REU-RET provides cutting-edge research opportunities

It’s been a productive 10 years for Yogesh Vohra, Ph.D., and his summer research program in the Department of Physics. But still he was worried when his program came up for site renewal by the National Science Foundation (NSF) earlier this year.

“After 10 years of continuous support by NSF, the programs are reviewed critically for their impact,” Vohra says. “It was nice to get over that hurdle and keep it going.”

The NSF did award a $312,200 continuation grant supporting the program Vohra directs at UAB, the Research Experience for Undergraduates-Research Experience for Teachers (REU-RET). The grant supports 36 undergraduates and eight high-school teachers for summer research on the UAB campus through 2011.

Joseph G. Harrison, Ph.D., of Physics, is the co-principal investigator.

Experiences for undergrads

This summer the nine students and two teachers enrolled are focused on experimental and computational materials research.

Goal of July 4 blood drive at UAB Hospital is 1,000 units

UAB Hospital is one of the nation’s largest users of blood products, ranking in the top five of hospitals supplied by the Red Cross. But, more than 85 percent of the blood used in Jefferson County is collected elsewhere in the state or in other states.

Now UAB is stepping up its efforts to increase blood collection from its home community with the LifeSavers Freedom Festival — a weeklong blood drive in July to secure 1,000 units of blood.

The LifeSavers Freedom Festival, part of UAB Hospital’s Everyday Heroes campaign, begins Sunday, July 1 and runs through Friday, July 6 in UAB Hospital’s North Pavilion.

“Giving the gift of blood is all it takes to become a hero,” says Michael Waldrum, M.D., CEO of UAB Hospital. “The sad truth is that Alabama is forced to import much of the blood needed by patients in our hospitals. We face chronic blood shortages, particularly in summer and during holiday periods.

“Our ambitious goal of 1,000 units of blood in one week will boost our inventory and ensure that we have an adequate blood supply to meet the needs of our patients,” says Waldrum.

UAB Hospital uses an average 770 units of blood each week. Blood products are

Can you stick with it?
Patterson profiles personality traits of resilient leaders

Several years ago a school board in a Wisconsin school district was facing a crisis. The area was growing rapidly, and the local schools soon were going to be overcrowded. New schools were desperately needed.

So the school board, of which current UAB Educational Leadership Professor Jerry Patterson, Ph.D., was superintendent, went to taxpayers with a bond referendum. The citizens overwhelmingly squashed the proposal.

“The taxpayers revolted,” Patterson says. “It initially left us feeling like victims of adversity imposed by the will of the taxpayers. ‘Now what were we going to do?’ We were convinced we needed all of the new buildings we requested.”

Instead of wallowing in self-pity from rejection, Patterson asked: What will the community realistically support to help solve the problem?
July 4 is official university holiday

Wednesday, July 4 is an official holiday according to university policy. Although most campus operations will be suspended on this day, essential services—such as maintenance, some clinical facilities and UAB police, among others—will continue; managers in such departments should notify employees in advance of the work schedule to cover the holiday.

All full-time and part-time regular hourly and monthly paid employees are eligible for holiday benefits. Under university policy, eligible full-time regular hourly paid employees who are required to work on a designated holiday will be paid double time (their normal straight time rate for work plus straight time for the holiday) for no more than eight hours.

Because eligible employees of UAB Hospital, the UAB Police Department, the UAB Call Center and other designated units receive 11 personal holidays instead of eight designated and three personal holidays, employees in such units are not subject to the above policy and should check with their supervisors regarding staff requirements.

UAB’s holiday schedule and more are available online in the Human Resources section of www.uab.edu. Holiday policies are outlined in You & UAB, the handbook for administrative, professional and support personnel.

Submit essays for Conner Prize in the History of Ideas

UAB is accepting submissions for the 2007 Frederick W. Conner Prize in the History of Ideas for the 2007-08 academic year. The Conner Prize is awarded for an essay in the history of ideas written by any member of the faculty or administration of UAB. The term “history of ideas” is to be interpreted liberally, as including a broad range of interdisciplinary concerns. The prize carries an award of $250.

An original and three copies of each essay must be submitted to Claire Peel, Ph.D., interim associate provost for Faculty Development and Faculty Affairs; send submissions to Peel in UAB Administration Building Room 741. The deadline for submission is Wednesday, Sept. 12.

The prize will be awarded in November, provided that three or more entries are received. If fewer than three entries are received, the prize will be awarded the following fall or at any succeeding fall when sufficient entries are received. Published and unpublished essays may be submitted. Published essays should have appeared no earlier than August 2006. All entries should be submitted in a form suitable for publication, including standard footnotes and references. The entries will be reviewed anonymously by a panel of judges; therefore, the author’s name should not appear anywhere in the essay. Submissions must be accompanied by a cover sheet that identifies the author. For more information, contact Peel at 934-0513 or peelc@uab.edu.

Deadline: News items must be submitted by noon Monday, the week prior to publication and are used at the discretion of the publication staff.

Distribution: The UAB Reporter is distributed free to UAB employees. Office-managers should report changes in the number of copies needed by calling 934-2040. News permitted with prior approval.

Online: The UAB Reporter can be found online at www.uab.edu/reporter, including the previous 12 months’ issues. Issues since September 2001 are online at www2.uab.edu.
Calories plays bigger role in weight loss than exercise

Trying to maintain weight loss but don’t have time to exercise? UAB’s EatRight Weight Management team has some good news for you. New research suggests that for those who have been successful at losing weight, reducing calories is an effective way to keep weight off, especially when it is difficult to find time to exercise.

“One of the chief things we hear from people is that they can’t find time to exercise at the recommended level of 60 to 90 minutes a day, four to five days a week,” says Tiffany Cox, program coordinator for the EatRight study. “But the results of this study show that even if you can’t meet these levels, you can still achieve weight maintenance.”

In findings published in the May issue of Obesity, UAB researchers report that 80 percent of EatRight participants maintained their weight loss during two years of follow up, and most did it primarily by sticking to a low-calorie, low-energy density diet.

“Our results show that individuals who successfully maintain body weight after completing EatRight consume fewer calories and have a lower energy density dietary pattern than those who do not maintain body weight,” says James Ard, M.D., assistant professor of nutrition sciences and medical director of EatRight Weight Management Services. “This calorie control led to successful weight maintenance despite the fact that these individuals did not meet recommended exercise levels.”

Ard and his colleagues followed 89 former EatRight participants for two years. The 80 percent who had successfully maintained their weight loss consumed fewer calories and tended to eat a diet consisting of low-energy density foods such as fruits, vegetables and whole grains than did those who gained weight.

“People often view dieting as all or nothing,” Cox says. “Our findings give those people who may be overwhelmed by the current recommendations a goal that they may view as more attainable; weight loss can be maintained primarily through a low-calorie diet.”

Classes forming
EatRight was created at UAB more than 30 years ago. Its concept is based on time-calorie displacement, which encourages a substantial intake of foods that have fewer calories by volume. These include fruits, vegetables and whole grains. It also stresses limiting consumption of foods that are calorie-dense such as meats, cheeses, sugars and fats.

The EatRight model includes increasing physical activity and incorporates behavioral intervention to reduce or remove barriers to lifestyle change and achievement of goals. The staff at EatRight understands that changing lifelong habits takes time and effort, and they believe success is strongly correlated with the levels of support patients receive. EatRight offers a variety of services for those interested in weight loss, weight-loss management or just learning how to have healthier lifestyle. Classes range from a 12-week program to year-long programs.

BLOOD DRIVE

Doctors Robert Schelonia, left, and Wally Carlo, right, pose for a photo with 4-year-old patient Leslie Harris last Christmas. Doctors relied on reserve blood supply to help Harris after her premature birth.

Continued from page 1

used during surgery, transplantation, trauma care, difficult pregnancies and cancer treatment. It is not unheard of for a single patient to require as many as 100 units.

Marisa Marques, M.D., medical director of the hospital Transfusion Service, says the 1,000-unit goal is ambitious, but she’s confident UAB employees will help meet the target.

“It’s a challenge, but we want to challenge ourselves. We want to challenge our employees, students, visitors and the community in general to show how much they care,” Marques says.

“We scheduled this event the week of July 4 for a reason,” says Marques. “We want people to show their patriotism. When you give blood, you are showing you care for your fellow citizens. As we celebrate our freedom, we remember the responsibilities we have to each other.”

UAB Hospital wants to become self-sufficient and rely less on external blood sources to ensure the patients receive the best care possible.

“If we have that self-sufficiency we would not go into shortages, and we will never need an emergency appeal for blood as we did in January,” Marques says. “The January shortage was complicated by all the snow in the West and Midwest. They couldn’t ship in any blood due to the weather. Furthermore, our local donations were down, as usually happens during the winter.”

Encourage family, friends
Marques hopes UAB employees will encourage their family and friends to donate blood during the drive.

She says all non-UAB employees who come to campus to donate blood during the week of July 1 through July 6 will be given free parking. Everyone who donates will receive an “Everyday Heroes” T-shirt, a $5 voucher good for the North Pavilion food court or Starbucks and a variety of free entertainment options.

Those donating also will be entered in drawings to receive larger prizes, including a mountain bike and gift certificates to local restaurants and other businesses. If you wish to donate in honor of a family member or patient, you can make the request at the time of your donation and recognition will be sent to the family.

“This is a crucial opportunity because normally this time of year we’re at a record low in donation and our inventory goes down, however, our needs are the same,” Marques says.

“Hopefully we have many heroes on campus who will aid our efforts and their fellow citizens.”

Donation is personal
Lynn Duffy, a laboratory manager in the Department of Pathology, knew of the blood shortage firsthand when her brother was scheduled for surgery in January.

Morry Barton had an aneurysm on his aorta; when doctors operated they noticed it had attached to the back of his lungs, and he required many more units of blood than is typical for this type of surgery. Barton’s condition was so severe that he did not live through the operation. However, that hasn’t stopped Duffy and her family from trying to make a difference for someone else.

Duffy, her sister-in-law Teresa Justice, nephew Morris Barton and sister Sharon Hardy are organizing a blood drive with the American Red Cross near the time of the LifeSavers Freedom Festival in her brother’s hometown, Selma. Barton’s employer, Moore Stewart Ford in Selma, is hosting the drive.

“We just feel that this is the right thing to do,” says Duffy, who has worked at UAB for more than 30 years. “What we want and hope is that other people will consider this, too, and if planning a blood drive is not possible, making an effort to donate a unit of blood is just as important. Every unit of blood that can be given helps.”
CERT program will benefit residents, medical students

The University of Alabama at Birmingham (UAB) has developed a new plan to improve the education of medical students and residents that capitalizes on “teachable moments.”

The Creating Effective Resident Teachers program (CERT) will provide residents with instructional strategies that will help them integrate their teaching responsibilities into their patient-care activities. The multidisciplinary program is funded with a two-year grant awarded by the University of Alabama Health Services Foundation General Endowment Fund Education Initiative.

“Residents need to be prepared for their role of educator and evaluator,” says Alice Goepfert, M.D., associate professor of Obstetrics and Gynecology and principal investigator for the grant. “Residents will always be teaching, whether it is educating students or their patients. We think this program will help them be better educators and physicians.”

Everybody benefits, investigators say.

During patient visits, residents are able to capitalize on teachable moments—those times when they can provide constructive feedback and demonstrate to students how to deal with difficult situations. Such interactions improve the residents’ knowledge and the interpersonal communication, professional and leadership skills needed throughout their careers.

Residents also are closer to the medical students’ learning experience and better able to understand and respond to particular needs, from providing positive feedback to discerning difficulties managing stress and anxiety.

“Residents are first-line educators to medical students,” Goepfert says. “Anything we can do to improve the residents’ performance as educators will make a tremendous difference in the education of a student.”

The training will begin this summer, says co-principal investigator Julie Walsh-Covarrubias, Ed.D., the associate director of education in the Department of Obstetrics and Gynecology who developed the Web-based modules for the program. “Once we develop the curriculum we hope that it will continue to grow and be implemented into other departments in the School of Medicine.”

Program goals

The program, in collaboration with the Department of Medicine and the Department of Surgery, has five specific goals:

• Develop and improve residents’ teaching techniques.
• Build a cadre of faculty and select residents or “scholars” who will be CERT instructors.
• Create a well-developed, proven curriculum that can be emulated in other departments.
• Develop a concise, comprehensive volume of online modules of various clinical teaching methodologies that will assist scholars’ extended and self-directed learning.
• Build a reputation for excellence in teaching as a distinguishing characteristic of the residency programs.

Summary of the June 12 Faculty Senate Meeting minutes

Chair Report: Past-Chair Joe March officially transferred gavel to Chair Pat Greenup for 2007-2008 term. Chair Greenup presented resolutions recognizing Jeffrey Engler for distinguished service and Joe March for service as chair. Chair Greenup provided overview of senate, summarized recommendations forwarded to the provost with their status, listed useful resources, described chair activities for the past month and presented goals for next year.

President’s Report: President Carol Garrison announced that budget and capital plans for university will be discussed at June Board of Trustees meeting and NCAA certification process for athletics program will occur during the next year.

Presentation: Claire Peel discussed faculty development workshops, faculty enrichment committee and progress related to student evaluations of faculty teaching using IDEA survey and periodic career development review.
### STUDY SHOWS ARTHRITIS DRUG HAS POTENTIAL AS RSV TREATMENT

A drug commonly used for the treatment of arthritis also can be used to treat Respiratory Syncytial Virus (RSV), the most common cause of lower respiratory tract infection in infants and children worldwide, say UAB researchers.

The study, led by Sudis Matalon, Ph.D., holder of the Alice McNeal Chair in Anesthesiology, is published in the June issue of the American Journal of Respiratory and Critical Care Medicine, and is online at ajrccm.atsjournals.org.

“This provides us some great groundwork for developing the most effective treatment methods for humans, it’s just the beginning,” said Matalon, who led the research team that tested the efficacy of the drug in mice models.

Matalon says this research was a collaborative effort that would not have been possible without the contributions of Wayne Suttler, M.D., professor of pediatrics and RSV virologist; Ian Davis, co-inventor on the patent who earned his Ph.D. in Cellular and Molecular Pathology at UAB in 2000 and received a special training grant from the NIH on this topic; and others who contributed to the research and design of the study.

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### RESEARCH

**A Place of Worship for All:**

Derrick Dean, Ph.D., in biomedical engineering, "We're trying to bring in students with diverse backgrounds, such as physics, chemistry, materials science, biological sciences and engineering. We sometimes even get students from applied math," Vohra says. Student recruitment efforts also target women and under-represented minorities.

Equally diverse are the faculty like Alan Eberhart, Ph.D., in biomedical engineering, and Derrick Dean. Ph.D., in materials science and engineering, who develop the projects for the students.

"I think that’s a unique thing UAB offers," Vohra says. "We can bring in radiation therapists to help high-risk/ high-rewards summer research projects from a multitude of backgrounds."

Student research projects include micro-electronic materials, high-pressure materials research, thin film growth and characterization, nano-materials, laser materials, bioceramics and biopolymers, planetary materials, modeling of gas phase chemistry and surfaces in materials growth and computer simulation of materials.

"Our emphasis is on high-risk research," Vohra says. "We don’t want the students to feel like they are doing a project they could do reading from a textbook. We want to give them projects that are cutting-edge."

Vohra says UAB has benefited from the development of intellectual property through the program. At least 20 percent of participants eventually publish a paper in a peer-reviewed journal, almost 40 percent present at a national meeting. Some attend UAB’s Graduate School and continue their research.

**Experiences for teachers**

The Research Experience for Teachers component provides two Birmingham-area teachers with an opportunity to participate in open-ended research projects, along with UAB’s participants, under the direction of the faculty.

Teachers use their current scientific understandings and interests to make gains in intellectual professional growth, and they concentrate on one project. They also attend the professional development seminars on UAB campus and provide a presentation on their research findings to UAB faculty.

Vohra says he is happy with the progress of the program, and he prides faculty for their leadership in making it a success.

"Competing for funding at the national level is tough," he says. "A big reason we were successful is due to our faculty’s innovative research projects that provide interdisciplinary research training to students."

For more information, visit www.phy.uab.edu/research/reu.htm.

### GRANTS & CONTRACTS

**CHANGES MADE**

The Office of Grants & Contracts has changed the methods used to report grants and contracts awarded. Only the following will be listed: all new grants and contracts, competing continuations, competitive renewals, supplements and amendments or modifications that add additional funds to an existing award. The name of the principal investigator will be listed, not all key personnel.

The words “Confidential Title” will replace the title for all awards made by industry sponsors. For multi-year awards, the budget for each year will be listed as will the entire project period.

For more information, contact Grants & Contracts Administration at 934-5266.

**New/New/ Re-Submitted for Continuation**

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**Continued from page 1**

**New research for undergraduate students. Each student is assigned a faculty mentor who assigns the projects, and they attend seminars on scientific communication and ethics in research.**

“We’re trying to bring in students with diverse backgrounds, such as physics, chemistry, materials science, biological sciences and engineering. We sometimes even get students from applied math,” Vohra says. Student recruitment efforts also target women and under-represented minorities.

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**Inclusion in Faith-Based Communities for Persons with Disabilities**

Corporation for National & Community Service (Governor’s Office for Faith-Based & Community Initiatives) $5,000 3/15/2007-12/31/2007

**Fernando Ovalle (Endocrinology, Diabetes & Metabolism) Confidential Title Macrogenics $150,812 6/1/2007- 5/31/2012

**Salpy Pamboukian (Cardiovascular Disease) Confidential Title Cardiomed Inc $12,227 5/23/2007- 6/22/2017

**Keith Willis (Pulmonary/Allergy/ Critical Care) Genetics of Primary Graft Dysfunction NIH/ University of Pennsylvania $101,367 7/1/2007- 12/31/2011

**Junlan Zhang (Gastroenterology) The Endothelin B Receptor and the Experimental Hepatopulmonary Syndrome AHA $260,000 7/1/2007- 6/30/2011

**Timothy Garvey (Nutrition Sciences) Application of Proteomic Analysis to Cardiovascular Disease Risk: The Insulin Resistance Syndrome NIH/ Medical University of South Carolina $237,982 9/30/2006-9/28/2009

**Michael Kimberling (Geographic Medicine) Technical Assistance for TB Control in Indonesia USAID/ KNCV Tuberculosis Foundation $15,120 1/1/2006-8/30/2007

**Amendment/ Modification/Supplement**

Scott Barnum (The Role of C3 and C3 Receptors in EAE INNDS $52,761 1/1/2000-12/31/2001

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June 25, 2007 UAB Reporter 5
Kids show their can-do at UAB camps

The UAB Department of Computer and Information Sciences (CIS) hosted Robotics Camp Thursday, June 14. This was the second in a series of camps targeting high school sophomores through seniors. High school students built simple robots using Lego MINDT robotics kits, and learned to program their robots. Robotics projects included Sumo Wrestling, Kick the Can, Balloon Buster and Simon Says.

In July there also is a new Middle School Computer Science Camp: Introduction to Game Programming with Alice. Alice is an interactive graphical programming environment used to introduce computing to younger children.

For more details about the camps visit the CIS Web site at www.cis.uab.edu/programs/camps.

John Collins, left, and Preston Bell, right, work to develop their skills during Mike Getman’s UAB Soccer Camp. The Advanced Camp for boys ages 10-14 took place June 17-21 and another Advanced Camp was held June 24-28. The upcoming Day Camp hosted by Getman is scheduled for July 8-13. Paul Harbin’s UAB Girls Soccer Camps begin July 3-7 with its Day Camp. Residential Camp is July 9-13 and Team Camp is July 13-16. For a complete listing of summer sports camps and detailed information on each one, visit uabsports.cstv.com/camps/abr-camps.html.

Standing seminars suspended for summer

Cardiology GRs will resume in August.

CNRC/Nutrition Sciences Noon Seminar will resume in August.

Endocrine Conference will resume Sept. 6.

Friday Noon Conference will resume July 13.

General Medicine Noon Conference will resume July 17.

Geographic Medicine GRs will resume in September.

GI/Hepatology GRs will resume Sept. 10.

Hematology/Oncology GRs will resume in September.

Hematology/Oncology Research Conference will resume Sept. 10.

Medical GRs will resume July 11.

Monday Noon Conference will resume July 9.

Vascular Biology/Hypertension Program Seminar will resume Sept. 7.

Syllabus

Monday, June 25

4 pm Anesthesiology GRs. Obstetric anesthesiology board review; Assoc Prof Yasser Sakawi and Assoc Prof Marsha Wakefield (Anesthesiology); JT-906.

Tuesday, June 26

8 am Neurology GRs. Genetics studies in stroke: The GENIC study; Asst Prof David Brenner (Neurology); WP-E.

Thursday, June 28

8 am Rheumatology GRs. Clinical conference; WP-D.

Friday, June 29

8 am-negative UAB Center for Metabolic Bone Disease/Division of Continuing Medical Education. Scientific Symposium on Translational Research in Bone Disease. The course objectives are to analyze comprehensive health and scientific issues in osteoporosis and bone metastasis; to discuss basic bone cell biology; and to review new diagnostic and therapeutic modalities for treating osteoporosis. WP-E. Open to all health professionals.

Final Defenses

Tuesday, June 26

11:15 am Maternal & Child Health. Caste as a determinant of utilization of maternal and neonatal healthcare services in Matha, Uttar Pradesh, India, Candidate Ekta Saroha; RPHB-209.

2 pm Biology. The green tea polyphenol EGCG is associated with changes in genetic and epigenetic anticancer mechanisms in vitro and in vivo, Candidate Joel Berletch; CH-274.

Wednesday, June 27

9 am Sociology. The specter of post-Communism: Competing explanations for health crisis in the post-Soviet states, Candidate Brian Hinote; Sterne Library-Director’s Conf Rm.

Thursday, June 28

10 am Nutrition Sciences. The association between insulin and inflammation in African-American and European American children, Candidate Jessica Alvarez; GCRC-Conf Rm.

1 pm Art & Art History. Gender bending and comic books as art: Issues of appropriation, gender and sexuality in Japanese art. Candidate Harley Blue Acres; EB-239b.

2 pm Neurobiology. MCMV-induced cerebellar maldevelopment, Candidate Thadeus Koontz; SHEL-1015.

3 pm Early Childhood Education. The scales are still unbalanced: A phenomenological study of parental...
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De Bord provides quality care with dedication

The memory of the moment still brings Starla DeBord to tears. Her friend, cardiovascular surgeon Steven Goldberg, M.D., lay on the operating table waiting for his own open-heart surgery.

“I was a little apprehensive when I saw he was on the surgery schedule,” says DeBord, a nurse clinician in Perioperative Services. “It was just phenomenal to be with him and hold his hand when he went to sleep and be there afterward when he woke up.”

The kindness DeBord showed Goldberg is evident in her work every day. Her caring touch with patients and tireless work ethic are just a few of the reasons DeBord has been selected June’s Employee of the Month.

Goldberg says he remembers feeling comfortable just before his surgery, and the reason was DeBord.

“Starla’s the last face I saw before drifting off into the anesthetic ether, and above her mask were those familiar eyes that have cared for thousands more like myself,” Goldberg says. “I knew then, and know now, that she has the skill, the knowledge and – most of all – the caring to represent the ideals of the Nightingale Pledge laid down long ago.”

“I can say without reservation that Starla represents the highest echelon of nursing excellence, practicing her craft with natural skill and uncommon devotion.”

DeBord graduated from UAB and began working in the cardiovascular operating room in August 1983. She has been a part of the same team for 24 years.

“I’ve never left and never wanted to,” she says.

DeBord is, essentially, a surgeon’s assistant. She has to know her doctor’s tendencies, what he wants done and when he wants it. No one was more demanding – or more of a perfectionist – than Albert Pacifico, M.D., says DeBord.

She assisted Pacifico, a long-time cardiovascular and thoracic surgeon, for 21 years before his retirement. She says Pacifico likened the working relationship with DeBord to a marriage.

“I said, ‘That’s right. I’ve only wanted to drove you twice.’” DeBord says. “He just laughed and said, ‘That’s pretty good odds for 21 years!’”

DeBord was assigned to Pediatric Cardiovascular Surgery after Pacifico’s retirement. There she was paired with Pediatric Cardiovascular Surgery Chief Christopher Knott-Craig, M.D., who was transitioning to UAB from Oklahoma City this past summer.

Knott-Craig says DeBord took the initiative to organize his operating room, arrange his instruments and order replacements when necessary. She also contacted a colleague from his previous employer to learn and implement his surgical preferences and generally create an efficient and friendly environment to initiate the complex neonatal cardiac surgery.

“It takes time to build up trust with a surgeon,” DeBord explains. “It took a few months for all of us to relax. But now, we work in concert, like a symphony.”

Knott-Craig says DeBord’s attention to detail that makes everything run smoothly. “Starla is one of those exceptional employees who take pride in providing excellence in their roles as employees of a prestigious institution,” he says. “She is unusually talented as a scrub nurse who specializes in cardiac cases. In addition, she is a role model for trainees, and an esteemed colleague to me.”

CONTINUED from page 1

Patterson

Patterson and his team went back to the community and both sides concluded there was an immediate need for two elementary schools and the high school could wait. A lease bond was approved by voters, and the elementary schools were built.

Patterson, who has been at UAB 11 years, has spent his time here researching leaders and has written three books on resilience during that time. He’s focused on identifying characteristics of a resilient leader – characteristics he believed he and his board showed in the face of a stunning defeat.

“We responded to the defeat and refused to stay stuck in a victim’s status,” Patterson says. “There was no woe-is-us attitude.”

Moving forward in the face of adversity defines a resilient leader, Patterson says. Some leaders are effective under so-called normal conditions, but their leadership is tested by chronic adversity and crisis. And, not all leaders are equally effective in tough times and normal times.

Realistic Optimism?

Patterson says leaders fall into one of four profiles amid adversity: the Unrealistic Pessimist, the Realistic Pessimist, the Realistic Optimist and the Unrealistic Optimist.

The Unrealistic Pessimist sees the glass as empty rather than half full – and they doubt that it’s even possible to put water in the glass,” Patterson says. “They don’t believe they can make a difference and typically blame others for their problems.”

The Realistic Pessimist sees the glass as half empty, focusing on problems rather than opportunities. They constantly think “if only” and make take some responsibility for the problem, but believe others share most of the blame.

The Realistic Optimist sees the glass as half full, and they are resilient. “They acknowledge the obstacles and seek out bad news, believing they can use the information to make better decisions and seize opportunities amid adversity,” Patterson says.

The Unrealistic Optimist expects the glass to be overflowing. They minimize the reality of the adversity and insist that best-case outcomes will prevail. For example, when budget cuts are imposed, these leaders expect to do so as they’ve always done. Staff morale lowers because they’re pressured to do more with less.

Patterson says most resilient leaders tend to fall into category of a Realistic Optimist.

“What I’ve found about resilient leaders is summarized on a bumper sticker,” he says. “It’s not so much what you do, it’s how you think about what you do that makes all the difference.”

“What separates truly resilient leaders can be traced to how they interpret the bad things that happen.”

Certainly Patterson and his team could have quit after the first referendum failed and done nothing to solve the problem. Instead Patterson believed that knowing the bad news would enable them to make better decisions on how to make a positive difference.

“Sometimes it’s not an all-or-nothing proposition,” he says. “Resilient leaders refuse to accept excuses when faced with adversity.”

Patterson’s recent UAB workshop for resilient leaders offered by the Organizational Development Department received rave reviews. He will conduct another workshop for UAB leaders Sept. 12. For more information, contact Mary Floyd at 934-3359.
Adults age 19 or older may be eligible for a study to measure the effectiveness of an investigational, all-natural nutritional supplement for children and adolescents age 6-17 with autism and severe behavioral problems, such as tantrums, aggression and self-injurious behavior. Call for more information about a study that is being conducted by the UAB Department of Psychiatry. Confidential. Call 4-2484. All related clinical procedures are at no cost.

Do you have a child who is 6-10? We want to know more about what fruits and vegetables you buy and eat. This study involves completing a questionnaire and a few measurements. Participants may be eligible to participate in a follow-up visit in which you will be paid.

Healthy African-American, Caucasian, and Hispanic children ages 12-14 years old are needed to get a 3-hour study. Compensation: $100. Dan 4-3997.

Smokers & ex-smokers: Are you 40 years of age? Do you have trouble breathing or have a persistent cough? You may qualify to participate in a study. Receive treatment and medications at no cost. Compensated. Lynn 4-6600.

Smokers & ex-smokers: Are you 40 or older and have a heart disease? Are you 18 or older? You may be eligible for outpatient treatment at no cost. Receive at no cost: ambulatory blood pressure monitoring, study medications, blood pressure checks, psychosocial, physical, and ECT lab and tests. Compensated. 4-9893.

Bipolar study: People ages 19-70 diagnosed with Bipolar Disorder may be eligible for one of our clinical trials. Call for more information about a treatment at no cost. Compensated. Dr. Rivera 800-405-9673.

TBI and/or caregivers of women with disabilities: Do you know someone over the age of 65 who has been treated for a brain injury in the last five years? Requires 3 visits, day and overnight stays in the hospital. Compensation for 1 year or more? Dan 4-3997.

Do you have a child that has autism or other disabilities? You may be eligible for a study at the UAB Department of Psychiatry that involves providing an evaluation, treatment at no cost. Compensation. Confidential. Dr. Rivera 800-405-9673.

Do you or someone you know have sleep apnea? The UAB Center for Nursing Research is conducting a clinical trial to determine if one drug used to treat sleep apnea and insomnia treatment provided at no cost. Call for more information. 4-8775/4-2173.

Do you or someone you know have chronic fibrositis? The UAB Center for Nursing Research is conducting a study to determine if one medication is effective in decreasing pain experienced by patients with CFS. Visit the site for information regarding CF and also take part in a new on-line study that will allow you to contact Patrick hubbardp@son.uab.edu/4-8775.

Do you have epilepsy? You have experienced transportation problems? Call 800-950-6662. Travel compensates in a 3-hour study to examine transportation impacts on people with epilepsy.

Stroke patients: An ongoing study seeks stroke patients who are 18 years of age or older, in good general health and have had a previous stroke or heart attack. Will receive at no cost, follow-up medical care. Compensation: $100. 4-9893/6-6600.

Healthy African-American, Caucasian, and Hispanic children ages 12-14 years old are needed to get a 3-hour study. Compensation: $100. Dan 4-3997.

Do you have any health problems? Are you 18 years of age or older and have been treated for a heart attack, stroke, or diabetes? You may be eligible to participate in a follow-up visit in which you will be paid.

Healthy African-American, Caucasian, and Hispanic children ages 5-11 years old needed for a disease called Chronic Obstructive Lung Disease or COPD. Call to see if you qualify to participate. Receive a compensation test at no cost. Compensated. 4-9555-6-6600.
For Sale

Appliances & Electronics
Emerson microwave, vintage furniture, G.E. oven, "78 Lincoln w/7100, laminate, maple floor, upper and lower w/d, ex trim, 3000 ft. 10x12 apt-size fringe central exhaust fan, power mkr 115 H Everest heater, car tires, vintage music albums/jazz. Best offer. Bob 929-6249.

Whirlpool washer & dryer, good shape, $300/ set, maker unknown. Sold as is, with all attachments plus lab and 110# weights, $75; audio receiver ($400 new) and Lots of small electronics, $25. Karen 747-2239/944-6903.

Window unit air conditioner: 160 BTU window. Very quiet, very cold, very powerful, cooled $100, sell for $75. Bucky Weas 871-2854.

Automobiles
’94 Toyota Corolla, tan, 104,000 mi., manual transmission, belt matched well, sale must go, $1500.00, $150.00. 963-9100.

’17 Lexus ES 300, silver, 5-cd changer, fiber glass trim, sunroof, rear view, 186,000 mi., $4200.00. Hope 901-4608Hope74@bub.edu.

’15 Mercedes Benz C200, $7700, showcondition crown, excellent shape, $16,500. 4-5908/Ian@uab.edu.

’18 Camry, gold, 129,550 mi., good cond, asking $4750. 276-6168.

’16 Honda Civic EX-L, full size, 4 door, loaded, maintained, excellent cond, $6990. 930-KAWAS.

Vulcan 750 motorcycle (4.5K miles), purchased new, driven once, helmet, $4800. Laks 5-8987/ 222-8331.

’01 Odyssey E500, silver, charcoal gray leather, 31,000 mi., new tires, loaded, $30,417. 4-1777.

’10 Honda Accord EX-2, 4-door, 2.2 L, Diesel 4 cylinder, turbo, automatic, 168,000 mi., good running cond, $20250/411-644-06.

’02 Mercedes E Class, black, gas, 4 door, excellent cond, loaded, $52900. 4-2504/ 565-7972.

’98 Frontier, V-6, 4WD, 6700 mi., low miles, runs and drives very well, 2 owners, 4 new tires, 4 pts $3500. Sale $3500. Lisa 4-4015.

’99 Stratus 2600 bass boat, 7’Hp, aluminum hull, very clean condition, all equipment, well maintained, covered, parked on large pool & earringside, basic cable TV. Dom 1-7508.


Res/ Hidden Dunes Tennis Club— 2 BR/2 BA Beachhouse, May 20-25. 7-night stay $750. Jeloe5@comcast.net.

Gulf shores Plantation— 2 BR/2 BA, 4th floor, ocean view, 4-night stay, $750. apandya@uab.edu.

For Rent

The UAB Central Classifieds sees all types of usurpations. If you are interested in renting an organ prolapse and other pelvic floor disorders. Call 1-800-202-2587 and ask for 1-870-511-1749 for the best treatment and therapy available. 1-870.

UAB Orthodontic Department provides services for adults and children. Ask about our adult orthodontics if you are accepting new patients. Call Sandra Hamond 4-4536.

The Deep South for Central Community Health and Safety is one of 10 NCHP- supported centers that provide comprehensive health, dental and behavioral health services to adults, children and youth. We are accepting new patients. Call Sandra Hampton, 4-4536.

Need computer or system support services? Have you computer with your typewriter, lexicon, and desktop, $200. 223-9531.

The Center Resource. Did you know UAB offers free confidential counseling to employees and their immediate family members. For help on personal problems you can get in touch with a counselor. The Center is dedicated to professional counselors and licensed marriage and family therapists. We are accepting new patients. Call Sandra Hamond, 4-4536.

Complimentary card in electronic form. To register, accept new patients. Call Sandra Hampton, 4-4536.

Do you have computer or questions? Need help with repairs, or additional hardware? If you are a UAB Hospital or HSF employee, call the HISD Helpdesk, 944-4868, or check out centerorientsupport@uab.edu, A web site for the users. Get the latest on problems, find links to patient care systems & complete service at affordable rates. Christopher 592-2010.

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pens designed to generate a lot of love, excite- ments, fun and joy. - Barbara Baldwin 621- 5870/475-3834.

American-Spanish tutor
receive help with homework and prepare for conversational Spanish for fun. 390-7780.

Children/infants services
provided from 6 pm - 7 am Monday through Thursday, please call for availability.

Professional floor care: commercial & residential, carpet cleaning, stripping, buffing and wax- ing hardwood or concrete floors, free estimates. John 527-9531.

Professional insurance
commercial/real estate: painting, cleaning HW floors, gut- ters, vinyl siding; room additions, concrete work: Call for a free needs analysis. Cathy 823-9494.

Slim down and be a nanny? Dianne Thomas 833-3164 or nights only. 323-2955/243-6300/5-0520.

Housekeeper: general housecleaning, laundry, detail work, special occasion, Competitive rates. Philip yu.

Video tape conversion & translating
PAL/NTSC SECAM, VHS, VHS-C. Fast service.

Celebrate special events with convenience and style — hire a personal chef. Call Lawanda Moore. 853-3205.

Looking for a nice, clean place to host your birth- day party, family reunion, retirement party or wedding reception? Call 793-3259/539-0917.

Wedding photography and portraits by Handy Moore. 835-3325.

Professional writing services: If you get that springtime project completed in an offbeat professional manner. Dependable, affordable and trustworthy — 15 years experience and interested in small projects for evenings and weekends. JeffGoldwell.

Professional videography

Professional videography
will provide private home for elderly & homebound, light cook- ing, errands, light housekeeping, baths, laundry, Limited availability. Call 312-498-9019 for appts. 10 pm - 6 am: exc. refernces received. 706-858-3780.

Professional videography
for 3rd shift nurse
Call Charlie 401-8945.

Professional videography
special event activities, all topics. Ask for a free demo. Jessica Lee 282-2342.

Professional videography
will work day hours, perform light housekeeping, baths, painting, wallpaper, tile, ceiling fans hung in your home. Reliable/trustworthy. References. Dina 940-9165/901-5262.

Professional videography
convert your old home movies — hire a professional videographer. Call Charlie 401-8945.

Professional videography
will shop the auction to find your priceless treasures, yard work, hauling and most home repairs; great prices. Tian 746-8023/903-3071.

Professional videography
will provide private home for elderly & homebound, light cooking, errands, baths, limited laundry, light housekeeping, 7 days a week. Gentle touch. Flexible hours with weekly, biweekly or other cleaning. Price reasonable. Ted 602-832-7419.

Professional videography
for your gathering, party, or event. Specializing in intimate, classy and quality live music from the 70s thru today. E-mail d.evans@mindspring.com.

Professional videography
for your wedding short story, video bios, weddings, anniversaries, special events, I will also put your photos to music. Reasonable rates. Terry 909-30230ylland657ardesigns.net.

Professional videography
law office, small and large jobs, room additions, decks, etc.; I can help get all your errands done. For more information, call me at 602-479-0081. Chris Brown, 11 yrs experience, reasonable rates, references available. Ted 602-581-6427.

Professional videography
will be there for your special occasions, weddings, entrances, weddings, anniversaries, any other event. Reasonable rates. 663-9917/662-2901.

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and style — hire a personal chef. Call Lawanda Moore. 853-3205.

Professional videography
for the recently engaged or married couple, video bios, weddings, anniversaries, special events, I will also put your photos to music. Reasonable rates. Melanie 918-602-0657.

Professional videography
singer, and available to address your computer needs. Derry 147-2219.

Professional videography
e-mail d.evans@mindspring.com. The70stoToday.

Professional videography
will provide private home for elderly & homebound, light cooking, errands, baths, limited laundry, light housekeeping, 7 days a week. Gentle touch. Flexible hours with weekly, biweekly or other cleaning. Price reasonable. Ted 602-832-7419.

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June 7, 2007

Dear Employee,

At UAB, we have always taken on a leading role in making our community a better place to live for everyone. As some of you may know, part of this commitment to the community involves active participation in blood donation, a selfless act which is at the very core of a stable and efficient healthcare system. Blood is always in high demand, and unfortunately, it is a commodity that cannot be created in a lab or pulled from a warehouse when the need arises. The only way to save lives and ensure an adequate response to emergency situations is to maintain a safe and stable blood supply, and we are proud to say that UAB has been a part of this process for some time.

We have now partnered with the American Red Cross to provide for the blood needs of the UAB system, as the American Red Cross will now serve as the primary supplier of blood and blood products for UAB. We are excited about the potential for this relationship, and we encourage you to support the American Red Cross through blood donation in the future.

In this country, every two seconds there is a patient who needs blood just to survive. Simply put, donors who take a little of their time to give blood save lives. Blood donors allow trauma victims to return to their families, heart bypass patients to get a fighting chance at life and children with cancer to enjoy another birthday. When we give blood, we give the gift of life to someone who will likely never know our names, but who will be eternally thankful nonetheless.

We are calling on each of you as fellow employees to once again step up to save lives by becoming routine blood donors. In order to help make your donations as convenient as possible, we will continue to host blood drives here at UAB, and I encourage your support of these regular American Red Cross blood drives through donation. For your convenience, we have an American Red Cross Donor Room located in Jefferson Tower, room 229.

Please give blood through an American Red Cross drive. We at UAB take pride in the job we do, but we also take a great deal of pride in our community. Help save the life of a neighbor, coworker, friend or stranger by giving blood. After all, when you give blood, you give the gift of life.

Sincerely,

Michael R. Waldrum, MD
Chief Executive Officer
University Hospital/UAB Highlands

David Hoidal
Chief Executive Officer
UAB Health System