

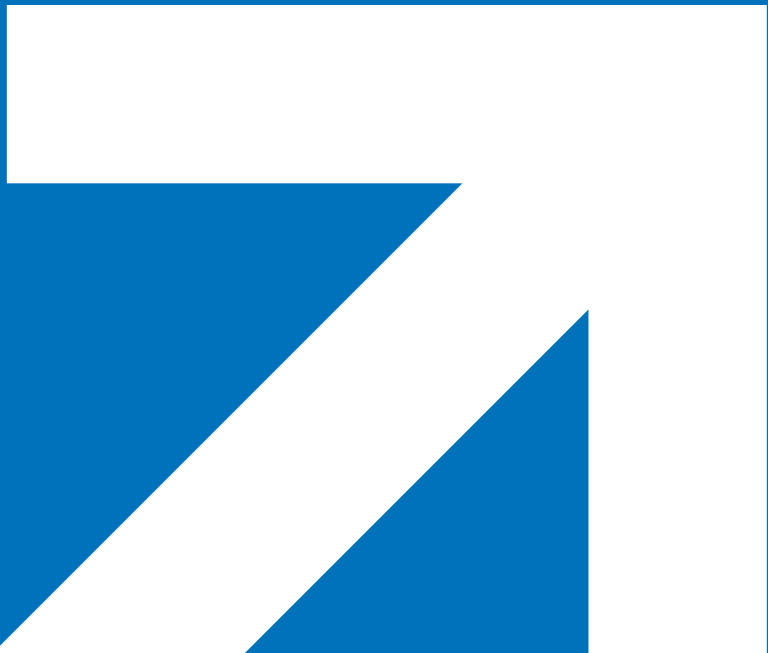


MOVING FORWARD

AHS YEAR IN REVIEW 2011



COLLEGE OF APPLIED HEALTH SCIENCES



“How wonderful it is that
nobody need wait a single moment
before starting to
improve the world.”
– Anne Frank



A MESSAGE FROM THE DEAN

It is difficult to believe that it is time to look back on 2011. The year seemed to go by so quickly, perhaps because it was filled with exciting activities.

- Our undergraduate students made another impressive showing at the 2011 Undergraduate Research Symposium.
- We sent another outstanding group of graduates out into the world, including the first graduates of our Master of Public Health and Interdisciplinary Health degree programs.
- We welcomed nearly 350 freshmen and transfer students and three new faculty members to the College in the fall.
- We celebrated the opening of the Khan Annex, the north addition to Huff Hall, and honored alumni of our academic and service units for their professional achievements.

It was a very good year, one in which we all—alumni, students, faculty, and staff—can take a great deal of pride.

At this time last year, we were still completing construction on our new north addition to Huff and anticipating the new program and classroom space it would soon provide. The Khan Annex, as it is now known, was dedicated on September 22, 2011, and there was standing room only. The Center on Health, Aging, and Disability and our Master of Public Health program are now housed in this 24,000 square foot facility. If you haven't been to campus recently, please come and visit and we'll be happy to provide you with a tour.

There is exciting research underway within the College. One study you'll learn about in this issue of *Moving Forward* may lead to new therapies for people with multiple sclerosis. Our faculty is also playing a central role in a new research and teaching initiative focused on obesity prevention. The Center on Health, Aging, and Disability hosted a well-attended symposium last year that brought internationally renowned geriatric studies scholar Dr. Wendy Kohrt of the University of Colorado to campus as the keynote speaker. The Center has emerged as a leader in addressing complex health-related issues through education, research, and outreach activities, and we could not be more pleased.

AHS students now have the opportunity to secure both a bachelor's degree and a Master of Public Health degree in just five years through a program approved last year by the Board of Trustees. Many of the excellent students who may enroll in this and other graduate programs may have discovered their love of research, leadership, and service through our James Scholar program. You'll learn more about the program and meet one of our outstanding undergraduate scholars in this issue. Our alumni also were recognized last year for outstanding accomplishments. We honored some of them with our own Distinguished Alumni and Harold Scharper Awards. Others received notable awards from the University of Illinois and the state of Illinois.

In this review of 2011, we celebrate the accomplishments we achieved in the face of continuing economic challenges to the nation, the state, and the University. We will continue to make thoughtful choices that effectively support our mission to promote the health and well-being of individuals, families, and communities. I encourage you to stay abreast of AHS news by visiting our website at ahs.illinois.edu.



Tanya M. Gallagher





AHS DEDICATES KHAN ANNEX



“The graduates and research discoveries that this state-of-the-art facility will produce have never been more needed.”

—Karen Hasara, University of Illinois Board of Trustees

More than 300 people attended the dedication of the Khan Annex on September 22nd.

The Annex, which comprises 24,000 square feet of classroom, research, and conference space, is named for Shahid and Ann Carlson Khan, whose landmark gift led to the naming of the addition.

The early vision of what was once Huff Gym called for a central column flanked by a southern wing, which was completed, and a northern wing that was not. The Khan Annex fulfills that vision, 87 years after the original building opened. The Annex houses the Center on Health, Aging, and Disability, the state-of-the-art James K. and Karen S. McKechnie Laboratory, and the Linda Ayers Whitney Reception Area, as well as the Master of Public Health Program and Michael Vitoux and Vitoux Family Reception Area.



(L-R) University of Illinois
Foundation President
Sid Micek, Shahid Khan,
University of Illinois
President Michael Hogan



(TOP) Tours of the Khan Annex included the zero-grade entryway to a universal promenade that enables people with and without disabilities to use the same entrance to the building.

“We wanted to invest in a facility that would support the mission of the College of Applied Health Sciences: research, education, and outreach that promotes health across the lifespan and improves the self-sufficiency and quality of life of all people.”

—Ann Carlson Khan, President, Khan Foundation.



(LEFT) As always, AHS students contributed significantly to the success of the dedication event. (L-R): Sarah Rodriguez, Kinesiology; Moses Rasberry, Community Health; Jose Espinoza, Kinesiology/Public Health; Mariam Mansaray, Recreation, Sport and Tourism; Paula Chmiel, Interdisciplinary Health



MEET THE DONORS



Shahid and Ann Carlson Khan

Philanthropists Shahid and Ann Carlson Khan are longtime supporters of the University of Illinois. In addition to the Khan Annex, they have funded five Khan Professorships in the College of Applied Health Sciences.

Shahid Khan completed a bachelor's degree in industrial engineering at the University of Illinois in 1971. He is the president of Flex-N-Gate Corporation, which manufactures automotive components and assemblies. The company employs more than 9,500 people at 48 manufacturing and 9 product development and engineering facilities throughout Canada, the United States, Mexico, Argentina, and Spain. Ann Carlson Khan also graduated from the University of Illinois, earning a degree in economics in 1980. After a career in marketing for Kraft Foods, she has been an active campus and community volunteer and serves as president of the Khan Foundation.



Karen and Jim McKechnie

Avid skiers and swimmers, Karen and Jim McKechnie have long known the benefits of physical activity in their own lives. Mrs. McKechnie graduated with a degree in physical education from the College of Applied Health Sciences in 1970. That same year, Dr. McKechnie completed his bachelor's degree in chemistry in the College of Liberal Arts and Sciences and went on to medical school.

As an orthopedic surgeon, Dr. McKechnie often works with people who have problems and disabilities related to aging. When the opportunity arose to support the Center on Health, Aging, and Disability, it seemed like the perfect fit. Their gift has funded the James K. and Karen S. McKechnie Laboratory, part of the new facilities of the Center on Health, Aging, and Disability that are housed in the Khan Annex.



Linda Ayers and Raymon Whitney

Linda Ayers Whitney is a 1964 graduate of the University of Illinois at Urbana-Champaign, receiving a bachelor's degree in political science from the College of Liberal Arts and Sciences. Raymon Whitney completed a bachelor's degree in economics in 1963 and a law degree in 1966 at the University of Illinois.

As a student with a disability, Mrs. Whitney received services from the Division of Disability Resources and Educational Services and was a member of Delta Sigma Omicron, a service organization at the University that promotes disability awareness throughout the campus and local communities. She is excited by the research underway in the College and its potential for improving the lives of people with and without disabilities. Her gift has established the Linda Ayers Whitney Reception Area in the Center on Health, Aging, and Disability.



Michael Vitoux

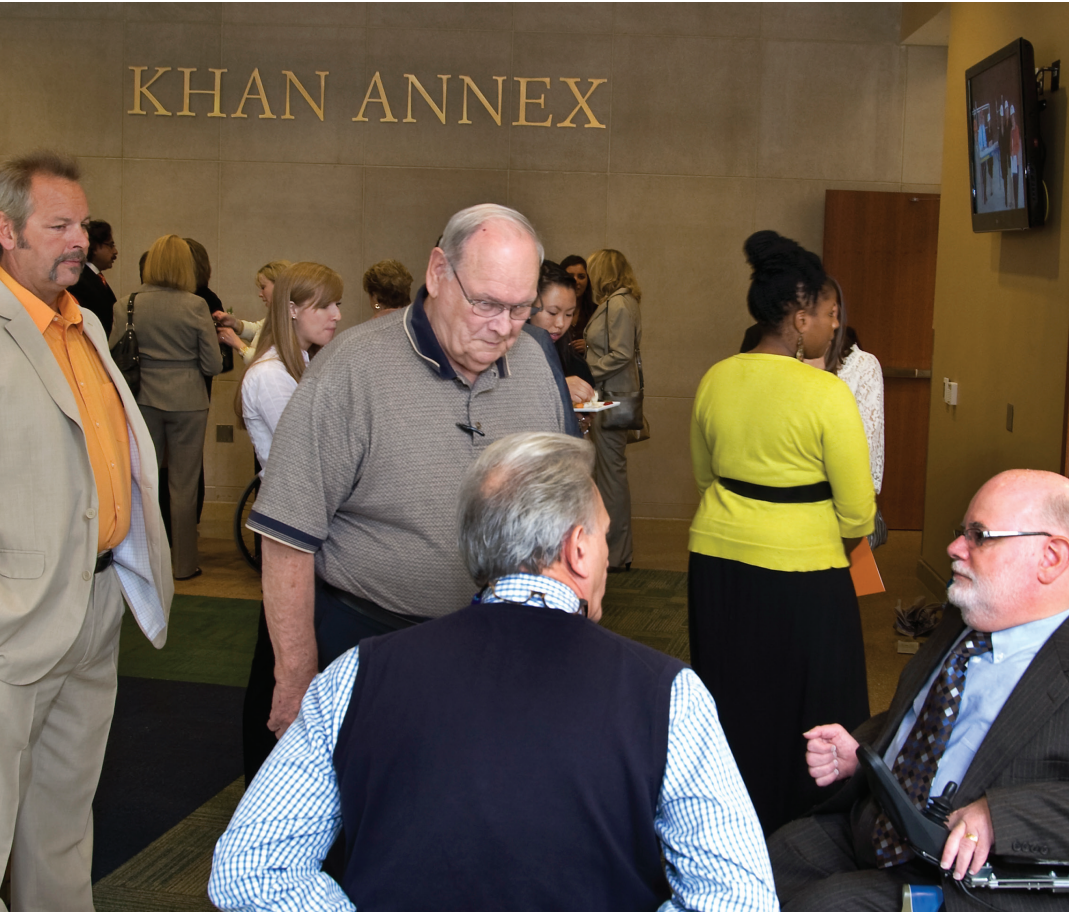
After completing his University of Illinois bachelor's degree in history in 1968, Michael Vitoux enrolled in the master's degree program in sociology, completing his degree in 1972. He taught sociology at Parkland College for 40 years.

Mr. Vitoux was a member of the University of Illinois varsity fencing team, coached by Maxwell Garret, who led his teams to 16 Big Ten and two NCAA championships. Through his support of the Maxwell R. Garret Scholarship, awarded by the Division of Disability Resources and Educational Services, Mr. Vitoux became familiar with the work of the College of Applied Health Sciences and was impressed by its impact on people's lives. His gift has established the Michael Vitoux and Vitoux Family Reception Area for the Master of Public Health offices in the Khan Annex.

(BELOW) The Khan Annex foyer is a multipurpose area. It recently hosted a poster session by our freshmen James Scholars.



(LEFT) Karen Hasara, University of Illinois Board of Trustees member



“The real measure of our worth is our impact on society and our ability to create a tomorrow that’s even brighter than today...This great college has left a lasting impact at the most fundamental level, improving the health and well-being of our citizens and truly making a mark on their everyday lives.”

–Michael Hogan, President of the University of Illinois

(FAR RIGHT) AHS Dean Tanya Gallagher

(ABOVE) Shahid and Ann Carlson Khan

(RIGHT) University of Illinois President Michael Hogan



REWIRING THE BRAIN

Among the groundbreaking research that is underway within the James K. and Karen S. McKechnie Laboratory is an investigation of the benefits of locomotor therapy for people with multiple sclerosis (MS).

According to the National Multiple Sclerosis Society, 200 people are diagnosed with MS every week, adding to the 2.5 million people around the world who are already diagnosed. MS is an autoimmune disease that affects the central nervous system. Because nerves in any part of the brain or spine can be damaged, people with MS may display a variety of symptoms, including loss of balance, difficulty in walking, and muscle spasms, weakness, and tremors. There is no cure for MS; current therapies focus on slowing the progression of the disease and controlling symptoms.





Doctors Jake Sosnoff and Rob Motl of the Department of Kinesiology and Community Health are investigating the impact of locomotor therapy on persons with multiple sclerosis, using cutting-edge rehabilitation equipment such as Innoventor's TheraStride®. The primary purpose of locomotor training is to provide sensory cues to retrain the neural patterns that will result in effective walking in people with central nervous system damage. "There is growing evidence that locomotor training can improve walking function in people who have suffered strokes or who have incomplete spinal cord injuries," Dr. Sosnoff said. "There is limited research, however, on the effectiveness of this training in people with MS."

In a locomotor training session, trainers manually move the participants' legs through a walking pattern by eliciting stepping reflexes. The Sosnoff-Motl study will also include balance exercises. "We'll measure changes in walking, balance, muscle strength, spinal cord function, and brain volume using such tools as electrophysiology and magnetic resonance imaging," Dr. Motl said. Their study will expand significantly the limited research that has addressed the effectiveness of locomotor training in persons with MS. Moreover, they will add new knowledge about the impact of this training on quality of life and independence, underlying changes in spinal networks and cortical brain structures, and the parameters of physiological function.

(ABOVE) Using Innoventor's TheraStride®, Drs. Jake Sosnoff and Rob Motl of the Department of Kinesiology and Community Health will investigate the impact of locomotor therapy on persons with multiple sclerosis.

(RIGHT) Dr. Jake Sosnoff of the Department of Kinesiology and Community Health prepares an assistant to demonstrate locomotor therapy to distinguished guests at the Khan Annex dedication.



OBESITY

PREVENTION PROGRAM
INVOLVES AHS SCHOLARS/STUDENTS



An innovative research-based degree program granting a combined PhD/Master of Public Health degree enrolled its first student scholars last fall, just a few months after being established with a \$4.5 million grant from the US Department of Agriculture. The Illinois Transdisciplinary Obesity Prevention Program, or I-TOPP, will draw upon research on nutrition, child development and family studies, physical activity, public health science and practice, economics, the practices of child care centers, and the effects of media to seek solutions to the problem of childhood obesity.

Over the last 30 years, the prevalence of overweight and obesity has doubled in children aged 2 to 5, and tripled in children aged 6 to 11. The state of Illinois ranks 4th in the nation in childhood obesity for children aged 10 to 17. “Obesity is a multi-faceted health phenomenon,” said I-TOPP co-director David Buchner. “Effective interventions will require a deep understanding of that complexity, and the application of comprehensive strategies.”

Scholars from six departments in three colleges as well as the School of Social Work will bring their expertise to bear on I-TOPP’s research and educational programs. Dr. Buchner, who directs the Master of Public Health program in the College of Applied Health Sciences, believes this diversity will produce graduates who are “uniquely trained...[to] use both research and public health practice skills to address one of our country’s most urgent public health problems.”

Mary Christoph of the Department of Kinesiology and Community Health is among the first cohort of I-TOPP Student Scholars. Her research focuses on the impact of host-microbe interactions on the risk of obesity, and obesity prevention in low-income populations and developing nations. The opportunity to engage in collaborative research right from the start of her graduate career was particularly appealing to her. “The most crucial benefit

of the I-TOPP collaboration is the availability of excellent mentors to guide research,” Ms. Christoph said. “The I-TOPP faculty members are not only distinguished in their particular fields, but are also willing to work with other faculty and students to provide mentorship outside of their specific research interest.”

Administered by the University of Illinois’ Division of Nutritional Sciences, I-TOPP also provides opportunities for broad cross-disciplinary interactions between University of Illinois and international faculty and scholars through the Visiting Faculty Program, Lecture Series, and Biennial Symposium. The inaugural symposium, which took place in October 2011, featured speakers from the Centers for Disease Control and Prevention, the University of Alabama at Birmingham, the University of Nevada, and The Pennsylvania State University.

In addition to Dr. Buchner, kinesiology and community health faculty members Diana Grigsby-Toussaint, Charles Hillman, and Juhee Kim are involved with the I-TOPP program.





ACCELERATED DEGREE PROGRAM

Outstanding undergraduate students now have the opportunity to secure both an undergraduate degree and a Master of Public Health degree through a five-year program being offered by the College of Applied Health Sciences.

The BS-MPH program combines coursework from a student's senior year with a fifth year of graduate study. Most MPH degree programs require two full years of study, including the University of Illinois' regular MPH program. The accelerated program reduces that commitment by a year, but it is no less rigorous or comprehensive. The MPH program at Illinois requires students to complete 48 credit hours, with at least one course from each of five core areas in public health: epidemiology, biostatistics, environmental health, health and social behavior, and health policy.

"The MPH is the flagship degree in public health and opens many more doors professionally than a bachelor's degree alone," said Wojtek Chodzko-Zajko, head of the Department of Kinesiology and Community Health, which houses the MPH program. "Students who complete both degrees in five years can jumpstart their careers in health with stronger credentials and skills."

Fourteen students were admitted to the program last fall, and it is quickly gaining interest from others. Students may apply for the five-year program from the beginning of the first semester of their junior year through the end of the first semester of their senior year. Upon completion of the program, which offers a strong academic and applied background in public health, students will be prepared to assume leadership roles in the field.



OPTIMIZING THE AGING EXPERIENCE



The Center on Health, Aging, and Disability held its fifth annual Symposium in October. Entitled “Strategies for Healthy Aging,” the Symposium was well attended by University scholars, community members, and health practitioners.

In her keynote address, Dr. Wendy Kohrt of the University of Colorado said that while the process of aging cannot be stopped, it can be optimized. Kohrt, who directs Research for Geriatric Medicine and the IMAGE research group (Investigations in Metabolism, Aging, Gender, and Exercise), said “successful aging” preserves maximum levels of health. A significant factor in successful aging is physical activity. “There is strong evidence that physical activity lowers the risk for early death, coronary heart disease, stroke, and depression,” she said. “Physical activity is far more important to successful aging than any pharmacological therapy.” Even previously sedentary people derive great benefit from starting a program of exercise, including both endurance, or aerobic, activity and resistance activities such as weightlifting and rowing. “The more you do, the greater the benefit,” said Dr. Kohrt, “and it is never too late to start.”

Fellow keynote speaker Dr. Arthur Kramer, professor of psychology and director of the Biomedical Imaging Center in the Beckman Institute for Advanced Science and Technology, focused on the preservation of cognitive function. Two “cognition killers” are insomnia and stress, and both can be positively impacted by physical activity and exercise. Along with social interaction, physical activity and exercise are neuroprotective. “Walking, for example, increases brain activity and improves executive function—planning, working memory, problem solving and so on. This can be of great benefit to people with Alzheimer’s disease, as can intellectual engagement,” he said. Multimodal interventions, then, may be more effective than a singular approach. The challenge, Dr. Kramer said, is to determine the ideal combination of exercise, intellectual engagement, social activities, and diet.

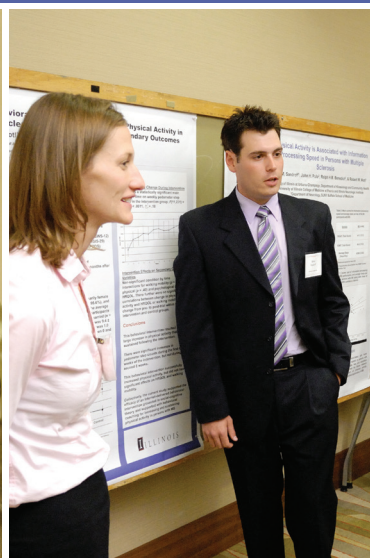
In addition to the keynote speeches, the symposium included a panel presentation of research related to tinnitus and chronic kidney disease, as well as a discussion of the chronic disease management program called Live Well, Be Well. Participants in the panel included Dr. Fatima Husain of the Department of Speech and Hearing Science, Dr. Kenneth Wilund of the Department of Kinesiology and Community Health, and Chelsea Byers, an adult life and aging educator with University of Illinois Extension.



“The more you do, the greater the benefit, and it is never too late to start.”

-Dr. Wendy Kohrt

Professor of Geriatric Medicine, University of Colorado



(LEFT) Keynote speaker Dr. Wendy Kohrt of the University of Colorado discussed factors that contribute to healthy aging. Dr. Kohrt is a professor in the Division of Geriatrics and directs the Investigations in Metabolism, Aging, Gender, and Exercise, or IMAGE, group.

(RIGHT) In a poster presentation after the symposium, graduate student scholars shared information about their research.

(BELOW, LEFT) Dr. Phyllis Wise (center), Chancellor of the University of Illinois at Urbana-Champaign, chats with Dr. Kenneth Watkin, director of the Center on Health, Aging, and Disability, and AHS Dean Tanya Gallagher before the symposium.

(BELOW, CENTER) Dr. Arthur Kramer, a professor of psychology and director of the Beckman Institute for Advanced Science and Technology, discussed strategies for enhancing cognitive health in aging.



(RIGHT) The symposium drew a large audience of scholars, health practitioners, and community members.

RESEARCH BRIEFS



Aron Barbey

Assistant Professor, Department of Speech and Hearing Science
The neural basis of human thought and reasoning

Aron Barbey's research applies functional magnetic resonance imaging to probe changes in brain activation associated with higher cognitive functions, integrating fMRI activation measures with behavioral and psychometric data. "My research also applies classic approaches to the study of neuropsychological patients with traumatic brain injury, investigating the architecture of executive processes and the types of neuroplasticity that support recovery from brain damage," he said. Dr. Barbey's research has revealed new insight into the functional organization of the human prefrontal cortex and has motivated biologically-informed interventions to help remediate cognitive deficits in psychiatric illness and neurological disease.

Carla Santos

Associate Professor, Department of Recreation, Sport and Tourism
The social and cultural implications of tourism



Tourism is more than the sum of travelers and economic impact. Carla Santos is particularly interested in communicative practices related to tourism, including how people use media to guide their tourist experiences and how a balance is struck between the needs of tourists and those of the communities they visit. She is currently investigating the relationship between the way American media portray Brazil as a destination and the socioeconomic realities of Brazil. "Once viewed as an underdeveloped country and a cheap destination, the Brazilian economy has changed significantly," Dr. Santos said. "I'm interested in whether socioeconomic realities have entered into descriptions of Brazil as a tourist destination." Because tourism plays a central role in how we see the world and talk about "the other," Dr. Santos' goal is to develop resources for developing and planning high-quality tourism programs and services that are culturally and socially sustainable.



Diana Grigsby-Toussaint

Assistant Professor, Department of Kinesiology and Community Health
The effects of socio-environmental factors on health

Food marketing and advertising may be important determinants of childhood obesity. However, empirical attention has focused on television as a vehicle of marketing to children in the home, with limited attention to the broader nutrition environment in which families are embedded. Diana Grigsby-Toussaint's research focuses on the socioenvironmental influences that need to be addressed in order to implement effective interventions and sustainable change. Her Robert Wood Johnson Foundation project examines the broad nutrition environment in which families are embedded while evaluating food marketing targeted to young children in community retail food stores. "A primary focus of my research is to integrate measures of the social and built environments into disease models," Dr. Grigsby-Toussaint said. "My goal is to effectively address the impact of disease risk in ethnic minority and vulnerable populations." Her long-term goal is to use these models to develop targeted programs that consider the individual-level risk factors associated with the onset of disease within the context of social and environmental influences.

Edward McAuley

Professor, Department of Kinesiology and Community Health
The impact of physical activity on quality of life



What is the difference between people who enthusiastically start exercise programs and stay with them versus those who abandon the program upon encountering obstacles? According to research being conducted by Edward McAuley, those who persevere typically have the confidence that they can do it. He is investigating the relationship between cognitive strategies and what he calls "situation-specific self-confidence" or "self-efficacy," which can increase a person's willingness to stick with something even in the face of early failures. In a study of cognitive function and exercise adherence in older adults, Dr. McAuley found that executive function skills such as the ability to multitask and to inhibit undesirable responses significantly contributed to adherence by increasing self-efficacy. So did the use of such self-regulatory strategies as goal-setting, time management, self-monitoring, and recruiting others for support. "We can potentially use this information to identify those who might not adhere to an exercise program," he said, "and to offer them an array of coping skills and strategies to inhibit or overcome bad behaviors."

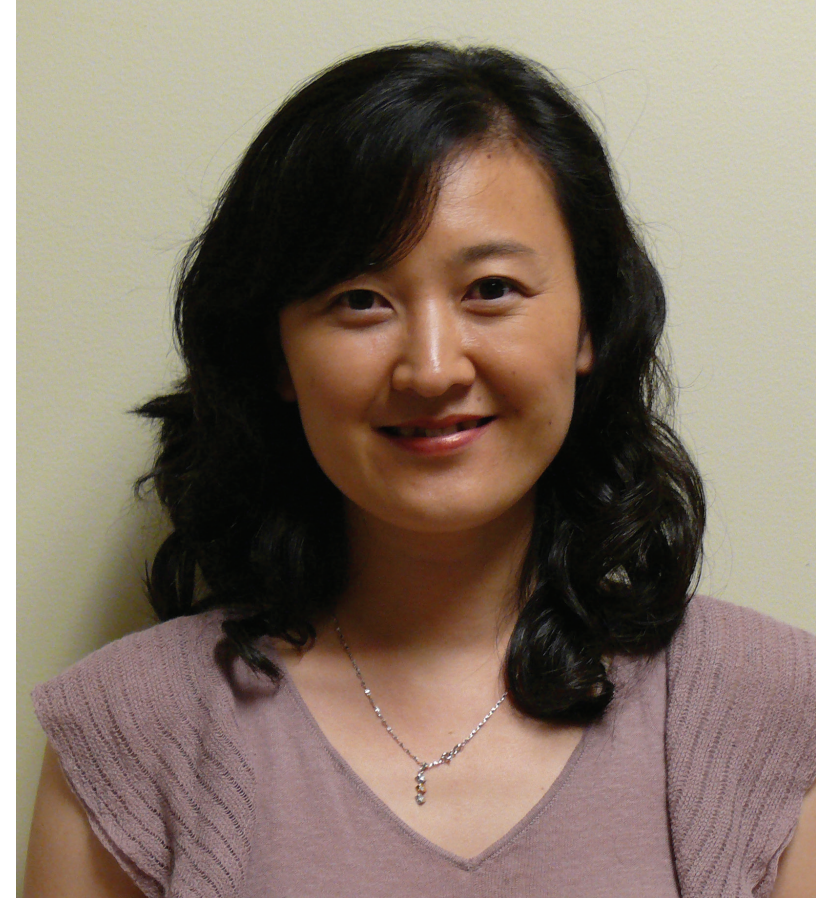
NEW FACES AT AHS

The College of Applied Health Sciences added three outstanding scholars to its faculty last fall.



Aron K. Barbey, who joined the Department of Speech and Hearing Science, completed his doctoral degree in Psychology at Emory University. Prior to joining SHS, he was a research fellow at the National Institute of Neurological Disorders and Stroke in the National Institutes of Health and an adjunct professor of psychology at Georgetown University. His research investigates the cognitive and neural bases of executive control, reasoning, and decision making. A recipient of the Early Scientific Achievement Award from the University of Texas at Dallas, Dr. Barbey has an extensive list of scholarly publications in the *Proceedings of the National Academy of Sciences*, *Behavioral and Brain Sciences*, *the Journal of Neuroscience*, *Trends in Neurosciences*, *the Journal of Experimental Psychology: General*, among others, as well as presentations at conferences of the Society for Neuroscience, the Cognitive Neuroscience Society, and the Cognitive Science Society. He has also contributed chapters to such books as the *Oxford Handbook of Social Neuroscience*, the *Neural Representation of Belief Systems*, and the *Encyclopedia of Neuroscience*.





Raksha Anand Mudar also joined the Department of Speech and Hearing Science. She was a research assistant professor at the Center for BrainHealth at the University of Texas at Dallas, where she completed her doctoral degree in Communication Sciences and Disorders. She is interested in the effects of normal cognitive aging and brain diseases including Mild Cognitive Impairment, Alzheimer's disease, and frontotemporal dementia on higher order semantic functions. Dr. Mudar uses a combination of behavioral methods, event-related potentials, and functional magnetic resonance imaging in her research. Through her research she hopes to identify early markers of brain pathology thereby improving early detection capabilities and opportunities to examine treatment response to novel neuroprotective agents. A recent recipient of an Alzheimer's Association New Investigator Research Grant, Dr. Muda has published scholarly papers in leading journals related to gerontology and cognitive neuroscience, and has presented her work at international conferences such as Cognitive Neuroscience Society Annual Meeting, International Neuropsychological Society Annual Meeting, Gerontological Society of America Annual Meeting, and many others.

Zhuowei (Joy) Huang has joined the Department of Recreation, Sport and Tourism. She completed her doctoral degree in Hospitality and Tourism Management at Purdue University. Prior to joining RST, she was a research assistant in the Purdue Tourism and Hospitality Research Center. Her current research examines the consumer-based brand equity concept in the tourism and hospitality field. She is generally interested in consumer behavior, with a focus on brand management in the travel and tourism industry, as well as festival and special event management, the impacts of globalization on the travel and tourism industry, and current trends and issues related to tourism development in emerging markets such as China. The recipient of a Ross Fellowship and a Bilsland Dissertation Fellowship at Purdue, Dr. Huang has nearly two dozen co-authored articles and papers in print in leading journals and conference proceedings in the tourism field. Her work earned the prestigious international Emerald/EFMD Outstanding Doctoral Research Award in 2010.





AHS James Scholar Karah Bush recently returned from a winter break volunteer experience in South Africa at Tembaletu, a school for children with physical disabilities.



SCHOLARS PROGRAM FOSTERS

EXCELLENCE



Karah Bush

Karah Bush enrolled in the College of Applied Health Sciences in 2008 with an eye toward becoming a physical therapist. A career focused on research could not have been further from her mind. After completing her bachelor's degree in kinesiology this spring, however, Karah will enroll in a Ph.D./ Doctor of Physical Therapy dual degree program at The Ohio State University. Her goal? A research and teaching career in higher education.

Key among the factors that put Karah on this path has been her participation in the Edmund J. James Scholar Program. Named for the fourth president of the University of Illinois, this honors program recognizes outstanding academic achievement and is offered by every undergraduate college at Urbana-Champaign. In 2011, more than 200 students participated in the James Scholar Program in the College of Applied Health Sciences, including nearly 80 freshmen admitted last fall (see related story, next page). James Scholars are required to complete honors activities each academic year, which

may include honors courses, independent studies, graduate courses, study abroad, and internships. The honors activities make the James Scholar experience unique, says Renique Kersh, assistant dean for academic affairs. "Under the mentorship of outstanding AHS faculty, our James Scholars and have conducted research on right hemisphere brain damage, diversity and leisure activity, language disorders, and much more," she said. "They've developed informational videos for prospective students, activity-based programs for community organizations, and outreach programs for high school students."

Karah joined the James Scholars program in the second semester of her freshman year. She has enjoyed getting to know and work with faculty members, and her experiences have helped her to identify her specific interests within the broad field of physical therapy. "One of my research projects focused on how physical therapists help children

with such conditions as cerebral palsy and Down syndrome to perform daily activities more efficiently," Karah said. "Through this, I learned that I wanted to work with children who have motor control disabilities."

Her interest in research was sparked by her experiences in Dr. Charles Hillman's Neurocognitive Kinesiology Laboratory, which she joined in her sophomore year and where she has been investigating the effects of exercise on verbal fluency performance in preadolescent children. Karah pursued her interest in research during the summer of 2011, when she joined a team investigating the effects of treadmill training on an infant with a spinal tumor in the Infant Biomechanics Laboratory of The Ohio State University. While she still wants to work in the field of physical therapy, these experiences have convinced Karah that teaching physical therapy students and researching pediatric issues in physical therapy are her true passions.

"The James Scholar program gave me a chance to go above and beyond my assigned classwork and explore my interest in kinesiology. If it wasn't for this program, I probably would have never considered a career in research."

- Karah Bush
AHS James Scholar

The James Scholar program is tailored to meet students' academic and professional interests during their junior and senior years through three personalized, challenging, and unique tracks. Karah Bush chose the I-Research track, in which students engage in one-on-one scholarship with faculty. Students in the research track present their research at the University of Illinois Undergraduate Research Symposium in the spring semester of their senior year.

Students in the I-Serve track gain experience in research while providing service to the community. The I-Lead track assists students in enhancing their leadership skills while developing and implementing a program to benefit students in AHS. Students in this track earn a Leadership Certificate through the Illinois Leadership Center.



Freshmen Get Early Taste of Research

Of the first-year students entering AHS in 2011, nearly 80 were admitted to the James Scholars program. Named for the fourth president of the University of Illinois, Edmund J. James, the honors program recognizes academic excellence and provides students with unique learning opportunities. Through the Freshman Scholars Seminar, the College of Applied Health Sciences introduces freshman James Scholars to a wide variety of research contexts and approaches. During their final poster presentation last fall, Noel Kochheiser (right) and Amy Pesch shared their research on promoting exercise with AHS Dean Tanya Gallagher.

RECOGNIZING OUTSTANDING ALUMNI

The College of Applied Health Sciences bestowed the **2011 Distinguished Alumni Award** on four graduates who have built outstanding careers in health administration, rehabilitation, wilderness education, and research.

Richard A. Anderson

President and Chief Executive Officer,
St. Luke's Hospital & Health Network

Richard Anderson has served as President and Chief Executive Officer of St. Luke's Hospital & Health Network since 1986. He completed his Bachelor of Science degree in Community Health in 1969, and received a Master of Public Health in Hospital Administration from the University of Pittsburgh in 1971. As President and CEO, he has overseen St. Luke's evolution from a single hospital to six hospital sites and more than 150 service sites. During his tenure, St. Luke's has twice been named one of the best hospitals in the United States in *Top 100 Hospitals: Benchmarks for Success*, published by Thomson Reuters.

Frank D. Lupton, Jr.

Founder, Wilderness Education Association and
Professor Emeritus, Western Illinois University

Frank Lupton received his master's degree in Recreation Administration from the University of Illinois in 1958. He worked for the Rockford Park District and the Presbyterian Camping Association of Northern Illinois until returning to the U of I for a doctoral degree in Recreation and Leisure Studies, which he completed in 1972. He went on to a 22-year career at Western Illinois University, where he served as Acting Chairperson and Chairperson of the Department of Recreation, Park and Tourism Administration for seven years. In 1977, he co-founded the Wilderness Education Association to train leaders who could teach the public about the appropriate use of wilderness areas.

Susan E. Gwyn

President, SunDance Rehabilitation Corporation

Susan Gwyn completed her Master of Arts degree in Speech-Language Pathology in 1974, and joined the Treatment and Learning Centers in Rockville, Maryland, as a Speech-Language Pathologist. She has been the president of SunDance Rehabilitation Corporation, a national provider of quality, cost-effective rehabilitation services, since 2007. Prior to joining SunDance, she spent six years at Harborside Healthcare in Boston as Senior Vice President of Rehabilitation Services. Under her leadership, the company exceeded all of its financial goals, more than doubled its workforce, and achieved national recognition for customer satisfaction among rehabilitation patients. Her bachelor's degree is from Miami University in Ohio.

Karl M. Newell

Department Head and Professor, The
Pennsylvania State University

Karl Newell earned both of his graduate degrees in physical education at the University of Illinois—a master's degree in 1970 and a Ph.D. in 1973. He began his academic career at the University of Illinois, leaving in 1992 to join the faculty at The Pennsylvania State University. He is currently head of the Department of Kinesiology and the Marie Underhill Noll Chair of Human Performance. A Fellow in the American Academy of Kinesiology and Physical Education, he is considered the leading researcher in the area of coordination, control, and skill of normal and abnormal human movement across the lifespan.



(L-R) AHS Dean Tanya Gallagher, AHS Distinguished Alumni Award recipients Susan Gwyn and Karl Newell, Harold Scharper Achievement Award recipient Yusef Dale, AHS Distinguished Alumni Award recipients Richard Anderson and Frank Lupton, and Harold Scharper Humanitarian Award recipient James Gallo.

DRES PRESENTS HAROLD SCHARPER AWARDS

The Division of Disability Resources and Educational Services and Delta Sigma Omicron honored two DRES alumni for their professional and humanitarian accomplishments. Recipients of the 2011 Harold Scharper Awards, named for the first person with a disability to attend the University of Illinois, were:

Yusef A. Dale
Harold Scharper Achievement Award
 Federal Prosecutor
 U.S. Attorney's Office

Yusef Dale holds two degrees from the University of Illinois—a Bachelor of Science in Corporate Finance, which he completed in 1993, and a law degree, which he completed in 1996. He is an Assistant U.S. Attorney in the United States Attorney's Office in Chicago. As a member of the financial crimes and special prosecutions section, he investigates and prosecutes such federal crimes as narcotics and firearms trafficking, wire and mail fraud, corporate and securities fraud, bank robberies, and bank embezzlement. Before joining the U.S. Attorney's Office, he was an Assistant Regional Counsel in the Office of the General Counsel of the Social Security Administration.

James W. Gallo
Harold Scharper Humanitarian Award
 Managing Partner
 Gallo Associates LLC

James Gallo is a managing partner of Gallo Associates, based in Schaumburg, Illinois, and acting CEO of Specialty Finishing Group in Elk Grove Village. He earned his undergraduate degree in Accounting at the University of Illinois, and his master's degree in Journalism at Northwestern University. He had an award-winning career in wheelchair sports for 26 years, retiring in 2007. In 1989, he led the Wheelchair Bulls in starting an annual event for children with disabilities. In the early 1990s, he founded a scholarship at the University of Illinois that recognizes student-athletes with disabilities who demonstrate commitment to community service, academic excellence, and wheelchair athletics.

ALUMNI & SUPPORTERS RECEIVE HONORS

Four people with close ties to the College of Applied Health Sciences received significant recognition in 2011 from the University of Illinois and the state of Illinois for professional and humanitarian achievements.

Dr. Timothy Nugent and Shahid Khan were named Laureates of the Order of Lincoln, the highest honor conferred by the state of Illinois. Established in 1964, the Order of Lincoln honors individuals for contributions to the betterment of humanity.

Timothy Nugent is the founder and former director of the University of Illinois Division of Disability Resources and Educational Services, the first post-secondary disability support service program in the world. Dr. Nugent's leadership led to a number of "firsts." The University of Illinois at Urbana-Champaign had the first wheelchair accessible fixed-route bus system, the first curb cuts, and the first college-level adapted sports and recreation program for students with disabilities. Dr. Nugent was instrumental in the development of architectural accessibility standards that shaped laws throughout the nation. He oversaw the creation of the first residential program for students with disabilities who need assistance in performing activities of daily living. Beckwith Residential Support Services is now located in Timothy J. Nugent Hall, the most accessible residence hall in the nation. His work in disability services has positively impacted millions of lives around the world.

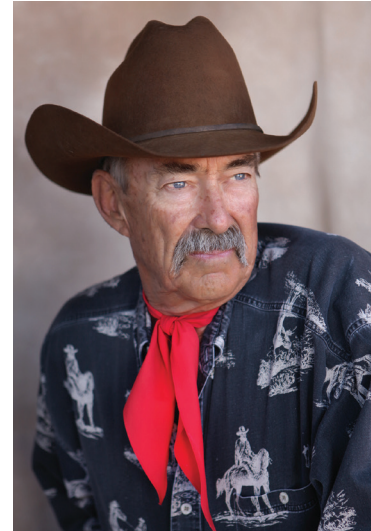
Shahid Khan is the president of automobile components and systems manufacturer Flex-N-Gate Corporation, one of the 200 largest private companies in the United States. A 1971 graduate of the College of Engineering, Mr. Khan has made significant investments in educational opportunities for future generations by supporting research, teaching, and outreach activities. He and his wife Ann Carlson Khan are longtime supporters of the University of Illinois. Beneficiaries of their generosity include Krannert Center for the Performing Arts, the University Library, and the College of Business. The Khans also funded the Khan Outdoor Tennis Complex at the University of Illinois. In the College of Applied Health Sciences, the Khans have endowed five Khan Professorships, and their generous gift in 2011 led to the naming of Huff Hall's north addition as the Khan Annex.



Ann Cody, director of public policy and global outreach for BlazeSports America, received the University of Illinois Alumni Humanitarian Award during the Commencement 2011 ceremony in recognition of her advocacy efforts for people with disabilities, women's rights, and equal opportunities in sport. A three-time Paralympian and world-record holder, Ms. Cody has served as policy adviser to numerous sport organizations, including the U.S. Olympic and the International Paralympic committees. Her achievements include establishing international policies on gender equity, reinstating funding for recreation programs benefiting individuals with disabilities, creating the Women in Paralympic Sport Network, and organizing leadership summits that enable more women and girls with disabilities to participate in sporting events worldwide. A recipient of the College of Applied Health Sciences Distinguished Alumni Award, Cody earned a bachelor of fine arts degree in painting in 1986 from the College of Fine and Applied Arts and a master's degree in leisure studies in 1992 from AHS.



Rancher and cowboy poet **Bud Strom**, who completed his degree in kinesiology in 1954, was among those honored as 2011 Illini Comeback Guests during Homecoming weekend. Initiated in 1980, the Comeback program honors prominent and accomplished alumni. Mr. Strom had a 30-year career in the Army, rising to the rank of Brigadier General. He and his wife Joan retired to their ranch in Arizona, the Single Star Ranch, where they have dedicated themselves to the care of the land, horses, and cattle. He also has pursued his love of writing. As a cowboy poet, Mr. Strom has performed before two U.S. presidents, an attorney general, and thousands of people who attend cowboy gatherings, some of which he helped to organize. His greatest pleasure, however, comes from sharing his passion, advice, and expertise with students in grade schools, middle schools, and high schools throughout the country. Mr. Strom has received both citizen and artist of the year honors in Sierra Vista, Arizona. He is a member of the Sierra Vista Tourism Hall of Fame, the Military Intelligence Hall of Fame, and the Phi Kappa Psi Hall of Fame. He has published two collections of cowboy poetry, *Dry Lightning* and *Cowboys and Angels*, and released a CD of his poetry called *Lightning and Angels*.



DRISCOLL NAMED CHIEF ADVANCEMENT OFFICER

AHS alumna Jean Driscoll assumed the position of Assistant Dean for Advancement in the College of Applied Health Sciences in November. She replaced Sara Kelley, who retired last May.

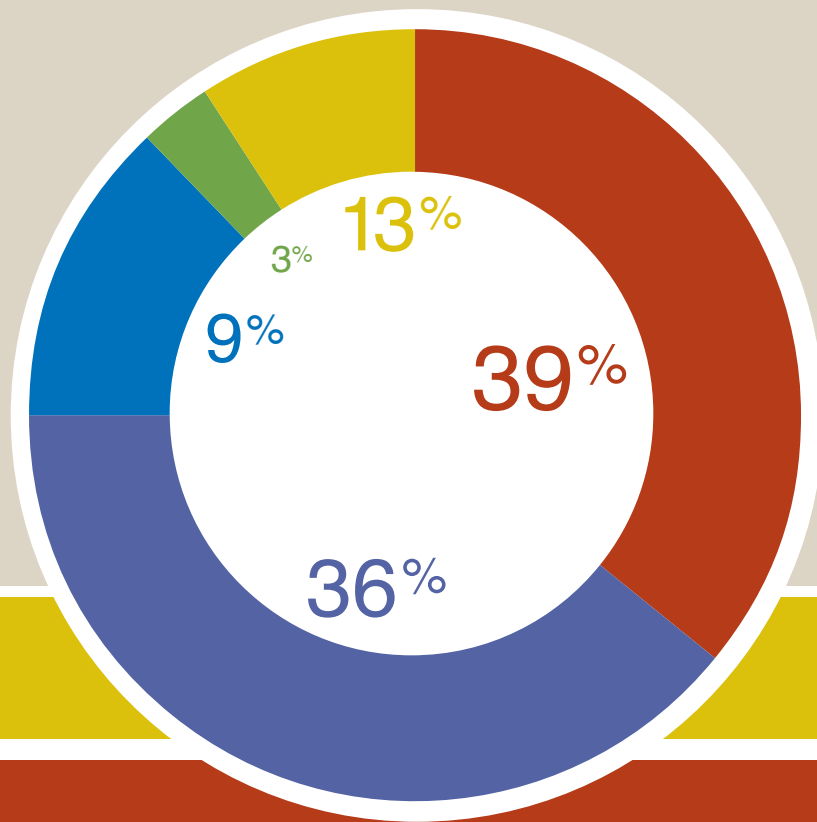
Jean had been the associate director of development in AHS since 2006. As associate director, she helped the College exceed its fundraising goals during the Brilliant Futures campaign.

Jean had an outstanding career as a wheelchair athlete. A member of the Wheelchair Sports, USA, Hall of Fame, she has won two Olympic medals and 12 Paralympic medals, and still holds the world record in the 10,000 meter track event that was set during the 1996 Paralympic Games in Atlanta, Georgia. She also was the first eight-time winner of the Boston Marathon, setting five course records. Jean's accomplishments have made her a sought-after motivational speaker. Among the venues where she has shared her inspirational message are children's hospitals, financial institutions, civic groups, not-for-profit organizations, and schools.

BRILLIANT FUTURES

CAMPAIGN UPDATE

The Brilliant Futures Campaign began July 1, 2003 and concluded on December 31, 2011. Its purpose was to raise support for student scholarships, research, professorships, facilities and programs. Private support is integral to the success of the university and we are extremely proud to announce that the College of Applied Health Sciences exceeded its \$20 million goal by nearly 62%. The source of these gifts is shown in the chart and includes contributions for current use, pledges, and estate provisions.



➤ ALUMNI & FRIENDS	\$11,746,651
➤ FOUNDATIONS	\$3,941,058
➤ FAMILY FOUNDATIONS	\$12,649,700
➤ CORPORATIONS	\$979,921
➤ OTHER ORGANIZATIONS	\$2,898,001

➤ Campaign Goal: \$20,000,000
(July 1, 2003 – December 31, 2011)
Gifts received as of December 31, 2011 = \$\$\$32,434,159

Thank you to all of our alumni and friends who contributed to the Brilliant Futures Campaign. The college is deeply grateful for your tremendous support and the value you've placed on higher education. Your partnership ensures our ability to advance the research, teaching, and outreach mission of AHS that promotes health, wellness, and optimal living across the lifespan.

Although we are celebrating the generosity so many people extended during the campaign, there is an ongoing necessity for private support. In order to make a college education accessible to students, scholarships will always be needed. Graduate student fellowships enable the best

and brightest scholars to do research. Professorships are important to attracting faculty who are among the top in their fields. Cutting edge programs and technologically enhanced facilities allow students and faculty to go above and beyond what has been done before.

Please contact the College of Applied Health Sciences Office of Advancement at 217-244-6600 for more information. Thank you again for assisting us in maintaining the academic and program excellence that has been a trademark of our college since its beginning.



THANK YOU

How long has it been since you've been back to campus? Perhaps it was last week or sometime in the previous year. Perhaps it has been a couple of years, or maybe much longer than that. Some of you haven't had the opportunity to return since finishing your degree. Whatever the case may be, you can feel good that your alma mater, and more specifically your college, continues to be among the best in the country for its academic and service programs.

Nearly 2000 students are currently enrolled in the College of Applied Health Sciences. They are taking classes, doing research, and receiving services in buildings you may remember: Huff, Freer, the Speech and Hearing Science Building, the Armory, and others. Facilities like the new Khan Annex and the recently renovated Speech-Language Pathology and Audiology Clinics enable AHS students and faculty to remain on the cutting edge of their disciplines.

As you've seen throughout the pages of *Moving Forward*, our students are working with professors on research that is relevant and applied. They're working in communities in the United States and abroad, and truly have a heart for making a difference now and in the future. They're just like you, building memories as you did when you were a student. Whether you graduated in the 1950s or more recently than that, you're part of a college that continues to provide an excellent education, with faculty and staff who care deeply about their areas of study and their students. William Yeats once said, "Education is not the filling of a pail, but the lighting of a fire." The enthusiasm in our students and faculty is a reflection of this fire, and it is seen in all they are doing.

Our disability services unit also continues to excel. The Rehabilitation-Education Center, which houses our Division of Disability Resources and Educational Services (DRES), is undergoing renovation thanks to the student body, who voted to direct to this effort some of the student fees they pay to the campus. Our longstanding Beckwith Residential Support Services for students with disabilities who require assistance in the performance of daily living activities is thriving within the one-of-a-kind Timothy J. Nugent Residence Hall, open since 2010. Nugent Hall attracts many visitors each year because of its unique design and innovations. Its success in advancing knowledge and skills about independent living is respected worldwide.

In order to maintain the tradition of excellence that has defined the college throughout its history, we are sincerely grateful for you, our alumni and friends, who have provided private support. The state of Illinois cannot offer the financial subsidies for education that it once did. Tuition, fees, room, and board for in-state students cost more than \$26,000 per year and for students coming from outside the state, it is over \$40,000. Scholarships and graduate student fellowships are very important to many students who are pursuing higher education in the 21st century. The amount of debt these young adults are incurring can be significant. Every gift, small and large, has an impact, and its influence never ceases. Thank you for your valuable partnership and support of AHS. Please know you have an open invitation to visit campus. Whether it's been weeks or years, you're part of our college family and we would love to see you.

Jean Driscoll
Assistant Dean and Director
AHS Office of Advancement

DONORS

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, 2011. An asterisk identifies new Presidents Council Members during this fiscal year.

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.

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, 2010-June 30, 2011 with an annual fund gift of \$100 or more:

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Rainer and Julie S. Martens (CC Silver)
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Elaine Pagel Paden (CC Gold)
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Members who have subscribed twenty-five thousand dollars or more

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Janie G. and Ehud Yairi
Robert T. and Barbara S. York

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The following individuals are recognized as members of the Applied Health Sciences' Dean's Club with gifts of \$100 to \$1000+ July 1, 2010-June 30, 2011.

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\$10,000-\$24,999

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\$1,000 to \$9,999

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 Daniel J. Wolf Jr.
 Robert E. and Julia Wolf
 Shirley Jean Wood
 Carol A. Wooldge
 Earle F. Zeigler

Olympians

The following individuals are recognized as Olympians and contributed \$1-\$99 to the College of Applied Health Sciences July 1, 2010-June 30, 2011:

C. Jean Aberle
 Thomas D. Abernathy
 Lloyd W. and Lela Carolyn Ackland
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 Rick Adams Jr.

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 Rona Alexander
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