

# EpiCHNews

September, 2009

For man, autumn is a time of harvest, of gathering together.  
For nature, it is a time of sowing, of scattering abroad.

- Edwin Way Teale

- [Things You Need To Know](#)
- [Division News](#)
- [Student News](#)
- [Events/Conferences](#)
- [Faculty & Staff News](#)
- [Media Mentions](#)
- [Tech News](#)
- [Archives](#)

## Things You Need To Know:

### University E-Mail Account Changes

As the University transitions to using Google to manage the tens of thousands of e-mail accounts, several changes in how e-mail works may effect you.

- [Find out how the change effects EpiCH](#)
- [Find out more about the whole process](#)

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### Special Obligations for PIs on ARRA/Stimulus Awards

The requirements related to funding allocated under the ARRA/Stimulus bill impose significant and unusual reporting obligations on researchers. In addition, the Stimulus bill mandates an unprecedented amount of federal scrutiny on progress and expenditures. Failure to comply with agency terms will pose significant reputational risk to the University. Below are links to resources and information about these requirements.

- [Stimulus/ARRA Guidelines \(pdf\)](#)
- [Stimulus Funding Information](#)
  - includes videos of Stimulus/ARRA Guideline Presentation
  - [Handout \(pdf\)](#) from Stimulus/ARRA Guideline Presentation

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### EpiCH Shuttle Resumes Regular Schedule

On Tuesday, September 8, the EpiCH shuttle resumes its regular schedule of 7:30 am to 6:00 pm, Monday through Friday.

#### From EpiCH/WBOB:

- The shuttle starts at WBOB 7:30am, departing on the hour and half-hour.
- The last trip of the day departs at 5:30pm.

#### From SPH/Mayo:

- The shuttle first leaves SPH/Mayo at 7:45am, departing on the quarter hours.
- The last trip of the day departs at 5:45pm.
- The SPH/Mayo building pick-up/drop-off point is at the Mayo Building turn-around.

## Division News:

### The SPH/EpiCH Web Integration

The SPH Web integration is quickly moving forward with the new, integrated School web site. The project is a dean's initiative intended to strengthen SPH Web communications and services, eliminate duplicative efforts, and save money through significant reduction in printed materials.

- [See mockups of the new design and leave comments](#)

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### Green Tips

Are you disposing of unused and/or expired medications correctly? Flushing them down the drain or toilet is no longer environmentally acceptable. Check with your pharmacy or physician's office to see if there is a medication-take-back program. Otherwise click on the following links for proper disposal protocol.

- [MN State Pharmaceutical disposal info](#)
- [Federal Pharmaceutical disposal info](#)
- Want more? [Read the GreenTeam Blog](#)
- [Read the GreenTeam Blog](#)

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## Tom & Shawn's Music and Movie Picks

### Tom's Music Picks

#### Julia Messenger - Productions and Collaborations

I have all of her albums, and play a mix of her music on the shuttle. She has a new album available on iTunes that has some remixes, and a few new songs. Here's a sample:

[www.youtube.com/watch?v=e\\_KFIQaSFQU](http://www.youtube.com/watch?v=e_KFIQaSFQU)

#### Erin Mccarly

I've been thinking of checking out Erin Mccarly's album since I like her song *Pitter-Pat*. I've also been

thinking about ordering Time Life's 5 disc set called *Classical Power*, which has all the famous classical pieces gathered in one place.

### Books

The author that I wanted to mention is **Douglas Hofstadter**. He's sort of a modern day genius which people describe as "a scientist with the inspired madness of a poet". He won a Pulitzer Prize for his first book *Godel, Escher, Bach*. He also writes about Chopin, and a million other things in his later books. Thinking back to when he was 16 years old, he writes, "I was reading books on the brain, studying several languages exploring exotic writing systems, inventing ways to get a computer to churn out complicated and quasi-coherent sentences in English and other languages. All these diverse paths were focused on the dense nebula of questions about the relationship between mind and mechanism, between mentality and mechanicity." As a mathematician, philosopher, poetic writer, cognitive researcher, artificial intelligence enthusiast, and music lover, all of his books are quite fascinating! I'm reading his newest one, *I Am A Strange Loop* as I write this.

### Movies

#### Reese Witherspoon presents: **Legally Blondes**

When Elle Woods is away she let's her British twin cousins stay at her home while they go to Prep School. If you liked the other two films in the series, you'd probably like this one too.

#### Defiance

**Daniel Craig** (the latest James Bond), plays the lead in this based on a true story drama about a group of Jewish people who flee the Nazis and set about a wilderness camp where they can regroup, regain their dignity, and start a resistance movement that strides a perilous line between the advancing Russian army and the Nazi onslaught.

#### Dr. Horrible's Sing-Along Blog

I actually haven't seen this short musical directed by Joss Whedon (of *Buffy The Vampire* and *Firefly/Serenity* fame), but I'm kind of curious about it. It stars **Neil Patrick Harris** as a supervillain who combats a douchebag hero played by **Nathan Fillion**. It could indeed be horrible, or it could be one of those films that it's so bad it's funny? I liked Nathan Fillion in almost everything I've seen him in (the cop in *Slither*, as the Captain of *Serenity*, as the writer in the new TV show *Castle*). It could be a horrible film, but like I said, I'm actually sort of curious about it.

#### The Wrestler

I personally think **Darren Aronofsky** is a very good director. This film stars Micky Rourke

(in one of his best roles since *9 1/2 weeks* and *Sin City*) as an aging pro-wrestler with lots of issues. Although I still think Aronofsky's debut film *Pi* is his most intriguing work, this movie is very good.

#### Disaster Movie

Another film parody by the people who brought you *Date Movie*, *Meet The Spartans*, *Epic Movie*, and others. Although the review on Amazon.com is severely harsh, I actually liked this film full of pop culture references slightly more than some of their others, which I found to be very hit or miss humor. This film made fun of more films that I actually found entertaining in the first place, but, as with all their films, it's a subjective experience.

### Shawn's Music Picks

#### Green River Ordinance – **Out of My Hands**

I recently discovered this band via Cities 97/The Basilica Block Party (a highly recommended concert experience), and thoroughly enjoyed what I heard from this high energy alternative-pop band. With a very accessible sound, I found this album to be a great listen for the summer. They are pretty ripe in the music scene currently, so keep an eye out for these up-and-comer's.

Top Tracks: "Come On", "Goodbye L.A.", "Outside"

#### Mat Kearney – **City of Black & White**

Mat Kearney's first release was brought to attention through shows like 'Grey's Anatomy', 'NCIS', and 'Scrubs'. This newer release sticks to what established his style with the ever catchy choruses and acoustic-pop blend with a flare of hip-hop rhyming weaved in the mix as well. An interesting listen, to say the least. I first got the chance to really take this CD in on a two hour road trip and it is the perfect soundtrack to an excursion of any type.

Top Tracks: "Closer to Love", "Fire & Rain", "All I Have"

#### Porcupine Tree – **In Absentia**

Though quite a detour in sound and style from the aforementioned albums, it is one that attracted my attention in a big way recently. This progressive rock band hailing from England has produced a very interesting sound on this album. Though I had never heard of this peculiar-named group before a friend's recommendation, it has become a favorite. There are a few genres I have been able to pick out in the tracks (guitar-driven rock, Middle-Eastern influence, ambient overtones), which makes basis for comparison nearly impossible. It is a brand of music that can quickly expand one's musical horizons in the blink of an eye.

Top Tracks: "Collapse the Light Into Earth", "The Sound of Muzak", "Trains"

## Student News:

### Welcome Students!

**Welcome back to all our returning students and a big hearty welcome to our new students.** Please contact the graduate students staff at 612-626-8802 or via email at [epichstu@umn.edu](mailto:epichstu@umn.edu) if you have any questions.

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### EpiCH Open House

**When:** Friday, September 11, 10:00 a.m.

**Where:** West Bank Office Building (WBOB), Room 364

See what Epidemiology and Community Health and WBOB is all about at an Open House on Friday, September 11. Starting at 10:00am, attend a seminar, have lunch, go on a tour. and meet the faculty!

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### First 2009-2010 SPH Student Senate Meeting

**When:** Wednesday, September 16, 5:00 p.m.

**Where:** the SPHere

SPH Students are invited to attend to learn about Student Senate and how to get involved in this year's activities! Contact [sphstudentsenate@gmail.com](mailto:sphstudentsenate@gmail.com) with any questions.

## Events & Conferences:

### All in the Family: Fetal Effects of Maternal Overweight and Obesity

**When:** Wednesday, September 9, 3-4:00 p.m.

**Where:** Wilder Center, St. Paul

Presented by the National Children's Study Speakers' Series, this event is free and open to all but seating is limited.

- RSVP to Laurie Ukestad at [ukest001@umn.edu](mailto:ukest001@umn.edu).

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### Minnesota AIDS Project presents the Allan Spears Forum: What is HIV Prevention? Does it even Work? What do YOU think?

**When:** Wednesday, September 9, 7:00 p.m.

**Where:** Minnesota AIDS Project, 1400 Park Ave, Minneapolis

25 years following the news that this deadly virus was rapidly spreading around the world, we have seen a number of HIV prevention programs come and go. Hear from **B.R. Simon Rosser** about if these programs are making a difference and what steps you and others can take so that HIV can be stopped.

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### Introduction to VMS Systems - EpiCH Style

**When:** Tuesday, September 15, 1:30-4:00 p.m.

**Where:** Room 364 WBOB

There have been a number of new students, RA/TA's, etc. who have joined EpiCH over the summer so Randy Swenson of the EpiCH Computer

Support Group will be offering a VMS training class for anyone interested.

- Space is limited, so RSVP to: [epihelp@umn.edu](mailto:epihelp@umn.edu)

### Healthy Foods, Healthy Lives Symposium: Critical Issues in Research and Public Policy

**When:** Monday, September 21, 8:00 a.m. - 5:00 p.m.

**Where:** Cowles Auditorium, Hubert H Humphrey Center

Nationally and internationally renowned speakers will present science on four controversial topics related to the effects of food consumption on human health: food processing, consumption of organic foods, high fructose corn syrup, and antibiotic use in animals. Online registration ends on September 14.

- Register by September 11 for a \$10 discount
- [Registration and Information](#)

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### Deborah E. Powell Center's 6th Annual Women's Health Research Conference

**When:** Monday, September 21

**Where:** McNamara Alumni Center

This year's theme is "A Focus on Women's Mental Health and Neurosciences."

- [More details](#)

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### Media Production for Public Health

**When:** Wednesday, September 23, 10:00 a.m.

**Where:** 2-110 Weaver-Densford

Paul Bernhardt will lead a series of discussions designed for SPH students on using basic media production tools to craft and communicate effective public health messages and conduct cutting-edge research. Faculty and staff are welcome.

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### 2009 Community Health Conference

**When:** October, 1-2, 2009

**Where:** Cragun's Resort and Conference Center in Brainerd, MN

The conference provides the opportunity to learn about best practices and promising innovations, strengthen your understanding of policy and program changes and how they will impact your community, and network with colleagues, including local elected officials, local and state public health leadership and staff, and other friends of public health.

- [Register for the conference](#)

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### U of M Homecoming Open House

**When:** Sunday, October 4, 1-4:00 p.m.

**Where:** TCF Bank Stadium

More than 10,000 visitors are expected from around the state to tour the TCF Bank Stadium. The School of Public Health, along with other U of MN academic units and departments, will have interactive booths and trinkets. Open to the public.

## Faculty & Staff News

### Welcome!

Jill Dreyfus, Predoctoral Fellow, Dr. Aaron Folsom  
 Sarah Ekerholm, Research Assistant, ECHO study  
 Dan Graham, Research Associate, Obesity Prevention Center  
 Dawn Nelson, Research Assistant, ECHO study

### Goodbye – We wish you well!

Carrie Heitzler  
 Anne Samuelson

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### New Facilities Cleaning Schedule

**Starting Tuesday, September 1 the new cleaning schedule will go into effect.**

**Weekly:** full floor cleaning will be as follows:

- Thursdays - 2nd, 4th and 5th floors
- Fridays - Lower Level, 1st, 3rd and 6th floors

**Daily:** common trash and recycling containers will be emptied. You are encouraged to empty your desk containers as often as needed. **Note:** any foodstuffs should be put directly into the common trash containers instead of your desk container.

Thank you for working with FM to keep the University safe and clean. If you have any questions or concerns, contact [berth004@umn.edu](mailto:berth004@umn.edu) or 6-1091.

**Note:** this change does NOT include ECRC.

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### Teaching with Technology: The Landscape of Learning is Changing

Wikis and blogs, YouTube and iTunes, podcasts and vodcasts, Twitter and Moodle—it can sound like a foreign language. The landscape of learning is changing, and instructors and students are working together to develop and refine new ways of teaching at the U. Incorporating these tools into teaching is simply a next step in the evolution of education, and it's happening now.

• For more information, read "[Teaching with technology](#)"

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### No Charge Technology Training

The Office of Information Technology (OIT) is pleased to announce that our University Technology Training Center (UTTC) courses, formerly offered for a fee, will now be available to current faculty, staff,

and students at no charge.

- Read more of [No Charge Technology Training](#)

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### Travel Updates

For updates, announcement and reminders regarding the use of the American Express Corporate Travel Card, Purchasing Card, National Car Rental, and cost saving coupons and tips, download this [Travel Update document](#) from the University Travel Service.

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### Faculty/Staff Profiles

#### Profile - Dan J. Graham

**Background:** Dan Graham is a research associate working with the Obesity Research Center.

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#### How did you end up here and what will you do here?

*(Interpret as you will.)*

By way of Syracuse, NY (where I grew up), Providence, RI (where I did my undergrad), Irvine, CA (where I did my grad work). And my wife is a Midwesterner, so that also helped motivate the move. We both just graduated from UC Irvine in June, and were fortunate enough to find jobs together in the Twin Cities (she is an Assistant Professor in Psychology at Macalester College).



#### What is your main research or work area?

*(In other words, what do you do here?)*

My research has been primarily focused on physical activity promotion among adolescents, and has recently had a focus on the role of the built environment. I am also very interested in the role of expectations on intervention outcomes.

#### What other positions/jobs have you held?

I have taught undergraduate psychology, high school math, and SAT/GRE test prep and I have done some tutoring as well.

#### What job or profession, other than your own, would you like to try?

Professional triathlete. I began competing in triathlons while I was in graduate school. During this time a couple of my friends earned their pro cards and raced on the ITU (International Triathlon Union) circuit. Although they didn't have as much success racing as pros as they did as age-group athletes, it was inspiring to see them compete with the best in the world. I would love to reach that level myself.

#### What was the last, great book you read and why?

*Predictably Irrational* by Dan Ariely. His behavioral

economics research is fascinating and easily relatable because it applies to so many areas of daily living. As an added bonus, the book is quite entertaining; it feels like a pleasure read but it's written by an academic and it summarizes his scholarly research... so you can justify reading it at the office. :-)

#### What's the best way to spend a free afternoon?

A long, scenic bike ride (until recently I had several favorite routes involving the Southern California coast, but now I am in the market for some good [local] routes if you have suggestions...)

#### Are you a 'morning' or 'night' person?

I'm more of a morning person. With swim practice at 6am, my night ends by about 9:30.

#### Tell us about a favorite event of your adult life or childhood.

My wedding was earlier this year and that was certainly one of my favorite events of my adult life. I also did a week-long ~600 mile bike ride a few years ago from San Francisco to Los Angeles to raise money for AIDS research/treatment. That was an incredible experience and I highly recommend it! (Check out <http://www.aidslifecycle.org/> if you are interested.)

#### What are your interests outside of work?

Running, biking, swimming, cross-country skiing (I haven't done much skiing yet, but I think I will really enjoy it), reading, and spending time with my wife, friends, and family.

#### What in your life are you most proud of, and why?

One thing I am proud of is the positive impact I have been fortunate enough to have on my students. I have taught Health Psychology to undergraduates several times over the past couple of years and on each occasion some of my students made significant changes to their health behaviors – by quitting smoking, becoming physically active, improving their diets, etc – and then expressed gratitude to me for the role I played in inspiring these changes. That was very rewarding!

### Media Mentions

#### Fat is suddenly fabulous, at least on TV

Have a sandwich, Twiggy... "I have a real problem with the title 'The Biggest Loser,'" said **Mary Story**, a professor at the University of Minnesota's School of Public Health.

*Star Tribune*

[http://www.startribune.com/entertainment/tv/53858122.html?elr=KArksi8cyaiUeyD8\\_o8cyaiUiD3aPc:Yyc:aUU](http://www.startribune.com/entertainment/tv/53858122.html?elr=KArksi8cyaiUeyD8_o8cyaiUiD3aPc:Yyc:aUU)

*Washington Post*

<http://www.washingtonpost.com/wp-dyn/content/article/2009/08/24/AR2009082402899.html>

*The State Blog*

<http://www.thestate.com/thebuzz/story/915320.html>

*The Age - AU*

<http://www.theage.com.au/articles/2009/08/30/1251570616575.html>

#### Smoking, high blood pressure, and diabetes may lead to dementia

Middle-aged people who smoke or have high blood pressure or diabetes are more likely to develop dementia later in life, according to a new study... "Our study population included both whites and African Americans," said lead author Dr **Alvaro Alonso** (University of Minnesota, Minneapolis).

*The Heart*

<http://www.theheart.org/article/993633.do>

*Detroit News*

<http://www.detroitnews.com/article/20090807/LIFESTYLE03/908070394/>

[1040/Studies-say-smoking--hypertension-raise-dementia-risk](http://www.insidermedicine.ca/archives/VIDEO_Smoking_High_Blood_Pressure_and_Diabetes_in_Early_Middle_Age_Likely_To_Lead_to_Dementia_Later_in_Life_3689.aspx)

*Insider Medicine*

[http://www.insidermedicine.ca/archives/VIDEO\\_Smoking\\_High\\_Blood\\_Pressure](http://www.insidermedicine.ca/archives/VIDEO_Smoking_High_Blood_Pressure_and_Diabetes_in_Early_Middle_Age_Likely_To_Lead_to_Dementia_Later_in_Life_3689.aspx)

[and\\_Diabetes\\_in\\_Early\\_Middle\\_Age\\_Likely\\_To\\_Lead\\_to\\_Dementia\\_Later\\_in\\_Life\\_3689.aspx](http://www.insidermedicine.ca/archives/VIDEO_Smoking_High_Blood_Pressure_and_Diabetes_in_Early_Middle_Age_Likely_To_Lead_to_Dementia_Later_in_Life_3689.aspx)

*Opposing Views*

[http://www.opposingviews.com/articles/research-midlife-heart-risk-factors-](http://www.opposingviews.com/articles/research-midlife-heart-risk-factors-linked-to-later-dementia-r-1249512395)

[linked-to-later-dementia-r-1249512395](http://www.opposingviews.com/articles/research-midlife-heart-risk-factors-linked-to-later-dementia-r-1249512395)

*Globe and Mail*

<http://www.theglobeandmail.com/life/health/midlife-heart-problems-can-lead-to-dementia/article1241254/>

#### Does alcohol have a proper role at campus sports events?

Students who have been found intoxicated and ejected from a Gopher football game will have to take a Breathalyzer test before they can attend another game, under a policy being developed for the University of Minnesota's new football stadium. **Toben Nelson** was the guest on the Mid-morning show.

*Minnesota Public Radio*

<http://minnesota.publicradio.org/collections/special/columns/todays-question/archive/2009/08/does-alcohol-have-a-proper-role-at-campus-sports-events.shtml>

#### Some with eating disorders are in food industry

Frank Bruni thinks he may have been a bulimic since he was a toddler... "One of the ways to deal with the preoccupation of food, but not allow yourself to eat, is to go into the food industry," said Safer, basing her belief on the 59-year-old Minnesota Starvation Experiment conducted by renowned scientist **Ancel Keys** at the University of Minnesota.

*San Francisco Gate*

<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2009/08/19/MNEJ19806H.DTL>

#### Abnormal heart rhythm more common in white elders

Aging white adults appear to have a greater risk of developing the heart rhythm disorder atrial

fibrillation than their black peers, new research suggests... Dr. **Alvaro Alonso**, of the University of Minnesota in Minneapolis, and colleagues determined the incidence of AF among 15,792 men and women, who were between 45 and 64 years old when they entered a long-running study of cardiovascular disease called the Atherosclerosis Risk in Communities, or ARIC, study.

*Reuters India*

<http://in.reuters.com/article/health/idINTRE57C51F20090813>

### Study identifies risk factors of disordered eating in overweight youth

Project Eating Among Teens (EAT) researchers have identified factors that may increase overweight adolescents' risk of engaging in extreme weight control behaviors such as self-induced vomiting, the use of diet pills, laxatives, and diuretics.

[AHC News Releases](#)

### The irresistible allure of a tan

Erica Leanna, a member of a local professional dance team, considers tanned skin an unofficial job requirement... **DeAnn Lazovich**, a cancer epidemiologist and associate professor at the University of Minnesota, said the classification system refers to the strength of the scientific proof that something will cause cancer, not necessarily its potency.

*Star Tribune*

<http://www.startribune.com/lifestyle/52382852.html?elr=KArksC8P:Pc:UthPacyPE7iUiD3aPc: Yyc:aUU>

### Risk factors of disordered eating found

Overweight youth who read about dieting, report little family connectedness and see weight as a priority are at risk of eating disorder, U.S. researchers say... **Dianne Neumark-Sztainer** of the University of Minnesota School of Public Health and colleagues used data from Project EAT, an ongoing study that assessed eating and weight-related behaviors in 4,746 adolescents from 31 urban Minneapolis-St. Paul schools during the 1998-99 academic year.

*United Press International*

[http://www.upi.com/Health\\_News/2009/08/03/Risk-factors-of-disordered-eating-found/UPI-29961249348056/](http://www.upi.com/Health_News/2009/08/03/Risk-factors-of-disordered-eating-found/UPI-29961249348056/)

## Tech News

### UMN E-Mail Transition to Google

In an effort to reduce the cost of running an e-mail service for tens of thousands of people and storing thousands of gigabytes of email messages and attachments, the U has contracted with Google to provide e-mail service for the U. For more information about the transition, go to the [OIT Google Update](#) page. Below are important changes and information about the change.

- The current plan is to start transitioning student e-mail accounts to Google.
- **Faculty and staff have the option to switch or not.** Starting this fall anyone who would like, can switch their e-mail account to Google. They will still have the same e-mail address (it will still end with @umn.edu), but the mail will be stored on Google's servers.
- The maximum e-mail message size allowed was changed to 25MB. If you need to send a larger sized e-mail or an e-mail with a large attachment(s), use NetFiles.
- Trash/Sent folders will now be auto-filed after 30 days. Note that when e-mails are Auto-Filed they are moved to an "archive" folder and remain accessible for now.

Note: This process may change in the future to better comply with Google requirements and e-mails in the Trash folder would be permanently deleted after 30 days.

### Questions?

The EpiHelp group will have a Q & A session at **noon on Wednesday, September 9, in room 364**. Get a brief outline of the program and bring any questions you may have.

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### Google Apps Are Coming!

The U is partnering with Google to offer Google Apps for registered students, faculty, and staff. Google Apps includes tools like Gmail, Docs, Calendar, Talk, and various sites that may enhance collaboration. The optional service is slated to launch in October. For more information, see [U Google initiative](#).

## Just for Fun!

### September Riddle

An old man wanted to leave all of his money to one of his three children, but he didn't know which one he should give it to. He gave each of them some coins and told them to buy something that would be able to fill their living room. The first bought straw, but there was not enough to fill the room. The second bought some sticks, but they did not fill the room. The third bought two things that filled the room, and so obtained the father's fortune. What were the two things that third child bought? What did the third child buy?

Send an e-mail to [cwiebe@umn.edu](mailto:cwiebe@umn.edu) and let me know!

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### August's Riddle & Answer

This must be done IN YOUR HEAD and NOT using paper, pen or calculator.

Take 1000 and add 40 to it. Now add another 1000.  
Now add 30. And another 1000.  
Now add 20. Now add another 1000. Now add 10.  
What is the total?

**The answer:** 4100.

Most people answered: 5000 - A result of the mind playing association and anticipation tricks on you!

**Congratulations to the many who played the Riddle! Good job all!:**

First correct answer: Millie Woodbury

Second runners up: Ali Duval (Sue Duval's daughter), Lindsay Fabian

Honorable Mentions (got it right in a second e-mail): Andrew Flood, Kadie Larson Ode

And a big, *Good Job* and *Thanks for Playing* to the many who thought really hard but came up a bit long in their calculations. We'll just chalk it up to it being summer.