

URI Informed

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THE URI EMPLOYEES' NEWSLETTER

Cheryl Foster Named Kennedy Center/Sondheim Inspirational Teacher

In the last 21 years, students have sent so many letters of appreciation to University of Rhode Island Professor Cheryl Foster that they fill a big cardboard box.

But now the entire nation knows that Foster, a philosophy professor and associate director of the URI Honors Program, is one of the best teachers in the land.

In fact, it was former student and Rhodes Scholar Rachel Walshe who nominated the Wakefield resident for a Kennedy Center/Stephen Sondheim Inspirational Teacher Award.

On March 22, Foster was named one of only seven teachers nationally to receive the Sondheim Award and one of only two university professors to receive the award.

The John F. Kennedy Center for the Performing Arts in Washington, D.C., announced the 2013 winners from a pool of hundreds of nominees. The awards were created in honor of Stephen Sondheim's 80th birthday in 2010. "Teachers define us," said Sondheim in a release issued by the Kennedy Center. "In our

early years when we are still being formed, they often see in us more than we see in ourselves, more even than our families see, and as a result, help us evolve into what we ultimately become."

That certainly was true for Walshe, a 2000 URI graduate who earned a Rhodes Scholarship in 2001, and is now a free-lance director who just directed an acclaimed production of Anne Boleyn at the Sandra Feinstein Gamm Theatre in Pawtucket.

When she got word of her Rhodes Scholarship a little over a decade ago, Walshe called Foster first.

"She was my first phone call that fateful day. Not to my mother or to my father. But to

by Dave Lavalley



photo by Nora Lewis

Cheryl Foster

continued on page 2

2013 Ocean State Summer Writing Conference offers BIG names, discounts

If you're interested in being inspired and motivated to write, check out this year's Ocean State Summer Writing Conference, which runs June 20 to June 22.

And if you're looking for a special deal you'll get a big one. URI students, faculty, and staff will pay \$225 for the combination 3-day workshops and main conference, instead of the \$425 fee, a savings of \$200.

The University's writing conference continues to gain critical recognition for its content and offerings. It has often been able to spot talented writers and poets before they be-

come famous. This year's choice of keynoters emphasizes that remarkable ability:

•**Richard Blanco**, President Obama's 2013 inaugural poet, was a popular conference workshop leader last year.

•**Amity Gaige** just released her third novel, *Schroder*, which has garnered critical praise. Amity was a founding workshop leader and has participated in many annual conferences.

continued on page 8

THINK BIG  WE DO™



URInformed

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Laura Kenerson
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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,
Suite 100, Kingston Campus
or contact us by e-mail at:

NGillespie@uri.edu

Our preference is to receive information through e-mail in word format as an attachment. Short items can be submitted in printed form. Because space is limited, 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.

she was the first person in her family to go to a four-year college straight out of high school.

“And now, I was going to Oxford. Against all odds, I won a Rhodes Scholarship. I looked at my competitors from Yale, Harvard, Princeton, and Amherst and it was crystal clear: this day had been made possible by the unrelenting commitment of a single, transformative teacher.”

Walshe met Foster in 1997 while taking existentialism at URI.

“As demanding as she is passionate, Cheryl requires the same high level of intellectual rigor whether you are a dean’s daughter or a mechanic’s son. Her fearless delivery of the carpe diem message of existential philosophy to her working class students was my call to action: Be moved. Be inspired. But for God’s sake, don’t be lazy!”

Walshe said that is why she is a theater director today. “Cheryl taught me that whether you are rich or poor, black or white, old or young, the way to the brain is through the heart. In her honor, I strive to create important theater that inspires my audiences to feel and think.”

Foster said comments like Walshe’s and so many others strike at the heart of what she does, work to help students develop so they can discover their own goals.

A founder of URIs National Scholarship and Academic Opportunity Office, where she worked until 2005, Foster recently returned to the Honors Program as associate director with a special academic advising role for freshmen and sophomores.

continued on page 8

Foster...*continued from page 1*

Dr. Cheryl Foster, the woman who I can say without a shred of doubt is the single most influential person in my life – inside the classroom and out,” Walshe said in her nomination letter posted on the Kennedy Center/Sondheim website.

“Cheryl is more than a teacher. She is an activist; a revolutionary waging class warfare on a system rigged against kids like me,” said Walshe, a child of divorced parents raised on public assistance.

Her letter said she went to a string of mediocre schools in working class towns, and

Table of Contents

<i>Cheryl Foster</i>	<i>p. 1</i>
<i>URI Author McLeish</i>	<i>p. 3</i>
<i>Tourist-fed Stingrays</i>	<i>p. 4</i>
<i>Intellectual Property Awards</i>	<i>p. 5</i>
<i>URI Livecasting</i>	<i>p. 6</i>
<i>URI Watershed Watch</i>	<i>p. 7</i>
<i>Word Search</i>	<i>p. 9</i>
<i>Comings & Goings</i>	<i>p.10</i>
<i>Cybersecurity Symposium</i>	<i>p.10</i>
<i>Recipe</i>	<i>p.11</i>

URI Publicist Authors Book on Iconic Arctic Whale

by Dave Lavallee

University of Rhode Island publicist and natural history writer Todd McLeish sometimes must go to extremes to conduct research for his books. For his latest volume, *Narwhals: Arctic Whales in a Melting World*, he spent time at a whale hunting camp near the northern tip of Greenland with Inuit hunters who spoke little English and who ate little but raw whale blubber, uncooked bacon, and bread.

“That may have been my most challenging experience, partly because of the food and communication issues but mostly because I was there to observe a narwhal hunt, which, to a wildlife lover like me, was an awful thing to witness,” said McLeish, a resident of Burrillville who grew up in North Kingstown. “But in order to tell the complete story of the narwhal, I had to learn about subsistence hunting firsthand.”

Narwhals are small whales most notable for their 8-foot long spiral tusk, a tooth that grows through their upper lip and is used by males to maintain social order. The tusk plays a role in the unicorn myth, too, and they can sell for thousands of dollars (though it is illegal to own one in the U.S.)

McLeish, who wrote two previous books about rare wildlife in New England, said he has been fascinated by narwhals since childhood. In addition to his trip to Greenland, he also spent two weeks with Canadian researchers in a camp 400 miles north of the Arctic Circle as they sought to trap narwhals and attach satellite tracking devices on them to monitor their migration.

“It was the middle of summer, but still only 35 degrees, we were in 24-hour daylight, and we had to stand guard around the clock to watch out for polar bears,” he said. “Every six or eight hours a group of about 200 narwhals swam by our camp, and it was pretty amazing to see and hear them parade by. And for the whole two weeks I was there, the whales successfully avoided being caught in our nets.”

McLeish’s book, published by University of Washington Press, took four years to complete and features interviews with dozens of experts around the globe. In addition to examining the issue of subsistence whale hunting, he moder-



Todd McLeish photo submitted by Todd McLeish

ates a debate between biologists and a dental researcher about the purpose of the narwhal’s tusk and discusses the numerous potential threats the whales face from climate change.

“The biologists I spoke to said that narwhals are the Arctic marine mammal most threatened by climate change because they are the least adaptable to a changing environment. They are ice dependent animals that spend the winter feeding in waters 98 percent covered by ice,” McLeish explained.

In addition, he said that the warming Arctic will open up more of the whale’s habitat to commercial fishing for the same species the narwhals eat. Expanding oil and gas exploration in the same area brings the threat of oil spills as well as noises that could disturb the communication and behavior of the skittish whales. McLeish will give numerous presentations around the region about his book this spring and summer.

He is beginning work on his next book, which he is tentatively calling *The Underground Lives* of North American Wildlife and features wildlife that spend much of their time underground.

continued on page 6

Tourist-fed Stingrays Change Their Ways

by Todd McLeish

Stingrays living in one of the world's most famous and heavily visited ecotourism sites, Stingray City/Sandbar in the Cayman Islands, have profoundly changed their ways, raising questions about the impact of so-called "interactive ecotourism" on marine wildlife.

The study was published in the journal PLOS ONE (Public Library of Science).

Researchers from the University of Rhode Island and Nova Southeastern University's Guy Harvey Research Institute studied the southern stingray population at Stingray City, a sandbar in the Cayman Islands that draws nearly a million visitors each year to feed, pet and swim with its stingrays, to assess how the intensive ecotourism has affected the animals' behavior.

"Human wildlife interactions are expanding all over the world, so it's important to take pause and think about how these activities are affecting the biology of the animals," said URI researcher Brad Wetherbee.

The researchers found that Stingray City's stingrays show distinctly different patterns of activity than their wild counterparts, who don't enjoy daily feedings or close human contact.

"We saw some very clear and very prominent behavioral changes, and were surprised by how these large animals had essentially become homebodies in a tiny area," said study co-author Mahmood Shivji, a professor at the NSU Oceanographic Center and director of the Guy Harvey Research Institute.

Wild stingrays are active at night and solitary. They forage through the night over large distances to find food, and rarely cross paths with other stingrays. To see if Stingray City's fed stingrays stray from this behavior, the research team tagged and monitored

both wild and fed stingrays over the course of two years and compared their patterns of movement.

"A prominent change was that fed stingrays reversed their natural daily rhythms, becoming active during the day and resting at night, a complete contrast to their wild counterparts," said Wetherbee.

They also didn't mind rubbing shoulders with their neighbors: At least 164 stingrays abandoned the species' normal solitary behavior, crowding together in less than a quarter square mile of space at Stingray City. They even formed schools and fed together. The fed stingrays mated and became pregnant year-round, instead of during a specific mating season, and also showed signs of unusual aggression, biting each other more frequently than their wild counterparts.

These results suggest that human-provided food can dramatically change how even large, highly mobile ocean animals behave with potentially serious consequences.

There are likely to be health costs that come with these behavior changes, which could be detrimental to the animals' wellbeing in the long term, the researchers conclude.

Stingray City means big business in the Cayman Islands, where each stingray generates as much as \$500,000 annually in tourism income.

The research team plans to continue to monitor Stingray City's population to track its health and the industry's impact over time.

"Right now, these animals have no protection at all," said study co-author Guy Harvey, who initiated the project. "Without more studies like these, we won't know what that means for the wild-



Stingray City Stingrays

photo submitted by Brad Wetherbee

continued on page 6

URI Research Sparks Companies, Jobs, Investment

by Todd McLeish

To jumpstart the Rhode Island economy, University of Rhode Island faculty are ramping up their research discoveries that lead to new companies, cutting-edge patents and innovative public-private partnerships to develop new products.

In 2011 and 2012, faculty members launched three companies based on their URI inventions and received a record 22 U.S. patents, compared to 25 patents for the prior five years. In addition, faculty received two U.S. trademarks and filed 46 U.S. intellectual property applications.

URI researchers were recognized by the URI Research Foundation for their intellectual property contributions at the University's inaugural Intellectual Property Awards Recognition Ceremony on Jan. 30. The URI Research Foundation is a partner with URI to commercialize inventions and innovations from faculty, staff and students.

"You will be amazed at the number and the diversity of innovations that the University produced in 2011 and 2012," said Jim Petell, the University's associate vice president for intellectual property management and commercialization. "In just the last two years there were 101 faculty, staff and students who created intellectual property that was filed, issued or registered. These URI creators have worked with 23 external co-creators, including federal agencies, companies and other academic institutions."

Peter Alfonso, vice president for research and economic development, opened the ceremony by noting that URI has experienced a 40 percent increase in research funding over the last six years, resulting in an average of \$100 million in research grants during the last three years. The increased support for the research enterprise at URI has resulted in increased research and provided a boost to commercialization and economic development efforts. The URI Research Foundation, in partnership with URI, has initiated a new translational focus with company partners that is bringing in new revenue to develop products from URI innovations.

During the ceremony, URI President David M. Doolley recognized the efforts of the faculty who formed three companies, Burbank Industries LLC, CREmedical Corp., and VeloBit, Inc., during 2011 and 2012.

Burbank Industries was founded by Nursing Professor Patricia Burbank and her son to commercialize a small device they call the AAGILE that encourages people to exercise. The AAGILE is worn at the waist to monitor and analyze an individual's physical activity and provides oral messages encouraging them to exercise at set times and during periods of inactivity.

Burbank said her Aunt Ruth inspired the invention. Her aunt lives alone, and Burbank wanted a way to remind her that she is loved. "I thought, wouldn't it be nice if I sent messages reminding her to exercise?" Burbank said.

With this idea, Burbank partnered with engineering Professor Ying Sun, who designed the device in his engineering lab. In collaboration with the URI Research Foundation, Burbank Industries is seeking funding to bring its prototype to the marketplace.

Engineering Professor Walt Besio launched medical device company CREmedical Corp. The company is refining development of a new electrode system that dramatically increases the resolution and signal over conventional electrode devices. The electrodes monitor brainwave activity and can be used to detect life threatening events and potentially stop acute seizures. CREmedical just received a Small Business Innovation Research grant from the National Science Foundation to help commercialize the technology.

Engineering Professor Qing Yang formed a company to commercialize several of his patents. Founded by Yang and business partner Duncan McCallum, VeloBit, Inc. is developing new low-cost software to improve electronic storage. Yang said the market for such technology has boomed in recent years as interest in cloud computing has soared. The company's technology is already in use at 370 installations across five continents. Its success has helped the company raise more than \$5 million in venture capital and hire 15 people.

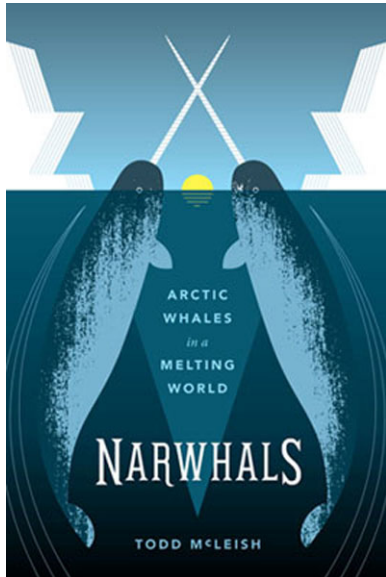
The University plans to make the Intellectual Property Awards Recognition Ceremony an annual event and anticipates its research will leverage even more funding and corporate formations.

Narwhals....continued from page 3

He has already had adventures with scientists studying badgers in Wisconsin, desert tortoises in Nevada and truffles in Oregon, and will include chapters on burrowing owls, spadefoot toads, cicadas, star-nosed moles and many other creatures.

For more information about McLeish's books, visit:

<http://www.toddmcleish.com>



Stingrays....continued from page 4

life or if we need to take action. It's unclear how much of the stingray's daily diet comes from tourism provided food, but the good news is we have seen the animals forage when tourists are absent suggesting that these animals are not completely dependent on these handouts."

URInformed Word Search Winner

Congratulations to **David Hayes**, Butterfield/Housing & Residential Life, the winner of the *URInformed* Word Search! The secret word was **OPAL**.

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

This month's Word Search is on page 9.

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 remaining 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



URI Watershed Watch seeks volunteers to monitor lakes, ponds, streams

Twenty-five years of water quality data collected by volunteers from the Watershed Watch program at the University of Rhode Island has shed light on the variability of the conditions of Rhode Island's ponds, rivers and streams and how climate change and the increasingly severe weather affects them. The program is now seeking additional volunteers to continue to monitor the state's water bodies.

"We know that our waters are highly variable from site to site and from year to year," said Elizabeth Herron, Watershed Watch program coordinator. "Rainfall affects sites very differently – some respond well to dry weather, others to wet weather. It depends on whether they need to have excess nutrients flushed out or they are harmed by nutrients flushed in from the watershed."

Herron and colleague Linda Green, the program's director, say that the warming temperatures of Rhode Island's water bodies is leading to increased numbers of ever-larger algal blooms, with even more expected in the future.

"The good news is that the state's efforts to protect water quality, through regulations and best management practices, seem to be generally working," Herron said. "Most sites are not showing significant signs of degradation despite increased development over the last several decades. But there are subtle signs of decline, so we need to stay vigilant."

URI Watershed Watch volunteers play a critical role in helping scientists understand the effect that weather and land use have on water quality by conducting field monitoring every week between May and October. Once a week on a day of their choice, volunteers monitor for water clarity and temperature. Every two weeks they also monitor algae concentrations and dissolved oxygen. On several designated dates, volunteers collect water samples that are analyzed at URI for nutrients, acidity and bacteria. Many volunteers work in teams to share their monitoring duties.

Launched in 1988 with 25 volunteers monitoring a dozen lakes, the program has grown to nearly 400 volunteers and 270 sites on 100 different water bodies – lakes, rivers, streams,

salt ponds and bays -- throughout Rhode Island and extending west along the coast to Mystic, Conn.

An introduction to the Watershed Watch program and classroom training for new volunteers will be held Sunday, April 7 at 1 p.m. and repeated on Tuesday, April 9 at 6 p.m. in Weaver Auditorium in the Coastal Institute building on URI's Kingston campus. Required field training will take place on several Saturdays in April and May. Volunteers must participate in one field session.

"We find that the classroom training helps volunteers better understand exactly what and why they are monitoring and to feel more connected to the program and to the water body they will be monitoring," Herron said. "The training session doesn't obligate them to become a volunteer, and it's a great way to learn more about water quality."

Volunteers come from all walks of life and are of all ages, occupations, educational backgrounds and interests. Each potential volunteer is matched to a specific location that they will be in charge of monitoring. Since ponds, lakes and some salt water sites are monitored at their deepest point, a boat, canoe or kayak is needed, as well as some free time once a week in the middle of the day. River and stream sites, monitored early in the morning at mid-stream, are generally more accessible, with few requiring a boat for access.

The program is sponsored by the URI Cooperative Extension in the College of the Environment and Life Sciences, the Rhode Island Department of Environmental Management, and about 40 local organizations and communities.

For more information or to register for the training sessions, contact Elizabeth Herron at 401-874-4552 or at emh@uri.edu.

Visit the program's web site at:

<http://www.uri.edu/ce/wq/ww>

for detailed information about the program and its list of 2013 monitoring locations.

Foster....continued from page 2

"I have a whole box of notes from students who have written to me over the years," said Foster, the 1996 URI Foundation Teaching Excellence Award winner. "I have kept them all. On my hard days, I go look at some of them and they remind me why I do what I do. The students are very generous."

Foster is also the recipient of an American Philosophical Association's Teaching Award Citation in 1998, and the College of Arts and Sciences Award for Excellence in Undergraduate Advising in 2008.

Donald H. DeHayes, URI provost and vice president for academic affairs, said in a note of congratulations to Foster, "This is a wonderful and highly deserved honor and it is particularly meaningful that you were nominated by one of your former students. On behalf of all of URI, congratulations and thank you for the passion and inspiration that you bring to your work as a teacher and scholar."

"Dr. Cheryl Foster is a treasured colleague and phenomenal teacher and scholar who challenges students to pursue their dreams," said Winifred Brownell, dean of URI's College of Arts and Sciences. "Students praise the transformational nature of her teaching and advising and describe her as passionate, creative, brilliant, articulate, inspirational, accessible, and engaging."

Foster said that every day she feels grateful to be part of a community where the choice to teach creatively is taken seriously.

Conference....continued from page 1

•**Ayad Akhtar** is new to the conference this year. His play, *Disgraced*, opened last fall to critical praise at New York's Lincoln Center Theatre. This May, the play will be presented in London. In addition to penning plays, Ayad is a novelist, screenwriter, and actor.

A number of other prominent writers and poets fill the schedule. This year, the conference is introducing special segments of playwriting and screenwriting for people interested in those genres. There will be conversations, craft sessions, and master classes. An opportunity for one-on-one consultation is also available.

Peter Covino, the conference's founding director and associate professor of English--Literature with Creative Writing, who normally di-

rects the conference is on sabbatical in Italy this spring.

"Over the years my work has improved tangibly due to investments made in that work by my department and college, the provost's office, the president, the Honors Program and the URI Foundation," Foster said.

As an example, Foster has on several occasions taken students to the Gamm Theatre and arranged to have the actors and director meet with the class afterward, or to art galleries and talks with artists thanks to the College of Arts and Sciences Excellence Fund. On other occasions she has awarded prizes for various accomplishments (not all academic) in her 300-person Introduction to Philosophy class. The grand prize was always a URI basketball game in the President's suite.

"Still again the Honors Program has supported in myriad ways the development of courses and experiments that extend a student's education beyond the normal classroom," said Foster as she thanked Economics Professor Richard McIntyre, current honors director, and Philosophy Professor Galen Johnson, the previous director, for having faith in her "wacky" ideas.

"And through it all, the Philosophy Department and the URI Foundation have underwritten various endeavors and expenditures that truly enriched my classroom. I am always astonished by the Foundation's forward-thinking generosity and faith in what we do, and always thankful for my department's collective commitment to excellence in teaching."

rects the conference is on sabbatical in Italy this spring.

Andrea Yates, a URI '94 and '06 Ph.D. alumna, a lecturer in the English Department, is pinch hitting as the 2013 conference director. Michelle Carraccia, English graduate program assistant, is ably coordinating the popular event. They work with a dedicated committee consisting of English Professor Mary Cappello and others from the English Department including Professor Emerita Sally Burke, writer Robert Leuci, and poet Talvi Ansel. Jodi Lisberger, director of Gender and Women's Studies, writer and Graduate School of Oceanography educator Padma Venkatraman, and alumna Jan Wenzel.

For more information, go to the conference website: <http://www.uri.edu/summerwriting/2013>.



Rhode Island Cities



J S F R N L N T N E N T W E R V N N L L T S
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Barrington
Bristol
Burrillville
Central Falls
Charlestown
Coventry
Cranston
Cumberland
East Greenwich
East Providence

Exeter
Glocester
Hopkinton
Jamestown
Johnston
Lincoln
Little Compton
Middletown
Narragansett
New Shoreham

Newport
North Kingstown
North Providence
North Smithfield
Pawtucket
Portsmouth
Providence
Richmond
Scituate
Smithfield

South Kingstown
Tiverton
Warren
Warwick
West Greenwich
West Warwick
Westerly
Woonsocket

DIRECTIONS: The object is to find the **39** hidden words within the grid. Words can be found horizontally, vertically, diagonally, backwards or forwards. **BONUS:** There is one **MISSING TOWN**. This secret word is horizontally, vertically, diagonally or backwards. **DO NOT** take the remaining letters to spell a word. **HINT:** secret word is part of the theme of the word search. Once you have found that word, please print it in the space provided below and return the completed wordsearch to Michelle Curreri, 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 _____ Dept. _____
Campus Address _____
Phone Ext. _____ E-mail _____
Missing Town: _____

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...

Lindsey R. Anderson (Psychology); Nicholas M. Coulombe (Media & Technology Services); Azure Dee Cygler (GSO Coastal Resources Center); Emmanouil Drymonis (Mathematics); Gareth J. Elliott (Men's Soccer); Kristin J. Haberek (Dean Nursing); Sharon R. Humphrey (Enrollment Services); Hisanori Kobayashi (Cancer Prevention Research Center); Selena S. Lavoie (Dining Central Operations); Thomas J. McGreevy, Jr. (Natural Resources Science); Kevin O'Brien (Dining Central Operations); Mary K. O'Malley (Publications); Bethany L. Peckham (University Computing Systems); Sara C. Potter (Graduate School); Catherine A. Pratt (GSO Office of Marine Programs); Jennifer Principe (Undergraduate Admissions); Paul L. Ricci (Public Safety: Communications & Technology); Judith L. Smith (Communications & Marketing); Kevin A. Smith (Dean Engineering); Richard Song (University Year for Action); Leslie Straker (Marine Affairs); Katherine L. West (Feinstein Hunger Center); Catherine L. White (University Computing Systems)

... and Say Goodbye to ...

Dana E. Grant (GSO Marine Office); Ronald P. Jordan (Dean Pharmacy); Ariana G. Labossiere (Cancer Prevention Research Center); Steven J. Moricas (Dining Central Operations); Paul L. Northup (Facilities Services); Boomer Philbrick (Men's Football); Judith Quintal (Dining Central Operations); Samantha Richman (Natural Resources Science); William T. Tabele III (HRL Central Office); Philip A. Veillette (Research and Economic Development); Wenchao Zhou (Chemistry)

... and Best Wishes To Those Who Retired

Abu R. Bakr (Community Equity & Diversity); Dennis D. Deluca (HRL Central Office); Theresa Pelletier (Dining Central Operations)

In Memoriam

William DeWitt Metz, Professor Emeritus, History



Cybersecurity Symposium 2013

Plans are underway for URI's 2013 Cybersecurity Symposium scheduled for Thursday, May 2nd on the Kingston Campus.

This year's symposium will focus on Workforce Development: Preparing the Next Generation and highlight collaboration among federal, state, industry and academia initiatives – including faculty and student research. Both Congressman James Langevin and Senator Sheldon Whitehouse are scheduled to speak as well as key government officials and leaders in industry including URI alumnus, Paul Cofoni, recently retired CEO of CACI.

Below is the link with more information on how to register.

<http://advance.uri.edu/programming/email/cybersecurity/default.htm>

Cook's Corner

Share your favorite recipes in the Cook's Corner

Salmon Burgers with Green Goddess Sauce

from *Eating Well* March/April 2008

Ingredients:

- 1 pound wild salmon fillet, skinned (see Tip)
- 2 tablespoons finely chopped red onion, or scallion
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon finely chopped peeled fresh ginger
- 1/4 teaspoon kosher or sea salt
- 1/8 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil, or canola oil
- 4 tablespoons *Green Goddess Sauce**

Directions:

1. With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy) until you have a mass of roughly 1/4-inch pieces. Transfer to large bowl and gently stir in onion (or scallion), cilantro, ginger, salt and pepper, being careful not to over-mix. Divide the mixture into 4 patties, about 1 inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

2. Heat oil in a large nonstick skillet over medium heat. Add the burgers and cook until browned on both sides and just cooked through, 4 to 6 minutes total. Serve with 1 tablespoon Green Goddess Sauce each.

Make Ahead Tip: Prepare through Step 1, cover and refrigerate for up to 2 hours.

Tip: Place salmon fillet on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

4 servings, Active Time: 25 minutes, Total Time:



Your Chance to Be Published in URInformed!

The Editorial Board of URInformed is always on the lookout for URI employees in need of recognition by their peers.....you!

If you know someone that you think would make a great subject for a Page One profile in this newsletter....AND you're willing to write the profile, let us know.

Once your suggestion has been approved by The Editorial Board, we will contact the subject to ask if they agree to be featured.

An article of 500-1000 words is preferred. Editorial assistance and proofreading will be provided.

If you are interested in being published please contact Nancy Gillespie, editor, NGillespie@uri.edu

*Green Goddess Sauce

Ingredients:

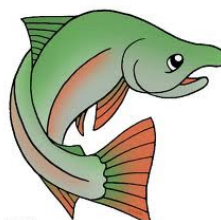
- 3/4 cup reduced-fat mayonnaise
- 1/4 cup reduced-fat sour cream
- 4 anchovy fillets, rinsed and chopped
- 3 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- 1 tablespoon capers, rinsed
- 2 teaspoons freshly grated lemon zest
- 1 teaspoon fresh lemon juice
- 1/8 teaspoon salt
- Freshly ground pepper, to taste

Directions:

Combine mayonnaise, sour cream, anchovies, chives, parsley, capers, lemon zest, lemon juice, salt and pepper in a food processor and pulse to combine.

Make Ahead Tip:

Cover and refrigerate for up to 3 days.

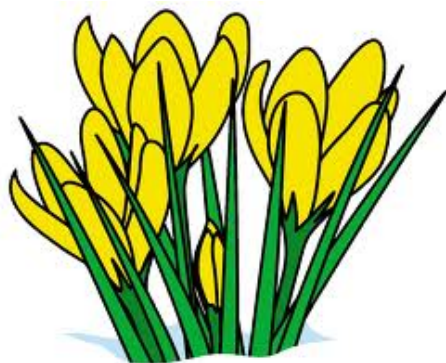


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THE URI EMPLOYEES' NEWSLETTER

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