

UT astronomer helps capture first sharp image of famous exploding star's raging winds

By Christine Billau

A researcher at The University of Toledo is part of an international team of astronomers pioneering a new way to understand how extremely massive stars lose mass as they evolve.

The research team focused on the most luminous and massive stellar system in the Milky Way galaxy called Eta Carinae. Its primary star is 100 times more massive and five million times more luminous than the sun. That star also is famous for losing 10 suns worth of material — huge amounts of gas and dust — into space in an enormous explosion in the 1830s.

These astronomers are the first to use what is called the Very Large Telescope Interferometer at the the European Southern Observatory in Chile to study the violent wind collision zone between two stars in the system and discover new and unexpected structures.

“The scale of the images is roughly equivalent to being able to read the small print in a newspaper from 50 miles away,” said Dr. Noel Richardson, postdoctoral research associate in UT’s Department of Physics and Astronomy.

The team’s methods used to revolutionize infrared astronomy and the resulting discoveries recently were published in the international journal *Astronomy and Astrophysics*.

The researchers used interferometry, which is a technique combining the light from up to four telescopes to obtain an image about 10 times higher than the resolution of the largest single telescope.

“It’s phenomenal,” said Richardson, who earned his bachelor’s degree in mathematics and master’s degree in physics from UT in 2004 and 2006. “Until now, we couldn’t study the Eta Carinae star system’s

continued on p. 2



Photo by Cameron Norton

STARSTRUCK: Dr. Noel Richardson, a postdoctoral research associate in the UT Department of Physics and Astronomy, is part of a team studying the violent wind collision zone between two stars in the Milky Way.

Pitchman



Photos by Daniel Miller

Daymond John, an investor on ABC’s Emmy award-winning reality television series “Shark Tank” and founder and CEO of the clothing line FUBU, answered questions read by Dr. Heidi Appel, dean of the Honors College, Oct. 18 in front of a capacity crowd in the Lois and Norman Nitschke Auditorium. The CEO of the Shark Group, a marketing consulting agency, shared his success story as part of the Jesup Scott Honors College Distinguished Lecture Series. Before giving his talk and fielding questions, the entrepreneur and author was at a VIP reception and signed books for attendees, including Barbara Tartaglia-Poure, executive director of national development in the UT Foundation. John’s best-sellers are *Display of Power*, *The Brand Within* and *The Power of Broke*.

Input wanted: Strategic planning discussion forums this week on Main Campus

- **Faculty:** Tuesday, Oct. 25, at 2 p.m.
Student Union Room 2584
- **Students:** Tuesday, Oct. 25, at 7 p.m.
Student Union Room 3018
Pizza will be served.
- **Staff:** Wednesday, Oct. 26, at noon
Student Union Room 2592
- **Community:** Wednesday, Oct. 26, at 5:30 p.m.
Rocket Hall Room 1555

If you can’t attend a session, provide feedback online at utoledo.edu/strategicplan/forms by Friday, Oct. 28.

For more information, visit utoledo.edu/strategicplan.

UT astronomer

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wind collision zone because it was too small for the largest telescope.”

The Eta Carinae star system is 7,500 light years from Earth where winds from two tightly orbiting stars smash together at speeds up to 10 million kilometers per hour approximately every five years. Temperatures reach many tens of millions of degrees — enough to emit X-rays.

Richardson said the star is too far south to observe from UT’s telescope. The collaborators in South America sent him data to analyze every night in mid-2014, the last time the stars passed close to each other. Richardson observed the images with spectroscopy and spotted structures in the data that hadn’t been seen before.

“We’ve learned the secondary star’s wind is carving a cavity into the primary star’s enormous wind,” Richardson said. “We saw large structures pushed out into space after the winds collide, were able to pinpoint how they were moving, and learned they keep that geometric shape. It’s amazing to see the tails coming off, which are the shocks in the secondary star going into orbit. We have computer and 3-D print models that can now explain the X-rays, Hubble Space Telescope observations, unusual spectroscopic features, and the incredible images from the Very Large Telescope Interferometer.”

“Our dreams came true because we can now get extremely sharp images in the infrared regime,” said Dr. Gerd Weigelt of the Max Planck Institute for Radio Astronomy in Germany, who led the team of astronomers from the U.S., Canada, Chile, Japan and Brazil.

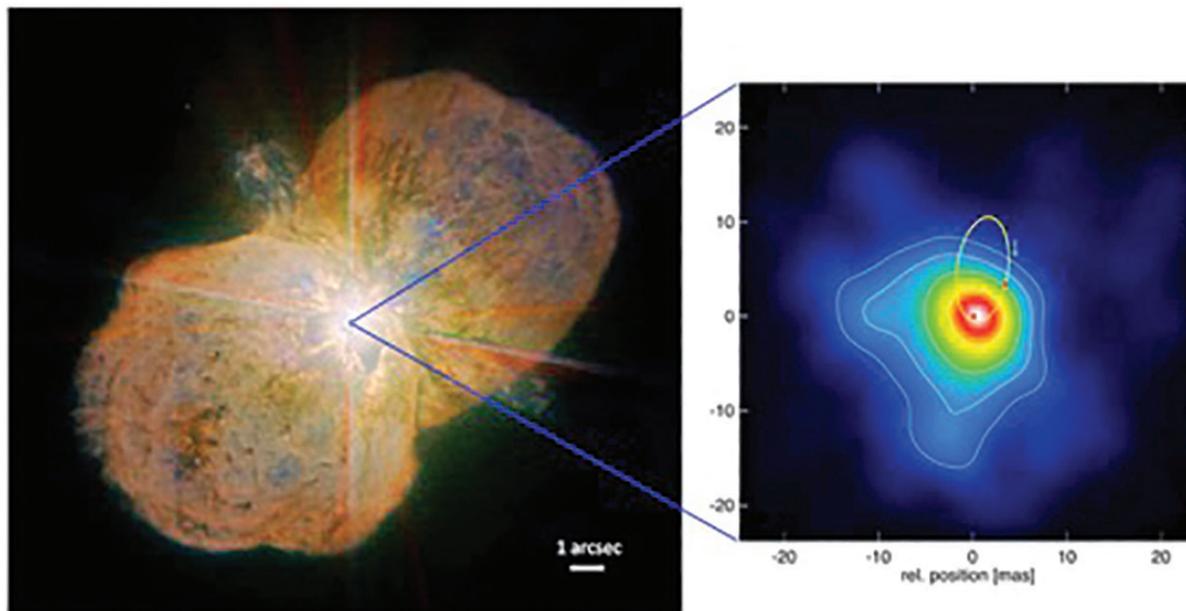
“Dr. Richardson’s work is a nice example of the kinds of international collaborations with

which our UT astronomers are involved,” said Dr. Karen Bjorkman, dean of the UT College of Natural Sciences and Mathematics, Distinguished University Professor of Astronomy and Helen Luedtke

Brooks, Endowed Professor of Astronomy. “The results, which use data from the Hubble Space Telescope, show a very interesting way to map the fossil remnants of material thrown off by a famously unstable binary star system. I congratulate him on this work and am proud to note that he is a UT alumnus.”

Richardson hopes this new research helps astronomers come closer to understanding what triggered Eta Carinae’s explosion in the 1800s.

“That is one of the driving motivators for myself,” Richardson said. “How do we connect the physics of what is happening today to what happened back then? There is still a lot we don’t understand about the stars we have looked up and seen in the sky for a long time. Science is a process, and we want to push the envelope to solve the mystery.”



The nebula surrounding Eta Carinae as imaged with the European Southern Observatory Very Large Telescope is at left. At right is a high-resolution image of the wind collision zone in the central region of Eta Carinae. The two red dots indicate the positions of the two stars.



This 3-D print of the wind collision cavity in Eta Carinae system is based on models by Dr. Thomas Madura at San Jose University.



Strategic planning feedback sought

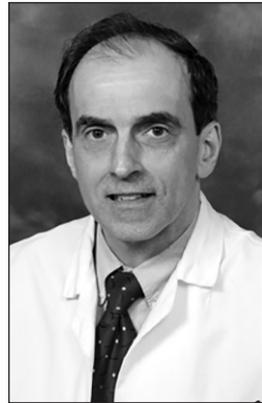
Dr. Anthony Quinn, co-chair of the strategic planning committee and associate professor of biological sciences and assistant dean for diversity and inclusion in the College of Natural Sciences and Mathematics, held discussion sessions with faculty, staff and students on Health Science Campus last week. Fellow co-chair Dr. Laurie Dinnebeil, Distinguished University Professor and chair of early childhood, physical and special education, will oversee upcoming sessions on Main Campus. See p. 1 for details.

Photo by Rachel Nearhoof

History of medicine lecture to explore work of early bacteriologist

By Rebecca Schwan

The human body's relationship with bacteria is complex. The microscopic organisms can help us live a healthy life or harm us by causing myriad diseases.



Kazanjian

Researchers have long been fascinated by bacteriology, the study of bacteria, viruses and other microorganisms. Dr. F. G. Novy, a world-renowned bacteriologist and former dean of the University of Michigan

Medical School, is credited for putting the field of bacteriology on firm scientific foundations. He investigated how microbes survive in nature, spread in the environment, and cause disease in animals.

Novy's work and accomplishments in this field of science will be the focus of the Eighth Annual S. Amjad Hussain Visiting

Lecture in the History of Medicine and Surgery at The University of Toledo.

Dr. Powel Kazanjian, professor and chief of the Division of Infectious Diseases and professor of history at the University of Michigan, will present a lecture titled "The Origins of Bacteriology in America: Life and Works of Frederick Novy" Wednesday, Nov. 2, at 5 p.m. in Health Education Building Room 100 on UT's Health Science Campus. The event is free and open to the public.

"Novy was an organic chemist who is known as the father of bacteriology. He was instrumental in the understanding of how microorganisms cause disease," said Dr. S. Amjad Hussain, professor emeritus of thoracic cardiovascular surgery and humanities, and former member of the UT Board of Trustees. "His work helped to define bacteriology as a distinct discipline in America and laid much of the groundwork for studying the interactions between bacteria and the human body."

Kazanjian was selected to speak at this year's lecture by a committee that included

Hussain; Howard Newman, retired associate vice president of development; Dr. Steven Selman, professor emeritus and chair of urology; Dr. Peter White, professor emeritus of medicine; and Dr. Thomas Sodeman, division chief of gastroenterology at The University of Toledo.

"Dr. Kazanjian is well-respected as an expert in the field of infectious diseases. He has written nearly 100 research publications," Hussain said. "His interest in the history of bacteriology, epidemics and sexually transmitted diseases fits nicely with the goals of our lecture series."

Hussain said researchers and physicians are continually building on historical concepts in medicine to find new ways to cure disease.

"When penicillin was discovered in the 1940s, we thought it was the silver bullet," he said. "What we learned in time is that microorganisms are vigilant and have learned how to develop resistance to available antibiotics; therefore, we are continually on a quest to find and develop new antibiotics."

In memoriam

Dr. Frank O. Horton III, Toledo, died Oct. 10 at age 69. In 1976, he was named a clinical associate professor in the MCO Department of Medicine. He received a doctor of medicine degree from MCO in 1973.

Sandra L. (Rice) Tegtmeier, Northwood, a former employee of the Medical College of Ohio and UT Medical Center, died Oct. 17 at age 63.

Professional development events available to UT women in science fields

By Rebecca Schwan

University of Toledo female students, staff and faculty interested in science, technology, engineering, mathematics and medicine (STEMM) fields are encouraged to take advantage of upcoming Association for Women in Science (AWIS) opportunities.

"The Association for Women in Science is the largest multidisciplinary organization for women working in STEMM," said Dr. Susanne Nonekowski, associate lecturer in the Department of Medicinal and Biological Chemistry and president of the AWIS Northwestern Ohio Chapter. "These events are designed to support equity and full participation of women in all science-related disciplines and across all employment sectors."

A workshop for preparing a professional social media profile titled "How to Craft the Perfect LinkedIn Profile in 30 Minutes" will take place Wednesday, Nov. 2, from 4 to 5:30 p.m. in the Martin Conference Room of the Frederick and Mary Wolfe Center on Health Science Campus.

Mary Jo Borden, practicum coordinator in the College of Pharmacy and Pharmaceutical Sciences, will share best practices for creating a presence online and explain how to use LinkedIn's search functions to build a professional network. A photographer also will be on hand to take professional headshots.

"This workshop will be valuable to students, faculty and staff," Nonekowski said. "Whether you are new to LinkedIn or if it has been a while since you updated your profile, this event will have you looking your best online."

The group also is seeking individuals interested in becoming members of its Mentorship Circle.

"We are looking for anyone interested in connecting with other women in the STEMM fields in order to build relationships and learn from those who were once in their shoes," Nonekowski said. "Mentors can be from any science-related career field, whether academic or professional. We want individuals who are motivated and interested in supporting

other women as they grow in STEMM careers."

Mentors and mentees will be paired according to career interest and meet once a month throughout the academic year.

"The Mentorship Circle is in the planning stages, but we want to be sure that everyone who is interested has the chance to join us before mentoring teams are established," she said. "There have been several successful Mentorship Circles across the country, and we are excited to bring this program to the Toledo area."

Nonekowski said UT is an institutional partner with AWIS, which means any

undergraduate or graduate student enrolled in a STEMM field can register with the organization for free at awis.org/utoledo. When registering, students should be sure to choose the Northwestern Ohio Chapter to be notified of local activities.

"We are grateful to the University for their support of AWIS," Nonekowski said. "This partnership is instrumental to the support of female science students and professionals across northwest Ohio."

For more information about AWIS, to join the Mentorship Circle, or to register for the LinkedIn event, call 419.530.1979 or email susanne.nonekowski@utoledo.edu.



AWIS

ASSOCIATION FOR WOMEN IN SCIENCE

Northwestern Ohio

Researchers use collaborative approach to investigate hypertensive kidney disease

By Rebecca Schwan

Nearly 70 million people in the United States have been diagnosed with high blood pressure, putting them at risk for heart attack, stroke and heart failure. And one-third of those individuals with hypertension also will eventually develop kidney disease.

Researchers at The University of Toledo are taking steps to better understand the relationship between high blood pressure and kidney disease to more effectively treat those patients.

“Dr. Christopher Cooper, dean of the College of Medicine and Life Sciences, served as the principal investigator of the Cardiovascular Outcomes in Renal Atherosclerotic Lesions clinical trial, which determined the best treatment options for renal artery stenosis, or blockage in the renal arteries of the kidney. However, the molecular mechanisms leading to renal dysfunction in this disease remain largely unknown,” said Dr. Steven Haller, assistant professor of medicine. “We knew that the protein Cd40 played an important role in

inflammation and clotting in the body, but had not yet identified how it contributed to renal fibrosis.”

Renal fibrosis is a progressive condition that is the direct consequence of the kidney’s

limited ability to regenerate after injury. The scarring of the kidney tissue results in a loss of function that can potentially lead to life-threatening kidney failure.

“My team collaborated with Dr. Bina Joe in UT’s Department of Physiology and Pharmacology to develop a rat model to explore the role of Cd40 in this scarring,” Haller said. “We found that by interrupting this protein, the rats had a significant reduction in renal fibrosis and demonstrated an improvement in renal function.”

These results mean that the Cd40 protein not only contributes to inflammation, but also may contribute to renal fibrosis and can be considered as playing a critical role in the development of hypertensive renal disease, he said.

“It has been an exciting project to be a part of,” Haller said. “I have enjoyed collaborating with the other experts we have within UT’s Center for Hypertension and Personalized Medicine to take an interdisciplinary approach to research in our quest to learn more about disease and developing preventative and therapeutic treatments.”

While medications and human trials are still several years away, Haller and his colleagues plan to take the next steps in exploring the most effective and safest ways to interrupt Cd40 and reduce renal fibrosis.

The results of the study were presented in a paper, “Targeted Disruption of Cd40 in a Genetically Hypertensive Rat Model Attenuates Renal Fibrosis and Proteinuria, Independent of Blood Pressure,” and published in *Kidney International* in August.

UT pharmacy students host bowling tournament to support cancer patients

By Rebecca Schwan

A pair of University of Toledo pharmacy students are on a roll when it comes to fighting cancer.

Jacob Garfield and Ryan Brown teamed up last year to create “Strike Out Cancer,” a bowling tournament to benefit UT Health’s Eleanor N. Dana Cancer Center. Nearly 80 teams participated, raising more than \$2,500.

“We received so much positive feedback after last year’s event and had so much fun, we decided to do it again,” Brown said. “We have room for 360 bowlers and would love to fill all the spots. We are aiming to double our donation to the Dana Cancer Center this year.”

The second annual “UT Strike Out Cancer” bowling tournament will be held Friday, Oct. 28, from 9:30 p.m. to midnight at New Glass Bowl Lanes, 5133 Telegraph Road. The evening also will include a Halloween costume contest, door prizes, a raffle, music, concessions and a cash bar.

The tournament is a 9-Pin No-Tap Dutch Doubles format.

“In this style of play, taking down nine pins equals a strike,” Garfield said. “Teams

of two bowlers will play alternate shots throughout the game, with the only time one of the pair completes a frame alone is when scoring a strike.”

Teams will play three games with each game adding to the team’s final score. The top team in each division — all-male teams, all-female teams and coed teams — will win a cash prize, Garfield said.

Chris Kosinski, Dana Cancer Center clinic manager, said funds raised from the event support patients undergoing chemotherapy and radiation treatment.

“Patients received integrated supportive therapies, including therapeutic hand massages and guided imagery,” he said. “These techniques help patients manage the physical and emotional stress that cancer treatment can cause. They help to support the patient’s stamina and well-being, and we are grateful for the work Jacob and Ryan have done to raise funds for this type of care.”

Registration is \$20 and includes three games and shoe and ball rental. Teams can register by visiting eventbrite.com before Tuesday, Oct. 25, or at the event.



Haller



Stop by the health and wellness fair

Friday, Oct. 28

11:30 a.m. to 1:30 p.m.

Student Recreation Center

Baseball fever



Photo by Rachel Nearhoof

Jacob Lindhurst talked with Valencia Kimbrough, manager of seasonal talent acquisition in human resources for the Cleveland Indians, about internship possibilities with the organization at the Fall 2016 Career Fair last week in the Student Union Auditorium. The Center for Experiential Learning and Career Services hosted the event, which was open to UT students and alumni.

Home, sweet home



Photo by Daniel Miller

Dr. Amy Richter, director of the Higgins School of Humanities and associate professor of history at Clark University, spoke at the Oct. 19 opening of "House and Home: The Intersection of Domestic Architecture and Social History, 1870-1970" exhibition in the Ward M. Canaday Center for Special Collections in Carlson Library. Richter, author of *At Home in Nineteenth-Century America: A Documentary History*, talked about why the home has become a rich subject of historical inquiry. Scheduled next month are two talks related to the free, public exhibit, which will be on display through May 5. A complementary exhibit, "Comfort and Convenience: Toledo Corporations and Post-War Housing Innovation," is on display in the art gallery outside the Canaday Center.

Inspiring leadership



Several UT students were selected to participate in the Propel Ohio Collegiate Leadership Summit Oct. 14 at the University of Dayton. The students, from left, Abigail Owusu, Emir Moore, Viktoria Sullivan-Cortez, Grisoranyel Barrios, Kennedy Pierce and Lucille Frank, made a poster presentation about the importance of access to education to break the cycle of poverty. The one-day statewide conference was created to inspire undergraduate students to become Ohio's civic leaders. U.S. Sen. Sherrod Brown, who established Propel Ohio, spoke at the conference.

Sharing her story



Photo by Daniel Miller

Stephanie Sanders, interim vice president of enrollment management, talked about her career and moving up the ranks during the University Women's Commission's Annual Fall Membership Luncheon Oct. 20 in the Student Union. Members of the campus community are invited to join the University Women's Commission; annual membership costs \$25 for UT employees and \$10 for students, and is tax-deductible. All membership proceeds go to scholarships for women at the University. To join or renew your membership, go to utoledo.edu/commissions/uwc.

Glaciy Theatre Collective to present 'Vaguely Terrifying'

For its fourth annual Halloween show, the Glaciy Theatre Collective will bring Toledo some of the greatest dark tales ever told — with a twist — in “Vaguely Terrifying.”

Creator and director Tori Zajac takes iconic stories from Edgar Allan Poe, Gertrude Atherton, the Brothers Grimm and H.P. Lovecraft and brings them to life on stage. Using a classic storyteller format paired with some not-so-classic devised movement, these stories rise from the grave, or page, in all their spine-tingling glory.

“Appropriate for all ages, this show is a great opportunity to experience the true spirit of Halloween,” Holly Monsos, associate dean of the College of Arts and Letters, professor of theatre, and executive director of the Glaciy Theatre Collective, said.

The cast of “Vaguely Terrifying” features storyteller Paul Causman and ensemble members Kitty Hawk, Lindsey Miller, Andres Medina and Olivia Pierce. Costumes are designed by Lynette Bates, and sound is by Stephen Mariasy.

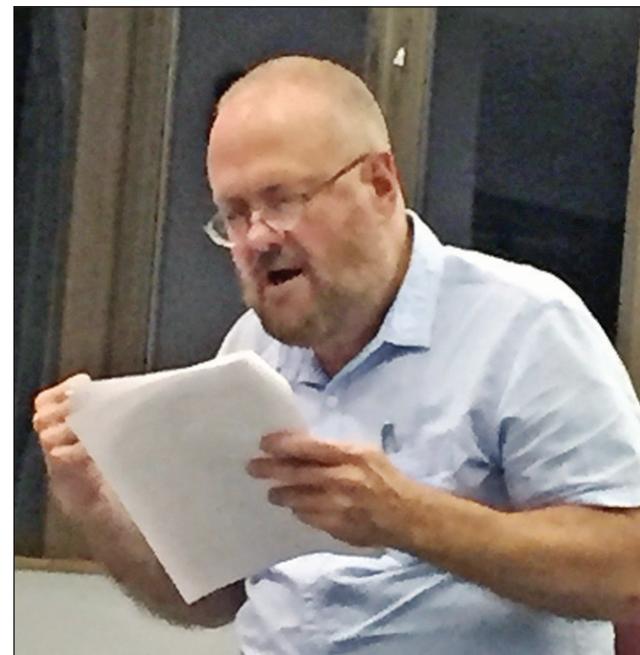
“Vaguely Terrifying” will be presented Friday and Saturday, Oct. 28 and 29, at 8 p.m. in the Valentine Theatre’s Studio A Theatre, 410 Adams St. The doors will open one half hour prior to curtain.

Tickets are \$15 at the door or in advance online at glaciy.tix.org. Student tickets are \$10 with a valid ID and are available only at the door.

For more information, go to glaciy.org.



FEAR: Glaciy Theatre Collective member Olivia Pierce rehearsed a scene from “Vaguely Terrifying.”



GRIM METER: Paul Causman rehearsed his role as the storyteller for the Glaciy Theatre Collective’s “Vaguely Terrifying.”

Biblical violence topic of UT Center for Religious Understanding lecture

By Carly Wiegand

The University of Toledo Center for Religious Understanding will host a lecture titled “Unnecessary Roughness: American Perspectives on Biblical Violence” Wednesday, Oct. 26, from 7 to 8:30 p.m. in Libbey Hall.

The lecture will be given by Dr. Yonatan S. Miller, the Markowicz Visiting Assistant Professor of Judaism and Jewish Biblical Studies and director of the UT Center for Religious Understanding.

He received his doctoral and master’s degrees in Jewish studies from Harvard University’s Department of Near Eastern Languages and Civilizations. After completing his PhD in 2015, he held a postdoctoral appointment as a Harry Starr Fellow in Judaica at Harvard’s Center for Jewish Studies.

His research examines the interpretive reception of the Hebrew Bible among ancient Jewish writers, with particular focus on the continuities, adaptations and appropriations of biblical motifs in Jewish

literature, from the Dead Sea Scrolls through the Babylonian Talmud.

“The lecture is an outgrowth of my doctoral research. I employ football and other illustrative analogies from contemporary American society to better make sense of — although not to justify — what might seem like senseless acts of biblical violence,” Miller said.

“While I can say with a relative degree of confidence that these violent narratives are literary fictions, my purpose is not to justify them, but to understand why they were created, where they came from, and how they functioned over time,” Miller said. “By shedding light on these developments, my hope is that we can better grapple with some otherwise disturbing biblical stories and gain a better understanding of a foundational religious text.”

The Philip Markowicz Lecture in Judaism and Jewish Biblical Studies is an event for both the University and the wider lay community from greater Toledo. The lecture is sponsored by Markowicz’s

THE UNIVERSITY OF TOLEDO CENTER FOR RELIGIOUS UNDERSTANDING PRESENTS:
The Annual Philip Markowicz Lecture in Jewish Biblical Studies

UNNECESSARY ROUGHNESS
American Perspectives
on Biblical Violence

By Yonatan S. Miller, PhD
Philip Markowicz Visiting Assistant Professor
of Judaism and Jewish Biblical Studies
The University of Toledo

Wednesday, Oct. 26, 2016
7 - 8:30 p.m.
Libbey Hall
The University of Toledo, Main Campus

children, Dr. Allen Markowicz and Sylvia Neal, in honor of their father’s continuing passion for the academic study of the Hebrew Bible, which continues with vigor, even now into his ninth decade of life.

Complimentary tickets are required for the free, public event; RSVP at cfriu.eventbrite.com.

For additional information, email cfriu@utoledo.edu.

Two Department of Music concerts offer variations on Halloween theme

By Angela Riddell

The University of Toledo Department of Music will present two Halloween-themed concerts, but each will offer a performance distinctly different from the other.

On Friday, Oct. 28, at 7 p.m., the UT Concert Chorale will perform “Totentanz” (“Dance of Death”), a choral arrangement by Hugo Distler of Franz Liszt’s famous work.

Then on Sunday, Oct. 30, the UT bands will perform a program of chillers and thrillers from classical music through modern Broadway hits.

Distler’s “Totentanz” was written while he was an organist at a church in Lübeck, Germany, when the Nazis were in power and fear of death dominated thoughts daily. After seeing the wall mural of the Dance of Death in St. Mary’s Church, he decided to write a choral work set to Liszt’s music, telling the stories of the characters in the mural as they make their fateful dance with death.

UT’s performance also will feature a multimedia presentation created by UT film student John Leo. In addition, the evening will showcase rarely performed selections from Distler’s “Elf kleine Klavierstücke für die Jugend” (“Eleven Short Piano Pieces for Youth”) played by piano performance major Mercy Olson.

The “Totentanz” concert will be held in the Center for Performing Arts Recital Hall.

The UT Bands Halloween concert will be held Sunday, Oct. 30, at 3 p.m. in Doermann Theater.

The University Wind Ensemble and Symphonic Band will perform music from Hollywood’s scariest movies, a medley of

haunting Broadway hits, as well as spine-tingling selections of classical music.

Costumes are not required, but are highly encouraged for this family-friendly event, where treats will be provided.

For more information on the free, public concerts, visit the UT Department of Music at utoledo.edu/al/svpa/music.



UT Bands Halloween Concert
October 30 at 3pm

- Movie chillers 'n thrillers
- Halloween on Broadway
- Costumes encouraged - treats for all!

COLLEGE OF ARTS AND LETTERS
THE UNIVERSITY OF TOLEDO
School of Visual and Performing Arts

Doermann Theater - Admission FREE

Rocket basketball to bring ‘Tricks, Treats and Dunks’ Oct. 26

By Steve Easton

The University of Toledo basketball teams will host “Tricks, Treats and Dunks,” a special season preview, Wednesday, Oct. 26, at 6 p.m. in Savage Arena. Admission is free.

The evening will begin with kids trick-or-treating from 6 to 7 p.m. at stations located in the arena concourses, watching “mad scientists” (UT engineering students) perform demonstrations, or visiting a haunted house inside the Fetterman Gym. Fans can dress in their Halloween costumes and receive treats and prizes.

Free schedule posters also will be provided for fans to get autographs from UT men’s and women’s basketball players.

At 7 p.m., the fun will move onto Nichols Court, where a contest for best Halloween costume will be judged. Prizes will be given out to best costumes for children. There also will be raffle prizes for both fans and UT students throughout the night.

Following the Halloween costume contest, the 2016-17 UT men’s and women’s basketball teams will be introduced. The Rockets will participate in an all-star shootout that will feature a player, a Rocket

Kids Club member, and either a UT student or fan. The event will conclude with a slam-dunk contest for the men’s team.

A Halloween walk also will be provided by UT Residence Life leaders at approximately 7:45 p.m. for children interested in trick-or-treating at five residence halls — Parks Tower, Presidents Hall, Ottawa House, International House and McComas Village.

Fans can purchase snacks from the concession stands as they watch the action and listen to music played by a DJ.



TOLEDO ROCKETS BASKETBALL
TRICKS, TREATS & DUNKS

WEDNESDAY | OCT. 26 | 6:00 P.M.
FREE COMMUNITY EVENT
Trick-or-Treating, Autographs, Dunk Contest, Costume Contest, Team Introductions & more!

UTROCKETS.COM **TOLEDO** 419.530.GOLD

The UT Athletic Ticket Office will be open during the event for fans who wish to purchase season tickets or who want

more information about tickets. Fans also may call 419.530.GOLD (4653) for more information.

UT more bike-friendly with installation of repair stations

By Josephine Schreiber

Bike riding around campus just became easier and more convenient. Bike repair stations recently were installed at three locations: Rocket Hall, Palmer Hall and the Student Union.

Each station provides a stand to mount a bike, cabled tools for minor adjustments and repairs, air pumps with gauges, and QR codes to scan that will reveal how-to videos for small repairs.

The bike repair stations are available for anyone to use.

This project is a collaboration between We Are Traffic, the UT Cycling Club, UT Grounds, and the UT Sustainability, Energy Efficiency and Design Initiative.

Keith Webb of We Are Traffic coordinated the project and is responsible for the bike repair stations throughout Metroparks Toledo.

"I'm really excited about the placement of these repair stations," Webb said. "It's wonderful that UT placed them where the community can easily access them."

The bike repair stations were funded by the UT Student Green Fund.

Tom Garey, manager of facilities information and president of the UT Cycling Club, said it is important for universities to be bike-friendly for many reasons, including the promotion of health and wellness, lowering carbon emissions, and easing traffic and parking congestion.

The UT Cycling Club promotes all forms of riding and is for all people who have a common love of bicycling.

Rocket ReCycle also promotes pedal power. Peter Thomas, director of international partnership and immigration, founded the bike share program for international students who have a limited budget, but need access to safe transportation that can be used on and off campus.

"A bike-friendly campus permits the safe flow of cyclists of varied degrees of skill to move from one section of campus to another quickly. Students who are taking a class in Nitschke Hall cannot make it to Rocket Hall in less than 10 minutes by walking," Thomas said.

"The Rocket ReCycle program began with a donation from the UT Police Department of seven bikes and has grown to more than 100 from donations from the community, friends, students and the Toledo Police Department," Thomas said.

Initially for international students, Rocket ReCycle has been expanded to cater to research scholars and visiting professors.



Photo by Rachel Nearhoof

PEDAL POWER: A student rode his bike in Centennial Mall.

Thomas said they also are looking to offer weekend use by the community for a small donation that will help off-set the cost of maintenance.

"Students come from abroad and must resettle and prepare for their academic journey," Thomas said. "Having a simple system that provides basic transportation helps students adjust to a new country."

Srinival Muthukrishnan said that Rocket ReCycle has helped him to get to class and tennis practice as well as run errands.

"I would like to thank the Office of International Student and Scholar Services for the gesture, and I hope more people like me benefit from the program," Muthukrishnan said.

Members of the campus community are invited to use Rocket Wheels, a bike program launched last year by Facilities and Construction.

There are more than 50 bikes available to students and employees who register with Rocket Wheels, and there are four locations on campus where bikes can be checked out and returned: the Savage & Associates Complex for Business Learning and Engagement across from the Ritter Bike



PIT STOP: Bike riders who need to make minor repairs or air up tires can stop at three repair stations, including this one on the south side of the Student Union on Main Campus.

Corral, near the northeast entrance of Rocket Hall, by the south entrance of Palmer Hall, and on the northeast side of the west parking garage. Bikes can be borrowed for up to six hours.

There are more than 1,100 members registered for Rocket Wheels, according to Diana Watts, UT transit and Rocket Wheels bike share coordinator.

"Bike riding is fun and promotes a healthy lifestyle. The Rocket Wheels bike

share program gives people the opportunity to get to class without having to use their cars and eliminates the worry of finding a parking space," Watts said. "It also provides those who do not have cars on campus a mode of transportation to get to other places around the city."

To register for Rocket Wheels, visit utoledo.edu/rocket-wheels.

Nov. 1 be-WISE-er event to battle substance abuse

By Bob Mackowiak

The University of Toledo Chapter of Alpha Kappa Psi, the nation's largest and oldest co-educational professional business fraternity, will host its second be-WISE-er event on substance abuse Tuesday, Nov. 1, in the Student Union Auditorium. Doors open at 6 p.m.

Several community organizations will provide information about what people can do if they or someone they know is addicted to harmful substances. Activities, such as wearing beer goggles that provide a unique sensory experience, will engage the participants.

"We are proud to present this free community event to continue the fight against the crippling issue of substance abuse," said Natalie Zerucha, organizer of this event and a human resource management and marketing major in the College of Business and Innovation.

"Alpha Kappa Psi is truly humbled by the community's support of our first

be-WISE-er event, and we look forward to growing and promoting be-WISE-er so it has as big an impact on the city as possible. With this, our second event, we know that we can help build a better college community, as well as a better Toledo."

Be-WISE-er is open to the community but will focus on college-age individuals who are at a particularly high risk of becoming addicted to alcohol and other drugs.

More than 300 people participated in Alpha Kappa Psi's first event at the University this spring.

The keynote presentation will be given by Team Recovery, a Toledo organization dedicated to promoting heroin education and awareness, followed by a panel discussion and question-and-answer session.

There will be food, free T-shirts, raffle prizes and more.

For more information, go to facebook.com/bewiseer.

Host an international student for Thanksgiving

By Cathy Zimmer

The Center for International Studies and Programs is inviting UT faculty and staff to host an international student for Thanksgiving.

Share in a cross-cultural experience as you celebrate the holiday. American families are invited to volunteer and open their homes to share a meal with international students.

"This is a great opportunity to meet new people and learn about different cultures," said Xinren Yu, international program coordinator for the Center for International Studies and Programs. "This is the center's fifth year of coordinating this event, and we encourage the UT community to participate."

Thanksgiving is Thursday, Nov. 24, 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 that weekend, we invite you to sign up as an American host family," Yu added.

Sound fun? Host families are asked to register online at utoledo.edu/cisp/thanksgiving by Wednesday, Nov. 16, at 5 p.m.

For more information, visit utoledo.edu/cisp/thanksgiving or contact Yu at utexplorers@utoledo.edu or call 419.530.5268.

Research symposium to spotlight work by biological science students

By Josephine Schreiber

The fourth annual research symposium for biological science graduate students will be held Saturday, Oct. 29, from 10 a.m. until 3 p.m. in Student Union Rooms 2582 and 2584.

There will be approximately 25 poster presentations on several topics, including cancer, immunology, fertility and neurology.

The free, public symposium is funded by the Graduate Student Association, the College of Natural Sciences and

Mathematics, and the Department of Biological Sciences.

"This event will be a great opportunity to learn what kind of biology research is being performed in Toledo," Kyoung Jo, a PhD candidate and teaching assistant in the Department of Biological Sciences, said.

For more information on the event, email researchday@biosciences2.utoledo.edu.

be-WISE-er on substance abuse



Tuesday, November 1st

Student Union Auditorium | Doors Open at 6:00 p.m.

Panelists will help bring light to the battle within the city

Come learn what you can do to help combat substance abuse!

Questions? Email us at bewiseer1@gmail.com

Visit our facebook page for more details
www.facebook.com/bewiseer



UT BIOLOGICAL SCIENCE
GRADUATE STUDENTS'
4th ANNUAL

RESEARCH
SYMPOSIUM

Oct 29 2016
10am - 3pm
Student union 2582/4

UT pharmacists remind patients to discuss medications during awareness month

By Rebecca Schwan

Nearly half of all Americans have taken at least one prescription medication, and 20 percent have used three or more prescription drugs in the last month. But according to a National Council on Patient Information and Education survey, more than half report not taking their medications as prescribed, putting them at risk for serious health concerns.

During October, which is American Pharmacists Month and Talk About Your Medicines Month, University of Toledo pharmacists are encouraging patients to build a relationship with their pharmacist in order to learn how to take medications properly, manage multiple prescriptions, and reduce prescription costs.

“Your pharmacist is likely the most accessible health-care provider you have,” said Lindsey Eitniew, clinical pharmacist. “Yet not enough people take the time to talk to their pharmacist about their health. That is truly unfortunate because we can provide many services to help our patients understand and manage their medications better.”

More than 12,000 prescriptions are filled each month across UT’s three outpatient pharmacies, and pharmacists work directly with patients who are recovering in UT Medical Center or being treated in several of the University’s clinics.

“We educate patients about taking their medication properly, identifying potential side effects, and managing chronic conditions,” Eitniew said. “We also work to resolve insurance concerns and explore options for reducing out-of-pocket expenses.”

New legislation also allows a physician to permit pharmacists to make adjustments to medication dosages, including those for blood pressure and diabetes, at the pharmacy.

“We work closely with physicians to suggest simplifying medications or to clarify what has been ordered,” Eitniew said. “This extra communication ensures patients know how to take their medications correctly and is an added safety for patients.”

Eitniew said it is safest when patients use the same pharmacy each time they



Photo by Daniel Miller

READY TO SERVE: Holly Smith, UTMC Outpatient Pharmacy manager, talked with a customer.

need a prescription filled, particularly if the patient takes multiple drugs.

“We can track some controlled medicines and a few others are tracked through insurance companies, but there is no one database that holds all patient prescription information,” she said. “Even a seemingly simple antibiotic can cause severe interactions with some medications. Pharmacists can spot these potential hazards if prescriptions are filled in the same location.”

Consistent use of the same pharmacy also allows a relationship to form between patient and pharmacist.

Holly Smith, UTMC Outpatient Pharmacy manager, said patients should talk about all medications they are taking at each doctor’s appointment. She said

printouts of all prescribed medications can be requested from the pharmacy and shared with physicians and family members.

“I tell patients to carry the list in their purse or wallet so they always have it with them,” she said. “It’s also important that there is at least one designated family member who knows your health history and medications in case of emergency.”

This also is a good time to take inventory of any leftover or expired medications. Pharmacists can advise patients the proper methods for disposing of old prescription and over-the-counter medications.

“We accept unwanted medications in a drop box in the Emergency Department of UTMC,” Smith said. “Patients with injectable medications should follow the

directions on their sharps container for proper disposal.”

Smith said unused medications also can be mixed with used kitty litter or coffee grounds and disposed of in the trash. Medicated patches should be folded over and stuck together before being thrown away.

“I would advise anyone getting a prescription filled to take a minute to ask a few questions about the medication you will be taking. You can even call your usual pharmacy to review medications and discuss any concerns,” Smith said. “It is our goal as pharmacists to do the best we can by our patients so they are able to care for themselves and stay well.”

UT OPEN ENROLLMENT FOR 2017 BENEFITS



Open enrollment for 2017 ends at 11:59 p.m. on Monday, Oct. 31, 2016. Review the insurance options available, and be prepared to select the plan that works best for you.

Login to your *myUT* portal. Under *Benefits Information* on the left, click *2017 Open Enrollment* to start the process.

For more information or to speak to someone about your benefits, please visit utoledo.edu/depts/hr/benefits, call **419.530.4747** or email us at benefits@utoledo.edu.



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HR 179

Satellites to hold Flash Sale this week

The Satellites Auxiliary's Flash Sale will take place Wednesday through Friday, Oct. 26-28, in UT Medical Center's Four Seasons Bistro Atrium.

Items from Collective Goods will be featured at the sale. Brands will include Marvel, Lego, Sharper Image, Nickelodeon, Gund and more.

The sale will run from 10 a.m. to 5 p.m. Wednesday, from 6 a.m. to 5 p.m. Thursday, and from 6 a.m. to 3 p.m. Friday.

Cash, check, credit cards and payroll deduction will be accepted.

A portion of the proceeds will benefit scholarships.

The Satellites Auxiliary is a volunteer group designed to promote education, research and service programs; provide support of patient programs in accordance with the needs and approval of administration; conduct fundraising events; and provide services.

For more information on the sale, contact Lynn Brand, president of the Satellites, at lynn.brand@utoledo.edu.



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. Email: 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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IT'S A MONUMENTAL MOMENT FOR OUR COMMUNITY.

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Kent E. Bishop, MD
Obstetrics & Gynecology, ProMedica Physicians



COLLEGE OF MEDICINE
AND LIFE SCIENCES
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Find out more about The University of Toledo – ProMedica Academic Affiliation at:
TheNextGenerationOfMedicine.com