BESS NEWS

BIOSYSTEMS * ENGINEERING * SOIL SCIENCE

Vol. 1 No. 8
Dec 15, 2008

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http://bioengr.ag.utk.edu

From the Department Head:

It is customary this time of year to look back over the past 12 months and reflect on what we have accomplished. The Department of BESS has experienced a productive year in terms of teaching, research, scholarship, and outreach, and we look forward to continuing these achievements in 2009. There have been a few changes this year; Professor Jim Wills retired, Dr. George Grandle stepped down from his service as interim department head, and I assumed the role of department head. I know I can speak for the entire faculty and staff when I express my appreciation to George for his service to the department as Interim Head, and this issue of the newsletter includes a feature on George. I would like to personally thank George for his willingness to stop whatever he was doing to help me, and I look forward to his continued help in the future. I would also like to thank the BESS faculty and staff for all they do for the department, the Institute, and the university, and wish all our readers a happy holiday season.---Eric Drumm

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For more info on Dr. Grandle's work with the farm structures plans, visit the site here: http://bioengr.ag.utk.edu/Extension/ExtPubs/PlanList97.htm

Faculty Profile



GEORGE GRANDLE

When one hears the phrase "sons of Virginia," among the names that spring to mind are those of George Washington and Thomas Jefferson. Both were great men who valued education and agriculture. They also selflessly served those who looked to them for leadership and inspiration.

GEORGE GRANDLE, our own "son of Virginia," is much too humble to consider himself among the ranks of Washington and Jefferson. Yet he has distinguished himself in ways that bring honor and merit to the phrase "sons of Virginia." Dr. Grandle was raised on his family farm near Kezzletown, Virginia in the beautiful Shenandoah Valley. He obtained his education at Virginia Tech and The University of Tennessee.

He joined the UT faculty in 1972 as an Extension Service Instructor, and is now an Associate Professor. As Livestock Production Systems Extension Specialist, he has visited more than 1500 farms and prepared over 1400 plans to assist county agents in recommending new or improved livestock handling, housing and ventilation systems. His responsibilities include Farmstead Planning, Dairy and Livestock Housing Systems, Animal Housing Environmental Control Systems, and Community Facilities Planning. He has been involved in preparing course materials and teaching sessions for the National Comprehensive Nutrient Management Plan (CNMP) certification course since its inception in 2001.

He was asked to serve as Interim Head of BESS from 2006-2008, and he provided patient, thoughtful, and insightful leadership to our department during this period. He continues to be an invaluable source of support to the department and a friend to all.

Perhaps his greatest contribution is the huge collection of farm structures plans housed here in BESS. As other universities have discontinued support in this area, George's collection has become much sought after. Over the years he has provided thousands of copies of over 300 designs to farmers and extension agents throughout the United States and frequently even overseas. He has published the "Agricultural Building and Equipment Plan List" on the web where the electronic plan files received over 1.75 million hits last year. This represents roughly a fourth of the total traffic on the department's site. Over the last few months, George has worked hard to make the entire collection available electronically via our BESS website.

Washington and Jefferson would be proud of their fellow Virginian. Those of us in BESS certainly are proud to work with such a fine educator, agriculturist, leader, and friend. We are honored to have among us George Grandle, a "son of Virginia."

CLICK BELOW FOR IMPORTANT NEWS ON:

instruction
extension
research
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students

MORE NEWS!

Please submit news items to Darla O'Neill at doneill1@utk.edu BESS NEWS is issued on 1st & 3rd Mondays of each month. Archived issues will post to our departmental website. To subscribe (or unsubscribe), email doneill1@utk.edu

BE THE BESS
BIOSYSTEMS * ENGINEERING * SOIL SCIENCE
YOU CAN BE

BESS NEWS - CALENDAR

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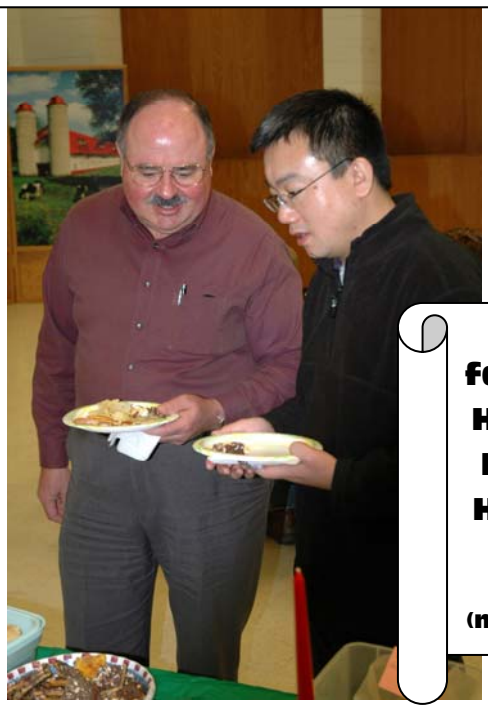



Some merry faces from our Holiday Party, December 15, Hollingsworth Auditorium.

(more on next page)























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Innovations in Engineering Education, Curriculum, and Infrastructure (IEECI) Program Announcement NSF 08-610

Full Proposal Deadline(s) (due by 5 p.m. proposer's local time): March 11, 2009
The Innovations in Engineering Education, Curriculum, and Infrastructure (IEECI) program supports research which addresses four aspects of engineering education: (1) how students best learn the ideas, principles, and practices to become creative and innovative engineers, and how this learning is measured, (2) how application of cyberlearning resources of networked computing and communication, interactive visualization capabilities, and well designed user interfaces can be used to develop easily transportable tools and systems with low barriers to adoption which significantly improve learning, (3) integration of sustainability into engineering education, and (4) future directions of U.S. engineering doctoral programs.
Anticipated Type of Award: Standard Grant or Continuing Grant
Estimated Number of Awards: 35 to 40 Two types of awards will be supported: Expansion Projects (approximately 10 grants are anticipated) will only be available for area (1), Innovations in Teaching and Learning. Exploratory Projects (25-30 grants are anticipated) will be available in areas (2-4).
Anticipated Funding Amount: $150,000 to $400,000 Anticipated Funding Amount: The total anticipated funding in FY09 for projects associated with this announcement is $8,500,000. Funding is contingent upon availability of appropriations. Expansion Projects will be funded at a level of up to $400,000. Exploratory Projects will be funded at a level up to $150,000, but exploratory projects involving multiple universities may apply for grants up to $200,000.
For more info: http://www.nsf.gov/pubs/2008/nsf08610/nsf08610.pdf

UT-K & COE INFO & CALENDAR

CFW - Call for Nominations:

Angie Warren Perkins Award
Nominations due: February 16, 2009
The Commission for Women requests nominations for the Angie Warren Perkins Award, to be presented at the Spring 2009 Chancellor's Honors Banquet. The award, named for the first Dean of Women at the University, will honor a woman who is outstanding in campus governance or administration. Candidates shall be at the level of department head, director, or below; all nominees shall be regular, full or part□time employees with a minimum of one year's continuous service at UT. No recipient of the award within the past five years is eligible. The award will include a monetary prize. Nomination forms, and a list of recent award winners, are available on the Commission's website: http://cfw.utk.edu. Completed nomination form and a current CV or resume should be submitted by email to Dr. Nancy Goslee (ngoslee@utk.edu). All nominations must be received by February 16, 2009. For additional information, call Dr. Goslee at 974□6967. Nominations will be reviewed by the Angie Warren Perkins Award Committee of the Commission for Women, and a winner will be selected.

Women of Achievement Awards
Nominations due: February 16, 2009
The Commission for Women seeks nominations for the Women of Achievement Awards. These awards, to be presented at the Spring 2009 Chancellor's Honors Banquet, will honor women who have, through extraordinary accomplishments in either a traditional or non-traditional area, significantly improved the status of women within the University community . Categories include staff (exempt and non□exempt), faculty, and students (graduate and undergraduate). Traditional areas include disciplines or tasks in which women have historically found employment such as teaching English composition or managing a day□care center. Non-traditional areas include fields in which women are still pioneers, such as nuclear engineering or aerospace studies. Whatever the field or responsibility, each woman who performs with professional excellence and who mentors other women to do so, indeed improves the status of women.
Nomination forms are available on the Commission for Women website: http://cfw.utk.edu. Nomination forms should be emailed to Dr. Nancy Goslee (ngoslee@utk.edu). For additional information, call Dr. Goslee at 974-6967. Nominations are due by February 16, 2009. The Women of Achievement Awards Committee of the Commission for Women will review the nominations and select a winner.

UT-K & COE INFO & CALENDAR

REMINDERS:

DoD BAA Postings

The office of research has created a page with links to DoD BAAs for a convenient one-location doe DoD opportunities. http://research.utk.edu/funding/baa.shtml
---Dr. J. Wesley Hines, Interim Associate Dean for Research and Technology, College of Engineering

Attention Faculty and Students:

There has been a change that you need to know about! HBB is the new abbreviation for the James A. Haslam II Business Building, formerly known as the Glocker Building. Timetable, Astra, and students' schedules should be reflecting this change effective immediately.

To: Knoxville-area Deans, Directors and Department Heads
From: Vice Chancellor for Finance and Administration Denise Barlow

Subject: New Energy Conservation Policy

All Knoxville area students, faculty and staff are being notified today about a new policy that changes temperatures in the majority of buildings on the University of Tennessee, Knoxville and Agricultural campuses.

We are providing managers with more detail about our plans for implementation and asking for your help and support as we make these changes.

During normal occupied hours, the target indoor air temperature will be 68 degrees Fahrenheit for heating and 76 degrees Fahrenheit for cooling. Facilities Services will ensure that building spaces are as close as possible to these set points.

This new policy, which you can read at http://facilities.utk.edu/policies, will help the university save money and deal more effectively with rapidly escalating energy costs. It also helps the university achieve its Switch Your Thinking goals to reduce energy consumption by 10 percent this fiscal year, and reflects the best practices in campus energy management.

In order to achieve the desired reductions in energy use, all faculty and staff are required to:
- Remove all personal appliances, including portable space heaters, from campus.
- Refrain from adjusting thermostats in all buildings.
- Keep all doors and windows closed to prevent loss of heated or cooled air.
- Rely on preventive maintenance personnel to make all temperature adjustments and to address concerns.

Many of our aging buildings and related systems may require additional attention or work to achieve the new mandated temperature. We will be working closely with faculty and staff who oversee locations with special climate needs that will require an exemption. Note that the changes may take some time to implement in certain buildings.

It's important to help employees make the link to how their actions can directly impact our efforts to reduce consumption and save money. Campus wide energy costs are estimated at $20 million for the year. If we meet our goal for a 10 percent reduction, the campus will save at least $2 million. For every degree that reduced or increased in campus buildings, overall consumption is reduced by two percent in the heating and by four percent in the cooling season. I am confident that these changes will certainly help us achieve our energy goals.
Some campus offices and departments may have purchased individual space heaters or refrigerators and other devices that are no longer allowed under the new policy. These university owned appliances can be disposed of through Surplus Property. A Surplus Property Form must be filled out to arrange for pickup of the appliances. While one form may be used to request pickup of multiple appliances at the same place on campus, a separate form must be filed for each different location. The form can be found here:
https://my.tennessee.edu/portal/page?_pageid=34,484239&_dad=portal&_schema=PORTAL
In the case of refrigerators, Surplus Property Forms should only be filled out if the refrigerator was only used for food storage. If the refrigerator was used for storing meds or any other hazardous materials, a Surplus Equipment Decontamination Form must be filled out.
Additionally, faculty and staff who have a medical condition that could warrant an exemption to the policy can apply for such by completing the Environmental Exemption Request Form at http://facilities.utk.edu/forms.
We have asked employees to direct their questions and concerns to their supervisor. Please feel free to share this message with them or direct them to the complete policy. Supervisors should contact Preventive Maintenance to address any concerns at 974-5346.

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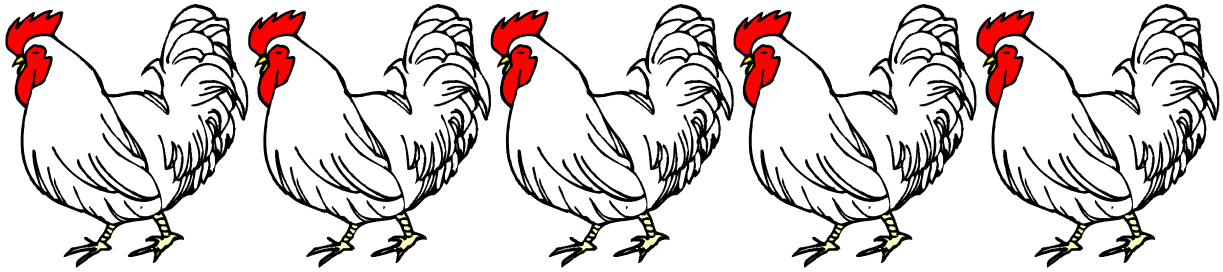
***CONGRATULATIONS* to Dr. Charles Goan on your recent retirement! We thoroughly enjoyed the party – especially the "chicken dance" – and the opportunity to reminisce with you on a long and productive career. Your leadership and friendship have helped make UT a great place to learn and work. Please stop by and visit us any time!**



SUPER Deadlines:

1. January 2, 2009 is the cut off for entering calendar year 2008 activity reports into the SUPER Delivery module. and
2. February 2, 2009 is the due date for 2008 statewide impact statements.

REMINDERS:

FY 2009 International Science and Education RFA

From: Fulton, Patty

Sent: Wednesday, November 19, 2008 11:29 AM

To: Senior Leadership - CSREES Distribution List

Subject: FY 2009 International Science and Education RFA

I would appreciate your assistance in spreading the word that the FY 2009 RFA for the International Science and Education competitive grants program has been published. All U.S. 4-year institutions that award BS level degrees are eligible to apply.
The ISE supports research, extension, and teaching activities that will enhance the capabilities of American colleges and universities to conduct international collaborative research, extension and teaching.
ISE projects are expected to enhance the international content of curricula; ensure that faculty work beyond the U.S. and bring lessons learned back home; promote international research partnerships; enhance the use and application of foreign technologies in the U.S.; and strengthen the role that colleges and universities play in maintaining U.S. competitiveness.

The RFA can be found on the CSREES website at:
http://www.csrees.usda.gov/fo/educationinternationalscience.cfm

The closing date for this program is January 16, 2009. The only change in the FY09 program from the previous year is that the maximum amount per award has been increased from $100,000 to $150,000. If you have any questions, please contact me at pfulton@csrees.usda.gov <mailto:pfulton@csrees.usda.gov> or 202-690-3852.
Thank you. Patty Fulton, International Programs, CSREES, USDA, Phone: 202-690-3852, Fax: 202-690-2355

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NineSigma Request, RFP# 50830-1, "Surface Modification of Cotton Fabrics."

Our client, **a Major Multinational Consumer Products Company**, invites proposals for **material technologies that can modify the surface of cotton fabrics** for the goal of improving the detergency, repellency, or release of soils. NineSigma has identified you as a party with the potential to respond to this request, or as a contact who might know of someone with expertise in this area.

This invitation is not a complete description of the project. More information is available in the Request for Proposal (RFP) document online at http://www.ninesigma.com/mx/50830-1. The final submission date for Proposal Briefs is **December 19, 2008**.

If after reviewing the full RFP document you are interested in submitting a proposal or would like more information, please contact me by email and reference **RFP# 50830-1** in the subject line. When you submit a proposal, please use the response template downloaded from the link below:
(http://files.ninesigma.com/mx/50830-1/Response_Template.doc).

Sincerely,
Eloise C. Young, Ph.D.
Program Manager
NineSigma, Inc.
23611 Chagrin Blvd., Ste. 320
Cleveland, Ohio 44122-5540
young@ninesigma.com

To receive our newsletter that includes all active projects, register online at
http://www.ninesigma.com/registration_form

Soil-Based Use of Residuals, Wastewater and Reclaimed Water(from W1170)

Your institution/agency/entity is invited to participate in a new or revised project/activity, W_TEMP2541. The following are directions for viewing the project proposal entitled "Soil-Based Use of Residuals, Wastewater and Reclaimed Water(from W1170)" and for creating in Appendix E to authorize participation by your scientist(s) /specialist(s) in this proposed activity.

Please submit the Appendix E no later than 01/10/2009

****

To View the Proposal:
1. Go to the National Information Management Support System at http://nimss.umd.edu
2. Insert your login and password. (If you don't have a login ID, you'll need to register, also at the URL above.)
3. In theTop Menu, Select Project then Select View Projects
4. Enter the project number, W_TEMP2541

****

To Create and Submit an Appendix E for a Proposed Project:
1. Go to the National Information Management Support System at http://nimss.umd.edu
2. Insert your login and password. (If you don't have a login, you'll need to register, also at the above URL.)
3. In theTop Menu, Select Participants then Select Draft/Edit
4. On the Left side Menu, Select "Draft New"
5. Select the project number W_TEMP2541
6. Fill out the form.
7. Click on Submit.

Thank you. Please contact the Administrative Advisor(Lee E. Sommers) if you have questions about the proposed project.

Contact your System Administrator (in your Executive Director's office) if you have questions about the use of NIMSS.

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Program Announcement: PIRE (Partnerships in International Research and Education

We are pleased to call your attention to the newly released program announcement for the Partnerships in International Research and Education (PIRE) program of the National Science Foundation's Office of International Science & Engineering (NSF/OISE). The PIRE program will support projects that 1) undertake frontier research that cannot be done without the unique and complementary contributions of both the U.S. and international partners, 2) help develop a globally engaged U.S. science/engineering workforce, AND 3) facilitate strengthened involvement by U.S. institutions in mutually beneficial international research and education collaborations.
The PIRE program announcement number is NSF 09-505. A link to the program announcement as well as additional information, including links to abstracts of 32 active PIRE awards, can be found at http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=12819<http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=12819
PIRE is a two-stage competition, beginning with required preliminary proposals, which are due on February 26, 2009. U.S. universities that granted one or more Ph.D.s in a science or engineering field since 2006 are eligible to submit preliminary proposals. Each eligible institution may submit up to three preliminary proposals. Researchers may be involved as PI, co-PI, senior personnel, consultant or subawardee on no more than one proposal. PIRE awards support the U.S. side of the international collaboration…
Elizabeth E. Lyons, Ph. D.
Program Coordinator
Partnership for International Research & Education (PIRE)
Office of International Sci
------Original Message Truncated------

REMINDERS:

FUNDING AVAILABLE FOR ENVIRONMENTAL RESEARCH AND DEVELOPMENT

ARLINGTON, VA, November 6, 2008-The Department of Defense (DoD), through the Strategic Environmental Research and Development Program (SERDP), is seeking to fund environmental research and development efforts. The development and application of innovative environmental science and technology supports the long-term sustainability of DoD's installations and ranges, as well as significantly reduces current and future environmental liabilities. Proposals responding to focused Statements of Need (SON) in the following areas are requested:
* Environmental Restoration - innovative technologies for the detection, characterization, containment, and remediation of a wide range of contaminants in soil, sediments, and water.
* Munitions Management - advanced geophysical sensor and signal processing technologies for the detection, discrimination, and remediation of unexploded ordnance (UXO) and technologies for range clearance and reduced generation of UXO.
* Sustainable Infrastructure - natural resources (e.g.,ecosystem-based management; threatened, endangered, and at-risk species; land management and watershed protection; and maritime sustainability), facilities (e.g.,installation/regional sustainability, energy, noise, air and water quality, and facility waste), and cultural resources.
* Weapons Systems and Platforms - advanced alternative environmentally benign technologies and materials that reduce, control, or eliminate the waste and emissions associated with the manufacturing, maintenance, and use of DoD weapons systems and platforms.
Proposals responding to the Fiscal Year (FY) 2010 SONs will be selected through a competitive process. The Core Solicitation provides funding in varying amounts for multi-year projects. For the Core Solicitation,
PRE-PROPOSALS FROM THE NON-FEDERAL SECTOR ARE DUE BY THURSDAY, JANUARY 8, 2009.
PROPOSALS FROM THE FEDERAL SECTOR ARE DUE BY THURSDAY, MARCH 12, 2009. The SONs and detailed instructions for federal and private sector proposers are available on the SERDP web site at www.serdp.org/funding.
SERDP also will be funding environmental research and development through the SERDP Exploratory Development (SEED) Solicitation. The SEED Solicitation is designed to provide a limited amount of funding (not to exceed $150,000) to investigate new environmental technologies with innovative approaches that entail high technical risk and/or have minimal supporting data that provide risk reduction and/or proof of concept. For FY 2010, proposals are being requested that respond to one SEED SON in each of the following focus areas: Munitions Management, Sustainable Infrastructure, and Weapons Systems and Platforms.
ALL SEED PROPOSALS ARE DUE BY THURSDAY, MARCH 12, 2009. The SEED SONs and detailed instructions for both federal and non-federal proposers are available on the SERDP web site at www.serdp.org/funding.

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UMass Amherst REU in Cellular Engineering:

This summer, UMass Amherst is once again host to a **Research Experience for Undergraduates (REU) in Cellular Engineering**.
For more information, students may visit: www.umass.edu/ice and click on "ICE REU Program".
The application deadline is February 27, 2009.
Thank you and happy holidays,
Shana Passonno
Program Manager, Institute for Cellular Engineering
Department of Chemical Engineering
University of Massachusetts
686 North Pleasant Street
Amherst, MA 01003
Office: 158C Goessmann Laboratory
Phone: (413) 545-6140

Global Venture Challenge 2009 at Oak Ridge National Laboratory:

Teams, get ready to innovate!
We are pleased to announce the third annual **Global Venture Challenge** being held **March 25-27, 2009** in Oak Ridge, TN. This unique educational event is hosted by Oak Ridge National Laboratory (ORNL) and the University of Tennessee to promote and encourage entrepreneurship and innovation in technology-based businesses while fostering the entrepreneurial spirit among students, educators, industry, science leaders, government and the investment community. Up to **$25,000** is awarded to the winning teams for the **ORNL Graduate School Energy Challenge**. For more information, visit our website at www.globalventurechallenge.com.
Got questions? Contact Jennifer Palmer, GVC Managing Director at palmerja@ornl.gov.

REMINDERS:

Dissertation Workshop Sponsored by UT Libraries and Graduate School - January 6, 2009:

On January 6, 2009, the Graduate School and the University of Tennessee Libraries will once again host a co-sponsored event: **"The Dissertation and Scholarly Inquiry: A Workshop for Doctoral Students."**
The day-long list of activities will include information and resources on topics, such as completing and publishing a dissertation, intellectual property rights, and ethics in research. Morning and afternoon refreshments and lunch will be provided as well. The focus will be on students who have just begun a doctoral program and who have not yet started writing the dissertation. More advanced students working on the dissertation are welcome to register, provided space is available.

NEW COURSE OFFERING ANNOUNCEMENTS:

The Global Seminar

FWF 590 (section 004) – 3 credits
9:40 – 10:55 TR, Ellington 125
This new class is an opportunity for Seniors and Graduate Students to participate in a global classroom to explore issues related to sustainability and the environment. The course description can be views on the main website for the seminar series (http://www.globalseminar.org/):

Biofuels and Bioproducts Engineering

CBE 494/590
Instructor: Abhijeet P. Borole.
Tue, Thu 5:10 PM ¨C 6:25 PM
Description: The course will cover processes involved in transformation of biomass and other resources into biofuels and bioproducts. This will be an applied course, with focus on existing and upcoming technologies for bioconversion of renewable resources, description of current roadblocks and exposure to future needs. Intended primarily for senior class and graduate students from various disciplines, the course considers the emergence of biofuel/bioproduct engineering as a coherent field of research and practice.

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Make-up TDEC Hazardous Waste Management training for UTIA labs

Dear Department Heads,
Share this message with your PIs and lab personnel .
Thank you for supporting our recent efforts to comply with TDEC during our 2008 audit. We are happy to report we had over 300 attendees at our October training sessions. Despite the high attendance there were several labs that were unable to attend due to various circumstance and requested another opportunity to complete the training. In response to this we have scheduled two additional training sessions as well as an online training option using Blackboard.
We want to remind you that documented training is required by TDEC and that we can be cited and fined for it in the event of another audit. We realize taking time out of the day to attend safety training is not convenient, so we have done our best to accomodate individual schedules. Below are the times for the next in-person trainings, as well as the Blackboard website for the online option.
Training dates:
Monday, January 5 @ 10:00 AM - 11:00 AM
Tuesday, Janurary 6 @ 2:00 PM - 3:00 PM
Both sessions will be conducted in room 113 of the Plant Biotechnology Building
Online training:
http://snipurl.com/utiasafetytraining
The online training has a 40-question test that must be passed with a grade of 80 or higher in order to receive credit for completing the training. If there are any problems enrolling in the online course or if you have questions about the training sessions, please give the Safety Office a call at 974-7144.
Regards,
Tiffany and Susan, UTIA Safety Coordinator, BEES Bldg. Rm 105, Office: (865)974-7144, Cell: (865)243-5251
Email: tiffany@utk.edu

Pendergrass Library News - November Edition

November Edition:
Pendergrass News is: a monthly bulletin from the Pendergrass Library to Institute of Agriculture. A summary of the links used can be found at the end of the bulletin.
• **New Items** – at the Pendergrass Library can be browsed or added to your RSS feed. You can also view new items for the entire UT library system, sorted by LC call number.
• **Wireless Printing** – Is now available for patrons to use on their personal laptops inside Pendergrass Library. Just come in and ask.
• **Counting Citations** - Thinking of counting citations to your articles for promotion/tenure? Please read our Suggestions and Caveats.
Please feel free contact us about any topic mentioned here (or any other library-related questions/concerns you may have for that matter!).
Peter Fernandez
Agricultural Sciences & Natural Resources Librarian
A113 VTH, University of Tennessee
Knoxville, TN 37996-4541
865-974-2886
Links mentioned in this bulletin (in order of appearance) :
http://www.lib.utk.edu/whatsnew/newtitles/rss_default.php?FEED=newagvet_rss.xml
A list of new items at the Pendergrass Library. Updated frequently.
http://www.lib.utk.edu/whatsnew/newtitles/index.html New titles for the entire UT library system, divided LC call number.
http://www.npr.org/rss/ - NPR's quick definition of RSS feeds, along with some of the most commonly used readers.
http://www.lib.utk.edu/people/fernandez.html -Contact information for Peter Fernandez.
http://www.lib.utk.edu/agvet/veterinary/citationcaveat.html - Webpage containing links to articles with new research about citation counts, along with general suggestions and information sources on the topic.
http://www.lib.utk.edu/agvet/ - Pendergrass Library webpage, with contact information for the library.

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Mindfulness-Based Stress Reduction (MBSR)

MBSR is a course used to teach mindfulness practice techniques for the alleviation of:
Accumulated Daily Stress, Chronic Pain, Anxiety, High Blood Pressure, Depression, and many other conditions exacerbated by stress. MBSR is used predominantly in human hospitals but has also been taught in medical schools and the work place. In addition to alleviating the problems above, researchers have found MBSR effective for strengthening the immune system and generally increasing positive thoughts and emotions.
To learn more or register, contact Tressie Brown at nuchols@utk.edu or 974-5574. You may also contact the instructor, Dr. Elizabeth Strand, at 755-9021.
Read further for course information, class schedule and details.

The Practice of MBSR

We can go through much of our day and even our lives on automatic pilot; not being present moment-by-moment or not having our head and our body in the same place at the same time. In automatic pilot, we are more susceptible to having our 'buttons pushed'. Events around us and thoughts, feelings, and sensations in our mind can trigger old habits of thinking and acting that are often unhelpful for this present moment.

The aim of the MBSR program is to increase awareness so that we can respond to situations with choice rather than automatic reactions. We can do this by becoming more aware of where our attention is and deliberately changing the focus of our attention, over, and over again.

We learn how to do this by formally bringing attention to our body in stillness (body scan), to our body in movement (stretching), and to our thoughts, sensations and emotions (sitting). We also learn to do this with an array of informal mindfulness practices (walking, eating, driving, washing dishes, noticing pleasant and unpleasant events, and communicating with others).

In this purposeful moment by moment awareness, we will encounter our many opinions, likes and dislikes, and how these can be impacted by our thoughts, sensations and emotions. Increasing our capacity to observe these without automatically reacting to them is the intention of engaging in the 8-week MBSR life experiment. The results are often beneficial and surprising…

Orientation Session: Thursday, January 15th 7:00 pm to 8:30 pm

This is a session for potential participants to meet the instructor, ask questions, and get a feel for what the class has to offer. If you would like to attend the 8-week MBSR Class, please come to the orientation session.

Class Schedule: 7:30 – 9:30 pm: January 19, 26; Feb 2, 9, 16, 23, March 2, 9

Plus all day, February 22, 2009 10:30 am to 5:30 pm

Classes will be held in the Sequoyah Room at The UT College of Veterinary Medicine. The fee for this class is $150.00. Checks may be made payable to Veterinary Social Work (VSW). Fees cover cost of materials some of which include workbook and 4 CD's.
What to bring:

A beverage (preferably without caffeine)
Your notebook and pen, if desired
Wear comfortable clothing suitable for gentle exercises
A pillow, blanket, and mat if you like
A willingness to look at things a bit differently for an 8-week period

Instructor: Elizabeth B. Strand, Ph.D., LCSW, Director, Veterinary Social Work; estrand@utk.edu 865-755-9021

Veterinary Social Work