

UToledo research: When smartphones aren't used socially, there's a link to anxiety

By Tyrel Linkhorn

If endlessly scrolling through the news on your smartphone has you feeling anxious, it might not just be distress about current events.

New research from The University of Toledo has found a link between what psychologists call intolerance of uncertainty and problematic smartphone usage — particularly when the use isn't for social interaction with others.

“We know from the past that anxiety is related to problematic smartphone use. We wanted to extend this line of research by examining intolerance of uncertainty,” said Dr. Jon Elhai, professor of psychology, whose research focuses on how some can develop harmful relationships with their smartphones.

Elhai and his team, which included Dmitri Rozgonjuk, a doctoral student from

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Photo by Daniel Miller

LIGHT IT UP: A new study about problematic smartphone usage by Dr. Jon Elhai, professor of psychology, was published in the journal *Computers in Human Behavior*.

Accreditation restored to UToledo's Physician Assistant Studies Program

The University of Toledo's Physician Assistant Studies Program has been granted full accreditation in recognition of the high-quality education provided to students in a program that meets or exceeds national standards.

The Accreditation Review Commission on Education for the Physician Assistant (ARC-PA) notified the University in a letter sent April 11 that its accreditation has been restored. The program is now on accreditation-continued status, which is in effect until its next review in September 2027. The program had been on accreditation-probation status.

“We are proud [the Accreditation Review Commission on Education for the Physician Assistant] recognized our efforts to enhance the quality of our PA program and continually improve on our processes and procedures,” said Dr. Christopher Cooper, dean of the College of Medicine and Life Sciences. “We have remained committed to our students in the program throughout this process and are happy to share this positive outcome with them.”

“We are pleased with this outcome, and I want to thank the leadership from the

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Pony up



Olivia Noss rode Cash as Matt Keefe, a member of The University of Toledo equestrian team, led the horse around the field south of Memorial Field House. Noss was one of many who gave a donation to ride during the April 10 Horses for Humanity event, which raised \$365 for Lucas County Canine Care and Control, according to Andrea Woo, co-president of the equestrian team.



Photos by Kelsi Rooks

Donna Kamann, a volunteer with Lucas County Canine Care and Control, worked with Vanilli during Horses for Humanity, while Capone snuggled in for a nap during the brisk day. Vanilli and Capone are both up for adoption through Lucas County Canine Care and Control.



UToledo alumna to speak at United Nations on Earth Day

Markie Miller, who received a bachelor of arts degree in anthropology from The University of Toledo in 2012, has been invited by the United Nations to speak before its General Assembly in New York City.



Miller

On Earth Day, Monday, April 22, Miller will be featured at the Ninth Interactive Dialogue of the General Assembly on Harmony With Nature.

Miller and Crystal Jankowski of

Toledoans for Safe Water will travel to the Big Apple for the event.

The two women worked for the Lake Erie Charter Initiative passed by Toledo voters in February, recognizing a Lake Erie Bill of Rights. With it, Lake Erie's right to thrive, exist and flourish is protected in contrast to its treatment as property to be debased for the financial gains of special interests, according to Miller.

Miller plans to talk about the rights of nature movement, which views nature as an entity that has legal rights.

"I am honored to represent my community and this initiative," Miller said. "I'm passionate about community rights and rights of nature; to represent those movements on such an international platform is a humbling and rewarding occasion."

"I've found my place in the environmental movement and it's exactly where I want to be."

In an invitation, Maria Mercedes Sanchez, coordinator of the UN Harmony With Nature Program, wrote to Miller, "I take this opportunity to congratulate you for the key role you have played in the passing of legislation granting rights to Lake Erie."

Lake Erie's newfound legal status is part of the growing international rights of nature movement that has been adopted by various Indigenous groups, including the Ho-Chunk Nation in Wisconsin, the Ponca Nation in Oklahoma and, most recently, the White Earth Nation in Minnesota regarding protection of their wild rice fields.

However, the battle is not over as Lake Erie's legal status will be challenged by the concentrated animal feeding operations in the Maumee River watershed, according to Miller.

"The life of the [Lake Erie Bill of Rights] is still uncertain, but one thing is for sure: We have made waves across the globe," Miller said. "The story has received national and international attention — serving as a model for other communities looking to secure their rights and protect the very environments that sustain them."

Miller, who received a master's degree in environmental science from the University of Idaho, is on the board of directors for the Ohio Community Rights Network and the National Community Rights Network.

When she graduated from UToledo in 2012, Miller was recognized as the Outstanding Anthropology Student, Outstanding Foreign Language Student (German), and Outstanding Graduate of the College of Arts and Letters.



Toledo women's basketball ranks No. 30 nationally in home attendance in 2018-19

By Brian DeBenedictis

The NCAA released its final home attendance figures for the 2018-19 season last week and the Toledo women's basketball team finished No. 30 in the country, averaging 3,728 fans per contest.

The Rockets also led the Mid-American Conference in attendance for an unprecedented 29th consecutive season.

Toledo drew at least 4,000 fans to seven of its 17 home contests during the year; this includes a season best 6,059 against 2019 NCAA Championship finalist Notre Dame Dec. 8, the third largest crowd in school history.

The Rockets have ranked in the top 30 nationally in home attendance in seven of

the last eight years under Head Coach Tricia Cullop. The Midnight Blue and Gold also finished No. 28 (3,748) in 2011-12, No. 25 (4,012) in 2012-13, No. 24 (3,932) in 2013-14, No. 28 (3,636) in 2014-15, No. 24 (4,050) in 2015-16, No. 27 (3,744) in 2016-17 and No. 31 (3,420) in 2017-18.

In 11 years under Cullop, the Rockets are 137-40 (.774) on their home court, including 77-22 (.778) against conference opponents.

Toledo also has won at least 11 home contests in nine seasons under Cullop, including a school record 19 victories during the 2010-11 campaign.



Photo by Daniel Miller

FAITHFUL FANS: Toledo led the Mid-American Conference in attendance for the 29th consecutive season in 2018-19 and ranked No. 30 in the NCAA, averaging 3,728 fans per home game.

Diversity Climate Survey open through April 26

The University of Toledo is continuing the process of updating the Campus Diversity and Inclusion Plan with the launch of the 2019 Diversity Climate Survey.

All students, faculty and staff will receive a link to the online survey in their University email boxes Monday, April 15.

The 40-question survey should take about 20 minutes to complete and contains

queries designed to anonymously collect honest feelings about the campus climate related to diversity, classroom climate and inclusion. A handful of questions are open-ended for participants to provide in-depth responses.

The University initiated the first diversity survey in 2016 as part of the development of the diversity and inclusion

plan. The survey will be offered annually to measure the changing campus perceptions about inclusion issues and the effectiveness of ongoing programs that contribute to furthering the dialogue on the topic.

"The survey remains an important tool to measure the student, faculty and staff perception of the diversity climate at The University of Toledo," said Dr. Willie

McKether, vice president for diversity and inclusion. "It provides an opportunity for us to hear from the UToledo community and use their feedback to strengthen our campus community approach to embracing differences and recognizing our commonalities."

The survey will be active through Friday, April 26.

Please plan to join us at UToledo's premiere community-engaged research symposium, sponsored by the Office of the Provost:

IMPACTING OUR REGION THROUGH COMMUNITY-ENGAGED RESEARCH

WEDNESDAY, APRIL 17, 2019

3 – 6 p.m.

Nitschke Technology Commercialization Complex
1600 N. Westwood Ave., Toledo, Ohio 43606

3 – 5 P.M.

More than 40 faculty booth and poster presentations featuring UToledo's latest research, scholarship and creative activities impacting our region

3:30 – 4:30 P.M.

Great Lakes Community-Engaged Scholarship Professional Development Programs
Special presentation, SSOE Seminar Room, Nitschke Room 107
Dr. Heather A. Triesenberg, Michigan Sea Grant
Michigan State University Extension

5 – 6 P.M.

*Toledo Opioid Overdose Response Team:
Partnering for Better Outcomes*

Featured panel discussion, Nitschke Auditorium – Open to the public!

Welcome / Introduction – Dr. Sharon L. Gaber, President,
The University of Toledo

Moderator – Dr. Linda Lewandowski, Dean, UToledo College of Nursing;
Co-chair, UToledo/Community Partners Opioid Task Force

Panelists:

- **Gary Johnson**, Toledo City Councilman
- **Dr. Cheryl McCullumsmith**, Professor and Chair, Department of Psychiatry, College of Medicine and Life Sciences, The University of Toledo
- **Stephen Rogers**, Sergeant, Lucas County Sheriff's Office Drug Abuse Response Team
- **Scott Sylak**, Executive Director, Mental Health and Recovery Services Board of Lucas County



All are welcome!

**Complimentary hors d' oeuvres
and refreshments available.**

**Free parking next to Nitschke
(lots 19 and 20)**

For more details, including a complete
list of faculty presenters:
utoledo.edu/research/symposium.



Leader of invasive Asian carp defense efforts in Illinois to speak at UToledo Lake Erie Center

By Christine Billau

While scientists at The University of Toledo are protecting the Great Lakes from invasive grass carp by targeting tributaries to Lake Erie, teams in Illinois are focused on blocking bighead and silver carp — also known as flying fish — from entering Lake Michigan.

Kevin Irons, manager for the aquatic nuisance species program at the Illinois Department of Natural Resources, will give a presentation titled “Asian Carp: How Efforts in Illinois Are Protecting the Great Lakes” Thursday, April 18, at 7 p.m. at the UToledo Lake Erie Center, 6200 Bayshore Road in Oregon.

Irons, who grew up in northwest Ohio and has led the Asian carp efforts from Illinois since 2010, will discuss collaborative efforts proving successful in preventing the arrival of Asian carp to the

Great Lakes and reducing the population where they are found in Chicago-area waterways.

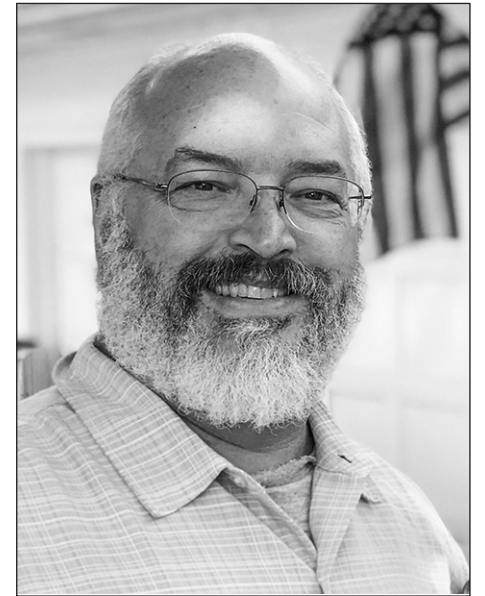
“Anchored by a system of U.S. Army Corps of Engineers electric dispersal barriers and deterrence fencing, the Illinois Department of Natural Resources coordinates on-the-water efforts to accurately identify where carp are and where they are not,” Irons said. “I also want to highlight our contracted fishing and removal program that has shown a 96 percent decline in the population front over the past seven years.”

“The work being done by Kevin Irons on Asian carp species in Illinois is important to the river ecosystems where several species of invasive carp have become abundant,” Dr. Christine Mayer, professor in the UToledo Department of Environmental

Sciences and Lake Erie Center, said. “While grass carp are currently the only one of the Asian carp species present and reproducing in the Great Lakes, fishery managers and researchers in the Great Lakes benefit from knowing how control and management of Asian carp species has been approached in Midwestern rivers.”

The public is invited to the free event, which is part of the Lake Erie Center’s Public Lecture Series.

A shuttle will be available to transport visitors from UToledo’s Main Campus to the Lake Erie Center and back. The shuttle will depart at 6:15 p.m. from the south side of Bowman-Oddy Laboratories, 3100 W. Towerview Blvd. Passengers must reserve a spot. Email lakeeriecenter@utoledo.edu or call 419.530.8360 to make a reservation for the shuttle.



Irons

Mathematically speaking



Photos by Dr. Donald White

Dr. Ivie Stein, professor in the Department of Mathematics and Statistics, left, with the assistance of Chao Zhou, undergraduate math major, used a brachistochrone to demonstrate that the mathematically derived cycloid gets the ball to its destination faster than a straight line. Stein gave a talk and demonstration during the April 9 meeting of the mathematics club Delta X and mathematics honor society Pi Mu Epsilon. Math Man (Corey Fink, graduate student in mathematics) also made an appearance at the meeting.



Exhibit focuses on activism and history of protest

“PROTEST: Activism and Social Change, 1845-2015,” an exhibition, will open Thursday, April 18, at 3 p.m. in the Ward M. Canaday Center for Special Collections on the fifth floor of Carlson Library with a panel discussion on the effectiveness of activism in creating change.

Panelists will be Dr. Kim Nielsen, professor of disability studies, history, and women’s and gender studies; Dr. Sharon Barnes, associate professor and interim chair of women’s and gender studies; and Andrew Krantz, medical eligibility specialist for the Lucas County Department of Job and Family Services. Dr. Ally Day, assistant professor of disability studies, will be the moderator.

“Social media has made us more aware of activism than ever before. #BlackLivesMatter, #WomensMarch, #MarchForOurLives, and many other hash tags have emerged as powerful tools for gaining support for a cause, but Americans have a long history of joining together to advocate for civil rights,” Sara Mouch, archivist in the Canaday Center and associate lecturer, said. “Demonstrations, sit-ins, boycotts, art, writing, service, scholarship and education have been — and continue to be — effective methods to demand social and political change.”

“PROTEST” illustrates those demands for change through the historical materials of local and national activist organizations, student groups, and individual artists and advocates.

The exhibit explores the theme of protest by focusing on six movements: women’s rights, civil rights, disability rights, labor rights, student protest, and LGBTQ rights.

A free exhibition catalog providing a general overview of each movement will be available to guests.

The free, public exhibition will be on display Monday through Friday from 8:30 a.m. to 4:30 p.m. through Monday, Dec. 16.

The collections represented in the exhibit are available for review by interested researchers. For more information on the exhibit or to view related collections, contact the Canaday Center at 419.530.4480.



PROTEST:

Activism and Social Change, 1845-2015

An Exhibition
April 18 - December 16, 2019

Ward M. Canaday Center for Special Collections, 5th floor, William S. Carlson Library, The University of Toledo

Panel Discussion: Does Activism Work?

Thursday, April 18, 2019 at 3 p.m.

Featuring:
Ally Day, Assistant Professor, Disability Studies (Moderator)

Dr. Kim Nielsen, Professor, Disability Studies, History, and Women’s & Gender Studies

Dr. Sharon Barnes, Assoc. Professor & Interim Chair, Women’s & Gender Studies

Andrew Krantz, Medical Eligibility Specialist, Lucas Co. Dept. of Job & Family Services

Light Refreshments provided


UNIVERSITY LIBRARIES
THE UNIVERSITY OF TOLEDO

University Women's Commission recognizes employees, awards scholarships to students

Six UToledo employees were honored for exceptional achievement and dedication to the campus community at the 33rd annual Outstanding Women's Award ceremony.

More than 80 attended the University Women's Commission program, which was held April 10 in the Savage Arena Joe Grogan Room.

Tricia Cullop, who just became the winningest coach in UToledo women's basketball history with 241 victories, spoke at the luncheon.

The recipients of the Dr. Alice H. Skeens Outstanding Woman Award were:

- **Linda J. Curtis**, secretary 2 in the Department of Women's and Gender Studies. Curtis joined the University as an office assistant at the Catharine S. Eberly Center for Women in 2002. She received a bachelor of arts degree and a certificate of diversity management from the University.

"Ms. Curtis is a truly exceptional champion, manager, coordinator, mentor, and an all-around excellent human being," one nominator wrote. "In her 17th year at the University, Ms. Curtis still approaches every day and every person with a warm, friendly grace that is contagious and a living example of the best of what we want the UToledo community to be. Because I have the good fortune of having an office next to hers, I get to see firsthand how she manages it all — the multiple demanding people, the seriously heavy workload, the sheer variety and volume of the demands of her job — with grace and good cheer. She never fails to make time to connect, support, help or offer a warm gesture. Ms. Curtis also has maintained a high level of institutional involvement. She organized a support group for women that she continued to facilitate in our department, after work hours, long after she left her position at the Eberly Center for Women."

- **Dr. Julie Fischer-Kinney**, assistant provost for student success and retention in the Office of the Provost. She has worked at the University for 20 years, starting as an academic program coordinator in the Chemical Engineering Department. Fischer-Kinney also has served as director of student services in the College of Nursing; director of New Student

Orientation Programs; associate dean and interim dean of YouCollege; and director of success coaching. She received a bachelor's degree in business administration majoring in marketing and master of education and doctoral degrees in higher education from the University.

"I became familiar with Julie during the various Toledo Academic Advising Association meetings and noticed her passion for the advancement of student services, professional staff, and the mission of The University of Toledo," a nominator wrote. "I have watched Julie provide her staff with valuable training, team meetings, and time to connect. In order to save the institution funding, she wrote mini-grants to be able to afford National Academic Advising Association webinars and has invited advisors across campus from various colleges to participate in these webinars. I have watched as she is investing in those around her — not just her staff, but The University of Toledo community at large through the work she is doing. I am impressed by her dedication, active engagement and forward thinking."

- **Angela Roach**, senior associate director of financial aid in the Office of Financial Aid. The UToledo graduate began working at her alma mater in 2007.

"I have called her numerous times about a student in need of financial assistance. She goes above and beyond searching for scholarships to help that student continue his or her education here at the University. She is a positive influence in the support of women's issues and an advocate for students; she truly loves what she does," one nominator wrote. Another noted, "We routinely receive calls from students in need of assistance with not just tuition, but for car repairs and medical bills



Photo by Daniel Miller

HONORED: Receiving the Dr. Alice H. Skeens Outstanding Woman Award were, from left, Angela Roach, Margaret "Peg" Traband, Linda Curtis, Dr. Amy Thompson, Dr. Julie Fischer-Kinney and Amanda Schwartz Clark.

and a myriad of issues that may keep students from completing their education. Angie is always two steps ahead of us by researching, based on the students' majors and profiles, what resources are on hand for students. Her response is always, 'Please send them directly to me.' I can honestly say that there has not been a time that Angie has not found a way to assist a student in some way. And she does it all with a positive attitude."

- **Amanda Schwartz Clark**, associate director of alumni engagement in the Office of Alumni Engagement. She has worked at the University since 2008.

"Amanda engages with, supports and promotes UToledo alumni. Her efforts range widely from strategy, event planning, professional development and marketing to being the boots on the ground, strengthening University relations at alumni events around the United States," a nominator wrote. "Besides her passion for UToledo and our alumni, Amanda is a leader and inspiration in the local running community. In 2014, she created and built an ambassador program for the Glass City Marathon. In this role, she cultivates and supports the local running community to participate in the Glass City Marathon whether as a runner, volunteer, sideline cheerleader, or a friend in the neighborhoods where the marathon course travels through. As the program grew, so

did her role. Now she volunteers at local races, manages the social media, works in targeted race promotions, and has a team of 19 ambassadors. Most importantly, she is a role model and an inspiration to other runners. She encourages and supports new runners, guiding them to opportunities and running classes that will help them to accomplish their own personal running goals."

- **Dr. Amy Thompson**, vice provost for faculty affairs, professor of public health, and co-director of the Center for Health and Successful Living. She joined the faculty in 2008 and has served as president of Faculty Senate. A University graduate, Thompson received a doctorate in health education and master of science and education degree in public health.

"Since joining the University, Dr. Thompson has made significant contributions in the areas of teaching, research, publications, university/college/department service and community engagement. Some of her achievements include being director of a top-ranked Public Health Doctoral Program; co-chairing the University Opioid Task Force, the University Sexual Assault Task Force and the Associate to Professor Program; and serving as a Mid-American Conference Leadership Fellow, Provost Fellow, and Office of Research and Sponsored Programs Fellow," one nominator wrote. "She also is to be

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Second annual Lessons in LeadHERship set for April 30

By Brian DeBenedictis

The University of Toledo women's basketball program will host its second annual Lessons in LeadHERship Conference Tuesday, April 30.

The event will take place from 8 a.m. to 4 p.m. in the Thompson Student Union Auditorium.

The conference is designed to help grow female leadership in the Toledo community and is being sponsored by Rocket alumna Kelly Savage from Savage & Associates.

"I was thrilled to have 350-plus people at last year's inaugural conference, and I'm hopeful we can top that number this year with another outstanding lineup of speakers," Toledo Head Women's Basketball Coach Tricia Cullop said. "My hope is that this event continues to grow, as well as inspires current and future female leaders."

Guest speakers at the conference will be:

- **Holly Dunn**, survivor and advocate. The only known survivor of the Railroad Serial Killer co-founded

Holly's House, a child and adult advocacy center for victims of intimate crimes.

- **Lin Dunn**, who was inducted in the Women's Basketball Hall of Fame in 2014. She has 40 years of women's collegiate basketball coaching experience and coached for 11 seasons in the WNBA.
- **Dr. Adrienne King**, UToledo associate vice president of marketing and communications. The 2018 Leadership American Program graduate joined UToledo in January from Murray State University. Under King's leadership, Murray State grew private support by an average of 47 percent and tripled the size of the school's alumni association.
- **Diana Patton**, UToledo law alumna and author of "Inspiration in My Shoes," a 2016 memoir that chronicles overcoming abuse, racism and heartache. The CEO of Diana R. Patton Consulting LLC is an attorney who speaks about



leadership, emotional intelligence, diversity, inclusion and equity. She serves on the UToledo College of Health and Human Services' board and the UToledo paralegal advisory board.

- **Rhonda Sewell**, manager of external and governmental affairs for the Toledo Lucas County Public Library. She was a journalist with The Blade for 18 years. Sewell is a member of the Toledo Press Club and is on the ProMedica Toledo Children's Hospital Foundation board of directors.
- **Sharon Speyer**, president of the northwest Ohio region of

Huntington National Bank, a subsidiary of Huntington Bancshares, a \$100 billion regional bank holding company headquartered in Columbus, Ohio. The UToledo law alumna is a member of the University Board of Trustees.

Chrys Peterson, former WTOL news anchor, will serve as the emcee.

The cost to attend is \$50 per individual and \$25 for high school and college students.

For more information, contact Lauren Flaum, director of women's basketball operations, at 419.530.2363 or lauren.flaum2@utoledo.edu.

University Women's Commission

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commended for her exemplary work through the Center for Health and Successful Living with breast cancer survivors. She provided not only health screenings and the opportunity for advanced medical treatments, but the ability to interact and support — and receive support from — other survivors. Dr. Thompson became a mentor and friend to these women and assisted in making the University a guiding light for their recovery."

- **Margaret F. "Peg" Traband**, who retired as senior vice provost of academic affairs in 2018. She began her career at UToledo as an instructor in the Respiratory Care Program in 1975 at the former University Community and Technical College. The UToledo alumna served the Respiratory Care Program as director of clinical education and program director. She was promoted to professor in 1991.

Traband also was an associate dean and interim dean of the College of Health Science and Human Service (now Health and Human Services) prior to joining the Office of the Provost in 2008.

"I first worked with Peg when she became the leader of the UT Learning Collaborative in 2008," a nominator wrote. "Though this unit only lasted a few years, under her leadership, she helped to grow the study abroad program, with the eventual creation of the Center for International Studies and Programs. She also assisted in the creation of the Rathbun Cove for the Learning Collaborative. Through working with her in the Office of the Provost, I have learned a lot about higher education. She is willing to share her knowledge about state regulations and the ins and outs of curriculum and program development."



Photo by Daniel Miller

ACADEMIC RECOGNITION: Four seniors received scholarships from the University Women's Commission. They are, from left, Rose Mansel-Pleydell, Laura Heckenmueller, Elizabeth Konopka and Diala Abou-Dahech.

The University Women's Commission also presented \$1,000 scholarships to four students. Receiving awards based on academic achievement, support of women's and gender issues, and campus involvement were Diala Abou-Dahech, a

senior majoring in recreational therapy; Laura Heckenmueller, a senior majoring in pharmaceutical sciences; Elizabeth Konopka, a senior majoring in history; and Rose Mansel-Pleydell, a senior majoring in art.

Thank you



Photo by Daniel Miller

Dr. Willie McKether, vice president for diversity and inclusion, thanked employees and alumni for giving more than \$131,200 for the 2018 UToledo Charitable Campaign. McKether, who was chair of the campaign, spoke at the April 5 breakfast buffet that was held to thank donors for their contributions, which will support more than 220 charities represented by Community Health Charities of Ohio, Northwest Ohio Community Shares, EarthShare Ohio and United Way of Greater Toledo.

So grateful



Photo by Daniel Miller

Nadira Yaladoo, who received a life-saving kidney transplant at The University of Toledo Medical Center in 2018, spoke April 4 at a flag-raising ceremony at the hospital to mark the beginning of National Donate Life Month. She was accompanied by her family. The annual event is meant to serve as a reminder of the ongoing need for organ and tissue donors, as well as to recognize those whose donations have helped save lives and those who are living today because of an organ transplant. For more information on organ and tissue donation or to register as a donor, visit donatelifehio.org.

OPINION

Representing UToledo at conference in New York

By Katie Chryst

On March 1, I attended the sixth annual Family Business Conference in New York City with three other Family Business Student Association executive board members — Tyler Brannon, Kelly Smith and Amanda Martin.

The event is hosted by Columbia University and has a different theme every year. This year's was "Entrepreneurship in Family Business."

Throughout the day, we heard from a variety of professionals involved in family businesses. Some of the notable speakers were Zac Rosenberg, director, Greystone Labs; Bruce Banesh, partner, Grant Thornton; Brett Sovine, managing director, Brown Brothers Harriman; Amy Binder, CEO, RFI Binder; Gal Treger, program officer, Schmidt Futures; Kira Plastinina Wallette, vice president of investments, Labora Group; and keynote speaker Jon Sebastiani, founder, KRAVE and Sonoma brands.

The speakers stressed that most family businesses fail due to disagreements over money, power and family positions. Conversely, successful companies focus on goals, teamwork and core values.

Nearly 200 people attended the conference — other students, Columbia University alumni and family business executives.

The University of Toledo was one of seven colleges represented. We sat alongside students from Columbia University, Johns Hopkins University, Harvard University, and other Ivy League schools. The information shared at the conference will enable us to grow as an organization at the University.

The Family Business Student Association was started in January 2017. It is open to students of any major and is a priceless networking opportunity. We have contact with more than 200 businesses in the Toledo area that allows students to connect with professionals in person.



NETWORKING IN NYC: Members of the Family Business Student Association executive board, from left, Tyler Brannon, Kelly Smith, Amanda Martin and Katie Chryst, posed for a photo last month at the Family Business Conference in New York.

Some of the events we host are guest speakers, interactive Q&A sessions, business tours, networking fairs and de-stress fests.

If you would like to learn more about the Family Business Student Association or are interested in becoming a member, contact me at katie.chryst@rockets.

utoledo.edu or Samantha Mallin, graduate assistant, at samantha.mallin@utoledo.edu. We look forward to hearing from you.

Chryst is a freshman majoring in business.

Students compete for chance to travel to NYC for Biodesign Challenge

By Chase M. Foland

On Wednesday, April 17, four groups of University of Toledo students will vie for the chance to compete at the International Biodesign Challenge in June in New York City.

Each group will go head to head at the Toledo Museum of Art Glass Pavilion, where they will present their projects focusing on biotechnology and biomaterials that address complex global challenges.

The event will start at 6 p.m. with a preview of the students' work, followed by group presentations at 7 p.m. A reception will start at 8 p.m., and the winner will be announced at 8:30 p.m.

The first group consists of art students Colin Chalmers and McKenzie Dunwald; bioengineering student Michael Socha; and environmental science student Ysabelle Yrad. Together, with assistance from Tamara Phares, instructional laboratory coordinator in the Bioengineering Department, they created an innovative solution to the problem of microplastics in the environment, working on a genetically modified plant that allows for an increased production of specific proteins.

Group two — art students Tyler Dominguez and Andrea Price;

environmental science student Anna Pauken; and bioengineering student David Swain — are collaborating with Dr. John Gray, professor of biological sciences, to design a genetically modified plant with enhanced carbon sequestration, while improving soil quality and rainwater infiltration.

The third group is composed of art students Michala Burke and Valerie White, as well as bioengineering students Adam Kemp and Anthony Schafter. The four are creating a biological solution to indoor air quality issues utilizing emerging knowledge about the microbiome — micro-organisms in a particular environment.

Group four — bioengineering students Sherin Aburidi and Timothy Wolf; environmental science student Courtney Kinzel; and art student Tyler Saner — is working with Dr. Von Sigler, professor of environmental sciences, to create a non-antibacterial resistant treatment for MRSA and other superbugs.

IN PARTNERSHIP WITH
THE UNIVERSITY OF TOLEDO FIRST ANNUAL RESEARCH SYMPOSIUM:
IMPACTING OUR REGION THROUGH COMMUNITY-ENGAGED SCHOLARSHIP

bdc

THE UNIVERSITY OF TOLEDO
BIODESIGN CHALLENGE
WEDNESDAY APRIL 17, 2019
TOLEDO MUSEUM OF ART
GLASS PAVILION

“The UToledo Biodesign Challenge Course offers students firsthand experience in interdisciplinary research and innovative prototype solutions to real-world issues,” said Brian Carpenter, assistant professor of art.

The class is offered to students majoring in art and design; bioengineering; and environmental science. It is taught by Carpenter and Eric Zeigler, assistant professor of art.

“By crossing philosophy, science, technology, art and design, students explore

real-world problems and imagine alternative presentations of space, place, body and environment through interdisciplinary research,” Zeigler said.

Carpenter added, “We really want students to be inspired. We want students to think creatively about the solutions that are required to solve the pressing issues of our time.”



Technology Takes the Wheel

2019 SEMINARS ON AUTONOMOUS VEHICLES

Please join us for a free, educational session exploring autonomous vehicles and their societal impacts. Co-sponsored by The University of Toledo's College of Engineering and AAA Northwest Ohio, this event will address how autonomous vehicles impact the engineering world, as well as the world at-large.

**Auto Manufacturers – On the Forefront of the
Autonomous Vehicle Revolution**
Wednesday, April 17, 2019 | 8:30 – 10:30 a.m.

Nitschke Auditorium on UToledo's Main Campus (1600 N. Westwood Ave.),
with continental breakfast served at 8 a.m. on Nitschke Hall's first floor.

Accreditation

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College of Medicine and Life Sciences, College of Graduate Studies, and the Provost's Office for their efforts to develop and implement an action plan focused on enriching the academic experience for the students in our Physician Assistant Studies Program,” said UToledo President Sharon L. Gaber.

The University's accreditation status is: The Accreditation Review Commission on Education for the Physician Assistant Inc. (ARC-PA) has granted Accreditation-Continued status to The University of Toledo Physician Assistant Program sponsored by The University of Toledo. Accreditation-Continued is an accreditation

status granted when a currently accredited program is in compliance with the ARC-PA Standards.

Accreditation remains in effect until the program closes or withdraws from the accreditation process or until accreditation is withdrawn for failure to comply with the Standards. The approximate date for the next validation review of the program by the ARC-PA will be September 2027. The review date is contingent upon continued compliance with the Accreditation Standards and ARC-PA policy.

Summer leaves/voluntary reduction in hours program available

As part of The University of Toledo's continuous efforts to assist employees with work-life balance and manage expenses, voluntary summer leaves and reduced work schedules again will be available to eligible employees.

Starting in May, non-hospital and non-patient care employees may voluntarily reduce the number of hours they work during the summer.

The program is available to staff whose departments typically experience lower workloads during the months of May through August. As with UToledo's winter break schedule, this program

enables employees to rejuvenate and spend extra time with their families and friends, while also helping to reduce the University's labor costs.

Employees are eligible for these programs only with the approval of their department managers, based on business needs.

A request form and details are explained in the Summer Leave/Voluntary Reduction in Work Hours Program Outline, available at utoledo.edu/depts/hr/benefits/time-off/voluntary-summer.html.

Questions may be directed to Human Resources at 419.530.4747.

Smartphones

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Estonia who was hosted at UToledo as a Fulbright Scholar, compared scores indicating problematic smartphone usage and intolerance of uncertainty, a type of anxiety where an individual worries about the future and not being able to control things that are beyond his or her control.

They found a strong correlation between that anxiety and non-social smartphone usage, which includes things such as reading news, playing games, or sorting one's calendar — anything that involves little to no interaction with others.

No link was found between intolerance of uncertainty and using one's smartphone for social engagement such as texting or sharing links on social media, even if they spent a lot of time using their smartphone.

"A lot of people know when to put down their devices, and the way we define problematic, excessive use of smartphones is not just based on the frequency of use. If you're using your phone socially a lot, that tends not to be associated with the excessive use," Elhai said. "But if you're using your phone in a way that

it's interfering with your social life or you're avoiding people, that's the problem."

The study was published recently in the journal *Computers in Human Behavior*.

In a way, the findings suggest a feedback loop.

The more anxiety someone has, the more likely they are to dive into their smartphone looking to ease their uncertainty. That excessive use correlates with problematic non-social smartphone usage, which in turn feeds the intolerance of uncertainty.

"People who are having this anxiety can also find it spills over into social anxiety, and they may deal with that by avoiding people offline and online and instead use their phone for non-social purposes," Elhai said. "The more you do that, the more you can excessively use your phone in ways that interfere with your social life offline."

Elhai, who has co-authored more than a dozen papers looking at links to problematic smartphone usage including fear of missing out and anxiety and depression, said the findings are an important piece in understanding potential causes for problematic smartphone usage.

Nominations sought for Inclusive Excellence Awards

The Office of Diversity and Inclusion is seeking nominations for its first Inclusive Excellence Awards.

The awards will be presented at the inaugural Office of Diversity and Inclusion annual report and awards presentation Wednesday, April 24, from 1 to 2 p.m. in Carlson Library Room 1005. This event is open to the campus community.

"In the three years since we published the Strategic Plan for Diversity and Inclusion, our campus partners have demonstrated a strong commitment to our vision," said Dr. Willie McKether, vice president for diversity and inclusion. "These awards will formally recognize individuals and departments for doing the work that makes The University of Toledo a more diverse and inclusive place to study, work and grow."

Nominate a colleague or department for the awards. Nomination forms can be found at webforms.utoledo.edu/form/90865825443 for the following categories:

- Inclusive Excellence — Faculty;
- Inclusive Excellence — Staff;
- Inclusive Excellence — Academic College or Department;
- Inclusive Excellence — Non-Academic Department;
- Inclusive Excellence — Inclusion Officer; and
- Office of Diversity and Inclusion Award — selected by the office.

For questions, contact Jennifer Pizio, director of diversity and inclusion, at jennifer.pizio@utoledo.edu.

UTNEWS

UT News is published for faculty, staff and students by the University Marketing and Communications Office weekly during the academic year and periodically during the summer. Copies are mailed to employees and placed in newsstands on Main, Health Science, Scott Park and Toledo Museum of Art campuses. UT News strives to present accurate, fair and timely communication of interest to employees. Story ideas and comments from the University community are welcome. Send information by campus mail to University Marketing and Communications Office, Mail Stop 190, Vicki Kroll. Email: vicki.kroll@utoledo.edu. Fax: 419.530.4618. Phone: 419.530.2248. Mailing address: University Marketing and Communications Office, Mail Stop 190, The University of Toledo, Toledo, OH 43606-3390.

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Read UT news at utnews.utoledo.edu and myut.utoledo.edu.

In memoriam



Mason

James L. Mason, Toledo, professor emeritus of music, died April 2 at age 84. He joined the University as an assistant professor in 1969. He taught bassoon, saxophone and jazz courses, and he directed the jazz band. In addition, Mason was a member of the University Woodwind Quintet and Faculty Jazz Combo. For 26 years, the Detroit native performed as the principal bassoonist with the Toledo Symphony Orchestra. In addition, Mason was the principal bassoonist for the Toledo Opera, the Toledo Concert Band for Music Under the Stars, and the Toledo Choral Society Orchestra. The musician also performed and recorded with the Detroit Symphony. Mason is survived by his wife, Frances Renzi, professor emeritus of music.

Richard N. Newell, Toledo, died April 5 at age 86. The longtime local bank executive was a finance trustee of the Medical College of Ohio Foundation; this service included a term as treasurer.

The University of Toledo is committed to a policy of equal opportunity in education, employment, membership and contracts, and no differentiation will be made based on race, color, religion, sex, age, national origin, sexual orientation, veteran status or the presence of a disability. The University will take affirmative action as required by federal or state law.



Service learning trip to Guatemala an eye-opening experience

By Brianna Becraft

This is my senior year at The University of Toledo, and I will graduate in May. Every year during our breaks, I have always worked as many hours as possible in order to save money for the next step of my life. However, it being senior year, I realized that I had never studied abroad and it saddened me to think that I might miss out on such an opportunity.



Becraft

When I received an email in November stating the Jesup Scott Honors College was going on multiple service trips for spring break, I thought, "There's my chance to see more of

the world!" When I saw that one of my favorite, now retired, professors [Dr. Page Armstrong, former associate lecturer in the Honors College] was coming back to lead the trip to Guatemala, I was sold.

I've traveled to eight countries prior to going to Guatemala, but they were all tourist trips. I knew Guatemala would be different, that my purpose was to serve. I wasn't expecting the large differences that greeted me.

When nine students and I first got to Guatemala, it was dark. The airport was eerily empty, and everyone was tired from flying. Leaving the airport in our packed van, I tried to soak it all in. There was barbed wire on nearly every wall of the airport and other buildings. People everywhere were walking the streets. The homes seemed to be made out of metal materials all pieced together, and motorcycles weaved wildly in and out of traffic — culture shock.

The retreat we arrived at was beautiful with its center courtyard and artistic paintings and sculptures scattered throughout. It was a building I came to truly appreciate over the course of the week as I "recovered" from the hard days' work.

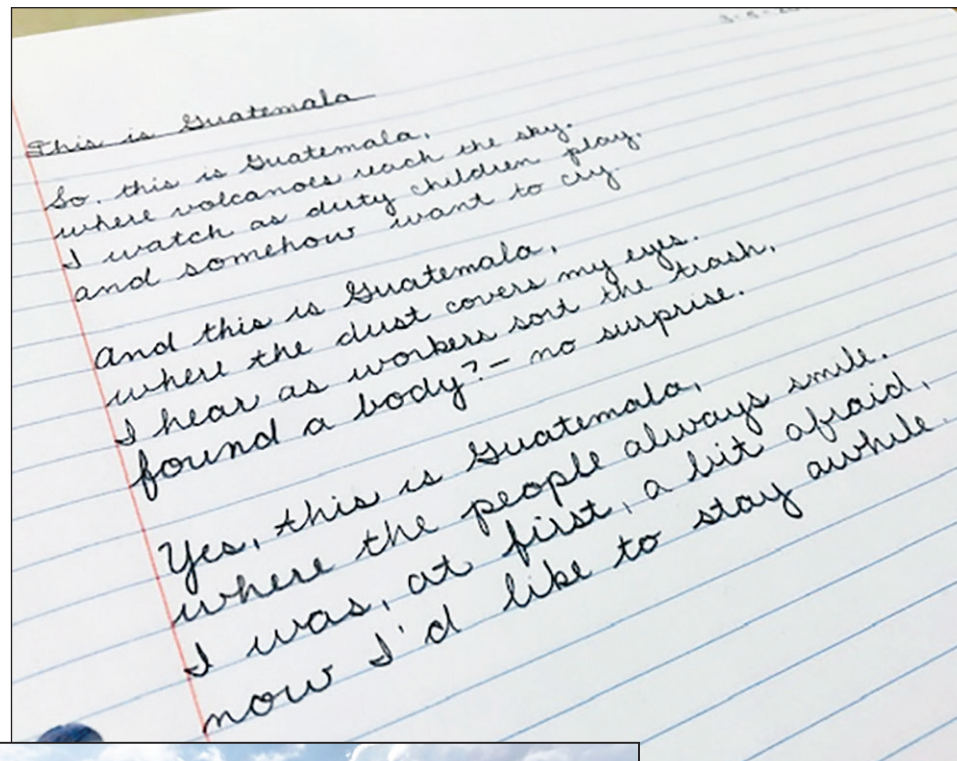
On our first day, we visited the area of Atitlán, which included a gorgeous view of Lake Atitlán, a calming boat ride, and lunch with a breathtaking view. The three-hour drive to Atitlán provided me with plenty of time to take in more sights with daylight; to say I was overwhelmed is an understatement. So many people were out walking on dirty, trash-covered streets; dogs belonging to no one ran to and from people begging for food; children followed parents or were held to their mothers by

cloth wrapped around shoulders; and women carried bundles of their trinkets for sale on their heads. Dust kicked up as we drove through different villages. Roadside markets popped up every now and then, and I watched as people unloaded their products and set up their displays. I had no idea what to expect for our first day of service, so I made sure to take in everything during our trip to Atitlán.

The service began on Monday, and I was excited to be put to work, but nervous about the conditions we might be working in. We arrived at the job site in Chinautla, and I was sad to see the way the houses were pieced together, sheets of metal screwed to one another, dirt floors that got muddy when it rained, and loose dogs, chickens, goats, kittens and cows scattered throughout the village. While it was shocking and hard for me to understand why people lived this way, coming from my place of privilege, I came to really appreciate the village and began to find beauty in it over our five days of working.

I spent a lot of time loading up wheelbarrows of dirt and gravel and moving it from its original pile to the tutoring center, which we were working to improve. I was tired early on and contemplated whether I could make it another four days. After lunch the first day, I started to take comfort in the view of the river every time I rounded the corner with yet another load of dirt. I began having conversations with the students from my trip, and I became more confident in my ability to stick it out.

I also learned how to bend iron and tie metal to rebar in a way that created structures to solidify the tutoring center's foundation once cement was able to be poured. My fingers hurt from pushing wires together, and my arms were burnt because I had forgotten to apply sunscreen that first day, yet I was so happy to be of service, to learn about an area of the world that I had never thought about, and to see how the



This is a page from Brianna Becraft's journal she kept during the service trip to Guatemala.



This photo shows the river Brianna Becraft saw each time she pushed the wheelbarrow to move dirt while helping to renovate a tutoring center in Chinautla.

people of Guatemala truly appreciated what little they had.

I learned a lot from the service in the village, but I also learned a lot from our nightly group discussions. Each night, we were presented with questions to journal about from blame and solutions, to listening and learning who we tell ourselves we are. I was able to hear different views from my peers and even continue group discussion with a few close friends each night, until we felt like we had solved some of the world's greatest problems (although I can assure you, we did not). My journal is filled with answers to group discussion questions, self-reflections, and poems about the things I saw, heard and learned. It felt great to serve, get to know my peers, learn about myself, and be away from technology for a while.

Everyone should consider taking some form of service trip because it's a totally immersive and creative way of learning about things that a classroom just isn't able to provide. I can't express how grateful I am for everything that I have here at home, and I'm also interested in continuing service work in some way as I move onto the next chapter of my life, post-graduation next month. I made lifelong friends and self-realizations that I would not have made had I stayed home for break another year and worked.

Becraft is a senior majoring in paralegal studies in the College of Health and Human Services; she also is a student in the Jesup Scott Honors College. She will graduate in May.

Student Appreciation Day





JOIN US FOR FUN, FOOD AND GAMES!

1 - 3 p.m. | Monday, April 22

Centennial Mall, Main Campus
Rain location: Thompson Student Union Auditorium

RSVP ON INVONET FOR A CHANCE TO WIN A PAIR OF AIRLINE TICKETS!

1. RSVP by logging in to inonet.utoledo.edu or downloading the Corq app and searching "appreciation"
2. Follow   @GetInvolvedUT



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WINNERS WILL BE ANNOUNCED AT STUDENT APPRECIATION DAY!



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