now known as the Department of Speech Communication) prior to that date. The Department of Speech and Hearing Science was a part of the College of Liberal Arts and Sciences until 1991.

AHS 50TH ANNIVERSARY WEEKEND

Join current and former faculty, students, staff, and friends to celebrate the historic achievements of the College of Applied Health Sciences and its units.

EVENT HIGHLIGHTS

FRIDAY, OCTOBER 26

- 1–4 PM Department/Division Open Houses and Lectures**
- Freer Hall and Huff Hall—Kinesiology and Community Health
- Huff Hall—Recreation, Sport and Tourism
- Speech and Hearing Science Building—Speech and Hearing Science
- Rehabilitation-Education Center—Disability Resources and Educational Services
- 5 PM Reception—Illini Union South Lounge**
- Visit with alumni and friends while enjoying the beautiful view of the Quad from the south lounge of the Illini Union. Complimentary hors d'oeuvres and live music. Cash bar will be available.
- 6:30 PM Anniversary Gala and Awards Program—Illini Union Rooms B & C**
- Dine with fellow alumni, friends, faculty, and students as we celebrate 50 years of achievement and recognize the first AHS Distinguished Alumni and the Harold Scharper award recipients. It is an evening you won't want to miss! Reservations required.

SATURDAY, OCTOBER 27

- 9 AM AHS Pre-game Tent Party**
- Get in the Illini spirit prior to the IL vs Ball State football game. Look for the AHS tent located on the west side of the Armory along Fourth Street. Put your name in a drawing for some great door prizes! A complimentary continental breakfast will be served.
- 9 AM Illinois Classic Wheelchair B-Ball Tournament—Huff Gym**
- Cheer the Fighting Illini Men's and Women's Wheelchair Basketball teams to victory! Opponents include the RIC Hornets, RIC Sky, and Chicago Wheelchair Bulls. If you have never watched a wheelchair basketball game... or even if you have ... you won't want to miss these action-packed games. Schedule will be posted closer to the date.
- 11 AM Illinois vs Ball State Football—Memorial Stadium**
- 11 AM Student-led Campus Tours**
- Meet at the west entrance of Huff Hall.
- 3 PM Recreation, Sport and Tourism Post-game Anniversary Party**
- Join alumni, faculty, family, and friends of the Department of Recreation, Sport and Tourism for a 50th Anniversary celebration following the football game. Look for the tent located on the west side of the Armory along Fourth Street. Complimentary BBQ. Cash bar will be available.



Register today at www.ahs.uiuc.edu/anniversary

Join Us for Our Anniversary

SUNDAY, OCTOBER 28

9 AM Illinois Classic Wheelchair B-Ball
Tournament—Huff Gym

Day 2 of tournament.

The deadline to purchase football tickets with the AHS block is Monday, September 24. After this date, go to www.fightingillini.com or call the Athletic Ticket Office at 866-ILLINI-1. The deadline to register for anniversary events is **Friday, October 12**.

For more information and to register, visit
www.ahs.uiuc.edu/anniversary

FIRST AHS GRADUATION

In 2006, the College of Applied Life Studies changed its name to the College of Applied Health Sciences. This year 430 students graduated under the new name. Welcome to the first class of AHS alumni!

“What makes the College of Applied Health Sciences truly special is the way it teaches its students to live and work by its mission—an idealistic mission focused on improving quality of life.”

—KRISTEN MEHLBERG,
CLASS OF 2007



CONGRATULATIONS TO THE FOLLOWING INDIVIDUALS WHO WILL BE RECOGNIZED AT THE ANNIVERSARY GALA:

AHS DISTINGUISHED ALUMNI AWARDS

C. Alvin Bowman, Ph.D. '79

Speech and Hearing Science
President
Illinois State University
Normal, Illinois

Ann E. Cody, M.S. '92

Recreation, Sport and Tourism
Director of Partnerships and Public Policy
BlazeSports America
Washington, DC

Rainer Martens, Ph.D. '68

Kinesiology
Founder and President
Human Kinetics, Inc.
Champaign, Illinois

Douglas A. Michels, B.S. '78

Community Health
President and Chief Executive Officer
OraSure Technologies, Inc.
Bethlehem, Pennsylvania

HAROLD SCHARPER HUMANITARIAN/SERVICE AWARD

Clifford D. Crase, Jr. (awarded posthumously)

Editor/Publisher
Paraplegia News
Senior Editor
Sports 'N Spokes
Phoenix, Arizona

HAROLD SCHARPER ACHIEVEMENT AWARD

Gerald W. Kortness, B.A. '65

Architecture
President
G. W. Kortness and Associates, Inc.
Spooner, Wisconsin

RESEARCH SUGGESTS FITNESS MAY REDUCE INFLAMMATION

UI News Bureau

A recent study by kinesiology and community health researchers provides new evidence that may help explain some of the underlying biological mechanisms that take place as the result of regular exercise. According to Jeffrey Woods, professor of kinesiology and community health, and Victoria J. Vieira, a predoctoral fellow in kinesiology and community health and in nutritional sciences, that knowledge could potentially lead to a better understanding of the relationship between exercise and inflammation.

The objective of their research was to examine the independent effect of parasympathetic tone—in this case, determined by assessing heart-rate recovery after exercise—on circulating levels of C-reactive protein (CRP). Parasympathetic tone and its inverse function—sympathetic tone—are components of the autonomic nervous system. CRP, which is secreted by the liver, circulates in the bloodstream and is a biomarker for inflammation in the body.

“The sympathetic nervous system speeds things up, and the parasympathetic slows things down,” said Vieira, the primary author and designer of the study, which was published in a recent issue of the *Journal of the American Geriatrics Society*. “So when you’re exercising, your sympathetic nervous system will be on, increasing your heart rate, your respiration, etc. Once you stop, your body always tries to get back to homeostasis. So the parasympathetic nervous system kicks in to get everything back down to baseline levels.”

Co-author Jeffrey Woods said cardiologists are already routinely gauging CRP levels in much the same way they look at lipids panels to assess cholesterol levels. “Certainly, that’s being done in the cardiovascular disease realm, but I think (it may be effectively used as a monitor) for other diseases, such as Alzheimer’s, diabetes and metabolic syndrome,” he said. Woods said the main question motivating the current research was, “What factors are related to CRP in the elderly?”

“We’ve known that as people age, their CRP levels go up,” Vieira said. “That’s one of the reasons why older individuals are more prone to develop inflammation-related diseases such as diabetes and heart disease. So we just wanted to look at what’s predicting those levels of CRP in an average older population that is relatively healthy.”

Perhaps the most notable result of the study, according to the researchers, relates to heart-rate recovery following

exercise. “The quicker the individuals were able to get back to their resting heart rate after a strenuous exercise test was inversely related to their CRP,” Vieira said. “In other words, individuals who had better parasympathetic tone had lower levels of inflammation.”

“And the reason we’re excited about this is that exercise is a great way to improve parasympathetic tone. When you exercise—that is the sympathetic/parasympathetic communication—your sympathetic goes up, and when you stop exercising, your parasympathetic kicks in to bring you back to normal. An untrained person will take a while to get their heart rate back down to resting. A trained person’s heart rate will come back down very quickly.”

The cross-sectional study focused on baseline test results from 132 sedentary, independently living individuals aged 60 to 83 (47 males; 85 females) who had been recruited to participate in the Immune Function Intervention Trial (ImFIT), a randomized longitudinal trial designed by Woods and funded by the National Institute on Aging to examine the relationship between exercise and immune function. “The major criterion we were looking at was their fitness level,” Vieira said. “A strength of our study is that we have very good data on their fitness levels.”

And while other studies have explored the relationship between exercise and inflammation, another unique aspect of the U of I research, Vieira said, is that “no other studies have adjusted for fitness and body fat percentages simultaneously to really get at that question, ‘Is exercise independently reducing CRP levels, or is it modulated through a decrease in adiposity (body fat)?’”

Because the study was cross-sectional—meaning the researchers essentially took a snapshot of the participants’ reactions and measurements at a single, fixed point only—Vieira said it was important to note that “we can’t say anything about cause and effect relationships.” However, Woods said, “it gives you some idea of what factors are related, and then you test those in a more rigorous manner.”

Vieira said the research “certainly suggests that fitness may be associated with a decrease in inflammation even independent of body fat and several things, and the mechanism may involve a parasympathetic anti-inflammatory reflex.”

“We know inflammation is bad. We know it increases as we age, with stress and other things,” she said. “So if we can decrease that to protect ourselves somehow by just adopting a physically active lifestyle, that’s definitely an advantage.”

continued on next page



L. Brian Stauffer

Jeffrey A. Woods, professor of kinesiology and community health, and Victoria J. Vieira, a predoctoral fellow in kinesiology and community health and in nutritional sciences, are co-authors of a new study. Their research may help explain some of the underlying biological mechanisms that take place as a result of regular exercise.

NEW LOCATION FOR SPEECH-LANGUAGE PATHOLOGY CLINIC

PROGRAM IS A MODEL OF UNIVERSITY-COMMUNITY COOPERATIVE PROGRAMMING

The Speech-Language Pathology Clinic, a program in the Department of Speech and Hearing Science, will take up residence this fall in a suite adjacent to the new Chesterbrook Academy day care facility located in the U of I's Research Park. The nearly 3600-square-foot facility will be used by the Clinic, allowing on-site treatment for adults and children in the community who need speech-language therapy services.

The services available on-site are an extension of the Department of Speech and Hearing Sciences program that currently provides over 5000 hours of professional speech, language, fluency, voice, accent modification, and hearing services as a part of its educational practicum curricula. Students are supervised by licensed speech-language pathologists and audiologists who are on staff. In addition to the services already provided, the new, conveniently-located, state-of-the-art site will facilitate best practice in the area of speech-language therapy for adults and children through:

- ▶ the creation of naturalistic environments including kitchen, living room, and preschool areas,
- ▶ cutting-edge technology that includes video monitoring, and
- ▶ a multisensory room for interdisciplinary study.

The new facility will enhance research in these important areas through possible collaboration with the day care facility, resulting in a national model for speech and language service integration into private sector day care.

"We are very excited to be able to provide services to the community in a state-of-the-art facility," said Clinic

Director Lisa Crane. "Our new location is easily accessible to the public, and will also afford us additional opportunities to expand our research."

ONLINE DONATION BENEFITS NEW CLINIC

A recent online donation will benefit the new clinic in the form of a sophisticated piece of diagnostic equipment. Michael Bemis (AB '71) and his wife Jeanne purchased a portable audiometer/tympanometer for the Clinic in response to an equipment "wishlist" posted on the Clinic's website (www.shs.uiuc.edu/clinic/clinicwishlist.htm).

"I have experienced first-hand the value of a University of Illinois education, from both career enhancement and life enrichment perspectives," shared Michael. "I also very much value the University's contributions to the public good, via its research discoveries and its community service. When my daughter, a 2007 graduate in the Department of Speech and Hearing Science, indicated that the clinic needed a portable audiometer, I was happy to help the University further its mission." According to Clinic Director Lisa Crane, the purchase could not have come at a better time.

"The portable audiometer/tympanometer has aided the Speech Language Pathology Clinic in our leap into the 21st century of audiological equipment," said Crane. "In the past we were training Speech Pathology students to administer puretone hearing screenings with reliable, but very dated audiometers.

The Speech Pathology master's students were not getting hands-on experience with impedance screenings. This purchase allows our master's students to gain experience in performing impedance screenings which check middle ear functioning. This will also improve the quality of our speech and language diagnostics by being able to determine a client's hearing and middle ear functioning at the time of the evaluation. Generous donors such as Michael and Jeanne Bemis keep us on the cutting edge of technology, greatly improving our educational programs."



FITNESS MAY REDUCE INFLAMMATION, CONTINUED

And while the study confirms the conclusions of previous research by others indicating that high body fat is related to high inflammation and high fitness to low inflammation, "the unique part of this paper is that controlling for those, we also show that high parasympathetic tone is related to low inflammation," Woods said.

"And it's even independent of their fitness level," Vieira interjected.

"Fitness, fatness and parasympathetic tone appear to be important," Woods said, summing up the findings. "And at least according to our results, parasympathetic tone might even be more important than those other factors."

Co-authors with Vieira and Woods of the study are U of I kinesiology and community health professors Ellen Evans and Edward McAuley, and graduate student Rudy J. Valentine.

AHS WELCOMES NEW FACULTY

SPEECH AND HEARING SCIENCE



PAMELA HADLEY

Pamela Hadley joins the Department of Speech and Hearing Science as an associate professor, arriving from Northern Illinois University. Dr. Hadley's research and teaching experience focus on language development and disorders in children and how they impact social and academic development. Her recent research on early indicators of specific language impairment has received the Editor's Award for Language from the *Journal of Speech, Language, and Hearing Research*. Pamela has been an associate editor for the *American Journal of Speech Language Pathology* since 2005.

Educational Background

- ▶ Ph.D., Child Language; University of Kansas, Lawrence; 1993
- ▶ M.A., Speech-Language Pathology; University of Kansas, Lawrence; 1989
- ▶ B.A., Speech-Language Pathology; Augustana College, Rock Island; 1987



TORREY LOUCKS

Torrey Loucks joined the Department of Speech and Hearing Science as an assistant professor in spring 2007. Professor Loucks' area of professional interest include neural control of speech and voice production in the normally developing system, sensorimotor integration for speech production, speech motor learning in normally fluent and stuttering individuals, and neurological voice disorders. He is collaborating with researchers in the Stuttering Research Project to identify a biomarker for persistent stuttering in children using a battery of structural and functional MRI approaches.

Educational Background

- ▶ Ph.D., Speech-Language Pathology and Neuroscience, University of Toronto; 2002
- ▶ M.H.Sc., Speech-Language Pathology; University of Toronto; 1996
- ▶ M.Cl.Sc., Audiology; University of Western Ontario; 1995
- ▶ B.A., Physical Geography; University of Western Ontario; 1992

KINESIOLOGY AND COMMUNITY HEALTH



DIANA GRIGSBY-TOUSSAINT

The Department of Kinesiology and Community Health welcomes Diana Grigsby-Toussaint into the Community Health Program as an assistant professor. Diana brings to the department an interest in maternal-child health epidemiology and nutrition and food access issues. Her research experience includes study conceptualization, design, implementation, and qualitative and quantitative data analyses.

Educational Background

- ▶ Ph.D., Maternal Child Health Epidemiology, School of Public Health, University of Illinois-Chicago; 2007
- ▶ M.S., Public Health & International Health, Boston University School of Public Health; 2001
- ▶ B.S., Zoology, North Carolina State University; 1995



LYDIA BUKI

Lydia Buki joins the Department of Kinesiology and Community Health as an associate professor in the Community Health program. Research and professional interests are centered on breast and cervical cancer issues faced by Latina women in the United States. She is currently examining barriers and behaviors that prevent early detection and the psychological needs of those already diagnosed with breast cancer.

Educational Background

- ▶ Ph.D., Counseling Psychology, Arizona State University; 1995
- ▶ M.A., Psychology, California State University, Sacramento; 1992
- ▶ B.S., Cum Laude, Accounting, Golden Gate University; 1986



MARNI D. BOPPART

Marni Boppert joined the Department of Kinesiology and Community Health as an assistant professor in spring 2007. Professor Boppert's area of professional interest is understanding the molecular and cellular adaptations to exercise, mechanical

loading, and exercise training. She holds a joint appointment at the Beckman Institute for Advanced Science and Technology.

Educational Background

- ▶ Sc.D., Applied Anatomy and Physiology; Boston University, Boston, MA; 2000
- ▶ M.S., Cell Biology; Creighton University, Omaha, NE; 1996
- ▶ B.S., Molecular, Cellular and Developmental Biology; University of New Hampshire, Durham, NH; 1992

RECREATION, SPORT AND TOURISM



KEVIN RENSHLER

Kevin Renshler joins the Department of Recreation, Sport and Tourism as an assistant professor. He is interested in understanding how athletic directors allocate financial resources among department's constituencies, balancing a team's ability to produce champions

and generate revenue against legal, social, and moral mandates that force satisfactory opportunities for all.

Educational Background

- ▶ Ph.D., Sports and Exercise Management, The Ohio State University; 2007
- ▶ M.S., Exercise and Health Studies, Miami University (Ohio); 1995
- ▶ B.S., Biological Sciences, The Ohio State University; 1987

THREE AHS FACULTY RECEIVE HIGHEST CAMPUS HONORS

On May 2, 2007, faculty and staff from across the campus were honored for excellence in teaching and advising. The award winners were recognized during a reception in the Alice Campbell Alumni Center in Urbana. The College of Applied Health Sciences is proud to have three of our outstanding faculty and staff members honored this year.

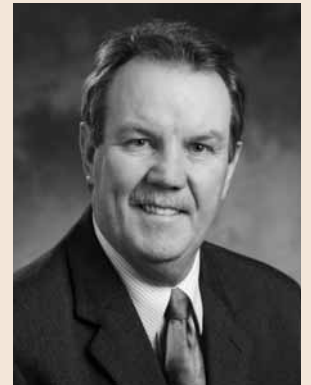
For the fourth time in five years a faculty member in the College of Applied Health Sciences has been selected to receive the Campus Award for Excellence in Undergraduate Teaching.



This year, **Ryan Gower**, an instructor in the Department of Recreation, Sport and Tourism received the award. One of his nominators wrote: "I have rarely encountered a young professional with more enthusiasm and excitement about teaching. His careful deliberate preparation, his engaging students in his classes, and his demonstrated concerns for their intellectual progress and development are exemplary."

Dr. **Edward McAuley**, professor in the Department of Kinesiology and Commu-

nity Health, is the recipient of the Campus Award for Excellence in Guiding Undergraduate Research, an award designed to foster and reward excellence in involving and guiding undergraduate students in scholarly research. In supporting this nomination, one of Dr. McAuley's students wrote, "My undergraduate research experience was priceless as it quite literally influenced me to become the person that I am today. I have never met any professor who has such high expectations, trust, and appreciation for their students."



for their students."



Jon Gunderson, coordinator of Assistive Communication and Information Technology at the Division of Disability Resources and Educational Services (DRES), was recognized with the Campus Academic Professional Excellence Award. His nominator wrote: "Since joining the Division in 1996 Dr. Gunderson has transformed the service model typically used on most campuses... to a highly decentralized network of computing technologies in laboratories and libraries throughout the campus... His creativity, compassion, and dedication have distinguished him among his peers."

and dedication have distinguished him among his peers."

TECHNOLOGY STANDS IN FOR EBERT'S VOICE

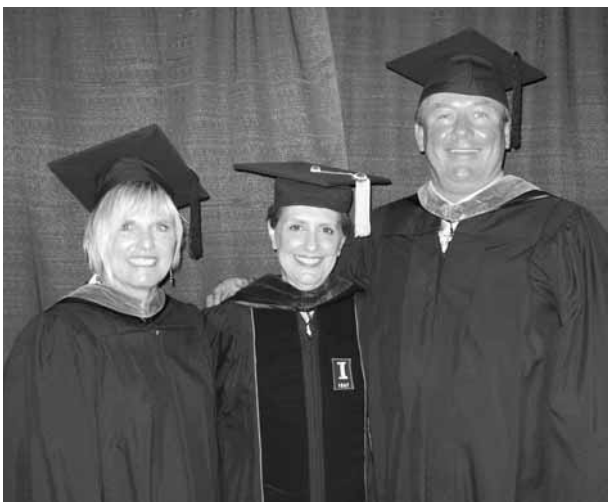


Left temporarily voiceless by a tracheostomy during his battle with cancer of the salivary gland, film critic Roger Ebert relied on technology to allow him to speak to his audience during the annual Overlooked Film Festival in April 2007. Mark Berning from Disability Resources and Educational Services (DRES) was instrumental in providing JAWS voice output support for Roger. Loaned by DRES, JAWS is an assistive software program that installs an internal speech synthesizer and works with a computer's sound card to convert text to speech. Ebert

told the audience "I'm not HAL 9000, I just sound like him," referring to *2001: A Space Odyssey*. DRES is charged with ensuring that persons with disabilities have an equal opportunity to participate in and benefit from the curricular, co-curricular and vocational opportunities available at the University of Illinois. DRES offers both academic and nonacademic services in addition to technology assistance for blind and visual impairments, movement impairments, and learning disabilities.

TRIUMPH TRANSFORMS TRAGEDY

Kenneth (PE '74) and Colleen Braid (PE '74) were recognized during graduation weekend with the University of Illinois Alumni Humanitarian Award. Established in 2001, this award recognizes alumni who have improved or enriched the lives of others and the welfare of humanity. The Braids lost their son in 1994 and attribute his death on mood swings induced by steroid use. They've used the tragedy to establish the J. Kyle Braid Leadership Foundation in Villa Grove, Colorado. The organization offers summer leadership training to upcoming high school juniors and teaches student-athletes how to be leaders, role models, and friends to teens in trouble. More than 1300 students have participated in the program since its inception. The Braids have also conducted seminars for coaches to help them understand their student athletes and the challenges they face.



Colleen and Kenneth Braid with Dean Tanya Gallagher.

PERLMAN NAMED DEPARTMENT HEAD

Dr. Adrienne Perlman, professor of Speech and Hearing Science, became Head of the Department of Speech and Hearing Science effective August 16, 2007. Dr. Perlman replaces Dr. Ron Chambers who will return to a full-time faculty appointment in the department. Dr. Perlman brings a wealth of experience and expertise to the position. She has been a member of the Speech and Hearing Science Department since 1993, and holds appointments in Bioengineering, Nutritional Sciences and Medicine. She is a distinguished scholar and a leading national and international authority on swallowing physiology and swallowing disorders who has received many honors and awards for her work. Dr. Perlman is a Fellow of the American Speech-Language Hearing Association and has held a number of leadership positions including serving as past president of the Dysphagia Research Society.



BECKWITH HALL CELEBRATES 25 YEARS

This past April Beckwith Residence Hall welcomed former students and staff back to campus to celebrate the facility's 25th anniversary. The special weekend included interactive sessions to promote Disability Awareness Month, the annual Michael J. Ellis Distinguished Lecture on Disability Science and Practice presented by Carl Suter, a reception and banquet at the Alice Campbell Alumni Center, and an informal open house at Beckwith Hall.



Above left: Joe Konitzki and Carl Suter share a laugh during the reception. Above right: Reo Willhour and Mike Luber reconnect after 20 years. Right: Cindy and Garrett Timbie with Matt McClure at the reception.



Top: Kay and Grant Davis during the banquet. Above: Brad Hedrick and George Stupp visit during the reception.

REHAB COUNSELING AWARD FOR ALSTON

Dr. Reginald J. Alston, Professor and Associate Head of the Department of Kinesiology and Community Health, received the 2007 James F. Garret Award for a Distinguished Career in Rehabilitation Research from the American Rehabilitation Counseling Association.

He received the award for impacting the field of rehab counseling as documented in literature citations, by changes in professional practice, or through effects on rehabilitation counseling policies or theories.



Dr. Joseph Keferl (left), chair of ARCA Council on Research & Knowledge, presents Dr. Reginald Alston with the James F. Garrett Distinguished Career Award.

NEW ALUMNI SPEAKERS SERIES LAUNCHED

ANNUAL FUND CONTRIBUTIONS SUPPORT MODEL PROGRAM

Generous gifts to our Annual Fund have enabled us to launch a new program designed to help students successfully reach their career goals. Beginning this fall, the College of Applied Health Sciences will bring together our alumni and our current students for the Alumni Speakers Series. This monthly program will feature a panel of alumni speakers, with topics ranging from business etiquette and networking to entrepreneurship and leadership. The lectures will cross all disciplines in our College, providing students with valuable real-world advice as they embark on their careers. Your ongoing support of the Annual Fund deeply impacts students, faculty, and programs, especially when it is joined with the contributions of others who give each year. For more information about this program, please visit www.ahs.uiuc.edu.



STAY CONNECTED WITH ALWAYS ILLINOIS!

WHAT IS ALWAYS ILLINOIS?

Always Illinois is an online networking community that includes all ILLINOIS alumni, students, faculty and staff. Always Illinois offers all the basic functions of a social network with added levels of security and privacy.

You can invite your friends and colleagues to join your network or become your friend. Once you create your network, you are also linked to the networks of all the people you know, exponentially increasing the power of the ILLINOIS network. You'll be surprised how many people you have a connection to—it's like six degrees of separation!

JOIN NOW AT:

WWW.UIUC.EDU/ALWAYSILLINOIS



COLLEGE OF APPLIED HEALTH SCIENCES

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

110 Huff Hall
1206 South Fourth Street
Champaign, Illinois 61820

Non-Profit Org.
U.S. Postage
PAID
Permit No. 75
Champaign, IL