

Arizona Branch AALAS Newsletter

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Arizona Branch of the American Association for Laboratory Animal Science

Be Sure to Get Your Nomination for Officers Forms in by October 16th!

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Arizona Branch AALAS Newsletter
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Minutes of the Past Meetings

Minutes of the 5/22/98 Board Meeting

Meeting began at 10:37 a.m. The meeting was held in the conference room of the Central Animal Facility at the University of Arizona in Tucson.

President Michael Rand opened the meeting with an update on the incorporation. President-Elect Grace Aranda and Dr. Rand signed the final documents a couple of weeks ago. The final step is publishing the incorporation in the newspaper which will cost approximately \$125. By law, all articles of incorporation must be published for a required amount of days.

Next item was the AALAS Foundation's Silent Auction. Copies were distributed of the letter received from the AALAS Foundation which described the procedure for donating an item. This year, a photograph must be submitted with a description of the item. Dr. Rand suggested submitting a Kachina Doll, similar to what was done last year since it went over so well. The Board agreed on this suggestion. Southern Board Member Pam Morris said she would accompany Dr. Rand in the purchase of the item. The due date is August 31, 1998.

Dr. Rand outlined the Certification Exam Grant Program which offers to offset certification fees for one ALAT and one LAT candidate from each district per year. Grace stated that the letter would be placed in the Newsletter with Dr. Rand as a contact for questions. Both April and Dr. Rand have copies of the application.

The December Event, which is a Christmas Party/Installation event, was discussed. Past-President Tim Martin nominated having the event at Dr. Rand's house and Dr. Rand accepted. Grace mentioned that Member Vangie Patula and Technician Branch Representative Leigh Kleinert may have ideas also.

The summer fun event was next on the agenda. Dr. Rand stated that he has received many e-mails regarding the event. Leigh proposed having the northern members determine where the event will be held since not many southern members are expected to attend. Overall, Dr. Rand said board members agree on this proposal. Ashley took a poll at W.L. Gore & Associates and found that many members are interested in the dinner theater however only half are interested in touring the Lowell Observatory.

Ashley gave an update on information obtained for the event. Mormon Lake Lodge is booked for all of June and the first two weekends in July are not good dates for northern members. Therefore, Ashley suggested July 18th for the event. The board concurred. She then explained that the dinner theater runs from 4:00 to 7:30 pm with an all you can eat buffet during the show. It is \$15.95 / person or if 50 or more people attend, the fee decreases to \$13.95. Children are \$9.95. Ashley proposed that AALAS could pay the dinner fee for Arizona AALAS Branch members and the board agreed.

Ashley suggested touring the Lowell Observatory first and then going to the Lodge for dinner. Tours run at 10:30, 1:00 and 3:00 and is \$40 per group. April proposed only having the dinner and if people want to tour the Observatory, they can do it on their own since only half of the northern members are interested in the tour. Ashley said the tour is \$3.00 for individuals. The board decided that AALAS would only pay for the dinner.

Grace informed the board that the AALAS Newsletter has already been distributed however, she did put in the Newsletter that a separate flyer would be sent out regarding the summer event. Ashley's phone number will be included for questions.

The Fall Symposium was addressed. Dr. Rand explained that he has received many ideas for the meeting. One idea was from Leigh, who proposed not including Saturday since in the past, many people did not attend. Currently, the symposium is scheduled for all day Friday and a half day Saturday. Grace explained that although it may be a good idea in the future, we are now in a contract with the Doubletree Hotel and cannot cancel these dates.

The board discussed different activities for Saturday. Dr. Rand mentioned that Member Donald DeYoung volunteered to head a wet lab or run the Jeopardy game program. Grace explained that the most asked for wet labs are for rabbits or rodent necropsies and injections. Dr. Martin included anatomy also. She reminded the board that if a wet lab occurs, the cost of animals and per diem rates will have to be addressed. Dr. Rand included that transportation would also be an additional cost. Pam suggested using extra rodents from shipments to decrease costs.

Dr. Rand went over speakers that have been recommended. Dr. DeYoung nominated Shane Sullivan's father who is the Vice-Provost for Research at U.S.C. He spent several years in Marine Biology and probably could provide interesting slides and stories. Dr. Rand said that he or the Program Committee will work on getting in touch with him. Grace and Dr. Rand suggested having him speak at the Banquet which is Friday evening. Grace stated that in the past AALAS has paid for Key Note speakers flights and if AALAS fulfills a specific amount of rooms at the Doubletree Hotel, a free room may be available. She also nominated Dr. Cusanovich as the Key Note speaker.

April asked Dr. Rand the proper procedure for submitting ideas for abstracts. Dr. Rand stated that they did not need to be written down.

April described the 1998 budget. By using averages of different expenses, April derived the budget using a 3-5% increase. After explaining that 3% is quite a conservative increase according to Mary Durham, the board agreed that a 5% rise should be used this year and see how it works. The point was made that the budget is

an estimate and not an exact amount to adhere too.

The Buyers Guide update was given by Grace. It is close to being finished. Overall, AALAS has lost 5 vendors and gained 6. Most companies that canceled their advertisements are cumulatively listed under a single representative.

Dr. Rand researched the Bylaws to determine how a member brings an item to vote. The suggestion must be placed in writing and in full detail then 5 additional members must sign the petition. Dr. Rand notified the member who brought up a new idea at last meeting on the correct procedure.

Ashley asked the board if July's board meeting could be moved up to July 18th since most of the board will attend the summer fun event. The board agreed and decided that a meeting just before the dinner would work best. The board agreed to let Ashley know when a good time would be. Ashley volunteered to have it at her house.

The meeting was adjourned at 11:47 a.m.

Minutes of the 7/18/98 Board Meeting

Meeting began at 3:11 p.m. The meeting was held at Mormon Lake Lodge in Flagstaff.

President Michael Rand opened the meeting with an update on the Fall Symposium. Speakers have been selected and Dr. Rand will be sending out acceptance letters including a registration form. Technician Branch Representative Leigh Kleinert said that the Program Committee suggested that speakers would need to pay for meals and attending sessions and the board agreed. The Keynote and Banquet speakers have been selected with Dr. Neil Sullivan as the Keynote and Dan Groebner as the Banquet speaker. Dr. Rand has purchased

the plane tickets for Dr. Sullivan and will send them with his acceptance letter. Dr. Sullivan has also requested a meeting with Dr. Cusanovich which a taxi or shuttle will be provided for him. Grace volunteered to reserve a room at the Doubletree for Dr. Sullivan. She also reminded the Board that plaques are needed for the Keynote and Banquet speakers.

The program committee informed the board of the audio-visual items needed for the speakers. Leigh listed an overhead projector, a computer hookup, a slide projector and a pointer. Grace agreed to find these items.

Grace announced that more nominations for Technician and Member of the Year Awards were needed. Not many have been received. Since three notifications have been sent out, Leigh suggested using just the nominations that Grace has already received so she can get it finished in time and Grace agreed. Grace also said that she is looking into a judge for the nominations and had someone in mind. Due to a suggestion from Secretary/Treasurer April Kern, the nomination forms will be changed in the future. April suggested adding a place to write why that person was nominated and the Board agreed.

Dr. Rand asked about the Doubletree room situation. Arizona AALAS is expected to use forty rooms in two nights in order not to have to pay a fee. Grace gave an update on vendors coming that might need rooms. Northern Representative Board Member Ashley Walton said that a few people from W.L. Gore and Associates may use rooms. The board also agreed unanimously to pay for a hotel room for Grace since it will be used to store paperwork and equipment temporarily for the meeting.

Registration was discussed. Only three vendors and two full registrations have signed up so far. However, Grace has heard from more vendors that are interested and people may be planning on coming but have not turned in their registration yet.

Three posters have been submitted as of today. Grace mentioned that she is working with the Doubletree to obtain a dividing wall that could be used to hang the posters. She is meeting with the Doubletree next week. She added that a judge will also need to be found for the posters. Since not many have been received, Leigh suggested not giving awards this year. The board agreed not to give awards if poster submission is low. Leigh also suggested having the cocktail social in the same room as the posters and vendors. This way, people will visit the vendor tables and those who have submitted posters can participate in the social. People submitting posters will be required to stand next to their poster for a short time during the social. The board agreed with Leigh.

The labs offered on Saturday will require 5 people but no more than 10. Leigh volunteered to drive participants to the University of Arizona from the Doubletree. The board decided that a van should be held just in case and that it could be canceled if not needed. Grace agreed to call an outside source since university vehicles are more expensive to rent and are for university employees only.

Grace said that the raffle tickets have been distributed and handed out a current list of donated items. Member Kathy Stollberg is participating by purchasing carry away items as usual.

The item that will be donated for the Foundation Raffle at the National AALAS Meeting has not been purchased yet. Northern

Representative Board Member Pam Morris and Dr. Rand are planning on buying a Kachina doll like last year. The cut off day is August 31st. The board decided to have a shipping place wrap and ship the item as to assure that the item does not break. A picture will need to be taken once the item is purchased and then sent in to National.

The Christmas Party/Installation event was discussed. Dr. Rand cannot host the event at his house so a new place will be addressed in the future.

Grace stated that the Buyer's Guide will be done by the time of the Fall Symposium. Copies will be given out at the event.

Dr. Rand received a letter from National asking if the Branch wanted to submit a poster for the National Meeting. The board agreed to do something similar to last years poster which was actually a newsletter.

The meeting was adjourned at 4:07 p.m.

Minutes of the 7/31/98 Board Meeting

Meeting began at 12:08 p.m. The meeting was held in the conference room of the Central Animal Facility at the University of Arizona in Tucson.

President Michael Rand opened the meeting by stating that acceptance letters have been sent out to the Symposium speakers. He also called the speakers on changes made to the schedule. Since some people were very hard to reach, he suggested changing the abstract forms by adding a place for addresses and telephone numbers. Technician Branch Representative Leigh Kleinert said that the final schedule is now finished and Dr. Rand will MC the meeting while Past-President Tim Martin will moderate the Banquet.

President-Elect Grace Aranda gave an update on the audio-visual equipment needed for the meeting. The University Animal Care department has an overhead projector and two slide projectors. If necessary, a slide projector can be rented for \$27.00 per day. Dr. Rand can borrow a screen from his church and a pointer will be rented through the University of Arizona. Two speakers need a LCD computer hookup which is very expensive to rent. Leigh mentioned that Member David Besselsen said that he may be able to locate one for the event and will let the Program Committee know today if he can. Leigh will have access to one on Saturday. Leigh also stated that the Doubletree Hotel has recommended a company that will come set up the equipment for \$150.00 per day. She suggested asking if it is less expensive to have them set up and then leave. Grace and Leigh decided to call and check after the board meeting. The podium will be provided by the Doubletree Hotel and will be needed all day Friday.

Leigh stated that seven posters have been submitted however, she has heard from others that are interested and may also present posters. She reminded the board that no awards will be given out this year and poster presenters will only have to stand by their posters 5:30 to 6:00 p.m. Grace said that free standing walls are being rented for displaying the posters. They are \$125.00 for the company to deliver them and set them up plus \$20.00 per day per wall. The walls are 4 feet by 8 feet so two posters can fit on each side. Therefore, the board agreed to rent three walls which will be placed in the same room as the vendors. Grace also said that the arrangement of the rooms has been changed; the meeting room will be first followed by the vendor/poster room. This is due to another

meeting taking place next door which may disturb the speakers.

Leigh explained that the board has agreed to cancel the Aseptic Lab for Saturday due to low registration. The Rodent Lab will remain on schedule. Southern Representative Board Member Pam Morris stated that she has saved up both hamsters and guinea pigs for the lab. She also mentioned that she knows of approximately 7-8 people interested in the lab that have not yet signed up.

Grace said that the University Animal Care department has decided to pay partial registration for its employees. They will pay either a half day with lunch or for the rodent lab on Saturday. Dr. Rand stated that he would mention this at the technician meeting to try to obtain more registrations.

Grace passed out a draft of the program and asked the board members to review it as soon as possible. She also asked for volunteers for putting them together after they are printed out. She stated that only two vendors have sent sponsorships for breaks, however, she has heard from other vendors that are interested.

Dr. Rand mentioned that awards for Technician and Member of the Year and plaques for the keynote and banquet speakers need to be ordered. Grace said that the recipients of the awards will be chosen by Monday so she will order the awards and plaques on Tuesday.

The board decided not to hold or rent a van. So far, only one person will need a ride from the Doubletree to the University. If this continues to be the case, then a board member will drive them to the College of Medicine. Leigh volunteered to use her van if a larger vehicle is needed.

Leigh said that the meeting rooms will have to be paid for since we did not fulfill the required

amount of reserved hotel rooms. The meeting rooms will be \$150 per day to rent which is much less than having to pay for 50 hotel rooms.

Secretary-Treasurer April Kern mentioned that a gift needs to be decided on for the vendor cards. Registrants will receive a card that when filled with stickers from all the vendors, will be placed in a drawing for a free gift. The board decided to make the gift one of the sandstone frames.

The meeting was adjourned at 1:03 p.m.

Technician Tips from Tech Talk

Catch Loose Birds The Easy Way

Our lab animal facility at the University of Montana houses a variety of different species of birds. As we hand-feed and water the birds, there is always the chance of one escaping from its cage. We have devised a handy method for catching these loose birds without causing them unneeded stress.

We always keep flashlights in the room where we house our birds. In the event that a bird should escape, we simply turn off the lights in the room and locate the loose bird using a flashlight. The birds settle down when we turn the lights off and are easy to catch by hand or with a net. This method seems to cause the least amount of stress to the birds and prevents us from spending too much time trying to catch the animals. - Dawn Perkins, Technician Supervisor, Lab Animal Resources, University of Montana.

Rabbit Enrichment Ideas

During the course of evaluating the rabbit enrichment program at the University of Tennessee, Memphis, we received

many excellent ideas from other programs. Here is a sampling of some of the ideas given to us:

Booda Yuppies (dog chew toy)
Nylabone (dog chew toy)
Balsa wood chew blocks for rabbits.
Empty glove, mask, or shoe cover boxes
tin cans
Bio-Serv Bunny Jingle bell
empty stainless steel dishes
hanging plastic chains
soda cans
tuna cans
plastic wiffle ball
golf balls
pieces of plastic pipe
hay cubes.

As you can tell from many of the suggestions, rabbits seem to prefer toys they can push around and make noise with. A particular rabbit may have a preference for a particular toy, or may grow bored with a toy after a certain period of time.

Therefore, it is preferable to have several types of toys or enrichment devices and alternate them in the cages after appropriate sanitation. Important things to consider when choosing an enrichment device are durability, disposability, animal safety, cost, and whether or not the toy will survive the cage wash. Since every toy has some advantages and disadvantages, it is important to select the toys that best meet the needs of your program, personnel, and rabbits.

Finally, as pointed out by several programs, don't dismiss the importance of positive human contact; handle and pet the rabbits. This way, human touch is not always associated with an unpleasant procedure, such as bleeding.

When a technician or veterinarian walks into the room, have them carry treats such as Cheerios or Pineapple Rabbit Stixs,

to offer the rabbits. Not only will the rabbits enjoy the treat, they will be waiting at the front of the cage, making health checks much easier.
- Naomi Gades, University of Tennessee Memphis

Warm Patients Before Injecting

Warming the entire patient prior to performing tail vein injections in mice and collecting blood from rat tail veins or rabbit ears, helps vasodilate the "target" blood collection or injection site much more effectively than just warming the area itself. We use equipment such as Rodent Hot Boxes™, Safe 'N' Warms™, and circulating warm water blankets to gently warm the animal. Always be careful to monitor your animal for signs of overheating - Linda Brovarney, University of California, San Francisco.

Squirrel Monkeys Benefit from Rx

Our original two pair of squirrel monkeys arrived here at Vanderbilt quite a few years ago. Their skin was in very poor condition, with crusty sores, oily texture, and very little hair. They scratched often, had diarrhea, and just plain smelled. No one wanted to be around them. When it came time to clean the squirrel monkeys, it was in and out quickly as possible. Hopefully your sense of smell was somewhat intact when you left the room.

My 23 years of veterinary clinical medicine told me that those little guys could look better, so I immediately developed a plan of attack. All treatments were discussed with the university veterinarian prior to treatment.

Step One: begin daily dietary supplements of fresh vegetables, fruits and nuts.

Step Two: change diet from Old World monkey diet to New World monkey diet.

Step Three: fecal analysis (parasite check). Results were giardia. Treatment: fenbendazole (20 mg/kg per os) for five consecutive days, repeated one month, and two months later. Getting the medicine down proved to be very challenging. To reduce stress, I tried to hide the medicine in different fruits and pastes.

Step Four: skin scraping for external parasites. Results: negative. Decided to treat even though the test results were negative. Treatment: ivermectin liquid (0.3 mg/kg qu or per os) injected SQ and repeated in 14 days.

My efforts quickly began to pay off. Sores began to heal and hair began to grow. During our last IACUC inspection, it was noted that "for squirrel monkeys, they were looking pretty good!" Nothing beats a little TLC. - Amy Nunnally, Vanderbilt University, Nashville, TN

Filling Holes in Rabbit Cages

The big motivation in our facility this year was the rabbit cage hole cover. Our rabbit cages have 4 x 4 inch openings into which a box-type device is positioned to facilitate a water vessel. Since the advent of the water bottle holders, this opening was unused, or covered with the water vessel "box". However, with 32 oz bottles, it is awkward to use the box to cover the hole next to the water bottle.

Unfortunately, small rabbits found their way out of their cages through these openings. We needed a solution and fast. Lana Thompson covered the opening from the inside with a small square of cardboard and traced a template. We contacted our machine shop, explained the template, and had a stainless steel "slot card" fabricated.

It slips into the slots originally designed to hold the box water vessel, and has a flanged top for easier hanging. It can be put into an accessory basket for cleaning. - Lana Thompson, Vicky Boppert, Albany Medical College, Albany, NY

Approval of Oil of Wintergreen

Our preclinical group has found that Oil of Wintergreen can be useful in lateral tail vein bleeding in rats. It causes immediate vasodilation and the effect wears off very quickly.

However, it is also important to first make sure that the wintergreen will not interfere with any assays you are running on the serum, blood, or plasma you collect. - Katie Tow, Atrix Laboratories, Ft Collins, CO

New ALAT Manuals for Sale

The new, improved Asistant Laboratory Animal Technician (ALAT) Training Manual is ready for distribution. Used as part of the preparation for Certification, the training manual is an invaluable resource.

Changes in the updated manual include: more pictures, tables, and definitions, as well as user-friendly format for entry level technicians. The glossary and index have been expanded and all common laboartoty animal species are included in one manual - there is no longer a need to study more than one publication for the information on specific species used in the lab.

The AALAS staff and editor of the manual have worked hard to make the new publication as easy to use as possible. The manual is \$35 each for members, \$50 for nonmembers. A discount is available for orders of 15 or more. For information on ordering the manual, call (901)754-8620.

Arizona Branch Symposium Review

The Arizona Branch AALAS Symposium was held on August 7-8, 1998 at the Doubletree Hotel in Tucson. Overall, comments on the symposium were quite positive.

The keynote speaker, Dr. Neil Sullivan, gave an extremely interesting speech on his Antarctic Research with fascinating slides which displayed another world. Fridays' presentations were full of information for researchers and technicians alike as well as information to be used in everyday life including Dr. Carol Johnston's speech on the wonders of Vitamin C. The first day of the symposium was concluded with a cocktail social and scientific poster viewing in the vendor room and the annual banquet. Our banquet speaker Dan Groebner's talk on the reintroduction of the Mexican grey wolf was enthusiastic and very well presented. His speech focused on the myths and realities of a wolf's life. Past President, Tim Martin, and member Kathy Stollberg began the raffle drawing. The raffle was a success with many generous donations from our vendors. As usual, the raffle will benefit the Child-Life Activity Center to buy toys and equipment for sick kids at the Arizona Cancer Center.

Saturday was filled with fun with a hands-on rodent wet lab and the informative "Jeopardy" game. The lab provided a solid foundation for performing rodent necropsies. With three knowledgeable lab leaders to five participants; everyone was given personal attention. The "Jeopardy" game was hilariously competitive and was said to be informative and a great way of getting ready or reviewing for AALAS certification. The Arizona Branch of AALAS would like to thank all the volunteers and sponsors for their donations of time

and money to make our 8th symposium a success! - April Kern

A Special Thank You

To all our sponsors who so generously donated to our Louise Brooks Memorial raffle benefitting the Arizona Cancer Center's Child Life Activity Center

Allentown Caging
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AMC Theaters
A. K Roseberry & Assoc
Arizona Science Center
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DeAnza Drive-in
Eegee's
Fiddlestiks Fun Park
Flagstaff Athletic Club
Golf N Stuff
Harkin's Theaters
Harlan Teklad
Justin's Water World
Leroy Unrast
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Smith's Food & Drug
Suburban Surgical
Tucson Bowl
United Artists Theaters
Wehrenberg Theaters

We hope all our members patronize these businesses and show them our support

A Boy's Best Friend- Dog Gives Physical, Emotional Support

Patient, intelligent, loyal, and strong—it's too bad more people aren't like Ernie, a service dog for eight-year-old Seth Mullen.

For nearly five years, Seth and Ernie have been inseparable companions. Wherever Seth goes, Ernie follows, providing his owner with physical as well as emotional support. Seth, who has had cerebral palsy since birth, uses a wheelchair and communicates through a computer. This is also how he gives commands to his five-year-old German Shepherd Dog.

With Ernie's help, Seth is able to open doors, sit comfortably on the floor, and stand up confidently. "Seth cannot stand alone," said Michelle Mullen, Seth's mother. She explained that Ernie acts as a safety net. "If Seth starts to fall, he leans his body over Ernie, because he knows Ernie will be there."

In addition to helping Seth physically, Ernie boosts his morale. Without his faithful companion, Seth hesitates doing things, such as playing outside or being in crowds. "It has been a challenge to get Seth outside with the neighbor kids. But if he has Ernie with him, then it is okay. And when Seth is in crowded, strange situations, his hand is always right there, on Ernie, and Seth feels confident and safe," Michelle said. "If you ask Seth who his best friend is, he will say Ernie."

An admirer of Ernie's personality, Michelle commented, "Ernie has patience that exceeds mine. He is a very calm-natured, quiet German Shepherd Dog. He has been stepped on in restaurants, and he has never moved or yelped. Ernie puts up with a lot."

Sometimes, however, even Ernie needs time out, especially after a day of elementary school

with Seth. "When he comes home, you can just see that he has had it with little children, and he wants some peace and quiet in his backyard," Michelle said.

A reserved, bright boy who loves life, Seth showed a fondness for animals even at infancy, when his mother discovered that their pet's presence made Seth's rigid muscles relax. Then, when Seth turned just two years old, he began horseback riding as a form of therapy. The Mullen family, which includes Seth's twin brother, Cody, and their father, Dick, has further fostered Seth's love for animals by keeping lots of pets, including cats, hamsters, and fish.

One person who nurtures Seth and Ernie's bond is their veterinarian, Dr. Lucie Levy. In fact, she nominated the boy and his dog for the Indiana VMA Paws Award, which allows veterinarians to share their patients' accomplishments and recognizes the joy of the human-animal bond. Seth happily accepted that award at a ceremony in 1997.

According to Michelle, their veterinarian is extremely supportive and will go that extra mile. Whenever a medical problem arises with Ernie, she researches until finding an answer, something vital to keep the dog working. She does everything possible to avoid hospitalization of Ernie; however, if treatment is needed, she takes time to explain and re-explain, so that Seth understands what is happening.

In addition to having a caring veterinarian, the Mullen's attribute the success of Ernie and Seth's bond to Ernie himself. With undertones of pride in her voice, Michelle said simply, "Not every dog could do this."

(JAVMA, 2/15/98)

Dogs Saving Lives: Veterinarians Play Crucial Roles in Search-and-Rescue Groups

Five days into the search, rescue workers thought no one had survived an avalanche, known to have instantly killed several people at a Lake Tahoe resort. And if it weren't for Bridget, no survivors would have been discovered.

Bridget, a search-and-rescue dog, kept indicating that a human was located in a spot above the resort's kitchen. Believing strongly in her dog's searching abilities, Bridget's owner, Roberta Huber, had workers dig a 20-foot tunnel into the snow. As a paramedic crawled through it, pushing aside snow and debris, a human hand shot up. It belonged to Anna Conrad, the only survivor of the powerful avalanche. Buried alive for five days, Conrad had used basic survival skills—but even with these, there is only one reason she is here today.

"She is alive and well today *only* because of the search dog. There was *no other way*. There is no probe, no machine, no tool that would have found Anna Conrad," said Dr. Ben Ho, director of WOOF, the volunteer-based group in California that trained Bridget. The nonprofit group's purpose is to find lost people with trained dogs and then, provide medical aid.

Dr. Ho encourages veterinarians to support groups such as WOOF, located throughout the United States. "Veterinarians could have many significant roles in search-and-rescue work." They can help with everything from medical issues to dog training to caring for mission-related injuries.

Veterinarians play crucial roles from the very beginning of search-and-rescue work, according to Dr. Ho. This means choosing the right puppy. "The [puppies] with real

high drive and curiosity go to search work. They have to have good temperament and not have aggression in their background," Dr. Ho said. He explained that veterinarians with behavior expertise are extremely helpful at this stage. After all, choosing and training the wrong dog can have deadly consequences for lost or entrapped victims.

Once chosen, puppies as young as six months begin daily training with their handler-owners, eventually moving on to monthly search-tests in the wilderness for about 18 months. Then, there is "the test."

WOOF's annual test involves handlers and their dogs working side-by-side, searching for 'victims' in the wilderness. The dog's handler-owner, equipped with a map and compass, is focusing not only on clues, such as footprints, but, more important, on the dog's performance. "The dog's behavior, general demeanor, and obedience are all looked at strictly," Dr. Ho said. Finding the hidden victims during a certain period, sometimes half a day, becomes crucial. "Once the dog passes that [test], you are ready to go on search missions." About half the dogs pass the WOOF's initial test. Every year the dogs are retested, until they reach about 10 years old, when scent skills start deteriorating.

WOOF, founded in 1975, is one of approximately a hundred search-and-rescue groups in the United States. To learn how to volunteer for a group in your area, contact your local sheriff's department or public safety agency, which can direct you to local or state dog teams.

(JAVMA, 2/15/98)

**Don't Forget to Return Your Nomination for Officers Form
October 16th!**

Arizona AALAS Awards Presented

A special congratulations goes out to our two Arizona Branch award winners: Member of the Year - April Kern and Technician of the Year - Jessie Loganbill!

Both April and Jessie received their award at the Annual Dinner at the Doubletree Hotel on August 7, 1998.

April's nomination stated: April is the 1998 Secretary-Treasurer for the AZ AALAS - responsibilities include recording minutes at meetings, managing the budget, and organizing meetings and other activities. ALAT Certified and has taught ALAT certification. Attends AALAS meetings and functions regularly. Is currently assisting with preparations for the AZ AALAS Fall Symposium. Member of Site selection committee, etc. Co-presenter for a rodent necropsy/parasitology lab that will be offered at the symposium. She has been instrumental this year in getting all things done in the branch and always does so in a friendly and helpful manner. It is a pleasure to work with her not only in the group but in everyday work as well. She is a key member of the University Animal Care Diagnostic Services. She produces diagnostic antigen for all serology assays that are offered by the diagnostic laboratory performs all molecular diagnostic tests, and is a central figure in performing other research experiments, many of which involve working with animals. She has also participated in several presentations to local schools during National Pet Week. She is also cross-trained in most activities performed by the UAC Diagnostic Lab and therefore has experience with numerous test procedures performed on animals.

Jessie's nomination stated: Jessie is an extremely talented,

hard working, and dependable employee who plays a crucial role in many important functions of our department. She is a joy to work with and routinely puts forth tremendous effort to ensure the continued smooth operation of the diagnostic laboratory and the improvement of many components of the quality assurance program for the animal colonies and facilities. During this last year she has been instrumental in the redesign of the microbiological monitoring program, the purchase and implementation of several new items of equipment, and the validation and implementation of numerous serologic assays. Despite these additional responsibilities and an ever-increasing caseload, she consistently produces high quality results in an expedient manner. In addition to her responsibilities in quality assurance, she routinely interacts with research investigators and provides technical support for their research projects. She is also an excellent supervisor and treats everyone with who she interacts with respect. In the past two years she has been certified at both the AALAS ALAT and LAT levels and plans to take the LATg certification exam soon. Continuing education in the past year has included attendance at the National AALAS meeting and the Arizona Society of Histotechnology meeting. In addition, she regularly attends AZ AALAS meetings and UAC Comparative Medicine Seminars. In the recent past she has also coordinated a seminar series to teach American Sign Language to UAC personnel to better involve hearing and non-hearing employees through improved communication

TBR Corner

I want to thank everyone who volunteered so much time and effort to the Symposium. I have

heard many positive responses to the choice of speakers, especially the banquet speaker. The wolf story was both interesting and well told. I also want to thank all the poster presenters, their time and effort was well appreciated.

Not much else new. A number of people are on their way to the National meeting soon. Tim Martin is going to attend the TBR meeting for me this year. I will include any exciting news that he brings back in the next newsletter.

Don't forget to send in any abstracts or manuscripts you have accepted for publication. We would like to add this information in the newsletters.

That's all for now. If you need to contact me for any more information I am at (520)626-4707 or e-mail lbk@u.arizona.edu. - Leigh Kleinert, Technician Branch Representative

From the AALAS District 8 Leadership

The Midyear Session of the Board of Trustees (BOT) was held on 6/5-6/98 in Memphis, TN. We also toured the new office site and viewed plans. Below are action items approved: 1) St Louis = 2005 meeting, 2) create Exhibitor Advisory Committee (EAC) of Allied Trade Association (ATA) and other commercial AALAS members and exhibitors to act as a channel for communication, 3) \$15,000 for joint AALAS & ICLAS meeting in 2003 at Seattle - last done in Buffalo, 4) new branch = Sierra Nevada - WELCOME! - 49 branches, 11 in Dist. 8, 5) \$1,000 to develop a new logo - current logo belongs to NCAB, and stationary etc will be changed when move / also would like new logo for millennium / 50th - SEE WEB SITE FOR PREVIEW, 6) updated Policies and Procedures Manual (P&P) with changes due to action items approved in Anaheim,

7) \$3,500 to AALAS foundation to file for independent nonprofit status as a subordinate organization - this is to assure donors that contributions will be for educational projects and not funding for AALAS, 8) \$70,000 to develop CD-ROM of the new ALAT manual - note this was pitched for all manuals at Anaheim, but not approved pending business plan formulation - this will be a high quality educational tool like a CD on rodent anesthesia from Europe, 9) \$1,000 to Awards Selection Committee to update brochure to increase nominations, 10) five additions to SOP for National Meeting Program Committee: a) financial requests for presenters must be submitted at the time of abstract or go to BOT, b) the only set time slots at the national meeting will be for the Hunter and Rowe lectures, c) AALAS has the right to remove a poster or ask a presenter to cease, d) no reimbursement for expenses will be granted for presenters/coordinators who are members or exhibitors, e) allow private organizations/companies to sponsor, and will uniformly acknowledge, 11) revise SOP for Local Arrangements Committee such that there is no financial responsibility for the branch - no more branch buys gifts, they will merely make suggestions, 12) \$3,500 for honoraria for Dr. Robert Michler, a renowned cardiovascular surgeon, to give Keynote Address in Indianapolis, 13) \$10,000 for the ad hoc IACUC Training & Learning Consortium - will consist of members from ARENA, PRIMR, AWIC and others - to consolidate training and develop module like "Train the Trainer", 14) security check on national office employees - recommended by security consultant, 15) \$10,000 for GALA Celebration Committee for 50th year - ANY IDEAS?, 16) require sign off by P&P Committee + BOT

liaison on action items. Other items discussed: I) establishment of per diems for staff, board and committee members, II) creation of alcohol policy, III) addition of a Publications Committee liaison to the National Meeting Program Committee and additions to SOPs and P&P to facilitate development of presentations so that they can be submitted to CT or LAS, IV) Amend P&P to include ILAM - a draft was reviewed, but had not yet gone thru P&P Committee, V) develop a "Leadership Academy" - proposal will be given in Cincinnati, VI) majority vs plurality vote for officers - felt current practice of majority best even if requires run off, VII) status of AALAS Foundation fund raising with JRD - behind projections due to change in JRD rep. - will give presentation in Cincinnati let's increase science literacy!!!, VIII) encourage branch compliance with national guidelines for branch status - have not received a list of 1998 officers from the Utah and have not received membership rosters from: No. Rocky Mt., Orange Co., Oregon, Palms to Pines, Washington, or Utah - Contact us for more details - Peg Murphy-Hackley, DVM, Tim Lawson, DVM, Skeeter Georgenson

Grants Available for AALAS Certification

As the AALAS Certification Program continues to build steam with significant increases in number of inquiries, applicants and examinees, an exciting new program has been formulated. A generous benefactor, Washers International, has generously offered to fund a grant program for those interested in AALAS Certification. This program represents a fantastic opportunity for those who might otherwise have difficulty in paying for the cost of the examination.

The AALAS Exam Grant Program will cover the exam fee for one ALAT and one LAT candidate from each of the eight AALAS districts. This means 16 individuals could have their exam fees covered each year. Indeed, this is a generous act!

Specific criteria for eligibility are that the applicant must be an AALAS National member and that he or she must meet the requirements for the desired certification level at the time of the grant application submission. Failure to meet the requirements will cause the application to be denied.

To apply for a grant, individuals should submit three copies of 1) a completed Exam Grant Application Form, 2) a Letter of Application stating what level of certification (either ALAT or LAT) he/she is interested in, why that individual is deserving of the grant, how the individual will benefit from the grant and AALAS certification, and the individual's readiness to take the certification exam if selected, 3) a one page Reference Letter from an AALAS National member. More information can be found on the AALAS web page (<http://www.aalas.org>), Fax on Demand (901-754-2546, document #475), or by e-mail at (education@aalas.org), or by contacting the AALAS Education Dept. By phone at (901)754-8620.

Application materials should be sent no later than July 1, 1998 to: American Association for Laboratory Animal Science, Attn: Exam Grant, 70 Timber Creek Drive, Cordova, TN 38018-4233.

A blind review of grant applications and selection of recipients will be conducted by the Chair of the ATCB and two designated ATCB members. Successful applicants will be notified of their award by the Chair of the ATCB through the AALAS national office. Winners will be

announced at the AALAS National Meeting, on the AALAS web page, and in *Contemporary Topics*.

Recipients must complete the remainder of the exam application process within six months of being notified of their grant award (instructions will be included with notification of acquiring the grant). Once the exam application process is complete, an Authorization of Test letter will be sent to the recipient from AALAS stating the dates of a three month window in which to schedule and take the exam. If the exam is not taken within that time period, the recipient will lose the grant and will have to re-apply for the exam via normal avenues.

For further information, contact your district ATCB representative. District 8 - Dr Mike Rand, (520)626-6705.

AAALAC International Opens European Office

Institutions using research animals can now receive evaluation and accreditation services through Brussels location. AAALAC International (the Association for Assessment and Accreditation of Laboratory Animal Care International) has opened a second office in Brussels, Belgium, to provide evaluation and accreditation services to European institutions that use animals in research, teaching or testing. Effective immediately, the Brussels office will support AAALAC's two key programs: AAALAC Accreditation, and its new Program Status Evaluation service. Both programs are voluntary and are open to pharmaceutical and biotechnology companies, universities, hospitals and other institutions that use research animals.

The long-standing AAALAC Accreditation program includes an extensive evaluation and peer

review that provides a thorough, confidential assessment of an animal care and use program. Programs that meet or exceed AAALAC standards (which are based on national requirements and the principles outlined in the widely-recognized *Guide for the Care and Use of Laboratory Animals* published by the National Research Council, 1996), are awarded AAALAC Accreditation. More than 620 institutions in 10 countries have successfully completed the rigorous process of earning accreditation, demonstrating their commitment to responsible animal care and use. Institutions use accreditation as a symbol of accountability and assurance that animals are treated and used humanely. Because good science demands quality animal care, accreditation is also to assure the validity of research results.

AAALAC's new service, the Program Status Evaluation, provides an in-depth assessment of all aspects of an animal research program, including animal husbandry, veterinary care, institutional policies, and the facilities where animals are housed and used. Aside from providing a thorough review, the evaluation also helps institutions gain a better understanding of the accreditation process and where the stand in terms of meeting AAALAC requirements.

"Opening a European affiliate office complements the launch of our new Program Status Evaluation service. Both reflect AAALAC's commitment to reach out to international colleagues and assist them in learning more about the benefits of accreditation, and how it differs from-and augments-their local and national regulatory programs. Our hope is that by increasing the number of institutions participating in the accreditation and evaluation programs, AAALAC will assist in ongoing efforts to harmonize standards for animal

care and use throughout the international scientific community," said Dr. John Miller, D.V.M., executive director for AAALAC International.

A full range of information services will be provided through the Brussels office. Institutions seeking information and application packages for AAALAC Accreditation or the Program Status Evaluation service can call, e-mail or fax the office directly. Institutions already accredited can obtain the materials needed to maintain their accreditation. Request for general information on AAALAC's role in promoting animal well-being in science can also be directed to the Brussels location.

To contact AAALAC's European office, write AAALAC International, Avenue de Tervueren 402, 1150 Brussels, Belgium, telephone+32.2.761.66.78, fax+32.2.761.66.79, e-mail accredit_europe@aaalc.org, visit AAALAC's Web site at <http://www.aaalac.org>. All pertinent materials are currently available in English and French. Materials will be translated into other languages as such needs are identified.

Established in 1965, AAALAC International is a private, nonprofit organization that promotes the humane treatment of animals in science through voluntary accreditation and evaluation programs. Institutions seeking accreditation receive independent, expert assessments of their animal care and use programs. Those that meet or exceed applicable standards are awarded accreditation. Attaining and maintaining accreditation demonstrates a commitment to the responsible and ethical treatment of animals used in research, teaching and testing. More information is available on AAALAC's Web site at <http://www.aaalac.org>.

Lower Your Level of Stress

Stress can be an important cause of fatigue. Five techniques that can reduce your stress are:

Focusing - Take a stress inventory once a day to mentally review situations that may be stressful. Focus on what is keeping you from feeling more relaxed and mentally productive. This type of focusing improves your sense of control over stress and puts you in a better position to make positive changes.

Reconstructing - Think about a recent stressful situation then write down three ways it could have gone better. Learn from the situation so that if it should recur you can manage it more effectively.

Boosting your self esteem - This can be accomplished through activities you enjoy and can master. When facing ongoing stress, reading a book or playing a sport you enjoy can help you feel good about yourself and reassure you that you can still cope.

Establishing a better support network - Share both good and bad issues with a variety of friends. This is an effective means of receiving encouragement; it also allows you to release stressful emotions when necessary. You may need to expand your social support network and learn to confide more in others.

Mandating daily time for yourself - set aside at least 15 to 20 minutes a day of quiet solitude, whether this is a walk in the park in the early morning, or a retreat to a quiet place at work. Periods of reflection are necessary for fatigue management and for putting things in perspective.

(Appaalas News, March 1998.)

Office Clutter Leaves Little Room For Efficiency

Efficiency isn't paramount, but in-task completion, and through greater control, a growing sense of personal harmony.

Some managers and executives are responding to so many competing demands that they have become disheartened, overlooking the powerful weapon they have in their ability to take control. While jumping from one project or meeting to the next, they forget that they can de-clutter their work area to regain high productivity.

How wasteful is clutter? Executives lose approximately five weeks each year hunting for things they've lost, according to the newsletter Harvard Management Update (www.hbsp.harvard.edu). In 10 years clutter chaos can cost you almost a year of your life in the form of misplaced papers, files, notes, staple removers or paper clips.

The Cure. Many people procrastinate, allowing clutter to pile up and files to become disheveled. Clearing the decks may appear thankless, if not depressing, particularly if the process shows you how hard you've been working for little headway.

Grit your teeth and decide which projects to tackle and when. Reward yourself as you go along.

Tackle the most visible mess first to obtain immediate (motivating) rewards.

Prevention. Would you like to deny yourself a repeat of similar cleanups? You can, every day that you work. Here's how:

Think less about neatness and more about task control.

Don't allow yourself to walk into your office to find yesterday's mail. Process it the day it arrives.

After prioritizing your tasks, work on

the most important one first, until you finish it.

Watch out for excessive "time-stacking," which the newsletter Manager's Edge describes as engaging in at least two activities at once (www.combriefings.com). Parts of some projects you can delegate. Some you may even discard.

If you suffer from an internal "bad boss," give him the heave-ho every once in a while. Don't just wait until you're exhausted.

Are you leaving a lot of projects unfinished over a period of days or weeks? Break a bad habit that may have nothing to do with procrastination and everything to do with state of mind. Take a break. You're tired, in capital letters. Carve some space time into your schedule, leave your work behind you, and do something productive that won't remind you of your job.

Do you need a radical solution? Harvard Management Update suggests taking "five minutes before each hour to sort and put things away."

(AppAALAS News, March 1998)

Receiving Criticism Successfully

To receive criticism effectively, try these techniques:

Put your shields up. Immediately picture a protective shield surrounding you before you react. This buys you a few seconds to examine your critic's intentions. Should you explore the criticism further as a possible way to grow professionally? Or should you dismiss it as only a hurtful message?

Act like a coffee filter. If explore the criticism further, you

need to strain out the emotional grounds - the critic's fear or anger - from the facts. This allows you to respond only to the useful information and not the critic's emotions.

Pretend you're Sherlock Holmes. Don't rest until you get all the pieces of the criticism mystery. Ask for specifics. Example: "When you said the report was incomplete, exactly what did you mean?"

Say "No you're right." It's a lot easier to say than "I'm wrong." - Mel Ann Coley, Coley Training and Development

Infectious Agents

Infectious agents in laboratory animals can be of major concern to the research community. Studies and long-term projects rely on healthy animal models for meaningful data. Early detection of infections by routine screening prevents loss of time, money and also helps secure accurate research data.

In this and future articles, Charles River will provide information about the infectious agents for which we test. In this issue, we discuss the important zoonotic agent lymphocytic choriomeningitis virus (LCMV).

Agent: Enveloped RNA virus, family Arenaviridae, genus *Arenavirus*.

Characteristics of Infection: Wild mice are the principal reservoir hosts, but laboratory animals and humans are susceptible to the virus. Rodent infections are typically asymptomatic, but disease signs vary depending upon the virus strain, the mouse strain and the age of mouse at the time of infection. Only mice and hamsters readily transmit LCMV to other species, shedding virus in the urine, saliva and milk. In mouse colonies, transmission is initially horizontal,

but once infection is enzootic, the intrauterine route is used exclusively, and with near total efficiency.

Public Health and Research Implications: LCMV infection can cause serious and rarely, fatal disease in people. LCMV has been found to contaminate biologic materials, including transplantable tumors, cell lines, and virus stocks including leukemia, distemper, rabies and mouse poliomyelitis virus.

Diagnosis: As natural rodent infections are generally asymptomatic and human infections result in nonspecific clinical signs, they are best diagnosed by virus isolation/detection and serology. Specimens for virus isolation include blood, body fluids and tissues. When testing hamsters, kidney and urine specimens are important. Virus isolation should be performed on colonies that are seldom monitored and may be enzootically infected.

Serology is most effective for routing monitoring of rodents and the diagnosis of LCMV in humans. Methods include complement fixation (CF), neutralization test (NT), indirect immunofluorescence assay (IFA), radioimmunoassay (RIA), and ELISA. ELISA and IFA have replaced the less sensitive CF and NT. RIA is the most sensitive, but not routine.

Eradication: The entire stock of animals should be destroyed and incinerated. Cages and other equipment exposed to the animals should be autoclaved. The animal room should fumigated with formalin or paraformaldehyde and allowed to remain vacant 7-10 days.

If you would like further information about laboratory animal health monitoring programs call Charles River's Technical Assistance at 800-338-9680.

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