Health and fitness guru Bob Greene, who rose to national fame as Oprah Winfrey’s personal trainer, will inspire guests at Girls’ Night In Feb. 23 at Hyatt Regency Crown Center in Kansas City.

Girls’ Night In blends a “party with your girlfriends” atmosphere with awareness on how women can improve their heart health. The fifth annual event begins at 5:30 p.m. with a cocktail reception, followed by the program. Guests will enjoy a series of heart-healthy food tastings inspired by Greene’s cookbook.

Greene is a best-selling author of “The Best Life Diet,” named Consumer Reports’ No. 1 diet book for 2007, and a number of other books. His most recent is “The Best Life Guide to Managing Diabetes and Pre-Diabetes.”

Stacy Parkinson, first lady of Kansas, is honorary chair of Girls’ Night In. Anita Parran, business and civic leader, is event chair.

Host a table
Girls’ Night In table hosts can invite colleagues, friends and family members to join in the fun at tables of 10 for $1,000. Hosts will receive invitations to send.

To volunteer: regonline.com/kansascitycare. Information: Virden, 8-4377, or 5-7300.
Cambridge Café takes the cake

Cambridge Café was the overwhelming favorite in this fall’s name-the-café vote. The name originally was suggested by six employees (and one department); each received a gift card to the café. Among the winners: Edie Bryant (from left), Emergency Medicine; Lisa Patrick, Marketing; and Duane Daugherty, Environment of Care. (Not pictured: Philip Helm, PM&I; Dwight Kasperbauer, Human Resources; Sonya Boyd, Renal Dialysis; and the Volunteer Services team.) Cambridge Café received nearly half the 1,543 online votes cast by campus employees. Look for the sign to debut in early 2010.

Ophthalmology professor receives endowed chair

John Sutphin, MD, professor and chair of Ophthalmology at the University of Kansas Medical Center, received the Luther and Ardis Fry Professor and Chair in Ophthalmology.

Sutphin is a nationally recognized leader in cornea, external diseases and refractive surgery. While serving in the U.S. Navy, including as chair of Ophthalmology at the Naval Regional Medical Center in San Diego for seven years, he pioneered laser eye surgery for Navy Seals.

During 13 years as professor of ophthalmology and director of the cornea service at the University of Iowa, he introduced refractive surgery to the region and built one of the largest resident and fellow refractive clinics before retiring Emeritus in 2006.

Sutphin, who joined KUMC in December 2006, is a diplomate and director of the American Board of Ophthalmology. He is known for leading-edge clinical research in ocular infectious diseases and confocal microscopy.

Luther Fry, MD, a 1967 KU School of Medicine graduate, is founder of Fry Eye Associates. He and his wife established the endowed fund for the professorship in 2005 and have continued adding to it. Since 2001, 36 endowed professorships have been created for KUMC faculty.

KUMC collecting gifts for holiday program

The University of Kansas Medical Center’s Holiday Giving Program is in full swing. Sponsored by KUMC’s Office of Public Affairs, the program allows employees to adopt a child or entire family for the holidays.

More than 450 children from KUMC’s Project EAGLE have created holiday wish lists. To choose a child, click on the Holiday Giving Program graphic at kumc.edu/community.

Do not spend more than $50 per child. Put unwrapped gifts in a bag and deliver them to the HR conference room, 1038 Delp. Drop off times are 11 a.m.-2 p.m. Monday and Tuesday, Dec. 7 and 8, and Friday, Dec. 11. Information: Paula Baum, 8-1017, or pbaum@kumc.edu.

Ring in the season at a hospital holiday party

Celebrate the holidays with your co-workers at The University of Kansas Hospital’s annual parties.

Enjoy food and drink. Check out the wreath contest entries. You also can help brighten the holiday for others by bringing a donation for Harvesters. Please wear your hospital ID badge to the event.

Tuesday, Dec. 15
Midnight-1 a.m.
2-4 p.m.
7-8:30 p.m.
Hospital cafeteria

Wednesday, Dec. 16
2-3:30 p.m.
Westwood Campus Atrium

Thursday, Dec. 17
Noon-1:30 p.m.
KU MedWest Community Room

Friday, Dec. 18
12:30-1:30 p.m.
Dialysis Center
Thursday, December 3
PREVENTIVE MEDICINE, Public Health and GCRC Seminar: “Phone-Based Weight Management for Rural Women,” Christie Beford, PhD, noon-1 p.m., 1050 School of Nursing.

Friday, December 4
PEDIATRIC GRAND Rounds: “Pandemic Influenza: A Public Health Emergency in Progress,” Georgina Peacock, MD, 8-9 a.m., Wahl Hall West Auditorium.

UNIVERSITY COMPUTER Equipment Drop-Off: 8:30-10:30 a.m., Hixon Atrium. Information: 8-1081.

KUMC Diversity Event: Information fair showcasing local AIDS Service Organizations and free student HIV testing, 11 a.m.-3 p.m., School of Nursing Atrium.

UNIVERSITY OF KANSAS Cancer Center Seminar: “Defining the Critical Determinants of Norovirus Pathogenesis that Prevent Long-term Protective Immunity,” Stephanie Karst, PhD, noon-1 p.m., Lied Auditorium.

Monday, December 7
PATHOLOGY & LABORATORY Medicine Grand Rounds: “Proteomics for Clinicians,” Michael Washburn, PhD, noon-1 p.m., Lied Auditorium.

Tuesday, December 8
SCHOOL OF MEDICINE Faculty Seminar: “Understanding Your SoM Faculty Governance,” Tim Williamson, MD; Belinda Vail, MD; John Calkins, MD; Paige Geiger, PhD; Peggy Petroff, PhD; and Scott Moser, MD, noon-1 p.m., GO13 School of Nursing Auditorium. Lunch for first 40 attendees. Register: www2.kumc.edu/PDFATraining.

TRAUMATIC BRAIN INJURY Support: Second Tuesdays, 4:30-5:30 p.m., Wyandotte Room. Information: Dolly Wood, 8-6945 or dwood@kumc.edu.

Wednesday, December 9

KANSAS PUBLIC Health Grand Rounds: “2010 Legislative Session Update,” Jason Eberhart-Phillips, MD, noon-1 p.m., 1023 Orr-Major. Information: kpsghr@kumc.edu or 620-235-4040.

STUDENT WELLNESS Program: “Chrimahannukwanzaka Study Break,” noon-1 p.m., GO05 Orr-Major. Enjoy ice cream, cider and hot chocolate to help unwind before finals.

HEAD AND NECK Cancer Support: Second and fourth Wednesdays, 4:50-5:00 p.m., Executive Conference Room 1, Westwood Campus. Information: 8-1227.

Thursday, December 10
CANCER & DEVELOPMENTAL Biology Seminar: “Implication of the CUX1 Transcription Factor in Cell Cycle Progression, Mitotic Checkpoint and Cancer,” Alain Nepveu, PhD, 8:45-9:45 a.m., Lied Auditorium.

LUNG CANCER Support Group: Second and fourth Thursdays, 5:30-6:30 p.m., Atrium Conference Room, Westwood Campus. Information: 8-1227.

Friday, December 11

Send calendar items to centerexpress@kumc.edu. Items must be received by noon on the Monday prior to publication.

KUMC holiday luncheon set for Dec. 9
All University of Kansas Medical Center faculty and staff are invited to join Barbara Atkinson, MD, KUMC executive vice chancellor, and her leadership team to celebrate the holiday season at the 2009 “Tis the Season Holiday Luncheon 11 a.m.-2 p.m. Wednesday Dec. 9, in Francisco Lounge.

You’ll need your invitations sent via campus mail for admittance. During the event you’ll again have the opportunity to help those less fortunate. Staff and faculty are encouraged to adopt the spirit of giving by bringing item(s) for donation to several area charitable organizations. For a list of organizations and requests, visit: www2.kumc.edu/hr.

If you donate at the luncheon, you’ll receive a raffle ticket for each of the six charitable organizations you donate to. Use your raffle tickets to enter a drawing to receive one of the marvelous gifts donated to KUMC.

Information: Carolyn Darby, cdarby@kumc.edu or 8-5099.

Employee Mammogram Day arrives Dec. 11
Get your annual mammogram during Employee Mammogram Day Friday, Dec. 11, at the Westwood Campus. Employees must be at least 40 years old and have a primary care physician. Your insurance will be billed for this exam. Check with your insurance if you have questions about coverage.

Free gift bags are included, and a limousine again will carry employees between Westwood and the main campus. The limo will pick up outside the Center for Advanced Heart Care entrance beginning at 6:30 a.m., with departures every 30 minutes. Final departure is 5 p.m.

The limo will pick up at the Westwood shuttle stop every 30 minutes beginning at 6:45 a.m. Final departure is 5:30 p.m. The regular Westwood shuttle is available after that.

Breast Imaging is located on the west side of the west Westwood Campus by the Belinder Street entrance on Level 1.

To schedule an appointment: 8-1416 or 8-3671, prompt #2.

Information: Joni Bialek-Wood, RT, 8-3293, jbialek@kumc.edu.

Big Brothers Big Sisters rep to talk Dec. 3
The Department of Nursing Professionalism Council at The University of Kansas Hospital is teaming with Big Brothers Big Sisters and the Kauffman Foundation. The goal: Encourage nurses and others at the hospital to serve as mentors to “first-generation” college-bound students who have interest in pursuing health care careers.

Representatives from Kauffman will host a lunch-and-learn 12:30-4 p.m. Thursday, Dec. 3, in the hospital cafeteria’s Wyandotte Room. Pizza will be provided for the first 70 attendees. Information: Maria Pena, RN, 8-5257, or bigbrothersbigsisterskc.org/bbbs.aspx?pgID=1215

Blood drive: Save a life Dec. 3 in Westwood
The Community Blood Center returns to the Westwood Campus Multipurpose Room Thursday, Dec. 3, 10 a.m.-3 p.m. It’s the last chance to give through The University of Kansas Hospital this year.

Register and save a life this holiday!

Register at esavealifenow.org. There’s also a signup sheet at Westwood HR. Information: Lisa Ward, 8-4416.
Vehicles
2007 TOYOTA RAV4 Sport, 43K, loaded. 816-405-2739.
2002 VOLVO C70 Turbo convertible, 62K, black, taupe leather interior, 1 owner, clean CarFax, all maintenance records, very nice cond., heated/power seats, new tires, detailed, $10,500. 816-822-0803.
2000 HARLEY-DAVIDSON Road King FLHR, under 25K, very clean, garaged, several chrome accessories, $11,000. 785-550-5456.
2000 PONTIAC GRAND AM GT, 160K, red, 2-door, automatic, new brakes, power/tinted windows, alloy wheels, 60 percent tread, sunroof, new timing belt/starter, $3,000 OBO. 913-636-7309.
1994 OLDSMOBILE CUTLASS Ciera S, 133K, light blue, regular oil changes, new spark plugs/brakes, fairly new tires, 30 mpg highway, photos, $1,895 OBO. 816-518-6219.

For Sale
KLOGS, size 7 wide, paid $59, asking $25. 913-721-1469.
BOSCH ELECTRIC dryer and GE dryer, 3 months old, $500 each. 816-923-8634.
SNOW TIRES: 1 set of p185 75/r14 (tires only); 1 set of lt 225/75 r16 on rims; both used 1 short season, excellent cond. 816-809-4693.
COUCH SET, 2 years old, 1 sleeper with extended sleeper under it, 1 love seat, no stains/tears, light olive green, paid $1,400 for set, asking $500. 816-786-5589.

A Change of Heart
Girls’ Night In proceeds benefit A Change of Heart, a community campaign supporting the hospital’s women’s heart health program. A Change of Heart is designed to increase women’s awareness of their risks, provide assessment tools, foster heart-healthy lifestyle changes and create pay-it-forward advocates who will reduce heart disease for generations – one woman at a time.
Information on scheduling a heart health assessment: achangeofheartkc.org, or 8-1227.

2009 A Change of Heart sponsor opens 2nd flagship store
Russell Stover Candies is the 2009 Title Sponsor of A Change of Heart, The University of Kansas Hospital’s women’s heart program. Russell Stover opened its second flagship store in September in Fairway, near the hospital’s Westwood Campus. Information: achangeofheartkc.org.

Housing
For Sale
OLATHE HOME, 3 BR, 1 BA, 2-car garage, deck, fireplace, finished basement with laundry area, updated full bath, new tile in basement, $152,500. 913-568-9159.

For Rent
HOME, 2 BR, 1 BA, garage, large living/dining area, fenced backyard, quiet neighborhood close to KUMC/Roanoke Park, $750/month. 913-685-3777.
BRECKENRIDGE, COLO., ski accommodations Dec. 12-19 or Feb. 6-13, 2 BR, 2 BA, sleeps 6, includes indoor hot tub in clubhouse, elevator, garage parking. 913-669-7095.

Pets
LILLY, well-trained Brittany mix, 6 years old, housebroken, gets along well with pets and children, smart, playful, needs room to run. 913-972-6802.
TREEING WALKER hound dog, 4 months old, male, medium size, brown/black/white, looks like a beagle, good with kids, likes to jump, needs housetraining, no papers. 913-314-3427.
8 LITTLE KITTENS: 4 are 8 weeks old, 4 are 7 months old, need loving homes. 816-405-2759.

Wanted
DOG HOUSE, small to medium size for Boston Terrier mix, prefer free but willing to pay, will pick up. 913-636-8207.
BON JOVI tickets for March 2010 concert at Sprint Center, 1 or 2 tickets, good seats, reasonably priced. 305-401-8892.
TWISTER and Battleship games in good cond. 816-452-5903.