Career Services is helping students prepare for future

It seemed like a simple suggestion from a marketing professor to a college student at the time. But when Suzanne Scott-Trammell was encouraged by her faculty advisor to visit Career Services, it became one of the best things that ever happened to her. She learned how to market herself, how to create a strong resume and how to interview. She had multiple opportunities to interview with corporations and was hired after graduation by central maker Kellogg's, for which she spent 13 years in sales and marketing.

“If I had realized the depth of assistance available from the career office, my job search would have been quicker with much less stress involved,” says Scott-Trammell, now the executive director of Career Services at UAB. “And that’s what we’re here to do — help students prepare for a lifelong-learning process, leading to continued career growth and success.

“We really try to do it help students understand the steps involved with job search so it’s not overwhelming — and so that it leads to more than just a job when they graduate,” she explains.

“Job search does not have to be daunting, but it does involve work for students to prepare and manage their own job-search campaigns.” A significant number of UAB students are use Career Services to prepare for life after college. The department has made a significant push to get in front of more students and showcase the benefits they can provide.

“We’re trying to empower the students to make good decisions, realizing that all along the way new opportunities are going to pop up,” Scott-Trammell says. “Students don’t have to have their lives all mapped out, few of us ever do, but we do want them to know what their next step is going to be and where that’s going to lead them.”

Increase in participation

Scott-Trammell and her staff have been engaging faculty and student advisors on campus since she came to UAB in July 2007 to show the value Career Services can add to a student’s educational and professional career.

Career Services conducted more than 150 presentations and seminars this fall and reached more than 9,000 students — an increase of 175 percent compared with the prior year. The office also launched a new job-search and career-management system, See CAREER SERVICES p.4

A new, noninvasive virtual colonoscopy program to screen for colorectal cancer will be available at UAB beginning as early as April 1, giving patients an effective, safe and well-tolerated option to traditional colonoscopy.

CT colonography combines multi-detector CT with sophisticated post-processing software to obtain an interior view of the colon that otherwise is seen only with a more invasive procedure in which an endoscope is inserted into the rectum. The procedure is a promising method for detecting colorectal polyps and cancers, says Cheri L. Canon, M.D., associate professor in radiology.

“The important fact about colorectal cancer is that it is completely preventable,” Canon says. “With CT colonography, we are able to identify not only an early cancer, but pre-cancerous lesions. We’re diagnosing polyps up to 10 years before they become malignant. That’s huge, and it’s different than a mammography, for example, when we’re diagnosing early cancers and treating them. That’s why this is an important imaging breakthrough.”

Colorectal cancer is the third most common cancer and the second leading cause of cancer-related deaths in the United States according to the National Cancer Institute. It is estimated that 148,810 men and women will be diagnosed with the disease, and 49,960 men and women will die of cancer of the colon this year. From 2001-2005, the median age at diagnosis for cancer of the colon and rectum was 71, and the median age at death was 75.

A National Cancer Institute-funded study published recently in the New England Journal of Medicine found that CT colonography identified nine of 10 patients with significant (measuring 10 mm or greater) adenomas and cancers, proving comparable to conventional optical colonoscopy.

Currently, less than half of the population that needs to have their colon screened does so, and Canon believes the CT colonography may make it easier for those who fear colonoscopy to now be screened.

“People above the age of 50 should be screened every five to 10 years, depending upon the screening method,” Canon says. “Why is this not happening? Some of it is

Study shows risk to babies in elective preterm C-sections

Women choosing repeat cesarean deliveries at 37 or 38 weeks gestation, without a medical or obstetric indication, are up to two times more likely to have a baby with serious complications, including respiratory distress resulting in mechanical ventilation and NICU admission. UAB researchers, led by Alan E.N. Tita, M.D., Ph.D., assistant professor in the Department of Obstetrics and Gynecology division of Maternal-Fetal Medicine, and colleagues published their findings Jan. 8 in the New England Journal of Medicine.

“The cesarean rate in the United States has risen dramatically, from 20.7 percent in 1996 to 31.1 percent in 2006,” Tita said. “A major reason is the decline in attempted vaginal births after cesarean. Because elective cesareans can be scheduled to accommodate patient and physician convenience, there is a risk that they may be performed earlier than is appropriate.

“We knew from previous small studies that infants born before 39 weeks gestation are at increased risk for respiratory distress,” he said. “Because nearly 40 percent of the cesareans performed in the United States each year are repeat procedures, we undertook this large study to describe the timing of elective repeat cesareans and assess its relationship with the risk of various adverse neonatal outcomes.”

In the study population, babies born at 37 weeks were twice times more likely to suffer with conditions common to babies born too soon, and at 38 weeks, they were one-and-a-half times more likely.

Tita said these findings, along with other studies, underscore the importance of not delivering a baby before 39 weeks for the sake of convenience. Unfortunately, these early deliveries are associated with a preventable increase in neonatal morbidity and NICU admissions, which carry a high personal and economic cost,” he said. “These findings support recommendations to delay elective delivery until 39 weeks gestation and should be helpful in counseling women on the necessity of waiting to deliver.”

See COLONOGRAPHY p.3
Donate cell phones for scholarships

The UAB National Alumni Society encourages you to recycle your old cell phones this month to raise scholarship dollars for UAB students. For every cell phone that is returned on behalf of the NAS, Charitable Recycling will donate $1 to the NAS Scholarship Fund.

To participate, just drop off your phones in the green donation boxes across campus or bring them by the NAS office at 516 20th St. South. For additional information, contact the Alumni Affairs Office at 934-3555. Please donate only personal cell phones, not UAB-owned equipment. For more information on the NAS, visit www.uab.edu/alumni.

Disclosure forms now available online

UAB has launched a new online process for faculty and staff to disclose external or internal consulting activities and sponsored-research submissions. Online forms are available from three sites:

• The Office of the Provost at www.uab.edu/provost.
• The Conflict of Interest Review Board (CIRB) at www.uab.edu/cirb.
• BlazerNET at blazernet.uab.edu on the Employee Resources tab under “Policies and Forms.”

Users should log in with a BlazerID and password to submit the form.

This disclosure is required from all UAB regular faculty and all staff at grade 20 or above. All provost, school, unit and CIRB disclosure forms have been consolidated and simplified for electronic submission, review and approval. A simple smart form with pop-up boxes will guide users through the submission process.

The new disclosure process enables faculty and staff to obtain real-time guidance for interpreting disclosure requirements and receive electronic responses from appropriate managers through an automated routing process with built-in submission and approval workflows.

The online tutorial also provides examples of various activities requiring disclosure, lists common compliance requirements and answers frequently asked questions. The Office of the Provost and the CIRB will offer a series of information and training sessions at schools and units across campus.

Questions regarding the disclosure process or requests for a training session may be addressed to the Office of the Provost at 934-0622 or provost@uab.edu. Questions regarding sponsored research submissions (Option C on the new disclosure form) may be addressed to the CIRB at 975-9691 or CIRB@uab.edu.

New G&C closeout procedures to be effective in February

New guidelines for grants and contracts closeout procedures will be employed effective Feb. 1 that will improve UAB’s ability to meet sponsors’ financial reporting requirements, enhance collection efforts on delinquent accounts and make it easier to administer sponsored-research awards.

A series of meetings is scheduled to provide information on using the new guidelines, and a training session scheduled and other related documents are online at www.uab.edu/provost.

The guidelines were developed by a universitywide Grants & Contracts Close-out Task Force. Direct questions to the Office of the Provost at 934-0622.

UAB Benevolent Fund offers prize for the winning 2009 slogan

Submit the winning slogan for the 2009 UAB Faculty and Staff Benevolent Fund campaign and win a brand new 8 GB Silver iPad Nano.

You can e-mail your slogan to the UAB Benevolent Fund Council at benevol@uab.edu, fax your idea to 975-9691 or send via campus mail to AB-B-34. The deadline is Friday, Jan. 33.

The UAB Benevolent Fund enables the university and all hospital/Health System areas the opportunity to participate in an all-inclusive campaign that support the Employee Emergency Assistance Program, the United Way of Central Alabama, Community Health Charities of Alabama and local independent agencies.

Visit www.uab.edu/benedfund to read newsletters and a brief history of the Benevolent Fund.

Campus Rec gives you a chance to be the biggest loser

The Biggest Loser Challenge has returned to encourage employees to embrace the benefits of weight loss and exercise. The competition is being offered in conjunction with the statewide Scale Back Alabama campaign.

Initial weigh-ins begin the week of Jan. 12 and final weigh-ins take place the week of March 16. Weigh-ins will be administered Mondays from 4:30 to 6 p.m. and Tuesdays and Thursdays from 11:30 a.m. to 1 p.m. in Campus Rec Center Suite 170. Faculty, staff, active alumni and family members living their household who aren’t members of the Campus Rec Center can pay a $75 registration fee to participate; the fee includes full use of the facility from Jan. 12 through March 20.

Sign up for the challenge as a team of four or as an individual. Visit studentaffairs.uab.edu/CampusRecreation/biggestloser.html for a complete list of rules and prizes.

Try Tai Chi, yoga, meditation to cope with stress this year

Learn to manage stress through Tai Chi and meditation during five lunchtime courses offered by the UAB Resource Center.

Counselor John Quenelle teaches the introductory meditation class for stress management that began Tuesday, Jan. 8 and meets each Tuesday through February. This simple, ancient practice has been shown in many studies to alleviate the mental, emotional and physical effects of stress, help with pain management and generally improve quality of life.

The popular Tai Chi class taught by Counselor Alex Adams begins Thursday, Jan. 15 and meets each Thursday through February. Tai Chi is a slow-motion exercise with movements that gently build strength and flexibility, improve balance and help you relax. The class is appropriate for all ages and levels of fitness.

Both classes meet from 12:10 to 12:50 p.m. at the Resource Center in 21 Office Plaza South at Magnolia Office Park, Suite 330, 2112 11th Ave. South.

The Resource Center also is beginning a new yoga class Thursday, Jan. 8 from 4:30 to 5:45 p.m. The class, taught by Resource Center Counselor and Yoga Fix instructor Diane Reid, will meet every Thursday from Jan. 8 through Feb. 12. Participants will combine mind, body and spirit to develop strength, balance and flexibility.

Registration is required, but employees may begin attending classes at any point. Call 934-2281 for more information or visit www.uab.edu/yap.

The Resource Center EAP provides confidential counseling and wellness programs at no cost to UAB employees and their family members. Counseling is available for issues, including grief, depression, stress, relationships, divorce, abuse, addictions, work-related problems and many others. The center also assists faculty and staff in supervision of employees who are experiencing job-performance issues.
Voilà — employees showcase unique art talents on HGTV

Charles Buchanan, Justin Roth and Kristen Farmer Hall have similar personalities. They are even-keered, but do get excited when they believe it’s warranted. Their idea of showing excitement doesn’t necessarily reach TV’s level, which borders closer to animation.

The UAB employees discovered this about themselves while filming for the Home and Garden Television show “That’s Clever!” Now they will see how their art and enthu-
siasm translates to television this month when their episodes will air on the popular network.

“If you’ve ever seen a cooking show or home improvement show work they hard to make sure their subjects are always smil-
ing and enthusiastic in what they’re doing,” says Buchanan, an editor in Periodicals, part of UAB’s Office of Public Relations & Marketing. “They kept wanting big energy and enthusiasm at the door. But having the lens turned on him – all while creating an artistic piece in a somewhat high-pressure environment – can be daunting, he says. “If I’m in Naked Art talking about my art I can talk about it easily and not stumble over my words and thoughts.” Buchanan says, “But it’s different when they’re in your living room and they have TV lights, a director, an audio person and a camera all staring at you. You’re creating your piece and you have to stop and find the camera and then say something and smile the whole time. Plus, they’re trying to do things relatively quickly.”

They also are asking the artist to act zany and funny from time to time. For example, the director asked Buchanan to jump out from behind a tree in his front yard. And then there was the “voila.”

“They wanted me to print something and say ‘voila,’ and we did something like 10 takes of this and finally I just turned and said ‘You know, I don’t go around saying ‘voila.’” Buchanan says. “The show is very high energy, and it plays up the fun, wacky part of art, which is good. It’s a television show, and we understood that going in. But it feels really funny when you’re doing it, and disconcerting in some ways.”

Still, the opportunity to showcase their tal-
ents on national television was something they each agree they couldn’t pass up — even if they had to leave a little amount of dignity at the door.

“There’s no doubt the show borders on cheesy, and they make you say all kinds of silly things,” Hall says. “But it was a great chance to show what I do. I’m interested to see what the finished product will look like.”

COLONOGRAPHY

CONTINUED from page 1

AUGUST 12, 2009

Buchanan’s art focuses on block printing. He carved a rubber block to make a big artistic piece using multiple prints in his episode, which airs Tuesday, Jan. 27 at 7 a.m. His piece focuses on mid-century signs from the ’50s and ’60s, including Berthon's Cleaners in West End.

Turning the tables

Buchanan has worked in the advertising industry and was comfortable behind the camera. But having the lens turned on him – all while creating an artistic piece in a somewhat high-pressure environment – can be daunting, he says. “If I’m in Naked Art talking about my art I can talk about it easily and not stumble over my words and thoughts.” Buchanan says. “But it’s different when they’re in your living room and they have TV lights, a director, an audio person and a camera all staring at you. You’re creating your piece and you have to stop and find the camera and then say something and smile the whole time. Plus, they’re trying to do things relatively quickly.”

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lack of information, but the main thing many are do not want their colon looked at. It’s uncomfortable, for some people it’s embarrassing. Research shows the CT colonography is a good alternative as it is less invasive to patients.

With a CT colonography, patients have a small, soft-tipped catheter connected to a CO2 inflator inserted into their rectum. The colon is inflated with CO2, and the physician then scans through the abdo-
men and pelvis twice and the procedure is done.

It’s a pretty quick and easy exam, with the aortal CT scan taking about 30 seconds, and total exam time is less than 15 minutes,” Canon says. “And when you’re done, you’re done! You don’t have to recover from sedation like a traditional colonoscopy, and you can return to work immediately.”

Researchers believe CT colonographies will reduce the number of diagnostic colonos-
copies. Most patients examined with a traditional colonoscopy do not have polyps and can be spared having to undergo the procedure. In fact, only 8 percent of the 2,600 patients screened as part of a recent NCI study on CT colonography needed to have an optical colonoscopy. This has been reproduced in other large trials, as well.

“That’s that saying most of the population that needs to be screened does not need to undergo endoscopy,” Canon says. Canon hopes that when CT colonographies locate polyps or lesions patients will be taken to gastroenterology the same day to have them removed, thus avoiding a second bowel prep. “That’s going to take a lot of administrative maneuvering, but that’s what we want to move to eventually,” he says.

The CT colonography also has a lower risk of perforating the colon than conventional colonoscopy — another factor more attrac-
tive to patients.

Bowel preparations for a CT colonogra-
phy are the same as they would be for a colonoscopy or barium enema examina-
tion. This means not taking iron pills or medications containing iron and taking bowel cathartics prescribed by the doctor. Patients also only can drink clear nonoco-
hole liquids and eat soft foods, including Jell-O.

Extensively trained staff

UAB Radiology will use two cutting-edge CT scanners to perform the tests. Because the equipment and software are expensive, CT colonographies likely won’t be available at all local hospitals. UAB radiologists have undergone broad training on CT colonogra-
phy and interpreting tests results.

To learn more about the CT colonography, visit www.uab.edu/reporter

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Special Lectures

Monday, Jan. 12
3:30 pm UAB Comprehensive Cancer Center: Challenges in cancer survivorship research, Prof Karen Meneses (Nursing); West Pavilion-E.

Tuesday, Jan. 13
Noon Student Physicians for Social Responsibility: Boys ‘n guns ‘n the hood: Predicting youth violence in the inner city, Assoc Prof John Boland (Health Behavior); Voker Hall-C.

Wednesday, Jan. 14
12:15 pm Lister Hill Center for Health Policy: Effects of childhood obesity on family resources, Dr Nancy Neichman (School of Medicine and Dentistry of New Jersey); Rayals Public Health Building-407.

Thursday, Jan. 15
11:30 am Discussion Book Dialogues. Potential health effects of global warming: Fact or fiction? Director Craig Wilson (UAB Sparkman Center for Global Health); Lister Hill Library-Ireland Room. This event is free and open to the public.

Friday, Jan. 16
4 pm Diabetes Research Training Center Seminar Series. Mechanism involved in the increased risk of cancer in obesity. Smolan International House. 4-1200/кардиол UAB.

Wednesday, Jan. 14, 21
10 am Convulsive English classes Levels 1 – IV, offered free to those interested in enhancing their English conversational skills. Smolan International House. 4-1205/кардиол UAB.

3 pm Convulsive Spanish Conversation Table: Commons on the Green cafeteria. Look for the French flag in the side dining room! Catherine Daniele at danielou@uab.edu or foreignign@uab.edu.

8 pm Italian Conversation Table; HB - 3rd “The Hub,” Humanities Building. Arraldo Ciccotti ciccotic@uab.edu or foreignign@uab.edu.

Thursday, Jan. 15
Noon Alliance for GLBT Equity. All UAB/UABHS employees welcome. For more info, e-mail alliance@uab.edu.

Thursday, Jan. 14, 22
12:10 pm Chi Chi meets, UAB Resource Center Classroom, Suite 330. Call 4-2281/ www.uab.edu/earp for more info.

2 pm Spanish Conversation Table: Intermediate/Advanced; HB - 3rd “The Hub,” Humanities Building. Centro centroen@uab.edu or foreignign@uab.edu.

2 pm Spanish Conversation Table: Level: Beginner. HB - 3rd “The Hub,” foreignign@uab.edu.

7 pm Conversational English Classes Levels 1 – N, offered free to those interested in enhancing their English conversational skills. Smolan International House. 4-1205/кардиол UAB.

Wednesday, Jan. 14, 21
4 pm Diabetes Research Training Center Seminar Series. Mechanism involved in the increased risk of cancer in obesity. Smolan International House. 4-1200/кардиол UAB.

Meetings

Tuesday, Jan. 13, 20
9 am Chinese Conversation Table; HB - 3rd “The Hub,” Humanities Building. Jilcher Chen, jilcher08@uab.edu or foreignign@uab.edu.

10 am International Women’s Group, provides activities to meet the cultural and social interests of the international community. Smolan International House. 4-1205 or fore- man@uab.edu.

11 am Arabic Conversation Table; HB - 3rd “The Hub,” Humanities Building. Dima Zeiden, drzn02@uab.edu or foreignign@uab.edu.

12:10 pm Meditation, UAB Resource Center Classroom, Suite 330. Call 4-2281/ www.uab.edu/earp for more info.

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CAREER SERVICES

continued from page 1 which has more than 4,000 students registered — an increase of 230 percent.

Students and faculty learned the importance of exploring, experiencing, preparing and succeeding — the four-phase mission. A Career Action Plan is available to help students experience, preparing and succeeding — the four-phase mission. A Career Action Plan is available to help students prepare for short- and long-term career success.”

Scott-Trammell says a big reason Career Services has seen an influx of students is due to faculty partnerships; faculty are inviting the group’s staff into their classrooms and encouraging students to visit offices in the Hill University Center and the satellite offices in the schools of Business and Engineering. Faculty have done this in a variety of ways, including offering extra credit assignments for attending career fairs, making appointments or participat- ing in workshops and events.

“Faculty and staff have emphasized the need for this kind of information during the students’ educational experience, and that’s great because it links us all together,” Scott-Trammell says. “When faculty and advisors encourage students to make an appointment with us, it helps students understand that what Career Services is offering is really important.”

The response from faculty, advisors, and student organizations has been overwhelming. Career Services recently put a call out for Presentation Form online at https://uab.edu/careerservices/presentationrequest and “We also can custom- ize presentations,” Scott-Trammell says.

Career counseling

Recent research shows that today’s student is going to change careers nine times by age 35. Scott-Trammell has been more fortunate. Whether selling a product like cereal or teaching people how to evaluate their talents and interests so that they can better determine what they want to do, she says, “It’s helping them identify what they’re passionate about and what they love doing. Getting a job is not a sell-out. It should be integrated into who you are because if you love what you do, you’re going to be more fulfilled and more successful.”

Faculty, staff and students can learn more about Career Services at www.careerservices.uab.edu.

exhibit is located on the 1st, 2nd and 3rd floors. Library hours: 7:30 am-11 pm Mon-Thurs; 7:30 am-7 pm Fri; 9 am-5 pm Sat; 1-11 pm Sun. The Samuel Ullman Museum. Home of prominent Birmingham civic leader and poet. Open by appointment only, 4-3228.

Alabama Museum of the Health Sciences. 2005 SOM Art Show. January 1-12, 2009. 150th Anniversary of the School of Medicine. Thursday February 27. Third Floor LHL. University Blvd. Museum is open to the public Monday Friday 9am to 5pm. Admission is free. Visual Arts Gallery, The Writing is on the Decks: Contemporary Artists Gallery Benefit. A silent auction of custom decorated skates created by vinyl Monkey Kidrobot toys and resin graffiti nail cars, donated by local and national artists, will be auctioned to benefit the UAB Visual Arts Gallery pro- grams. Admission to benefit night is located at 100 19th St. S. Call 4-0815. Shows through Jan. 30.

Special events

Friday-Sunday, Jan. 16-18
7:30 pm Alys Stephens Center, Complexions Contemporary Ballet. There will be a 2:30 pm only perfor- mance on Sunday. Tony-nominated Desmond Richardson, one of today’s greatest modern dancers, and Dwight Rhoden, one of dance’s most sought after choreographers both of Alvin Ailey American Dance Theater, will perform. Tickets are $50, $45 and $30; students $20. Call 5-2787 or visit www.AlysStephens.org for more info.

Saturday, Jan. 17

Sunday, Jan. 18
3 pm Alys Stephens Center, Dreek Mays, piano. Tickets are $65, $45, $35 and $20; $20 for students. Enjoy a free Prelude musical discussion at 7 p.m. and a post-show reception with Dr. Mays. In 2007 Birmingham pianist Dreek Mays won the Van Cliburn Foundation’s International Piano Competition for Outstanding Amateurs, the oldest competition for amateur pianists in the country. Call 975-2787 or visit www.AlysStephens.org for more info.

Friday, Jan. 23
8 pm Alys Stephens Center, Dreek Mays, piano. Tickets are $65, $45, $35 and $20; $20 for students. Enjoy a free Prelude musical discussion at 7 p.m. and a post-show reception with Dr. Mays. In 2007 Birmingham pianist Dreek Mays won the Van Cliburn Foundation’s International Piano Competition for Outstanding Amateurs, the oldest competition for amateur pianists in the country. Call 975-2787 or visit www.AlysStephens.org for more info.

UAB Sports

Jan. 13: Men’s Basketball vs UCF, 7 pm, Bartow Arena

Jan. 16: Men’s Basketball vs Louisiana-Lafayette, 7 pm Bartow Arena

Jan. 21: Men’s Basketball vs UTEP, 7 pm Bartow Arena

Jan. 24: Men’s Basketball vs Rice, 2 pm Bartow Arena

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**Do you or someone you know have atopic dermatitis?**

Healthcare professionals at the University of Alabama at Birmingham have developed a Web site that addresses the pain experienced by patients with CS. Visit the site for information regarding CS and also take a part in a new on-line research study. Patrick hoppelbush@uab.edu

**Are you pregnant?**

Are you a woman living with HIV and interested in participating in a new on-line research study? Patrick hoppelbush@uab.edu

**Are you interested in participating in a study of memory and decision-making?**

Involves 2 overnight stays and 17 wks of food. Compensation. Dana 996-4015.

**Women**

**Are you an African-American female under 25 years old with an eating disorder or bulimia?**

Women with anorexia or bulimia nervosa may be eligible to participate in a study of normal vaginal flora. Two visits. Compensations. Joy 996-2780.

**Do you have high blood pressure? Are you overweight?**

Healthy adults age 19-55 of both genders needed for an 18-month study on the reduction of cardiovascular risk factors. No cost to participants. Clinic visits at no cost. Compensation. 5-1779.

**Do you have a headache?**

Do you have headaches? You may be eligible to participate in a study comparing two treatments for headache. Study includes 3 visits, treatments, and.COMPensation. 939-4057/939-4056.

**Do you or someone you know have high blood pressure? Are you overweight?**

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Classifieds

For Sale

Appliances & Electronics
Sony 52" LCD HD projection TV* 1080p: $1900, resolution, picture 11-mes-old, original $3500, ask for $1500; "96 Honda Accord LX, black, cond. 5000, ask for $3200. 586-1979.

Automobiles

Furnishings
Boys' room: all wood: wooden fire station bed w/ rails, working fire police & sirens, $100, mattress incl; Little Tykes train bed, hard wood, $75; 3 red plastic chairs, headlight, mattress incl, $200. 368-2078.

Miscellaneous
Getting married? Gorgeous princess cut engagement/wedding ring: 1/2 twt, insured with all the papers and lifetime warranty included, valued at $4500, asking $2500. Angel 597-0777.

For Rent
For Sale

Auburn University
57 MGB rack-top, black, garage-kept, cond. new, needs wiring harness, $3000. 996-9907.

Satellite dish, $100; 36x36 CRT, $250; 22" expandable luggage, like new, $25. 681-6283.

For Sale

Baldwin Piano, $600; 2 BR/2 BA, great location, walks to school, $700. 862-0599.

For Sale

Ain't Misbehavin' at 7

To schedule an appointment with a physician, call 4-9700.

The UAB Continence Center sees all types of uri- nary and fecal incontinence as well as pelvic floor disorders and other pelvic floor disorders. Call and let us evalu- ate your condition and offer the best treat- ment for your problem. 631-2900.

Auburn University

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For Sale

Baldwin Piano, $600; 2 BR/2 BA, great location, walks to school, $700. 862-0599.

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Small painting, carpentry and all of your real estate needs. Philip whitty@bub.edu.

Will tutor math for upcoming Alabama edu. small painting, carpentry and all of your prices. 438-1787/368-1976.

Greg's odd jobs: from shoetree to roof-
ging, Greg can make you're your improve-

Residential/Commercial Painter - interior, exterior, roof sheet metal, small construc-
tion projects. Scott 365-1884/ scottvs6@sbelouts.net.

Sitter services: well trained RN with over 25 years of experience looking to take care of your children or elderly members. References. Hazel Robinson 328-8603.

Want private, one-on-one, interactive from 2-13 years old. Guitar, piano, bass, keyboard who will tailor each lesson to your specific needs? Call Latiash "Fee-Fee" Redmond 234-1300.

Roofing & repairs: specializing in leaky roofs, no job too big or small, 20 years experience. Scott 365-1884/ scottvs6@sbelouts.net.

Acid staining concrete floors: Acid staining concrete floors, cutting, trimming, stump grinding and other special services for your holiday party. Call Ken 254-3330. Smooth Jazz - featuring Ken talley's Acoustic guitar and vocals. Over 30 years experi-
ence. Parties, weddings, all special occa-

Computer repairs: Home and business computers/networks, Microsoft certified technician available to assist you with your com-
puter needs. Derry 803-479.

Full time available; excellent driver, 8 yrs exp with UAB 3-p family physician. Betty 977-4171/Perry 427-0525.


Look for a reliable contractor to work on your house? We are specializing in framing, sheet rock repair; deck building and roofing. Martin 240-1297 for free estimate.

Painting, work and paving as asphalt. Specializing in driveways, parking areas and landscaping borders. Decorative con-
crete stamping and bolting. Bob 367-1467.

Shed roof repair; pressure washing, deck 


Painting: High school and col-


Children's paint parties: Parties for chil-
dren ages 5 and up. Bring out the artistic side in your kids and let us create 
a memorable event at your home. www. lookatwhatpainted.com Karen 821-7989.

Tutoring: offers help with HR profes-

sional. Review and compilation options offered. Reasonably priced. Scott 365-1884/ scottvs6@sbelouts.net.

Pet sitting: 5 yrs experience all types of dogs for family/staff of UAB. To stay at your home. References. Derry 803-625.

Home inspections: State licensed and fully insured. Don't buy a home without a home inspection! Call 492-3155/ 

wes@clearfront.com.

Home or business cleaning. Weekly, bi-
weekly or special occasions. 218-7984.

Let professional videographer create your video tape wedding or special event. Can edit home videos and transfer 8mm movies to DVDs. 907-1785.

Lawn maintenance: will maintain your lawn, cut & trim, prune, trim edges, manage hedges, plant, etc. Call your free estimate 281- 

9597.

Master electrician: state licensed electri-
cal contractor specializing in residential/ commercial wiring, outdoor lighting and more. Quality service at affordable rates. 

Available. Happy pets, happy owners, TLC, caring for your pets while you are away. Joyce 254-5965/854-2700.

Pet/child care: 15 years exp, math, general 
specialty areas. Karen 329-0440.

Home maintenance and repair: carpen-
try, plumbing, electrical, decks, ceramic tile, painting, free estimates, licensed and insured. 20 yrs experience. Robbie 629- 

7057/283-7985.

painting, trimming, stump grinding and all of your price. Scott 365-1884/ scottvs6@sbelouts.net.

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The UAB Commission on the Status of Women seeks donations of gently used clothing for My Sister's Closet, an outreach program of the YWCA of Central Alabama. Drop off your tax-deductible donations of clean suits, jackets, skirts, casual pants, shirts, shoes, handbags and accessories at John N. Whitaker Building, 500 22nd St. South, from 6:30 to 10:30 a.m. each day.

**Start the new year with a clean closet**

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**OTHER DROP BOXES:**

Drop boxes also will be located in the Administration Building •
Heritage Hall • Campbell Hall • Business and Engineering Complex •
Humanities Building • Hill University Center • School of Nursing •
School of Public Health • School of Education • School of Health Professions • Webb Bldg.

Contact Heather Maddox White • 975-0250 • heatherwhite@uab.edu
Ona Faye-Petersen, M.D. • 975-8880 • onafp@uab.edu
www.uab.edu/women