This holiday season, eat the best and forget the rest

There's the turkey. The dressing. The ham and the green beans, the casseroles and candied, the pie and the family and the indigestion. In short: the holidays.

Welcome to the battle of the bulge.

It's the same dilemma for millions of us every year at this time. How can I enjoy the holidays and not go up a size (or two)?

Debra Strong, director of UAB's EatRight Weight Management Services, and Beth Kitchin, assistant professor of nutrition sciences in the UAB School of Health Professions, say it's possible to enjoy the gifts of fine food this month and not watch your physique round out in the process.

How can we achieve that with all of the pie within arm's reach?

"Don't eat mindlessly. Eat mindfully," Kitchin explains. "Think about the things you really enjoy and that really matter to you."

Strong says that means skip the bread. Skip the crackers. Skip the mashed potatoes. You can eat those things any time of the year. Instead, eat Aunt Sally's casseroles that you only get to taste once a year.

Grab that piece of Uncle Larry's special fudge and enjoy it.

"It's not the time to eat normal everyday food," Strong says. "Personally, I'd rather spend my calories on the fudge or specialty dish you only have a chance to eat during the holidays."

The next key, both Kitchin and Strong agree, is portion size.

Don't overdo it, piling the plate as high as it can go. Gaze at the spread available, and see what it is you really want to eat. See what you truly value.

"Really, you should do one plate and one plate only," Strong says. "It is hard sometimes because you have so many options. If there are a bunch of items you want to eat, get a tablespoon portion of each dish you want. It's better than going back for a second plate."

"The holidays are a good time to develop the skill of learning to eat small amounts of those things that are high in calories and high in fat," adds Kitchin.

Another area in which people often fall prey to empty calories comes is that of holiday drinks; eggnog and mixed drinks such as cosmopolitans and martinis will make you pile on calories in a hurry.

"Some of those drinks can have 300 to 400 calories per drink," Strong says. "That's a plate of food. Which one means more to you? One of those drinks or food?"

Kitchin says red wine and beer are the best bets for you if you plan to drink alcohol. She says 5 ounces of red wine contains about 70 calories. A 12-ounce beer has 150 calories.

But, Kitchin cautions, go light on the alcohol if you are watching your weight.

"Always pace yourself with a glass of water or a diet soda in between alcoholic drinks," Kitchin says. "That will slow you down a little bit and keep you from drinking too many high-calorie beverages."

There are many things we can do this holiday season to stay on track.

Socialize away from the table. "Everyone congregates in the kitchen or near a table," Strong says. "Move the conversations to the living room. And if you have to have something in your hand, make it a glass of water or other non-alcoholic drink."

Share the pie. "Go ahead and eat a piece of your favorite dessert, but if you can share it with someone, do it," Kitchin says. "Remember portion size."

Don't skip meals. Saving up for the big dinner is a bad idea. "You don't want to cut back and then binge," Strong says. "That can be the start of a really bad cycle."

Find a way to engage in some physical activity. It could be the annual football game or a walk before or after dinner to look at Christmas lights. "If you have a regular exercise program, stay on it," Kitchin says. "It will keep you focused on your weight and your healthy eating behaviors."

Don't overdo it, piling the plate as high as it can go. Gaze at the spread available, and see what it is you really want to eat. See what you truly value.
Monday, Dec. 25, and Monday, Jan. 1, 2007, are official holidays at UAB.

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

Radiation safety training course set

A Radiation Safety Refresher Course is scheduled for Thursday, Dec. 7, from 2:30 to 4:30 p.m. in Spain Auditorium.

The course is intended for radiographic facilities, alternate licensees, and authorized users who have not successfully completed either the UAB Radiation Safety Training Course, or the UAB Licensure and Management Course, within the past five years.

Check your radiation safety training records to see how long it has been since you last received adequate, formal training in radiation safety; failure to complete refresher training at intervals not to exceed five years is a citable item.

All personnel using radiographic materials and radiation equipment who have not successfully completed either the UAB Radiation Safety Training Course, or the UAB Licensure and Management Course, within the past five years have two options: Attend a section of the regularly scheduled UAB Radiation Safety Training Course held quarterly or attend the Radiation Safety Refresher Training Course.

Registration for the refresher course is required no later than Wednesday, Dec. 6. To register, call 934-4751 or 934-2487.

2007 Ireland Prize nominations sought

Nominations for the Caroline P. and Charles W. Ireland Prize for Scholarly Distinction now are being accepted through Wednesday, Jan. 24, 2007.

A nominee for the prize must be a full-time, regular UAB faculty member who has a primary appointment in the schools of Arts & Humanities, Natural Sciences & Mathematics or Social & Behavioral Sciences.

Candidates must have:

• noted achievements in their field of the arts and sciences
• gained national and/or international recognition of peers
• demonstrated talents that contribute to the elevation of the arts and sciences at UAB and in the Birmingham community

Nominations should include both a brief letter of nomination by the person submitting the candidate and a current curriculum vitae of the nominee.

All nominations should be forwarded to the Office of the Associate Provost for Faculty Development and Faculty Affairs, Administration Building Room 374.

Engineering proposes new master's degree

With the development of a new master's in engineering degree, the UAB School of Engineering is responding to the need for a program that enhances both the technical and business qualifications of the professional engineer. The UA System Board of Trustees recently approved the proposal, and it will be submitted to the Alabama Commission on Higher Education (ACHE).

The degree combines engineering and management/entrepreneurship courses and differs from the traditional master's of science program in that a research component is not required.

The program instead will include a capstone project requiring use of technical and business skills to solve a real-world problem, said Linda Lucas, Ph.D., dean of the UAB School of Engineering. The new program would be good for students with a bachelor of science interest in a fifth-year master's degree, as well as professionals who want to return to school to pursue a course-driven master's.

Faculty from the UAB School of Engineering and representatives from Birmingham-area engineering companies will develop the program, with a proposed implementation date of fall 2007.

To support the schedules of working professionals, courses will be taught in day, night and weekend formats and through off-site and distance-learning formats.

AAAS elects two UAB faculty to be fellows

Two UAB faculty members have been elected fellows of the American Association for the Advancement of Science (AAAS), the world's largest general scientific society.

Mary MacDougall, Ph.D., professor of oral and maxillofacial surgery and associate dean of research at the UAB School of Dentistry, was elected for her research contributions to craniofacial molecular genetics, as well as for her outstanding service to students.

Charles N. Falany, Ph.D., professor of pharmacology in the UAB Department of Pharmacology and Toxicology, was elected for his research contributions to the field of human drug metabolism, especially for advancing the understanding of sulfotransferase enzyme in health and disease.

MacDougall earned her Ph.D. in craniofacial biology at University of Southern California in 1984, and became the University of Texas Health Science Center School of Dentistry's first associate dean of research in 1999. She joined the UAB faculty in 2005 as professor, associate dean of research and director of the UAB Institute of Oral Health Research. Her research interests include tooth formation, tissue-specific cyto-differentiation, extra-cellular matrix formation, tooth regeneration and genetically based dental diseases.

Falany earned his Ph.D. in pharmacology from University of Iowa in 1984. He completed an American Cancer Society postdoctoral fellowship at the McArdle Cancer Center at University of Wisconsin-Madison, before joining University of Rochester, N.Y., as assistant professor. He joined the UAB Department of Pharmacology and Toxicology in 1990 and was promoted to professor in 2000. His research interests include biochemical molecular and functional analysis of the role of human cytosolic sulfotransferases in drug metabolism, hormone responsive cancer and genetic diseases.

A statue of UAB’s third president Charles “Scotty” McCallum is be dedicated Tuesday, Dec. 5, at 3 p.m. The statue, created by artist Ha Chapman (pictured), was installed in the UAB Mini Park near statues of former university presidents Joseph Volker and S. Richardson Hill.
McIver to deliver lecture on Women, Art and Architecture

Everyone has heard of those superstar Italian painters. Leonardo, Raphael, Michelangelo. Their works and their stature are well known – the trio helped lead Europe out of the Dark Ages and into the glories of the Renaissance.

And, they and their contemporaries produced some of the most beautiful art the world has ever seen, art financed and often commissioned by patrons among Italy’s power elite.

The contributions of women during that time — especially as collectors of art — don’t usually receive much attention. But Katherine McIver, Ph.D., an associate professor of art history, is changing that with her new book, “Women, Art, and Architecture in Northern Italy, 1520-1580.”

McIver will look at women as collectors of precious material goods, organizers of the early modern home and decorators of its interior at a lecture Tuesday, Dec. 12, at the Birmingham Museum of Art. The event, which begins at noon, is free.

Using her subjects’ financial records, McIver provides insights into Renaissance women’s economic rights and responsibilities in her book and also provides a new model for understanding what women of the period bought, displayed, collected and commissioned.

“I selected this group of women largely because they were the ones I found substantial information on,” says McIver. “All of them are from the same family or related by marriage.”

A wealthy widow from Parma, Italy — Laura Pallavicinia-Sanvitale — is one of McIver’s subjects. She spent lavishly on large-scale oil paintings, built and renovated grand palazzi and retained a secretary, six female servants and 12 male servants.

“Many women of that era commissioned domestic art for their home,” McIver says. “There were many powerful and strong women like Pallavicinia-Sanvitale who had a good bit of influence in that period.”

In the book, McIver evaluates the role of women in commissioning and utilizing works of art and architecture as a means of negotiating power in the court setting while at the same time offering insights into their lives, limitations and the possibilities open to them as patrons.

McIver, who has been teaching at UAB for 14 years, did the majority of her research in Italy. She scoured through 16th century documents, trying to learn more about Pallavicinia-Sanvitale and her family.

“You really get a sense of the women’s life through their materials,” McIver explains. “There were very few portraits of the women, so it’s really through their writing that I learned who they are.”

McIver has co-edited previous books, but “Women, Art, and Architecture in Northern Italy marks her first attempt at a book on her own.”

Peel is appointed interim associate provost for faculty

Claire Peel, Ph.D., associate dean for academic and student affairs and professor in the School of Health Professions, became interim associate provost for Faculty Development and Faculty Affairs effective Nov. 27.

Provost Eli Capilouto, D.M.D., expressed his thanks to Rose Scriba, Ph.D., for her service in this role and her willingness to work closely with Peel to effect a smooth transition.

Holmes is inaugural holder of Wachovia endowed chair

Robert E. Holmes, Ph.D., dean of the UAB School of Business and Graduate School of Management, has been appointed the first holder of the Wachovia Endowed Chair in Business Administration by the UA Board of Trustees.

Holmes said he is humbled and honored by the recognition, but stresses the long-term benefits of the endowment.

“More important, in the future it will mean a great deal to UAB and the School of Business,” Holmes said, adding that such an endowment will help the school recruit and retain dean-level leadership and thereby benefit faculty and student recruitment.

Under Holmes’ leadership, the UAB School of Business is consistently ranked among the Top 10 metropolitan business schools in the nation. A rarity among business school deans, Holmes continues to teach – his course is Business 450, Strategic Management. A Seminar with CEOs, with Professor Edward M. Frield III, J.D. The course, for graduating seniors, brings CEOs to classes for discussions of the strategies, challenges and opportunities of the companies.

“It gives students a unique opportunity to interact with people they normally would not meet,” Holmes said.

Need flowers for graduates?

Buy fresh flowers for the graduates!

The UAB National Alumni Society will be selling roses before and after commencement exercises Saturday, Dec. 16, on the concourse area of Bartow Arena. The cost is $15 for a half-dozen and $20 for a dozen.

“BrassRing is a software program developed by BrassRing LLC a software and e-recruiting innovator and service provider that has earned a number of prestigious industry awards, including, in May of 2004, the “Best Human Resources Product or Service” in the Software and Information Industry Association’s Codie Awards competition.”

December 4, 2006 UAB Reporter
Serve up something great with UAB Campus Catering

How can UAB Campus Catering help you? What can you do to ensure you receive the best bang for your buck? Hanley gave answers to those questions and more in a recent chat with the UAB Reporter.

A. How far in advance should I schedule my event with you?

Q. We prefer to be made aware of the event no less than two weeks ahead of time to ensure we produce to exact customer expectations. When we’re given more lead time we can become more involved with the event and offer more. There are special themes or service protocols, we can assist in planning.

Q. What happens after I place my catering order?

A. A catering contract will be generated and sent to the customer. Once the contract is signed, the event is booked. Changes can be made up to three days prior to your event. At the conclusion of the event a final invoice will be sent to your office. As with placing an order, getting the information on your event to us ahead of time ensures a speedier billing process. See Q4.

Q. What can you serve for my event?

A. Anything you can imagine. We do have a foundational catering menu available online at www.uabdining.com, but what is listed on it is not the limit of what we have to offer; we also have working-lunchen menus available to help you choose the right food for your meetings. We can do things as simple as boxed lunches or as fancy as a sushi display that is handmade by UAB Campus Catering chefs — anything that works within most budgets and meets your needs. We can serve carved ostrich meat, fillet, intricate appetizers, simple continental breakfasts, gourmet desserts and even take care of wedding receptions. About 60 percent of an event’s menu is personalized or customized to our clients’ requests. We encourage clients to customize their ideas for their catered events because we realize many of their guests go to multiple university social activities.

Q. Why is it important for the catering team to know so many details about my event?

A. Catering is all about details, so the more details our office can get the more seamless the service can be. Letting us know who’s coming to your event enables us to make the event more special and tailored to your needs.

Q. Are there special guidelines or policies I need to know? All requestors are expected to be aware of university policies and guidelines regarding entertainment, receptions and meals before making any catering arrangements. Specific information regarding guidelines and policies can be found at www.main.uab.edu/show.asp?dur=6278 and www.uab.edu/uabfinfo/links.htm.

Q. I want you to cater my event. What information should I send you and how should I get it to you?

A. Let us know the number of people you plan on having attend, your budget, the venue, time of the event, if you have any preferences for display or a theme in mind, whether it’s a reception, snack or full meal and who will attend. All the details you can give will be helpful. The optimum way is to contact us through e-mail at catering@uab.edu. You also can call us at 996-6556 or communicate through our Web site at www.uabdining.com. Remember, any budget can be met if we’re willing to think outside the box. With the new Commons on the Green dining facility, the options for food and caterers are endless. There’s a brick oven here for pizzas, a vegan bar with a variety of hummus and weekly international cuisine. UAB Campus Catering can serve nearly anything that will exceed expectations.

April Rowser and the UAB Campus Catering team are ready to serve you.

UAB makes good progress with employee HIPAA training

U AB and the UAB Health System (UAB/UABHS) have trained more than 22,000 faculty, staff, students, volunteers and contract and temporary employees on their HIPAA privacy and security responsibilities since September 2004.

“We have made good progress in ensuring that all members of the UAB/UABHS community who come into contact with protected health information (PHI) understand what actions they should and should not take with it in order to be in compliance with HIPPA regulations,” said UAB HIPAA Coordinator Michael Brooks, Ed.D.

“Our HIPAA privacy and information security standards are linked directly to existing UAB/UABHS policies,” Brooks said.

One important objective of HIPPA – the Health Insurance Portability and Accountability Act – is to protect the health information of patients, employees and students from access without formal consent or authorization.

“It’s important that UAB/UABHS faculty and staff employees, students, trainees and volunteers be aware that if we incur HIPAA violations, we are personally subject to civil monetary penalties that may include a maximum of $100 for each violation and a total penalty not to exceed $25,000 per calendar year,” Brooks noted. UAB is also subject to institutional penalties.

Brooks explained that HIPAA also requires ongoing risk assessments related to the institution’s information security compliance practices. HIPAA Security Officer Terrell Herzig is involved with Information Technology (IT) staff, entity privacy and security coordinators and administrators in more than 50 UAB/UABHS units. These individuals are engaged in a variety of activities designed to identify and address information security risks associated with PHI and other sensitive information.

“The results of our initial risk assessments have shown us ways that employees and others can help strengthen UAB’s compliance efforts to secure PHI,” said Brooks.

Some of those ways are to:

• Follow UAB/UABHS policies and standards for transmission and storage of sensitive information such as PHI.
• Use strong passwords and encryption when using laptop computers and other portable devices.
• Back up electronic data in accordance with IT best practices.
• Ensure that computer antivirus software is up to date.
• Make sure that PHI and other sensitive information is not left unsecured at workstations, either on computers or as printed documents.
• Ensure that critical computer hardware, software and wireless communication technologies are up to date.
• Follow institutional policies and HIPAA standards regarding disposal of old computers, hard drives and data storage media.

The next HIPAA reporting deadline is May 23, 2007. At that time, UAB/UABHS will be required to have a unique national provider identifier (NPI) number for each physician, dentist, optometrist and other health care provider who bills electronically for clinical and professional services. Currently, out of 961 NPIs reported from UAB Health Services Foundation providers, 936 have been received.

To learn more about HIPAA, visit the UAB HIPAA Web site at www.uabhs.uab.edu.

MHIRT program accepts applications

The Minority Health International Research and Training Program is accepting applications from students who want research experience in foreign institutional and social settings under the mentorship of experienced researchers.

MHIRT encourages students to pursue research careers by increasing their ability to become first class international researchers. Potential training sites and types of research include:

• African-American, Hispanic-American, native American, Pacific Islander or someone interested in conducting research on health problems that disproportionately affect under-served groups.
• An undergraduate, graduate (master’s or doctoral) or medical student at an accredited U.S. college or university.
• Interested in pursuing a research career in a biomedical discipline, academic medicine, or public health.
• Able to provide academic transcripts and two letters of reference.
• Fairly proficient in Spanish if interested in the Peru or Guatemala training sites.
• Able to spend 12 weeks overseas (usually June through August).

Monthly stipend, living allowance and travel expenses are provided. The deadline for applications is Jan. 15, 2007. More information and the application form are available at www.mhirt.org.

Did you know...

Did you know that UAB’s research funding has doubled every decade since the university’s founding in 1969, and now surpasses $400 million? UAB ... expanding research capability.
The Office of Grants and Contracts Administration received the following awards for UAB faculty and staff. Listing includes the principal investigator along with any co-principal investigator(s) and faculty participants as well as PI's departure month, year, appointment title, sponsor name and project dates.

New/Continuing Continuation

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<td>10/31/2006</td>
<td>50 Dose-Range Study to Evaluate the Safety and Tolerability of PREDISTAR/ Gender &amp; Race in a Multi-Center, Randomized, Open-label, Double-blind, Parallel Group Study in Combination with an Individually Optimized Background with a 48 week Treatment Period (Grafe)</td>
<td>Julio Tibbals Pharmaceuticals Ltd</td>
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Monday, Dec. 4

Monday Noon Noon Conference, Hematology/Oncology, Asst Prof Saiyf Pamboukian (Cardiovascular Disease); WP-E.

2 pm Anesthesiology GRs. Muscle relaxants for rapid sequence induction, Dr Francois Donati (Prof, University of Montreal, Quebec, Canada); JT-916.

Tuesday, Dec. 5

Tuesday Noon Microbiology. Alphavirus replication: Beginning with the ends, Dr Richard Hardy (Biology, Indiana University); BBPR-170.

8 am cardiology grs and Caucasian Medicare beneficia

3:30 pm uAb Psychology colloquium

6:30 pm SMART recovery group meet ing s, not a 12-step or religious program. Any addiction or habit can be helped. Southside Baptist Church. Call WL Fulcher 975-7755 for details.

7 pm Conversational English classes, levels 1-4; Smolian Int’l House. 4-1205/awowens@uab.edu. For more info, Varadraj 822-9338.

7:30 am-4:30 pm uAb center for mimetic peptide science, Drs. Jennifer A. Crabb; MT-605.

Tuesday Noon Noon Medical GRs

Wednesday, Dec. 6

6:30 pm SMART recovery group meeting, not a 12-step or religious program. Any addiction or habit can be helped. Southside Baptist Church. Call WL Fulcher 975-7755 for details.

7 pm Conversational English classes, levels 1-4; Smolian Int’l House. 4-1205/awowens@uab.edu. For more info, Varadraj 822-9338.

7:30 am-4:30 pm uAb center for mimetic peptide science, Drs. Jennifer A. Crabb; MT-605.

Wednesday, Dec. 6

7 am Cardiology GRs. Modulation of endothelin-induced injury by an NO mimetic peptide, Assoc Prof Roger White (Medicine); UHR-302.

7:30 am-4:30 pm uAb center for Emerging Infections and Emergency Preparedness annual symposium. Pandemic influenza: Understanding Epidemiological Perspectives and Preparedness Efforts. Locally, nationally and internationally recognized content experts, including representatives from the UAB Pandemic Influenza Task Force, will discuss pan demic influenza epidemiology, disease pathology, prevention and treatment developments, as well as the current state of UAB hospital and faculty preparations. State and local public health officials will also share preparedness and response activities initiated by state and local health departments. The symposium brochure and registration can be found at www.uab.edu/ceep. CME credits will be offered. Birmingham DoubleTree Hotel.

8:15 am Optometry Residency Conference. Issues in practice management, Asst Prof Sandy Long (Optometry). Optometric Services and Retina conference, Assoc Prof John Mason (Optometry); SOO-Clinical Conf Rm.

Noon Medical GRs. Spondyloarthropathies: What are they, what to look for and how to treat them, Asst Prof Anthony Turkiwicz (Rheumatology); MCSCA.

Noon Loris and David Rich Lecture Series in Visual Science. Bystrodky and macular degeneration, Dr Alan Marmorstein (Asst Prof, Ophthalmology & Vision Science; University of Arizona, Tucson); Callahan Eye Foundation-3rd fl.

3:30 PM UAB Psychology Colloquium Series. Racism and difference in health care utilization between older African-American and Caucasian Medicare bene ficiaries, Drs. Yvonne Cheung, Outstanding Graduate Student in Psychology Award for 2005-2006; CH-327.

Thursday, Dec. 7

8 am Cardiology GRs. Clinical confer ence; WP-D.

Noon Advances in Molecular & Cellular Pathology. Regulator of apoptosis in cancer: From bench to mouse to humans, Char Jay McDonald (Pathology); WP-E.

Noon Endocrine Conference. Secondary prevention in coronary artery disease, Assoc Prof Robert Robbchaus (Cardiovascular Disease); BBDB-334.

Noon Geriatric Noon Conference. The case studies in genetic pathology, Dr Regina Harrell (College of Community Health Sciences, University of Alabama); WP-E.

1 pm Neurology/ Evelyn McKnight Brain Institute. Making new memories: Associative learning signals in the monkey medial temporal lobe, Dr Wendy Suzuki (Asst Prof, Center for Neural Science, New York University); SHEL-1015.

Thursday, Dec. 7

Friday, Dec. 8

Friday, Dec. 8

Friday, Dec. 8

Friday, Dec. 8

Friday, Dec. 8

Friday, Dec. 8

Friday, Dec. 8

Saturday, Dec. 9

Sunday, Dec. 10

Sunday, Dec. 10

Sunday, Dec. 10

Blazer sounds

Blazer sounds

Blazer sounds

Tuesday, Dec. 5

Tuesday, Dec. 5

 utforic lipid messengers in inflammation: The balance between cytotoxicity and cytostasis. Research Instructor Asme Lander (Molecular & Cellular Pathology); WT-214.

5 pm Anesthesiology GRs. Muscle relaxants for rapid sequence induction, Dr Francois Donati (Prof, University of Montreal, Quebec, Canada); JT-916.

5:25 pm Power yoga

5:15 pm Beginning Chinese class, Smolian Int’l House. 4-1205/awowens@uab.edu.

5:00 pm Power yoga

4 pm Anesthesiology GRs. Muscle relaxants for rapid sequence induction, Dr Francois Donati (Prof, University of Montreal, Quebec, Canada); JT-916.

Monday, Dec. 11 & 18

6:30 pm SMART recovery group meet ings, not a 12-step or religious program. Any addiction or habit can be helped. Southside Baptist Church. Call WL Fulcher 975-7755 for details.

7 pm Conversational English classes, levels 1-4; Smolian Int’l House. 4-1205/awowens@uab.edu. For more info, Varadraj 822-9338.

8 pm Stammreich conversation table, for anyone who speaks German; Giuseppe’s Cafe, 925 9th Street South. For info, agrest@uab.edu.

7 pm UAB First Thursday Lecture. Chinese Qigong in the West: A clash of civilizations presented by John Altman, chief editor, The Three Emperors College of Chinese Health and Physical Culture, Charlottesville, VA. Alton spent two years studying and teaching qigong (pronounced “chi kung”) at Beijing University where he learned about the Chinese practice and philosophy of ener gy healing. Qigong is a method that has been used in China to maintain health. Qigong involves a combination of breathing and stretching with specific physical movements and postures.

Wednesday, Dec. 6

6 pm uAb BookTalk. Maud and Maud 9 by Art Spiegelman. The discussion will be led by Asst Prof Ann Hoff (English); Steine Furley-Hernan.

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An evening of jazz to benefit UAB scholarships

Enjoy an evening of big band and jazz standards when the UAB Jazz Combo and Jazz Ensemble, directed by Mark Lauer, perform at 8 p.m. Thursday, Dec. 7, in Ona’s Music Room, 423 20th St. S. All proceeds from ticket sales will benefit jazz scholarships at UAB.

The program, presented by the UAB Department of Music, will include big band and jazz standards by Miles Davis, Horace Silver, John Scofield, Duke Ellington, Thelonious Monk, Antonio Carlos Jobim, Dizzy Gillespie and Louiz Bonfa.

General admission ticket prices are $10 and will be available at the door. Call the UAB Department of Music at 934-7376 for more information.

‘Christmas at the Alys’ is Dec. 10

A waken the spirit of the holidays Sunday, Dec. 10, at 3 p.m. with ‘Christmas at the Alys,’ an annual celebration of Christmas music presented by the UAB Department of Music and area choirs.

A grand selection of old and new Christmas favorites are on the program. Performing are the UAB Concert Choir, UAB Women’s Choir, UAB Men’s Choir and UAB Chamber Singers, directed by Philip Copeland, D.M.A.; as well as the Jefferson State Community College Singers, directed by Jessica Hall; Hewitt-Trussville High School Choir, directed by Nick Cummins; and the Shades Valley High School Choir, directed by Heather Cantwell.

Many Christmas favorites will be performed, including Vaughn Williams’ “Wassail Song,” “Carol of the Bells,” “Fum, Fum, Fum” and “Silent Night.” The choir, led by Copeland, will combine on Wohlgemuth’s “Of the Father’s Love Begotten,” an anthem based on a fourth century chant.

Tickets are on sale now for $12 for the event. Call 975-2787 for tickets.

Denyce Graves performs Dec. 16

The Alys Stephens Center presents mezzo-soprano Denyce Graves with orchestra in “A Holiday Celebration,” Saturday, Dec. 16, at 8 p.m.

Enjoy a free Prelude, or pre-concert discussion, of the program at 7 p.m. After the performance, enjoy a “Spread the Holiday Cheer” reception with festive desserts, eggnog, music and a cash bar.

The program includes “Gypsy Dance” and “Habanera” by Bizet; “He Shall Feed His Flocks” from Messiah by Handel; “Ave Maria,” “Cantique Noel,” “O Holy Night,” “Nutcracker Suite,” “Mary Did You Know,” “Sweet Little Jesus Boy,” “Give Me Jesus,” “It’s the Most Wonderful Time of the Year,” “Here Comes Santa Claus,” “Christmas Once More” and “Rudolph, the Red Nose Reindeer.”

Tickets are $62, $52, $28; student tickets $10. The 30 & Under Classical Pass, for young adults ages 30 and under, is $15. For tickets, call 975-2787.

Need something in the Reporter?

The next issue of the UAB Reporter is Dec. 18. It will be the last issue of the year. If you want to submit an advertisement or calendar event for the paper, the deadline is noon on Monday, Dec. 11.

The first issue of the 2007 will be Jan. 8. If you would like to submit an advertisement or calendar event for that issue, the deadline is noon on Tuesday, Jan. 2.
Elizabeth Varghese has worked all around the world, but she's never experienced anything quite like her job as a financial associate in the office of the dean of the School of Education. "I love my job. I really enjoy working with the faculty and meeting their needs," Varghese says. "I make sure that they are aware of UAB's policy on certain expenses and payments."

Faculty who work with Varghese appreciate the work she does, which is why Varghese has been selected November's Employee of the Month. "Being that we work for the largest employer in the state, to be selected was really a shock to me," Varghese says. "I work very closely with my faculty. And it's been a blessing. The most important thing I learned over the years is that one person can have a strong work ethic and integrity in our job."

"In addition, I always believed that one day the organization would recognize it — and it's become true," she says.

Varghese's job duties are expansive. She aids faculty with the administration of research grants, helps with subcontracts and subcontract payments, organizes workshops and processes payments for consultants, travel arrangements and expense reports.

"Elizabeth is one of the most exceptional employees I've encountered in my 34 years at UAB," says Maryann Manning, Ed.D., professor of education. "She has been responsible for several different grants and projects that I have, so I communicate with her on a daily basis. She explains every aspect of any grant or project to the principal investigator in great detail. She doesn't just say yes or no, but tells you why your request is acceptable or not legal under the terms of the grant."

Linda Emfinger, Ph.D., associate professor of education, was Varghese's supervisor during her two-year tenure as the Early Reading First (ERF) administrative assistant and has worked with Varghese for four years.

Emfinger marvels at how creative and resourceful Varghese is with her tasks, giving her praise for successfully managing the ERF office and coordinating seven student assistants, graduate assistants and off-campus professionals. "Elizabeth is a master problem-solver and communicator," Emfinger says. "No matter how impossible a task might seem, Elizabeth steadfastly takes the bull by the horns."

Not only is Varghese efficient in her duties, she does them in a personable manner. "Never is Elizabeth without a smile and kind and thoughtful words," says Lois McFadyen Christensen, Ph.D., associate professor of education. "Her temperament, dependability, work ethic, sense of helpfulness and ease in describing what is acceptable and what is not within the UAB financial arena are commendable. She knows what she is doing, but most of all, she knows how to do it all in a personable and kind and efficient manner."

"She puts her faculty first, and we all love her as an employee, and, moreover, as a person of the highest honor and caliber," Varghese, a native of India who has been a U.S. citizen for 18 years, will celebrate her 10th year at UAB in January. She says she is humbled by the thoughtfulness of her co-workers and thankful for the opportunities she has been afforded at UAB.

Elizabeth Varghese has many responsibilities as a financial associate in the office of the dean of the School of Education, and she does her job with a positive attitude and a smile. "Elizabeth is one of the most exceptional employees I’ve encountered in my 34 years at UAB," says Maryann Manning, professor of education, after school. Geiger says these guidelines are compatible with changes made in Selma schools to reduce portion sizes and add healthy à la carte choices, in addition to more organized and rigorous physical education classes.

But for the project to flourish, more funding will be needed. The hope is that schools can reduce physical education class ratios, as was recently approved by the State Board of Education.

"I think the needs now are clear, and more people are beginning to understand the physical education of our children is just as important as the cognitive education," Geiger says. "Kids don’t just get to vote, and caregivers need to speak up. If we don’t provide supporting opportunities, the health of children will suffer. Parents need to get involved and demand these things happen."

Brian Geiger earns award for work in health education

On the surface the news sounds ridiculous, so it’s easy to see why Brian Geiger, Ed.D., was stunned.

"Did you hear about the action of a school board in Massachusetts? They banned tag," says an incredulous Geiger, an associate professor of education in Human Studies. He was referring to Willett Elementary School, located south of Boston, which recently decided the children's game would no longer be allowed on its playground to reduce accidents.

"It’s unbelievable," he says. "I think the needs now are clear, and more people are beginning to understand the physical education of our children is just as important as the cognitive education." Faculty, alumni and students.

"It means a great deal to have that kind of support," Geiger says. "It’s pretty high praise. To have students I’m currently teaching and students I’ve taught in the past nominate me, along with fellow colleagues, is quite an honor." It’s not just the nominations that won him recognition, though. AASHPED looks at the nominee’s body of work in order to aid in determining the award’s recipient. Geiger’s is an impressive one.

He has been an investigator with the Wilcox County Disease Prevention Project, a four-year initiative funded by the Centers for Disease Control and Prevention and the Association of Schools of Public Health, and a senior investigator of a national teen pregnancy-prevention project funded by the CDC.

Geiger also has been published on topics related to school health-education program planning, implementation and evaluation, something he has dealt with broadly as the principal investigator for the Selma Nutrition, Exercise and Wellness Study for Students. The overall goal of that program is to improve the health of Selma City Schools’ students, faculty and staff through improving the nutrition, health and physical education programs in the schools.

Among the ways the program is accomplishing its goal are decreasing fats and simple carbohydrates in school menus, adding breakfast, changing vending machine offerings to 100 percent juice and water, selling healthy food options such as school fundraisers, equipping students with pedometers and ramping up elementary P.E. programs by creating structured plans that require students to get moving.

Selma City Schools’ Superintendent James Carter was spurred to action by the very high rate of obesity and heart disease in Dallas County. Ron Sparks, Alabama commissioner of the Department of Agriculture and Industry, secured the funding for the Selma project, which has included playground improvements and facility assessments in an effort to encourage children to spend time outside playing. 

"He took a chance, and it’s paying off," Geiger says. "Standards are being changed and children are being given a chance.

Alabama was actually one of the first states to restrict unhealthy food through vending in 2005, like that in Selma. The need for changes in the physical activity of children in the state goes far beyond Selma, Geiger says. He points to a recent five-year study of children in the Birmingham metro area that found that 16 percent were at risk of being overweight, while another 16 percent were already considered overweight.

"The State Obesity Task Force issued its first plan this past summer with recommendations and guidelines for improving health and well-being before, during and Obituaries
Women & Men

Older adults and younger adults with and without HIV needed to participate in a study on cognitive aging. Call 800-950-6662. You will receive $50/visit. James 4-6777/5-2839.

For those with rheumatoid arthritis, a study by researchers at the University of Alabama at Birmingham is investigating the effects of a marine-based supplement on cognitive function and mood. For information, call Tricia 4-4983.

Are you concerned about your child become more nearsighted? UAB Pediatric Optometry Service is part of a national team of researchers investigating the relationship of nearness of nearsightedness in children. The Second Collaborative Clinical Research Network Study (CCRN 2) is sponsored by the National Eye Institute, a Division of the National Institutes of Health. They are looking for boys and girls 11-17 years old and need to wear glasses, he/she may be eligible to participate. You will receive 3 visits, compensation. Saag 888-534-0367/5-2174.

Do you have a child with attention deficit hyperactivity disorder (ADHD) or autism spectrum disorder? A study is being conducted at UAB to determine the need for and effectiveness of a medication that improves attention and memory in children diagnosed with ADHD or autism spectrum disorder. This is a 12-month pilot study. For information, call Cheryl 4-9958.

For those with chronic obstructive lung disease or COPD, the Alabama Vaccine Research Clinic is accepting patients for a new investigational herpes vaccine. If you have never had herpes (ever), you are eligible for the study. Compensation. Sara/Katherine 4-5967/939-5271.

Children's clinic studies: children age 11-15 who need to participate in a study of the effects of low-calorie and/or no-calorie sweeteners on the lenses coating 2 pairs of glasses. Requires 4 visits during a 5-month period. Receive a pair of glasses and compensation. Compensation. Sara/Katherine 4-5967/939-5271.

Do you know a child who needs to lose weight? Children age 6-12 who have a BMI of over 25 are needed for a study that will assess if better eating habits and physical activity can help improve weight. You will be compensated $10/hr. Compensated. Children's Clinic 4-805-2640.
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For Rent

For Rent

For Rent

For Sale $10,000 - 86,000

For Sale $492,160 - 2530.20

For Sale $30,000 - 117,000

For Sale $5,000 - 190,000

For Sale $2,500 - 7,600

For Sale $400 - 1,900

For Sale $2,200 - 3,600

For Sale $1,900 - 3,200

For Sale $1,400 - 2,400

For Sale $800 - 1,600

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BLAZER BASKETBALL

UAB vs. MINNESOTA

Tue., Dec. 5 • 7:00 PM • Bartow Arena

UAB vs. DEPAUL

Sat., Dec. 9 • 3:00 PM • Bartow Arena

BANNER RAISING
The Blazers will raise their 2006 NCAA Tournament banner prior to tipoff.

FOR TICKETS CALL 975-UAB1, OR VISIT UABSPORTS.COM