A new beginning can be a stressful time for anyone. The fall semester marks a new beginning in many ways. Some of you are new to campus life, some are beginning new and challenging course work and many of you will be starting new research projects. All of these new beginnings will bring about stressful situations in one form or another. It is important that you learn to recognize how you are affected by stress, how your stress affects others, and learn ways to manage what life throws your way.

Taking control of your situation is key! Eliminate unnecessary stress, eat nutritious foods, avoid excessive noise, practice conflict resolution techniques and surround yourself with people whom you aspire to be like. Remember that attitudes are contagious and it’s easy to come down with the same attitudes as those around you.

Ways to avoid creating stress:

- Quality communication
- Set goals
- Prioritize your work
- Look ahead; set a schedule and stick to it.
- Delegate
- Saying NO to things you don’t have time for.
- Limit interruptions
- Ask for help when needed!

Carol Dowell
Training Coordinator
Laboratory Animal Program
Purdue University
494-2521; dowellc@purdue.edu
As we begin a new academic year, with new students, staff and programs, I wanted to highlight a few important issues regarding utilization of vertebrate animals in research, teaching, and testing activities. Purdue policy and federal regulations require that, prior to any use of vertebrate animals in research, teaching, or testing, a protocol describing that use must be reviewed and approved by the Purdue Animal Care and Use Committee (PACUC). A critical component of PACUC’s responsibility is the documentation that all individuals who will participate in the activity involving vertebrate animals have received appropriate training to ensure that they are qualified for their role in the project.

There are several important actions necessary for those investigators with active, approved protocols for use of animals, and new postdoctoral, student, or technical staff joining their research, teaching, or testing projects. First, before new personnel work with vertebrate animals at Purdue University, they must participate in an orientation session provided by the PACUC and Purdue Laboratory Animal Program (LAP). While the intended audience of these orientation sessions is new personnel, current staff is welcome and encouraged to attend. Second, before new personnel begin independent work on a project they must receive training appropriate to their role. During this period of training, the individual may work with animals only under direct supervision by a qualified person.

Finally, when training is complete and the individual is ready to begin independent work under the approved protocol, the individual's qualifications must be documented to PACUC through submission of an animal use qualification form, and the new personnel must be formally added to the project through an amendment to the protocol.

Please note that requirements for PACUC/LAP general orientation, providing and documenting project-specific training, and adding personnel to protocols apply to any and all individuals who will work directly with or care for vertebrate animals at Purdue, regardless of whether this activity is short term or long term. Thus, the requirements apply equally to temporary postdoctoral associates, students, and technical staff working on projects, or graduate students experiencing laboratory rotations before selecting an advisor, as they do to full time, permanent staff.

All forms necessary to submit or amend a protocol, or to document qualifications, are available on the PACUC/LAP website [www.purdue.edu/animals]. If you have any questions regarding these requirements or wish assistance with training, protocols, or documenting qualifications, do not hesitate to contact the PACUC/LAP office at 494-9163.

Best wishes for a rewarding and productive academic year!

Lisa Snider
PACUC Administrator
DISPOSAL OF RESEARCH/TEACHING ANIMALS AT ADDL

For investigators/departments that have PACUC approval to dispose of research or teaching animals at the Animal Disease Diagnostic Laboratory (ADDL): Effective immediately, the ADDL will only incinerate carcasses/tissues, plain paper or plain cardboard. If other materials are found in boxes or bags, ADDL will contact the principal investigator or facility manager, who will be responsible for removing this material. The ADDL incinerator is licensed as a biological incinerator, not a medical waste incinerator. Inclusion of anything that could be construed as medical waste (exam or surgical gloves, catheters, surgical drapes, sharps, etc.) could result in substantial fines (e.g., University of Georgia earlier this year) or loss of the incinerator license. Inclusion of plastic or rubber material in the boxes has also, over time, fouled sensors and burners in the incinerator refractory, resulting in malfunctions and requiring substantial cost to clean or replace sensors and burners.

The ADDL will also require that any submission for disposal be accompanied by a completed submission form (these can be obtained from LAP or from Dr. Steve Lenz at ADDL) attached to the box or container. ADDL will advise grounds personnel (who frequently pick up and deliver boxes) that containers without a submission form should not be delivered to the ADDL. If you have any questions regarding packaging or submission of material, please contact Dr. Steve Lenz at ADDL (slenz@purdue.edu, 4-7440).

William Ferner DVM, Director Laboratory Animal Program

Fall 2009 PACUC Meeting Dates

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<thead>
<tr>
<th>Meeting Date</th>
<th>Deadline Date for Submission of Protocol</th>
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<tr>
<td>September 16</td>
<td>August 26 at 5:00 p.m.</td>
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<tr>
<td>October 21</td>
<td>September 30 at 5:00 p.m.</td>
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<tr>
<td>November 18</td>
<td>October 28 at 5:00 p.m.</td>
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<tr>
<td>December 16</td>
<td>November 25 at 5:00 p.m.</td>
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