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Arizona Branch AALAS Newsletter

Arizona Branch of the American Association for Laboratory Animal Science

Plans for the Fall Symposium are Underway - Volunteers Needed

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Arizona Branch AALAS Newsletter Arizona Branch AALAS

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Presidents Message

Hi folks! I wanted to let you all know what is going on with the Arizona Branch. To start with our summer fun event was a great success. We had 49 adults and 12 kids sign up for the behind-the-scenes tour of the Reid Park zoo. Our guides Mike Flint and Ed Hanson did a wonderful job. The most notable items on the tour were the up close and personal visits with the polar bears, lions and giraffes. The picnic afterward was fun too with everyone enjoying the shade, breezes and good food. Thanks again to Russ Criswell for stepping up to the BBQ as chef!

We are renewing the branch membership to the Southwest Association for Education in Biomedical Research (SwAEBR). After presenting the SwAEBR letter in the last newsletter we received only positive responses to the proposal and are going forward with the renewal. We will be writing the cost of rejoining each year into the budget to be overseen by each new board.

We are in the planning stage of our Fall Symposium set for September 10 in Phoenix. We will be cosponsoring this meeting with SwAEBR. Plans are in motion to bring out a speaker from the Foundation for Biomedical Research. More info to come but if you would like to volunteer to help

with this meeting give Dr Tim Martin a call at (602)406-4003. Start thinking now for possible poster or paper ideas for this meeting. If you need some help getting these done call TBR Pam Morris who has collected a list of volunteer mentors for posters.

Pam is also working with the education committee to plan another rodent and/or rabbit hands-on lab. They are in the process of figuring out who might be interested. Please E-mail her or me if you are interested in taking part and which species you're interested in.

If you have any questions don't hesitate to get in touch with me - Grace Aranda, President, AZAALAS - (520)621-1330 or email: garanda@u.arizona.edu

Minutes of the Past Meetings

Minutes of the 5/28/99 Board Meeting

Meeting began at 12:05 p.m. The meeting was held in the conference room of the Central Animal Facility at the University of Arizona in Tucson.

President Grace Aranda opened the meeting by stating that the letter has been received from SwAEBR for membership renewal. She explained that she included the letter in the last newsletter and asked for

feedback from members on whether they agree with the board's decision to rejoin SwAEBR. Grace said that she hasn't received any responses besides Southern Branch Board Member Leigh Kleinert's approval. Secretary-Treasurer April Kern stated that Northern Branch Board Member Penny Trovillion also has responded with her approval. Grace suggested writing the \$250 membership fee into the budget instead of voting on it each year. Also, a statement could be included which allows the board to re-evaluate the membership if the fees or policies of SwAEBR change. The board agreed.

Future meeting dates were discussed: The Summer Fun Event is planned for June 19th at 9:30 am at the Reid Park Zoo in Tucson, Arizona. Grace said that entrance fees are being collected before the event in order to determine how many people plan to attend. A picnic will follow the tour with AALAS providing beverages, hotdogs and hamburgers. Members have been asked to provide side dishes. Since response has been slow, Grace will send out a reminder. The due date is June 16th. Grace gave an update on the Fall Symposium. She explained that SwAEBR (Tim Martin and member Susan Wilson-Sanders) is currently working on planning the speakers trip to Arizona. Grace has sent an AALAS event calendar to Dr. Sanders in order to help set a date that will work for both SwAEBR and AZ AALAS. Dr. Martin has suggested not having a vendor room this year due to the small amount of space available at BNI and he has talked to vendors which would rather socialize with members than have tables. Grace said as long as the breaks are sponsored, having a vendor room is not essential. Dr. Rand asked about lodging for the meeting and Grace stated that Dr. Martin mentioned that there is a new hotel close to BNI.

The Buyer's Guide and newsletter were next on the agenda. Grace said that the Buyer's Guide is close to completion. She is waiting on a few updates from vendors but the basic layout is finished. Although the response has been slow, she has received many advertisements including some from new vendors. The newsletter was sent out last week and the next one will be finished after the Summer Event. She reminded Technician Branch Representative Pam Morris that she will need her TBR Corner.

Penny has agreed to finish Ashley Walton's term as Northern Branch Representative. Although Penny couldn't make the meeting, Grace welcomed her to the Arizona AALAS Board.

Grace stated that Member Jessie Loganbill's nomination for National's Technician of the Year Award was sent out before its May 1st deadline.

Pam updated the board on the status of the Education Committee's plans. A survey was created and sent out which will help determine people's interests. Fifteen to twenty completed surveys have been returned to Pam already and she has received many e-mails from interested individuals. So far, about half of the surveys returned show interest in rodent classes and the other half in rabbit classes. The committee is now trying to decide whether to hold the classes through AZ AALAS or Comparative Medicine. President-Elect Dave Besselsen explained that if AALAS sponsors the classes, we need to try to get northern members involved. Also, many of the people who are interested in the classes are not Arizona AALAS members and the majority work for the Animal Care department. If it is held under Comparative Medicine, the class could possibly serve as additional training to IACUC certification with a more 'hands-on' approach. A workshop during the Symposium

would be difficult to plan with so few members in Phoenix. Dr. Besselsen included that the committee spoke about combining the training class with the Research Animal Methods Class taught by Dr. Sanders in the fall. This way, the class could be held once a year for a small fee. The next step is for Pam and member Kathy Stollberg to talk to Dr. Sanders and member Dr. DeYoung to discuss their ideas. After this, another meeting will be held.

Grace asked Pam if she had received any volunteers for help with creating posters. Pam said that she hasn't heard any replies after her plea in the TBR Corner of the newsletter. Grace suggested Leigh, member Vangie Patula, and Kathy Stollberg. Dr. Rand said he would help and Dr. Besselsen volunteered himself and suggested member Casey Kilcullen-Steiner.

April gave a report on AZ AALAS's finances. A CD, originally \$1,500, matured in December and was placed into the checking account at that time. In order to receive the highest interest rate, Grace and April placed \$1500 from the original CD into a Money Market account. Another CD matured a couple weeks ago and the original amount of a thousand was rolled into another CD for 1 year. The interest accrued was added to the savings account. The board approved of their decision.

B & K Universal is sponsoring a fellowship for an all-expense paid trip to a major European laboratory animal meeting. Grace said that she will include the letter in the next newsletter. Nominations are due by July 15th.

Grace brought an item to the floor. She said that in the past AZ AALAS provided membership cards in order for members to receive privileges as

well as serve as receipts. Due to confusion from members on whether they have paid or not, she asked for suggestions like sending out receipts to everyone who has paid. Grace explained that April takes detailed notes on when people pay, how they pay, what they paid for, and when it was deposited. Since this sounded sufficient, Dr. Besselsen suggested making the receipts optional and Grace said that she could place the option on the membership form. Dr. Rand said that a photocopy of the membership form with the date paid would serve as a good receipt. The board agreed to these changes.

The meeting was adjourned at 12:55 p.m.

A Word From the BOT

Greetings to District 8,

Here are the highlights of the Board of Trustees meeting on June 5. Cindy Pekow was kind enough to summarize for everybody. You can get the entire proceedings from the AALAS web site (good for insomnia!) if you desire, otherwise, if you have any questions or comments, please contact one of your Trustees. It was a good meeting, and I think you can rest assured that the entire Board has the interests of the membership at the forefront of all its decisions. It's fun to be a part of an organization that values its members that way. - Tim Lawson

The District 8 meeting in Portland was a well-done, educational, fun event. Kudos to the Oregon Branch for all their hard work! The District Caucus, held Monday, May 10, was attended by 39 branch members, plus a guest from Canada. Eleven branches (out of 12) were represented. There will be no District 8 meeting in 00, as the national meeting is in San Diego that year. There were no

pressing issues raised by the attendees. AALAS national vice-president elect Dick Simmonds (Nevada) addressed the group, and urged folks to contact him about any issues they'd like considered by the organization. News from national AALAS included: no new logo was selected, and AALAS will continue to use its current logo, with the official color to be green. The ALAT text book is selling well, and the LAT is expected to be out in July of 99. AALAS will have a leadership meeting at the national meeting, and is hoping each branch will nominate a person who is or could be a leader in the branch, to attend and gain some leadership skills enhancement training. AALAS is in need of color slides of technicians working with animals. If you are willing to donate slides to AALAS, you will need to give permission for AALAS to use the slide, as well as permission from anyone who appears in the slide. Slides will be used in publications and computer projects.

The midyear meeting of the Board of Trustees (BOT) was held in Memphis, June 4th - 5th. The new AALAS national headquarters building was dedicated at an open house. The facility is a real asset to the organization. The building has meeting rooms for committee members, plenty of space for conducting AALAS business, and even a little room for expansion. The decor includes many photos and artwork depicting lab animals, and an exhibit in the front entrance shows the variety of species AALAS members work with.

The items on the BOT agenda included: 1. A number of amendments to the Policy and Procedures manual, most to bring the manual up to date and eliminate ambiguity or correct errors. 2. An action resolution to allow AALAS to organize a meeting of organizations that do public outreach on explaining biomedical research using animals. The hope is that

AALAS can help these groups to effectively network and provide resources for AALAS members to expand their efforts at public outreach. Only 15 states have biomedical research organizations dedicated to public education. A consortium of these sorts of groups could share and more effectively distribute materials and training, which would be of benefit to AALAS members.

3. An action resolution to dissolve the formal association of AALAS and Redlands Community Colleges LATG Correspondence Course. The numbers of AALAS members completing the course was so small that the course does not seem to be providing a service for enough AALAS members to continue the association. Redlands Community College can (and likely will) continue to offer the course, but without official AALAS endorsement. 4. Salt Lake City was selected as the site for the AALAS national meeting in 2006. 5. A discussion of limiting national AALAS committee size was tabled until the next meeting. There is a meeting scheduled in July for national committee chairs to meet, and their input will be given to the AALAS leadership at this time.

Please contact your Trustees with any questions or concerns. Let us know how to represent you! Cynthia Pekow, DVM, Chief, Veterinary Medical Unit, Research (151-L), Veterans Affairs Puget Sound Health Care System, 1660 South Columbian Way, Seattle, WA 98108 USA, Phone (206) 764-2448 FAX (206) 768-5358 cpekow@u.washington.edu

TBR Corner

If you need to contact me I am at (520)626-2785 or email me for more information at

pmorris@u.arizona.edu - Pam
Morris, Technician Branch
Representative

Someone You Should Meet

Name: Grace Aranda
Birthday: September 5
Position Title: Training Coordinator
Employer: University of Arizona,
University Animal Care
Years in AALAS: 15 years
**Most Memorable Moment in
AALAS:** Winning the Member of the
Year Award
Best part of my job: Working and
interacting with lots of different
people
Toughest part of my job:
Explaining what we do to folks who
are not in the field or with little
understanding of science
Most embarrassing moment:
Doing a costume presentation at an
AALAS convention in Riverside
My family: Sister, Liz; brother,
John, 2 nieces and a nephew
Pets: 3 dogs (Cocoa, Benny &
Petey), cat (Salem),
hamster(Scooter), 2 birds (Winny &
Marty)
Hobbies and interests: Reading,
baking, crocheting
Hero: My mom, she went through a
lot to give us kids the best, a
remarkable woman
**The one thing I would change
about myself:** Be more assertive
and present a more confident image
Personality traits I admire: Sense
of humor, ability to listen, personal
responsibility
Personality traits I dislike: ,
Domineering, overbearing people
who don't listen to others
People assume I am: Quiet
What drives me crazy: People who
waste time or don't take 'a job'
seriously
I hope I never have to: Live
somewhere I can't keep my pets
My fantasy is: Win the powerball
and buy and run my own bakery

Minnesota Legislature Passes Amendment Against Terrorism

In a related story, the Minnesota Daily reported that a state legislative conference committee passed an amendment requiring those who claim responsibility for terrorist acts to pay three times the amount of damage caused. Sen. Dave Kleis (R. St. Cloud) added the amendment to the Senate's crime bill after the April 5 ALF attack at University labs, which caused more than \$2 million in damages and destroyed biomedical research studies. The bill recommends prosecution of "any person who promotes, advocates or assumes responsibility for a criminal act with the intent to instigate the unlawful conduct." Also included is a statement making a third party liable for damages, Kleis said. This would make additional individuals or groups who aid in planning to release animals liable as well. According to the *Minnesota Daily*, Kleis noted that courts have upheld third party liability and said he hopes the civil consequences would be a deterrent for future terrorist actions. While the bill was on the Senate floor, one senator suggested making the law retroactive so the ALF representatives would face prosecution for the April 5 incident. Legislators later threw that amendment out because of concerns that it was unconstitutional. The full legislature will vote on the bill later this week.

(NABR-V. 20, N. 12, 5/13/99)

B&K Universal International Travel Fellowship

The B&K Universal Group Limited International Travel Fellowship was established in 1987 to promote international exchange of ideas among laboratory animal colleagues. The recipient of this

fellowship will receive an all-expense paid trip to a major European laboratory animal convention during that year.

The nominee must meet the following criteria:

- Be actively involved in AALAS, either at the local or national level (or both),
- Be currently employed in laboratory animal sciences,
- Not have an international travel budget or normally travel overseas on business.

The nomination packet should include a nomination letter, the candidate's curriculum vitam or resume, and letters of support (no more than two). Recommended points to include in the nomination packet are the candidate's:

- Experience
- Length of service
- Positions held
- Responsibilities
- Educations/training in the field of laboratory animal science
- Participation in AALAS-national and local activities
- Accomplishments in the field of laboratory animal science
- Awards and honors

Nominations should be sent (fax: 520-621-8833) to your local AALAS branch by July 15 where one candidate will be selected and submitted by September 1st to the current National AALAS President for final selection.

Winner will be announced at B&K Universal's International Breakfast during the National AALAS meeting in Indianapolis on November 10, 1999.

IACUC Website Now Available

AALAS is now hosting the new IACUC website at www.iacuc.org.

The website is the result of one of the charges of the IACUC Training and Learning Consortium Task Force, an ad hoc committee established by AALAS. The complete charges of this committee include the following:

1. To produce a comprehensive core course to train IACUC members.
2. To develop, design and provide oversight for this IACUC training course.
3. To develop, design and provide oversight for a website for comprehensive information and resources on all matters pertaining to IACUC.
4. To establish a listserv (IACUC-FORUM) for IACUC members and staff to encourage dynamic information exchange on the IACUC process.
5. To establish an advisory group representing a national consortium of organizations with shared interest in the education and training of IACUC members to jointly sponsor the IACUC training initiative, with AALAS coordinating the effort.

The IACUC TLC is a national consortium of organizations with a shared interest in the education and training of IACUC members. AALAS coordinated the Consortium's effort to develop an IACUC training initiative and is presently hosting this website.

The organizations listed below are partners in the consortium:

AALAS - American Association for Laboratory Animal

Science (901-754-8620 or www.aalas.org)
AAALAC International - Association for Assessment and Accreditation of Laboratory Animal Care (John Miller, 301-231-8282 or www.aaalac.org)

ARENA - Applied Research Ethics National Association (617-423-4112)

iiFAR - incurably ill For Animal Research (Gregory Maas, 517-887-1141 or iiFar@aol.com)

LAMA - Laboratory Animal Management Association (Robyn Kiser, 614-424-5093)

LAWTE - Laboratory Animal Welfare Training Exchange (Grace Aranda, 520-621-1330 or www.lawte.org)

PRIM&R - Public Responsibility in Medicine & Research (Joan Rachlin, 617-423-4112 or prmr@aol.com)

SCAW - Scientists Center for Animal Welfare (Lee Krulisch, 301-345-3500 or www.erols.com/scaw)

Look for new developments from the Consortium Task Force in the future. Questions concerning this group's activities can be directed to Dawn Vinson at AALAS (901-754-8620; e-mail: dawn.vinson@aalas.org)

Forgotten Heroes, War Dogs' Contributions, Sacrifices Overlooked By Curtis Morgan

Oak Lawn Pet Cemetery, where headstones bear names like Blackie-Boo, Jeepers and Snowflake, would seem the last place to find a war hero.

But one is buried here, a veteran of World War II battles in the South Pacific. He was a dog. His name was Fella.

Though the Humane Society of Greater Miami always flies an American flag over his grave, there will be no Memorial Day ceremony, no honor guard. In fact, in the 45 years since he was laid to rest at

the Humane Society's cemetery in North Dade by U.S. Marine Corps pallbearers, Fella and his feats have been largely forgotten.

"It's been lost over time," says society Deputy Director Kelly Grimm. That's not unusual, says Michael Lemish, author of *War Dogs: Canines in Combat*, and historian for the Vietnam Dog Handlers Association, one of several groups nationally that have been campaigning for recognition for America's four-footed soldiers. Some 12,600 dogs served in World War II, 1,500 in the Korean War and more than 4,000 in Vietnam. But aside from the memories of soldiers who served with them, their contributions have been long overlooked, Lemish said.

"Information for the dogs was scattered all over the place," said Lemish, whose book, published last year, was the basis for a documentary, *War Dogs: America's Forgotten Heroes*, that was shown on the Discovery Channel earlier this year.

Though dogs have been used in battles for eons, Lemish said it wasn't until World War II when the U.S. military began a formal program. The vast majority acted as sentries, including nearly 4,000 used in stateside Coast Guard beach patrols. Others were used as scouts, messengers, trackers and mine-sniffers.

Fella's history is sketchy. What little is known comes from his headstone and fading memories of old newspaper clips. Because no one remembers what month, let alone day, ol' Fella was buried, researching his past would likely require days of reading microfilm. Any military records, if they could be located, would use serial numbers tattooed on the dogs' ears, not names, Lemish said. And while the pet cemetery dates to 1940, records for the thousands of

animals -- from horses to monkeys -- don't go back that far, says the society's Grimm.

Fella, according to the headstone, was born in 1941. Sometime after the war, he came with an owner to South Florida, where he died in 1954. Nobody is sure what kind of dog he was, but Grimm believes he was a German shepherd.

The headstone includes a name "Wade," which might have been the owner's. It also includes the words "U.S. Marine Corps" and, in the biggest letters, "war hero."

A Humane Society article written a few years ago said "the faithful and intelligent dog" served in the Pacific, was commended for action at Guadalcanal and credited with saving many lives. In 1971, Laura Hufnagel, whose family made headstones for pets, told a Herald reporter that she recalled the ceremony. A special detail of full-dress Marines came down from Opa-locka to bury Fella, wrapped in his war jacket decorated with his medals, she said. "It nearly tore out my heart when I heard those taps sounds from back in the corner of the cemetery."

If Fella was a South Pacific veteran, that would make him a rare breed, says William Putney, a retired California veterinarian and former commander of the Third War Dog Platoon with the Third Marine Division in World War II.

Only about 1,000 dogs served in the Pacific, where many were used as infantry scouts in intense jungle fighting, or to sniff out soldiers hunkered in networks of tunnels and caves.

Putney, now 80, doesn't recall Fella, but he remembers a Doberman named Cappy well. Cappy saved his life.

In 1944, Putney was leading a mission to flush enemy soldiers on an island near Guam. Cappy was scouting ahead as always. The dog suddenly stopped, silently

signaling the men of an enemy ahead (The dogs were taught not to bark).

At that moment, a shot hit Cappy, who spun in the air and fell dead. But the dog's warning saved the platoon from a trap. They killed five enemy soldiers and took one prisoner.

The bond between soldiers and dogs was deep, Putney said. Dogs and men shared danger and foxholes. "When they were killed, the men sat down and cried and cried over them and lifted their bloody bodies in their arms.

"The first one that died, I didn't know what to do with. The major said, 'Hell, that dog is a Marine.' Take him down to the Marine cemetery and bury him with the rest of the Marines."

That dog, a Doberman named Kurt wounded by a grenade, became the first casualty in a small cemetery on Guam. Of 72 dogs on the island, 24 were buried there. But, like Fella, many World War II dogs survived. About 6,000 dogs were returned to civilian life, Lemish said. Dogs that served in Vietnam weren't so lucky. The military, fearing disease, left most dogs behind.

In 1989, Putney almost single-handedly started the campaign to honor war dogs, which includes ongoing efforts to create postal stamps and erect monuments in California and Washington, D.C.

He went back to the island to find the little cemetery woefully neglected and vowed to set things right. In 1994, the 50th anniversary of the island's liberation, Putney and other War Dog Platoon survivors returned to Guam for a ceremony at the Guam Naval Station.

The dogs' graves had been moved to a new site where Putney, with the help of the United Doberman Club, had donated a monument of black granite inscribed with the names of all the dogs buried there. Atop it, a

full-sized bronze Doberman and the words "Always Faithful."

(Miami Herald, 5/29/99)

14 Ways to Boost Morale in Your Office

1. Get Real. In today's job cutting climate, one way to keep attitudes from souring is to recognize people's worries and address them as much as possible.
2. Give your office a facelift. Your physical surroundings have a direct effect on your mood. Schedule an office cleanup day, when people can wear jeans and toss out unnecessary files, clear out their desk drawers and throw away useless supplies.
3. Meet with your "customers." Get out from behind the desk and work directly with the customers.
4. Break up the monotony. Arrange for different employees to handle public contacts or contacts with other offices. Rotate routine tasks once in a while.
5. Celebrate personal milestones. Take a "cake break" for birthdays, anniversaries of service with your agency, baby and wedding events. Your co-workers are also your friends, and camaraderie is reinforced by sharing special events.
6. Get to know how you fit into the office's, and the agency's, big picture.
7. Work out. A formal program isn't essential to working out workplace stress. Walking at lunchtime, committing with a co-worker to hit the building's gym or even starting a friendly rivalry in

softball or croquet all can provide outlets for stress.

8. Communicate early and often. Postings, newsletters, small-group meetings and other communications help build employee's confidence that they are in the loop.

9. Start a "Cheer Up" bulletin board.

Making Time Work For You

Be sure to rewrite your personal and professional goals every three months. As things change, your goals should change too. If you keep them before you, you are most likely to work on those things that are important and say "no" to requests that interfere with these goals.

Some other tips:

Results count: activity doesn't. Be sure you are investing your time on the important things.

Information available is doubling in less than 30 months. Learn to focus on what is truly important to your job.

Schedule at least one hour of uninterrupted time each day to work on your top priority activities. Pause on the merry-go-round of life frequently to ask yourself: "What is the most important thing I should be doing right now?"

When interrupted in your office, stand up. The other person will not sit down and get comfortable.

Let people know that you will always be available at a certain time, say between 10 and 11. This will discourage them from bothering you at other times.

When a co-worker begins talking about non-work-related items, change the subject back to work related items.

(LAMA Review, Summer 1996)

Tech Tips from *Tech Talk*

Urine Collection Technique in Rats: Factors to Consider

In toxicological studies focusing on bladder carcinogenesis, evaluation of urinary parameters is a key factor. Depending on the analyses to be performed, the method of urine collection must be carefully considered during the study design.

Freshly voided urine is essential for certain analyses such as urinary pH and examination of urine solids. The procedure used in our laboratory includes two methods of positioning the rat over a collection tube.

Place the rat in ventral recumbency resting on the handler's arm, or the rat is held in an upright position with the hind quarter being supported. Once the handler finds the position that is comfortable, the actual process consists of one to three quick pinches to the skin on the back to induce voiding. If the animals does not void immediately, it should be placed back in the cage.

Several factors need to be considered when performing this procedure. Confidence of the handler and stress to the animal are two of the most important factors. Results of a study comparing minimal to frequent handling of rats to obtain fresh void urine showed adverse effects on bladder epithelium in the frequently handled rats.

Other factors include test substance to be used, age of the rat, time points to be analyzed, and diurnal variation. If fresh void urine collection is necessary for urine analyses in rats, this technique can be utilized safely and effectively. - T. Anderson, University of Nebraska Medical Center, Omaha, NE

Membership Dues to Increase

In 1998 the ad hoc Committee to assess Membership Categories, Benefits, and Costs

reviewed the (national) AALAS dues structure and member benefits to determine if any changes were needed. After thoroughly reviewing financial, member survey, and other data, the committee recommended to the Board of Trustees (BOT) a moderate dues increase, effective January 1, 2000. The BOT unanimously approved the proposal during its Annual Session October 16, 1998. The current dues have been in place since January 1996.

The fee-for-service dues structure, enabling AALAS members to select the level of benefits which best suited their needs, has been overwhelmingly embraced. With this dues structure, combined with the burgeoning member services and benefits, new educational publications and technical products, and an increased "member delight" attitude of the National Office Staff, AALAS National Membership has exploded. The year-end membership of 1995 was 6,942; the year-end membership in 1998 was 8,929, an impressive 28% increase in three short years!

Every effort was made to ensure that the dues increase was moderate while ensuring the future health and growth of an association that should continue to provide AALAS members with the excellent benefits, products and services to which they are now accustomed.

AALAS Membership Dues Effective 2000

Bronze Individual	\$30
Silver Individual	\$65
Gold Individual	\$150
Institutional	\$350
Commercial	\$500
Affiliate	\$200

(Tech Talk, May 1999)

Study Confirms Dog Ownership Linked to Survival from Coronary Artery Disease

A study published in the *American Journal of Cardiology* stated that dog ownership made a significant independent contribution to survival for study participants who were tracked for at least one year following acute myocardial infarction.

The study, "Pet ownership, social support, and one-year survival after acute myocardial infarction in the cardiac arrhythmia suppression trial (CAST)," was conducted by Erika Friedmann, PhD, and Sue A. Thomas, PhD. The study was an independent project complementary to the CAST I and II. The CAST studies constituted a pharmacologic test of the arrhythmia suppression and mortality hypothesis. Study subjects were asked to participate in the pet ownership study while they were at the CAST clinical site.

According to the investigators, 424 subjects were recruited into the study. One-year survival status was obtained from 369 participants (87%). Fifty-five patients were lost to follow-up. One hundred twelve study participants (30.4%) owned pets. Of the pet owners, 87 had at least one dog and 44 had at least one cat, with 24 people owning both cats and dogs. Other pets included birds, fish, ducks, horses, snakes, and rabbits.

The investigators reported that 20 of the 369 study participants (5.4%) died within one year. When the frequency of deaths among pet owners and nonowners was analyzed, no significant relationship was identified between pet ownership and one-year survival; however, the frequency of dog and cat ownership was sufficient to examine each separately in relation to survival status.

A significant relationship existed between dog ownership and survival but not between cat

ownership and survival. Dog owners were more likely to be alive one year after baseline assessment than were people who did not own dogs, the investigators reported.

It was demonstrated that dog ownership made a significant independent contribution to survival. Social support also tended to be related to survival. The amount of social support each study participant received was determined through a social support questionnaire and social readjustment rating scale.

The investigators also examined physiologic and psychosocial variables and dog ownership to predict one-year survival. In patients with similar physiologic status and psychosocial factors such as social support, dog ownership was shown to make a contribution to survival status. Differences in one-year survival between those who did and did not own dogs could not be explained by differences in physiologic measures of the severity of cardiovascular disease.

Physiologic and psychosocial variables and cat ownership were examined further to predict one-year survival status. The authors examined the interrelationship of social support, cat ownership, and survival. When the independent effect of social support was considered, cat ownership did not make a significant contribution to survival. According to the investigators, the relationship of cat ownership to survival was not independent of social support, unlike that demonstrated with dog ownership.

It is likely that differences in other characteristics are responsible for the apparent shorter duration of survival of cat owners. This study did not include assessment of exercise habits, but it is possible that sedentary persons were less likely to survive.

This study provides strong evidence that dog ownership

promotes cardiovascular health, independent of social support and the physiologic severity of the illness. Additional research with larger samples is needed to investigate interrelationships between cat ownership, social support, and cardiovascular health.

(JAVMA, Vol. 208, No. 7)

LAMA Scholarships Available for ILAM

The Laboratory Animal Management Association (LAMA) Foundation is seeking applicants for Scholarships to the Institute for Laboratory Animal Management (ILAM). The Foundation will sponsor two scholarships for the year 2000. One scholarship is for two years, hence it is only available to first year students. The second scholarship will be open to both first and second year students and will be funded for one year only. A single application is all that is necessary to apply for both scholarships. Please write: Casey Kilcullen-Steiner, LAMA Foundation Chair, University Animal Care, P.O. Box 245092, Tucson, AZ 85724-5092. Call (520)626-2055 or email kilcullm@aquacccit.arizona.edu. Thank you!

Have you had a change to your email address or not yet provided us with your email address? Please be sure to take a moment and send it to Grace at garanda@u.arizona.edu so you can get all the latest branch information as it happens!

Sponsors Page

The Arizona Branch of AALAS would like to thank those vendors who have sponsored the branch through advertising in the Arizona Buyer's Guide. We ask that members patronize their business and show our support of them too!

Allentown Caging & Equipment
Ron Orta
Phone: (800)762-2243

Alternative Design Mfct & Supply,
Eddie Loyd
Phone: (800)320-2459

Andersons/Bed-O'Cobs
Ted Weaver
(800)537-3370

A. K. Roseberry & Associates
Ardis Roseberry
Phone: (408)773-1952

B & K Universal
Kimberly Morey
(510)490-3036

Britz-Heidbrink Inc
Gail Heidbrink
(307)322-4040

Canbrands International Ltd
Patti Oakes
(800)267-5287x3667

Charles River Laboratories
Deborah Curry
Phone: (800)522-7287

Edstrom Industries
Skeeter Georgeson
Phone: (800)558-5913

Elm Hill Breeding Labs
Robb Kydd
(800)941-4349

Fuhlrodt & Associates
Doug Fuhlrodt
(714)541-4365

Getinge Castle
Russell Braxtan
(619)538-0088

Harlan Sprague Dawley
K.C. Reese
Phone: (800)793-7287

Hilltop Lab Animals Inc
Edward Miedel
Phone: (412)887-8480

Liberty Research
William Waring
(607)565-8131

Lithgow Lab Services
Dee Drye
(925)625-4305

Marshall Farms
Nikke Nicoletis
Phone: (516)627-2454

Myrtle's Rabbitry Incorporated
Rebecca Dodson
Phone: (800)424-9511

Nuaire, Inc.
Scott Christensen
Phone: (800)328-3352

Pharmacal Research Labs
Paul Chavez
(800)243-5350

Red Basket Ranch
Alvin Illig
Phone: (435)649-9488

Rees Scientific Corp.
Elizabeth Matt
(949)595-4470

Simonsen Laboratories Inc.
Ardis K. Roseberry
Phone: (408)847-2002

Suburban Surgical Company
Steve Kramer
Phone: (800)323-7366

Taconic
Sam Phelan
(888)822-6642

Thermocare, Inc.
Lee Cunningham
Phone: (800)262-4020

Be sure to look for their ads in the Buyer's Guide!

If want information on our advertising rates in the 2000 Arizona Buyers Guide call Grace at (520)621-1330 or email with questions or info at garanda@u.arizona.edu. Thanks!

Has this study been reviewed and approved by your Institutional Animal Care and Use Committee?

☐ Yes ☐ No ☐ N/A

Preferred Format Selection:

☐ Oral Presentation

☐ Poster Session

☐ I will not accept an alternate format for my presentation.

ABSTRACT FORM
Arizona AALAS Symposium
September 10, 1999

For AALAS Use

____ Temporary Abstract No.

Authors: _____

(Circle presenting author)

Institutional Affiliation: _____

Phone: _____

Fax: _____

E-mail: _____

Note: Be sure to include any audiovisual equipment you may need

Title: 3 lines

Abstract Body:
(Double space)

CHECK THE CATEGORY THAT APPLIES TO YOUR PRESENTATION

☐ Scientific

☐ Technical

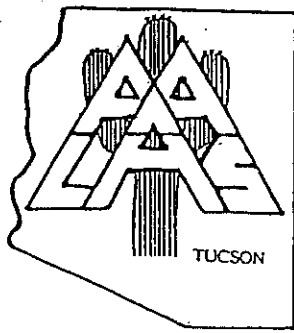
☐ Clinical

☐ What's Your Diagnosis?

☐ Management

☐ Other _____

Return to April Kern by 8/1/99: University of AZ, P.O. Box 210101, Tucson, AZ 85721-0101



American Association for Laboratory Animal Science

University of Arizona, P.O. Box 210101, Tucson, AZ 85721

IT'S THAT TIME OF YEAR AGAIN!

SEND IN YOUR NOMINATIONS FOR TECHNICIAN/MEMBER OF THE YEAR.

Do you know someone who is a good worker? Someone who gets along with everyone? Someone who constantly strives to improve their work? Well you may know our next Technician/Member of the Year!

Nominations are now being accepted for this years' Technician/Member of the Year Awards. Only members in good standing may nominate. These awards will be presented at the Annual Dinner. Nominees must meet the following criteria:

- a. Must be a member in good standing of the Arizona Branch of AALAS.
- b. Must have a year's worth of animal/animal related experience.
- c. Must be personable and get along with investigators and co-workers.
- d. Must make contributions to make operations run better.
- e. Must hold supervisor position or below.

Any questions, call April at (520)626-4622.

Nominations must be submitted to April Kern, University of Arizona, P.O. Box 210101, Tucson, AZ 85721-0101 no later than August 1, 1999.

**ARIZONA BRANCH OF AALAS
1999 NOMINATION FORM FOR MEMBER OF THE YEAR**

Fill out as much of this form as you can then the branch will have the rest completed.

NAME OF NOMINEE: _____

PLACE OF EMPLOYMENT: _____

JOB TITLE: _____

YEARS MEMBERSHIP IN AALAS **(Check All Applicable):**

NATIONAL: _____

AZ-AALAS: _____

LIST AND DESCRIBE ANY SERVICE (s) CONTRIBUTED TO THE BRANCH:

LIST AND DESCRIBE ANY OTHER ANIMAL RELATED ACTIVITIES:

SIGNATURE OF NOMINATOR: _____ **DATE:** _____
TELEPHONE NUMBER: _____

RETURN THE COMPLETED APPLICATION AND EVALUATION BY 8/1/99.
TO: Arizona AALAS, Univ of Arizona, PO Box 21010, Tucson, AZ 85721

ARIZONA BRANCH OF AALAS
1999 NOMINATION FORM FOR TECHNICIAN OF THE YEAR

Fill out as much of this form as you can then the branch will have the rest completed.

Name of Nominee _____

Job Title _____

Place of Employment _____

Years a member of AALAS: _____ **Arizona Branch**
 _____ **National**

Level of Certification to Date:

___ AALAS Assistant Lab Animal Technician
 ___ AALAS Laboratory Animal Technician
 ___ AALAS Laboratory Animal Technologist
 ___ Certified Veterinary Technician
 ___ Other: _____

Educational Background:

Diploma/Degree

High School _____

College _____

Graduate School _____

Other _____

Special Courses: _____

[illegible]

Years Working with Laboratory Animals or in the Laboratory Animal Field: _____

Describe Nominee's Participation in the Animal Care Field Outside of Work (i.e. docents at the zoo, presenting papers at meetings, teaching training sessions, clubs, memberships, etc.): _____

1000

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Proficiencies (accomplishments, contributions, continuing education, AALAS participation, etc.) _____

Reasons why you feel this person should be considered for this award _____

Evaluation by immediate Supervisor (consider aspects such as character, personal habits, interest in advancement of self and animal care, job efficiency, and overall knowledge of laboratory animal science) _____

Signature, Immediate Supervisor

Date

Signature of Nominator

Date

In order to be accepted this form must be returned by August 1, 1999 to:
Arizona AALAS, Univ of Arizona, P.O. Box 210101, Tucson, AZ 85721.

Someone You Should Meet Information Form

Name: _____

Birthday: (month and day only) _____

Position title: _____

Employer: _____

Education level: _____

Certification Level: _____

Years in AALAS: _____

Most memorable moment in AALAS: _____

Best part of my job: _____

Toughest part of my job: _____

Most embarrassing moment: _____

My family: _____

Pets: _____

Hobbies & interests: _____

Heroes: _____

The one thing I would change about myself: _____

Personality traits I admire: _____

Personality traits I dislike: _____

People assume I am: _____

What drives me crazy: _____

I hope I never have to: _____

My fantasy is: _____

This form is being used to introduce Arizona branch members to the membership in the newsletter. Fill out & return today to April, Arizona AALAS, PO Box 210101, Tucson, AZ 85721-0101 Turn in your form by 8/1/99 for your chance to win a 2000 AZAALAS branch membership.

1999 ARIZONA BRANCH AALAS MEMBERSHIP APPLICATION

I hereby apply for membership in the Arizona Branch of the American Association for Laboratory Animal Science.

BRANCH DUES (\$5.00) _____ *Arizona Branch Newsletter* subscription is included

Name _____
Affiliation _____
Address _____
City _____ State _____ Zip _____
Phone _____ Fax _____ Email: _____
Please send me a receipt for my records Yes _____ No _____

Please make check payable to **Arizona Branch AALAS** and send to: April - Arizona AALAS, University of Arizona, P.O. Box 210101, Tucson, AZ 85721-0101

Arizona Branch AALAS
University of Arizona
P.O. Box 210101
Tucson, AZ 85721-0101
113010

Address Change Requested

Important Dated Forms Inside