

## UAB Tips to beat stress, neuroengineering program, U.S. News rankings

By JESSE CHAMBERS

Most of us can probably use some stress relief, and a UAB expert shares some tips.

A cutting-edge UAB doctoral program has awarded its first degree.

And U.S. News recently ranked several UAB online graduate programs very highly.

### DON'T STRESS IT

Dayna Watson, an assistant professor in the UAB Counseling Program, recently offered five tips to manage stress, according to UAB News.

Practice healthy sleep habits — “Go to bed at the same time every day, preferably before midnight,” Watson said. She also recommends avoiding caffeine at night and turning off electronics well before bedtime.

Move your body — It can be stretching, a brief walk or a regular exercise routine.

Learn to say no — Other than work or school, consider saying no to other opportunities when lacking time and energy.

Make time for fun and seeing friends or family — “In the long run, more will get accomplished if fun is had along the way,” Watson said.



A view of the UAB campus, including the School of Public Health and the School of Nursing, Photo by Erin Nelson.

### SPECIAL PROGRAM

The doctoral program in neuroengineering at UAB recently had its first graduate — Adeel Memon, who has worked to develop brain-computer interfaces to treat neurological conditions as part of a UAB neurology residency and movement disorders fellowship.

Memon received his PhD. at spring

graduate commencement April 29, according to UAB News.

The neuroengineering program at the Marnix E. Heersink School of Medicine and School of Engineering is the only such program in Alabama and one of a few nationwide.

The son of a dermatologist in Pakistan, Memon became interested in neurology and

movement disorders after his father suffered from Parkinson’s.

Memon came to UAB after graduating from Dow Medical College in Karachi.

Memon is also the nation’s first recipient of a combined R25/Ph.D. scholarship trainee award from the National Institute of Neurological Disorders and Stroke.

### HIGH RANKINGS

Numerous UAB programs are placed highly in the 2023 U.S. News Best Graduate School Rankings, according to UAB News.

Those programs include the Master of Science in health administration at the School of Health Professions. It remains ranked No. 1.

The School of Nursing ranked No. 8 among public schools of nursing and No. 15 overall for master’s degrees.

The School of Public Health ranked No. 19.

U.S. News ranks professional schools in business, education, engineering, law, nursing and medicine annually.

The rankings are based on expert opinions and statistical indicators of the quality of a school’s faculty, research and students.

The rankings are available at usnews.com.

## HIGHLAND PARK

# Developers say The Tramont in Highland Park will draw people seeking ‘urban lifestyle’

By JESSE CHAMBERS

A lot of people want to live in the city of Birmingham, according to one of the developers behind a new luxury condominium project, The Tramont, which is being planned for Highland Park.

“When we talk to potential buyers, they are all eager to live closer to Birmingham’s core as it continues to grow into a vibrant city full of culture, amazing restaurants and beautiful green spaces,” D&A Companies partner Evan Watts told Iron City Ink.

D&A, which is based in New York, hopes to contribute to this growth “in a really positive way” with The Tramont, Watts said.

The Tramont, to be located at 1236 22nd St. S., will have 28 residential units in a dozen different layouts.

The development will offer a mix of 1-, 2-, 3- and 4-bedroom units running from 1,100 to about 4,000 square feet, including three two-story, townhouse-style maisonettes.

“No unit is the same,” Watts said.

In addition, each unit is placed on a corner



A rendering of one of the terraces at The Tramont, a new luxury condominium project to be built in Highland Park later this year. Photo courtesy of D&A Companies.

to “maximize” the panoramic views of the Birmingham skyline, he said.

Prices will range from about \$700,000 to

about \$2 million.

Construction is estimated to begin in the third quarter of 2022, and units are available

now with occupancy expected in late 2023.

The developers said they believe some of the buyers at The Tramont will be seeking to downsize from a larger home in the suburbs to live a more urban lifestyle.

The Tramont will offer concierge and doorman services and amenities such as a gym, yoga room, sauna, heated lap pool and exterior terrace garden.

The developers also tout the virtues of Highland Park, a historic neighborhood with several parks and green spaces. They said they are using high quality materials and “timeless” architectural details to evoke the style of neighboring historic homes.

However, Watts said the building’s location may be its best feature, because the facility is within walking distance of English Village and Five Points South.

The Tramont will also be in close proximity to numerous popular eateries, including Bottega and Continental Bakery.

D&A Companies is partnering with the project on Ingram & Associates and The Five Stone Group.