$5 Million for Penn Center for Inherited Cardiovascular Disease

The Penn Center for Inherited Cardiovascular Disease has received a $5 million commitment from Mark Winkelman and his family. The generous donation from Mr. Winkelman, a former chair of the Penn Medicine Board, will help support clinical care, additional faculty and fellows, outreach and education and much-needed laboratory and clinical research for inherited cardiovascular diseases. The Penn Center for Inherited Cardiovascular Disease is one of only a few in the country to address the unique needs of not only individuals with hereditary heart conditions, but also their families who may be at risk by providing genetic counseling and testing as well as appropriate follow-up care. Early recognition and treatment of these conditions can prevent heart failure or sudden death.

“Tight meaning that Mr. Winkelman shares our vision, and I’m incredibly grateful and excited to see what this gift will allow us to accomplish,” Dr. Owens added.

Mr. Winkelman, a member of the Board of Directors at Goldman, Sachs & Co, has a longstanding relationship with the University of Pennsylvania. Serving most recently as chair of the board at Penn Medicine for five years, and graduating with an MBA from Penn’s Wharton School, he is also a Trustee Emeritus of University’s Board of Trustees. “This cause is very near to our family and we are proud to make a gift to support the Penn Center for Inherited Cardiovascular Disease,” Mr. Winkelman said. “We are confident that the Penn Medicine team will advance the field through research discoveries and clinical applications. Our hope is that this gift will provide resources for the team to continue their mission and change the lives of patients for generations to come.”

(continued on page 2)
The Center for Italian Studies Grants for Faculty and Students

Salvatori Research Fund: March 20

The Center for Italian Studies at Penn offers annual research grants endowed by the late Henry Salvatori, EE’23, to support Penn students and faculty whose research investigates Italian culture and society. The deadline for submissions is March 20 and awards will be announced by April 5.

This year’s Salvatori awards sponsor three specific types of research projects devoted to Italian topics:

- **For graduate students:**
  Up to $3,000, for travel for dissertation or pre-dissertation research, conducted outside the United States (with exceptions) from May 1, 2018 to April 30, 2019.

- **For standing faculty:**
  Associate professors: up to $1,000, to support supplemental research expenses, in particular, incidental publication costs. To be used between May 1, 2018 and April 30, 2019.

  Associate and full professors: up to $2,500, to support the initial or exploratory phase of a research project. Examples are: monograph, edited book, article, digital project, library cataloguing project, faculty research group, study day, grant application, outreach initiative, exhibition, performance, installation and video (the last five must include a research component). Preference is given to projects involving collaboration with other faculty members, at Penn or outside Penn. The fund needs to be used between May 1, 2018 and April 30, 2019. Requirements are: one public presentation at Penn during the spring 2019, and a report to be published electronically by the Center within the Penn Scholarly Commons platform by August 1, 2019.

As funds are limited, requests below the upper limit are encouraged. It is not possible to apply for two consecutive years. Applications are evaluated by a committee of at least three faculty members plus the director of the Center.

**Applications (Word or PDF should include):** a two-page proposal (ca. 6,000 characters no spaces), an estimate of expenses and a timetable. Graduate students need to provide one letter of support from a standing faculty member in the most relevant department or program. Applicants and recommenders should send an email with the subject “Salvatori Awards 2018” to Mauro Calcagno, director, Center for Italian Studies, at mauroca@sas.upenn.edu by the March 20 deadline. The next call for applications will be in spring 2019.

Amici Prize: Undergraduate Research in Italian Studies: March 10

The Center for Italian Studies at Penn awards the Amici Prize, established in 1993, for a research project in Italian Studies to be conducted in Italy by a Penn undergraduate student, this year between May 1 and December 31, 2018.

The awarded sum is up to $1,500. The deadline for applications is March 10, 2018.

Applicants can propose a project in any field of Italian Studies with the support of their instructor/ advisor, who will advise and supervise the student. The project can originate from a class or be independent from it; it can be developed during an independent study but can also be pursued outside it. The outcome, which can take a variety of forms (paper, video, blog, etc.) will be shared with other Penn undergraduates, in ways arranged and coordinated by the Undergraduate Chair in Italian, together with the advisor. The Prize cannot be awarded to the same student in two consecutive years.

Applicants should send, via e-mail, a detailed project proposal (600 to 1,200 words) including a title, a description, an approximate budget, and a rough timeline for completion. The instructor/advisor will send, separately, his or her confidential letter of recommendation. Please submit these documents by March 10 as Word or PDF files attached to a message with subject “Amici Prize 2018” and addressed to Mauro Calcagno, director, Center for Italian Studies, at mauroca@sas.upenn.edu

Almanac’s New Website

Visit almanac.upenn.edu and click the “Past Issues” in the blue band at the top of the page. You’ll view the current volume (#64) at the top, the most recent AT PENN calendars, and Almanac’s other Online Issues. Other online issues will include crime reports for weeks Almanac wasn’t published, before scrolling down to view the more than 60 volumes of Almanac issues, including those that pre-date the web.
Richard Gibboney, GSE
Richard “Dick” A. Gibboney, professor emeritus at the University of Pennsylvania Graduate School of Education (GSE), died in Indianapolis, Indiana on January 24. He was 90. He graduated from Altoona High School in 1945, then served in the U.S. Navy. He received a bachelor’s degree from Pennsylvania State University in 1951. He then taught at a progressive public elementary school in Jackson, Michigan where his love of education took off, and he met his wife Roberta. He earned his master’s degree in education from Wayne State University in Detroit, Michigan in 1955 and his doctorate of education at George Peabody College, now Vanderbilt Peabody, in 1957. Before coming to Penn, he served in the Pennsylvania Department of Education as director of curriculum development and then as Pennsylvania Deputy Superintendent of Public Instruction from 1957 to 1965. He was the Vermont Commissioner of Education from 1965 to 1967. Dr. Gibboney was appointed visiting professor at GSE in 1967. He was then appointed associate professor, Two years later, Dr. Gibboney was awarded the Lindback Foundation Award for Distinguished Teaching (Almanac May 1969). He served on the Faculty Senate Executive Committee in 1994-1995. He joined Penn’s Twenty-five Year Club in 1987. He was named November 3, 1992) and taught here until 1999 when he became professor emeritus (Almanac May 18/25, 1999). Dr. Gibboney was founder and president of the consulting firm Richard A. Gibboney Associates, Inc. in the 1970s. He was a strong proponent of John Dewey’s philosophy of education and an active member of the John Dewey Society, Phi Delta Kappa and other professional and honorary organizations. He published three books, Toward Intellectual Excellence: Some Things to Look for in Classrooms and Schools (1981); The Stone Trumpet: A Story of School Reform, 1960-1990 (1989); and What Every Great Teacher Needs to Know: Practical Principles for Effective Teaching (1998) and many other written works. He is survived by his wife of 64 years, Roberta “Bobbie”; children, Richard, Jr. and Diane G. Carr; grandchildren, Megan and Emily Carr; and sister, Phyllis Haltman.

Ezra S. Krendel, Wharton
Ezra Simon Krendel, professor emeritus of statistics and operations research at the Wharton School, died on February 1. He was 92. Mr. Krendel attended Townsend Harris High School and earned a BA in physics from Brooklyn College in 1945. He went on to earn multiple masters degrees—one in physics from MIT in 1947, and one in social relations from Harvard University in 1949. He became an active participant in the development of the fields of human factors, ergonomics, engineering psychology and human engineering. His first job in 1949 was at the Franklin Institute Research Laboratories. These laboratories emerged in early 1942 in response to pressing requirements for military research and development facilities. Mr. Krendel’s combination of graduate work in both physics and social relations provided the combination of skills needed for an Army project with both human engineering and systems engineering components under way at the laboratories. He became heavily involved in a major Air Force study that had a purpose to develop useful engineering models to describe the way pilots flew aircraft. This project grew and became the basis for much of his major career contributions to the emerging discipline which was then called engineering psychology. In 1959, he and Duane T. McRuer, president of Systems Technology, Inc., published an extensive joint research on pilot models in the Journal of The Franklin Institute and were recipients of the Louis E. Levy Gold Medal awarded when merited in a given year for the best contribution to the journal. While working on or directing a large number of research projects for the Departments of Defense and of Transportation, Mr. Krendel made contributions to many other aspects of this emerging discipline including visual search, electroencephalograms, communications, vehicle design and safety, human capability for physical work, training techniques and visual display design and evaluation. Mr. Krendel began teaching at Wharton in 1966. He remained a professor until he retired in 1989. He was shortly given a secondary appointment in the Moore School of Electrical Engineering, soon to be incorporated into the School of Engineering and Applied Science (SEAS), and he taught both undergraduate and graduate courses in Human Factors Engineering.

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. Call (215) 898-5274 or email almanac@upenn.edu

However, notices of alumni deaths should be directed to the Alumni Records Office at 2929 Walnut Street, Suite 300, (215) 898-8136 or email record@ben.dev.upenn.edu

Silfen Forum Webcast
Those who missed The David & Lyn Silfen University Forum People and Policy Adrift: A 21st Century Framework for Asylum Seekers, Refugees and Immigration Policy on February 15 can still watch the discussion online by visiting https://silfenforum.upenn.edu/webcast

A distinguished panel of experts, including Joe Biden, Jeb Bush, Michael Doyle, Dau Jok and Anne Richard, joined Penn President Amy Gutmann in discussing ideas for new approaches to the global refugee crisis and tackling questions that touched on the challenging and dynamic policy decisions.

The Forum was generously endowed to foster conversation and debate regarding important contemporary issues.

University Council: February 21 Meeting
Open Forum Topics to be Discussed
The following topics have been submitted for the Open Forum at tomorrow’s Council meeting in Bodek Lounge, Houston Hall.

1. The role of fraternities/sororities in campus life, submitted by Ilan Gold, C’18
2. Improving policies around reporting sexual harassment and assault, submitted by Chloé Kannan, GRD’22
3. All assignments have written instructions, submitted by Ethan Friedson, C’18
4. Proposal for improving mental health services on Penn’s campus, submitted by Esther Jou, C’18
5. Quecha language program, submitted by Americo Mendoza-Mori, lecturer, department of Spanish and Portuguese
6. Penn’s Sexual Violence Policy and her experience going through Penn’s SVIO Process, submitted by Carolyn Kearney, Eng’18
7. Future divestment options for the University with regard to its holdings in the fossil fuel industry, submitted by Jacob Hershman, C’20

www.upenn.edu/almanac
Honors & Other Things

Angela Duckworth and Marybeth Gasman: RSHU Edu-Scholar Public Influence Rankings

Two Penn faculty, Angela Duckworth, and Marybeth Gasman, have ranked in the top ten most influential scholars on the 2018 RSHU Edu-Scholar Public Influence Rankings. The Ranking chooses among thousands of possible scholars and compiles a list of academics who have the most real-world impact.

Dr. Duckworth, the Christopher H. Browne Distinguished Professor of Psychology in the College of Arts and Sciences, faculty co-director of the Penn-Wharton Behavior Change For Good initiative and faculty co-director of Wharton People Analytics, was placed third on the list. She is well known for her popular book, Grit: The Power of Passion and Perseverance, which is a number one New York Times best seller. She is a 2013 MacArthur Fellow (Almanac October 1, 2013), and has advised the World Bank, NBA and NFL teams, Fortune 500 CEOs and the White House.

Dr. Gasman, the Judy and Howard Berkowitz Professor of Education in the Graduate School of Education, was placed eighth on the list, and is ranked highly for coverage of her work in mainstream newspapers. She is the founding director of the Penn Center for Minority Serving Institutions (Almanac January 21, 2014), which strengthens, supports and amplifies the contributions of Minority Serving Institutions. Dr. Gasman is the author or editor of 23 books, including Educating a Diverse Nation and Envisioning Black Colleges.

Eileen Lake: RINAH

Penn Nursing’s Eileen T. Lake, the Jessie M. Scott Endowed Term Chair in Nursing and Health Policy, associate professor of nursing, and the School’s reputation as an innovative, associate professor of sociology and the Associate Director of the Center for Health Outcomes and Policy Research, has been named the Editor-in-Chief of the journal Research in Nursing & Health (RINAH). RINAH, which celebrates its 40th anniversary this year, is a top-tier, peer-reviewed journal that publishes a wide range of research to inform the practice of nursing and other health disciplines.

“My vision is to elevate RINAH internationally, and with it, nursing science. By enhancing the journal’s reputation, its impact will increase, attracting the attention of practitioners and policy makers who read it. Increased readership will speed the translation of research evidence into practice and policy,” said Dr. Lake.

Penn Nursing is a natural fit for the RINAH editorsh, with the School’s reputation as an intellectual and transformative force for improving health through nursing. Dr. Lake’s research centers on how the organizational context of care, including the work environment, nurse staffing and nurses’ educational preparation, influence quality of care and outcomes.

Vandana Gopikumar:
Renfield Foundation Award

Vandana Gopikumar, co-founder of The Banyan and The Banyan Academy of Leadership in Mental Health, will receive the 2018 Penn Nursing Renfield Foundation Award for Global Women’s Health for her work in helping women with mental health problems in India. She co-founded both organizations with Vaishnavi Jayakumar. Dr. Gopikumar will receive the award—which comes with a $100,000 cash prize—during an event at Penn’s Perry World House on March 21. See Special Events in the March AT PENN calendar for more details.

“Dr. Gopikumar embodies the very essence of The Renfield Award, which is given to an individual who demonstrates leadership in improving women’s health,” said Penn Nursing Dean Antonia Villarruel. “Over the past 25 years, she and her team have helped more than 10,000 people with mental health issues in India to reintegrate into society. Her devotion to helping this community is steadfast and tireless. We are happy to recognize her and The Banyan with this much-deserved award.”

“It is my honor to have nominated Dr. Gopikumar for the Renfield Award owing to her landmark contributions to the field of mental health and social vulnerabilities in India,” said Nachiket Mor, director of the India Country Office of the Bill and Melinda Gates Foundation. “Her determination has been instrumental in The Banyan’s journey. It is because of her innovative spirit that new models of mental health care have been created, myths have been erased, and stigmas have been shattered.”

Emily Steiner: CARA Award

Emily Steiner, professor of English in English in SAS at the University of Pennsylvania, won the CARA Award for Excellence in Teaching from the Medieval Academy of America’s Committee for Centers and Regional Associations (CARA). Dr. Steiner has transformed medieval studies at Penn. Through her intellectual vibrancy and careful close-readings she has guided undergraduates and graduate students through some of the most challenging aspects of the English canon. Her teaching explores the nexus of literary, devotional, legal, polemical and academic writing that shaped literary production during the fourteenth and fifteenth centuries and its reception.

Dr. Steiner has also been an outstanding graduate teacher, advisor and mentor, demystifying the profession for her students just as she carefully demonstrates how a piece of writing works.

Landscape Architecture: Top School

PennDesign has been named the Top School for Landscape Architecture by AZURE magazine. PennDesign is recognized for its renowned faculty and for its wealth of sub-specialties in areas like global biodiversity, urban ecology and advanced digital modeling.

Penn Nursing #1 in NIH Funding

With $9.3 million in awards from the National Institutes of Health (NIH), Penn Nursing took the lead for research funding for the 2017 fiscal year, among other schools of nursing.

“This designation demonstrates our School’s commitment to being a national leader in advancing health and health care through innovative research solutions to modern problems, said Penn Nursing Dean Antonia Villarruel. "Our research helps shape policy, promotes better health and care, improves quality of life, eliminates health disparities, and develops new knowledge that drives practice.”

Therese Richmond, associate dean for research & innovation, added that “every product and process that touches a patient goes through a nurse. Penn Nursing conducts research that spans the lifespan and all aspects of life and is committed to developing novel approaches to advance and improve the health and well-being of individuals, families and communities.”

Anna Weesner: Thomson Award

Composer Anna Weesner, the Dr. Robert Weiss Professor of Music at Penn, has won the Virgil Thomson Award in Vocal Music. The award, endowed by the Virgil Thomson Foundation and administered by the American Academy of Arts and Letters, recognizes an American composer of vocal works. Candidates were nominated by the Academy’s members, and the winner was chosen by a special jury of composers. The award will be given at the annual Ceremonial in mid-May.

Ms. Weesner is the recipient of a 2009 Guggenheim Fellowship, a 2008 Arts and Letters Award from the American Academy of Arts and Letters, and a 2003 Pew Fellowship in the Arts. Recent performances note include the Daedalus Quartet’s performance of The Space Between at the Chamber Music Society of Lincoln Center in 2017 and the Riverside Symphony’s performance of Still Things Move in Alice Tully Hall in 2016. Cygnus Ensemble will be playing My Mother in Love for voice and six instruments at Symphony Space on April 30, 2018, with soprano Tony Arnold.

Her music has been recorded on CRI and Albany Records. She has been commissioned by Open End, violin Melia Watras, Network for New Music, the MATA festival, the Cypress Quartet, Dawn Upshaw, Sequent and Orchestra 2001, among others.
Penn Recognizes Outstanding Staff Members with 2018 Models of Excellence Honors

As our entire region continues to bask in the glow of Super Bowl victory, we are pleased to announce Penn’s own staff champions, the 2018 Models of Excellence honorees. This year, the Models of Excellence Program will recognize 97 outstanding staff members who have made remarkable contributions to the University’s standing as a global leader in education, research and public service.

The awards are presented in three categories: Models of Excellence, Pillars of Excellence and Model Supervisor. Each winner, whether individual or a team member, will receive $500 and a symbolic award. Each staff member who has earned an Honorable Mention will receive $250 and a symbolic award.

On Wednesday, April 4, President Amy Gutmann, Provost Wendell Pritchett, Executive Vice President Craig R. Carnaroli and Vice President Jack Heuer will present staff members from schools and centers across the University with awards for their exemplary service at a festive ceremony in Irvine Auditorium.

The entire Penn Community is invited to join the 19th annual Models of Excellence Award celebration on April 4 at 4 p.m. Visit www.hr.upenn.edu/models for more information about Penn’s phenomenal staff honorees, the spectacular Models of Excellence ceremony and to learn how you can nominate a worthy staff member for this prestigious award.

2018 Models of Excellence Honorees

Models of Excellence Honorable Mentions
The Faculty Life and Professional Development Team, Institutional Risk Committee (IRC) Information Security Program and Gayle Joseph will receive Models of Excellence Honorable Mentions.

Faculty Life and Professional Development Team
Vivian Fisher, Perelman School of Medicine
Karen Grasse, Perelman School of Medicine
Kimberly Hadwel, Perelman School of Medicine
Rorie Leahy, Perelman School of Medicine
Dorothy L. Leung, Perelman School of Medicine
Victoria Mulhern, Perelman School of Medicine
Chelsee Patrick, Perelman School of Medicine
Karen Shala, Perelman School of Medicine
Stephanie Taitano, Perelman School of Medicine

Jane Walfman, Perelman School of Medicine

Institutional Risk Committee Information Security Program Team
Dan Alig, Wharton School
R. Joy Azikiwe, School of Engineering
Barry Wilson, Wharton School
Vivin Varghese, Facilities and Real Estate Services
Mark Wehrle, ISC
Paul Weidner, Division of Finance
Barry Wilson, Wharton School

Ira Winston, School of Engineering
Wiem Younes, ISC
Jennifer Yuan, ISC

Gayle Joseph, School of Veterinary Medicine

Pillars of Excellence
The Pillars of Excellence Award recognizes the important support Penn’s weekly-paid staff members provide to promote the University’s mission.

This year’s Pillars of Excellence awardees:

Kim Bowers, Student Services
Deidre Wood, FRES

Pillars of Excellence Honorable Mentions
Honorable Mention:
Materials Library & Shared Shelf Team
Elizabeth W. Beck, University Library
Constance Mood, University Library
Christol Springer, University Library

Model Supervisors
The Model Supervisor Award honors supervisors who are effective and productive leaders for the University.

Rodolfo (Rudie) Altamirano, Penn Global

Model Supervisors Honorable Mentions
This year’s Honorable Mention awardees:

Amy Ashbridge, Perelman School of Medicine
Karen Di Maria, FRES

John W. O’Brien, ISC
Warren Petrofsky, School of Arts and Sciences
Magida Phillips, Business Services
Jacqueline Koury Raynor, ISC
Charles Rumford, ISC
Michael Sanker, ISC
Scott D. Schaefer, Audit Compliance and Privacy
Kevin Secrest, Audit Compliance and Privacy
Joseph Shannon, Division of Finance
Lauren Steinfeld, Audit Compliance and Privacy
Matthew Sullivan, ISC
David Tampari, ISC

Gayle Joseph, School of Veterinary Medicine
Human Resources: Upcoming February and March Programs

Professional and Personal Development Programs

To open faculty and staff. Register at http://knowledgeLink.upenn.edu/Participating in Performance Appraisals for Staff; March 1; 12:30-1:30 p.m.; free. With SparkHire Video Interviews growing in popularity at the University, we want you to be prepared! Reviewing the webinar will help you learn from our experts on how to best use the SparkHire Video Interview tool as a candidate.

STEP UP Introduction: First Steps to Excellence; March 6; 9 a.m.-noon; $150 for entire course. First Steps to Excellence is part one of STEP UP, Penn’s self-paced seven-part leadership development program. By the end of the First Steps to Excellence, you’ll have a deeper understanding of your five signature strengths and discover additional ways to take charge of your career at Penn. Other STEP UP sessions focus on developing skills to manage oneself, such as communications, getting work done, dealing with change and managing up.

Conducting Performance Appraisals for Supervisors; March 13; 12:30-1:30 p.m.; free. Do you supervise or manage other employees and want to learn more about how to prepare for and conduct performance appraisals? This is the course for you! Join us to find out best practices for this important annual procedure.

Learning with Lynda: Communicating with Empathy; March 15; 12:30-1:30 p.m.; free. In this course, communication expert Sharon Steed explains the principles of empathetic communication and shares specific strategies to help improve your approach to difficult conversations. Get ready to learn how to converse empathetically to improve your one-on-one conversations and team interactions.

How to Make Yourself Indispensable; March 20; noon-1 p.m.; $75. Your organization may be filled with good—even great—employees. But great employees aren’t necessarily indispensable. They are valuable, yes. But to be indispensable, employees need to be better than great. They need to perform with a mindset that drives them to prove their approach to difficult conversations. Join us to dive into this important topic.

TED Talk Tuesday: Susan Colantuono, The Career Advice You Probably Didn’t Get; March 27; 12:30-1:30 p.m.; free. You’re doing everything right at work, taking all the right advice, but you’re just not moving up. Why? In this TED Talk screening, Susan Colantuono shares a simple, surprising piece of advice you might not have heard before quite so plainly. This talk, while aimed at an audience of women, has universal takeaways—for men and women, new grads and midcareer workers.

Quality of Worklife Workshops

Open to faculty. Register at www.hr.upenn.edu/myhr/registration.

Vanguard Live Webinar: Getting on Track for Retirement, February 21; noon-1 p.m.; free. This webinar is intended for employees 10 to 20 years from retirement. Learn how to estimate if you’re on track for retirement by using an online calculator, and get practical solutions on how to get back on track if needed.

Love, Sex, and Other Things Right at Work, Taking All the Right Advice, but You’re Just Not Moving Up. Why? In this webinar, you will learn how to: take ownership of your responsibility and decision points from ages 55 to 70. It focuses on two federal entitlement programs, Social Security and Medicare, as well as major milestones associated with employer-sponsored retirement plans that can avoid significant tax penalties on withdrawals.

Penn Family Night Basketball: Women’s Basketball vs. Yale; March 2; 7 p.m.; $3.50. The Division of Human Resources and Penn Athletics invite benefits eligible faculty and staff to cheer on the Penn Men’s and Women’s basketball teams at the Palestra. Family night tickets include a discounted game ticket, compliments of Penn Athletics and a $5 concession coupon redeemable for food and beverage compliments of the Division of Human Resources. Order tickets before February 26 at the Penn Athletics website, http://www.pennathletics.com, with the promo code FAMILY or purchase at the Penn Athletics Ticket Office located at Weightman Hall, 235 S. 33rd Street between Walnut and Spruce.

Guided Meditation: Take a Breath and Relax; March 6; 12:30-1:30 p.m.; free. Practice mindful breathing that focuses your attention on the present moment. Practice compassion and self-acceptance. Self-massage and gentle mindful movements that promote relaxation and reduce stress may also be included in the workshop. No experience necessary.

New and Expectant Parent Briefing; March 7; 12:30-1:30 p.m.; free. This is an introductory resource briefing designed for expectant parents and those who are new to parenting or child care. Participants will learn about local and university childcare and parenting resources including breastfeeding support and the nursing mothers program, childcare locators, back-up care, adjusting to new schedules, flexible work options, among other topics. This session will also cover Penn’s short-term disability (STD) and related sick leave policies.

Mindfulness Monday: From Mind Full to Mindful – Discover the Power of Mindfulness, March 13; 12:30-1:30 p.m.; free. Mindfulness is “paying attention, on purpose, in the present moment, non-judgmentally,” according to Jon Kabat-Zinn. Mindfulness practice develops your awareness of your present thoughts and feelings to help you manage different situations. In this one-hour workshop, you will learn how mindfulness can help you become more engaged and effective both at home and in the workplace. No prior meditation experience necessary.

Guided Meditation: Take a Breathe and Relax; March 20; noon-1 p.m.; free. See March 6 listing for program details.

Webinar: Substance Abuse and Your Loved Ones; March 21; noon-1 p.m.; free. Substance abuse doesn’t just impact those that are addicted to substances, but can also have devastating effects on those around them—especially their loved ones. This session will explain symptoms of drug abuse and an overview of withdrawal symptoms of substances such as alcohol, opiates and others. We will review what addiction is and how it is a chronic brain disease. Enabling a loved one will be discussed but also what you can and should do for yourself. It is important to know that as a loved one of someone who is addicted to substances, you are not alone.

Behavior Issues Workshop for Parents and Caregivers; March 29; noon-1 p.m.; free. Join us for a Behavior Issues Workshop with Alison Zisser, a clinical child and pediatric psychologist at CHOP. You will get professional support on your child/children’s behavioral difficulties and learn how to promote their therapeutic well-being. This workshop is tailored for parents and caregivers of toddlers and preschoolers. Lunch will be provided. Please be sure to register in advance.

Healthy Living Workshops

Open to faculty and staff. Register at www.hr.upenn.edu/myhr/registration.

Know Your Numbers Workshop; February 12; noon-1 p.m.; free. Celebrate American Heart Month with AReufit Health Services! Define and discover the impact of important health heart terms—including cholesterol, glucose, blood pressure, heart disease, and metabolic syndrome.

Metabolism Mystery vs. Makeover Workshop; March 8; noon-1 p.m.; free. Do you eat healthy and exercise and still aren’t reaching your weight goals? Do you feel tired all the time? Your metabolism plays a big role in your weight and energy levels. A Family Food Registered Dietitian will help you eat to increase your metabolism and energy.

Be in the Know Biometric Screenings; March 15; 15: 16 and 19; free for benefits-eligible faculty and staff. Free on-campus biometric screenings provide you with key indicators of your health status, such as blood pressure, cholesterol levels and blood sugar. Participating allows for immediate feedback on your results—plus points toward Be in the Know cash incentives. You can earn up to $300 this campaign year! Visit www.hr.upenn.edu/beintheknow for details about the 2017-2018 Be in the Know wellness campaign.

INDOOR March Wellness Walk; March 16; noon-1 p.m.; free. March is National Nutrition Month: Meet the Center for Public Health Initiatives staff inside the Palestra and walk a one-mile or two-mile route while chatting about nutrition and how you can develop a mindful eating pattern that includes nutritious and flavorful foods. We hope you will be able to join us. Bring your water bottle and don’t forget your sneakers!

—Division of Human Resources

Form 1095-C: Available Soon

IRS Form 1095-C includes information about the health insurance coverage offered to you by Penn as well as information for each of your family members enrolled under your Penn benefits plan.

The 1095-C forms will be mailed and available online on or before February 28, 2018. To access your form online, go to the My Pay section of the secure U@Penn portal at www.upenn.edu/ui@penn, then select “My 1095-C form.”

If you receive a Form 1095-C from Penn, keep it for your records. While you do not need to attach your 1095-C to your tax return when filing, you do need to indicate on your return whether you had qualifying health coverage. Form 1095-C provides proof of that coverage.

If you have questions about your form, call Equifax at 855-823-3728. When prompted for your employee ID number, enter your social security number.

For general information about Form 1095-C, visit www.irs.gov/form1095c or the IRS Affordable Care Act & Taxes at a Glance webpage.
On Tuesday, February 27, at 7 p.m., *Little Stones* will be shown in the Harold Prince Theatre, at the Annenberg Center. *Little Stones* weaves together the personal narratives of four women from across the world using art to empower females and survivors of gender-based violence. The women contribute a stone to the mosaic of the women’s rights movement through their art.

Directed by Emmy Award-winning filmmaker Sophia Kruz and cinematographer Meena Singh, *Little Stones* was produced over a period of 18 months in Senegal, Kenya, Brazil, Germany, India and the United States. The film and accompanying education initiative strive to raise awareness about global women’s rights issues, and to celebrate creative, entrepreneurial and arts-therapy based solutions to the most pressing challenges facing women all over the world. The film won Best Documentary at the Vail Film Festival, Best Foreign Documentary at the Female Eye Film Festival, and an Award of Excellence from Impact Docs.

**Content Advisory:** Please note that this film deals with different forms of gender-based violence. The content may be triggering to survivors and generally upsetting to others.

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**The University of Pennsylvania Police Department**

**Community Crime Report**

**About the Crime Report:** Below are the Crimes Against Persons or Crimes Against Society from the campus report for February 5-11, 2018. Also reported were 7 crimes against property (7 thefts) with 2 arrests. Full reports are available at: https://almanac.upenn.edu/sections/crimes Prior week’s reports are also online. –Eds.

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 February 5-11, 2018. The University Police actively patrol from Market St to Baltimore Avenue and from the Schuylkill River to 43rd St 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.

**18th District**

**Below are the Crimes Against Persons from the 18th District:** 8 incidents (1 assault, 2 domestic assaults and 5 robberies) with 3 arrests were reported between February 5-11, 2018 by the 18th District covering the Schuylkill River to 43rd Street & Market Street to Woodland Avenue.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Incidents</th>
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<tr>
<td>2/05/18</td>
<td>9:36 PM</td>
<td>48th &amp; Locust St</td>
<td>Robbery/Arrest</td>
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<tr>
<td>2/05/18</td>
<td>9:36 PM</td>
<td>48th &amp; Locust St</td>
<td>Robbery/Arrest</td>
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<tr>
<td>2/05/18</td>
<td>9:41 PM</td>
<td>828 S. 49th St</td>
<td>Robbery</td>
</tr>
<tr>
<td>2/08/18</td>
<td>2:12 PM</td>
<td>3000 Market St</td>
<td>Assault/Robbery</td>
</tr>
<tr>
<td>2/10/18</td>
<td>8:49 PM</td>
<td>415 S. 49th St</td>
<td>Robbery</td>
</tr>
<tr>
<td>2/11/18</td>
<td>12:38 AM</td>
<td>4017 Baltimore Ave</td>
<td>Domestic Assault</td>
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<tr>
<td>2/11/18</td>
<td>7:12 AM</td>
<td>3400 Spruce St</td>
<td>Complaint struck by male/Arrest</td>
</tr>
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<td></td>
<td>12:38 PM</td>
<td>3400 Spruce St</td>
<td>Domestic Assault</td>
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**2018 Summer Camps and Programs at Penn: Update**

**KWHS Global Young Leaders Academy:** Session I: June 2-16; Session II: June 16-June 30; Session III: July 7-21; Session IV: July 21-August 4. A two-week intensive summer experience at Wharton. It adopts an entrepreneurial theme to give students a taste of accounting, marketing, management and finance knowledge. Students are required to develop a team-based business plan at the end. Cost: $5,110. Apply: http://wharton.brainimaggam.com/#the-global-young-leaders-academy

**Teen Research and Education in Environmental Science (TREES):** June 25-August 13. A free camp where students receive hands-on instruction in basic laboratory skills and conduct an independent research project. Through their projects, students learn to take a scientific approach towards an environmental problem, conduct in-depth library research, train in scientific methodology, carry out hands-on bench science, and do fieldwork when possible. Deadline: March 1, 5 p.m. Students must live in the greater Philly area and have completed 9th, 10th or 11th grade. Apply: https://tinyurl.com/ywuaahp

In addition to the numerous programs and camps in the January 30 supplement, here are two more.

In the Harold Prince Theatre, at the Annenberg Center. *Little Stones* weaves together the personal narratives of four women from across the world using art to empower females and survivors of gender-based violence. The women contribute a stone to the mosaic of the women’s rights movement through their art.

Directed by Emmy Award-winning filmmaker Sophia Kruz and cinematographer Meena Singh, *Little Stones* was produced over a period of 18 months in Senegal, Kenya, Brazil, Germany, India and the United States. The film and accompanying education initiative strive to raise awareness about global women’s rights issues, and to celebrate creative, entrepreneurial and arts-therapy based solutions to the most pressing challenges facing women all over the world. The film won Best Documentary at the Vail Film Festival, Best Foreign Documentary at the Female Eye Film Festival, and an Award of Excellence from Impact Docs.

**Content Advisory:** Please note that this film deals with different forms of gender-based violence. The content may be triggering to survivors and generally upsetting to others.

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**Almanac Spring Break Schedule**

Today is the deadline for the Saturday, February 27 issue which will contain the March AT PENN calendar. There is no issue of Almanac on Tuesday, March 6, during Spring Break. Almanac will resume weekly publication on Tuesday, March 13. The deadline is Tuesday, March 6.
The 2018 Souls of Du Bois Conference will take place Friday, February 23 through Saturday, February 24 hosted by Penn’s Du Bois College House. The annual conference celebrates W.E.B. Du Bois’s 150th birthday and legacy of innovation in education through the arts, scholarship and the social media of his time. The Souls of Du Bois Conference brings modern day scholars and activists whose work continues Dr. Du Bois’s legacy, highlighting the beauty and struggles of Diasporan Black people through their life’s work.

Dr. Du Bois was an American scholar and activist. He was the first African American to earn a PhD from Harvard University. He accepted a position at Penn in 1896 (Almanac February 7, 2012). The research he gathered was the foundation for his groundbreaking book, The Philadelphia Negro. Established in 1972, the University of Pennsylvania W.E.B. Du Bois College House at the University of Pennsylvania hosts students, faculty, and staff that are committed to a Penn experience that advances the legacy of Dr. W.E.B. Du Bois in a college house setting (Almanac February 17, 1981).

This year’s conference has the theme “Lift Every Voice: Innovation and Education.” Dr. Du Bois was innovative educator himself. He celebrated the arts, produced scholarship, and produced content in the most cutting-edge ways, all to bring attention to the beauty and struggles of Black people. The conference coordinators would like to invite the community to be part of this event to learn how other change-makers in the Black diaspora are continuing Dr. Du Bois’s innovative legacy through their work.

The three areas of focus are:

- Social Media as the new age “The Crisis” publication and how it serves as an innovative tool for black advancement
- Performing Arts as a tool to spread messages of the plight and beauty of Black people
- Scholarship as a ladder to success

Friday, February 23
- Opening Reception; 7:30-9:30 p.m.
  A Networking Reception for students, professionals, and scholars. Beer and wine will be available for those 21 and over along with light hors d’oeuvres. The keynote address will be delivered by Howard Stevenson, the Constance Clayton Professor of Urban Education, Pprofessor of Africana studies, in the Human Development & Quantitative Methods Division in GSE at Penn.

Saturday, February 24
- Breakfast 10-11 a.m.
- Session 1 (Choose 1) 11 a.m.-noon
  Slam Poetry with Jasmine L. Combs: Jasmine L. Combs is a poet, performer, educator and event organizer from Philadelphia, PA. She was the 2015 Grand Slam Champion of The Philly Pigeon Poetry Slam, a 2015 National Poetry Slam semi-finalist, and winner of the 2016 College University Poetry Slam Invitational. In 2015 she won the Apiary Magazine STUNG Writing Contest and her winning piece “Night Child” was turned into an animation. Her work has also been published in Vagabond City Lit, Latina Luna, and her performances have been featured on Button Poetry, SlamFind, Blavity, and The Huffington Post. In 2014 she published her first chapbook Universal Themes. Currently, she works as an educator and co-organizes The Philly Pigeon Slam.
  Black Business Boom: Using Social Media to Level the Field with Morgan A. Brown: In the Black Business Boom workshop, Morgan Brown shows current and potential business owners how to use social media to build, thrive and advertise in innovative and creative ways. Many businesses use methods innovated in the social media era—popular hashtags, YouTube reviews, and Facebook fan pages—to bring potential customers to their products. The options are unlimited, and this workshop will provide people all the knowledge they need to choose what works for their business.
- Lunch noon-1:30 p.m.
- Session 2 (Choose 1) 1:30-2:30 p.m.
  Black Twitter: What has it done for you lately? with Feminista Jones, Robin Stevens, Taylor Rae Collins-Headley, and Ernest Owens: This panel sheds light on the ways African Americans in the U.S. utilize social media as an innovative tool to challenge racial bias, strengthen communities, and influence culture. Just as many African Americans assert that Black culture is pop culture, many members of the “Twitterverse” would contend that; right, wrong or indifferent, there is no Twitter without Black Twitter. Discussions will cover everything from Critical Race and Feminist theories to how social media can be used as a voice for Black people on social and political issues. Panelists also discuss social media, specifically Twitter, as a tool for Black women and men to (re)construct their bodies and identities, challenging the “control images” widespread in mainstream media and society at large.
  The Institute of Hip Hop Entrepreneurship with Tayyib Smith: The Institute of Hip Hop Entrepreneurship emphasizes a new way of teaching fiscal literacy, one that is much more accessible than formal business school to the people it serves. By understanding the deep-rooted history of Hip-Hop’s relationship with entrepreneurship, the Institute of Hip Hop Entrepreneurship toils to manifest the best aspects of hip-hop culture in comprehensive business education for its students.

Du Bois and Nkrumah: Lessons of Pan-Africanism for Scholarship and Activism Today with Krys Strong: In 2018, we celebrate the 150th birthday of W.E.B. Du Bois and the 75th anniversary of Kwame Nkrumah’s degree from Penn’s Graduate School of Education. The lives of Mr. Nkrumah and Dr. Du Bois, whose paths brought them both to the University of Pennsylvania and Mr. Nkrumah’s native Ghana, represent “innovation” in scholarship and, most importantly, the struggles of Black people to overturn from white supremacy, empire, and capitalism. With reference to her scholarship on youth activism in Africa and organizing work in Philadelphia, this talk, by Dr. Strong, touches on the importance of their legacies for the present moment, and what we can learn from their commitments to Pan-Africanism and the liberation of Africa and all people of African descent.
- Closing Keynote 3:30-5 p.m.
  at Penn Law School;
  Elijah Anderson, the William K. Lanman, Jr. Professor of Sociology and Professor of African American Studies, Yale University

Former Ghanaian Prime Minister and President Kwame Nkrumah came to Penn as a graduate student in 1939, after obtaining his bachelor’s degree in sociology from Lincoln University. After receiving his master’s degree from Penn’s Graduate School of Education in 1943, Mr. Nkrumah began another program of study with the department of philosophy at a University Scholashio. His advisor Glen Morrow noted that he satisfied the requirements for a master’s degree in philosophy in 1943, and by 1944 it appears that he had passed his preliminary exams for a doctorate. He then began working as a Twi instructor for Zellig Harris in a new African studies graduate group, and in 1945 he left the U.S. for London and Manchester. He returned to the Gold Coast, now known as Ghana, in 1947.

After Ghana broke free from British colonialism in 1957, Mr. Nkrumah became the country’s first prime minister and then its first president. He modernized Ghana in his first few years in office and promoted political unity in Africa, suggesting a “United States of Africa.” Controversial legislation and declaring himself as president for life eventually led to him being overthrown in military coup. Exiled in Guinea, where he was named honorary co-president, he died in 1972. His remains rest at a mausoleum at Ghana’s Kwame Nkrumah Memorial Park.

Reserve free tickets by visiting https://souls-of-dubois-conference.ticketleap.com/