Technology empowers children at Camp TNT

Ravin Mitchell's face lit up when she saw Homewood Middle School classmate Blaine Mayo at Camp Terrific New Technology (TNT), a summer camp for children who have difficulty speaking.

Mitchell ran up to Mayo, slid her arm around him and said hello.

Mayo, responding through his Voice Output Communication Aid (VOCA), looked up at Mitchell with a big smile as he said, “Get out of my face.”

The comment made Mitchell — not to mention everyone else in the room — laugh. It also showed the power of technology and the impact it can have on children who have difficulty speaking.

The Camp TNT pilot program, held in June at United Cerebral Palsy of Greater Birmingham, featured a variety of technologies that enable children who have physical or cognitive problems communicating to improve their access to communication technologies and develop a social network.

“Giving a child a way to talk and communicate is a life-altering opportunity for them,” says Betty Nelson, Ph.D., associate professor in the School of Education and camp coordinator. “The ability to communicate changes whether or not these children will be able to be employed or even the supported-living facility they can qualify to live in.

“We’re trying to establish a communication system and help the schools these children attend know what to do to help the children advance.”

Flexibility in learning

Camp TNT held three separate four-day long sessions for children in grades K-5, 6-8 and 9-12 from June 9-26. More than 40 UAB students majoring in special education assessed each camper’s needs and disabilities to determine which technologies would enhance their camp experience and their daily lives. These included talking books, communication boards and voice output systems, MP3 players, touch screens, talking pedometers, virtual reality technology and other devices.

Facebook and MySpace pages were a focus for the high-school campers.

Webskins was the popular choice of children dominating!

The UAB Gospel Choir can now be heard on XM Radio’s Spirit Channel 33 play list – and the choir is the only independent recording artist being played on the channel.

SNA sending comfort items to U.S. Army nurses in Iraq

Patsy Dudley walked into her office one morning last month and immediately felt like she had been transported somewhere else.

“It looked like a Wal-Mart,” she says.

Flip flops, deodorant, shaving cream, AAA batteries, infant clothes, shampoo, conditioner and coffee were among the items stacked floor to ceiling. Her office was the staging area for the Student Nurses Association (SNA) project Nurses Helping Nurses. The group has been actively seeking donated items to send to U.S. Army nurses serving at a hospital in Iraq in an effort to help both the nursing staff and the Iraqi people.

They began sending boxes of supplies in early May, and have mailed more than 40 boxes of toiletries, batteries, bed sheets, microwave popcorn and other items.

“We do community projects, educational projects, fund raisers, and we assist with things here at the school, but we hadn’t yet taken on a project with global reach,” says Dudley, advisor of the SNA. “When this came along, it was the perfect opportunity to tie what we were doing as an organization in with the mission of the school.”

Stephanie Ensminger, a third-semester nursing student and president of the SNA,
Pam King to sign copies of new book

Pamela King, assistant professor of history, will have a book signing for her new manuscript on the history of Operation New Birmingham. The event will be held at 5:45 p.m. Thursday, July 10, at Reed Books downtown, 205 Third Ave. N.

Operation New Birmingham (ONB) is a non-profit, public/private partnership between the city of Birmingham, Jefferson County and the private business community. The organization’s mission is to promote economic development in Birmingham’s city center and racial justice.

Her book, Fifty Years and Counting: A History of Operation New Birmingham, is an account of the ONB, formally known as the Birmingham Downtown Improvement Association, which was begun in the late 1950s by a group of Birmingham businessmen interested in preserving the city’s downtown business district. The BDIA changed its name to ONB in 1963.

For more information, contact the UAB Department of History at 934-5634. For directions, call Reed Books at 326-4460.

Faculty: Fall course development should occur in Bb Vista 4

Beginning this fall, all UAB courses — except labs, independent studies and seminars — will automatically be issued a virtual classroom (Bb Vista 4) with a UAB template.

The virtual classrooms for fall were not available the week of June 30 to faculty in Business, Engineering, Humanities, Joint Health Sciences, Public Health, Optometry and Social & Behavioral Sciences for preparation. They were being moved from Vista 3 to Vista 4.

Active summer courses continued uninterrupted in Bb Vista 3.

Faculty will receive an e-mail with instructions on how to access a temporary location for Bb Vista 4 to continue development of fall courses. All course development for fall should occur in Bb Vista 4.

The entire system will be upgraded to Bb Vista 4 between Aug. 9-12, and all courses will be migrated. Bb Vista 3 courses will be available in read-only mode to enable faculty access to view grades, but no changes to content or grades can be made during that time. After August 12, Bb Vista 3 will not be supported.

Bb Vista 4 should be active and open to faculty and students by Aug. 13.

Faculty new to preparing a virtual classroom using Bb Vista may contact an instructional design specialist for assistance at www.uab.edu/it/instructional/technology/about.html. Information about Bb Vista 4 training classes for all users is available at www.uab.edu/it/instructional/technology/training/calendar.html.

Contact Matthew Jennings at mjennings@uab.edu or 975-6545 if you did not receive an e-mail on how to access fall courses, or if you have any additional questions.

UAB Gospel Choir song earns place on XM Radio and countdown charts

The UAB Gospel Choir release “After You’ve Prayed About It” is on XM Radio’s Spirit Channel 33 play list – and the choir is the only independent recording artist being played on the channel.

Jay Bryant, program director at XM Radio, phoned Choir Director Kevin Turner two weeks ago to give him the news. The track, from the new album Gospel 101: Go Dominate! debuted at No. 23 on Spirit’s rankings the week of Friday, June 20, among artists such as Phil Tarver, Regina Belle, Kirk Franklin and Image.

Now the single sits at No 4 on the chart for the week of July 4.

“This truly is incredible news and something I’m certain the students enrolled in Gospel Choir are cherishing as much as I am,” says Turner. “Even with our previous recordings we were not elbow-to-elbow-with renowned recording artists and Grammy award-winners – and that was when we had record deals in hand.”

The choir also was added to The Myriad Gospel Music Countdown on June 29. The Countdown is a one-hour weekly recap of the Top 10 gospel albums in the country and is heard in more than 30 radio markets across the country, including Birmingham. Ron Marshall, a disc jockey at Kiss 98.7 FM in Birmingham, informed Turner of that honor.

“Howard a day goes by that I don’t get a phone call or an e-mail from a DJ sending a compliment or asking for additional copies for sister radio stations,” Turner says. “While we’re grateful for this exposure, I would be remiss if I didn’t thank our local stations WAGG, Wave, Kiss 98.7 FM, JAMS 95.7 FM and WATV 900 Gold for the love and support they’ve given us.”

Turner says Melvin “Jay” Terry, producer of the album, the band and all of the students deserve credit for making the project a success.

“Everyone involved has made this project an amazing experience,” Turner says.

“I hope that because of its success we will be able to continue recruiting students to our university to consider a music degree.

“We have new facilities and studios, incredible faculty, we’re an All-Steinway School, a trend-setter in music technology and we also have tremendous support on campus.”

The Gospel 101: Go Dominate! CD/DVD is available on campus at Barnes & Noble in the Hill University Center and can be ordered online at www.cdbaby.com/uabgospelchoir. The project also is available online at iTunes and Amazon.com. Visit www.uabgospelchoir.com and www.myspace.com/uabgospelchoir for videos and other information.
Friend’s diabetes diagnosis prompts teens to donate

Cody Short, a junior at John Carroll, was diagnosed with Type II diabetes this past fall. Her diagnosis gave friends in her Jack and Jill of America Teen Group an up-close look at the ways disease can change your life.

The teens hosted a Christmas Gala this past December to raise money and donated it to the UAB Comprehensive Diabetes Center to aid in research efforts to find a cure. Teen Group President Bianca Taylor said the $400 check from the Birmingham chapter presented a $400 check this past month.

John Corbett, Ph.D., director of the center, accepted the check along with gradu-ate students Aaron Baldwin and Katie Hughes.

“This is a spirit that is just amazing,” Corbett said. “What these kids have done in raising this money is extraor-
dinary. It is a generous gift that we will certainly put to good use in the labora-
tory.”

Carol McElderry, teen sponsor, says Short’s diagnosis made the children aware they are in an age group that can be affected by diabetes.

“I think her personal testimony raised awareness to them of an issue and a disease they’ve probably never thought about before,” McElderry says. “They hear older people complain of ailments and complications, but they are aware now it can affect them, too.”

The Comprehensive Diabetes Center has thrived on the generosity of the community and the determination of expert researchers and physicians to make strides in treating diabetes and bring hope for a cure. Graduate student research has been done in immunity and autonomous mechanisms that cause diabetes, experi-
menting with new treatments and even successfully transplanting healthy islet cells into the body of a diabetic patient.

Corbett, Baldwin and Hughes fielded questions from the group and gave them a tour of the Shelby Building labs. Finding a cure, and the likelihood of that happening, also was on the mind of several children, including Baldwin, who has Type I diabetes.

Corbett gave students advice on the best way to combat the disease.

“I think their dreams and expectations are the same as anything else,” he said. “Keep working at it and making progress is really what’s important.”

The Comprehensive Diabetes Center has an ongoing fundraising effort to continue research. More information and ways to support the center can be found online at www.uab.edu/cdc.

Campus news

July 7, 2008 UAB Reporter 3
Triathlete physician’s focus is on women’s sports medicine

Sophia Lal, D.O., loves to swim, bike and run — so much so that she often participates in triathlons. “I like to train, and I like to race,” she says. Athletes, professional and amateur, constantly work to keep their bodies at peak performance, and no time is more frustrating than that spent rehabilitating an injury. Lal understands that fact both as an athlete and as a sports medicine physician in the departments of Physical Medicine and Rehabilitation and Orthopedics. She recently joined UAB and sees patients at UAB Highlands and UAB Sports Medicine Clinic at Children’s Hospital.

“As an athlete, I understand the mindset of someone who has a sports injury,” Lal says. “Being pulled back from training is something none of us wants. I do my best to be creative at times like this so that the patient has something to do after their visit with me; even if it means they cannot participate in their usual sport.”

Although Lal treats men, women and children, her focus is on women’s needs, and she is creating a women’s sports medicine clinic. She also will be one of the new UAB Women’s Athletics team physicians.

“I would like for those female athletes face to be specific to them as women,” Lal says.

Some of the comforts of home needed by U.S. Army nurses are:

For the patients
- Flip flops, all sizes
- Liquid soap (Old Spice, Irish Spring)
- Deodorant
- Shaving cream
- Gold Bond powder
- Patient gowns
- AAA batteries
- Infant hats, clothes, socks, blankets
- Twin-sized flat sheets
- Shampoo and conditioner
- Shower gels
- Pecaboosh fabric dryer sheets
- Coffee + Chocolate
- Microwave popcorn

“Tackling care of the Iraqi nationals in addition to our soldiers,” Dudley says. “In doing so, sometimes they don’t have everything they need.” The SNA created the Nurses Helping Nurses project as a way to get them comfort items from home for themselves — and items such as newborn baby clothes and blankets to give the Iraqi families leaving the hospital with a new child.

For injuries and stress fractures. Emotional signs include mood changes, decreased ability to concentrate and depression.

“As a physician who takes care of a girl who has the Triad, I am a team leader,” she says. “I may need the help of several other people including the pediatrician, orthopedic surgeon, endocrinologist, sports psychologist and sports dietitian. It takes a large group of people to affect the teenage girl and her eating habits, and having access to these specialties at UAB is a tremendous resource.”

Exercise is medicine

In addition to the women’s sports medicine clinic and Triad research, Lal also incorporates Exercise is Medicine™, a national initiative that calls for physical activity to be considered by all health-care providers as a vital sign in every patient visit. It also asks that patients be counseled about their physical activity. The ultimate goal is to kick start an overall improvement in the public’s health and long-term reduction in health-care costs.

“I think Exercise is Medicine could really mushroom in this area,” Lal says. “Some parts of the country are writing exercise prescriptions, and local gyms are setting up workout programs. It’s a great approach to improving the health and physical fitness of the community at large.”

If you are a physician or caregiver interested in working with Lal, e-mail her at slal@uab.edu or call 934-3490.

SNA

CONTINUED from page 1

liked the idea, too. The group placed boxes throughout the UAB School of Nursing and made announcements related to eating and may be as simple as not taking in enough calories or enough rest, she might be lighter on the scale, but it could affect her performance in a negative way.”

Restrictive dieting, binge eating, induced vomiting and excessive use of laxatives and prolonged exercise are prominent signs of low energy availability. Physical signs of the triad include noticeable weight loss, cold hands and feet, dry skin, hair loss, absent or irregular menstrual periods, increased rate of injury, delayed healing time and strength. They may then be more likely to have stress fractures and can even develop osteoporosis, even at a young age.”

Any factor that increases energy expenditure or reduces energy intake would be considered a risk factor. These issues include prolonged exercise training to develop greater endurance or to promote weight loss; dieting to lose weight or fat for participation in sports that require a thin body or weight classes, to improve performance or to improve appearance; perfectionist personality traits; decreased eating with family and friends; and the attitude that excessive exercise and weight-loss does not affect performance.

“Eating issues in America can start at a very young age,” Lal says. “If I tell a high-school track star to eat a little more or cut back on her exercise intensity and frequency, she’s not going to like me. If she is not careful about getting enough calories or enough rest, she might be lighter on the scale, but it could affect her performance in a negative way.”

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Healthy volunteers under the age of 65 needed for study of memory in aging. Subjects may have mild memory loss, are healthy, and take no medications. Women age 60 and older wanted to exercise. Women with or without diabetes needed. 3-8966. Eila Maddox 5-1980.

Are you a postmenopausal woman at increased risk for breast cancer? You may be eligible to participate in a breast cancer prevention study. Call Jena Faut 5-1980.

Women needed for vaginal bacteria study. If you have had a recent pelvic exam, you may participate in a study involving the collection of bacterial samples. This study measures the presence of bacteria such as bacterial vaginosis or urinary tract infection. You will not receive payment. Call 934-8586.

Are you an African American female under/graduate student? You may have an interest in a walking study. Compensated. Michael Harris 939-5277.

Are you an overweight (BMI > 30) woman 19-50? If so, you may be eligible for a brain imaging (MRI) study of decision-making. Compensated $10,860 (average of $30) for the lab session and $20,810 (average of $70) for a study investigating the brain imaging and decision-making. Call 4-1776.

Are you a woman age 40-50 possibly at risk for breast cancer? You may qualify to participate in a study to evaluate insulin resistance. You will receive at no charge: study medication, physical exam, lab work, cardiac MRI and exercise.

Are you a woman age 60 and older wanted to exercise? Women with or without diabetes needed. 3-8966. Eila Maddox 5-1980.

Are you a woman age 65 and older interested in a healthy lifestyle program? Call 934-8586.

Are you a woman age 65 and older interested in a clinical research study? Call 934-8586.
For Sale

Appliances & Electronics

Wi game system, new in box. 910-359-3365.

Automobiles

- 07 Toyota Camry LE, 4-cyl, 3.00L, red. $10,900 with no accidents; 56,000 miles. 567-1261-5340.
- 05 Chevrolet Cavalier, 4-cylinder, 4-door, tan, 15,500 miles, in excellent condition. Under warranty. Kelly BBQ rated excellent. Becky Rebecca@dacll.ccsu.edu. 1- 209.
- Lexus ES300, 15,000 miles, silver/grey, leather, 5,000.00, good condition. 614-554-0585.
- 04 Cadillac SRX, V8, automatic, tan. $13,400.00. 503-554-2583.
- 07 Chrysler Sebring, great cond. 9800 or take over payments. 356-3513.
- 05 Lexus RX330, 4-cyl, tan, automatic, 35,000 miles, good condition. 614-554-2583.
- 94 Nissan 300 ZX turbo $900. 503-554-2583.
- 03 Toyota Corolla, 15,000 miles, grey, automatic, 614-554-2583.
- 06 Toyota Rav 4, automatic, grey, 21 city mpg 29 highway. 362-3410-7463.

For Sale

Automobiles

- 2 sport alloy rims for a '99 ford taurus cond; can work for '98 & '97, asking $150/obo/
- Antique mahogany corner china cabinet $30; elegant Macy’s comforter set, new, $50.
- 6  uAb reporter July 7, 2008
- 3-position lift chair, $150. 4-8230/ reid1747@, rose color, comfortable medical lift chair: 14’ ladder, pedestal bird bath, 996-9679/ janac@peds.uab.edu.
- exersaucer smartsteps
- insured with all the papers and lifetime warranty $100. 680-0066.
- Miscellaneous
- 979-9476.
- Automobiles
- wii game system
- shampoo chair and hair dryer, in good cond, will 567-1241/663-5340.
- 56,000 mi, good cond, $13,900. 595-0443.
- model 208, AC, exc cond, new awning '03 lexus es300
- '04 Volvo 940 turbo wagon
- regularly, $10,000. 527-4781.
- offer considered. 477-7637/410-8047.
- ’93 ford explorer 4-4480/ jannovak@uab.edu.
- ’07 lexus gs440, v-6, 5 spd, leather, 33,000 mi, $16,500/ 219-128-8181.
- ’06 lexus is250, 6 cyl, 53,000 mi, red/ black/tan leather & wood trim, ’97 ford explorer
- 4-4480/ jannovak@uab.edu.
- ’06 lexus lx470, black, 20k, all wheel drive, awesome," sale inquiries encouraged! 966-3574.
- ’09 lexus rx350, king headboard, dresser, 2 separate laundry rm, all appliances, large rooms and closets, located on cul-de-sac, convenient to UAB. 979-9476.
- ’06 lexus ls430, 4 cyl, 53,000 mi, red/ black/tan leather & wood trim, ’97 ford explorer
- 4-4480/ jannovak@uab.edu.
- ’09 lexus gx460, king headboard, dresser, 2 separate laundry rm, all appliances, large rooms and closets, located on cul-de-sac, convenient to UAB. 979-9476.
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Moorwalk rental: $99 for 4 hrs. Includes delivery, setup, clean-up, cards, tablecloths, canopies, tables & chairs for rent. 251-587-2117.


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