Annual blood drive at North Pavilion aims to strengthen summer supply

UAB Hospital is hosting its annual summer blood drive June 27 and June 29-July 3 in the second floor atrium of the North Pavilion. Regular blood drives further the hospital’s goal of becoming a self-sufficient transfusion service.

People who donate blood during this time will help ensure that UAB Hospital’s supply remains strong during a time of year when donations traditionally are very low, says Maria Marques, M.D., medical director of the hospital’s Transfusion Service.

“We have reduced the amount of blood we need on hand thanks to a new blood-utilization program we have implemented, making this scarce resource more available at the critical times when it’s most needed,” Marques says. “However, in order to avoid reaching a dangerously low level that often occurs during this time of year – we have to be proactive.

“More than ever we need to collect on campus to guarantee we have the supply we need, ensuring our patients receive the best care possible.”

Times for the drive on June 27 and June 29-July 2 are 1 p.m. to 7 p.m. Donations will be accepted from 7 a.m. to 7 p.m. July 3. The American Red Cross also is hosting a July 2 drive at the Galleria from 10 a.m. to 8 p.m. in the old Belk department store location. That drive, Birmingham’s largest, will benefit UAB Hospital and other hospitals in the area.

UAB Hospital uses an average of 700
tips for giving blood: be the perfect donor

Giving blood during the June 27 and June 29-July 3 blood drive at UAB Hospital? Here are some tips to make the experience a positive one:

• Be well hydrated. Drink plenty of water before and after donating.
• Be well rested. It’s important to get a good night’s sleep before donating and avoid extreme exercise for 24 hours afterward.
• Don’t be afraid to eat. Eating before giving will make you feel better during and after donating.
• Make sure you have no active infection such as a cold or a sore throat; wait until it passes.

• Be well hydrated. Drink plenty of water before and after donating.

For many of our students “For many of our students

Tips for giving blood: Be the perfect donor

Giving blood during the June 27 and June 29-July 3 blood drive at UAB Hospital? Here are some tips to make the experience a positive one:

• Be well hydrated. Drink plenty of water before and after donating.
• Be well rested. It’s important to get a good night’s sleep before donating and avoid extreme exercise for 24 hours afterward.
• Don’t be afraid to eat. Eating before giving will make you feel better during and after donating.
• Make sure you have no active infection such as a cold or a sore throat; wait until it passes.

Students from Misr and engineers and construction managers from some of the largest construction firms in the Middle East will be participating in this program,” Fouad says. “Construction across Egypt is booming, and they are interested in learning more about construction management. They knew we were advanced in that area here at UAB, and we’re certainly very excited to have the opportunity to teach these students.”

The UAB group, along with a U.S.-trained faculty member from Misr, will teach four courses: Sustainable Construction, Construction Accounting and Finance, International Construction and Business Law, and Construction Methods and Technologies.

School of Engineering Dean Linda Lucas, Ph.D., visited Misr University with Fouad in May to finalize the details of the program. Lucas says engineering students traditionally participate in several study-away activities. One group recently returned from Peru, where they began constructing wells for villages in need of clean drinking water. But this particular partnership marks an exciting new beginning to the school’s international endeavors.

“This is the first time we will send faculty and students and teach courses at an international university, and I think teaching construction management at Misr University is a great place for us to begin,” Lucas says. “For many of our students this will be their first experience outside of the United States. For them to see another culture, see how other businesses work internationally and begin to learn the differences and how you function with those differences will be a great experience for our students.”

Meeting jumpstarts collaboration

Mise University President Mohamed

Rafat Mahmoud visited friends at Tuskegee University this past summer and wanted to meet with UAB School of Engineering faculty to discuss his inter-
Reitores Association to meet June 25

All UAB retirees and UAB employees planning to retire are invited to attend the UAB Retirees Association annual meeting at 12:30 p.m. Wednesday, June 25 in the Homewood Library Auditorium, 1721 Oxmoor Road.

Speakers will include Jay M. McDonald, M.D., chair of Pathology and director of the UAB Center for Metabolic Bone Disease, on “Accelerated Aging and Bone Health: Mission to Mars”; and Cathy Neshouse, administrative director of UAB Rehabilitation Services, on “We systems and their use in patient therapy.” Association President Alan Dimick, M.D., will lead a brief business meeting, including the installation of new officers.

For more information, go to www.uabra.org.

WebCT Vista 3 upgrading soon to Blackboard Vista 4

UAB’s official learning-management system will be upgraded to Blackboard Vista 4 in August 2008, and it will replace the WebCT Vista 3 now in use.
Blackboard — which purchased and upgraded WebCT — has made changes to the way that designers, instructors, and students interact within the system; however, the similarities will present a familiar, recognizable environment for users and most differences in Blackboard Vista 4 make it more user-friendly than WebCT Vista 3.

A few new features that users should know:

• In Blackboard Vista 4, My Settings is an option that grants users the ability to set their own defaults for tools like the Calendar, Discussion Board and HTML Creator.

• Also new are the Goals and Grading Forms tools. The Goals tool enables instructors and designers to associate goals or learning outcomes to different content files for students. The Grading Form tool gives instructors or designers the option to create a grading rubric for content files that can be viewed by students.

• Course builders (designers) are able to add content files directly to the home page without using a tool to upload files within the system.

• The Page Option tool enables users to customize the home page, including layout and color.

• Builders and designers also may remove unused tools from the Course Tools Menu with tools unique to both the Build tab called the Designer Tools and the Instructors Tools distinctive to the Teach tab.

Information about Blackboard Vista 4 training classes for all users is available at www.uab.edu/it/teaching-learning/calender.html.

Expanded hours for Massage Therapy

Spain Rehab is expanding appointment times for its Massage Therapy Program, which is available to UAB faculty, staff, their immediate family members, and to students.

The price for a massage is $35 for 30 minutes and $60 for one hour. The service is not available to hospital patients or the general public. Appointments are available on a first-come, first-served basis. Appointments are available Monday through Friday from 4 to 6 p.m. by calling 975-4022. Other appointment times are available on an as needed basis.

Samuels readies UAB Summer Band for annual July 4 concert

Sue Samuels has had the pleasure of directing the UAB Summer Band’s Fourth of July concert for the past six years. She’ll be holding the baton again this July 4 when the group presents its 8 p.m. performance on the lawn outside Bartow Arena.

Patriotic, pops and traditional band music will be featured, as will an audience sing-a-long medley and a few other surprises. The concert is free and all ages are welcome for a relaxing hour of free, family-friendly music, ending with a finale of fireworks atop Red Mountain. Lawn chairs, blankets and picnics are encouraged. Sue recently spoke to the UAB Reporter about the concert and shared a few of her favorite memories.

Q. What things make the UAB Summer Band unique?
A. It’s a community band in the truest sense — people of all ages from the metropolitan Birmingham area come together to rehearse one day a week from Memorial Day until July 4. We literally have a 16-year-old talented high-school tuba player sitting next to a 23-year-old UAB student on one side and a 50-plus (I’m being kind here) UAB computer science professor on the other! We have a few high school students in the group and a few UAB students, but the majority of the band are adults from our area who simply are looking for a place to play their instruments. They are professors from campus, accountants, engineers, doctors and area teachers. In fact, this year’s UAB Summer Band has more than a dozen area middle-school and high-school band directors participating.

Q. What is it like rehearsing with such a diverse group?
A. It’s a challenge to choose music that is appropriate for their varying abilities and experience. Dartmouth is one of the challenges in the punning of each rehearsal; we have only six rehearsals to prepare for this concert, so we have to work through a lot of music in a relatively short amount of time. However, my nature in rehearsal is attention to detail, and that sometimes can be a painstaking task. That requires time. When we are trying to line up intonation, balance, style, etc., we have to work fast. But, I can rehearse this group like I do the UAB Band. I can’t push quite as hard. These folks are here for fun, but for me, fun means being as excellent as we can possibly be.

Q. Is it more special to play on July 4 than any other random day?
A. For me, it’s not necessarily more special, just special for different reasons. I believe every time a band I’m leading takes the stage it is special and deserves tremendous attention in our preparation. And the chance to perform for an audience always is exciting for those of us who are performers. However, July 4 has that special element of patriotism attached to it, with our opportunity to salute members of the armed forces who serve our country, with our opportunity to play songs that we’ve known since we were little kids like ‘ Yankee Doodle’ or ‘America the Beautiful.’ Those are songs that make me feel a sense of nostalgia and pride, and that is special.

Q. Your father was in the U.S. Army. Did he serve during wartime? How much did he talk much about his experience and why he served?
A. My father was a 24-year career Army man, and I grew up on military bases until I was in high school. My father served in Vietnam when I was very young. He never did talk about it very much as it was a difficult time and I’m sure held some tough memories for him. Nonetheless, he always has been a proud American. There always was an American flag on our house; we sang all kinds of patriotic and Army songs on family car trips, and we always went to July 4 celebrations on post, sang patriotic music and watched the fireworks. A July 4 celebration has always meant family to me and always has been a part of my life.

Read the rest of interview online at www.uab.edu/reporter
Students count on Mary Leopard when help is needed

Mary Leopard, an office services specialist in the Division of General Studies, is June's Employee of the Month. E-mail Jason Turner at jturn1@uab.edu to nominate someone deserving of Employee of the Month honors.

“Every time I see Mary she is making UAB a better place to go to school,” Gripbin says.

“Her multi-tasking skills are unbeatable. On a busy day, I have seen her making appointments, photocopying documents, answering the phone and filing papers almost simultaneously — and always with a bright attitude. With her characteristi- cally calm demeanor, Mary puts students at ease while capably assisting them.”

The fast pace and duties of the office may keep Leopard bouncing back and forth helping students, to answering ques- tions from an advisor, to helping with financial aid, to answering the phone and filing papers. Leopard, who has been in her position for more than two years, is a mother of two children, 12-year-old Maggie and 10-year-old Landry. She says her training as an employee has helped her appreciate the needs of the students who come through her office.

LEARNING

When asked why I serve on the Quantitative Literacy Committee, I can only answer that I believe in the mission. The goal is to emphasize that UAB graduates understand numbers and data and what they mean. These skills have great value. Let me explain why.

Good training in quantitative skills pays dividends throughout life. Students who have developed competence in under- standing numbers will approach tasks that involve these skills with confidence. This is true whether the task involves per- sonal finances, mortgage payments, taxes, financial markets or simply understanding the news in the stories.

I developed my quantitative skills rather late in life in graduate school. I have a Ph.D. in political science and I teach American politics, but as an undergradu- ate I majored in English. I had a limited background in math and science. When I began my graduate program I realized that American politics is highly quantita- tive and that anyone who comes to play must be able to produce and understand highly sophisticated quantitative analyses.

Initially, I found graduate level statistics mind-bending. However, after I logged through the material and began to master it, I realized that there was very little I could not do. These skills are transfer- able.

Within political science, data and num- bers are used to answer important ques- tions. For example, we often think that campaign spending in political campaigns is out of control and somehow detrimen- tal to democracy. If we could only con- trol spending, we think, our political pro- cess would be better. However, when we look carefully at this, we find that more spending produces better informed voters. Should we cap campaign spending and limit information? Thoughtful analysis suggests that we should not.

As students begin to use data and num- bers for something specific such as politi- cal science, they take these skills with them. They will be well served by what they have learned.

Holly Broucher, Ph.D.
Department of Government, UAB

ENGINEERING

Continued from page 1

est in the universities working together. Fouad pitched the certificate program to Mahmoud, who was receptive. “We told them this could be established very quickly,” says Fouad, an Egyptian native. “It’s a graduate certificate; it’s not a master’s. But it is a certificate and it’s from UAB, a reputable institution, which is something that is very prestigious in that area. A certificate or degree from the U.S. is something that is extremely important for their professional development and growth. And to be able to get it as part of a condensed program without having to travel is a bonus.”

Fouad says the collaboration between the schools presents a number of advantages for UAB in addition to the opportunities for the university’s students. Misr has stu- dents from a cross-section of the Middle East, including Saudi Arabia, Jordan, Turkey, United Arab Emirates, Qatar and Dubai. The program already has received publicity in Egypt’s largest newspaper Al-Dostour, complete with a photo that included Lucas and mentioned UAB’s involvement.

“Part of our department’s vision is to be a prime school of choice on the interna- tional level; this kind of publicity helps UAB become well known throughout the region,” Fouad says.

Also, having the opportunity to educate oth- ers on America’s construction methods and thinking is extremely important, he says. “It brings the people of the region closer to us and closer to our understanding and our thinking behind why we do what we do in the field of engineering,” he says. “It will enable us to work with them a whole lot easier in the future.”

Program’s future

Mahmoud and other administrators from Misr will be visiting UAB in August. Dis- cussions on the next steps for the program are expected to take place then.

There are numerous possibilities for the future, ranging from UAB faculty returning next summer to teach the same four classes they will teach this summer, to returning to teach additional classes as a next step toward a master’s degree, to Misr faculty possibly coming to shadow UAB faculty. There also is some hope Misr students would come to UAB to continue their purs- uit of a master’s.

“We would hope their students would be interested in completing a master’s in civil engineering here on campus,” Lucas says. “We want to be able to tailor the program for some of the construction industries in Cairo.”

“Will Hitchcock, one of our professors in Civil Construction and Environmental Engineering, has developed a strong master’s program in construction management and will start offering the program online in January,” she says. “That might be some- thing we can work through Misr and some of the construction companies by the first of the year. There are many possibilities, and we’re excited about exploring them.”
How to earn TouchPoints? Give blood

The University of Alabama at Birmingham encourages its employees to aid the UAB Hospital’s effort in becoming self-sufficient by giving blood regularly. Donors can be rewarded for their gift by signing up for UAB TouchPoints, a new donor recognition program, at www.uabtouchpoints.org.

“We appreciate employees stepping up to the plate and helping us with their donations,” says UAB Hospital CEO Michael Waldrum, M.D. “TouchPoints is one of the ways we can show our appreciation.”

“I think our donors also believe it’s important that UAB and UAB Hospital take care of the community in general,” Waldrum says. “Many of the patients we take care of are family members or loved ones of our employees. Giving blood is one of the ways we can support our friends and colleagues, and TouchPoints is a way to reward our donors for their support.”

The hospital introduced TouchPoints this past fall. Donors who log on and sign up at www.uabtouchpoints.org will be awarded 10,000 UAB TouchPoints for every successful donation. Once the donor reaches 50,000, or after five donations, those points can be exchanged for prizes.

There are specific items available for every level of donation from 50,000 up to 120,000. Some of the items include:

- a classic golf bag cover (100,000)
- a women’s tote bag (110,000)
- the ultimate Weekend Getaway Package (120,000)

You must register in order to cash in points. All available gifts can be viewed at www.uabtouchpoints.org.

Donors can sign up for UAB TouchPoints now and begin collecting points with the June 27 and June 29-July 3 blood drive being held in the second floor atrium of UAB Hospital’s North Pavilion. Times for the drive on June 27 and June 29-July 2 are 1 p.m. to 7 p.m. Donations will be accepted from 7 a.m. to 7 p.m. July 3.

Donors can give blood every eight weeks thereafter in the new donor room, which is located on the second floor concourse of the North Pavilion, next to Starbucks and the new gift shop.

Anthony Patterson, associate vice president of UAB Hospital, shows one of the shirts available to blood donors in the new blood donation room, located on the second floor concourse of the North Pavilion, next to Starbucks and the new gift shop.

BLOOD DRIVE

CONTINUED from page 1

units of blood each week for surgeries, transplants, trauma care, difficult pregnancies and cancer treatment. Consequently, the hospital is one of the nation’s largest users of blood products, ranking in the top five of hospitals supplied by the Red Cross. However, more than 85 percent of the blood used in Jefferson County is collected elsewhere in the state — or in other states.

Shortages are common throughout the country during the summer so UAB Hospital can’t rely on importing blood units. The UAB community showed its willingness to give the gift of a blood donation in the summer of 2007, surpassing the ambitious goal of 1,000 units for the weeklong LifeSavers Freedom Festival.

“We’re very appreciative of the support the people of Birmingham consistently show during our blood drives,” says UAB Hospital CEO Michael R. Waldrum, M.D. “The UAB community really has increased its donation rate, and we’ve seen a very positive response on the supply side. That’s typical of UAB employees, their families and friends, always stepping up to the plate and helping us deal with a serious public issue.”

Hospital improving blood utilization

UAB Hospital’s alliance with the American Red Cross as its primary provider of blood products prompted a review of the means to increase blood donations and interest in analyzing blood consumption practices. UAB recently opened a new blood-donation room on the second floor of the North Pavilion and introduced UAB TouchPoints (www.uabtouchpoints.org), a donor-recognition program with awards for regular participation. And, as part of the contract with the Red Cross, the hospital initiated a blood-use audit conducted by Strategic Healthcare Group of Indiana, specialists in optimal blood utilization. They examined the hospital’s blood-use practices and submitted recommendations for improvement this past November.

Since then, UAB Hospital has decreased its total blood use by 11 percent — and Marques says the good news is that there is room for further improvement.

“We were growing by 3 to 5 percent per year on the number of units of blood we were transfusing; now we’re consistently using 10 to 11 percent less blood compared with that we had used in the same month the previous year,” Marques says. “We’re not totally where we need to be yet, but there’s no question we’ve come a long way in a short period of time. Once we further understand our data in terms of which patients are receiving a transfusion and when they are receiving it, we think we will be able to decrease use by another 10 percent. That tremendously helps the overall blood supply and our patients.”

Less blood is being used for transfusions for a number of reasons; investigators showed many patients can tolerate anemia better without a transfusion, and the amount of blood being taken from patients for tests is decreasing.

“Evidence confirms patients with selected diagnoses, such as chronic anemia and those in intensive-care units, generally do well when they receive less blood,” Marques says. “In fact, studies confirm that using fewer transfusions reduces mortality, infection rates, risk of transfusion reactions, heart attacks and renal failure.”

Cell-salvage program

Another way UAB Hospital staff is working to be more efficient in its blood use is by testing more modern methods to collect the patient’s own blood during surgery and give it back to them — a process known as the cell-salvage.

“It’s a very efficient way to avoid transfusions,” Marques says. “We are evaluating new instruments that can process the blood lost during surgery and give it back to the patient more efficiently than those we currently use.”

The IMPACT computer system also will enable staff to collect more data on blood usage, giving further insight into areas for improvement. “New information can help optimize what we do,” Marques says. “We want to be vigilant and on the cutting edge of utilizing our resources in an efficient and effective way while maintaining the excellent patient care UAB is known for giving.”

New technology for blood drive

Those giving during this blood drive can give more than they normally might due to new technology. Men who weigh at least 175 pounds and are 5-foot-5 in height and women that weigh at least 150 pounds and are 5-foot-1 can donate two units of red cells — the most critical blood component — at one sitting instead of one unit of whole blood in what is known as a double red-cell donation.

Double red-cell donors cannot donate again for 16 weeks, as opposed to an eight-week wait for those who donate one unit of whole blood.

“It’s a very nice way to make a major donation up front,” Marques says. “Double red-cell donations are particularly desirable for those with O positive and O negative blood types. Many donors actually feel better after a double red-cell donation than they do donating whole blood, according to studies. We’ve been doing these donations for the past couple of years with great success.”

All donors participating in the June 27 or June 29-July 3 will receive a Robert Trent Jones golf pass, an assortment of Red Cross/UAB TouchPoint gifts and validated parking. In addition, every donor can participate in regular drawings for gift cards to local shops and restaurants as well as a variety of other prizes.
Healthy African-American, Caucasian, and Hispanic children ages 12-16 needed for a study investigating the impact of daily and extended fluoride exposure on dental health. All study related care is provided at no cost. Compensated. June 23, 2008

We want to interview anyone who has a relative with memory loss. If you have a relative with memory problems, or if you have mild Alzheimer’s or Parkinson’s disease with memory problems, please let us know. A research study is being conducted at the UAB School of Medicine to determine the effectiveness of an investigational new drug for Alzheimer’s disease. A study clinic is available for participants in the study who live in the Greater Birmingham area. Compensated. 4-9768/adelgado@uab.edu.

Are you or someone you know age 19-65 and not taking medication for diabetes? Do you have diabetes and are you interested in learning more about an investigational new drug for insulin resistance? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Are you or someone you know age 19-65 and not taking medication for diabetes? Do you have diabetes and are you interested in learning more about an investigational new drug for insulin resistance? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Are you or someone you know age 19-65 and not taking medication for diabetes? Do you have diabetes and are you interested in learning more about an investigational new drug for insulin resistance? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Are you or someone you know age 19-65 and not taking medication for diabetes? Do you have diabetes and are you interested in learning more about an investigational new drug for insulin resistance? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.

Do you have high blood pressure? Are you age 45-69 and do not have high blood pressure medication? Do you take an investigational new drug for insomnia? Participants will receive at no cost, study related medical exams and study medication for up to 4 years. Compensated $650/yr. 1 visit/yr for 4 yrs. Compensated $650/yr. 4-9281.
For Sale

**Appliances & Electronics**

Hotspot 18.2 of top refrigerator freezer, while, adjustable glass shelves, upper temperature control, mid-sized, good size, lots of space. 520-0093.

Free Kenmore refrigerator/freezer, while, side-by- side model, 9 cu. ft. freezer, 4 cu. ft. fridge, in good condition, only $20. 6-834-7500.

**Automobiles**

$30,000 mi, runs great, good gas mileage 21mpg

6  uAb reporter

$12,500, asking $6500. Kimberly 5-6239/aclas-

Platinum diamond engagement ring made by 

.5 ctw engagement ring in white gold setting

$1000; all in good cond,

Xavier 253-3401.

off Hwy 216 (Brookwood/Tannehill area).

, $250; can have 

top rectangle dining room table, $400/obo.

Whirlpool portable dishwasher, 

controls, deluxe design, $250. 529-5363.

adjustable glass shelves, upfront temperature 

'03 harley davidson dyna super glide anni-

, born April 21, 4 girls/ 2 boys,

'05 Kawaski 650 KLR motorcycle

'99 honda fourtrax 300eX

mint cond, adult owned and garage kept,

305-4004.

4-8984/919-7494.

Wedding dress: 

paid $500, sell for $300, size

beautiful, year old, white male, Bishon Frise,

see. Angel 587-0777.

Sport & Fitness

Globo fitness—4 R, $95,000

Fitness4you, 150,000 mi, good,

Metal, 400,000 mo.

2BR/1.5BA unit (sleeps 8), (1) 3 BR/3 BA corner unit

Kiva Dunes Golf. 823-3186/ jelo5com@yahoo.

Glen Iris—6 BR on 2-acre lot, 2 blocks from


For Rent

**For Sale**

Kiva Dunes Golf, 823-3186/#jelovcom@yahoo.com.

Globo—luxury gulf front condos: (1) 2

condos, very nice and on the beach, 3-night mini-

condo, very nice and on the beach, 3-night mini-

backyard, on cul-de-sac. Rob 4-5037/567-9599.

Homewood area

—2-story 1750+ sq ft townhouse, 3

—2 BR/2.5 BA town-

Sunsuite, $250,000; and 2 BR/2 BA condo,

—gulf-front 

——remodeled home in Russet Woods, 3

—1 BR1 BA apt, kitchen inc.

—3 BR/2 BA condo, sleeps 6,

Trinity Hospital, $1150/mo. 567-5517.

**For Sale**

Apache—4 BR/4 BA condo, built in ’02, on

Anchorage Lakes, across from Blount Hall, 4 bedrooms,

bikes, cruisers. Great selection! Joel 252-1612.

World, water inc, beautiful area bordering Altamont Park, quiet, private,

—carriage house w/kitchenette &

—beautiful 2 BR/2 BA condo,

—gulf front/view, sun-

sanationings/4200-4299/4225.htm. 401-7908.

Bristol/Mountain Brook

—6 BR on 2-acre lot, 2 blocks from

Kiva Dunes Golf. 823-3186/#jelovcom@yahoo.com.

Globo—luxury gulf front condos: (1) 2

condos, very nice and on the beach, 3-night mini-

condo, very nice and on the beach, 3-night mini-

backyard, on cul-de-sac. Rob 4-5037/567-9599.

Homewood area

—2-story 1750+ sq ft townhouse, 3

—2 BR/2.5 BA town-

Sunsuit...
Weld your clothes at a reasonable price at UAB Wellness Center dry cleaning supplies. 843-3197/886-8078.

Home maintenance and repair: carpentry, lumber, tile, flooring, simple repairs, ... free estimates. Call 3-8231.

Residential improvement: Large & small jobs, interior/exterior, more than 30 yrs exp., free estimates. M. Hawkins 878-6052/283-5517.

Certified personal trainer/fitness consultant: ... out of your home to train you in health and fitness. Dr. Mark 339-5462/492-1432/did sucking@uab.edu.

Painting & pressure washing: no job too big or too small. Carpentry, remodeling, interior or commercial. Rick Coley 472-7853.

Tutoring Services: at reasonable rates. Biology, Chemistry, French, Latin, Mandarin Chinese to pre-collegiate math, English, Psych. etc. I also tutor in other areas. Call 240-154-14.

Specializing in all your catering needs: weddings, portrait, meals, sporting events, reunions, parties, schools, day cares and many more. 470-8844770-4876.


Site selection services. FNI with over 25 years of experience looking to take care of your development needs. Call, Albert 628-3830.


Cleaning and/or: repairs, additions, maintenance, bathrooms, kitchens, cabinets, refinishing, decks, patios, tile, granite. References available, quality work guaranteed. Karen 871-8383/ KMcDowell205@aol.com.


Imagine That: They're not just four walls anymore. Painting and decorative painting from classic to modern: sinks, floor, walls, cabinets, furniture. $35 a DVD, $20 for duplicates. Melanie. 884-9956/262-8577.

Catering big & small events: Paint your house this summer/spring. Get up to a 25% discount when you mention this ad. Mike 357-9863.

Tutoring rates: Do you need eyebrudge threading or a relaxing facial to rejuvenate your skin? I offer a wide range of services. Dreadlocks, French manicure, . DJ: all types of music, R&B, jazz, rock, hip hop, blues, funk, soul, Successful prices. Matt 601-5321.

Wedding photography and portraits by Hardy Moore. 833-3265.

Looking for a reliable contractor to work on your home improvement, painting, sheetrock, decks and roofing. Mark 241-1297 for free estimates.


Typing: Need: reports, letters, memos, scan- ning documents, mailings. $10/hr. 583-3182.

Translation services, MD, Ph.D with industry and academia experience, Chinese/English transla- tion both ways, all topics. Ask for a demo. 4-2804; 849-335-7090; 330-3292@yahoo.com.

Computer service for your home and office. Great service, very low price 10 years experience. Scott 218-1922.


Book the musical group “Godfathers II” featuring MDS MDS preparing for your holiday party now! Call Ken at 254-3330 Smooth Jazz - A musical offer you can’t refuse.

Baby care-older children home day care available in Hoover area. Saundra 971-9921. How about a pet safety beach trip? Learn to fly Contact Brian Cross, flight instructor. 425-850-5367/874.


Intraclass:s study: do you wish to do a case study? We have an offer that can do: sata-taped interviews & group discussions; refer- ences available. Teachers: Need studies report 5-10$/page. Jennifer 4-4937.

Brick and mortar: excelling in decoration and styling by doctoring: learn from a professional on weekends. Offers courses and special events. Courses: 87-5401-9999/5912.

Certified domestic assistant will provide private home care for elderly & household, light cook- ing & housekeeping, errands, shopping, doctor’s shopping, grooming, 10-15 yrs exp: reference. 706-2855.


Automotive services: specializes in scien- tific manuscript, grant and poster presentation preparation. Additional editing, Web design, etc. Visit mdpexps.com or e-mail Maria maria@mdpexps.com.

Wedding videographer: Nice cameraman, Professional quality, cheap rates. David 5-2599.

Title: “You’re just an office worker, aren’t you?” References available. Jonath 308-3535.

Lawn maintenance: cutting, edging, general cleaning, pruning, mowing, etc; free estimates. 516-6264.

Catering: professional chef specializing in all your catering needs. Call Ken at 254-3330 Smooth Jazz - A musical offer you can’t refuse.

Sneaky: If you need baby care-older children home day care available in Hoover area. Saundra 971-9921. How about a pet safety beach trip? Learn to fly Contact Brian Cross, flight instructor. 425-850-5367/874.

Homework: scanning, document, mailings; $10/hr. 583-3182.

Translation services, MD, Ph.D with industry and academia experience, Chinese/English transla- tion both ways, all topics. Ask for a demo. 4-2804; 849-335-7090; 330-3292@yahoo.com.

Computer service for your home and office. Great service, very low price 10 years experience. Scott 218-1922.


Book the musical group “Godfathers II” featuring MDS MDS preparing for your holiday party now! Call Ken at 254-3330 Smooth Jazz - A musical offer you can’t refuse.

Baby care-older children home day care available in Hoover area. Saundra 971-9921. How about a pet safety beach trip? Learn to fly Contact Brian Cross, flight instructor. 425-850-5367/874.


Intraclass: s study: do you wish to do a case study? We have an offer that can do: sata-taped interviews & group discussions; references available. Teachers: Need studies report 5-10$/page. Jennifer 4-4937.

Brick and mortar: excelling in decoration and styling by doctoring: learn from a professional on weekends. Offers courses and special events. Courses: 87-5401-9999/5912.

Certified domestic assistant will provide private home care for elderly & household, light cooking & housekeeping, errands, shopping, doctor’s shopping, grooming, 10-15 yrs exp: reference. 706-2855.


Automotive services: specializes in scientific manuscript, grant and poster presentation preparation. Additional editing, Web design, etc. Visit mdpexps.com or e-mail Maria maria@mdpexps.com.

Wedding videographer: Nice cameraman, Professional quality, cheap rates. David 5-2599.

Title: “You’re just an office worker, aren’t you?” References available. Jonath 308-3535.

Lawn maintenance: cutting, edging, general cleaning, pruning, mowing, etc; free estimates. 516-6264.

Catering: professional chef specializing in all your catering needs. Call Ken at 254-3330 Smooth Jazz - A musical offer you can’t refuse.

Sneaky: If you need baby care-older children home day care available in Hoover area. Saundra 971-9921. How about a pet safety beach trip? Learn to fly Contact Brian Cross, flight instructor. 425-850-5367/874.


Intraclass: s study: do you wish to do a case study? We have an offer that can do: sata-taped interviews & group discussions; references available. Teachers: Need studies report 5-10$/page. Jennifer 4-4937.

Brick and mortar: excelling in decoration and styling by doctoring: learn from a professional on weekends. Offers courses and special events. Courses: 87-5401-9999/5912.

Certified domestic assistant will provide private home care for elderly & household, light cooking & housekeeping, errands, shopping, doctor’s shopping, grooming, 10-15 yrs exp: reference. 706-2855.


Automotive services: specializes in scientific manuscript, grant and poster presentation preparation. Additional editing, Web design, etc. Visit mdpexps.com or e-mail Maria maria@mdpexps.com.

Wedding videographer: Nice cameraman, Professional quality, cheap rates. David 5-2599.

Title: “You’re just an office worker, aren’t you?” References available. Jonath 308-3535.

Lawn maintenance: cutting, edging, general cleaning, pruning, mowing, etc; free estimates. 516-6264.

Catering: professional chef specializing in all your catering needs. Call Ken at 254-3330 Smooth Jazz - A musical offer you can’t refuse.

Sneaky: If you need baby care-older children home day care available in Hoover area. Saundra 971-9921. How about a pet safety beach trip? Learn to fly Contact Brian Cross, flight instructor. 425-850-5367/874.

The Helen Keller International Art Show is an annual show for students who are visually impaired, blind or deafblind. Entries are accepted from students of all ages in public, private, residential and home schools, providing them an opportunity to showcase special talents and abilities. The artwork is unique with emphasis on creativity, color and tactile media.

Sponsored by
University of Alabama at Birmingham
Vision Science Research Center
Educational and Outreach Module
School of Optometry
School of Education
CEC Alabama Division on Visual Impairments

Third Floor, Lister Hill Library, Monday through Friday, 9 a.m. to 5 p.m.