

# UNIVERSITY OF PENNSYLVANIA Almanac

Tuesday  
March 28, 2006  
Volume 52 Number 27  
[www.upenn.edu/almanac](http://www.upenn.edu/almanac)

## Reaffirming Penn's Commitment to Need-blind Admissions

Expanding its effort to alleviate the financial burden on low- and middle-income students and to continue to attract top students with diverse economic backgrounds, Penn will provide grants for undergraduate students from economically disadvantaged families with incomes of \$50,000 or less, President Amy Gutmann announced last Thursday.

This move coincides with a \$6.3 million increase in the University's undergraduate financial aid budget for the coming academic year, with those funds targeted to middle- and low-income families, reaffirming Penn's commitment to need-blind admissions and meeting the full need of all students.

"As we outlined in the Penn Compact back in 2004, increasing access to a Penn education is a top priority," President Amy Gutmann said. "By eliminating loans for low- and middle-income students, our financial aid program now enables students from every family income level to enroll at Penn. By providing financial aid packages without loans to students whose parents earn \$50,000 or less, we can ease their financial concerns, not only throughout their education but also after graduation, enabling them more freedom to choose the most satisfying careers.

"With this initiative, Penn becomes the first major research university that funds the majority of its financial aid from its operating budget to eliminate loans for low- and middle-income students," President Gutmann said.

Penn spends more than \$78 million per year of its operating budget on financial aid.

In conjunction with the reductions in summer savings requirements and increases in allowances for incidental expenses for students from low-income backgrounds, which were implemented in 2005-2006, the elimination of loans will mean that the highest-need students will each receive grant aid of more than \$45,000 in 2006-2007. Additional grant aid for rising sophomores, juniors and seniors was also approved to moderate any self-help and/or loan increases they might anticipate.

Penn is projecting an increase of 7.7 percent in its need-based undergraduate grants and scholarships in the coming year (*see below*).

From 1997 to 2005, the percentage of the average freshman aid package met by grants has increased from 68 percent to 80 percent, while the average loan as a percentage of total aid has declined from 23 percent to 11 percent. The average freshman grant increased by 61 percent during this same period.

Roughly 40 percent of the University's aided freshmen will have their need met without any expected student loan in 2006-2007.

Penn will continue, for the seventh year, the Summer Savings Waiver Program, which provides grants to offset the normal summer self-help work contribution requirement of students who participate in unpaid or low-paying community service or career-related activity during the summer.

## Undergraduate Tuition for 2006-2007 Academic Year

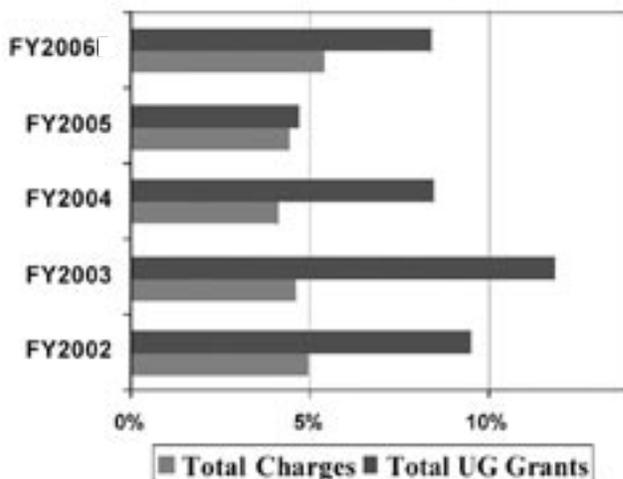
Total undergraduate charges for tuition, fees, room and board at the University of Pennsylvania will increase 5.25 percent for the 2006-2007 academic year, bringing the total cost of an undergraduate year to \$43,960. The increase was approved last Thursday by Penn's Board of Trustees.

Tuition and general fees for undergraduate students for the 2006-2007 academic year will increase 5.5 percent to \$34,156; average room and board charges will increase 4.3 percent, to \$9,804. A portion of the housing increase will go into a funding pool to support necessary capital improvements to Penn's College Houses, as was done last year.

Penn will continue its longstanding need-blind admissions policy, which admits students based on academic achievement, without regard for their ability to pay. The University will also continue its full-need policy, which guarantees that those students who matriculate with demonstrated financial need will receive financial aid packages that meet the full extent of their need for a full four years.

(*See page 4 for more on tuition and fees.*)

Growth in Undergraduate Aid Compared to Growth in Total Charges



## Baccalaureate Speaker: Marc Morial

This year's Baccalaureate speaker will be Marc H. Morial, C '80, president and CEO since 2003 of the National Urban League. The Baccalaureate Ceremony will be held on Sunday, May 14 in Irvine Auditorium at 1:30 p.m. and at 3 p.m.



Marc Morial

From Hurricane Katrina and the extension of the Voting Rights Act to creating jobs and housing through effective economic strategies; he is respected as one of the nation's foremost experts on a wide range of issues related to cities and the people who reside in them. He has also been recognized by the *Non-Profit Times* as one of America's top 50 non-profit executives and has been named by *Ebony Magazine* as one of the 100 "Most Influential Blacks in America."

Prior to joining National Urban League, Mr. Morial served two four-year terms (1994-2002) as Mayor of New Orleans. As mayor, he maintained a 70 percent approval rating, reduced crime by 60 percent and reformed a corrupt police department, built \$400 million in city infrastructure improvements including 15,000 new home owners, 200 miles of streets, a new sports arena and expansion of the convention center. He also brought the NBA's Hornets basketball team to New Orleans. Mr. Morial was also president of the U.S. Conference of Mayors. Before becoming mayor, Mr. Morial served as a Louisiana State Senator for two years. He holds a bachelor's degree in economics from Penn, a law degree from the Georgetown University Law Center and honorary doctorate degrees from Xavier University and the University of South Carolina Upstate.

## Lynne Abraham On Online Privacy

Philadelphia District Attorney Lynne Abraham will speak at Penn tomorrow on *Online Privacy: Identity Theft, Social Networking Sites & Risky Computer Behavior*. The event will take place at 5 p.m. in Jon M. Huntsman Hall, F85.

## IN THIS ISSUE

- 2 SENATE: SEC Actions; Council: Agenda; WPSA Nominations
  - 3 Deaths
  - 4 Trustees' Meeting Coverage
  - 5 Speaking Out
  - 6 HR: Open Enrollment
  - 8 PPSA: By-laws
  - 9 ISC: PennNet Security; Penn Directory Mobile; One Step Ahead
  - 10 Take Our Daughters and Sons to Work Day; Sleep Awareness Week; Film Festival
  - 11 Update: Summer Camps; CrimeStats; Classifieds
  - 12 Research Roundup
- Pullout: April AT PENN

The following agenda is published in accordance with the Faculty Senate Rules. Any member of the standing faculty can attend SEC meetings and observe. Questions may be directed to Senate Chair Neville Strumpf at (215) 898-8802, or by e-mail at [strumpf@nursing.upenn.edu](mailto:strumpf@nursing.upenn.edu).

## Faculty Senate Executive Committee Actions Wednesday, March 22, 2006

**Chair's Report.** Faculty Senate Chair Neville Strumpf briefed SEC regarding the Penn Association of Senior and Emeritus Faculty (PASEF), which is interested in having a representative on SEC; a University Faculty Senate Symposium to be held next fall, with a possible theme of diversity; and future SEC meeting agendas. Professor Strumpf also announced the resignation of Kristine Kelly, administrative assistant to the Faculty Senate; the appointments of Professors Henry Teune and Peter Dodson as Co-Chairs of the Senate Committee on Committees and Professor Mitchell Marcus as Chair of the Senate Nominating Committee.

**Past Chair's Report.** Faculty Senate Past Chair Charles Mooney briefed the committee on recent meetings of the Capital Council and the Academic Planning and Budget Committee.

**Search for an Associate Provost.** Faculty Senate Chair-Elect Vincent Price briefed the committee on the search for a new Associate Provost recently announced in *Almanac* and solicited suggestions, nominations and advice for the committee from SEC members.

**Report from President Amy Gutmann.** President Amy Gutmann gave a synopsis of recent activities. The President has just returned from visits to Singapore, Hong Kong, and China. Her vision is for Penn is to move forward with global engagement through more international faculty collaborations and increases in exchange programs and internships. Penn World Scholars is a new initiative that will increase scholarship aid for foreign students through Penn alumni worldwide. Such initiatives, it is hoped, will generate student leaders with an increased cross cultural understanding. President Gutmann also was pleased to report a drop in area crime due to the success of the Public Safety campaign, and also that the investment office has revamped Penn's portfolio, producing significantly increased returns on investments.

**Penn Library Delivers.** H. Carton Rogers III, Vice Provost and Director of Libraries, announced a new initiative, Penn Library Delivers. Under the new program, the Library will deliver any book or article in circulation to the office of any member of the standing faculty member, free of charge. All libraries and all school faculties at Penn are to be included. This ambitious program will be implemented on a trial basis in the spring, with a scheduled launch in the fall.

**Report from Provost Ronald Daniels.** Provost Ronald Daniels updated SEC on several faculty initiatives that have been implemented or are in progress. New family-friendly faculty policies are in place. The Faculty Housing Assistance Program is being replaced by a new program that offers eligible faculty the ability to obtain a second mortgage at a first mortgage rate. A workshop in August for all department chairs will relate best practices in faculty recruitment, as one way of pursuing Penn's commitment to developing an outstanding and diverse faculty. A report on faculty mentoring will go to the Council of Deans; they will be asked to respond to its recommendations.

**Graduate School of Education Proposal to Add New Associated Faculty and Academic Support Staff Appointments.** Dr. Stanton Wortham, Professor and Associate Dean for Academic Affairs, Graduate School of Education, briefed the committee on a GSE Proposal to add "Associate Practice Professor" to the associated faculty and "Senior Lecturer" to the academic support staff in the Graduate School of Education. Professor Don Silberberg, Chair of the Senate Committee on the Faculty, reported on that committee's evaluation of the proposal. Following clarification of the duties and restrictions associated with such appointments, a motion to approve the proposal was voted upon by the committee and passed. It was also agreed that the Senate Committee on the Faculty, working with the Provost's Office, would undertake a thorough review of trends in appointments of non-standing faculty across the University.

**Handbook Language on Appointment to More Than One Department.** Deputy Provost Janice Bellace reported to SEC concerning new proposed language for the Faculty Handbook relating to tenured appointments in two or more schools, and rules and regulations associated with such appointments. Following discussion and friendly amendments to the proposed revisions, a motion to approve the proposal as amended was voted upon by the committee and passed.

**Senate Committee on Faculty Development, Diversity and Equity Mentoring Report.** Professor Sherill Adams, chair of the Senate Committee on Faculty Development, Diversity and Equity presented the committee's Mentoring Report. The report documents a broad range of mentoring practices among the different schools at Penn, and makes four recommendations: an institutional commitment to mentoring, implementation of formal mentoring programs and faculty development programs in schools and departments, and recognition of success in mentoring with University or school awards.

## Agenda for University Council Meeting Wednesday, March 29, 4-6 p.m., Bodek Lounge, Houston Hall

- I. Approval of the Minutes of March 1, 2006. (1 minute)
- II. Follow-up comments or questions on Status Reports. (5 minutes)
- III. Update on Proposed Council Bylaws Changes. (15 minutes)
- IV. Discussion of College House System. (30 minutes)
- V. Reports by the President, Provost and other administrators on budgets and plans for the next academic year. (Presentation 45 minutes, discussion 20 minutes)
- VI. Open Forum. [To place an item on the agenda for the next monthly Open Forum, submit it to Neville Strumpf, Steering Committee Chair, [strumpf@nursing.upenn.edu](mailto:strumpf@nursing.upenn.edu) by April 5, 2006.]
- VII. Adjournment by 6 p.m.

### Proposed PPSA By-Law Revisions

The Penn Professional Staff Assembly By-Law Revisions are to be voted on at the Annual Meeting, May 31, at noon, in Bodek Lounge, Houston Hall. (See page 8 for the Revisions.) The guest speaker will be Provost Ron Daniels. For more information on the Penn Professional Staff Assembly go to [www.upenn.edu/ppsa](http://www.upenn.edu/ppsa).

—Ty A. Furman, PPSA Vice-Chair-Elect

### Call for Nominations for the Weekly-Paid Staff Assembly 2006-2007

To all members of the WPSA:

We invite any eligible person to nominate one or more Weekly-paid employees for membership on the Executive Board. You may nominate yourself. There are currently 12 vacancies on the Executive Board.

**The Executive Board:** Our present Constitution of the Weekly Paid Staff Assembly indicates that the Board may contain up to 20 members, each elected for a two-year term. The Board is the decision-making body of the Assembly.

Who is eligible? Any Weekly-Paid University staff member (which is defined as any full-time, weekly-paid employee not covered by a collective bargaining agreement) is eligible to vote and run for office in the Assembly.

**A Call for Nominations:** You may nominate one or more Weekly paid employees or nominate yourself. If you are nominating someone else, your nomination letter should contain a statement that the nominee has agreed to serve if elected. Nomination letters should contain the name and place of work of the person being nominated as well as a brief statement indicating why you think he/she would make a good Board member. In publication, we may edit statements that are substantially longer than 25 words because of space.

Nominations should be sent to Marcia Dotson, via e-mail at [mdotson@sas.upenn.edu](mailto:mdotson@sas.upenn.edu).

**Information about the Candidates and the Election:** The list of nominees and their information will go out over the listserv the same week. Election day is scheduled for Thursday, April 13, from 12:30 p.m.-1:30 p.m. The location is Stiteler Hall, Political Science Lounge, first floor, 208 S. 37th Street. Voting will be by secret ballot and the results will be published in an upcoming issue of *Almanac*. For more information on this or any other WPSA information, visit our website at [www.upenn.edu/wpsa](http://www.upenn.edu/wpsa).

—Candice Milbourne Cozart, Chair, WPSA

# Deaths

## Mr. Freedman, Former Law Dean



James Freedman

Mr. James O. Freedman, former dean of the Law School, died March 21 at his home in Cambridge, MA. He was 70.

Mr. Freedman earned an A.B. in 1957 from Harvard University and a LL.B. in 1962 from Yale University.

Mr. Freedman, the last of the Law School's short-term deans of the 1970s and the first dean to claim fundraising as a major interest, began his teaching career at Penn Law in 1964 as an assistant professor after working as a law clerk for U.S. 2nd Circuit Court judge (later Supreme Court justice) Thurgood Marshall. He served Penn as both associate provost (1978) and ombudsman (1973-76)—a new office that he did much to define—and taught administrative law. His service as dean started January 1, 1979 and ended in 1982 when he was appointed president of the University of Iowa (1982-87). Later, he became president of Dartmouth College (1987-97).

Mr. Freedman viewed his appointment as dean of the Law School, as a way to bring interdisciplinary interests in the arts and sciences into the School. From the beginning, he expressed special interest in both fundraising and the Biddle Library, and he became perhaps the first dean to successfully rouse both the alumni and the board of overseers into beginning an active rejuvenation of the Biddle Library. At the University level, he was credited with giving form to the new office of ombudsman to ease tensions among the various factions on campus.

Mr. Freedman's scholarly interests were administrative law and higher education. He authored the books *Crisis and Legitimacy: The Administrative Process and American Government*, *Idealism and Liberal Education*, and *Liberal Education and the Public Interest*. He was involved in many educational and professional organizations. Mr. Freeman was chairman of the Pennsylvania Reapportionment Commission and served on Philadelphia's Board of Ethics. At the time of his death, he was on the Board of Trustees for Brandeis University, the Board of Governors of the American Jewish Committee and of Hebrew Union College.

"Jim Freedman was one of the leading lights of academic administration over the past 20 years. In whatever role he was serving, whether it was as Dean of Penn Law or President of Dartmouth College, he was always a passionate advocate for the fundamental values of a liberal education. He will also be remembered here at Penn Law as a distinguished scholar of administrative law, as an incisive teacher, and, perhaps most importantly, as simply a fine human being," said Law Dean Michael Fitts.

Mr. Freedman is survived by his wife, Bathsheba; daughter, Deborah; son, Jared; and grandchildren, Isaac, Jacob, Sasha and Noah.

Donations can be made to the Oncology Department at Massachusetts General Hospital, c/o: Development Office, 165 Cambridge St., Suite 600, Boston, MA 02114 or American Jewish Committee, The Jacob Blaustein Building, 165 E. 56th. St., New York, NY 10022.

ALMANAC March 28, 2006

## Dr. Palmer, Classical Studies



Robert Palmer

Dr. Robert E. A. Palmer, professor emeritus of classical studies, died on March 11, at his home in Haverford. He was 73.

Dr. Palmer earned both his B.A. in 1953 and his Ph.D. in 1956 from Johns Hopkins University.

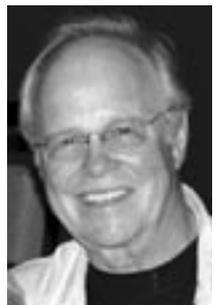
Before coming to Penn, Dr. Palmer taught at the University of Illinois. He began his career at Penn in 1961 as an assistant professor of classical studies. He was promoted to associate professor in 1966, and to professor in 1970; he retired in 1996. During his time at Penn, he served as graduate chair in ancient history (1966-67) and in classical studies (1968-72) and as chair of the department of classical studies (1973-80).

Dr. Palmer was an historian of ancient Rome, with particular interests in Roman religion and epigraphy. He was the author of numerous articles and several books, including *The Archaic Community of the Romans* (1970), *Roman Religion and Roman Empire* (1974), and *Rome and Carthage at Peace* (1997). His most enduring and engaging research interest was the history of the city of Rome itself, with a special focus on its local neighborhoods.

Dr. Palmer is survived by his daughter-in-law, Sonya Zabudoff; his grandchildren, Sofia and Julian; and sister, Vicki Peterson.

The department of classical studies will hold a memorial service for Dr. Palmer in the fall.

## Dr. Root, Medicine



Richard Root

Dr. Richard K. Root, former associate professor of medicine, was killed on March 19 when a crocodile pulled him from his canoe while on a tour of the Limpopo River in Botswana. He was 68.

Dr. Root was on two-month assignment as part of the Penn Medicine Program in Botswana, to teach doctors in Botswana

how to care for HIV patients.

He graduated from Wesleyan University in 1959 and earned his medical degree at Johns Hopkins University in 1963.

Dr. Root came to Penn in 1971 as assistant professor of medicine, to form the infectious disease division of the department of medicine along with Dr. Rob MacGregor. He was promoted to associate professor in 1973 and then resigned two years later.

Dr. Root has also served as the chairman of medicine at the University of California, San Francisco, a senior investigator at the National Institutes of Allergy and Infectious Diseases, and was chief of the department of infectious diseases at Yale University's School of Medicine.

Dr. Root is survived by his wife, Rita O'Boyle; sons, Richard, David, and Daniel; sister, Carole Neubauer; and eight grandchildren.

## Dr. van de Walle, Population Studies Center



Etienne van de Walle

Dr. Etienne van de Walle, professor emeritus of demography and professor of sociology, died March 21. He was 73 years old.

Dr. van de Walle was born in Belgium and educated at the University of Louvain, where he received a doctorate in law in 1956, a M.A. in economics in 1957, and a Ph.D. in demography in 1973. Before coming to Penn, he was a field researcher in Central Africa. He left Africa in 1961 and moved to Princeton, New Jersey, where he spent a decade as a researcher at the Office of Population Research, at Princeton University. He was a co-author, with William Brass and others, in 1968, of *The Demography of Tropical Africa*, a path-breaking book on a topic about which little was known at the time. So too is *The Female Population of France in the Nineteenth Century*, which he published in 1974.

Dr. van de Walle came to Penn in 1972 as professor of sociology where he spent his academic career, as a mainstay of the Population Studies Center, which he directed from 1976 to 1982. He was for many years chair of the graduate group in demography. He was elected First Vice-President of the Population Association of America in 1988 and, in 1992, was elected President.

"Although Dr. van de Walle left Africa in 1961, the continent never really left him. He continued to do research on sub-Saharan Africa for the next 45 years. He was fascinated by changes in African families—in living patterns, in marriage customs, and in fertility. Dr. van de Walle was dedicated to the training of African scholars. For 15 years he directed Penn's African Demography Training and Research program, and was an advisor to foundations and non-governmental organizations interested in Africa's population and the training of Africans who would be able to study the issue on their own terms," said Dr. Herbert Smith, professor of sociology and director of the Population Studies Center.

Dr. van de Walle retired in 2001, but continued writing papers on the history of contraception, analyzing African census data, working with students, and editing the English-language edition of the French journal, *Population*.

Dr. van de Walle is survived by his wife, Francine; daughters, Dominique, C '78 and Patricia, C '82, G '83, G '89, WG '89; sons, Nicholas, C '79 and Jean François, C '80, G '86, WG '86; and granddaughter, Nadia, C '08.

There will be a memorial service on March 30 in Los Angeles, CA in conjunction with the annual meeting of the Population Association of America. For information see <http://paa2006.princeton.edu/>.

## To Report A Death

*Almanac* appreciates being informed of the deaths of current and former faculty and staff members, students and other members of the University community.

However, notices of alumni deaths should be directed to the Alumni Records Office at Room 545, Franklin Building, (215) 898-8136 or send via e-mail [record@ben.dev.upenn.edu](mailto:record@ben.dev.upenn.edu).

## Trustees' March 23 Stated Meeting Coverage

At the Stated Meeting of the Executive Committee of the Trustees last Thursday, Chairman Jim Riepe reported that Penn was doing well on several fronts: applicants for the incoming class were the best ever, financial management was excellent, faculty recruiting was growing and fundraising was going well.

President Amy Gutmann referred to her 2006 Asia tour that included India, China and Taiwan as 18 days on the ground and 82 hours in the air. She proudly spoke of the 90 Penn students who spent their Spring Break helping in Louisiana and Mississippi with the Fox Leadership Program. She also commended the 20 students who won international scholarships this year. President Gutmann called Commencement Speaker Jodie Foster one of the most "illustrative actors of our time" and described the honorary degree recipients for the 250th commencement. Dr. Gutmann explained that although last month the Supreme Court upheld the Solomon Amendment, Penn would abide by the law since the University cannot afford to lose federal funding, but would remain committed to diversity. Dr. Gutmann thanked Tom Stump for assuming the role of interim vice president for facilities and real estate. The new SEAS building, Skirkanich Hall will be completed in mid-May "green brick and all;" the dedication will be in June. In presenting the resolution on the appointment of Marie Witt as vice president for Business Services, Dr. Gutmann called Ms. Witt "one of our most steadfast Penn mainstays." The resolution of appreciation for Omar Blaik—"more bitter than sweet"—enumerated his achievements over the past nine years.

Provost Ron Daniels commented on the recently revised policies to help faculty as well as Ph.D. students with career-life balance (*Almanac* February 28, 2006). He credited the GAPSA leadership with the idea for the interdisciplinary fellowships for graduate students (*Almanac* March 14, 2006). Provost Daniels said that in response to the administration's challenge to have a safe Spring Fling, students have recruited 250 student volunteers to help ensure a successful event with "respect for property and each other." He thanked Paul Williams for his "wise and generous funding" which will provide for an intervention specialist in the Alcohol Initiatives office.

Mr. Craig Carnaroli's financial report described a favorable financial performance: on the academic side, strong growth in revenue, due to tuition, fees and sponsored programs; UPHS is also doing well financially with an increase in high intensity patients. The deferred maintenance in the College Houses, the demand for student services such as the Student Performing Arts Center which is scheduled to open in 2007, and the nearly completed sprinklering project in all on-campus housing, along with the higher than usual steam and natural gas prices are some of the challenges facing the University. However, he noted the increase in expenditures for utilities and Public Safety initiatives; these costs have increased recently (*Almanac* January 24, 2006). Public Safety has hired more Allied Security guards as well as an additional 15 sworn police officers.

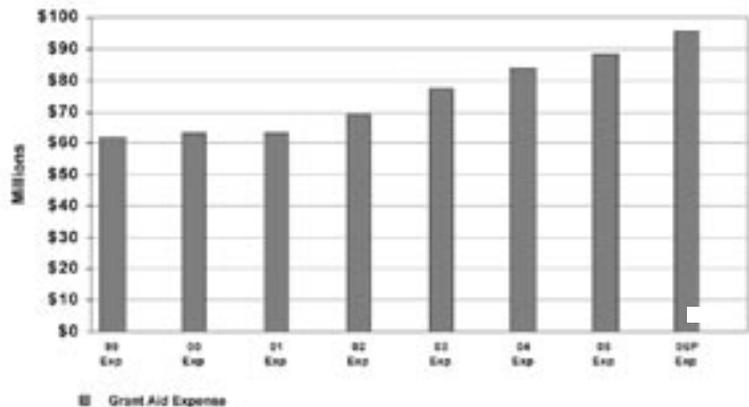
In the Penn Medicine Report, Dr. Arthur Rubenstein spoke of the Match Day ceremony where the 156 med students who applied for a residency found out where they would be going; 98 percent matched around the country.

On behalf of the Budget & Finance Committee, Mr. Clark presented the resolution to authorize the undergraduate tuition, fees and student charges for 2006-07, bringing the total to \$43,960. The trustees also authorized a revision to the Spending Rule Policy effective July 1, 2006, so that 70 percent of spending would be based on prior year spendable income plus an inflation factor, and 30 percent of spending on the endowment market value, lagged by one year, multiplied by a target spending rate of 4.7 percent.

Trustee Lee Spelman Doty was appointed to the Penn Medicine Board for a one-year term, and to the Penn Medicine Executive Committee.

Below are some of the slides presented at the Budget and Finance Committee meeting, by Bonnie Gibson, vice president for budget and management analysis. She explained that there have been significant increases in need among the undergraduate students; the demand for financial aid has grown over the years. In fact, 32 percent of the incremental revenue generated by the increase in tuition will be used for financial aid. She said that 80 percent of Penn's financial aid is funded by unrestricted funds. Although the revenue from tuition accounts for 64% of the Academic Budget, the cost of providing a Penn education exceeds the total tuition and fee revenue. Compared to its peers, Penn will probably be seventh in terms of cost for tuition and fees for 2006-2007; some of the schools have not yet reported their tuition increase.

### Undergraduate Grant Aid Expenditures



### The Cost of a Penn Education Exceeds Penn's Total Tuition & Fee Revenue (\$M)

	2001	2002	2003	2004	2005
Tuition & Fees (gross)	\$532	\$567	\$610	\$653	\$696
Costs of Providing Education*	758	830	897	950	1,004
Difference	(\$226)	(\$263)	(\$287)	(\$297)	(\$308)

\* Includes costs of financial aid, instruction, student services and academic support

### Academic Year 2006-2007

#### Undergraduate Tuition, Fees, and Room & Board Increases

	FY2006	FY2007	Increase	% Change
Total Charges	\$ 41,766	\$ 43,960	\$ 2,194	5.25%
Tuition	\$ 29,030	\$ 30,598	\$ 1,568	5.4%
Fees	\$ 3,334	\$ 3,558	\$ 224	6.7%
Room*	\$ 5,730	\$ 6,022	\$ 292	5.1%
Board*	\$ 3,672	\$ 3,782	\$ 110	3.0%

\* Room and Board based on average standard room and the freshman meal plan.

## Speaking Out

### Traffic Safety Concerns

The UP Police Department's Chief Mark Dorsey correctly says that his Department has been very active in improving traffic conditions and increasing safety in our Campus area. Traffic safety on our streets and pedestrian walks is much better now than only a few years ago. On the serious problem of pedestrian crossing on Convention Avenue between SEPTA's University City Regional Rail Station and the Campus, however, the explanation of reasons he quotes from somebody in the City's Streets Department is technically incorrect and illogical, and it creates a very hazardous situation.

In numerous studies of traffic conditions in the Campus area we in the School of Engineering have done, we have found that the curve on Convention Avenue does not impede visibility of drivers of the area at SEPTA's station; to the contrary, it actually forces drivers to approach that area at low speeds.

The reason quoted against a crossing is that such a crossing would be hazardous. Since pedestrians do not have any other option to cross the street, they cross it without any protection. Using the claim that the crossing is dangerous as an argument not to provide any protection defies logic.

The condition at that location is nothing short of scandalous. Ever since the station was opened and began to attract over 3,000 passenger trips per day, all persons who go to the medical complex must cross the street where the signs show "Do not cross" and give no alternative. SEPTA's counts show that on every weekday over 1,000 pedestrians cross under such conditions. Any accident could bring a challenge to the responsibility of the City and the University for such mistreatment of pedestrians.

I am inviting Chief Dorsey to support our Transportation Coordinating Committee in our request from the City that this problem be solved. There are several technical designs for a safe pedestrian crossing and there is no problem in implementing one of them.

—Vukan R. Vuchic

*UPS Foundation Professor of Transportation Engineering, SEAS*

### Response from UPPD

The University of Pennsylvania Police Department is an active participant of the University of Pennsylvania Transportation Safety Group of which Dr. Vuchic is also a member. This group has agreed in past meetings that the existing conditions, such as an extreme left turn for vehicles traveling east bound on Convention Avenue, present a risk factor for establishing a cross walk in front of the SEPTA station.

The City of Philadelphia Traffic Engineers Department has requested that the University submit plans for a mid-block cross-walk at 34th and Smith Walk (34th Street between Spruce and Walnut Street). Dr. Vuchic's graduate students with expertise in traffic engineering are actively involved in this plan which will eventually be submitted to the City of Philadelphia for approval.

Should this plan be implemented and prove successful, it could become a benchmark cross walk for mid-block crossing in other areas of the University.

Future opportunities to address proposals for a mid-block cross walk in the area of the SEPTA train station could occur during the anticipated closure and subsequent construction of the South Street bridge, or when roadways are altered due to development of the University of Pennsylvania Health System's new Center for Advanced Medicine.

We look forward to working with all members of the University of Pennsylvania Transportation Safety Group to find solutions to traffic and safety challenges affecting the Penn community.

—Mark Dorsey, UPPD Chief of Police

### Reconciling Total Compensation

I examined the "Your Total Compensation" personalized letter/circular from our Human Resources Division. It would be more useful if the numbers are reported for the previous fiscal year as well as the previous calendar year. Pay and benefits both change on July 1. The current reporting practice makes it quite challenging to reconcile the numbers from the various University sources.

Further, at the bottom of page 2 "Life-to-date-contributions made from the late 1970s through December 31, 2006." The total contributions are reported to the cent, or one part in 10 million, while the year is reported to 2 parts per 1000. Why is the date not more precise?

This is an example of detailed disclosure with limited utility. The staff at Penn should be required to fulfill our "quantitative reasoning" requirement. Or, is this confusion in the guise of information?

—Ponzy Lu, Professor of Chemistry

### Response from HR

Thank you very much for your feedback on the Total Compensation Summary.

Its design and distribution was encouraged and supported by the Personnel Benefits Committee of the University Council, and to date we've received a tremendously positive response from faculty and staff.

We explored alternative data timeframes when designing this statement, and determined that a calendar year summary is most useful, since the faculty/staff and University contribution numbers tie to the December paycheck or advice.

With regards to data precision, virtually every personnel/payroll system maintains all dollar figures to 2 decimal (cents) precision. We agree that over many years, the cents may appear less meaningful. But as Penn's founder Ben Franklin said, "A penny saved is a penny earned."

We continue to look for ways to inform our faculty and staff about the multitude of benefits Penn provides to our diverse community. We'll consider your feedback for future renditions of this document.

—John J. Heuer,  
Vice President for Human Resources

### Fire Safety

You never seem to forget that feeling. I'm talking about the feeling of walking through a burned out dwelling after a fire. It's an eerie feeling that chills your bones. There's a dark, damp and cold stench that gets into your pores and up your nose. It's a stench that you don't readily forget. It's a stench of destruction and, sometimes, death.

I've experienced that eerie, burned out dwelling feeling many times in my life because I fought fires in the City of Philadelphia for 23 years. In my last six years as an employee of Fire and Emergency Services at Penn, happily, I've had almost no chance to experience that same feeling, but it came back to me rather quickly on the morning of March 3. A fire occurred at 4042 Sansom Street at 3:34 a.m. that Friday morning. It was fire that sent six Penn students and a student visiting from Bryn Mawr College to the hospital. It was a fire that caused some students to jump from windows and two of the students to be rescued by the Philadelphia Fire Department from a third floor window using a 35-foot ladder. It was a fire where the student occupants narrowly escaped death. It was a fire that altered lives. It was a fire that left tons of destruction. It was a fire that could happen to you.

Most fire deaths are not caused by burns. Victims in residential fires are usually asleep. Because of the accumulation of carbon monoxide produced by incomplete combustion, the occupants never wake from their sleep. They die because of carbon monoxide poisoning. That is why I say smoke detection is vital to a plan to get up. Smoke detection is the catalyst that promotes notification of occupants.

Fire protection reliability is the biggest part of my work life. Actually, I'm obsessed with ensuring reliability. My colleagues and I in Fire and Emergency Services work tirelessly to ensure the fire protection on campus will work every time it is needed.

Sprinkler systems are like putting a firefighter in every area of a building. When the temperature of a sprinkler head reaches 155 degrees Fahrenheit, the sprinkler head activates allowing ample amount of water to enter the space to control the fire by absorbing the heat from the fire. Unlike the scenes that you see in movies, all of the sprinkler heads don't operate at once, only the one or two closest to the fire.

When I am asked to deliver a presentation about evacuation from a building, I always start by shouting, "Get Up! Get Out! Account! Survive!" Those words are simple words with a powerful meaning in time of crisis. Make sure that being prepared to respond to any type of emergency that occurs in the buildings you live in, work in, or visit is one of those lessons you take from here.

—Eugene Janda, Deputy Fire Chief,  
Fire and Emergency Services,  
Division of Public Safety

*Speaking Out welcomes reader contributions. Short, timely letters on University issues will be accepted by Thursday at noon for the following Tuesday's issue, subject to right-of-reply guidelines. Advance notice of intention to submit is appreciated. —Eds.*

It's time for Penn's annual Open Enrollment period! Open Enrollment gives you the once-a-year opportunity to make changes to your healthcare elections. Even if you're satisfied with your current elections, you should pay close attention to the changes being made for the upcoming plan year and take a fresh look at what else Penn has to offer. Open Enrollment begins Thursday, April 6 and runs through Friday, April 21. You'll receive personalized enrollment information at your home address in early April.

## Open Enrollment 2006-2007: April 6–21

### What's New for 2006-2007

If You're in This Plan...	...This is What's Changing
Keystone/AmeriHealth HMO medical plan	<ul style="list-style-type: none"> <li>• There will be copays of \$100 per hospital admission and \$50 for outpatient surgery.</li> <li>• Dental coverage will only be available for surgical treatment of a limited number of procedures.</li> </ul>
Aetna HMO medical plan	<ul style="list-style-type: none"> <li>• There will be copays of \$100 per hospital admission and \$50 for outpatient surgery.</li> </ul>
UPHS/AmeriHealth Point-of-Service (POS) medical plan	<ul style="list-style-type: none"> <li>• When receiving benefits through the Keystone/AmeriHealth network, several services including inpatient hospitalization, outpatient surgery, skilled nursing facility care, home health care, and durable medical equipment will be covered at 90% after an annual deductible of \$100 individual/\$300 family.</li> </ul>
Caremark prescription drug plan	<ul style="list-style-type: none"> <li>• The annual out-of-pocket maximum will be \$1,500 individual/\$4,500 family.</li> <li>• If you use mail order for brand name drugs that don't have a generic equivalent, the coinsurance will be 20% (minimum of \$20).</li> <li>• When you purchase brand name drugs that have generic equivalents (via either retail or mail order), you'll pay the brand name coinsurance amount plus the difference in cost between the brand name and generic drug.</li> </ul>
Penn Faculty Practice dental plan	<ul style="list-style-type: none"> <li>• The plan will cover no more than a lifetime total of \$2,000 per child for orthodontic work.</li> </ul>
Vision plan	<ul style="list-style-type: none"> <li>• Our current vision plan (OptiChoice) is being discontinued by our vendor, so coverage will be provided through a new plan called Davis Vision.</li> <li>• You'll have enhanced coverage for lens options (e.g., progressive lenses, scratch resistant coating) when using an in-network provider.</li> </ul>
Health Care and Dependent Care Pre-Tax Expense Accounts	<ul style="list-style-type: none"> <li>• The annual deadline to incur expenses for your Health Care and Dependent Care Pre-Tax Expense Accounts will be extended to September 15.</li> </ul>

*Make your Open Enrollment elections onsite at the Open Enrollment and Health Fairs!*

All you need is your PennKey and password.

Internet access will be available as follows:

- Thursday, April 6: 10 a.m.-2 p.m.  
Houston Hall, second floor computer room
- Tuesday, April 11: 10 a.m.-2 p.m.  
BRB II/III Auditorium

### How to Make Changes

Make your Open Enrollment changes online 24 hours a day at [www.upenn.edu/u@penn](http://www.upenn.edu/u@penn) (click on "Open Enrollment" under Announcements). When you log on, simply provide your PennKey and password, and the online system will walk you through the enrollment process. If you don't have online access, or are having problems enrolling online, contact the Penn Benefits Center at 1-888-PENNBEN (1-888-736-6236), Monday-Friday, 8 a.m.–6 p.m.

### Do I Have to Make Changes?

If you don't make changes to your coverage by April 21, your current coverage will continue for the 2006-2007 plan year (July 1-June 30). Even if you don't want to make changes to your current coverage, we encourage you to update your life insurance beneficiary information—simply go to the enrollment website ([www.upenn.edu/u@penn](http://www.upenn.edu/u@penn), click on "Open Enrollment" under Announcements) to view and update your life insurance beneficiary information.

### Open Enrollment and Health Fairs

Come to the Open Enrollment and Health Fairs to get more information about your healthcare options and take advantage of free health screenings!

- Thursday, April 6, from 10 a.m. until 2 p.m. in Houston Hall, Bodek Lounge and Reading Room
- Tuesday, April 11, from 10 a.m. until 2 p.m. in the Biomedical Research Building (BRB) II/III

Speak with representatives from Penn's healthcare providers and administrators, including: medical (Independence Blue Cross, Aetna), prescription (Caremark), dental (Penn Faculty Practice, MetLife), vision (Davis Vision), life insurance (Aetna), pre-tax expense accounts (ADP) and the Penn Benefits Center (ADP).

In addition, free health screenings and information tables—including those listed below—will be available. The fair on April 6 will include several additional activities, such as a cholesterol screening for which you must pre-register (go to [www.hr.upenn.edu](http://www.hr.upenn.edu) and click on "Open Enrollment" under Benefits for more information).

Free health screenings and information tables		
Blood Pressure	Glaucoma Screening	Employee Assistance Program
Chair Massage	Nutritional Health	Women's Health & OB/GYN Information
Derma Scan	Dental and Oral Health	Environmental Safety Issues & Ergonomics
Body Composition	Recreation & Fitness Programs	Occupational & Physical Therapy

## New Bolton Center—Open Enrollment Fair

Speak with representatives from Penn's healthcare providers and administrators at the New Bolton Center Open Enrollment Fair on Wednesday, April 12, from 10 a.m.–2 p.m. at Alumni Hall.

## Wellness and Fitness Workshops

Pre-register to attend these workshops at [www.hr.upenn.edu](http://www.hr.upenn.edu) (click on "Open Enrollment" under Benefits).

	Time	Topic (presented by experts from Penn Behavioral Health)
Thursday, April 6 Houston Hall	11 a.m.–11:30 a.m. OR noon–12:30 p.m.	Take the Burnout Test: Learn to Prevent Feeling Overwhelmed at Work
	11:30 a.m.–noon OR 12:30 p.m.–1 p.m.	10 Things to Do at Your Desk to De-stress
	Time	Topic (presented by experts from the Department of Recreation)
Friday, April 7 Pottruck Fitness Center	11 a.m.–11:45 a.m.	Pilates, Weight Training
	noon–12:45 p.m.	Yoga, Pilates, Weight Training

## Rates for 2006-2007

While health care costs continue their steady upward trend, the University continues to subsidize a large portion of the total medical premium for full-time employees. The new premium rates shown below will take effect with your first June paycheck (rates shown are for full-time faculty and staff). Keep in mind that both the University and you pre-pay healthcare premiums a month in advance, so your June deductions pay for your July healthcare coverage.

	WEEKLY PAID (per pay period)			MONTHLY PAID (per pay period)		
	Employee	Employee + 1	Employee + 2 or more	Employee	Employee + 1	Employee + 2 or more
<b>Medical</b>						
Keystone HMO	\$8.02	\$18.46	\$23.25	\$34.75	\$80.00	\$100.75
Aetna HMO	\$8.02	\$18.46	\$23.25	\$34.75	\$80.00	\$100.75
UPHS POS	\$14.71	\$33.87	\$42.69	\$63.75	\$146.75	\$185.00
PENNCare/Personal Choice	\$29.77	\$68.48	\$86.31	\$129.00	\$296.75	\$374.00
<b>Dental</b>						
Penn Faculty Practice Plan	\$4.85	\$15.46	\$18.58	\$21.00	\$67.00	\$80.50
MetLife Dental	\$4.15	\$13.27	\$15.98	\$18.00	\$57.50	\$69.25
<b>Vision</b>						
Davis Vision	\$0.93	\$1.74	\$2.54	\$4.04	\$7.53	\$11.02

### How Do I Find Out More?

- Attend an Open Enrollment Fair
- Look for personalized Open Enrollment information at your home address in early April
- Visit the Human Resources website at [www.hr.upenn.edu](http://www.hr.upenn.edu)
- Call the Penn Benefits Center at 1-888-PENNBEN (1-888-736-6236), Monday–Friday, 8 a.m.–6 p.m.

Questions? Contact the Penn Benefits Center at 1-888-PENNBEN (1-888-736-6236).

—Division of Human Resources

Make changes online beginning April 6,  
24 hours a day at

[www.upenn.edu/penn](http://www.upenn.edu/penn)

(click on "Open Enrollment"  
under Announcements)

You must enroll by April 21.

Coverage changes are effective as of  
July 1, 2006.

April 2006						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## Summary PPSA By-Law changes (2006 revision):

Board leadership: Remove the Vice Chair and Vice Chair elect—redistribute the duties.

Increase the number of members-at-large to eight (8); four (4) elected per year.

All vacancies in board leadership are filled by either, the Chair-elect stepping up, the chair remaining, or the past chair filling in.

A past chair vacancy will be filled by a board appointment, as will be member-at-large vacancies.

Members-at-large may run for and serve up to two successive terms.

All board positions are elected by a plurality voting system.

# Penn Professional Staff Assembly By-Laws

Revised 3/2006 to take full effect July 1, 2007

## Article I: Name

The name of this organization shall be Penn Professional Staff Assembly.

## Article II: Membership

Members of this organization shall all be employed by the University of Pennsylvania as monthly paid, exempt staff, excepting \*senior level administrators, and those individuals having primary academic appointments (\*senior level administrative positions are defined as those employees assigned to a non-numerical grade category, known as "ungraded" (UNG)).

## Article III: Purpose

The purposes of this organization shall be to provide:

- A forum whereby opinions of members can be collected and expressed on issues facing the University and higher education and to act as liaison to express the views, opinions and concerns of the members to the senior administration.

- A mechanism for supplying voting representatives to serve on all major University committees affecting members and their respective functions.

- Regularly scheduled Executive Board meetings whereby communication lines within the University can be fostered and maintained; as well as semesterly meetings of the general body.

- Relevant information to its members regarding resources available within the University and the field of higher education enabling staff to remain current in the field and promoting professional development.

## Article IV: Officers and Executive Committee

The officers shall consist of a Chairperson, a Past Chairperson, and a Chairperson-elect.

There shall be an Executive Board, consisting of the Chairperson, Past Chairperson, Chairperson-elect, and eight (8) members-at-large. The Executive Board promotes representation of departments throughout the University. In addition to the functions described elsewhere in these by-laws, the Executive Board shall be consulted by the officers for guidance in all matters on which action is indicated, or on which consultation with the senior administration of the University is contemplated. The Executive Board shall also nominate persons to serve on consultative committees. A quorum of the Executive Board shall be seven (7).

### Section A

#### The Chairperson:

- Shall be the principal executive officer.
- Shall convene and preside over monthly Executive Board meetings.

- Shall (in consultation with the Chairperson-elect) prepare meeting agendas and any written public statements with regard to the Assembly's activities. The Executive Board should also be consulted on all public statements.

- Shall (in consultation with the Executive Board) appoint new member(s) to advisory boards and ad hoc committees.

- Shall serve on University Council (UC) and the UC steering Committee.

- Shall designate maintenance of the list serves and website to an Executive Board member or create a special non-voting position specifically for this function.

- Shall maintain a current membership list.
- Shall succeed the past Chairperson after a one-

year term.

#### Chairperson-elect:

- Shall be elected by the general body and serve for three years on the Executive Board—one year in each office—Chairperson-elect, Chair, and Past Chair.

- Shall serve on University Council (UC) and the UC steering committee.

- Shall (in consultation with the Chairperson) prepare meeting agendas and any written public statements with regard to the Assembly's activities. The Executive Board shall also be consulted on public statements.

- Shall at the first meeting of the year solicit one volunteer from the board to be recording secretary and one to serve as treasurer (if needed) and shall coordinate the responsibilities of these positions.

- Shall administer the nomination process for annual elections each spring.

- Shall succeed the Chairperson after a one (1) year term.

- In the absence of the Chair or at his/her request, the Chair-elect shall substitute for the Chair when necessary.

#### Past Chairperson

- Shall coordinate the appointment of PPSA representatives to all University Council committees and serve as liaison between representatives and the Executive Board.

- Shall serve as the PPSA representative on University Council's Committee on Committees.

#### Eight (8) Members at Large:

- Shall advise the officers on issues, concerns, and opinions relevant to the membership.

- Shall serve for two (2) years, four (4) being elected each year. Members-at-large may run for a second two-year term, but may not serve more than four years total as a member-at-large.

## Article V: Elections

*Voting*—When the nominations have been presented at the final spring meeting a vote of the membership shall be taken. All positions are elected by plurality voting system. There shall be no voting by proxy.

*Nominations*—At least forty-five (45) days in advance of the final spring meeting, the Chairperson-elect shall circulate to the members a notice of the positions to be filled by election and an invitation to suggest candidates for those positions, with supporting letters if desired. The Chairperson-elect shall select and secure acceptance of nomination of two or more candidates for each position to be filled by election. If only one nomination is received for a position, the Chairperson-elect shall solicit at least one more nomination. If one cannot be found, the one nomination will be put forward to the membership. The list of candidates compiled by the Chairperson-elect shall be circulated to the members, together with a brief biographical statement on each candidate, as an enclosure to the agenda at the final spring meeting at which the election is to be held. At the spring meeting, the Chairperson-elect shall formally nominate its candidates for the respective positions.

## Article VI: Vacancies and Succession

If a vacancy occurs in the leadership of the board it shall be filled in the following manner. If the Chair-elect is unable to move into the Chair position, the current Chair may choose to remain in the position for another year. If the current Chair is unable to remain in the position, the Past Chair will be asked to serve

as chair and the board will elect a Chair-elect from amongst itself to succeed at the appropriate time, and the Chair, in consultation with the board, will appoint a former board member to serve as Past Chair.

If the Chair is unable to move into the Past Chair position, the current Past Chair may choose to remain in the position for another year. If the Past Chair is unable to remain in the position, the Chair, in consultation with the board will appoint a former board member to serve as Past Chair.

Whenever a vacancy occurs among the members-at-large of the Executive Board who do not serve ex-officio, the Executive Board shall appoint a successor, who shall serve until the final spring meeting, at which time a successor shall be elected for the balance of the unexpired term.

If a first year member-at-large of the Executive Board chooses to run for Chair-elect they forfeit the remainder of their term, which must be filled by general body election.

## Article VII: Meetings

The Executive Board shall hold monthly (12 months) meetings (minimum) open to any PPSA member to attend. The meeting times and locations shall be made public via the web site and *Almanac*.

General body meetings shall be scheduled as deemed necessary, excepting for the annual spring meeting for the purpose of holding elections as provided by these by-laws and for such other business as may come before the membership. The time and place of the annual spring meeting shall be subject to the approval of the Executive Board.

A general body meeting will be held at the beginning of the academic year.

At least one professional development meeting will be held during the year.

A quorum of the assembly shall consist of thirty (30) members.

## Article VIII: Amendments

Amendments to these by-laws must be initiated by a letter signed by at least ten (10) members and submitted to the Executive Board for transmittal to the members at large at least thirty (30) days in advance of the meeting at which they are to be acted on. A majority vote of those members present and voting at the meeting is necessary for approval.

## Article IX: Parliamentary Authority

The rules contained in Roberts' Rules of Order shall govern meetings of this assembly in all cases in which they are applicable and in which are not inconsistent with these by-laws.

## Article X: Adoption

These by-laws shall be adopted when approved by a two-third vote of the members present and voting at the organization meeting.

## Spring 2006 Amendment

For the purposes of being able to implement the changes from the existing (revised February 2000) PPSA by-laws to the revised and proposed PPSA by-laws of 2006, a Vice-Chair Elect shall be elected at the May 31, 2006 elections, this person shall serve as the Vice-Chair Elect for the academic year 2006-2007 and shall then become a member-at-large for the remainder of the term, that is the academic year 2007-2008. The spring 2007 elections will elect only one leadership position (Chair-Elect) and the necessary number of members-at-large to sustain eight (8) positions on the Executive Board.

## New PennNet Security Measures May Affect Off-Campus Users

Information security continues to be a topic of widespread concern, and with good reason. Malicious Internet activity is ubiquitous, appearing under increasingly sophisticated guises and affecting huge numbers of people everywhere.

At Penn, Internet traffic originating from off-campus is of particular concern. Already, SPAM filtering is being offered on most large campus email servers, and both incoming and outgoing emails are being scanned for viruses. Beginning Tuesday, April 11, additional measures will be implemented at Penn's external Internet gateway to block or redirect certain kinds of Internet traffic coming to campus via the routes most commonly used by viruses and worms. These "edge filtering" measures will help protect Penn's network from future virus and worm outbreaks.

### Who's Affected and How to Prepare

In general, most users will not see any change as a result of filtering. A small minority of off-campus users of some Windows-based services will be affected, and may need to change configurations or employ new methods for accessing on-campus Windows servers and workstations remotely. ISC has made every effort to identify potential difficulties and have worked with campus-wide IT staff to resolve these difficulties ahead of time. On-campus users will not be affected. (Note: The majority of remote University offices are on PennNet and considered "on-campus". Please see below for more information.)

### Effect of Filtering on Traffic Originating in Remote University Offices

The majority of University offices that are not physically part of the main campus are PennNet-connected and considered on-campus. Internet traffic from these offices to Windows-based services in other on-campus offices will not be affected by the new filtering measures. The offices include:

- Judaic Studies
- Library offices in the Bulletin Building
- Morris Arboretum
- New Bolton Center
- Nursing LIFE
- Penn Dental Clinics
- UPHS
- Vet School Bldg. at 3937 Chestnut St.
- Wistar Institute

The following locations are not considered on-campus. Internet traffic from these offices to on-campus Windows-based services will be affected by the new filtering measures.

- Community Housing & Off-Campus Living, 4046 Walnut St.
- Howard Hughes Medical Institute
- Inn at Penn
- Sheraton Hotel (excluding hotel rooms used as part of ResNet)
- The Daily Pennsylvanian
- In addition, some Schools and Centers make use of remote office space that is connected via DSL and will be affected by the filtering measures. Faculty and staff in remote locations not listed above should contact their LSPs for more information.

For the last few weeks, IT staff in organizations where this change may have an impact have been letting their constituents know what they need to do to prepare for uninterrupted remote access to affected services. ISC has also developed an informational web site at [www.upenn.edu/computing/security/edge\\_filtering/](http://www.upenn.edu/computing/security/edge_filtering/).

One group of users that cannot be readily identified and contacted in advance are individuals who access files on their own or someone else's on-campus Windows desktop system from home or while traveling. To ensure continued access to these Windows systems, they should contact their Local Support Providers (LSPs) for advice before April 11. LSP contact information can be found at [www.upenn.edu/computing/view/support/](http://www.upenn.edu/computing/view/support/).

### What to Do After April 11

Once filtering has been implemented on April 11, off-campus users who find they can no longer access specific on-campus services or Windows desktop systems should contact their LSPs for assistance or check the information at [www.upenn.edu/computing/security/edge\\_filtering/](http://www.upenn.edu/computing/security/edge_filtering/). IT staff across campus are prepared to help resolve any access problems arising from the implementation of filtering as quickly as possible.

## One Step Ahead

Security & Privacy  
Made Simple

Another tip in a series provided by the  
Offices of Information Systems & Computing  
and Audit, Compliance & Privacy.

### Make Your Home Wireless Network Secure

The affordability and ease of use of basic wireless access points (WAPs) has prompted many Penn users to set up "hot spots" at home.

- On each WAP you use, change the default administrator password to a strong password.
- Change the default SSID, or "name," of each WAP to a unique name of your own choosing.
- Disable broadcasting of your network name (SSID) to make your network less visible to unauthorized users.
- Enable and require the strongest encryption that your WAPs offer—usually 128-bit Wireless Encryption Protocol (WEP). This will encrypt all traffic traveling across your wireless network.
- Regularly check for, and install, updated versions of the firmware for your WAPs and software drivers for your wireless Ethernet adapters.
- Enable and require MAC (Media Access Control) address filtering on each WAP. This will let you specify which individual computers may access the WAP, identified by the unique MAC addresses associated with their Ethernet adapters. For instructions on locating MAC addresses for Windows and Macintosh computers, please see [www.upenn.edu/computing/security/footprints/#locatemac](http://www.upenn.edu/computing/security/footprints/#locatemac).

For additional tips, see the One Step Ahead link on the Information Security website: [www.upenn.edu/computing/security/](http://www.upenn.edu/computing/security/).

## Introducing Penn Directory Mobile for Handheld Devices

For users of web-enabled mobile devices, finding contact information for people at Penn has become much easier thanks to the new Penn Directory Mobile. Just introduced by ISC, this version of the Penn Directory is designed specifically for handheld devices with a web browser, including models of the Palm, BlackBerry, and Windows Mobile platforms, as well as web-enabled phones.

Penn Directory Mobile provides a streamlined interface for entering queries and displaying results on small screens. It supports both the Public View and the Penn View of search results, and respects all University privacy rules. "Help" links offer quick explanations for functions and conventions.

A secure, SSL-capable web browser, available on newer handheld devices, is required to use the Penn View (PennKey login required). Unfortunately, SSL compatibility is often not well-documented by vendors, and may not become apparent until you attempt to log in. Please contact your LSP if you have questions. To locate your LSP, please see [www.upenn.edu/computing/view/support/](http://www.upenn.edu/computing/view/support/).

The Penn Directory is ISC's first online service to offer a version for mobile devices. To try it out, follow the Penn Directory Mobile link on the Penn Web Directories page, or go to [www.upenn.edu/mdir](http://www.upenn.edu/mdir).

—Robin Beck Vice-President,  
Information Systems & Computing

## Weigle Information Commons Open House: April 11

Take a tour of the new, flexible, technology-rich space—the David B. Weigle Information Commons—that supports collaborative learning and study groups, at the Open House on Tuesday, April 11, 11 a.m.-3 p.m. The Information Commons is on the first floor west of Van Pelt-Dietrich Library Center and provides group study rooms, consultation spaces, booths, and a digital media lab. Several academic support programs will use the resources of the Information Commons to offer help with research skills, data, learning strategies, writing, and communication skills. During the Open House, students will be showcasing their research and projects. For more information see: <http://thecommons.library.upenn.edu/>.

### Wanted: Electronic Archive Assistant

Participate in creating electronic versions of pre-web, back issues of *Almanac*. Position requires the ability to work under minimal supervision; attention to detail; good organizational skills. Must be comfortable using the following Adobe software: Photoshop, PageMaker, Acrobat and InDesign, on a Mac. Part-time, hours flexible. Position available immediately. Please e-mail resume to Natalie Woulard at [stevensn@pobox.upenn.edu](mailto:stevensn@pobox.upenn.edu) or call (215) 898-5274 for more information.

### Subscribe to Express Almanac

Sign up to receive e-mail notification when we post breaking news between issues. Send an e-mail to [listserv@lists.upenn.edu](mailto:listserv@lists.upenn.edu) with "subscribe e-almanac <your full-name>" in the body of the message. —Ed.

## Welcoming Film Festival Goers with Discounts to Area Attractions

From March 30 through April 11, The Philadelphia Film Festival will return to University City, where nearly 50% of the programming will be presented at The Bridge (40th and Walnut Streets), International House Philadelphia (3701 Chestnut Street) and The Cinema at Penn (3925 Walnut Street). With estimated attendance figures reaching 65,000, University City will be teeming with unprecedented activity and excitement, all centered on the Film Festival's 300 films from 50 countries.

Those who purchase tickets to a film during the festival will be encouraged to visit University City. As an extra incentive, University Square, Penn's shopping and dining district and the University City District (UCD) are offering 20% off purchases at 19 diverse University City restaurants (tax, alcohol and gratuity excluded), retailers and arts organizations. Ticket holders must present their stub or festival pass, and request the 20% Film Festival discount at the time of purchase. The discounts are valid during the length of festival from March 30 through April 11. In addition, visitors can park at a discounted rate of \$5 during the festival—from 5 p.m.-midnight—at the garage at 38th and Walnut Streets. Validation is available at all screening locations in University City.

See [www.upenn.edu/almanac/volumes/v52/n27/aprcal06.html#ff](http://www.upenn.edu/almanac/volumes/v52/n27/aprcal06.html#ff) for a list of the participating establishments.

## National Sleep Awareness Week

Dr. Ilene Rosen and Dr. Richard Schwab, with Penn's Division of Sleep Medicine, spend their days examining and explaining to patients what may be causing their lack of sleep. Since this is National Sleep Awareness Week, these sleep physicians are offering up some little known facts.

**Fact #1:** *Getting up during the night to urinate may be a sign of sleep apnea.*

**Explanation:** When you stop breathing because of closure of the passageway between the back of the throat and the windpipe, the brain works very hard to keep your oxygen levels up. It sends signals to your respiratory muscles, especially your diaphragm, to work harder. This increased work of the muscles of the chest cause pressure changes in the chest, which are felt by the heart muscle. The stress on the heart muscle causes the muscle cells to secrete a substance, which fools the kidneys into making urine! (Rosen)

**Fact #2:** *Decreased interest in sex or impotence can be a sign of sleep apnea.*

**Explanation:** Patients with sleep apnea often complain of decreased libido and lose their interest in sex. Some of this is related to sleep deprivation that results from sleep apnea. Sleep apnea can also cause impotence. Treatment of sleep apnea can improve libido and may help impotence. (Schwab)

**Fact #3:** *Alcohol is a terrible sleep aide.*

**Explanation:** Although alcohol will cause sleepiness and may help a patient to initially fall asleep, it actually causes significant sleep disruption later in the night. Any type of alcohol (beer, wine, liquor) will disturb sleep. Alcohol will also worsen snoring and sleep apnea. Alcohol should never be used as a sleeping aide. (Schwab)

**Fact #4:** *Waking up and feeling awake, but being unable to move, may be a sign of a serious sleep disorder.*

**Explanation:** Sleep paralysis is sometimes also referred to as the "witch is riding your back." It occurs when the brain awakens from Rapid Eye Movement (REM) sleep. During normal REM sleep, the brain is very active (it is the time of the night when dreaming often occurs.) During this stage of sleep, the brain sends a signal to the skeletal muscles in the body and paralyzes, or immobilizes, them. The only muscles that work are the diaphragm, the main muscle that helps us breathe and the eye muscles (hence, the name "rapid eye movement" sleep). If the brain awakens before the signal that immobilizes the muscles is turned off, the person will wake-up but still be paralyzed. This can be a very scary experience that lasts for a few seconds and then breaks. Although normal people can have sleep paralysis, this can also be a symptom of sleep deprivation, sleep fragmentation and narcolepsy. (Rosen)

**Fact #5:** *If you need two or more medicines to control your blood pressure, you may have obstructive sleep apnea. This is even more likely if you are overweight.*

**Explanation:** Studies have shown that patients with difficult-to-control hypertension (defined as requiring two or more medications) have a higher prevalence of obstructive sleep apnea. While we don't know the cause, patients with refractory hypertension who also have sleep apnea are noted to have decreases in blood pressure and better-controlled blood pressure once they are placed on CPAP (continuous positive airway pressure masks worn to improve and prolong sleep). (Rosen)

**Fact #6:** *Exercise or eating within three hours of going to bed could be the reason you are having trouble falling asleep.*

**Explanation:** While exercise will help you relax, in general, and usually helps consolidate sleep, exercising too close to bedtime will delay the time your body unwinds and is able to fall asleep. The chemicals that increase in your body immediately after exercising and eating are associated with increased wakefulness and will delay the time your body feels ready to sleep. (Rosen)

**Fact #7:** *Heartburn during sleep may be a sign of sleep apnea.*

**Explanation:** Patients with sleep apnea often complain of heartburn during sleep and treatment of sleep apnea will improve the heartburn. (Schwab)

**Fact #8:** *If you work the night shift and are having trouble going to bed during the day, try wearing dark sunglasses—in all types of weather—in the commute home.*

**Explanation:** Our ability to stay awake and fall asleep is a function of two processes. First, there is a homeostatic switch that drives sleep that is located in the brain. As soon as we wake up, chemicals build up in our brain. The build-up of these chemicals is associated with the need to go back to sleep at the end of the day. Counteracting this drive for sleep is the biological clock. The clock function with a rhythm that drives our wakefulness, known as the circadian rhythm. Early in the morning, after being up all night, the sleep hemostat is primed for sleep. However, although the circadian clock has just hit its lowest point in its curve, the exposure to daylight on the commute home "reminds" the clock that the day is beginning and the circadian drive for wakefulness increases. Thus, wearing dark sunglasses will "fool" the clock into thinking it is still dark and delay the clock enough to allow for sleep to occur after the night shift is over. (Rosen)

**Fact #9:** *Falling asleep at movies or watching TV can be a sign of sleep apnea.*

**Explanation:** Patients with sleep apnea have frequent arousals at night secondary to recurrent apneas (no airflow). These arousals cause significant sleep fragmentation, which results in daytime sleepiness. Commonly, patients with sleep apnea will fall asleep after dinner, watching TV or at a movie in a theater. Such patients can also fall asleep at red lights while driving. (Schwab)

## Take Our Daughters and Sons to Work Day: Thursday, April 27

Bring your daughters and sons to work with you! For girls and boys ages 9–15 and their Penn sponsors.

Note: Please remember that sponsors must accompany their young guests at all times and have supervisory approval to participate.

If you have children ages 9–15, bring them to Penn for this year's "Take Our Daughters and Sons to Work Day." On Thursday, April 27, Human Resources is sponsoring many special activities across campus for this annual event. Registration is required to participate, as detailed below.

**Sample Workshops & Activities:**

- Nursing SIM Man
- Career Services
- Museum Tour
- Law Enforcement Careers
- SEAS Grasp Lab
- Physics
- Computer Technology
- Penn Relays
- WXPN Tour
- Becoming a Scientist
- Cupcake Decorating Demonstration
- Rock Climbing
- Nutrition for Teens
- Fine Arts Photographs

**Registration Process:** To see and register for this year's activities, go to [www.hr.upenn.edu/quality/daughterson.asp](http://www.hr.upenn.edu/quality/daughterson.asp). Each registration represents 1 sponsor and 1 guest. If you have questions or need assistance, please contact Laurie at (215) 573-2471 or [fitzpatl@hr.upenn.edu](mailto:fitzpatl@hr.upenn.edu).

If you would like to bring more than 1 guest, please contact Laurie to see if this is feasible since some activities have limited space availability.

**Detailed Meal Options:**

- **University Club at Penn** (formerly known as the Faculty Club)—members are invited for the buffet lunch with their daughter or son between 11:30 a.m. to 2 p.m. Adults \$9.50, Daughter/Son \$4.75 discounted rate. Presented by the University Club at Penn, (on the second floor of the Inn at Penn).

- **Houston Market**—proudly supports this event by offering all participants a free fountain soda with any purchase at Houston Market. We ask that participants be accompanied by their young guest, have a valid Penn ID, and specify at the time of purchase that they are participating in the "Take Our Daughters and Sons to Work Day." Houston Market will feature a special menu including children's favorites such as chicken fingers, hot dogs, and peanut butter/jelly sandwiches. Houston Market is located on the lower level of Houston Hall.

- **World Cafe Live**—a live music venue and restaurant sharing space with Penn's radio station WXPN, supports this annual event at Penn by offering a free soda with lunch to all children participating that day. We ask that these young guests be accompanied by an adult with a valid Penn ID, and that they specify at the time of purchase that they are participating in "Take Our Daughters and Sons to Work Day." Live music will be featured during the lunch hour for your entertainment. Reservations recommended, please call (267) 295-2963. World Cafe Live is located at 3025 Walnut Street.

Volunteer to host a West Philadelphia 9th grader for a day on "Take Our Daughters and Sons to Work Day." Provide an opportunity for a deserving child who may not otherwise have the opportunity to visit Penn's campus. If you are interested in "adopting" a student for the day, please contact Isabel Mapp at the Center for Community Partnerships: [sammapp@pobox.upenn.edu](mailto:sammapp@pobox.upenn.edu) or (215) 898-2020.

# Update

March AT PENN

## READING/SIGNING

**28** Kevin McKiernan—*The Kurds, Arabs, and the Coming Break-Up of Iraq*; 6:30 p.m.; rm. F95, Jon M. Huntsman Hall (Middle East Center).

## TALKS

**30** L-Selenomethionine as a Countermeasure Against Space Radiation-Induced Biological Effects; Jelena Stewart, radiation oncology; noon; rm. 196A, John Morgan Bldg. (Radiation Oncology & Radiation Biology).

**31** *Rohingyas of Burma & Bangladesh*; Habib Siddiqui, West Chester University; noon; rm. 826, Williams Hall (Institute for Medicine & Engineering).

**Deadlines:** The deadline for the weekly Update is every Tuesday, for the following Tuesday's issue. The deadline for the May AT PENN calendar is Tuesday, April 11. For information see [www.upenn.edu/almanac/calendar/caldead-real.html](http://www.upenn.edu/almanac/calendar/caldead-real.html).

Below are additional summer camps that have recently been announced. See [www.upenn.edu/almanac/volumes/v52/n20/camp.html](http://www.upenn.edu/almanac/volumes/v52/n20/camp.html) for the complete list.

### More Athletic Sports Camps

#### Summer Classic Baseball Camp

The Summer Classic Baseball Camp, June 16-18, is for rising high school sophomores to rising seniors. Campers will stay at the Sheraton University City Hotel. Cost: \$450. Call (215) 898-6282 or visit [www.pennathletics.com](http://www.pennathletics.com).

#### Junior Fencing Camp at Penn

The Junior Fencing Camp, July 23-29, is for 14-17-year-old fencers with at least one year of competitive fencing experience required. \$695 per week. July 30-August 5, two years of competitive fencing experience preferred. Contact David Micahnik, (215) 898-6116 or e-mail [davidmic@pobox.upenn.edu](mailto:davidmic@pobox.upenn.edu).

## CLASSIFIEDS—UNIVERSITY

### RESEARCH

**Want To Help Us Learn More About Sleep In Children Through Research?** Healthy children ages 2-18 years without any sleep problems needed for a routine overnight sleep study at The Children's Hospital of Philadelphia. Participants will be compensated for time and travel, and will receive a gift card. Please contact Brooke Bintliff, study coordinator, at (267) 426-5083 for more information.

**Do you have low levels of HDL cholesterol (the "good cholesterol")?** Are you worried about your risk of diabetes or heart disease? Doctors at the University of Pennsylvania are launching a new study looking at the effects of a new medication on improving HDL cholesterol and other risk factors for diabetes and heart disease. The entire study lasts about 10 weeks and includes 7 visits to the research center at the University of Pennsylvania in Philadelphia. Participants will be compensated for their time and effort. You may qualify for our research study if you are: at least 18, think you have low levels of HDL cholesterol, at risk for heart disease or diabetes. If you do not know your HDL level, we can measure your full cholesterol panel free of charge. To find out more information, please contact Katie Sachs at (215) 662-9755 or email her at [sachs@mail.med.upenn.edu](mailto:sachs@mail.med.upenn.edu).

**Do you have arthritis in your knees?** Would you like to participate in a study designed to find out if acupuncture may help you walk better and decrease the pain? The study compares real acupuncture using needles that do not puncture the skin in patients who need physical therapy. Call Pat Williams for information at (215) 898-3038.

**Is smoking a problem for you?** If you are 18 to 60 years old and smoke >10, you may be eligible for a study aimed at helping you reduce and/or quit smoking. This study compares an FDA-approved (for other indications), low side effect medication to placebo. You will receive physical and psychological evaluations, individualized support sessions, and check-up calls at no cost. You may receive additional compensation for completing 2 MRI scans (optional) related to the study. All participants are compensated for travel. Call (215) 222-3200 to speak further with Derek (ext. 127) or Susan (ext. 128).

Almanac is not responsible for contents of classified ad material.

For information call (215) 898-5274.

### Rowing Camp at Penn

Rowing Camp Sessions I and II—June 24-27 and July 8-11—are co-ed for 14-18 year-olds who have rowed at least one season and want to improve. Session III—July 12-15, has an emphasis on racing and includes on-the-water instruction, videotaping and ergometer training. Session I and II are \$775 for a resident and \$675 for a day camper (8:45 a.m.-8:30 p.m.). Session III is \$800 for a resident and \$700 for a day camper. Contact Mike Lane, (215) 573-6175 or e-mail [mlane@pobox.upenn.edu](mailto:mlane@pobox.upenn.edu). Register: [www.pennathletics.com](http://www.pennathletics.com).

### Penn Volleyball Camp

Penn Volleyball Camp, August 10-13, is for females 10-18 years old. Instruction and coaching from college players and coaches, while experiencing college life on campus. Cost is \$550 for a resident camper and \$450 for a day camper (9 a.m.-9 p.m.). Contact Andrew Richardson, (215) 898-4843 or e-mail [dricihar@pobox.upenn.edu](mailto:dricihar@pobox.upenn.edu). Brochure: [www.pennathletics.com](http://www.pennathletics.com).

### Penn Squash Camp

The Penn Squash residential program, June 25-30, is for females and males ages 13-18. The day program has three sessions—June 12-16, June 19-23, and June 26-30—for females and males ages 11-18. Cost is \$1095 for the residential program and \$550 for the day program. Athletes will learn proper game technique and strategy from college coaches as well as enjoy various other activities. Information: (610) 265-9401 or e-mail [pennsquash@jkcp.com](mailto:pennsquash@jkcp.com).

### Speed and Sports Performance Camp

The Speed and Sports Performance Camp Sessions I and II are July 24-27, 9 a.m.-12:30 p.m. and 2-5:30 p.m.; Sessions III and IV are July 31-August 3, 9 a.m.-12:30 p.m. and 2-5:30 p.m. Cost is \$275/person per session. Students ages 13 and older will be taught how to increase their sport specific speed. Contact James Cook, (215) 898-6149 or e-mail [cookj@pobox.upenn.edu](mailto:cookj@pobox.upenn.edu). Application: [www.pennathletics.com](http://www.pennathletics.com).

## The University of Pennsylvania Police Department Community Crime Report

**About the Crime Report:** Below are all Crimes Against Persons and Crimes Against Society from the campus report for **March 13-19, 2006**. Also reported were 10 Crimes Against Property (including 7 thefts, 1 burglary, 1 act of vandalism and 1 act of fraud). Full reports are on the [www.upenn.edu/almanac/volumes/v52/n27/creport.html](http://www.upenn.edu/almanac/volumes/v52/n27/creport.html). Prior weeks' reports are also online. —Ed.

This summary is prepared by the Division of Public Safety and includes all criminal incidents reported and made known to the University Police Department between the dates of **March 13-19, 2006**. The University Police actively patrol from Market Street to Baltimore Avenue and from the Schuylkill River to 43rd Street in conjunction with the Philadelphia Police. In this effort to provide you with a thorough and accurate report on public safety concerns, we hope that your increased awareness will lessen the opportunity for crime. For any concerns or suggestions regarding this report, please call the Division of Public Safety at (215) 898-4482.

03/14/06	10:46 AM	3900 Chestnut St	Complainant robbed by unknown male
03/15/06	9:27 AM	3744 Spruce St	Male obstructing highway/Arrest
03/16/06	3:06 AM	106 Spruce St	Male causing a disturbance/Arrest
03/16/06	7:34 PM	3600 Spruce St	Complainant assaulted/Arrest
03/16/06	7:59 PM	41st & Spruce Sts	Complainant assaulted/Arrest
03/17/06	1:15 AM	4000 Walnut St	Defendant driving intoxicated/Arrest
03/17/06	5:59 AM	3935 Sansom St	Unauthorized male in area/Arrest
03/17/06	11:21 PM	S 39th & Sansom Sts	Male acting in disorderly manner/Citation
03/18/06	3:55 AM	3600 Spruce St	Male cited for disorderly conduct
03/18/06	11:55 PM	200 S 36th St	Male urinating in public/Citation

### 18th District Report

9 incidents with 4 arrests (including 8 robberies and 1 aggravated assault) were reported between **March 13-19, 2006** by the 18th District covering the Schuylkill River to 49th St. & Market St. to Woodland Ave.

03/13/06	1:00 PM	4001 Walnut Street	Robbery/Arrest
03/14/06	10:00 AM	3900 Ludlow St	Robbery
03/14/06	4:32 PM	4602 Market St	Robbery
03/15/06	9:10 PM	4945 Chestnut St	Robbery
03/16/06	6:32 PM	4532 Baltimore Ave	Robbery
03/18/06	4:32 AM	4500 Baltimore Ave	Aggravated Assault/Arrest
03/18/06	7:30 PM	4400 Sansom St	Robbery/Arrest
03/18/06	10:15 PM	4525 Walnut St	Robbery
03/19/06	9:25 PM	4939 Sansom St	Robbery/Arrest



Almanac

Suite 211 Nichols House  
3600 Chestnut Street, Philadelphia, PA 19104-6106  
Phone: (215) 898-5274 or 5275 FAX: (215) 898-9137  
E-Mail: [almanac@pobox.upenn.edu](mailto:almanac@pobox.upenn.edu)  
URL: [www.upenn.edu/almanac](http://www.upenn.edu/almanac)

The University of Pennsylvania's journal of record, opinion and news is published Tuesdays during the academic year, and as needed during summer and holiday breaks. Its electronic editions on the Internet (accessible through the PennWeb) include HTML and Acrobat versions of the print edition, and interim information may be posted in electronic-only form. Guidelines for readers and contributors are available on request and online.

EDITOR Marguerite F. Miller  
ASSOCIATE EDITOR Natalie S. Woulard  
ASSISTANT EDITOR Mary C. Capurso  
STUDENT ASSISTANTS Jontae McCoy, Stella Quarshie, Pablo Sierra, Sarah Yanes  
UCHS INTERN Joachim Hardin

ALMANAC ADVISORY BOARD: For the Faculty Senate, Martin Pring (chair), Helen Davies, Lance Donaldson-Evans, Lois Evans, Charles Mooney, Neville Strumpf, Joseph Turov. For the Administration, Lori N. Doyle. For the Staff Assemblies, Michele Taylor, PPSA; Omar Mitchell, WPSA; Varvara Kountouzi, Librarians Assembly.

The University of Pennsylvania values diversity and seeks talented students, faculty and staff from diverse backgrounds. The University of Pennsylvania does not discriminate on the basis of race, sex, sexual orientation, gender identity, religion, color, national or ethnic origin, age, disability, or status as a Vietnam Era Veteran or disabled veteran in the administration of educational policies, programs or activities; admissions policies; scholarship and loan awards; athletic, or other University administered programs or employment. Questions or complaints regarding this policy should be directed to Jeanne Arnold, Executive Director, Office of Affirmative Action, 3600 Chestnut Street, 2nd floor, Philadelphia, PA 19104-6106 or (215) 898-6993 (Voice) or (215) 898-7803 (TDD).

## Dog Owners Hide Truth from Shelters

Many dog owners who relinquish their pets to animal shelters are not entirely honest about their dogs' behavioral problems. According to the researchers at Penn and University of California veterinary schools, these behavioral problems may sometimes pose a risk to an adopting family who could unknowingly take in an aggressive animal.

The researchers studied behavioral questionnaires given to owners leaving their dogs at shelters and found that people are less likely to report such behavioral problems as aggression and fear of strangers, if they believed that their responses would be shared with shelter staff. Their findings were published recently in the *Journal of the American Veterinary Medical Association*.

"Many shelters conduct behavior-based evaluations on animals they take in, but there are few better descriptions of a dog's temperament than an honest assessment from its owner through a questionnaire," said Dr. James Serpell, professor of humane ethics and animal welfare and director of Penn's Center for the Interaction of Animals & Society.

Dr. Serpell comments that, "Shelters could more effectively use their scarce resources to correct behavioral problems or find ways of guiding troubled dogs to more appropriate adopters—if they detect these problems in time." Dr. Serpell conducted the study with UC Davis colleagues Sheila Sergurson and Benjamin Hart at two shelters in Sacramento. They gave questionnaires to two groups of people. One group was told that the information would be kept confidential and the other was told that the information would be shared with shelter staff. Significantly more shelter dogs in the confidential group were reported to behave aggressively to their owners or fearfully with strangers.

The researchers also compared both groups to questionnaires given to a group of dog-owners, all of whom were clients of Penn's Matthew J. Ryan Veterinary Hospital. The comparison showed that there were many more instances of behavioral problems in animals being left at shelters.

For animal shelters, however, the lesson that this study provides is more complex. Shelters must identify potentially troubled dogs before making them available for adoption.

## Thermal Energy to Reduce Asthmatic Symptoms

Clinical researchers at HUP hope to open up a new avenue to alleviate the debilitating symptoms of asthma through an investigative bronchoscopic procedure where the smooth muscle of the airway, which causes the spasm, is reduced using thermal energy.

Physicians will go into the airways with a bronchoscope, which is a routine procedure, and by generating and applying thermal energy, will reduce areas of underlying smooth muscle in the small to medium size airways with a new medical device. The Alair® System consists of a single-use device and a controller that delivers thermal energy to the bronchial wall during an outpatient bronchoscopic procedure known as Bronchial Thermoplasty(tm).

The system, which has an expandable wire basket at the tip, consists of four arms that come in contact with and fit snugly against the airway wall. The expanded basket then delivers controlled radio frequency energy for about 10 seconds to heat the airway smooth muscle. Once the treatment session is completed, the device and the bronchoscope are removed. The controlled heat is designed to reduce the amount of airway smooth muscle in the airway wall, thus reducing the ability of the airway walls to contract and narrow and spasm in response to irritation, infection or inflammation.

"The procedure itself takes only about an hour to complete and no general anesthesia is used. This is done on an outpatient basis as a bronchoscopic procedure, with conscious sedation (in which a tube is placed through the mouth or nose and positioned into the lungs). There is no incision and no need to stay overnight," said Dr. Maureen George, coordinator, Comprehensive Asthma Care Program in the Pulmonary, Allergy and Critical Care Division at HUP.

During the clinical trial, physicians will treat one-third of the lungs in each treatment period for three treatment sessions total. Also, patients who are currently highly medicated will stay on their medication for the duration of the study.

In this country, severe asthmatics are a major health problem. It's predicted that 40-50 percent of adults suffer from asthma leading to lost days at work. Asthma is a common disease in which the airways in the lung become inflamed, excess airway mucus is produced, and airways narrow when muscles within the airway walls contract. Asthma affects more than 20 million people in the U.S.

"There's no expectation that this new procedure will cure asthma but we're hopeful it will be useful in reducing the severity and frequency of asthma symptoms and help to improve the quality of life for asthma sufferers," comments Dr. Ali Musani, an interventional pulmonologist at Penn and principal investigator of the study.

## Hospitalization or Death of Elderly Spouse Substantially Affects Husband or Wife's Mortality

A new study shows that for people aged 65 and older hospitalization of a spouse can harm the well being of the surviving partner and significantly contribute to that partner's death. The study appears in the February 16 *New England Journal of Medicine*.

Dr. Paul Allison, professor and chair of Penn's sociology department, and Nicholas Christakis, professor in the department of healthcare policy at Harvard Medical School, examined the effect of illness in one spouse on the risk of illness in a partner. They looked at the effect of the death of one spouse on the mortality of the other. By considering these effects together for the first time, the authors were able to assess the implications of specific illnesses or diseases for a partner's risk of death.

"What surprised us was that diseases that are highly lethal, like lung cancer or pancreatic cancer, had very little impact on the partner's mortality risk," Dr. Allison said. "On the other hand, dementia and other psychiatric diseases showed substantial increases—19 to 32 percent—in the risk of death for the partner, for both husbands and wives."

Researchers found that the period of greatest risk is within 30 days of a spouse's hospitalization or death, where hospitalization of a spouse can confer to a partner almost as much risk of dying as the actual death of a spouse.

The study also found that specific illnesses impacted the spouse differently. For example, if the wife were hospitalized for colon cancer, there was almost no effect on her husband's mortality. But, if a wife were hospitalized with heart disease, her husband's risk of death was 12 percent higher than it would be if the wife were not sick. If a wife were hospitalized with dementia, her husband's risk was 22 percent higher. Similar effects were seen in women whose husbands were hospitalized.

Further analyses found that the death of a wife in the previous 30 days increased her husband's risk of death 53 percent, and the death of a husband increased his wife's risk of death 61 percent. For women, the effect of a husband's hospitalization increased with age and the level of poverty. For men, the effect of a wife's hospitalization increased only with age.

For nine years, the authors studied 518,240 couples—more than 1 million people—between the ages of 65 and 98 who were enrolled in Medicare. This study found that the stress effect may last for a few weeks or months, and the support effect may last for several years. Eventually, the healthy partner adapts to the stress effect, so that the health risks of being a caregiver decline; however, the lack of social support that is associated with the illness or death of a partner becomes a problem, and health risks in the partner increase again.

## Most At-Risk Patients for Secondary Strokes

Among patients who have suffered a single stroke, researchers at Penn's School of Medicine, along with colleagues at other institutions, have found that severe stenosis, or narrowing of the arteries in the head, represents a major risk factor for the development of a subsequent stroke. Patients with recent symptoms were also at high risk. Further, women faced a greater risk of subsequent stroke than men. Their work, published in the January 31 issue of *Circulation*, lays the foundation for further studies into effective therapies to prevent secondary strokes.

The researchers' findings are part of a larger multi-site clinical investigation—specifically, the Warfarin versus Aspirin for Symptomatic Intracranial Disease (WASID) trial—which found aspirin to be the preferred medical therapy for preventing a secondary stroke. According to the WASID study, warfarin was associated with significantly higher rates of adverse events and provided no benefit over aspirin for preventing stroke and vascular death.

"We need to be more aggressive in the treatment of these high-risk patients," said Dr. Scott Kasner, lead author of the study and director of Penn's Stroke Center. "Stenting and angioplasty in the brain are promising treatments for intracranial stenosis, and this study identified the target group for a new trial comparing these treatments with traditional medical therapy."

Using patient data from the WASID trial, Dr. Kasner, analyzed five probable clinical factors that would contribute to a subsequent stroke in the territory of the initial event—including type of qualifying event (stroke or TIA), location of vessel, percent stenosis, treatment with antithrombotic medications at the time of the preliminary stroke, and time from the qualifying event to enrollment in the study. After adjusting for age, gender, and race, the researchers found that patients with severe stenosis (at or greater than 70% of the affected vessel's diameter), recent symptoms, and female gender were associated with significantly higher subsequent risk of stroke in the territory of a symptomatic intracranial stenotic artery than other groups. "Our observations suggest that potential intervention should be considered very soon after clinical presentation, unless early intervention also increases the short-term risk," says Dr. Kasner.