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Vietnam veterans still have violent nightmares, study shows

War-related terrors

Heathbroth Tom Cruise, making his all-American good looks, gave a gut-wrenching performance as Ron Kovic, a paralyzed Vietnam veteran, in the blockbuster movie "Born on the Fourth of July." But for many American males, the Vietnam experience is not a short-lived role or a topic to be treated on the big screen, then mostly forgotten.

New research shows that otherwise healthy, seemingly well-adjusted Vietnam veterans still have violent nightmares, even 10 or more years after combat. The study is among the first to demonstrate that veterans who cope well during their waking lives may still be plagued — when they sleep — by war-related terrors, says Cynthia A. Loveland Cook, Ph.D., an assistant professor in the George Warren Brown School of Social Work.

The study may relate to anyone who has been shot at by the Viet Cong. Other veterans saw themselves being driven to thelies, and other veterans were consistently associated with life's stressfulors, which may or may not be about the actual event, and that positive experiences seem to lead to dreams.

Researchers have primarily worked with subjects in the laboratory, hooking them up to electrodes and wires, then awakening and questioning them during the Rapid Eye Movement stage of sleep associated with dreaming.

According to Cook and her co-author Robert D. Caplan, professor of psychology at George Washington University in Washington, D.C, nearly 25 percent of Vietnam vets in the study reported nightmares, versus 12 percent of veterans who did not serve in Vietnam.

While Cook says it would be impossible to determine from the current study whether service in Vietnam was any more likely to cause nightmares than other traumas, such as family conflict or membership in a violence-prone gang during adolescence, she says there is still an "important and significant association" between nightmares and military duty in Vietnam.

In addition, Vietnam veterans with nightmares also reported higher levels of depression and anxiety. "If anything, our findings are probably conservative," Caplan says.

Based on just the six questions, he says, it's "amazing" that the correlation between Vietnam duty and nightmares would be so strong. Both the waking and non-waking thoughts of people "reflect real-life stressors," he adds. "And for Vietnam veterans, these stressors may not have gone away."

Nightmares, or the reliving of trauma during non-waking moments, are a key characteristic of Post-traumatic Stress Disorder. Officially recognized since 1980 by the American Psychiatric Association, the syndrome affects anyone, not just veterans, exposed to severe and sudden psychological stress.

In the new Vietnam study, respondents generally describe nightmares as being highly unpleasant and dreams as being pleasant.

Over the years, a number of researchers have theorized that negative events seem to lead to nightmares, which may or may not be about the actual event, and that positive experiences seem to lead to dreams.

Researchers have primarily worked with subjects in the laboratory, hooking them up to electrodes and wires, then awakening and questioning them during the Rapid Eye Movement stage of sleep associated with dreaming.

Cook and Caplan, however, decided to take a more novel approach. In their study, respondents were interviewed when they were wide awake and at home. Moreover, the new study is "one of the first to use standard survey methodology — straightforward, open-minded questions, for example — to take a look at non-waking life," Cook notes.

Cook worked at the Institute for Social Research in Ann Arbor, Mich., at the time the interviews were conducted. Her interest in the subject grew directly from her own experience. During the Vietnam War, Cook was a lieutenant junior grade and a registered nurse in charge of the intensive care unit at the Naval Hospital in Pensacola, Fla. "It was an impossible and significant association between nightmares and military duty in Vietnam."

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It was everything a championship match was supposed to be. The top two teams in women's basketball in the nation due to the five-game lead in front of a record crowd. The game that was missing for the Washington University University volleyball team was a happy ending.

On Nov. 27, the University of California-San Diego rallied to defeat Washington by a 15-4, 15-3, 15-8, 15-4 score to win the 1990 NCAA Division III championship. An overflow crowd of 5,417 filled the Field House, shattering the Division III attendance mark set by Washburn at the 1989 championships.

The title match featured the two teams that had been ranked number one and two in the polls throughout the entire season. The UC-San Diego Tritons held down the number one spot during the first half of the season, with Washington's Bears secanting the number two position. The two schools flip-flopped in the rankings a month ago after the Bears beat the Tritons three games to one. Additional suspension was provided by the fact that UC-San Diego had won five of the previous nine national championships and Washington was the defending national champion.

In the first game of the finals, the Bears jumped to a quick 4-1 lead. However, the Tritons chipped away and scored the final 14 points to win the game on a chill.

UC-San Diego scored the first four points of the second game to cut their streak to 10 straight points against the Bears. The key play of the game came with the Tritons leading 16-11. Washington's All-America middle blocker Dianne Stites had an attack and had to leave the game. The Field House was silent as freshman Christine Masel made her first post-season appearance.

On the play after the injury, head setter Kelley Meier set to a middle, and Masel crushed the ball inside the 10-foot line as the crowd erupted. Sec- onds later, Masel served a power serve, and the Bears rallied to win 15-13.

The momentum didn't carry over to the third game as Washington charged to an easy 15-9 victory. Senior Kimberly Venable, the Bears' all-American middle blocker, had seven kills in the game.

In the fourth game, UC-San Diego shot to a 6-1 lead behind strong serv- ing. The Bears fought back to trail by one point at 7-6 but the Tritons scored eight of the last 10 points to win 15-8.

In the fifth and deciding game, Washington came out quickly, trailing UC-San Diego 6-3 early. Those would be the Bears' last points. UC-San Diego tallied the final 12 points to seal the championship.

The Bears valiant efforts were rewarded with a berth in the championship. As Bennett and Meier were named to the six- player NCAA Division III all-tourna- ment team, Bennett and Meier were tabbed as Russell Athletic First- team All-America selections at the post- tournement banquet held earlier in the week. Bennett, Stites and Meier were each chosen to the 12-player honor list. It marked the first time in the Bear program that three players received first-team accolades.

Bennett also was honored with the title of NCAA Division III player of the year. A senior business major, she concluded her career toward the top of several all-time Division III statistical lists. She ranks third nationally with 1,934 kills, second with 1,328 digs, and fifth with 226 service aces.

Bennett leads Coach Hill, the assistant coach Joe Weurland, and graduate assistant Diane Vandergiff, the head coach and wife of former Kansas City Chiefs defensive coordinator Jeff Fisher. Student-athletes include Leslie Catlin, Angela Suarez, Sara Mullhiner and Cathy Geist.

Volleyball team places second in nation before record crowd

The University's Dance Theatre will feature during the University's Dance Theatre set for 8 p.m. Dec. 7 and 8 in Edison Theatre. The piece was choreographed by Robert Small, artist-in-residence. Performers in "Night Kiss" are from Tracy Hammer, Taryn Haynes, Viva Goettinger, Chris Prentice, Deborah Koplovitz and Maya Geyer.

Student 'dance company' to perform new works by local choreographers, faculty

The University's Dance Theatre will present its annual concert at 8 p.m. Dec. 7 and 8 in Edison Theatre.

Dance students will perform eight new works created for the concert by local choreographers and members of the University's dance faculty.

The pieces have a range of themes, from amusing to serious. Choreogra- pher Bobbi Mushy's duct features a titter-tetter, while Susan Gash has choreographed a work for a solo dan- cer with a washtub. Other pieces deal with contemporary issues such as soci- ety's perception of women (Robert Small's "Night Kiss") and the stressful nature of an office worker's job (Angela Calbert's work "Endless Race").

"One important focus of the University's dance program is to give our students the opportunity to work creatively with as many choreographers as possible," says Small, artist-in- residence at the University and artistic director of the dance theatre. "In addition to resident faculty members, we have invited professional choreogra- phers from the St. Louis area to set innovative work on our students."

"As the students in the dance program get more and more experi- enced, they will develop into a strong and exciting ensemble," Small adds. "One of my primary goals as artistic director is to foster and encourage this feeling and awareness of working as a dance company."

Tickets are $7 for the general public and $5 for senior citizens, students and Washington University faculty and staff. For more information, call 889-6543.

Gospel musician will lead holiday choir

A concert featuring Christmas cards will be held at 6 p.m. Sunday, Dec. 2, in Graham Chapel.

The concert, which is free and open to the public, will feature the Carols of Christmas Gospel Choir under the direction of guest conductor and gospel songwriter O'Landra Draper of Memphis, Tenn. Pitaful is invited to sing in the choir, which will perform original Christmas arrange- ments and contemporary gospel music from Draper's recent album titled "Do It Again."

Rehearsals for the Carols of Christmas Gospel Choir will be held at 5:30 p.m. Friday, Nov. 30, and 1:30 p.m. Saturday, Dec. 1, in the music department's Foetens Hall at 8500 Forsyth Blvd.

Draper and The Associates, his Memphis-based choir, made their recording debut on gospel singer Shirley Caesar's 1989 "I Remember Muma" album and concert video. Caesar's recording has been ranked on Billboard magazine's Top-40 gospel chart for 49 consecutive weeks.

The concert also will feature the Christmas Story" narrated by Pete Woods, former Kansas City Chief's quarterback and a 1984 graduate of Washington University's law school, and music by guitarist and singer Dave Korte of Highland, Ill.

The concert is sponsored by the University's Visiting Gospel Choir, Christian campus ministries, the Department of Music, the African and Afro-American Studies Program, Student Educational Service, the Department of Residential Life, Omega Phi Psi Fraternity, Uptown Records and radio station WWSB-FM.

For information, call 862-4409.

American politics is topic of lectures

Byron E. Shafer, Allied Mellon Professor of Politics and Government at Nufield College, Oxford University, will speak on "Theories of Contemporary American politics on Nov. 27, 28 and 29 at 4 p.m. in Eliot Hall.

"The Structure of Electoral Politics at the State Level," "Political Parties at the State Level," and "Political Parties in American Politics." The Nov. 28 and 29 lectures will be held in Eliot Hall.

Shafer is author of the 1988 Bipartisan Politics.

Preparedness urged

The pullout section included in this Record is a service to our readers who may not have seen this preparedness guide when it was recently distributed to all employees through campus mailboxes and to those who live in the residence halls.

Experts in geology and seismology reiterate the prediction of an earthquake the first week of December along the San Andreas Fault Zone. They agree that a significant long-term threat does exist. They conclude that a magnitude 5.5 to 7 earthquake in the New Madrid seismic zone, and that such an event could strike our area.

The prediction has dramatized the need to be prepared. We ask that you and your family read this guide, post it in a prominent location and take appropriate action.
Preparedness Guide

Dealing Effectively With An Earthquake Or A Tornado Depends Strongly On How Well You Plan Ahead

Preparing well in advance of emergencies is one of the most effective ways to deal with any disaster. In the unlikely event of a severe earthquake or tornado, Washington University wants all members of the University community to know the steps you can take to minimize the problems that may accompany the event. Please review precautions and take the steps recommended here in the event of an occurrence. If you have questions regarding these recommendations or need further advice, please call Tom Harig, Business Affairs Office, 314-889-5678.
Before An Earthquake

- Keep in mind that most problems from a severe earthquake result from falling objects and debris (partial building collapses, ceiling plaster, light fixtures, etc.), not from ground movement.
- Affix shelves, with brackets, securely to bookcases. Remove heavy objects from shelves above head level. Do not hang plants in heavy pots that could swing free of hooks. Bookcases, cabinets, or wall decorations can topple over or fall.
- Locate beds away from windows and heavy objects that could fall. Don’t hang mirrors or picture frames over beds.
- Secure appliances which could move, causing rupture of gas or electrical lines. Flexible connectors are suggested for gas/water lines. Know location of master switches and shut-off valves.
- Overhead lighting fixtures should be well secured to the ceiling.

- Move heavy unstable objects away from exit routes.
- Replace glass bottles with plastic containers or move to lowest shelves.
- Be aware that in the event of a severe earthquake, all utilities (gas/electric/water) will probably be down. Emergency services may be extremely limited for up to 72 hours due to overload demand.
- Choose one out-of-state friend or relative that family members can call to learn of your whereabouts and condition.
- Store or have access to emergency supplies (water, non-perishable, ready-to-eat food, first-aid kit, medicine, tools, portable radio, flashlight, fresh batteries, blankets, warm jacket, fire extinguisher) in a secure place at your residence and in car.

During an Earthquake

- Stay calm! Do not panic. Important — no matter how severe it is, the odds for your dealing with the earthquake are in your favor with sufficient preparation.
- Stay where you are when shaking starts. If you are indoors, remain indoors. If you are outside, stay outside. Most injuries occur as people are entering or leaving buildings.
- If you are indoors, get under a desk or a sturdy table, or brace yourself within a narrow hallway or doorway—making sure that the door cannot close on your hands. Stay away from glass, windows and outside doors. If unable to move, cover your head and body with your arms, pillows, blankets, books, etc., to protect yourself from falling objects. Avoid high bookcases, mirrors, cabinets, or other furniture that might topple.
- If in high-rise building, stay in the building on the same floor. Get under a desk or table; stay away from outside walls and windows.
Earthquake

**DO NOT** use elevators, as power may have failed. Do not run for stairways, since they may incur more damage than level surfaces. Exits may also be affected. Evacuate tunnels, mechanical rooms, laboratories and indoor swimming pools.

- If an earthquake occurs when you are outside, get away from buildings, walls, trees, and utility wires. Stay in open area until shaking stops. The greatest danger from falling debris is near exterior doorways and close to outer walls.

- If driving, stop your car and stay inside. Although it may shake extensively, it is a fairly safe place to wait for shaking to end. Do not remain next to masonry structures or high rise buildings. Do not remain on or under bridges or overpasses. When driving, watch for earthquake-created hazards, such as falling objects, downed power lines, broken or undermined roadways and bridges.

Before a Tornado

- Select the most favorable areas for shelter; the best protection is afforded by an underground shelter or basement.

- Be familiar with the weather service alert and siren system; there is a “test” in the St. Louis area the first Monday of each month at 11:00 a.m.

During A Tornado

- Seek safety in an underground basement or in an interior part of the lowest level (closets, bathrooms, hallways). Get under something sturdy.

- If in a high-rise building, go to an interior hallway on the lowest floor possible. Remain away from outside walls. Assume crouched position with arms over head.

- Stay away from windows, particularly on the windward side.

- Avoid shelter in large rooms with large, unsupported roof spans.

- If outside in an automobile, do not try to outrace the tornado; drive at right angles away from the tornado’s path. If there isn’t time to do this, or if you are on foot, take cover and lie flat in the nearest depression such as a ditch, culvert, excavation or ravine.

- Store emergency supplies (water, non-perishable, ready-to-eat food, first-aid kit, tools, portable radio, flashlight, fresh batteries, blanket, warm jacket and fire extinguisher) in a secure place at home and in your car.
After An Earthquake or Tornado

- Wear sturdy shoes to protect feet from possible broken glass.
- Check for injuries. Apply first aid. Do not attempt to move seriously injured.
- Check for fire.
- Check utilities for damage; evacuate building if a gas leak is present. Do not light matches or turn on electricity until you are certain there are no gas leaks.
- Avoid downed power lines.
- Check for structural damage, clear blocked exits.
- Check radio and phones and monitor for official broadcasts. Do not use phone except for an emergency.
- Use extreme caution when close to masonry structures.
- Plug bathtub and sink drains, do not use toilet until you are certain sewage lines are not damaged.
- Do not call the police or fire department except in case of an emergency (fire, severe injury or a gas leak). A delay in response time may be expected.
- Telephone the out-of-state person you designated so that family members and friends can call him or her to learn about your whereabouts and condition.
- For several days after a severe earthquake, be prepared for aftershocks. These are a common occurrence following a large earthquake. They can cause additional damage to weakened structures.
Susan Frelich Appleton, J.D., professor of law, had her article on “Surrogacy Arrangements and the Contractual Basis” included in the 1990 issue of the Wisconsin Law Review and published in the Iowa Law Review, January 1990. She also contributed the chapter titled "Rejection" for the casebook, "Jewish and Non-Jewish Perspectives on Surrogacy: A Book on Legal Approaches". Additionally, Appleton was invited to speak at the 13th annual course on "Diagnosis" at the 33rd International Congress of Pathologists in Japan, "at the 33rd International Congress of Pathologists in Japan, the 1990-1992 Board of Directors of the American Society of Colon and Rectal Surgeons, the 1990-91 Board of Directors of the American Society for Colon and Rectal Surgeons at Jewish Hospital in St. Louis, Missouri and Nebraska attended. More than 100 ESL educators and administrators from Iowa, Kansas, Missouri and Nebraska attended.

Harvey S. Glazer, M.D., associate professor of radiology, lectured on "CT of Pulmonary Collapse" and "CT of Mediastinal-Diagnostic Diagnosis" at the 13th annual course of the Society of Computed Body Tomography.

Wendy Hyman, director of the English Program of the Office of Program Review, has been elected the 1990-1992 vice president of the Mid-Missouri Teachers of English. Her presentation on "The Debate: Does the English Program have a Future?" is scheduled for the 13th annual course of the University of Missouri/University City Science Partnership.

Emily Pearce, an accountant for the school of engineering and applied sciences, submitted her first attempt at "Caveat Scriptor."

David J. Pittman, Ph.D., professor of sociology, delivered an invited presentation titled "Stress, Alcohol Consumption and Alcohol Problems: Recent Trends in the United States" at the 33rd International Congress of Pathologists in Japan. He also presented a paper titled "The Distribution of Alcohol Consumption in American Society," at the 33rd International Congress of Pathologists in Japan. Pittman co-authored the paper with Hugh Klein, Ph.D., who received a master's in biology in 1974 from Washington University. Pittman received his master's in biology in 1979 from Harvard University. He also has developed and taught the summer school general genetics course for the biology department since 1983.

David Moessner, assistant professor of social work, at the University of Illinois at Urbana-Champaign, delivered a paper titled "The Ecological Determinants of Welfare Incidence: A Case Study of Illinois." This paper was presented at the 33rd International Congress of Pathologists in Japan.

Science outreach coordinator is named

Jacqueline L. Hoffman, Ph.D., lecturer in biology, has been appointed the University's coordinator of science outreach.

In establishing this position, the University has recognized the importance of Washington University to bring its expertise in the sciences to the greater St. Louis community," said Provost Edward S. Murris, Ph.D., who announced her appointment. Hoffman will work with all University schools and colleges on science-related activities and programs.

Recognizing the nation's improving shortage of scientists and mathematicians, the Washington University School of Medicine wants to serve as resources for teachers and assist them in providing stimulating learning experiences to schoolchildren. They hope that the increased opportunities to interact with scientists and to carry out laboratory experiments will encourage students to continue their science education. The partnership provides laboratory supplies, teaching assistance from faculty, postdoctoral associates and graduate students for jointly designed classroom experiments, plus the expertise of about 25 Washington University faculty members in biology, chemistry, physics, earth and planetary sciences, mathematics and medicine.

Through the Summer Institute, the biology department offers "Molecular Biology: The Gene Revolution," a credit course for local secondary school biology teachers. Participating teachers enhance their knowledge of the latest research and keep up with "hands-on" laboratory projects that can be adapted for use in teaching high school students. Hoffman teaches in this course and coordinates follow-up sessions to assist teachers in presenting the material in their classrooms. Hoffman hopes to add more courses to the Summer Institute.

In addition to coordinating the science outreach programs, Hoffman has been the laboratory course coordinator for the biology department since 1984. She has co-taught lecture and laboratory courses in the biology and organic chemistry departments at the University of Missouri-Columbia, and at the University of California, Santa Cruz, and the University of California, Berkeley. Hoffman has also developed and taught the summer school general genetics course for the biology department since 1983.

Hoffman received her bachelor's degree in summa cum laude in biochemistry and mathematics in 1975 from the University of California, Davis. She earned her master's in biochemistry in 1974 and a doctorate in cell and developmental biology in 1979 from Harvard University. Before joining the Washington University biology department in 1985, Hoffman was a National Institutes of Health postdoctoral research fellow in the department and had taught at the University of California, Davis, and Harvard University.

For more information, contact the Science Education Partnership at 866-256-3991.
Tuesday, Dec. 4 4 p.m. Dept. of Biology Seminar Series. "Severely and Profoundly Hearing-Impaired People: Amplification and Speech Perception with Cochlear Implant Users," Marjorie U. Second Floor Auditorium, Clinic and Health Sciences Library, Room 311 McMillen Library. (Coffee: 3:45 p.m.)

4 p.m. Dept. of Chemistry Seminar. "Proprietor of a B [a,b]-Oxidation Route in Enterobacterales?" by Dennis J. Primiaux, PhD. (Coffee and donuts: 3:45 p.m.)

4 p.m. Dept. of Mathematics Colloquium. "Algorithmic Structures on Resolutions,\" Hernan Henriquez, PhD. 200 Room 200 Computers 1, (Ex: 4-3 p.m. Room 200 Computers)

Wednesday, Dec. 5 4 p.m. Dept. of Psychology Colloquium. "Qualitative Dynamics in ischemic Allied," Alan Goldberg, PhD. Computer Science Library. (For info: call 889-3750)

4 p.m. Dept. of Mathematics Seminars. "Introduction to T-op.\" by Steven G. Krantz and Steve Wu, professors of Mathematics. Room 199CTL 1. (Also Dec. 12, same time.)

10:15 a.m. Dept. of Biochemistry and Biophysics Seminar. "A Structure-Function Relationship in the Fos-RelD Phenotype.\" Using Site-Directed Mutagenesis and Genetic Techniques. Elizabeth Howell, PhD. Dept. of Biochemistry, U. of Texas at El Paso. Four P. McDonald Medical Sciences Bldg. (Coffee and donuts: 4 p.m.)


1:30 p.m. Dept. of Computer Science Seminar. "Towards Truly Delay-Insensitive Circuit Systems.\" Mauricio A. Bovens, PhD. Room 200 Room 200 Computers 1, (Ex: 1-5 p.m. Room 200 Computers 1)

4 p.m. School of Fine Arts and Performing Arts Lens. Art Dept. Slide Lecture. "A World of Images: Artists' Explorations of Form and Content.\" Including "artists' books" by John Cage. Sandy Boulton. Goucher College. (Also Dec. 6, same time, and Sun., Dec. 9, same time.)

4 p.m. Central Institute for the Deaf Seminar. "Perceptuals. A Biological and Epistemological Research into the Mechanisms of Perception.\" By Dr. Otto G. Beattie. Room 199CTL 1, (also Dec. 6, same time.)

10:15 a.m. Dept. of Pharmacology Colloquium. "Pharmacology of a New Antineoplastic Agent.\" By Dr. N. J. Paulis. Room 311 McMillen Library. (Coffee: 3:45 p.m.)

4 p.m. Dept. of Mathematics Colloquium. "Bookness: Artists' Explorations of Form and Content.\" Including "artists' books" by John Cage. Sandy Boulton. Goucher College. (Also Dec. 6, same time, and Sun., Dec. 9, same time.)

4 p.m. School of Fine Arts and Performing Arts Lens. Art Dept. Slide Lecture. "The Art of the Dead Art.\" Roger Copeland, professor of theatre and dance, Oberlin College. Room 325 McMillen Center. For more info., call 889-5205.


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