Washington, SW Bell team up for health promotion

Working hearts

When Barbara Gaponoff began presenting health lectures at Southwestern Bell Telephone Co. in St. Louis a year ago, she walked up the 11 flights to the auditorium. As health educator for Working Hearts, a joint health promotion program with Southwestern Bell and Washington University, she believes in practicing what she preaches.

"I never saw anyone in the stairwell at first," laughs Gaponoff, a registered nurse with a master’s degree in public health. "Now I meet people on the stairs all the time and they make a point of saying, 'See, Barbara, I'm taking the stairs.' Aren't you proud of me?'

"See, Barbara, I'm taking the stairs!" sobbed one enrollee. "I never saw anyone in the stairwell at first." It's not unusual for Gaponoff to hear stories like the one above from people who are excited about Working Hearts.

"Now it has to be a special occasion," says Burton E. Sobel, M.D., emeritus professor of medicine at Washington University School of Medicine. "It is the only one funded by the National Institutes of Health.

Another important aspect of the program is the early identification of heart attack signs. Burton E. Sobel, M.D., emphasizes the point as director of the Washington University Specialized Center of Research (SCOR) in Ischemic Heart Disease and the National Research and Demonstration Center. It is the only one funded by the National Institutes of Health.

"As a research cardiologist, I am excited about Working Hearts," Sobel says. "The medical profession has made tremendous advances in understanding the basic mechanisms of heart disease and improving treatment, but these advances are meaningless if they are not communicated to patients who can benefit from them. For example, unless an individual can promptly recognize the symptoms of a heart attack, the most sophisticated methods of medical treatment can be only minimally effective."

Smoking cessation, of course, is a vital part of Working Hearts. Although staff supervisor Cheveron Bright is not one of Working Hearts' research participants, co-workers in the program convinced her to stop smoking. "It was based on fear," she says. "They scared me to death. On Christmas Eve (1986), I decided to quit. Six of her co-workers have tried to quit in the past four months and, so far, four have succeeded."

The smoking cessation course used in Working Hearts is based on Employer-Assisted Smoking Elimination (EASE), a program designed by Washington University and the American Lung Association (ALA) of Eastern Missouri. EASE is available to business organizations located or headquartered in eastern Missouri. Washington also collaborated on the national ALA program, Freedom From Smoking.

Although Joanie Mitchell, one of Southwestern Bell's Working Hearts coordinators, has never smoked, she has benefited from the program's weight loss class. She has shed 10 pounds and plans to drop 10 more. Dieting is easier when co-workers are calorie conscious too, says Mitchell. "We were bringing in cakes and donuts every Friday and sometimes more often," she says. "Now it has to be a special occasion."

Before participants are screened, they complete a questionnaire; two weeks later they attend a private counseling session with two registered nurses, Gaponoff and Wendy Jaffe, to review their personal health profiles. The counseling is followed by "Awareness Month," with four seminars... Continued on p. 2

Khalil's House

Children at the Washington University Nursery School in the Millbrook Apartment complex nons "Khalil's House," their new multi-purpose playhouse. The structure was designed and constructed by Khalil Hawaii, an alumnus and parent of one of the school's 120 children. The structure includes a slide, sitting room, fireman's pole, tunnel, storage unit, ladder and tiles to climb. Mary Zuck, director of the Nursery School, says the playhouse has features that challenge the body and promote social interaction. Watching it being built was a learning opportunity for the children, says Zuck. "They have taken it to like bees to honey."

Major risk factors are smoking, high cholesterol and high blood pressure, other, less researched risks are lack of exercise, overweight and Type A response to stress.

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Honorary degree recipients include Capps, Weissman

Washington University will award seven honorary degrees at its 126th annual Commencement ceremony on Friday, May 15, in Brookings Quadrangle. The University will confer 974 graduate and 1,169 undergraduate degrees during the ceremony, which begins at 2:30 p.m.

The Commencement speaker, William G. Hyland, editor of Foreign Affairs, will receive a doctor of laws degree. Considered one of the nation's foremost Sovietologists, Hyland is a former national security adviser to Presidents Nixon, Ford and Carter.

He began his career in government in 1954 when he joined the Central Intelligence Agency as an analyst. He moved to the National Security Council in 1971 and to the White House, working with Henry Kissinger under President Nixon. He then became Director of Intelligence for the National Security Council, serving under President Ford and later President Carter.

He was named editor of Foreign Affairs, the journal of the Council on Foreign Relations, in 1983. Hyland, who played a key role in negotiating the SALT 1, is co-author of The Fall of Khrushchev, published in 1968.

His new book, Mortal Rivals: Superpower Relations From Nixon to Reagan, will be published in June. Eugene M. Bricker, whose medical career at Washington University's School of Medicine spans more than 50 years, will receive a doctor of science degree. Known by his colleagues as the master surgeon, Bricker developed a series of surgical procedures that have aided thousands of cancer patients. From 1938-1975, Bricker was on the surgical staff of St. Louis area hospitals, including Barnes and Children's.

A graduate of the Washington School of Medicine, Bricker began teaching in the medical school's Department of Surgery in 1936 and was named professor of clinical surgery in 1946. Bricker was a member of the University's Board of Trustees from 1964-1975 and was the medical school's national chairman for the University's Seventy-Seventy fund-raising campaign. He is the recipient of several awards, including Washington University's prestigious William C. Greenleaf Eliot Society's "Search" Award.

Rear Admiral Grace M. Hopper will receive the doctor of science degree. A mathematician and computer pioneer, Hopper is one of the driving forces behind the development of programming languages. She became "all tangled up with computers and the Navy" in 1946, after being commissioned a lieutenant in the Naval Reserves and ordered to the Bureau of Ordnance Computation Project at Harvard University. At Harvard she worked on applications of computer programming for the Mark I, the first large-scale digital computer.

In 1949, Hopper joined the Eckert-Mauchly Computer Corp. (now Sperry Rand Corp.), where she remained until her retirement in... Continued on p. 4
Design majors show fashions

"Fashion Art 87," the annual fashion show by Washington University's School of Fine Arts fashion design majors, will be presented at 4 and 7 p.m. Saturday, May 2, in Simon Hall Auditorium. The show will feature professional models displaying some 85 garments designed by 11 juniors and seniors. Men's, women's and children's fashions will be modeled, including swimwear, sportswear and formal and wedding attire. Some of the garments will be on sale Monday, May 4, from 6 to 8 p.m. in Room 204 Bixby Hall. Fabric for many of the garments was donated by: Leslie Fay, Victor Costa, Homestead Fabrics Inc., and the Wool Bureau, all of New York; Bridal Originals, Miss Elaine and Jackman's Fabrics, all of St. Louis, and Prophecy of Dallas. Free-lance designers Margaret Marten of Dallas donated her services as a critic for children's wear.

Henry C. Swartz, director of the fashion design program at the University, is coordinator of the fashion show.

Tickets are $6 ($3 for students) for the afternoon show and $8 ($5 for students) for the evening show. The Washington University Women's Society will sponsor a reception after the evening show. For reservations, call 889-6500.

Working Hearts health promotion — continued from p. 1

Working Hearts findings: At the same time, Washington will use the information to delve further into heart disease prevention. Regina Engelbom

Senior week: 'It's our final moment with University friends'

As the 1986-1987 school year draws to a close, Washington University seniors are busy completing their studies, raising money for their schools, and preparing for the final week of passage, Commencement Week 1987, which is slated for May 7-15. The theme for the week is "Taking It To The Limit." Washington's 120th Commencement ceremony, the highlight of Commencement Week, will begin at 8:30 a.m. Friday, May 15, in Brookings Quadrangle. In the spirit of tradition, the senior toast will be held before Commencement at 7:30 a.m. in Bowles Plaza (Rain location: Mallinckrodt Gallery and The Gargoyle). "Senior week is a time to reflect on the past and look ahead to the future," says Paul S. Canola, a political science major and president of the senior class. "It's our final moment with University friends.

"In four years, Washington University has become our home. It's hard to leave, but we're starting something new. We're ready to take our University experiences to the limit, which is what our theme is all about." In an effort to raise money for their schools, students in the College of Arts and Sciences, engineering and applied science, social work and business school are soliciting pledges from their fellow classmates.

Commencement Week kicks off with a panel discussion on life after college. The event will be held at 6 p.m. Thursday, May 7, in Lamberth Lounge, Mallinckrodt Center. Several Washington alumni will serve as panellists.

Commencement Week activities planned for the May 8 weekend are a Taking It To The Limit Party at Holmes Lounge on Friday, May 8; a softball game and barbecue at the Intramural Field on Saturday; and an alumni senior brunch at Wohlers and later, a senior pool party at Millbrook Pool on Sunday.

On Monday morning, May 11, the seniors will embark on their popular float trip and later that evening, enjoy Senior Night at the Rat in the Umphreyskeller. The highlight of events on Tuesday, May 12, will be dancing at Jimmy's Cabaret, a night club in the Central West End. Washington seniors will be able to pick up their cap and gowns from May 12-14 in Lambert Lounge, Mallinckrodt Center.

The senior dinner and invasion of Laclede's Landing will be held on Wednesday, May 13, when the seniors will dine at The Old Spaghetti Factory. That evening, recognition ceremonies for the School of Technology and Information Management will be held. The University College ceremony is for graduates and their families. The School of Technology ceremony is open to the University community.

A reception and initiation ceremony for Phi Beta Kappa will be held on Thursday, May 14. The Eliot Honors convocation will be held at 2:30 p.m. at the Field House. Following the event, Chancellor William H. Danforth will host a reception for the Eliot honoraries and their guests in the Field House Courtyard (Rain location: Athletic Complex Courtyard). The Eliot events are open to the University community.

Individual school recognition ceremonies and receptions also will be held on May 14. The College of Arts and Sciences ceremony will be held in the quadrangle (Rain location: Field House). The ceremony for the engineering school will be held in Edison Theatre. Both events are open to their students and their guests.

For more information about Commencement Week, call Adrienne L. Gore at 889-3040.
NOTABLES

Michael C. Chobanian, M.D., renal fellow, presented a paper, "Phorbol esters inhibit Ammoniagenesis in Proximal Tubular Segments," to the 1990 annual meeting of the American Society of Nephrology in Washington, D.C.

Perry W. Grigsby, M.D., assistant professor of radiology at the Radiology Institute, University of Missouri, Kansas City School of Medicine, has been awarded the American Cancer Society's Clinical Oncology Career Development Award for the years 1987-1990.

April Hamel, Ph.D., director of the Graduate Associate Program at Washington University, is chairman of the Educational Affairs Committee of the Council of Dentistry School and Colleges of Dentistry. The committee reports to the board of directors. The chairman is elected by the Board of Directors.

Sylvia Hoffert, Ph.D., visiting lecturer at the Science Studies Institute, has had her manuscript, "Private Matters: Attitudes Toward Childbearing and Infant Nurture in the Urban U.S. Housewife, 1930-1940," accepted by the University of Illinois Press. Her essay on infant death appeared in the 1987 issue of American Quarterly.

Charles E. Hogan, assistant director of the General Services Department, has been appointed chairman of the Professional Development Committee for the National Association of Educational Buyers (NAEB) for 1987-88. NAEB is a professional association of colleges and universities, its purpose is to provide career development in the educational purchasing field.

Donald V. Huebener, D.D.S., professor of pedodontics and director of the School of Dentistry at the University of Missouri, has had his manuscript, "The Role of the IMF," published in the July 1987 issue of Science News.

Have you done something noteworthy? If so, please send a brief note with your full name, highest degree, current title and department. Contributions regarding notable events are gladly accepted and encouraged.

Viktor Hamburger, Ph.D., Edward Mallinckrodt Distinguished University Professor Emeritus of Biology, will receive the first Fidia-Georgetown Award in Neuroscience, sponsored by the Fidia Research Foundation of Washington, D.C. The award ceremony will take place May 2 at the National Academy of Sciences in Washington.

Pharmacology names Lowy lecturer

An internationally recognized scientist in biochemical pharmacology will deliver the 10th annual Oliver H. Lowy Lecture in Pharmacology Thursday, May 7, at the Washington University School of Medicine.

This year's Lowy lecturer is Paul Greengard, Ph.D., professor and chairman of the Laboratory of Molecular and Cellular Neuroscience at Rockefeller University, New York. Greengard's talk will begin at 4 p.m. in the Carl V. Moore Auditorium, 660 S. Euclid Ave.

Greengard will discuss "Phosphoproteins as Mediators of Signal Transduction in the Nervous System." The lecture is open to all members of the medical profession.

An international leader in the field of biochemical pharmacology of the nervous system, Greengard is best known for his seminal research on protein phosphorylation. Phosphoproteins are widespread in the cell and are often involved in the regulation of cellular growth and division.

The Lowy Lecture is sponsored by the Department of Pharmacology and awarded by the Washington University School of Medicine in honor of Oliver H. Lowy, M.D., Ph.D., distinguished professor emeritus of pharmacology and lecturer. Lowy served as head of the department from 1947-76.

The Pharmacology Department of the School of Medicine was established in 1947 to honor Oliver H. Lowy, M.D., Ph.D., distinguished professor emeritus of pharmacology and lecture. Lowy served as head of the department from 1947-76 and as head of the School of Medicine from 1955-80.

As a member of numerous national scientific committees, Lowy has widely influenced research in medical science, particularly in the areas of neurobiology, neuroscience, mental retardation and analytical biochemistry.

Business placement director named

Patrick A. Masidonski has been promoted to director of business placement at Washington University. She succeeds Robert K. Pearce, who resigned to become director of human resources with Edward D. Jones & Co.

Masidonski has been associate director of business placement since August 1985. Prior to that, she held three positions with the Union Pacific/Missouri Pacific Railroad. She was...
Thursday, April 30
3:30 p.m. Medical Grand Rounds, "Current Concepts of the Renin Angiotension System; Implications for Pharmacology and Physiology," Victor Draz, chief of vascular medicine and atherosclerosis at Brigham and Women's Hospital in Boston. Pharmacology Library, School of Medicine.

Noon. 12th Annual Pfizer Lecture, "Renin Secretory and Regulatory Mechanism," Victor Draz, chief of vascular medicine and atherosclerosis at Brigham and Women's Hospital in Boston. Pharmacology Library, School of Medicine.


Tuesday, May 2
4 p.m. Dept. of Classics Lecture, "Character in Greek Tragedy," Patricia Easterling, professor of Greek, University College, London. Hunt Lounge, Brown Hall.

Friday, May 5
6 and 8:30 p.m. WU Association Film Travel Lecture Series, "Passage to Spain," 6 and 8:30 p.m. WU Association Film Lounge, Duncker Hall.

Wednesday, May 6, 2-3:30 p.m. Center for the Study of Data Processing Symposium, "Corporate Information System Expectations: Their Impact on Your Career," Kay Epich, The Diebold Group Free to WU community. Register, call 889-4550.


Thursday, May 7


Friday, May 8
4 p.m. The Evans A. Graham Lecture, "The Importance of Sustained Clinical Research," W. Dean Warren, Whitehead Professor and chairman of the Dept. of Surgery, Emory U. School of Medicine. Clifton Aud.

Saturday, May 9
9 a.m. Administrative Staff Meeting, Agenda includes remarks by Chancellor William H. Dooley, a discussion of campus master planning by John F. Evans, WU associate vice chancellor for business affairs. Simon Hall.

6 p.m. Commencement Activity Panel Discussion on life after college. Lambert Lounge, Mallinckrodt Center.

Friday, May 1
8 p.m. Dept. of Music Collegium Musicum Concert, Steinberg Auditorium.

Saturday, May 2
4 and 7 p.m. School of Fine Arts Presents "Fashion Art '87" fashion show at Simon Hall Aud. 4 p.m. show is $6 for general admission and $5 for students. 7 p.m. show is $8 for general admission and $5 for students. To make reservations, call 889-0650.

Thursday, May 7
8 p.m. Student Director Recital with Jeffrey Delmoire, Graham Chapel.

EXHIBITIONS

"Bachelor of Fine Arts Exhibition." May 2-15. Gallery, art of upper and lower galleries 10 a.m.-5 p.m. weekdays. For more info, call 889-4553.

"Core Exhibit." Works by freshmen and sophomores at the School of Fine Arts program of drawing, two-dimensional and three-dimensional media. May 4-7, 10 a.m.-4 p.m. by Gallery. Baby Hall. 10 a.m.-1 p.m. weekdays, 1-5 p.m. weekends.

"Seniors '87." Photography exhibit of School of Fine Arts seniors taken by third-year students in Herb Weinmann's photography class, Baby Hall lower level. Weekdays, 8 a.m.-6 p.m.

"Published One Hundred First Books!" An exhibit of first books by highly regarded British and American authors, drawn from the University Libraries' collection of literature, Through April 30. Special Collections, Olin Library. Level 5, 8:30 a.m.-5 p.m. weekdays.

FILMS

"A Woman Who Stole a Million." May 26, 9 and 11 p.m. Filmboard Series, 9 and 11 p.m. 7, 9 and 11 p.m. 21 Indian Road. Sponsored by the University Libraries. Tickets $4 for adults, $2 for students. 2 p.m. Commencement Activity Senior Softball Game and Barbecue. 11 a.m.-1 p.m. Stadium.

Thursday, April 30
7, 9 and 11 p.m. WU Filmboard Series, "Breathless." E. F. Brown Hall.

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2 p.m. Commencement Activity Senior Softball Game and Barbecue. 11 a.m.-1 p.m. Stadium.

MEMORIALS

"Friday, May 1
12:30 p.m. WU Woman's Club Spring Luncheon, Mr. and Mrs. John T. Donnell will present a slide lecture about Australia and New Zealand. University Club, 103 S. Breuerwood Blvd. (2nd floor). Cost is $12 for members and $15 for guests. For more info, call Winnie Derrickson, 727-8990, or Anna Mac Ballard, 865-5275.

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71. Hopper was instrumental in the development of the Common Programming Language (COBOL) and in 1952 published the first of her more than 50 compiler papers on software and programming languages.

She is the recipient of numerous awards and more than 25 honorary degrees. In August 1986, her tenure as vice president of the Society for Text and Discourse was extended after a farewell ceremony which would have been a surprise to her former students. A pioneer in the field of electronic paramagnetic resonance, she discovered that phenomena could be used as a method to explain the detailed structure of molecules. Her contributions and the resulting development were considered a major scientific advancement.

Wiessman is a Fellow of the American Academy of Arts and Sciences and a member of the National Academy of Sciences. He joined the Washington University faculty in 1946 as an assistant professor of chemistry and was named professor emeritus in 1980. Prior to coming to the University, he served for four years as a research chemist and group leader with the Manhattan Project, which developed the atomic bomb, in Berkeley, Calif., and in Los Alamos, N.M.