

Neuroscientist to investigate how meth abuse weakens brain's protective barrier

By Meghan Cunningham

The combination of meth abuse and chronic stress compromises the brain's protective barrier, leaving it more susceptible to dangerous viruses and bacteria, according to research by UT neuroscientist Dr. Bryan Yamamoto.

A natural barrier comprised of tightly formed capillaries and other cells separates the brain from large potentially harmful molecules such as bacteria present in a person's blood, but the abuse of methamphetamine combined with chronic stress causes that barrier to be more permeable, said Yamamoto, professor and chair of the UT Department of Neurosciences.

"Most drug addicts suffer from chronic stress and the combination of that and meth abuse causes the capillaries in the brain to leak," Yamamoto said. "That situation puts the brain at risk for viruses and bacteria that previously wouldn't have been able to enter the brain."

It's a specific concern for the gingivitis bacteria, also known as "meth mouth," that many meth abusers suffer from, which can enter the brain and wreak havoc, Yamamoto said.

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Yamamoto

Photo by Daniel Miller

A night with an opera legend



Photo by Daniel Miller

Marilyn Horne, left, visited the University and talked about her career and life in music with Dr. Denise Ritter Bernardini, assistant professor of music and director of the UT Opera Ensemble. Horne performed regularly for many years with the Metropolitan Opera and also appeared in major opera houses around the world: La Scala, Gelsenkirchen Opera, San Francisco Opera, Opera Company of Boston and the Royal Opera House. She is a recipient of the National Medal of Arts. While in Toledo, the star also conducted a master class with UT vocalists.

Open enrollment 2014 ends Oct. 31

By Kim Goodin

Open enrollment for 2014 health benefits enters its final days this week.

The window for eligible employees to enroll closes at 11:59 p.m. Thursday, Oct. 31.

Denise Shordt, senior benefits specialist in Human Resources and Talent Development, said 3,044 of 4,942 employees eligible for health-care benefits had enrolled by last week.

"There are always some who are still weighing their options late in the process, but waiting until the last minute isn't a good idea," she noted. "Our offices close at 5 p.m. on Oct. 31. If you register after that, we won't be available to assist you if needed."

Following a procedure that has been successful for the past few years, enrollment is conducted entirely online. Only required documentation, such as spousal/domestic partner health-care eligibility affidavits, birth certificates and marriage certificates, will be accepted in hard-copy form.

Shordt said all benefit-eligible employees must complete the online open enrollment process, even if their options are unchanged from 2013 or they intend to waive the option to

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Nurse receives 20 Under 40 Leadership Recognition Award

Katie Bush, a staff nurse in the Emergency Department at UT Medical Center, received one of the 2013 20 Under 40 Leadership Recognition Awards last month.

The 18th annual event showcased young, dynamic leaders in northwest Ohio and southeast Michigan younger than 40 who have distinguished themselves in their careers and/or in the community.



Bush

An independent panel of judges selected 20 candidates for recognition from a field of 109 candidates.

Bush was nominated by Sara Bassler, physician assistant in the Emergency Department at UT Medical Center and the Orthopedic Outpatient Clinic.

Bassler noted Bush's many roles in health care. These include forensic program coordinator at UTMC and being a nurse for the Ohio Disaster Medical Assistance Team.

In addition, Bush is a member of the UT Sexual Assault Education Prevention Program Committee and Toledo Hospital's Sexual Assault Nurse Examiner Team.

She also has served as an Ohio delegate for the Emergency Nurse Association at the

general assembly the past two years and was chosen to go to Washington, D.C., to lobby on Capitol Hill regarding emergency nurse issues.

Bush is an active member of the Emergency Nurse Association and is president-elect for the local Seagate chapter. She also volunteers as a preceptor to guide nursing students in the Emergency Department.

"I was very excited to be chosen for such a wonderful award. I really believe in what I do and strive to make a difference for myself, my co-workers and my patients," Bush said.

The Holland, Ohio, resident is a UT graduate with an associate degree in

correctional technology in 1999, bachelor of science degree in criminal justice in 2001, master of arts degree in criminal justice in 2004 and associate degree in applied science in nursing in 2008. She is enrolled in the UT Master of Nursing Program.

Before joining UT Medical Center as a nurse in 2009, Bush was an assistant professor in the UT Department of Criminal Justice, domestic violence court advocate for the Family and Child Abuse Prevention Center, and a dispatcher with the UT Police Department.

"UT has been such a huge part of my life, and the people that I have met along the way continue inspiring me to try and make a difference," Bush said.

Neuroscientist

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A new \$2.2 million grant from the National Institutes of Health will allow Yamamoto and his collaborators, Dr. Nicolas Chiaia and Dr. Nicole Northrop, both faculty members in the Department of Neurosciences, to study this process using animal models and investigate what causes the opening in the blood-brain barrier and how long it persists.

Yamamoto proposes to use animals trained to self-administer meth by pressing a bar inside their cages to get a dose of the drug, and exposing them to unpredictable stressors in a manner that reflects how humans experience common stressors. The team will examine whether anti-inflammatory drugs help reduce the effects of the opening of the blood-brain barrier in these animals.

"The implications of this research go beyond individuals who are addicted to methamphetamine to understand how chronic stress impacts the brain and renders our brain more vulnerable," Yamamoto said. "In contrast, the basic mechanisms revealed by our studies may provide insight for other scientists who are researching ways to temporarily and safely bypass the blood-brain barrier so drugs used to treat brain cancer that ordinarily do not cross the barrier can have greater access to the brain and be more effective."

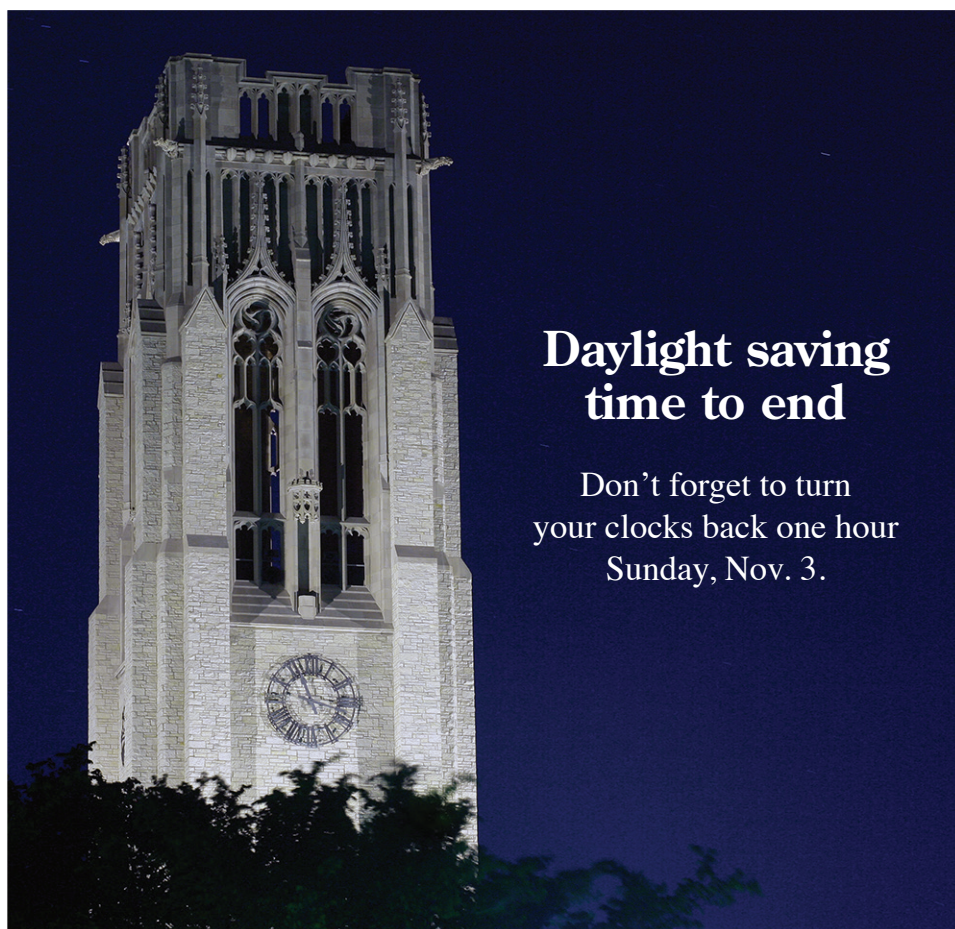
Meth abuse and manufacturing is increasing not only in the United States,

but also around the world because of how easily and inexpensively it can be "cooked," despite efforts to control the drugs and chemicals used to manufacture it, Yamamoto said. The drug is most commonly smoked or injected, causing a euphoric feeling when the brain releases the chemical dopamine, which is a neurotransmitter that controls pleasure.

The drug also became more widely known with the popularity of the AMC "Breaking Bad" television program that recently celebrated its series finale to much fanfare. In the show, chemistry teacher Walter White is diagnosed with lung cancer and turns to manufacturing meth to earn extra money to leave to his family.

"Meth abuse continues to grow worldwide and 'Breaking Bad,' I think, has opened a lot of people's eyes to what is going on by depicting its damaging effects," Yamamoto said. "I would hope the show does not glamorize methamphetamine and therefore would not increase the popularity of the drug."

Yamamoto has been studying the impact of drugs such as methamphetamine and ecstasy on the brain for more than 20 years. He continues active research on how meth use affects the liver in a way that contributes to brain damage. Read more at <http://utole.do/meth>.



Daylight saving time to end

Don't forget to turn your clocks back one hour Sunday, Nov. 3.

Correction

The photo with a story about Tami Duvall's art exhibit at the Catharine S. Eberly Center for Women was printed incorrectly in last week's issue. The image titled "Block. 2" should have appeared in this direction. In addition, the artist's first name was misspelled in the caption last week.



Pi Kappa Phi recognized as Master Champion Chapter

By Kevin Bucher

The Pi Kappa Phi Beta Iota Chapter at The University of Toledo is one of 16 chapters nationwide to receive the fraternity's Master Champion Chapter Award.

The UT chapter of the fraternity averaged a tier three, the highest possible score, on the seven-objectives report grading system the national fraternity uses to assess its 180 chapters across the country.

"It's truly an honor for us. We're doing what we're supposed to be doing, and to be recognized for going above and beyond is a privilege," said Victor Petzall, president of the UT chapter, who is a senior studying professional sales and marketing.

Ian Davis, a UT senior studying communication and a fraternity member, said it

was a group effort that made the recognition possible: "I think we were able to obtain this honor because of great leadership on our executive board, and the buy-in from the fraternity as a whole contributed to winning this award."

The Toledo Pi Kapps are not done yet. Fraternity members have set their sights on the Fogarty Award, given to the highest performing chapter in the nation.

"The Toledo Pi Kapps succeeded in capturing the best of the best," said Mark A. Urrutia, the greater Ohio regional governor of the Pi Kappa Phi Fraternity. "This is an honor they deserve, and we are all very proud of their dedication to making their chapter, and brothers, strive for the best."

The mission of the Office of Student Affairs is to provide current and prospective students with advising and support services that ensure their success in completing the degree programs. The staff is dedicated to applying the highest quality of "pharmaceutical care" possible.



Photo by Dawn LePla

HONORED: Deb Sobczak, director of student services for the College of Pharmacy and Pharmaceutical Sciences' Pre-Professional Division, recently received the Academic Advisor Excellence Award from the Ohio Academic Advising Association. The honor recognizes service to students, to the college and to the public as well as innovation in advising services.

In memoriam

Helen Cortes, Toledo, a custodian at UT from 1981 until her retirement in 1993, died Oct. 21 at age 94.



Findlay

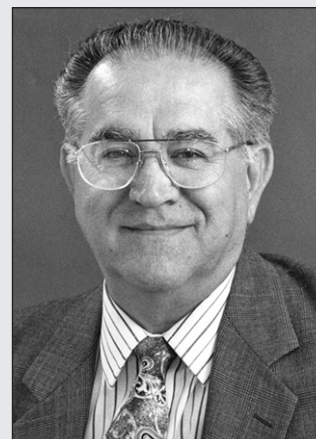
James R. Findlay Sr., Sylvania, a respected business leader known for his philanthropy and love for UT, died Oct. 20 at age 87. He graduated from the University with a bachelor's degree in business administration in 1948. He was co-founder and former president of Impact Products Inc., and also established Canberra Corp., Fresh Products and Ad Sensations. Findlay co-founded the UT Center for Family and Privately Held Business. He and his wife, Celia, who was a 1949 UT alumna, supported the University over the years. Their generosity benefited the Athletic Department, Camp Adventure, National Youth Sports Program, the Catharine S. Eberly Center for Women, the College of Business and Innovation, and the Judith Herb College of Education. In 2001, the Findlay Athletic Complex on Scott Park Campus was dedicated; the couple funded the home of UT's baseball, softball and soccer programs. "This is a great university, and we always try to do our best to support it. Celia and I are thankful for everything the University has done for us," Findlay said at the dedication. The couple contributed more than \$1.4 million to the University, establishing eight endowments and impacting the lives of countless students. He was a past president of the UT Foundation Board and the UT Alumni Association, served as chair of the Business Advisory Board for the UT College of Business, and was a past president and member of the Downtown Coaches Association. Findlay also was a contributor to the Glass Bowl Stadium Project and a former member of the UT Athletic Committee and the Rocket Fund Advisory Board. In 1993, he received the Pacemaker Award from the College of Business for outstanding achievement in business as well as contributions to the community and the University. Findlay also received the UT Alumni Association's Blue T

in recognition of his dedication to his alma mater. Memorial contributions are suggested to the Findlay Youth Fund or the Celia Findlay UT Education Scholarship through the UT Foundation.

Marion F. Fitch, Toledo, a former police chief and detective who taught criminal justice classes at UT, died Oct. 17 at age 82. The UT alumnus received a bachelor's degree in adult liberal studies in 1976, education specialist and master of education degrees in 1980, and master of arts degree in political science in 1982.

Kimberly S. (Roehrs) Hansen, Toledo, a nurse at UT Medical Center, died Oct. 17 at age 52. She joined the hospital staff in 1982. Hansen graduated from UT with an associate of applied science degree in nursing in 1988.

Caroline Heintz, Ottawa Hills, former instructor of continuing education classes at UT, died Oct. 17 at age 93.



Sanchez

Bernard R. Sanchez, Oregon, professor emeritus of music, died Oct. 13 at age 78. The New Orleans native joined the UT faculty in 1963 and served as chair of the Department of Music from 1976 until his retirement in 1993. While he was head of the department, master's degrees in music performance and music education were added to the program. The trumpet player was a member of the UT Brass Quintet for many years. Sanchez also was principal trumpet with the Toledo Symphony Orchestra for seven years and with the Toledo Opera Orchestra. At the University, he served as conductor of the UT Brass Choir, the UT Wind Ensemble, the UT Chamber Orchestra and the UT Orchestra. He also conducted the Jewish Community Center Orchestra and the Northwest Ohio Regional Orchestra. Sanchez also was a guest conductor with the Toledo Ballet, the Toledo Symphony and Toledo Opera Orchestra.

Faculty member teams up with radio host to raise awareness about bullying

By Kevin Bucher

Dr. Lisa Pescara-Kovach, associate professor of educational psychology, and 92.5 KISS FM Morning Rush Host Sid Kelly have teamed up to raise awareness about bullying.



Pescara-Kovach

During the National Bullying Prevention Month of October, Kovach and Kelly have addressed three Horizon Science Academies to speak with students and teachers about bullying and its effects.

Kovach, author of *School Shootings and Suicides: Why We Must Stop the Bullies*, defines the forms bullying may take to the students and explains how it can impact people. An important part of the

presentation is getting students involved, Kovach said.

“When students are part of the dialogue and discussion, it tends to create a sense of community, which is a necessary component in teaching them to want to advocate for one another,” Kovach said. “They tend to stand up for a victim when they feel a human connection. Sharing their stories with us allows others to hear the profound impact that bullying can have on their classmates.”

Kelly then discusses his history with bullying, sharing how he once was a bully until he realized its negative impact on others. Kelly also describes how he became a victim while he was in the U.S. Navy.

He began working with Kovach when he invited her on his radio show to talk about bullying after hearing about an incident that had taken place in the area. He also was inspired after he watched the 2011 documentary “Bully.”

“This behavior has to stop, and our children need to know there are things that can be done,” Kelly said. “Lisa and I preach



Kelly

“Teachers and parents can’t be in the bathroom when it happens or in the locker room when it happens, but the kids see it every day,” she said.

Kovach also pointed out that cyberbullying is a major issue because of the advances in technology, the disinhibition one feels online and the cyberbullying perpetrator having access to his or her victim 24 hours a day, seven days a week.

to young men and women that they need to understand what bullying is and that they need to report it when they see it happen.”

Kovach said the frontline is the students themselves.

Kelly and Kovach also make themselves available for students to reach out to if they feel no one else will listen.

“I tell them that if they find themselves unable to find an adult willing to help them, that I will,” Kelly said. “I bring at least 20 to 50 business cards with my personal cell phone number, and I’ve handed all of them out each time I’ve spoken.”

They also share resources for students to make anonymous reports and provide informational packets.

“I want every child and adult I speak to, to understand that it’s not OK to bully someone because they’re different,” Kelly said. “I want people to realize that at the end of the day, the things that define us as a person are the people we help and the knowledge we pass along to those that don’t have it.”

For more information about UT efforts, visit the Anti-Bullying Task Force website at utoledo.edu/tlc/bully.

Reaching out



Photos by Alisha Durham

Romaysha Grier helped paint a house in Toledo, right, with Upward Bound students and staff last month during the United Way’s 2013 Days of Caring. The group also painted a porch on another property. Posing for a photo in front of the freshly painted home were, from left, Kristian Martens, Grier, James Terry, Malaysia Tarrant, Tajanae Jordan, Fred Willis, Renee Wingard, Hazel Edwards, Aniya Allen, Lovell Hawkins, LaVeYanna Butler and Victoria Massey. Upward Bound is a UT program funded by the U.S. Department of Education to serve high school students from low-income families and families in which neither custodial parent has earned a bachelor’s degree. Upward Bound provides support to participants to help them be successful in their pre-college and college performance.

New sculpture flows on Main Campus

By Vicki L. Kroll

Judith Greavu pays tribute to the Ottawa River with her sculpture titled “Current Forces.”

The work consists of three cast bronze sections mounted on six brass tubes; it weighs more than 1,000 pounds and is 15 feet long, 5 feet wide and 10 feet tall.

It recently was installed on the south side of Bowman-Oddy Laboratories and Wolfe Hall.

“The piece evokes the course of the Ottawa River as it flows through two counties and shows the shape and form and depth of the river,” said Dr. Steven LeBlanc, executive associate dean for academic affairs and professor in the College of Engineering, who is chair of the Campus Environs and Beautification Committee.

“The piece complements the educational and research interests of several of the academic departments that occupy the Bowman-Oddy complex.”

Greavu said, “The surface of the water gives only hints of the life forms that inhabit a stream. The large lower surfaces of the ‘water’ — the cast bronze sections — in the sculpture allow for imagery and textural development that show some of those life forms.”

Indeed, close inspection of the dry verdigris patina discovers a turtle, deer and raccoon tracks, mussels and fish.

And five fused glass circles feature fish and crayfish in the artwork. When

the sun strikes these spots, it’s reminiscent of light on the river.

“The glass medium enhances the watery expression of the sculpture,” Greavu said.

The river image also could be seen as a visual metaphor for the diverse and dynamic science disciplines housed in Bowman-Oddy Laboratories and Wolfe Hall.

“I hope viewers see beyond the ‘story’ of the river and the life forms and the symbolism to recognize the purely formal visual forces of the piece,” Greavu said.

She was selected from approximately 20 artists from across Ohio who submitted proposals, according to LeBlanc. The artist is known for her work that is fluid and symbolic of nature. Greavu was an associate professor of art at Ohio Northern University from 1985 until her retirement in 2005.

Funding for “Current Forces” came from the Ohio Percent for Art Program related to the renovation of Bowman-Oddy Laboratories and Wolfe Hall.



Photos by Crystal Hand



“Current Forces” by Judith Greavu was inspired by the Ottawa River. The sculpture recently was installed south of Bowman-Oddy Laboratories and Wolfe Hall.

Works by ceramic artist included in exhibit at downtown gallery

The ceramics of Karen Roderick-Lingeman, UT senior lecturer in art, are part of an exhibition titled “Undefined” at the Secor Gallery in Toledo.

Paintings and drawings by Skot Horn also are featured in the exhibit, which is on display through Friday, Nov. 8.

“As a child, my family traveled extensively throughout the United States and Canada,” Roderick-Lingeman recalled. “Memories of those experiences and my continued national and international travels have greatly influenced my artwork.

“Recollections of a specific location or moment in time are not

only recollections of the environment or atmospheric condition, but are also related to the reason for being at that specific location at that specific time with that specific person. The impressions and stories that inspire my artwork are as much a part of the artwork as the physical piece itself.”

The gallery is located on the first floor of the Secor Building, 425 Jefferson Ave. in Toledo.

The free, public exhibition can be seen Tuesday through Saturday from 5 to 10 p.m.

For more information, contact Roderick-Lingeman at karen.roderick-lingeman@utoledo.edu.



“Sulphur” by Karen Roderick-Lingeman

Toledo looks to defend MAC regular-season title in 2013-14

By Brian DeBenedictis

The Toledo women's basketball team will take on a new look in 2013-14.

Gone are five members of the winningest senior class in school history who helped the Rockets secure an impressive 107 victories, capturing a WNIT Championship (2011), two Mid-American Conference regular-season titles (2010-11, 2012-13) and four-consecutive division crowns (2009-13), as well as advancing to the postseason each of the last four seasons.

UT also lost three additional players who transferred out of the program. Despite the turnover, the Rockets' expectations remain high for the upcoming season.

"It would be an understatement to say we will miss last year's senior class," said sixth-year Head Coach Tricia Cullop, who ranks first in MAC history in conference win percentage (.813, 65-15) and second in overall win percentage (.740, 125-44). "I believe we have the talent to be a very dangerous team, though, but only time will tell how fast we jell."

Toledo's new-look roster in 2013-14 will feature seven returning letterwinners, including two all-conference performers and six newcomers. As far as numbers on the hardwood go, the Rockets welcome back 47.3 percent of their scoring, 44.1 percent of

their rebounding, 49.3 percent of their assists and 59.3 percent of their steals.

"Our goal is to quickly mesh the incoming players with the veterans and get better every day," Cullop said. "We graduated the winningest class in school history, but we still return a pair of all-league players, Andola [Dortch] and Inma [Zanoguera]. When conference play starts, we want our team clicking on all cylinders ready to challenge for a MAC regular-season championship and postseason berth."

The Rockets compiled a stellar 29-4 record in 2012-13, the best single-season mark in school annals. UT also captured its second MAC regular-season crown in the last three seasons with a 15-1 league ledger. Toledo is one of just 14 programs in the country to win at least 24 games each of the last four seasons.

UT also made its fourth consecutive appearance and ninth overall in the WNIT in 2013. The Midnight Blue and Gold advanced to the Sweet 16 of the postseason tourney for a third-straight year with home victories against Atlantic 10 member Butler and Horizon League foe Youngstown State. Their season came to an end with a setback to Big Ten member Illinois.

"I'm very proud of the accomplishments of last year's team," said Cullop, whose squad's 29 wins tied for the most in school history and second most in the MAC record books. "In the future, we will continue to strive for the one goal that has eluded us. I want more than anything for our players to experience the thrill and excitement of an NCAA Tournament berth."

As Cullop examines the breakdown of her new-look squad, she expects the veterans to play a critical part in their development, spearheaded by Dortch and Zanoguera.

"Andola and Inma have logged the most minutes of any returnee, so they will be the obvious choices in terms of leadership, but I also see [junior] Stephanie Recker and [sophomore] Ana Capotosto stepping into more of a leadership role as well," Cullop said. "Having players who have been there before always pays dividends. Our veterans understand the preparation and teamwork that go into winning a conference title and advancing in the WNIT, and our younger players chose Toledo because they want that expectation."

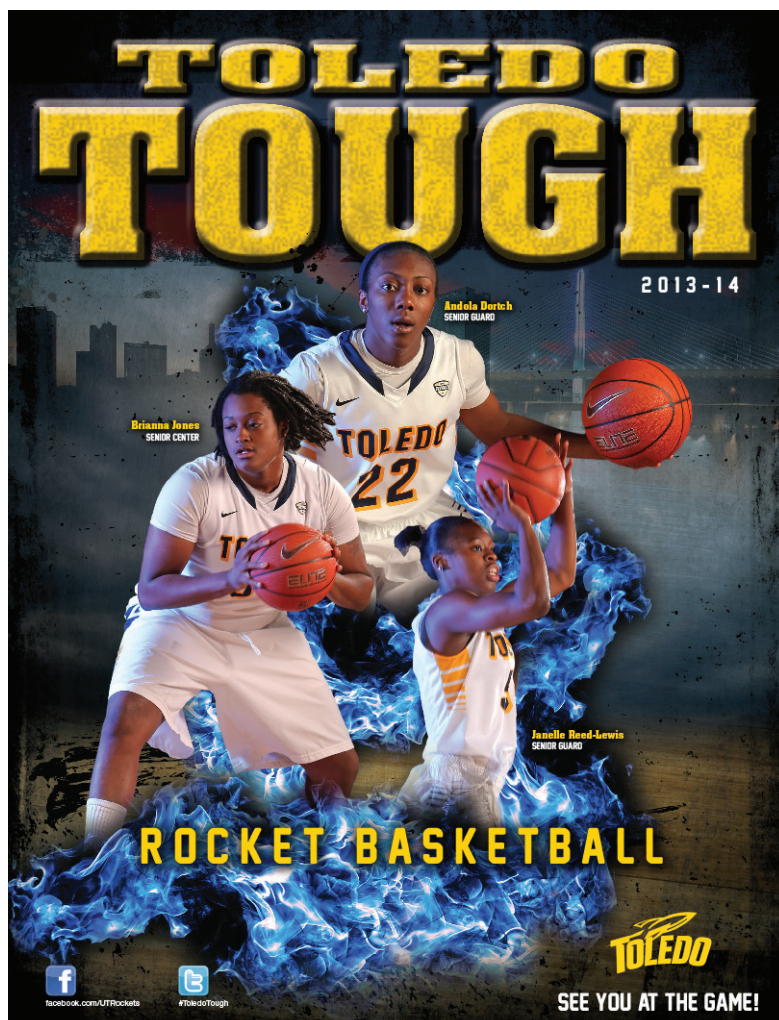
2013-14 TOLEDO WOMEN'S BASKETBALL SCHEDULE

DAY	DATE	OPPONENT	LOCATION	TIME
Sun.	Nov. 3	ASHLAND (Exhibition) (DH)	SAVAGE ARENA	1 p.m.
Sat.	Nov. 9	Mississippi Valley State vs. Villanova! Drexel vs. TOLEDO!	SAVAGE ARENA	Noon 2:30 p.m.
Sun.	Nov. 10	Drexel vs. MVSU/ Villanova! TOLEDO vs. MVSU/Villanova!	SAVAGE ARENA SAVAGE ARENA	Noon 2:30 p.m.
Sun.	Nov. 17	PURDUE	SAVAGE ARENA	2 p.m.
Wed.	Nov. 20	at Missouri-Kansas City	Kansas City, MO	7 p.m. (CT)
Fri.	Nov. 29	vs. Cal State Fullerton^	Moraga, CA	Noon (PT)
Sat.	Nov. 30	at Saint Mary's (CA)^	Moraga, CA	2:30 p.m. (PT)
Fri.	Dec. 6	Chicago State vs. Valparaiso & Detroit vs. TOLEDO &	SAVAGE ARENA	4:30 p.m. 7 p.m.
Sat.	Dec. 7	Chicago State vs. Detroit & Valparaiso vs. TOLEDO &	SAVAGE ARENA	4:30 p.m. 7 p.m.
Sun.	Dec. 15	at St. Bonaventure	Olean, NY	1 p.m.
Sun.	Dec. 22	DAYTON	SAVAGE ARENA	2 p.m.
Mon.	Dec. 30	at Evansville	Evansville, IN	2 p.m. (CT)
Sat.	Jan. 4	at Central Michigan* (TWC)	Mount Pleasant, MI	Noon
Thur.	Jan. 9	NORTHERN ILLINOIS*#	SAVAGE ARENA	11 a.m.
Sun.	Jan. 12	MIAMI*	SAVAGE ARENA	2 p.m.
Wed.	Jan. 15	at Buffalo*	Buffalo, NY	7 p.m.
Sat.	Jan. 18	at Western Michigan*	Kalamazoo, MI	2 p.m.
Thur.	Jan. 23	BALL STATE* (TWC)	SAVAGE ARENA	6 p.m.
Sun.	Jan. 26	at Ohio*	Athens, OH	2 p.m.
Thur.	Jan. 30	AKRON*	SAVAGE ARENA	7 p.m.
Sun.	Feb. 2	BOWLING GREEN* (TWC)	SAVAGE ARENA	Noon
Thur.	Feb. 6	at Miami*	Oxford, OH	7 p.m.
Sun.	Feb. 9	at Kent State*	Kent, OH	2 p.m.
Sat.	Feb. 15	OHIO*	SAVAGE ARENA	2 p.m.
Wed.	Feb. 19	at Eastern Michigan*	Ypsilanti, MI	7 p.m.
Sun.	Feb. 23	WESTERN MICHIGAN* (TWC)	SAVAGE ARENA	2 p.m.
Thur.	Feb. 27	at Northern Illinois*	DeKalb, IL	7 p.m. (CT)
Sun.	Mar. 2	CENTRAL MICHIGAN* (TWC)	SAVAGE ARENA	2 p.m.
Wed.	Mar. 5	EASTERN MICHIGAN*	SAVAGE ARENA	7 p.m.
Sat.	Mar. 8	at Ball State*	Muncie, IN	2 p.m.
Mon.	Mar. 10	MAC Tournament - First Round	Campus Sites	TBA
Wed.	Mar. 12	MAC Tournament - Second Round	Cleveland, OH	
Thur.	Mar. 13	MAC Tournament - Quarterfinals	Cleveland, OH	
Fri.	Mar. 14	MAC Tournament - Semifinals	Cleveland, OH	
Sat.	Mar. 15	MAC Tournament - Championship Game	Cleveland, OH	

Listen to the Rockets on the Rocket Sports Properties Radio Network, WCWA AM-1230.

HOME GAMES IN BOLD CAPS

! - Glass City Tournament (Toledo, OH) • ^ - SMC Hilton Concord Thanksgiving Classic (Moraga, CA) & - Toledo Invite (Toledo, OH) • # - Rocket Women's Basketball Educational Day • * Mid-American Conference contest • DH - Doubleheader with Toledo Men's Basketball Team • TWC - Time Warner Cable Schedule is subject to change • ALL TIMES ARE SITE TIMES



Deep, athletic men's squad ready to take flight

By Steve Easton

Toledo's first season under fourth-year Head Coach Tod Kowalczyk seems like an eternity ago when looking ahead to the Rockets' 2013-14 season.

Since his hiring in 2010, Kowalczyk has transformed a UT program that was at the bottom of the Mid-American Conference to one of the favorites for the league title in what seems like the blink of an eye.

"I think we've come an awfully long way in three short years," said Kowalczyk, who also rebuilt Wisconsin-Green Bay's program in similar fashion. "We're at the point that we feel our goal should be to strive to win a league championship. I like the direction we're headed. I like the guys we have in the program. I think we certainly have some good young talent that can help us continue to build."

Kowalczyk's formula for success has relied on combining standout transfers such as two-time all-conference honoree guard Rian Pearson (Green Bay) with talented recruits like 2011-12 MAC Freshman of the Year guard Julius Brown and 2012-13

All-MAC Freshman Team member center Nathan Boothe.

This year, Toledo is adding two more transfers — guard Justin Drummond (Loyola University, Md.) and forward J.D. Weatherspoon (Ohio State) — to the mix as well as a talented freshman trio of center Zach Garber, guard Jordan Lauf and guard Jonathan Williams.

That influx of talent will give UT its deepest squad in recent memory and allow Kowalczyk to play a more up-tempo style.

Toledo received an early start to its upcoming season with an August trip to Greece that allowed the team extra practice time and a chance to build chemistry with its revamped roster.

"Our practices leading up to our trip to Greece were great," Kowalczyk said. "We were able to get a lot accomplished, and I think everybody involved in the program is moving forward in the right direction."

"Our players were able to bond in Greece and also received a tremendous cultural and educational experience."

The Rockets are looking to improve on two straight winning seasons, including last year's 15-13 mark (10-6 MAC) that resulted in a share of the MAC West Division title.

UT was unable to participate in postseason play last year though due to poor Academic Progress Rate figures from previous coaching regimes. But that's all behind the Midnight Blue and Gold now as the scholarship and practice restrictions UT faced from the NCAA have been lifted.

"Last year was a different type of season to go through due to not being eligible

for postseason play," Kowalczyk said.

"I'm very, very proud that our guys never made excuses, and they never felt sorry for themselves."

"We've been severely penalized, had a lot of restraints, and none of our guys made excuses about it. We're very prideful we handled it the right way. We're proud that we have good guys that are doing things the right way academically."

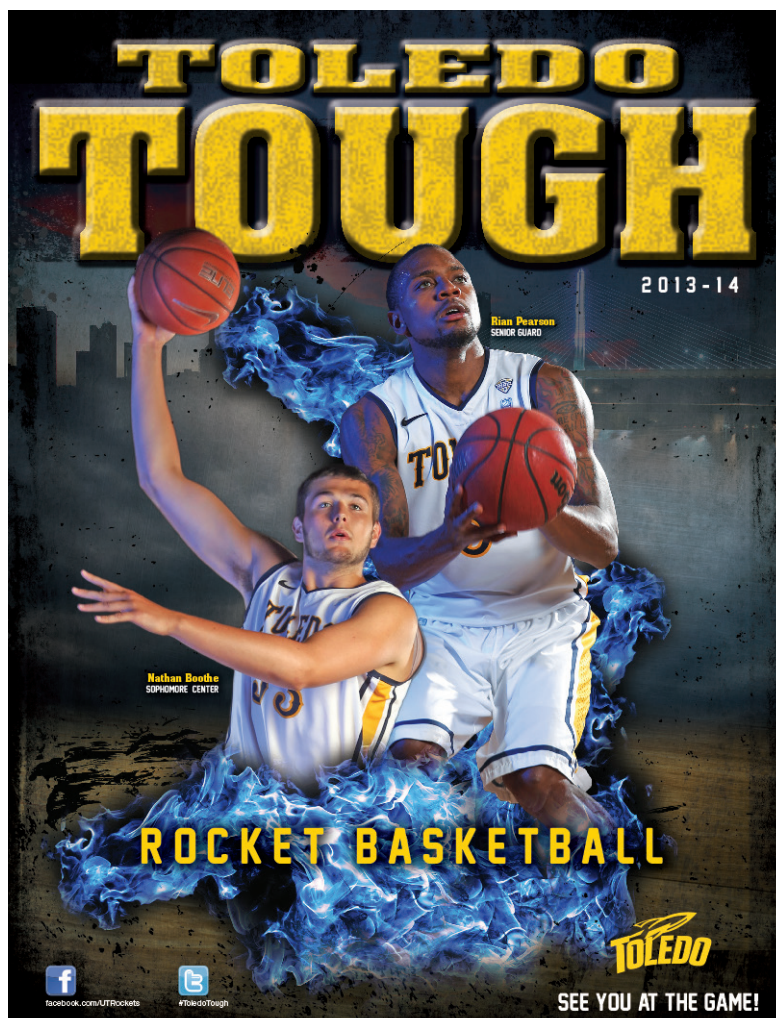
2013-14 TOLEDO MEN'S BASKETBALL SCHEDULE

DAY	DATE	OPPONENT	LOCATION	TIME
Sun.	Nov. 3	HILLSDALE (Exhibition) (DH)	SAVAGE ARENA	3:30 p.m.
Sat.	Nov. 9	NORTHWESTERN OHIO	SAVAGE ARENA	7 p.m.
Thur.	Nov. 14	at Boston College	Chestnut Hill, MA	7 p.m.
Mon.	Nov. 18	FLORIDA A&M	SAVAGE ARENA	7 p.m.
Fri.	Nov. 22	vs. Stony Brook#	Detroit, MI	4:30 p.m.
Sat.	Nov. 23	at Detroit#	Detroit, MI	5:30 p.m.
Sun.	Nov. 24	vs. Florida Atlantic#	Detroit, MI	1:30 p.m.
Wed.	Dec. 4	DETROIT	SAVAGE ARENA	7 p.m.
Sat.	Dec. 7	at Robert Morris	Moon Township, PA	4 p.m.
Sat.	Dec. 14	SAM HOUSTON STATE	SAVAGE ARENA	1 p.m.
Tues.	Dec. 17	at Arkansas State	Jonesboro, AR	7 p.m. (CT)
Sat.	Dec. 21	CLEVELAND STATE	SAVAGE ARENA	2 p.m.
Sat.	Dec. 28	COPPIN STATE	SAVAGE ARENA	2 p.m.
Mon.	Dec. 30	at Kansas	Lawrence, KS	7 p.m. (CT)
Wed.	Jan. 8	at Western Michigan*	Kalamazoo, MI	7 p.m.
Sat.	Jan. 11	CENTRAL MICHIGAN* (TWC)	SAVAGE ARENA	6 p.m.
Wed.	Jan. 15	BUFFALO*	SAVAGE ARENA	7 p.m.
Sat.	Jan. 18	at Akron*	Akron, OH	TBA
Wed.	Jan. 22	NORTHERN ILLINOIS*	SAVAGE ARENA	7 p.m.
Sun.	Jan. 26	KENT STATE* (TWC)	SAVAGE ARENA	6 p.m.
Wed.	Jan. 29	at Miami*	Oxford, OH	7 p.m.
Sat.	Feb. 1	at Ohio*	Athens, OH	TBA
Wed.	Feb. 5	BOWLING GREEN* (Tie One On Game)	SAVAGE ARENA	7 p.m.
Sat.	Feb. 8	at Ball State*	Muncie, IN	2 p.m.
Wed.	Feb. 12	OHIO* (TWC)	SAVAGE ARENA	7 p.m.
Sat.	Feb. 15	at Eastern Michigan*	Ypsilanti, MI	2 p.m.
Thur.	Feb. 20	at Bowling Green*	Bowling Green, OH	7 p.m.
Sun.	Feb. 23	BALL STATE* (DH) (TWC)	SAVAGE ARENA	6 p.m.
Wed.	Feb. 26	at Northern Illinois*	DeKalb, IL	7 p.m. (CT)
Sat.	Mar. 1	WESTERN MICHIGAN* (TWC)	SAVAGE ARENA	6 p.m.
Tues.	Mar. 4	at Central Michigan*	Mt. Pleasant, MI	7 p.m.
Fri./Sat.	Mar. 7/8	EASTERN MICHIGAN*	SAVAGE ARENA	TBA
Mon.	Mar. 10	MAC Tournament - First Round	Campus Sites	TBA
Wed.	Mar. 12	MAC Tournament - Second Round	Cleveland, OH	
Thur.	Mar. 13	MAC Tournament - Quarterfinals	Cleveland, OH	
Fri.	Mar. 14	MAC Tournament - Semifinals	Cleveland, OH	
Sat.	Mar. 15	MAC Tournament - Championship Game	Cleveland, OH	

Listen to the Rockets on the Rocket Sports Properties Radio Network, WSPD AM-1370.

HOME GAMES IN BOLD CAPS

* Mid-American Conference contest • # 2K Sports Classic Subregional
DH - Doubleheader with Toledo Women's Basketball Team • TWC - Time Warner Cable
Schedule is subject to change — ALL TIMES ARE SITE TIMES



Art exhibit sharing cancer journeys to come to UT

By Kevin Bucher

The University of Toledo will host an art exhibition on the Health Science Campus this week that shares the artists' cancer journeys.

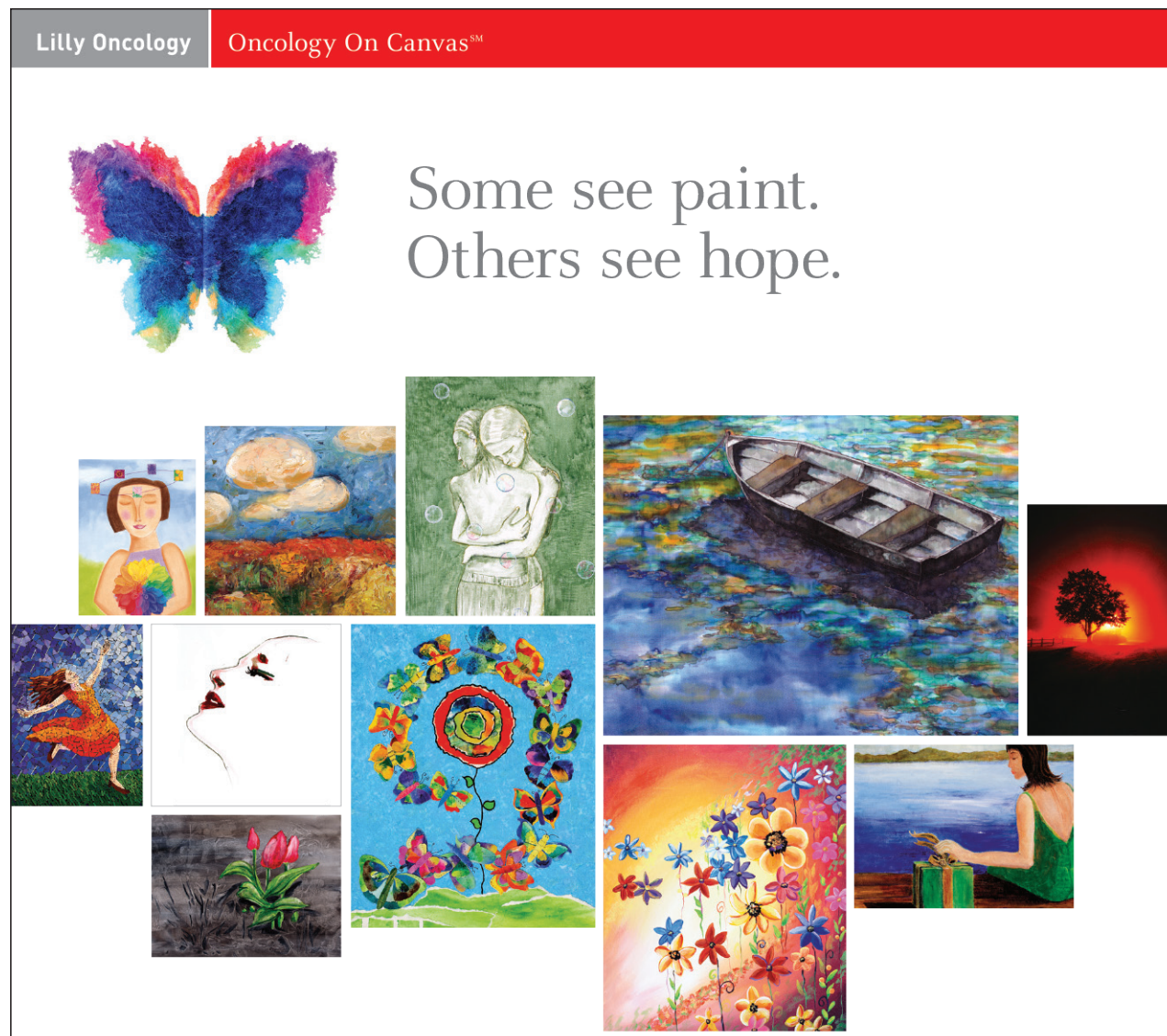
The Lilly Oncology On Canvas: Expressions of a Cancer Journey exhibit features artwork and narratives from cancer patients, their families, caregivers and friends depicting how the disease has affected their lives.

The free, public exhibit will be on display Monday, Oct. 28, through Friday, Nov. 1, from 8:30 a.m. to 5 p.m.

in the Eleanor N. Dana Cancer Center at UT Medical Center

Oncology On Canvas is presented by Lilly Oncology, the National Coalition for Cancer Survivorship and The University of Toledo Medical Center.

Contact Jan Tipton at janelle.tipton@utoledo.edu or 419.383.5170 for more information.



Inspirational author to sign books, give talk

By Kevin Bucher

The Center for Health and Successful Living will host award-winning inspirational author Caren Goldman for a book signing and talk Tuesday, Oct. 29.

The book signing will be from noon to 1 p.m. in the new center located in Health and Human Services Building Room 1711B on Main Campus.

Her talk, "New Beginnings: The Journey of Breast Cancer Survivorship," will be held at 6:30 p.m. in the Faculty Club of The Hotel at UTMC on Health Science Campus.

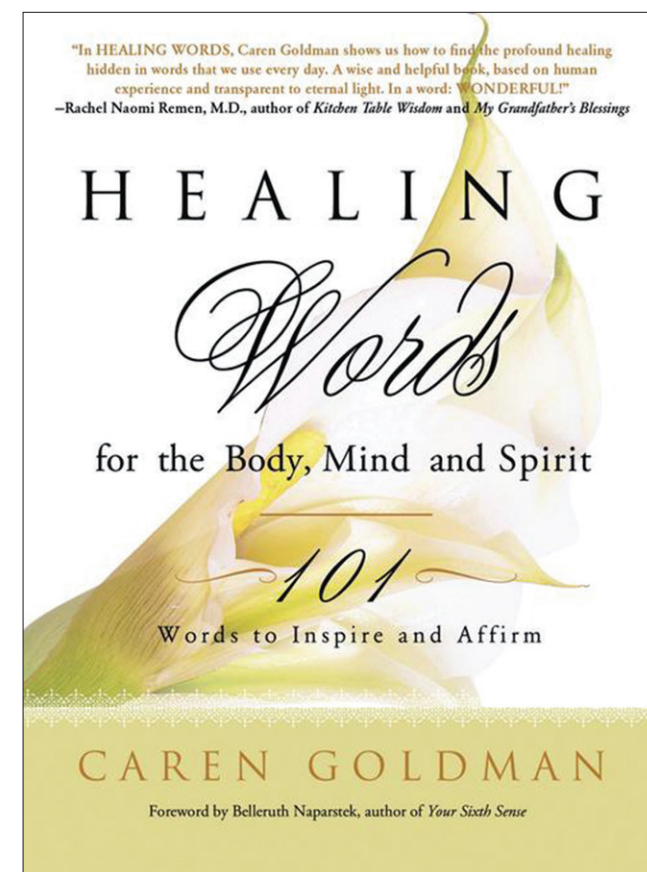
A social hour will begin at 6 p.m. in the nearby Eleanor N. Dana Cancer Center, where the Lilly Oncology On Canvas: Expressions of a Cancer Journey will be on exhibit.

Goldman, a breast cancer survivor who received treatment at UT Medical Center, writes inspirational books and articles about the intersections of healing, spirituality, psychology and religion. One of her first and most well-known books is *Healing Words for the Body, Mind and Spirit: 101 Words to Inspire and Affirm*.

Her newest project was working with Prevention magazine on *The Ultimate Guide to Breast Cancer: Your Essential Resource From Diagnosis to Treatment and Beyond*.

Copies of both books will be available at both events.

For more information on Goldman, visit carengoldman.com.



Poetry recital slated for Nov. 4

By Kevin Bucher

Come experience a night full of poetry and insight Monday, Nov. 4, at the "One Evening: Three Poetic Traditions English, Arabic and Urdu" poetry recital.

The event will take place from 6 to 7 p.m. in Memorial Field House Room 2420.

Dr. S. Amjad Hussain, UT trustee and professor emeritus of thoracic and cardiovascular surgery, and Dr. Samir Abu-Absi, UT professor emeritus of English, will read English translations of Arabic and Urdu poetry. Ejza Rahim will share his original English poetry.

All readings will be in English with some Arabic and Urdu.

The event is sponsored by the Department of Foreign Languages, Arabic Program, Middle East Studies and Arabesque.

For more information, contact Dr. Gaby Semaan, UT assistant professor of Arabic, at gaby.semaan@utoledo.edu.

Submissions sought for International Education Week Photo Contest

By Cathy Zimmer

The UT community is invited to celebrate International Education Week by entering a photo contest.

Photos taken overseas or domestic photos of international events will be accepted.

There will be a category for students and a category for faculty and staff.

Photos must be submitted by 5 p.m. Monday, Nov. 4.

"We believe the international photo contest is a great way to engage the UT community in International Education Week and highlight our students' and colleagues' international experiences," said Michelle Ploeger, international education specialist and coordinator of International Education Week.

Submitted photos will be displayed in the Student Union Trimble Lounge from

Tuesday, Nov. 5, through Friday, Nov. 15.

"Campus community members are encouraged to submit a vote for their favorite student and/or faculty or staff photo," Ploeger said. "Ballots can be submitted in the Student Union Administration Office Room 2525."

Winners from each category will receive movie tickets and dinner for two.

"The winning photos will be displayed in the Center for International Studies and Programs," Ploeger added.

For more information and details on how to submit photos, visit utoledo.edu/cisp/iew.

For more information, call the Center for International Studies and Programs at 419.530.5268.

Host international student this Thanksgiving

By Cathy Zimmer

The Center for International Studies and Programs invites UT faculty and staff to host an international student for the Thanksgiving holiday.

"You have the unique opportunity to explore your world and share in a cross-cultural experience as you welcome an international student or scholar into your home over a traditional meal," said Diane Engbretson, assistant director for international/student affairs.

Thanksgiving Day is Thursday, Nov. 28, and many U.S. families will host a dinner on that day. However, some families may celebrate on another day.

"Even if you celebrate Thanksgiving on another day during the holiday weekend, we

invite you to sign up as an American host family," Engbretson said.

Potential host families must register online at utoledo.edu/cisp/thanksgiving.

"Thanksgiving is a time for family. This is a great opportunity to expand our family and to bring people from different cultures together," Engbretson said. "This is the center's second year coordinating this event, and we encourage the UT community to participate."

For more information, visit utoledo.edu/cisp/thanksgiving or contact Engbretson at diane.engbretson@utoledo.edu or 419.530.4229.

RSVP for fall hospital volunteer meeting

The Northwest District Hospital Volunteer Services Organization of the Ohio Hospital Association will hold its fall meeting Wednesday, Nov. 6, in the Faculty Club at The Hotel at UT Medical Center.

Volunteers from 17 hospitals in 20 counties are expected to attend the event.

Registration and continental breakfast will be at 9 a.m.

Dick Eppstein, executive director of the Greater Toledo Better Business Bureau, will give a talk titled "Schemes, Scams and Rip-Offs" at 10:30 a.m.

Lunch will feature a pasta bar, salad and dessert.

The afternoon will include time for networking.

Cost of the program is \$18 per person.

RSVPs are requested by Thursday, Oct. 31. Checks should be made payable to UTMC Auxiliary.

For more information, call Lynn Brand, president of the Satellites Auxiliary, at 419.944.9615.

Open enrollment

continued from p. 1

enroll. It's important to complete the process by Oct. 31 because:

- The IRS does not allow Medical and Dependent Care Flexible Spending Accounts and Health Savings Accounts to automatically roll over year after year. If employees wish to elect these benefits for 2014, they must complete online open enrollment.
- Employees must meet IRS eligibility requirements in order to have Health Savings Accounts. For an employee to be eligible to receive The University of Toledo contribution to the Health Savings Account in 2014, as well as contribute to the account on a pretax basis, there are three questions that must be answered through the online open enrollment process.

- The University has eligibility requirements that must be updated annually for spouses and dependents older than 19 years. These must be completed during open enrollment.

As with last year, users go to an open enrollment link on the myUT portal located on the internal website. A series of prompts leads each employee through the process. Employees must have their user names and passwords activated before they can enter the portal.

Shordt said plans did not change significantly. A few differences from last year include:

- Dependents between the ages of 19 and 26 are no longer required to enroll in their own employer-sponsored health-care coverage. If eligible, they can enroll in

UT's health care as their primary coverage.

- Annual limits to Health Savings Accounts have been changed by the Internal Revenue Service to \$3,300 for single plans and \$6,550 for family plans.

Details are available at utoledo.edu/depts/hr through Oct. 31.

Computers are available for employee access Monday through Friday from 8:30 a.m. to 5 p.m. in HR offices on Health Science Campus (Facilities Support Building) and the department's new location in suite 1000 of the Academic Services Center on Scott Park Campus.

Employees who require assistance with online enrollment are encouraged to email benefits@utoledo.edu.

New benefits selections will be effective Jan. 1.



All proceeds go to the UT Women's Basketball Program.

Join us for a musical squares-style fundraiser hosted by the UT Women's Basketball Program

Cake, Rattle & Roll

Wednesday, Nov. 6
6:30-8:30 p.m.
Savage Arena

Live music by Nine Lives

Tickets: \$45 per person, \$80 per couple,
\$10 per child age 12 and under

Reserved Table: \$500, seats 10 people

MVP: \$1,000 includes a reserved table for 10 and an Honorary Coach package for two (two loge seats at a home game, two T-shirts, two pre-game meals with the team, access to pre-game practice and pre-game talk in the locker room, as well as an autographed ball)

Doors open at 6:30 p.m. for grazing stations, followed by a short program and three cake walks. Enjoy sweet treats donated by local bakeries while you vie for prizes, including Toledo and Nike gear, courtside seats, three iPad minis, UT football suite tickets and more! Bid on items during the silent auction, such as trips with the team this season. Event attire is casual - jeans are welcome.

Tickets can be purchased at the door or in advance via credit card or check. Make checks payable to: "UT Foundation, Women's Basketball". For more info or to reserve your spot/table, contact Katie DeBenedictis at 419.530.2363 or katie.debenedictis@utoledo.edu. RSVP by Thursday, Oct. 31.

Bowling and black history

By George W. Hayes Jr.

There was a time in Toledo and across the United States when blacks were not allowed in many of the white-owned bowling alleys. The American Bowling Congress and the Women's International Bowling Congress had non-Caucasian clauses in their constitutions until 1950.

Few know about the Orangeburg Massacre that happened on the campus of South Carolina State College in 1968. On Feb. 6, students sought to integrate the All-Star Bowling Lanes, an off-campus business still serving only whites. The owner refused to let the students in and called police. The encounter left several students bloodied. On Feb. 8, students gathered on campus to protest their treatment at the bowling alley and by the police. Officers fired at the students, killing three and wounding 27.

In 1939, the National Negro Bowling Association was formed in Detroit for the express purpose of encouraging blacks to develop their skills in the game of ten pins. Toledo was one of the founding five cities to start this organization along with Chicago, Cleveland and Cincinnati. We now have 117 senates nationwide. Since the membership included a large number of Asians, Hispanics, Native Americans and people of color other than blacks, the organization was renamed the National Bowling Association Inc. in 1944. We actively participated in the fight for equality in bowling. Membership is open to all without regard to race, creed or color. Our motto is "promoter of sportsmanship, fellowship and friendship."

We have adult National Bowling Association Inc. leagues

in Toledo, but only one youth league, the Toledo Bowling Senate Juniors, which started in 1953 and is still going strong. Interstate Lanes, 819 Lime City Road in Rossford, is our home.

The Toledo Bowling Senate is the local chapter of the National Bowling Association. This junior league for ages 4 to 16 has a lot of history. Many of our bowlers get better and go on to the high school league and the traveling league. For some of the kids, it is their first time bowling and we make sure they have a great time. We have had as many as 100 kids and as few as nine. Last year we had 26 kids and this season we have 20. We started in September, bowling every other Saturday because some of the kids are involved in other sports and it gives more time to parents and grandparents to know if this is for their child. In November, we roll every Saturday. We have a great group of kids, parents, grandparents, guardians and coaches.

We struggle to raise money every year, but God has blessed us to keep on keeping on. There is a cost involved every week for the kids to participate. The kids go to tournaments, and we are trying to do more things outside of bowling. Next year we have to raise \$3,000 for a bus to go to our biggest tournament of the year. The National Bowling Association Central Regional Junior Tournament is held somewhere in our multistate region. The Toledo Bowling Senate hosted this tournament five years ago at Interstate and Southwyck lanes with about 1,300 kids from Ohio, Indiana, Kentucky, Michigan, Minnesota, Pennsylvania and

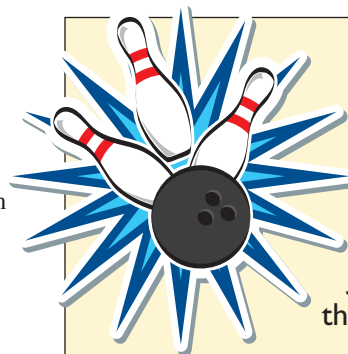
Wisconsin. This year we will be in Cleveland.

It's very important to me to keep this junior league going because of the history behind bowling. Toledo used to have a black-owned bowling alley called the Belmont Enterprise and a national junior bowling championship team back in the day. One year I hope that we can raise enough money and sponsors to have a league where all can bowl free and have money in a scholarship fund. If you're dreaming, dream big; some dreams do come true.

I've been the Toledo Bowling Senate Juniors coordinator for about 10 years, but I've been working around these kids for 31 years and it's been a blessing.

I don't do this alone. Bessie Mack, the Toledo Bowling Senate president and scholarship chair, makes sure some of these kids receive scholarship money every year. Anna Lowery and Sherese Williamson, assistant coordinators, let me believe that I'm in charge and keep me in line. Melvin Hayes, the National Bowling Association king from last season, supports the juniors without hesitation, and April Echols also helps me out with the kids. Many others also assist: the Glass City Travelers Bowling Club, the Belmont Sportsman Bowling Club, the Chosen Few Bowling Club, and from The University of Toledo Cecillia Wallace, Christine Smallman, Jeff Janson, Ernie Pierce and Tom Liewert. Thank you with all my heart.

Hayes is an electrical journeyman 2 and the Toledo Bowling Senate Juniors coordinator.



Hit the lanes!

Join a bowling league that runs until mid-April!

Tuesdays at 6:20 p.m.

Toledo Sports Center, 1516 Starr Ave.

Three on a team, any combo

\$16 per week, plus \$20 once a year for sanction card

Contact George Hayes at george.hayes@utoledo.edu or 419.764.1835

UTNEWS

UT News is published for faculty, staff and students by the University Communications Office weekly during the academic year and periodically during the summer. Copies are mailed to employees and placed in newsstands on the Main, Health Science, Scott Park and Toledo Museum of Art campuses. UT News strives to present accurate, fair and timely communication of interest to employees. Story ideas and comments from the UT community are welcome. Send information by campus mail to #949, University Communications Office, Vicki Kroll. E-mail: vicki.kroll@utoledo.edu. Fax: 419.530.4618. Phone: 419.530.2248. Mailing address: University Communications Office, The University of Toledo, Toledo, OH 43606-3390.

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Veterans Appreciation Breakfast and Resource Fair

Monday, November 11, 2013

8:30 - 11:30 a.m.

The University of Toledo Savage Arena
2801 W. Bancroft, Toledo, OH 43606

This Veterans Day, join us as we recognize, honor, and celebrate America's service members and their sacrifice for our country. We are honored to have retired General Victor E. Renuart, Jr., United States Air Force, as this year's keynote speaker. This free event for local veterans, members of the military and their families also offers attendees access to a variety of military-focused community resources.

Sponsored by:



VOTE ROCKY



VS.

utole.do/voterocky



Help Rocky, The University of Toledo mascot, go all the way in the Capital One Mascot Challenge. Each week, Rocky needs your votes to defeat another mascot and win the match. You can cast unlimited votes each day at capitalonebowl.com. To really give Rocky a boost, you can earn 25 or 100 points by tweeting or posting the weekly challenge. Learn more and cast your vote for Rocky at capitalonebowl.com.

#GoRockets #CapitalOneRocket