Can a succinct idea written on the back of an envelope have the spark of research genius?

Certainly, said UAB School of Public Health (SOPH) Dean Max Michael, M.D., talking about the origins of the inaugural Back of the Envelope Awards – a seed money grant project for health research. The awards are funded out of the school’s own budget.

“It seemed like an interesting way to allow people to be creative, identify them and give some of them an opportunity to play with an idea,” Michael explained.

After SOPH faculty were invited to submit ideas – literally on the back of an envelope – 100 girls and their teachers for a special math and science fair earlier this month. The premise behind GEMS is to generate excitement in learning math and science among girls – and hopefully to inspire them to consider professions that require math and science.

Can a succinct idea written on the back of an envelope have the spark of research genius?

Math & science expo unearths area GEMS

Haley Dill is an 8-year-old third grader at West Jasper Elementary, and she has an answer to the question adults always love to ask children: What do you want to be when you grow up?

“A dentist,” she says. “I think it would be fun.”

Girls Engaged in Math and Science (GEMS) brought together more than 100 girls and their teachers for a special math and science fair earlier this month. The premise behind GEMS is to generate excitement in learning math and science among girls – and hopefully to inspire them to consider professions that require math and science.

Scale Back Alabama returns with more prize opportunities

Alabama hospitals and the state Department of Public Health are challenging overweight citizens to make a New Year’s resolution to lose weight with their annual Scale Back Alabama campaign and contest. The 10-week weight-loss program begins the week of Jan. 10, 2009, with the goal of empowering people to begin a healthier lifestyle.

“Scale Back Alabama is about making healthier choices, and we’re hoping people will have fun doing it,” says Bonnie Sanderson, Ph.D., manager of CardioPulmonary Rehabilitation.

The contest enables people to compete in teams of four against teams from across the state. Team members will be weighed the second week in January and a final time in March. All teams that lose 10 pounds per person (about one pound per week) will be put in the drawing for three grand prizes of up to $1,000 per team member. In addition, individuals who complete the 10-week contest and lose 10 pounds or more will be put in a drawing for 50 individual prizes of $100 each, even if the other team members do not reach the 10-pound goal.

UAB employee weigh-in sites, dates, and times are:

- UAB Campus: West Pavilion Atrium, Monday, Jan. 12, 7 a.m. to 1 p.m.; Tuesday, Jan. 13, 3 p.m. to 7 p.m.
- Health Services Foundation: JNWB, Suite 116, Tuesday, Jan. 13, 8 a.m. to 5 p.m.
- Highlands: Third floor conference room, Monday, Jan. 12, 11 a.m. to 1 p.m. and 3:30 p.m. to 6:30 p.m.; Tuesday, Jan. 13, 8 a.m. to 9:30 a.m. and 11 a.m. to 1 p.m.
- The Kirklin Clinic: Employee Health Office, Monday, Jan. 12 through Wednesday, Jan. 14, 8 a.m. to 4 p.m.; Thursday, Jan. 15 through Friday, Jan. 16, 8 a.m. to 11 a.m. and 2 p.m. to 4 p.m.
- The Campus Recreation Center: Campus Recreation Center, Monday, Jan. 12, 4:30 p.m. to 6 p.m.; Tuesday, Jan. 13, 11:30 a.m. to 1 p.m.; Thursday, Jan. 15, 11:30 a.m. to 1 p.m.
- EatRight (for UAB employees and general public): Second floor Webb Building, Monday, Jan. 12, 11 a.m. to 4 p.m.; Wednesday, Jan. 14, 7 a.m. to 11 a.m.; Friday, Jan. 16, 10 a.m. to 2 p.m.

Remember to consult your health-care provider before beginning a weight-loss or exercise program. Contact uabwellness@uab.edu for more information, or visit www.scalebackalabama.com for details.
New online disclosure form available Jan. 1
UAB employees will be able to disclose consulting activities and sponsored research submissions online beginning Jan. 1, 2009, through a simplified process for electronic submission, review and approval. Access the online tutorial and forms directly from a UAB domain or log in from an off-campus computer with the user name “UABBlazerID” and your BlazerID password at www.uab.edu/provost.

Forms are available only for training purposes in December. Direct questions or requests for a school/unit training session to the Office of the Provost at 934-0622 or visit the Conflict of Interest Review Board at 973-9691 or CIR@uab.edu.

Campus Rec offers free trial period for employees, alumni
You have nothing to lose — except unwanted pounds — and everything to gain from Friday, Dec. 26 through Friday, Jan. 2, 2009, when the Campus Rec Center will offer a free trial period for UAB employees and alumni.

Take advantage of 150,000 square feet of workout and entertainment space housing four basketball/volleyball courts, five racquetball courts, four aerobic studios, weight and cardio-fitness machines, a gym used for indoor soccer, floor hockey and badminton, an indoor track and a climbing wall.

Faculty and staff must present a current UAB ID and alumni must be active members of the National Alumni Society and present their NAS card to enter. The Rec Center will be closed Dec. 25 and Jan. 1, 2009. To learn more, visit www.uab.edu/campusreccenter.

Employee educational assistance policy change announced
Effective with the spring 2009 semester, employees no longer must certify themselves for employee educational assistance in Oracle; however, certification is required for eligible dependents/spouse. To certify online, go to the Educational Assistance section of the Oracle self-service menu via www.uab.edu, select the Admin systems link, then Oracle HR & Finance System. For more on eligibility requirements and information on the Educational Assistance Program, visit main.uab.edu/show.asp?durki=44429.

Noms wanted for Ireland Visiting Scholar
Nominations for the 2010 Ireland Distinguished Visiting Scholar Prize now are being accepted. The purpose of the Ireland Visiting Scholar Prize now are being accepted. The purpose of the Ireland Visiting Scholar Prize is to bring to the UAB Ireland visiting scholar

Karen Brown (center left in dark sunglasses), administrator for the Ob-Gyn Division of International Women’s Health, poses with CIDRZ employees at the Kaliningala Clinic in Zambia. Brown visited the UAB clinic in December 2007 and will make a return trip in January. She hopes to take needed supplies to the staff of CIDRZ, including used stethoscopes, which she is collecting through the end of December.

CIDRZ seeking special Christmas gifts
Karen Brown will be playing Santa Claus this month home — and again in January far, far from home.

That’s when the administrator for the Ob-Gyn Division of International Women’s Health will make her second trip to Lusaka, Zambia, where she hopes to deliver a box full of stethoscopes to the staff at the UAB Centre for Infectious Disease Research in Zambia (CIDRZ).

“Because Zambia is a country with limited resources, the government-funded health-care system faces major financial challenges,” Brown says. “One way in which this translates is through task-shifting, where nurses perform many tasks that would normally be done by physicians. Unfortunately, this also translates to the inability to provide adequate medical supplies and equipment.

“The nurses primarily are employed by the Ministry of Health, and most simply cannot afford to purchase for themselves one of the most basic tools of health-care delivery — a stethoscope,” she explains. “We thought collecting donated stethoscopes from home would be a good way to help these nurses in Zambia.”

Elizabeth Stringer, M.D., associate professor of OB/GYN, says provision of good health care to patients in the sub-Saharan African country is difficult with the limited number of health-care workers and supplies.

Stringer has been living with her family in Zambia since 2001 and works side-by-side with Zambian health-care workers to provide quality care.

“Essential medications frequently run out, and all sorts of medical equipment — including stethoscopes — are in short supply,” Stringer says. “In an effort to improve the care of the patients we see, we’re hoping for a great Christmas present from UAB Hospital to the University of Zambia Teaching Hospital. The stethoscopes will be given to nurses working in government primary-care clinics throughout Lusaka and at the Teaching Hospital.”

International Women’s Health is accepting donations of used stethoscopes through the end of the year to help re-supply health-care workers in the country. International Women’s Health, in conjunction with CIDRZ, conducts research and service programs in the country, focusing on maternal-to-child HIV transmission, HIV/AIDS treatment, cervical cancer, tuberculosis, hepatitis and malaria.

Helping from home
UAB has 37 employees working at CIDRZ, which employs more than 600 Zambians locally. A major component of the center’s mission is increasing health-care capacity.

“We provide training for nurses and work closely in off-site clinics with them,” Brown says.

Brown and her co-workers help carry out that mission here at CIDRZ’s administrative office, which was formalized in 2007 to provide support to the faculty and staff in Zambia. All money earmarked for CIDRZ — whether it’s from the President’s Emergency Plan for AIDS Relief, charitable foundations or the National Institutes of Health — comes through the office here on campus.

“We function like any other administrative office for any other department, it’s just that our research and service site is in Zambia,” Brown says.

Collecting stethoscopes is their way of doing a little bit more to help out, she says.

Brown is looking forward to making her return trip to Lusaka next month. She says it’s a beautiful city, especially this time of year at the beginning of the rainy season, and that the people are extremely friendly.

“We Southerners are famous for our hospitality, but it’s nothing compared to what you experience in Zambia,” she says. “The people are so gracious and kind. They ask how you are and how your family is doing. If they have met you once before they treat you as an old friend.”

To donate a stethoscope or for more information on CIDRZ, call 934-7903. You also can learn more about CIDRZ at www.cidrZ.org.
Glover's personal chemistry mix: cleaning and painting

Georgia Glover always has loved to two things: Clean and paint. It wasn’t uncommon to find her cleaning her room without being told to do so when she was a little girl. “My family says I was too clean,” she says. “I would clean the bathroom as soon as someone cleared out.” Glover also has been obsessed with painting as long as she can remember. “I love to draw and paint; that’s my passion,” Glover says. “I doodled when I was in school more than paying attention to my teacher.”

Faculty and staff in the Department of Chemistry have seen her impressive art portfolio. But it’s her attention to detail and how much laboratory time, bio–studies of or repeating gene variations can help predict a person’s risk of getting sick or suffering a disease. Geneticians now scan those variants for patterns and compare the results to the genomes of healthy volunteers, a process called whole–genome association (WGA) studies. Feng said he hopes to provide research–ers with new algorithms and better software that effectively combine WGA study results.

Lungu will test the viability of using versatile, tiny carbon “nanotubes” in monitoring devices that measure air quality. Environmental health experts and doctors would like improved sensi–tivity for devices measuring dangerous smog–causing gases and vapors called volatile organic compounds (VOCs).

Glover takes great pride in her work as a service specialist II. “Georgia exemplifies an uncommon work ethic that is a shining example for others. Her love for God, people and her work is reflected in everything that she does.” Glover makes no secret of her faith being the central part of her life. And when she has an opportunity to celebrate an achieve–ment or help a co–worker through a difficult time, she is eager to do what she can.

“I would go the extra mile when neces–sary to have things spick–spat–for occasions when the department needs to put its best foot forward,” says Laura Knighten, office services specialist H. “Georgia exemplifies an uncommon work ethic that is a shining example for others. Her love for God, people and her work is reflected in everything that she does.”

Students and parents who visit the depart–ment are truly impressed by our facilities, and this is due to a great extent to the care, pride and competency of Ms. Glover.” The Chemistry Building houses research, teaching and service missions, and more than 2,000 students per week come through its lecture hall and the third floor under–graduate chemistry laboratories.

In addition, the department hosts numer–ous events in its efforts to recruit students to UAB – events that result in visits to the department by potential students and their parents. Glover makes sure the building looks its best at all times. “She will go the extra mile when neces–sary to have things spick–spat–for occasions when the department needs to put its best foot forward,” says Laura Knighten, office services specialist H. “Georgia exemplifies an uncommon work ethic that is a shining example for others. Her love for God, people and her work is reflected in everything that she does.”

Tammie Ridley, an administrative assistant in Chemistry, says Glover comforted her recently when she was having a particularly bad day. “Georgia was passing by and with much concern came into my office, closed the door and began to pray with me,” Ridley says. “Her words of encouragement meant a great deal to me.”

Working toward GED

While Glover puts her heart and soul into her work between the hours of 4 a.m. and 12:30 p.m., her art is a priority when she has time for herself. Trees, the ocean, birds, tigers and giraffes are some of her subjects. Her works have been shown on campus in the past, and she even has met with Gary Chapman, chair of the Department of Art, who told her she had a unique talent. The meeting has inspired Glover to do more. She is studying to obtain her GED and hopes to seek scholarships so she can enroll in art classes.

“It would be amazing to have an opportun–ity like that,” she says. “Ms. Laura Knighten approached me about getting my GED, so I’m going to go for it. I’m going online and getting material in the mail. I’ve really been studying, and I’m going to go take the test soon.”

“Everyone here has been very faithful and friendly to me, and I thank God for them.” Glover says. “I’ve always had a passion for cleaning, but it’s the people who make the difference here and who make it easy for me to do what I love what I do.”

Continued from page 1

standard letter envelope – 19 researchers responded by a late October deadline. Winners were chosen for creativity, inno–vation and other factors.

The four 2008 winners were: David Becker, Ph.D., assistant professor, Department of Health Care Organization and Policy; Rui Feng, Ph.D., assistant professor, Department of Biostatistics; Claudia Lungu, Ph.D., assistant pro–fessor, Department of Environmental Health Sciences; and Sadeep Shrestha, Ph.D., assistant professor, Department of Epidemiology.

The award includes seed money based upon the number of months each researcher plans to devote to the project and how much laboratory time, bio–samples and other equipment they need, Michael said.

Winning projects

• Becker will examine the health insur–ance and pension benefits of Major League Baseball players to see if differ–ences in coverage translate to differences in long-term health status. Specifically, he will compare and contrast the health and longevity of those who played before and after dramatic changes in benefits borne from a 1981 players’ strike agreement. The work holds relevance to an ongoing debate about health care reform, Becker said.

• Feng will work to create statistical mod–els that better show how combinations of or repeating gene variations can help predict a person’s risk of getting sick or suffering a disease. Geneticians now scan those variants for patterns and compare the results to the genomes of healthy volunteers, a process called whole–genome association (WGA) studies. Feng said he hopes to provide research–ers with new algorithms and better software that effectively combine WGA study results.

• Lungu will test the viability of using versatile, tiny carbon “nanotubes” in monitoring devices that measure air quality. Environmental health experts and doctors would like improved sensi–tivity for devices measuring dangerous smog–causing gases and vapors called volatile organic compounds (VOCs). Nanotubes are tiny, porous and strong enough to revolutionize air monitoring, Lungu said.

• Shrestha will examine underpinnings of a human gene that, when missing bits of DNA or appearing with extra DNA segments, seems to confer some protec–tion from human immunodeficiency virus (HIV). Many trials of a proposed HIV vaccine have failed, and a back-to–basics DNA approach to HIV immunity has gained interest. Shrestha’s lab–based analysis could help create a model for gene-based studies that would work for many diseases, he said.

Visit the UAB School of Public Health online at www.soph.uab.edu.
J ust a few years ago, you would not likely see molec-
ular biologists team with physicists and computer
scientists to treat, say, heart disease. But in the new
field of molecular systems biology, they are natural
allies — and their combined expertise might bring new
breakthroughs in treating a whole host of medical
conditions.

Molecular systems biology seeks to understand life on
the nanoscale — incredibly small divisions on a micro-
scopic level. A nanometer is one billionth of a meter.
A nanosecond is one billionth of a second.

“Molecular systems biology is a new way at looking at
the human condition, incorporating concepts from the
fields of molecular biology, physics and information
theory to understand and treat important diseases like
heart failure and cancer,” said John Robinson, M.D.,
Ph.D., an associate professor in UAB’s Department
of Biochemistry and Molecular Genetics. “In essence,
we’re expanding the scope of a traditional biomedici-
cal researcher by looking at a given problem using the
techniques and approaches that came with the devel-
opment of the digital computer.”

Robinson published his study of the role of a protein
central to heart failure in the Oct. 28 issue of the jour-
nal Physics Review Letters.

“The heart contains thousands of copies of a protein
called troponin that basically operates as tiny
computer. Troponin is a switch that regulates the con-
traction and relaxation of the heart, allowing blood to
be pumped to the body,” said Robinson.

“This study shows that nano-computers like troponin
are subject to special constraints that limit their per-
formance. Knowing these constraints allows us to
understand why their design is successful and should
help us understand why the design fails in disease,” he
said.

Robinson says human cells have to do a lot of infor-
mation processing, just as computers do. Cells are, in
fact, computers. He says it makes sense to approach
this kind of problem — how do the body’s nano-
components process information — by asking the
same kinds of questions computer scientists ask when
designing a computer.

“Computer scientists and physicists already have great
insight into nanotechnology, and we’re finding that
many of the body’s components function in very simi-
lar ways to today’s computers,” Robinson said. “In
this new molecular systems biology field, we’re not
asking the question of how something like the heart
works, but instead we’re asking why it is designed the
way it is.”

Robinson hopes this approach will give additional
insight into what medicine can do in the event that a
system such as the heart fails.

“Understanding why parts of the heart do what they
do could be a truly important step in the development
of new technologies to repair a heart that has failed,”
he said.

GEMS
Continued from page 1

Deep knowledge in those fields.

“My background is in math and science, and I’ve
always had a love for math and science,” says Melanie
Shores. Ph.D., associate professor of education and
the principal investigator of the GEMS grant, a
$341,000 award from The Malone Family Foundation.
“If I can do it, I want other girls to know they can
do it. I have a daughter of my own, and I want her
to know she can do it, too. She can be a doctor or a
scientist.

“She can be whatever she wants to be.”

Gaining knowledge, confidence

Leigh Evans is trying to instill that belief in her young
female students. Evans, a two-time UAB graduate, is
a third-grade science teacher at West Jasper Elementary,
where 86 percent of students receive free or reduced
lunch. Her classroom of 20 students includes only six
girls, all of whom participated in creating an edible
animal cell as part of their project.

The girls made Jell-O, which was representative of the
cytoplasm. Whoppers served as the nucleus and hot
tamales represented the mitochondria.

“We examined how those parts are related to the parts
of our bodies,” Evans says. “We talked about how the
nucleus is like our brain and the mitochondria is like
our stomach and gives us energy and processes food.
They made a project board and a photo story, and
they had a great time. They have really taken their
study guides and prepared.”

West Jasper Principal Eric Smith had two fifth-grade
classes that also participated in the GEMS exhibition.
One group focused on the value of the coral reef.

“I don’t think they will ever forget the definition of
translucency, the white doll translucency
Another group of third graders awed some of the
exhibitors with their ideas for showing the difference
in translucency, transparency and opaqueness.

Tammy Price’s Clanton Intermediate class created
life-size dollz from packing tape. The clear doll
represented transparency, the white doll translucency
and the purple doll opaqueness. The girls also created
translucent stained glass and opaque artwork.

“Tami Price’s Clanton Intermediate class created
dollz from packing tape. The clear doll represented
transparency, the white doll translucency and the purple
doll opaqueness. The girls also created translucent
stained glass and opaque artwork.

“I don’t think they will ever forget the definition of
those scientific terms after today,” Price says. “The
girls came up with some really creative ideas, and the
next day they came up with another. It took off from
there.”

Real-world application

All of the projects on display at the exhibition were
created based on GEMS lesson plans that were deve-
loped this past summer in workshops hosted by the
School of Education.

Education professors worked with Alabama teachers
to develop lessons that use methods proven to boost
girls’ confidence in math and science classes and incor-
porate 21st century technology skills.

The lessons that the workshop participants created
are now posted online on the Alabama Learning
Exchange (ALEX) Web site at http://alex.state.al.us/
tc_if_results.php. ALEX was created by the state
Department of Education and is a resource for teach-
ers worldwide seeking lesson plans and ideas for teach-
 ing various subjects.

“These teachers selected a lesson plan on ALEX,
taught it and then guided these students in creating
projects,” Shores says.

“It’s essentially an extension of a lesson plan. The stu-
dents had to ask and come up with an answer to the
question, ‘How can you use this in the real world?’”

Shores hopes the School of Education will be able to
make GEMS available to area schools again next
year.

“We’re applying for money now,” she says. “This has
been so successful and just a fantastic opportunity
for these teachers and students. We hope to continue
doing these types of things with funding.”

Two things about their presentation impressed him —
the depth of knowledge the girls attained and the con-
fidence with which they presented their projects.

“Some of the girls are very smart, but they didn’t
always show a whole lot of confidence in their abili-
ties,” Smith says.

“But they presented their project to me with poise and
self-assurance. At the expo, when people came up to
see their project the girls smiled, presented their proj-
et to them and told them how they did it. I was very
impressed. I’m extremely proud of them.”

Another group of third graders added some of the
older girls with their ideas for showing the difference
in translucency, transparency and opaqueness.

Shades Valley High School students Faith Merritt (left), Lakedra Wright (center) and Whitney Bryant show some of the

GEMS

TDT_REGIONAL

Obituaries

Retired RN Davy Duncan (Perioperative Services), Nov. 2.
Retired Building Services Specialist Lucille Curry
(Building Services), Nov. 1.
Retired Office Services Specialist II Audra Parker
(Maternal/Child Health), Oct. 28.
Retired Director of Operations Walter Flint Mc-
Daniel Jr. (Facilities Planning), Oct. 23.
Retired Assistant Professor SCAH Lenore A.
Coughlin (Medical Records Technology), Oct. 5.
Laboratory Assistant Michael Blake (Pathology),
Oct. 5.
Statistician I Stephanie Martin (Biostatistics), Oct.
4.
Healthy girls 10-17 years old needed for a research study of an investigational hormone vaccine. The vaccine may help protect against certain types of genital or breast cancer. Make an appointment today.

Men

Are you a postmenopausal woman at increased risk for coronary artery disease? You may be eligible for a breast cancer prevention study. Jonas Fain 1959-80.

Women with vaginal cysts needed for study. If you are age 19-45 and have regular cycles you may be eligible. You will be asked to participate up to 4 times. Compensated. 4-7003 women's assessment study.

Women needed for vaginal bacteria study. If you have any signs or symptoms of vaginal infection, such as itching, burning, or pain or incontinence, you may be eligible to participate in a study of normal vaginal flora. Two visits. Compensated. Joy 2-7869.

Are you a female age 19 or older with chronic chest discomfort, cardiovascular disease? If so, you could be eligible to join a UAB research study to evaluate the impact of exercise on quality of life in patients with chronic chest discomfort. If you are interested, please call 4-5636.

Are you a male veteran? Do you get up at least 3 times a night do you have incontinence symptoms? You may be eligible for a study comparing two treatments for sleep-related urinary incontinence. Study medications without cost. Contact: 4-3297/986-0341.

Volunteers needed for nutrition and weight-loss study. Participants 21-50, 10-50 lbs overweight who don't smoke and not on blood pressure meds needed. Involves 2 visits and 17 of 18 of your food. Compensation 5-5664.

Healthy male participants age 18-35 needed for a study of cognition and memory function. You will need a set of sentences or view a series of images in the scanner and then complete a series of questions to help the researchers understand how the brain works. Participants will be compensated $250 between 1-2 hours total (1 hour in scanner). Compensated 4-9768 adelgado@uab.edu.

Do you have a diabetic foot ulcer? If you have an ulcer that will not heal for at least 30 days or have a foot ulcer for at least 10 days you may qualify. You can join a study that involves 2 or 3 visits. You can be compensated. 4-3656.

Are you or someone you know have cystic fibrosis? The Cystic Fibrosis Foundation has developed a Web site that addresses the pain experienced by patients with CF. Visit the site for information regarding CF and also take part in a new on-line research study. Patrick Sabapandian@uab.edu 4-7479.

Are you a sibling or a parent of a patient who has had recent mitral valve replacement? You may be eligible for a study that involves daily monitoring of heart function and multiple studies with these data to develop artificial valve replacement. Make an appointment today at no cost. Compensation. 4-1776.

Are you a man age 40 or older? You may be eligible to participate in a breast cancer prevention study. Elisa Maddox 1959-80.

Women with persistent bladder spasms related to cystitis or interstitial cystitis are needed. Must be age 19 or older and age 20-80 years old. Study consists of 2 visits and includes urodynamic and cognitive testing at no charge. Participants will be compensated. 4-9813.

Do you have high blood pressure? Are you age 30-45 and on no more than 2 blood pressure medications? You may be eligible to receive medication that you will take 2 times a week. You will also receive blood pressure check visits every month for 37 weeks and undergo assessments for blood pressure, balance, fatigue, and exercise. The study involves a dietary analysis. 4-6241/ www.physiology.uab.edu/ Barbaraadcottell@uab.edu.

Do you have high blood pressure? Are you age 30-45 and on no more than 2 blood pressure medications? You may be eligible to receive medication that you will take 2 times a week. You will also receive blood pressure check visits every month for 37 weeks and undergo assessments for blood pressure, balance, fatigue, and exercise. The study involves a dietary analysis. 4-6241/ www.physiology.uab.edu/ Barbaraadcottell@uab.edu.

Risky study behavior: seeking patients age 25 and older with a history of drug abuse or misuse. You may be eligible to participate in a study evaluating an investigational drug for the treatment of alcohol abuse or misuse. Participation may include up to 3 visits over the course of the year. Compensated. 4-5942.
Appliances & Electronics
GPS Navigation for Dummys system, model FD-250, never used, $90. Sam 1-819-677-6110.

Summer sale call cell, sell for $60, phone never activated, brand new, $60. Yolanda 6-341-1589.

Kenmore refrigerator + ice maker, in con. cond, beige, $350, TV, $570.4-437-4037.

35MM Nikon N80, 20-12mm Lens with 2 fujing bag (includes instructions), used on a high tech camera only, sold once, $1200, will sell for $600, incl. bag. Wally 2-0323/426-6252.


Automobiles

74 datsun 260Z, $12,900. 491-9679.

71 buick skylark, valued at $4650, asking $2500. Angel 587-0777.

Getting married? Cinnamon color, gently used, paid $2800 w/fabric, tan, $250; both in exc cond, pics available.

Sofa, appliances & Electronics $200/obo; have pics. Johnny 5-1916/903-7231.

2 matching chairs, red tones, like new. 941-9910.

hooker dining table w/pedestal base, painted white tile, country-style, kitchen table w/4 cond, inc cords & remote, paid $45, asking $25;

111,000 mi, will e-mail pics. mvanzandt@uab.edu.

900 chevy blazer, 35mm nikon n80, beige, $300; 32" TV, $50. Teresa 437-8403.

Kenmore refrigerator + icemaker, in con. cond, handicap accessible, 351 Windsor, $3500/obo, would like $3000. 527-8403.

1st home or 2nd view? 2 BR - 903 Honda XR70, $750, 4 stroke, 3-spd; 901-2351. 3-10
days a good time, see Web site for more details. Barb 850-236-3098.

Biltmore Estates, lots of hiking. www.dogwoodmountainlodge.com, promotion code: JEN47.}

351 Windsor, $3500/obo, would like $3000. 527-8403.

Sports & Fitness

Sports & Fitness

Gulf Shores Plantation Resort—great location, wonderful white beach, quiet. Gulf Front Sunset, Sunrises, $199; and a 2 BR, $325,000, new, or newerappliances and cabinets plus LR, DR, galley kitchen, deck, pool, nice views, owned by ch. Mike, 1-876-256-0697.

Kolding Ave – next to Rocks Park, behind Park Tower condos, a 1 BR 2 BA condo, updated kitchen, LHIN for LR, in/ground pool next to pool, off-road parking available, space for 2 cars, minutes to UAB, just minutes to UAB, $99,500. Randal 4-6789.

111,000 mi, will e-mail pics. mvanzandt@uab.edu.

1BR - 2 BR townhome, $165,000, seller pays closing costs, some restrictions apply, pics at www.forsalebyowner.com.

2 BR – 2 BR, BH, TVs, back yard, beautiful, $250, under contract. Shena 535-5339.

Move in ready, 3 BR, BH, BHs, f disclose, best offer, original owner. Jackie 520-6990.


Walline Park; $2000+tax gulf-front home (sleeps 8), owners gone West, please e-mail with offers. Barb 850-236-3098.

Walline Park; $2000+tax gulf-front home (sleeps 8), owners gone West, please e-mail with offers. Barb 850-236-3098.
the uAb Personal health clinic
4-9700.
free parking. We have an on-site pharmacy and
uAb family Practice center
information on any of our courses.
or visit our Web site at www.uab.edu/dsc for
the resource center.
spouse/partner relocation. Call 4-7345 or e-mail
Sun all day/night. I am a single mother of a 3 ½
on a permanent basis M-F 4:30p-6a, and Sat/
Diapers, formula, meals, snacks furnished. Age-
typing
party?  Give us a call. He'll even ride in on a
Claus himself to arrive at your home or children's
remodeling & home repairs
finding solutions from a staff including Licensed
construction members, bathrooms, cabinets, refinishing, decks,
water and sewer service. 25+ years experience, 30+ yrs
inches by 15 inches by 13 inches. The weight is
no job too large or small, 20 years experience.
Concrete work:
concrete work, paving and asphalt
Martin 240-1297 for free estimate.
looking for a reliable contractor
chaos in your office?
so folks can enjoy, own and care for their own
for your home and office:
from professional violinist with over 20 years
\text{\texttt{907-3183}}.
when memories are worth sav-
ing, free estimates, licensed and insured.
dancings and all occasions (Classic, Irish and
\text{\texttt{987-6503}}.
experience. Robbie 629-7057/283-7985.
horizontal gravel Paging, trimming, stump grinding and lots cleaned
as well as yard work and outdoor water foun-
courts.
concrete work, paving and asphalt
Sancta in toto. Would you like the real Santa Claus to arrive at your home or children's party? Give us a call. He'll ride in on a motorized sleigh for a 2-hour session. $247-
Typing. 1$5.00pg. Maxine 4-4182.
Childcare available in private, licensed. UAB employee can provide excellent, affordable care. Check out the childcare website, uab.edu, for a Web site to find childcare services. This website contains links to childcare centers and providers.
Remodeling & home repairs, install new windows,
doors, remodel kitchen and bath, exterior repairs,
home improvements. No job too big or small, 20 years experience. Reasonable rates.
Painting & pressure washing
doors, window cleaning, inside/out, storm windows;
Painting
from professional violinist with over 20 years
Pell City-Moody-UAB area van-
din@rpcgb.org. You don't have to be an UAB
For your home and office:
999-7211.
Carrier plumber. Bob 229-3113.
Water and sewer service. 25+ years experience,
home inspections:
no job too big or small. Making chaos in your office?
apprenticeship. Reasonable rates.
369-36921/ chiragj4@gmail.com.
Mobile home cleaning:
quarters are worth saving. Love stories for the recently engaged or newly engaged, comedy, dialects, wedding, antivisa-
ities, special events. I will also put your photos to music. Reasonable rates. Tami 938-0350/ tennylaperhapsilipps.com.
individual, 10+ years exp; exc references. Larry 533-4742.
handyman services/remodeling, painting, tile,
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we will design & maintain your lawn
events for almost 15 years. Fully digital videogra-
we will design & maintain your lawn
decorators, and transfer 8mm movies to DVD. 907-3183.
texturing, faux finishing, and color coordination.
ynthesis both ways, all topics. Ask for a free demo.
Over 25 years with UAB Maintenance Dept. 365-
2,000 sq. feet, 12 yrs experience.
prospective students can be captured from our digital video.
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.

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