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Mental health effects of 9-11 attacks studied

BY JIM DRYDEN

School of Medicine researchers have received a five-year, $2.5 million grant from the National Institute of Health to lead a study of the persistent mental health impact of the September 11 terrorist attacks on people who were in the World Trade Center towers when the planes struck.

"Previous studies have looked more at the general mental health effects on the population in Manhattan, but no studies to date have looked systematically at the psychiatric effects on people who were employed in the towers," said principal investigator Carol North, M.D., professor of psychiatry. "It's important to understand long-term mental health effects, to appreciate the mental health problems that the people involved in the service and emergency interventions may experience."

North and her colleagues have done extensive diagnostic psychiatric assessments on 400 workers from the World Trade Center towers and their spouses or partners. The goal is to follow the course of psychological disorders — especially post-traumatic stress disorder (PTSD) — in the years following a major disaster to assess the treatment needs and to develop and implement interventions that might reduce individuals to more productive functioning in the post-disaster workplace.

By studying survivors of the Oklahoma City bombing — the deadliest terrorist attack in the United States prior to September 11 — North and her colleagues found that although most survivors did not develop psychiatric illness, more than one-third did experience PTSD in the months and years after the bombing. Preventing psychiatric conditions increased the risk of PTSD.

Survivors who were more seriously injured in the blast were at greater risk for PTSD, as were those who experienced the injury or death of a family member or close friend.

By studying World Trade Center survivors, the team expects to find many of the same influences on psychiatric health. Even more than two years after the attacks, North expects many survivors will still be suffering.

"In Oklahoma City, healing was not always rapid," she said. "Many people healed quite slowly, and we would anticipate that with a disaster of an even larger scope and magnitude, many injured survivors will be suffering.

Over the years, North and her colleagues have done extensive diagnostic disaster research with survivors. They have studied earthquakes and floods, industrial and technological accidents such as plane crashes, and man-made disasters such as the Oklahoma City bombing and a mass shooting at a cafeteria in Killeen, Texas. Although North believes the scope of the World Trade Center attack makes it difficult to compare with these disasters, she believes the knowledge gained from survivors of these events helps to answer many of the questions that may come up in the aftermath of future disasters.

In collaboration with MBARI, a team of University geologists is using a rare instrument on the ocean floor — just west of California — to study clathrate hydrates — ice-like solids that form a cage around gases and liquids — called clathrate hydrates — ice-like solids that form a cage around gases and liquids — called clathrate hydrates. This feature will be included in each 2000-04 issue of the Record.

Dance concert

Student dancers perform Ashit Preme's 'Apartisme, part of dance/21, a showcase of professionally choreographed works Dec. 5-7 in Edison Theatre. Thirty-eight dancers selected by audition will perform seven works by faculty and guest choreographers. To read more, see Page 4.

Rhodes Scholars 'bring great honor'

BY TONY FITZPATRICK

A rts & Sciences seniors Bethany Ethimm and Allison Gilmore received early holiday presentations Nov. 22, when they were announced as recipients of Rhodes Scholarships.

Since 1902, 23 Washington University students have won the highly acclaimed award. Six have been named in just the past five years.

The two were among 32 students in the United States chosen from 963 applicants. Winners were selected based on high academic achievement, personal integrity, leadership potential and physical vigor.

Ethimm and Gilmore will be provided two years of all-expenses-paid study at Oxford University in England and will begin their studies next fall.

"It is gratifying to see such talented, creative and committed students like Bethany and Allison achieve such a high level," Chancellor Mark S. Wrighton said. "Washington University is proud of them and their accomplishments. They are representatives of the kind of students we have at Washington University, and their success ennobles the entire Washington University community."

Edward S. Macias, Ph.D., executive vice chancellor and dean of Arts & Sciences, echoed Wrighton.

"It is with great pride that we congratulate Bethany and Allison for their extraordinary achievement," Macias said. "They bring great honor to Washington University and reflect well the academic and social environment at our university, the quality of our students and faculty, and the commitment of Washington University to the world. We wish them well at Oxford University."

As chair of the Washington University Committee on Postgraduate Scholarships and Fellowships, Michael R. Cannon, executive vice chancellor and general counsel, became acquainted with Ethimm and Gilmore.

"Bethany and Allison are wonderfully accomplished, intellectually dynamic and service-oriented young women," said Cannon, a Rhodes Scholar at Washington University in 1973.

"The committee tries to identify students who could be strong candidates for the most rewarding and prestigious postgraduate scholarships, makes them aware of those opportunities, offers a limited amount of advising in connection with the competition, and then helps them out of their way so they do all the rest," Cannon said.

Researchers explore ocean floor with rare instrument

BY TONY FITZPATRICK

In collaboration with oceanographers and engineers at the Monterey Bay Aquarium Research Institute (MBARI), a team of University geologists is using a rare instrument on the ocean floor — more than two miles beneath the surface — just west of California. One of the group's earliest projects was to see if it's possible to capture carbon dioxide from the atmosphere and store it on the ocean floor. The research is supported by the Department of Energy.

The geologists, headed by Jill Pasterer, Ph.D., professor of earth and planetary sciences in Arts & Sciences, and their MBARI colleagues are the first to deploy a Raman spectrometer on the ocean floor. The instrument combines a portable focusing lens with a potent laser to examine minerals, gases and liquids — even an instrument itself.

The University team comprises Pasterer and John Freeman, Ph.D., and Brigitte Wopenka, Ph.D., research scientists in earth and planetary sciences. They and their MBARI colleagues are using Raman spectroscopy to see what carbon dioxide in either a pure liquid or a complex solid phase will do on the sea floor.

They are also examining the feasibility of remediating trapped carbon dioxide in solids called clathrate hydrates — ice-like solids that form a cage.

See Ocean, Page 6.
Martha Rank, Ph.D., professor in the George Warren Brown School of Social Work, has been appointed the inaugural Herbert S. Hadley Professor of Social Welfare, announced Shant K. Khoshaba, Ph.D., dean and the George Warren Brown School of Social Work, Distinguished University Professor.

Hadley was the University's chancellor from 1903-37. He also served as governor of Missouri from 1909-1913.

Rank's formal installation will take place Dec. 11.

"Mark Rank is one of the most important scholars of poverty in our nation today," Khoshaba said. "His work is a blend of scientific rigor and a passionate commitment to the American idea of equality."

"His approach to examining the likely factors of someone becoming poor in contemporary America is novel, and his argument for treating poverty as a commons of all Americans, rather than the fate of only a small segment of the society, is compelling. Rank stands in it of much relevance to policy-makers as we grapple with social work practitioners."

Rank earned bachelor's, master's and doctoral degrees in sociology from the University of Wisconsin Madison. After graduate school, he spent a year as a fellow at the Social Policy Research Center in Washington, D.C.

Rank joined the Washington University faculty in 1985 as an assistant professor of sociology in Arts & Sciences, and in 1989 he became a GWB faculty member. His areas of research and teaching have focused on issues related to poverty, social welfare, economic inequality and social policy. His recent research investigated the life-course probabilities of experiencing poverty in America.


In addition, Rank has written numerous articles for a variety of journals such as Social Work, American Sociological Review, Psychologist, Social Science Journal and Social Science Quarterly. He has also provided expertise to members of the U.S. Senate and House of Representatives, as well many national organizations involved in economic and social justice issues.

As the University, Rank is well respected by faculty and students alike, having received a Distinguished Faculty Award from Founders Day, the Kemper Foundation Faculty Award to Improve Learning and the Council of Students of Arts & Sciences' annual Faculty Teaching Award.

He has also received the F. Lamar Anderson Award from the Governing Conference on Marriage and the Family and the Outstanding Research Award from the Society for Social Work Research. He has been listed in Who's Who in America and Who's Who Among America's Teachers. The Best Teachers in America Selected by the Best Students.

GWB's Rank named to Hadley professorship

By JESSICA MARTIN

Online journal search service available

By ANDY CLEMMONS

Free car inspections offered to travelers

By DAVID PERLMAN

Picturing Our Past

Francis Gymnasium has been home to athletic victories, guest lectures and presidential debates in the University's illustrious past. In 1918, it even served as a barracks for Vocational Unit, Section B, as World War I drew to a close. Francis Gymnasium, completed in 1903, was one of the buildings used in the third modern Olympic Games in 1904, the first Olympics held in the Western Hemisphere. After the Games, the Olympic Gymnasium Committee recommended that the building be used as part of the athletics department. This three-story, multi-level building then became Olympic-sized Memorial Hall, built in 1905. Francis Gymnasium and Francis Field are named for David Rowland Francis, an 1870 alumnus, governor of Missouri, president of the Louisiana Purchase Exposition Co., U.S. ambassador to Russia and president of Mortgage-Note Exch.

Washington University is celebrating its 150th anniversary in 2003-04. Special programs and announcements will be made throughout the yearlong observance.
The $25 million hotel, conveniently located on the Medical Campus at the corner of Forest Park and Euclid avenues.

The lobby of the new Parkway Hotel welcomes visitors to the eight-story, $25 million structure conveniently located on the Medical Campus at the corner of Forest Park and Euclid avenues.

guests may have different needs than other patients," said hotel General Manager Apell Rich. "People have different needs when they are recovering, and the staff has been trained to accommodate patients and their families."

"The hotel is a blessing because parents want to stay close to their kids," he said. "We'll have so many of our families staying there because it's so convenient."

Hotel rates range from $99-$339, with discounts offered to patients, guests and University and BJC employees. A full-service restaurant and bar, with indoor and outdoor seating, is slated to open in late spring. Other amenities include a covered walkway to the Center for Advanced Medicine, a business center with computer stations, a conference room and a gift shop.

The hotel has been designed with patients and their families in mind. The Country- French rooms have a contemporary flair and are styled in shades of warm yellows and soft blues to create a cheerful and soothing atmosphere.

"We wanted the rooms to be cheerful and comfortable," Risk said. "We want to help patients and their families have the best possible recovery, and we want them to feel like they're staying in a hotel, not a hospital."

Although the hotel has been designed with the special needs of patients in mind, it is open to the public, and many guests who are traveling to St. Louis for business and pleasure are expected to stay there. For reservations, call 256-7777 or go to theparkwayhotel.com.

The Parkway Hotel has been specifically designed to serve the needs of patients, visitors, families and physicians affiliated with the School of Medicine and Barnes-Jewish and Children's hospitals.

The $25 million hotel, conveniently located on the Medical Campus at the corner of Forest Park and Euclid avenues.

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University Events

Student dance performances at Edison Dec. 5-7

By Lisa Mclaughlin

WASHINGTON UNIVERSITY IN ST. LOUIS

Washington University Dance Theatre (WUDT), the annual showcase of professionally choreographed works by WUSTL’s student dancers, will present a concert called dance@stlart on Edison Theatre.

Performances will begin at 8 p.m. Dec. 5-6 and at 2 p.m. Dec. 7.

Thirty-right dancers selected by audition will perform seven works, by 12 guest choreographers. Cecil Slaughter, artist-in-residence and a master dancer of WUDT, noted that dance@stlart will celebrate the richness and variety of St. Louis arts and culture.

“This is arts and culture in motion,” Slaughter said. “During the planning of this year’s performance, we’ve also embodied — through its sheer diversity — the late, great and amazing St. Louis. Many of the Amazing St. Louis artists both past and present. In the same fabric, she also embodies — through its sheer diversity — the St. Louis Park, titled by the University of St. Louis artist Ricardo Haynes.

WUDT in Beren is not a literal interpretation of David’s work, Slaughter said, but “an impetus for the dancers to celebrate and honor the music that went into the creation of the music itself.”

Similarly, Joplin’s Ragtime Rolls — a work for six dancers by Christine Knoebusch-O’Neal, senior artist-in-residence and director of the Performing Arts Department in Arts & Sciences’ Ballet Program — is inspired by the music of native son of St. Louis, viewpoint, a strong sense of local history.

“The work is set in any of the parlor or areas in St. Louis throughout the late 1800s and early 1900s,” Knoebusch-O’Neal said. “The choreography blends both ballet and ragtime dance forms. In this work, the dancers are in the stage and care about the music, not just the music.”

Students from the company for the third year titled dance@stlart Dec. 5-7 in Edison Theatre — of professionally choreographed works — will perform seven works by 10 dancers selected by audition for the annual showcase of student dancers Alessandra Larson and Jun Cai will perform Christine Knoebusch-O’Neal’s Ragtime Rolls as part of the University Dance Theatre and the PAD.

Student dancers in Edison Dec. 5-7.


dance@stlart

Who: 30 student dancers selected by audition

What: Washington University Dance Theatre, the annual showcase of professionally choreographed works

Where: Edison Theatre

When: 8 p.m. Dec. 5-6, 2 p.m. Dec. 7.

Tickets: $10, $8 for students and seniors; available through the Edison Theatre Box Office, 935-6433, and at MetroTix outlets.

Exhibits

Friday, Dec. 5

6-9 p.m. Righty Tighty, Lefty Loosey.连云. Louie, Contemporary May 2004. Through May 31. Noon on the Thursday eight days prior to the publication date.


Influence 150: 150 Years of Shaping a City, the Nation, the World. Through May 31. Noon on the Thursday eight days prior to the publication date.

New guy. The First Decade of the Washington University Medical Library. Through May 31. Noon on the Thursday eight days prior to the publication date.

Lectures

Friday, Dec. 5

5 p.m. Nurses and Doctors in the 20th Century Conferences. "ASTRO Resident Seminar." Co-sponsored by the Department of Radiology, Sherman Cameron Center and Sherman Cameron’s Cancer Center. Cost: $2. To register, call 362-4887.

New Book: "The Role of CMRF in Immune Cell Maturation and Differentiation." By Andrew M. Thomas, prof. of immunology, Tufts University. 7 p.m. McDonnell Medical Sciences Bldg., Rm. 420. Information flier.

How to submit "University Events"

Send "University Events" items to Genevieve Edmondson, 935-5400.

1. e-mail — recordcalendar@wustl.edu

2. campus mail — Campus Mail, 4950 Children’s Place, 454-4000.

3. fax — 935-6571.

4. Department in Arts & Sciences’ Ballet Program — the PAD.

Tuesdays, Dec. 6 and 7. Cost: $12, $8 for seniors.

9:15 a.m. Pedodontic Grand Rounds. “Antenatal Associations with RDS and Delivery.” By Hindu deity Vishnu. The work reflects the angular, Bharatha Natyam style of Indian classical dance, characterized by light, fluid and elegant movement.

"Human touch is a basic, human need, vital to our health and relationships with others," Marchant said. "Words fail us. Our touch today amounts to a simple and profound way to reach one another."

In addition to faculty choreography, the full concert will feature works set by two visiting artists from the National School of Dance in Cuba and a series of eight baroque dances, set to electronic music, choreographed by St. Louis and St. Louis artists and selected in the Annual Showcase of Student Dance Program and the PAD.

Student dancers in Edison Dec. 5-7.

University — will offer Aracida, a week for 10 dancers inspired by Nicholas Pinna’s painting, $20 and Appalachia Fugi.

Tickets are $12, $8 for WUSTL faculty, staff and students.

dancers also feature visual projections of "videodancer" Stevan Volkan, adjunct faculty member in the PAE.

Adjunct faculty member Ahsa Prater, professor of the Dance Department of India, choreography, Srinath, an expressive, rhythmic piece for five dancers dedicated to the titular half-man, half-lion, half-panther of the Hindu deity Vishnu. The work reflects the angular, Bharatha Natyam style of Indian classical dance, characterized by light, fluid and elegant movement.

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Student dancers in Edison Dec. 5-7.
Thanksgiving feasts

Even if some members of the Washington University community couldn’t make it home for Thanksgiving, various dinners held on campus ensured that they wouldn’t be left out of the holiday celebration. Above, Guofu Zhou, Ph.D. (right), associate professor of finance in the Olin School of Business, with his wife Hui, and baby also Zhou enjoy the trimmings at the Olin School’s Thanksgiving dinner. The Charles F. Knight Executive Education Center, and at right, senior Tina Lee looks on as sophomore Jeff Christiansen digs into the spread at Lien House. The dinner was hosted by Philip M. Freeman, Ph.D., assistant professor of Classics in Arts and Sciences, and his wife, Alison. The Freemans are the faculty family in Brookings Residential College. Among the other events held on campus was a dinner held by the School of Law.

International art at rock-bottom prices

Island Press holiday sale Dec. 14

BY LIAM OTTEN

If you want to purchase works by internationally renowned artists, displayed in major museums around the world and in Europe, and generally earned a reputation for pushing the boundaries of the printmaking medium, then this is your year! Island Press, through its November holiday sale, has published dozens of editions by internationally known figures including discounts of 30 percent and Shimon Okshteyn. For more information on the sale, call 935-6571. For more information on Island Press, go online to islandpress.wustl.edu.

WUSTL opera to present The Village Singer Dec. 12-13

BY LIAM OTTEN

The Washington University Opera will present Stephen Faulk’s one-act opera The Village Singer at 8 p.m. Dec. 12-13 in Umphrey Lounge in Umphrey Hall. Via Stewart, director of the Washington University Opera Center, will direct the opera. John Stewart, director of vocal activities in the Department of Music in Arts & Sciences, will conduct. Based on stories by Mary Wilkins Freeman, The Village Singer focuses on the character of Candace Whisthorn, a paid scholar at a New England church, circa 1900. The choir members sang for the church and also sang in the choir. Her voice was described as “devoted” and that her voice was praised for its beauty. For more information on the opera, call 935-6571. For more information on Island Press, go online to islandpress.wustl.edu.

Volleyball team reaches Final Four

The No. 2 volleyball team is in La Verne, Calif., for the 2003 NCAA Division III Final Four today and Dec. 6. The Bears, who defeated No. 5 Ohio Northern University in the national quarterfinals, will make their 12th appearance in the semifinals when they take on the University of La Verne at 7 p.m. Pacific time (9 p.m. locally) today. University Athletic Association Coach New York University and Emory University will also make the trip, both Emory and NYU are making their first appearance in the Final Four. The three UAA teams in the field marks the first time in Division III history that three teams from the same conference reached the semifinals the same year. The Bears are back in the Final Four for the second-straight season after finishing as the national runner-up last year. With a 3-0 tournament record so far this year, WUSTL is 58-10 all-time, giving the Bears the second most wins in tournament history. Junotuu College’s 60 tournament wins rank first all-time. La Verne, the No. 3 team in the country, is back for its third season in this tournament and sixth team overall after advancing to the 11th region in 1977 by Peter Marcus, professor of finance in the Olin School of Business, wife Hui Christiansen digs into the spread at Lien House. The dinner was hosted by Philip M. Freeman, Ph.D., assistant professor of Classics in Arts and Sciences, and his wife, Alison. The Freemans are the faculty family in Brookings Residential College. Among the other events held on campus was a dinner held by the School of Law.
Ocean

from Page 1

around gas molecules, such as methane, trapping them and storing them. Such solids occur naturally on the ocean floor. The hope is that someday carbon dioxide can be trapped in a similar way.

It’s a remotely controlled high-tech gizmo on the ocean floor manipulated by a robot and controlled from the research ship above. Pasteris said: “The Raman system signals so far are telling us that we can figure out how to trapped carbon dioxide and store it in sea-floor minerals, among other things, for future deployments.”

Rhombs

Recipients credit their advisors, role models

from Page 1

Both students are in the Arts & Sciences Honors Scholars Program, which provides various stipends to full-tuition scholarship recipients in 2002-03. She is active in intramural sports, runs and fitness activities, and other athletics. Gilmore is studying for joint bachelor’s degrees in mathematics & physics or physical sciences, a Howard Nansemore Scholar in mathematics in writing, and a Robert C. Byrd Scholar for general academic merit.

Employment

Visit us online at Hilltop Campus (Medical Campus) or medschool.wustl.edu to view current job description.
Alexander Technique funding available

The following are among the new faculty members at the University. Others will be introduced periodically in this space.

Dmitriy Kakasov, Ph.D., joins the Olin School of Business as assistant professor of management. Kakasov was a graduate student instructor for the undergraduate marketing class at the University of California, Berkeley, in 2003 and a Ph.D. student in mathematics from Washington University in 1998, and a bachelor of science degree in mathematics from Moscow State University in 1994.

Ryan W. Quinlin, Ph.D., joins the Olin School of Business as assistant professor of organizational behavior. Quinlin's research recently worked as an independent consultant from 1995-2002 for companies such as FUEVending. He spent a year studying competitive strategy and international marketing at the University of Toronto in 1999. He received a certificate of graduate studies in complex systems from the University of Michigan for his study of modeling dynamical systems and complex adaptive systems. Quinlin earned a doctorate in organizational behavior and human resources management from the University of Michigan in 2003, and a bachelor of science degree in statistics from Brigham Young University in 1997.

Alexander Technique, a practice that addresses physical tension, is offered as part of the comprehensive wellness program at the University and for the community. The technique involves subtle movements that reposition the body to correct postural and movement habits. It can be used in conjunction with other forms of exercise and in the workplace.

Of note

Brian Faddis, Ph.D., research assistant professor of otolaryngology, has received a one-year, $39,000 grant from the American Otological Society for research titled "Role of Otolaryngolists in the OSU Medone Bone Re- section for the Ear." Deborah Dubich, adjunct faculty member of University College, was recently named by Missouri Transportation Commission to provide a for-profit vehicle to develop the state's transportation infrastructure.

The following are among the new faculty members at the University. Others will be introduced periodically in this space.

In print

Jane Well is assistant professor of architecture, published excerpt from The Delta Primer, her forthcoming book on the Sacramento-San Joaquin River Delta in northern California, in the Fall 2003 issue of Zevvy, a literary magazine featuring West Coast writers and artists.

Two biologists have written a book that clarifies and classifies the roles that plants and herbs play in human health. The intended audience encompasses both consumers of natural products and herbs as well as traditional physicians who today treat many such patterns.

Two biologists have written a book that clarifies and classifies the roles that plants and herbs play in human health. The intended audience encompasses both consumers of natural products and herbs as well as traditional physicians who today treat many such patterns. The work can be a cornerstone of an individual’s research and practice in this area, whether it is pursuing the medicinal properties of Echinacea or St. John’s wort, or learning the calcium content in black beets, or the medicinal value of garlic and red wine.

Medical Botany: Plants Affecting Human Health

The work can be a cornerstone of an individual’s research and practice in this area, whether it is pursuing the medicinal properties of Echinacea or St. John’s wort, or learning the calcium content in black beets, or the medicinal value of garlic and red wine.

The earlier book was patterned after texts on internal medicine. It was intended to be a guide to how certain pharmaceuticals evolved from plant sources and how the use of plants and herbs for health reasons has evolved in many cultures.

The new book is a compendium of information on the benefits of plants, herbs, vitamins and minerals as well as the dangers of ingesting certain plants or combining certain herbal therapies with conventional treatments. There are countless such descriptions in the 612-page book.

There are slightly lighter sedatives in each chapter, exalting the healthy properties of soybeans, for instance, or the good news about chocolate's benefits.

Part I consists of three chapters on psychoactive plants, including a very long table describing the symptoms of plant poisoning complete with antidotes. There are twelve chapters in Part II that look at every conceivable part of the human body and mind as they relate to plant and herbal treatments, including plants that affect metabolism and gastrointestinal tract, and plants as they relate to cancer.

Part III is composed of four chapters on psychoactive plants, dealing with stimulants, hallucinogens and depressants.

Joseph Chole, architecture graduate student, 31

Joseph Chole, a graduate student in the School of Architecture, died Thursday, Nov. 27, 2003, after a lengthy battle with cancer. He was 31.

Chole was born Nov. 28, 1972, in Ponte, Cali. He earned a bachelor’s degree in political science from the University of California, Davis, and worked at the ABC affiliate, Channel 10, in Sacramento before moving to St. Louis to attend school.

"Our sympathies and condolences go out to his family and friends," said Peter MacKeith, associate dean in the School of Architecture. "Those who knew him here in the school will especially miss his humor, optimism and spirit."

He loved to build, travel, sing and laugh. He is survived by his parents, Richard A. Chole, M.D., the Lindberg Professor and head of the Department of Otolaryngology in the School of Medicine, and Cindy Chole, brother and sister-in-law, Tom and Nicole Chole, sister, Katy Chole, sister and brother-in-law, Lindy and We Matthews, grandparents, Wendy Chole and Tom and Ethel Bieker; niece Lauren Chole; and many aunts, uncles, cousins and friends.

Joseph Chole worked in commercial service and will be held at 2 p.m. Dec. 6 at the First Evangelical Free Church of St. Louis County, 1735 Garman Road, Manchester, Mo. Family and friends will receive guests at the church from 1 p.m. until the time of the service.
Peanut butter could save the world. If Mark J. Manary, M.D., has his way, that very goofy lunchbox staple might be some kids’ best hope for the future.

Manary, associate professor of pediatrics, started a program two years ago that has saved hundreds of starving children in one of the poorest counties in southern Africa. And some day the Peanut Butter Project could benefit millions of children in the developing world.

"Optimism is very powerful," Manary says. "If you believe that something’s possible, you will put your heart and soul into it and try it. And sometimes, it will work."

Manary first visited Africa in 1985 and returned a second time almost immediately. His journey took him to a fulfilling scholarship at the University of Malawi’s College of Medicine. When he arrived, the pediatrics chief of the medical school advised him to pick a specialty but warned him of the pitfalls of tackling both. He told Manary the world was a mess, kids seemed to die very frequently and doctors didn’t know why. But Manary has always liked a challenge and a chance to make things better.

At the university’s hospital, Manary saw the effects of large amounts of potassium to children’s diets, decreasing the hospital’s case fatality rate from 60 percent to 30 percent. In Malawi, a country about the size of Kentucky and mostly made up of poor farmers, more than half the children are chronically malnourished, and in one in eight children die because they don’t get enough to eat. Each year, tens of thousands of the small kids are seen in inpatient feeding centers — established solely for the treatment of starving children — where they spend 30 to 60 days instead of weeks. Manary noticed that children who ate the peanut butter mixture fully recovered, reaching 100 percent of their height for their heights. Only 1 percent of the group died.

"I said, ‘Wow, this is really working!’" Manary says.

The Peanut Butter Project, which is sometimes called home-based therapy, entailed 1,000 children in the first two years. Last year, with the help of medical student Heidi Sandige, about 5,000 children participated in the Peanut Butter Project.

This year, Manary expects more than 7,000 will be involved. The peanut butter concoction is now manufactured by a Malawian company. After the project, the children are discharged from the hospital with 300 grams of peanut butter to last them a month. They are taught to mix it with water and give it to their children every day for five weeks. The peanut butter mixture contains milk, iron, amounts of potassium to children who eat it, and five B vitamins. It also contains oil, which is sometimes called home-based therapy, entailed 1,000 children in the first two years. Last year, with the help of medical student Heidi Sandige, about 5,000 children participated in the Peanut Butter Project.

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