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July 2006
Volume 32 Issue 9

SUN

Suffolk University News



Commencement 2006

For Diane Wise, Vice President-Treasurer's Office, and her son, Keith, graduation day was a family affair. See pages 4–5 for story and photos.

A Vision for Campus of Today and Tomorrow

THE BRIGHTLY HIGHLIGHTED FLOOR PLANS, charts and timelines papering the walls of a large conference room at One Beacon Street might seem incomprehensible at first glance, but they make perfect sense to Gordon King as he formulates University facilities plans for the next one-to-10 years.

King, senior director for Facilities Planning and Management, joined the University in March and is immersed in projects that will change the campus environment both immediately and long term.

In September, as part of King's 12-month plan, bottle-and-can recycling will be in place campuswide, and five new classrooms will be ready on two floors once occupied by the Mildred F. Sawyer Library. The new Sawyer Library opened on schedule at the Rosalie K. Stahl Building at 73 Tremont St. in May.

Looking ahead, King is working on planning for the 20 Somerset St. site and renewing older buildings so that they "functionally accommodate the University's academic mission and provide a high-quality environment for teaching, learning and student life."

King's responsibilities encompass four major areas:

- Campus planning and project development: Determining where the campus is going and responding to current and future academic needs.
- Project management: Directing design and construction projects ranging in size from \$100,000 to \$100 million.

Continued on page 3

University Adopts Incident Command System

SUFFOLK UNIVERSITY HAS OFFICIALLY adopted the federal government's Incident Command System, which will be used in response to large pre-planned events or crisis situations on campus, in the city of Boston or beyond.

The Incident Command System, or ICS, is a modular emergency management system designed for all hazards and levels of emergency response. This system integrates "a combination of facilities, equipment, personnel, procedures and communication operating within a common organizational structure," according to National Incident Management System documents. The system is used within the University, locally, statewide and throughout the United States as the basis for emergency response management.

With the ICS in place, Suffolk University has the ability to communicate and coordinate response actions with other jurisdictions. In addition, the system facilitates coordination with external emergency response agencies.

"It is essential that the University be prepared to act in the event of an emergency—small or large," said Provost Patricia Maguire Meservey.

"The Incident Command System training will guide our actions and allow us to interact effectively and efficiently with other agencies should the need arise."

The ICS Core Team has been identified as: Provost Meservey; Director of Public Affairs Rosemarie Sansone; Dean of Students for the Colleges Nancy Stoll; Director of Facilities Management Eric Ness; Chief of University Police and Security Department John Pagliarulo; Budget Director/Risk Manager Maureen Stewart; and Safety Officer. This unit has been conducting weekly meetings since the fall of 2005.

Forty-five Suffolk employees have received the first round of ICS training. An additional 15 to 20 people are expected to be trained over the summer.

"The response from the members of our community has been strong and proactive," said Meservey. "Our Incident Command System training is preparing us to minimize risk to our community and campus in the event of an emergency. We have to be fully prepared to handle any situation."

Continued on page 2

A Message to Readers



As we go to press with this edition of the SUN, there are 97 days left before our Centennial Celebration officially kicks off on Sept. 21. In reviewing the "Shape Up Now for Suffolk Road Race"

story (page 8), I am reminded that we have been training for this celebration for the past 100 years! While officially we are in the business of education, I believe the underlying foundation of all that we do is caring about people.

The Centennial Planning Committee has been meeting for the past 14 months, and the entire University is engaged in creating a full day of activities for Sept. 21. It's delightful to see the enthusiasm and cooperation among all those participating, but I am particularly struck by the spirit of caring and the continuing effort to make sure no one is left out.

At a recent planning meeting, discussion turned to making sure that we not forget about past employees, and we considered what would be the best way to get them involved. As a result, a subcommittee of former Suffolk employees has been established to spearhead this effort, and a "Suffolk is Always in Your Heart" event is being planned to coincide with many other activities Sept. 21. In sharing this information I am moved at how much the Suffolk experience has meant to so many people, not only our students, but present and former employees and the many members of Suffolk's extended family whose lives have been touched by the University.

Rosemarie E. Sansone
Executive Editor

Centennial Update: Imaging Campaign Begins



THE UNIVERSITY IS PARTNERING WITH Forge Worldwide to design and implement an imaging and marketing campaign.

The campaign will raise awareness of the University and guide external communications across campus. While the effort coincides with the Centennial, it is intended to spark and direct an integrated branding effort extending beyond the celebratory year.

Forge Worldwide, a brand communication company based in Waltham, works with a wide variety of clients, including many institutions of higher education.

The firm began its collaboration with the University by placing a half-page ad in the May 28 edition of the Boston Sunday Globe. This first in what will be a series of advertisements recognized Suffolk's commencement speakers and directed attention to the Centennial and the University's ongoing mission.

Celebration Inspires New Look

Creative Services has designed new stationery, incorporating the Centennial logo, for use in the upcoming year. The stationery will have a unified look, while remaining representative of the various schools and offices of the University.

Associate Business Manager Greg Harris worked with Creative Services to set up a system for ordering the new stationery. He was choosing a printer as the SUN went to press, and the Suffolk community will be able to order through the printer's Web site.

"We are streamlining the process, using one vendor and allowing people to order directly," said Harris, who will forward detailed ordering information to all schools and administrative offices.

The University's mailings also will bear the Centennial mark in the coming year. Mail Services will be using a Centennial meter mark, and Centennial stamps, featuring the logo, have been ordered from the U.S. Postal Service and are available through the Office of Public Affairs. •

Incident Command System

Continued from page 1

The ICS is comprised of four major sections — Operations, Planning, Logistics and Financial — each of which is responsible for various tasks.

The ICS offers many advantages, including its ability to expand or contract based on size, scope, seriousness and complexity of an event and its common terminology. FEMA has been using this system for 30 years.

To learn more about the ICS, go to:

<http://www.training.fema.gov/EMIWeb/IS/ICSResource/index.htm>. •

Suffolk University News

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Tech Talk: Virus and Trojans and Worms, Oh-My!

THE MOST IMPORTANT THING TO KNOW about viruses, worms and Trojans is how to keep them away from your computer and all of your information.

Viruses, rogue programs running on your computer, and Trojans, named for the infamous Trojan Horse, allow attackers to access information on your system.

Worms and vulnerabilities both "exploit" problems with your computer. Evildoers who create them are looking to attack vulnerable areas of your computer.

Five Ways to a Healthy Computer

1. *Get a virus scanner.* Use it. Love it. Check for updates at least twice a week. Virus scanners' ability to mitigate a virus risk decreases dramatically once the virus has already infected the system.
2. *Run a full Virus Scan.* Create a schedule to run a complete virus scan at least once a month, preferably weekly.
3. *Update and Patch your computer.* On a Microsoft operating system, updates are free. 'Start->Windows Update' in most cases will launch a Web browser that will scan your system for needed Windows Updates. Do this at least once a week.
4. *Don't open files you don't know.* If you see an odd file on your computer, don't open it. Call your IT guru. We are much happier answering questions and taking a quick look at your computer then spending hours trying to remove a problem.
5. *Use caution when allowing download, firewall settings and ActiveX downloads.* If you are using Microsoft's built-in firewall, don't just click on "allow." Make sure you know what programs have unrestricted access to the Internet. Don't automatically download pictures and other content in e-mails, and be careful when allowing ActiveX downloads. Unless you know what it is, deny it.

Reynold McGuire (MCSE)
Network Services Group, Suffolk University

King Implements Vision for Campus

Continued from page 1

- **Facilities management:** Keeping Suffolk facilities operating safely and appropriately in a customer-focused way.
- **Environmental health and safety:** Maintaining a healthy and safe campus that is compliant with regulatory agencies.

King has worked out 12-month, five-year and 10-year plans addressing everything from immediate needs to a "blue-sky vision of how the campus will evolve." He has about 25 projects due for completion in the next six months alone.

Moves related to the addition of the Stahl Building have changed the campus landscape over the past two years, and King's 12-month plan details office moves.

"The intention is to make one-time moves that follow a vision that evolves over time," said King.

Part of that vision entails establishing a hub for each of the three schools.

"We're beginning to establish a campus focus for the College of Arts and Sciences so that there is a sense of place for that college," said King. The College will be centered in an improved Donahue Building, and classes and offices will remain in the Deme-Temple Street area.

Meanwhile, the Sawyer Business School will be centered between the Sawyer and Stahl buildings. A new student lounge will be located on the second floor of the Sawyer Building, and food service will be moved to that floor in September.



Gordon King, senior director for Facilities Planning and Management. (Photo by John Gillooly)

The Law School will remain centered in Sargent Hall. King said that the University will continue to improve current student life facilities until the new 20 Somerset facility is in place.

A residence hall housing almost 800 students and a five-story student center planned for 20 Somerset St. will continue to move the center of gravity for the University toward Government Center, according to King's five-year plan.

"Beyond five years, we have to recognize that the University is in the midst of downtown Boston," he said. "We're a nontraditional campus in an urban setting, but we're considering new graduate student housing, upgraded academic facilities and student services, and the need to have NESAD functionally incorporated into CAS." •



University Boosts Recycling Efforts

While some paper is now recycled on campus, bottles and cans will be added as the University adopts a more efficient recycling plan in September. Gordon King had seen a need to do more with recycling when he joined the University in the spring. The will to make an improved system work became apparent when a student-run Recycling Team gathered signatures from 900 students, faculty and alumni on a petition in support of an expanded recycling program. Watch the SUN for more information on how you can join the recycling effort.



Gail Sergenian of Accounting, Suffolk alumna Alix Zerbo of Burkina Faso, and Sawyer Business School Dean Richard C. Torrissi enjoy the international reception at the Seaport Hotel following the undergraduate commencement ceremony.



Assistant to the President Eric Lee congratulates graduate Jorge Rivera.

Commencement 2006

MORE THAN 1,720 STUDENTS, including a number of Suffolk employees, were awarded degrees during the University's commencement exercises on May 20–21.

David Gergen, editor-at-large of U.S. News & World Report, spoke at the undergraduate commencement ceremony, and former New York Mayor Rudolph (Rudy) Giuliani spoke at the Law School commencement.

Donald Berwick, MD, president and CEO of the Institute for Healthcare Improvement, spoke at the commencement ceremony for the College of Arts and Sciences Graduate Programs. Alan Khazei, CEO and co-founder of City Year, spoke at the Sawyer Business School Graduate Programs commencement ceremony. •

Employee Graduates

THE FOLLOWING SUFFOLK UNIVERSITY EMPLOYEES WERE AWARDED DEGREES THIS YEAR:

Kevin P. Austin, Mail Services, BSBA
 Alisa M. Berman, Sawyer Business School Dean's Office, BSBA
 Candace Burnham, Residence Life, MED
 Jessica N. Camelio, Law Library, BA
 Peter Cole, MIS, JD
 Jeffrey J. Desantis, Sawyer Business School Dean's Office, MSPS
 Christina DiRico, Office of the President, MBA
 Michael Feeley, Office of Government and Community Affairs, MBA
 Ryan W. Higginson, Human Resources, BSBA
 Erica S. Lewis-Bowen, Graduate Admission, BA
 Laura R. Muller, Education and Human Services, BS
 Ann-Marie E. Ormond, Voice Communications, BA
 Eulvid Rocque, Business Office, MPA
 Kristin L. Seabolt, English, BA
 Nicholas C. Silva, Sawyer Business School Technology Management, BSBA
 Nicole L. Vadnais, College Dean's Office, MSCJ
 Diane Wise, Vice President-Treasurer's Office, MSCJ



University Marshal Maureen Stewart, budget director/risk manager, receives some last minute tips from George Comeau of University Media Services and Jackie Parker, Office of the President.



Deans Kenneth S. Greenberg and William J. O'Neill, Trustee Dorothy A. Caprera, honorary degree recipient Linda Whitlock, and Provost Patricia Maguire Meserve during undergraduate commencement exercises.



Dan McHugh and Aurelio Valente of Student Activities and Service Learning.



Peter Cole, Management Information Systems, walks across the stage after receiving his degree from Suffolk University Law School.



Eryln Ordinario, University Media Services, following the Law School graduation ceremony. Ordinario, a big New York sports fan, received a treat when Law School commencement speaker and former New York Mayor Rudy Giuliani autographed her Yankees' cap.

Commencement photos by John Gillooly, Sr. and John Gillooly, Jr.

Suffolk In The News

THE UNIVERSITY'S FACULTY AND ADMINISTRATORS are quoted regularly in the media. The following is a sampling of recent media mentions. To view the complete list, go to www.suffolk.edu and click on In the News.

WCVB-TV Channel 5, May 24, 2006

Suffolk student beats incumbent selectman for a seat on Sutton's Board of Selectmen.

Boston Herald, May 22, 2006

Rudy Giuliani delivers Suffolk University Law School commencement address. Also appeared in:

Boston Globe, May 21, 2006

Boston Globe, May 22, 2006

Boston Herald, May 22, 2006

WCVB-TV Channel 5, May 22, 2006

Boston Herald, May 8, 2006

Professor Marc A. Rodwin weighs in on malpractice rates.

Boston Globe, May 7, 2006

Award of a lifetime: Professor Edith Kaplan earns lifetime achievement award.

New York Times Education Life Section, April 23, 2006

Suffolk student Erin Madden talks about her experience at Suffolk U. •

Faculty and Staff Honored at SGA Leadership Awards Ceremony

THE STUDENT GOVERNMENT ASSOCIATION recognized faculty and staff members at its annual Leadership Awards Banquet April 20 at the Back Bay Grand Room, Dorothy Quincy Suite. The following honorees received a plaque signifying Suffolk University's appreciation for their contributions to a vibrant and active collegiate community:

OUTSTANDING FACULTY MEMBER FOR THE COLLEGE OF ARTS AND SCIENCES

Erich Gottlieb, Sociology

OUTSTANDING FACULTY MEMBER FOR THE SAWYER BUSINESS SCHOOL

Tom Whalen, Accounting

OUTSTANDING ADMINISTRATOR

Tikesha Morgan, Residence Life and Summer Programs

OUTSTANDING SUPPORT STAFF OF THE YEAR

Wayne Chin, Theatre Department

ATHLETIC COACH OF THE YEAR

Adam Nelson, Men's Basketball

OUTSTANDING STUDENT CLUB/ORGANIZATION ADVISER OF THE YEAR

Eulvid Rocque, Business Office (Caribbean Student Network)

UNSUNG HERO AWARD — FACULTY/STAFF

Thomas Chew, Student Activities and Service Learning

FACULTY DISTINGUISHED SERVICE

Anthony Eonas, Business Law

ADMINISTRATIVE DISTINGUISHED SERVICE

Mary Lally, Registrar for the Colleges •

Potpourri

Michael Basseches, Psychology, gave a speech, "A Developmental, Social and Dialectical Constructivist Interpretation of Psychotherapy: Blame it All on Ken," at Swarthmore College's "Constructing Worlds: A Symposium to Honor Kenneth Gergen." Gergen was a teacher and mentor to Basseches when he was a student at Swarthmore from 1969-1972. ...

John Berg, Government, presented a paper, "Gay Marriage: The Evolution of an Issue in Massachusetts," at the annual meeting of the Midwestern Political Science Association in Chicago. ... **Anne Marie Cammisa**, Government, was elected to the Council of the New England Political Science Association. ... **Kate Nace Day**, Law School, presented "From Poetry to Pedagogy: Inventing Women Lawyers" at the Women's Law Center at Boston College Law School. ... **Robert DeFillippi**, Management, spent his spring sabbatical as the International Visiting Fellow to the Tananka Business School at Imperial College of London. He delivered a series of lectures and workshops at the London Business School, Stockholm School of Economics, Linköping University in Sweden, and the Imperial College of London. DeFillippi also delivered the annual Distinguished Professor Lecture at University of Hull, United Kingdom. He is the second American professor to receive the Distinguished Professor appointment. ... **Michael Duggan**, Enrollment

Research & Planning, is the chair of the American Association of College Registrars and Admissions Officers (AACRAO) and is planning for the 2007 AACRAO conference, which will be held in Boston. He co-presented two sessions at the AACRAO conference in San Diego in April. Duggan and **Rebecca Mathews**, Enrollment Research and Planning, presented a session, "Using IPEDS Data to Estimate Freshman Tuition Discount Rate," at the 2006 Association for Institutional Research Forum in Chicago. Mathews also led a roundtable discussion on automating reports. Duggan serves on the Forum Publications Editorial Advisory Committee. ... **John E. Fen-**

ton, Jr., Law School, received the Alexander J. Cella Memorial Award given by the editorial board of the Suffolk University Law Review in recognition of his outstanding contributions to Suffolk University Law School and his dedication to the Law Review. ... At the 2006 Intellectual Property Institute at the USC Gould School of Law, **Christopher Gibson**, Law School, was a panelist addressing "International Arbitration as a Vehicle for

Resolving Multi-National IP Disputes." ... For the second time, **Younna H. Hinnawi**, Center for International Education, is serving as a selection panelist for the Benjamin Gilman International Scholarship program, sponsored by the U.S. Department of State, Bureau of Educational & Cultural Affairs. ... **Kristi Jovell**, Law School, was elected secretary of the Eastern Association of Student Financial Aid Administrators. ... In August, **Micky Lee**, **Yuliya Strizhakova** and **Bruce Wickelgren**, Communication and Journalism, will present papers at the World Communication Association meeting in Springfield for a panel, "Approaching the local and the global with a communication research imagination." The papers are "Perceptions of Functional and Symbolic Meanings of Brands in the US, Ukraine, and Romania" (Strizhakova); "Crossing Boundaries: International Students at American Universities" (Wickelgren); and "Apathy in the time of globalization: Hong Kong media

coverage of WTO protest 2005" (Lee with Anthony Fung of Chinese University of Hong Kong). ... **Lydia Martin**, NESADSU, and husband Christopher Martin, an English professor at Boston University, were the hosts for John Malkovich, noted actor, director, playwright and producer, at the performance of a new play, "Culture.com," by BU graduate student Guila Clara Kessous at the Tsai Performance Center, Boston University, on April 24. Christopher Martin assisted in producing the play. ... **Samantha Moppett**, Law School, was a small group leader for "Workshop on Critiquing Student Works" at the 12th Biennial Conference of the Legal Writ-

ing Institute held in Atlanta, Ga., in June. ...

News from Math and Computer Science: **Edgar Karapetian** and his research team received a National Science Foundation grant and two Oak Ridge National Laboratory grants totaling approximately \$200,000 for research projects related to Contact Electromechanics and Nanoelectromechanics of Piezoelectric materials. ... **Boris Mirman** addressed a conference in Bremen, Germany, in July on the links of Poncelet curves with various branches of mathematics. ... **Eric Myrvaagnes** has retired after 35 years of service to the department. ... **Irina Peterburgsky** presented a paper, "Current View at Classical Extremal Problems," at the Operator Theory, Analysis and Mathematical Physics Conference in Lund, Sweden, in June. ... **Dan Stefanescu** gave two speeches while on sabbatical leave: "Issues in Processing Large Data Sets" at the Lucca Institute of Advanced Studies, Lucca, Italy, and "Large Data Sets in Parallel Computing and Data Mining" at the University of Pisa in Italy. ... **Zhiyong Xu** was awarded a National Science Foundation Computer Network Systems Division Grant of \$146,000 for Software Architectures for Distributed Web Services Based on Peer-to-Peer Technologies. ... **Sebastián Royo**, Government, presented "The Europeanization of Portuguese Interest Groups" at the Summer School 2006 program, The Europeanization of the Portuguese Political System, organized by the Instituto Português de Relações Internacionais – Universidade Nova de Lisboa. Oeiras, June 25-30. ... **News from the Sawyer Business School:** Professors **Warren Briggs** and **Christian DeLaunay** along with **Kristin Polito**, director of the Executive MBA program, accompanied a group of Executive MBA students to Shanghai, China, in April. They visited corporations in Shanghai and the Suzhou industrial region and toured the Shanghai Stock Exchange, where they met with Dr. Fengua Wang, senior economist for the stock exchange. While in Shanghai they also visited with Law Professor **Valerie Epps** at Fudan University, where she was teaching international law as a Fulbright Scholar for the spring semester. ... In May **Tony Eonas**, Business Law, and **Michael Brown** of the Dean's Office, went to Shanghai with a group of MBA students to attend a program organized by **Lin Guo** of Finance. ... **Denis Lee**, Information Systems and Operations Management, taught a course at Fudan University in May. ... •



This year's Spring Fling attracted more than 150 celebrants.



Lydia Martin and John Malkovich

Gallery Roundup

EXPERIMENTAL ARTISTS AT NESADSU

The works of two mid-career artists, experimental photographer Benno Friedman and avant-garde painter Arthur Birkland, runs through July 7 at the gallery of the New England School of Art & Design.

Friedman, who has shown in the Whitney Biennial, has been working with reconfigured digital images for the past several years. His exhibition is "Real Photos, Visual Queries."

Birkland's cutting edge series, "Perforated Explorations," consists of punctured images.

These small new works have a keen and humorous play on the erotic," said Charles Giuliani, director of exhibitions for NESADSU.



Life Along the Charles: Boston Herald Photo Project at the Adams Gallery.

ALONG THE CHARLES

The Adams Gallery features photographs of the Charles River, the towns it touches and the stories it tells as it winds along its 80-mile course through Eastern Massachusetts.

A team of photographers from the Boston Herald worked on the Charles River project. Their work will be published in the Herald and on the newspaper's Web site, but the first glimpse of the photos will be at Suffolk's Adams Gallery.

Life Along the Charles: Boston Herald Photo Project will run from July 17 through Sept. 8. A show of Boston Herald news and feature photography this past spring was a highly successful exhibit for the gallery. •

Faculty Publications

Andrew Beckerman-Rodau, Law School, has published two articles: "The Novice's Guide to Teaching with Technology," for *The Law Teacher*, Vol. XIII, No. 2 at 3 (Spring 2006) and "Dealing with Digital Data in the Practice of Law: Do You Know Where Your Data Is?" in the *Journal of Internet Law*, Vol. 9, No. 10 at 3 (April 2006).

Robert DeFillippi and **Michael Arthur**, Sawyer Business School, have co-authored a book with Valerie Lindsey, associate professor at Victoria University in New Zealand, *Knowledge At Work: Creative Collaborations in the Knowledge Economy* (Blackwell Press).

Raul de la Fuente Marcos and **Carlos de la Fuente Marcos**, Madrid campus. Their article, "The fractal dimensions of the spatial distribution of young open clusters in the Solar Neighborhood," was published in *Astronomy & Astrophysics*, Vol. 452, No. 1, pp. 163-168 (June 2006).

Irina Peterburgsky, Mathematics, published a paper, "On Norms of Operators Over Spaces of Abstract-Valued Functions," in the *Proceedings of the First Czech-Catalan Conference in Mathematics*, Charles University, Prague.

Sebastián Royo, Government and director of the Madrid campus, has published three articles in the Spanish newspaper *Cinco Días*. They are: "La reforma laboral y el Modelo Economico," May 10, 2006; "Adiós al Gigante Galbraith," May 2, 2006; and "Inmigración en EEUU," April 24, 2006. He has also published "Spain and Portugal in the European Union: Misión Accomplished?" in *The European Union and the Member States: Cooperation, Coordination, and Compromise*. (New York: Lynne Rienner Publishers, 2006) and "The Challenges of EU Integration: Iberian Lessons for Eastern Europe" in *The Enlargement of the European Union* (Miami: Jean Monnet EU Chair, University of Miami).

Michael Rustad, Law School, published an article, "Symposium Review: The Negligent Enablement of Trade Secret Misappropriation," *22 Santa Clara Computer & High Tech. L.J.* 455 (March 2006).

Lewis Shaw and **Laurie Pant**, Sawyer Business School, had an article "An Exploratory Study of Public Accountants' Perceived Technological Competency and Cognitive Style in a Knowledge-Based Industry," accepted for

publication in the *Review of Business Information Systems Journal*.

Pradeep Shukla, and **Boris Mirman**, Mathematics, published "A characterization of complex plane Poncelet curves" in *Linear Algebra and its Applications*.

Kathleen Elliott Vinson, Law School. Her article, "Improving Legal Writing: A Life-long Learning Process and Continuing Professional Challenge," (*21 Touro Law Review* 517, 2005), was reprinted by the National Association of Appellate Court Attorneys for their annual conference held this summer.

Zhiyong Xu, Mathematics, published "Tulip: A Robust and Scalable Hash Based Cooperative Web Caching System (with Y. Hu and L. Bhuyan), in the *Journal of Supercomputing*.

Dmitry Zinoviev, Mathematics, published two textbooks. They are *Computer Programming: A Charting Approach* and *Data, Networks, Programs. Social and Technical Aspects*. •

Shape Up Now for Suffolk Road Race

WITH MORE THAN TWO MONTHS remaining before the Suffolk 5K Road Race and Family Walk, there's plenty of time to get in shape for an enjoyable walk or competitive run, according to Don Murray, the University's cross-country coach.

The road race, at 10 a.m. Sunday, Sept. 17, running from the Hatch Shell along the Charles River, is the eighth annual scholarship benefit race, but could also be considered the Centennial road race.

"We're trying to get as many employees to participate as possible," said race organizer Paula Prifti Weafer, director of Alumni programs for the Sawyer Business School. "The road race is a wonderful way to inspire family and friends to participate in our Centennial in such a beautiful setting. It's a fun day."

Plenty of Time to Train

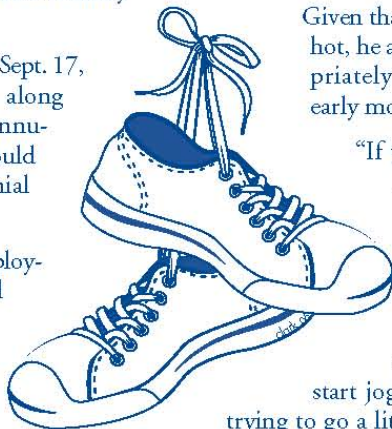
A post-race barbecue features prizes for runners in five age categories, from 17 and under to 55 and over.

Murray, who falls well into the master's category, ran 67 races last year. He said that a five-kilometer—or 3.1 mile—walk "is no big deal."

"Sometimes I tell people: Look, you have two legs; go out and walk," he said. "That gets them going. Some people who have no desire to run go out and walk, then they see someone

run by them who's not in great shape, and they decide to try running."

Murray said walkers are welcome in any race, but he suggested a training regimen for those who want to run in September's 5K race.



Given that it's summertime and hot, he advised dressing appropriately and training in the early morning or late evening.

"If you haven't been running, go to a place that's comfortable for you and start walking, then jog," he said. "If you feel uncomfortable, stop and walk again, then start jogging again. Set goals,

trying to go a little farther every day."

Running with a partner can help, as each pushes the other, and one can talk the other through the hard parts of a workout.

No Excuses

"It can be tough to get into a program, especially as it's always easy to find an excuse," he said. In the winter it's too cold; now it's too hot. "It's fine to take a day or two off running, but you should be doing something every day. Don't take the elevator; take the stairs. Go out for a walk."

Stretching is an essential part of the daily routine, whether running or not. "Don't forget to stretch every day of your life, like I do, because I don't want to get old," said Murray. He rec-

ommends a little stretch before running and a 15-minute, slow and gentle stretch immediately afterwards to avoid injury.

For those who want to be competitive in the 5K race, Murray recommends incorporating a long run of six miles into the weekly workout schedule.

"You may run one six-mile day, and other days do two to three miles," he said. "This does two things. It gives you a nice feeling going into the race that you've done twice the distance you need to run. Your legs are strong, and you're in good shape."

With two months to train, start off by doing one mile. "Before you know it, you're up to two, three, then up to six miles," he said.

Veteran Marathoner

Murray ran the Boston Marathon this year with a sore foot. After 10 miles, he had to stop running, but he didn't want to drop out.

"I wanted to run a marathon in my seventies, and I figured seventy-one was better than seventy-nine."

So he alternated walking and running and finished in less than five hours.

Walk or run, the road race is a great prelude to the Centennial Celebration that officially kicks off on Sept. 21, and all proceeds benefit the Alumni Leadership Scholarship Fund.

For information, go to <http://www.suffolk.edu/roadrace>. •

Human Resources

SUMMER: "CHANGE OF STATUS" SEASON FOR HEALTH AND DENTAL PLANS

The dependent children of Suffolk employees who are full-time college students may be covered to age 25 under the University's health and dental plans.

Harvard Pilgrim Health Care (HPHC) requires that you verify the student status of your dependent child yearly. Each fall HPHC sends a letter and an affidavit that you must sign and return to HPHC. Once the affidavit is received and processed, HPHC will send you a confirmation postcard, which you should keep for your records. If you do not receive the postcard, contact the HCHP Member Services Department at 888-333-4742.

Delta Dental Insurance covers your child to age 19. If your child is a full-time student age 19 or older, you must notify Delta at 617-886-1000, giving the name and address of your child's school. The first dental claim Delta receives for your child after the age of 19 may be

denied. Should this happen, call Delta Dental with the information about your child's school.

If your child is no longer a full-time student, he is eligible for continuation of health and dental coverage through COBRA. Under COBRA your child may continue on the Suffolk plan for up to 36 months at the full premium cost, plus 2 percent administrative cost. Please contact Human Resources at extension 8415 for more information about COBRA. •