

school of Medicine

One in three U.S. teen girls use tanning beds

by **George Stamatis**
(george.stamatis@case.edu)

Almost 37 percent of white American teen girls have used an indoor tanning facility at least once and almost 30 percent of girls report using a tanning booth three or more times, according to a new Case Western Reserve University study.

The study, which appears in this month's issue of the "Archives of Pediatrics and Adolescent Medicine," also found that the percentage of girls using tanning booths three or more times increased with age, from 11.2 percent of the 13- to 14-year-olds to 47 percent of 18- to 19-year-olds. In addition, teens who tanned easily were more likely to use indoor tanning facilities than poor tanners, and girls who participated in routine physical activity were less likely to use tanning booths.

"The popularity of indoor tanning among adolescents has been previously reported, but the extent of its use had not been measured on a large, representative sample of U.S. teens," said lead author Catherine A. Demko, a research associate at the Comprehensive Cancer Center at Case and University Hospitals of Cleveland (UHC). "In conjunction with other studies, these results demonstrate that indoor tanning among white teen-agers is significant, with 30 percent to 40 percent of 16- to 18-year-old white females using tanning booths repeatedly."

According to Demko, teen-age boys reported less use of tanning booths: a little more than 11 percent used a tanning booth at least once and 6.9 percent went to a tanning booth three or more times.

The study also found a higher percentage of indoor tanners among teens from the Midwest and South, from rural areas and among dieters, as well as among teens reporting recent use of alcohol and tobacco. Information for the study came from a 1996 survey of more than 6,900 teens.

"Repeated exposure to UV rays, such as those absorbed during indoor tanning, can cause skin cancer and premature aging of the skin," Demko said. "The majority of teens do not have an appreciation of the risk of skin cancers, scars from surgeries to try and remove them, mottled pigmentation and sagging, wrinkled skin."

The predominant UV-A component of indoor tanning lights is a major culprit in photoaging because it penetrates the skin layers more deeply and causes oxidative and DNA damage. According to Demko, prevention messages are under development to emphasize the appearance-related problems of UV overexposure and to present alternatives to tanning using UV rays to enhance appearance.

Other authors on the study are Elaine A. Borawski, Sara M. Debanne, Kevin D. Cooper and Kurt C. Stange, all with Case and UHC.

In Brief

Medical school, UHC to dedicate new bipolar research center

Case Western Reserve University's new bipolar research center—the first of its kind in the country to receive funding from the National Institute of Mental Health (NIMH)—will be dedicated during a ceremony at 10 a.m. September 29 in the Frohring Auditorium of the Biomedical Research Building.

Joseph R. Calabrese, professor of psychiatry, and Robert L. Findling, associate professor of psychiatry, have been awarded a \$2.7 million research grant from NIMH to develop the Center for Bipolar Disorder at Case and University Hospitals of Cleveland.

school of Medicine

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frances payne bolton school of Nursing

Research shows listening to soft music can ease pain of childbirth

by **Jeff Bendix**
(jeff.bendix@case.edu)

A new study from Case Western Reserve University provides hope for those seeking to lessen the pain of childbirth without medication—music.

Led by Sasitorn Phumdoung, a recent graduate of the Frances Payne Bolton School of Nursing, the study, which appeared in a recent issue of Pain Management Nursing, found that music not only can reduce the sensation of labor pain but also decrease and

delay the emotional distress that accompanies it.

Earlier research in an NIH-funded study by Marion Good, associate professor of nursing at the Bolton School and Phumdoung's dissertation adviser, found that this same music reduces pain after surgery.

In her study, Phumdoung looked at two groups of laboring women, age 20–30, who were all having their first babies. One group chose from among five kinds of calming music and listened to it for the first three hours in the hospital after

active labor began. The comparison group had the standard care during labor. The study started when they all were 3–4 centimeters dilated.

While the control group did not listen to music, the other women used a tape recorder and earphones to listen to music with 10-minute breaks each hour. Phumdoung measured the women's reports of labor pain before the study began and hourly for the next three hours. She found that during the three hours and at each hourly measure, the music group had

significantly less sensation and distress pain than the control group.

Phumdoung also found that the soft music delayed increases in the distress of pain for an hour.

"These findings have significant implications for women preparing to give birth," Good said. "Many women are afraid of the pain associated with childbirth but are reluctant to take medication because of its possible effects on the baby and progress of labor. Soft music does not have these effects and, thus, has the potential to be an

effective and widely used alternative to medication for easing pain during early active labor."

The study took place in two hospitals in Phumdoung's home country of Thailand, where she is on the faculty of the College of Nursing at Prince Songkla University. The standard of care at both hospitals was to not give analgesic medication to laboring mothers.

This study was supported by Alpha Mu Chapter of Sigma Theta Tau and the Frances Payne Bolton School of Nursing Alumni Association.



photos by Mike Sands

Cuban artists Roaidi Cartaya (left) and Alejandro Calzada take a break while painting a mural celebrating diversity outside the new Center for Women.

Case to celebrate Hispanic heritage with mural, fest

Case Western Reserve University's latest celebration of diversity features art as an ambassador.

The University has tapped the talent of two Cuban painters—Alejandro Calzada and Roaidi Cartaya—to create a multicultural mural outside the entrance to the new Center for Women on the third floor of Thwing Center.

"Culture is a good ambassador between countries," Cartaya said in his native Spanish through an interpreter. "And art is one of the best ambassadors between cultures and communities."

Called "Reflections," the mural will be dedicated September 25 as part of the University's Hispanic Heritage Day in celebration of National Hispanic Heritage Month. The festivities from 11 a.m. to 2 p.m. will include Caribbean and Latin American music, dance performances and food at the Kelvin Smith Library, with the mural reception on the third floor of Thwing.

"The mural goes a long way toward celebrating women and the new Center for Women at the University," said Dorothy Miller, director of the center. "One part of the mission of the Center for Women is to celebrate multiculturalism. The fact that this mural is painted by Cuban artists is especially fitting."



Piece of art

The mural, which covers a wall about 10 feet high and 20 feet wide adjacent to the glassed window overlooking the Thwing ballroom, evolved from an original sketch by Calzada. The painting features images of shadowed, diverse women in the foreground who are "reflected" in another series of larger images of varied women in the background.

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Calendar

The deadline for submissions to each issue of *Campus News* is 10 days prior to the publication date. Please check the deadline schedule at <http://www.case.edu/pubs/cnews/0304pubs.htm>.

Submit your items to the University and *Campus News* calendars online at <http://www.case.edu/CWRUEvents/>, or submit items only for the *Campus News* calendar to Maria Wolf via e-mail at mew15, via voice at 368-4440 or in person or via campus mail to 14 Adelbert Hall LC: 7017.

Seminars, meetings & conferences

Thursday, September 18 . . . Center for Women: Act III Roundtable. Discussion group for women in or nearing retirement. 309 Thwing Center, 4–5:30 p.m. Contact: Ginnette Boyarko, 368-0985 (geb9).

Thursday, September 18 . . . Biochemistry Seminar: "Form and Function in Signal Transduction: G Proteins and the Cytoskeleton Coordinate to Regulate Neurotransmitter Response and Synaptic Form." Mark Rasenick. E501 School of Medicine, noon. Contact: Sakeenah Bari-Harold, 368-3334 (sxb84).

Monday, September 22 . . . Center for Women: Naked Lunch. Angela Bowen will speak informally with students. Beverages and dessert provided. 303 Thwing Center, noon. <http://www.case.edu/provost/centerforwomen>. Contact: Ginnette Boyarko, 368-0985 (geb9).

Tuesday, September 23 . . . Pharmacology Seminar Series: "PTPmu Regulates Cell-cell Adhesion and Signaling." Susann Brady-Kalnay. W344 School of Medicine, noon. <http://pharmacology.case.edu>.

Wednesday, September 24 . . . Neurosciences Seminar: "The Neutrophins: Jekyll and Hyde Growth Factors." Barbara Hempstead. E609 School of Medicine, noon. <http://neurowww.case.edu>. Contact: Gina Ventre, 368-6252 (glv).

Thursday, September 25 . . . Case/UH/CCF Musculoskeletal Research Seminar Series: Speaker #1: "Mesenchymal Stem Cells: Yesterday, Today and Tomorrow." Arnold I. Caplan. Speaker #2: "Micro-CT Imaging Applications in Orthopaedics." Kimberly A. Powell. Frohning Auditorium, 105 Biomedical Research Building, 4 p.m. Contact: (Valerie.Schmedlen@uhhs.com).

Lectures



Thursday, September 18 . . . Chemistry Colloquium: "Smart Dust: Photonic Crystals Derived from Nanocrystalline." Michael J. Sailor. Refreshments: 4:15 p.m. 108 Clapp Hall, 4:30 p.m. Contact: Pat Eland, 368-3622 (pme2).

Thursday, September 18 . . . Evolutionary Biology Lecture Series: "From Toumai to Lucy: A New Chapter in Human Evolutionary Studies." Yohannes Haile-Selassie. 322 Wickenden Building, 4:30 p.m. Contact: Cynthia Beall, 368-2277 (cmb2).

Friday, September 19 . . . Raymond F. Boyer Lecture Series in Macromolecular Science and Engineering: "Properties of Conjugated Bithiazole Oligomers and Polymers: From Spectra to Transistors." M. David Curtis. Auditorium, Clapp Hall, 3 p.m. Contact: 368-3596 (macro).

Friday, September 19 . . . History Lecture: "Early Turkish Immigration to the United States." John Grabowski. 100

Mather House, 4–5:30 p.m. Contact: Marissa Ross 368-22380 (mar14).

Tuesday, September 23 . . . Center for Women's Multicultural Series: "Multiculturalism is for Everybody." Angela Bowen. Keynote address for this series. Co-sponsored by the College Scholars Program. Refreshments from 5:30–6:30 p.m. Spartan Room, Thwing Center, 5:30–7:30 p.m. <http://www.case.edu/provost/centerforwomen>. Contact: Ginnette Boyarko, 368-0985 (geb9).

Tuesday, September 23 . . . Materials Science and Engineering Fall Colloquium: "Nano Oarticles for Chip Miniaturization." Xiandong Fen. 411 White Building, 4 p.m. <http://scumbag.case.edu/colloquium/index.php>.

Wednesday, September 24 . . . Samuel Rosenthal Center for Judaic Studies Fall 2003 Public Lecture Series: "Cryptojews of the Southwest: Truth or Illusion." Judith Neulander. 206 Clark Hall, 4:30 p.m. <http://www.case.edu/artsci/rosenthal>. Contact: 368-2414 (Rosenthal-ctr).

Thursday, September 25 . . . Sixth Annual Greenfield Lecture: "The IKK Complex as a Coordinator of Innate and Adaptive Immunity." Michael Karin. Reception following in W344. E501 School of Medicine, 4 p.m. <http://pharmacology.case.edu>. Contact: Jackie Martin, 368-4617 (jxw65).

Thursday, September 25 . . . Chemistry Colloquium: "Bioinspired Organometallic Chemistry: From Nickel-containing Enzymes to Modern Synthetic Methods." Lanny Liebeskind. Refreshments: 4:15 p.m. 108 Clapp Hall, 4:30 p.m. <http://www.case.edu/artsci/chem>. Contact: Pat Eland, 368-3622 (pme2).

Friday, September 26 . . . Raymond F. Boyer Lecture Series in Macromolecular Science and Engineering: "Hydrophobic Polyelectrolytes." Michael Rubinstein. Auditorium, Clapp Hall, 3 p.m. Contact: 368-3596 (macro).

Lunchtime meetings



Thursday, September 18 . . . Information Technology Services Architecture. Presenter: Jeff Gumpf. 13 Crawford Hall, 11:30 a.m.

Friday, September 19 . . . Public Affairs Forum: Featuring Glenn Nicholls on "The New Case." Beverages and cookies provided. 15 Crawford Hall, noon. <http://www.case.edu/artsci/cps/PADG.htm>. Contact: Jeff Bendix, 368-6070 (jxb34).

Friday, September 19 . . . Staff Seminar: "Cultural Transformation." Raine Eisler. Sponsored by SAC. Baker-Nord Center, 206 Clark Hall, noon. Contact: Kathryn Howard, 368-5087 (kjh2).

Monday, September 22 . . . Eldercare Resource Group: Amy Severino from Home Instead. 13 Crawford Hall, noon. Contact: Carolyn Gerich, 368-2458 (cag16).

Monday, September 22 . . . Video on Wheels: "FISH!" Philosophy and more, a tool to help you lead people toward creating an environment in which people are really connected to their work, to their colleagues and to their customers. 209 Crawford Hall, noon. <http://www.case.edu/president/sac/committees/video0304.pdf>. Contact: Tina Jurcsin 368-2834 (tmj).

Tuesday, September 23 . . . "Interdisciplinary: Disregarding Illegitimate Barriers." Angela Bowen. Co-sponsored by the Center for Women, Baker-Nord Center for the Humanities, the Women's Studies Program, the College Scholar's Program and the University Center for Innovative Teaching and Education. Lunch will be provided. RSVP required.

Baker-Nord Center, 206 Clark Hall, noon. <http://www.case.edu/provost/centerforwomen>. Contact: Ginnette Boyarko, 368-0985 (geb9).

Thursday, September 25 . . . Staff Development Seminar: "Managing Stress through Meditation." William Hale. Open to all University employees. Brown bag lunch. 13 Crawford Hall, noon. Contact: Tina Jurcsin 368-2834 (tmj).

Friday, September 26 . . . Center for Women Faculty Brown Bag Lunch. Networking opportunities and informal discussion. Beverages and dessert provided. 303 Thwing Center, noon. <http://www.case.edu/provost/centerforwomen>. Contact: Ginnette Boyarko, 368-0985 (geb9).

Friday, September 26 . . . Public Affairs Forum: Featuring Edward R. Brown on "Private Pensions: Indications of Impending Disaster." Beverages and cookies provided. 15 Crawford Hall, noon. <http://www.case.edu/artsci/cps/PADG.htm>. Contact: Jeff Bendix, 368-6070 (jxb34).

Dissertation defenses



Monday, September 22 . . . "Penetration of the Free Surface by Liquid Jets in Microgravity." David J. Chato, mechanical and aerospace engineering. Adviser: Yasuhiro Kamotani. 420 Glennan Building, 2 p.m.

Thursday, September 25 . . . "Immunoassay, Inhibition and Mechanistic Studies of Low Density Lipoprotein Oxidation." Yuvaraju Balamraju, chemistry. Adviser: Robert G. Salomon. 123 Millis Science Center, 10 a.m. <http://www.case.edu/jinadmin/humres/benefits/1on1.html>.

Computer classes



Registration and up to date class information for classes listed below is available online at <http://kslearn.case.edu>. If you encounter technical problems or error messages with the process call 368-2991. All classes are held at 215 Kelvin Smith Library unless otherwise noted.

Thursday, September 18 . . . Library Research Strategies. 10–11:30 a.m.

Friday, September 19 . . . MS VBA for Non Programmers. 8:30 a.m. to 12:30 p.m.

Wednesday, September 24 . . . Word Basics, 9 a.m. to noon; PowerPoint Presentation, 1–4 p.m.

Sports



For schedule changes and contest results visit: <http://www.case.edu/orgs/varsity/varsity.html>.

Saturday, September 20 . . . Men's and women's cross country @ Allegheny College Classic, 11 a.m.; men's soccer @ Mount Union College, 7 p.m.; women's soccer @ College of Wooster, 1 p.m.; football @ Oberlin College, 1 p.m.

Wednesday, September 24 . . . Men's soccer @ Capital University, 4 p.m.; volleyball @ John Carroll University, 7 p.m.

Thursday, September 25 . . . Women's soccer @ Oberlin College, 5 p.m.

Friday, September 26 . . . Volleyball @ Lakeland CC Tournament, TBD; women's and men's cross country @

CC Distance Festival, Raleigh, N.C., 2:45 p.m.
Saturday, September 27 . . . Women's soccer @ Baldwin Wallace College, 8 p.m.; men's soccer @ Baldwin Wallace College, 8 p.m.; volleyball @ Lakeland CC Tournament, TBD; football vs. College of Wooster, 1 p.m.



Film

Adults \$3, children 12 and under \$2, 10-film pass \$25, semester pass \$50. For more information visit: <http://films.case.edu/schedule.html>. Contact: Case Film Society, 368-2463.

Friday, September 19 . . . "The Pianist." 7 and 10 p.m.

Saturday, September 20 . . . "Taxi Driver." 7 and 9:30 p.m.

Friday, September 26 . . . "Confessions of a Dangerous Mind" 7 p.m., 9:30 p.m. and midnight

Saturday, September 27 . . . "Blade Runner" 7 and 9:30 p.m.



Concerts

Saturday, September 20 . . . Cleveland Institute of Music Concert Series: Guitars International Distinguished Artist Series. Ana Vidovic, guest artist. Tickets \$16, \$12 students with ID. Severance Hall, 8 p.m. <http://www.guitarsint.com>.

Sunday, September 21 . . . Cleveland Institute of Music Concert Series: Guitars International Distinguished Artist Series. Master Class with Ana Vidovic, guest artist. Free. Severance Hall, 1 p.m. <http://www.guitarsint.com>.

Wednesday, September 24 . . . Cleveland Institute of Music Concert Series: CIM Orchestra Carl Topilow, conductor, and Rebecca Corruccini, violin. Seating passes distributed in lobby 30 minutes before concert. Severance Hall, 8 p.m. <http://www.cim.edu>.

Sunday, September 28 . . . Cleveland Institute of Music Concert Series: CIM Orchestra Series: Faculty recital. Lisa Boyko, viola; Eliesha Nelson, viola, guest artist; Lembi Veskimets, viola, guest artist; Elizabeth DeMio, piano. Free. Severance Hall, 4 p.m. <http://www.cim.edu>.



Other events

Friday, September 19 . . . Memorial Service for Frederick C. Robbins. Harkness Chapel, 5 p.m. Contact: Shawna Hofstetter, 368-5853 (sh11).

Wednesday through Friday, September 24-26 . . . TIAA-CREF Individual Retirement Counseling Sessions. Reservations required. 209 Crawford Hall, 8 a.m. to 5 p.m. Contact: Kay Fulk or Alisia Powell, 1-877-209-3138.

Thursday, September 25 . . . Fall Career Fair. Open to all students. Employers must register for the event with the Career Center. Veale Convocation Center, 11 a.m. to 4 p.m. <http://www.case.edu/stuaff/careers>. Contact: Lucia DiVieste, 368-4446 (lxd34).

Saturday, September 27 . . . JASON XV: Rainforests at the Crossroads: Teacher Professional Development. Fee \$85. Lunch included. 8:30 a.m. to 5 p.m. Contact: Kathryn Kwiatkowski, 368-5075 (kmk21).

FOR YOUR INFORMATION

Research event is scheduled

Research ShowCASE 2004 is right around the corner and a few changes are in store for the second annual event.

Next year's Research ShowCASE will take place from 8 a.m. to 5 p.m. April 12 in the Veale Convocation Center, and the deadline for submitting abstracts for research displays is 5 p.m. January 9.

As was the case last year, all faculty, post-doctoral fellows and professional/graduate students are invited to participate, as are researchers from the Cleveland Clinic Foundation, the Louis Stokes Veterans Affairs Medical Center, MetroHealth System and University Hospitals of Cleveland.

Next year's event will build on the success of the first ShowCASE but with some key changes:

- All poster displays will be in Veale.
 - The time of the event will be extended to 5 p.m.
 - The number of panel discussions will increase to six, and their time will be extended to an hour.
 - Space will be provided for several active demonstrations of research and scholarship, as well as for exhibits of core centers that support research.
- Topics for panel discussions will include biodefense; bioethics; instrumentation, controls and electronics; science and

society; nanotechnology; and global issues.

For more information about Research ShowCASE 2004 and submitting abstracts, visit the event Web site at <http://www.cwru.edu/menu/showcase>.

Self-defense courses to begin

Case's Protective Services will be offering Rape Aggression Defense classes for basic self-defense beginning September 22.

The classes, which will be conducted in the lower level of Leutner Commons, are free of charge to any female.

For more information, contact Karen Gregor at karen.gregor@case.edu.

Tickets on sale for Morley lecture

Tickets are on sale now for the 2003 Michelson-Morley Award and Lecture, to feature Stephen Hawking.

As the recipient of this honor, Hawking will discuss a "Brane New World" at 8 p.m. October 13 at Severance Hall.

Tickets, which are available on a first-come, first-served basis through the Severance Hall box office at 231-1111, are \$30, \$50 and \$150 each. The \$150 ticket entitles the bearer to a box level seat and a pre-lecture reception with Hawking. Students with a Case ID can purchase tickets for \$7 at the Severance Hall Box Office until September 30.

For details, visit <http://www.case.edu/events/mml>, e-mail mmllecture@case.edu or call 368-4303.

Cultural fair in planning stages

Plans are now underway for the University's third annual Heritage and Cultural Fair.

During the celebration of diversity from 11 a.m. to 2 p.m. November 6 in the Thwing ballroom, faculty, staff and students from various cultures will share their heritage through artwork, dress, dancing, singing, food and more.

Members of the campus community who are interested in being on the fair planning committee or who would like to reserve a display table or schedule a performance, contact Carolyn Gerich at carolyn.gerich@case.edu or 368-2458 or Gail Shipley at gail.shipley@case.edu or 368-4279.

Lecture to cover SMART recovery

Tom Horvath, one of the nation's foremost experts on cognitive behavioral therapy for addictions will address health care and social work professionals on the SMART Recovery® alternative to 12-step programs from 4:30–6 p.m. September 22 in Ford Auditorium.

Horvath, who is president of Practical Recovery Services and SMART Recovery, a non-profit organization that offers free scientifically based mutual help for overcoming addictive behaviors, will speak on "SMART Recovery and the Need for Diversity in Addiction Treatment."

SMART Recovery is an abstinence-based self-help program for all addictive behaviors,

not just substance abuse. It is based on four main tenets: motivation, coping with urges, problem solving and lifestyle balance.

The talk is free or continuing education credits are available for \$15.

It is sponsored by University Health Services and University Counseling Services/Center for Collegiate Behavioral Health. Neither group opposes or endorses any particular treatment program but offers this as an alternative.

For more information, contact Bill Hale at University Counseling Services at 368-5872 or Eleanor Davidson at University Health Services at 368-2450.

Alums to be honored by state

Two School of Graduate Studies alumnae will be among 12 women recognized when Ohio Gov. Bob Taft and first lady Hope Taft host the 2003 Ohio Women's Hall of Fame induction ceremonies October 7.

The late Evelyn Gray Scott (1903-2000), a pioneer in the field of hospital pharmacy, organizing professional groups, lobbying and mentoring young professionals, and Yvonne C. Williams, former dean of faculty and founder and long-time director of the black studies program at the College of Wooster, both will be recognized.

Scott earned a master's of science degree in chemistry from Case in 1943, while Williams earned a doctorate in political science in 1982.

Kahana to test predictions of 'new elderly'

by Susan Griffith
(susan.griffith@case.edu)

A rising generation of technology-savvy senior citizens will rely on e-mail, digital cameras, computers and other high-tech aids to help them cope with the frailties of old age, a Case Western Reserve University sociologist predicts.

In addition to being avid health care consumers, these "new elderly" will be concerned with maintaining physical fitness and personal appearances—with cosmetic surgery and other enhancements—and are likely to seek self-improvement through education and spiritual growth.

Because they are healthier and likely to live longer, senior citizens of the future also will often work past retirement age—well into their

70s and 80s, according to Eva Kahana, the leading author on the article "Emerging Lifestyles and Proactive Options for Successful Aging," in *Ageing International*.

"As time has gone on, we have realized that the elderly of tomorrow are going to be different from the elderly of today," said Kahana, who for 15 years has been studying 1,000 retirees—many of whom are now in their late 80s and 90s—from Cleveland and the retirement community of Clearwater, Fla.

Using extensive information provided by the retirees, Kahana has designed a model to show how people can age successfully while coping with the chronic illness and physical impairments common among elderly. She now will test

her theories on the new emerging lifestyles of older Americans with a five-year, \$1.68 million grant from the National Institute on Aging.

Since many of the seniors in her original study have died or are approaching the end of their life spans, Kahana is broadening the focus of her research to include the next generation of the country's older Americans. She will add more than 800 people who are now in their 70s to her original study.

Some of the new study participants are from the "wired" community of Celebration, Fla., an intergenerational and racially diverse community built by Disney World, as well as new senior groups from Miami, which has a robust population of elderly Cuban-Americans, and Cleveland.

Kahana will compare this new group to the remaining 250 individuals from her original groups from the Clearwater and Cleveland studies.

Kahana notes that Celebration offers a unique opportunity to look at the impact of technology on the lives of the elderly. In Celebration, every home is wired for the Internet, and people living in the community can use e-mail in a variety of ways from chatting socially to wiring blood pressure readings to the doctor to ordering groceries from the store.

While Clearwater is an age-segregated and leisure-oriented community of retirees, Kahana said Celebration offers an age and racially diverse community as well as one that offers access to employ-

ment opportunities at nearby Disney World for seniors who want to continue working.

In studying the characteristics of aging, sociologists have to determine which characteristics are due to the natural aging process and which are produced by the socioeconomic times in which people lived, according to Kahana.

For example, older adults are often known for their frugality, but Kahana questions whether this is a characteristic of aging or of coming into adulthood during the depression and World War II. Her new study will enable her to answer these and other aging and generational questions.

Her co-collaborators on the journal article are Boaz Kahana from Cleveland State University and Kyle Kercher from Case.

school of Dentistry



photo by Susan Griffith

Special service

Students from Case Western Reserve University's School of Dentistry examine and seal the teeth of second- and sixth-grade students at Legacy Academy for Leaders and the Arts in Youngstown, Ohio. The community service project, supported by the University and dental school, honors Norman Wallace, the M.B.A. student who died May 9 when an intruder entered the Peter B. Lewis Building at Case. Wallace attended the majority of his elementary school years at Calvary Christian Academy, many of whose faculty now work at Legacy.

Case to license MEMS technology to FLX Micro

by Jeff Bendix (jeff.bendix@case.edu)

Case Western Reserve University has completed an agreement with FLX Micro Inc. of Solon, Ohio, to license advanced technology that will greatly improve the performance of microelectromechanical systems (MEMS) across a wide range of industries.

The technology licensed from the University relates to advanced methods of fabricating polycrystalline silicon carbide thin films for use in MEMS-based devices. Silicon carbide is well known for its outstanding mechanical, chemical and thermal properties and can bring substantial performance benefits to MEMS-based devices.

"This agreement with FLX Micro represents another example of our continued commitment to work with companies in Northeast Ohio so that the results of research conducted at Case will benefit Northeast Ohio," said Casey Porto, the University's associate vice president for technology transfer.

The principal investigators in developing the technology were Mehran Mehregany, professor and director of the department of electrical engineering and computer science in the Case School of Engineering, and Christian Zorman, principal researcher in the department. The University received an undisclosed equity interest in FLX Micro as part of the licensing agreement.

"We are pleased to add this new technology to our portfolio," said Jeff Melzak, president of FLX Micro. "Case's expertise in silicon carbide and MEMS fits nicely with our goal of offering a unique value proposition to our customers. We have enjoyed a positive working relationship with Case for a number of years and are delighted to formalize our relationship in this manner."

FLX Micro offers an advanced microsystems tool kit, including MEMS-based product development, state-of-the-art process technologies for silicon carbide and low cost MEMS prototyping through MUSiC®, the world's first and only multi-user micromachining process that utilizes silicon carbide structural layers.

"FLX Micro is poised to assume a leadership role in the growing microsystems market," said Nick Frollini, director of technology transfer for engineering and physical sciences and managing director of the Case Technology Ventures fund. "We hope that they will become a significant force in our region."

Psychologist to help detect bipolar disorder in youth

by Susan Griffith
(susan.griffith@case.edu)

Case Western Reserve University researchers will gather information over the next five years from more than 1,600 families in the Cleveland area to help develop a tool to diagnose bipolar disorder in children as young as 5 years old—and potentially unite a psychological community divided over the probability of early onset.

Diagnosing bipolar disorder in children has split the psychological community into two camps, according to Eric Youngstrom, Case assistant professor of psychology, who is the lead researcher on a five-year, \$2.3 million National Institute of Mental Health-funded study, "Assessing Bipolar Disorder: Assessing Community/Academic Blend."

Youngstrom said one group of psychology professionals believes the onset of bipolar disorder does not occur until the late teens and early 20s, while the other group thinks it appears more often than realized in children, with symptoms such as irritability and

aggression exhibited in those as young as 2 years old.

"The diagnosis of bipolar disorder in children and adolescents is very controversial right now and, unfortunately, it is a high-stakes decision," Youngstrom said. "When children are misdiagnosed, they can have life-threatening side effects, which may further exacerbate their mental health welfare."

Bipolar disorder in its extreme form is characterized by deep depression and high energy, out-of-control episodes or a combination of the two extremes that can last for weeks or months. Left untreated, the disorder's episodes become more frequent and more resistant to change through medications and behavioral interventions.

The World Health Organization has described bipolar disorder as the leading causes of death and disabilities among mental health diseases. Those with bipolar disorder also are at risk for substance abuse, criminal behavior and suicide.

According to Youngstrom, the number of children with the

disease, which has a genetic link and appears in its most severe form in about 2 percent of the adult population, is unknown.

"We probably only know about a tenth of the information about bipolar disorder in children as we do in adults," Youngstrom said. "Most of that information is based on diagnosis of children from white, middle class backgrounds."

Youngstrom will work on the study of low-income families with Robert Findling, Case associate professor of psychiatry, and Joseph Calabrese, Case professor of medicine, from the Stanley Medical Research Institute for Bipolar Disorder Across the Life Span at University Hospitals of Cleveland and Jen Youngstrom, a child psychologist from Applewood Centers Inc. in Cleveland and Case adjunct assistant professor of psychology.

"It is my hope that this project will enable clinicians to recognize the condition more accurately, diagnose it earlier and increase the services delivered to an underserved population," Eric Youngstrom said.

Team effort needed to fight e-mail viruses

When e-mail viruses attack, Case Western Reserve University's Information Technology Services (ITS) can only do so much. The rest is up to the individual.

According to Case's Council of Technology Officers (CTO), an advisory group of IT directors representing all management centers, central and school-based technology services have installed hardware and software solutions to contend with viruses like those that recently loaded campus e-mail boxes with large numbers of unwanted messages. But these efforts cannot address the vulnerability of each and every computer. Only faculty, staff and students can do that.

"Combating viruses effectively can only be achieved by the University and computer users working together," the council said in a written statement. "(You can) assist central and school-based IT in preventing and effectively responding to viral attacks by making sure your Windows operating system and anti-virus software is up to date."

In the recent virus attacks, the W32.blaster.worm exploited a bug in the Windows interface that allowed the virus to infect computers on systems that did not have the latest software updates for Windows installed. According to CTO, the W32.sobig.f@mm virus, which was responsible for sending the voluminous e-mails, did so by infecting computers that were not protected with installed, up-to-date anti-virus programs.

The council recommends that every member of the campus community load antiviral software, such as the Symantec AntiVirus software recommended by ITS, on every computer. The Symantec Antivirus software is available free for download from the University's online Software Center at <http://www.case.edu/softwarecenter>.

Since viruses keep changing, Symantec regularly updates its antiviral software to protect systems against new strains. CTO suggests individual computer users update their viral software daily to ensure

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SCOREBOARD

Men's Soccer

September 3:
John Carroll 6, Case 0
September 6:
Case 1, Oberlin 1 (2OT)
September 11:
Case 1, Hiram 0

Women's Volleyball

at Baldwin Wallace Tournament
September 5–September 6:
Mount Union 3, Case 0
Case 3, Albion 2
Kenyon 3, Case 1
John Carroll 3, Case 0
September 9:
Case 3, Notre Dame (OH) 0

Football

September 6:
Case 35, Otterbein 24

Cross Country

at Sudeck Classic
September 6:
Men 1 out of 10
Women 3 out of 10

Women's Soccer

September 10:
Case 3, John Carroll 2

spartan Sports

New swim coach has worked on top NCAA staffs

by Creg Jantz (creg.jantz@case.edu)

Case Western Reserve University has chosen a member of the NCAA Coaching Staff of the Year for three out of the last four years as its new head men's and women's swimming and diving coach.



Christopher Conlon

to get him on board, so he can continue the success Coach (Todd) Clark has created here at Case."

Conlon, 32, brings his 13 years of coaching experience—in addition to

12 years of competitive swimming experience—to University Circle beginning this month. He replaces Clark, who built Case's program into a national contender during his 14 years at the University.

"I have been working for several years to move into a collegiate head coaching position," Conlon said. "I'm really excited about the opportunity to expand some of the ideas that have been successful during my time at Hopkins and use them to help grow the program at Case."

During Clark's tenure, the Case men's swimming and diving team finished as high as 13th in the country, and the women as high as a seventh. Case also had 46 All-Americans in 75 events, including two national champions.

"Both the men's and women's team at Case are coming off excellent seasons, and the kids are really excited about their success," Conlon said. "They are also excited for even more success, and so am I."

Conlon received his bachelor's degree in natural sciences from Johns Hopkins in 1993 and a master's degree in teaching in 1996.

He is certified by the American Swim Coaches Association (Level 3 – USS, Age Group and NCAA III) and the Red Cross (Swim Coach Safety Training, First Aid, Adult CPR, Lifeguarding and Certified Pool Operators License).

Case lines up Judaic studies lecturers, including new visiting professor

The Samuel Rosenthal Center for Judaic Studies at Case Western Reserve University invites the public to its free Fall 2003 Lecture Series. The Center also announces the appointment of Isaac Kalimi as the Rosenthal Visiting Professor at Case and one of the series' speakers.

The lectures open with Judith Neulander's

talk, "Crypto-Jews of the Southwest: Truth or Illusion," at 4:30 p.m. September 24 in 206 Clark Hall. Neulander,

a lecturer in the Case religion department, will explain her research on the topic of Jews of the American Southwest.

Kalimi is the next speaker in the series, with

his talk, "The Book of Esther in Judaism and Jewish Theology," at 4:30 p.m. October 29 in 206 Clark Hall. His

areas of academic specialty are the ancient history of the Jewish people, Biblical and

Rabbinic literature and Jewish exegesis.

The fall series concludes with Anthony Lewis' lecture on "Civil Liberties After 9/11," at 4:30 p.m. November 20 in Thwing Ballroom. Lewis is this year's Silver Scholar-in-Residence at the Temple-Tifereth Israel.

For details, call 368-2414 or e-mail Rosenthal-ctr@case.edu.

Hispanic

(continued from page 1)

"The mural proposes a dialogue between all cultures and opportunities for equality among all people, with women as symbolic of the achievement of that equality," Calzada said, also through an interpreter.

The artists painted the work all in sepia tones, not only to conform to the space but also because the deep reddish-brown pigment furthers the notion of equality or "color blindness," according to Calzada.

In addition to covering this one wall, the artists said they also had hoped to paint another, larger wall around the door to the suite where the Center for Women is located, so the mural would be reflected more directly in the arched window overlooking the ballroom. But they

had only about a week before they had to return to their homeland, and the University's master plan calls for a new student center along Euclid Avenue.

No matter the fate of the building, the mural will be preserved. Cartaya said the wall on which they chose to paint is made of sheet-rock and can be moved intact.

"Depending on how this work is received, we hope we can come back next year or when the new building is ready to complete the mural," Cartaya said.

Case-Cuban connections

The Case-Cuban connections that led to the mural started last year when Zaida del Rio, one of Cuba's foremost contemporary artists, was

scheduled to exhibit her work at Mallery Gallery. She—and Calzada and Cartaya—were three of four Cuban artists invited to Cleveland last year by Robin Van Lear of the Cleveland Museum of Art to create artwork for Parade the Circle.

Del Rio, however, was unable to return to the United States for the Mather exhibit.

The three artists, all from the town of Remedios in Cuba, were invited to University Circle again this year, but only Calzada, who works for an extension office of the Instituto Superior del Artes in Havana, and Cartaya, who restores old Havana houses with the city's Offices of Conservation and Restoration, were issued visas.

Cuba, which retains much of the original customs and religious identities brought by West African slaves working on Spanish plantations—creating a unique Afro-Cuban culture—is home to many distinctive artistic treasures. But because of politics, cultural exchanges between the Caribbean country and the United States have not been easy.

"Despite the whole political situation with Cuba, there is a willingness on the part of both

countries to want to contribute to cross-cultural education," said Jacqueline Nanfito, associate professor of Spanish in the department of modern languages and literatures. "I hope that exchanges like this one will help to further those ties."

Right place, right time

In addition to working on Parade the Circle this year, the two Cuban artists, who have both studied their craft since elementary school, also created floats for Cleveland's Puerto Rican parade and participated in art and theater projects with the Mi Pueblo and Passport exchange programs during their stay in Northeast Ohio. After their work on these projects, the painters had some spare time before they were scheduled to return to Cuba.

When Nanfito learned the two artists might be available, she worked with Case Vice President of Student Affairs Glenn Nicholls, the Office of the President and Provost and Miller to seize the opportunity.

"We are delighted that the artists were able to do this mural for the center," Miller said. "They came to this country for other projects,

and Case has been very fortunate to be able to share in their talents."

In addition to taking advantage of underutilized space on the third floor of Thwing and giving the new Center for Women and its mission a higher profile, Nanfito said the mural is a tribute to the University's vision.

"My hope is that this mural will serve as a testament to the University's commitment to diversity, partnerships and the celebration of women and multiculturalism," she said.

The artists are modest about their contributions to the University's culture and, instead, said they are overwhelmed by what the Case and Cleveland communities have given them.

"We have been enriched learning more about the University's culture," Cartaya said, "and we hope the University community now knows a little more about Cuba and Cuban culture."

"This has been a very emotional experience for us," Calzada said. "We want to thank everyone who has helped make it possible, and we hope exchanges between Cuba and the University continue to grow."

Medicine In Brief

(continued from page 1)

Silver to be honored for research in neurosciences

Professor Jerry Silver of the Case School of Medicine has been awarded one of the highest achievements in the neurosciences.

He has been selected as the recipient of the 2003 Ameritec Prize for a significant accomplishment toward a cure for paralysis.

The prize recognizes his major contribution to the field of neurosciences by demonstrating that degenerating white matter that develops after a spinal cord injury does not always inhibit nerve regrowth.

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Viruses

(continued from page 3)

that the most recent program is looking for new—and old—viruses on their machines, in e-mail messages and in files. When a virus does attack, the council suggests a user update more than once a day because Symantec may release new definitions to respond to that virus.

In addition to the Symantec software, Microsoft offers downloadable fixes for its Windows operating system to help fight computer viruses. The operating system can be configured to alert the user when updates are available, so the user can install them. The software also can be configured to automatically download and install new updates. Additional information on this feature for Windows XP can be found at <http://www.case.edu/support/guide/help/sc/WinUpdate.html>.

"As a computer user, you can take steps to reduce the chances that your computer will be affected by

viruses that cannot be taken care of by central and school-based IT," the council said.

Faculty, staff and students also should regularly check the ITS Web site at <http://www.case.edu/its> and the Help Desk Web site at <http://help.case.edu>, according to CTO. Both feature information about viruses, including their names, characteristics and how to remove them. Symantec's Web site at <http://www.symantec.com> also offers information on current computer viruses.

"The software and hardware protecting the University network cannot always prevent viral attacks," the council said, "and those machines that are not updated or protected can contribute to the distribution of the virus throughout the University community. As a user, you play an important role in helping to protect faculty, staff and students."

For additional information, contact the Help Desk at 368-4357 (HELP) or help@case.edu.