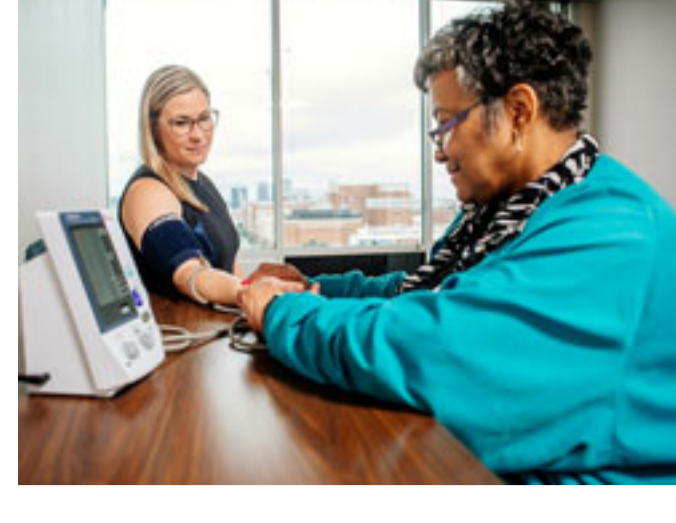


August 29, 2023



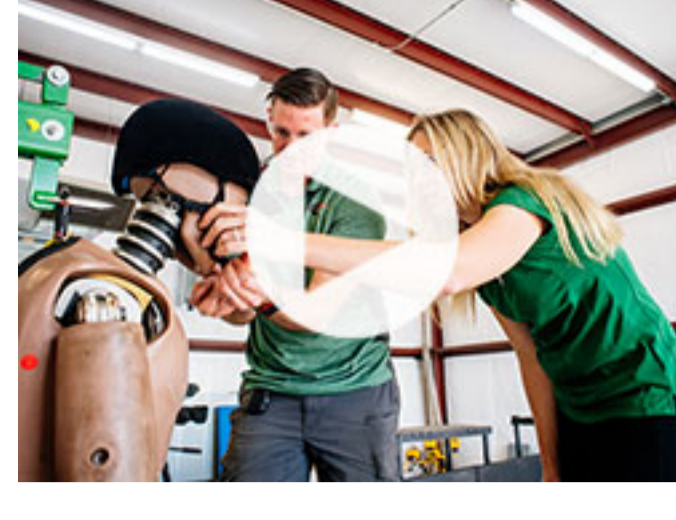
10 questions for Coach Difer

With the Blazers' season kicking off 7 p.m. Thursday (get discounted tickets here), UAB Football Head Coach Trent Difer shares his favorite Birmingham restaurants, what gets him fired up and more — including why you need to be at Protective Thursday night.



Wellscreens are back for fall — register for yours today

Eligible employees enrolled in a 2023 medical plan can earn up to \$350 a year through the My Health Rewards program by completing healthy activities and behaviors throughout the year — including completing a Wellscreens visit.



Horse helmet search leads to surprising results

UAB physician Sara Gould, M.D., was looking to rekindle her childhood love for equestrian sport. Her quest for the best safety gear has turned into an ongoing research project with School of Engineering researcher Kevin Schrum, Ph.D.



Study explains verapamil's effects on Type 1 diabetes

In recent years, UAB researchers led by Anath Shalev, M.D., have shown that a blood pressure drug significantly boosted cell function and cut daily insulin needs in patients. In a new paper, they reveal the mechanism behind these effects.

More news online

Get campus news at uab.edu/reporter and uab.edu/news. Check the Campus Calendar for more events on campus, and submit your own. If you have news you want to share, use the Request Publicity form online.

Things to know



These loans can be lifelines for students

Loans of up to \$300 from UAB's Regions Institute for Financial Education are available in as little as 24 hours. They can help any Blazer student experiencing unexpected loss of income, housing or medical issues, or a transportation emergency.



Share research supplies with other UAB labs using this new tool

UAB Sustainability has an online hub for surplus lab equipment and supplies (everything is free). UAB investigators can upload descriptions and images of what they have to offer; other labs can send queries, reserve items they want and add equipment requests.



The Farm Stand is here today

Stock up on locally grown fresh fruits and vegetables from Chilton County's Boozer Farms from 10 a.m.-12:30 p.m. in the first-floor atrium of The Kirklind Clinic at UAB Hospital. See more dates online and visit uab.edu/farmstand to find out what is in season and get a free newsletter with coupons and recipes.

Annual conflict of interest disclosures due Sept. 15

Certain investigators, faculty and administrators must submit annual disclosures per the UAB Enterprise Conflict of Interest and Conflict of Commitment Policy. Employees whose roles require this disclosure were sent instructions by email on Aug. 15 and should submit the form by Sept. 15.

Research & learning



Why does TCE raise Parkinson's risk?

Exposure to trichloroethylene, or TCE, is a known risk factor for Parkinson's disease. But how does TCE cause neurodegeneration and cognitive impairment? A UAB team led by Briana De Miranda, Ph.D., is tackling the problem with a \$700,000 Department of Defense grant.



Today: Join free speech discussion

"The First Amendment: College Campuses and Free Speech," a Critical Conversations event for faculty and staff, will be led by Clay Calvert, Ph.D., professor emeritus at the University of Florida.

🕒 3 p.m. Aug. 29
📍 Hill Student Center Alumni Theater
📄 Register online

Postdocs wanted for training on mechanisms of hypertension and cardiovascular disease

Apply for one of a limited number of spots in this NIH-funded T32 program that offers 12-month, full-time training appointments renewable up to three years. Email faithliang@uabmc.edu for details.

Financial wellness for health care workers

This half-day symposium will cover personal budgeting, wealth-building and more ways to protect your peace of mind and pocketbook.

🕒 8:30 a.m. Aug. 30
📍 Spain Auditorium
📄 Register online

Building Better Neighborhoods

Leading experts discuss how to raise awareness, offer resources and work collaboratively towards meaningful solutions.

🕒 10 a.m. Aug. 30
📍 virtual
📄 Register online

Mental Health & Young Athletes

Dayna Watson, Ph.D., will discuss how to respond when an athlete self-reports health struggles.

🕒 noon Aug. 30
📍 virtual
📄 Register online

NIH Climate and Health Seminar

Zhen Cong, Ph.D., director of Climate Change and Human Health in the UAB Department of Environmental Health Sciences, will present.

🕒 1 p.m. Sept. 6
📍 virtual
📄 Register online

Translational Science in Pilots

CCTS Pilot Awardees Byron Lai, Ph.D., and Sara Cooper, Ph.D., will share their firsthand experiences and attendees will acquire the skills needed to frame applications.

🕒 noon Sept. 7
📍 virtual
📄 Register online

U-BRITE Hackathon 2023

The theme for this year's event is "Intelligent safety: Pioneering patient safety solutions with AI/ML and data science."

🕒 Sept. 9-10
📍 virtual
📄 Details online

UCEM Symposium: Exercise and Aging

Highlights include presentations on exercise and aging physiology, clinical exercise interventions and exercise and skeletal muscle aging. Registration is required.

🕒 Sept. 11-12
📍 Alumni House
📄 Register online

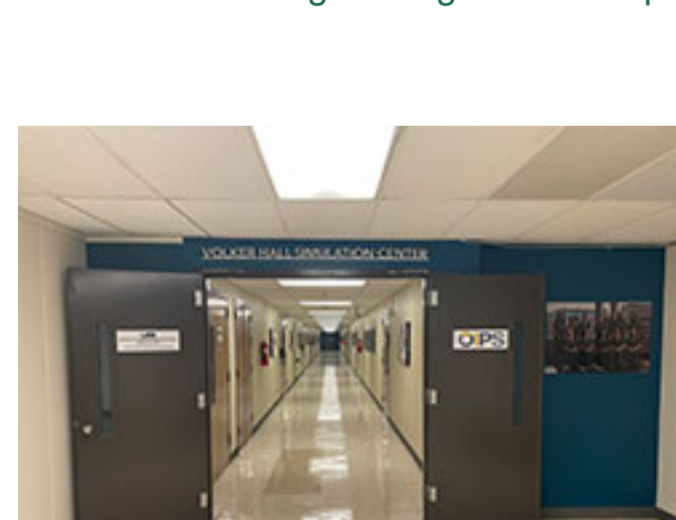
Mark your calendars



You up for yoga?

Starting Friday at 6:30 a.m. and continuing through the end of October, University Recreation's URec on the Go is bringing yoga events to locations across campus, with limited mats available to participants who register early.

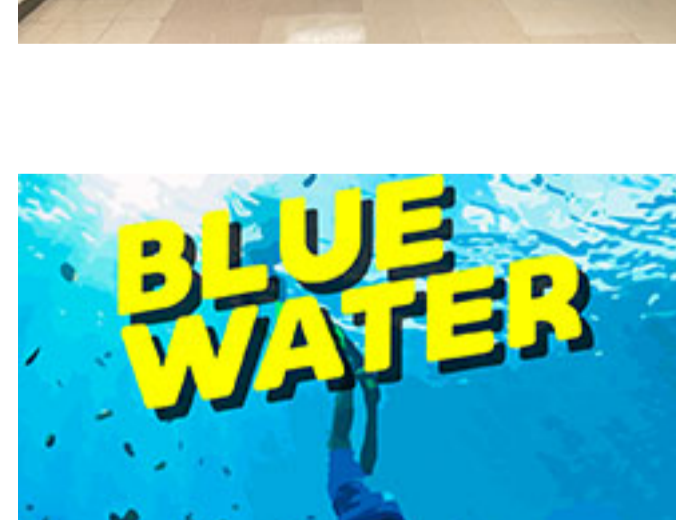
- Sept. 1: Sunrise yoga on the Campus Green
- Sept. 6: Virtual chair yoga/stretch
- Sept. 13: Yoga/stretch at the Admin Building
- Sept. 20: Yoga at the Hill Center
- Sept. 26: Sunrise yoga at Gold Hall
- Oct. 5: Yoga at the 1917 Clinic
- Oct. 24: Yoga at Highlands Hospital



Tour the updated Volker Hall Simulation Center

Learn more about simulation capabilities at UAB, see manikins and other equipment in action and meet the team of the Office of Interprofessional Simulation.

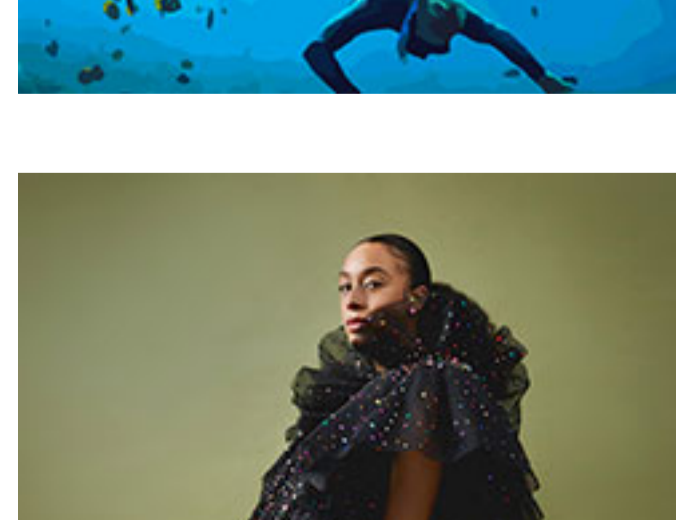
🕒 1-3 p.m. Aug. 30
📍 Volker Hall G133A
📄 Register online



Learn to snorkel in Pelham

Explore the depths at Blue Water Park, one of the Southeast's premier inland diving locations, on this trip. Registration closes Sept. 2.

🕒 9 a.m. Sept. 9
📍 Blue Water Park
📄 Register online



Get discounts for Corinne Bailey Rae's "Black Rainbows"

UAB employees can take advantage of a limited number of discounted tickets while supplies last to the Grammy Award-winning singer-songwriter's years-in-the-making show.

🕒 6 p.m. Sept. 24
📍 Alys Stephens Center
📄 Buy tickets

One more thing



Eating healthy does not have to cost an arm and a leg

Emily Davidson, Employee Wellness manager at UAB, explains how "a little planning, creativity and smart shopping can help people enjoy a nutritious diet without breaking the bank."

Lectures

Arts

Athletics

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