

# Physiology News



Department of Cellular & Integrative Physiology

## Statewide Departmental Retreat - AUGUST 23, 2005 Rathskeller – Downtown Indianapolis

*Written by Steve Kempson*

Once again we convened at the Rathskeller Restaurant in downtown Indianapolis for the annual retreat. Approx. 110 faculty, fellows, students and staff attended the scientific and social event on August 22. Faculty traveled from the IUSM centers at Evansville, Terre Haute, Gary, Fort Wayne, and South Bend, in addition to Indianapolis. The event was launched by Mike Sturek, Department Chair, who summarized progress during the past year, noting that extramural funding for the department had increased by almost 50%, and outlined short and long-term goals for the future. Pat Gallagher summarized graduate student accomplishments, presented several awards, and introduced our incoming students. David Bell from the Fort Wayne Center discussed an AAMC questionnaire that is completed by 68% of graduating medical



students nationally. He is part of a task force that reviews responses from IUSM students (57% responded) and, overall, this group reported favorably on their experience with Physiology. There were six research talks from postdoctoral fellows and two from graduate students. Poster sessions in the morning and afternoon featured the research of 12 MS and 17 PhD students. Awards were provided for the oral and poster presentations that were selected by popular vote, as follows: Feng Yin (Herring lab) postdoc award; Chad Hunter (Rhodes lab) senior PhD student; Jason Edwards (Sturek lab) junior PhD student; and Alec Sheehy (Sturek lab) MS

student. Paul Herring organized a new feature in the afternoon session, namely informal discussions centered around four general themes. This was an attempt to identify common research interests and resources and to foster collaboration for potential funding. In retrospect, there was probably insufficient time allotted for these discussions, but at least some basic information was exchanged. Everyone received the official departmental coffee mug and was eligible for door prizes. John Schaeffer (Evansville) was recognized for traveling furthest to the retreat, and Leo Zhou was rewarded for his unique sartorial style. On a lighter note, Steve Kempson (MC for the day) together with Pavalko & Sturek (well-known comedians) struggled all day to inject some humor, and would like to thank all the attendees for their tolerance and patience. Please send any feedback and suggestions for future meetings to [mbrown3@iupui.edu](mailto:mbrown3@iupui.edu).

*Photography by: Jim Vuchetich*

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## Message from the Chair

Michael Sturek, Ph.D.

Steve Kempson's front page article on the Departmental Retreat perhaps best captures the happenings in the department. We have a great deal of energy as we start another academic year. Grant funding in the department has increased substantially (NIH rank went from 69<sup>th</sup> to 51<sup>st</sup>), we have two new faculty members to lead new efforts in the department (Dave Basile, Simon Rhodes), 7 new Ph.D. graduate students start in our program, and new research and educational initiatives are underway. Please keep sharing your success stories for inclusion in our *Physiology News*.

Paul Herring and the departmental Steering Committee have encouraged our departmental efforts to be **integrative** as a means to position our department for success. Indeed, faculty recruitments underway with Biomedical Engineering and the Stark Neurosciences Research Institute, joint seminars with the Indiana Center for Vascular Biology and Medicine, and additional collaborative research projects exemplify our efforts. We enter another round of faculty recruitment this year as we build our department and I look forward to continued success in this and an all around great year!

### **Publications from PubMed- Medline (April 05 to present)**

1. Satpathy M, **Gallagher P**, Jin Y, Srinivas SP. Extracellular ATP opposes thrombin-induced myosin light chain phosphorylation and loss of barrier integrity in corneal endothelial cells. *Exp Eye Res.* 2005 Aug;81(2):183-92. PMID: 16080912 [PubMed - in process]
2. Xue Z, Zhang L, Ramchandani R, Liu Y, Antony VB, **Gunst SJ**, Tepper RS. Respiratory system responsiveness in rabbits in vivo is reduced by prolonged continuous positive airway pressure. *J Appl Physiol.* 2005 Aug;99(2):677-82. Epub 2005 Apr 7. PMID: 15817724 [PubMed - in process]
3. **Witzmann FA**, Monteiro-Riviere NA, Inman AO, Kimpel MA, Pedrick NM, Ringham HN, Riviere JE. Effect of JP-8 jet fuel exposure on protein expression in human keratinocyte cells in culture. *Toxicol Lett.* 2005 Jul 11; [Epub ahead of print] PMID: 16019166 [PubMed - as supplied by publisher]
4. El-Mounayri O, Triplett JW, Yates CW, **Herring BP**. Regulation of smooth muscle-specific gene expression by homeodomain proteins, Hoxa10 and Hoxb8. *J Biol Chem.* 2005 Jul 8;280(27):25854-63. Epub 2005 May 9. PMID: 15886193 [PubMed - in process]
5. Witczak CA, **Sturek M**. Training-induced sarcoplasmic reticulum Ca<sup>2+</sup> unloading occurs without Ca<sup>2+</sup> influx. *Med Sci Sports Exerc.* 2005 Jul;37(7):1119-25. PMID: 16015127 [PubMed - in process]
6. Tang DD, Zhang W, **Gunst SJ**. The adapter protein CrkII regulates neuronal Wiskott-Aldrich syndrome protein, actin polymerization, and tension development during contractile stimulation of smooth muscle. *J Biol Chem.* 2005 Jun 17;280(24):23380-9. Epub 2005 Apr 17. PMID: 15834156 [PubMed - indexed for MEDLINE]
7. Tang DD, Bai Y, **Gunst SJ**. Silencing of p21-activated kinase attenuates vimentin phosphorylation on Ser-56 and reorientation of the vimentin network during stimulation of smooth muscle cells by 5-hydroxytryptamine. *Biochem J.* 2005 Jun 15;388(Pt 3):773-83. PMID: 15766329 [PubMed - in process]
8. **Kempson SA**, Beck JA, Lammers PE, Gens JS, Montrose MH. Membrane insertion of betaine/GABA transporter during hypertonic stress correlates with nuclear accumulation of TonEBP. *Biochim Biophys Acta.* 2005 Jun 15;1712(1):71-80. Epub 2005 Apr 7. PMID: 15950596 [PubMed - indexed for MEDLINE]
9. Strawbridge AB, **Elmendorf JS**. Phosphatidylinositol 4,5-bisphosphate reverses endothelin-1-induced insulin resistance via an actin-dependent mechanism. *Diabetes.* 2005 Jun;54(6):1698-

705. PMID: 15919791 [PubMed - indexed for MEDLINE] PMID: 15882254 [PubMed - in process]
10. Hunter CS, **Rhodes SJ**. LIM-homeodomain genes in mammalian development and human disease. *Mol Biol Rep*. 2005 Jun;32(2):67-77. PMID: 16022279 [PubMed - in process]
  11. Bai F, Liu S, **Witzmann FA**. A "de-streaking" method for two-dimensional electrophoresis using the reducing agent tris(2-carboxyethyl)-phosphine hydrochloride and alkylating agent vinylpyridine. *Proteomics*. 2005 Jun;5(9):2479. PMID: 15937966 [PubMed - in process]
  12. Shen J, Halenda SP, **Sturek M**, Wilden PA. Novel mitogenic effect of adenosine on coronary artery smooth muscle cells: role for the A1 adenosine receptor. *Circ Res*. 2005 May 13;96(9):982-90. Epub 2005 Apr 14. PMID: 15831818 [PubMed - in process]
  13. **Tanner GA**, Sandoval RM, Molitoris BA, Bamburg JR, Ashworth SL. Micropuncture gene delivery and two-photon visualization of protein expression in rat kidney. *Am J Physiol Renal Physiol*. 2005 May 10; [Epub ahead of print] PMID: 15886277 [PubMed - as supplied by publisher]
  14. Zhang W, Wu Y, Du L, Tang DD, **Gunst SJ**. Activation of the Arp2/3 complex by N-WASp is required for actin polymerization and contraction in smooth muscle. *Am J Physiol Cell Physiol*. 2005 May;288(5):C1145-60. Epub 2004 Dec 29. PMID: 15625304 [PubMed - indexed for MEDLINE]
  15. **Basile DP**, Fredrich K, Alausa M, Vio CP, Liang M, Rieder MR, Greene AS, Cowley AW Jr. Identification of persistently altered gene expression in the kidney after functional recovery from ischemic acute renal failure. *Am J Physiol Renal Physiol*. 2005 May;288(5):F953-63. Epub 2005 Jan 4. PMID: 15632414 [PubMed - indexed for MEDLINE]
  16. **Witzmann F**, Wang M. Editorial. *Brief Funct Genomic Proteomic*. 2005 May;4(1):5-6. No abstract available. PMID: 15975259 [PubMed - in process]
  17. Tepper RS, Ramchandani R, Argay E, Zhang L, Xue Z, Liu Y, **Gunst SJ**. Chronic strain alters the passive and contractile properties of rabbit airways. *J Appl Physiol*. 2005 May;98(5):1949-54. Epub 2005 Jan 27. PMID: 15677739 [PubMed - in process]
  18. **Witzmann FA**, Arnold RJ, Bai F, Hrnecirova P, Kimpel MW, Mechref YS, McBride WJ, Novotny MV, Pedrick NM, Ringham HN, Simon JR. A proteomic survey of rat cerebral cortical synaptosomes. *Proteomics*. 2005 May;5(8):2177-201. PMID: 15852343 [PubMed - indexed for MEDLINE]
  19. Bai F, Liu S, **Witzmann FA**. A "de-streaking" method for two-dimensional electrophoresis using the reducing agent tris(2-carboxyethyl)-phosphine hydrochloride and alkylating agent vinylpyridine. *Proteomics*. 2005 May;5(8):2043-7. Erratum in: *Proteomics*. 2005 Jun;5(9):2479. PMID: 15846837 [PubMed - indexed for MEDLINE]
  20. Spurgeon KR, Donohoe DL, **Basile DP**. Transforming growth factor-beta in acute renal failure: receptor expression, effects on proliferation, cellularity, and vascularization after recovery from injury. *Am J Physiol Renal Physiol*. 2005 Mar;288(3):F568-77. Epub 2004 Nov 9. PMID: 15536165 [PubMed - indexed for MEDLINE]
  21. Hunter, C.S. and **Rhodes, S.J.** (2005). LIM-homeodomain genes in mammalian development and human disease. *Mol. Biol. Rep.*, 32, 67-77.
  22. Yaden, B.C., Savage, J.J., Hunter, C.S., and **Rhodes, S.J.** (2005). DNA recognition properties of the HX3b LIM homeodomain transcription factor. *Mol. Biol. Rep.*, 32, 1-6.

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23. Alvarez, M., Shah, R., **Rhodes, S.J.**, and Bidwell, J.P. (2005). Two promoters control the mouse *mp4/CIZ* transcription factor gene. *Gene*, Gene. 2005 Feb 28;347(1):43-54. Epub 2005 Jan 21.
24. Shen, J., S.P. Halenda, M. **Sturek**, and P.A. Wilden. Cell signaling evidence for adenosine stimulation of coronary smooth muscle proliferation via the A<sub>1</sub> adenosine receptor. *Circ. Res.* 97: 2005 (In press). [Journal cover photo September 16, 2005]

## Special Invitations, Seminars & Memberships

Larry P. Garetto, has been elected for President-elect of American Society for Dental Ethics and membership in the American College of Dentists.

Jeff Elmendorf has been invited and accepted to serve on the editorial board of *Endocrinology* for a 4 year term starting 1/1/06,

Simon Rhodes gave several invited talks:

*ENDO 2005*, 87<sup>th</sup> Annual Meeting of the Endocrine Society, June 2005, San Diego, California. Symposium address. "LIM homeodomain transcription factors in HPG axis function".

Carmel Rotary Club, Carmel, Indiana. April 2005. "Genetic control of growth: giants and dwarfs".

London Regional Cancer Center and Department of Experimental Oncology, University of Western Ontario, London, Ontario, Canada. March 2005. "Transcriptional regulation during human anterior pituitary development".

Department of Laboratory Medicine and Pathobiology, Banting and Best Institute, University of Toronto, Canada. March 2005. "Transcriptional regulation during anterior pituitary development".

Department of Biomedical Sciences, University of Alaska, Anchorage. February 2005. "Regulatory genes in normal human pituitary development and in hormone-deficiency diseases".

Michael Sturek's invited seminars.

"Coronary artery membrane signaling mechanisms in diabetes". Seminar, Department of Physiology, LSU Medical Center, New Orleans, LA.

"Coronary disease and restenosis in diabetes: from animal models to transmembrane signaling". Distinguished Scientist Seminar, Department of Physiology, University of South Alabama, Mobile, AL.

"Swine model of the metabolic syndrome". Seminar, 2<sup>nd</sup> Annual Symposium on Animal Models of Type 2 Diabetes and Complications. Charles River Laboratories, Waltham, MA.

Holly Bauser has been selected to participate in the Young Investigator Symposium: Regulation of Cerebrovascular Function in Health and Disease at the 2006 Experimental Biology and Microcirculatory Society Meetings in San Francisco. The title of her presentation is Cerebral Microvascular Regulation of Nitric Oxide Production during Autoregulation and Reduced Oxygen Tension. Participation in this symposium was selected by the Microcirculatory Society on the basis of graduate student and post-doctoral fellow abstract/poster presentations at the 2005 International Union of Physiological Societies and Microcirculatory Society Meetings in San Diego.

Angelia Lockett will be attending an Inflammation and Cancer Meeting Feb 27-Mar 3 in Breckenridge, Colorado. She received a travel fellowship from Keystone Symposia for the meeting.

## New Funding

(Report Period: 04/01/2005 to 08/09/2005)

Padma Bhonagiri was awarded: Postdoctoral support through Diabetes & Obesity T32 Training Grant

Elmendorf, Jeffrey, Am. Diabetes Assn, "Membrane and Cytoskeletal." 07/01/05-06/30/06

Elmendorf, Jeffrey, NIH-NCCAM, "Chromium Enhances Insulin and Glut4 Action Via Lipid Rafts." 06/01/05-05/31/06

Gallagher, Patricia, NIH-NIDDK, "Regulation of Receptor Trafficking by Myosin II." 08/01/05-05/31/06

Gunst, Susan, NIH-NHLBI, "Regulation of Actin dynamics in airway smooth muscle." 07/01/05-06/30/06

Herring, B. Paul, Am. Heart Assn., "Regulation of Smooth Muscle Specific Expression by Clustered Homeodomain Proteins." 07/01/05-06/30/06

Herring, B. Paul, HIH-NHLBI, "Telokin Gene Regulation in Smooth Muscle." 04/01/05-03/31/06

Herring, B. Paul, NIH-NIDDK, "Visceral Smooth Muscle-Specific gene expression." 08/01/05-07/31/06

Pavalko, Fredrick, NIH-NHLBI, "Short Term Training: Students in Health Professions, 05/01/05-04/30/06

Pavalko, Fredrick, NIH-NIAMS, "Fluid Shear Stress and Osteoblast Apoptosis, 04/01/05-03/31/06

Sturek, Michael, NIH-NHLBI, "Short-Term Training for Minority Students Program, 05/01/05-04/30/06

Sturek, Michael, NIH-NCRR, "Porcine models of coronary artery disease in diabetes." 05/01/05-04/30/06

Witzmann, Frank, AFOSR, "Sample Complexity Reduction and Improved Proteomic Analysis by FFE Prefractionation." 05/01/05-04/30/06

## Awards

Two members of the IUSM faculty have been named Chancellor's Professors, one of the highest honors bestowed on senior faculty.

**William Bosron**, PhD, professor of biochemistry and molecular biology and medicine.

**Janice Froehlich**, PhD, professor of medicine, cellular and integrative physiology. Dr. Froehlich was selected by the committee because of her acknowledgement by peers for being an outstanding university citizen campus-wide and within her discipline, evidenced by her election and appointments to various key committees, task forces and the Research Affairs Committee Board of Directors.

*To be considered for a Chancellor's Professorship, faculty members must have been at IUPUI for at least 10 years, must be at the rank of full professor, and must have compiled a career-long record of high-level achievement in two of the three traditional areas of faculty work – teaching, research, and service – and a much-above-average record in the third area of faculty work. Recipients receive a \$5,000 addition to their base pay and the title of Chancellor's Professor throughout their appointment at IUPUI.*

*As Chancellor's Professors, faculty members are expected to maintain their high level of performance in their regular duties. In addition they will be called upon for special service and counsel by the IUPUI Chancellor and will serve upon request as mentors for colleagues, as well as resources for faculty development, student learning, and professional research and service.*

Richa Sharma, one of Subah Packer's past Project SEED students and my current undergraduate summer research student, has been awarded an all expense-paid trip to attend the American Chemical Society National Meeting and Bader Scholars Reunion in San Diego, California March 12 - 15, 2005. Richa is also one of the first recipients of the Ellis K. Fields National Meeting Award for Project SEED.

Also, Richa has been awarded an Intercampus Undergraduate Student Summer Research Assistant Grant to continue her work on DMSO in the treatment of Interstitial Cystitis.

George Tanner was given a Trustees Teaching Award at the 2005 IUPUI commencement. He attended his 50th Bronx High School of Science reunion in New York City in May. He recently co-authored an innovative methodology paper in the American Journal of Physiology. Kidney micropuncture was used to accomplish gene expression in single tubules and in peritubular capillaries using an adenovirus-actin-GFP cDNA construct and in vivo images were collected with the two-photon microscope.

B. Paul Herring has been promoted to full Professor. Congratulations!!

**Sigma Xi**, The Scientific Research Society and Indiana University Medical School Chapter of the Society. *Chapter President:* Patricia Gallagher & *Chapter Secretary:* Fred Pavalko Presented Certificates of Recognition for Devotion of the Promotion of Research in Science to: Jason Triplett, Alicia McCarthy, Omar El-Mounayri, Jennifer Rodenberg, Eric Rodenberg, Holly Bauser and Lauren Bell. Also, presented certificates, duly electing as an Associate Member by the Indiana University Medical Center, 2005. Alicia McCarthy, Min Zhang, Rong Zhao, Wuqiang Zhu, Holly Bauser, Omar El-Mounayri, Eric Rodenberg, Jennifer Rodenberg and Lauren Bell. Congratulations to all

Andrew Strawbridge with Jeff Elmendorf, successfully defended his thesis for Phd,. on Monday April 25, 2005.

Brett Zani with Glenn Bohlen successfully defended his thesis for Phd, on Friday, August 19, 2005 Brett moved to Massachusetts Institute of Technology to study Tissue Engineering in the Department of Medicine as his Post-Doctoral Training.

## **New Faculty, Staff and Students**

David Basile, Faculty  
 Bhadrani Chelladurai, Res. Tech, Basile  
 Hong Fang, Res. Tech, Herring  
 Raja Gangaraju, Post Doc, Clauss  
 James Hidalgo, Res. Tech, Sturek  
 Yonghao Hou, Res./Assoc., Clauss  
 He Huang, Post Doc, Gunst  
 Youliang Huang, Post Doc, Gunst  
 Ellen Leonard, Res. Tech, Basile  
 Rachel Mullen, Res. Tech., Rhodes  
 Carolyn Patterson, Scientist/Scholar, Clauss  
 Simon Rhodes, Faculty, Associate Dean  
 Dave Shaw, Res. Tech, Sturek  
 Mercedes Davis, Res, Tech, Sturek  
 Alesha Castillo, Post-doc, Pavalko  
 Wenwu Zhang, Post Doc, Gunst  
 Carla Hanafee, work study, Sturek  
 Keisha Fields, work study, Sturek  
 Rhodes Students – Chad Hunger, Stephanie Colvin, Qi (Sophia) Liu, Tafadzwa (Taffy) Mwashita

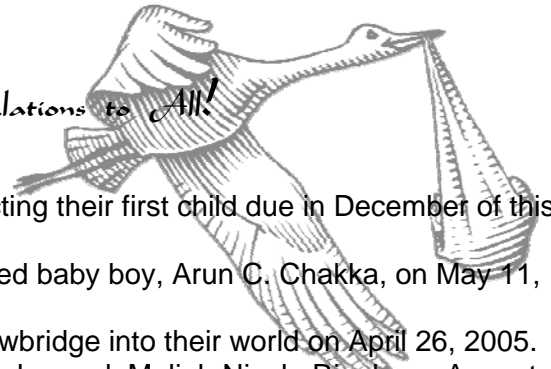
## **New Physiology Ph.D. Students**

Holly Bauser, also admitted to Medical School for 2005  
 Yong Gao  
 Ketrija Touw  
 Ryan Widau  
 Reina Watanabe



Emily Horvath (MD/Ph.D. Department of Physiology)  
 Kirk Habegger (Ph.D. Department of Biochemistry)  
 Kim Jackson, (Ph.D., Medical Biophysics)

## New Arrivals *Congratulations to All!*



Steve Perkins (MS student) and wife Amanda, are expecting their first child due in December of this year.

Padma and family from Jeffrey Elmendorf's lab, welcomed baby boy, Arun C. Chakka, on May 11, 2005 at 3lbs. 9 oz.

Andrew Strawbridge and wife, welcomed Zoe Dawn Strawbridge into their world on April 26, 2005.

Heather Ringham and family from Frank Witzmann lab welcomed, Maliah Nicole Ringham, August 11, 2005, 9:29 p.m. 6 lbs. 12 oz., 21 inches.

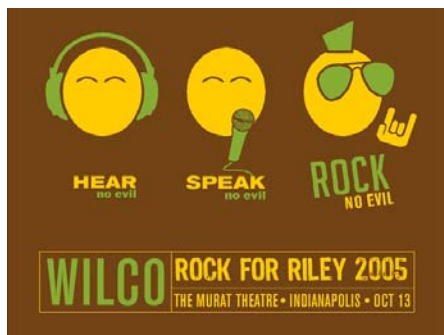
## Who's Who in ATS ??



*"Physiology offers researchers so many avenues to explore," she explains. "With the availability of so many advanced imaging techniques and the large number of scientific approaches that are constantly emerging, research possibilities become more exciting each year."*

(March 2005, Vol. 31, No. 3)

<http://www.thoracic.org/news/atsnews/news0305/story8.asp>



**Rock for Riley** works to bring emotional and financial support, through a benefit concert, to families served by Riley Hospital for Children. Indiana University School of Medicine recognizes Rock for Riley as a philanthropy event sponsored by the Office of Medical Service Learning.

As with many Children's Hospitals, Riley conducts research and provides treatment for rare and unique pediatric diseases and benefits from the support of programs like Rock for Riley.

The event will raise money from sponsors and fundraisers to bring in national music acts to play this benefit concert. The money gained from ticket sales and sponsorship will go to Riley Hospital for Children. The 22 committee heads and over 30 committee members, representing all four medical student years, are committed to making the inaugural Rock for Riley a success.

To make a donation by check, please send checks payable to "IU-Rock for Riley":

Office of Medical Service-Learning , Greg Berman – Founder – Rock for Riley

Attention: Rock for Riley

1001 West Tenth Street, B2007

Indianapolis, IN 46202-2859

Online donations can be made at the Riley Children's Foundation website at the following link:

<https://www.rileykids.org/giving/entryform.asp>

## Project SEED

Indiana University Medical School Laboratory Celebrates 10 years of Project SEED The Packer Lab at IU Medical School celebrates 10 year of involvement in Project SEED, an American Chemical Society program designed to encourage economically disadvantaged high school students to pursue career opportunities in the chemical sciences. Dr Subah Packer is hosting a 10 year reunion and scientific symposium for all the people who have been involved with her in this terrific program. The symposium was held on July 15th, 2005 at the Indiana University School of Medicine.

## Cellular & Integrative Physiology Seminars

8 Sep	*FH Hall C	Beth Lee, Ph.D. (Host: Basile): "Selective Stabilization of mRNA in Energy Depleted Kidney"
13 Sep	R4 Rm 101	- Joint Seminar with ICVBM - Michael Sturek, Ph.D.: "Mechanisms of coronary restenosis in a porcine model of the metabolic syndrome"
15 Sep	MS326	- Thesis Proposal Seminar - Angelia Lockett
22 Sep	MS326	Nancy Pelaez, Ph.D. (Host: Packer)
29 Sep	MS326	David Basile, Ph.D.
6 Oct	MS326	Pamela Carmines, Ph.D. (Host: Tanner/Basile)
11 Oct	R4 Rm 101	- Joint Seminar with ICVBM - Pat Gallagher, Ph.D.: "Death associated protein kinase: another 'complex' story in regulation of proliferation in the vasculature"
20 Oct	MS326	Ken Dunn, Ph.D.
*26 Oct *1PM - 2PM	MS326	- Joint Seminar with ICVBM - Klaus Ley, Ph.D.(Host: Clauss)
3 Nov	*FH Hall C	Joel Michael, Ph.D. (Host: Garetto): "Why is physiology hard for students to learn?"
8 Nov	R4 Rm 101	- Joint Seminar with ICVBM - Michael P. Murphy, M.D.: "Stem Cell Mediated Angiogenesis"
10 Nov		Robert Costa, Ph.D. (Host: Herring)
17 Nov	MS326	Nuria Morral, Ph.D.
24 Nov	----	----- Thanksgiving Recess, 23-Nov to 28-Nov -----
1 Dec	MS326	Scott Summer, Ph.D. (Host: Elmendorf): "Lipid Mediators of Insulin Resistance"
6 Dec	R4 Rm 101	- Joint Seminar with ICVBM - Joseph Unthank, Ph.D.: "Role of Angiotensin II and Oxidative Stress in Impaired Collateral Artery Growth"
15 Dec	MS326	Peter Roach, Ph.D. (Last day of classes is 12/12.)



**WORD OF ADVICE**

**ATTORNEY'S ADVICE --- NO CHARGE** Read this and make a copy for your files in case you need to refer to it someday. Maybe we should all take some of his advice!

1. The next time you order checks have only your initials (instead of first name and last name) put on them. If someone takes your checkbook, they will not know if you sign your checks with just your initials or your first name, but your bank will know how you sign your checks.
2. Do not sign the back of your credit cards. Instead, put "PHOTO ID REQUIRED".
3. When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.
4. Put your work phone # on your checks instead of your home phone. If you have a PO Box use that instead of your home address. If you do not have a PO Box, use your work address. Never have your SS# printed on your checks. (DUH!) You can add it if it is necessary. But if you have it printed, anyone can get it.
5. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards.

Unfortunately, I, an attorney, have firsthand knowledge because my wallet was stolen last month. Within a week, the thief(s) ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more. But here's some critical information to limit the damage in case this happens to you or someone you know:

1. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
2. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).

But here's what is perhaps most important of all : (I never even thought to do this.)

3. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and Social Security number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit.

By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away This weekend (someone turned it in). It seems to have stopped them dead in their tracks.

Now, here are the numbers you always need to contact about your wallet, etc., has been stolen:

- 1.) Equifax: 1-800-525-6285
- 2.) Experian (formerly TRW): 1-888-397-3742
- 3.) Trans Union: 1-800-680-7289
- 4.) Social Security Administration (fraud line): 1-800-269-0271

We pass along jokes on the Internet; we pass along just about everything. But if you are willing to pass this information along, it could really help someone that you care about.

*Contributed by: J. Elmendorf*