

**Department of
Kinesiology and Community Health**

KCH

2023 Honors and Awards



College of Applied Health Sciences

**APPLIED
HEALTH
SCIENCES**



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Message from the Department Head



Dr. Kim Graber

On behalf of the Department of Kinesiology and Community Health, I would like to congratulate the recipients of 2023 scholarships and awards. The undergraduate and graduate students recognized within these pages have shown outstanding dedication and creativity in the pursuit of their personal and professional goals. I know that I speak for our faculty and advisors when I say that we are very proud of your achievements.

Our top-ranked programs in kinesiology, community health and interdisciplinary health sciences offer you a variety of paths to fulfilling careers that allow you to make significant contributions to the lifelong health and well-being of individuals, families and communities. Your accomplishments thus far attest to your passion for making life better for everyone in our diverse society. I have no doubt this commitment will guide you throughout your professional lives. I also know you will shine as representatives of KCH, the College of Applied Health Sciences and the University of Illinois Urbana-Champaign.

Be proud of the path you have chosen. Continue to go the extra mile to gain all the experience you can, and never stop learning. The world is bright for those who are able to say, “I’m making a difference.” I wish that for all of you.



Message from the Dean

Dr. Cheryl Hanley-Maxwell

On behalf of the College of Applied Health Sciences, I would like to congratulate you on receiving scholarships and awards from the Department of Kinesiology and Community Health and AHS. Through these awards, we recognize your outstanding performance in classrooms, research labs, and community organizations and your leadership in professional associations and clubs.

In each of these settings you have made a commitment to equity, fairness and inclusion, values which both the department and the college hold dear. I know you will honor these values as you continue your studies and pursue your professional goals in higher education, health and health-related industries, research, athletics, public health and corporate wellness. I am proud of each and every one of you. You have made AHS a better place to be, and you undoubtedly will make positive contributions to the world beyond campus. I wish each of you a bright and fulfilling future.



AWARDS

Reginald J. Alston Award for Excellence in Community Health and Rehabilitation

Community Health alumnus Travis Gayle (Ph.D., 2006) created this award in honor of his mentor, Dr. Reginald Alston. Preference is given to a student with a focus on rehabilitation, disability and chronic illness, with special preference for students who are applying, have applied or will apply scholarly work to clinical and/or practical applications within the community.



Skyy Sumlin

“This award relieved my stress of worrying about how I was going to cover the unpaid cost of my study-abroad trip. I’m thankful the donors are gracious enough to fund the awards programs for students who are in need of monetary support.”

Skyy’s goal is to be a nurse practitioner and translator who serves underserved populations and promotes language acquisition among the general U.S. population, with an emphasis on African Americans. Skyy said the specialty she wants to pursue is psychiatry and it stems from her desire to assist and support people as they fight mental health and substance abuse disorders.

Skyy has worked as an emergency medical technician and caregiver. She staffed school-affiliated events such as sporting events, commencements, convocations, hack-a-thons and more. The skills acquired as an EMT enabled her to gain significant hands-on experience in stressful situations, challenging her to make swift split-second decisions while testing her skill set.

Skyy enjoys staying active, including hatha yoga, hikes, bike rides, sports, aerial silks and weightlifting. She also enjoys doodling, horticulture, singing and learning how to play instruments.

Jerry D. Burnam Student Scholarship

Established in 2015 by Dr. Jerry Burnam, who held the position of associate dean of Academic Affairs in the College of Applied Health Sciences for many years before retiring in 2000, the scholarship is awarded to students who are transferring or have transferred into AHS from another institution or another college within the University of Illinois. Preference is given to students who are first generation, have a history of community service, participated in the U.S. military or ROTC or graduated from an Illinois high school in a “low-sending” county.



Kristina C. Serrano

“Receiving this award symbolizes the culmination of all the hard work and efforts I’ve invested in myself and those who have guided me along the way. It feels incredibly empowering to know that I have the support of friends and alumni of the department. I am excited to see where their generosity takes me as I further my educational and professional pursuits.”

Kristina plans to complete her degree in Interdisciplinary Health Sciences by May 2024 and wants to establish health equity for all through contributions in the public health field. Her interests in public health stem from passions for community outreach, social justice, education and health.

She has volunteered with the Women’s Resources Center on the First-Generation Student Outreach Committee as well as the Lactation Space Project Committee. On these committees, she was able to collect data and personal accounts from fellow first-generation students at the university to understand their experiences through the first-gen lens and visit the lactation spaces on campus to evaluate quality and accessibility of the designated spaces, respectively.

Kristina has been an Illinois Commitment Scholar, a Legacy Scholar and a James Scholar. She likes to go on walks while listening to music or podcasts and knit in her free time. She enjoys trying new restaurants and cafes with friends and indulging in self-care activities.



Jada Thomas

“Receiving this award means a lot because I am able to apply this scholarship for the study abroad trip I am attending to Rome this summer. It feels amazing to have the department’s friends and alumni support you since they have the desire to give back and help others achieve their career aspirations. Their generosity never goes unnoticed.”

Jada plans to graduate in May and wants to go on to become an obstetrician gynecologist because, she said, being a black woman has exposed her to how racism and health disparities in the healthcare industry affect women of color. She is volunteering weekly at Carle Foundation Hospital, which has given her the opportunity to visit a range of departments.

During her time as a student, she has also worked as a wellness support associate for the duration of the pandemic and served as an intern at the Child Development Laboratory, where she assisted in managing, supervising and guiding a classroom of more than 14 children.

Her previous awards include the 2022 Homecoming Court, Fighting Illini cheerleading honors and Academic All Big Ten in 2020-21 and 2021-22. In her free time, Jada likes to read and listen to music and exercise.



Joanne M. and Charles M. Carraway Scholarship

This scholarship was established through a generous estate gift made by Robinson, Ill., native Joanne Carraway (PEW, 1951) and her husband Charles. Their endowment provides permanent financial support and recognition to students studying Kinesiology and Community Health.



Lonye Allen

“This award means that there is no limit to the things I can achieve. I’m an African-American, first-generation college student ... I know I can receive an award to help fund graduate school there is no limit on greater achievements to come.”

Lonye’s career goal is to become an occupational therapist within the next two years. Long term, she plans to own a nursing home to create systemic change in the community she grew up in. She’s interested in occupational therapy because her grandmother had Alzheimer’s and she was a part of the team that increased her quality of life while she still had time to live.

Lonye has an internship at Christie Clinic, where she works alongside a certified hand therapist who is an occupational therapist as well. She has also volunteered at Cunningham Children Home, Crisis Nursery and other places where occupational therapists would be of great help.

In her free time, Lonye likes to watch TV and clean. She also enjoys going outside with friends and family, skating—roller or ice—going to the movies and arcades.



Hahley Connors

“Receiving this scholarship means the world to me, as it will provide much-needed financial assistance and allow me to focus on my studies. With this scholarship, I will be able to pursue my academic goals and fully immerse myself in the learning experience ... it makes me feel proud to be part of such a supportive community.”

Hahley said she has developed a strong interest in advocating and educating about health disparities that minorities face. After completing the BS-MPH program, she will pursue a career as a physician’s assistant, looking to work in urban areas with underserved populations.

Hahley is the president of IHEAL, the registered student organization associated with the Interdisciplinary Health Sciences major that provides pre-health resources and is also the president of McKinley Special Population Wellness Peers and a student worker for McKinley. She has also conducted African-American breast cancer disparity research as a

NCSA REU fellow and SPIN intern.

In her free time, Hahley enjoys spending time with family and friends, shopping, cooking, trying new restaurants, watching new movies and TV shows and finding new hobbies.



Tiffany Lam

“Receiving this award will provide me with more opportunities and a chance to successfully obtain my master’s in healthcare administration. It will get me closer to my dreams of being in charge of a healthcare unit. I feel beyond thankful and grateful to receive the support of friends and alumni of the department.”

Tiffany said she would like to be in charge of a hospital unit and oversee other workers. Her interest in healthcare administration began when she was promoted to manager at her part-time job.

For her final semester as an undergraduate student at the University of Illinois, Tiffany is doing an internship with ClarkLindsey Village, which is a senior living home. Her duties are to help plan activities, organize paperwork, attend meetings, design posters/cards and do some research on specific topics. This internship helps her expand her knowledge in the administrative field.

In her free time, Tiffany likes to hang out with friends, go out to eat, go bowling, golfing and shopping. She also likes to watch movies or shows on Netflix.



Nixie Lopez Leon

“Receiving this award is motivating for me on a personal and financial level. Financially, it relieves some of the burden associated with pursuing higher education. Personally, it is a validation of all the hard work and effort that I have put into my academic and professional pursuits.”

Nixie’s goal is to become a dentist and have her own practice. She chose to pursue dentistry because she wants to be in a position where she can help her community and reach populations that often go ignored. Many individuals refuse to seek healthcare services for a variety of reasons: language divide, culture divide, lack of health insurance and more. She wants to help relieve these barriers as much as she can by making quality dental care accessible for all.

Currently, Nixie is a special projects intern for the New American Welcome Center at the University YMCA. Her duties consist of organizing Immigrant Dental Day, an event aimed to deliver convenient dental services to the immigrant population for free, and helping with La Linea, which is a service that helps connect the immigrant population to resources in the community. She is also an undergraduate research assistant for the Health Equity and Aging Lab (HEAL), which addresses health disparities in cognition and dementia-related diseases in older Latinos through community-based physical activity.

In her spare time, Nixie likes to paint, draw and take part in anything that involves creativity. She also enjoys going on nature walks, gardening and playing tennis.



Lynda Watson

“This means so much to me and I will be using the funds to cover the cost of my room and board. From the bottom of my heart, I want to thank the donors and faculty members that contributed to me receiving this award.”

Lynda is currently vice president of an RSO on campus, Aspiring Women in Health. This organization was created for pre-health women to give them resources, community service opportunities, mentorship and a safe place to network.

Lynda has been interning with Dr. Sandraluz Lara-Cinisomo and the Marcé of North America Organization, working to create a podcast that promotes perinatal mental health and other maternal health issues. She also works as a medical assistant within the obstetrics/gynecology department at Christie Clinic.



Meredith Okwuedei

“Receiving this award means more than words can express. Not only does this award help financially, but it also helps to secure my future with the various support systems! It feels heartwarming to gain more support systems that are not only looking out for me but routing and advising me to do my absolute best in my endeavors.”

Meredith’s plan is to become a pediatric nurse, and it has been on her mind since her early introduction into different medical industries due to her mother’s car accident. The care that her mother received from health professionals aided in Meredith’s desire.

Meredith has worked as a patient care assistant at Carle Hospital, where she assisted in the attentive monitoring and care of mental health patients. She also volunteered at the U. of I. Child Development Laboratory (CDL), where she worked alongside children 1 to 2 years old, assisting their teachers and teachers’ aides.

In her free time, Meredith likes to dance, with majorette being her forte. She also plays squash, which is a sport that she has played for the past 15 years.

Carol L. Chittenden Scholarship

Supported by gifts made by Carol Chittenden and her spouse Bill through the Chittenden Family Foundation, this award recognizes undergraduate students who have shown some professional promise, scholarship and service to their profession.



Joel Emil

“With this award, I won’t need to take out student loans, which will give me peace of mind and inspire and enable me to pursue my educational goals. This scholarship means more to me than just money; it also means that I am seen as having potential for our society’s future. This is enough to convince me that perseverance is the key to success.”

Joel’s ambition is to continue his education and work as a physical therapist. Physical therapist specializing in sports and neuroscience is his desired profession. He wants to gain more knowledge about health from the perspectives of people who are themselves, their families, their communities and their cultures.

Currently, Joel works as a personal assistant to students with disabilities in the Beckwith Residential Support Services program. His responsibility is to assist student residents with physical disabilities with exercise, transfers and everyday activities in accordance with their needs.

Additionally, he has volunteered at medical camps in his hometown. It involves assisting patients and directing them as well as restocking pharmacy supplies.

Joel enjoys fishing, reading, exercising and hanging out with his family and friends. For Joel these activities promote body and mental regulation, reduce life stress and create a pleasurable experience.



Zachary (Rocky) Mayer

“It is truly humbling to have been selected as a winner of this award in a department filled with so many intelligent, motivated and qualified individuals. This recognition serves as a motivator to continue seeking opportunities and experiences that encourage my growth toward being the best clinician and person I can possibly be.”

Zachary plans to attend the University of Illinois-Chicago in the Fall to pursue a doctorate in physical therapy. He wants to be a physical therapist because of its use of human movement to improve well-being. His passion for wanting to become a physical therapist was confirmed after stepping foot into a clinic. He said the work atmosphere was invigorating and a truly fulfilling experience.

One of Zachary’s current occupations is a personal trainer, where he builds individualized exercise programs for a variety of clients that align with achieving their goals. An additional responsibility is to adapt to each client to ensure they are receiving the appropriate coaching style that will best allow them to reach and surpass their goals.

Zachary said he enjoys playing volleyball in his free time. Long days at North Avenue Beach in Chicago, playing sand volleyball, have provided him with some of his greatest memories. Weightlifting has been part of his daily routine since coming to U. of I., as it has helped him maintain a clear state of mind.

William H. Creswell Jr. Graduate Student Award

This award honors a long-time faculty member and head of the former Department of Health and Safety Studies. Dr. William Creswell (1920-2001) was one of the first researchers to study the health hazards of smoking and authored the well-regarded School Health Practice. The Creswell Award provides financial support to Community Health graduate students who excel academically, participate in professional organizations and demonstrate potential leadership in the field of health education, health promotion and/or public health. It is funded by contributions from the Creswell family, colleagues and friends.



Aalishba Ahmad

“Getting this award is an honor! It pushes me to want to continue to serve my community and better public health. Receiving this award is not only a motivation towards striving for more success, but a reminder that my hard work is appreciated and making a difference.”

Aalishba plans to complete her B.S.-MPH in August. After that she hopes to work in public health based settings working to strengthen equity amongst marginalized populations. She is also interested in obtaining a medical doctorate, alongside a Ph.D. based in Prevention Sciences.

As the lead graduate assistant with McKinley Health Center’s Special Populations, Aalishba is working to better the wellness and health of individuals on campus. Through managing and oversight of the Health Resource Centers, programming around campus and overseeing a team of 20, she works to reduce health disparities on campus. Through her role as clinic manager at Avicenna Community Health Center, she actively

works to provide free healthcare to the Champaign-Urbana community.

Aalishba has been a Fred S. Bailey Undergraduate Scholar and is currently one of four Fred S. Bailey Leadership Scholars. In her free time, she enjoys traveling and spending time with friends and family.

F. Patricia Cullen Scholarship

Dr. Patricia Cullen (1923-2007) was a member of the University of Illinois physical education family for 10 years, earning a Ph.D. in 1964. She went on to a position at San Diego State University, retiring as a professor emerita in 1985. Supported through an estate provision, this scholarship provides financial support and recognition to undergraduate students in KCH.



Eldrick Surheyao

“I am very grateful to the friends of alumni of the Department of Kinesiology and Community Health for contributing to a very encouraging and caring community and for directly showing support to its students.”

Eldrick’s goal is to become a general dentist because he is drawn to the unique mix of heavily preventative care coupled with a large amount of procedures. He also loves the ability to make potentially life-long connections with people of all walks of life.

Eldrick’s first work experience on campus was as a Covid test collections assistant—one of the people in orange shirts who would ask you questions before the saliva test—during the pandemic. Later, he spent two semesters and a summer as a research assistant in Dr. Wendy Rogers’ Human Factors and Aging Lab.

Among his favorite leisure activities, Eldrick counts cooking, boxing and watching movies.

T. K. Cureton Physical Fitness Research Award

Dr. Thomas Cureton (1901-92), often referred to as the “father of physical fitness,” was an internationally renowned scientist who played a crucial role in the development of the fitness movement in the United States. The T.K. Cureton Physical Fitness Research Award is supported by gifts made by Dr. Cureton’s wife Portia and friends and alumni of the department. Portia Cureton (1917-2010) received a master’s degree in Kinesiology from the University of Illinois in 1945.



Takeshi Barnes

“Receiving the T.K. Cureton Physical Fitness Research Award is a tremendous honor for me, representing recognition for my hard work toward my research. Receiving this award motivates me to continue to strive for excellence as I pursue research in the areas of health and physical performance.”

Takeshi is working toward a Ph.D. in Kinesiology, working with KCH Associate Professor Nicholas Burd. Takeshi’s career goal is to become a professor at an academic institution, directing his own lab and producing translational research to improve decision-making for health and sports practitioners.

Before pursuing a research career, Takeshi was fortunate enough to gain a range of experience within the applied sports performance field. In particular, he completed a one-year athletic training clinical rotation with the Canadian National Rugby team, worked two years as a strength coach and athletic trainer at the high school level and completed one year as a sports performance intern working with the athletics department at Yale University.

Takeshi received an M.S. from Sacred Heart University and a gold medal of excellence, the highest academic award that university bestows. In his spare time, he enjoys real-world treasure hunting with a particular interest in geocaching. In fact, he is a stickler when it comes to properly maintaining his geocache.

Helga M. Deutsch Scholarship

Dr. Helga Deutsch (1938-93) served the Department of Kinesiology for more than 20 years as a professor, assistant department head and director of undergraduate studies. Established in 1994 by her family, the scholarship recognizes Kinesiology students who have shown scholarly merit, professional promise and financial need.



Frances Balto

“This award is an opportunity for me to focus on my academic and extracurricular involvement, as well as my application process for graduate school this coming year. Knowing that I have a community of supporters through friends and alumni of AHS makes me feel supported and seen as more than just one student at a massive university.”

Frances plans to complete her B.S. in May 2024 and then seek a master’s degree in occupational therapy. She aims to work in pediatrics, specifically with children with disabilities and chronic conditions through early intervention programs.

Over the past three years at Illinois, Frances has worked at the Champaign Gymnastics Academy and Athletico Physical Therapy. These experiences have helped her understand the importance of rehabilitation and therapy, both preventatively and for recovery. Additionally, she participated in the Adult Development, Adaptation and Technology Lab

under Dr. Shannon Mejia. This lab strives to find ways to integrate a biopsychosocial approach to developing and implementing health technologies for older adults.

A five-time Dean’s List awardee and recipient of the David & Mary Bloom Scholarship, Frances also competes for Illinois’ club gymnastics team, Flippin’ Illini, and serves as the women’s team captain. She also spends lots of time reading, knitting and doing outdoor activities with friends and family.



Kaiya Bernard

“I express my strongest gratitude to those who are able to continue to keep award programs running. As a student who works the maximum amount of hours per week, while still maintaining school work and extracurricular activities, I feel as this has been such a weight lifted off of my shoulders. It gives me the hope that I can continue to succeed in the future but never stop striving for greatness.”

Kaiya plans to complete a B.S.-MPH in August 2024. After that, she wants to earn an MD/Ph.D. She has always had the dreams of becoming a doctor but has acquired a newfound love for public health. She hopes to intertwine both degrees in order to work as a women’s health physician and make lasting changes on individual and public health.

Some of her current work involves the McKinley Health Center as a student health educator. She also volunteers with the Food Assistance and Well-Being Program to educate students on food insecurities and provide nutritious foods free of cost. She is on the executive board for IHEAL, the special populations RSO In Living Color and the Applied Health Sciences Student Council.

Kaiya previously earned the Marianna F. Trekell Scholarship and the Benjamin A. Gilman International Scholar award and was on the Fall 2022 Homecoming Court. In her spare time, she is a self-taught artist who enjoys spending time on painting and drawing. She hopes to be able to jumpstart her small business “Kustomsbykaiya” after she graduates.



Emily Nguyen

“I am very appreciative to receive this award. It means a great deal to be recognized for my hard work and passion. This path to professional school can get stressful sometimes and to receive support from others is very uplifting and pushes me to do even better.”

Emily plans to finish her Kinesiology degree in 2024 and plans to pursue a career as a physical therapist. She said her passion lies with all forms of rehabilitation, but physical rehab is the one that resonates with her the most.

Since 2020, Emily has worked as a rehabilitation technician at Athletico. That experience is what kickstarted her ambition to be a PT. Additionally, she currently volunteers at Disability Resources & Educational Services (DRES), where she works with the PT, PT intern and students with different neurological disorders.

In her free time, she loves to work out, go on hikes, try new coffee shops and spend time with family and friends.

Beulah Drom Scholarship

Beulah Drom (1904-2003), a Kinesiology faculty member from 1947-70, was known by her students as the “teacher of teachers.” She was a pioneer in the field of body mechanics and movement. In recognition of her significant contributions, her colleague Dr. Alyce Cheska established the scholarship, which is supported through gifts made by friends and alumni.



Brianna Hernandez

“Getting this award is a great honor and I feel thankful beyond what words can describe because of the great alleviation of the financial burden that has been taking up head space. For part of my time in college, I have had to take on two jobs in one semester and fought with balancing work life and school life. Now, I feel acknowledged for my work and professional promise to my field of study.”

Brianna is planning to finish her B.S. in Kinesiology in May 2024 and wants to be a physical therapist because she wants to be equipped to help people similar to the patients she has worked with to this point.

Currently, Brianna works as a personal care assistant at the Illinois Department of Human Services. She helps a person with cerebral palsy with daily living tasks including but not limited to personal hygiene, dressing, transferring to and from bed, toileting, laundry and showering. She has also volunteered at the Disability Resources & Educational

Services Physical Therapy gym and the Aquatic Occupational Therapy pool.

In her free time, Brianna likes to go to the gym and lift weights. She also enjoys making videos and content on fitness on her social media platforms.



Otniel Fernandez

“Getting this award means minorities and other underprivileged individuals such as myself can get the same opportunities as anyone else. I feel very blessed that I have the support of many friends and alumni in the department who are willing to help me out in many different ways.”

Otniel plans to complete a B.S. in Community Health and a B.S. in Information Science in May 2024. Otniel is interested in working in public health data analytics for a community health center or hospital because he wants to become an epidemiologist and plans to go to graduate school.

Otniel is currently a tutor for third- through eighth-graders at an afterschool program called LIFT. It is local to Champaign and is a program for underprivileged kids from complicated backgrounds to get adequate time and help to catch up on their schoolwork. Additionally, he is working on an independent passion project with data science club

members regarding quantitative data analysis research on water quality in different states.

Otniel was the 2022 recipient of the Aurelio E. “Joe” Florio Scholarship, and has been on the Dean’s List consecutively since 2021. In his spare time, he enjoys reading, watching TV, skateboarding and bike-riding.

Aurelio E. “Joe” Florio Scholarship

Providing financial support to undergraduate students in Community Health who demonstrate academic excellence and potential leadership as health educators, the scholarship is supported by the Florio family, alumni and friends. Professor Florio (1910-2001), a faculty member in Community Health for 40 years, was a well-regarded leader in traffic and driver education safety programs and served as the first president of the Illinois Driver Education Association.



Brandon Snipe

“This award means that someone saw something in me, and I feel encouraged to be more intentional about what I’m doing and reflect on how it is shaping my future. My goals feel even more realistic, and I feel encouraged to do my best to make those that believe in me proud of what I will accomplish.”

Brandon plans to complete his B.S. in Community Health in May 2024 and wants to pursue a Master of Public Health before applying for medical school. He said his mission is to contribute to making healthcare more accessible regardless of one’s income level, insurance status or any other factor that might limit a person’s opportunity to be their healthiest self. Brandon said he is interested in healthcare because he believes that he can use his strengths to provide compassionate care that will make patients feel listened to.

For the past year, Brandon has volunteered as a part of the intake team at Avicenna Community Health Center. He also works as a Chemistry Merit teacher’s assistant, specifically for students in the Access and Achievement Program.

Previously, Brandon was a James Scholar and was listed as one of the teachers ranked as excellent by their students for the Fall 2022 semester. Most of Brandon’s hobbies serve as creative outlets. He has involved himself in the dance community at Illinois by leading K-Project as the head artistic director. K-Project is a K-Pop dance cover group on campus that has grown immensely in popularity since the pandemic. He also enjoys playing piano.

Ralph Geeseman Scholarship for Veterans

Ralph Geeseman provided 39 years of service to the University of Illinois Department of Kinesiology. He was proud of his service to the College but also to his service in the United States Navy. Applicants must be students currently enrolled in the College of Applied Health Sciences who have either served in or are training for a branch of the U.S. military, or who are dependents of active members of the military.



Klayton Donoghue

“Any recognition or benefit received in respect to my time spent serving is a constant reminder of how grateful I am for the opportunity I have been given. It is truly a tremendous honor to receive the Ralph Geeseman Scholarship for Veterans and to be recognized for my service by this great university and the gracious donors.”

Klayton is a Kinesiology major, planning to graduate in 2025. He planned to become a physical education teacher and coach before coming to Illinois. Now, inspired by AHS faculty, he plans to pursue a career in academia.

Klayton spent four years in the U.S. Air Force as an aircrew egress technician. During this time he inspected, maintained and repaired all components of the F-16 ejection system which included the removal and reinstallation of integral components to the ejection sequence such as explosive cartridges and rockets. He has also spent time volunteering at

the Holloman Youth Center and currently volunteers at the Don Moyer Boys and Girls Club in Champaign.

Previously, Klayton was awarded the Chez Veteran Center Boeing Scholarship. He says he enjoys maintaining a healthy lifestyle through physical activity and sports.

Kathleen M. Haywood Graduate Kinesiology Scholarship Fund

Dr. Kathleen Haywood (Physical Education, Ph.D., 1976) is a retired professor and associate dean emeritus who is an internationally known scholar of motor development. She has authored several books and articles on the subject, and has also published extensively on the instruction of archery. Established in 2022 by Dr. Haywood, the scholarship is awarded to graduate students majoring in kinesiology or physical education.



Youngjoon Kim

“This is great honor for me to receive the award that was donated by Kathleen M. Haywood, who is an Illinois alumni as well as a renowned scholar in our field. I truly appreciate Dr. Haywood and will return it in the future for our department just like the donor did by contributing to pushing the physical education scholarship into a more advanced and sophisticated field through my teaching, research and service.”

Youngjoon is a Ph.D. candidate and working in the Pedagogical Kinesiology Laboratory with KCH Associate Professor Kevin Andrew Richards. Youngjoon plans to complete his Ph.D. in 2025 and wants to pursue a career as a physical education teacher educator dedicated to not only fostering quality future physical educators but also advocating physical education scholarship through teaching, research and service.

Through his master’s training in Seoul National University, Youngjoon had ample research opportunity in the Sport Pedagogy Inquiry Laboratory including research design, data collection and analysis and writing. This work culminated as research publications, and his master’s thesis was published in *Physical Education and Sport Pedagogy*, which is known as one of the most prestigious journals in the field. At Illinois, he learned both hands-on quantitative and qualitative research skills from Dr. Richards, who is his doctoral advisor.

Youngjoon received the Conference Presentation Award for Graduate Students funded by Graduate College and Department of Kinesiology and Community Health in Spring 2023. In his spare time, Youngjoon loves playing soccer, badminton and tennis. He also loves to eat and enjoy binge-watching Netflix dramas and hanging out with his wife.

Howard S. Hoyman Student Award

Dr. Howard “Mike” Hoyman was a premier health educator whose major interest was curriculum at the secondary school level. During his long career at the University of Illinois, he served as the first head of the Department of Health and Safety Studies and developed the Four Cycle Curriculum for health instruction (a major contribution to its theory and practice). The Hoyman Student Award was established by Dr. Hoyman’s wife, Annelis, alumni and friends to provide financial support to graduate students in Community Health.



Laura Marcela Quintero Silva

“I feel proud and honored to receive the support of our academic community, sponsors, donors, alumni, and our department, because with their support, donations and efforts, they contribute to the recognition of our academic and professional work as KCH graduate students, our contributions to the scientific advancement of public health and the role we play in the understanding of many of today’s public health issues through our work as researchers-in-training.”

Laura is a doctoral student in Community Health who is planning to complete her Ph.D. in May 2024. Her goal is to contribute to the advancement of the field of health equity in palliative care through academic and research work that promotes comprehensive palliative care models and their benefits for health systems and the care of patients and their families.

Laura is currently working as a graduate research assistant with KCH Associate Professor Andiana Schwingel on research projects aimed at improving the health of underserved populations by implementing Community Health Workers’ models of care, and with KCH Assistant Professor Mina Raj on studies focused on improving healthcare quality. In the past four years, Laura has volunteered at OSF Heart of Mary Medical Center in Urbana as a comfort companion worker for hospitalized patients who do not have local social support in the area.

Among the awards Laura has received are the Fulbright Scholarship for Doctoral Studies by the U.S. Department of State and Fulbright Colombia. And in Fall 2022, she received the President’s Research in Diversity Travel Award by the Office of the Vice President for Academic Affairs. In her free time, Laura enjoys singing and playing musical instruments. She also enjoys reading books, watching movies, traveling to new places and hiking with her husband.

Laura J. Huelster Award

Laura Huelster (1906-86) was a faculty member in the Department of Physical Education for Women for 43 years, including 17 years as department head. Dr. Huelster was known for her leadership in changing the role of women in physical education. The Laura J. Huelster Award—which supports graduate students in Kinesiology who are working on their dissertations—was created to honor Dr. Huelster’s many contributions to the University of Illinois and the profession.



Adam Taggart

“It is a genuinely wonderful feeling to receive recognition for the research I am conducting and for the support of the KCH department. I was slightly overwhelmed when I found out about receiving this award and it fuels my motivation to keep going with my current study and future research ideas.”

Adam, whose advisor is KCH Associate Professor Sean Mullen, is on track to complete his Ph.D. in Kinesiology in August. His career goal is to increase public awareness and understanding of the relationship between physical activity and cognitive health.

Prior to starting the Ph.D. program, Adam was a full-time fitness and martial arts instructor for four years. Through this role, he said he gained insight into the shortcomings of the industry when it comes to cognitive and emotional health. He said he saw the tremendous potential of complex movement practices, such as martial arts and dance, to be used as therapeutic tools. That experience helped Adam to understand the

importance of physical and mental wellbeing.

While working toward his Ph.D., Adam was selected to be a breakout presenter at NASPSPA (2019), reached the finals of the inaugural Carle Illinois College of Medicine Make-A-Thon event and has been a key member in the NIH-funded BeFit research team. His free time is predominantly occupied with martial arts and weight training, but he also finds time to practice other hobbies, including piano, carpentry, 3D computer-assisted design and 3D printing.



Imani Canton

“Getting this award means that my dissertation work in health equity is valued. I feel grateful because the financial support allows me to do this necessary work.”

Imani, whose advisor is KCH Assistant Professor Susan Aguiñaga, is working toward a Ph.D. in Kinesiology with an expected graduation date of May 2024. Upon graduation, Imani plans to address health disparities in physical activity levels and chronic disease outcomes through a career in public health.

Currently, Imani works in the Health Equity and Aging Laboratory (HEAL), where she assisted with OCEAN, a culturally tailored physical activity (Latin dance style) and diet (MIND-diet) program to examine changes in cognitive outcomes, physical activity and psychosocial outcomes among older Latino adults. During her time in HEAL, she has also conducted interviews with adult day center directors to understand physical activity and sedentary behavior among older adults with dementia-related diseases.

For her dissertation, Imani is designing a culturally tailored community gardening intervention, in which she will examine whether participation in a community garden increases physical activity levels and improves psychological well-being among middle-aged African American women. In her free time, she loves to read, travel and go out dancing with friends.

H.E. “Hek” Kenney Memorial Award

Alumnus Harold E. “Hek” Kenney (1904-72) was a highly regarded coach, teacher and administrator in physical education with a career that spanned four decades at the University of Illinois. With support from family members, colleagues and friends, this award recognizes outstanding students in the Department of Kinesiology and Community Health.



Shannon Pennington

‘I am privileged to receive the H.E. “Hek” Kenney Memorial Award to honor the memory of a physical educator and coach who left an indelible mark on the University of Illinois and its Kinesiology pedagogy program. This financial support reduces the burden carried by my family, particularly my children whose own education, I hope, has been positively influenced by my scholarship.’

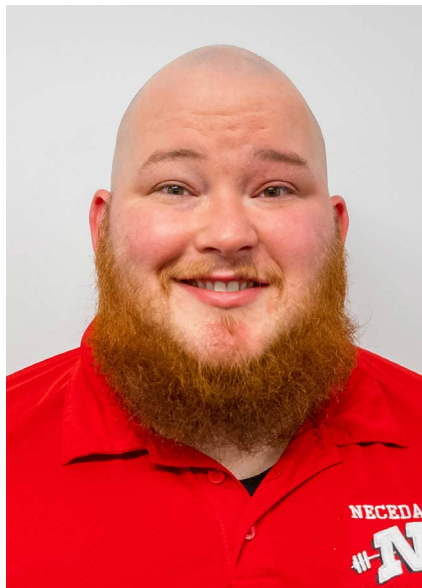
Shannon plans to complete her Ph.D. in Kinesiology in May and plans to continue her teaching career in the K-12 schools while also looking for opportunities in higher education. While earning her Ph.D., she has simultaneously taught in an alternative education high school which serves the needs of credit-deficient students requiring trauma-informed pedagogical strategies.

At Illinois, Shannon was the lead instructor for KIN 268 (Children’s Movement) and served as a research assistant for Dr. Kevin Andrew Richards. Her research focuses on the marginalization of art, music and physical education teachers, and she has published on social and emotional skill development.

In her free time, Shannon enjoys attending her children’s school events, reading and the outdoors.

Benjamin H. Massey Memorial Award

This award was established by the family of Dr. Benjamin Massey, who was a faculty member in the Department of Kinesiology from 1969 until his death in 1990. During his tenure he served as director of the Physical Fitness Research Laboratory and director of graduate studies, often helping his students financially. Through this endowment, Professor Massey's dedication to graduate students continues.



Andrew Askow

“Being selected for the Benjamin H. Massey Memorial Award is an honor. In science, sometimes positive affirmations are hard to come by and receiving this recognition is a good reminder that hard work and perseverance pay off. The support of friends and alumni of our department is exceptional and their generosity in supporting these awards means to world to myself and students like me.”

Andrew is a repeat winner of the Massey award, having earned the honor in 2022. He is on track to complete his Ph.D. in Kinesiology—with a focus on exercise physiology—by May 2024. He has an interest in the systematic assessment and monitoring of training load and performance for athletes as a means to augment sport performance.

At Illinois, Andrew has worked under the supervision of KCH Associate Professor Nicholas Burd in the Nutrition and Exercise Performance Research Group where he studies the nutritional and exercise interventions which support skeletal muscle mass and quality. Aside from this, he has ongoing collaborations with Sports Medicine at Mayo Clinic Health Systems in La Crosse, Wisconsin.

Andrew has earned honors such as the Massey award last spring, as well as the Excellence in Undergraduate Teaching, AHS (2023) and the T.K. Cureton Physical Fitness Research Award, KCH (2021). In his free time, he enjoys working with his hands, whether building things, working on engines or working in the yard.

Floyd and Etta McAfee Award

This award supports undergraduate students in the College of Applied Health Sciences who demonstrate a commitment to multicultural issues. The McAfee award was created by the family of Floyd (PEM 1957) and Etta McAfee to honor their parents' 50th wedding anniversary and to recognize their parents' lifelong commitment to helping students reach their potential.



Monica Turchyn

“This award means the world to not only me but my family. My family has made many sacrifices in my pursuit here at Illinois. Getting this recognition as well as the monetary support validates my efforts and their sacrifice as I chase my dreams.”

Monica is in the B.S.-MPH program and plans to complete her bachelor's in May and her master's in May 2024. After graduating with her MPH, Monica plans to work in the public health field before deciding on whether to attend physician assistant school.

Monica's areas of interest in public health include: women's health and intimate partner violence awareness. She is a member of McKinley Wellness Peers, CU 1-to-1 mentoring and Dr. Ken Wilund's lab. Previously, she was the recipient of the Joanne M. and Charles M. Carraway Scholarship. In her free time, she enjoys traveling and hiking with family.

Pam and Betty Milchrist Scholarship

Dr. Pamela Milchrist (Physical Education BS, 1965; PhD, 1979) is a retired professor emeritus and higher education administrator. Early in her career, she spent two years in Thailand as part of the Peace Corps (1966-1968) and also volunteered in Cambodian refugee camps (1980). These experiences provided a foundation of cross-cultural experiences that helped define her life's work. She established the scholarship in honor of her mother, Betty Milchrist, to support graduate students pursuing Kinesiology Master's or Ph.D. degrees. Recipients are students who focus on physical activity and quality of life for aging populations. Preference is given to students who focus on cognitive health and/or social cognitive factors resulting from elderly participation in meaningful movement activities.



Ana Laura Selzer Ninomiya

"I am grateful for all support received from friends in the department, and the donations of alumni for funding these awards. I appreciate their generosity in supporting current students in pursuing their degrees in this department. It certainly makes a difference in the career of the recipients of these awards and motivates all of us to continue doing our best research."

Ana Laura is a Ph.D. student on track to complete her doctoral work in Spring 2025. Her career goals are to pursue a postdoctoral degree and a tenure-track position in a Kinesiology or public health department.

Ana Laura is involved in projects with data from Brazil, Mexico and the U.S., as well as community-based interventions to promote physical activity and healthy eating in vulnerable populations. Her research uses both qualitative and quantitative methods to further understand health behavior change. In the department, she is also the project coordinator

for the START program (Student Aging Researchers in Training), directed by Dr. Andiara Schwingel. She helps with teaching and mentoring undergraduate students from underrepresented backgrounds, to provide them with hands-on research experience.

Ana Laura previously received the 2023 Society of Behavioral Medicine: Promoting Health Equity in Aging Award. In her free time, she likes to travel and learn from different cultures and try different foods and drinks.

Roger Winfield Morse Memorial Scholarship

This scholarship was made possible by an estate gift from Catherine G. Morse in memory of Roger Winfield Morse, who graduated with a degree in Physical Education in 1934. The scholarship is awarded to students showing academic and professional promise.



Jeongwoon Kim

“I am honored to receive this prestigious award. Not only does this feel like a recognition of my work and effort as a graduate student, but this award relieves a financial burden regarding the housing repairs from the past winter storm. ‘It takes a village to raise a child’ is a common saying, but I think it also takes a university community to raise a graduate student.”

Jeongwoon is a Ph.D. candidate on track to complete his studies by 2024. He hopes to understand the underlying mechanism of exercise-induced benefits to cognitive health.

He works with KCH Associate Professor Naiman Khan in the Neurocognitive Health Behavior lab, which approaches cognitive health in an interdisciplinary manner. He has been actively assisting with data collection, reduction and analysis, which has allowed him to publish two first-author publications.

A past winner of the T.K. Cureton Physical Fitness Research Award, Jeongwoon enjoys weightlifting and binge-watching TV shows.



Shelby Keye

“This award means a lot because it shows the KCH Department’s efforts in recognizing our hard work as graduate students. It shows that they support our work and will encourage us to set goals and succeed.”

Shelby is planning to complete her doctoral studies in May and is interested in pursuing a career doing research in the academic setting.

Working with KCH Associate Professor Naiman Khan, Shelby’s relevant work involves research on children. She is currently doing work surrounding physical activity and fitness influences on the development of children’s cognitive and motor functions. Her research questions differences in weight status as well as dietary variables.

In her free time, Shelby enjoys working out, watching the occasional reality TV show, trying out new recipes with her fiancé and friends and catching up with friends and family back at home in Virginia.



Bryan Montero Herrera

“This recognition has provided me with a sense of validation and confidence that the hard work and dedication I have put into my studies and research is paying off. I am grateful for this opportunity and will use it as a source of inspiration to continue pursuing excellence and making meaningful contributions to my field of study.”

Bryan is planning to graduate in December 2023 with a Master of Science in Kinesiology. As an aspiring researcher in the field of cognition, sedentary behavior and physical activity, his primary objective is to share the new skills and knowledge that he has acquired with students and colleagues in Costa Rica.

In his role as an adjunct assistant professor at the University of Costa Rica, Bryan had the privilege of mentoring undergraduate students, resulting in six publications, four of which were as the last author. He has contributed to a total of 20 peer-reviewed journals, aimed at highlighting

the benefits of physical activity and/or exercise in areas such as physical activity, cognition, mental practice and academic achievement.

Previously, Bryan received a licentiate in education for the teaching of physical education in the State University of Costa Rica, graduating with honors. His free time is spent reading, dancing, working out and with enjoying time with friends.

Karin A. Rosenblatt Community Health Graduate Scholarship

Dr. Karin Rosenblatt (1954-2021) was a longtime faculty member in the Department of Kinesiology and Community Health. Her research focused on environmental causes of gynecologic cancer and led to multiple publications and national presentations. She especially enjoyed teaching at both the undergraduate and graduate level. The fund was established through a generous estate gift from Dr. Karin Rosenblatt to support graduate students in the field of community health.



Sadia Anjum Ashrafi

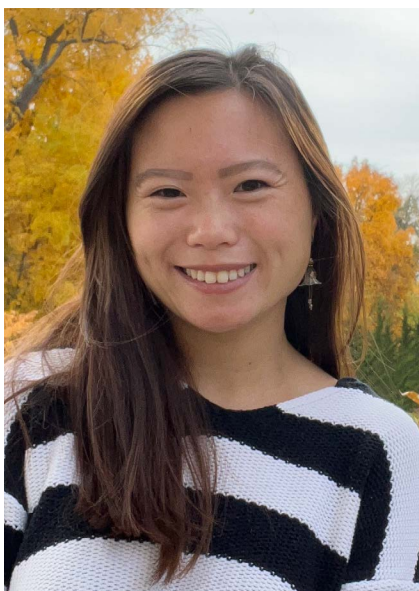
“This award will inspire me to continue my efforts to promote health equity. I am thankful to all of them for their contributions.”

Sadia is planning to complete her Ph.D. by May 2024 and wants to become a faculty member in academia because of her passion for research, mentoring and teaching.

Sadia is currently a research assistant in KCH Associate Professor Andriara Schwingel’s Aging and Diversity Lab, where she is involved in projects aimed at promoting cultural competency in chronic disease care. Additionally, she works as a community aide at the Family and Graduate Housing, where her primary focus is to build relationships among residents.

Sadia’s Ph.D. dissertation project was awarded the Innovation Grant-2022 by the National Kidney Foundation in Illinois. She also received the

President’s Research in Diversity Travel Assistance for work on health equity in kidney disease. When she has free time, she enjoys cooking traveling, reading and spending time with family.



Stephanie Lai

“Getting this award has boosted my self-confidence that I can succeed in this field and I feel so incredibly honored to be recognized for my efforts. With this support, I will be able to better focus on my academics as I continue turning my passion into action and further learning.”

Stephanie is a doctoral student planning to complete her Ph.D. in Community Health by May 2028. She wants to teach at a university level because she wants to teach students who are passionate about learning and conduct research that will have a long-term impact on mental health.

Working with KCH Associate Professor Robyn L. Gobin, Stephanie is currently working on a research project to develop a motivational interviewing chatbot to promote healthy choices. She is also excited to be joining the Education Justice Project as a mindfulness discussion group facilitator to promote mindfulness among incarcerated people.

Her previous work experiences include material failure analysis for Boeing airplanes, satellite microelectronics fabrication for Northrop Grumman and developing fuel cells and neutron generators for Starfire Industries. In her free time, she likes to go hiking and enjoys painting and traveling.

Robert L. Sprague Graduate Student Award

This award is supported through generous gifts made by Dr. and Mrs. Robert Sprague. Dr. Sprague joined the faculty in 1964 and retired after 36 years of service in 2000. In creating this award, Professor Emeritus Sprague and Mrs. Sprague help defray thesis expenses of graduate students in Kinesiology.



Yuliana Soto

“Receiving this award symbolizes growth to me. Sometimes as a graduate student, it is easy to feel like we are stuck in survival mode and our work is static. However, with passion and mindful dedication, it is inevitable to thrive. I want to thank everyone for making the awards program possible!”

Yuliana plans to complete her Ph.D. in Kinesiology in May 2024 and intends to prioritize physical activity engagement among all individuals and lead her own physical activity and health equity research laboratory.

Working with KCH Assistant Professor Susan Aguiñaga, Yuliana’s research interests include promoting under-utilized forms of physical activity, such as yoga among Latinx youth. Yoga has shown positive results in decreasing depressive symptoms in adolescents, including additional physical and cognitive benefits for mental health. However, there is limited research on the impact of yoga and depressive symptoms among Latinx youth, she said.

Previously to this award, Yuliana received the Society of Behavioral Medicine’s Distinguished Student: Excellence in Physical Activity Research Award, the American College of Sports Medicine Leadership and Diversity Training Program and Diversifying Faculty of Illinois Fellowship award. In her free time, she enjoys learning new skills, varying from sewing to taekwondo kicks, spending time with family and friends and taking care of her “plant babies.”

Seward C. Staley Scholarship Fund

This award is intended to support undergraduate students who are enrolled in a curriculum in Kinesiology studying physical education. Scholarship recipients are selected on the basis of academic merit with priority given to those students who show a special interest in the field of Physical Education and to those students demonstrating a financial need.



Casey Lim

“I come from a middle-class family in Malaysia. Growing up, my parents always emphasized the need to be frugal. This mindset of saving money continued all the way up until I went to this university. This scholarship means so much to me as it helps my parents and reduces their burden. I would like to thank all the friends and alumni for the amazing donation and for helping students in need, like myself.”

Casey is on track to graduate with a B.S. in Kinesiology in May, after which he plans to pursue a graduate degree at Illinois and then proceed to a career as an industrial scientist.

When Casey got admitted to Illinois, he contacted KCH Assistant Professor Jacob Allen for an undergraduate researcher position in his laboratory. The research experience opened his eyes to how satisfying research could be, which made him consider it as a career path. Casey is currently leading a three-part project, collaborating with the Grosicki

Laboratory at the Southern Georgia University to analyze fecal and blood samples of Ironman and Ultra marathon athletes.

Currently, Casey is shadowing an inpatient physical therapist at a hospital. Outside of work and studies, he is a competitive triathlete and represents his country, Malaysia, in triathlons and has participated in a large number of races throughout Asia. In his limited free time, he loves listening to music and going out to eat and get bubble tea with friends, as well as reading.



Gracie Savino

“Receiving this award significantly helps me alleviate some of the financial hardships I will face as I transition into graduate school. I feel immensely grateful to receive the recognition of friends and alumni of the department.”

Gracie is graduating in May with a B.S. in Kinesiology and then will be attending Northwestern University’s Doctor of Physical Therapy program. She plans to be a physical therapist and wants to promote the quality of life for individuals with disabilities.

Gracie is currently employed with Beckwith Residential Support Services as a personal assistant. BRSS is a residential service for students with disabilities that attend Illinois. Throughout her shifts, Gracie supports and helps students with activities of daily living as they participate in college life. She is an undergraduate research assistant in the Disability Participation and Quality of Life research laboratory where she works to

enhance the quality of life and strengthen the community of individuals living with various disabilities.

Previous to this award, Gracie was also named as a James Scholar Honors Program awardee and was recipient of the Kinesiology Scholarship Fund Award (2021) and recipient of the Helga M. Deutsch Scholarship Award (2022). She enjoys spending quality time with family and friends. She has also been participating in yoga and enjoys cooking and baking.



Kit Murphy

“I am incredibly grateful for being awarded the Seward C. Staley Scholarship in part because it relieves financial pressure and allows me to engage in numerous opportunities I would not otherwise be able to. I feel proud to be a part of this community and hope to be able to give back by supporting future students in such an impactful way as the current community has for me!”

Kit plans to graduate with a bachelor’s degree in Kinesiology in 2024 and says she intends to use her career as an evolving journey to find the right job. She might decide to pursue being a chiropractor, she said.

Kit has worked in retail and in the health and fitness industry as well as at her community gym as a lifeguard and member services in the gym’s wellness center. She also volunteers to support adults with disabilities.

Previous to this award, Kit made the Fall 2022 Dean’s List for her academic work. In her free time, Kit is a member of Illini waterski, so in the summer and fall you’ll find her wakeboarding on the lake and in the spring you might find her rollerblading on the Quad.

Doris Strickland-Collins and Edward W. Collins Award

The Doris Strickland-Collins and Edward W. Collins Award was established to enhance and promote academic excellence in the College of Applied Health Sciences. Applicants must be undergraduate students currently enrolled in AHS who have financial need.



Haihley Connors

“Receiving this scholarship means the world to me, as it will provide much-needed financial assistance and allow me to focus on my studies. With this scholarship, I will be able to pursue my academic goals and fully immerse myself in the learning experience ... it makes me feel proud to be part of such a supportive community.”

Haihley said she has developed a strong interest in advocating and educating about health disparities that minorities face. After completing the B.S.-MPH program, she will pursue a career as a physician’s assistant, looking to work in urban areas with underserved populations.

Haihley is the president of IHEAL, the registered student organization associated with the Interdisciplinary Health Sciences major that provides pre-health resources, and is also the president of McKinley Special Population Wellness Peers and a student worker for McKinley. She has also conducted African-American breast cancer disparity research as a

NCSA REU fellow and SPIN intern.

In her free time, Haihley enjoys spending time with family and friends, shopping, cooking, trying new restaurants, watching new movies and TV shows and finding new hobbies.



Marianna F. Trekell Scholarship

This scholarship was established by Richard F. Schweig (Kinesiology, 1981) to honor his mentor Marianna Trekell (1926-2004), a faculty member in the Department of Physical Education. Professor Trekell was well known for her expertise in oral history research and the history of sport, teaching and mentoring countless students throughout her 30-year career.



Katie Armstrong

“I am very honored and thankful to have received this award. This is a very big accomplishment of mine to be recognized for all of my hard work during my time at Illinois and plan to continue my efforts while pursuing physical therapy. I am very grateful to receive this amount of support from friends and alumni so that I can move forward and thrive in my future education and career path. I would not have been able to achieve this award without you.”

Katie graduated in December 2022 with a B.S. and is planning to attend the University of Wisconsin-Milwaukee in May to pursue a doctor of physical therapy degree.

Katie was an undergraduate research assistant for KCH Associate Professor Sean Mullen’s Exercise, Technology, and Cognition Lab. She was also a volunteer at the DRES rehabilitation center and learned physical therapy skills to support disabled student-athletes.

Katie was on the Dean’s List in 2020 and graduated in December with high honors. In her free time, she enjoys hanging out with friends, going to the gym, reading and playing tennis.



Anna Duden

“This award is very generous and I am very honored to receive it. I would like to thank all the individuals who made this scholarship a reality. It feels incredible to have the support of friends and alumni of the Kinesiology department. It is because of the support of friends and alumni that I am able to pursue my dreams of studying at the University of Illinois.”

Anna is pursuing a bachelor’s degree in Kinesiology and plans to graduate in May 2025. She wants to pursue a career that would allow her to mix her passion for healthcare and athletics. Her “dream career,” she said, would be working with athletes as an athletic trainer.

Anna worked as a dietary aide in high school and that allowed her to see first-hand the impact and importance of healthcare workers. During her time at Country Healthcare and Rehab, she learned not only the value of hard work but also how to care for patients of varying ability.

Previously, Anna was named to the Dean’s List at Carl Sandburg College, a community college in Galesburg, Ill., where she earned an associate’s degree. When she’s not in school or working, Anna enjoys being on a golf course, because she said golf has helped her achieve a strong sense of mental toughness.

Kenneth L. Watkin Scholarship Fund

Dr. Kenneth Watkin was the founding Director of the Center on Health, Aging and Disability, a faculty member at the College of Applied Health Sciences, and also held appointments in the Beckman Institute and the College of Medicine before retiring in 2016. Dr. Watkin's research interests included the development of nanoparticles for drug delivery, imaging contrast agents for image guided therapy, and cyber-physical systems for health monitoring and therapy; high resolution 3-D multimodal brain imaging; and nanomedicine. This memorial scholarship was established by his wife, Dr. Tanya Gallagher, the former dean of the College of Applied Health Sciences.

Alanis Garcia

"This award means a lot to me; it is one less financial burden me and my family have to worry about. I am very grateful for all the support I have gotten. This being only my second semester in college, I still have a lot to learn but knowing that there are many programs in AHS that provide so much help to students is extremely reassuring."

An Interdisciplinary Health Science major, Alanis is on schedule to graduate in 2026, and she wants eventually to go to medical school. Her goal is to be a neonatologist. She recently participated in a two-year program called the Northwestern Medicine Discovery Program that prepares students aspiring to enter the medical field by introducing them to different fields.

She also shadowed at a hospital in Santo Domingo, shadowing a cardiovascular surgeon for three days. On campus Alanis is looking for opportunities to join pre-medical fraternities for more experience. Alanis is a James Scholar and part of the SPARK program. In her free time, she swims and spends time at the ARC.

Edmund J. James Scholars

The Edmund J. Scholars Program, named for the fourth president of the University of Illinois, is the honors program within the College of Applied Health Sciences. The program recognizes undergraduates who have achieved academic excellence and provides them with unique learning opportunities. The following students in the Department of Kinesiology and Community Health are 2022-23 James Scholars.

Community Health

Anastasia Adjei	Nelson Jimenez	Ruchira Rao
Afnaan Afsar Ali	Rijha Kamran	Matthew Rodi
Emily Arlt	Colleen Kelley,	Emily Rodriguez
Anushri Bhanderi	Ellie Kim	Samantha Rodriguez
Melanie Buynack	Parker Knippa	Isabel Roman
Sean Camp	Alyssa Kosek	Fernanda Romero
Sarah Chahine	Lauren Kruchten	Eve Rubovits
Lauren Couri	Matthew Lifka	Sabeen Sadruddin
Kalia Davis	Nina Litvak	Nisha Shiroor
Alexandria Devinney	Elvia Malacara	Zachary Sievers
Majid Elkhatib	Sylvia Merz	Brandon Snipe
Eghonghon Eromosele	Ariana Notardonato	Emily Springer
Brenda Galan	Fiona O'Brien	Regan Toole
Sydney Goodman	Rose O'Grady	Anna Vanisko
Yoel Gros	Favour Ojerinde	Angela Vladimirova
Savannah Guo	Aditi Patel	Emily Wang
Raya Halabi	Rachel Pinto	Kelly Yu
Elena Hawkins	Kammi Poon	Ashley Yun
Daniela Hernandez	Aarushi Raathor	Nicole Zagone
Hannah Hong	Amal Rahman	Arisha Zehra
Claire Hull	Ramiro Ramirez	Sarah Zelden

Kinesiology

Mohamad Abdeh

Samuel Adeoye

Kyle Aluquin

Alexis Anaya

Beatrice Benavent

Megan Berry

Kelly-Anne Bickhart

Sarah Bruch

Emily Catsaros

Aubrey Cervantes

Weng Ian Chay

Julia Cichowski

Linda Corral

Logan Covolo

Alexander Dekker

Sutton Dunn

Martine Duplessy

Moudar Dweydari

Cait Egan

Abigail English

Kaitlyn Ewald

Nicolas Fardet

Danielle Fuller

Taylor Geier

Maeve Geraghty

Audrey Ginsberg

Matthew Hargrave

Samaria Harris

Sydney Hartwig

Alex Hernandez

Victoria Hostetler

Megan Houlihan

Sara Jass

Claire Kakac

Zahra Kazi

Abigail Keck

Ashley Kim

Madelyn Kim

Michael Knipp

Lydia Kohlenberger

Olivia Kosla

Janna Elyssa Laxamana

Briana Luna

Kendell MacDonald

Jennifer Maguire

Elizabeth Martinez

Caroline McDevitt

Gary Mei

Johan Montag

Katherine Moy

Katherine Naveja

Jina Patel

Emily Paulus

Kathryn Petersen

Liam Potenberg

Tammara Quevedo

Audrey Rexford

Camryn Rodrigues

Cecilia Rosa

Savanna Rudy

Rahil Sadruddin

Ariana Sanchez

Grace Savino

Samantha Serpico

Sydney Shannon

Jakob Sheppelman

Haley Smith

Erika Steinman

Katherine Thompsen

Artur Trela

Eleni Tryfonopoulos

Halle Wanless

Jeremy Wong

Interdisciplinary Health Sciences

Shadya Abdelrahman	Soares Da Rosa	Jessica Li	Annalisa Ranallo
Celina Abdi	Philip DeBlasio	Joyce Li	Brielle Ross
Jordan Abenes	Georgia Diamond	Delaney Maher	Sofia Sanchez-Plesha
Valerie Abushevich	Alejandra Diaz Ortiz	Naina Mays	Mackenzie Schuler
Vanessa Aguilar	Stella Emezue	Stevie Meade	Kristina Serrano
Fatemah Ahmed	Aija Espinoza	Karen Mei	Arya Shah
Mariam Ajeigbe	Ryann Fagan	Hiba Mirza	Dana Shuaibi
Leena Ali	Sophia Florek Carlson	Jillian Moffat	Avneet Singh
Angela Anum	Alanis Garcia	Caroline Moskalewicz	Brianna Sirdich
Syed Sinan Anwar	Margaret Garrity	Monica Moy	Nia Smith
Christopher Atadero	Lucy Goldsmith	Kamalika Nandyala	Sachi Solanki
Isabel Bemont	Aneesa Goyal	Fatima Naveed	Mali Sullivan
Grace Bernholdt	Maya Gregoire	Kasey Nguyen	Eldrick Surheyao
Divya Bhookya	Kathryn Hafner	Angela Ni	Jaeda Thompson
Amber Bou	Janaina Herrera	Drake Niles-Cox	Savannah Trax
Olivia Burns	Jennifer Hou	Hannah Nordquist	Sabrina Tsang
Anne Burriesci	Jade Huang	Alan Oliva	Aishi Tulasaku
Emily Butryn	Emma Huseman	Noah Olivero	Meghan Vanasco
Angela Chahine	Nia Innis	Kaitlin Olsen	Julia Vexelman
Ashley Chang	Sonali Jain	Allison Page	Lauren Vicencio
Natalya Cheema	Yeowoon Jung	Iris Page	Chloe Walsh
Elijah Chi	Jacob Katsifarakis	Abigail Paik	Anne Warren
Kristin Cho	Lucy Keigher	Renee Gen Pantaleon	Valerie Weinshenker
Elenna Claudio- Deutsch	Anne Kienle	Ava Pappas	Kaitlin Wengler
Renee Crawley	Grace Kim	Anjali Patel	Elyssa Wuerffel
Meghan Crump	Katherine Kondelis	Lauren Penick	Sarena Yeung
Mathew Czech	Tiya Kumar	Atlas Pilchen	Pedro Young
Sohini Dash	Madison Lamphear	Grace Preissing	Jennifer Zhao
Brenda De Souza	Matthew Lee	Jack Ramage	Ella Zick

Additional Recognition

Mid-America Healthcare Executives Award

Anamika Yadav, Community Health (MHA)

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Brianna Lausev, Kinesiology

Bahda Hoang, Interdisciplinary Health Sciences

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Rijha Kamran, Community Health

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Aerial Im, new member educator

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Montserrat Ponse, Community Health

Tera Sparks, Interdisciplinary Health Sciences

Ethan Juarez, Community Health

Aubrey Cervantes, Kinesiology

Alyssa Fisher, Kinesiology

Julia Wronska, Community Health

Emily Tracy, Interdisciplinary Health Sciences

Talitha Akoto, Community Health

Tasdiq Khan, Community Health

Nicole Roddan, Interdisciplinary Health Sciences

Ishan Patel, Kinesiology

Samyla Williams, Interdisciplinary Health Sciences

Denise Diaz, Community Health

KCH Awards and Honors Committee

Kristen DiFilippo

Beth Frasca

Hollie Heintz

C.J. Holterman

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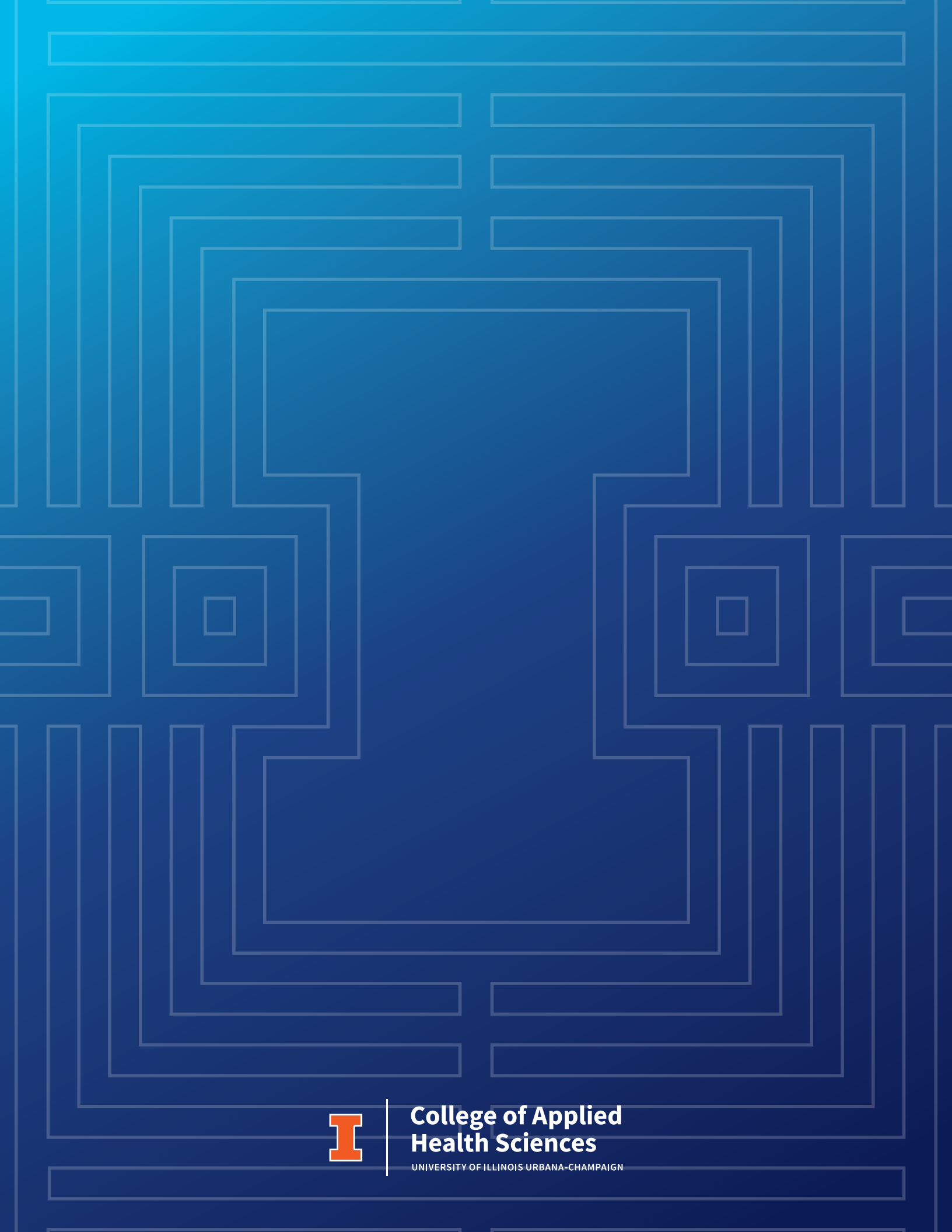
Dominika Pindus

Minakshi Raj

Laura Rice

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**College of Applied
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