Microbiology professors Allan Zajac, Ph.D., and Scott Barum, Ph.D., are consistently amazed by the drive of their Graduate Biomedical Sciences students. They say Maureen Cox and Theresa Ramos are the latest examples of the heights

Engaging students, faculty and staff and creating a climate conducive to work and learning is a high priority for the School of Nursing. The 2010 Faculty and Staff Climate Survey provided an opportunity for the School of Nursing to assess one of its major 2006-11 strategic planning goals — enhancing its work and learning environment.

The survey provided a snapshot of Nursing to assess one of its major 2006-11 strategic planning goals — enhancing its work and learning environment.

Lemons among seven lauded for 40 years of service to UAB

University Professor Jack Lemons, Ph.D., says his parents were telling him the truth when they said time tends to go by more quickly as you age.

“That’s certainly true,” Lemons says. “You realize that when you get above 70 years old. It seems to be running by in a hurry. But there are a lot of great memories — wonderful memories.”

Lemons’ comments also reflect on a stellar career in academia, where he has had the opportunity to affect the lives of students for more than 40 years in his positions in the school of Dentistry, Engineering and Medicine. Lemons is one of seven faculty celebrated for four decades at UAB during the annual Service Awards. The other 40-year honorees include Vithal Ghanta, Ph.D., professor of biology; Ken Marion, Ph.D., professor emeritus of biology; Jerry Spengler, M.D., professor of gastroenterology; Sergio Stagno, M.D., chair and professor of pediatrics; Joseph Van Matre, Ph.D., professor of business; and Richard Whitley, M.D., Distinguished Professor, pediatrics and infectious disease.

A luncheon honoring more than 220 employees with 20 or more years of service will be held at noon Friday, March 2 in The Doubletree Hotel as part of the annual Service Awards Program. All employees with five or more years of service are invited to a drop-in reception in their honor from 3 to 4:30 p.m. the same day.

Lemons’ primary appointment and activity is in the School of Dentistry Department of Prosthodontics, known as Biomaterials when he chaired it years ago.

“Biomaterials, or prosthodontics, is really just the things you use to make teeth,” Lemons says. “My subspecialty was using materials to make implants.”

Biomaterials, Lemons says, is based largely on engineering. That’s what led to his appointment in his early days in materials engineering. He moved to biomedical engineering later and eventually merged into medicine because of the extensive use of implants in medicine. Lemons’ specialty there was orthopedic surgery.

But the one constant for Lemons through the years — regardless of where he spent his time — has been the students.

“The key to my memories is the student body I’ve had the opportunity to interact with,” Lemons says. “They’re all delightful, wonderful people. Academically, they are the tops of the tops. You couldn’t ask for more qualified people.”

Former students remember Lemons fondly, including interim Provost Linda Lucas. Lucas was Lemons’ first doctoral student in biomedical engineering, and he also was her advisor.

“Dr. Lemons was the best advisor a student could have,” Lucas says. “He provided guidance when needed, but he also let you
New Faculty & Staff Learning System is live

The Faculty and Staff Learning System is live at www.uab.edu/learning system, and employees can log in with their Blazer IDs. Course registration and training history will now be accessed using this. Resources and guides to help employees get acclimated with the new system also are online.

A demonstration session will be held at 1 p.m. Feb. 27 in AB B60 and will include a Q&A.

Apply for faculty grants by March 26

UAB full-time faculty members may apply for funding for new efforts in research, teaching and service-related projects designed to bolster their efficacy.

The application and guidelines are on the Faculty Senate website at www.uab.edu/facultysenate. The deadline for submissions is 11:30 a.m. Monday, March 26. An original and a copy of the submission must be received by the Faculty Senate Office in Administration Building Room 420.

Train to be a Safe Zone volunteer

Register at www.uab.edu/trainees for a workshop to train volunteers for the Safe Zone Program at 1 p.m. Wednesday, Feb. 22 in Medical Towers 419A.

The Safe Zone Program provides a visible network of faculty, staff, and students who provide support and reliable information to other faculty, staff, and students regarding information related to sexual orientation, gender identity, and gender expression.

New Pacino movie moves ASC gala date

Actor Al Pacino, featured artist for the 2012 Viva Health Starlight Gala benefiting UAB’s Alys Stephens Center, has signed to a new movie filming in April and the date for the ASC’s annual gala has changed to accommodate the Oscar-winning actor’s schedule.

The gala, originally scheduled April 21, now will be held Friday, June 15. Ticket holders will receive new tickets for the same seats for the new date. Ticket holders also may choose to exchange their ticket for another performance in the center’s season or receive a refund.

To purchase tickets, call the Alys Stephens Center Box Office at 975-2787, visit the center or go online at AlysStephens.org.

Tune in to Prairie Home Companion

A Prairie Home Companion continues to hold its spot in listeners’ hearts long after vintage radio shows have disappeared. The program — aired from 5 to 7 p.m. Saturday and rebroadcast at 11 a.m. Sunday on WBHM 90.3 FM and online at WBHM.org — features comedy sketches, music and Garrison Keillor’s signature monologue, “The News from Lake Wobegon.” WBHM is a listener-supported service of UAB.

Flynt to lecture on Alabama’s future

Wayne Flynt, Ph.D., professor emeritus of history at Auburn University, will examine “Alabama’s Political Economy, Immigration, and the Future of the State” at 3:30 p.m. Monday, Feb. 20 in the HUC Alumni Auditorium. The lecture is free and open to the public.

Al Jarreau to perform at ASC Feb. 24

Jazz singer Al Jarreau will make his debut appearance at UAB’s Alys Stephens Center at 8 p.m. Feb. 24. Tickets are $62.50, $49.50, 38.50; student tickets are $20. Call 975-2787 or visit www.AlysStephens.org.

Plan to attend nursing conference

The UAB Comprehensive Nursing Conference will be held April 5-6 in the Winters Hotel. Participants will receive up to 12.8 contact hours for a two-day registration. Conference tracks are Caring for Self, Critical Care, Leadership, Medical/Surgical and Geriatrics.

Learn more at www.uabnursing.org or contact UAB Medical Nursing Division at 934-5227.

Register for webinar on varicose veins

Marc Pasoman, M.D., director of the UAB Vein Clinic, will share insights on preventing and treating unsightly varicose and spider veins during the UABMD Healthful Webinar at noon Feb. 23. Space is limited, so register at www.uabmd.org.
Professor Trigg latest to be memorialized on Wall of Honor

Though still a young institution, UAB has been fortunate through the years to have many people who made a substantial positive impact in the lives of those around them.

And when we lose those faculty, staff and students to death, it can be painful. Many times, we do not want the memories of the deceased to go unnoticed or forgotten by current and future generations.

That’s why the UAB Wall of Honor — the brainchild of John Jones, the first vice president for Student Affairs — was created in April 1985. The wall, located in the second-floor lobby of the Hill University Center, was donated by The Faculty Women’s Club as a means to memorialize those who, during their lifetime, made outstanding contributions through their activities, efforts and interactions to the university and to the educational development of students.

“There are a lot of people on the Wall of Honor who meant a lot to our institution, especially the students,” says Andy Marsch, assistant vice president for Student Life. “Every one of them made great contributions in enriching the lives of those they taught or interacted with.”

Any of the recognized student government associations within the university may nominate an individual to be memorialized on the Wall of Honor by submitting a nomination to the Office for Student Life. Any department within the university or student services area may nominate an individual to be memorialized.

Marsch presents all nominations to the Council of the SGA Presidents for review and consideration. If approved by this council, the recommendation is sent to President Carol Garrison for review by the Executive Cabinet, which makes the final decision on the selection for the Wall of Honor.

Marsch and the department chair and/or dean of the school from which the nominations come are responsible for the program recognizing the person being memorialized and developing the necessary inscription for the plaque.

Twelve names are currently on the plaque, including the most recent honoree, sociology Professor Becky Trigg.

Trigg was honored in November 2011 after a career that left an imprint on the lives of students and colleagues that knew her, including Mark LaGory, Ph.D., professor emeritus of sociology and Sheila Cotton, Ph.D., professor of sociology.

“Teaching for Becky was not just preparing and delivering good lectures or using cutting-edge methodologies and technologies for her classes,” LaGory says. “Teaching and mentoring students was life work for her — a vocation.”

Trigg taught classes including introductory sociology, family conflict and violence and introduction to women’s studies, which connected her with hundreds of students each year.

She also handled the roles of new-student orientation speaker and administrator for various campus programs.

Trigg was recognized for her teaching excellence with several awards, including the Dean’s Career Award for Outstanding Teaching from the School of Social & Behavioral Sciences.

Sometimes Trigg’s connection to students went well beyond the classroom. A student going through some particularly difficult circumstances came to her for help in one instance. Trigg responded by allowing the student to live at her home until the situation was resolved.

“Becky had a real desire to help those students who were disadvantaged in some way,” Cotten says. “Becky often would mention how some students had come from lower socio-economic backgrounds, didn’t have a family member who had attended college, were not as polished as other students and lacked the social and cultural capital of other students who had come from higher socio-economic situations. She talked about how it was up to us to mentor these students to help them succeed.”

“She was always a strong advocate for students, particularly those from disadvantaged backgrounds,” Cotton says. “Her belief in these students helped many of them achieve great things. It also helped me to be a better faculty member.”

Marsch says many options are available to properly memorialize those selected to be on the Wall of Honor, including receptions, dinners, luncheons or something more modest.

“We try to do whatever the department or program who nominated the person thinks is appropriate,” Marsch says. “It truly is a Wall of Honor, and it is a permanent recognition of people who have made serious contributions to making UAB a better place for students.”

The wall’s location on the second floor of the Hill University Center is temporary. A new location for the wall will be decided on in the future.

“When the Hill University Center is renovated in the next couple of years, we’ll find the appropriate location for the Wall of Honor,” Marsch says.

The names included on the UAB Wall of Honor are:

- Jerry D. Young, former senior vice president for Finance
- Tillman William Pugh III, pre-med student
- Carmit Yvette Armstrong, political science student
- Richard L. Miller, associate dean for Student Affairs and University Registrar
- Bertha A. Joseph-Smolan, founders of The Friendship and International Houses
- Aviva Ruth Hoffman, undergraduate and graduate medical student
- Paul Roland Thomas, communications student
- Joyce Iannuzzi, Information Technology
- Veronica Farey, biology student
- Dahrizzn Morrison, student in Graduate Biomedical Sciences
- Becky Trigg, professor of sociology

Andy Marsch, assistant vice president for Student Life, stands with the UAB Wall of Honor, located on the second floor of the Hill University Center. The Wall of Honor was created to memorialize those who, during their lifetime, made outstanding contributions to UAB.

Endowed chair holders named during Feb. 3 BOT meeting

The University of Alabama System Board of Trustees named seven endowed chairholders during its Feb. 3 meeting. They are: James Rimmer, Ph.D., rehabilitation sciences; Devin Eckhoff, M.D., transplantation surgery; Sumanath Prabh, M.D., cardiovascular medicine; Frances Lund, Ph.D., microbiology; Elen Rosethal, M.D., otolaryngology; Glenn E. Peters, M.D., otolaryngology; and Richard Shelton, M.D., psychiatric research.

Rimmer is the inaugural holder of the newly established Lakeshore Foundation Endowed Chair in Health Promotion and Rehabilitation Sciences in the School of Health Professions. He joined the faculty in January as director of research for the Lakeshore Foundation.

Eckhoff, director of the Division of Transplantation, was appointed the Arnold G. Diethelm Endowed Chair of Transplantation Surgery in the School of Medicine.

Prabh, director of the Division of Cardiovascular Disease, was appointed the Mary Gertrude Waters Chair of Cardiovascular Medicine at UAB.

Land was appointed the Charles H. McCauldy Chair of Microbiology in the School of Medicine.

Rosenfeld was appointed the John S. Odess Professor and Division Director of Otolaryngology/Head and Neck Surgery Chair.

Peters, vice chair of the Department of Surgery, was appointed the Julian N. Hicks Chair of Otolaryngology/Head and Neck Surgery in the School of Medicine.

Shelton, who joined the UAB Department of Psychiatry as a professor and vice chair for research on Feb. 1, was appointed the Charles Byron Ireland Chair of Psychiatric Research.

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Early study suggests nanodiamonds safe for implants

Nanodiamonds designed to toughen artificial joints also might prevent the inflammation caused when hardening metal joint shafts debris into the body, say UAB researchers in an early study published in the journal Acta Biomaterialia.

In the race to create longer-lasting and less-painful artificial joints, UAB researchers are exploring whether nanodiamond coatings can reduce wear on joint made of metal alloys. The work is important because, according to the American Academy of Orthopedic Surgeons, more than 418,000 knee replacements and 329,000 hip replacements are performed in the United States each year; the numbers are expected to balloon as the nation’s population ages.

Joint wear generates debris that can cause pain, limit mobility and hasten joint failure. Debris particles from metal surfaces are absorbed by scavenging immune cells called macrophages, which then secrete chemicals that cause swelling and pain. This inflammation turns on bone-eating cells near implants, and bone-loss increases the likelihood implants will break loose and require a second surgery.

Diamond coatings may end the shedding of metal debris, but the constant grinding force within joints can cause even nanodiamonds to shed some particles. Past studies suggest that diamonds shed less debris and smaller particles; but, with applications emerging in drug delivery and bio-imaging, the consequences of particle build-up in organs needs to be known.

“Past studies on diamond-joint surfaces have shown a marked reduction in wear-debris volume compared to first-generation alloy and polyethylene joint parts, but the work continues to ensure they are safe,” said Yogesh Vohera, Ph.D., director of the UAB Center for Nanoscale Materials and Bone Degradation and senior author on the study. “We hope the reduced wear volume and particle size expected for diamond articulation will represent a major advance over conventional orthopedic bearings.”

Based on the way nanodiamonds interact with macrophages in a dish, the study authors suggest that the usual size and concentration of wear debris should cause neither inflammation nor toxicity. The macrophages that engulf smaller nanodiamonds release fewer inflammatory chemicals than those encountering larger particles shed by the metal and polymer surfaces of conventional implants.

“Our results add to the early evidence that nanodiamonds are indeed nontoxic in living cells,” said Vinyo Thomas, Ph.D., research associate in the Department of Physics and corresponding author. “The next step will be to conduct experiments to confirm where nanodiamond particle size, varying sizes and concentrations end up and if bone-eating cells reach those destinations is safe.”

The authors cited a previous study in which that revealed 60 percent of injected nanodiamond particles are deposited in the liver within a half hour of dosing; the remainder was deposited in the spleen and lungs.

“Exploring nanodiamonds as delivery vehicles for drugs would be counting on these tendencies. ‘This study provides the insight necessary for us to continue our anti-toxicology program of nanodiamond particles,’” said Namadhuvam Ambalavanan, M.D., professor of pediatrics and study co-author.

The work was funded by National Institute of Arthritis and Musculoskeletal and Skin Diseases, part of the National Institutes of Health. Also making important contributions as co-authors were Aaron Catledge, Ph.D., assistant professor of physics, and Brian Halloran, research associate in the Department of Pediatrics.

NURSING

Continued from page 1

Nursing’s progress and achievements, and the school received high marks overall in all areas when compared to the university and peer institutions where scores were available. Among the school’s achievements were two major accreditations in one year, curricular transformation, re-designation as a WHO Collaborating Center, designation as a VA Nursing Academy, designation as a Paul D. Coverdell Peace Corps Fellow Program and improving its national ranking to No. 21 from No. 26, among other collective accomplishments.

The climate survey marks were high, but that hasn’t stopped the school from continuing to find ways to improve working conditions for faculty and staff. The foundation for this was laid three years ago when then Nursing Faculty Organization (NFO) Chair Erin Pryor, Ph.D., associate professor of nursing, worked to enhance communication with faculty and school leaders. It’s a practice that Terma McGuinness, Ph.D., professor of nursing and NFO chair, continues.

“We always are working on improving communication with faculty and school leaders,” McGuinness says. “In fact, it is the No. 1 goal of our organization.”

The NFO meets regularly to promote the general welfare of students, faculty and staff through curriculum oversight and recommendations for school functions and activities. The organization, which comprises the entire faculty, operates with a framework and by-laws that reflect the dynamic nature of the organization and shared responsibilities for school climate and outcomes. Guidelines and policies from the university and the school’s accrediting body are integral to its work.

The NFO has improved communication using the Web tool SurveyMonkey, among other things, to poll faculty on important issues that have work life implications so concerns can be discussed. These items are discussed openly and candidly during its monthly meetings.

“Listening to one another enables faculty to discuss their differences and look for solutions,” McGuinness says. “This is critical. I am convinced that the success of an organization does not reside in actions of individuals but in the relationships among them. Communication is the key.”

The communication is reciprocated. School of Nursing Dean Doreen Harper, Ph.D., regularly meets informally with faculty and staff, and McGuinness meets monthly with Harper to help identify strategies that are working and provide feedback for improvement purposes. The Office of Strategic Marketing and Communications also was established to enhance communication.

Several strategies have been initiated to network students, faculty and staff and inform them of activities that affect the work and learning environment. This helps create a more connected, balanced community and provides timely feedback.

“Our goal is to support faculty and staff, who in turn, support and touch the lives of students,” Harper says. “That faculty and staff commitment ultimately improves the lives of patients and families by providing students with high-quality programs in a supportive learning environment.”

Faculty and school leaders also have improved the school’s work and learning environments by improving school governance, partnerships and efficiency, all with the goal of improving quality and outcomes. The shared-governance model provides opportunities to collaborate, share decisions, promote ownership and engage in the mission and vision of the school.

“Shared governance provides an opportunity for faculty truly to own the curriculum and to use their voices to shape it,” McGuinness says.

Partnering for progress

The climate survey results also led to discussions that more consistency in teaching assignments would help learning.

New faculty workload guidelines have been developed and implemented to improve consistency and predictability for teaching assignments. Team meetings help build more cohesive work groups among students, faculty, staff and students and provide an opportunity to ensure workplace guidelines and processes are consistent, efficient and promote balance. Students also serve on key committees to voice student ideas and recommendations.

McGuinness says enhancing the work and learning environment ultimately benefits students.

“The national need for nurses is growing and so is the diversity of our student population,” McGuinness says. “We have approximately 536 undergraduate students and 1,165 graduate students. The School of Nursing wants faculty and students to represent our state’s and nation’s diverse health-care needs. This requires communication among faculty to best meet the goals of inclusion and high achievement. Our state-of-the-art simulation lab, including simulations in classroom settings and moving away from lecturing exclusively are ways that we are improving our work and learning environment. And it is exciting.”

Planning for the future

School leaders now are in the final stages of revising its Strategic Plan for 2012-17 and are engaging students, faculty, staff, alumni, university, clinical partners and friends in devising goals for success.

A key pillar of this plan focuses on valuing resources — students, faculty and staff — and continuing to improve the work and learning environment in the school.

“Obviously, we’re not perfect, but if we work on communicating with each other and spend the time it takes to do that, things turn out better than if we don’t,” McGuinness says. “This is our work life. We spend many hours a week here. We need to make it a priority to communicate with one another and make our work environment the best we can because that helps our students achieve.”
Culture shock is nothing new to Sheri Spaine Long, Ph.D. For two decades, she has introduced UAB students to the wonders of Europe and Latin America on Study Away excursions. But when she took a post as a distinguished visiting professor with the U.S. Air Force Academy this past fall, Long had to learn a whole new way to communicate.

“I’m on my own Study Away program — in the military,” says Long, professor of foreign languages. “I’m still teaching Spanish, but things are very different here.”

She passes through two checkpoints to travel from her house to the classroom on the Colorado Springs, Colo., base on which the campus is located. And she knows that each lecture will bring students to their feet.

“They don’t have to salute me because I’m a civilian,” Long says. “But when I walk in, all of my students stand at attention and say, in Spanish, ‘All present and ready to march.’ They do that for all their classes. It reminds them why they’re in the class.”

Culture wars

Long heard about the visiting professorship from a colleague and was intrigued by the chance to explore a completely different culture. Invited faculty must have a national reputation, which she does. Long’s role as editor of the academic journal Hispania and leadership on the American Council on the Teaching of Foreign Languages and the American Association of Teachers of Spanish and Portuguese easily qualify her.

Long has been teaching advanced courses in Spanish literature and Latin American culture and is developing a classroom research project that combines leadership and language training. “There is an emphasis on language and cultural education in the U.S. military right now,” Long says. “The No. 1 major at West Point [the academy’s] is foreign languages. They want to groom global leaders who are multilingual and culturally prepared to interact with the world.”

One aspect of that preparation is a very broad exposure to the humanities, Long says. “I thought they would only want to focus on speaking skills, but they want these young men and women to have the kind of knowledge that comes from discussing the hard issues.”

For example, her advanced literature class recently analyzed Nobel laureate Pablo Neruda’s poem “Explico algunas cosas” translated “I Explain a Few Things,” a meditation on bombings in the Spanish Civil War that ends with the repeated line, “Come and see the blood in the streets.”

Poetry, novels and other works of literature “allow you to have a series of experiences and then enter a robust discussion about what you would have done in similar circumstances,” says Long.

Common ground

The cadets in her classes are less involved in popular culture than her UAB students. Long says, “They don’t have a lot of TV and movie time, so the example I might use to illustrate a point in class sometimes goes over their heads,” she says. Long also says it takes longer to get to know her academy students. “They are very formal. Also, we’re not allowed to address students by first name in the USAFA curriculum with leadership training, she says. “There are many things that I will bring back to UAB.”

Long says she is adapting to the rise-and-shine ethos of military life herself. “I’m waking up at 5:30 a.m. now, which is earlier than I do in Birmingham. And I’m working out in the middle of the day with faculty colleagues. Everyone is so fit here; they just expect you to do it.” On the weekends, Long often explores the Santa Fe Trail, which runs through the military installation. “It is so scenic. It’s like living in a national park,” she says.

Long’s husband John, an ophthalmologist who is an associate clinical professor at UAB, couldn’t make the move with her, but he has visited. They have biked the 13-mile roundtrip to the top of Pikes Peak — a local rite of passage. Long says. And she combats homesickness by starting each day listening to Birmingham’s WBIM radio on her computer.

When she returns to Alabama full time in fall 2013, Long plans to implement new teaching techniques and develop courses that will infuse the foreign language curriculum with leadership training, she says. “There are many things that I will bring back to UAB.”

Some aspects of military life would probably be lost in translation, however. “I like the tradition of starting each class by reciting. We are ready to learn.” Long says. “But I don’t know if I’ll be able to convince my UAB students to stand at attention when I walk in the room.”

Biotechnology students to design testing apps for iCubate

D o you know what kind of fish you are eating? At least one-third of seafood sold in the United States is mislabeled by species, according to the Food and Drug Administration. But now there’s an app for that. Or soon will be.

UAB biotechnology student Jeff Hicks is developing a rapid test to detect fish species from a sample and determine if it harbors any disease-carrying organisms.

Hicks and other students in UAB’s biotechnology program are working with HudsonAlpha Institute for Biotechnology in Huntsville, Ala., to create apps, or assays, for its iCubate system, which provides rapid diagnostic testing for disease-causing pathogens and microorganisms based on genetic code.

iCubate was developed by Jian Han, M.D., a faculty investigator at HudsonAlpha. The fully automated, enclosed system will enable detection of multiple targets in one sample, and it outperforms DNA testing used by the FDA, which may require days or weeks to produce results.

“We are opening the technology to allow students to create an app for iCubate and sell it on our online store,” said Han, who drives to Birmingham twice a week to work with student developers.

“I challenged them to develop an app that would protect human health or the environment,” Han said.

Student apps will be evaluated on a competitive basis, and the five best will be evaluated for commercial potential by the UAB Research Foundation, Han and the iCubate team, said Yao Unlap, Ph.D., an associate professor for the program.

Hicks says his assay will reveal if the fish labeled as red snapper is a cheaper, perhaps inferior fish or if canned tuna is really tuna in about four hours. Hicks said it should take one to two months to develop his quick-test app, which he expects to be valuable to the $80 billion seafood industry. “This app has the potential to make a huge impact in an industry that needs it,” he said.

Kathy Nugent, Ph.D. director of the biotechnology program in the Department of Clinical and Diagnostic Sciences, says the partnership is mutually beneficial. “This enables students to tap into their entrepreneurial spirit and test the product immediately. If it works, the potential is enormous,” she said.

“Biotechnology is key to answering not only health and environmental questions, but economic issues as well. The number of jobs that could be potentially created from this app is huge. And it was an idea created by one of our students,” Nugent said.
Lemons says, “Most of the former students practicing orthopedic surgeons, dentists, degree program, and many of them are meeting on campus, and says memories of the regular classroom lectures, as an advisor Lemons has directly interacted with more explore your own ideas. I developed a love

Donna (Philosophy);

Mary L. Ross (Biochemistry & Molecular Genetics); (Predoc Dentistry);

N. Rama Krishna (Building Services);

Mark Goldberg (Preventive Medicine);

Alteration Svcs);

Medicine);

Wooldridge Wittig (Communication Studies);

John W. Hutchings (English);

James R. Light (Huntsville Med-OB/ GYN); Sonja H. Deloach (Sonography); Sonja H. Deloach (Sonography);

Robert P. Mroz (Accounting & Finance);

Sandra G. Calloway (Infrastructure Services);

John A. Caldwell (M. S. in Cell Biology);

Walter H. Johnson (Pediatric Cardiology);

Carolyn S. Ashworth (Security);

Williams (HR); Sharon C. Wise (Post Office);

Paul E. Wolczuk (Cardiovascular Disease);

Anthony F. Fazaga (Radiology)

Lemons says he's not sure how much longer he will teach. A lot depends on his health. “Being healthy at my age is called being able to pack the right parents,” he jokes. Lemons and his wife Benta just celebrated their 50th wedding anniversary in January, and he says they might like to do some traveling together. If Lemons also says he wants to stay close to his students.

“We always have to say at some point in time you smell the roses, but for me smelling the roses is doing what I do on a routine basis,” Lemons says. “It's always important that you have respect for what's good for your family. Traveling, visiting museums and taking walks on trails would be nice. So small talk, the roses might be running around the country in an RV—at least part of the time.”

Lemons was honored in November of School's 40th anniversary celebration when it was announced that the Department of Biomedical Engineering created the Dr. Jack Lemons Endowed Scholarship in Biomedical Engineering as a token of gratitude for his contributions to graduate education at UAB. The endowed income will be used to support graduate student training in Biomedical Engineering, says Timothy Wick, Ph.D., professor and chair of the department.

“Jack is a dedicated mentor and educator,” Wick says. “He has trained more than 300 graduate students and countless others who have gone on to careers in biomedical engineering, dentistry and medicine. I meet many of Jack's students, and they all speak very highly of him. He is a great mentor and colleague.”

Honored 25-Year

Karen O. Allen (Comprehensive Cancer Center); Richard M. Allman (Gerontology/ Geriatrics Center); G. Anderson (Molecular & Cellular

dentistry or medicine are practicing or are faculty. They're all personal friends.”

The satisfaction for Lemons is the same today as it has been for more than 40 years — when they first met. Lemons’ reaction when they finally get it. He considers a privilege that so many have given him the opportunity to teach them.

“I get to experience the lighting of that light bulb when they find things out and learn the details of what it all means,” Lemons says. “I get to see them make a change in understanding. And my academic children are so bright, you know when the light bulb goes on, you know it will carry on with them for the rest of their lives.”

Lemons was honored in November of School's 40th anniversary
Resources available to help with your Scale Back challenge

When did you realize it was time to get serious about losing weight?

Was it when you stepped on the scales at the doctor? Maybe it was when you bent over to pick something up and your pants ripped. Or perhaps it was just putting on your favorite pair of jeans, only not to be able to button them up.

Reality set in for me Dec. 1, 2011. I was asked to play Santa Claus for a function here on campus.


There are at least 1,200 other UAB people who received their own wake up call. That’s the number of faculty and staff who have signed up to participate in this year’s Scale Back Alabama campaign — up 300 from this past year, says Lauren Whit, UAB Wellness coordinator.

“It’s great to see so many employees taking charge of their health,” Whit says.

I am one of the 1,200 trying to do just that, and so are 12 other members of the Office of Public Relations and Marketing. Three staff members joined us from the Comprehensive Cancer Center, giving us four teams competing against each other in the main competition and in our own contest.

Our group of 16 — eight men and eight women — held a Fat Draft the week before the Scale Back weigh-ins to pick our teams and set our prizes. It is a competitive group, and I love it. We all want to win.

But all of us also want to be healthier. And in spite of the competition, we’re all (mostly) cherishing each other on. We’re sharing ideas, recipes, exercise tips, our struggles and our triumphs.

And each of us is using information, ideas or services from UAB in some form or fashion.

For example, some of us use the UAB Medicine Walking Trails several times a week. Twitter and Facebook followers of UAB Wellness get tips and links from Whit daily on how to improve personal health. Personally, I’m incorporating research conducted at UAB that shows a high-fat breakfast of bacon and eggs may be the healthiest start to the day.

Most days I use turkey sausage instead of bacon, but I’m following the basic premise, which includes eating more fruits and vegetables throughout the day. Other recent UAB research on coronary heart disease in men shows the value of the Mediterranean diet and regular aerobic activity for 30 to 40 minutes, four to five times per week.

In fact, there are many other things on campus to aid in your quest to achieve and maintain goals in your life to a vast lifestyle change. Some of these things include:

• EatRight has many programs available, including the Piggy Wiggly program that helps customers make healthful choices.

• There is a vast amount of weight-loss information and research available at the Easter Hill Library.

• The Campus Recreation Center has classes available to non-members, including Aqua Zumba, zumba, kayaking, racquetball, squash, table tennis and other activities.

• Campus Restaurants has healthy meals available indicated by nutrition icons. Meatless Mondays and S5 Fridays for faculty and staff also are available.

The Farm Stand, started in spring 2011 making fresh fruits and vegetables easily accessible for UAB campus — now has limited delivery service, but will be back in a few weeks at locations across campus.

The Scale Back Alabama competition now is entering its fifth week, and many among our group of 16 are experiencing positive changes in our lives. We’re losing weight, incorporating healthier eating habits, trying to exercise (even if it’s just walking 30 to 40 minutes a day) and becoming cheerleaders for one another. Some of us are so happy with our results that we’re talking about starting another weight-loss challenge after April 15 when the Scale Back campaign officially ends.

We want to continue what we’ve started, and I’m sure each of us will incorporate more healthy ideas and exercise programs as we go and share them with each other.

After all, none of us wants to be asked to play Santa Claus in 2012 — especially me.

— Tyler Greer

CAMPUS NEWS

Feb. 20, 2012 UAB Reporter 7

Members of the Office of Public Relations and Marketing put their competitiveness aside during a lunch-time walk. Afterwards, it’s back to team business — weight loss.

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students can reach with effort and dogged determination.

Cox and Ramos were among 53 participants selected worldwide to participate in the first Winter School on Advanced Immunology in January on Awaji Island in Hyogo, Japan. The program was directed jointly by the Immunology Frontier Research Network (IFReC) and the Singapore Immunology Network (SIgN) and was created to provide opportunities to attend.

Cox and Ramos were selected from several hundred applicants in 48 countries, making UAB consistently is ranked among the top institutions with multiple students selected for National Institutes of Health (NIH) programs.

Cox, a fourth-year doctoral student from San Diego whose primary research focuses on host defense against infections, has been really great. Eventually, I’d like to have my own lab, and I’m going to have the opportunity to develop my own research program. This experience at UAB has been invaluable to me.

Ramos’ research has focused on the complement system — a part of the immune system — and its response to malaria, particularly cerebral malaria, which kills 1 million children a year in sub-Saharan Africa. The disease, which largely remains misunderstood, has no effective treatment.

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