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Teaching assistant Judy Skala checks the blood pressure of junior Bobby Virmani. For two weeks, Virmani pretended to have hypertension as part of a class project. The health psychology class teaches about the impact of chronic disease.

Living with a chronic disease

Students learn difficulties of maintaining lifestyle changes

Elizabeth Levy is a perfectly healthy college senior. So why, for two weeks, did she test her urine every morning for the presence of glucose, take medication daily and follow an extremely strict diet that avoided all alcohol and sweets?

Along with her 39 classmates, Levy experienced what it is like to live with a life-threatening disease. Levy pretended to have diabetes. The two-week project was part of a class on health psychology taught by Marcia Smith, Ph.D., assistant professor of psychology.

Each student in the class was assigned a certain disease — diabetes, hypertension, arthritis, diverticulosis or heart disease. Each of these diseases has a very specific health regimen, which students were required to follow for two weeks. The medication the students took actually was empty gel caps.

The purpose of the project was to demonstrate to the students just how difficult it is to comply with doctor’s orders even if you have a chronic, potentially life-threatening disease.

Senior Wendi Shobin was assigned heart disease. The first week she said she had no problems following the regimen. Then as she got busier, the regimen became harder. In the second week she was too busy to exercise and had to grab a meal at McDonald’s. Instead of opting for a salad, she had a chicken sandwich and French fries because she knew she had a long night ahead of her.

Junior Tina Nguyen followed a regimen to reduce hypertension. The two-gram a day sodium diet was very difficult for her to follow, she said.

“I live at home and eat what my mom makes. I don’t eat salty, but sometimes it’s hard to avoid. Besides, she asks rhetorically, ‘How can you avoid soy sauce (which is high in sodium) if you’re Oriental?”

“Grades aren’t determined by how well students follow the regimen,” says Smith, “but how they managed during the two weeks, the quality of their observations about the difficulties of living with chronic disease. We’re trying to help students gain an understanding of how people can lead their life in such a way to put them at risk for chronic disease and what impact the diagnosis of chronic disease has on yourself and on your loved ones.”

“All of us lose patience with people who don’t follow their doctor’s advice, especially if it’s a life-threatening condition,” notes Judy Skala, teaching assistant for the class, who designed the regimen. “We always ask, ‘why can’t they just … ’ but after two days on a two-gram salt diet one student came to me and said, ‘I just can’t take this.’”

The course, which is attended by many pre-med students, examines the impact of chronic disease on an individual’s life, examines how to encourage wellness and to communicate health messages, and demonstrates various decision-making models.

Although Smith has taught this class before, this is the first time she initiated a project dealing with life-threatening diseases. In previous years students were asked to change their health behavior in a positive way. The students decided what to change. Some wanted to get more exercise or eat less fat. Smith said there was a dramatic variance in the level of difficulty between the behaviors. Also, Smith said she wanted to take away the element of choice, because lifestyle changes are forced on the person diagnosed with a chronic disease.

Smith tried to use common diseases, ones that students’ friends or family members may even have. However, she and Skala said they felt they couldn’t impose too much on the students. Thus, they did modify some procedures. For example, students with diabetes had to check their urine for glucose once a day, though in reality, diabetics check their blood sugar two to four times daily.

In addition, the regimens had to be healthy for a general population. “Patients with arthritis, for example, are required to do range-of-motion exercises several times daily and those with hypertension, diversiculosis and diabetes are on strict, though healthy diets. In their written analyses of the project many students reported that the experience had helped them empathize with chronically ill patients who had difficulties maintaining lifestyle changes. There were no health risks involved in the project, Smith adds.

— Debbie Aronson

$1 million foundation gift supports Olin fellowships for women

The Monticello College Foundation in Godfrey, Ill., has contributed $1 million to Washington University for the Monticello College Foundation Endowment. The endowment will support the Mrs. and Mrs. Spencer T. Olin Fellowship Program for Women, according to Chancellor William H. Danforth.

The Olin Fellowship Program for Women was established jointly with Washington University in 1974 and is designed to encourage young women of exceptional talent and promise to seek careers in higher education and the professions.

Since the program’s inception, 142 women have participated — including 34 enrolled this fall. In addition to the awarding of fellowships every year, the Olin program sponsors a conference featuring a nationally prominent female speaker who participates in two days of seminars and panel discussions.

Danforth said the fruitful partnership and spectacular success of the program would not be possible without the continued and enthusiastic support of the Monticello College Foundation. “On behalf of our faculty, our student body, our Olin scholars, I would like to thank the foundation and its trustees for the continued generosity to the Mrs. and Mrs. Spencer T. Olin Fellowship Program for Women in graduate study.”

The Monticello College Foundation, which maintains offices on the campus of Lewis and Clark Community College, was established in 1971 with the closing of Monticello College. The college was for more than 140 years a landmark institution for higher education. It was founded by retired sea Captain Benjamin Godfrey, and originally named Monticello Female Seminary after the Virginia estate of Thomas Jefferson. The foundation has forward the original purpose of Monticello — support and furtherance of education for women.

Political columnist David Broder to give Assembly Series talk

David Broder, senior National political correspondent and columnist for The Washington Post, will speak at 11 a.m. Wednesday, Nov. 11, in Graham Chapel. Broder’s talk is titled “The Elections.” The lecture, part of the University’s Assembly Series, is free and open to the public.

Broder’s twice-weekly syndicated column appears in more than 400 news-
Cancerous tongues replaced with tissue from the back

Ed Renisch had never really thought about his tongue. But in October, the 62-year-old found out he had cancer of the tongue and he would have to have it removed. In the past, the surgical "cure," called a glossectomy, would have cost him his ability to speak and to eat, but a new technique pioneered by surgeons at the Washington University School of Medicine is changing this.

In 15 patients studied, the surgeons and researchers have replaced cancerous tongues with skin and muscle flaps harvested from an area of the back not far from the shoulder blade. Bruce H. Haughey, M.B., Ch.B., assistant professor of otolaryngology at the medical school and director of otolaryngology at Jewish Hospital, a sponsoring institution of the Washington University Medical Center, has worked at rehabilitating the patients whose tongues have been replaced. He estimates their intelligibility of speech at better than 85 percent following surgery. Several can talk on the phone, and some, like Renisch, have returned to work.

"The new tongues can accomplish many of the same things as a patient's natural tongue," Fuller points out, but patients must learn new ways to perform the same tasks. "We have to teach them how to make the sounds and the movements necessary to mimic what they were doing in order to have a real tongue," he says. Whereas moving your natural tongue is almost instinctive, manipulating the replacement tongue is a totally new, learned skill.

Haughey's new tongue was tough to manipulate at first, but he says he's become used to it. He still can't tell his wife what strange to him, and he still has trouble making some sounds — a "huh" for instance, "th" like Renisch's in "thunder" or "sh" like Renisch's in "tasteful.

Retaining a sound is more than simply creating a word; it's learning to understand what that word means. "I was trying to explain to someone about having a "cat scan" (this pronunciation makes the word sound like "coating")."

"This person just couldn't understand me, so I just went ahead and spelled it for him. I sense, though, as time goes by, and I use it more, the words come back," Renisch says.

As important as speech and articulation are to survivors of oral cancer, talking is only half of the equation. As Haughey says, "Not long ago the method of treatment was to remove the cancer and just saw up the patient. Leave them with nothing. That leaves quite a bit of damage. Anything you can accomplish with this new technique is a vast improvement because without a tongue, not only can people not speak, they can't swallow. That means they have to be fitted with feeding tubes for the rest of their lives.

Preserving quality of life

Though we do it without thinking, the tongue is used like a piston when swallowing. It propels food and liquid back into the throat to initiate the swallowing reflex. In doing so it helps move the voice box into a position that keeps solids and liquids out of the windpipe and lungs. The tongue plays a key role in breathing, speaking and swallowing. Speech pathologist Fuller explains. "It can be physically and emotionally devastating to have your tongue removed."

"That's why this tongue replacement surgery is such an exciting development," Fuller points out.

Doctors also expect the procedure to be done more often in the future. Because of the proximity of the donor site, the tongue can't remain on the neck and mouth, nodules are to survivors of oral cancer, talk is a critical phase for these people."

"Haughey adds, "They may only live 2 to 5 months, but they could live five or 10 years. We don't know, but certainly during the course of that year or two or three, we want them to be able to function as well as possible."

Haughey and Fredrickson look forward to the possibility of tongue transplantation. Nerve and vascular graft techniques could make it possible for tongues transplanted from cadavers to recover not only speech and swallowing but also tactile sensation. First, however, researchers must overcome problems with tissue rejection because cancer patients often are not good candidates for the immunosuppressive medications given to prevent rejection of transplanted tissue.

Ed Renisch is functioning better and better. He's now healed enough to be fitted for dentures, so his speech intelligibility should improve even more, and he's looking forward to eating food that doesn't have to go through the blender first. He says there's no reason for him to believe that he won't still be around in 10 or 20 years.

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Jim Dryden

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Lacy, who says he enjoys administration, stepped down from a 24-year role as head of the Department of Pathology in 1985 to devote all his time to research.

"Administration is like research," says Lacy, who is proud to have been a part of Washington University's Executive Faculty System. "You have ideas and you have to sell them. Nobody will tell you it's a good idea. They won't put you on the back if you aren't sure it they're ready to tell you about it if it fails. That's research.

Lacy resigned his administrative role because he could see that his research was leading to a treatment that could require his full attention.

I felt obligated to get this to the diabetic patients," Lacy said. "We were leading the way. If anyone could do it, one group could. If we couldn't, we felt bad.

As a member of the National Commission on Diabetes of the National Institutes of Health (NIH) from 1974 to 1976, Lacy had seen firsthand the ravages of the disease he was studying in the lab. His encounters with young diabetics motivated him to devote more time to research.

"We went across the United States and saw people who desperately hoped that maybe me or somebody else could help," Lacy said. "I treated patients as a medical ward officer in the U.S. Army from 1949 to 1951.

"I certainly hope I'll have the answer for all these patients," Lacy said.

"I don't think there's any greater joy on earth than a new finding."
### Lectures

**Thursday, Nov. 5**


Noon. Dept. of Genetics Seminar, "Do Workhorse Protein Kinases Play a Role In DNA Methylation?" Meri Hoekstra, Salk Institute, San Diego. Room 816 McDonnell Bldg.


4 p.m. Assembly Series Holocaust Memorial/Isserman Lecture, "When the Unthinkable Happens," Ellis Wiesel, 1986 Nobel Peace Prize recipient and prof. of religious studies and philosophy, Boston U. Graham Chapel. Open only to members of the Washington University community with current ID.


4 p.m. Division of Biology and Biomedical Sciences Student-organized Seminar, "Evolution of Female Preference in the Trinidad Guppy," Felix Breden, Division of Biological Sciences, U. of Missouri-Columbia. Room 322 Reebrock Hall.

**Friday, Nov. 6**


Noon. Dept. of Cell Biology and Physiology Seminar, "Why Do Hemophiliacs Bleed?" George Brozeit, assoc. prof., Department of Histology, Jewish Hospital. Room 422 McDonnell Bldg.


**Thursday, Nov. 12**


4 p.m. Dept. of Hematology/Oncology Seminar, "Seminars of Two Enemies Involved in Gliosaccaridic Processing of Gliosaccaridic Processes," Rosalind Rorkett, prof., WU departments of molecular genetics and molecular biophysic, School of Medicine Cori Aud., 660 S. Euclid.


4 p.m. Department of Hematology/Oncology Seminar, "Seminars of Two Enemies Involved in Gliosaccaridic Processing of Gliosaccaridic Processes," Rosalind Rorkett, prof., WU departments of molecular genetics and molecular biophysic, School of Medicine Cori Aud., 660 S. Euclid.
**Friday, Nov. 13**

8 p.m. Performing Arts depicts "As You Like It," by William Shakespeare (also, 8 p.m. Nov. 2, 7 and 14, and 2 p.m. Nov. 8 and 15). Curtain for the general public: 55 WU for faculty, staff, seniors and students with valid ID. Edison Theatre. For info and reservations, call 935-6543.

**Music**

**Wednesday, Nov. 11**

8 p.m. Dept. of Music Jazz Band Concert, directed by Peter Briner. The Gargoyles in Mallinckrodt Center.

**Friday, Nov. 13**

8 p.m. Dept. of Music Black Composer Repertory Chorus Concert, directed by Robert Roy. Graham Chapel.

**Exhibitions**

"Selections From the Gift of Mr. and Mrs. Edwin Grossman." Nov. 7 through Jan. 29, 1993. Olin Library, Special Collections, Level 5. Hours: 8:30 a.m.-5 p.m. weekdays; 1-6 p.m. weekends. For info., call 935-5495.


"Bone Marrow Transplant for Sickle Cell Disease," Donna Wall, asst. prof., Respiatory and Critical Care Medicine, Jewish Hospital. Room 432, McDonald Bldg.

**Calendar guidelines**

Events sponsored by the University — its departments, schools, centers, organizations and its recognized student organizations — are published in the Calendar. All events are free and open to the public, unless otherwise noted. Calendar submissions should state time, date, place, sponsor, title of event, name of speaker(s) and affiliation, and admission cost. Outlined projects and events with descriptions are welcome. Send items to Mailing Date at Box 1970 (via 935-4239). Submission forms are available by calling 935-8533.

**Football**

Last Week's Result: Washington 0
Carnegie Mellon 2

This Week: Washington 3
Princeton 27

**Swimming/Diving**

Last Week's Results:

**Attendance**

Attendance figures reflect the average of home attendance in conference and non-conference meets.

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**Theodore Stoffel**

Theodore Stoffel is ability to lead a multi-functional team in a fast-paced environment.
The Maria Benitez Spanish Dance Company will perform at 8 p.m. Nov. 20 and 21, and 2 p.m. Nov. 22 in Edison Theatre.

Spanish flamenco dancing featured at Edison Theatre

The Maria Benitez Spanish Dance Company will perform at 8 p.m. Nov. 20 and 21, and 2 p.m. Nov. 22 in Edison Theatre.

Benitez and her dance company will bring the explosive excitement of flamenco dance to St. Louis as part of Edison's "OAVATIONS!" series. The Denver Post said of the American-born Benitez, "She dominates the space with authority and the smolder of passion. To watch her is to be caught in the intimacy, individuality and soul of true flamenco dancing."

The Albuquerque Journal wrote, "With reusing singing, exquisite guitar and gorgeous costumes, the Benitez company's performance was a stirring spectacle."

The company travels frequently throughout Spain to maintain contact with the rich dance traditions of that country. Rehearsals before a tour often are held in Madrid, where some of Spain's most highly respected dancers, musicians and choreographers collaborate with the company.

Benitez also is widely recognized as a performer and choreographer for opera, including work with the Santa Fe Opera and Sarah Caldwell's Boston Opera. Benitez has performed her flamenco dance on public television and was featured on the cover of Dance magazine.

Tickets are $20 for the general public; $15 for senior citizens and Washington University faculty and staff; and $10 for students.

For more information, call 935-6453.

Leadership St. Louis director to give talk

Carolyn W. Lonos, the executive director of Leadership St. Louis, will give a talk titled "Issues in Developing Leadership in an Urban Area: A St. Louis Case Study." Her lecture will be held at 1:10 p.m. Thursday, Nov. 12, in Brown Hall lounge. The event is part of the George Warren Brown School of Social Work's Fall Lecture Series.

As director of Leadership St. Louis, Lonos works at bringing together community leaders who are committed to improving the quality of life in the greater St. Louis region. She also has served four years as chair of the board of the Girl Scout Council of Greater St. Louis, the nation's largest Girl Scout Council.

A former teacher in the Clayton Public Schools, Lonos has been involved in education reform on a statewide level. She has been active in programs aimed at improving the quality of education in Missouri and programs that strive for equitable funding in education. She serves on the finance advisory committee of the Missouri State Board of Education.

Lonos has been an active community volunteer and has received numerous citations for her work, including the St. Louis Magazine and the Systerious America Award for "The New Americans: Hispanic Heritage Award" (1989) and the "Women of Distinction Award" (2000) to the general public.

Counselor to co-chair NSF commission

Chancellor William H. Danforth was named by the president of the University and member of the National Science Foundation (NSF) while he was co-chairman of the commission on the future of the National Science Foundation (NSF). Danforth was named co-chair of the commission in 1992; and his appointment was confirmed by the National Science Board, the policymaking arm of the NSF, in 1993.

The NSF is an agency of the federal government established in 1950 to promote and advance scientific progress. NSF accomplishes its mission primarily by competitively awarding grants to educational institutions for research and education in the sciences, mathematics and engineering.

The commission will examine what role NSF should play in meeting the nation's challenges, while ensuring that NSF maintains its role as the major federal supporter of fundamental research and education across all fields and disciplines.

The commission will hold the last of three meetings on Nov. 7. The commission is expected to issue its final report in April 1994, and NSF will then begin its work to implement the commission's recommendations.

News In Brief
Robert H. Durr, Ph.D., assistant professor of political science, comes to Washington University from the University of Iowa, where, as a computing in political science instructor, he introduced students to political science and computer package widely used in the political science program. The development and grad student placement are the determinants of U.S. public opinion, U.S. political behavior, macro-level analysis and methodological considerations in longitudinal analyses. He has written several articles and conference papers on a variety of topics, including public policy. He is a 1985-86 recipient of the National Science Foundation Fellowship and received a 1990-92 grant from the National Science Foundation. Durr received a bachelor's degree, summa cum laude, in liberal arts and a master's degree in political science from the University of California, Berkeley, in 1987, respectively. He received a doctorate in political science from the University of Iowa in 1992.

Kyeong G. Ko, Ph.D., assistant professor of finance, comes to Washington University from Princeton University, where he was a postdoctoral researcher. He took a course titled Mathematics for Economists. Among his research interests are international finance and the economics of securities. His research papers on economics and mathematics, Koos has received full professorships from Princeton University, University of Wisconsin at Madison, University of Austin and the University of Pennsylvania. Koos received his doctorate in mathematics from Seoul National University in 1980 and 1982, respectively. He received a master's degree in mathematics from the University of Texas, Austin. Koos has taught undergraduate economics in economics from Princeton University in 1992. He also has served as a graduate student at the University of Pennsylvania.

Jonathan B. Lasson, Ph.D., assistant professor of biology, comes to Washington University from the University of California, Davis, where he was a postdoctoral fellow at the California Department of Environmental Health. Among his research interests are evolutionary biology, ecology and the study of the evolution of the animal kingdom. He served as an outstanding student assistant, and his work was featured in the Theodore Roosevelt Prize for excellence in the field of evolutionary research. Lasson was a member of the Outstanding Graduate Student Instructor Award from the zoology department at the University of California, Berkeley. Lasson is the author of numerous articles and has received several fellowships and many grants. He received a bachelor's degree in biology in 1984 from Harvard University and a doctorate in zoology from the University of California, Berkeley.

Brigitte Rossbacher, Ph.D., assistant professor of German, comes to Washington University from the University of California, Davis, where she was a postdoctoral fellow at the Center for Interdisciplinary French Research. Among her research interests are the literature of the German Democratic Republic, comparative women's literature and foreign language pedagogy. She has participated in presentations and workshops and has presented several books in her areas of expertise. She is a member of several book reviews and her research is the title of a new book published by Princeton University Press. Rossbacher is the author of several book reviews and her research is the title of a new book published by Princeton University Press.

Sondra Schlesinger, Ph.D., professor of molecular microbiology, was elected president of the American Society for Virology. Founded in 1981, the organization has 2,400 members. Schlesinger is also the U.S. representative on the advisory council of the Union of Microbiological Societies' virology division. She will co-chair a plenary session on "Expression of Viral Genomes" at the IXth International Meeting of Virology scheduled for Glasgow, Scotland, in 1993.

To Press

A chapbook of poems by Edward F. Beccia, professor emeritus of fine arts, will be published soon by Paddie House Publications of Johnstown, Ohio. The chapbook is titled "Moving the Still Life." Beccia recently read his poetry at Books in Bag Harbor, Long Island. During October, his paintings and drawings were on display in the Lawhon Gallery of Seattle, Wash. At the show's opening, Beccia read a short poem. Results of a survey conducted by R. J. Hilgart, assistant professor of management and industrial relations, with assistance from Robert A. Portnoy, Ph.D., adjunct professor of human resources management and staff director, were published in the March issue of the Journal of Industrial Relations.

Guidelines for submitting copy:
Some guidelines for submitting copy: Submit copy in triplicate, separate page, number, phone number, and highest-earned degree, along with a brief description of your research, to Dr. John R. Durr, the Student Affairs Office, 1001 Eastville, St. Louis 63122. For more information, call 905-3225.

Student affairs appointments announced

James N. Carroll, acting dean of student affairs, has been appointed to the Student Affairs Division of the Division of Student Affairs.

Catherine V. Earley, formerly a coordinator of student activities, has been appointed to the newly created position of coordinator of Greek affairs. Daniel R. Herbst, who was the substance abuse prevention coordinator, has been named coordinator of the Health Awareness Program. Debra Swoboda, who has been coordinator of the Student Educational Service, has assumed additional part-time responsibilities as coordinator of disabled student services.

As coordinator of Greek affairs, Earley advises Greek chapters on the Greek Affiliates and oversees their activities in the Division of Student Affairs. As coordinator of student activities, Earley advises Greek chapters on the Greek Affiliates and oversees their activities in the Division of Student Affairs.

Student Affairs

The Sound of the Wind: The Life and Works of Uno Choy is the title of a new work by Rebecca L. Copeland, Ph.D., assistant professor of English, and Elizabeth L. Moore, professor of English, and Dance. The two-part volume, Copeland offers Western readers a portrait of Uno Choy, fashion ingenue, and literatures. In the two-part volume, Choy offers Western readers a portrait of Uno Choy, fashion ingenue, and literatures.

On Assignment

The archivist of the United States has announced the appointment of Mary Alcott, a former assistant professor of American studies, as the title of a new book published by Princeton University Press. Alcott, who was the substance abuse prevention coordinator, has been named coordinator of the Health Awareness Program. Debra Swoboda, who has been coordinator of the Student Educational Service, has assumed additional part-time responsibilities as coordinator of disabled student services.
The following is a list of positions available on the Hilltop Campus. Information regarding these and other positions may be obtained at the Office of Human Resources, North Brooks Hall, Room 126, or by calling 935-5900.

Director of Career Services
930239. School of Law: Requirements: Bachelor's degree, master's degree preferred; strong interpersonal skills; excellent verbal and written communication skills; ability to establish and maintain excellent relations with staff, students, alumni and employers; experience in career counseling, legal recruitment and/or placement or related administrative or marketing experience. Resume and three letters of recommendation required.

Rare Books Catalog Librarian
893054. Psychological Sciences: MLS degree from ALA-accredited library school; master's degree in the humanities or a related field; knowledge of cataloging in a rare or equivalent cataloging training or experience; cataloging experience; rare books cataloging training or experience; archival and manuscript cataloging experience using AACR and/or LC classification; ability to work with non-English languages and non-Roman alphabets; experience in working knowledge of OCLC and other automated systems; ability to use computer systems; supervisory experience; knowledge of print production procedures and knowledge of national and international trends in bibliographic description. More details and three letters of recommendation required.

University Communications Secretary
930567. Office of Public Affairs: Requirements: High school diploma, associate's degree preferred; typing 50 wpm with accuracy; ability to follow directions and be accurate, detail oriented and enthusiastic; ability to handle multiple tasks; completed secretarial training. Clerical testing and three letters of recommendation required.

Researcher
930061. Development Services: Requirements: Bachelor's degree or equivalent with background preferred; strong research and writing skills. Clerical testing, resume and three letters of recommendation required.

Switchboard Operator
930605. Telephone Services: Requirements: Must be a high school graduate; typing 35 wpm with accuracy; Data: Answer incoming calls to the University, transfer calls and provide information as requested using an online directory; place operator-assisted calls and set up conferences as needed; perform data input on PC software and issue basic OCLC queries; assist in preparing packet/mailings, stuffing envelopes, etc.; other duties as required. This is a part-time position with day and evening hours including weekends and holidays. Clerical testing and three letters of recommendation required.

Senior Project Leader
930772. Information Systems: Requirements: Four years of college; minimum five years data processing experience; proven capability in design, program and install major data processing systems; proven ability to lead large data processing projects development; proven ability to design, write and install MAN-