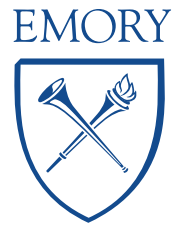


Emory Report



December 10, 2007 / volume 60, number 14

www.emory.edu/EMORY_REPORT

HOLIDAY TIPS

How to make the season healthy, merry and bright



Dressed as an elf, Vice President Gary Hauk demonstrates the spirit of giving as he hands out presents to students at Wonderful Wednesday. He was joined by Santa, joyfully played by Santa Ono, vice provost for academic initiatives.

BY ELIZABETH ELKINS

December can quickly become one of the busiest, most stressful times of the year. Here are a few ways to successfully navigate the season, keeping heart, health and the world around you intact.

Remember the environment

Atlanta and much of the Southeast is in the throes of an exceptional drought. While that may mean you'll be pay-

ing more for a Christmas tree, it more importantly should be a constant reminder of the need to honor our environment and live each day with sustainability in mind. Georgia's power plants are ranked No. 1 and No. 3 in the nation for greenhouse gas pollution, and have remarkably high outputs of ozone and mercury that have a measurable local public health impact.

"This is very sobering in light of the holidays. But you can make a difference in a very simple way: reduce, reuse, recycle," explains Ciannat Howett, director of the Office of Sustainability Initiatives.

Howett offers these pointers to make your holidays eco-friendly:

- Avoid purchasing petroleum-based products (plastics).
- Make purchases from local sources, such as farmer's markets.
- Take your own tote bag when you're holiday shopping.
- Give "experiences" as gifts — things that don't require consumption, such as tickets to the theater or movie passes.
- Shop at vintage and antique stores.

See **HOLIDAY TIPS** on page 8

ALUMNISPOTLIGHT

Songs for Kids makes hospitals rock

BY CAROL CLARK

When Josh Rifkind '95C was growing up in Manhattan, he was terrified of needles, tubes and hospitals. "My father was a trauma surgeon," he says, "and these medical magazines would come to the house with horrifying pictures of open-heart surgery on the cover. I was so afraid of seeing those images."

Rifkind graduated from Emory in 1995 with a degree in sociology and stayed in Atlanta to build a career as a music manager and promoter. In January, he used his music network to launch a charity called the Songs for Kids Foundation, which brings musicians to pediatric hospitals and to camps for children with chronic illnesses, where they perform and record with the kids.

"I usually go with them and perform, too, just because it's so much fun," says Rifkind, who has overcome his fear of hospitals by bringing joy to young patients.

At a November performance for Children's Healthcare of Atlanta at Scottish Rite, Rifkind strummed away on his guitar, leading the kids through the usual repertoire of songs such as "The Wheels on the Bus," when 5-year-old Brady Cole took the stage. He wore leg braces, a catheter, and was attached by needles to some kind of machine, Rifkind recalls.

"He had to be helped up so he didn't trip over all the tubes coming out of him. He's clearly going through a lot, but he just got up on stage, took the microphone and started jamming, dancing and singing. He wasn't thinking about the tubes in his body, he was just

rocking out to the song. These kids are cool, hip and incredibly brave," Rifkind says.

A health care worker at another facility informed Rifkind that a 14-year-old girl, who had just undergone a bone marrow transplant, loves the Georgia R&B group B5. Rifkind brought all five of the young male band members to the hospital. "They put on gloves, masks and gowns to go into the isolation unit to see her," he says. "It lifted her spirits immensely to have her favorite band walk into her room."

Rifkind also arranges for musicians and recording engineers to visit children undergoing kidney dialysis. "The kids can sing along and record a song while they're having dialysis," he says. "We can burn a CD for them at their bedside."

See **SONGS FOR KIDS** on page 3

NEW PUBLICATION

How Emory advances the common good



At a makeshift clinic, South Georgia farm workers and family members receive free medical care from Emory volunteers. A new Web site and booklet shows what is possible when faculty and students connect scholarship and learning with service to the community.

BY KIM URQUHART

Emory is committed to community. It understands the importance of partnership and the potential for transformation that occurs when people and communities work together toward shared goals. Just ask the employee who donates a portion of her paycheck to Emory's workplace giving campaign, the faculty member whose research addresses local concerns, the student whose community service activities prove that learning goes beyond the classroom.

The University has produced "Emory in the Community" to share its story with those who may not know the extent to which Emory applies engaged learning and scholarship to service in the community — from its neighbors in Druid Hills and DeKalb County to Georgia's philanthropic, public and private sectors.

The booklet describes some of the many ways in which Emory's students, faculty and staff are reaching out to partner with communities all over the state. Organized into themes and issues, the publication provides a snapshot of the investments of time, intellect and effort faculty, students and staff have made in Georgia's communities. Each example of community service is prefaced by how the work is central to Emory's mission, and the book concludes with a guide to offices across campus that devote resources in support of such projects.

Critical elements of the growing infrastructure of community resources include the Office of Community and Diversity and the Office of University-Community Partnerships, who coordinated production of the booklet.

Teaching, learning, research and service opportunities that have benefits beyond campus

occur in pockets all over the University. The book will help faculty, staff and students understand the breadth of what Emory does in each school as much as it will educate Emory's friends, neighbors and partners about its community service.

"Emory is a place where students, faculty and staff make a daily commitment to learn from and contribute to the world around them," said Senior Vice Provost for Community and Diversity Ozzie Harris. "When you learn and work in communities, sometimes it's hard to tell who are the students and who are the teachers."

"What I love about this book is that it refutes the conventional wisdom that Emory is a bubble. This is a stunning example of how Emory is working everywhere," said OUCP Senior Program Associate Sam Marie Engle.

From improving the health of Georgians to ways in which DeKalb County's largest employer is enriching the community, the book highlights the myriad ways Emory advances the common good. As partners in educational excellence, Emory's programs touch school children at all levels of their education by providing professional development for teachers, volunteers for afterschool programs and summer academic and sports camps. Preparing engaged scholar-leaders and strengthening neighborhoods are among the other areas highlighted.

The book also includes profiles of alumni to show that student engagement doesn't end with graduation. "These are examples to show how alumni are living the values that they learned at Emory," Engle explained.

Engle and Harris emphasize that the booklet is not

See **COMMUNITY** on page 3

AROUNDCAMPUS

Survivor speaks out on Gulag prison system

On the eve of the opening of a King Center exhibit tracing the history of the Soviet Union's forced labor camp system and its impact on Russia and the world today, human rights activist Sergey Adamovich Kovalev will speak at Emory. The event, organized by Emory's Center for Russian and East European Studies, the Department of Russian and East Asian Languages and Cultures and others, is set for Tuesday, Dec. 11 at 7:30 p.m. in White Hall 205.

Kovalev will also speak with former U.S. President Jimmy Carter on Wednesday, Dec. 12 at 7 p.m. "Conversations at the Carter Center" will be webcast live on www.cartercenter.org and will feature a panel of human rights leaders discussing the Gulag prison system's impact, as well as offer comparisons to the American Civil Rights Movement.

A survivor of Soviet persecution, Kovalev is president of the Moscow-based Human Rights Initiative and a leading member of Russia's democratic opposition. As both a cofounder of Memorial, a civic organization devoted to the memorializing of the victims of political persecution, and the Moscow branch of Amnesty International, Kovalev has been an open critic of the Yeltsin and Putin administrations. Kovalev will be joined at the Emory event by his son Ivan, who was also imprisoned at the Gulag.

Happy Holidays from Emory Report

Emory Report has concluded its weekly publication schedule for 2007. Look for a redesigned Emory Report on Jan. 14, 2008.

EmoryReport

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FIRSTPERSON CHARLES RAISON

P.E. core component of an optimal education

Jon Rou

Charles Raison is an assistant professor in the Mind-Body Program, Department of Psychiatry and Behavioral Sciences. He serves as clinical director of Mind-Body Program and co-director of the Emory Collaborative for Contemplative Studies.

It took me a while to get there, but it is no accident that I ended up spending much of my professional life studying links between mental and physical well-being in Emory freshman students. We are all drawn to the things that have impacted our own lives, and my freshman year in college left an enduring imprint on me.

I had crafted my high school identity around being a top student from a tiny farm town where the average graduating senior read at less than sixth-grade level. Suddenly tossed in with the rich, powerful and brilliant at an elite university, it took less than a couple of weeks to separate me from the grandiose self-assessment that had kept me afloat back home. With the loss of that illusion I sunk into depression and spent much of that year sleeping through class, sleeping all afternoon and moving across the landscape like a frightened ghost. Eventually, I recovered. But the experience soured me on college.

I often wish I could go back and apply what I know now to what I needed then. One of the lessons that I would most insist upon for my adolescent self would be to engage in a program of regular exercise, preferably in the (self-selected) company of others.

Why? Because data have been piling up for over a decade now showing that regular exercise improves mood if you are down and works as an antidepressant if you are depressed. Moreover, given that young adults are at increased risk for adverse reactions to antidepressants, exercise is especially relevant for people like the student I used to be. Of course, such an exercise program wouldn't have saved me from all that freshman psychosocial stress

— or would it have?

Remarkably, recent studies suggest that exercise "gets you in shape" not just in terms of physical endurance, but also in terms of how you handle psychological stress. Indeed, people who exercise regularly can run further than those who don't, but they also show reductions in the types of deleterious emotional responses to psychological stress that set people up for depression, as well as the types of deleterious physical responses to stress that promote the development of obesity, diabetes, heart disease and dementia.

It is with these considerations in mind that I want to voice concern over a plan currently being considered by Emory College that seeks to reduce general education requirements, in part, by cutting the current undergraduate P.E. requirement. I think doing this will vitiate a program at Emory that, rather than being assailed, should be celebrated as an important potential resource in the

It is my sincere hope that the College elects to continue being a standard bearer among its peers in holding that physical education is a core, indeed elemental, component of an optimal education for students destined to tackle the unknowable stresses and challenges of the 21st century.

University's stated — and strategic initiative-backed — commitment to preventive health. Does it not seem disingenuous for the University to invest millions in extending the concept of education to include optimizing life-long health, while at the same time cutting a program that is enacting that goal now in the most tangible and important way possible?

One argument advanced in favor of gutting the P.E. requirement seems to me to be especially spurious, despite seeming reasonable enough on the surface: that P.E. should be an elective opportunity instead of a requirement. Why?

Because — the argument goes — students would exercise without the requirement, so nothing would be lost. Really? If it was so easy to adopt a regular health-promoting exercise program most adults would be doing it, because, after all, we all know how crucial exercise is to health.

The fact that this is not the case highlights how important it is that we build exposure to physical education into the curriculum early enough in life for good habits established by

mandate to take root and flower later as activities embraced by free choice. Moreover, as I know from my own difficult experience, it is precisely the students whose mental and physical health would be most likely to benefit from exposure to P.E. who are often least able to access an exercise program through their own volition.

As a result of my studies, I have worked with approximately 150 Emory freshmen over the last two years. One of the bittersweet aspects of this experience has been the realization that I was far from alone in struggling with depression during my first year of college.

We recruit a cross-section of freshmen, and yet in some semesters up to 30 percent of our students have depressive symptoms significant enough that they would qualify for entry into an antidepressant drug trial. And many students who are not struggling with clinical depression nonetheless show signs of sadness,

anxiety and insecurity that make my heart ache, not only for them, but for the freshman I once was.

On the other hand, because we conduct our research in collaboration with the Department of Health, Physical Education and Dance I have had the chance to repeatedly see a potent antidote to this situation

in action. You can see it, too. Just take a walk through the Woodruff Physical Education Center and observe the activities and demeanors of the students inside. You will see young people full of life, full of confidence, talking, laughing, working together in teams or conquering physical challenges on the solitude of the rock wall or in the silence of the pool water. If you could juxtapose this vision with a snapshot of the more representative students we see in our study, you, like me, would be powerfully converted to the notion that physical exercise holds almost unlimited potential to improve the lives of college students.

It is my sincere hope that the college elects to continue being a standard bearer among its peers in holding that physical education is a core, indeed elemental, component of an optimal education for students destined to tackle the unknowable stresses and challenges of the 21st century.

AROUNDCAMPUS

David Stephens appointed VP for research in WHSC

Emory has named David Stephens vice president for research in the Woodruff Health Sciences Center. In this newly established position, Stephens will oversee the WHSC research enterprise and lead planning activities that enhance Emory research programs and collaborations.

Previously, Stephens was the executive associate dean for research in Emory School of Medicine. He directs the Division of Infectious Diseases in the Department of Medicine.

"This new research position is a critical part of our strategy to achieve the WHSC vision of transforming health and healing," said Fred Sanfilippo, executive vice president for health affairs, CEO of the Woodruff Health Sciences Center and chairman of Emory Healthcare. "Dr. Stephens has been a remarkably productive member of the WHSC research and administrative teams. His numerous and notable successes in garnering major research grants, his proven ability to collaborate within the University and with external research partners, his groundbreaking research discoveries, and his local, regional and national leadership make him the ideal person to hold this key new position."

Learn more about Emory's community, diversity plans

The Emory community is invited to attend an informational session with diversity consultants on Monday, Dec. 10 at 9 a.m. in 400 Administration Building. Discuss ideas that will help Emory create community and diversity plans.

For more information, call 404-727-2616.

Dec. 28 last day to request library items from storage

Woodruff Library's Level 6 materials will be returned from storage and inaccessible to staff and users Dec. 28 through Jan. 27. Items classified HN-KZ and N-NX must be requested before noon, Dec. 28, or before Dec. 19 for reserve requests. Level 6 will reopen Jan. 28, 2008.

For more information, visit <http://web.library.emory.edu/stacksmove/>.

Faculty, staff can save on cars with Ford discount

Emory faculty and staff are eligible to receive a discount at most Ford, Lincoln, Mercury, Volvo, Jaguar, Land Rover and Mazda stores, through Dec. 31.

Made possible by the law firm of Borda, Lorenz and Geggie, the Ford X Plan offers faculty and staff a fixed, "no-hassle" price on select vehicles at a substantial savings. The X-Plan pricing is available whether a purchase is made outright, financed or leased.

To sign up for the program, Emory employees must obtain an X Plan PIN number from Fran Kleabir at fkleabir@ford.com or Jane Regan at jregan18@ford.com, and reference the Borda, Lorenz and Geggie firm.

Present the PIN to a Ford, Lincoln, Mercury, Volvo, Jaguar, Land Rover or Mazda dealership to qualify for X Plan pricing.

EMORYPROFILE JUSTIN GALLIVAN

Quiz whiz



Bryan Meltz

There is no question that Assistant Professor of Chemistry Justin Gallivan is an innovative teacher: he draws on his interest in trivia to write exams, podcasts his lectures, and engages his students with humor.

BY LEILA BORDERS

On a typical Wednesday night, assistant professor of chemistry Justin Gallivan can be found playing trivia in his Virginia Highland neighborhood, perhaps even hosting the game at Moe's and Joe's. Writing questions for trivia is not much different than writing exams, Gallivan says: they both challenge him to create questions that are sometimes difficult, but still engage the expectations of the audience.

Gallivan says he first became interested in trivia while working toward his doctorate in chemistry at Caltech. Caltech lacked the major sports activity of his undergraduate alma mater, the University of Illinois, so the fervent sports fan pursued a new competition.

There's no question that Gallivan is passionate about

science. Gallivan manages an active research group in the new area of synthetic biology, where his lab engineers biological systems to solve problems in chemistry and materials science. His efforts in research and teaching have earned several prestigious national awards, including a Beckman Young Investigator Award and a Camille Dreyfus Teacher-Scholar Award.

Teaching is not a trivial matter for Gallivan, who settled at Emory in 2002. His favorite course is undergraduate biochemistry — a class which at Emory averages more than 200 students. How does he keep the interest of that many students? All it takes is a sense of humor. The body is the most visible object on a stage in a large auditorium, Gallivan says, and he uses it to act out the concepts discussed in class. He runs into walls, tells jokes, and uses other forms of physical comedy to keep his students engaged.

Gallivan's chemistry

extends into other areas of his life, including the kitchen — where it is possible to “do experiments, eat your mistakes, and yield does not matter.” When he is not watching a University of Illinois basketball game, Gallivan admits he tunes into Food Network. His creativity in cooking can often lead to full days preparing complex dishes, his favorite kind.

He takes a similarly innovative approach to teaching through the use of technology in the classroom. When Gallivan noticed many of his undergraduate biochemistry students bringing tape recorders to class and even trying to barter with one another to listen to those tapes, he decided to make his lectures available free of charge via podcast. The podcasting not only connects Gallivan to his classes, he says, but also allows Emory the opportunity to show the world the excellence that happens in University classrooms. Gallivan's podcasting allows interested people around the world the opportunity to listen to his lectures. He says many have sent e-mails thanking him for the added instruction.

Only audio was available in his original podcasts. Later, still pictures of his blackboard notes joined the audio. Today, viewers can see what Gallivan writes in real time video while listening to the lecture. Though he can't be seen physically running into a wall while demonstrating a complex concept, a dull thud can be heard by those who listen closely.

It is easy to imagine this increased access to lectures would decrease attendance, but this is not the case for Gallivan. The students still want the dialogue and interaction, he insists. Besides, who could resist the comedy?



Special

Brady Cole, who will turn 6 this month, spontaneously took the stage with Songs for Kids founder and Emory alumnus Josh Rifkind, during a recent visit by the musical charity to Children's Healthcare of Atlanta at Scottish Rite.

SONGS FOR KIDS from page 1

In May, Rifkind brought together 1,500 musicians for what he called “500 Songs for Kids,” a 10-day event which raised \$20,000 for pediatric charities.

“I'm lucky to have such a wide network of people who are willing to give their time free,” Rifkind says, adding that the musicians who volunteer end up thanking him because they enjoy the experience so much.

The response to Songs for Kids has been overwhelmingly positive and Rifkind hopes to expand the program in 2008 to include adult patients in Emory hospitals.

“When you're younger, your dream is to be someone with a lot of money, but the older you get, the more you realize that it's better to contribute something to the world,” Rifkind says. His main paying gig is managing the rising Athens rock band “The Whigs,” but he has worked for free to build Songs for Kids.

“It's been economically challenging but emotionally rewarding,” he says. “This has been probably the best year of my life and it's been almost all focused on giving. I feel very blessed.”

Learn more at songsforkidsfoundation.org.

COMMUNITY from page 1

intended to be exhaustive, but rather indicative of what is possible when faculty and students connect scholarship and learning with service to the local community. “Emory in the Community” is available in print and online at

www.emory.edu/emoryinthecommunity.

In addition to offering the most recent and accurate information that can be updated at any time, the Web portal serves several functions for both internal and external audiences. “The vision is to group like efforts together in one central spot on the Web,” said staff member Alexander Christian, who developed the new site.

It will strengthen Emory's ability to obtain funding and support for community projects, while allowing potential partners to connect and develop synergy.

“The idea is to have a portal that will allow people to deepen their understanding of what is already being done and to see examples of how others are working in the community,” said Harris. “Over time I am hopeful the Web site will become a place where anyone who asks the question of how Emory is engaged in the community will get an answer that is

satisfying.”

A forthcoming survey, facilitated by Senior Vice Provost Lynn Zimmerman, will help shape the new Web site. “The survey is an opportunity to develop a comprehensive list,” said Harris.

The OUCP will use data from the survey to inform the overhaul of its Community Partnerships database, which tracks all of the University's community-based and community-focused efforts in teaching, research and service. The Web site and OUCP database will grow as creative faculty, dedicated staff and energetic students continue to contribute to the community.

Harris hopes the project will ultimately help Emory, which sees itself “as a partner among other partners,” develop closer relationships with the business community and other colleges and universities to better coordinate partnerships in teaching and research.

“The intention when we talk about engaged scholars is to provide obvious and meaningful opportunities for people to serve,” said Harris. “The idea is to partner in learning and share knowledge.”

Making a difference in Georgia

- 88 percent of graduating seniors have volunteered in the local community.

- 22,000 Georgia school-children took part in Emory-sponsored activities.

- \$5.7 billion is the estimated annual economic impact on Georgia's economy by Emory University and Emory Healthcare.

- \$22 million worth of health care was provided to those without insurance or an ability to pay.

- \$4 million in need-based financial assistance, including \$250,546 from Emory Advantage, frees Emory undergraduates from Georgia to worry about learning, not money.

Data based on 2006 statistics.

Nanotechnology presents obstacles, opportunities

The next decade's opportunities to apply nanotechnology in detecting and treating cancer resemble “a giant candy store,” chemistry professor Dennis Liotta told participants in a Dec. 4 workshop. Liotta's work with pediatrics professor Ray Schinazi has produced anti-HIV drugs taken by millions to stave off AIDS and sparked the creation of several start-up companies.

But scientists hoping to follow in Liotta's footsteps face a long road ahead. Challenges include obtaining patents, recruiting capable management and securing funding to last through the “marathon” of clinical trials, he said.

The Emory-Georgia Tech Center of Cancer Nanotechnology Excellence's workshop was the CCNE's first on the topic of turning medical inventions into viable products.

Nanotechnology refers to microscopic objects larger than conventional drugs that scientists think could be used to target tumors more specifically than harsh chemotherapy agents. However, because the properties of such “nanomaterials” within the body are poorly understood, they may have to jump more regulatory hurdles.

“Today, students and investigators can learn what are the obstacles, what are the procedures for commercialization,” said Emory-Georgia Tech CCNE co-director Shuming Nie.

The workshop's panel of industry experts agreed that nanotechnology will find its way into commercial use first in laboratory tests and diagnostic imaging, and then possibly as a way to deliver existing drugs more effectively.

— Quinn Eastman

GOVERNANCE MATTERS

Board of Trustees wraps up year with eye to the future



Kay Hinton

For future generations of graduates, trustees George Overend '64C, Laura Jones Hardman '67C, and J. David Allen '67C-'70D-'75DR are committed to supporting the changing needs of the institution.

BY KIM URQUHART

The November meeting of Emory's Board of Trustees capped a productive year of engagement and planning.

"We have great leadership from the administration and a terrific spirit among trustees; consequently, we're enjoying a lot of institutional momentum," said Trustee Wendell Reilly '80C.

Trustees reviewed the progress of key initiatives, evaluated current issues and planned for the future.

As the implementation of the strategic plan continues to move forward, the Board reviewed progress of strategic initiatives and assessed key indicators of the University's performance.

As Emory continues to enhance its physical environment through the campus master plan, the Board approved several important construction projects this year, including new buildings for psychology, Candler School of Theology and the Rollins School of Public Health.

The public phase of the University's comprehensive fundraising campaign is also coming into focus, and is an issue that will engage the trustees on several levels. "It's not all about raising money," Reilly noted, but about supporting the University's vision and strategic plan. "The comprehensive campaign is really about finding people to invest in that vision."

The Board also discussed at length current issues such as the future of financially troubled Grady Memorial Hospital.

New voices

The Board was further strengthened this year with new appointments. Emory welcomed two new alumni

trustees: Teresa Rivero '85Ox-'87B-'93MPH, senior program officer at the Bill & Melinda Gates Foundation; and C. Robert Henrikson '72L, chair, president and CEO of Metropolitan Life Insurance Company.

To lend another voice to decisions affecting the University, five new faculty counselors joined existing counselors from across the campus. Faculty counselors serve three-year terms as non-voting faculty representatives on the Board's major committees. "We add a faculty perspective on matters and issues being discussed so the Board gets a sense of what's happening on the ground," said professor Nadine Kaslow, who as president of the University Senate and chair of the Faculty Council serves as an ex officio member of the Board's Academic Affairs Committee.

To further strengthen the connection between trustees and faculty, Kaslow has invited Board of Trustees Chair Ben Johnson III '65C and Trustee Chilton Varner '76L to upcoming meetings of the Faculty Council and University Senate. The Board hears regular reports from Emory's governance groups, including the Student Government Association and the Emory Alumni Board. "The more you bring together different constituency groups who all care about Emory but through different lenses, and figure out how to work together, you'll move further forward when there are areas of difference," Kaslow said.

Preparing for the future

To preserve the traditional stability and deep commitment of the existing Board while preparing for major changes to its membership over the

next decade, the Board's Governance, Trusteeship and Nominations Committee established a Governance Task Force to help it plan for the future. The task force's report, "Preparing for the Board of the Future: Succession and Strategic Planning," details

retire. "We've tried to come up with very strategic and focused ways to make sure our wonderful, young and dynamic senior administrative team is well supported after we are long gone," said Johnson, who chairs the task force.

"These changes provide the opportunity for strong succession planning for our Board," added Vice President and Secretary of the University Rosemary Magee, whose office is working closely with the Board to develop short- and long-term succession plans that ensure continuity and cohesion.

In a move that enables it to meet the heightened needs of the institution during transformational periods, the size of Board will change from a fixed number of 39 trustees to a designated range of 39 to 45 trustees. As a result, its membership may increase up to 15 percent over the next decade, building on the full range of intellectual and professional expertise of the Board with appointments that reflect the diversity of perspectives and backgrounds of the alumni body. Planning for succession involves identifying and cultivating a strong, diverse pool of candidates who will serve Emory with dedication and distinction. "Everyone in the community can contribute to that process," Magee said.

"Flexibility in the number of trustees and regular assessment of strengths and needs of the Board will help assure an appropriate balance for the most effective governance as Emory continues to thrive and to excel," said Trustee Laura Jones Hardman '67C.

Another component of the strategic plan is to promote effective governance practices, enhance opportunities for informed advocacy and expand opportunities for meaningful engagement.

One such opportunity for engagement was a presentation at the recent Board meeting by professor Frans de Waal about his teaching and research on primate behavior at Yerkes National Primate Research Center, and a discussion with Pulitzer Prize-winning author professor Natasha Trethewey at the previous meeting. Reilly said the presentations "help ground trustees and remind them what the University is all about. What makes a University interesting is the research and the teaching that take place." It's one of the opportunities for engagement the Board plans to be more intentional about providing in the future.

Johnson believes it is important to begin building the Board of the future today



Jon Rou

"I serve on Emory's Board out of a sense of giving back, and being able to make sure that the quality of education and caliber of experience I've had at Emory is something that we keep improving and share for the next generation of students."

— Trustee Teresa Rivero '85Ox-'87B-'93MPH, on why she serves on the Board of Trustees.



Special

"Trustees have the benefit of the big picture that comes along with oversight responsibilities, but at the same time, we also have the opportunity to roll up our sleeves and work on specific projects with faculty, staff and students."

— Trustee Wendell Reilly '80C, on why he finds serving as trustee "gratifying."



Ann Borden

"Emory must have a Board that is committed, knowledgeable and enthusiastically engaged as it provides guidance for sustainability and excellence based on sound values and thoughtful vision."

— Trustee Laura Jones Hardman '67C, on her vision for the future of the Board of Trustees.

a number of governance-related initiatives to address the evolving needs of the University.

By 2015, more than two-thirds of the Board's membership will turn over as terms expire and current trustees

The length of the terms will be recalibrated from the current eight-year renewable term. Term trustees will move to a six-year initial term, and a four-year renewable term will follow. Alumni trustees will continue to serve one six-year term.

to support the long horizon of Emory's senior leadership team. "When we rotate off, it will be with our heads held high knowing that we left a better board behind," he said.

CAMPUSNEWS

GPS technology tracks Cliff's moves to reduce the wait



Cliff shuttles are now equipped with GPS technology to help riders better manage their commute. Increasing shuttle ridership is also helping to improve traffic on local roads.

BY KELLY GRAY

Commuters using Emory's shuttle system, Cliff, no longer have to wonder when or where their next ride is coming from, thanks to newly installed technology on the University's shuttle Web site, www.ridecliff.org.

The new equipment allows riders to view the location

of the shuttles and routes in real-time from ridecliff.org or a Web-enabled cellular phone (a Java applet is required to view the map). The Web site also features shuttle announcements and updates like traffic delays, weather conditions and construction-related interruptions.

Cliff buses are equipped with global positioning system units that transmit their location to a central server. That data is then broadcast

to a map on the Internet or a mobile phone in a matter of seconds.

"This new technology will help commuters better manage their commute, allowing anyone with Internet access or a cell phone to coordinate with the system," said Adele Clements, Emory's transportation director. "It also helps to manage day-to-day operation of the system so that we can minimize the impact to our riders when disruptions occur."

The technology allows commuters to choose when to arrive at bus stops while minimizing their wait. The Web site continuously displays the location of the buses and shows their real-time movement against a map of recognizable buildings and landmarks familiar to riders. The shuttle locations shown on the map are approximately five seconds behind its actual live location, giving riders enough time to arrive at the bus stop.

"This eye-in-the-sky view of Cliff shuttles will help us increase ridership and deliver better service to our customers who are coming to and getting around the campus," said Clements.

All of the shuttle routes except for the Oxford and Lenox routes are equipped with the new tracking technology.

In November, Cliff marked its first anniversary at the Northlake Mall park-n-ride lot. Many of the more than 5,000 riders on the morning and afternoon route use the 30-minute trip to read or relax and enjoy the ride into Emory's campus.

However, the greatest impact can be felt on the North DeKalb Mall park-n-ride route where ridership has grown steadily. In September

this route included 20,000 commute trips on Cliff shuttle buses (more than 500 daily round trips). With such a high demand for ridership, this route also picks up commuters at the same stops as the Northlake shuttle.

Emory's third park-n-ride lot at The Gallery at South DeKalb counted 4,700 commuters in September.

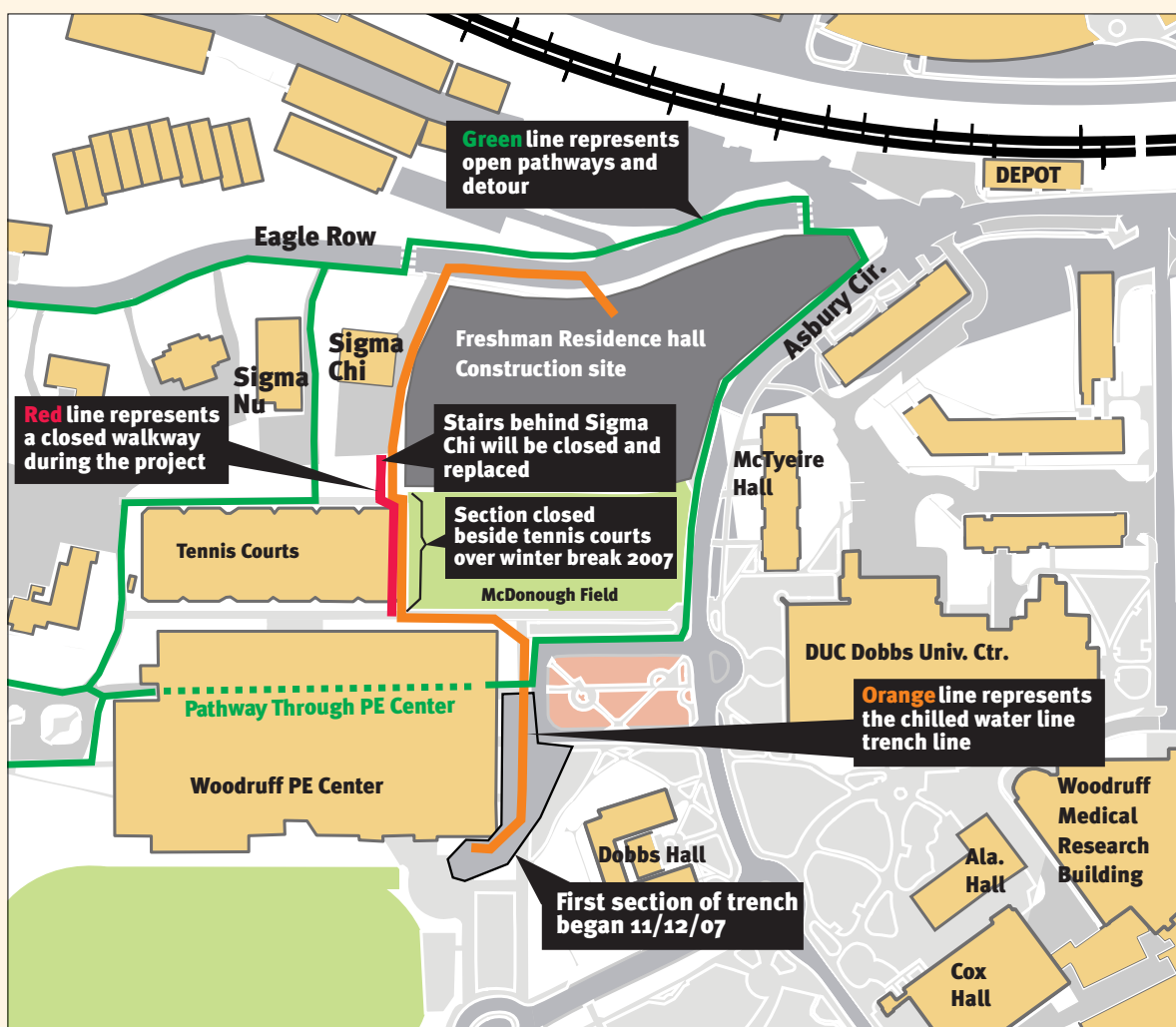
Although not a park-n-ride shuttle, the Executive Park route is influencing traffic in the Clifton community as well. Making more stops than any other route in the system, the Executive Park route picks up neighborhood commuters at various businesses and apartment complexes along its course.

Cliff park-n-ride routes are positioned along major thoroughfares throughout the community and shuttle stops are conveniently located near MARTA bus stops. In all, Cliff shuttles are helping to reduce short trips on and around Emory's campus and in the community.

For specific stop information and schedules visit www.ridecliff.org or call Emory's Transportation Office at 404-727-1829.

CONSTRUCTIONUPDATE

Watch your step near WoodPEC



Emory is adding chilled water lines in order to accommodate several new developments on campus, including Freshman Residence Halls 2 and 3. Chilled water provides the necessary cooling required for most of the air conditioning in Emory's campus buildings. Each building that ties into the system — nearly every building on campus — uses the chilled water to operate their individual mechanical systems. During installation of the first phase of the water line, pedestrian routes will be altered near WoodPECC. Visit www.construction.emory.edu for updates.

COMMUNITYPARTNERSHIPS

Visions for Clifton corridor



Community members joined Emory and the Clifton Community Partnership on Nov. 27 to view newly drafted urban design guidelines. Following a year of public input, the guidelines will help Emory and other local landowners create dynamic public spaces and streets around the Clifton Road campus.

The draft guidelines are based on the design expertise of design firm Goody Clancy. This collaborative effort, with input from Emory and local community members, included a series of workshops. The goal of the guidelines is to illustrate how pedestrian access, transportation and improved design elements could complement each other and improve the quality of life in the greater Clifton community.

View the guidelines and visuals, comment by Dec. 21, and see the comments of others by visiting www.cliftoncommunitypartnership.org.

Core principles of urban design

- Creating places of greater civic value;
- Promoting environmental sustainability;
- Expanding housing, recreation and retail choices;
- Improving accessibility and connectivity of commercial areas, natural areas and neighborhoods;
- Enhancing well-being;
- Fostering community-wide engagement.

SCHOLARSHIP&RESEARCH

Dolphin therapy is all wet, Emory scientists conclude



Dolphins are beautiful, intelligent animals, but they do not have healing abilities, says Lori Marino, senior lecturer in the Neuroscience and Behavioral Biology Program.

BY CAROL CLARK

Are you depressed? Suffering from a chronic illness? Do you have a child with a severe mental or physical disability?

Don't turn to a dolphin for help, warns Lori Marino.

Marino, senior lecturer in the Neuroscience and Behavioral Biology Program, has teamed with Scott Lilienfeld, professor of psychology, to launch an educational campaign countering claims made by purveyors of dolphin-assisted therapy.

"Dolphin-assisted therapy is not a valid treatment for any disorder," says Marino, a leading dolphin and whale research-

er. "We want to get the word out that it's a lose-lose situation — for people and for dolphins."

While swimming with dolphins may be a fun, novel experience, no scientific evidence exists for any long-term benefit from DAT, Marino says. She adds that people who spend thousands of dollars for a dolphin "healing" experience don't just lose out financially — they put themselves, and the dolphin, at risk of injury or infection. And they are supporting an industry that — outside of the United States — takes dolphins from the wild, in a brutal process that often leaves several dolphins dead for every surviving captive.

Marino and Lilienfeld reviewed five studies published during the past eight years and found that the claims for efficacy for DAT were invalid.

Their conclusions were published recently in *Anthrozoös*, the journal of the International Society for Anthrozoology, in a paper titled "Dolphin-Assisted Therapy: More Flawed Data and More Flawed Conclusions."

"We found that all five studies were methodologically flawed and plagued by several threats to both internal and construct validity," wrote Marino and Lilienfeld, who conducted a similar review in 1998. "We conclude that nearly a decade following our initial review, there remains no compelling evidence that DAT is a legitimate therapy, or that it affords any more than fleeting improvements in mood."

An upcoming issue of the newsletter of the American Psychological Association's Division of Intellectual and Developmental Disabilities

will feature another article by Marino and Lilienfeld, titled "Dolphin-Assisted Therapy for Autism and Other Developmental Disorders: A Dangerous Fad."

"We want to reach psychologists with this message, because DAT is increasingly being applied to children with developmental disabilities, although there is no good evidence that it works," said Lilienfeld, a clinical psychologist. "It's hard to imagine the rationale for a technique that, at best, makes a child feel good in the short run, but could put the child at risk of harm."

The Emory scientists have timed their campaign to coincide with a recent call by two UK-based nonprofits — the Whale and Dolphin Conservation Society and Research Autism — to ban the practice of DAT.

DAT started in the 1970s, when Florida researcher Betsy Smith began experimenting with interactions between dolphins and autistic children. Smith later stopped her research, citing ethical reasons, and has since denounced the commercialization of DAT.

Florida remains the stronghold of dolphin-assisted therapy, but the trend has spread around the world, fueled by the growth in marine parks and aquariums. "DAT facilities are popping up all over — there are now hundreds of them, and no end in sight," Marino says. "DAT is a big money-making venture and it's merged with the swim-with-dolphins industry."

While Marino is against taking dolphins from the wild and holding them captive for any purpose, she finds DAT

especially egregious, because the people who are being exploited are the most vulnerable — including desperate parents who are willing to try anything to help a child with a disability.

Many people are under the impression that dolphins would never harm a human. "In reality, injury is a very real possibility when you place a child in a tank with a 400-pound wild animal that may be traumatized from being captured," Marino says.

Dolphins are bred in captivity in U.S. marine parks, but in other countries they are often taken from the wild, she says. Marino describes an annual "dolphin drive" in Japan, when pods of dolphins are herded into coves, where they are killed for food or captured for marine parks.

"If people knew how these animals were captured, I don't think they would want to swim with them in a tank or participate in DAT," Marino says.

"During the dolphin drives hundreds of animals are killed, or panicked and die of heart attacks, in water that's red with their blood, while trainers from facilities around the world pick out young animals for their marine parks. They hoist them out of the water, sometimes by their tail flukes, and take them away."

Each live dolphin can bring a fisherman \$50,000 or more, she says. "The marine parks make millions off of dolphins, so that's a drop in the bucket. It's an irony that dolphins are among the most beloved, and the most exploited, animals in the world," Marino says.

SCHOLARSHIP&RESEARCH

McCall uses history, humor and realism to tell local story



Nathan McCall

BY AMYE WALTERS

Nathan McCall's interest in race relations has drawn the African American Studies lecturer on a bi-coastal book tour for "Them," a novel about the gentrification of Atlanta's Old Fourth Ward.

"Them" combines McCall's knowledge of Atlanta's past with snippets of his own family's stories to create a fictional, yet realistic tale of our state's rocky journey from segregation to gentrification.

McCall's debut novel tells the story of Barlowe Reed, a single, forty-something African American whose relative contentment is shattered by the sudden appearance of whites abandoning the suburbs for the inner city. When a white couple moves in next door, Barlowe develops a reluctant, complex friendship with Sandy Gilmore, the woman of the house, as they hold probing — and often frustrating — conversations over a backyard fence.

McCall says he didn't want the book to be too serious, even though it addresses a serious topic. He injects humor throughout the tome — for instance, he creates a scene where a group of whites dance to Motown music after a dinner party.

He also reminds readers

the title is an ambiguous reference to the tendency of whites and blacks to regard each other as "them."

McCall has seen both sides of the reporter's notepad. He wrote for *The Washington Post* and the *Atlanta Journal-Constitution* and got his start with the *Virginian Pilot-Ledger Star*. He says his literary calling did not crystallize during his troubled youth: "I was more inclined to throw a rock and break a window than to read a book." He eventually discovered writing as an outlet for pent-up rage against a system he felt was racist and unjust.

His own journey has helped him connect with Emory students. Students fill McCall's inbox with stories they think will spark his interest, and Emory alumni often turn up at his book signings across the country. One element of teaching he most enjoys is that "students come into class with open minds." He confronts issues of race head-on in the classroom. "I love the challenge of encouraging them to think outside the

realm of their experiences and perceptions," he says.

In an effort to "use the city as a laboratory," McCall often takes his students on field trips throughout Atlanta, especially to the mostly black Southside, where Emory students seldom venture. There the groups make observations about issues related to his courses.

McCall is working on other writing projects that explore America's racial divide. He delves into one aspect of that divide by conducting forums while on tour.

"The issue of gentrification needs to be aired with more public dialogue. People don't know what to make of it," he says. From California to New York, the Mid-Atlantic to here in Atlanta, it's a "hot issue."

Locally, he points to the varying treatment of vagrants in Woodruff Park, who are considered a public nuisance, compared to vagrants in Little Five Points, who are characterized as eccentric. The difference, he says, stems from perception

and race.

As it relates to gentrification, however, he is quick to attribute the difference to something less obvious. The perception is race, but McCall's sense is that it's mostly about class. Ever the journalist, he cites the example of Cabbagetown, a white, working-class neighborhood nestled between Memorial Drive and the Old Fourth Ward. While the Ward has seen gentrification uprooting generations of African Americans, white Cabbagetown residents actually voice the same grievances. Both races feel "outsiders" are coming into their area, taking over and imposing new values.

Race relations are a subject that perplex and sometimes shame us. However, McCall has an ability to put us at ease when discussing our color differences. Whether sitting across a table from him or reading his latest novel, it only takes a brief time to realize that life is not black and white, but a colorful shade of gray.

SCHOLARSHIP&RESEARCH

From religion to reggaetón,
immigrants reshape Atlanta

Bryan Meltz

Senior Brendan Dolan, a music buff, is researching how Latino immigrants are influencing Atlanta's music scene for an American Studies class, "New Immigrants in the New South."

BY CAROL CLARK

Maurice Shelton browses through the selections of a Vietnamese music and video store at Asian Square on Buford Highway. It's not a store that Shelton — a junior history major from College Park — would likely have entered if he hadn't enrolled in the American Studies course "New Immigrants in the New South."

The Vietnamese-American store clerk, Linh Luong, hopes to attend Emory next year and is happy to discuss Vietnamese culture with visitors from the University. "The Vietnamese movie industry is having a tough time right now," he says. He points to the rows of glamorous actresses smiling on the covers of the videos. "A lot of them are here working in nail salons."

Political hot potato

Shelton and his fellow students who have been exploring Asian Square pile back into a van to continue their field trip through metro Atlanta's Buford corridor. A hodge-podge of new immigrants have built up a dizzying array of small businesses along the highway through Doraville and Chamblee.

Although she is an Atlanta native, Kristen McLean says she has rarely set foot in the Buford corridor. "Immigration is such a political hot potato," says the junior linguistics major. The class "is a chance to see, on the ground, the impact it's having."

The new course is team taught by Mary Odem, associate professor of history, and Regine Jackson, assistant professor in the Institute of Liberal Arts. Jackson's research has focused on Haitian immigrants, while Odem has been exploring Hispanic immigration in metro Atlanta and the South.

Anti-immigrant hot spot

Beginning around the 1996 Olympics, Atlanta has experienced the fastest immigrant

growth rate of any major metropolitan area and the trend shows no signs of stopping, Odem says. "The '90s and the first part of 2000 were periods of tremendous economic growth for metro Atlanta and immigrant labor has been critical to that."

Atlanta is not a traditional immigrant gateway, and immigrants here have not followed the traditional pattern of settling in the inner city. Instead, their impact is being felt in suburban areas. While many people find the ethnic mix enriching, others find it intrusive.

"Georgia has become a hot spot of the immigration resistance movement," Odem says, citing the state's 2006 Security and Immigration Compliance Act, one of the strictest state laws in the nation aimed at undocumented residents.

Soccer, church, nightclubs

The van rolls past a bus station advertising non-stop tickets to Monterrey and Matamoras, and a 10-foot-tall green, plastic Statue of Liberty.

The students talk about the research papers they are working on for the class. Shelton wants to delve into the effects that the surge of immigrants is having in the African-American neighborhood where he grew up. "The barbershop talk is that people are concerned about job competition, political power and economic loss," he says. "When immigrants come here and are successful, where does that leave a community that's already here and still struggling to find its niche in the mainstream?"

Rachel Rosenberg, a religion major, is looking at how immigration has affected Catholicism. The Catholic demographic has shifted in Atlanta to a Hispanic majority — although many of the Hispanic practitioners are not officially on the church rolls, Odem says.

Cory Patrick, a senior economics major, plans to attend practices of soccer clubs for refugee youth — including the Fugees of Clarkston — to learn

how sports help immigrants build a community. "I've played soccer my whole life and I wanted to do a project that combined my personal interest," he says.

Brendan Dolan, a senior who is director of Emory's "No Strings Attached" a cappella group, is researching how Latino immigrants are affecting Atlanta's music scene. Through visits to Buford's La Rumba nightclub, and interviews with immigrant disc jockeys and musicians, he has learned that a Caribbean music known as reggaetón is taking on an entirely new, pan-Latino flavor in Atlanta.

"It's really cool. Some Latino musicians here are even being influenced by Atlanta's own 'crunk' movement," Dolan says, referring to a form of hip-hop pioneered by Atlanta rappers.

Tortillas and tacos

The class stops for lunch at Plaza Fiesta, where a food court is nestled amid booths selling alligator-skin cowboy boots and bandanas printed with multi-colored Madonnas.

Dolan sits at the counter of a taqueria, beneath dangling plastic skulls left over from November's Day-of-the-Dead celebration. The server does not speak English so Dolan, who is majoring in Latin American and Caribbean Studies, orders in Spanish. As a woman pats out tortillas by hand, the server tells Dolan that he has lived in the United States for 10 years, but has not been able to visit his parents in Tabasco, near Acapulco, due to the expense of the trip.

The mall, which serves as a community-gathering place for Latinos, as well as a shopping center, is relatively empty. "It's usually packed on a weekend," Odem says. She asks some of the merchants why there are so few customers. They tell her that people are afraid to go out: since the new state law went into effect, arrests and deportations of immigrants have increased and the police have been more aggressive in stopping Latinos in the streets.

HEALTH&WELLNESS

A new model of health
care for a new year —
and for years to come

Imagine what it would be like to be healthy well into your 80s and even into your 90s — to maintain your health throughout your entire life rather than being treated for various and sundry diseases.

That's the idea behind the Emory/Georgia Tech Predictive Health Institute, which combines scientific research with a new Center for Health Discovery and Well-Being. The institute will serve as a clinical testing ground for new predictive biomarkers of health, disease risk and prognosis aimed at keeping people healthy. As you can see, this is a new and innovative model of health care that focuses on maintaining health rather than treating disease.

Translating knowledge into health

New discoveries in science and technology are making it possible to understand health and how to maintain it at a level that we could not imagine even a decade ago. We are learning more about human biology than ever. Translating that knowledge into health in the context of the entire human experience requires changes in how health care is practiced by health professionals, and how health and its care are understood by everyone.

To accomplish this, the institute's researchers and clinicians will use new tools to identify and measure your risks and deviations from health to promote health maintenance and to restore faulty processes to healthy ones before diseases occur.

More than 20 research projects already are under way in predictive health, including biomarkers to predict risk of cardiovascular and neurodegenerative diseases and cancer, drug treatment toxicity and predictive health modeling in early infancy.

This conceptually — and architecturally — unique and innovative Center for Health Discovery and Well-Being is located at the Emory Crawford Long campus in Midtown.

Encouraging healthy habits

Hoping to further encourage each member of the Emory community to embrace this fresh view of health, the University is now offering a new medical plan aimed at helping employees improve and maintain their health now and in years to come. Through financial incentives, the Aetna HealthFund encourages participants to seek preventative care before disease sets in, set up their own personal fitness plan, and even participate in healthy living programs — programs aimed at improving and maintaining their health.

Likewise, just last spring the University launched Step Up Emory, created to provide employee education and awareness of health promotion and wellness opportunities in the workplace. Step Up Emory began with a "Take the Stairs" program, which encouraged faculty and staff to increase their physical activity throughout the workday by skipping the elevator and taking the stairs. The initiative also focuses on nutrition and prevention.

Upcoming symposium

The community is also invited to attend this year's third annual national symposium on predictive health. The theme of this year's symposium is "Predictive Health — State of the Art: A Story in Four Parts," with a first-day focus on defining and measuring health and discovering optimal biomarkers of health. On day two, presenters will discuss interventions to optimize health and ways to apply new knowledge to individuals and populations worldwide.

Find out more

For more information on the Predictive Health Symposium, visit <http://whsc.emory.edu/phi/symposium2007.cfm>.

For more information about enrolling in the Center for Health Discovery and Well-Being, visit <http://whsc.emory.edu/phi/enrollment.cfm>.

For more information about the Emory/Georgia Tech Predictive Health Institute, visit <http://whsc.emory.edu/phi/aboutus.cfm>.

Ken Brigham is director of the Emory/Georgia Tech Predictive Health Institute.

@emory

For online event information, visit www.events.emory.edu.

Events for the Emory Community

PERFORMING ARTS

MONDAY, DEC. 10 Concert

Atlanta Youth Wind Symphony, performing. Scott Stewart, directing. 8 p.m. Emerson Hall, Schwartz Center. Free. 404-727-5050.

SATURDAY, DEC. 15 Concert

"15th Annual Atlanta Celtic Christmas Concert." 8 p.m. Emerson Hall, Schwartz Center. \$25; \$20 discount categories; \$10 students. 404-727-5050. **Also Dec. 16 at 2 p.m. and 8 p.m.**

SUNDAY, DEC. 16 Concert

"Messiah Sing." The Chancel Choir of Glenn Memorial, performing. 4 p.m. Glenn Auditorium. Free. 404-634-3936. **Public invited to sing along.**

VISUAL ARTS

ONGOING: Schatten Gallery Exhibition

"Cartooning for Peace." Schatten Gallery, Woodruff Library. 404-727-7504. **Through Dec. 15.**

MARBL Exhibition

"Dear Miss Hester: Letters From Flannery O'Connor to Betty Hester, 1955-1964." MARBL, Woodruff Library. Free. 404-727-6887. **Through Dec. 28.**

Theology Library Exhibition

"Singing Faith: A Tercentenary Celebration of Charles Wesley." Durham Reading Room, Pitts Theology Library. Free. 404-727-5094. **Through Jan. 1.**

Visual Arts Gallery Exhibition

"New Work by Sang-Wook Lee." 5:30 p.m. Visual Arts Gallery. Free. 404-727-5050. **Through Jan. 26, 2008.**

Carlos Museum Exhibition

"Robert Rauschenberg's Currents: Features and Surface Series." Carlos Museum. 404-727-4282. **Through Feb. 17.**

LECTURES

WEDNESDAY, DEC. 12

Psychoanalytic Studies Lecture
"The Incest Prohibitions: Anthropological and Psychoanalytic Perspectives." Bobby Paul, Emory College presenting. 4:30 p.m. 110 White Hall. Free. 404-727-1444.

THURSDAY, DEC. 13 Medical Science Lecture

"Surgical Grand Rounds: Update on Mechanical Ventilation." Rabih Bechara, medicine, presenting. 7 a.m. Emory Hospital Auditorium. Free. 404-778-1903.

Physiology Lecture

"Na⁺/H⁺ Exchangers from Yeast to Human: Trafficking

in Drugs, Salt and Acid." Rajini Rao, Johns Hopkins University, presenting. 9 a.m. 600 Whitehead Building. Free. 404-727-7401.

Biochemistry Lecture

"Mutations that Reduce the Fidelity of Transcription." Jeffrey Strathern, National Cancer Institute-Frederick, presenting. Noon. Ground Floor Auditorium, Whitehead Building. Free. 404-727-5960.

THURSDAY, DEC. 20 Physiology Lecture

Ron Harris, Cornell University, presenting. 9 a.m. 600 Whitehead Building. Free. 404-727-7401.

RELIGION

SUNDAY, DEC. 16 University Worship

Rev. Susan Henry-Crowe, religious life, preaching. 11 a.m. Cannon Chapel. Free. 404-727-6225.

SPECIAL

TUESDAY, DEC. 11 Pre-Kwanzaa Celebration

4 p.m. Harris Parlor, Free. 404-727-6847.

SUNDAY, DEC. 16 Hindi Urdu Poetry Night

6 p.m. 208 White Hall. Free. 404-727-2108.

MONDAY, DEC. 17 Predictive Health Symposium

"State of the Art: A Story in Four Parts." 8-5 p.m. Emory Conference Center. \$100; \$25 Emory and Ga. Tech employees; \$10 students. 404-686-6194. **Also on Dec. 18. Register at <http://whsc.emory.edu/phi/symposium2007.cfm>.**

HOLIDAY TIPS from page 1

- Recycle your Christmas tree (visit www.earth911.org for a recycler near you).
- Purchase LED holiday lights, which are 90 percent more energy efficient. If you're not using LED lights, minimize the time your lights are on.
- If you purchase electronics, consider how much that product increases your power consumption. Consider offsetting that consumption in another way (begin carpooling to work, turn your thermostat down another degree).

Keep the spirit of the season intact

It's easy to get caught up in the stress of the season and forget exactly why we celebrate. It's important to find time to take a deep breath and remember what this time of the year is about: joy, peace and love.

"It's important to decouple the holidays from consumerism," says John Blevins, visiting assistant professor of pastoral care at Candler School of Theology. "Don't fall into the trap that the holidays are about stuff."

Blevins is also careful about what activities he participates in during the holidays. He suggests choosing activities that reflect what you want out of the season. "It's okay to say 'no' to events that add stress. Say 'yes' to the ones that affirm your beliefs," he advises. This should be a time to

experience joy and delight, and focus on peace. Blevins encourages you to ask yourself what holiday practices make you focus on peace. "So many things over the holidays can keep us from that. We find ourselves exhausted and frazzled by the demand to celebrate. We must find the balance and make sure the stress level doesn't outweigh the happiness."

Stay healthy through the holidays

Washing your hands regularly is the most important thing you can do to prevent getting a cold or the flu, says Shirley Banks, Health Educator in the Health Education and Promotions area of Student Health and Counseling Services. Wash them anytime you've touched your face, mouth or nose, as well as before eating and after handling things that get handled by a lot of people (such as money and serving spoons at potlucks). According to Banks, hand sanitizer is a good thing, but it's not a substitute for old-fashioned soap and water.

"When I say wash your hands, I mean really lather up, get in between your fingers, and use a fresh towel or paper towel to dry," she advises. This remains doubly true if you have or work with children. Children's immune systems are not as developed as adults, causing germs to congregate.

Unlike the common cold,

the flu is much more serious. Contracting the flu can lead to hospitalization. Banks strongly recommends getting a flu shot. "The shot is very safe, and there is no shortage this year," she says.

Other ways to stay healthy include eating right. "Fresh fruits and vegetables are the best source of vitamins — the chemicals our bodies must have for cell repair and operations,"

Banks says.

Make time to exercise. "This lowers your stress level, which can get high this time of year," she says.

Banks also suggests getting fresh air whenever possible when travelling via plane or car, and avoid exposure to cigarette smoke, which can exacerbate symptoms if you've already been exposed to a cold.

If all else fails and you do get sick, there's a golden rule, Banks says: Stay home. "No work, no parties, no family gatherings," she says. "Avoiding contact with a sick person is a pretty straight-forward way to avoid getting sick."

Nurturing your body, spirit and the natural world are easy ways to make the holidays less stressful. Taking time out to reflect on what's important to you and how you celebrate with sustainability in mind can reduce stress and keep you happy and healthy throughout the season.

'Tis the season for giving

Open your heart and empty your closet. There are many ways to give this holiday season that don't require boxes or bows. Here is a sampling of holiday giving opportunities around campus.

Atlanta Children's Shelter Charity Drive: The Office of Communications & Marketing is holding a holiday charity drive Dec. 3-14. Bring children's items, bed and bath supplies such as sheets and towels, and kitchen items as well as general household items to 1762 Clifton Drive, Plaza 1000. Contact Monica Partlow at 404-727-0334 or visit www.AtlantaChildrensShelter.com for more information.

Books for Africa Collection Drive: Volunteer Emory, in conjunction with Alpha Phi Omega and others, are collecting used books to benefit literacy efforts in Africa. Collection boxes are located at the Dobbs Center, Cox Hall, Eagle Row and other areas of campus until Dec. 21.

Campus Life Pet Supply Collection: Campus Life is collecting donations for PAWS Atlanta at its annual holiday luncheon Thursday, Dec. 13 from noon to 2 p.m. in the Cox Hall ballroom. Requested items include dog and cat food, newspapers, cat litter, bleach, dog leashes and dog and cat toys. Non-Campus Life employees are welcome to drop off donations at Cox Hall from 11 a.m. to noon.

Emory College Food Drive: In conjunction with the Atlanta Community Food Bank, the College will continue its food drive through Dec. 19. Collection barrels are located on the second floor of White Hall, first floor of the Rich Building and first floor of the Candler Library.

All contributions of canned goods or other packaged staples are being accepted. The Food Bank is particularly in need of peanut butter, canned tuna, canned beans, canned soups, stews, pastas, 100 percent fruit juice, canned fruits and vegetables, macaroni and cheese, and whole grain, low sugar cereals.

'Think Pink' by giving Emory Eagles merchandise:

The Emory Eagles and the Emory Breast Health Center have teamed up to sell "Think Pink" merchandise to benefit breast cancer research at Emory. Just in time for the holidays, the special edition merchandise is now available at a new online store. Visit www.ezpromostore.com/emory_eagles_think_pink to buy.