



UB REPORTER

Need-to-know news and views for UB faculty and staff

UB University at Buffalo The State University of New York

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Budget cuts

Tripathi updates UB Council on university's response

BY SUE WUETCHER

Provost Satish K. Tripathi provided the UB Council with an update Monday on how the university is dealing with a potential \$21 million cut in state funding.

Tripathi told council members, including newly appointed member June Williams Hoefflich, president and CEO of Sheehan Health Network, that UB's first order of business after receiving word that state funding to SUNY would be cut an additional 7 percent—on top of the 3.3 percent cut in June—was to institute a moratorium on new hiring and purchases of more than \$5,000.

The next step, he said, was to involve the entire campus in the process—"to get as many new ideas as

possible"—by forming a university-wide Strategic Advisory Committee to assess the budget situation and advise the administration on how to deal with the expected cuts. (See related story on Page 2)



"My goal is to give as few cuts to the units as possible so that our core principles are intact."

Provost Satish K. Tripathi

possible"—by forming a university-wide Strategic Advisory Committee to assess the budget situation and advise the administration on how to deal with the expected cuts. (See related story on Page 2)

Tripathi reported that he also has met with the Faculty Senate's Executive and Budget Priorities committees, and attended a daylong retreat with the university's senior leadership.

Talks with all these groups have determined three basic principles that are crucial to establishing UB as a premier public research university and that must be upheld during budget deliberations, Tripathi said: Maintain UB 2020 as the vision for academic excellence, provide the best education for all students, and realize the full potential of the research program.

Tripathi pointed out that every campus group involved in the budget advisory process has endorsed selective budget cuts, rather than across-the-board cuts.

The groups also have started looking at new sources of revenue, as well as the kinds of savings that can be realized, he said, noting that savings have been achieved in the past through efforts like the IT and HR transformations. "We need to do more of that," he said, adding that reorganizations and consolidations are being discussed.

In other business, Marsha Henderson, vice president for external affairs, reported that 2007-08 was a record year for philanthropy. UB collected \$34.2 million in the fiscal year ending June 30, a 27 percent increase over the previous year. UB also received \$57.2 million in commitments during 2007-08, a 92 percent increase over 2006-07 and 132 percent of its \$43.4 million goal.

The council also unanimously approved a resolution commending all parties involved in putting together the agreement to begin the consolidation of Kaleida Health and Erie County Medical Center and create a new, UB-aligned, health care system in Western New York.



BY LOIS BAKER

Policing is dangerous work, and the danger isn't just on the streets alone.

The pressures of law enforcement put officers at risk for high blood pressure, insomnia, increased levels of destructive stress hormones, heart problems, post-traumatic stress disorder (PTSD) and suicide. UB researchers have been tapped through a decade of studies of police officers.

UB researchers may also carry out one of the first large-scale investigations on how the stress of police work affects an officer's physical and mental health, funded by a \$1.5 million grant from the National Institute of Occupational Safety and Health (NIOSH).

The National Institute of Justice added \$1.5 million to the study to measure police officer fatigue and the impact of shift work on health and performance.

John M. Violanti, senior associate professor in the Department of Social and Preventive Medicine, School of Public Health and Health Professions, is principal researcher on the study, called the Buffalo-Carrie Metropolitan Occupational Police Stress (BCOPS) study.

Making UB climate neutral

BY KEVIN FRYLING

UB is seeking input from the university community in its quest for climate neutrality.

A Fall Sustainability Forum will be held from 11 a.m. to 2 p.m. Oct. 21 in the Student Union Theater, North Campus. The workshop-style meeting will provide members of the campus community with the opportunity to hear a report on the progress of the Committee on Environmental Stewardship—which is charged with leading UB's sustainability efforts—as well as express their views and offer ideas for making UB a more sustainable institution.

As part of President John B. Simpson's signing of the American College and University Presidents Climate Commitment in March 2007, UB must develop a plan by September 2009 to make the campuses "carbon neutral," defined as having no net greenhouse gas (GHG) emissions.

Through its UB Green office, UB has completed the first significant step in developing that plan by compiling an inventory of GHG emissions for all university activities. The

Fall Sustainability Forum, the first in a series of public events sponsored by the Committee on Environmental Stewardship, is part of the process in developing the climate action plan.

"The plan has to reflect our campus values; it won't be successful if we don't win the hearts and minds of the students, the faculty and the staff," says committee chair Robert G. Shibley, professor of architecture and planning and point person for the development of UB's comprehensive physical plan. "Our purpose is to engage these constituencies for help on the value choices in the plan."

A second forum, which will include a review of the climate action plan, is scheduled for February 2009. A final review of the plan is set for spring 2009.

The Committee on Environmental Stewardship meets on the first Wednesday of each month from 10:30 a.m. to noon. Members of the university community are welcome.

ONLINE

Visit <http://www.buffalo.edu/ub2020/environmentalstewardship/calendar.html> for locations and schedule changes.



Wesley Clark and Karl Rove squared off on the issues of the day in a debate last Friday that kicked off the 2008-09 Distinguished Speakers Series. Read all about it in the online UB Reporter at <http://www.buffalo.edu/ubreporter/debate>.

WORKING @ UB

UB CORE encourages employee volunteerism

UB employees interested in offering a helping hand to their neighbors, both on campus and throughout the Buffalo area, can sign up for the UB Community Outreach for Employees Program—or UB CORE—a new program established by the Wellness and Work/Life Balance unit in University Human Resources.

UB CORE was created in April to help members of the UB community learn about local opportunities for volunteerism via occasional email updates and notifications.

"Our goal is to provide people who want more opportunities to volunteer with a chance to become involved at the institutional level, and at their own personal level of commitment," says Kathie Frier, director of wellness and work/life balance. "By identifying opportunities and notifying

people centrally, everyone wins."

She says about 100 employees already have joined UB CORE, and volunteers have participated in a number of events, including helping incoming students move into UB's residence halls, a project to garden and clean up planters in the middle of Main Street across from Allen Hall on the South Campus, and UB Paints, a collaborative project led by UB's Students for Urban Renewal and Office of Community Relations that improved neighborhood conditions along Englewood Avenue in the University Heights neighborhood.

"UB employees are traditionally very generous with their time," says Frier, "but we also want to get to the people who are not the usual people who volunteer, the ones who have always wanted to become more involved

but aren't active right now."

Companies such as Disney, Nike and Wegmans also place a strong emphasis on community service and volunteerism, she adds, noting that a sense of personal fulfillment, pride in one's institution and a chance to meet fellow employees are just a few of the benefits of participation in community volunteer activities.

"While we're mainly focusing on opportunities that are aligned with the mission of the university, we also want to be able to provide a large corps of UB volunteers to assist in any 'disaster' cleanup operations," she says. "On many occasions, people want to help but don't know how to begin."

—Kevin Fryling

To sign up or learn more about UB CORE, visit <http://hr.buffalo.edu/ubcore>.

ONLINE

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Stress

More than 400 police officers have participated in the study to date. The clinical examination involves questionnaires on lifestyle and psychological factors such as depression and PTSD, in addition to measures of bone density and body composition; ultrasounds of brachial and carotid arteries; salivary samples of cortisol, the "stress hormone"; and blood samples.

Results from Violanti's pilot studies have shown, among other findings, that officers over age 40 had a higher 10-year risk of a coronary event compared to national standards, 72 percent of female officers and 43 percent of male officers had higher-than-recommended cholesterol levels and police officers as a group had

higher-than-average pulse rates and diastolic blood pressure.

"Policing is a psychologically stressful work environment filled with danger, high demands, ambiguity in work encounters, human misery and exposure to death," said Violanti, a 23-year veteran of the New York State Police. "We anticipate that data from this research will lead to police-department-centered interventions to reduce the risk of disease in this stressful occupation."

One of the investigation's most recent studies reports on the effect of shift work on stress and suicide risk in police officers.

Data showed that 23 percent of male and 25 percent of female officers reported more suicidal

thoughts than the general population (13.5 percent).

Suicidal thoughts were higher in women working the day shift and in men working the night shift. Violanti called the findings surprising. "We thought both men and women officers would be negatively affected by midnight shifts."

It's possible women may feel more stressed in a day shift because there can be more opportunity for conflict, he said. On the other hand, higher suicidal thoughts reported by males may be due, in part, to a stronger need to be part of the social cohesiveness associated with a police organization. "Working alone at night without the support of immediate backup can be stressful," he said.

Cost cutting

UB receives 1,200 suggestions to help address shortfall in state funding

BY SUE WUETCHER

The committee advising UB's leadership on how to deal with anticipated cuts in state funding has received at least 1,200 suggestions on how UB can reduce costs.

And the suggestions are good ones. "I'm not surprised by the number of suggestions or the quality of the suggestions," says Scott Nostaja, interim vice president for human resources, chief of staff for President John B. Simpson and facilitator for the Strategic Financial Advisory Committee. "The ideas are really good; they are not trivial or frivolous."



"The campus community is concerned; there's a growing sense that we're all in this together."

Scott Nostaja, interim vice president for human resources

Nostaja says the suggestions for cost-cutting—all submitted to a Web site built specifically to gather feedback on the budget problems—come from a mix of faculty, staff and students. Among the topic areas receiving large numbers of suggestions are the environment and energy—electricity, fuel and other sources of power; creating efficiencies in operations, including increased use of technology, to make administrative functions more streamlined; purchasing of goods and services; and creating alliances with other SUNY campuses to share services or combine functions.

Nostaja says the rationale for seeking input from the campus community on the university's financial situation is found in three key principles of the UB 2020 strategic planning process: transparency, collaboration and inclusiveness. The administration is approaching the financial problem in the same way it approaches other aspects of UB 2020: reaching out and asking for ideas, he says.

Nostaja urged those who have not yet submitted their suggestions to do so. Those submitted by Oct. 15 will be reviewed by the Strategic Financial Advisory Committee, which plans to present its report to Provost Satish K. Tripathi by mid-October.

There is no deadline, however, for good ideas, Nostaja says, adding that all suggestions are being shared with campus leadership and the executives in charge of the areas where the suggestions have their roots.

Submit cost-cutting suggestions to <http://www.buffalo.edu/ub2020/financecommittee/form.html>.

ONLINE



Gary Giovino is professor and chair of the Department of Health Behavior.

PHOTO: BRIGITTE LUTHE

Q&A

Why do people smoke?

It's really a multi-factorial, multi-level phenomenon. Most established smokers experience withdrawal when they go without smoking for a while, making the road from withdrawal that smoking provides very relieving. They appear to be genetically predisposed to exhibiting such that some people will have more difficulty quitting than others. Psychology also plays a role. The use of nicotine patches, gum and other cessation products that help by relieving withdrawal symptoms, such as smoking light cigarettes, smoking and snuffing about smoking among peers, religious and various can influence initiation.

Do nicotine patches and gum really work?

Clinical trials indicate that they do help you quit. One problem, though, is that people have to be engaged in other activities to

example, only one-third of U.S. smokers recognize that using the patch is less risky than smoking—thus many people worry needlessly about the safety of these medications.

What's the most effective way to quit smoking?

There are three keys to success. First, you have to be motivated. The one will quit because he or she has to be willing to make some changes in your life. If the patch or gum offers some relief, that's a good starting point, you have to be willing to change the habit. And third, you need a strategy to put up with the inevitable withdrawal symptoms. Many people expect to experience withdrawal, but finding the right dose is the "non-negotiable" recommendation. Some people benefit from doing first and then quit. Some people will quit at once. Some people benefit from patches and gum help—the New York State Department of Health (www.nystate.gov) has a list of resources for more information regarding the state's quitline.

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BRIEFS

Community address to air on local TV

President John B. Simpson's annual address to the community will air on local television, beginning Sunday.

A 30-minute edited program will air at noon on Sunday on Time Warner Channel 22 and at 8:30 p.m. on Sunday on ThinkBright TV, time Warner Channel 21, digital broadcast channel 43.3.

It will be rebroadcast weekly at noon on Sundays on Time Warner Channel 22, beginning Oct. 12.

RIA to hold seminar tomorrow

"It Takes a Village to Resolve an Addiction...and Certain Kinds of Villagers" will be the topic of tomorrow's lecture in the Research Institute on Addictions' (RIA) fall seminar series.

The lecture, to begin at 10 a.m. on the first floor of the RIA building at 1021 Main St. on the Buffalo Niagara Medical Campus, will be given by Barbara S. McCrady, professor of psychology and director of the Center on Alcoholism, Substance Abuse and Addictions at the University of New Mexico-Albuquerque.

For more information, call 887-2566.

Hard to speak at UUP meeting

Deborah Hard, administrator of UB's Employee Assistance Program, will be the speaker at the Fall Membership Dinner Meeting of the Buffalo Center Chapter of United University Professions, the union representing UB faculty and professional staff members.

The meeting will be held Oct. 15 at Banchetti Banquet Facility and Grove, 550 North French Road, Amherst. A cash bar will be open from 5-6 p.m.; dinner will be served at 6:30 p.m., followed by the meeting.

The cost of dinner is free to UUP members.

Anyone interested in attending should contact Chris Black at 645-2013 or cmbblack@buffalo.edu by Monday.

EAP sponsors caregiver sessions

The Employee Assistance Program is sponsoring two seminars for faculty and staff who are serving as caregivers to an older adult or other family member.

"Powerful Tools for Caregivers" is designed to give caregivers the tools they need to take care of themselves physically, emotionally and financially.

The program is presented at various locations in the greater Buffalo area in six weekly sessions.

A program to be held in 142 Crofts Hall, North Campus, will begin on Monday.

To register, call 858-2177 or email caregiver@erie.gov.

EAP also is offering sessions designed to help caregivers deal with the legal documents that must be in place to assure that assets, health care requests, etc., are in order.

Among the topics to be addressed are the importance of having an updated will, the health care proxy and guardianship.

Sessions, which will run from 9 a.m. to 4 p.m., will be held on the South Campus on Tuesday and on the North Campus on Oct. 24.

To register, go to <http://eap.buffalo.edu/legalconcerns/index.html>.



Campus View

More than 1,500 runners, joggers and walkers took part in the 19th annual Linda Salem Safety Run on Sunday on the North Campus. The race, established to promote personal safety, was named in honor of Salem, a UB student who was murdered in 1989 on the Amherst Lake Park while jogging for the Bank New York City Marathon.

PHOTO: KATHERINE DESSAN

BRIEFS

"On the Town" to be performed

The Department of Theatre and Dance will present the musical comedy "On the Town" Oct. 22 at the Foster Theatre in the Center for the Arts, North Campus.

For tickets, visit www.ub.edu/theatreanddance or call 887-2566.

Workshops to address diversity

"Workshop Series" will focus on diversity in the workplace and will include sessions on "Diversity in the Workplace" and "Diversity in the Workplace: A Practical Approach to Diversity." The series will be held in the Center for the Arts, North Campus.

For more information, contact the Center for the Arts at 887-2566 or visit www.ub.edu/theatreanddance.

The Center for the Arts will be presenting a series of workshops on diversity in the workplace and will include sessions on "Diversity in the Workplace" and "Diversity in the Workplace: A Practical Approach to Diversity." The series will be held in the Center for the Arts, North Campus.



EDITOR'S PICK

The Song and Dance Ensemble of West Africa, made up of percussionists, musicians and dancers from Mali in West Africa, straddles a line between modern influences and a rich tradition of West African Dance. The ensemble will perform at 8 p.m. tonight in the Mainstage theater in the Center for the Arts, North Campus. Tickets are \$18 for general admission and \$10 for students. The performance is part of the M&T Bank Dance Series.

FLASHBACK

Pie in his eye



On Oct. 2, 1973, a crowd gathered to witness an intense standoff between UB President Robert L. Ketter and Jonathan Dandes, Student Association president. Fortunately for the participants, it involved baked goods. Ketter and Dandes took part in a pie-throwing contest as part of the university's efforts to raise \$120,000 for the United Way.

The pie-throwing duel took place in front of Foster Hall on the South Campus and started with Ketter bending the rules and catching Dandes by surprise with an oversized pie. Dandes, who currently is a member of the UB Council, was able to get in some good shots before the end of the match and eventually enlisted the help of onlookers.

UB began participating in the annual United Way of Buffalo and Erie County campaign in 1976 under the auspices of the State Employees Federated Appeal (SEFA). UB consistently ranks among the nation's leaders of colleges and universities in charitable giving with annual goals of more than \$900,000. The kickoff for the 2008 campaign, now known as the Campaign for the Community, will be held on Oct. 15.

In contrast to the levity of the pie-throwing contest, Ketter faced a more serious situation the next day when more than 40 students crowded into his office to protest a proposal to arm campus security officers.

—Anne Hicks, University Archives

35 YEARS AGO TODAY

