



# Arizona Branch AALAS Newsletter

Vol. 16 No.1  
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Arizona Branch of the American Association for Laboratory Animal Science

## Meet Your 2003 Board Members and Help Us Congratulate the Member & Tech of the Year

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#### Arizona Branch AALAS Newsletter

Arizona Branch AALAS

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### Presidents Message

#### Past President's Farewell

I would like to thank everyone in AzAALAS for a wonderful year. Our Videoconference's were great successes with outstanding speakers: Dr. Stuart Williams, Dr. Mike McGarry and Dr. Tim Martin. The summer event at the AZ Sonora Desert Museum was a fun and interesting time for all who were able to attend.

Arizona also had an outstanding representation at the National AALAS this past fall, with the highlight being our very own Kathy Stollberg-Zagar as Outstanding Technician of the Year. Congratulations once again to Kathy! To all those Technicians out there – "Keep up the great work", we need to keep those nominations going!

Due to military commitments, I am sorry I was not be able to join you all, but I know the winter party and Installation meeting was enjoyable for everyone. Dr. Martin throws a great party, and the large number of items for the Louise Brooks Memorial Raffle benefitting the Children's center made it a fun and successful venture for us all – a total of \$650 was collected for donation to the fund.

We need all members to assist with the upcoming Spring Symposium on April 11<sup>th</sup> in the Phoenix area. If you are interested in getting involved and being on a

committee or interested in being a presenter, please let a Board member know as soon as possible. Make sure to mark your calendars!

Thank you again for a wonderful year and I look forward to seeing you at future meetings. Paula Johnson - 520-621-3483 or ([pauladj@email.arizona.edu](mailto:pauladj@email.arizona.edu))

**We have a new Spring Symposium webpage link on the [www.azaalas.org](http://www.azaalas.org) website. There are abstract and registration forms there so go take a look and hope to see you all in Mesa on April 11, 2003!**

### AZAALAS Meeting Calendar

#### Board Meetings

February 14 12 -1 p.m. - CAF  
March 14 12 -1 p.m. - CAF  
September 19 12 -1 p.m. - CAF  
November 14 12 -1 p.m. - CAF

#### General Meetings

Symposium - 4/11/03 Mesa  
Summer Fun Event, Flagstaff- TBA  
Fall Meeting with Speaker - TBA  
Holiday Installation Event - Tucson

## 2002 AZAALAS Awards

### Technician of the Year Nominees

**Scott Cannon** - He is an outstanding and dedicated technician who deserves to be recognized for the efforts he puts forth on a daily basis. He serves as liaison for husbandry care, cagewash and quality assurance and expertly performs his duties. He learns new duties quickly and accepts additional responsibility willingly. He performs his duties efficiently and frequently suggests changes that will improve procedures. He is a dependable and punctual employee.

**Jeri Ellis** - Jeri has done her best not only to help others is always looking for ways of helping the animals. She goes to seminars, attends training and keeps an open mind about new and innovative ways to improve care and enrichment has acted as treasurer this year and has always done a wonderful job getting others involved and trying to round up new members. She talks to technicians and shows real interest in their work and ideas. She is a very giving person who works diligently to improve not only the animal care but also the motivation of husbandry staff. She is a very outgoing person who does her best for her coworkers and animals.

**Cheryl Johnson** - Cheryl handles herself in a very professional manner. She is wonderful to work with and is always open to new ideas and suggestions and comes up with many good ideas of her own. She treats her staff, coworkers, investigators and their technicians with great respect and is respected in return. Cheryl will pitch in to do animal rooms when

she is short of staff. She has sat on various committees here at UAC. Her staff is comfortable going to her with their problems or concerns. She is a problem solver and is she does not know an answer she makes the effort to find one. Cheryl will take on new projects while not compromising her daily tasks. She has worked in the lab animal care field for over 19 years and is constantly improving her knowledge in this field by continuing education through seminars and by reading various lab animal magazines and newsletters. She attended the ILAM class to improve her management skills. Cheryl continually encourages staff to take certification exams. She is organized and always gets the job done. A constant goal of hers is to improve existing way of doing things and designing new methods to make tasks easier/more efficient.

**Jessie Loganbill** - Jessie has presented lectures and has participated in outreach programs to local schools and co-presented both lectures, posters and wet labs at the AZ AALAS events. She has been certified at all three AALAS levels. Continuing education is something she continually works on and this includes attendance at the National AALAS meetings and the Arizona Society of Histotechnology meetings. In addition, she regularly attends AZ AALAS meetings and UAC Seminars. 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.

**Olivia Maxon** - Olivia was hired to work in the surgery area of UAC and ran this area with minimum supervision when her supervisor became ill and was out for 4 months. She stepped up and ran the area on her own when the supervisor quit her position. She took on additional

tasks including supervising and training students. She took on these additional duties without complaint and in a professional manner. She has maintained a high standard for which the surgical section is known. Olivia is interested in advancement and works to improve herself through classes and preparations for AALAS certification. She participates in the National Pet Week and Pet Food Drive.

**Bob Perrill** - Bob is currently a board member of AZAALAS. He attends AALAS functions and helped with the 2001 Symposium and attends meetings locally. He arranged for the Desert Museum tour for the branch this summer. He passed the AALAS Technologist exam and made available questions, notes, and tests for other UAC personnel to study for exam. Bob is a terrific individual who readily offers to help. He takes on extra duties to lend a hand when UAC has been short staffed. He makes sure personnel and animals are taken care of well. Bob continues to strive for advancement through courses and exams and has shown an interest and aptitude for research.

### Winner - Larry "Skip" Moe

Skip has been one of the main stalwarts of the animal care and use program at the Mayo Clinic Scottsdale facility. He routinely brings a mature perspective to the workgroup and can be relied upon to contribute novel ideas to solve problems. Though several of the animal care technicians of the facility are worthy of consideration, he repeatedly distinguishes himself as one who goes about his business quietly and effectively, yet vocal on those issues that affect the health and welfare of the animals within our facility. When

considering the guidelines for this part of recommendation such as aspects like character, personal habits, interest in advancement of self and animal care, job efficiency, and overall knowledge of laboratory animal science, he evidences these daily. He is able to work with everyone on the staff and represents the kinds of animal care technician that make the unit safe, effective and efficient.

### Member of the Year Nominees

**Jane Criswell** - Jane is always willing to find extra help, lend a hand or arrange something. She puts in a lot of hours and effort for the branch. She is a member of the editorial committee for the AZAALAS branch as well as the CFAAR Arizona group. She helped to get the Buyers Guide published this year. She is always willing to be involved the Pet week festivities and has gotten involved in other animal related programs. She is a genuine animal lover who works to improve their situations. She is a member of the editorial board for the AZ CFAAR organization

**Jeri Ellis** - Jeri is the treasurer of the branch and from what I have heard, has done a great job. She has also made it a point to get more of the animal technicians involved in the branch. She has approached many of the technicians and has explained what AALAS is and has gotten them interested in joining. I think that the branch has definitely benefitted from her efforts. She is also a very pleasant person to deal with. Jeri really seems to want to learn more about how to do her job better. She really cares about her animals and is always looking for more information to provide a better environment for her animals. She has read books

during her free time and has really pushed for more environmental enrichment for the monkeys. It is refreshing to see her enthusiasm for her work.

**Bob Perrill** - Bob has been a board member of AZAALAS and has always tried to attend all meetings and offer some assistance. When he is unable to attend, he always sends word and any suggestions he has for the meeting ahead of time via email or phone. He was instrumental in getting our summer fun event organized this year. He has worked with animals for years and work in the UAC surgery area for some time. He has been a docent at the Arizona Sonora Desert Museum and shows a keen interest in animals as well as coworkers.

**April Wagner** - April has been an officer of the branch and is always willing to lend a hand. She attends AALAS meetings and functions regularly. Co-presenter of several posters and has been an assistance in wetlabs. She has been a member of the editorial boards for AZAALAS and CFAAR Arizona newsletters for several years and always does so in a friendly and helpful manner. She has also participated in several presentations to local schools during National Pet Week. It is a pleasure to work with her not only in the group but in everyday work as well.

### Winner - Grace Aranda

Grace works tirelessly to run AALAS. She gives so much of herself and her time. She always does more than her share and goes the extra mile for the branch. She has been a member of the board and an instrumental person in the everyday running of all aspects of this branch. She is a founder of the CFAAR group as well as its editor and coordinates activities for the SwAEBR organization. She is webmaster for

several animal related websites. She is always positive and pleasant to work with. She continues to provide whatever support is needed for the Arizona branch and is an extremely hard worker for the organization. She is a motivator to get others involved and active.

### Oh, the Places You'll Go... a Veterinarian in Space

*After a particularly trying day in the classroom, you may wish you could escape — not to your home or into a box of chocolates, but to place far, far away. Maybe you've even joked with colleagues about going to Mars and never coming back.*

*If you can identify with this, then you just might envy Dr. Richard (Rick) Linnehan of North Carolina State University who knows a little something about escaping into the stars.*

*Linnehan, a visiting assistant professor of companion animal and special species medicine at NCSU's College of Veterinary Medicine and the first and only veterinarian accepted into NASA's astronaut corp, recently took part in his second space shuttle mission — the Neurolab.*

*But for all practical purposes, this mission was anything but an escape from Linnehan's work.*

### Neurolab: The Big Picture -

On the afternoon of April 17, 1998, NASA sent seven astronauts and more than 2,000 animals and insects into space on the Neurolab mission. Unlike most NASA missions, which focus primarily on physical science research, Neurolab dealt entirely with the life sciences in its examination of the effects of microgravity (or a lack of gravity) on human and animal nervous systems.

The Neurolab crew conducted 26 experiments on the mission —

eleven on themselves and 15 on the animals and insects.

When the space shuttle Columbia, which housed Neurolab, landed May 3, the crew emerged with an abundance of scientific data that will help answer questions about gravity's effect on the development of the nervous system. These questions have puzzled scientists for years because their answers lay only in experiments conducted in an environment without gravity — an environment like space.

Before the Neurolab mission, scientists wondered:

- q. Is gravity necessary for normal development?
- q. How do muscles and their neural connections develop without gravity?
- q. Are there critical periods in development when gravity is essential?
- q. Will animals walk properly if these skills develop in space?

Finding the answers to these questions is important as scientists try to determine whether humans could exist in outer space on a long-term basis. In fact, Neurolab is considered a precursor to NASA's next step in space-based research — the International Space Station.

This station would require astronauts to perform studies in space for 30 to 90 (or more) days at a time. Developed by scientists from the U.S., Russia, Japan, Canada and Europe, the International Space station is scheduled to begin in 1998.

**Neurolab: The North Carolina Connection** - Working with animals and being an astronaut are nothing new to Richard Linnehan, doctor of veterinary medicine. A graduate of the Ohio State University College of Veterinary Medicine, Linnehan joined the faculty at the NCSU

College of Veterinary Medicine in May 1997. Before coming to NCSU, NASA selected him in 1992 to become an astronaut. Linnehan took his first space flight in 1996 on the Life Sciences and Microgravity Spacelab (LMS) mission, which served as the model for future space studies like Neurolab.

As the only veterinarian on board a space shuttle with more than 2,000 insects and animals, Linnehan proved himself an indispensable crewmember on the Neurolab mission. For example, when 55 baby rats died suddenly during the mission, Linnehan played a crucial role in saving the lives of the surviving rats. After setting up a critical care unit for the remaining rats, he gave the other mission specialists a crash course in veterinary emergency medicine. Together, the crew fed, warmed, washed and dried the rats one-by-one to keep them alive.

Linnehan, who specializes in marine mammal science, also took time out from his busy Neurolab schedule to share his experience with NCSU. On the 12th day of the mission, Linnehan participated in a video down-link with NCSU students and College of Veterinary Medicine faculty, where he was able to answer questions about the Neurolab research such as:

- q. Is the connection between the eyes and the vestibular system that you are testing also involved in why people get seasick?
- q. Which adapts to microgravity first, the inner ear or the brain, and how long does it take for this to happen?

After the shuttle landed, Linnehan, the crew and the animals took part in post-flight experiments. While he does not know yet when he'll return to NCSU, Linnehan knows he won't be taking another space flight for at least two years. (For information about hearing a talk by

Dr. Linnehan, check out our website where we have information on the AZAALAS Spring Symposium.)

**Neurolab: The Human connection** - Understanding gravity's effect on the nervous system and its development is an issue important to all humans.

**Benefits for astronauts** - For years, crewmembers returning from space have experienced difficulty in maintaining their balance and standing upright. Muscle mass and strength are reduced post-flight, and astronauts tend to sleep poorly. These problems reflect major changes to the nervous system that took place while in space. Scientists must figure out why these changes take place before humans will be able to exist in space on a long-term basis.

**Benefits for non-astronauts** - Neurolab will also provide valuable clues to the neurological conditions that affect non-astronauts. For example, the mission studied melatonin, sleep and respiration in an attempt to develop a safe and effective hypnotic treatment for insomniacs. Other Neurolab experiments may provide insight into balance disorders such as dizziness and other disturbances in motor function. Furthermore, a Neurolab study of autonomic regulation could also contribute to an understanding of hypertension and other disruptions to blood pressure control.

As part of the mission's human experiments, four astronauts inserted tiny electrodes directly into the nerves behind their knees to record the signals from the brain that control blood pressure.

The astronauts also tested their reflexes by trying to catch a ball that was propelled from a machine in the shuttle. Linnehan said the

crew found that their reaction times in catching the balls were faster after the mission than before.

**Neurolab: The Animal Connection** - To help answer some basic questions about the neurological and behavioral changes that occur in space, the astronauts brought along 1,514 crickets, 135 snails, 152 rats, 229 swordtail fish, 4 oyster toadfish and 18 pregnant mice for use in the mission's experiments.

These animals were used in studies that will provide important information about the biochemical, cellular and molecular mechanisms that underlie neurological phenomena. The animal research included dissecting some of the rats both during and after the mission. Tissue samples collected from the on-flight dissections were analyzed to see how brain and nerve cells responded to the absence of gravity. Tissues from the rats dissected post-flight were analyzed to pinpoint the initial changes that took place when a space-adapted animal returned to the tug of the Earth's gravity.

Fish, crickets, snails and other rodents carried aboard Columbia were used for behavioral studies as well as additional dissections in the post-flight experiments.

Studying these animals is important, both for human medical progress and animal medical progress, Linnehan said in an interview after the mission.

"Virtually everything we've learned about human research has come from animal research.....Animals and humans are inter-twined. Without animal research, we wouldn't have insulin, blood-typing and surgical techniques. And sometimes the animal research is for animals -- it

trickles-down to how we treat our pets for illnesses."

And while the media focused much attention on the fact that 55 rats died unexpectedly during the mission, Linnehan said Neurolab produced valuable scientific data that will help researcher for years to come.

"The mission was actually very successful in terms of the animal and the human research," he said. "A lot of the rats that died were in the control group, or were part of the back-up control group. We had to do some switching around (of the rats), but we were still able to get about 95 percent of the primary science (data) out of the remaining rats. That was a lot more than we first thought."

**NASA Guidelines for Animal Research** - **1. Respect for life**—animals used in research should be of the appropriate species and health status. Alternatives to animal research should be considered and used whenever possible; **2. Societal Benefit**—the societal benefits from animal research are always weighed against the harm to the animals when an animal study is approved; **3. Nonmaleficence (no excessive harm)**—distress, pain and suffering should be minimized for the animals in all studies. - (Article from NCABR Connect, Fall 1998)

AALAS Campus to Become AALAS Learning Library

In the spring of 2003, AALAS Campus will be converted into the AALAS Learning Library, or ALL. ALL will provide an expanded selection of lab animal science courses for an affordable price.

ALL is built on software developed for the U.S. Department of Veterans Affairs under the direction of Dr.

Michael Fallon. In October 2002, AALAS and the VA finalized an agreement that permits a sharing of this software and collaboration in its future development. The agreement with the VA will have a direct impact on keeping our costs down in course development, which in turn will keep the fees low for registration.

If you are already an AALAS Campus user, your training records will be moved from the Campus to the new Learning Library. If you have time remaining on your registration in the Campus, you'll be automatically given a free limited-time enrollment in the Learning Library and access to the courses of the AALAS Library. This will give Campus users the opportunity to take some new courses in lab animal topics.

For more information about pricing and features of the new AALAS Learning Library, go to [http://www.aalas.org/whats\\_new/AALAS\\_Learning.htm](http://www.aalas.org/whats_new/AALAS_Learning.htm)

## Minutes of the Past Meetings

### Minutes of the 9/26/02 Board Meeting

Meeting began at 12:20 p.m. The meeting was held in the conference room of the Central Animal Facility at the University of Arizona in Tucson.

Secretary Grace Aranda had copies of the 5/24/02 board meeting minutes. The minutes were approved as presented.

Treasurer Jeri Ellis presented the financial report.

President Paula Johnson updated us on our Spring symposium. Plans are still holding on Dr Linehan's schedule at NASA. His schedule is normally not

planned until 3 months out but Paula will contact Jim Corcoran to speak to him personally and we hope to get a date planned. Grace will be doing a tour of the San Marcos hotel in Chandler and contacting a few other hotels in the Tricity area so we may determine where to hold the event.

Paula mentioned the Fall video conference. President elect Tim Martin has found two speakers, Dr Michael McGarry and himself, for the event. The meeting will be October 21 from noon to one. Their topic will be: Dress for Success - appropriate dress in a rodent room. Grace will put it out to the listserv and post it to the website.

Grace reminded the board to review the website for this meeting. The website was approved with some suggestions for improvements to add word tags for navigation. Grace will look into updating this.

The Arizona branch has received a letter from the AALAS Foundation regarding our grant proposal. They declined to fund us as they believe the video conferences are already working and therefore are not a new project.

Grace reported that our membership number has grown to 136 this year.

Grace reported that the membership dues survey of AALAS branches has been completed and a report was distributed. The majority of branches reporting have individual membership dues of \$10 and offer much the same benefits as we do. The board has been discussing raising dues for the first time in 17 years to cover the higher costs of video conferences and other rising costs and lowered funding by

vendors. It was agreed that we will raise our dues for 2003 to \$10.

Grace reported that the Buyers Guide has been completed and is being mailed. We received 27 paid ads this year. As we put the guides together ourselves this year we saved money on printing costs.

Paula reported that April Wagner will attend the Leadership Academy at the National meeting in San Antonio in October as a representative for AZAALAS.

Paula reported that Glenn Horlick from Rees Scientific has expressed an interest in becoming more involved in the Arizona branch. The board agreed to have Glenn and Paul Chavez share the ad hoc liaison position on the board.

Nomination forms for officers and awards will be going out soon. We will be replacing several positions and instituting the central area board position this year. The board is encouraged to submit their own forms and motivate others in their area to do the same. Nominations are due 10/28/02. Ballots will be distributed the first week in November and should be returned a couple days before our next board meeting on 11/14/02.

The meeting was adjourned at 12:45 p.m.

### **Minutes of the 10/21/02 General Meeting**

Meeting began at 11:15 a.m. The meeting was held via video conference between the UA, Mayo Clinic Scottsdale and W.L. Gore & Associates.

President Paula Johnson welcomed everyone to the meeting and conducted a short business session before our speakers. Paula pointed out that there was a sign in sheet at each site so that we could

take attendance. She stated that there was refreshments at each site and thanked Mike McGarry, Karen Grundman and Grace Aranda for making arrangements for the meeting. Paula reminded everyone that ballots and raffle tickets would be out soon and to be sure to get those in on time. She thanked Drs McGarry and Martin for making time in to speak to us.

Drs Mike McGarry and Tim Martin spoke to us on "Dress for Success - Appropriate clothing in a rodent room."

The meeting was adjourned at 1:00 p.m.

The AALAS Foundation – It Ain't AALAS but....

Look at the AALAS posters and educational materials available to you and other branch members as you explain your job to others. Look at the AALAS web-based training opportunities for you and kids to learn more about why laboratory animals are such an important part of research, testing and education. Look hard and you will see that your AALAS Foundation has sponsored many of these items.

The AALAS Foundation wants to do more to help our AALAS branch members get out the word about the importance of their work – be it to family, children, teachers or any other member of the public. Several local branches or organizations have received funding for great ideas to help get out the word to their community.

In Pennsylvania through a Foundation grant busloads of

school children are carried to research facilities where AALAS certified technicians care for animals in excellent programs of research. In New Jersey, with our support, a poster explaining to classroom children the importance of good animal care is being developed. In Washington State, public awareness information partially funded through the Foundation is reaching senior citizen centers, libraries and hospital waiting rooms. In Ohio, Foundation copy righted issues of BIOSTARS are getting to local schools. In North Carolina State, teachers are to get updated curriculum manuals, which describe our work with animals in a positive light.

What is the Foundation doing at your branch? This depends on you. We are looking for grant proposals with innovative and untried ideas that your branch will implement and the Foundation will fund. Check out the grant information on our [web site](http://foundation.aalas.org/) - <http://foundation.aalas.org/>.

By developing useful outreach or educational programs you too can support the Foundation. Your help in gaining donations necessary to develop grant funding is also a way of showing your individual and branch support for the Foundation. Your support at either the giving end or the receiving end of the funding process is valued by all the AALAS members across America who daily ensure the appropriate care and use of laboratory animals.

## SwAEBR Essay Contest

SwAEBR - **Southwest Association for Education in Biomedical Research** - was formed with the specific mission of developing and implementing a strong proactive campaign to educate school children, as well as the general public, in the vital role biomedical research plays in our everyday lives. SwAEBR disseminates information to improve the public's understanding of how responsible research has led to significantly improved health care for man and his animal companions.

**ESSAY CONTEST: Win a Paid Summer Internship!** SwAEBR sponsors an essay contest each year for high school students. Winners in the Flagstaff, Tucson and Phoenix metropolitan areas receive a paid summer internship, which could range from 6 to 10 weeks, dependent on student and institution schedules, working in a research lab in one of the following institutions: Arizona State University, Barrow Neurological Institute at St. Joseph's Hospital, Harrington Arthritis Research Center, Mayo Clinic • Scottsdale, Northern Arizona University, • Sun Health in Sun City, or The University of Arizona. Winners from other high schools in the state receive a cash award of \$150.

**The topic of the essay is:**

**"How Has Biomedical Research Using Animals Benefitted a Pet, You, or Someone You Know?"**

All high school students in public, private and parochial schools are eligible, providing they will be **16 years of age** by the start of the summer internship.

**Entries for the 2003 contest must be postmarked no later than March 24, 2003.**

The purpose of this contest is to help identify and recognize students who can demonstrate superior understanding of the scientific process used in research, the importance of the use of animals in the medical and biological sciences, and who can artfully communicate that understanding in writing. All entries are judged on the basis of scientific accuracy, logic, originality, creativity, command of the English language and an understanding of the scientific process and the importance of use of animals in research.

Submit essays in standard English with a bibliography that must cite several different references (may include documented oral sources). Essays should be typed on 8 1/2 x 11 white paper, double-spaced and not to exceed 750 words.

Submit a coversheet followed by two copies of the essay.

There should be **NO** identifying information on the essay except for the title.

**The coversheet must include the following information:**

Title of essay

Student's name, age, grade level, home address, home phone, and e-mail

Teacher's name and e-mail, school name, school address and phone number

Each essay should be the original work of the student who enters.

**For more information about the essay contest, go to [www.swaebr.org](http://www.swaebr.org)**

**or email [swaebr@ahsc.arizona.edu](mailto:swaebr@ahsc.arizona.edu) or call (520)621-3931**

## Sponsors Page

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

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