UI researchers: Exercise adds years and quality to life

Get moving – and get happy

A research team led by kinesiology professor Edward McAuley found that seniors who engaged in regular physical exercise not only lived longer, but they also greatly enhanced their physical and mental functioning and were happier. The study, which assessed the activity levels and quality of life of 174 men and women over a five-year period, appears in the current issue of the Annals of Behavioral Medicine.

“The implications of our work are that not only will physical activity potentially add years to your life as we age, but the quality of those years is likely to be improved by regular physical activity,” McAuley said.

Results of the study appear in an article titled “Physical Activity Enhances Long-Term Quality of Life in Older Adults: Efficacy, Estem and Affective Influences,” published in the current issue of the Annals of Behavioral Medicine. Co-authors with McAuley on the report are UI kinesiology professor Robert W. Moote, psychology professor Ed Diener; and current and former graduate students Steriani Elavsky, Liang Hu, Gerald J. Jerome, James F. Komppa and David X. Marquez.

The UI research indicates positive psychosocial and cognitive outcomes — in effect, significant quality-of-life gains — among participants who remained physically active long after they began an initial randomized, six-month exercise trial consisting of walking and stretching/toning exercises. Results were gleaned from a battery of surveys and assessments administered at one- and five-year intervals following the initial exercise regimen.

McCauley said the study — which assessed physical activity levels, quality of life, physical self-esteem, self-efficacy and affect in a large sample (174) of adults over age 65 — is believed to be the only one to date to examine the relationship between physical activity and quality of life over such a long time. “Self-efficacy,” McAuley noted, can be defined as “the belief, or self-confidence, in one’s capacity to successfully carry out a task”; while “affect” refers to reported levels of happiness or contentment.

The researchers found that participants who continued to be physically active a year after baseline responses were recorded — through engagement in leisure, occupational or home activities, such as house-cleaning or gardening — “were fitter, had higher levels of self-efficacy and physical self-esteem, expressed more positive affect and reported, in turn, a better quality of life.” Increased physical activity over time, as indicated by results of the five-year follow-up, “was associated with greater improvements in self-esteem and affect. Enhanced affect was, in turn, associated with”

“Better quality-of-life activity and quality of life over time, as indicated by results of the five-year follow-up, ‘was associated with greater improvements in self-esteem and affect. Enhanced affect was, in turn, associated with’ 

NCAA OKs names ‘Illini,’ ‘Fighting Illini’

Chief Illiniwek remains an issue

On Nov. 11, the NCAA agreed with the UI Board of Trustees that the use of the nicknames “Illini” and “Fighting Illini” are not reasons for including the university on the list of schools subject to its policy banning Native American names and symbols.

In a split decision, the NCAA approved the use of the names Illini and Fighting Illini by the UI, but the staff review committee rejected the university’s arguments regarding the Chief Illiniwek tradition.

The NCAA’s decision on the names “Illini” and “Fighting Illini,” based upon the information provided by the university and on the NCAA’s own research and discussions with Native American groups, concurred with the university’s position that the term “Illini” is closely related to the name of the state and is not directly associated with Native Americans.

Wind turbines, solar power to bring renewable energy

In the coming years, wind and sunlight will help generate power at the UI’s Urbana-Champaign campus, thanks to a blossoming student-initiative and a $2 million grant from the Illinois Clean Energy Community Foundation.

Three 1.5-megawatt wind turbines will be built in the South Farms area. The campus will use all of the electricity generated — about 10.6 million kilowat-hours a year. The wind turbines also will be used as teaching tools and in research in several academic disciplines. The ICECF also gave $186,500 toward solar panels on a new College of Business facility.

“We are proud to work with the Illinois Clean Energy Community Foundation in promoting sustainable energy technologies to benefit the university and the state,” said Chancellor Richard Herman.

The $2 million grant includes $600,000 in a two-for-one match tied to $300,000 to be allocated for the $5.7 million project from a student-approved fee that began in 2003. Students for Environmental Concerns — the oldest student-run environmental organization on campus — proposed the fee. The UI will cover most of the remaining costs.

Additional funding

Lt. Gov. Pat Quinn, center, talks with Interim Provost Jesse Dela, left, and Rebeca Guajardo, University YMCA program director, after a news conference on Nov. 13 announcing a $2 million grant for three wind turbines for campus. The YMCA sponsors the student group that proposed the student fee to help fund cleaner campus technologies.

Lab safety

A new survey is asking those who work in campus labs what training programs and materials they need to help improve safety.

Sweet retirement

Retirement means something different for each individual. We feature two recent retirees and tell you how they fill their days.

INDEX

BRIEF NOTES 13
CALENDAR 14
DUNNS
On the Job 2
On the Web www.news.uiuc.edu/ii

Nov. 4, 2005
Vol. 25, No. 10
www.news.uiuc.edu/ii

By Melissa Mitchell
News Bureau Staff Writer

Exercise is a lot like spinach — everybody knows it’s good for you; yet many people still avoid it, forging its potential health benefits.

But UI researchers who study the effects of exercise on aging point to new findings that may inspire people to get up, get out and get moving on a regular basis. The research team, led by kinesiology professor Edward McAuley, found that previously sedentary seniors who incorporated exercise into their lifestyles not only improved physical function, but experienced psychological benefits as well.

“The implications of our work are that not only will physical activity potentially add years to your life as we age, but the quality of those years is likely to be improved by regular physical activity,” McAuley said.

Get moving – and get happy

A research team led by kinesiology professor Edward McAuley found that seniors who engaged in regular physical exercise not only lived longer, but they also greatly enhanced their physical and mental functioning and were happier. The study, which assessed the activity levels and quality of life of 174 men and women over a five-year period, appears in the current issue of the Annals of Behavioral Medicine.

“The implications of our work are that not only will physical activity potentially add years to your life as we age, but the quality of those years is likely to be improved by regular physical activity,” McAuley said.

Results of the study appear in an article titled “Physical Activity Enhances Long-Term Quality of Life in Older Adults: Efficacy, Estem and Affective Influences,” published in the current issue of the Annals of Behavioral Medicine. Co-authors with McAuley on the report are UI kinesiology professor Robert W. Moote, psychology professor Ed Diener; and current and former graduate students Steriani Elavsky, Liang Hu, Gerald J. Jerome, James F. Komppa and David X. Marquez.

The UI research indicates positive psychosocial and cognitive outcomes — in effect, significant quality-of-life gains — among participants who remained physically active long after they began an initial randomized, six-month exercise trial consisting of walking and stretching/toning exercises. Results were gleaned from a battery of surveys and assessments administered at one- and five-year intervals following the initial exercise regimen.

McCauley said the study — which assessed physical activity levels, quality of life, physical self-esteem, self-efficacy and affect in a large sample (174) of adults over age 65 — is believed to be the only one to date to examine the relationship between physical activity and quality of life over such a long time. “Self-efficacy,” McAuley noted, can be defined as “the belief, or self-confidence, in one’s capacity to successfully carry out a task”; while “affect” refers to reported levels of happiness or contentment.

The researchers found that participants who continued to be physically active a year after baseline responses were recorded — through engagement in leisure, occupational or home activities, such as house-cleaning or gardening — “were fitter, had higher levels of self-efficacy and physical self-esteem, expressed more positive affect and reported, in turn, a better quality of life.” Increased physical activity over time, as indicated by results of the five-year follow-up, “was associated with greater improvements in self-esteem and affect. Enhanced affect was, in turn, associated with” the use of the names Illini and Fighting Illini by the UI, but the staff review committee rejected the university’s arguments regarding the Chief Illiniwek tradition.

The NCAA’s decision on the names “Illini” and “Fighting Illini,” based upon the information provided by the university and on the NCAA’s own research and discussions with Native American groups, concurred with the university’s position that the term “Illini” is closely related to the name of the state and is not directly associated with Native Americans.

In a split decision, the NCAA approved the use of the names Illini and Fighting Illini by the UI, but the staff review committee rejected the university’s arguments regarding the Chief Illiniwek tradition.

The NCAA’s decision on the names “Illini” and “Fighting Illini,” based upon the information provided by the university and on the NCAA’s own research and discussions with Native American groups, concurred with the university’s position that the term “Illini” is closely related to the name of the state and is not directly associated with Native Americans.

In the coming years, wind and sunlight will help generate power at the UI’s Urbana-Champaign campus, thanks to a blossoming student-initiative and a $2 million grant from the Illinois Clean Energy Community Foundation.

Three 1.5-megawatt wind turbines will be built in the South Farms area. The campus will use all of the electricity generated — about 10.6 million kilowat-hours a year. The wind turbines also will be used as teaching tools and in research in several academic disciplines. The ICECF also gave $186,500 toward solar panels on a new College of Business facility.

“We are proud to work with the Illinois Clean Energy Community Foundation in promoting sustainable energy technologies to benefit the university and the state,” said Chancellor Richard Herman.

The $2 million grant includes $600,000 in a two-for-one match tied to $300,000 to be allocated for the $5.7 million project from a student-approved fee that began in 2003. Students for Environmental Concerns — the oldest student-run environmental organization on campus — proposed the fee. The UI will cover most of the remaining costs.

Additional funding

Lt. Gov. Pat Quinn, center, talks with Interim Provost Jesse Dela, left, and Rebeca Guajardo, University YMCA program director, after a news conference on Nov. 13 announcing a $2 million grant for three wind turbines for campus. The YMCA sponsors the student group that proposed the student fee to help fund cleaner campus technologies.

Lab safety

A new survey is asking those who work in campus labs what training programs and materials they need to help improve safety.

Sweet retirement

Retirement means something different for each individual. We feature two recent retirees and tell you how they fill their days.
Chancellor pledges Illinois will ‘develop the whole student’

By Sharita Forrest
Assistant Editor

UI President B. Joseph White says his top priority for the next five years is strengthening academic programs, making significant progress in addressing the backlog of deferred maintenance projects and enhancing the quality of education, facilities, and teaching and research.

“I believe we can achieve substantial new sources of revenue, but it takes a period of investment to do it,” said White, who added that between 2012 and 2015 he hopes to see an increase in grants and contracts funding, state support and new revenue.

White told trustees that he had prepared the first draft of a strategic plan for the university and consulted with 100 senior administrators about it on Nov. 15. He also encouraged the faculty and staff members to present ideas for the university’s planning initiative to the Board of Trustees on Jan. 22.

Jim Muscarella, vice chancellor for administrative services at UIC, told trust-

On the Job

Sheila Maxwell

Sheila Maxwell has been a nurse practitioner at McKinley Health Center since 1995. She grew up in the rural Champaign area and is the oldest of nine children. After her initial undergraduate work at the University of Wisconsin and the birth of her two children, she thought it was time to pursue her true career interest. Maxwell went back to school and earned an associate degree in nursing from Olney Junior College, a bachelor’s degree in nursing from Southern Illinois University at Edwardsville, and a master’s degree from UIC. Previously working in hospitals, clinics and schools, Maxwell now enjoys her duties as a women’s health nurse practitioner and ob-gyn sonographer for the Women’s Health Clinic at McKinley Health Center.

Did you always want to be a nurse practitioner?

No, I wouldn’t say always. I knew when I married that I wanted eventually to go back to school. I just didn’t know what I wanted to do. After we had our first child, I thought, well this is so neat. I want to keep doing this. As the oldest of nine children, I knew I didn’t want to have or raise nine children. I chose to go to nursing school so I could be an obstetrical nurse. Additionally, nursing is a very flexible degree that works well with having a family.

What kind of work did you do before McKinley?

I was an obstetrical nurse for the maternity department of St. Anthony Hospital in Effingham for 20 years. The last eight years of that time I also worked full time at Marshall Clinic as a nurse, surgical assistant and sonographer at an obstetrician/gynecologist’s office. In 1992, I returned to school to become a nurse practitioner because I was frustrated with my job as an office nurse. I decided I was either going to return to college to get my degree as an advanced practice nurse or return to the hospital full time. I thought that if I were going to earn an advanced degree, I should get on with it, because I wasn’t getting any younger.

I have been happy that I returned to graduate school. I am credentialed as a sonographer, a women’s health nurse practitioner and a certified nurse midwife (although I am not employed as a midwife). My favorite job was being an obstetrical nurse, but there comes a time in your life when staying up all kinds of crazy hours is not as easy. Working as a nurse practitioner at McKinley Health Center is a very rewarding and satisfying career.

What is your favorite part of working with students?

The students are very stimulating. They come from a large variety of cultures and geographical locations, and they are very motivated to be healthy. Someone comes in with a problem and she gives you her piece of the puzzle, I give her more pieces. And then, doing an exam and further diagnostic tests, I can usually figure out the answer, but sometimes I refer her to another healthcare provider. I enjoy teaching my patients to have good providers of their own research. I have the actual potential to harm human subjects, while allowing disciplines that pose little risk, such as the social sciences and journalism, to establish their own research protocols. A public discussion of the report will take place from 3:30 p.m. to 4:30 p.m. Nov. 17 in the Max Rowe Auditorium of the Law Building.

Boards that oversee human-subject research need overhaul

By Mark Reutter

University Institutional Review Boards, which oversee research involving human subjects, need to be revamped to avoid the “mission creep” that is threatening academic freedom and restricting research on the nation’s campuses, according to a report by UI researchers and scholars. The report lays out recommendations to help IRBs better balance their mission. The report, “Improving the System for Protecting Human Subjects: Counteracting IRB Mission Creep,” can be viewed at www-.law.uiuc.edu/conferences/whitepaper/

A public discussion of the report will take place from 3 to 6 p.m. Nov. 17 in the Max L. Rowe Auditorium of the Law Building. The discussion will feature a speech by Steven J. Brecricker, executive director for science at the American Psychological Association.

Review boards were established in the 1960s to examine medical and biological research involving human subjects in the wake of several scandals involving unethical or harmful human experiments funded by federal dollars. The boards have since evolved into review mechanisms for nearly all research involving human subjects at educational and medical-research institutions.

According to C.K. Gunsalus, an expert in law and bioethics and a general professor who is the report’s main author, the red tape caused by some IRB panels has bred contempt among researchers, rather than paved better understanding of the importance of ethical conduct.

The report calls upon universities and professional organizations to gather data on the effectiveness of IRBs, develop “best practices” standards for the boards and institute more flexible regulations for social science research.

IRB regulations originally were applied just to medical institutions that received federal research grants to study human subjects. Over time, universities have extended the rules to review research both financed and not financed by the taxpayer.

The “mission creep” encouraged by universities to avoid potential human-subject scandals or lawsuits has been the source of much consternation among researchers who sometimes must submit reams of paperwork in order to justify routine surveys and interviews.

Too much time is spent on form over substance in the IRB process,” Gunsalus said, which delays research and can impair the integrity of study designs without any evidence of correcting possible abuses. The report recommends that IRBs develop a priority system to concentrate on research that poses the greatest potential for human-subject harm. “It is important to focus IRB scrutiny and resources where they are most needed and where they are most appropriate,” the report noted. “We must abandon the ‘one-size-fits-all’ mindset for identifying and reviewing all covered research.”

Because of the biomedical roots of the oversight system, many campus IRBs apply medical protocols to social science disciplines where there is little risk that a poorly designed protocol could result in serious injury. Gunsalus cites the example of an English professor writing an autobiographical essay who was investigated for not obtaining IRB approval before writing a memoir.

Another recommendation calls for journal and oral history to be exempt from IRB regulations. “Such professional activities are quite distinct from biomedical research,” the report said. Concerns about the conduct of these activities are better left to those bodies, such as department reviews, that are competent to judge them,” the report said.

The report calls for a more common-sense approach to proper ethical conduct and informed consent. The report is the outgrowth of an April 2003 conference convened by the Illinois Center for Advanced Study, which gathered researchers to discuss human-subject research. The conference is the outgrowth of an April 2003 conference convened by the Illinois Center for Advanced Study, which gathered researchers to discuss human-subject research.

In addition to Brecricker’s presentation, the Nov. 17 public discussion will include comments by members of the report’s steering committee.

The steering committee includes Edward M. Bruner, professor of anthropology; Nicholas C. Burbules, professor of educational policy studies; Leon Dush, professor of Afro-American studies, of journalism and of law; Matthew W. Finkin, professor of law; Joseph P. Goldberg, professor of medical ethics and law; William T. Greene, professor of psychology and director of the Center for Advanced Study; Gregory A. Miller, professor of psychology; and Michael G. Pratt, professor of business administration.

Rethinking research protocols

C.K. Gunsalus, a professor of law, is the main author of a report that recommends implementing a priority system for university Institutional Review Boards so that they concentrate only on research activities that have the actual potential to harm human subjects, while allowing disciplines that pose little risk, such as the social sciences and journalism, to establish their own research protocols. A public discussion of the report will take place from 3:30 p.m. to 4:30 p.m. Nov. 17 in the Max Rowe Auditorium of the Law Building.
UI classics department celebrates 100th year

By Andrea Lynn
News Bureau Staff Writer

The celebration, “Over One Hundred Years of Classics at the University of Illinois,” took place on Nov. 9; a companion display on the first floor of the University Library will be on view through the end of the month.

According to Kirk Freudenburg, head of classics, the department is one of the oldest in the country and since its inception in 1905 “has been one of the leading classics departments in North America.”

Over the years, the department faculty has included such world-class scholars as William Abbott Oldfather, Karen Davio, Perry and Alexander Turyan. Not to be outdone, “the current faculty has achieved an international reputation in all areas of classical scholarship,” Freudenburg said, and classics professors/editors nominated to become a “senior scholar” awards and is given to the best society article on comparative criminal procedure.

Laurian J. Unnevehr, professor of agricultural and consumer economics, is one of nine new appointees to the National Agricultural Research, Extension, Education and Economics Advisory Board, which deals with USDA research. A former president of the American Agricultural Economics Association, Unnevehr will represent national organizations concerned with agricultural research, education and extension. Her research has examined the impact of food regulation on producer and consumer welfare, as well as consumer demand for food safety, quality and nutrition in food.

The walking club This 1914 photograph may have been the start of “the walking club.” The club, founded in 1914 by William Abbott Oldfather, brought renowned scholars and researchers to the University of Illinois,” said Ed Novak, the foundation’s chair.

Dianne Harris, professor of landscape architecture, architecture and art history has been nominated to become the second vice president of the Society of Architectural Historians. Her acceptance will begin a six-year sequence that culminates in service as president of the society from 2010-12.

The wind farm is at the leading edge of a university by the ICECF, said Ed Novak, the foundation’s chair.

2.7 percent of the campus’s annual total energy consumption and eliminate the release of 6,700 tons of carbon dioxide, 32 tons of sulfur oxides and 15 tons of nitrogen oxides. The solar panels will convert sunlight to electricity and provide about 5 percent of the energy needs of the instructional facility.

“High-tech teaching This Lincoln Hall classics classroom from about 1922 shows advances in technology. A napkin projector at the center of the room replaced simple picture hooks with its capability of showing glass plate slides. The classics department still values hundreds of these slides for their display of artifacts in a pristine state, soon after they were excavated.

The solar energy system for the College of Business facility is the 31st such project the foundation has supported and one of several that are part of energy-saving ‘green’ building.

The Chicago-based ICECF is working with more than a dozen other universities, architects and municipalities in Illinois that are exploring putting up their own wind turbines or solar PV systems in the near future, Miller said.

The wind farm is expected to generate power for local use. Solar power also is gaining traction around the state. Miller said that the solar energy system for the College of Business facility is the 31st such project the foundation has supported and one of several that are part of energy-saving ‘green’ building.

2.7 percent of the campus’s annual total energy consumption and eliminate the release of 6,700 tons of carbon dioxide, 32 tons of sulfur oxides and 15 tons of nitrogen oxides. The solar panels will convert sunlight to electricity and provide about 5 percent of the energy needs of the instructional facility.

The ICECF (www.IllinoisCleanEnergy.org) is a private, non-profit organization that supports efforts to improve energy efficiency, develop renewable energy and protect natural areas and wildlife habitats in Illinois. In the last five years, it has awarded more than 1,700 grants totaling more than $92 million for projects in 96 counties.
Among the many newcomers to campus are 113 tenure/tenure-track faculty members whose appointments began this summer or fall. One thing they have in common – their combined expertise will enhance the research and teaching at Illinois. Inside Illinois will feature two new colleagues in each fall issue.

Chi-Fang Wu
assistant professor of social work
School of Social Work

Education: Ph.D. (social work), University of Wisconsin; M.A. (social work), National Taiwan University; B.A. (social work), Tunghai University, Taiwan.

Teaching at Illinois: Wu will be teaching “Research Seminar in Program Evaluation.”

Research Interests: Wu’s research on welfare reform has drawn the attention of policy analysts in Wisconsin, where she conducted her dissertation research, and nationally. As one of her mentors noted, "I have been struck with her combination of high-level quantitative techniques and her sensitivity to the way policy works in the real world." Wynne S. Korr, dean of the School of Social Work, noted that under federal welfare-reform policies "women can be sanctioned (lose cash benefits) for not following the rules regarding seeking work or training. Wu’s dissertation research is a ground-breaking study that has shown that women who are sanctioned may be more likely to exit welfare but may not receive higher earnings. She also found that sanction rates are unusually high for some groups, including Hispanics and mothers with newborns." Wu plans on extending her research on the impact of welfare reform to a study of vulnerable rural families in Illinois.

Paul Vaaler
associate professor of business administration
College of Business

Education: Ph.D. (strategic management and organization), Carlson School of Management, University of Minnesota; JD, Harvard Law School; M.A. (philosophy, politics and economics), Worcester College, Oxford University; B.A. (history), Carleton College, Northfield, Minn.

Teaching at Illinois: Vaaler will be teaching an international business course in the Executive MBA program this semester. Next semester, he will be teaching "Law, Technology, and Intellectual Property" for the MBA and M.S. in Technology Management programs.

Research Interests: Vaaler’s research and teaching interests are in the area of international business and the management of technology. He is involved in the area of global technology, such as the study of global technology management, comparative national technology policy and technology transfer to the Third World. Huseyin Leblebici, head of business administration, said "Vaaler will be an important addition to the technology management initiative of the college at the MBA level and the new M.S. in Technology Management program within the department of business administration."
UI expert: New medicare drug plan may cause headaches

By Mark Reutter
News Bureau Staff Writer

I

f many seniors are scratching their heads about the new Medicare prescrip-
tion drug plan, so are the experts.

“A prescription for confusion” is how Richard L. Kaplan, a UI professor of law, characterizes the new drug benefit, whose enrollment period began this week for Americans aged 65 years and older. Kaplan describes the plan as “fashioned like no other pharmaceutical coverage in the world.”

For starters, the program, known as Medicare Part D, will be administered by private insurance companies rather than the Social Security Administration, which handles hospitalization and doctor’s bills under current Medicare coverage, known as Parts A and B.

This shift means that seniors must choose between drug plans with widely differing premiums, deductibles, co-payments and covered drugs. In Kansas, for example, Medicare beneficiaries have to shop for insurance among 40 plans from insurers such as Aetna, Humana and UnitedHealth Group, which charge premiums from $9.48 a month to $67.88 a month.

The plan’s configuration reflects President George W. Bush’s philosophy that competition from private insurers is more efficient than a government program. It also reflects the belief that “what older Americans want is competition, not the rehash of a government program.”

For seniors who delay enrollment will be subject to a penalty of 1 percent per month after the close of the enrollment period on May 15, 2006.

In Kaplan’s words, “A late enrollee will be accepted regardless of his or her medical condition – unlike the medical underwrit-
ing that private insurance plans employ. But the premium that will be charged will be increased as long as the enrollee remains in Medicare Part D. Thus, a decision to de-
fer enrollment in Part D has financial con-
sequences if an eligible person eventually chooses to enroll in the program. But there’s an important exception: se-

Kaplan’s article, “The Medicare Drug Program and the Medigap Market,” which was scheduled to appear later this month in the NAELA Journal published by the National Academy of Elder Law Attorneys.

Some seniors will need to take a laptop computer into their medicine cabinet to accurately compare plans.

Added to the confusion is the problem that predicting future drug needs – and costs – for seniors is often impossible.

“Many potential Medicare beneficiaries may know what drugs they need now and what they cost currently, but what will those drugs cost in the future? What if a specific drug that they need is removed from their plan’s formu-

But the bottom line is that seniors will still have to pay for a large portion of their drug costs after January 2006, when the program takes effect.

What’s more, selecting the best cover-
age for an individual “will be fraught with confusion and uncertainty” as a result of the program’s enormous complexity.


Proofreading, error-correction in nanomaterials inspired by nature

By James E. Kloeppel
News Bureau Staff Writer

Mimicking nature, a procedure developed by UI researchers can find and correct defects in self-assembled nanomaterials. The new proofreading and error-removal process is based on catalytic DNA and represents a paradigm shift in nanoscale science and engineering.

Despite much progress made in the self-assembly of nanomaterials, defects that occur during the assembly process still present major obstacles for applications such as molecular electronics and photonics. Efforts to overcome this problem have focused on optimizing the assembly process to minimize errors, and designing devices that can tolerate errors.

"Instead of trying to avoid defects or work around them, it makes more sense to accept defects as part of the process and then correct them during and after the assembly process," said Yi Lu, a chemistry professor at Illinois and a researcher at the Beckman Institute for Advanced Science and Technology. "This procedure is analogous to how nature deals with defects, and can be applied to the assembly of nanomaterials using biomolecules or biomimetic compounds."

In protein synthesis, nature ensures accuracy by utilizing a proofreading unit that detects and corrects errors in translation, often through hydrolysis of incorrect amino acid building blocks. In a similar fashion, Lu and graduate students Juwen Liu and Daryl Wernette utilized catalytic DNA to locate and remove errors in a DNA-templated gold nanoparticle assembly process. The researchers describe the procedure in a paper accepted for publication in the journal Angewandte Chemie International Edition, and posted on its Web site.

Catalytic DNA contains a substrate strand and an enzyme strand. In the presence of certain ions, the substrate is cleaved by the enzyme into two pieces of unequal length. The cleaved fragment with the shorter binding arm can be easily released. This catalytic DNA serves as a template for assembly of nanoparticles.

There are three kinds of nanoparticles encoded by different DNA in the system: two are defined as "correct" particles and one is defined as a "wrong" particle. Besides the difference in coding DNA, the nanoparticles can also be different in other aspects, such as size.

"To allow the catalytic DNA substrate to be a template for nanoparticle assembly, the substrate strand must be complementary to the DNA attached to the nanoparticles," Lu said. "A defect can occur in a DNA-templated gold nanoparticle assembly when the wrong particle is incorporated into the structure."

When a particle of the correct size is encountered, binding of the longer arm of the enzyme to the DNA template is permitted, while binding of the shorter arm to the DNA template is inhibited. "The active structure of the catalytic DNA cannot form," Lu said. "As a result, the template is not cleaved and the particle is incorporated into the assembly."

When a particle of the wrong size is mistakenly incorporated into the assembly, the enzyme can bind both its arms to the substrate template and form an active structure to cleave the substrate and remove the particle.

By showing that defects – the wrong size particles, in this case – can be identified and removed, the researchers demonstrated that proofreading and error-correction can take place during and after the assembly of nanoparticles.

"This was a small, but definite, step in the right direction," Lu said. "The error-correction procedure can be expanded to include many other biomolecules and biomimetic compounds for controlling the assembly of nanoparticles of defined particle sizes, shapes or compositions; as well as other nanomaterials, such as nanotubes and nanowires."

The researchers have applied for a patent. The work was funded by the U.S. Department of Defense and the National Science Foundation.
Survey seeks to find out what is needed to improve lab safety

By Sherita Forrest
Assistant Editor

If you work in a lab, what sort of training do you need to help you — and your colleagues — work safely? And what is the best way to communicate that to you? The Division of Research Safety and its director Irene Cooke want to know.

DRS is conducting an online survey asking people who work in labs on campus about the most effective vehicles for training them and their staff, whether it’s printed materials, e-mail or live training sessions.

The survey is part of the division’s effort to improve communication with members of the campus community.

“People come here safe and healthy; we want to make sure they go home safe and healthy, or at least in the same state as they came here,” Cooke said.

DRS is the campus resource that provides information and develops general safety programs related to the use of biological, chemical and radiological materials, which are widespread on campus and can be found in various forms not only in labs, but also in art studios and other places.

The division’s services include registering biological projects and lasers and issuing permits for using radioactive materials. Cooke’s staff of about 20 provides general safety training, conducts inspections for higher-risk biological projects and all radioactive labs, are on call to assist the fire departments with chemical spills on campus, and collects and disposes of biological, chemical and radiological hazardous waste on campus free of charge.

The division’s recent efforts have focused on increasing research and lab safety awareness since the primary concern voiced by many people who work in labs “is simply not knowing what they need to do and wanting to know where they can find appropriate information,” Cooke said. And sometimes, busy people just forget procedures and policies and need little reminders.

As part of its efforts to improve communications, in mid-December DRS is launching an updated Web site that is designed with tabbed sections that make finding forms and fact sheets easy.

Last year, DRS initiated online training programs on its Web site in response to requests from unit heads, who said they needed the flexibility of online training to accommodate the schedules of graduate students. However, anyone working in a lab is encouraged to go through the training, which takes approximately 30 to 40 minutes “and covers the basics of working safely in a lab,” Cooke said.

DRS also created and distributed a laminated poster titled “Research Safety in UIUC Laboratories,” which lists a variety of general safety guidelines covering topics such as working with sharps and biohazardous waste, and provides contact information for DRS and Web addresses for additional resources.

While DRS is an advisory partner to the campus community, “it really is up to every individual to take responsibility for their safety. And it’s also the responsibility of the principal investigator or supervisor where hazardous materials are being used to make sure that people understand what they are using, know the risks and work safely,” Cooke said.

Vice Chancellor for Research Charles Zukoski, who oversees DRS, recently formed an ad hoc faculty committee that is looking into developing a research safety-training program to ensure that all lab staff on campus receives appropriate training and to ensure compliance with all safety regulations.

DRS also strengthened its follow-up procedures for safety inspections, requiring principal investigators and supervisors to provide plans for addressing any deficiencies noted during the inspections within two weeks. However, all lab managers are encouraged to conduct their own inspections a minimum of once per year, and can use a lab inspection checklist available on the DRS Web site.

Ideally, Cooke said she would like to see a full-time safety coordinator in every large research unit, but in most units this function is assigned to an administrative staff person who has many other responsibilities.

In general faculty members have been good about complying with safety requirements, Cooke said, especially in light of the heightened security concerns precipitated by 9-11. However, the greatest challenge on a large research campus like the UI’s Urbana-Champaign campus is keeping informed of changing technology and evolving user needs, Cooke said.

“Technology is extremely complex, and we have to keep pace with our faculty’s expertise,” Cooke said. “We have to understand what they’re doing and be able to partner with them to make sure they and the campus are safe.”

Saety first Irene Cooke, director of the Division of Research Safety, is surveying people who work in labs on campus to determine the types of training programs and materials they need to do their jobs safely. The Division also has revamped its Web site, which contains an online training program that was developed in response to department heads’ requests for a basic safety program available to graduate students’ schedules.

Deaths

Roger Applebee, 80, died Oct. 30 at his home in Newport, Mich. Applebee worked at the UI for 25 years. He was a research associate and associate professor of English and was associate dean of the College of Liberal Arts and Sciences from 1966 until his retirement in 1988.

James William “Bill” Bullock, 82, died Oct. 5 in Colorado Springs, Colo. Bullock was a flight instructor for the UI Institute of Aviation during the late 1950s and was a research associate for the State Water Survey for two years. Memorials: Dale House Project, 7 West Dale St., Colorado Springs, CO 80903; or to a Benevolent and Protective Order of Elks of the donor’s choice.

Marjorie L. Hildreth, 80, died Nov. 7 at OSF St. Francis Medical Center, Peoria. Hildreth supervised word processing for the department of animal sciences and in the College of Veterinary Medicine. She worked at the UI for 32 years, retiring in 1992.


Robert W. Walker, 79, died Nov. 5 at Altoona Regional Health System, Altoona Hospital Campus, Altoona, Pa. Walker worked for the UI from 1966 to 1978. He was an associate professor of vocational and technical education and vocational agriculture, as well as a counselor for the Council on Teacher Education. Memorials: Bellwood Antis Public Library, Bellwood, Pa., or Blair Senior Services, Altoona, Pa.◆
By Allison Sues
News Bureau Intern

R. Linn Belford jokes that chemistry students see him as someone who’s simply weird and colleagues see him as someone who will never leave. “He is a wonderful person,” said Gregory Gior- 
diami, professor and head of chem-
sty major or not, who seems 
icipated of terminology and delv-
gions, simplifying the most com-
with free radicals and magnetic 
lecture on his continued research 
excitedly jump into a 15-minute 
when he began teaching at the 
chemistry as he was 50 years ago 
A better place.”

Ford’s. “He is always willing to 
colleague of Bel-
olami, professor 
said Gregory Gior-
damniro.”

“Those are 
righteous. 
udents know 
dy days and relaxation. 
What free time?” he said. “I 
don’t have any free time.” 
focus on busy, 
oleagues and students know 
Belford for his characteristic 
Although he may have a little 
extra time for such interests, Bel-
fords is far from defining retirement 
as lazy days and relaxation. 
“Not having the regular sched-
ule is much better for me and my 
husband now,” Watts said. “It was 
a great time to go to China and I had 
the flexibility to go.” 
Watts was known for stick-
ing to the rigid 
schedule a school day brings. In 
her decades of teaching, 
Watts was a reliable constant in the red 
brick English building.

“I didn’t miss more than 10 
classes in 45 years, and I had three 
husbands,” said Watts, who missed 
one semester of teaching for each of 
her children’s births. “I know the old days 
were incredibly hard for women faculty 
members,” she said. “If you had a baby, you had to sit out. It was 
policy, you weren’t paid.” 
Watts witnessed the evolution 
of women’s roles on the UI facul-
ty during her 45 years of teaching. 
After receiving an undergraduate 
degree in Latin at Smith College 
in Northampton, Mass., Watts at-
tended the UI for graduate studies. 
She had wanted to concentrate on 
medieval studies, but the depart-
ment would not take female grad-
uate students. 
She earned a doctorate in Eng-
lish literature with a minor in 
Latin in 1963 and began teaching 
at the UI. Throughout the years 
she noticed female students and 
faculty members both growing in 
numbers. “Now, female students are 
much more outspoken in class,” Watts said. “In fact, the women 
are just as aggres-
sive as the men now.” 
In addition to 
watching the fac-
ces and roles of her 
students change, 
Watts also saw a 
great change in 
the medium through which they 
learned. 

“E-mail is much more 
open than it was.” Watts 
said. “In my classes, I did 
not allow e-mail. It works better if 
they come to me.” 
Encouraging personal interac-
tion between herself and her 
students may be one of the reasons 
Watts was so highly regarded by 
those who took her class. 
At her last seminar, Watts was 
overwhelmed by the many gifts 
she received, including cookies, 
flowers and a book signed by all 
the students in one of her classes. 
With all the books and notes 
from her old office now stacked 
and cluttered throughout her trim-
ming home library, Watts enjoys 
reading books she didn’t have 
time to read before. 
“While I was teaching Ameri-
Stiri. WATTS, Page 10
CITES offers free software, workshops to promote computer safety

By Sheilah Forrest
Assistant Editor

A shopping spree can be fun but it can also be hazardous if you’re unwittingly picking up the tab for someone else, as one staff member on the Urbana campus discovered recently when she became a victim of identity theft. When she made an online purchase with her credit card, a thief was able to steal her information, make unauthorized transactions with her credit card and siphon money from her bank account.

To help computer users protect themselves against identity thieves as well as unwanted e-mails, spyware and computer viruses, Campus Information Technologies and Educational Services is hosting a series of workshops during November, which CITES has designated Computer Safety Month.

“Burglars will pass by a house where the lights are on, people are home and there’s a dog in the yard,” said Mike Jahn, computer security outreach coordinator in CITES Security Services. “And it’s the same with computers. The more difficult you can make it for someone to gain unauthorized access, the more likely they are to pass you by.”

Whether users are surfing the Internet, checking their e-mail at the office or lingering with their research data and a caffeineno in a coffee shop, they need to ensure that their information and their computers are protected. When the computer falls prey to a hacker or malicious virus, it has the potential to wreak havoc with hundreds or thousands of other users if the infected computer spreads the virus over campus networks, as hundreds of students at the Urbana campus recently found out when their computers were infected with the Backdoorsador virus, a program spread by Internet relay chat messages that enables hackers to seize control of infected computers.

In the Computer Safety Month workshops, users will learn how to use software applications, some of which are available as free downloads, as a first line of defense and receive some common-sense tips on protecting themselves and their computers from malicious mischief-makers. The remote computing safety workshop will show users how to use Virtual Private Network software — provided free by the university — to create an encrypted conduit that prevents other computer users from intercepting their transmissions when they’re using wireless Internet services. The CITES Security Services Web site also provides detailed information on basic actions a user can take to protect their computer and their information. Common security scenarios, such as protecting a laptop computer that’s used at home and on campuses, are provided and the steps users need to take to ensure they’re computing safely are explained.

“Think you need a degree in computer science to figure out what to do? Think again. By answering a few questions about your computer’s operating system and the services and software you use, the Security Wizard on the CITES Security Web site will create a checklist of security measures and advice applicable to your situation.”

The Security Wizard guides you through downloading patches and updates to correct vulnerabilities in your operating system, using personal firewalls for security and downloading and installing the anti-spyware program Ad-Aware SE Professional, which is available free for use by faculty and staff members and students. Even if you’re doing everything right to protect your machine, you can become vulnerable if you allow other people — students or your family members — to share your computer. Spyware that can help thieves steal information such as your passwords or credit card numbers can be installed inadvertently along with file-sharing programs such as Kazaa, BitTorrent and LimeWire that are used to share music files.

“How can you tell if spyware has been installed on your computer? Be aware of your computer’s normal behavior,” Jahn said. “If the computer is suddenly operating very slowly, if you’re suddenly getting lots of pop-up windows, if you see shortcuts on the desktop or programs on your computer that you don’t recognize, your computer may have been infected with spyware.

For assistance with computer problems, call CITES Help Desk at 244-7000. To report a security emergency, call CITES Security Services at 265-0000.

CITES Help Desk will relocate Nov. 28

The CITES Help Desk will relocate to Room 1211 of the Digital Computer Laboratory as of Nov. 28. The Help Desk will remain open for business in 1420 DCL, its current location, as its 18 workstations are moved during Thanksgiving break, Nov. 21-25. The new space is easily accessed through the Digital Computer Laboratory’s Springfield Avenue entrance adjacent to the Kenney Gymnasium.

“The biggest advantage of the new space is that it will be much easier for our customers to find,” said Kathy Lyons, assistant manager of the CITES Help Desk. Lyons said that CITES is expanding the Help Desk to better accommodate the needs of its customers and streamline the organization’s resources and personnel.

In addition to the more convenient location, the Help Desk will have a waiting area and space for four more workstations. All workstations will now have room for consultants to work one-on-one with clients.

The Help Desk offers assistance with CITES services and other computing needs, including CITES Express E-mail and CITES NetFiles, as well as setting passwords and more. Initial assistance is provided free of charge to students, and faculty and staff members.

Walk-in assistance is available in the Digital Computer Laboratory 8:30 a.m. to 5 p.m. Monday through Friday. Call 244-7000 for telephone assistance Monday through Thursday 8:30 a.m. to 8 p.m., Friday 8:30 a.m. to 5 p.m., and Sunday 5 to 8 p.m. For off-campus assistance, call 800-531-2531 during business hours.

Customers may also e-mail consult@uiuc.edu or visit www.cites.uiuc.edu/help for assistance.

COMPUTER SECURITY WORKSHOPS

■ ID THEFT PREVENTION WORKSHOP
Nov. 18, 9 a.m. Room 113 Davenport Hall
A 45-minute workshop with information on how identity theft occurs, ways to prevent it and what to do if you are a victim. No registration is required.

■ CITES SPAM CONTROL TRAINING
Nov. 28 (location to be announced)
A 45-minute workshop covering the fundamentals for using the service to filter out unwanted e-mail. Registration required.
To register: http://training.cites.uiuc.edu/spam/default.htm

■ REMOTE COMPUTING SAFETY WORKSHOP
Nov. 30, 2 p.m. Room 113 Davenport Hall
An educational program to introduce users to a number of concepts and practices, including anti-spyware and anti-virus software, as well as data and laptop security issues. No registration required.

More information on computer security, upcoming workshops and how to recognize and report a security incident is available online at www.cites.uiuc.edu/security.

BELFORD, CONTINUED FROM PAGE 9

“When he had serious and painful back trouble a few years ago, his optimistic outlook never wavered,” Girolami said. “Despite the fact that his best attempts to stand up straight still left him looking like an oversized question mark, he managed to retain his ability to walk at his trade-mark hyper-speed.”

Belford said that he developed an ability to do things very fast to combat his students’ shrinking attention spans.

“Now with video games and television being so fast-paced, students have much shorter attention spans,” Belford said. “If I don’t keep it just as fast-paced, students are not able to follow a thought all the way to its conclusion.”

Belford also may have adapted his knack for quickness to fit all of his accomplishments into his 50 years at UI. He was named a fellow of the Sloan Foundation in 1961, a special fellow of the National Institutes of Health in 1968, and in 1988 he received the John H. Kuebler Award from the Alpha Chi Sigma national chemistry fraternity. He has served on the editorial boards of several journals and was an associate editor of the Journal of the American Chemical Society. He has published nearly 200 papers and has directed the thesis research of more than 60 Ph.D. students.

He also found time to act as an official academic adviser, working individually with more than 1,000 students. “That means thousands of different individual personalities with their own backgrounds and stories,” Belford said. “I get exasperated with some of them, but I don’t often get bored.”

WATTS, CONTINUED FROM PAGE 9

can lit, I didn’t have time to read as many British books as I would have liked,” Watts said. “Now, in between spending time with my grandchildren, I have read three books in 2 1/2 weeks.”

In addition, Watts looks forward to having more time for other hobbies such as cross-country skiing, gardening and archaeology, as well as spending time with her family. She also is busy finishing a book she is writing on the classical and Christian writings of Hemingway.

Ad removed for online version
Illini Union offers baked goods for Thanksgiving holiday

By Sharita Forrest
Assistant Editor

For people who can’t make it over the river and through the woods to grandmother’s house this Thanksgiving – and for those too busy to bake or who are all thumbs in the kitchen – Illini Union Catering is offering a selection of fresh-baked pies, cakes and rolls that are sure to elicit “oohs” and “ahs” from family and guests gathered around the holiday dinner table.

Available for order and customer pickup at the Illini Union this year are apple, pecan and pumpkin pies; dinner rolls and pecan rolls; and carrot cakes and coffee cakes. Last year, the bakers prepared 95 pumpkin pies and 190-dozen dinner rolls, the most popular items on the carryout menu, for their customers.

In preparation for this year’s holiday bake sale, pastry chef Eric Larson said he ordered 800 pounds of flour, 450 dozen eggs and 60 pounds of carrots. Customers will have until noon on Nov. 21 to place orders; and at 2 a.m. the next morning, three pastry chefs and three cooks will begin their frenzy of baking and decorating to fill orders for customer pick up beginning at 11 a.m. on Nov. 23.

Any surplus baked goods are sold to walk-in customers on a first-come, first-served basis. One year, a miscalculation as to the number of orders and extras resulted in a last-minute shortage, and the chefs had to roll up their sleeves and go back to the kitchen to bake more pies and rolls, then personally deliver the food to customers’ homes.

The Illini Union’s baked goods are the stuff memories are made of for some families in the campus community. The baking staff recall that a loyal customer once reminisced how as a child she had accompanied her father when he went to the Illini Union to pick up the family’s order, and although the father has since died and the daughter is now grown, she is carrying on the tradition of having the same baked goods on her holiday table.

It’s the consistent high quality and fresh, homemade taste that bring back customers year after year, said Kirsten Ruby, assistant director of housing for marketing. This is the 45th year that the chefs and pastry wizards in the Housing Division have offered the holiday bake sale. In the distant past, the bakers whipped up good-
Sisyphean movement of motor proteins may help preserve DNA integrity

By Jim Barlow
News Bureau Staff Writer

Researchers studying how proteins called helicases travel along strands of DNA have found that when the proteins hit an obstacle they snap back to where they began, repeating the process over and over, possibly playing a preventative role in keeping the genome intact.

Taekjip Ha, a UI professor of physics and a Howard Hughes Medical Institute investigator, likens the biological scenario to Boston Red Sox baseball: the team rolls along only to hit a late-season obstacle called the New York Yankees. Then, like the always-anticipated annual cry from Chicago Cubs fan, it’s back to square one next year.

However, instead of causing more misery, as is the case for a baseball fan, this motor protein’s starting over may serve a beneficial purpose, clearing undesired proteins from the DNA, Ha said.

The research was done in vitro, using purified proteins and studied with a technique that visualizes individual molecules on DNA. Whether the scenario plays out in real cells is not known and under exploration.

The discovery appears in the Oct. 27 issue of the journal Nature.

An in vitro study of Rep helicases from E. coli bacterium by Taekjip Ha (left), a professor of physics and a Howard Hughes Medical Institute Investigator, has indicated that the proteins snap back to wear their starting positions on DNA strands when they encounter obstacles, possibly to allow time for repairs that facilitate normal DNA replication. Postdoctoral fellow Suu Myong assisted with the study, which appeared in the Oct. 27 issue of the journal Nature.

Researchers had theorized that obstacles would force motor proteins to disengage from DNA. Each time the protein reached either the junction of the full double-stranded DNA or hit an artificially created protein obstacle, Rep instantly returned to near the beginning of the single strand on which it had initially bound.

Upon closer examination using FRET, researchers discovered that Rep’s configuration gradually closed as it reached the obstacle in its path. Then, conformational changes of Rep allow it to grab and transfer to the end of the single-stranded DNA, leading to the next cycle.

“Although the very flexible single strand of DNA likely bounds the protein constantly, the protein doesn’t seem to pay attention to this overture until it hits a physical blockade,” Ha said.

Researchers had theorized that obstacles would force motor proteins to disengage from DNA. "The finding was totally unexpected and may indicate a new function for the protein,” Ha said.

Jankowsky wrote that scientists “should not immediately search for the helix that the enzyme unzips, but instead remember how Rep snaps back.”

In cells, single strands of DNA often occur when something is wrong, Ha said. The recycling action, he said, may represent a desirable function of the protein by keeping it engaged on a single strand, allowing time for repairs that allow normal DNA replication.

The human body has more than 200 types of helicases involved in replication, transcription, repair and other genetic processes, Ha said. Defective helicases have been linked to increased cancer risks and premature aging.

Co-authors with Myong and Ha were Ivan Rasnik, a former postdoctoral fellow who now is a professor of physics at Emory University in Atlanta; Chirilmin Joo, a doctoral student in Ha’s lab; and Timothy M. Lohman, a professor of biochemistry and molecular biophysics at the Washington University School of Medicine in St. Louis.

The National Institutes of Health funded the research.
emergent programs are appropriate to receive support. It is
significant engagement components and the potential for
external funding. Novel interdisciplinary approaches with
writing activity that will make the UI campus one of the
Earth & Society Initiative. The initiative will provide seed
Environmental Council and Illinois-Indiana Sea Grant
jkonopac@uiuc.edu.

participate in this study. For more information contact Jim,
required.
ity monitor for a week. No lab visit or exercise tests are
involved in the lives of adults, age 50 or older, in
Children's Research Center, 51 Gerty Drive, Champaign.

Children's Research Center, 51 Gerty Drive, Champaign.

Nov. 17, 2005
InsideIllinois
PAGE 13
School of Music
Recital/lecture honors Thomas Mann
William Kinderman, UI professor of music, will present a recital/lecture, “Thomas Mann and the
principle of ‘Pathos’ in the Form of Opus 111,” at 7:30 p.m. Dec. 1 in Smith Recital Hall.
The lecture is part of a monthly lecture series sponsored by the department of Germanic languages and literatures.
With this musical and textual event, the German depart-
ment will commemorate the 50th anniversary of the death of
the German Nobel Prize-winner Thomas Mann. Kinder-
man will in January. Funding from Mann to German and accom-
pany them with musical examples. English translations will be
provided. The musical examples, followed by the per-
fomance of the entire sonata, will conclude the evening’s
performance.
The lecture, free and open to the public, is followed by a
reception.
Sexual Harassment Awareness
Additional training sessions announced
A Request for Proposals has been announced by the
Office of Equal Opportunity and Access in now
sponsoring additional Sexual Harassment Awareness Train-
ning sessions. Upcoming sessions: 1 to 2 p.m. and 3:30 to 5
p.m. Dec. 14 in 103 Colonial Room, Illini Union.
Pre-registration is required and can be completed by
e-mailing oeoa@uiuc.edu or calling 333-0885.

University Primary School
School open house is Nov. 30
University Primary School, an early-childhood gifted
talent college. The school open house will be
from grades seven through 12.

Multicultural Youth Conference
CU students get taste of college
C-U students get a taste of college and high
school in the German department of Germanic
languages and literatures. The lecture is part of a monthly lecture series sponsored by the
Dr. Allan C. Campbell Family Distin-
guished Speaker Series. For more information about the
Sputnik 250 Champaign and Urbana students will get a
taste of college and helpful preparing for it in an all-day event
Nov. 18 at the UI.
The Multicultural Youth Conference, in its second year, is
aimed primarily at minority, low-income and other stu-
dents underrepresented on campus. The conference, says Julia
Johnson Connor, interim assistant director of the Center for
Democracy in a Multiracial Society and one of the event’s
organizers. Many of those participating would be first-gen-
eration college students.

Students will be divided into three groups according
to grade level (7-8, 9-11 and 12), with each getting a day
tailored to their concerns related to college, Connor said.
They will get information about various student services,
including tutoring, advising and pre-college programs. They
will also be exposed to various academic opportunities on
campus and will tour facilities such as the cultural houses,
the Illini Union and the University Library, she said.

Middle school students will be given a hands-on experi-
ence in mini-labs that showcase academic and career oppor-
tunities. High school students will get additional informa-
tion on topics such as college applications, writing personal
statements, setting goals, housing and budgeting while in
college.
Connor noted that the first conference was suggested and
organized by a group of graduate students in the depart-
ment of educational policy studies. This year’s event was
organized by a university committee of students and staff
members chaired by Roy Saldana Jr. of the Office of Minor-
ity Student Affairs.
For more information, contact Saldana at 217-333-0054 or
rsaldana@uiuc.edu.
Ad removed for online version
TRUSTEES. CONTINUED FROM PAGE 2
reported on traffic- and pedestrian-
safety initiatives being undertaken since
a freshman was struck and killed by a
city bus in September.

Trustees urged White, Herman and
Urbana student trustee Nicholas Kitzing
to pressure the Mass Transit District and
cities to implement changes that will
improve traffic-pedestrian safety on
campus streets.

Other business

Trustee approved for the Urbana campus:
Transfer of the industrial engi-
neering program from the department of
mechanical and industrial engineer-
ing to the department of general engi-
neering and redesignation of the de-
partments as the department of indus-
trial systems engineering and
the department of mechanical engineering.

Contracting with various architec-
tural/engineering firms to: begin design
work on several projects, including an
$11 million conference center at the con-
ter of St. Mary’s Road and First Street
in Champaign; a Student Dining and
Residential Programs Building and the
first wing of a new residence hall that are
the $75.7 million first phase of a plan to
modernize the Champaign residence halls;
the $7.6 million first phase of the Roger
Adams Laboratory modernization proj-
ect; and a $5.3 million renovation plan
for Hartwig Lab, located in Roger Adams
Lab, to accommodate two new faculty
members beginning in fall 2006. A $5.4
million project to upgrade Atkins Tennis
Center and Eichelberger Field was also
approved.

At Chicago, the trustees awarded $67.2 million in
construction contracts related to the South
Campus Mixed Use Development Project,
with construction beginning in December
and completion expected during summer
2007.

Joseph Flaherty, dean of the UIC Col-
lege of Medicine, reported that UIC is con-
sulting with the Centers for Disease Con-
trol and other agencies about the avian flu.

Bellor Frabbaht, head of the department of
microbiology and immunology, is doing re-
search related to vaccine development.

EXERCISE. CONTINUED FROM PAGE 1
increases in satisfaction with life over
time," the researchers noted.

“Our findings are important on several fronts,” McAuley said. “First, we dem-
onstrated that physical activity has long-term
effects on important aspects of psychosocial
functioning through its influences on self-
efficacy, quality of life and self-esteem.”

“Second, there is a growing interest in
the relationship between physical activ-
ity and quality of life, especially in older
adults. However, much of this work sug-
gests a direct relationship between the
work. Our work takes the approach, and the
data support it, that physical activity in-
fluences more global aspects of quality of
life through its influence on more proximal
physical and psychological factors such as
affect, self-efficacy and health status.”

A related, two-year study conducted in
McAuley’s lab looked at the roles played by
physical activity, health status and self-
efficacy in determining “global quality of
life,” or satisfaction with life among older
adults. The research focused on a different
sample of 249 older black and white wom-
en. Results of that study will be published
in an article titled “Physical Activity and
Quality of Life in Older Adults: Influence
of Health Status and Self-Efficacy” in
a forthcoming edition of the Annals of Be-
havioral Medicine.

In that study, the researchers tested three
potentially competing models of the physi-
ical activity-quality-of-life relationship and
ultimately concluded that their findings
“offer a strong theoretical framework for
understanding physical activity and qual-
ity-of-life relationships in older adults.”

McAuley said the study’s results con-
firm earlier findings by other researchers
suggesting “changes in levels of function-
ing in older adults with chronic conditions
were not predicted simply by health status
or disease state, but also by physical activ-
ity and self-efficacy.”

In other words, he said, there is a ten-
dency among adults with lower self-expec-
tations of their physical abilities to give up
to reduce the number of activities they en-
gage in as well as the degree of effort they
exped toward that end.

“These reductions, in turn, provide fewer
opportunities to experience successful, ef-
ficacy-enhancing behaviors leading to fur-
ther reductions in efficacy,” McAuley said.

“Our data would suggest that such declines
are likely to lead to subsequent reductions
in health status and, ultimately, quality of
life.”

Co-authors of the study with McAuley
are Motil, kinesiology and psychology pro-
essor Karl R. Rosengren; and graduate stu-
dents Konopack, Shawn E. Doerksen and
Katherine S. Morris.

The research was funded by grants from
the National Institute on Aging.

NCAA. CONTINUED FROM PAGE 1

Board of trustees Chair Lawrence C.
Eppley expressed gratitude that the NCAA
conversed with the univer-
sity’s view on the names.

“I am pleased the NCAA rec-
ognized what we’ve maintained all
along,” Eppley said. “Illini is taken
from the name of our patron state and ‘Fighting Illini’ refers to our
university’s winning spirit and drive
to excel.”

Eppeley also stated that the board will
consider its options for further
response to the NCAA on the other
matters raised in the NCAA’s re-
sponse to the appeal.