Malcolm Marler has researched it, crunched all the numbers, and it’s not pretty. If he were to drive by himself from his Cullman home to The 1917 Clinic every work day for a month he would spend an average of $1,010, according to the IRS’ current reimbursement rate of 50.5 cents per mile for gas, maintenance, etc. Gas costs alone for the 100-mile daily commute would be $290.

“That’s like pouring money down the drain,” says Marler, chaplain at The 1917 Clinic at UAB.

That’s why Marler has been carpooling with fellow employees Edwin Dixon and Dorothy O’Bara, Malcolm Marler (driver) and Edwin Dixon carpool from Cullman as part of the UAB CommuteSmart program. The group is adding a fourth member to their carpool and hope to expand to take advantage of more CommuteSmart incentives.

The Science and Technology Honors Program, in partnership with the School of Engineering and the Community Outreach and Development Program, has created a freshman lab-experiences course that gives students early exposure to key laboratory and critical-thinking skills that will help them be successful in their careers.

“We wanted to have a basic laboratory experience that would be relevant to our freshman students,” Tucker says. “We’ve developed two separate, eight-week modules that teach hands-on laboratory techniques that we believe are foundational in the kind of work the students are likely to end up doing.”

As Curiel has discovered, one of the advantages of faculty taking on a student
Faculty Senate to meet Tuesday, May 13

The monthly meeting of the UAB faculty Senate is scheduled for 7:30 to 9:30 a.m. Tuesday, May 13 in the Administration Building Penthouse. The agenda includes a presentation by Facilities Associate Vice President Brooks Baker and Executive Director Olen Pratt and Dan Osborn, director of Academic Programs and Policy, on the “Think Green Save Gold” energy conservation campaign. A full agenda is on the Senate Web site at www.uab.edu/senate/home under the pull-down menu for Memberships & Meetings.

UAB Police to receive commendations

Officers exhibiting exemplary work performance and professional demeanor will receive commendations at 2 p.m. Wednesday, May 14, during the UAB Police Department’s 10th annual National Peace Officers’ Leadership Award and Memorial Observance Program.

The program coincides with the observance of National Police Week, May 11-17, and the American flag will be flown at half-staff on all government buildings May 15.

Summer Music Camp dates set June 15-21

The second annual Summer Music Camp for middle- and high-school students will be held June 15-21, offering participants a comprehensive weeklong musical experience in a range of disciplines.

Students will enjoy a full band experience, small ensemble playing and receive training in music theory, literature and conducting. In addition, students will have the opportunity to study privately with members of the UAB Music faculty.

Residential camp fees are $375 and include all instruction and materials, meals, housing and evening activities. Commuter camp fees are $250 and include all instruction and materials. Deadline for applications is May 19.

Applications are available online at www.music.uab.edu.

ASC summer drama camp now enrolling

Spaces still are available for the Alys Stephens Center’s summer drama camp “Kids on Stage.” July 7-18. The camp is for children ages 8-14.

The camp will be held in the Alys Stephens Center from 9 a.m. to 3 p.m. Monday through Friday, with drop-off at 8:30 a.m. and pick-up at 4 p.m. Cost for the camp is $325; a discount is available for UAB employees.

For information or to register, contact Kimberly Kirklin, director of education and outreach at the ASC, at 934-0862 or kkirklin@uab.edu.

“Effect of removing polyps on colorectal cancer incidence” presented by Timothy Church, professor of Environmental Health Sciences at the University of Minnesota. The lecture will be held Friday, May 16 at noon in the Cancer Center Board Room N253.

On Tuesday, May 20, the UAB Center for Nursing Research NoonTime Forum will hold “Endnotes Web training” presented by Reference Librarian Paul Muselman, Lister Hill Library. The meeting will be held at noon in the School of Nursing Room G020.

Need help getting your message out?

Departments that need to communicate internally using electronic resources have several options at UAB, including The eReporter and BlazerNET (blazernet.uab.edu).

A full listing and description is posted online at www.uab.edu/it/InternalComm/to help you determine the best method of communication to meet your needs.

Center for Aging issues call for nominations

UAB’s Center for Aging has issued a call for nominations for two annual community awards, the Robert P. Bynum Award and the New Horizons Award. The awards recognize individuals or organizations for their leadership efforts on behalf of older adults.

Nominations must be submitted by Sunday, June 8 and can be via e-mail to cfa@aging.uab.edu.

Want to backpack the national parks of Washington?

Join UAB Outdoor Pursuits and see the breathtaking views from Mount Rainier, the highest mountain in the lower 48 states, June 6-15. This trip is geared to all hiking abilities, offering day hikes with optional distances ranging from 3 to 10 miles.

The pre-trip meeting and deadline to sign up is Tuesday, June 3 at 6 p.m. in the Campus Rec Center. Call 996-4913 or e-mail Outdoor@uab.edu for more information.

UAB, Children’s to host Call to Caring Blood and Bone Marrow Drive in May

Children’s Hospital and The American Red Cross are among the sponsors for the Call to Caring Blood and Bone Marrow Drive, benefitting the more than 30 children at Children’s Hospital that require transplants each year.

The event will take place Thursday and Friday, May 15-16, from 7 a.m. to 5 p.m. in the Children’s Hospital lobby. Free parking will be provided for donors in the Children’s Hospital deck.

The Marrow Donor Registration is fast, free of charge and involves only paperwork and taking a cheek swab.

The information is then entered into the National Marrow Donor Program (NMDP) database. Should the donor be a match, he or she will be contacted about donating.

The Marrow Donor Drive is part of the “Thanks Mom” campaign, which recognizes the life mothers give and calls on potential donors to give life by donating marrow. More information can be found at www.marrow.org.

For more information on the Call to Caring drive, contact Melissa Wallace at 939-6373.

Australia’s women’s soccer team practiced on the UAB campus leading up to their May 3 game against the U.S. Women’s National Team at Legion Field. The U.S. Women’s team worked out on campus in the new athletic weight room. The teams visited Birmingham as part of a pre-Olympics tour. Both are expected to compete in this summer’s Olympics in Beijing. Birmingham native Cat Whitehill led the U.S. to a 5-4 victory over the Australians.

The eReporter is published biweekly by the University of Alabama at Birmingham Office of Public Relations & Marketing to highlight and promote the interests, objectives and achievements of UAB and its faculty and staff.

Deadlines: News items must be submitted by noon Monday the week prior to publication and are used at the discretion of the publication staff.

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Work isn’t always easy on our bod- ies. The bending. The lifting. The squatt- ing. The sitting. Each of these things can create many strains and pains — some in places we didn’t know existed.

Arnold Kelly, licensed massage therapist and physical therapy attendant at Spain Rehabilitation Center, says massage therapy is a safe and effective way to relieve the aches and tension that come along with every day life. Now Spain Rehab is offering a Massage Therapy Program to UAB faculty and staff and their immediate family members, and to students. The service is not available to hospital patients or the general public.

Appointments are available Tuesdays and Thursday by calling 975-4922. Appointment times are from 7:30 to 8:30 a.m. and 4 to 6 p.m. with more timeslots opening in the near future. The price for a massage is $35 for 30 minutes and $60 for 60 minutes.

The UAB Reporter recently asked Kelly questions about massage therapy, its benefits and the new program.

Q. Do you get massage therapy for yourself?
A. Every chance I get. I try to get a full-body massage at least once a month.

Q. How has massage therapy benefited you?
A. It has taught me how to be more aware of my body. It has also made those everyday little aches and pains easier to deal with by making my muscles more relaxed and flexible. It has also improved my overall outlook on life.

Q. Why was the service offered to UAB employees?
A. The thinking behind it was that massage therapy would be a fantastic benefit for the employees here at UAB. What with the daily stress of caring for patients at the hospital, teaching students at the university, or just simply dealing with life itself. Who wouldn’t want to spend 30 to 60 minutes of “me-time” to get rid of those aches and pains?

Q. Who can benefit from massage therapy?
A. Anyone who doesn’t have an acute, contagious or contra-indicat ed condition can benefit from massage. Something as simple as small cold could be reason enough to avoid massage therapy until you are well. More serious conditions may require a visit to the doctor to make sure that massage won’t exacerbate the condition.

Q. Back pain is a common problem. How can massage therapy help?
A. One of the immediate benefits of massage therapy is the relaxation of the muscles. Most back pain is caused by muscles staying in a contracted state. The techniques used in massage (effleurage, petri- sage, tapotement, etc.) force new, fresh blood into the tissues while at the same time lengthening the muscles. This causes the muscle to release the contracted state and return to its normal state.

Q. You said “immediate benefits.” Are there long-term benefits?
A. Absolutely. The long-term effects are cumulative and can range anywhere from an improved range of motion and a generally good sense of well-being, to an improvement in your immune system and lower blood pressure.

Q. Why do you think doctors prescribe massage therapy for patients?
A. Massage therapy is as old as man himself. There is countless documenta- tion of ancient pictures depicting some- one receiving a massage. But with the advancement of modern medicine, the use of massage therapy fell to the way- side. It has really only been in the past few decades that massage therapy has once again been considered an excellent complementary therapy to the treatments that doctors normally prescribe.

Q. What kind of message therapies are available in your program? Swedish? Relaxation? Rehabilitation?
A. I offer a variety of therapies. For those clients who want a full-body massage there is Swedish massage, which is just a simple relaxation massage. There is Deep Tissue for those who have deeper aches and pains that Swedish simply won’t take care of. For specific problems (knots, adhesions, scars, etc.) there are techniques such as Trigger Point and Neuromuscular Therapy available. For someone with tight muscles, I may use Sports Massage, which consists mainly of stretching and com- pression techniques. For most of my cli- ents I tend to do a hybrid therapy, which is a mixture of all the above.

Q. Do you encourage your clients to communicate their needs to you before and during a massage?
A. Definitely. That is part of the process. By communicating with the client during the session I am able to adjust my tech- niques for their particular issues. I want clients to leave feeling like they’ve been taken care of, and I can’t do that properly without communication.

Q. What would you say to those who have thought about getting a therapeu- tic massage but fear it may hurt?
A. Pain is a very subjective matter. What might hurt one person so much they cry might not even faze another person. When asked about the possibility of therapeu- tic discomfort — hurt is such a bad word — I inform the client that if they receive anything other than Swedish they can expect to feel some discomfort during the session. I also let them know that by communicating with me during the ses- sion I can keep that level of discomfort at a manageable level for them. Most clients that I see don’t really mind a little dis- comfort when they know that it will feel much better shortly.

Q. What about those people who are nervous about dis- robing in order to receive a full-body massage?
A. If you don’t have the time to come into the office or aren’t sure about getting a full-body massage, we also offer seated massage. Seated massage is great for those departments who are looking for something special to do for their staff as it doesn’t require you to go anywhere. The therapist comes to you. And you don’t have to get undressed, which tends to be one of the major hindrances to someone receiving a massage. A seated massage can last anywhere from 5 to 20 minutes and is meant to be more of an invigorat- ing massage. With the short time spent in the chair, several people can be seen in an hour, depending on the length of time booked and the number of people. Seated massage is booked in 60-minute blocks only. Departments who are inter- ested in seated massage can call 975-4922 to ask more information and schedule an appointment.

Q. What method of payment do you accept?
A. We currently only accept cash (exact change, please) and checks. We hope to be able to accept credit cards and payroll deductions in the future.
Continued from page 1

from the SciTech program is that it’s built into the curriculum that students must spend at least two years with their research mentor. Tucker wants those students to become immersed in their research and to make a contribution.

“It’s attractive from a faculty’s perspective to have somebody they know will be around long enough they will be able to accomplish something meaningful,” she says.

Curiel says gene-therapy researchers are comfortable starting a program with these students, and that the research they do has the potential to yield high-impact results. He says while part of that stems from their lab training, another key component is their desire for knowledge.

“They are students who ask ambitious questions,” he says. “They’re unequivocally realizing the benefits of having them involved in the gene therapy program.”

Lab exposure

The students participating are from all disciplines in Natural Sciences & Mathematics, Engineering and Psychology.

Recruiting efforts target high school students interested in generating new knowledge in their field. For students in science the focus is on research; for those in engineering the focus is on research and development.

Twenty-six freshman students were accepted for the 2007-08 year. Tucker hopes to increase that number to 35 for 2008-09 and eventually to recruit 50 students per year.

About two-thirds of this year’s freshmen were involved in a biotechnology teaching lab under the direction of Mary Williams, Ph.D., of CORD and the Department of Biochemistry and Molecular Genetics. The remaining students participated in an engineering design and materials analysis experience led by Alan Eberhardt, Ph.D., of the Department of Biomedical Engineering.

More than 50 percent of the students they worked with plan to be in a research setting this summer or next fall, meaning they are beginning their research experience at the end of their freshman year or start of their sophomore year.

“One of the great things about this freshman experience is that they’re getting exposure to things they’re going to see later in their curriculum,” Eberhardt says.

“It’s a hands-on application of some things that they may not quite understand. But in two years they’re going to see something they’re doing now and they’re going to say: ‘Ah, that’s what we did in SciTech. I know why we’re doing this. It’s going to pay big dividends for them.’

Student success

One student who took Williams’ freshman course two years ago completed a research project one year later in the Psychiatry lab of James Meador-Woodruff, M.D., and was able to present the results at the Society of Neuroscience meeting.

“We have some great students in this program,” Williams says. “They are more likely to work independently and think like scientists and really do work that’s their own.”

High-school students interested in applying for the program or faculty interested in learning more about mentoring SciTech honors students, call 996-5701 or e-mail sthonors@uab.edu. Also visit www.uab.edu/sthonors to learn more or apply.

continues from page 1

of Facilities Management and Dorothy O’Bara in Nephrology as part of the UAB Employee CommuteSmart Program. CommuteSmart works with companies, organizations and institutions to develop tailored commute options programs that benefit them and their employees.

Marler’s group — “The Dodge City/UAB Carpool Express” — has just added a fourth member, Tim Hardin in Biomedical & Clinical Engineering, and hopes to grow even larger so it can take advantage of other CommuteSmart incentives, including starting a vanpool supplied to the group from UAB. Monthly vanpool costs will be approximately $120 per person, save wear and tear on personal cars, reduce air pollution and save each member money on parking.

UAB also provides incentives for those who sign up to participate in the program, says Transportation Supervisor Bob Davis.

Among the benefits are a reserved parking space for commuters with three or more riders, check-off passes that enable those who must drive to work separately an opportunity to do so once per month, and split costs for the parking place deducted before taxes evenly among the group.

“There are other incentives and rewards from CommuteSmart such as a cash award of up to $123 for the carpool and gas cards each quarterly,” Davis says.

“Participants also are guaranteed a ride home in case of an emergency. We’ve actually had to take someone home as far away as Gadsden.”

CommuteSmart realises a great benefit for employees. All they have to do is form a three-person carpool and ride together three days a week to get started.

CommuteSmart aids carpoolers

Marler has been an employee at UAB since 1994 and moved to the Cullman-Smith Lake area six years ago. He contacted CommuteSmart to aid him in finding carpoolers three years ago as gas prices began climbing.

“They give you suggestions on how to get started, and when you have enough people and are ready to start a vanpool they will come to a meeting and help everybody understand how it will work,” Marler says.

Marler has heard the reservations others have about carpooling — work schedules, what radio station will we listen to, will I like these people? — but says the nervousness has been unfounded for his group.

“What we’ve discovered, not only do we save money, but we’ve gotten to know and enjoy each other,” Marler says. “It seems like our trip goes by in no time at all. Plus the stress level of getting to work is greatly reduced.”

He says his group does have guidelines for everyone to follow and will keep them as they add to their numbers.

“You have to set clear boundaries: that’s one of the keys to a carpool or vanpool working well,” he says. “No smoking, leaving on time from both ends of your trip, cell phone guidelines, . . . the key is just being respectful. It’s not very complicated.

An organizational meeting for the new Dodge City to UAB vanpool, which has worked hours of 7 a.m. to 4 p.m., is scheduled for Wednesday, May 21, from noon to 1 p.m. at the Community Care Building, located at 908 20th St. South. Interested members can enter through the 9th Avenue South entrance, or contact Marler at mmarler@uab.edu or 975-8923.

Student program

Davis also wants faculty to remind students of the UAB Student Rideshare Program. It works in much the same fashion as the employee program, providing students a reserved parking spot and four emergency parking passes to use per academic term.

Pre-paid gas cards are available through CommuteSmart for students who participate in the program as long as they are registered with both CommuteSmart and UAB. For students to qualify, they must carpool at least twice per week.

“Both are really good programs,” Davis says. “And we’ve got some people carpooling now who haven’t taken advantage of this. It’s something certainly worth doing.”

To sign up for the CommuteSmart program or learn more, call 1-877-435-6282 ext. 4 or visit www.commutesmart.org/birmingham for details.
Design Lab Coordinator, ‘Mr. Gary,’ takes his role to heart

W hen the School of Engineering decided to open its new design lab, a person was needed to oversee the facility; some sort of caretaker who would simply keep things in order and offer occasional technical support.

The school found much more than that.

Gary Brown became the lab coordinator in 2006 following a 28-year career with Gulf State Steel. His credentials — which include experience in welding, fabrication, mechanical, carpentry and masonry — certainly qualified him for the position.

But it is his down-to-earth attitude and friendliness that have earned him the nickname “Mr. Gary” from his students, and considerable praise from School of Engineering Dean Linda Lucas, Ph.D.

“When we hired him, he was Gary Brown. In not too long of a time he turned from Gary Brown to ‘Mr. Gary,’” Lucas says. “I don’t know if you could call him a father figure, but he’s definitely a mentor to these students. They listen to him, and they pay attention to him. He manages that lab, and he has their respect.”

Brown earned that respect by taking a genuine interest in the students’ projects rather than merely keeping the lab in order. He tries to help them work through problems and even joins the students in out-of-state trips to engineering competitions.

“I’m here to assist them, but we also form a relationship,” Brown said of the students. “There’s a bond that develops. They’re learning from me, and I learn from them, too. So it’s a good fit. I enjoy working with them.”

Not only does Brown enjoy dealing with the students, but Lucas says it is obvious he takes genuine pride in the work they do.

“We have a cabinet in there of the different things the students have machined,” Lucas says. “He likes to show off the things that have been done for themselves — not drawn up and turned over or asked for help with, but actually done themselves — and I think that’s important.”

It has been an enjoyable career change for Brown, who admits he wasn’t quite sure what he was getting into when he accepted the job. In fact, he’s still not completely sure. “Every day is a new challenge,” Brown says. “I never know exactly what’s coming through the door.”

This article is reprinted from the Spring 2008 UAB Engineering magazine.
Students take AIM at better future

More than 100 South Hampton Elementary School fifth graders recently toured UAB's campus as part of a program that provides children an opportunity to explore life ambitions early and create a plan to achieve these goals.

Project AIM (Adult Identity Mentoring) focuses on the needs of children in inner-city neighborhoods; research repeatedly shows this population may be at increased risk for dropping out of school and engaging in high-risk behaviors, such as using tobacco, alcohol and illegal drugs. One goal of Project AIM is to reduce these risky behaviors by giving children an opportunity to explore possible identities. And one way to accomplish this is to bring children for a tour and meet faculty, staff and students at UAB.

"The idea is to get young people to think about positive professional careers, and also to have realistic plans for achieving their goals," say Ken McGrew, Ph.D., who heads the research component of the project. "It's easy to say 'I want to be a doctor,' but if you don't know what's involved in that you won't do the things necessary to achieve that goal.

"This is the culmination, bringing them to UAB and letting college be a real place instead of just a word." The South Hampton students ate lunch on campus before splitting off into three groups. Those who had interests in a medical career visited UAB Hospital where they spoke to a nurse and toured the inside of an ambulance. Students with an interest in teaching career met with UAB students enrolled in the educational certification programs. Students interested in other professional careers spoke with McGrew.

The AIM curriculum includes activities that encourage children to think about positive career futures for themselves and to develop concrete plans for accomplishing these goals. Adult mentors, most of whom have retired from professional careers, and school personnel also have added their own activities to the curriculum, including talks by working professionals from the community and mock interviews for jobs at the end of the program.

The mock interviews were a success with last year's fifth-grade class. McGrew says the children researched their careers on the Internet, created their own business cards, constructed a resume and considered how they should dress.

"It's great for the kids, but they also take it very seriously," he says. "I was surprised the job interviews were so meaningful to them. It's good preparation. The teachers and the principal tell me many of these young people may not know how to present themselves for a job interview. Somebody's got to teach them and, really, there's nothing wrong with learning the nuances of that process now."

The children also research their career choices in depth, learning everything from the salary they could expect the number of years of college required to achieve the goals.

UAB makes impact

Another surprise for McGrew has been the impact visiting the university has on the children.

As part of his research, McGrew asked the children if visiting UAB made it more likely they would make it a goal to attend college. "Almost all of them said yes," he says. "That surprised me. When you're in fifth grade, you hope what they're saying will stick. I think it's still worth doing if for no other reason it shows them the opportunities and lets them know they are attainable."

Opportunity means aspirations

Chauncy Mack, the science chair at South Hampton, says the opportunity to visit UAB is a significant moment in the lives of their students. Many of the children come from working families, he says, but not necessarily college-educated parents. He believes it's important for the children to have an opportunity to learn about college and begin thinking about careers at an early age.

"Think about families in urban communities; college is not really on the plate at this early stage, in the fifth grade," Mack says. "There is no question getting the opportunity to come here changes that a little bit."

South Hampton principal Cedrick Tatum agrees. He says 90 percent of South Hampton's students are on free or reduced lunches, and any opportunity to show the children there are great possibilities for their future gives them hope.

"Showing the kids they have the ability to go on to college could be a key factor in decreasing those drop out rates in the future," says Tatum, who plans to continue much of the curriculum laid out by Project AIM. "And they need those opportunities. Opportunities build hope. Hopefully the hope fuels a desire."

Project AIM at South Hampton is in the final year of a grant jointly funded by the Center for Aging and the Center for Urban Education.

Use all your personal holidays by June 21 or lose them

UAB's policy on personal holidays, last updated in 2004, requires non-hospital bi-weekly-paid full-time regular employees to take any unused personal holidays by the last biweekly pay period with a June pay date.

This year, that means that employees in this category must take their personal holidays by the end of the June 8-21 pay period -- or they will be forfeited automatically.

The new personal holiday balance for the 2008/2009 period will be reflected on the June 22-July 5 pay period statement. Personal holidays must be taken prior to notice of termination; they will not be paid as terminal leave or during the period of notice.


If you have any questions, please contact the Benefits Office at 934-3458.
Smoke-breathing Blaze makes its trip ‘home’ to Bartow

The 7,000-pound concrete, smoke-breathing Blaze statue was dedicated April 29 in front of hundreds of faculty, staff and students on the concourse in front of Bartow Arena, just in time for commencement ceremonies May 3.

"UAB is a young university but we have a very rich history," UAB President Carol Garrison said during the dedication. "We are so proud of our competitive and innovative spirit that has won respect the world over. Blaze is a breath-taking, smoke-breathing symbol of that spirit."

UAB’s National Alumni Society commissioned the almost 10-foot tall, 16-and-half-foot long statue, said Rebecca Watson, associate vice president of Alumni Affairs & Annual Giving.

"The National Alumni Society is proud to be a part of bringing this icon to our campus," Watson says. "It gives us a chance to celebrate the pride of UAB together."

**Creating memories**

Nate Wolfe, an academic advisor in Biology, and Abbie Summers, assistant director of Financial Aid, formed a 16-person Committee on UAB Traditions this past year to recommend ways to increase school spirit. One recommendation was this statue.

"For these kids to be doing this, it's a feat; it's something special," Labriola says. "They feel unique. This gives them something to talk about and something that is special and strictly for them."

"Their self-esteem is boosted. It's a therapy in itself." Labriola says. Some of the children in Labriola’s class are fortunate that is special and strictly for them.

"For these kids to be doing this, it’s a feat; it’s something special," Labriola says. "They feel unique. This gives them something to talk about and something that is special and strictly for them."

"Their self-esteem is boosted. It’s a therapy in itself."

One parent commented that her son, who has specific developmental delays, is opening up in the therapeutic preschool and is making significant progress.

"He loves ‘Mrs. Lab,’ and he is very, very happy with what he’s been doing. For any parent that’s the main concern," she says.

Kathleen Claybrooke, executive director of Special Equestrians at Indian Springs, says she agreed to take Labriola's class even though they had never taken multiple children with emotional issues in a group setting. The results, she says, are astounding.

"They are so much more outgoing than when they first got here," she says. "The children talk to us and interact, answer questions, follow directions — things they didn’t do well when they started."

"I see many more smiles and less intimidation from them. They’ve gotten beyond many of their fears."

**Early intervention key**

The preschool is part of the Engle Day Treatment Program that provides integrated education and treatment of children and adolescents from preschool through high school.

The preschool-age children may be referred by school systems that take responsibility for identifying needs as they approach school age. They also are referred by other agencies that work with very young children, including programs like Head Start and United Cerebral Palsy.

The children in the school all have had developmental difficulties or emotional issues that complicate development and, sometimes, learning. They may be related to chronic illness or other factors. A Shepherd, director of the Child and Adolescent Psychiatry Division, says the earlier the intervention can take place the greater likelihood of future success for the child.

He says the school strives to identify and address emerging problems of significance at a young age to give the children a greater opportunity for school-age learning and overall better functioning. The equestrian program helps in addressing those issues, he says.

"The equestrian program is one of a number of components we are trying to provide that help them overcome fears, gain confidence, work on motor development and assist with normal aspects of their development while also trying to help them with any particular vulnerabilities they may have," A Shepherd says.

Some of the children in Labriola's class are fortunate enough to be a part of Special Equestrians because of scholarship donations. Others have to pay their child's way. It's not always an easy road for the parents to travel, but the journey is worth their time and investment.

One parent commented that his child was "in a shell" when she started. "She wouldn’t tell you if she was hurting, sick or feeling bad. She’s like a completely different child now."

"To me, what UAB and Mrs. Labriola do with the program is worth its weight in gold. They work with the children and the parents, giving us techniques that enable us to carry the instruction home and put it into practice," she says. "The results we’ve had are amazing. It’s helped give my child a better life."

If you are interested in finding out more about the Engle Day Treatment Program or other programs within the Department of Psychiatry or in learning about giving opportunities, contact Eve Brea at 975-7298 or erhea@uab.edu. You can also learn more online at www.uab.edu/psychiatry.

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Reaves leads new Undergraduate Research initiative

Christopher Reaves, Ph.D., is the director of the Office for Undergraduate Research, a clearinghouse to promote and facilitate research, scholarships and creative activities by students in all disciplines at UAB.

Reaves, formerly a project manager for the Center for Urban Affairs, is a specialist in community and local economic development, public policy and program evaluation.

His research has covered topics as diverse as public transit compliance with disability standards, effectiveness of domestic violence-prevention initiatives, education-delivery systems and economic development programs.

Reaves has spent the past decade conducting environmental and sustainable-development research and assisting local governments with their capacity to redevelop contaminated properties.

Reaves recently spoke to the UAB Reporter about the mission of his office.

Q. What are advantages to encouraging research at an earlier stage?
A. Working with a faculty mentor early in their college careers usually creates a greater connection with the university and the discipline and makes for a memorable and rewarding learning experience for the student.

In fact, research has shown that students who have a research experience tend to stay in school and graduate, as well as pursue advanced degrees. Building this educational depth into the framework of the undergraduate experience helps motivate students for the rigors of college life and infuses them with the necessary skills for success.

Q. What is your office developing to achieve these goals?
A. We just completed the inaugural and successful UAB Expo: An Exposition of Undergraduate Scholarship, during which more than 120 undergraduates presented their scholarly works to 250-plus attendees.

Our latest project is the U R Connected (Undergraduate Research Connected) Web application. This will be an online UAB marketplace where faculty can post research opportunities for undergraduates and browse student-researcher profiles. Students will be able to post their research interests and resumes and search available opportunities. This will enable a more systematic and comprehensive approach to connecting students and faculty.

Q. So, many researchers across campus will be able to benefit from the work of this office?
A. Absolutely. In fact, many researchers already are benefiting from undergraduate researchers on campus. We have some outstanding undergraduate students doing important work that contributes significantly to their respective disciplines. Plus, undergraduates often bring enthusiasm and fresh ideas and perspectives to a research project.

In an undergrad, a researcher will have someone they can count on for four years. Because of this, it is unwise of us to have undergraduates training the graduate students who are newcomers to the lab.

Plus, with undergraduates, researchers can mentor them on projects that have high-risk/high-return that they ordinarily would not be able to pursue.

Q. How does this strengthen UAB’s Quality Enhancement Plan (QEP)?
A. Students who conduct research often present at conferences and author or co-author papers. In order to do so effective-ly, students constantly must work on their writing and communication skills, which are main components of the QEP.

Plus, they often are performing advanced statistics and mathematical computations, thus ensuring quantitative literacy, another focus of the QEP. Furthermore, students engaging in undergraduate research must undergo training in the responsible conduct of research. This helps assure that the QEP goal for learning to make informed and ethical decisions is being met.

Q. Is UAB well-positioned to provide these opportunities to its undergraduates?
A. UAB is a world-renowned research institution with faculty who are leaders in their field.

You just don’t get the type and number of research opportunities available at UAB at other institutions, nor do you usually get faculty committed to incorporating students into their research. UAB certainly is unique in this manner.

More information about the Office for Undergraduate Research is available online at http://main.uab.edu/Sites/under-graduate-programs/academic-engagement/undergraduate-research/.

JeffCo award recognizes
Eye Care contributions

The School of Optometry Community Eye Care program has been honored by the Jefferson County Department of Health for its significant contributions to the health and well-being of residents.

Each week, supervised Optometry students rotate among the health centers in Bessemer, Ensley and northern Birmingham and provide vision screenings and comprehensive eye-care services. More than 600 people at the county’s three health centers received visual acuity tests, eye glass prescriptions and testing for glaucoma and other conditions.

The program also provided services for the United Cerebral Palsy Center of Greater Birmingham, health fairs and various preschools, elementary and middle schools throughout Jefferson County.

“Low vision and blindness affects thou-sands of Alabamians, and age-related macular degeneration, glaucoma, cataract and diabetic retinopathy are among the most common impairments,” said CEC program manager Jennifer Banks. “The earlier optometrists catch these condi-tions, the better the treatment options.”

Obituaries

Retired Senior Clerk Receptionist Elsie Bryant (Hospiral Patient Information), March 15.

Retired Radiation Technical Supervisor I Joel A. Permar (Radiology-Hospital), March 31.

Retired Call Center Supervisor Monique Lewis (Call Center), April 1.

Retired Senior Clerk Receptionist Bernice F. Kirkpatrick (Hospital Patient Infor-mation), April 2.

Retired LPN Evelyn Daniels (Ambulatory Dialysis), April 24.

Retired Associate Professor Frederick R. Lehmeyer (Foreign Languages), April 27.

 Christopher Reaves is the director for the new Office for Undergraduate Research. The office will enable students to begin research opportunities earlier in their careers, strengthening their scholastic experience.
Healthy African-American, Caucasian, and Hispanic children ages 7-12 needed for diabetes research. You may have Type 2 diabetes or have risk factors for diabetes. Compensation: $15-$30/hour. Contact: Dr. Khan 9-9678.

Girls ages 11-17 with schizophrenia. If your child has been diagnosed with schizophrenia or related symptoms of schizophrenia, they may be eligible to participate in a behavioral study to learn about the treatment and management of schizophrenia. Contact: Dr. Patel 4-4012.

Women: Are you over age 50? Yes, you may be eligible to participate in a study evaluating an investigational drug for type 2 diabetes. Participants will receive, medication to sleep, but who continue to have difficulty sleeping. A through sleep evaluation and insomnia treatment provided at no cost. Compensated. Swep Research Project, 1-877-210-9223.

Women: Are you a postmenopausal woman at risk for bone loss? You may be eligible to participate in a study that evaluates the effects of being in a Care Team for the past 2 years. You may be eligible to participate in a study comparing weight loss programs. This study is not a treatment program. Compensated. Dr. Parker 3-966-6270. Compensated.

Women: Are you over age 40 or older? You may be eligible for a study if it has been at least 1 year after your last menses and you have not taken hormone replacement therapy. Cheryl 996-6888.

Postmenopausal women age 45-80 with osteoporosis needed for a 1-year study to evaluate the effects of being in a Care Team for the past 2 years. You may be eligible to participate in a study comparing weight loss programs. This study is not a treatment program. Compensated. Dr. Parker 3-966-6270. Compensated.

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For Sale

Appliances & Electronics

The UAB Continence Center sees all types of urinary and fecal incontinence as well as pelvic organ prolapse. To find out if you qualify for care, call and let us evaluate your condition and offer the best treatment and therapy available. 1-877-5UAB-500.

UAB Family Practice Center is accepting new patients. Dr. R. Cooke offers a complete range of comprehensive health care services for your entire family. Call 934-1823.

UAB Hammonds Grove Health Care services for your entire family – from newborns to seniors. Contact us today. 624-0867.

UAB Personal Health Clinic specializes in confidential and expert care of STDs and vaginitis. Screening for genital herpes infection also available. Call for free dept. # 6-2780.

UAB Health Services for faculty/staff of UAB. Will stay at your bedside. Reliable/hospital references. Dorothy 934-0677.

Advantageous improvements: From painting to plumbing to irrigation, I can spruce up your home give me a call. 934-3160 or 281-6794.


UAB Pest Patrols offers you, the pest layer, the opportunity to have timeless pets photograph transformed into lasting and memorable pieces of art. Visit www.ephotoart.com.


Free in-home estimates. M.S. Hawkins 914-4587.

Jerry's 12 years experience; references upon request. Reliable, hard-working knowledgeable people.

You are lied of being overweight? Do you lack energy? Would you like to work out but lack finances? 910-4114: Let the help you need! Call 516-6260 for a free consultation.

Cleaning: need someone to clean; iron, wash and be a nanny? Dianne Thomas 834-3166 or 616-7486. References.

Let me supply you with your land- scape needs. Shrubs, bark and mulch, etc. Chris 587-4223.

Need a nice place for a special occasion? For your next wedding reception, birthday or anniversary party, call Chris 314-4306 for details. Bill 321-9917 or 4-6668.

Need a tutor? Hoover elementary teacher. I have affordable rates. Texts & e-mails to get to- gethers with all students. All subjects through 5th grade. Alice 807-9037.

Home Daycare operator of combined experience services: include meals, housing, cleaning, baby sitting, etc. Call John 256-202-9027/465-8500.

I will DJ your party or event. Sophisticated DJ for adult parties with intelligent music, fun, food, professional touch. 426-4341.


Professional videographer, $89; 10' x 10' waterslide, $125); all rent for $350. Melanie or John 367-6573/karen@mdspreps.com. Affordable quality, cheap rates. David 5-0269.

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