

URI Informed

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THE URI EMPLOYEES' NEWSLETTER

URI \$125M Engineering Bond -- Vote Yes on Nov 4!

On November 4th, 2014, Rhode Island voters will weigh in on what the state's General Assembly has already endorsed: a \$125-million bond for URI's new engineering facility. Passage of this historic bond initiative will allow the University to upgrade outdated classrooms and laboratories, most of which are at least 50 years old, to match the outstanding caliber of teaching, research, innovation, and discovery in the College of Engineering.



A major force "engineering" these changes is Dean Raymond Wright. Wright is quick to cite examples of how engineers have changed the course of history. "What one thing, if you leave it at home, would you go back for?" he asks. "Your phone!" It is no secret that most major technological changes in our history have involved engineers. "Innovation is what we teach here," Wright says.

Bliss Hall has been Dean Wright's home for his entire 33-year career at URI. As he describes what will be a transformational moment in the history of the College, he uses the model resting on a conference table in Bliss to point out the finer details of the proposed complex, and explains that upon its completion, Bliss will serve as the gateway to the new facility.

Ballinger, of Philadelphia, conducted a comprehensive review of each current URI engineering structure to determine its value. In the 1950s and 1960s there were about 400 students in engineering. The structures were built to accommodate about twice as many stu-

by Melanie Coon
dents. Today there are more than 1300 undergraduates in engineering.

From both a cost and environmental standpoint the buildings cannot be refitted, so Crawford, Kelley, Kelley Annex, Gilbreth, and Wales halls will be demolished. Kirk will be renovated. A new 195,000-square foot facility adjacent to Bliss Hall will replace the flat-roofed, cinderblock buildings that have housed the COE since the late 1950s.

Engineering continues to attract amazing students thanks to strong traditional programs

continued on page 3



Raymond Wright

photo by Nora Lewis

THINK BIG  WE DOSM



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Nancy Gillespie, Editor
Charlene Dunn, Assistant Editor

Editorial Board

Michelle Curreri

Contributors

Laura Kenerson

Joy Lewis

Kathie McKinstry

Jhodi Redlich

Diego Jones

If you have a suggestion for an article about a co-worker or colleague, or perhaps information about an event, or simply have an interest in being involved with the newsletter, you may send your request to:

URInformed, 73 Upper College Road,
Kingston Campus

or contact us by e-mail at:

NGillespie@uri.edu

The editorial board reserves the right to select the material printed and to edit it to conform to space restrictions.

Please get involved! This is your newsletter and we need your support to make it work.

URI is an equal opportunity employer committed to the principles of affirmative action and values diversity.

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College of Engineering Facts & Impacts

90% 2013 College of Engineering graduates employed or in graduate school

39% increase in enrollment since 2003

18% increase in enrollment if new building approved

40% increase in classroom and research space in new building

4,000-plus URI engineering alumni living in the Ocean State

73 patents awarded to Engineering faculty in last decade

28-plus firms founded in Rhode Island by URI faculty and alumni

\$142 million in Rhode Island gross product generated by College of Engineering annually

317 jobs to be created in construction fields as a result of building new facility

Engineering Bond....continued from page 1

like electrical, civil, and mechanical, plus unique programs like pharmaceutical engineering, chemical engineering, biomedical engineering, and ocean engineering (one of eight such programs in the entire country). The International Engineering Program (IEP) is 27 years strong and remains one of the most innovative programs in the country.

And engineering majors graduate with jobs. More than 750 Rhode Island companies -- including Amgen, FM Global, General Dynamics, Gilbane, GTECH, Hasbro, Raytheon, Stanley-Bostitch, Taco, Teknor Apex, and Toray Plastics (America), Inc.-- employ URI engineering alumni. Wright notes, "The companies come back every year. They are confident in our students' abilities."

After the bond passes and the facilities are built, an additional \$25-\$30 million will be raised for competitive start-up packages to attract young faculty to URI -- and keep them here. This "future fund" will also pay for core laboratories and research equipment. Toray Plastics (America), Inc., has already pledged \$2 million toward the future fund.

Wright sees the new facility as much more than classroom and laboratory space where the theoretical and hands-on will come together. He imagines a place where engineers can build community. "What gets me up in the morning? When I retire this building will be done. Then I can look ahead and see what engineering will be for the next 50 years."



URI Alton Jones Campus Creates Studio for Yoga, Meditation Retreats

by Todd McLeish

Yoga teachers in Southeastern New England wishing to bring their classes for an overnight yoga and meditation retreat now have the ideal setting: the Whispering Pines Conference Center at the University of Rhode Island's W. Alton Jones Campus in West Greenwich.

Staff at the conference center renovated a former meeting room into an elegant yoga studio that can accommodate 25 students, and additional meeting rooms can easily be converted into space for another 160 yoga students.

"We've created this space specifically for yoga studios seeking to do something extra special for their clients," said Ann Marie Evans, conference coordinator at Whispering Pines.

"The campus is the perfect place for yoga. It's a peaceful and serene environment that makes it easy for people to get away from their daily lives."

The new 810-square-foot studio includes new hardwood floors, vibrant blue walls and a large window overlooking a pine forest.

"Our intent was to make it as aesthetically pleasing as possible and conducive for meditation and yoga," Evans said. "Yoga teachers can bring their classes, stay over night, eat our wonderfully healthy food, and enjoy the hiking trails and other campus amenities."

The idea for the yoga studio came from Maria DiSano, the interim director of the W. Alton Jones Campus, who visited a yoga retreat in Western Massachusetts last year and suggested that the campus would be the perfect home for a similar facility in Rhode Island. The practice of yoga has grown into a nearly \$3 billion industry in the United States in recent years, with more than 16 million practitioners.

Evans said the URI yoga studio will not host its own yoga classes or compete with commercial yoga studios in the area. Instead, yoga teachers are encouraged to plan retreats at the facility for students who are looking for more than a typical one-hour yoga class. She has invited yoga teachers from throughout the region to visit the campus studio, and many have already expressed interest in scheduling yoga retreats there later in the year.

"Whispering Pines is a magical place. You feel instantly connected to nature. It is a perfect place for a yoga retreat," said Joan Dwyer, owner of All That Matters Yoga and Holistic Health Center in Wakefield.

Those interested in learning more about the yoga studio at the Whispering Pines Conference Center or scheduling a yoga retreat should contact Ann Marie Evans at aevans@mail.uri.edu or 401-874-8102.



Photo by Michael Salerno Photography

Instructors from Simplify Yoga in Coventry practice yoga at the new studio at the URI Whispering Pines Conference Center.

Building a diverse, inclusive, equitable and socially just University

The Office of Community, Equity and Diversity flourished during the summer by strengthening collaboration within all of its units and the University. We would like to acknowledge some recent news and events that highlight the continued progress being made at our University:

- **Building a more diverse workforce:** We celebrate the recent recruitment of coach Dania La-Force (<http://gorhody.com/sports/w-baskbl/2014-15/releases/201405072b9umd>) to lead our women's basketball team, and others who add to the rich diversity at URI.
- **Filling the positions for director of Community and Organizational Development and director of Diverse Faculty Recruitment and Retention,** remain top priorities for the office.
- **Building safe spaces:** Significant progress has been on construction of the LGBTQ Center on Upper College Road. URI is the first institution of higher education in the country to design and build a free standing LGBTQ Center.
- **Welcoming the world:** We were happy to support the URI Center for Nonviolence and Peace Studies, by welcoming international guests and scholars to its 13th Annual Non-violence Summer Training Institute. We also enjoyed participating and welcoming our new students and their families during orientation.
- **An Engaging Summer:** Our office has worked with the University Wide Equity Council members, diversity committees and commissions, as they contribute to the formation of a Diversity Strategic plan for URI. These efforts and more will continue through the new academic year.

Updates will be posted to the Office of Community, Equity and Diversity website:

<http://www.uri.edu/diversity/>

Stay tuned!

Affirm. Engage. Do Justice.



Princeton Review Names URI One of Nation's Green Colleges for 5th Straight Year

URI ranked highest among all of state's colleges and universities

by Dave Lavallee

The University of Rhode Island has been included in *Princeton Review's Guide to 322 Green Colleges* for the fifth straight year.

The rankings, which were announced earlier this spring, put the University in the top spot in the state with 95 points out of 99. URI's score jumped three points from last year.

Brown University earned an 89 and Roger Williams University earned an 87. The scores for schools that were not included in the guide were: Bryant University, 76; Salve Regina University, 72; and Providence College, 69.

"This ranking is a recognition of what the University has been doing for a long time," said Marsha Garcia, the University's campus sustainability officer. "For us to attract the best and brightest students, URI needs to demonstrate how central sustainability is to its campus culture and how important innovative practices and sustainability systems are to this University. It's then our responsibility to make sure students have command of the principles of sustainability when they graduate so they can incorporate them into their lives."

Rob Franek, senior vice president and publisher of *The Princeton Review*, said, "We are pleased to recommend URI to the many students seeking colleges that practice and promote environmentally-responsible choices and practices."

Franek said his company's recent survey findings indicate significant interest among college applicants in attending "green" colleges. "Among 10,116 college applicants who participated in our 2014 'College Hopes & Worries Survey,' 61 percent said having information about a school's commitment to the environment would influence their decision to apply to or attend the school," he said.

The guide, which has been published for five years in partnership with the U.S. Green Building Council's Center for Green Schools, is a free comprehensive resource for college applicants that salutes universities and colleges that have demonstrated a commitment to the environment and sustainability.

The Princeton Review made its selections based on "Green Rating" scores tallied in 2013 for 832 schools. The scores were reported in the publication's school profiles on its website and guidebooks in summer 2013. The publication tallies its rating (a score of 60 to 99) using data from surveys it conducts annually of hundreds of school administrators about their schools' environmental and sustainability policies, practices and academic offerings.

The 332 schools in this year's guide earned scores of 83 or higher.

In its summary *The Princeton Review* said that since 2007 the University of Rhode has calculated the university's carbon footprint, investigated energy-saving measures, and has remained on target to achieve carbon neutrality.

Faculty and graduate students have completed energy audits of buildings on campus, and 95 percent of URI's buildings have undergone energy-related retrofits or renovations in the past three years. The publication cited the September 2012 opening of Hillside Hall, a residence hall for first- and second-year students.

The energy-efficient building features naturally ventilated rooms, rooftop solar collectors to heat water, a vegetated roof, building materials with high recycled content, indoor bicycle storage and real-time energy monitoring. The guide also highlighted URI's commitment to local and organic food in its dining halls.

"With ongoing research opportunities available in sustainability through the College of The Environment and Life Sciences and the University's minor in sustainability, URI is taking strides to ensure that students both live and learn about sustainability," the guidebook said. "Outside of the classroom, numerous green student groups are working to educate their peers about sustainability issues on campus."



The following is sent on behalf of Garry Bozylinsky, URI's Chief Information Officer.

August, 2014

Information Security Awareness Training

In July 2014, with the full support of the President's Information Security Advisory Council, URI began addressing a critical need to ensure that all faculty and staff understand URI's security expectations and what they can do to help protect, not only themselves, but URI data and systems along with the rest of the URI community.

All faculty and staff have received an email from Garry Bozylinsky, explaining this information security awareness training initiative followed by one from Michael Khalfayan, head of information security, with the login information necessary to access the online training.

The training is modular in format and can be taken in brief increments of as little as three to five minutes each. It covers a variety of topics that apply to both work and home, including how faculty and staff can protect their family from Cyber-security threats. We are asking that all faculty and staff complete this training before the end of the fall semester (December 31, 2014).

If you did not receive your notification, please contact Mike Khalfayan at:

mkhalfayan@mail.uri.edu



URI Scientists Release Insects in Cranston, Hopkinton, East Greenwich to Combat Invasive Vine

by Todd McLeish

Along a roadside in Hopkinton, Lisa Tewksbury uncapped several vials containing hundreds of tiny weevils and released them on a group of vines with triangular leaves. The weevils are known to only feed on mile-a-minute vine, an aggressive invasive plant native to the Far East that arrived in Rhode Island in 2008 and has taken up residence in several communities.

The plant is the target of a University of Rhode Island biocontrol effort designed to let the plant's natural enemy keep it in check without affecting the region's native species.

"Mile-a-minute is a very persistent plant that is difficult to get rid of," said Tewksbury, a URI entomologist who is rearing 18,000 weevils for release this year. "We know that biocontrol works on this plant, so we're hoping the weevil population will be self-perpetuating and they will keep mile-a-minute under control."

Tewksbury asks the public to report populations of mile-a-minute vine so she can release weevils in those locations later this year. She can be reached at 401-874-2750 or lisat@uri.edu. To identify the plant, visit:

www.mam.uconn.edu/speciesID.html

Mile-a-minute was first discovered in the United States in the 1930s in the Mid-Atlantic States, where it is believed to have arrived via the horticulture trade. Since then it has spread to 10 states and become established along roadsides and streams, moving from place to place in the water and via animals that eat and distribute it.

Research on a biological control of the plant began in Delaware and New Jersey in 1996, and the weevil was approved for release in 2004. The feeding by adult weevils creates holes in the leaves of the plant, and females lay their eggs in the leaf tips. After hatching, the larvae feed inside the stem, preventing the plant from flowering and producing seeds.

Tewksbury released the first batch of weevils in Rhode Island in 2009 at a site in Cranston, with additional releases every year since 2011 in Cranston and East Greenwich. Weevils were first released in Hopkinton in 2013. Populations of mile-a-minute have also been found on Block Island, but Tewksbury has not released the insects there yet.

When the lab in New Jersey that was rearing the insects reached its capacity, Tewksbury began raising the insects at the URI BioControl Lab, with funding from the U.S. Forest Service and the U.S. Department of Agriculture. Some of the weevils reared at URI are shared with researchers in Massachusetts and Connecticut.

Tewksbury hopes that the weevils will do their job without requiring further releases in subsequent years, though she plans to continue to monitor mile-a-minute and the weevils for some time. She is now studying other invasive plants that can be controlled by insects, including a caterpillar that feeds on swallow-wort and a weevil that eats knapweed.



Photo by Michael Salerno Photography

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Directions:

The object is to unscramble the 20 words. Write the word in the spaces provided. After Unscrambling the 20 words there is a secret phrase that is made by the letters circled. Once you have found that phrase, print it in the space provided below and return the complete word unscramble to Joy Lewis, President's Office, 35 Campus Avenue, Green Hall. Please include your name, address and e-mail with your entry. A drawing of all correct entries will determine the winner. A URI prize will be given to the winning entry. The winner will be announced in the next issue of URInformed.

Good Luck!

Name: _____

Department: _____

Campus Address: _____

Phone Ext: _____

E-Mail: _____

Secret Phrase

_____!

URI Researcher: Deep-sea Octopus Broods Eggs for Over Four Years -- Longer than any Known Animal

by Todd McLeish

Researchers at the University of Rhode Island and the Monterey Bay Aquarium Research Institute have observed a deep-sea octopus brooding its eggs for four-and-a-half years -- longer than any other known animal. Throughout this time, the female kept the eggs clean and guarded them from predators. This feat represents an evolutionary balancing act between the benefits to the young octopuses of having plenty of time to develop within their eggs, and their mother's ability to survive for years with little or no food.

"This research demonstrates how little we know about life in the deep-sea and life generally," said Brad Seibel, a URI associate professor of biological sciences. "From shallow-living species we have developed limited and limiting ideas about the capabilities of animals."

Based on previous research, Seibel had postulated that eggs of some deep-sea octopus could take years to develop, and this new observation provided a perfect opportunity to test that hypothesis. "While we predicted a long development time, our confidence in that prediction was not high and our result was still surprising."

Every few months for the last 25 years, a team of Monterey Bay researchers led by Bruce Robison has performed surveys of deep-sea animals at a research site in the depths of Monterey Canyon that they call Midwater 1.

In May 2007, during one of these surveys, the researchers discovered a female octopus clinging to a rocky ledge just above the floor of the canyon, about 4,600 feet below the ocean surface. The octopus, a species known as *Granelledone boreopacifica*, had not been in this location during their previous dive at this site in April.

Over the next four-and-a-half years, the researchers dove at this same site 18 times. Each time, they found the same octopus, which they could identify by her distinctive scars, in the same place. As the years passed, her translucent eggs grew larger and the researchers could see young octopuses developing inside. Over the same period, the female gradually lost weight and her skin became loose and pale.

The researchers never saw the female leave her eggs or eat anything. She did not even show interest in small crabs and shrimp that crawled or swam by, as long as they did not bother her eggs.

The last time the researchers saw the brooding octopus was in September 2011. When they returned one month later, they found that the female was gone. As the researchers wrote in a paper published this week in the journal PLOS ONE, "the rock face she had occupied held the tattered remnants of empty egg capsules." After counting the remnants of the egg capsules, the researchers estimated that the female octopus had been brooding about 160 eggs.

Most female octopuses lay only one set of eggs and die about the time that their eggs hatch. The eggs of *Granelledone boreopacifica* are tear-drop-shaped capsules the size of small olives. As the young develop inside the eggs, they require plenty of oxygen. This means that the female octopus must continuously bathe the eggs in fresh, oxygenated seawater and keep them from being covered with silt or debris. The female must also guard her eggs vigilantly to prevent them from being eaten by predators.

Because the young octopus spend so much time in their eggs, by the time they hatch they are fully capable of surviving on their own and hunting for small prey. In fact, the newborns of *G. boreopacifica* are larger and better developed than the hatchlings of any other octopus or squid.

Long brooding times present an evolutionary challenge, especially for animals such as octopus, which do not live very long. As the authors noted in their paper, "The trade-off within the reproductive strategy of deep-living octopods is between the mother's ability to endure a long brooding period and the competitiveness of her hatchlings.

Granelledone boreopacifica produces hatchlings that are very highly developed, which gives them the advantage of a high potential for survival."

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Personnel Script

Job Opportunities

The classified and non-classified application process is now automated so that you can apply on-line for positions here at the University. You will also be able to review the status of your application during the recruitment process, update your on-line application, and apply for positions that become available in the future. For the job opportunities visit:

<https://jobs.uri.edu>

We Welcome the Following People to our Community...

Jeffrey J. Amaral (GSO Marine); Christopher D. Baker (GSO Marine); Stephen Bannister (Police); Michael D. Barrus, Jr. (Mathematics); Thomas W. Blake (Women's Basketball); Rachel E. Bonzagni (Whispering Pines Conferences); David G. Borkman (GSO Research); Melanie S. Brasher (Sociology & Anthropology); Amy Cabaniss (Cooperative Extension Administration); Audrey A. Cardany (Music); Paul F. Carty (GSO Marine Office); David Cox (Men's Basketball); Nancy J. Cunningham (University Computing Systems); Bryan M. Dewsbury (Biological Sciences); Andrew T. Dill (CBA Instruction); Amanda F. H. Downey (HRL Central Office); Timothy T. Eatman (Women's Basketball); Christopher J. Faraone (University Computing Systems); Diane C. Fournaris (Small Business Development Center); Lindsay A. Green (Dean Environment & Life Sciences); Derek Groves (Recycling); Margaret S. Hayden (GSO Office of Marine Programs); Ethan T. Irons (GSO Marine Office); Matthew E. Jacques (Office of Capital Projects); Scott A. James (Recycling); Andrea L. Johnson (Cellular & Molecular Biology); Christen A. Kazarian (Enrollment Services); Stephen M. Kennedy (Electrical, Computer & Biomedical Engineering); William B. Kinnersley (Mathematics); Corrine M. Kulesh (Enrollment Services); A. Daynia La Force (Women's Basketball); Lehua Ledbetter (Writing & Rhetoric); M. Laura Lenardon (Languages); Patricia Lewis (Whispering Pines Conferences); Aaron J. Ley (Political Science); Deyu Li (Biomedical & Pharmaceutical Sciences); Hilda Llorens

(Sociology & Anthropology); Marian H. Long (General Accounting); Kunal Mankodiya (Electrical, Computer & Biomedical Engineering); Corrin M. Martineau (Pharmacy Practice); Ann Mathias (Enrollment Services); Thomas C. Miller (GSO Dean); Luis E. Montalvan (Facilities Services Administration); Julia M. Murphy (Cellular & Molecular Biology); Robert Murtha (Police); Terry Nayman (Whispering Pines Conferences); Dale K. Noka (Custodial Services); Winifred C. Nwangwu (Division of Research and Economic Development); Ryan Omizo (Writing & Rhetoric); Nilton Porto (Human Development & Family Studies); Soni Pradhanang (Geosciences); Victoria L. Randall (EEC Summer Residential Camps); Holly L. Raposo (Enrollment Services); Gregory T. Rathbun (Maintenance & Repair); Peter S. Rekstis (Men's Football); Kurt W. Rethorn (GSO Marine Office); Deborah A. Rose (Whispering Pines Conferences); Taylor M. Russo (Enrollment Services); David A. Serra (Division of Research and Economic Development); Hollie M. Smith (Communication Studies); Alisha A. Stebbins (General Accounting); George E. Stedman (Custodial Services); Jon Steffensen (Cellular & Molecular Biology); Mark Stewart (Small Business Development Center); Sandra A. Stuard (Cancer Prevention Research Center); Georgi Sutyryn (GSO Research); Loryssa Sylvia (Athletics Strength & Conditioning); Jacqueline M. Tisdale (Disability Services for Students); Lynn Trzoss (Biomedical & Pharmaceutical Sciences); Tanya V. Wang (Electrical, Computer & Biomedical Engineering); Burke W. White (Whispering Pines Conferences); Hongyan Yuan (Mechanical, Industrial & Systems Engineering)

... and Say Goodbye to ...

Camille Abdel-Nabi (Undergraduate Admission); Ethan J. Adler (Human Development & Family Studies); Ashley L. Baron (Dean Arts & Sciences); Joshua B. Barrette (Whispering Pines Conferences); Alexander J. Batrokov (Electrical, Computer & Biomedical Engineering); Igor M. Belkin (GSO Research); Devin Bender (Dining Catering Operations); Kerrie L. Bennett (Communication & Community Relations); Nathan C. Bird (Biological Sciences);

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Personnel Script....continued from page 11

Diana M. Blanda (Programming & Events); Cindy L. Blodgett (Women's Basketball); Michael L. Brennan (GSO Marine Archaeology); Jessica Clark (Whispering Pines Conferences); William S. Day (Geosciences); Catherine DeCesare (History); Maureen V. Driscoll (Natural Resource Sciences); Kerri A. Ellis (Nursing Instruction); Stephen P. Ferguson (Undergraduate Admission); Darcy L. Flaherty (Undergraduate Admission); Jonathan D. Gonzalez (Police); Alexis A. Gonzalez-Mendez (International Engineering Program); Christopher S. Goodrich (Mathematics); Sathyaraj Gopal (Biomedical & Pharmaceutical Sciences); Zachary Hoefer (EEC Summer Residential Camps); Catherine M. Inglese (Women's Basketball); Angela N. James (Chemistry); Thomas J. Kalista (Pharmacy Practice); Dominic J. Laflamme (Kingston Library); Ting Liu (Chemistry); Sarah T. Lobdell (Alumni Relations); Jennifer Lopez (Police); Nina M. Mathewson (Textiles, Fashion Merchandise & Design); Carolyn A. Michaud (School of Education); Brad Migliacci (Undergraduate Admission); Doreen J. Mortensen (GSO Grant Management Support); Preston L. Murphy (Men's Basketball); Tracy E. Newell (University Computing Systems); Marilda Oviedo (Harrington School); Irene Parrish (HRL Central Office); Christopher J. Passmore (Women's Basketball); Julie M. Raimondi (Music); Maria S. Shuckerow (Languages); Xiulong Song (Biomedical & Pharmaceutical Sciences); Tara E. Stevens (Undergraduate Admission); Nicholas C. Tosto (GSO Marine Office); Anibal Vega-Montijo (Media & Technology Services); Nancy Wooten (Living Rite / Health Policy); Tao Yuan (Biomedical & Pharmaceutical Sciences); Yan Zhang (Biomedical & Pharmaceutical Sciences)

... and Best Wishes To Those Who Retired

Douglas F. Almy (Memorial Union); Irene Azzinaro (University Computing Systems); Robert C. Bullock (Dean Arts & Sciences); Joseph Cimini (Maintenance & Repair); Elizabeth Garabedian (Dining Central Operations); Timothy M. Hennessey (Political Science); Lon E. Hildebrand (HRL Central Office); Paul M. Mangiameli (CBA Instruction); Diane Mc-

Gannon (Enrollment Services); John T. Merrill (GSO Faculty); Sharyn M. Mignanelli (HRL Central Office); Glenworth A. Ramsay (Economics); Robert L. Rodgers (Biomedical & Pharmaceutical Sciences); Wendy Roworth (Art); Martin H. Sadd (Mechanical, Industrial & Systems Engineering); Anne M. Sherman (Dining Central Operations); Pamela A. Sherman (Human Resources Administration); Robert F. Tiernan (Memorial Union); Norman D. Windus (Recreational Services)

In Memoriam

- ❖ Diane Barone, Administrative Assistant, Pharmacy Practice



URInformed is now on the Web
at
<http://www.uri.edu/newsletter/URInformed/>
Browse the current issue of
URInformed
Back issues are also available

Cook's Corner

Share your favorite recipes in the Cook's Corner

Skillet-Seared Tomatoes with Melted Gruyere

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 4 large ripe but firm plum tomatoes, halved lengthwise (about 1 1/4 pounds)
- 2 tablespoons finely chopped flat-leaf parsley
- 1 medium clove garlic, minced
- 1/2 teaspoon sugar, (optional)
- 1/2 teaspoon kosher salt
- Freshly ground pepper, to taste
- 3/4 cup shredded Gruyere, Comte, Fontina or Mozzarella cheese

Directions:

-- Heat a 12-inch heavy stainless-steel or cast-iron skillet over medium heat until hot enough to sizzle a drop of water. Add oil.

-- Arrange tomatoes cut-side down in the pan and cook, uncovered, until just tender and the undersides are darkened, 10 to 15 minutes.

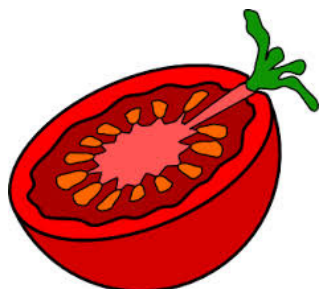
-- Mix parsley and garlic in a small bowl.

-- Using a wide spatula, carefully turn each tomato cut-side up. Reduce the heat to medium-low. Sprinkle each tomato with sugar (if using), salt and pepper, followed by equal portions of the parsley mixture and shredded cheese. Cover and cook until the cheese is melted, about 2 minutes. Serve warm.

Per serving: 178 calories; 14 g fat (5 g sat, 8 g mono); 22 mg cholesterol; 7 g carbohydrates; 7 g protein; 2 g fiber; 317 mg sodium; 344 mg potassium.

Makes: 4 servings, *Active Time:* 20 minutes, *Total Time:* 30 minutes

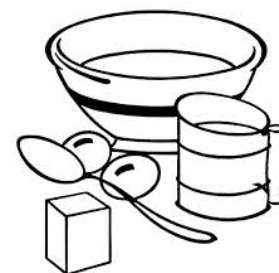
Recipe from *EatingWell*



Octopus...continued from page 10

This research suggests that, in addition to setting records for the longest brooding time of any animal, *Graneledone boreopacifica* may be one of the longest lived cephalopods (a group that includes octopuses, squids, and their relatives). Most shallow-water octopuses and squids live just a year or two.

"The ultimate fate of a brooding female octopus is inevitably death," the researchers wrote, "but in this first example from the deep sea, brooding also confers an extension of adult life that greatly exceeds most projections of cephalopod longevity."



Chefs Wanted!

Do you have a favorite recipe you'd like to share with the URInformed community? Send your recipe to:

URInformed
73 Upper College Road
Kingston Campus
or
NGillespie@uri.edu

URInformed Unscramble Winner

Congratulations to **Vicki Dube**, Property Control & Support Services. The Secret Phrase was **CONGRATULATIONS GRADUATES!**

Please contact Michelle Curreri in the President's Office (4-4462) to claim your prize.

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THE URI EMPLOYEES' NEWSLETTER

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THINK BIG  WE DO™



URI Livecasting

Are you interested in reaching your maximum audience without adding extra seats? Do you want to ensure that people who can't attend your program have the benefit of learning from your speakers even after the presentation is over?

If the answer is Yes to even one of these questions you should consider URI Livecasting. You may already have seen cameras set up at URI events and heard from people who watched an event online. Now you can offer that experience to your students and decision-makers who cannot be on campus for your event.

Please call or e-mail us for more information and to book your date TODAY! We already have dates secured for the coming academic year, so don't miss out!

Betty-Jo Cugini, New Media Supervisor, 874-4008, bcugini@uri.edu
Randy Stevenson, New Media Technician, 874-4147, C 269-1587, rstevenson@uri.edu

