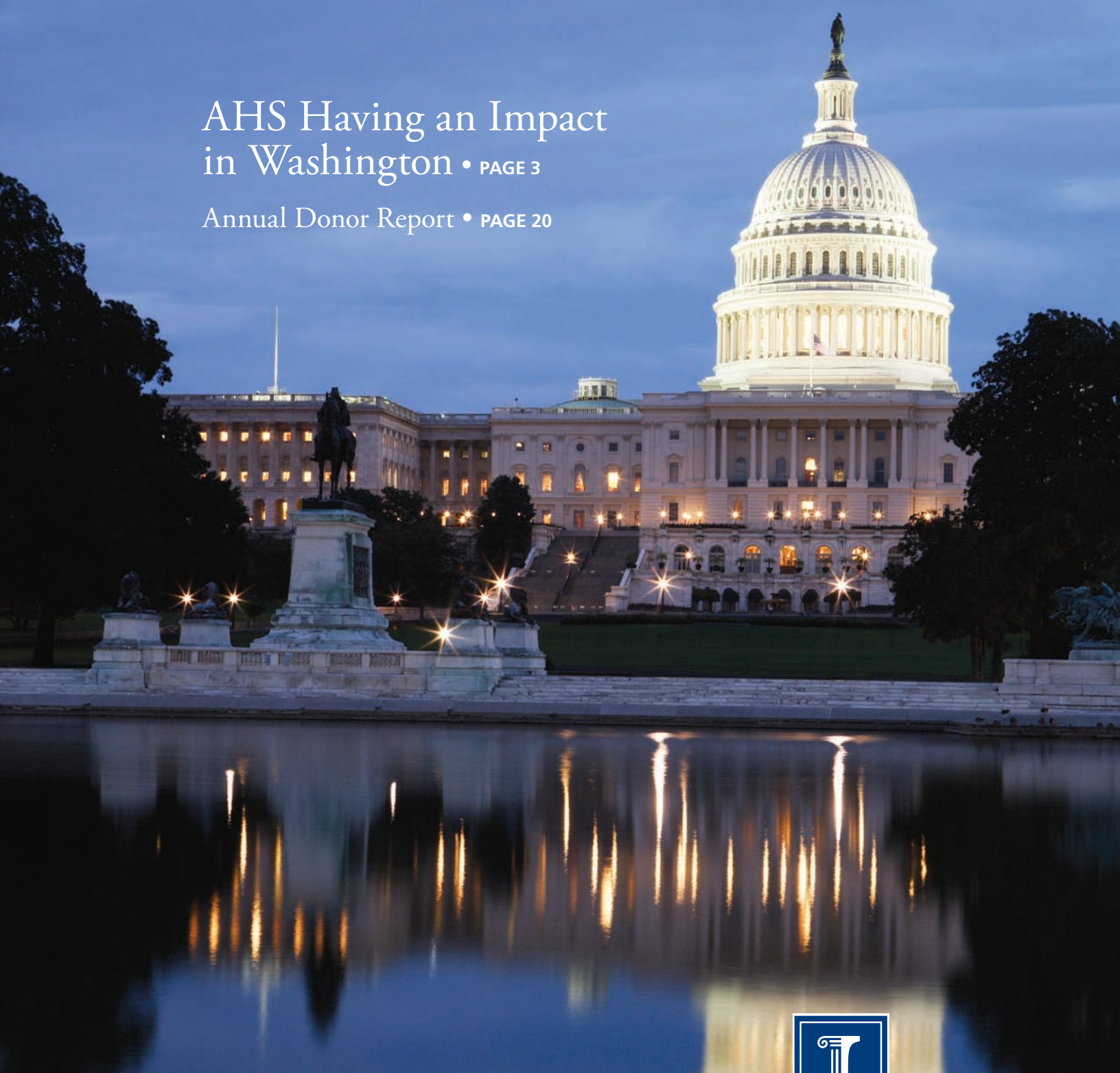


COLLEGE OF
AHS NEWS

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

AHS Having an Impact
in Washington • PAGE 3

Annual Donor Report • PAGE 20



A MESSAGE FROM THE DEAN

Welcome to this issue of *AHS News*. In the pages that follow, you'll get a glimpse of the teaching, research, and outreach activities that have made us a leader for over 50 years. From faculty and students who are sharing and gaining expertise in Washington, DC, to students and staff who have traveled to China to compete in the Paralympics, we continue to break ground in fields that impact the health and wellness of all individuals.

As we look forward in 2009, I'd like to direct your attention to a few "new beginnings" in the College of Applied Health Sciences as well. We have two new degree programs starting this fall. An undergraduate interdisciplinary degree program in health, which is the first of its kind offered in the state of Illinois, will allow students greater flexibility in studying their health-related interests and prepare for graduate study in a wide range of careers. Also new this fall is the Master of Public Health degree program, which is administered through the Department of Kinesiology and Community Health. This professional degree program provides education and training in the core competencies of public health, with a focus on chronic disease prevention. According to the U.S. Bureau of Labor Statistics, health and health-related industries are among the fastest-growing in the nation, and we are excited about the opportunities these new programs will provide for our students.

We also had the pleasure of recognizing several outstanding AHS alumni this past year. The second annual AHS Distinguished Alumni Awards program was held over Homecoming weekend, and it was a wonderful opportunity to recognize the career accomplishments of our graduates.

We are very grateful for the continuing support of our alumni and friends, who have given so much during this time of economic uncertainty. As you will see in the donor report that is included in this newsletter, thanks to your support, we are well on our way to meeting our goal for the Brilliant Futures campaign.

As always, I would like to take this opportunity to invite you to visit the college and its departments. You are an important partner in our success, and your continued involvement will ensure that today's students receive the quality of education we have come to expect from Applied Health Sciences.



Tanya M. Gallagher



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AHS FACULTY, STAFF, STUDENTS, AND ALUMNI MAKE MARK IN WASHINGTON

Professor Reginald Alston and students Kevin Fritz and Jill Scholl, all in the Department of Kinesiology and Community Health, have added notable assignments in Washington, DC, to their resumes. Professor Alston is serving as a Health Policy Fellow on Capitol Hill, while Fritz and Scholl recently interned in our nation's capital. Jean Driscoll, associate director of development in our college, recently represented the United States as a member of the presidential delegation attending the Paralympics in Beijing, and followed up that experience as a guest at a White House State Dinner, while three athletic training students recently attended a conference to educate our nation's legislators about the athletic training profession.

ADDRESSING RACIAL DISPARITIES IN REHABILITATION OUTCOMES

Professor Reginald Alston of the Department of Kinesiology and Community Health is spending the 2008-2009 academic year in Washington, DC, as a Robert Wood Johnson Foundation Health Policy Fellow. Sponsored by the Institute of Medicine and the Robert Wood Johnson Foundation and considered the premier health policy fellowship on Capitol Hill, the highly competitive program selects physicians and behavioral and social scientists who have a distinguished record in health research and a history of public engagement surrounding health-care issues.



Reginald Alston

As a Fellow, Professor Alston is enriching his understanding of the legislative process and health policy formation. He is focusing on improving and expanding legislation to address racial disparities in rehabilitation outcomes across the country. His primary research interest involves the impact of race/ethnicity on the psychosocial adjustment and rehabilitation success of African Americans with chronic illnesses and disabilities. Following his assignment on Capitol Hill, he will receive funding for an additional two years to apply his experiences toward health-care policy at the state and local level.

DEVELOPING LEADERSHIP AND INDEPENDENCE

Kevin Fritz, a junior in the Department of Kinesiology and Community Health and a former resident of Beckwith Hall, spent last summer in Washington, DC,

as a Congressional intern in the office of then-Senator Barack Obama. More than 200 young people applied for Congressional internships sponsored by Mitsubishi Electric America Foundation and the American Association of People with Disabilities. Kevin said he was "totally amazed" when, after several interviews, he was one of eight interns chosen from this group.

"I was so honored that Senator Obama chose me himself, partly because he liked my insight on health-care reform," Kevin said. While in Washington, he was asked to take the lead on renovations to make Obama's Senate office more compliant with ADA guidelines.

Kevin received the 2008 Matthew Allan Odellius Award, which annually honors a student residing in Beckwith Hall who has demonstrated leadership in student organizations while balancing academic and other commitments. He is a member of the Illinois Student Senate and the Illini Union Board, for which he serves as director of arts.

Kevin says that when he enrolled at the University of Illinois, he had no idea that leadership opportunities would be within his grasp. "We all want to belong, but for me, an out-of-state teenage boy unable to care for himself on his own, acceptance was really my key to sanity," he said. Now living independently, Kevin is preparing for a future career in law and health.

Dana Fink, a student at the University of Illinois and a former member of the wheelchair basketball team, also received this prestigious internship, pairing with Senator Tom Harkin.

THREE MONTHS OF "PURE EXCITEMENT"

Jill Scholl (BS '08) ended her undergraduate career in grand fashion, interning in what she described as the "go to" office for White House staff, the White House Management Office. There was no such thing as a "typical day," she said, because the scope of the office is so broad.

"We handled Blackberry and other electronic assets, organized staff parking, distributed presidential trinkets, arranged staff-led tours, handled conference room reservations, served as a liaison with the Republican National Committee for political expenditures, and placed all orders for office needs," she said. While her primary



Kevin Fritz with then-Senator Barack Obama.

continued on next page

AHS IN WASHINGTON, CONTINUED



Jill Scholl

duty was to cover the front office, answer incoming phone calls, and direct inquiries to the appropriate person or office, Jill said she was involved in most projects that came into the White House Management Office during her three-month internship.

She and other interns toured a variety of government agencies and witnessed several of President Bush's speeches, but for pure excitement, Jill said nothing beat the simple act of walking into the West Wing every day. Working with people whose sense of dedi-

cation and service was demonstrated in 12- to 14-hour days, six days a week, showed her how important it is to put heart and soul into everything you do.

"The College of Applied Health Sciences gave me the knowledge to succeed," she said, "and I truly believe that this internship gave me the leadership skills and professionalism that it will take to rise to the top."

REPRESENTING THE UNITED STATES AT HOME AND ABROAD



Jean Driscoll and fellow guest Doug Mitchell at the White House State Dinner with President and Mrs. Bush, and John and Theresa Kufuor, the president and first lady of Ghana.

Jean Driscoll (AB '91, MS '93) says that she's accustomed to representing the USA in international competition. But she was excited when the White House called and asked if she was interested in being part of the Presidential Delegation that attended the 2008 Paralympic Games in Beijing. Driscoll was part of the seven-person delegation representing President George W. Bush and the nation at the Paralympic Games Opening Ceremonies in Beijing this past September.

At about the same time, Driscoll received an invitation from the White House inviting her to a state dinner where one of the guests of honor was John Kufuor, the president of Ghana.

Driscoll, who is associate director of development in the College of Applied Health Sciences, has a long association working with athletes from Ghana, and recently helped to

establish an outreach program in the College of Applied Health Sciences to support individuals from countries with limited opportunities. The International Disability Sport Outreach Program was established to expand opportunities for persons with disabilities. By encouraging participation in sports, transformational changes are possible not only for athletes in those countries, but for all individuals with disabilities.

ATHLETIC TRAINING STUDENTS PART OF CAPITOL HILL DAY CAMPAIGN

Athletic Training Students Ana Maguin, Leah Tanen, and Julie Rohde attended the National Athletic Trainers' Association I-Lead Conference in Washington, DC, this past February where they spoke to congressional represen-



Julie Rohde, Ana Maguin, and Leah Tanen

tatives from Illinois. The I-Lead program is constructed around a series of educational and interactive sessions that are specially designed to provide key information to help students lead and communicate better as they enter the workforce and represent the athletic training profession. The program is held in conjunction with the Capitol Hill Day Campaign, where NATA members meet with the nation's legislators to educate them on the profession.

"We were extremely pleased to have Ana Maguin, Leah Tanen, and Julie Rohde join more than 150 student peers for I-Lead," said Marjorie Albohm, president of NATA. "This year's conference boasted a stellar group of athletic training students."

LIBRARY CREATES ONE-STOP SHOPPING SITE ONLINE FOR HEALTH INFORMATION

Hunting for health information on the Web isn't always good for your health.

All of the backtracking, detours and dead ends required of an inquiring mind in hot pursuit on the information superhighway can lead to frustration and perhaps even a little "road" rage.

Understanding the potholes and other problems, librarians at the University of Illinois have built a site that will allow users to bypass most Web-related symptoms: a single route to the best, most up-to-date health news available online.

The new Health Information Portal (www.library.illinois.edu/health) brings together health information from many disciplines and sources, making them available in one convenient, easy-to-access place.

"What we've tried to do is pull out some of the best health information sources from the vast body that is available free via the Internet," said Mary Beth Allen, the applied health sciences librarian at Illinois who coordinated the project.

"For example, the biomedical database, PubMed, and its consumer-oriented counterpart, MedlinePlus, are both excellent sources of information, and both are available free to anyone with net access," Allen said. "Most of the sources in the portal's 'YOUR Health' and 'Salud en Espanol' sections also are free to anyone with net access."

Subject guide links are provided for more than 30 health specialties, including aging, alternative medicine, genetics, medical imaging, oncology, substance abuse, toxicology, and even veterinary medicine.

According to Allen, the portal was designed to be useful for "anyone with a health-related question or concern" —

from students and researchers to community members.

The project involved the collaboration of 13 campus librarians and three graduate assistants. Their goal was to create "a more visible entryway to interdisciplinary health information."

"Health research is extremely interdisciplinary and the application of that research is far-reaching," Allen said. "Bringing electronic health information resources together in one place offers a single starting place that supports basic, applied and translational research activities on campus."

From the new site, researchers can find specialist librarians and more specialized information at campus libraries, in books, databases, journals and other resources.

"We are a public library, so any community member can come in to the Library and use our workstations to search all of our subscription-based services and gain access to full text, and we encourage the community to make use of the resources we provide," Allen said. "From their own public libraries, members of the community also can request an interlibrary loan of material that isn't otherwise available."



Mary Beth Allen, the Applied Health Sciences librarian at Illinois, coordinated the Health Information Portal project.

Photo by L. Brian Stauffer

SHINEW NAMED 2008 MCCRISTAL RECIPIENT

Established in 1988 in honor of a former AHS dean, the King James McCristal Distinguished Scholar Award recognizes faculty excellence. Recipients' names are added to a permanent plaque displayed at the AHS Library and receive a cash award.

Kim Shinew, professor in the Department of Recreation, Sport and Tourism was the 2008 recipient. Dr. Shinew's presentation—"Segregation, Discrimination, and Leisure Spaces"—followed the award ceremony at the fall college meeting. Her research focuses on leisure behavior of racial and ethnic minorities, particularly African Americans and Latino(a)s.



ILLINOIS PARALYMPIANS SHINE

Athletes and coaches with ties to the University of Illinois at Urbana-Champaign made themselves known during the 2008 Paralympics Games in Beijing, China. More than two-dozen Illinois students, staff, and alumni contributed to exciting action and medal-winning performances at the Games, which took place September 6–17. They represented the United States, Japan, Germany, Canada, and Australia.

Mike Frogley, head coach of the University of Illinois men's wheelchair basketball team, traveled to Beijing as the coach of the Canadian men's team, and led it to a Silver Medal. The Beijing

Games were Frogley's fifth Paralympics—he first participated as an athlete in the Barcelona Paralympics in 1992. He's found the changes the games have caused over the years inspiring.

"Seeing how sport can bring people together and mobilize a country has taught me the value of sport on a societal scale," he said. "I have seen host countries not only

Winning her second Paralympic Gold Medal was one of the highlights of her Beijing trip.

"It was awesome to be on the podium, to hear our anthem played, and to know that it was four years of hard work and sacrifice, and a team effort, that enabled us to come out of Beijing as the best women's wheelchair basketball team in the world," she said.

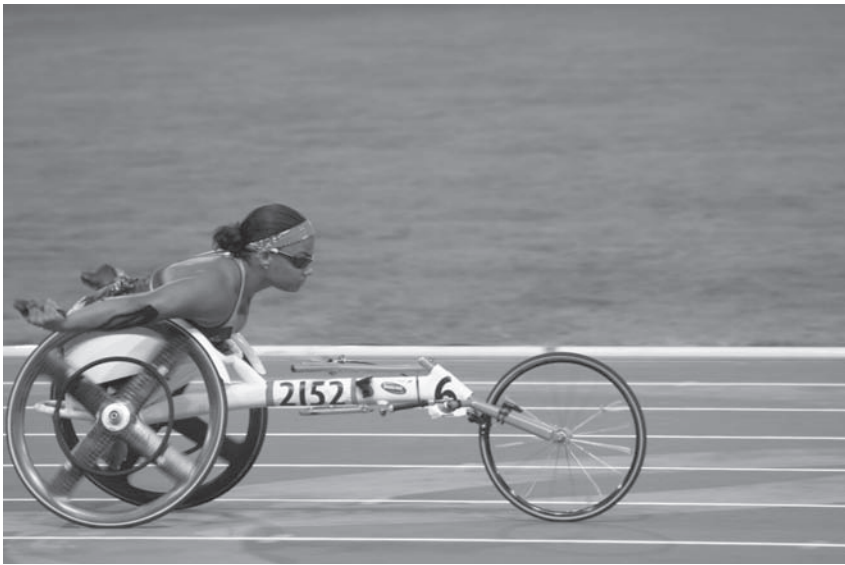
Also meeting with great success in Beijing were Illinois athletes on the U.S. track and field team. Among them was Anjali Forber-Pratt, who completed a bachelor's and a master's degree in the Department of Speech and Hearing Science and who is now enrolled in a master's degree program in the College of Education. She described her first Paralympics experience as "a dream come true."

"Close your eyes and think long and hard about one of your own dreams. Then picture entering an arena with 91,000 screaming fans and supporters of that dream," she said. "This would not, could not, have been possible if it hadn't been for the many role models I had along the way, my teammates, and my coaches."

In all, Illinois participants in the Beijing Paralympic Games contributed to 24 individual and team medals. Their results are shown in the next page.



Josh George



Anjali Forber-Pratt

embrace the games and the participating athletes but also institute real change to improve the quality of life for individuals with disabilities."

Many of the Illinois athletes honed their competitive skills through the Adapted Athletics Program offered by the Division of Disability Resources and Educational Services, the service unit of the College of Applied Health Sciences. The U.S. women's wheelchair basketball team, which came out of the Games with a Gold Medal, included seven athletes with ties to Illinois, including Jennifer Ruddell, who received her undergraduate and doctoral degrees in the Department of Recreation, Sport and Tourism.



Jessica Galli served as Grand Marshall of the Homecoming Parade.

UI Alumni Association/L. Brian Stauffer Photo

CONGRATULATIONS TO ALL OF OUR PARALYMPIC ATHLETES!

WHEELCHAIR BASKETBALL

U.S. WOMEN'S TEAM—GOLD MEDAL

Seven of the 12 team members were Illinois athletes and alumni, including: Sarah Castle, co-captain Patty Cisneros (who is the head coach of the women's wheelchair basketball team at Illinois), Carlee Hoffman, Emily Hoskins, Christina Ripp, Jennifer Ruddell, and Stephanie Wheeler

GERMANY WOMEN'S TEAM—SILVER MEDAL

Illinois athlete/alumna: Edna Mueller

AUSTRALIA WOMEN'S TEAM—BRONZE MEDAL

Illinois students/alumni: Shelley Chaplin, Bridie Kean, Kathleen O'Kelly-Kennedy

CANADA WOMEN'S TEAM—5TH PLACE

Illinois alumna: Tracey Ferguson

AUSTRALIA MEN'S TEAM—GOLD MEDAL

Illinois alumnus: Grant Mizens

CANADA MEN'S TEAM—SILVER MEDAL

Head Coach and alumni Mike Frogley, who is currently the Head Coach for Men's Wheelchair Basketball at Illinois and has been Canada's Head Coach for at least three Paralympic Games, and Illinois athletes/alumni Patrick Anderson, Adam Lancia, Chris Stoutenberg

U.S. MEN'S TEAM—4TH PLACE

Illinois athletes/alumni: Assistant Coach Rob Taylor and player Steve Serio

JAPAN MEN'S TEAM—NOT RANKED

Illinois athlete: Hiroaki Kozai

WHEELCHAIR RUGBY

U.S. TEAM—GOLD MEDAL

Illinois alumnus: Norm Lyduch



WHEELCHAIR TRACK (U OF I ATHLETES/ALUMNI)

AMANDA MCGRORY

Women's 5000m—Gold medal
(World Record time of 9:05)

Women's Marathon—Silver medal

Women's 800m—Bronze medal

Women's 4x100m Relay—Bronze medal

ANJALI FORBER-PRATT

Women's 400m—Bronze medal
(personal best time of 56:79)

Women's 4x100m Relay—Bronze medal

JESSICA GALLI

Women's 400m—Gold medal
(World Record time of 54:88)

Women's 100m—Silver medal
(personal best time of 16:88)

Women's 200m—Silver medal

Women's 800m—Silver medal

Women's 4x100m Relay—Bronze medal

JOSH GEORGE

Men's 100m—Gold medal

Men's 800m—Silver medal

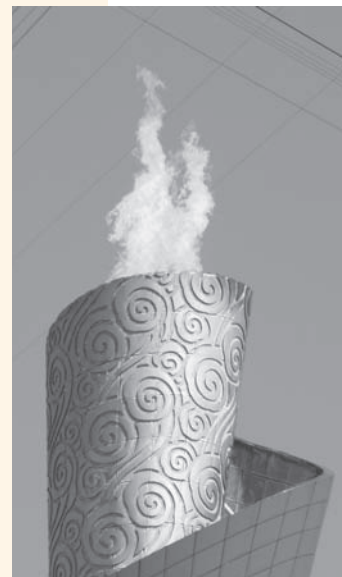
TATYANA MCFADDEN

Women's 400m—Silver medal

Women's 200m—Silver medal

Women's 800m—Silver medal

Women's 4x100m Relay—Bronze medal



SITTING VOLLEYBALL

U.S. WOMEN'S TEAM—SILVER MEDAL

Illinois alumna: Kari Miller

DRES STAFF MEMBER CREATES BRAILLE DIPLOMA

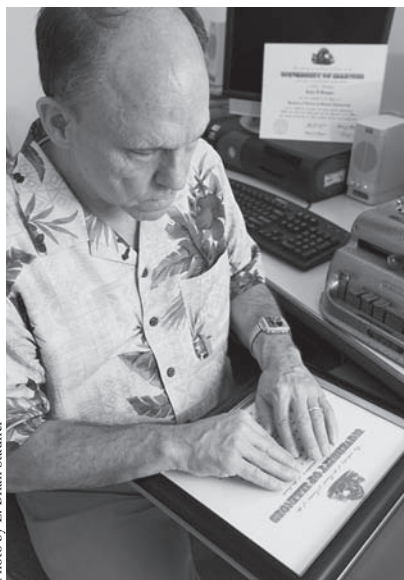


Photo by L. Brian Stauffer

Bryan McMurray created a Braille diploma that could be read by its recipient. The Braille was created in a clear Plexiglas-type material that covers the original diploma.

Christie Lynn Gilson recently graduated from the University of Illinois with a doctorate in special education. Because she is legally blind, she wouldn't have been able to read her own diploma without the assistance of some dedicated University staff members.

When she was finishing her graduation plans, she asked a staff member in the records division of the Office of Admissions and Records if she could receive a Braille diploma. It was the first time staff member Pam Santic—or anyone else in the office—recalled receiving such a request. Santic brought Gilson's inquiry to the attention of campus registrar Carol Malmgren, who directed Santic to seek assistance from the U. of I.'s Disability

Resources and Educational Services division in the College of Applied Health Sciences.

Answering the call at DRES was visual/hearing coordinator Bryan McMurray.

McMurray, who is blind, said he believes the diploma he was able to create for Gilson is the first of its kind awarded by Illinois. It may even be the first given by any university.

He said the reason a request for a Braille diploma is so rare is that in the 1980s, there was a trend in schools to begin phasing out the use of Braille, replacing it with speech-recognition technologies.

McMurray said, however, that many people—including him—prefer the more tactile experience of being able to read actual text.

"There's a resurgence now in Braille use," McMurray said. "People still are using it a lot." Among the 30 or so legally blind students enrolled at U. of I., he said about five use Braille.

McMurray, who had worked with Gilson, was more than happy to do what he could to get a Braille diploma into her hands. The process for creating it wasn't as simple as it may have sounded.

The decidedly low-tech machine, which is used to create the punched and raised Braille characters, looks like something from a 1950s stage set, especially when juxtaposed on McMurray's desk with his computer monitor.

After many hours of experimentation, he thinks he may have perfected the process, and hopes to be able to use it again to honor any future requests by graduating students.

"The Braille Bryan wrote for my diploma is beautiful. He did a lovely job," said Gilson, who recently moved to Pennsylvania to accept a position on the faculty in the education department at Moravian College in Bethlehem.

"I commend the Office of Admissions and Records for meeting their obligations under the Americans With Disabilities Act by providing me an accessible copy of my diploma."



BLACK ALUMNI REUNION

More than 1,000 alumni returned to campus for the Black Alumni Reunion held November 6–9, 2008. As part of the weekend festivities, College of Applied Health Sciences alumni gathered at Huff Hall for an "indoor tailgate." Pictured to the right are Veronica Jenkins, Arthi Susai, Dawn Hubbard, LaKeisha Johnson, and Sharea Sims.

RESEARCHERS FOCUS ON PARK USE BY MINORITY POPULATIONS

By now, many people know that 30 minutes of daily exercise may go a long way toward extending their life expectancy. And among those who are taking the message to heart and actually becoming more physically active, the most commonly reported exercise of choice is walking.

Increasingly, many people are logging their miles on trails and greenways that are surfacing throughout the United States in parks and other outdoor settings.

But, according to Kim Shinew and Monika Stodolska, both professors of recreation, sport and tourism at the University of Illinois, not much research has focused on the recreational use of these pathways by the nation's minority populations.

"Without an understanding of diverse cultural preferences and expectations, trail management for health benefits may not be effective among minority populations," they noted in an issue of the *Journal of Park and Recreation Administration*. The article, "Trail Use Among Latinos: Recognizing Diverse Uses Among a Specific Population," was co-written by U. of I. graduate student Megan Kelly Cronan and focused on observational and survey research conducted in Chicago's Lincoln Park. It is part of a larger study, funded by the Robert Wood Johnson Foundation, which examines Latinos' use of parks, sports complexes and trail systems for active recreation.

"Our findings suggest that cultural understanding on the part of trail managers and designers is essential to best serve a growing Latino population as well as successfully encourage physical activity," the authors wrote.

"Our survey and observational data together suggest the need for organizing family-oriented events along the trail as well as introducing trail design features that will encourage walking by recognizing the preferences of Latino visitors."

In Chicago—a city with a Hispanic population of more than 1 million—in some areas those visitors could number 40 or 50 percent of park users, said Stodolska.

One of the most significant findings noted by the U. of I. researchers is that urban-dwelling Latinos often use trail areas in ways that sharply contrast with traditional use patterns.

"What's interesting in the trail literature is that it's assumed that the trails are going to be used for jogging or bicycling and other more active types of leisure use," Stodolska said.

"What we found is this is not really how a lot of minorities are using this area. It's more of a social type of use."

If park managers and designers better understood the needs and motivations of an increasingly more diverse user base, it would go a long way toward developing recreational spaces where all users not only felt comfortable, safe and welcome but also had built-in opportunities to be more physically active, Stodolska said.



Kim Shinew, right, and Monika Stodolska, both professors of recreation, sport and tourism, have focused on the recreational use of pathways by the nation's minority populations.



Chicago's Lincoln Park is the setting of a study that examines Latinos' use of parks, sports complexes, and trail systems for active recreation.

NON-PARENTAL CARE OF INFANTS TIED TO UNFAVORABLE FEEDING PRACTICES



Juhee Kim, a professor of community health, says child-care factors and feeding practices may play a role in overweight infants and toddlers.

With more new mothers in the workplace than ever before, there has been a corresponding increase in the number of child-care facilities in the United States.

At the same time, data from a variety of sources point to a growing prevalence of overweight infants and toddlers.

Is there a connection?

According to a new study co-written by University of Illinois community health professor Juhee Kim and Karen Peterson, a professor of nutrition and society at Harvard University's School of Public Health, child-care factors and feeding practices may indeed play a role.

"Our study is the first to report, to our knowledge ... the potential importance of infant child care on infant nutrition and growth," the researchers said in an article published in the July 2008 issue of the *Archives of Pediatrics & Adolescent Medicine*, a publication affiliated with the *Journal of the American Medical Association*. "The results of this study indicate that structural characteristics of child care, such as age at initiation, type and intensity, were all related to infant feeding practices and weight gain among a representative sample of U.S. infants."

Specifically, Kim and Peterson found that 9-month-old infants who routinely receive non-parental care—provided by relatives, licensed day-care centers or more informal child-care providers—may experience higher rates of unfavorable feeding practices. The babies also weigh more than those whose primary caregivers are their parents.

The researchers' findings could have significant public-

health ramifications, as weight gain in infancy can ultimately be a predictor of obesity later in life.

Obesity, in turn, is linked to a number of chronic illnesses, such as diabetes and hypertension, as well as adulthood morbidity and mortality.

"Weight gain and the prevalence of overweight were lowest among infants who received care by parents," the researchers noted in the published article.

The researchers also examined data regarding breastfeeding initiation for babies receiving parental and non-parental care, along with the stage at which solid foods were introduced to the infants. Only starting solid foods before 4 months of age was associated with increased overweight among infants.

Kim said there are a couple of important take-home messages from their research results for parents and child-care providers.

"Parents may want to communicate with child-care providers about when, what and how to feed their babies during their stay in day care," she said.

"Child-care professionals can encourage parents' active involvement in the decision process of what, when and how to feed infants. Child-care providers also can participate in nutrition-education/training programs to understand the importance of starting solid foods, transition from breast milk or formula to foods, and how to implement recommended practices to ensure a healthy eating environment."

A NEW WAY OF STUDYING TINNITUS



Fatima Husain

By Steve McGaughey, Beckman Institute Writer

Fatima Husain says she took the "scenic route" to her current positions as assistant professor in the Department of Speech and Hearing Science and Beckman Institute faculty member.

While growing up in India, Husain had dreams of being a writer, but an aptitude for science put her on a different academic path. Still, she says, she never lost her interest in how people express themselves.

"My overarching goal is to understand how the brain works and I use different tools to get there," Husain said. "I use computer modeling, behavioral experiments, and fMRI experiments right now but I imagine using other tools in the future. My goal is to understand how the brain

works, specifically, in the domains of language, speech, and hearing."

Husain's research career began to truly take flight while she was working at the National Institutes of Health as a research scientist, creating computer models for understanding auditory and speech processing. It was while at NIH that she presented an idea to her mentor about studying tinnitus, or ringing in the ears. She had been going to programs and conferences to give talks about her computer models and took in presentations about tinnitus.

Using computer models from her previous work, combined with fMRI data, Husain was able to look at the problem of tinnitus in a new way.

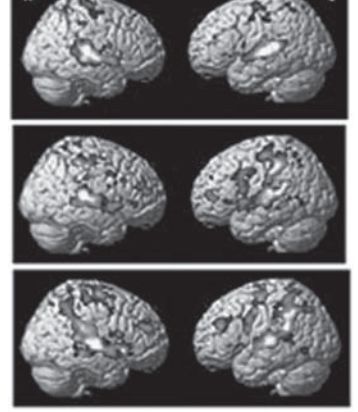
“This is the only model I know of from a cerebral cortex perspective,” she said. “I’m trying to study auditory processing disorders with this, especially disorders which have a lot of complexity and that we don’t understand as much.”

Husain said she is looking at clinical populations to broaden her understanding of tinnitus and hearing impairment. That was part of the reason why she joined the faculty in Speech and Hearing Science.

“Because I’m looking at clinical populations, it made sense to be in the Speech and Hearing Science department,” she said. “But at the same time, because my background is so multidisciplinary, I want to use multiple tools and work with a range of researchers.”

“I think I will always have a broad focus,” Husain said. “I learned a number of techniques and perspectives in my scenic route to get here but, finally, I can use them to understand not only the normal brain but also the disordered brain. Tinnitus is an illusory sound. The illusions and disorders of the brain tell us so much more about normal processing.

“In my tinnitus research, I see the culmination of all the tools and techniques I’ve learned and I can apply to them to a complex disorder and hopefully, we can develop better evaluations of therapies and develop new interventions so that we help people.”



WALKING THE WALK

AHS WELL REPRESENTED AT PUBLIC ENGAGEMENT SYMPOSIUM AND TECHNOLOGY SHOWCASE

When the College of Applied Health Sciences (AHS) celebrated its 50th anniversary in 2007, it wasn’t just celebrating its long and distinguished history of groundbreaking research and outstanding education. It was also celebrating its rich tradition of translating research into programs designed to improve the health, wellness, and quality of life of individuals, families, and communities.

The College was well represented at the inaugural University of Illinois Public Engagement Symposium and Technology Showcase. Taking place on March 9, 2009, the event addressed strategies in public engagement, dialogues with communities, learning through the ages, new ways with technology, and economic, social, and environmental sustainability through poster sessions, presentations, and panel discussions. Faculty and staff from the Department of Kinesiology and Community Health, the Department of Recreation, Sport and Tourism, and the Department of Speech and Hearing Science who took part in the event included:

Professor Wojtek Chodzko-Zajko, Professor Kim Graber, and doctoral student **Leticia Malavasi,** Depart-

ment of Kinesiology and Community Health, “Civic Engagement in Active Living.”

Professor Andriara Schwingel, Professor Wojtek Chodzko-Zajko, and doctoral students **Leticia Malavasi** and **Kyung O Kim,** Department of Kinesiology and Community Health, “Engaging the Community in Healthy Lifestyle Changes.”

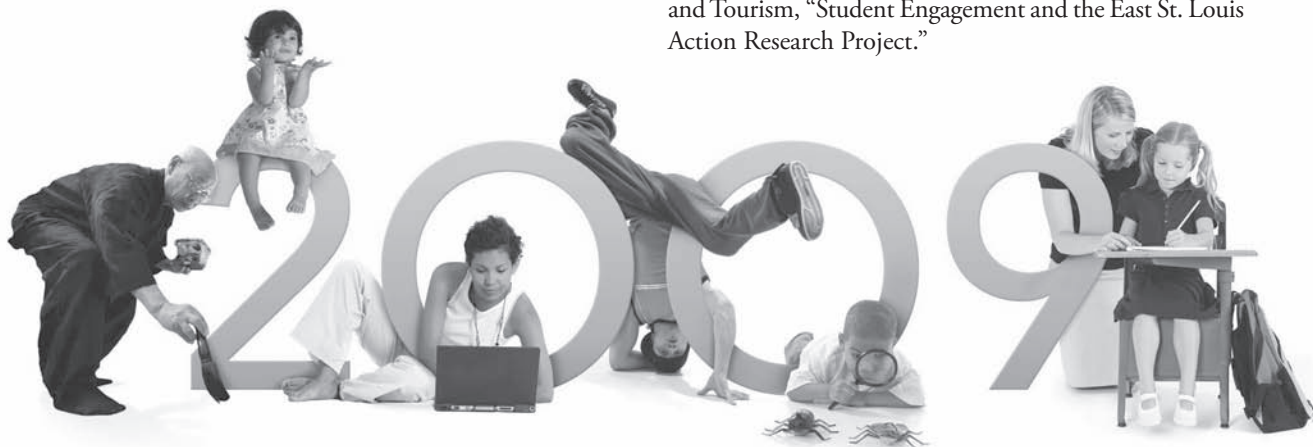
Professor Laura Payne and **Professor Megan Janke,** Department of Recreation, Sport and Tourism, “Challenges and Successes in Dissemination and Sustainability of an Evidence-Based Health and Wellness Program.”

Professor William Stewart and doctoral student **James Barkley,** Department of Recreation, Sport and Tourism, “Social Learning in Park Planning.”

Lori Kay Paden and **Robin Hall,** Office of Recreation and Park Resources, Department of Recreation, Sport and Tourism, “Creating Healthy Communities.”

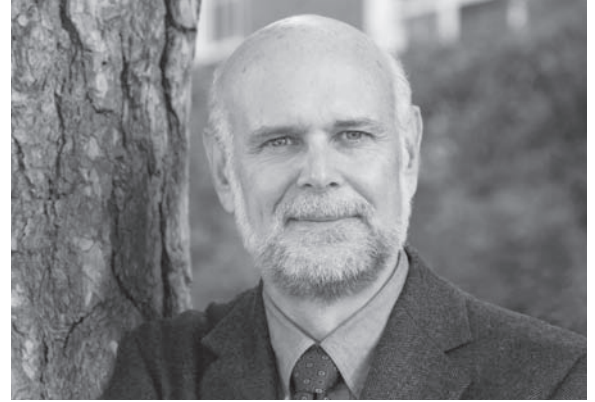
Lisa Crane, Speech-Language Pathology Clinic, and **Mark Joseph,** College of Applied Health Sciences Office of Information, Security and Technology, “Using Digital Observation and Recording in the Clinical Setting.”

Professor Bruce Wicks, Department of Recreation, Sport and Tourism, “Student Engagement and the East St. Louis Action Research Project.”



Q & A WITH EXERCISE EXPERT DAVID BUCHNER, MD

In October, the U.S. Department of Health and Human Services issued the federal government's first-ever comprehensive guidelines on physical activity. The chair of the writing group that drafted the Physical Activity Guidelines for Americans is David Buchner, a Shahid and Ann Carlson Khan Professor in Applied Health Sciences at the University of Illinois. Buchner is the former chief of the physical activity and health branch of the Centers for Disease Control and Prevention's Division of Nutrition and Physical Activity. He recently joined the College of Applied Health Sciences to direct a master of public health program that will be offered starting in Fall 2009. He was interviewed by News Bureau writer Melissa Mitchell.



What are some of the key recommendations included in the guidelines?

No. 1, Children and adolescents aged 6–17 years should accumulate one hour or more of physical activity daily. The one hour of activity should be mostly aerobic. Youth should include vigorous-intensity activity in this one hour on at least three days a week. They should also do muscle-strengthening activities at least three days a week and bone-strengthening activities at least three days a week.

No. 2, adults should do aerobic activity and muscle strengthening activity each week. They can do a minimum of two hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, ballroom dancing, or general gardening. Or, they can do at least one hour and 15 minutes a week of vigorous-intensity activity like jogging and aerobic dancing. Or adults can choose combinations of moderate- and vigorous-intensity activity. Aerobic activity should be performed in episodes of at least 10 minutes and preferably spread throughout the week. Muscle-strengthening activities have unique health benefits and should be done on two or more days each week.

No. 3, for both children and adults, greater amounts of physical activity have greater health benefits. For additional and more extensive health benefits, adults should increase their aerobic physical activity to the equivalent of five hours a week of moderate-intensity activity. Even more benefits accrue from amounts above 300 minutes.

No. 4, when people cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow and avoid an inactive lifestyle. Considering that various organizations have issued their own guidelines in the past, some of these recommendations sound familiar.

What was the impetus behind the issuance of government-sanctioned guidelines?

The guidelines represent the first major review of the science on benefits of physical activity in more than a decade.

The government decided to issue the guidelines because of conclusive evidence of the importance of physical activity to the health of Americans. Unlike many previous guidelines, the new guidelines are comprehensive in scope, addressing physical activity in children, youth, adults, older adults, people with chronic conditions, people with disabilities and pregnant women.

Do these guidelines depart in any way from those issued previously?

The new guidelines allow greater flexibility. One can do vigorous activity instead of moderate intensity, or a combination of both. A person has the choice of doing all the activity on a few days each week (preferably three or more). The guidelines about weight control also allow more flexibility, and there is more information about injury prevention.

What are some specific health benefits that result from maintaining activity levels recommended in the guidelines?

The health benefits of regular physical activity are remarkable. People who engage in regular physical activity have lower risk of early death, coronary heart disease, stroke, high blood pressure, adverse blood lipid profile, type 2 diabetes, breast cancer, colon cancer, obesity and depression. Regularly active older adults have lower risk of dementia and fall injuries. Only a few lifestyle choices have as large an effect on health as physical activity. It's remarkable that people who are physically active for approximately seven hours a week have a 40 percent lower risk of dying early than those who are active for less than a half hour a week.

As Americans begin to hear more about the guidelines, will the Department of Health and Human Services offer follow-up measures to increase awareness or help people adopt a more active lifestyle?

HHS realized that guidelines are necessary, but not sufficient, for helping people adopt a more active lifestyle. Therefore, HHS has developed a strategy for increasing awareness of the new guidelines that relies a great deal on partnerships. You can visit the Health and Human Services Web site to find more resources.

Many people seem to understand that being physically active is critical to health, but have difficulty making changes that stick. What are some strategies to overcome that?

Fundamental to success is choosing to do activities you enjoy. To be successful in doing these activities regularly, people must figure out strategies. Here are a few that have helped me:

- ▶ Build social support for physical activity by doing it with friends—for example, making appointments with friends to go for a walk or run together.
- ▶ Live in a community where it is easy to be physically active—where one can safely walk and bike on streets, and where there is good access to physical-activity friendly parks.
- ▶ Keep a log book or diary of your physical activity.
- ▶ Sign up for a community event such as a foot race or a charity walk.

TWO NEW DEGREES OFFERED IN AHS

Two new degree programs will be offered this fall in the College of Applied Health Sciences. A new undergraduate interdisciplinary degree program in health was recently approved by the U of I Board of Trustees and the Illinois Board of Higher Education. The program, called I-Health, will prepare undergraduate students to assume leadership positions in a number of applied health careers and to pursue graduate study in a wide range of health-related fields.

The Department of Kinesiology and Community Health also has a new master's program starting in Fall 2009. The Master of Public Health Degree Program at Illinois provides education and training in the core competencies of public health, with a focus on chronic disease prevention. In particular, the MPH curriculum deals with lifestyle modification. Risk factors such as tobacco use, poor diet, and lack of physical activity are major causes of chronic disease. The program, directed by Dr. David Buchner, includes several features critical to development of skills in prevention and control of chronic disease.

For more information about these exciting new programs, visit their websites at www.ihealth.illinois.edu and www.mph.illinois.edu.

BUCHNER INVESTED AS KHAN PROFESSOR

Dr. David M. Buchner, professor of Kinesiology and Community Health, was appointed the second Shahid and Ann Carlson Khan Professor in an investiture ceremony held February 4, 2009, at the Illini Union Pine Lounge. Buchner's appointment marks the second of five professorships for the Center on Health, Aging, and Disability made possible by the generous donation from Shahid and Ann Carlson Khan.

Dr. Buchner joined the University of Illinois in August 2008, after serving nine years as Chief of the Physical Activity and Health Branch of the Centers for Disease Control and Prevention. He led many national and international initiatives to promote physical activity, sponsoring the first International Congress of Physical Activity and Public Health, launching the National Society of Physical Activity Practitioners in Public Health, and chairing the team that wrote the *2008 Physical Activity Guidelines for Americans*, which was released in October 2008 by the U.S. Department of Health and Human Services.

A leading authority on the role of physical activity in health across the lifespan, Dr. Buchner is the Director of the new Master of Public Health Program in the Department of Kinesiology and Community Health. He has published extensively in the area of physical activity and aging, in particular on the role of physical activity in preventing functional limitations, disability, and falls. His research interests also include environmental and policy interventions to promote physical activity.



Pictured above are Buchner's spouse Marian Huhman, David Buchner, Dean Tanya Gallagher, Ann Khan, Shahid Khan, Chancellor Richard Herman, and Susan Herman.

Photo by Thompson-McClellan

AHS WELCOMES NEW FACULTY



DAVID M. BUCHNER, M.D., M.P.H.

- ▶ Professor
- ▶ Director, Master of Public Health Program
- ▶ Department of Kinesiology and Community Health

Education

- ▶ B.A., Harvard University, Cambridge, Massachusetts, 1974
- ▶ M.D., University of Kansas; Kansas City, Kansas; 1977
- ▶ M.P.H., University of Washington, Seattle, Washington; 1984

Dr. Buchner's area of interest is community-level approaches to chronic disease prevention, particularly approaches to promoting physical activity. From 1999 to 2008, he directed the Physical Activity and Health Branch at the Centers for Disease Control and Prevention, where he participated in national initiatives to promote physical activity.

Dr. Buchner's research has focused on physical activity and aging. He has studied the role of physical activity in preventing functional limitations, disability, and falls. He is also interested in environmental and policy interventions to promote physical activity.



SCOTT TAINSKY, PH.D.

- ▶ Assistant Professor
- ▶ Department of Recreation, Sport and Tourism

Education

- ▶ Ph.D., Sport Management, University of Michigan, 2008

Dr. Tainsky's program encompasses the fields of labor economics and policy, focusing on demographics and discrimination in sport and how those relate to consumer demand. His research interests include sport economics, sport finance, discrimination, and corporate social responsibility.

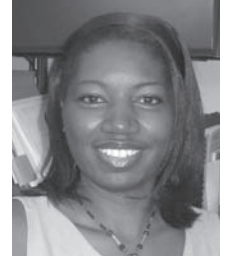
JACQUELINE MCDOWELL, PH.D.

- ▶ Assistant Professor
- ▶ Department of Recreation, Sport and Tourism

Education

- ▶ Ph.D., Kinesiology, Texas A&M University, May 2008

Dr. McDowell's professional interest is in the reduction and elimination of racial and gender inequalities in intercollegiate athletics via the dissemination of diversity research and consulting with members of the sports industry. Her research interests include an examination of diversity management strategies and the effectiveness of diversity initiatives in intercollegiate athletics, and the investigation of black female athletic directors' race, gender, and class identity negotiations.



TRACY BAYNARD, PH.D.

- ▶ Assistant Professor
- ▶ Department of Kinesiology and Community Health

Education

- ▶ Ph.D., Exercise Science/ Science Education, Syracuse University, 2007

Dr. Baynard's interests involve the interaction between exercise, obesity and cardiovascular function. Currently she is interested in the post-prandial period and the interrelationships between adipose tissue, cardiovascular function, and inflammation in obesity and type-2 diabetes. Additionally, Dr. Baynard is interested in individuals with Down syndrome and the interaction between adiposity and autonomic function.



FLAVIA ANDRADE, PH.D.

- ▶ Assistant Professor
- ▶ Department of Kinesiology and Community Health

Education

- ▶ Ph.D., Sociology, University of Wisconsin-Madison; 2006

Dr. Andrade's professional interests include demography, population health, aging and the life course, research methods and statistics, socioeconomic disparities in health, and sociology of family. Dr. Andrade's research focuses on demography and population health. Dr. Andrade's current research examines the interactions among aging, disability,



obesity, and diabetes mellitus. She is also interested how socioeconomic inequalities over the life course influence later life outcomes, in particular, health outcomes. Her interest in aging and the life course also extends to the analysis of living arrangements of elderly individuals.

CARLA COSTA, PH.D.

- ▶ Assistant Professor
- ▶ Department of Recreation, Sport and Tourism

Education

- ▶ Ph.D., Sport Management, The Ohio State University

Dr. Costa's research examines the strategic application of sport for community development. The ultimate objective of this work is to elaborate a model that identifies and describes interrelationships among those factors that enable and that inhibit sport's contribution to community development. Findings from Dr. Costa's work are intended to have practical value for policymakers, sport managers, and public administrators.



FATIMA T. HUSAIN, PH.D.

- ▶ Assistant Professor
- ▶ Department of Speech and Hearing Science

Education

- ▶ Ph.D., Cognitive and Neural Systems, Boston University, 1999.

Throughout her career, Dr. Husain has focused on auditory, speech, and language processing in the brain using neuroimaging (fMRI) and computational modeling techniques. She recently expanded her research to include the study of disorders such as tinnitus (ringing in the ear) typically associated with hearing loss.



IN MEMORIAM

PHYLLIS JO HILL (1928-2008)

The College of Applied Health Sciences at the University of Illinois recently lost a cherished member of its faculty community. "Phyllis Jo Hill will be forever viewed as a highly respected professor and senior administrator," said Dean Tanya Gallagher. "Her name is frequently mentioned by those affiliated with the Department of Physical Education for Women as one of the most influential persons in their lives."



As a former professor and administrator in the College of Applied Health Sciences, Dr. Hill had a profound effect on the lives of innumerable students and colleagues at the University of Illinois. While serving as dean of the college, Dr. Hill orchestrated the merging of the men's and women's athletic/physical education programs, which in turn required major restructuring of the academic programs, degree requirements and standards for student academic life. Dr. Hill was especially committed to helping students achieve their greatest potential, including those she mentored through the James Scholars Program. Her role as a faculty mentor drew a host of admiring protégées. A former student, Dr. Mary Ann Carmack (BS '73, MS '78) shared her sentiments. "The world is such a better place for all that she has given to so many. We can only attempt to repay what she has given us by mentoring others who follow."

The legacy of this remarkable colleague, teacher, and friend will continue in perpetuity through the Phyllis Hill Memorial Fund. In keeping with Dr. Hill's philosophy of teaching and her commitment to developing meaningful student-faculty relationships, this endowment will support and recognize faculty in the College of Applied Health Sciences through the Phyllis J. Hill Award for Exemplary Mentoring in the Edmund J. James Scholars Program.

As of March 1, we have received 80 gifts totaling more than \$22,000 towards the Phyllis Hill Memorial Fund. Our goal is to reach the minimum endowment level of \$25,000 by June 30, 2009, so that the award can be presented in the 2009-2010 academic year. As the endowment grows, this fund will also support outstanding students who participate in this unique and individualized academic enrichment program.

If you would like to contribute, please send a check payable to **UIF/Phyllis Hill Memorial Fund** and mail to:

University of Illinois Foundation
Harker Hall
1305 West Green Street
Champaign, IL 61801

AHS RECOGNIZES DISTINGUISHED ALUMNI

Homecoming weekend provided a perfect opportunity for the College of Applied Health Sciences to honor alumni who have made outstanding contributions in their professional, personal, and civic lives. In ceremonies held in Huff Hall on October 10, 2008, the following four alumni received the College of Applied Health Sciences Distinguished Alumni Award:

Tim D. Romani, BS '84
President and Chief Executive Officer
Romani Group, Inc.
Greenwood Village, Colorado

Harold P. Wimmer, BS '77, MS '78
President and Chief Executive Officer
American Lung Association of Upper Midwest
Chicago, Illinois



Photo by Thompson-McClellan

From left to right, Tim Romani, Richard Kommers, Dean Tanya Gallagher, Joseph Bannon, Alina de la Paz, and Harold Wimmer. Missing from photo was Steven Herbst.

AHS DISTINGUISHED ALUMNI AWARD

Joseph J. Bannon, MS '58, PhD '71
President
Sagamore Publishing
Champaign, Illinois

Alina de la Paz, BS '82, MS '83
Executive Director and Founder
Center for Bilingual Speech and Language Disorders, Inc.
Miami, Florida

DRES HONORS ALUMNI WITH SCHARPER AWARDS

The Division of Disability Resources and Educational Services recognized two of its alumni for outstanding professional and community service with the Harold Scharper Awards. The Scharper Awards recognize high-achieving individuals with disabilities. The awards were announced during ceremonies in Huff Hall on October 10, 2008.

HAROLD SCHARPER ACHIEVEMENT AWARD

Steven M. Herbst, BS '88
Business Analyst Manager
Allstate Insurance
Northbrook, Illinois

HAROLD SCHARPER HUMANITARIAN AWARD

Richard W. Kommers, AB '69, JD '73
Retired Advisor to the Counsel
U.S. Army Corps of Engineers
Baltimore, Maryland

Congratulations to our award recipients!

DEPARTMENTAL AWARDS

CHARLES K. BRIGHTBILL DISTINGUISHED ALUMNI AWARD IN RECREATION, SPORT AND TOURISM

Brad Hedrick, PhD '84
Director, Division of Disability Resources and Educational Services
University of Illinois

KINESIOLOGY AND COMMUNITY HEALTH DISTINGUISHED ALUMNI AWARD

Karl Newell, MS '70, PhD '73
Professor of Kinesiology and Biobehavioral Health
Marie Underhill Noll Chair, and Head, Department of Kinesiology
Pennsylvania State University

SPEECH AND HEARING SCIENCE DISTINGUISHED ALUMNI AWARD

Lesley B. Olswang, AM '71
Professor of Speech and Hearing Sciences
University of Washington

HUFF HALL ADDITION UPDATE

Huff Hall has long been recognized as one of the most historic buildings on the University of Illinois campus. Originally constructed in 1924 as the primary facility for U of I athletic competition, today Huff Hall is the home of the College of Applied Health Sciences.

The original design of Huff Gym in the 1920's anticipated the addition of a north and south wing to the building. The south wing was added shortly after the gym was opened. However, the north wing was never completed. In January 2008, the University of Illinois Board of Trustees approved construction of the North Addition and will now bring this classic university building into the 21st century, enabling it to sustain programs of national prominence.

The Huff Hall North Addition comprises over 24,000 square feet of new space that will support sophisticated research and teaching, synergies among disciplines, collaboration of faculty with similar research interests, and a vibrant educational environment. Included within this space will be the Center on Health, Aging, and Disability and the new Master of Public Health Program.

Naming opportunities are available for the entire North Addition or for selected areas, including an entryway that will be completely accessible and highly visible. Opportunities also exist to name the interior spaces that will orchestrate activities addressing some of society's most pressing and rapidly emerging social-behavioral, applied, and translational needs.

Your support of the Huff Hall North Addition will help build the foundation for generating and sharing knowledge, ultimately providing solutions to both global and local issues. Your gift is an investment in the continued success of our collective efforts.

PROJECTED TIMELINE

Groundbreaking:	Fall 2009
Dedication:	Fall 2011

BENEFITS OF THE ADDITION

- ▶ Create space that brings together scholars from multiple disciplines to engage in innovative research, education, and outreach that address the health, wellness, and quality of life needs of our rapidly changing population
- ▶ Facilitate training and internship programs that will enhance the quality of educational experiences on and off campus, preparing our graduates to serve at-risk children and adolescents, older adults, and persons with disabilities
- ▶ Engage policy makers, industry leaders, and consumers in creating living and outdoor spaces of the future that support independent living and the highest quality of life possible
- ▶ Complete historic Huff Hall as a campus showcase for educational space that is fully accessible

For more information about how you can support this project contact:

College of Applied Health Sciences
Office of Advancement
110 Huff Hall
1206 South Fourth Street
Champaign, Illinois 61820
(217) 244-6600
www.ahs.illinois.edu



DEPARTMENTAL WISH LISTS

You can help support the units in the College of Applied Health Sciences by purchasing items that will enhance the educational experience of our students. Your cash gift will be used to purchase the item(s) you identify. In the event that it has already been acquired, your gift will be used to purchase a similar item in that department. Thank you for your support!

RECREATION, SPORT AND TOURISM

- ▶ Video editing software for instructional use (\$600)
- ▶ Digital Audio Recorder (2) for instructional use (\$750 each)
- ▶ Dell 2400 MP DLP projector (3) for instructional use (\$950 each)
- ▶ Field trips to help offset costs of class field trips (\$1,000)
- ▶ Dell laptop computers (3) for instructional use (\$1,200 each)
- ▶ I-Clickers for instructional use (50) (\$1,600)
- ▶ Study Abroad Scholarships (\$5,000)

DIVISION OF DISABILITY RESOURCES AND EDUCATIONAL SERVICES

- ▶ CycleOps Fluid 2 Indoor Bicycle Trainer (\$330)
- ▶ Victor Reader Software Package, a book reader and digital recorder for low-vision students needing to take notes during class (\$340)
- ▶ Software for Neuro-Psych Testing to help assess attention span and identify other issues found in students with ADD, dyslexia, learning disabilities (\$500 - \$1,000)
- ▶ Video recorder to help train staff at Beckwith Hall in how to assist students with various personal care needs (\$1,000)
- ▶ Saratoga Wheelchair Exercise Cycle to accommodate students with severe disabilities (\$1,075)
- ▶ Punching/binding machine for Braille and large print books (\$1,800)
- ▶ Aquatic wheelchair to accommodate pool access for students with severe disabilities (\$2,555)
- ▶ Standing frame for physical therapy, pressure relief, and stretching for persons with lower limb paralysis (\$5,000)
- ▶ EyeTech TM3 eye tracker allows students with severe disabilities to use eye movement to control a computer and software (\$12,000)

To purchase any of these items or to request more information, please contact:

College of Applied Health Sciences
Office of Advancement
110 Huff Hall
1206 South Fourth Street
Champaign, Illinois 61820
(217) 244-6600
www.ahs.illinois.edu

SPEECH AND HEARING SCIENCE

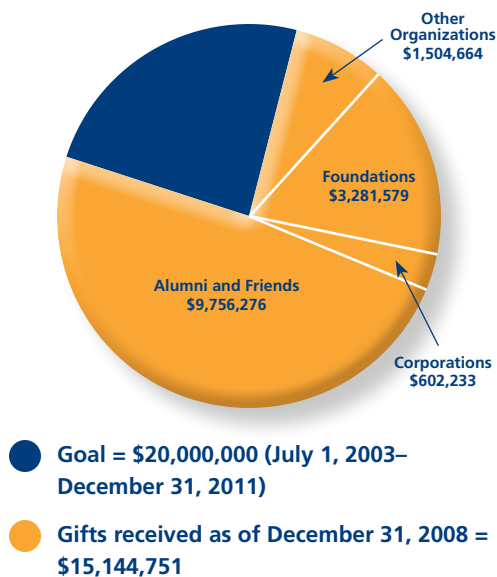
- ▶ Video Oscope for all hearing aid and ear mold fittings (\$5,000)
- ▶ Zodiac Impedance Bridge to diagnose site of lesion and the presence of middle ear disorder that would require medical referral (\$8,000)
- ▶ Frye Hearing Aid Test Box to fit, dispense, evaluate, and repair of hearing aids (\$12,000)
- ▶ Clinical Diagnostic Audiometer, used with every client as part of the standard screening and diagnostic audiometric battery (\$14,000)
- ▶ Otoacoustic Emissions (OAE) System, used as part of the standard audiometric test battery and critical in determining site of lesion for sensorineural types of hearing loss (\$29,000)
- ▶ Auditory Evoked Potential unit for physiologic measures of hearing function (\$29,000)

KINESIOLOGY AND COMMUNITY HEALTH

- ▶ Orbital rotator for rotating tissue culture specimens or other samples that require long term mixing (\$750)
- ▶ Digital Audio Recorder (5) for instructional research (\$800 each)
- ▶ Arm crank ergometer to test individuals who have compromised function of their legs (\$1,260)
- ▶ I-Clickers for instructional feedback and evaluation system to increase classroom effectiveness (100) (\$3,200)
- ▶ Computer simulation programs for physiology labs to teach students physiological concepts with computer simulations (\$4,500)
- ▶ Cosmed K4 Portable Metabolic System for assessing cardiovascular responses to physical activity (\$32,000)
- ▶ Lode Excalibur Electronic Cycle Ergometer and Wingate Software for assessing functional performance in people of all ages (\$35,000)

BRILLIANT FUTURES CAMPAIGN UPDATE

The College of Applied Health Sciences has made outstanding progress towards our goal of raising \$20 million by 2011. As of December 31, 2008, we have received a total of \$15,144,751, or 76% of our goal, a true testament to the generosity of our alumni and friends.



LEAVE A LEGACY

What will your legacy be? Have you considered what you will leave behind that represents your values and priorities? The College of Applied Health Sciences often hears from alumni, friends, and even family members of alumni, regarding the important role Illinois has played in their lives. It is a testament to this College's mission of providing a world-class public education that so many friends and alumni choose to give something back in the form of a legacy gift. These gifts are very important to the College's future. Won't you please join us in this important endeavor? It's as simple as using the following language on IRA, insurance policy, or other beneficiary designation forms; or providing it to your attorney for inclusion in your Will or living trust:

"I leave (e.g., % of your estate, \$ amount, residue) to the University of Illinois Foundation, a not-for-profit corporation located in Urbana, Illinois, to support the College of Applied Health Sciences at the University of Illinois at Urbana-Champaign."

If you would like to further designate your estate gift for a particular purpose and/or program, please contact Sara Kelley, Assistant Dean for Advancement, at 217-244-6600 for further information to ensure your wishes are carried out. All communications are without obligation and held strictly confidential. Finally, we invite you to contact us and learn more about the benefits you may be entitled to as an estate gift donor through organizations like Presidents Council.

THE VALUE OF ENDOWED FELLOWSHIPS

As a highly ranked research institution, the University of Illinois attracts some of the best and brightest students from around the globe. However, the availability of graduate fellowships is crucial to our recruitment efforts. Not only do they provide invaluable resources for our students, but the time and flexibility they need to explore new ideas and unproven lines of inquiry.

The College of Applied Health Sciences and the College of Engineering are fortunate to be the recipients of two interdisciplinary fellowships funded by the generous support of alumnus William A. Chittenden II and his wife Carol. The Chittenden Fellowships support students in the Department of Kinesiology and Community Health and the Department of Industrial and Enterprise Systems Engineering (formerly General Engineering). The goal of these fellowships is to support the innovation and teamwork of students in these distinct but complimentary disciplines, creating a new understanding of human movement as it relates to health, aging, and disability.

Sung-Hoon Shin is a current recipient of the Chittenden Fellowship, under the mentorship of Professor Jacob Sosnoff in the Department of Kinesiology and Community Health. Sung-Hoon grew up in South Korea and received undergraduate and graduate degrees in physical education from Seoul National University, the premier

university of South Korea. After completing his military duty, he came to the United States and earned an additional master's degree in kinesiology from Texas Women's University specializing in biomechanics, the study of human movement with the principles and concepts of engineering mechanics.

His research since his arrival at Illinois has focused on how various disorders such as multiple sclerosis and mild traumatic brain injury influence balance and gait. His main methodological approach utilizes a force platform that measures the muscular torques produced by the feet in an effort to maintain an upright stance. Sung-Hoon was instrumental in an investigation examining the biomechanical characteristics of helmet impacts in high school football players. He has also contributed to multiple research projects resulting in an accepted manuscript, two manuscripts under review, and one more in preparation. He has also presented at international conferences focusing on the interface of kinesiology and engineering. Sung-Hoon's dissertation will focus on postural control in individuals with spinal cord injury, which he will use to make improvements to wheelchair design and rehabilitation practices.

To learn more about funding opportunities for endowed fellowships, contact the AHS Office of Advancement.

Private gifts play a critical role in our ability to enhance teaching, research, and outreach programs within the college that impact not only our students but also the health and wellness of our society. We are pleased to recognize those who have contributed to our progress during the fiscal year ending June 30, 2008. An asterisk designates members of the Chancellor's Circle during this time period.

Although every effort is made to ensure accuracy, errors may occur. If we have omitted your name or listed your name incorrectly, please contact the Office of Advancement, College of Applied Health Sciences, 1206 South Fourth Street, Champaign, IL 61820; telephone (217) 244-6600.



THE CAMPAIGN FOR THE
UNIVERSITY OF ILLINOIS

PRESIDENTS COUNCIL MEMBERS

The College of Applied Health Sciences recognizes members of the University of Illinois Foundation Presidents Council for their commitment to strengthening the University's excellence. We are truly grateful to the following Presidents Council members who have provided significant lifetime contributions to the University and the College of Applied Health Sciences through gifts of endowment and to those who supported the College July 1, 2007-June 30, 2008, with an annual fund gift of \$100 or more.

The Laureate Circle

Members who have subscribed one million dollars or more

*William A. Chittenden II and Carol L. Chittenden

Chester W. and Nadine C. Houston

*Mannie L. and Cathy Jackson

*Shahid R. Khan and Ann Carlson Khan

*Kim C. and Michelle Pollock

The Pentad Circle

Members who have subscribed five hundred thousand dollars or more

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*Robert E. and Kay E. Merrick

*James E. and Erin E. Ross

Ruth L. Sandall

*Richard F. Schweig

Gerald A. (deceased) and Nancy C. Spinner

Charles G. and Kay E. Stenberg

*Jeffrey M. Tinervin

The Centuria Circle

Members who have subscribed one hundred thousand dollars or more

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*Morris L. Hecker Jr.

*Jerene C. Keller

Leon C. Keller

Lynda L. Koopman

Dan and Connie Newport

Adeline "Jo" Puccini

Jan S. Viste

*Mary Ellen R. Wilson (deceased)

The Consular Circle

Members who have subscribed fifty thousand dollars or more

Anonymous

J.Theodore Arenberg Jr. and Jean E. Arenberg

*Carolyn J. Bilger

John W. and Judith Hilger Comerio

Joan Good Erickson

Nicholas and Sally Peterson Falzone

Burris F. Husman (deceased)

Robert T. Kaloupek

*Edward F. Kral Jr. and Katharine J. Kral

*Rainer and Julie S. Martens

Jeanne S. and Charles Snyder

*William E. and Margarite D. Stallman

Ann Schneider Walters and William C. Walters

David R. and Susan D. Weigandt

Raymon F. and Linda Ayers Whitney

The Membership Circle

Members who have subscribed twenty-five thousand dollars or more

Sybil Smiley and Benedict J. Adelson

Joseph J. and Ann C. Bannon

Charles R. and Dianne B. Berthold

Stanley E. Birstein

David L. and Kimberly Bobert

Raymond F. and Ann B. Borelli

Jim and Than Brademas

Frederick S. Brightbill

*Jerry D. and Phyllis J. Burnam

*Michael F. and Susan K. Campbell

Susan J. Chaplinsky

Judith A. Checker

Alyce Taylor Cheska

*William A. Chittenden III and Jill L. Chittenden

*Douglas E. and Julie A. Conroy

Betty J. Van Doren Coughlin

L. Karen Darner

Joseph W. Devall

Ronald H. and Barbara A. Dodd

Jean L. Driscoll

James A. and Yvonne L. Dyer

Charles M. Elander

*Robert D. and Mary Ann Espeseth

Carl F. Faust Jr. and Julia B. Faust

*Sonita Blackaby and Ronald D. Gaitros

Tanya M. Gallagher and Kenneth L. Watkin

*Richard L. and Stephanie Bowers Gianacakos

*Thomas L. and Sonja Goodale

Richard D. and Teresa H. Grodsky

*Robin R. and Barbara Danley Hall

Ryan J. and Breanne M. Harms

*Edward W. Harvey

*Arthur A. Hasse

Joseph Allen Hemphill

Phillip E. and Jo Lavera Jones

* Thomas L.(deceased) and Louise M. Jones
 Douglas M. Karlen
 Sara M and Keith W. Kelley
 Martin Koeck III and Doris L. Koeck
 John A. Konya
 L. Bert Leach
 Judith A. LeDuc
 Steven J. and Ronna B. Leibach
 Robert H. and Carol F. Lenz
 *Jeffrey I. and Lisa Livovich
 Floydetta M. McAfee
 George A. McConaghy
 Marcia Spaeth McDermott
 William R. McKinney
 Ruth A. Miller
 Robert C. and Gwendolyn E. Mitchell
 *Saul J. Morse and Anne B. Morgan
 Robert E. Mundy II and Mary S. Mundy
 *Timothy J. and Jeanette S. Nugent
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“This scholarship will serve as encouragement to continue my involvement in the field of leisure studies and to push myself even further in my future endeavors.”

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"This scholarship program has inspired me to contribute in the future to the Department and to its students. Thank you very much for not only being of assistance, but also for being an inspiration."

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SPRING 2009 EVENTS

Friday, April 17 2:00 PM	Department of Speech and Hearing Science Awards Program I-Hotel and Conference Center 1900 S. First Street, Champaign, Illinois
Friday, April 17 7:00 PM	Charles K. Brightbill Student Awards Program (Department of Recreation, Sport and Tourism) 112 Huff Hall
Saturday, April 18 9:30 am–11:00 AM	Moms' Day Brunch 112/114 Huff Hall, 1206 South Fourth Street, Champaign, Illinois
Tuesday, April 21 7:00 PM	Department of Kinesiology and Community Health Awards Program Alice Campbell Alumni Center Ballroom 601 S. Lincoln Avenue, Urbana, Illinois
Thursday, May 7 6:00 PM	Delta Sigma Omicron (DSO) Student Awards and Adapted Varsity Athletic Awards I-Hotel and Conference Center 1900 S. First Street, Champaign, Illinois
Saturday, May 16 9:00 AM	AHS Convocation Assembly Hall