Plenty planned for students’ First Weeks at UT

Students: Get involved! It’s time to meet new friends, have fun, and learn about The University of Toledo during First Weeks events.

“Studies show that the first few weeks of college are critical for all students,” Dr. Phillip “Flapp” Cockrell, associate vice president for student affairs and dean of students said. “That’s why we want to make sure all UT students have the chance to learn as much as possible about the institution and all the resources we have to help them succeed. We also want to make sure they make friends, connect with administrators, faculty and staff, and have some fun, too.”

Check out some of the events the Office of Student Involvement and Leadership has planned to welcome students to campus:

Monday through Thursday, Aug. 22-25

• Student Affairs Welcome Stations, various locations across Main Campus. Administrators, faculty and staff will be on hand to answer questions and hand out freebies while supplies last.

Monday, Aug. 22

• Sundae on a Monday with President Gaber, 4:30 to 5:30 p.m., Centennial Mall. Share a cool treat with President Gaber. The first 500 people in line will receive a gift; hint: #selfiewithUTPrez.
• Personal Safety and Self-Defense Course, 6 to 8 p.m., Health Education Center Gym. Students, faculty and staff are invited to learn personal safety tips for school, office, home and public places, as well as self-defense tactics to try in a safe, comfortable setting. Participants should wear light clothing and tennis shoes, and they are advised to stretch and hydrate. Attendees must sign a liability release form to participate in the course.

Tuesday, Aug. 23

• Tuesday Tidbits, 10 a.m. to noon, Student Union Trimble Lounge. Hear about academic resources designed to help students succeed and graduate.
• Office of Multicultural Student Success Open House and Block Party, 5 to 8 p.m., Student Union Room 2500, Student Union Patio and Stairs. Learn about the office’s resources and check out the music, giveaways and food.

Wednesday, Aug. 24

• Student Involvement Fair, noon to 2 p.m., Centennial Mall. There’s an organization for everyone; see for yourself! Get involved!

Thursday, Aug. 25

• De-Stress Fest, 11 a.m. to 2 p.m., University Counseling Center, Rocket Hall Room 1810. Stop by for a chance to win prizes, have a slice of pizza, pet a dog from the Toledo Area Humane Society, color, and spend a few minutes in a massage chair.

Welcome back
Officers increase community-policing efforts

By Meghan Cunningham

University of Toledo police officers don’t want students to only contact them when in trouble.

“Our number one priority is keeping students safe. The community is safer when we care and respect each other and work together to create a great campus experience for everyone,” said Jeff Newton, UT police chief and director of public safety.

The officers will take the first step with a Meet the Office of Public Safety Event Thursday, Aug. 25, from 6 to 8 p.m. in the Varsity T Pavilion and nearby South Tennis Courts and South Basketball Courts.

The police officers, security staff, and safety and health officials in the Office of Public Safety invite students to check out their public safety vehicles, eat pizza, and challenge the staff in basketball, tennis, corn hole and other games.

“We’re looking forward to a fun event where we can get to know students better during the first week of classes and continue that positive momentum in the weeks and months ahead for a fun and safe year,” Newton said.

The conversations will continue with monthly “Pizza with the Police” events scheduled throughout the year across campus where students can meet officers, ask questions, and learn about resources available to them. Following the Aug. 25 kickoff, the next pizza event will be Thursday, Sept. 15, from 1 to 2 p.m. in Parks Tower’s main lobby.

Additional personal safety and self-defense courses also are scheduled during the first few weeks of classes for students, as well as faculty and staff, to learn tactics. The first class is Monday, Aug. 22, from 6 to 8 p.m. in the Health Education Building Gym on Main Campus.

Additional classes will be Wednesday, Aug. 31, and Thursday, Sept. 8, at the same time and location.

The UT Police Department is working with faculty in the Center for Student Advocacy and Wellness and Department of Criminal Justice on a new one-credit, eight-week personal safety and wellness class that teaches these safety and self-defense tactics, as well as information on dating violence, healthy boundaries, alcohol and drug prevention, and first aid training.

The department also has new bicycles for officers to patrol campus and connect more closely with students in pedestrian areas.

UTPD will again offer ALICE training to the campus community this year. ALICE, which is an acronym that stands for alert, lockdown, inform, counter and evacuate, is a national program that instructs participants on how to survive an active shooter situation.

“ALICE is training we hope no one ever needs, but we provide it so that members of our community can be empowered with the knowledge to survive a violent encounter should they ever be in that situation,” Newton.

ALICE training sessions will be held twice a month, one on each campus, throughout fall semester and also can be scheduled for departments or student groups.

For more information about the UT Police Department and full schedule of the events, visit utoledo.edu/depts/police.

Dr. Mark Burket, cardiologist and chief of the UT Health Division of Cardiovascular Medicine, checked with diners at the sixth annual “From the Heart” Celebrity Wait Night and fundraiser Aug. 15 at Loma Linda Restaurant in Swanton. He was among the UT celebs, who included several UT Health physicians, Tricia Cullop and Tod Kowalczyk, UT women’s and men’s basketball coaches, and Mike O’Brien, vice president and director of athletics, who were at the event. More than $44,500 was raised to support the Mundt Cardiology Endowment Fund at the UT College of Medicine and Life Sciences. Established in 2008, the endowment supports new and innovative programs in advanced cardiac care at UTMC. Al Mundt, whose family owns Loma Linda, initiated the event as a way to give back to the hospital he credits with saving his life. Mundt had a heart transplant in 1998 at the former Medical College of Ohio Hospital.

From the Heart

Photo by Daniel Miller

CAMPUS PRESENCE: UT Police Officers Desiree Beatty and Pat Greene talked with two students on Main Campus.
In memoriam

James L. Clemens. Toledo, a former employee with the UT Print Shop and Mail Services, died Aug. 16 at age 76.

Larry B. Lewis. Delta, who worked in maintenance from 1988 to 2012, died Aug. 8 at age 64.

Katherine Mae MacKinnon. Perrysburg, a former UT instructor of special education, died July 27 at age 96.

Connie Jean (Rafferty) Oates. Toledo, who was an operator at MCO from 1992 to 2001, died Aug. 14 at age 57.

“Join to learn, leave and lead”

The Rocket Battalion

Reserve Officers’ Training Corps Department of the Military Science Department Army ROTC

- 100 percent tuition and academic fees
- Can pay for two years up to four years
- $1,200 a year book allowance
- $300 to $500 monthly stipend
- $4,000 provided by UT with a 2.5 GPA or higher

419.530.4696 or 419.530.4695 • arotc@utoledo.edu

Provide input on facilities master plan

By Meghan Cunningham

The University of Toledo is looking for your feedback on the guiding principles of the facilities master planning project currently underway.

“These guiding principles will shape the future of UT campuses, and it is important that we hear from everyone affiliated with the University,” said Jason Toth, associate vice president for facilities and construction. “We heard during the summer from some members of the UT faculty and staff, as well as the Toledo community, and I’m really hoping that students will provide us their feedback as classes get underway for the new school year.”

A revised draft of the guiding principles that incorporates that early feedback is posted on the master planning website at utoledomasterplan.org with the ability to comment directly on the site and reply to other posts.

The principles are organized according to categories, including asset stewardship, academics and research, student life experience, campus character, and community interface.

“Of course students are the best source for feedback on the student life experience category, and we need their input there, but in all areas of our plan as well,” Toth said.

Feedback on the guiding principles is requested by Friday, Sept. 2.

For the next step in the process, the master planning team is drafting master plan scenarios that will be shared with the campus community Monday, Sept. 12, and Tuesday, Sept. 13.

Longtime UT game-day staffer passes away

By Paul Helgren

Chester A. “Chet” Sullwold, a former Toledo Blade sports editor who worked at Toledo Rocket basketball and football games for the past 67 years, died Aug. 11 at his home in Toledo at the age of 91.

Sullwold originally attended The University of Toledo before serving in the military during World War II. After he returned, he graduated from Ohio State University and accepted a position as a sports reporter with The Blade in 1948. A year later, he began working at the scorer’s table at UT basketball games. In 1956, Sullwold joined the game-day crew at UT football games, as well. In recent years, he served as the public address announcer for the press box at Rocket football games. He stepped down from that role at the end of the 2013 season, marking 58 years on the game-day crew at the Glass Bowl.

“Rocket Nation has lost a true legend with the passing of Chet Sullwold,” said UT Vice President and Athletic Director Mike O’Brien. “Chet was a wonderful person who always had a smile and a kind word for everybody. His dedication to the Rockets was unparalleled. All of us in the Rocket family will miss Chet very much.”

Sullwold worked on the stats crew at UT men’s and women’s basketball games this past season, his 67th covering the Rockets on the hardwood. He was honored as the football team’s “12th Man” at a game in 2010, and was presented with the Distinguished Service Award by the Varsity T Club in 2015.

In 2012, he retired as a part-timer at The Blade, giving him 64 years on the sports staff.

Sullwold created a UT Foundation account that helped fund student employees in the UT Athletic Communications Office, and he also contributed to the renovation of the Savage Arena Media Room.

A memorial service is scheduled for Saturday, Sept. 3, at St. Paul’s Lutheran Church, 428 N. Erie St., Toledo. Details, including time, are pending.
Engineers awarded grant to develop program for cybermanufacturing of micro-electro-mechanical systems

By Christine Long

The National Science Foundation awarded a pair of engineering professors at The University of Toledo a $175,000 grant to design a program to manufacture micro-electro-mechanical systems on the Internet.

Micro-electro-mechanical systems, called MEMS, have tiny moving parts and are used in cell phones, vehicle airbags and other consumer electronic products. For example, these devices are what cause the screen on a tablet or smartphone to rotate automatically from portrait view to landscape.

Dr. Vijaya Kumar Devabhaktuni, professor in the Department of Electrical Engineering and Computer Science, and Dr. Daniel Georgiev, assistant professor in the Department of Electrical Engineering and Computer Science, will lead the project titled “CloudMEMS: Cybermanufacturing of Micro-Electro-Mechanical Systems” to develop a web-based, low-cost program to design micro-electro-mechanical systems, which will allow entrepreneurs and researchers to more efficiently prototype their designs.

Devabhaktuni and Georgiev will collaborate on this project with Norfolk State University and the University of Dayton researchers who have been awarded $100,000 and $225,000. Overall, the National Science Foundation invested a total of $500,000 in this collaborative project.

According to the award, “The CloudMEMS platform will be made accessible via the Internet to bridge the cyber and manufacturing domains, thereby promoting leadership in the U.S. in cyber-driven microsystems and manufacturing.”

This three-year grant is one of five UT research projects to recently receive federal funds from the National Science Foundation totaling $375,000 in the fields of cybersecurity, advanced materials manufacturing, smart grid technology and three-dimensional cell culture.

“These funds will allow the top researchers at The University of Toledo to focus on developing breakthrough discoveries that will likely spur private-sector economic growth from new products and services for the automotive and aerospace sectors, cybersecurity and agriculture,” Congresswoman Marcy Kaptur said. “There are exciting things happening at The University of Toledo.”

Professor’s anatomy series to be translated for international audience

By Rebecca Schwan

A series of anatomy books written by Dr. Ben Pansky, professor emeritus in the Department of Surgery in the UT College of Medicine and Life Sciences, will be published in multiple languages and distributed worldwide this year.

Lippincott’s Concise Illustrated Anatomy is a series of three volumes presenting human gross anatomy in full digital color and providing clinical considerations for each region of the body. Featured in the series are Back, Upper Limb and Lower Limb; Thorax, Abdomen and Pelvis; and Head and Neck.

The books contain numerous illustrations based on Pansky’s original drawings.

First published in English in 2013, the series is co-authored by Dr. Thomas R. Gest and will be translated to Spanish, Chinese, Turkish, Greek and Japanese starting this year.

“I was thrilled to hear the books would be used by students and physicians in other countries,” Pansky said. “I am pleased to know The University of Toledo will be recognized internationally through these books.”

Pansky also is the author of numerous books, including Gross Anatomy, now in its sixth edition, Embryology and Neuroscience. His work has been widely adopted in medical schools in the United States and around the world and is considered authoritative texts in their respective fields of study. He said he is approached frequently by physicians who thank him for his work.

“They will stop me to say they have the books in their libraries and reference them often. It’s satisfying to know what started as a hobby has made a difference for these physicians,” Pansky said.

Pansky began his career as an associate professor at New York Medical College, where he taught and conducted research. He then continued as a professor of anatomy with the first class at the Medical College of Ohio in 1970. In the evenings, he would work on the books, writing and drawing the structures of the body in pen and ink in exacting detail. Those drawings would later serve as the illustrations for his books.

“Over time, color has been added to the drawings and, with today’s technology, my drawings have been converted to full-color digital renderings for this series,” he said.

His medical illustration talents also were an intriguing feature of his lectures.

“I would tell students to put down their pens and just listen and watch,” Pansky said.

“Then I would take them on a tour of a part of the body by drawing it on the chalkboard in three dimensions with fluorescent chalk under UV lighting. We would discuss each structure as the image took shape and relate it to the clinical perspective. I think they learned better that way.”

In addition to his books and anatomy lectures, Pansky helped to organize the anatomy and nursing departmental courses and conducted research in diabetes and immunology. He was one of the first professors to receive the University’s Golden Apple Award for Teaching Excellence and has received 11 of them since that time.

Researcher receives grant to study male infertility

By Rebecca Schwan

In approximately 40 percent of infertile couples, the male partner is either the sole cause or a contributing factor of infertility. Of these cases, only half can be attributed to an identifiable reason.

A University of Toledo biologist hopes to learn more about what causes infertility in men with support from a National Institutes of Health grant.

The Eunice Kennedy Shriver National Institute of Child Health and Human Development has awarded Dr. Tomer Avidor-Reiss, UT associate professor of biological sciences, a two-year $147,500 grant to support his research titled “A Genome-wide Drosophila RNAi Screen for Regulators of Centrosome Reduction.”

The study’s outcomes are expected to advance the understanding of how and why centrosomal proteins decrease during sperm formation. Those centrosomal proteins are specialized subunits within an animal cell that serve as the main microtubule organizing center and regulate the division and duplication of DNA.

“Infertility is a problem for one in eight couples. Often we see sperm cells that look normal, but when they fertilize the egg, there are abnormalities in the embryo,” Avidor-Reiss said. “This study has provided the first insight into a molecular mechanism that regulates centrosome reduction and the first direct evidence this process is essential for post-fertilization embryonic development.”

“Once again The University of Toledo is the recipient of research grants for breakthrough discoveries,” said Congresswoman Marcy Kaptur. “This time it’s for the challenge of identifying contributing factors for male infertility, early stage miscarriages and developmental diseases, and, hopefully, finding new treatments.”

Kaptur is a senior member of the House Appropriations Committee, which has oversight over the Eunice Kennedy Shriver National Institute of Child Health and Human Development.
A research team in The University of Toledo College of Medicine and Life Sciences is taking an in-depth look at Lake Erie algal bloom toxins and the impact they can have on your liver.

“No one knows what safe limits are for a large segment of the public,” said Dr. David Kennedy, assistant professor in the Division of Cardiovascular Medicine. “Previous studies only focused on healthy animals.”

During the heart of this algal bloom season, researchers are using mice as a model to study the impact of microcystin exposure on patients who have the most common and often undiagnosed form of liver disease that is tightly linked to obesity.

“Microcystin is a toxin that specifically targets the liver, a vital organ that needs to be healthy in order to process the food you eat,” Kennedy said. “And non-alcoholic fatty liver disease is the most prevalent type of liver disease nationally — particularly in northwest Ohio. Whether diagnosed or undiagnosed, a third of northwestern Ohioans have this disease that is silent at first, but predisposes you to big problems down the road, such as the liver becoming scarred and inflamed.”

According to the National Institutes of Health, obesity is a major risk factor for the development of non-alcoholic fatty liver disease, which causes the organ to swell with fat. Unchecked, the disease can lead to liver failure and the need for a transplant.

“There is a large population of people who may be susceptible to the effects of microcystin exposure, whether it’s swallowed while swimming at the beach or through the tap because toxic algae once again contaminate the public water supply,” said Dr. Steven Haller, assistant professor in the Division of Cardiovascular Medicine and co-leader of the project that began in the spring. “The Toledo water crisis inspired us to re-evaluate what levels we’re calling safe.”

Two years ago this month, the city of Toledo issued a Do Not Drink advisory for half a million water customers due to the level of microcystin detected in the drinking water.

The state awarded UT researchers a $45,000 grant, which is matched by the University, for the project to discover if a pre-existing liver disease makes a person more susceptible to damage from the toxin released by algal blooms.

The goal is to help inform local, state and international health organizations as they form guidelines for safe limits of exposure.

“By focusing on people who may be at risk, we feel we are doing something beneficial to protect them if, in fact, we detect a damaging connection where microcystin causes the liver disease to progress,” Haller said.

“A healthy animal wouldn’t produce symptoms of liver failure at this level of exposure,” Kennedy said.

Haller and Kennedy have enlisted the help of several UT students in their experiments that use a breed of mouse predisposed to non-alcoholic fatty liver disease.

Second-year medical student Aaron Tipton helped develop the standards to measure liver function after injecting mice with low doses of microcystin through a tube in their stomachs over the course of a month.

“We developed that from scratch because a big issue that came to light during the water crisis is that the only validated way to measure microcystin is expensive and takes a long time,” Tipton said. “Our work is one of the many ways that University of Toledo researchers are attacking the water quality issue to protect our community.”

“I’m honored to be involved in water quality research that is so important for the health and safety of families not only in our community, but in other places across the world also affected by toxic algal blooms,” said Dalal Mahmoud, a UT junior majoring in biology. “It’s a great opportunity to expand my studies and what I want to do in the future.”

Mahmoud and Tipton were the inaugural beneficiaries of a recent philanthropic gift to the lab, the David and Helen Boone Research Award, which helped fund their summer research.

The toxicity project is expected to be completed next June, but Kennedy and Haller hope this is only the first phase.

“Over the long term, we want to come up with a better diagnostic test that patients can take at the emergency room or doctor’s office — such as a simple blood test — to measure the microcystin levels in the body, for example, if you get sick after swimming in the water during algal bloom season,” Haller said. “Even further, we want to find out if there is a preventative or therapeutic strategy where someone can be treated so they don’t keep going down the road of liver disease progression.”
While the weather forecast moved the UT Health picnic inside the Four Seasons Bistro, it didn’t dampen spirits. Kristin Calkins, director of trauma services, picked up lunch, and Zayd Safadi, a student in the College of Medicine and Life Sciences, danced with the KGB Band. The annual event is held to show appreciation for UT Health faculty, staff, students and volunteers. Meals also were provided for employees who work other shifts.
For three weeks in June, I traveled with the University Studies Abroad Consortium to La Habana, Cuba, during which time I studied Ernest Hemingway and Cuban cuisine at La Universidad de La Habana. As Dr. Sammy Spann, assistant vice provost for international studies and programs, once advised me, I tried not to carry any expectations with me to the once-forbidden island.

As the summer session slipped through my fingers, I began to form my own educated opinions on Communism and the Castro regime; perceiving a Cuban identity apart from all of that became a difficult challenge, indeed. But my most cherished souvenirs from every stint abroad are invariably the friendships I make, and it is through these that I was finally able to see the real Cuba.

One of the students I traveled with arranged for a briefing at the U.S. Embassy in La Habana, which proved to be one of the most fascinating excursions of my entire stay on the island. As we filed into the high-security facility, I noticed the dozens of flagpoles erected in front of the building to block anti-Castro propaganda advertised by the U.S. via a tickertape at the top of the edifice decades ago. Once inside, we asked many questions about Cuba’s current state of affairs, and how the island would change in years to come. The foreign service officer mentioned that La Habana’s Wi-Fi parks have only been in operation for about seven months, and that they were spurred into existence by millennials who initially forged an intranet for the island before the government acknowledged their endgame and began opening internet access to its citizens.

Littered across the cityscape and countryside are vestigial missives of the “revolution” and tributes to its instigators: “patria o muerte” (“homeland or death”) and “Venceremos” (“We shall overcome”) and “Vas bien, Fidel” (“Go well, Fidel”). From my perspective, I am left asking, “What revolution?” Fidel and friends sought to free Cuba of an oppressive dictatorship, but now a carbon copy of the island’s former captor serves as the people’s president. The trouble with Communism is the same trouble with all single-party systems: There exists no safe critical lens through which to observe the governing class, and those in power consequently are accountable to no one for their transgressions. With no freedom of speech or expression, I often wondered what kind of dysmorphic “journalism” survives in Cuba.

The people of Cuba may be hushed and oppressed, but they are not brainwashed; the promise of a new generation will influence the collapse of the island’s failed Communism. Young people are fed up with the hypocrisy and ineptitude of the “revolutionary” Castro regime and will one day succeed in their fight for freedom and equality. Although I thought the Cuba I saw was beautiful, I have the utmost confidence that the island’s true beauty has yet to be seen. And I hope that diplomatic normalization with the U.S. will serve to empower those on the island who can be trusted with their nation’s future.

Duling is a senior majoring in political science and economics in the College of Arts and Letters and the Jesup Scott Honors College.
Former Rocket quarterback moving to radio booth

By Paul Helgren

Former University of Toledo quarterback Austin Dantin will move to the radio booth this fall as the color commentator for UT football games on the Rocket Sports Radio Network.

UT and its exclusive multimedia rights holder, Learfield, recently announced the news.

Dantin, who played for the Rockets from 2009 to 2012, ranks third in UT history in completion percentage (65.1 percent), fourth in passing efficiency (135.54) and ninth in touchdown passes (31). He started in 25 games in his four-year career, completing 382 of 587 passes for 4,159 yards.

One of the biggest games of his career came in a 31-20 win at Purdue in 2010, as he completed 24 of 31 passes for 209 yards and two touchdowns.

"I am extremely honored and grateful to Learfield and the University for giving me this once-in-a-lifetime opportunity," Dantin said. "I am looking forward to being back around this incredible program and hopefully being a part of the broadcasting team that is able to announce that the MAC Championship is coming back to where it belongs."

Dantin will join new play-by-play announcer Brent Balbinot, who comes to the Rockets after 12 seasons of calling Iowa women’s basketball and baseball, as well as veteran sideline reporter Jim Heller, who enters his eighth season covering the Rockets.

Getting Social

Matt Kripke, left, and Scott Chaffee, center, ate lunch with Joe Rosengarten at Social Gastropub, which opened last week in the Gateway. This is the third location of a restaurant concept former UT quarterback Bruce Gradkowski and co-owner Mike Graber launched that features bourbon flights, a rotating craft beer selection, creative cocktails, and a menu of food updated every two months. "It’s a hip, new and exciting place to be on a campus that holds a special place in my heart," Gradkowski said in a phone call from training camp with the NFL’s Pittsburgh Steelers. Social Gastropub will be open daily from 11 a.m. to 1 a.m. Appetizers will be 25 percent off from 3 to 5 p.m.

Special guests

Provost Andrew Hsu, right, spoke with, from left, Oren Yosef, Yardena Bagantz and Nael Abu Yosef of the Yeholot Association. Bagantz, deputy director, and the two senior pedagogical instructors and team leaders visited The University of Toledo earlier this month to discuss the association’s dramatic record of success at increasing matriculation rates in under-performing schools in the Israeli education system.

Dr. Tomer Avidor-Reiss, UT associate professor of biological sciences, below center, and Dr. Anthony Quinn, assistant dean for diversity and inclusion in the College of Natural Sciences and Mathematics, below right, arranged the visit to learn more about the Yeholot Association’s model for academic remediation that was developed by Nissim Cohen, general director, and discuss possible collaborative efforts for the future.
Cardio drumming classes provide physical activity, fun for cancer survivors

By Rebecca Schwan

Thursday nights can get a little noisy in UT’s Health and Human Services Building. The thump of music and the banging of drumsticks can be heard coming from the multipurpose room as cancer survivors gather to literally pound themselves into shape.

A new, six-week session of cardio drumming will begin Thursday, Aug. 25. The class will meet weekly on Thursdays from 6 to 7 p.m. Registration is $5, and all equipment is provided.

Cardio drumming is a cardiovascular workout that blends drumming, movement and dance to get the pulse racing and tone muscles. Participants wield weighted drumsticks to beat on a fitness ball during choreographed routines set to music.

“It can be intimidating at first, but the steps are simple and it won’t take long to get the hang of it,” said Yvonne Naserdin, 10-year breast cancer survivor and class participant. “If you can do aerobics or dance, you can do cardio drumming.”

Class instructors said the idea to offer cardio drumming at the Center for Health and Successful Living started after a former student invited them to attend a class.

“It was a great experience and combined physical, social and emotional wellness,” said Wendy Maran, UT associate lecturer of recreational therapy. “We knew cardio drumming would be a hit and worked to get certified to get the foundational knowledge we needed to teach.”

She and Holly Eichner, UT lecturer of recreational therapy, became certified through Drums Alive early last year and kicked off the program last fall.

“We have had such a positive response,” Maran said. “Our classes are very upbeat and coordinate the drumming and dance moves with the rhythm of the music to challenge our students mentally and physically.”

While the class is designed to get participants moving, the instructors said they offer modified movements for those who have limited fitness or mobility issues due to treatment.

“We have people who drum while sitting on a chair, and we have some who have a little less flexibility who do modified moves,” Eichner said. “Regardless of how they are able to participate, they really get into it. Sometimes it’s hard to hear the music over the banging of the sticks.”

Participants have reported an improvement in fitness, muscle memory, rhythm and patterning. Naserdin said she has noticed a difference in her cardiovascular health and muscle tone since beginning the class.

“I have killer calves,” she said and laughed. “My arms are firmer, too, and it helps with my cardio health concerns. I try to maintain a certain weight, and I walk and take this class to help me stay in shape.”

The instructors said the classes also are a great way to lift the spirits of cancer survivors.

“Many times participants come into class tired and not feeling like exercising, but we have a lot of fun moving and singing along to the music, and before long they are dancing and laughing and leave energized and in a great mood,” she said.

Naserdin said she leaves the class revived and ready to take on a new day, and she encourages others to give the class a try.

“I leave with a whole new attitude,” she said. “It was something I always wanted to try, and now I’m hooked. If you try it once, you’ll want to come back.”

Call UT’s Center for Health and Successful Living at 419.530.5199 to register.

UT to offer free clinical breast exams at Toledo Pride 2016

By Rebecca Schwan

The University of Toledo Center for Health and Successful Living will provide free clinical breast exams Saturday, Aug. 27, from 11 a.m. to 5 p.m. at the Toledo Pride Festival in downtown Toledo.

“We hope to reach women over the age of 40 who haven’t recently had an exam,” said Dr. Amy Thompson, health education professor and co-director of the Center for Health and Successful Living. “It is important that women be proactive and take the time for preventative health screenings.”

According to the National Cancer Society, breast cancers found during screening exams are more likely to be smaller and confined to the breast, and early detection is an important factor in the prognosis of someone diagnosed with the disease.

The exams are sponsored in cooperation with UT Health’s Eleanor N. Dana Cancer Center and will be given on a first-come, first-served basis.
Dear Students:

Welcome to fall semester! I hope you enjoyed time with your family and friends over the summer, and are now recharged and ready to begin a new academic year at The University of Toledo.

I’m proud of all we’ve accomplished together during my first year as president. Thanks to increased collaboration across our campuses, millions of dollars in grants were secured to fund exciting new research underway in fields such as astronomy, medicine, geography and environmental sciences. In the future, we look forward to offering even more opportunities for our students to conduct research.

We also expanded community partnerships to better prepare incoming students through bridge programs in engineering and pharmacy, as well as to support student scholarships and increase internship opportunities, such as with the Toledo Talent Keeps Toledo Great program. As you prepare for your future, I encourage you to increase your chance for career success and strengthen your resume by completing an internship, studying abroad, performing community service, or otherwise getting involved in opportunities outside the classroom.

I’m proud to report that UT students worked very hard last year to reach higher levels of excellence. A few of these noteworthy accomplishments:

- Volunteering 5,200 hours of community service during the one-day, 2016 Big Event thanks to nearly 1,300 student volunteers.
- 173 medical students receiving their white coats earlier this month as they began the clinical aspects of their profession.
- Setting GPA averages that were among the highest in UT history for all 16 of our varsity athletic teams (3.216), as well as for our Greek students (3.221).
- Raising $200,000 for philanthropy through our 200+ student organizations.

Last year we laid the foundation for several major plans: a comprehensive Diversity Plan led by Dr. Willie McKether that’s now complete and supports our efforts to better ensure our campuses are welcoming and inclusive for everyone; a Facilities Master Plan that will help us to use space more efficiently; and an Enrollment Plan that already has helped to increase both enrollment and retention this fall. We plan to continue growing these numbers steadily over the next few years.

Joining us on July 1, Dr. Andrew Hsu, our new provost and executive vice president for academic affairs, will spearhead our fourth plan — a UT Strategic Plan — that will set a new course for the University and help us make decisions that best support student success. As Dr. Hsu begins the strategic planning process later this year, please get involved by sharing your feedback. We value your input!

These collaborative efforts are collectively strengthening Rocket Nation and will help to elevate the University’s national standing, while also bringing well-deserved recognition to the awesome achievements of our students and faculty.

As we launch fall semester, I want to remind you of the many resources available to students. If you have questions or need any help, be sure to reach out for assistance — whether it’s for academic tutoring, help with writing, IT support, campus life, personal or career counseling, and more. Visit utoledo.edu/success for contact information.

Also, the UT Police Department offers self-defense and personal safety classes. It also offers ALICE training for handling potential crises situations. For a complete list of UTPD services, including text alerts, see utoledo.edu/depts/police.

Finally, be sure to get involved in all that this fantastic University has to offer you. I look forward to seeing you around campus — at concerts, theatrical performances, athletic events, research symposiums and other activities that showcase the diverse talents of our students. Please say hello!

Best wishes for a productive, safe and enjoyable 2016 fall semester.

Go Rockets!

Sharon L. Gaber, PhD
Check out library renovation

Cutting the ribbon to mark the completion of the renovation to Carlson Library’s third and fourth floors Aug. 18 were, from left, Barbara Floyd, interim director of University Libraries and director of the Ward M. Canaday Center for Special Collections, Provost Andrew Hsu and President Sharon L. Gaber. They were flanked by David Remaklus, director of library operations, left, and Jason Toth, associate vice president for facilities and construction. The $3 million renovation, funded by state capital investment funds, includes the creation of more than 20 new group study rooms on the floors. In addition, there are larger rooms that can fit six to eight persons as well as smaller rooms for two to three students. Also included are rooms with study carrels for individual quiet work. All of the spaces provide outlets for using and charging technological devices. The walls also have been painted, carpeting has been replaced, and new ceilings and lighting installed. The next phase of work at Carlson Library will focus on changes to the first floor; completion of work on the second floor; and the installation of a glass wall on the east side of the library.
First Weeks

continued from p. 1

- Meet the Office of Public Safety, 6 to 8 p.m., basketball and tennis courts south of McComas Village. Get to know members of the UT Police Department, Health Science Campus Security, Support Services, and Radiation Safety and Health.

Friday, Aug. 26
- On-Campus Student Employment Part-Time Job Fair, 1 to 4 p.m., Student Union Rooms 2582 and 2584. Dress professionally, bring résumés, and meet representatives from departments and offices on Main and Health Science campuses. Apply for part-time and Federal Work-Study positions.

Saturday, Aug. 27
- Color Run, 10 a.m., the Flatlands. Details to be announced.

Sunday, Aug. 28
- The Big Event and Paint Your Pride, 10 a.m., Student Recreation Center. Show your school spirit and join the Division of Student Affairs to paint the Rocket insignia across campus. Then give back by volunteering to help in the community.

Monday, Aug. 29
- ALICE (Alert Lockdown Inform Counter Evacuate) Session, noon to 1:30 p.m., Center for Creative Education Room 0111 on Health Science Campus. Learn how to be a survivor and lead others to safety in life-threatening situations that involve a shooter or violent intruder. Attendance vouchers will be provided.

Tuesday, Aug. 30
- Tuesday Tidbits, 10 a.m. to noon, Student Union Trimble Lounge. Hear about academic resources designed to help students succeed and graduate.

Wednesday, Aug. 31
- Personal Safety and Self-Defense Course, 6 to 8 p.m., Health Education Center Gym. Attendees must sign a liability release form to participate in the course.

Thursday, Sept. 1
- President’s Barbecue, 11:30 a.m. to 1:30 p.m., Centennial Mall. Students are invited to meet President Gaber. Stop by for food, games and prizes.
- Toledo vs. Maine, 7 p.m., Glass Bowl. Students are admitted free with their Rocket ID; faculty and staff can buy tickets half off with ID; $25 to $60.

Tuesday, Sept. 8
- Pizza with the Police, 1 to 2 p.m., Parks Tower Lobby. Monthly event held across campus so students can meet UT police officers in an informal setting.

For more information, go to utoledo.edu/studentaffairs/welcomeweek.